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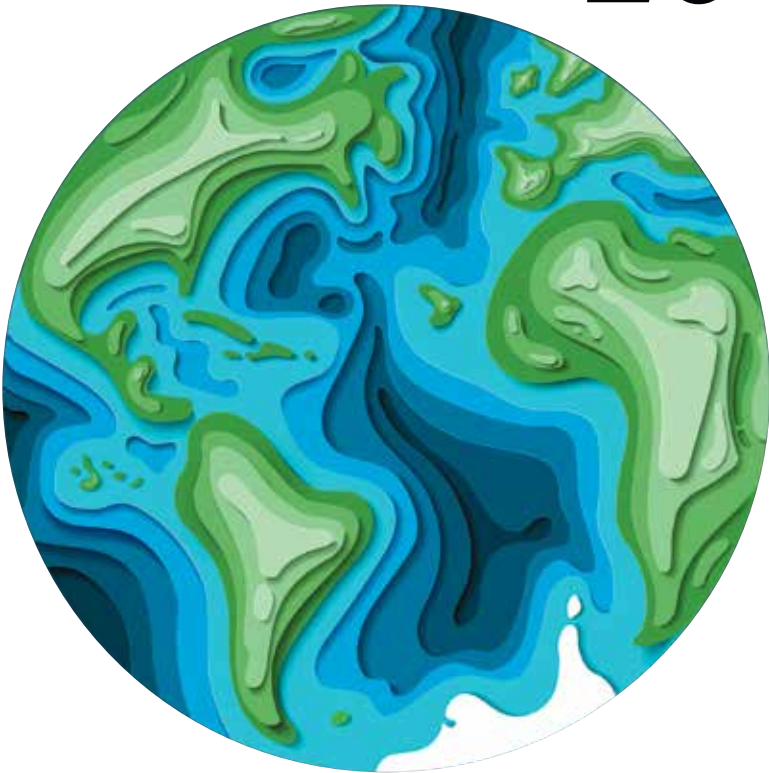


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Natural Awakenings is a family of 50+ healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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letter from publisher

Mark and Shanna Warner

In this great state we weather the storms of life in a particularly Oklahoma style! After all, we have plenty of experience when storms send F-5 tornadoes bearing down on us. When those literal storms of life tear up our communities what do we do? We band together and help each other out.

So, what happens when the figurative storms of life come shakin' our house, bustin' up our lives and tearing us down to the foundation? This question has been on my mind throughout the last month. As I sit writing this letter to you, it has been four weeks

since my dear little brother had a massive stroke. He is only 44 years old; it came unexpectedly out of the clear blue.

He lives with me and Mark now so he can get access to physical and occupational therapy. It is a temporary situation until he can get back on his feet and recover as much as he can. Yes, it is hard on all of us, but when life knocks you down, you band together and help each other out.

But it's not just me and Mark who are helping lift my brother up. It's a LOT of people. My entire family is 100 percent involved in helping my bro get better. But it is beyond that, too. My cousins, extended family and hundreds of friends have reached out. A simple heartfelt message I posted on my personal Facebook page brought out the best in so many people, with well-wishers offering up their thoughts and prayers, holding my brother in their hearts.

It is pretty amazing. When you open up and share the hurt or pain, it can be scary. But great things can happen when you do. *Because every pain shared is a pain lessened.* This is one of the most important lessons I have learned in life. Too often, we hide behind our pain, pretending that everything is okay. Our pride or sense of self, or some fear of rejection or judgment, keeps us separated from help and hope.

No more! See, we truly can band together and help each other. Oklahomans know this. We have experienced it many times through various tragedies in our state. It can also happen for you on that smaller scale with family and friends that rally around the hurt.

This is part of the dream for our magazine. We want to be a resource that lifts you up, helps you find healing, helps you breathe a little easier knowing you have someone that cares. We want you to think of us as your family and friends. Mark and I are not cock-eyed optimists who think everything is just rainbows and wishes. But we do know the power of love and the power of a kind thought or word to lessen the pain and bring a little hope.

I don't know what you are facing today. But as you look through the magazine and visit our website, I hope your spirit and burdens are lifted just a bit.

With love,

Shanna Warner

Find me online

Facebook.com/LoveFromShanna
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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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Eat Strawberries to Improve Blood Vessel Health



anete lusina/Pexels.com

A new study from Chicago's Illinois Institute of Technology demonstrates that strawberries increase flow in blood vessels and reduce systolic blood pressure. In the randomized, controlled, double-blind trial, overweight and obese adults with moderately high cholesterol were assigned to drink either a beverage containing 25 grams of freeze-dried strawberry

powder or a similar drink without the strawberry powder twice daily for four weeks, followed by a four-week washout period. An hour after consumption, the strawberry powder improved flow-mediated dilation, indicating healthier blood pressure function; systolic blood pressure was lower even four weeks later.

Drink Green Tea to Ward Off Flu



charlotte may/Pexels.com

Green tea, a staple of Japanese culture now enjoyed in many American homes, contains compounds called catechins that have significant antiviral activity against influenza, report researchers from Thailand's University of Phayao in the journal *Molecules*. They analyzed eight studies

involving 5,048 people and found that gargling or drinking green tea reduced the risk of influenza by 33 percent in randomized controlled trials and by 48 percent in longitudinal cohort studies.

Exercise More to Counter Risks of Poor Sleep



blue bird/Pexels.com

Poor sleepers can cut their health risks by exercising more, reports a new study of 380,055 middle-age people in the *British Journal of Sports Medicine*. Both physical inactivity and poor sleep are independently linked to a heightened risk of cardiovascular disease, cancer and death, but Australian researchers found that more exercise lowers the consequence of poor

sleep. People that ate better, drank less alcohol and were more physically active also tended to sleep better. The lower the sleep score, the higher were risks of death from any cause, including cardiovascular disease and ischemic stroke. Those at the bottom of the scales with both poor sleep scores and little physical activity had a 57 percent higher risk of death from any cause. People that were younger, female, thinner or better off financially tended to have healthier sleep scores, as did those that ate more fruits and vegetables, spent less time seated, had no mental health issues, never smoked, didn't work shifts, drank less alcohol and were more physically active.

Consider Barberry to Reduce Diabetes Markers



petra kopasikova/Pexels.com

Barberries (*Berberis integrifolia*), the tart, red fruits that grow on bushes, have been used for centuries in traditional medicine for digestive issues, and now evidence has emerged from Iranian researchers that barberry extract can help lower Type 2 diabetes markers. For eight weeks, 30 patients were given 1,000 milligrams of barberry extract daily, along with

the standard anti-diabetic medication metformin, while another 35 patients were given only metformin. Afterwards, fasting blood sugar levels were significantly lower among the barberry group as were HbA1c levels, which measure blood sugar levels for two to three months.



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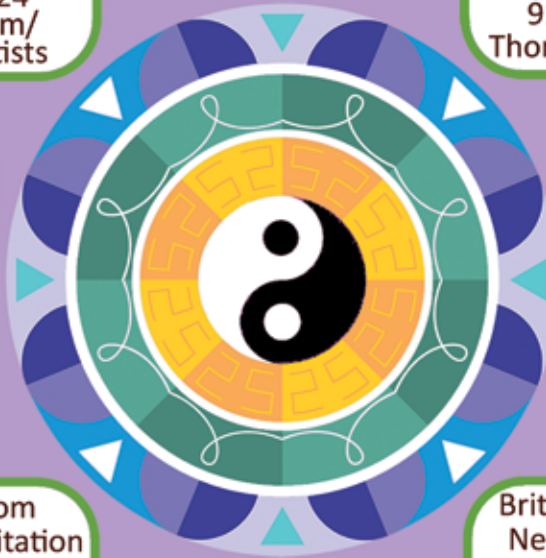


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Monthly Business Highlight - Cari Rief at Owasso Healing

Owasso Healing is excited to be offering healing therapies for the community and greater Tulsa area. We opened January 5th in Village Market Offices after outgrowing our Tulsa office in just 2 years. Owasso Healing offers massage and energy healing, as well as Rife and PEMF. Cari Reif, our Energy Healing Practitioner, offers reiki, Life Activations, Egyptian Aura Healings and meditation. Brittany Bascue, our massage therapist, offers neuromuscular, lymphatic, pregnancy and other types of massage. She also offers cupping, stretching, trigger point and other specialized techniques. We are both excited to partner with you so you can live your best life!



Owasso Healing - 8551 N 125th E Ave, Suite 300, Owasso 918-707-3089

Pow WOW

Return Native Lands to Protect Nature



Throughout the country, land is being transferred to or co-managed by Indigenous tribes, repatriating culturally and ecologically important resources with the former occupants and local communities to

accommodate their perspective and participation in the management of the land, wildlife and plants. Some tribes are using traditional knowledge of how to support wildlife, use prescribed fires and protect ancestral grounds.

In California, a land trust recently transferred 1,199 acres of redwood forest and prairie to the Esselen tribe. In Maine, the Five Tribes of the Wabanaki Confederacy recently reacquired a 150-acre island with the help of land trusts. Other recent land transfers to tribes with the goal of conservation have taken place in Oregon, New York and elsewhere.

Traditional Ecological Knowledge, a system of Indigenous management styles that evolved over centuries of culture immersed in nature, is increasingly seen by conservationists as synergistic with the global campaign to protect biodiversity and manage nature in a way that hedges against climate change. The Nature Conservancy has institutionalized the transfer of ecologically important land with its Indigenous Peoples and Local Communities Program worldwide. Erin Myers Madeira, director of the program, says, "Indigenous people are the original stewards of all the lands and waters in North America, and there's an extensive knowledge and management practices that date back millennia."

Bright Future

Global Industry Turns to Solar Energy



The investment bank Lazard states that production costs for solar energy dropped by 90 percent between 2009 and 2020. Today, electricity from large-scale solar plants costs an average of \$.037 per kilowatt hour (kWh). New coal-powered plants cost three times as much; \$.112/kWh, with natural gas at \$.059/kWh, nuclear at \$.163/kWh and wind at \$.04/kWh. New, more efficient solar panels

BOTTLE Battles

Using Enzymes to Recycle Plastic



A more sustainable approach for recycling polyethylene terephthalate (PET) plastic used in single-use beverage bottles, clothing and food packaging, has been found by Bio-Optimized

Technologies to keep Thermoplastics out of Landfills and the Environment (BOTTLE) consortium, which includes the U.S. Department of Energy National Renewable Energy Laboratory and the UK University of Portsmouth. A paper, "Techno-economic, life-cycle, and socioeconomic impact analysis of enzymatic recycling of poly(ethylene terephthalate)," in the journal *Joule*, shows that enzyme-recycled PET has potential advantages over conventional, fossil-based methods across a broad spectrum of energy and carbon impacts.

The concept could lead to new opportunities for PET recycling and create a mechanism for recycling textiles and other materials also made from PET that traditionally are not recycled. PET ranks among the most abundantly produced synthetic polymers in the world; roughly 54 percent is used in the manufacture of clothing and carpet. "From all the plastics that were produced since the 1950s, less than 10 percent of it has ever been recycled," says Avantika Singh, first author of the paper. "Most waste plastics end up in landfills." BOTTLE is addressing plastic pollution by developing energy-efficient, cost-effective and scalable recycling and upcycling technologies; and formulating modern plastics to be recyclable by design.

will lower costs even further. Christian Breyer, a professor of solar economy at LUT University, in Finland, says, "We're going to see solar power plants all over the world. In some places, wind power is still a bit cheaper," depending on available sunlight.

Experts estimate that photovoltaic plants with a total capacity of around 60 million megawatts (MW) will be needed to supply the entire world with electricity. That's 70 times more than all of today's existing solar capacity. The industrial sector needs a lion's share of that energy. Starting in 2022, several Bayer Group chemical plants will run on 100 percent green electricity from a 590 MW solar power plant in southern Spain. For the energy-intensive steel industry, low-cost energy availability is a decisive factor when planning the location of new mills. Aluminum plants, car factories, cement manufacturers and data centers are all powered by solar farms.

Blue Carbon

Oceans are Key to Controlling Climate



pink candy/AdobeStock.com

A UK Environmental Justice Foundation report states that countries must recognize the important role that oceans have in limiting climate change and enact policies to protect marine ecosystems. More than 50 percent of the Earth's biological carbon is captured by animals and plants living in or around oceans, but this "blue carbon" and its associated ecosystems have been neglected in climate policy, according to a letter accompanying the report. Conservation International notes that up to 10 times more carbon is stored in coastal habitats than in tropical forests. Seagrass meadows store nearly 20 billion tons of carbon worldwide. The report states that oceans could soak up large quantities of atmospheric carbon if their ecosystems are restored and protected.

Those ecosystems are threatened by rising water temperatures, acidification, overfishing and commercial shipping, and lead author Isabella Shraiman says, "There has been a tendency for policymakers to silo environmental action: conservation policy is formulated separately from decarbonization policy, to the detriment of both. What we need now is ambitious, holistic and joined-up action. Blue carbon solutions can be a low-hanging fruit within an ambitious climate mitigation policy portfolio and address the triple emergency of the climate crisis, biodiversity collapse and human rights."

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Nature's Virus Killer

Copper can stop a cold before it starts

By Doug Cornell

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

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

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

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

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

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

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

"It worked!" he exclaimed. "The

cold never got going. That was September 2012. I use copper in the nose every time and I have not had a single cold since then."



New device puts copper right where you need it.

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 through 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.

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

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.

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"We can't make product health claims," he said, "so I can't say cause and effect. But we know copper is antimicrobial."

He asked relatives and friends to try it. They reported



Dr. Bill Keevil: Copper quickly kills cold viruses.

ADVERTORIAL

Total Family Wellness



Natural Awakenings Oklahoma is proud to welcome Total Family Wellness to the magazine. Tulsa's premiere holistic lactation and family wellness center offers a myriad of services for the entire family, with a focus on women's health.

The team at Total Family Wellness includes an advanced holistic lactation consultant, a board-certified family medicine physician, a functional and nutritional medicine doctor of chiropractic, an herbalist, a body work specialist, a fitness guru and a health and wellness coach. Their focus is to help clients and patients discover true holistic wellness by customizing a tailored plan for each person. Through the use of chiropractic, fitness, nutrition, medical

herbalism and personalized coaching, their goal is to empower each family member to become healthier and happier.

As Tulsa's premiere lactation consultants, they offer customized breast-feeding classes to help mothers and babies get a good start in creating better health outcomes. Good nutrition is vital for moms and babies, as well as the entire family. Not only can proper nutrition and health habits help promote healthy weight, they can reduce risk of chronic disease and promote overall health in the long-run. That's where Total Family Wellness' coaching and nutrition services come in.

Gentle spinal care, restorative movement and functional health care are available,

along with herbal medicines from both Western and Eastern traditions to support anxiety, weight loss, pain control and chronic ailments. With a variety of in-house services for all members of the family, Total Family Wellness also offers telemedicine appointments with their board-certified family medicine physician. As the newest offering at Total Family Wellness, their gentle stretching and fitness classes are available now for all members of the family.

Location: 3336 E. 32nd St., Ste. 107, Tulsa. For more information or to make an appointment, visit Total Family Wellness online at TFWOK.com. See ad, page 9.

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The Energy Matrix Clearing System

by Christine Spretnjak

The Energy Matrix Clearing System (EMCS) was developed by Dr. Gary Cone, founder of the Cone Center Living in Choice, in Oklahoma City. It is a process of healing whereby the EMCS practitioner helps the client identify and remove patterns that limit, block and prevent individual progress toward a happier and healthier life.

EMCS uses a specialized form of muscle testing—kinesiology—to identify energy blockages in the subtle energy bodies. This interrupted flow of vital force can cause physical, mental, emotional and spiritual limitations. EMCS uses vibrational healing sources from gems and minerals, essences of plants and animals, essential oils, creative imagery, light, color and sound frequencies to open blockages and restore healthy energy flow and communication.

Muscle testing is a type of biofeedback from the body. It is powerful because it makes contact with all levels of self-awareness. It demonstrates that each of us is the only source of information about our individual experiences of life. It is important to note that muscle testing does

not test muscles. It tests the brain's hemispheres and looks for agreement between the left and right hemispheres. The EMCS muscle testing procedure tests both the left and right arms simultaneously. Using this method is an additional guarantee that the highest and most complete information is gathered through a whole-brain response.

EMCS incorporates principles of energy and vibrational medicine that indicate that humans are more than physical. Leaders in the field of energy medicine like Richard Gerber, M.D.; William Tiller, Ph.D.; and Julia Melges Jablonski agree that human beings are essentially energy, and that energy balance is necessary to sustain life. Because EMCS recognizes the multi-dimensional aspect of human beings, it accounts for the whole human holographic energy system. This includes brain functions, the autonomic nervous system, meridians, chakras, the etheric, astral, mental and causal bodies.

Since its inception in 2003, thousands have benefited from the process. The focus of the process is typically related to core negative beliefs, thoughts and emotions

that hold patterns of disease in place, which manifest in the body as various ailments. By diffusing those lower vibration feelings and emotions, the physical damage caused to the body by conflict, worry and anxiety is disrupted. One is then freed to experience harmonious energies like joy and love. The process has also proven effective at clearing energies that keep addictive patterns in place. There is no claim of curing disease; however, the process helps open channels and pathways in the human holographic system to free energy for healing.

Anyone can benefit from EMCS. Each treatment session aims to increase the probability of self-awareness. As an individual grows in awareness and understanding, all parts of their life become animated. They can then move beyond mere survival to thriving in a life they enjoy and love.



Christine Spretnjak, DD, DM, MEd is an EMCS practitioner and Clinical Professional Counselor. She is in private practice in Oklahoma City and Dallas,

TX. At Unblock Your Potential: The Center for Well-Being, she sees clients both in-person and online. For more information, call 405-928-0980 or email Christine.Spretnjak@gmail.com.



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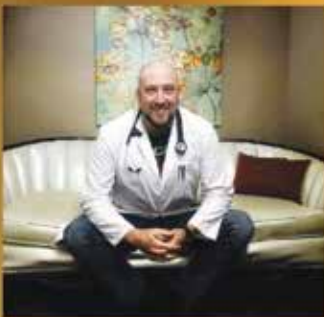


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Less Stuff, More Joy

Ways to Live Simpler and Lighter on Mother Earth

by Ronica O'Hara



When holistic wellness coach and personal trainer Sergio Rojas saw his contract with a trucking company terminated by the pandemic, he and his wife Krista turned it into an opportunity to step away from a life of too much stuff and over-scheduled activities. “When life gets too complicated and there’s too much going on, you get stressed and irritated easier,” he says. “You don’t feel connected to yourself.”

The couple sold their 4,200-square-foot house in Dubuque, Iowa, along with 85 percent of their belongings and spent eight months living out of suitcases exploring the southeastern United States and Latin America with their 14-year-old daughter and 12-year-old son. “We wanted our kids to see what it’s like to downsize, to live with less,” says Rojas.

After considering Vancouver and Miami, they settled in the Atlanta area in a townhouse half the size of their Iowa home

not far from extended family. “A simpler life lets you focus on what’s important,” he says. “We have deep, deep conversations with our kids, and dinner can be a two-and-a-half-hour experience, with a game of cards and singing songs.”

Not everyone moves in such dramatic fashion toward a simpler lifestyle, but thanks in part to the lessons of COVID-19, intentionally living with less is gaining currency across the country. “The pandemic gave us an uninvited sample of a more minimalist and simple life, and we have all become acutely aware of what feels good to let go of and what’s really important to us,” says minimalist blogger Ema Hidlebaugh, of *MinimizeMyMess.com*.

According to research from the multinational consulting firm Accenture, the pandemic made consumers more mindful of purchases, more conscious of food waste and more interested in sustainable, local options. Other polls found that two out of

three Americans adopted more eco-friendly habits during the pandemic, and that 52 percent are open now to living in a van.

There is no one-size-fits-all approach for simpler living; each person crafts what best fits their values and needs. Three common strands have emerged: minimalist simplicity—living with less clutter and busyness; ecological simplicity—living with the sustainability of the planet as the priority; and conscious simplicity—driven by deep personal and spiritual values. The approaches can overlap, yet each has its unique flavor. None has an end stage: All are dynamic explorations and encourage continual experimentation and growth.



With time, they often merge together. In an in-depth study published in the *International Journal of Applied Positive Psychology*, people living long-term minimalist lifestyles reported spending more time with family and friends, volunteering, engaging in pro-ecological behaviors, making sustainable and ethical purchases, and choosing to spend money on experiences rather than material objects. They described their mental space as a feeling of clear-headedness, spaciousness and lightness, and some said that stripping back to minimal possessions enabled them to strip back to their true identity.

Moving toward simplicity often starts with a decision—sometimes thrust upon us—to reconsider how to spend our energy. “Whatever you own, owns you,” counselled pacifist, mystic and environmental activist Peace Pilgrim in the 1980s—a sobering thought, given that the average American household is estimated to hold 300,000 separate items, from T-shirts to coffee

cups. As one woman told her, “I’ve just realized I’m working my fingers to the bone to provide a home for my furniture!”

Minimalist Simplicity

Minimalism involves “owning less, practicing sufficiency and improving the quality of life by not indulging in consumerism,” says Aniruddha Pangarkar, assistant professor of marketing at the University of Wisconsin-Green Bay, whose study on the topic appeared in the *Journal of Business Research*. “By practicing minimalism, consumers can achieve life-goals through experiencing well-being, satisfaction, happiness and peace.”

A 2019 YouGov survey reported that 17 percent of Americans describe themselves as minimalists, 23 percent would like to become one and 31 percent have no interest in the idea. Historically, minimalism in America goes back to the Quakers and Henry David Thoreau’s writings, but it gained new life in 2014 with Marie Kondo’s *The Life-Changing Magic of Tidying Up*. She says holding each object and asking, “Does it spark joy?” If it doesn’t, thank it and toss it, she advises. After her Netflix series ran in 2019, thrift stores reported a dramatic upswing in donations.

Because research suggests that clutter is linked to depression, fatigue and higher levels of stress, decluttering alone can be life-changing. Journalist Ellen Pober Rittberg, of Brooklyn, moved into a one-room studio when she downsized from her house. “I could have chosen a one-bedroom apartment, but it would have meant more places to put things that I probably didn’t need to acquire,” she says.

Asking if something “sparks joy” can also be applied to everything from friendships to jobs to food and finances, whittling away what is not essential. As millennials are discovering, renting instead of owning a home frees up weekends for fun instead of home repairs. Using Lyft or Uber and mass transit saves money otherwise spent on car loans, repairs and gas. Spurning designer brands opens up funds for trips to Yellowstone or Iceland.

“Even though everyone embraces minimalism differently, each path leads to the same place: a life with more time, more money and more freedom to live a more meaningful life,” advise Joshua Fields Millburn and Ryan Nicodemus in their top-rated blog *TheMinimalists.com*, which has 20 million followers. “Getting started is as simple as asking yourself one question: How might your life be better if you owned fewer material possessions?”

Ecological Simplicity

This green approach means “to choose ways of living that touch the Earth more lightly and that reduce our ecological impact on the web of life,” writes eco-activist Duane Elgin in his seminal book *Voluntary Simplicity*. Half a century ago, the *Whole Earth Catalog* kicked off the movement with its Earth-centered living strategies. Today, thousands of websites and books offer step-by-step ecological advice, recycling has become commonplace, electric cars are the hottest sellers and according to the National Retail Federation, 70 percent of American consumers value sustainability in products.

Lowering our impact on the planet means living more simply with less. Among other strategies, this means going without household plastics or lawn chemicals; gardening and buying local produce in season to lower shipping emissions; choosing equipment and clothes made to last many years; and reducing energy consumption at home, work and on the road. Sustainable living can be as simple as using a personal mug when ordering a latte or as complex as joining a stockholders' rebellion to force sustainable corporate policies. It also can mean returning to the simpler practices of yesteryear, such as line-drying clothes and bonding more closely with the natural world.

For Barbi Gardiner, owner of The Outdoor Apothecary, in Plainfield, Connecticut, embracing a simpler, sustainable

"With conscious simplicity, we can seek lives that are rich with experiences, satisfaction and learning, rather than packed with things," writes Elgin.

Sometimes passion is the driver. Alex Honnold, the renowned rock climber profiled in *Free Solo*, lived in a van for 10 years while scaling Yosemite's El Capitan and other formidable peaks. He donates one-third of his income to global solar power initiatives. Millennials like him are finding stuff less enticing: The Harris Group reports that 72 percent of them say they would rather spend money on experiences than material things. A study from San Francisco State University found that the happiness of buying something new like a car or a laptop fades over time, while spending money on an experience provides

joy long after the experience has ended.

Deeply held values can mandate a simpler life. Ross Martinie Eiler found his calling 15 years ago when he read about the voluntary poverty of the Catholic Worker Movement, which offers hospitality to the homeless in 178 centers worldwide. "It struck me as an authentic way of living that's true to the beauty and goodness of the religion," he says.

Today his life is built around the Bloomington, Indiana, Catholic Worker community. He, his wife Andrea and their four children live communally in four houses with other members and guests, sharing meals, belong-

ings and easy-going conversations with the homeless. He tunes pianos part time for money, half of which he donates to the community. For fun, he pounds the keys in a rollicking boogie-woogie band.

The committed communal life isn't always easy. "Every day there's a new challenge that needs a new approach. Against my will, I've been forced to become a better person," he chuckles. "I have little money on paper—I'm probably in the bottom 10 percent—but I don't need anything. And yeah, I feel it's very right for me."

Denver-based health writer Ronica O'Hara can be contacted at OHaraRonica@gmail.com.



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lifestyle after leaving a high-pressure job meant "adopting a do-it-yourself attitude" that included starting a permaculture garden, composting, raising chickens, foraging and cooking wild food, and creating healing remedies from homegrown and foraged herbs. "Nature is the medicine for what ails us," she says.

Conscious Simplicity

Deeply held values, not money and possessions, shape this form of simpler living, sometimes called soulful or conscious simplicity. Its focus is on life-enhancing experiences, inner growth, spirituality, natural health, creativity, nurturing relationships and social action. Owning bling has little allure.



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WALK ABOUT

Simple Steps to Well-Being

by Laura Paisley Beck



stead of drive, go for it. If you're stuck indoors, schedule 15-to-20-minute walks in your calendar." It's important to put it in the calendar because, he says, "You have to make it real." McClerkin recommends a minimum of 30 minutes of brisk walking a day to increase blood flow throughout the entire body, especially the legs.

Oh, the Places to Go

In the U.S., dogs and humans face similar obesity statistics with similar obesity-related health issues like heart disease and Type 2 diabetes. Taking dogs out for brisk walks helps prevent and reduce those risks.

Horning says that people may not realize how walking a dog conditions their own bodies. With natural surfaces like grassy or gravel trails and dirt paths, "there are so many neurobiological adjustments you're making," he says. Every nature walk provides an opportunity for our bodies to practice balance and sharpen its reflexes.

Foundation Fundamentals

"Proper shoes make a world of difference," McClerkin says. They can help prevent plantar fasciitis, hammertoe and many other causes of pain and discomfort.

Anyas Jensen, of *AnyasReviews.com*, a shoe review website, suffered painful foot health issues and discovered the life-changing results of wearing "barefoot" shoes, which have a flat sole and high flexibility. Now she makes it her mission to educate others that fashion doesn't have to compromise health. "Walking was an important part of my health journey," she says. "The feet literally are your foundation when you're walking. Walking in

People that wear a fitness watch get a little buzz on the wrist as a reminder to get more steps in each hour, but many ignore the simple opportunity that exists to exercise upright for free anytime and anywhere. "Yes, we take walking for granted," says Alexia McClerkin, a Houston chiropractor whose clients include professional and elite athletes. "Most people only walk as far as it takes to get to their car."

Sitting is the New Smoking

According to On Your Feet America, Americans sit 10 hours or more each day, and that sedentary habit is considered hazardous to our health. It may contribute to climbing obesity rates in the U.S., currently at 44.5 percent among those ages 40 to 59. Today's most common preventable diseases are directly linked to obesity, the key word being "preventable."

Walking briskly daily has proven to increase metabolism, lower both blood pressure and resting heart rates, and burn calories. Other benefits include improving mobility, equilibrium and stamina.

Benjamin Horning, a Laguna Hills, California, chiropractor and author of *A Kid's Guide to a Healthy Spine*, says, "I'm a big believer that movement is life. I recommend that if you can move, get moving. Walking is a good starting point. If you can walk in-

pointed-toed shoes, you're missing out on so many benefits for your physical health."

Jensen walks with her kids daily in nature and is proud of their mobility. "With the kids, we need a destination and we pack snacks," she says. "I like how the world has opened up to us because we're prepared. We're wearing the right shoes. We can encounter hills, rocks or the right tree."

Heads Up

McClerkin and Horning both ask patients to be mindful of their limitations when taking on a new physical activity and to be careful to prevent injuries when adding brisk walks to a daily routine for the first time. "Too heavy a walk on cement and other hard surfaces like roads can cause shin splints," McClerkin says. "Walk on a track to prevent injuries from an uneven surface."

"Just be responsible," says Horning. "Walking is so beneficial. The basics of health just can't be ignored or taken for granted."

Humans walk upright on two feet, unlike any other animal on Earth. Walking allows us to connect with our bodies and environment in a very special way, something we can take advantage of instead of taking for granted. Let's go for a walk.

Laura Paisley Beck is a freelance writer in Madison, Wisconsin. Reach out at LauraPaisleyBeck@gmail.com.

Tips for Healthy Walking

- Bring a water bottle to stay hydrated.
- Fuel up with whole foods like fruit and nuts.
- Stretch before and after walking.
- Wear proper shoes with good arch support and wide toe boxes.
- Wear wicking clothing layers, reflective for dark hours.
- Invite canine friends.
- Have a regular walking buddy to keep each other committed.
- Keep the pace/heart rate up, perhaps using a fitness watch to stay on track.
- Consider adding poles for a full body workout and increased stability.

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SCAN HERE

Healthy Breast Basics

Lifestyle Choices to Lower Disease Risks

by Sandra Yeyati



One in eight women in the United States develops breast cancer in the course of her lifetime. “Notably, only five to 10 percent can be blamed on inherited gene mutations, and merely 13 percent of women with breast cancer have a first-degree relative with a history of disease,” says Kristi Funk, a board-certified breast surgeon in Santa Monica, California, and medical director of *PinkLotus.com*. “It’s empowering to realize that the causes for the vast majority of breast cancer are under our control in the choices we make every day.”

“Whenever you lift fork to mouth, you move closer to cancer, or farther away,” says the author of *Breasts: The Owner’s Manual*—a vegan proponent. “Plants, legumes and whole grains provide nutritional armor for your cells, decreasing cancer risk. They release molecules that scavenge free radicals, eliminate carcinogens, prevent and repair DNA damage, identify and destroy harmful cells, inhibit the supply of blood to tumors, stimulate the immune system, regulate hormone metabolism and reduce inflammation.” Funk recommends regular consumption of cruciferous vegetables, leafy greens, soy, ground flaxseed, berries, matcha green tea, mushrooms, turmeric, aloe vera, garlic, onion, chives and cacao.

Functional doctor Elizabeth Boham, the medical director of Dr. Mark Hyman’s UltraWellness Center in Lenox, Massachusetts, proposes a balance of animal and vegetable protein, as long as the animal sources are good, like eggs, salmon or grass-fed beef without antibiotics. “Organic, non-GMO soy like tofu or edamame may decrease

a woman's risk of breast cancer, but avoid bad soy that's added to processed food, including soybean oils and soy lecithins," she advises. "I also suggest cutting back on dairy for women at high risk of breast cancer because it naturally contains growth hormones, which may cause things to grow in our body that we don't want to grow."

Citing a clear association between alcohol consumption and breast cancer risk, Boham recommends eliminating or moderating drinks to no more than five a week. She also highlights the importance of seven to nine hours of sleep and relaxation techniques to improve stress response.

Maintaining a healthy weight is also important. "Our body fat is where hormones get turned into estrogen, which has been associated with an increase in breast cancer," Boham says, adding that 35 grams of fiber per day will feed healthy bacteria in the gut which helps eliminate used-up estrogen and other toxins. "Avoid xenoestrogens, too, which can act on the estrogen receptor, such as BPA in plastics and store receipts, parabens in skincare products and pesticides and herbicides on lawns and in non-organic foods."

Boham suggests eliminating refined and processed carbohydrates like bread, white rice and cookies, which cause blood sugar to spike and the body to produce insulin, the hormone that lowers blood sugar after every meal. "Over time, people develop insulin resistance, causing it to produce even more insulin to do its job. Those high levels of insulin can encourage cancer growth," she explains.


Carlos Garcia, M.D., director of the Utopia Cancer Center (UtopiaCancerCenter.com), in Oldsmar, Florida, and author of *Cancer is a Symptom*, uses liver and gallbladder flushes, colonic irrigations and coffee enemas to help the body purge toxins. "Gut flora imbalances compromise the immune response and nutritional absorption. Yearly colonic irrigation with recolonization is essential in the prevention of disease," he explains.

Some women experience breast tenderness or pain and lumpy, bumpy breast tissue; having dense breasts can increase breast cancer risk, Boham says, noting that too much caffeine or an iodine deficiency can exacerbate these symptoms. She recommends consuming less coffee and more iodine-rich foods like nori, kelp powder or seafood.

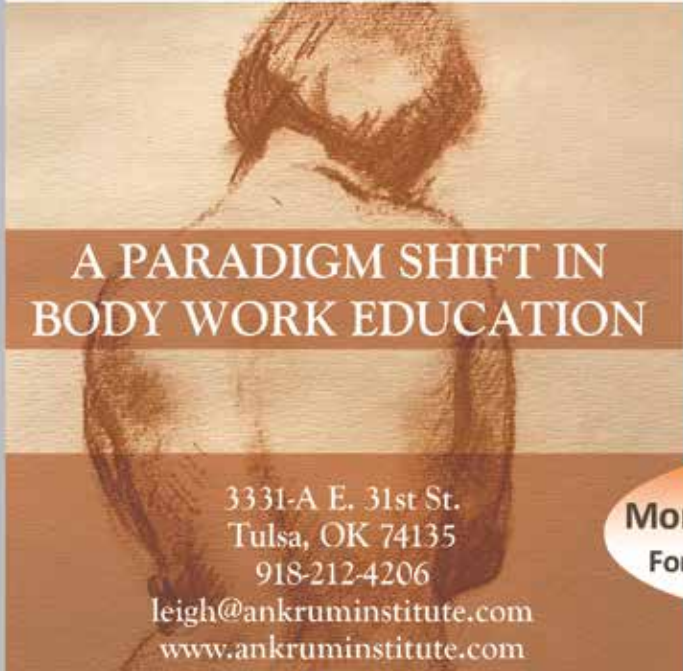
According to Boham, there isn't enough good research to say that we should never wear underwire bras, but good lymphatic flow and circulation to the area is important and can be facilitated with daily movement, exercise and sweating to remove stuck toxins and support the detoxification system.

Boham says many women find their breast cancer during a self-exam. "Know your own body. If something looks or feels different, if you feel a lump that shouldn't be there or see a shift in the skin, a dimpling or a pulling, have it checked. It's often nothing, but you could find the cancer early, which makes all the difference in the world."

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



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Cannabis and Canines

How Cannabidiol Benefits Dogs



by Caroline Coile

Struck with severe arthritis, Topper, a 7-year-old Ibizan Hound, was in such pain he could hardly walk. He had to be carried outside to eat or use the bathroom, and medication wasn't working. On a friend's recommendation, his owner, Christy Moore, of Florence, Arizona, gave him cannabidiol (CBD). "Within three days, he could walk on all four legs and I was crying tears of joy," she recalls. "It was the miracle we needed."

Topper is among the thousands of furry family members that have found relief with CBD, one of 113 cannabinoids found in cannabis (hemp) plants. Success stories abound of how CBD has helped dogs overcome anxiety, reduce seizures and even beat cancer.

Cannabinoids, including CBD and the psychoactive compound THC, are substances that mimic the naturally occurring chemicals produced in all vertebrates.

Receptors for these endocannabinoids are found throughout the body, especially in the brain, nervous system and immune system, as well as the heart, lungs, liver, spleen, intestinal tract, muscles, bones and both the reproductive and circulatory systems. They act as master regulators that signal other systems when to speed up or slow down, working to stabilize the body and return it to homeostasis. Cannabinoids from the cannabis plant affect these same receptors, each in slightly different ways.

Unlike THC, which is toxic for dogs at prescribed human dosages, the most significant, documented side effects of CBD are diarrhea and changes in some liver enzyme values after several weeks. The main concern with CBD is that it inhibits cytochrome P450, a chemical in the body responsible for metabolizing most drugs. That means CBD could affect the effective potency of a prescribed drug.

What Research Shows

While thousands of reports on CBD's effect on laboratory animals and humans have been published, only a few have been conducted with dogs or cats. Still, CBD seems promising for arthritis, anxiety, itchiness and possibly seizures, cancer and other maladies.

ARTHRITIS: In a Cornell University study, some dogs were initially so decrepit that their owners considered euthanasia, but after just days on CBD they were trotting around and even climbing stairs. A Baylor University study found similar improvement.

ITCHINESS: An Australian study found CBD reduced itchiness, inflammation and skin lesions by 51 percent after eight weeks of treatment. An American study also found CBD significantly reduced reports of itchiness.

CANCER: Cannabinoids are reported to induce cancer cell death and prevent metastasis. A Cornell University study found that CBD along with a standard chemotherapy drug reduced cancer cell proliferation *in vitro* more than the chemotherapy drug alone. Anecdotal reports from veterinarians have claimed CBD shrunk cancer cells or put dogs into remission.

BEHAVIOR: Despite those reports, no controlled study has shown CBD to be more effective than prescription medications in reducing anxiety. A University of Kentucky study found physiological measurements of anxiety in response to noise were not significantly different for CBD versus a placebo, and were worse compared to trazodone (a drug commonly prescribed for anxiety). A University of Western Australia study found shelter dogs with aggressive tendencies exhibited less aggression toward humans after two weeks of taking CBD.

SEIZURES: Many anecdotal reports hail CBD's success in combatting seizures in dogs, but the single controlled study delivered only moderate results. A Colorado State University study found CBD only worked with some dogs, and it reduced, but didn't eliminate, seizures.

OTHER: Evidence from laboratory animals supports CBD's effectiveness in promoting bone healing, fighting infection, treating inflammatory bowel disease, slowing degenerative myelopathy, quelling nausea and relieving pain.

Choosing Wisely

Broad-spectrum products work better than isolated CBD because they use the whole cannabis plant. Choose those with third-party certificates of analysis of potency and testing for heavy metals, mycotoxins or pesticides. Avoid human edible products that often contain ingredients such as xylitol that are toxic to pets.

Aim for about 0.1 to 0.2 milligram per kilogram of a dog's weight, given twice daily by mouth. Work up gradually, but beware that more is not always better with CBD, because sometimes the response is biphasic—it doesn't work if they get too little or too much.

Discuss CBD with a veterinarian, but realize that not all of them are familiar or comfortable with the subject. CBD, like many supplements and drugs designed for humans and used on canines, is not yet approved by the U.S. Food and Drug Administration.

Overall, the evidence is compelling that CBD can help some conditions. The endocannabinoid system is the largest system in the body and the least explored. CBD is not a miracle drug, but it may be the miracle our four-footed friends need.

Caroline Coile, Ph.D., is an award-winning writer of 34 books, thousands of magazine and web articles, and an app, All About Dogs. Learn more at CarolineCoile.com.



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Fall Fruits for Savory Dishes

FRESH APPROACHES TO AUTUMN FLAVORS

by April Thompson



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Move over, summer berries and stone fruits—'tis the season for a cornucopia of fall fruits, including crunchy apples, chewy figs and tart pomegranates. By taking a page from the playbooks of orchard chefs, home cooks can flex the unique flavors and health powers of these autumn delights with savory mains and sides.

Fall fruits boast many healthful properties, from the apple's plentiful soluble fiber and vitamin C to heart-healthy lycopene and beta-carotene found in orange-skinned persimmons. Pears are also loaded with pectin, which helps lower cholesterol, fight diabetes and promote gut health. Opting for light, savory prepara-

tions of fruit such as seasonal salads and soups over sugary desserts makes them an even healthier choice.

Healdsburg, California, restaurateur Kyle Connaughton creates dishes highlighting different fruit varieties for his restaurant's 11-course menu, which changes daily. "This region was actually known for its heirloom apples and cider-making long before it was known for wine. We have these incredible heirloom fruits, including experimental varieties from the 1800s that no one even knows what they are. So many varieties got lost in the quest to grow fruit bigger and faster," says Connaughton, who runs SingleThread Farms with his wife Katina. Their 25 acres include an heirloom fruit orchard, olive trees, beehives, grapevines and chicken coops that supply fresh ingredients to their three-Michelin-star restaurant.

"Some pear varieties are very crisp and dense, and poach and roast well, whereas other soft-skin varieties are better pureed into drinks or sorbet," says Connaughton. He creates dishes that celebrate all of the season's bounty, and in California, fall brings persimmons and Dungeness crab. "Persimmons have a fibrous texture that don't blend well into sauces and don't freeze well for things like sorbets, which we like to make with other fall fruits like pomegranate. We prefer to use them in savory dishes, like a first course of cold steamed crab with persimmon."

The orchard also grows Asian pears, which SingleThread Farms tends to use raw, often paired with raw fish. "Asian pears are very crisp, but not incredibly sweet, with an undertone of acidity. It has the watery crunch of a jicama that makes a nice backdrop for raw fish dishes like sashimi," says Connaughton.

While the restaurant's innovative menu focuses on small bites in curious combinations, the Connaughtons frequently have a simple family meal before the dinner service. In autumn, they will often toss together a salad featuring local goat or blue cheese; bitter chicory, frisee or radicchio greens; roasted fall hazelnuts or walnuts; and figs, persimmons or pomegranates from the orchard, served with a vinaigrette made with pomegranate molasses and macerated shallots.

The pink-fleshed, mountain rose apple, an autumn specialty of the Hood River Fruit Loop region of Oregon, often makes its way into salads at the dinner table of Katrina McAlexander, a third-generation farmer and owner of Grateful Vineyard, in Mount Hood. This 51-acre orchard and vineyard, brewery, winery and tasting room boasts more than 500 fruit varieties, including 150

kinds of apples alone. Grateful Vineyard hosted the cooking competition show *Top Chef* this year for a Fruit Loop challenge, with competitors coming up with savory dishes such as pear risotto and scallops with an apple shallot relish.

McAlexander's fall salads often feature fennel, herbs and arugula, topped with croutons made from leftover pizza dough. Pears and apples from the orchard also get pickled, a nod to McAlexander's Swiss heritage.

One of the vineyard tasting room's signature dishes is an orchard pear pizza, with Anjou pears, caramelized onion and other savory ingredients on a base of olive oil and a long-ferment crust. The kitchen also uses pears in a vegan ceviche, tossing them with red onion, tomato, cucumber, cilantro and lime.

As the weather starts to shift, fruit adds a nice dimension to warming soups for chilly fall days. Adding cooked apples or pears to classics like puréed carrot or squash soup provides an extra dose of sweetness and fiber; sneak in fall greens like kale for even more nutrients. Fruits also help fill out hearty grain bowls alongside fall veggies like carrots, arugula and sweet potato, particularly paired with nutty grains like farro.

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

Pear and Lentil Salad

Salad:

A few handfuls of arugula
A few handfuls of spinach
½ pear, sliced into thin slices
2 Tbsp chopped pecans
¼ cup cooked lentils
¼ cup pomegranate seeds
¼ cup feta or goat cheese

Dressing:

2 Tbsp Dijon mustard
¼ cup olive oil
2 Tbsp maple syrup
¼ tsp cinnamon
Salt and pepper

Pour a desired amount of dressing onto the salad and toss. Store the rest in the fridge.

Recipe by Maria Roberts (@spinach4breakfast), courtesy of USA Pears.



Pear Barley Salad

Salad:

⅓ cup walnuts
1 cup uncooked barley
1 cup cooked chickpeas
2 green Anjou pears, divided
⅓ cup chopped sun-dried tomatoes
¾ cup crumbled feta
¼ cup chopped fresh parsley
1 handful baby arugula

Dressing:

3 Tbsp red onion, minced
¼ cup apple cider vinegar
⅓ cup olive oil
2 tsp maple syrup
1 tsp Dijon mustard
1 tsp dried oregano
½ tsp sea salt
¼ tsp pepper

Cook barley according to package instructions. Drain. Toast walnuts in a small skillet. Let cool. Add minced onion in a small bowl with the vinegar and let marinate while you prep the salad.

Chop 1-½ pears and save remaining half for fanning and decorating the salad.

Add cooked barley, chickpeas, pear, sun-dried tomatoes, arugula, parsley and feta to a large bowl. Mix the remaining dressing ingredients with the vinegar and red onion, and whisk until combined.

Pour dressing over salad mixture and toss to coat. Taste and season with additional salt and pepper, if needed.

Recipe by Brittany Mullins (@eatingbirdfood), courtesy of USA Pears.



Water Scarcity Woes

A Global Problem That's Getting Worse

by Jeremiah Castelo

Water scarcity is a legitimate concern. It is true that the hydrologic cycle, the process in which the Earth circulates water throughout its ecosystems, is a closed-loop cycle that neither adds nor takes away water. In theory, the amount of water on Earth will always remain the same. But problems occur when the hydrologic cycle is disrupted, causing some regions to grow arid while others get constant floods. The human activities that disrupt that process include the building of dams, the industrial pollution of waterways, the paving of roads, excessive drilling and bottled water privatization.

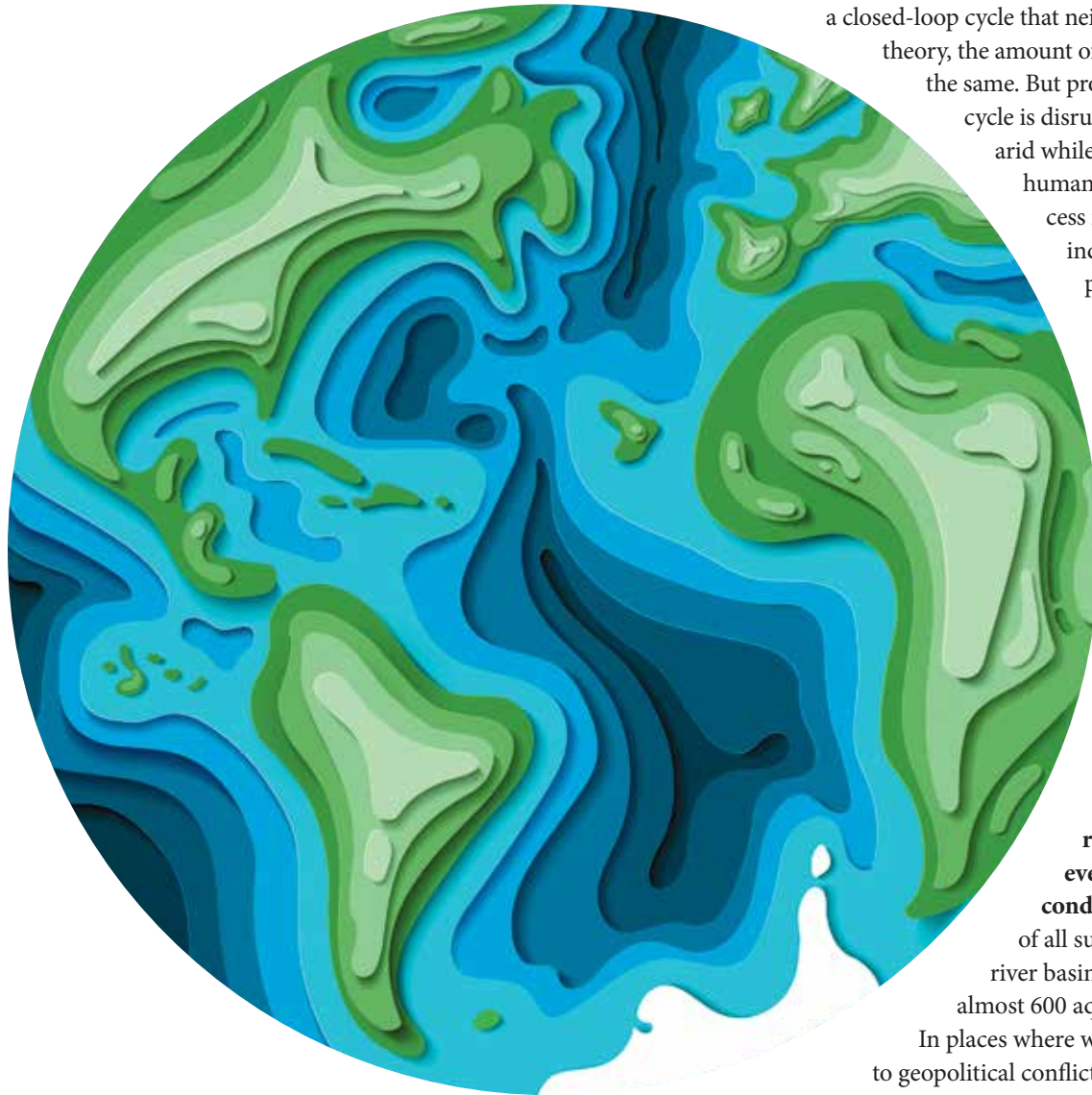
Here are 10 of the most alarming water scarcity facts that the world is currently facing.

1 By 2025, half of the world's population will be living in areas of water stress as people will be unable to access the water they need. Climate change, population growth, agricultural demands and mismanagement of water resources all contribute to the growing water crisis.

2 The world's population will rise to 9.7 billion by 2050, leaving even more people in water-stressed conditions. An estimated 60 percent of all surface water on Earth comes from river basins shared by separate nations and almost 600 aquifers cross national boundaries.

In places where water is already scarce, this can lead to geopolitical conflict.

3 Three in 10 people on Earth currently do not have access to safe and clean water. According to the World Health Organization, 2.1 billion people do not have access to a safely managed water source. An estimated 263 million people must travel over 30 minutes to access water that isn't clean, and 159 million still drink from untreated surface water sources.



4 One in three people worldwide does not have access to a toilet. Around 2.3 billion people lack access to even basic sanitation services, forcing them to either practice open defecation or use pit latrines and buckets. Fecal contamination in the water supply is a major cause of deadly waterborne diseases such as hepatitis A, norovirus and E. coli.

5 Annually, 1.6 million people die from waterborne diseases. Of the 5 million people that become ill from bad water, most are children.

6 Water privatization causes harm.

When corporations site water bottling operations in developing countries like India and Bolivia, they significantly deplete supplies needed by local farmers. In the U.S., when a struggling public water or electricity utility sells their rights to a private corporation, household water and sewer services typically become, respectively, 59 percent and 63 percent more costly.

7 In the U.S., 2.1 trillion gallons of clean water is lost each year due to poor infrastructure, including old, leaky pipes and broken water mains. David Le France, CEO of the American Water Works Association, estimates that repairing America's water infrastructure will be a trillion-dollar program. Due to divided efforts in governmental decision making, adequate policies and budgeting are often difficult to come by.

8 Often, water burdens fall upon women, some of whom walk four miles a day just to fetch water that is likely contaminated. In sub-Saharan Africa, for example, it takes about six hours to carry a 44-pound container of water from a source that often has the potential to make them sick, according to the Global Water Institute.

9 One-third of the world's largest aquifers are water-stressed. Underground aquifers are naturally replenished through rainfall and surface water, but a deficit occurs when more water is pumped out than replenished. Eight of the biggest aquifers, including those in Saudi Arabia, north-western India and Pakistan, are not being replenished at all.

10 Meeting the United Nations' sustainable development goals for the water

crisis will cost \$114 billion per year.

Attaining these critical goals will be time-consuming, expensive and may face political division. Yet the cost of not doing so is also high. Addressing healthcare needs due to water-related diseases and poor sanitation costs \$260 billion globally each year.

Water scarcity is real. To ignore it or to assume that it is only a problem of the developing world is to be blind to the reality that the rest of the world is experiencing. Excessive water consumption and

poor water management are factors that can be controlled. Supporting clean water initiatives will certainly help the movement against the global water crisis. Finally, educating ourselves and raising awareness is a task we should all take on.

Jeremiah Castelo is the founder of World WaterReserve.com, which publishes information on water scarcity and purification methods. This article is excerpted and reprinted with permission.



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Michaeleen Doucleff on Ancient Teachings for Modern Parenting

by Julie Peterson



National Public Radio (NPR) science correspondent Michaeleen Doucleff literally searched the world to learn how to be a better parent. She learned how to raise kind and helpful children, and detailed the journey in a book, *Hunt, Gather, Parent: What Ancient Cultures Teach Us About the Lost Art of Raising Happy, Helpful Little Humans*. Doucleff learned the basics of parenting from experiences gathered with her 3-year-old daughter among the Maya in the Yucatan, the Inuit above the Arctic Circle and the Hadzabe in Tanzania. The hunter-gatherer parents that she encountered convinced Doucleff that modern parenting needs to be overhauled and that there is a path to healthier families.

What is wrong with 21st-century parenting?

Western parents have, in many ways, forgotten how to relate to children in a way that's calm, peaceful and cooperative. We don't really know how to cooperate with them or teach them how to cooperate with us.

Instead, our relationship with kids centers around control. I think this is a major reason for the epidemic of depression and anxiety among American children. They have little autonomy, but they also feel disconnected from the parents because they don't know how to cooperate with them. At the end of the day, kids are lonely.

For tens of thousands of years, parents learned how to be moms and dads from older people who lived in their homes or nearby.

We've lost this social support and structure. Parents have to look for guidance from parenting "experts" online and in books. Unfortunately, these experts offer a narrow view of parenting styles, tools and methods.

What was the catalyst that led you to travel the world with a toddler to research parenting methods?

When my daughter Rosy was 2 years old, my husband and I were really struggling as parents. Rosy was having a lot of tantrums, which often included hitting and biting. I read a ton of books and blogs, and everything I tried seemed to make her tantrums worse.

Then NPR sent me to a tiny Maya village in the Yucatan for a story about children's attention. While I was there, the moms and dads showed me this whole other approach to parenting and relating to children, which is super gentle, calm and peaceful. There's no yelling, arguing, bickering or even nagging. The children are respectful to their parents, kind to their siblings and very helpful. I tried out a few of the elements with Rosy and I was stunned at how well they worked.

How did you choose the Maya, Inuit and Hadzabe communities?

In general, these three cultures excel in aspects of parenting with which Western culture really struggles. The Maya parents are incredibly skilled at raising helpful and cooperative children. Inuit parents have these wonderful and sophisticated tools for teaching children ... how to control their

anger and other types of emotional regulation. And the Hadzabe families are world experts at raising confident, self-sufficient kids. The childhood anxiety and depression common in the United States is essentially nonexistent in these communities.

When did you notice a positive change in your parenting and relationship with your daughter?

Many of the tips and ideas in *Hunt, Gather, Parent* changed Rosy and our relationship right away. For example, when I started including Rosy in household chores and cut back on the “child-centered” activities, her behavior improved essentially overnight. She needed more connection, more responsibility and more ways to contribute.

Other parts of the book involve mind shifts or changes in my own behavior. Those took longer to have an impact on Rosy. But I was the slow one. Once I changed, she immediately followed.

Why will ancient methods of parenting from hunter-gatherer families, what you coined “TEAM parenting,” work for parents everywhere?

These methods are about the parent-child relationship, which is the same around the world, especially when children are young. The TEAM [Togetherness, Encouragement, Autonomy and Minimal interference] parenting method is a way of relating to children that’s independent of the surroundings or environment.

For example, in Tanzania, a 5-year-old girl learns to cooperate by helping her mom gather baobab pods or carrying a jug of water back from the river. In San Francisco, Rosy is learning to cooperate and be helpful in the same way by being included in household chores. She rinses dishes, scrambles the eggs, carries a small bag of groceries to the car at the supermarket. The details are different from place to place, but the concept is the same.

Julie Peterson writes about health and wellness from rural Wisconsin. Reach out at JuliePeterson2222@gmail.com.

inspiration

The Quiet Power of Intuition

by Marlaina Donato

Albert Einstein considered knowledge secondary to intuition and inspiration, and modern visionaries like Steve Jobs, Oprah Winfrey and Steven Spielberg have all endorsed the practical magic of gut feelings. The rest of us that have had that unexpected hunch to take a chance in business or get off the highway via a different exit than we first planned are in good company.

Intuition—once a key factor in our ancestors’ ability to survive and later reduced to a New Age curiosity—is now a subject of research in the military, which has renamed it “sensemaking”. Beneath the clatter of modern living, the quiet voice within each of us is alive and well, an often-ignored superpower. Intuition gives us the opportunity to leave the comfortable shore of left-brain reasoning to dive into immediate somatic response. This sixth sense in our everyday toolbox can enable us to not only endure, but prosper.

Research has shown that believing in the value of intuition and trusting gut feelings in business pays off. In the 1970s, parapsychologist Douglas Dean and John Mihalasky, an engineering professor at the New Jersey Institute of Technology, tested 385 American CEOs on their intuitive capacities. Eighty percent of the individuals with the highest scores had previously increased company profits twofold within five years.

Out-of-the-blue flashes of “knowing” usually come without warning and can dissolve like a flake of snow under the glare of too much analysis. This sense can also warp and prove unreliable during extreme emotional states like anger or fear. Being aware of subtleties and trusting the energetic current beneath the surface invites more accurate and fruitful results.

Cultivating internal knowing is a wise investment that can also quell frazzled nervous systems in the process. Adopting simple habits and activities can dial down the fight-or-flight stress response and make room for the inner voice. We might wonder how we know if it’s our fear or our desire talking, and the answer is simple: Listen to feelings, not thoughts. Other suggestions include:

- Meditation or meditative movement like dancing or repetitive, mindful activities like kneading bread or painting
- Creative projects like scrapbooking or journaling
- Spending quality time in nature
- Dialing into our everyday senses
- Taking a social media sabbatical for more unplugged downtime

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



prostockstudio/AdobeStock.com

calendar of events



SATURDAY, OCTOBER 2

Wanderlust Pop Up Shops OKC – 9am-5pm. Returning to the Wheeler Ferris Wheel for fall 2021. Over 60 handmade, unique, made in Oklahoma, repurposed, upcycled and boutique vendors. Food trucks and the Big Friendly Beer Bus. Free. 1701 S Western, OKC. Facebook.com/events/440546106583607.

FRIDAY, OCTOBER 8

Movie on the Lawn OKC – 7-9pm. Featuring everyone's favorite spooky movie, Hocus Pocus. Bring blankets or chairs, and come out for a fun evening under the stars. Free. Chisholm Creek. 1332 W Memorial Rd, OKC. 405-728-2780. ChisholmCreek.com.

THURSDAY, OCTOBER 14

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.

SATURDAY, OCTOBER 16

Fall Festival & Red Earth Parade OKC – 10am-4pm. Red Earth Parade will feature colorful entries while spectators line the streets of downtown OKC. Parade begins at 10am at NW Walker and 6th streets moving southbound on Walker and ending near the Myriad Gardens, the site of Fallfest, and includes an Arts & Crafts Market and a Fall Pow Wow. Free. Myriad Botanical Gardens, 301 W Reno, OKC. 405-427-5228. RedEarth.org.



Butterfly Walk Tulsa – 10:30am-noon. Join this butterfly walk and start seeing some different species and greater numbers of butterflies. Bring binoculars if you have them. All skill levels are welcome. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

Chili on the Green Cook-Off Tulsa – 2-8:30pm. Guests can watch professional chili chefs concoct mouthwatering dishes while competing for a spot in the International Chili Championship. Live music, a kids' zone and car show will also round out the vast activities on hand at this delicious event. Free. Guthrie Green, 111 E Brady St, Tulsa. 918-281-9959. ChiliOnTheGreen.com.

THURSDAY, OCTOBER 21

Relay for Life Tulsa – 4pm. This empowering evening starts with an opening ceremony, followed by the survivor/caregiver walk. In addition, activities, games and live music will keep guests entertained throughout the night. Free. River Spirit Casino, 8330 Riverside Pkwy, Tulsa. 918-691-0280.

SATURDAY, OCTOBER 23

Bark Walk OKC – 11am-3pm. This fun-filled family fundraiser, now in its 11th year, will feature a 1-mile walk. There will be plenty of food and fun for pets and their human companions. All breeds are welcome. Can't come for the walk? Come for the fest. Free. Scissortail Park, 300 SW 7th St, OKC. ScissortailPark.org.

SUNDAY, OCTOBER 24

India Food & Arts Festival OKC – 3-9pm. Featuring various food, clothing, jewelry and cultural stalls from different regions of India. Another major highlight of the event includes Bollywood style dances, classical temple dances, folk dance, fashion show, live music and traditional art shows. Free. Myriad Botanical Gardens, 301 W Reno Ave, OKC. 405-759-0838. IfafOk.com.

SATURDAY, OCTOBER 30

Sweets & Treats on Spooky Street Tulsa – 10/30-10/31, time TBA. Don't miss a kid-friendly, spooky stroll through the park that's a real scream. With fun games, costume contests, live entertainment and so much more, this All Hallows celebration will be a monster mash of memories. No tricks; just a few treats. Free. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

classifieds

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

FOOD

BEST VEGGIE TACOS ON THE PLANET - Hey Tulsa, come visit Neives' Mexican Grill at 10309 E 61st St, Tulsa, for veggie tacos. Ask for the NATURAL AWAKENINGS SPECIAL - 2 veggies tacos, a small guac or bean dip and a drink for \$10.99.

OPPORTUNITIES

GREEN CLEANING COMPANY – Seeking professionals that want to have their own cleaning business. Company is in the building phase and looking for partners. Must have own vehicle and be willing to use all-natural products, which are plant-based and healthier for you and our clients. Call or text for more information. 918-928-5157.

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

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

WORK-FROM-HOME BUSINESS – Are you green-minded? Want to work from home in the health & wellness industry? Start your own business with us: no risk, full training and unlimited income potential. Non-MLM. Must have access to a computer. More information at WorkFromHomeAndLoveIt.com.

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

ongoing events

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

various

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

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

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.

tuesday

Zumba with Fernanda Tulsa – 6-7pm. Get on your feet and groove to the beat at Zumba. Dance to great music, meet new people and burn a ton of calories without even realizing it. Free. QuikTrip Great Lawn at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

wednesday

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

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

thursday

Scissortail Walking Club OKC – 9am. The club will meet on the deck of the Boat House and begin with a mile route to kick it off and will expand from there. Dogs are welcome to join. Free. Boat House at Scissortail Park, 300 SW 7th St, OKC. ScissortailPark.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.

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. **temporarily online only** Free. Tulsa Community College's (TCC) McKeon Center for Creativity, 910 S Boston Ave, Tulsa. SustainableTulsaInc.org/1st-thursday.

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.

PLANS CHANGE CALL AHEAD

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. 1st Fri. Enjoy free, live music. Local musicians will perform on the Water Stage at The Pointe. Chisholm Creek, 1332 W Memorial Rd, 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.

Zumba OKC – 9-10am. Come exercise to great music. Free. Pavilion at Scissortail Park, 300 SW 7th St, OKC. ScissortailPark.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 us at the Park once a month for a themed concert event the whole family will love. Featuring Dane Arnold & The Soup, Nightingale and Steve Liddell Band Free. QuikTrip Great Lawn. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

community resource guide

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

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Likemindedtherapies.com
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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, Body Works page 7.*

MEDICAL MARIJUANA

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



H&H Processing produces Orion Cannabis Tablets and Blossom Canna Capsules as well as craft FECO (Full Extract Cannabis Oil). The tablets and the capsules are 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 12.*

MEDICAL SPA

PATH TO WELLNESS MEDICAL SPA
Torrey Knight, Esthetician, CNA
6125 S Sheridan, Ste E, Tulsa
918-494-0082 • TulsaPath.com



Come and discover the best version of you. Offering natural, customized facials that will have you glowing both inside and out. Therapeutic body services ranging from body wraps, massage, back facials and full body waxing. As always, all services offer access to our steam rooms. Pamper yourself today!

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 5.*

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 7.*

REAL ESTATE

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



Let me help you buy, sell or invest in a beautiful home for yourself and your family. Each office is independently owned and operated. *See ad, page 23.*

REIKI

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 7.*

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 7.*

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 23.*

THE NATURAL VET
Brad Roach, DVM, CVA
Serving OKC, Del City & Shawnee
405-456-9508, 405-275-9355
BradRoachDVM.com
BestFriendsAnimalClinicvet



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.*

WELLNESS CENTER

FULCRUM HORMONE AND WELLNESS CENTER
Mark G Fergeson, APRN, CNP, FNP
1601 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 13.*

EAST WINDS WELL BEING CENTER

Sarah Cochran
Norman, OK

405-443-3774 • EastWinds@mail.com



East Winds Well Being Center has launched a new website, *East-Winds.com*. An eCommerce site offering mindful materials. In our shop, you'll find elements to expand your mind or to sport our design. Journals to gain

clarity, decal stickers to keep wisdom in mind, shirts to inspire yourself and others, and more. Let the winds of change enlighten your life.

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YOGA

FREE SPIRIT YOGA AND MEDITATION SANCTUARY

Dee Mathis

405-412-3582 • YogaInOKC.com



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Beginners welcome. All body types welcome. First class free. *See ad, Body Works page 7.*

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 7.*

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 7.*

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 7.*



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Comprehensive Healthcare for Man's Best Friend

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



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