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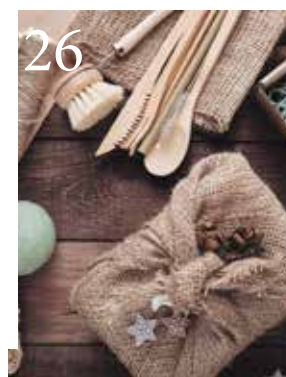
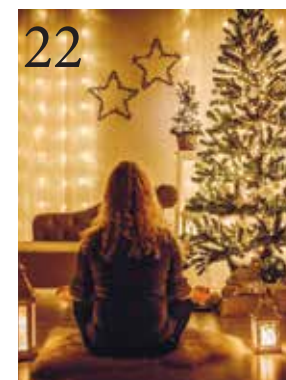
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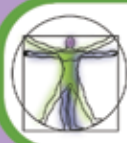
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## letter from publisher



Mark and Shanna Warner

**T**alk about yin and yang. Mark loves summer. He loves to sweat in the heat and bask in the long days of bright sunshine, kind of like a lizard. To him, nothing is better than a boat on the lake and a sun-warmed swimming hole. Me? I love the winter. When autumn comes around with blazing colors and the crunch of leaves underfoot—ah, I just get happy! I dream, not of sugarplums dancing in my head, but of steaming cups of tea, coffee and hot cocoa to warm my hands.

I know, I know—so many people dislike winter, even dread it. And there are documented cases of

Seasonal Affective Disorder (SAD), when people become depressed due to the cooler temperatures, shorter days and the lack of sunlight. When I asked Mark about HIS best strategies for dealing with winter woes, he said, “How about hibernation?” Did I mention that the cooler temperatures make him grumpy, too?

If you are one of those people who dread the winter months, here are a few helpful ideas to get you through it. (And if you also dream of chocolate, check out my recipe for hot cocoa mix on page 21.)

■ Boost your exercise at home. Endorphins, those feel-good hormones, are released when you get moving. So turn up the radio and move it, move it.

■ Stay connected. We all learned the importance of checking in on each other during the pandemic shutdowns. Keep it up during the winter months.

■ Get out of the house every day, even if it is just to sweep the porch or refill your bird feeders. You might be tempted to binge watch TV until April, but all those crummy shows just lead to a crummy sofa.

■ On those rare sunshiny days in the middle of winter, bundle up and soak up the rays. Take a winter walk with your family or doggies. Your body and mood will thank you. (And just try to harness up the family cat! If you do, please send pictures.)

Now, it's time for me to grab another cuppa. Coffee or tea? Green, black or herbal? Almond milk? Stevia? Ah, the possibilities are endless. Bundle up and try to enjoy the winter. Or at least remember that the sun WILL come out again; it's always just a day away.

With love and veggies,

*Shanna*

Shanna Warner



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Publishers **Shanna Warner**  
**Mark Warner**  
Editor **Melanie Rankin**  
Contributing Writers **Joshua Poor**  
**Shanna Warner**  
Design & Production **Melanie Rankin**  
Ad Design **Helene Leininger**  
**Mark Warner**  
Sales & Marketing **Sarah Cochran**  
**Jeff Krisman**  
**Mark Warner**

### CONTACT US

918-346-8577  
Publisher@NAOKlahoma.com  
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Facebook @ NAOklahoma  
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LinkedIn @ shannawarner  
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Administrative Assistant **Anne-Marie Ryan**

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

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# a note from jessica menzel BNC

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**EVERYTHING HOLDS AN ENERGETIC FREQUENCY.** Our bodies hold intricate layers of these frequencies that contract and expand as we live our lives. These can be measured and affected by everything we come in contact with. Cell phones and TVs, for example, give off a frequency that directly affects our bodies. This is why it is commonly recommended to turn your phone off at night so sleep can easily come and rest can be achieved. With that rest, a recalibration occurs and healing can happen. This is also why high nutrition in our food electrifies the body and promotes an increase in our everyday function. The frequencies in quality, nutrient-dense food interplay with the frequencies in your body creating balanced homeostasis.

Every thought, feeling, and emotion also affect our internal and physical energetic field by either increasing our capabilities or decreasing them day by day. This is because we are not just physical beings; we need energy from the food we eat to live: we are most importantly mental, emotional and spiritual. At Energetic Wellness through biofeedback technology, we are able to assess what nutrients are necessary to bring balanced energy to your body.

We have the capability of looking at your specific body frequencies down even cell levels and can evaluate how certain emotional events and traumas might have directly influenced your body's frequency field and its capacity to be healthy.

This process is individualized and unique to your specific needs. It is in-depth and very informative to help you discover aspects of the true roots of why you feel, as well as what you feel in your body.

*-jessica*

## news briefs

### New Online Course to Develop Your Intuition—Intuitive Mentorship 101



Intuitive Mentorship 101 is a new, online course offered by Casa Galactica to assist people in learning about intuitive readings, strengthening their personal connection to their own inner wisdom and higher guidance. An intuitive reading can be used for grief, guidance and healing. Intuitive readings can strengthen a person's intuition and guide clients into activities and life experiences that bring more joy and fulfillment. An intuitive reading is a multidimensional healing therapy for the mind, body and spirit.


Intuitive readings are unique because they are tailored to the person that receives them. Often utilized as a single, one-time session, Casa Galactica is seeing more clients wanting multiple sessions. Readings begin with the acknowledgement that unseen spiritual energies are vast with love, intelligence and wisdom. Then with the understanding that every person on the planet is absolutely and comprehensively seen, known

and loved, an intuitive reader will act as a clear and open channel for loving messages, wisdom, transmissions, guidance and insight to be communicated in ways that are distinctly understood by the individual receiving the reading. The motivation for an intuitive reading is to share messages for the person's highest good, healing and purpose.

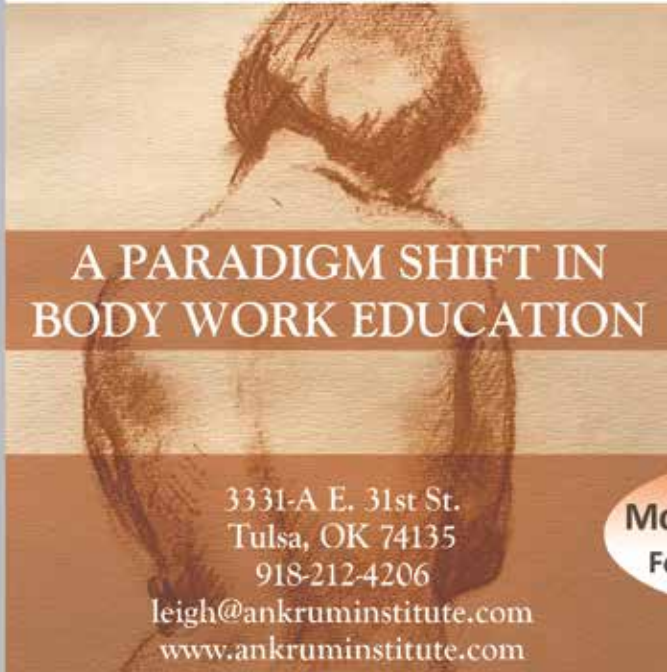
Jamie Csizmadia Thornhill is an intuitive medium and cofounder of Casa Galactica. She works alongside her husband and fellow channel, Michael Thornhill, offering online private sessions and group programs for dedicated inner-truth seekers and multidimensional healers.

For more information or to enroll online, visit [CasaGalactica.com/intuitive-mentorship-101-course](http://CasaGalactica.com/intuitive-mentorship-101-course). See ad, page 25.





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## health briefs

### Eat Walnuts to Reduce Bad Cholesterol and Heart Disease



Healthy older adults that ate about a half cup of walnuts every day for two years gained a modest reduction in low-density lipoprotein (LDL), the “bad cholesterol”, reports a study of 636 people from San Diego’s Loma Linda University. Other risk factors for heart health—small LDL particles and intermediate-density lipoprotein—

also decreased, signaling a lower chance of cardiovascular events. “Many people are worried about unwanted weight gain when they include nuts in their diet,” says study co-author Emilio Ros, M.D., Ph.D. “Our study found that the healthy fats in walnuts did not cause participants to gain weight.”

### Eat an Avocado Daily to Redistribute Belly Fat



The deep visceral fat that surrounds internal organs is a major indicator of metabolic syndrome and diabetes, but it can be decreased in women by eating an avocado each day, report researchers at the University of Illinois Urbana-Champaign. For 12 weeks, 105 overweight or obese men and women were fed a meal that for

only half of the participants included an avocado. The women that ate avocados experienced a reduction in visceral abdominal fat, as well as a reduced ratio of visceral fat to subcutaneous fat closer to the skin, indicating a redistribution of fat away from the organs. Fat distribution in males did not change.

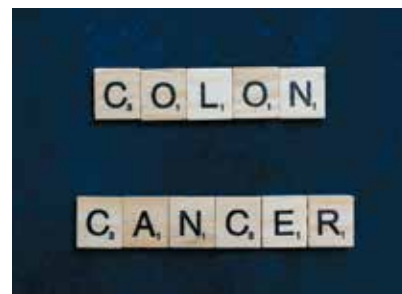
### Try Damask Rose Extract to Boost Liver Function



The fragrant Damask rose (*Rosa damascene*), a common ingredient in essential oils and perfumes, has been used for a millennia in the Middle East to treat chest pain, menstrual bleeding, heart weakness and digestive ailments. A new study by Iranian researchers has found that it also boosts liver function

in people with nonalcoholic fatty liver disease. The 37 participating patients that took 500 milligrams of rose petal extract daily for 12 weeks had significantly better serum ALT (liver enzyme) levels compared to the placebo group. The rose extract also reduced triglycerides, low-density lipoproteins and blood pressure, and it significantly improved metabolic syndrome markers.

### Avoid Antibiotics to Lower Colon Cancer Risk



A clear link exists between taking antibiotics for six months and developing colorectal cancer in the next five to 10 years, report researchers from Umea University, in Sweden. By comparing the records of 40,000 Swedish cancer patients to 200,000 people without cancer, they found that taking antibiotics for at least six months increased the risk of cancer by 17 percent in the ascending colon, the first part to be reached by food after the small intestine. However, no increased risk was found for cancer in the descending colon. Those taking the most antibiotics had the greatest risk, but even a single course was associated with a small, but statistically significant risk increase. “While in many cases antibiotic therapy is necessary and saves lives, in the event of less serious ailments that can be expected to heal anyway, caution should be exercised,” says Umea University researcher Sophia Harlid, Ph.D.

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Planting 500 Billion Trees



The UK tech company Dendra claims their drone can plant two trees per second using artificial intelligence for guidance in an effort to re-green the Earth. Their ambitious goal is to plant 500 billion trees by 2060 with 400 teams of two drone operators and 10 drones per team. The plan would plant 10 billion trees per year 10 times more cheaply than planting by hand, especially in remote areas.

First, the replanting areas are identified using a combination of satellite images and drone-collected data. Then, specialized drones carrying seedpods that contain a germinated seed and nutrients use pressurized air to fire the seeds into the ground once in proper position as determined by an algorithm. The seedpods penetrate the ground and start to grow when activated by precipitation.

The World Wildlife Fund estimates the planet is losing 27 football fields of forest every minute due to deforestation. Dendra CEO Susan Graham says, “We need to use technology to scale up our restoration efforts, and the scale we’re talking about is tens of billions of trees every year. We’ll be able to see the ecosystems that we’ve restored from space.”

Peaceful Settlement

Native Americans Win Historic Water Battle



The Indigenous Confederated Salish and Kootenai Tribes have reached an historic \$1.9 billion water rights settlement with Secretary of the Interior Deb Haaland, resolving thousands of tribal claims to waterways in

Montana. The largest of its kind, this agreement authorizes funding to modernize the Flathead Indian Irrigation Project, a 1,300-mile network of aging canals. It also provides funding for habitat restoration and transfers control of the National Bison Range to the tribes. The dispute stems from the 1855 Treaty of Hellgate, which created the 1.25-million-acre reservation.

Breezy Solution

Wind Energy Can Be a Climate Change Hero



Cornell University research published in the journal *Climate* indicates that advanced wind energy strategies could reduce atmospheric average temperatures of about 32 to 33 degrees Fahrenheit

by 2199. Rebecca Barthelmie, a professor in the Sibley School of Mechanical and Aerospace Engineering, says, “Early action will reap dividends. In terms of averting the worst of climate change, our work confirms that accelerating wind energy technology deployment is a logical and cost-effective part of the required strategy.” Waiting longer to avert environmental disaster will mean more greenhouse gas reduction scenarios will be needed.

The Intergovernmental Panel on Climate Change Working Group I *Sixth Assessment Report* has determined that climate change is rapid and intensifying, and that Earth’s atmosphere could add 35 degrees Fahrenheit of average warming by 2040. Sara C. Pryor, a professor in the Department of Earth and Atmospheric Sciences and co-author of the research, says global wind resources exceed current electricity demand and the cost of energy from wind turbines has declined sharply. “It makes perfect sense to rapidly deploy wind energy as a key part of decarbonizing the electricity supply.” Wind turbines are now deployed in 90 countries, generating about 7 percent of global electricity.

The agreement establishes a Flathead Reservation Water Management Board to govern water use within the reservation. Two members of the board will be chosen by the tribe, two will be chosen by the governor of Montana and a fifth will be chosen by the four appointed members. Tribal Chairwoman Shelly R. Fyant says, “Our elders continually remind us to protect our water, and this day marks the beginning of the water compact implementation that will protect the water for all generations to come.”

Ryan Rusche, an attorney for the tribes, says, “The settlement provides water to fulfill the purpose of the reservation, which is a permanent homeland for the tribes, while at the same time protecting existing non-Indian uses of water on the reservation where there is a significant irrigation-based economy.”

eco tip

Sustainable Kitchen

Advice for Buying and Storing Food



As we awaken to the climate crisis, we are called to participate in its solutions. In addition to frequenting farmers’ markets, much can be done at the grocery store and in the kitchen. By adopting these easy practices incrementally, we’ll be living zero-waste lifestyles before we know it.

AT THE GROCERY STORE

Food waste is environmentally problematic, producing a significant amount of greenhouse gases. Before entering the grocery store, plan meals for the

week and build a shopping list to prevent overbuying.

Buy staples like nuts, beans, flours, grains, dried fruit and chocolate chips in bulk, carrying them home in reusable cotton sacks that can be purchased from artisans on *Etsy.com*. Some grocery stores offer paper bags in the bulk aisle; choose these over plastic and save them for subsequent uses.

Many of us have stopped drinking bottled water to ditch single-use plastics. Consider expanding that effort by forgoing packaged products that can be made easily from scratch, including salad dressings, breads, hummus, nut milks, nut butters, jams, tortilla chips and granola.

Some food companies employ eco-friendly packaging, setting an example for the rest of the industry. Read labels not just for ingredients, but for packaging practices, too. For example, look for shelf-stable dried goods packaged in recycled cardboard boxes printed with vegetable-based inks. While loose tea is the most sustainable choice, we can also opt for compostable tea bag brands that don’t use strings, staples or individual wrappers.

IN THE KITCHEN

One of the most elegant and traditional storage solutions is the Mason jar. It’s an inexpensive, reusable, versatile option, not just for canning and preserving foods, but also for storing bulk pantry items or refrigerated leftovers.

While paper towels and napkins may be biodegradable, an Earth-friendlier choice is reusable washcloths and fabric napkins that are easily washed in the laundry. Avoid ones that come in plastic wrapping. Darker colors will hide stains better, but if they help save the planet, embrace the stains.

Several options exist to avoid plastic wrap and disposable plastic containers, including reusable silicone freezer bags, beeswax wraps, glass spray bottles and stainless steel canisters. Keep and reuse grocery store jars. Soaking them to remove the labels is easy.

A bristled, wooden dish brush is preferable to petroleum-based disposable sponges that come wrapped in plastic. They last longer, don’t produce as much bacteria and are capable scrubbers. Use bar soap to avoid plastic dishwashing liquid containers.



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## local spotlight

# Total Family Wellness

## Leading the Way to a Better Quality of Life for Families and Communities

by Shanna Warner

Montika Collins is on a mission. She is the CEO and driving force behind Innovations Family Wellness and Total Family Wellness at 3336 East 32nd Street, Suite 107, in Tulsa. Her mission is to train women of different cultures and women of color to become birth workers that will serve and care for their communities. The goal is to grow and create economic stability and mentorship through birth work, and, in a natural progression, to take their business model to other communities so families get the support they need.

Collins serves as an advanced holistic lactation consultant, International Board-Certified Lactation Consultant (IBCLC), holistic integrative nurse, health and wellness coach, body worker, medical herbalist and is on the nursing faculty at Oral Roberts University.

As an activist, Collins is passionate about helping families, with her main focus on the mother/baby bond. She explains that this passion for helping women and their families brings tremendous joy to her life. "There is nothing like seeing a baby who was suffering with colic, able to finally rest and be happy. It completely changes the family dynamic. It's such a blessing, and I love walking through the experience with families. It's humbling and life-changing in a different way every time."

Collins is quick to note that fathers are extremely important, too. Support and encouragement go a long way in a mother's mental health, especially when breastfeeding challenges, such as colic, arise. She explains, "Colic is excessive crying in an infant for hours who is unable to be soothed. In general, it lasts for more than three hours and often happens daily. Many are told there is no reason or treatment for it." Collins's first

child was diagnosed with colic. She was told to just leave the child to cry in the crib. That was not okay with her, so she began looking for answers. This was the beginning of her journey in holistic health.

Her passion for the health and well-being of minority women and children led her to cofound the 501(c)3, nonprofit organization Innovations Family Wellness, Inc, serving her community as the organization's co-president & CEO. She served Oklahoma's breastfeeding coalition, Coalition of Oklahoma Breastfeeding Advocates, as chair and board member.

Collins graduated from Maryland University of Integrative Health with a Master of Arts degree in Health and Wellness Coaching and a concentration in Medical Herbalism. She also earned a Bachelor of Science degree in Biology and Chemistry from Northeastern State University. She graduated Magna Cum Laude from Oral Roberts University with a Bachelor of Science degree in Nursing. She has earned more than 300 hours in continuing education courses specific to the care of the mother/baby dyad.

In addition to teaching nursing students, she also trains healthcare professionals on how to utilize and integrate alternative healthcare practices into their medical practices. She also holds group training and seminars for various perinatal providers.

Collins's practice focuses on the health of the mother/baby dyad as

a whole. She explains, "Caring for an infant is different for every family. My goal is to help parents find a plan that works best for their lifestyle while ensuring we protect the breastfeeding relationship. We address the dyad mentally, spiritually and physically." If a family is struggling, she works to find the root cause of the problem. She specializes in complex breastfeeding issues and addresses everything from low supply, colic, tongue tie and structural issues to anxiety, re-lactating or pumping and everything in-between.

She credits her faith as the driving force in shaping the way she relates to every member of the families she serves. Her deep beliefs give her an inner strength and heart for bringing healing to the people she serves. She is truly a woman on a mission, with a goal "to help every family truly have a better quality of life."

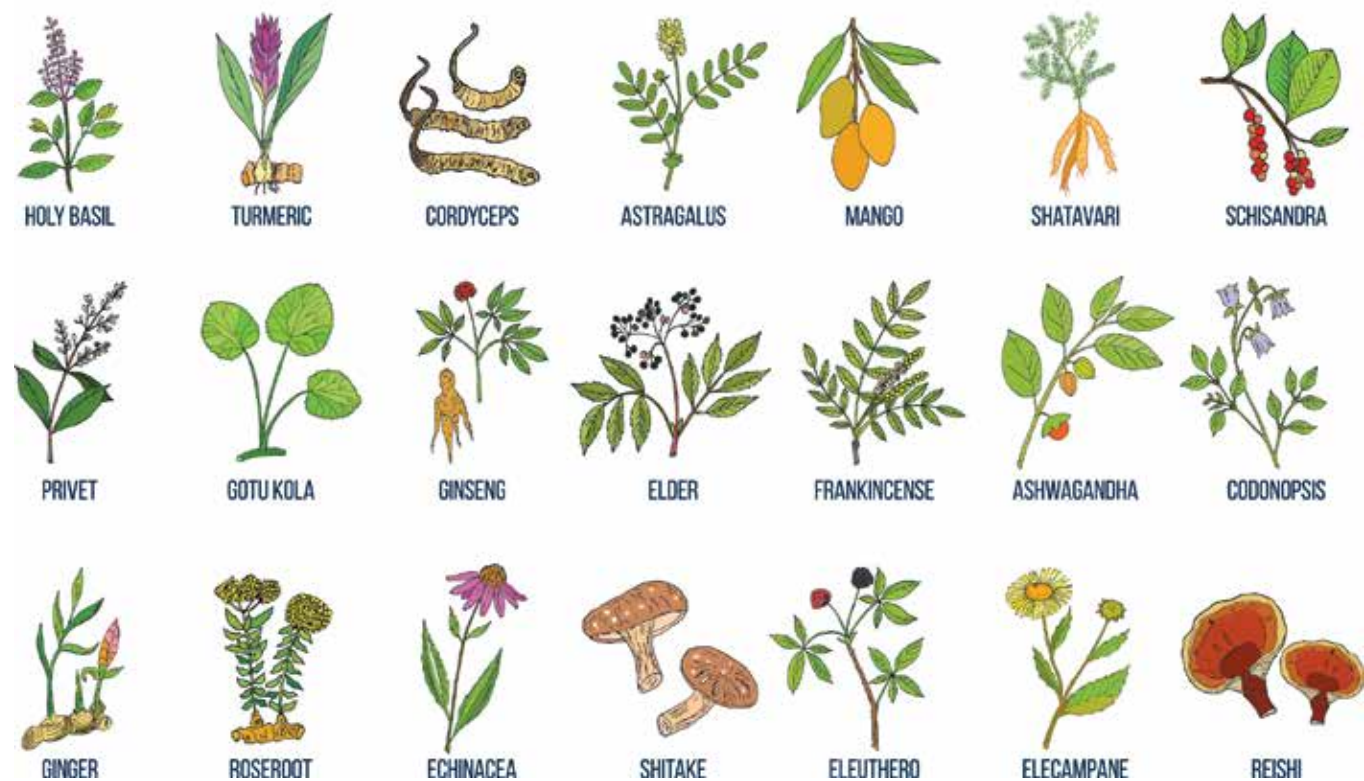
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# Amp Up Immunity

## Proven Boosters for Good Health

by Ronica O'Hara



As we head into the holidays, a gift that many of us wish for is a strong immune system to protect us not only from serious illness, but also from wintry coughs and sniffles. Robust immunity rests on three pillars, research shows: getting at least seven hours of sleep a night to allow immune functions to reboot; daily exercise to stimulate the production of white blood cells that fight off harmful bacteria and viruses; and plant-based foods to supply the antioxidants and phytochemicals needed to reduce inflammation and keep cells humming happily. In addition, we can enhance immunity by adding specific adaptogens and mushroom powders into our daily routine. These study-proven substances perform specific functions in the immune system that boost our resistance to illness. As powders, they can be easily added into drinks or foods, and they can also be taken as tinctures or pills.

### Modulating Immunity with Adaptogens

Used for millennia in China and India, adaptogens are plants that keep the body in balance by helping it adapt to stress. They

interact with the hypothalamic-pituitary-adrenal axis, a complex system of glands, hormones and receptors that helps manage homeostasis, stress responses and energy metabolism. “Adaptogens are a great way to boost immunity, especially if you are constantly sick and run down due to feeling stressed,” says Heather Hanks, a Plymouth, Michigan, nutritionist with USA Rx. Adaptogens typically take two or three weeks to become effective; follow package directions for proper dosage. **ASTRAGALUS** (*Astragalus membranaceus*), an herb called locoweed in the U.S., boosts immune function by increasing natural killer cell activity and enhancing the function of macrophages, the “immune sentinels” that reside in tissues. A recent review suggests that long-term use of astragalus might help prevent colds, and taking it for up to six weeks may relieve seasonal allergy symptoms such as runny nose, itching and sneezing. It has also been shown to improve recovery after illness, disease or prolonged stress and to help post-chemotherapy patients regain health. Polish researchers found that rowing team athletes given 500 milligrams of astragalus root extract

each day for six weeks had immune systems that recovered faster after strenuous exercise.

**PANAX GINSENG**, a perennial plant from East Asia, keeps the immune system in balance by regulating its components, including macrophages, dendritic cells and both T and B cells. It improves resistance to illness and microbial attacks, helps counter stress, controls inflammation, improves cognitive functions and has been found effective in the treatment of cancer, neurodegenerative disorders, insulin resistance and hypertension.

**TULSI** (*Ocimum tenuiflorum*), also known as holy basil, “enhances the immune response, protects the body against bacterial and viral infection and promotes clear and comfortable breathing,” says Ameya Duprey, a certified Ayurvedic practitioner in Nevada City, California. Studies show that it also helps prevent liver, kidney and brain injury by protecting against the genetic, immune and cellular damage caused by pesticides, pharmaceuticals and industrial chemicals.

### The Marvel of Medicinal Mushrooms

Used medicinally since at least 3,000 BCE, certain mushrooms have been found to have antimicrobial, anti-inflammatory, cardiovascular-protective, anti-diabetic, liver-protective and anticancer properties. They are usually not cooked, but rather taken as a powder that can be added to foods like smoothies, cereals and stir-fries.

Reishi mushrooms increase the activity of killer cells and lower inflammation in white cells, warding off infections. “They are used by cancer patients, as they support a healthy immune system, have antioxidant properties and may prevent or treat infections,” says Linda Strause, Ph.D., an adjunct professor of human nutrition at University of California San Diego, whose husband with brain cancer was encouraged to take the mushrooms as a supplement.

**CORDYCEPS** (*Cordyceps sinensi*) is harvested from the larvae of caterpillars in the high Himalayas. In a randomized, eight-week Korean study of 79 adults, supplementing with 1.7 grams of cordyceps extract daily led to a significant 38 percent increase in the activity of natural killer cells that protect against infection. It has been used traditionally to treat fatigue, sexual dysfunction, asthma, kidney problems, high blood pressure and weak hearts.

**TURKEY TAIL** (*Trametes versicolor*) contains a compound called polysaccharide-K that stimulates the immune system. It also acts as a prebiotic, which promotes the health of the gut microbiome, a key player in immunity. A Harvard Medical School study of 22 healthy people found that taking 3,600 milligrams of polysaccharopeptide extracted from turkey tail mushrooms each day led to beneficial changes in gut bacteria and suppressed the growth of problematic E. coli and shigella bacteria.

Health writer Ronica O'Hara can be contacted at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).



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# The Sweet Danger of Sugar

## WAYS TO ENJOY HEALTHIER HOLIDAY FARE

by Christy Ratliff



Chocolate Santas, decorated cookies and other sweet confections are ingrained in our holiday traditions, yet sugary food does little to actually make us feel merry and bright in the long run.

A high-sugar diet increases the risk of high blood pressure and cholesterol, inflammation, weight gain and weight-related conditions such as Type 2 diabetes, heart disease and stroke. It can also contribute to tooth decay and acne. “Most high-sugar foods are ‘treats’ and are not intended to be high in nutrition or consumed instead of healthier foods,” says Shelley Maniscalco, registered dietitian and CEO of the consulting firm Nutrition on Demand, in Arlington, Virginia. “When we have too many foods that are what we call calorie-dense versus nutrient-dense, we run the risk of displacing healthier foods, and, therefore, under-consuming key nutrients.”

This can impact mental health and impair the body’s ability to manage stress. “When we eat nutritious foods, and our gut is healthy, we obtain necessary nutrients to create neurotransmitters, which are key to optimal mental health,” explains Maggie Roney, a licensed counselor and certified functional medicine provider in Wylie, Texas. “There’s mood-stabilizing serotonin, which is a precursor for melatonin, needed for sleep; dopamine, involved in pleasure, focus and motivation; and GABA, which provides a calming effect that can help with stress and anxiety. All of these require amino acids, zinc, iron, vitamin D, magnesium, copper and B vitamins.”

In moderation, sugar is not necessarily detrimental to our health and well-being, but differentiating between naturally occurring sugar and added sugar is key to finding a middle ground. “New changes in the food label allow consumers to more easily identify sources of sugar in foods,” Maniscalco says. “Many healthy foods naturally contain sugars, such as fructose in fruits and lactose in dairy products. These natural sugars don’t need to be avoided. When checking the label, look for amounts of added sugars and choose the options that have less.”

Foods and beverages with added sugars are now required to list the number of grams and percent daily value for added sugars on the nutrition facts label. For example, a container of yogurt with fruit on the bottom might list total sugars at 15 grams (g), including 7 g of added sugar, which means 8 g of naturally occurring sugars.

Hidden sugars are often found where we least expect them.  
–Ricardo Díaz

In a society long obsessed with counting calories, we may assume we’re making smart choices with low-fat, non-fat, reduced calorie or light versions of grocery items. But, the amount of added sugar is actually higher in low calorie versions of a wide variety of foods because sugar is used to compensate for the loss of flavor from fat. “Sugar tastes good and balances out other flavors, so many foods that we wouldn’t consider sweet have added sugars,” says Colleen Tewksbury, Ph.D., bariatric program manager and senior research investigator at the Hospital of the University of Pennsylvania. “Common products include pasta sauce, cereal and salad dressing. Reading food labels looking specifically for added sugars is key to finding these foods.”

“Hidden sugars are often found where we least expect them,” adds Ricardo Díaz, chef and registered dietitian nutritionist at the

New York-based nonprofit Wellness in the Schools, which works to improve nutrition in school lunches. “Many savory or salty foods tend to have added sugars, such as tortilla chips, popcorn, jerky and frozen prepared foods. Check your labels and compare between products on the supermarket shelves to find the healthiest pick for you and your loved ones.”

“Often, we think of eating in ‘all or nothing’ terms. When we cut out foods we enjoy, it often backfires and we end up overeating them in the end when our willpower runs out,” Maniscalco says. “I would really encourage mindfulness in eating so that individuals can enjoy treats in moderation and feel satisfied by them so that there’s less need to over consume. Also, being physically active year-round is a great habit to get into and can create more space in the diet for treats.”

As we implement these small but significant low-sugar strategies, we’ll be rewarded with better physical and emotional health all year long. That’s something to celebrate.

Christy Ratliff is a professional health and wellness writer based in Central Florida.

## Tips to Eat Less Sugar

CHEF AND DIETITIAN NUTRITIONIST RICARDO DÍAZ:



Swap out fruit juice cocktails and fruit juice concentrates for whole fruits and 100 percent fruit juice. Fruit beverages rely on added sugar to provide much of their sweetness.

Choose whole grains over enriched grains. Include a variety of whole grains in your diet, such as oats, brown rice or whole-wheat pastas and breads.

To maximize fiber intake, pick products labeled “100% Whole Grains” over labels stating “Whole Grains” or “Multigrain.”

Make your own baked goods. Besides controlling the amount of sugar in your treats, baking at home is a great way to get your youngest family members involved in cooking.

SHELLEY MANISCALCO, MPH, RD:



Eat fruit. Most are naturally sweet and provide healthy nutrients without a lot of calories. As an added bonus, the fiber and water content in fruit helps with feeling satiated.

Add spices and fresh herbs. Studies show that adding them enhances flavor, and it also lowers the use of such unhealthy nutrients as added sugars, sodium and saturated fats.

COLLEEN TEWKSURY, PH.D., RD:

Choose plain yogurt, as it contains no added sugar. Top it with fresh fruit, cinnamon or nuts. Choose yogurt that contains live and active cultures, as these promote gut health and boost immunity.



Nearly a quarter of added sugars consumed come from sugar-sweetened beverages such as sodas and fruit drinks, even more than from desserts and sweets. A simple way of reducing added sugar is reducing intake of sugar-sweetened beverages. Three approaches are: setting a frequency goal (limit to x times per week); setting a portion goal (limit to x ounces per day); or setting a substitution goal (replace sugar-sweetened beverages with sugar-free options).



JENNIFER MARTIN-BIGGERS, PH.D., RDN: To reduce sugar intake, as with any other new habit or behavior change, it’s important to set manageable goals and set new ones as you go. Another way to support dietary changes is through supplementation. The mineral chromium, in particular in the form of chromium picolinate, has been shown in clinical studies to reduce food cravings.

FILM SUGGESTION:

Watch *That Sugar Film*, a 2014 Australian documentary/drama directed by Damon Gameau at [WatchDocumentaries.com/that-sugar-film](http://WatchDocumentaries.com/that-sugar-film). According to *New York Times* film critic Daniel M. Gold, “The food-doc shelf is crowded with good-for-you movies, including *Fed Up*, *Fast Food Nation*, *Food Inc.* and, yes, *Super Size Me*. *That Sugar Film* is a worthy addition, entertaining while informing.”

## Low- or No-Sugar Holiday Treats

### Baklava Cookie Cups



2 cups unbleached, all-purpose flour  
1 tsp orange zest  
½ tsp ground cardamom  
¼ tsp salt  
1 cup unsalted butter, room temperature  
¾ cup honey  
2 large eggs, room temperature  
1 tsp pure vanilla extract

#### FILLING AND SYRUP:

½ cup pistachios, chopped  
½ cup honey  
3 Tbsp water  
2 tsp orange juice  
4 green cardamom pods, crushed  
1 cinnamon stick

Heat oven to 350° F and grease a 24-cup mini muffin tin. In a medium mixing bowl, combine the flour, orange zest, cardamom and salt. In the bowl of a standing mixer with the paddle attachment, cream the butter and honey for about 1-2 minutes. (The mix will look a little curdled at this point and that's fine; scrape down the sides.) Beat in the eggs, then the vanilla. Mix in the flour in

two parts. Using a cookie scoop, scoop the dough into the prepared muffin tin and bake for 10 minutes.

Remove from the oven; let sit for about 3-4 minutes before using a dowel to carefully press down in the center of each cookie to make a well. Let the cookies cool for about 15 minutes in the tin before removing to a cooling rack to cool completely. In a small saucepan over medium heat, prepare the syrup by combining the honey, water, orange juice, cardamom pods and cinnamon stick. Bring to a simmer and remove from the heat. Drizzle a small amount in the bottom of each cookie cup and then fill with the chopped pistachios. Drizzle more syrup on top of the filled cookie cups. Serve immediately or store in an airtight container for up to one week.

*Courtesy of the National Honey Board. For more information, visit [Honey.com](http://Honey.com).*

### Baked Apples



4 large Granny Smith baking apples  
Juice of one lemon (about ¼ cup)  
1 tsp cinnamon  
¼ cup chopped pecans or another nut of choice  
¼ cup raisins or another dried fruit of choice  
1 tsp butter  
¾ cup boiling water

Preheat oven to 375° F. Wash apples. Using an apple corer, remove cores and leave ½ inch of the bottom of each apple. (If using a paring knife, just cut the center core out fully.) Make the hole ¾-inch wide, and remove the seeds using a spoon. Place the cored apples in an 8-inch-by 8-inch baking dish.

Sprinkle lemon juice over apples to prevent browning. In a small bowl, combine cinnamon, chopped nuts and raisins or another dried fruit. Stuff each apple with the filling mixture. Top with a dot of butter (about ½ to ¾ tsp per apple). Add boiling water to baking pan.

Bake for 40-45 minutes until tender, but not mushy. Remove baked apples from the

oven, and baste apples several times with the juice from the pan. (Apples can be baked in a muffin tin. Place muffin liners into the muffin tins, and place cored apples inside.)

**Chef's Note:** Personalize the baked apples with seasonal fillings and spices, such as nutmeg, cardamom or pumpkin pie spice. For a twist, try a savory, fresh herb like rosemary or thyme.

*Courtesy of Wellness in the Schools. For more information, visit [WellnessInTheSchools.org](http://WellnessInTheSchools.org).*



### A Dietician's Healthy Dark Chocolate Bark



This dark chocolate bark recipe is holiday-themed with red, white and green toppings. Other topping options include almonds, dried fruit, sunflower, pumpkin or hemp seeds or granola.

6 oz dark chocolate  
¼ cup raw pistachios  
¼ cup dried cranberries  
2 Tbsp shredded coconut

Line a baking sheet with parchment paper and set aside. Create a double boiler by placing a saucepan filled with a few inches of water and topped with a glass bowl over medium heat. Bring the water to a boil. Add two thirds of the chocolate and let melt, stirring until smooth. Take off the heat and stir in the remaining chocolate.

Pour melted chocolate onto the prepared baking tray. Spread to ⅛-inch thickness. While the chocolate is still warm, sprinkle with dried cranberries, chopped pistachios and shredded coconut. To set, place tray in the fridge for 15 to 20 minutes or in the freezer for 10 to 15 minutes. Break the bark into pieces and serve. Store extra pieces at room temperature in an airtight container.

*Courtesy of Jessica Bippen, MS, RD. For more information, visit [HUMNutrition.com/blog](http://HUMNutrition.com/blog).*



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# Holiday

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## Honey Lavender Cookies

This recipe was developed after lavender was accidentally weeded from the garden. These cookies are made with honey and whole-wheat flour.

**YIELD: ABOUT 24 COOKIES**



*½ cup butter, softened*  
*½ cup honey*  
*1 egg*  
*1 Tbsp lavender flowers*  
*2 cups whole-wheat flour*

Preheat oven to 350° F. Line baking sheets with parchment paper. Beat butter in a bowl with an electric mixer until creamy. Beat honey, egg and lavender into the creamed butter until incorporated.

Stir flour, ½ cup at

a time, into butter mixture until blended. Drop spoonful of batter onto the prepared baking sheet, about 2 inches apart. Bake in preheated oven until cookies are browned on the bottom, about 15 minutes.

Courtesy of Sue B. For more information, visit [AllRecipes.com](https://AllRecipes.com).



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## local recipe



## Shanna's Favorite Hot Cocoa Mix

Cocoa mix is *easy* to make at home. It tastes better than packets from the grocery store. There are only three basic ingredients. Adjust the amounts of each according to preference to make the mix sweeter or creamier. Use monk fruit or stevia to go sugar-free!

### Homemade Hot Cocoa Mix

*½ cup of good quality cocoa powder*  
*1 cup of powdered sugar/sweetener*  
*½ cup of powdered milk*

Sift ingredients together into a large bowl. Mix well. Store in a covered container. Stir 1 to 2 tablespoons of the mix into 8 ounces of hot water.

OPTIONS: For a dairy-free mix, try powdered soy milk. Find it online or at health food stores. For a sugar-free option, powdered monk fruit is made from real fruit, available at most grocery stores and has zero calories. Stevia is also a good, sugar-free option. Customize the mix by adding a teaspoon of cinnamon for a spicy kick, or instead stir in a tablespoon of espresso powder for a grownup cocoa with a kick. A jar of this mix tied up with a bow makes a great holiday gift. ENJOY!

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*Shanna*

# HOLIDAY ZEN

## Stress-Free Fitness and Self-Care

by Maya Whitman



Despite our best efforts, holiday time can frazzle our nerves and snag us in an unhealthy loop of overindulgence. To combat holiday pressure, the Mayo Clinic suggests maintaining a regular exercise program and investing in me-time activities like meditation and deep breathing.

Movement and simple self-care, even for a few minutes, can lower cortisol levels that often contribute to excessive food cravings. Walking, going for a run, lifting weights, or getting into the pool or onto the yoga mat can help us enjoy the season with less angst.

**Cancelling Guilt, Staying Healthy**

With simple strategies, enjoying the office party dessert table doesn't have to get us off track. "One of the greatest gifts you can give yourself when reaching for a cookie is to be in full approval of eating it. Let your experience of eating it be clean, present and so free of resistance that you can really experience it," says Maria Miller, a spiritual life coach in Oceanside, California.

Stephanie Mansour, host of the weekly national PBS health and fitness show *Step It Up with Steph*, also opts for a no-stress approach, especially when it comes to working out. "When cortisol levels are through the roof, we crave fattening, salty or sweet foods. Studies have shown that people have a more positive body image just after five minutes of exercise," says the Chicago-based wellness coach. "This mindset is huge when it comes to eating healthier and taming holiday cravings."

Bolstering neurotransmitters through good nutrition can take the edge off the to-do list or a gloomy winter day. "When

we fuel our bodies with a variety of whole foods, we are also supporting healthy brain function, which has a direct impact on our emotions," says Teigan Draig, a life coach in Spencerville, Ohio. Draig suggests berries, citrus fruits, fresh fish, turkey, walnuts, almonds, avocados and eggs to boost serotonin and dopamine levels, "which improve mood and help to reduce the effects of stress and anxiety on the body."

**Prioritizing Self**

Most of us are short on time, but committing to good health doesn't require hours at the gym. "Many of my clients are looking for fast, simple workouts that they can squeeze in during the holidays," says Mansour. "Set the timer for five minutes and get down on the floor to do ab exercises. Doing leg lifts, bicycle abs and crunches for five minutes is an excellent way to fire up the core." She also suggests setting the morning alarm or going to sleep at night five minutes earlier to do some stretches in bed.

"If you're cooking, you can do squats in the kitchen while a smoothie is blending or calf raises while stirring a pot on the stove."

For Miller, putting on some music and dancing in the living room is a sure way to get a boost. She is also a fan of guilt-free, unplugged intervals of shut-eye: "Five-to-25-minute power naps are a great way to rest and recharge with a very high return on your investment of time." During the winter months, it can be easy to turn to screens for distraction and as a way to cope with the stress of the season. Miller reminds us to nourish our souls and get out in nature to "notice the way the weather impacts your body, the way it feels to draw in a breath and how you're part of a constant exchange with life through each breath you take."

**Inhaling Peace**

Conscious breathing makes the effects of workouts go further and halts the cascade of stress hormones. "Whatever fitness rou-

tine you're doing is fine, just always breathe through your nose. Mouth breathing triggers cortisol release," says Ed Harrold, breathwork and performance coach in Draper, Utah, and author of *Life with Breath*. "When we slow the breath rate, we encourage a relaxation response. We can manage the release of cortisol by inhaling through the nose, slowly from the belly to the collarbone and exhaling slowly through the nose by gently drawing the belly back into the lower spine. This is called diaphragmatic breathing and is our proper breath, even during exercise."

For nature, winter is a time of repose from which we can take a cue and enjoy the moment. Draig muses, "Mindfulness requires us to be present in the here and now, rather than worrying about the to-do list or stressing over holiday finances."

*Maya Whitman writes about natural health and living a more beautiful life. Connect at Ekstasis28@gmail.com.*

Winter Wisdom Tips

FROM STEPHANIE MANSOUR:

- If you know you're going to be out for holiday cocktails and sweets, commit to eating an additional serving of greens, perhaps by putting extra greens in your lunch salad, eating sautéed spinach before you leave for the party or adding greens to your protein shake in the morning.
- Set up a "self-care corner" in your home and stack it with motivational books, journals, candles and a cozy blanket. Designate this home sanctuary as a place you can go for peace, quiet and enjoyment without electronics.
- My clients have enjoyed using meditation apps that focus on a topic. Insight Timer has meditations that focus on self-care, weight loss and sleep. I like the prayer app Hallow for people who are looking to improve their prayer life or do a meditation while praying.

FROM ED HARROLD:

- Practice diaphragmatic breathing while walking, then take it into whatever exercise routine you enjoy. If you feel the need to mouth-breathe, slow down and reestablish a steady rhythm of breath.
- Use your breath as a tool to stay in the present moment; don't place energy on outdated thought-forms. Be aware that you are exactly what the world needs right now, and the gifts you bring to the table are always big enough.

coming in the january

Health & Wellness Issue

natural awakenings

# Thomas Moore on the Art of Soulful Listening

by Marlaina Donato



photo by Simone Anne

Thomas Moore, *New York Times* bestselling author, Jungian-based psychotherapist, musician and former monk, has been an advocate for conscious living since authoring his first book, *Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life*. Twenty-three books later, Moore breaks ground with his latest release, *Soul Therapy: The Art and Craft of Caring Conversations*, in which he invites therapists, psychiatrists, spiritual directors, ministers and caregivers to cultivate deeper connection based on soulful listening. His timeless wisdom inspires all of us to live from a state of spirituality and conscious wonder so that we might bridge the chasm between cultural, political and personal differences.

## What inspired you to write Soul Therapy?

We need more therapeutic conversations in all areas of life, and my book is for the ordinary person, as well as the professional therapist. We could talk to each other with the intention of befriending and offering useful care. Medicine is in need of an injection of this therapeutic talking and listening to add soul and spirit to an otherwise materialistic approach to the human being.

## What is soul therapy in modern times?

The ancient Greeks wrote extensively about the soul. Their word was *psyche*, so it takes very little effort to see how psychotherapy is about caring for the soul. The ancients felt that the soul's natural home is in the "underworld", and soul therapy sees it the same way. We are not interested in causing behavior changes or finding explanations for current problems. These don't go deep enough. They do not touch the underworld, or deep narratives and memories of a person. For example, if a person complains that he eats too much, then we might go deep and see if the underlying issue is a failure to nourish his life and person. We look for metaphors and layers of meaning. We don't want change for the sake of change. We don't necessarily expect a person to feel better or be better adjusted to life. We stay close to the symptom, like eating too much, and hope to see it fulfilled at a deeper level, truly nourishing your life.

## What soul work is required of the helper to be able to address the needs of others?

The helper in soul therapy has to learn to

observe carefully, and at a deep level, the narrative or story being lived out, often unconsciously, in a client. The arts, mythology, alchemy, dreams—these can all give hints about the deeper story being lived. The soul therapist does not give much advice, if any, and doesn't try to figure a person out. He or she stays close to the symptoms to see what the pain and confusion are all about. A person gets to know better the desires and fears that motivate him, without judgment or agenda. You try to see where the soul might have been wounded or not cared for.

## Why do you think there is a perceived increase in anxiety and depressive disorders?

Our underlying philosophy or way of seeing everything is based on quantified studies, brain and laboratory research and the need to explain and define everything. There is no room for mystery and its language, which is poetic and metaphorical. The soul suffers.

## How can we truly listen to others and cultivate authentic presence?

Today we often debate rather than converse. We want to win arguments rather than gain deep insight. You listen well only when you find peace in yourself and give up the need to be always right.

## What gives you hope for humanity?

In spite of all our problems today, I am an optimist. Humanity is very slowly evolving into a more humane community of Earth beings. We have a long way to go. I see our young people today, many of them impatient to create a different kind of global culture, one that has the courage and vision to deal with our ecological crisis and create a peaceful political planet. They are not plagued with cynicism or despair. We can't give up our idealism and surrender to pessimism. The world has always had deep troubles. The challenge should bring out all our creativity and passion for life.

Marlaina Donato is an author and recording artist. Connect at [WildFlowerLady.com](http://WildFlowerLady.com).

# Season of Light Celebrating the Soul of Winter

by Marlaina Donato



kharchenkoirina/AdobeStock.com

Inevitably, the wheel of the year turns with the nuances of the seasons hardly noticed in the blur of our busy days. "Next year," we say, when we realize that we've run out of time to try that holiday recipe, connect with friends or revel in a winter sunset. Collecting small joys takes us out of survival mode and into wide-awake living. Pausing to sip from winter's steaming cup of comfort can be the perfect way to begin a new chapter that prompts us to come back to the center.

In the ancient world, fire festivals marked holy days celebrating the sun's promise of return and supplied felicity in a time of hardship. Today, something inside our ancestral memories makes us crave celebration as we wrap the year's end in shiny ribbon, ethereal lights and scented candles.

Singing, chanting or caroling this time of year—"old-fashioned" pastimes—were ancient elements of winter's revels that invited benevolent energy and chased away bad luck. While most of us no longer grace our neighbors with song, raising our voices to any capacity can be an offering, an invitation to hope and beauty. Singing multicultural songs with the kids, writing a spontaneous prayer or sharing seasonal or funny stories naturally boosts the immune system and helps to fight off the winter blues.

Winter has its own jewel-toned beauty that rivals summer's most dazzling hour if we pay attention: ruby fruits baked with brown sugar, rosy desert mornings and snowy sapphire twilights. Pointing out December constellations over a beach or lacing up our boots for

a brisk walk helps us to unplug from the world's problems. Sprinkling heart-healthy spices in our morning coffee opens a gloomy day on a lovely note.

Winter can feel long, so go ahead and treat your senses; buy a few yards of red velvet to sleep on or pick up that novel you've been planning to read. Live and give a little more deeply. Feed the birds and feed your soul.

Marlaina Donato is an author and a composer of ambient holiday music. Connect at [WildflowerLady.com](http://WildflowerLady.com).

## REVELS AROUND THE WORLD:

- The celebration of *Soyal* by the Hopi people of northern Arizona centers on purification, dancing and inviting the favor of the Kachinas, or protective nature spirits.
- The ancient Persian festival *Yalda* celebrates family time and the triumph of the sun, with people staying awake to see the sunrise and eat foods such as pomegranates and nuts.
- The Chinese festival of *Dong Zhi*, or the "arrival of winter", is an ancient celebration of labor and the closing year.
- The Ukrainian celebration of *Malanka*, or Orthodox New Year, is a type of Mardi Gras involving masks, costumes and singing from house to house.



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# Greening the Holidays

## How to Celebrate Sustainably

by Sandra Yeyati



With every record-setting storm and catastrophic fire, more people are realizing that we are embroiled in a climate crisis. Consider this holiday season as an opportunity not just to make sustainable choices, but also to take strategic action that positively impacts the planet and inspires friends and family to join the environmental cause. Whether that means modifications to the holiday dinner, eco-friendly decorating tactics or responsible gifting, every environmental choice can be a teaching moment or conversation starter. Together, we can make a difference.

### Eco-Friendly Holiday Dinner

Growing fruits and vegetables is generally kinder to the Earth than the industrialized production of meat, which pollutes the environment and mistreats animals. Hosting a vegetarian holiday feast with locally sourced, organic produce is a great way to support regenerative farming systems, slash transportation emissions and introduce guests to new culinary traditions. If meat is a must, opt for sustainably wild-caught salmon or shrimp and pastured, organic turkey or chicken over beef, as cow production leads to significant methane emissions.

To conserve energy, use the oven or stove sparingly, opting instead for recipes that employ crockpots, air fryers, pressure cookers, outdoor barbecues or the microwave. For both health and environmental reasons, gently encourage smaller meat portions and fill

the plate with scrumptious side dishes. After the party, leftovers can be sent home with guests, turned into next-day lunches and soups or frozen for later use. Compost scraps to keep them out of the landfill.

### Responsible Gift Wrapping

Eliminating wrapping paper, bows, ribbons and greeting cards from the holiday equation is a great zero-waste lifestyle choice. Gifts can just as easily be wrapped in fabric, scarves and cloth napkins, or presented inside a reusable shopping bag. Another alternative is to use wrapping materials and greeting cards that are biodegradable, from recycled origins or certified by the Forestry Stewardship Council ([fsc.org](http://fsc.org)) to ensure they did not contribute to deforestation. Avoid papers with glitter, foil

and other decorations that may contain nonbiodegradable, petroleum-based elements. Glitter is usually made from plastic, contributing to the microplastics problem. When recycling, remove tape, bows and ribbons.

### Earth-Friendly Holiday Decorations

The most eco-friendly Christmas decoration is a potted, living tree that can be decorated and exhibited indoors during the holidays and planted in the garden afterwards. A mini-rosemary tree is also a fragrant tabletop alternative. Opt for LED string lights, which use a fraction of the energy that traditional lights require.

With the help of online instructional videos, families can come together to craft decorations out of biodegradable, recycled and consumable materials, including tree ornaments made of reclaimed wood or soda can tabs; garlands of popcorn, dried fruit slices or cinnamon sticks; wreaths and centerpieces studded with pine cones, herb branches and flowers from the garden; and candles made with essential oils and soy wax. The home will smell festive, fresh and healthful.

### Thoughtful, Life-Affirming Gifts

Environmentally responsible holiday shopping takes many forms. Some people pledge to buy nothing during Christmas and instead donate their holiday budgets to families in need. Others set out to buy gifts they know the recipient wants or needs to avoid waste. They shop at local, small businesses and choose durable, repurposed, easily repairable and upcycled items.

Thoughtful gifts that affirm a commitment to the planet are electric bicycles and comfortable hiking shoes to encourage slow transportation and healing walks in nature; solar-powered devices and chargers in support of renewable energy; consumable items and foods that won't clutter the home or landfill; services and experiences that don't need to be gift wrapped; and donations to environmental charities that are meaningful to the recipient.

Consider gifts that encourage loved ones to grow their own fruits, vegetables and herbs; plant shade trees in their backyards; and nurture flowering plants that support bees,

butterflies and other pollinators—green-thumb gifts like herb planters, wildflower seed packets, garden tools, utility gloves and vegetable-growing instruction books.

### Reusable Gifts that Ditch the Plastic

These reusable gifts make it easy and fun for recipients to be kind to the planet year-round by reducing our devastating dependence on single-use, nonbiodegradable plastic that pollutes the environment and harms aquatic wildlife.

- Straws made of stainless steel, organic bamboo, silicone, biodegradable paper or glass
- Water bottles and insulated containers made of stainless steel or glass
- Food bags, wraps and bowl covers made of beeswax, silicone, cotton or canvas
- Stainless steel plates and bamboo utensils for sustainable picnicking
- Zero-waste shampoo, conditioner and body wash bars

Sandra Yeyati, J.D., is a professional writer and editor. Reach her at [SandraYeyati@gmail.com](mailto:SandraYeyati@gmail.com).

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# The Best Books for Kids

## Gift Choices that Can Open Up Worlds

by Sandra Yeyati



Helping children learn to read and love books is one of the greatest parental endeavors. Many kids learn their first words after hearing the adults in their lives sing a lullaby or tell them a nursery rhyme. “Building a child’s vocabulary is the key to reading, and rhymes, singing, word games, synonyms, homonyms and rap are great places to start,” says Claudette McLinn, executive director of the Los Angeles-based Center for the Study of Multicultural Children’s Literature and former librarian, teacher, school administrator and children’s bookstore owner.

A child’s first reading experience will likely involve a picture book. “What’s powerful about picture books is that the illustrations and text intertwine,” McLinn explains. “You can read them aloud together. As the child looks at the artwork, the adult can ask, ‘What is that?’ And the child can use their imagination while you teach them to observe, articulate and start the reading process.”

To encourage childhood reading, it’s helpful to have a variety of books around the house and to set aside reading time every day. “It costs nothing to check out a pile of 25 books at the library, take them home and try them,” says Maeve Knoth, a librarian at Phillips Brooks School, in Menlo Park, California. When buying books, she suggests consulting librarians and booksellers for recommendations, as well as relying on book awards such as the Newbery or Caldecott medals, and on book lists compiled every year by reputable organizations and committees, notably the Association for Library Service to Children, a division of the American Library Association.

Choosing books for kids should always start by discovering what their passions or interests are and then finding a good book on that subject, says McLinn, adding that encouraging children to browse the shelves and choose their own books is an empowering exercise that builds self-esteem and a love of reading. Whether it’s dinosaurs, cars or the stars and planets, there’s a kid’s book about it. “Although fiction is important early on because it increases imagination, nonfiction books help kids learn new information and understand the role of the table of contents, the glossary and index, and informative diagrams,” she says, adding that she prefers award-winning nonfiction books because they’ve been vetted for accuracy.

“Kids often gravitate toward books that are a little bit less challenging,” Knoth says. “While I have no objection to those popular books, which are lots of fun, they’re not going to give kids a new way to think about themselves or the world. I want my children to have consequential reading experiences with books that offer new points of view where kids can live in someone else’s heart and mind for a little while. I want them to know what it might be like to live in a different time period or to grow up in China.”

According to Knoth, a great children’s book will include an engaging character that has an experience, prompting them to change and grow. “I want it to be well structured and beautifully written, with setting, point of view and all those elements that fit together to create a theme and give you a literary experience,” she explains. She looks for nuanced books that invite kids to use their imagination and find their own way. “The reader might be young, but they’re not dumb. They just haven’t had lots of experiences yet. If a book concludes with one

narrow solution to a child’s problem, then I would say it’s not that useful or successful,” says Knoth, a frequent contributor to *The Horn Book*, a resource for children’s book reviews and articles.

McLinn believes that kids should be exposed to a diversity of authors and illustrators that explore the lives of all cultures. “We live in silos with the people in our group, and we don’t know anything about other groups,” she explains. “When you read about other cultures, you learn that we are more alike than we are different. We may eat different foods, wear different clothing and have different customs, but you find out that it’s not scary. Kids love to read about heroes that they can identify with and become their friends. Children are into social justice and fairness. As a child, I loved biographies. I wanted to read about great people and what made them great so that maybe I could be great like them.”

Sandra Yeyati, J.D., is a professional writer and editor. Reach her at [SandraYeyati@gmail.com](mailto:SandraYeyati@gmail.com).

### CHILDREN’S BOOK AWARDS

**Newbery Medal:** [Tinyurl.com/Newbery-Medal-Award](http://Tinyurl.com/Newbery-Medal-Award)

**Caldecott Medal:** [Tinyurl.com/Caldecott-Medal-Award](http://Tinyurl.com/Caldecott-Medal-Award)

**American Indian Youth Literature Awards:** [Tinyurl.com/American-Indian-Award](http://Tinyurl.com/American-Indian-Award)

**Pura Belpré Award**, celebrating Latino culture: [Tinyurl.com/Pura-Belpre-Book-Award](http://Tinyurl.com/Pura-Belpre-Book-Award)

**Coretta Scott King Awards**, showcasing African American values: [Tinyurl.com/Coretta-Scott-King-Awards](http://Tinyurl.com/Coretta-Scott-King-Awards)

**Asian/Pacific American Award for Literature:** [Tinyurl.com/Asian-Pacific-American-Award](http://Tinyurl.com/Asian-Pacific-American-Award)

**Sydney Taylor Book Award**, portraying the Jewish experience: [Tinyurl.com/Sydney-Taylor-Award](http://Tinyurl.com/Sydney-Taylor-Award)

### CHILDREN’S BOOK LISTS

**Rainbow Book List**, presenting LGBTQIA+ viewpoints: [glbtrt.ala.org/rainbowbooks](http://glbtrt.ala.org/rainbowbooks)

**Best Books by the Center for the Study of Multicultural Children’s Literature:** [csmcl.org/best-books-2020](http://csmcl.org/best-books-2020)

**Cooperative Children’s Book Center Booklists**, various topics: [Tinyurl.com/ccbcBookList](http://Tinyurl.com/ccbcBookList)

**Association for Library Service to Children Book Lists**, various genres and topics: [Tinyurl.com/alscBookList](http://Tinyurl.com/alscBookList)

**Notable Children’s Books by the Association for Library Service to Children**, identifying the best of the best in children’s books: [Tinyurl.com/alscNotableBooks](http://Tinyurl.com/alscNotableBooks)



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calendar of events



SATURDAY, DECEMBER 4

**Cowboy Christmas Parade OKC** – 10am-1pm. The festivities kick off at 10am, with the Longhorns leading the parade. Also included are antique cars, tractors, community groups, equestrian clubs, law enforcement, pageant royalty and the famous Cowboy Santa. After, there will be pics with Santa. Shop the unique, locally owned stores with many merchants providing refreshments and special activities. Free. Stockyards City Main Street, 1305 S Agnew Ave, OKC. 405-235-7267. StockyardsCity.org.

**Tis the Season Market OKC** – 12/4-12/5. Sat 11am-5pm; Sun 10am-4pm. Outdoor, holiday gift market supporting Oklahoma businesses and artisans. Find gifts for everyone on your list. Shop home décor, boutiques, clothing, jewelry, candles,

woodwork, gourmet food, pet items, books and more. Plus, enjoy live music and visits with Santa from noon-4pm each day. Free. Scissortail Park, 300 SW 7 St, OKC. 405-445-6277. ScissortailPark.org.

THURSDAY, DECEMBER 9

**Tulsa Farm Show** – 12/9-12/11. Thur & Fri 9am-5pm; Sat 9am-4pm. Oklahoma’s largest indoor farm show with over 400,000 square feet of exhibits. Come see a full line of displays from more than 375 companies, including tractor, sprayer, tillage, harvest equipment, cattle management products and more. Enjoy horsemanship seminars, trick riding demonstrations, cattle equipment demonstrations, hustler ride and drives and other agriculture-related events. Free. Tulsa Expo Square, 4145 E 21 St, Tulsa. 507-437-7969. TulsaFarmShow.com.

classifieds

\$30 for up to 30 words, then \$1 extra per word. Email content to [Publisher@NAOklahoma.com](mailto:Publisher@NAOklahoma.com).

FOOD

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

OPPORTUNITIES

**ALL-NATURAL HEALTH SUPPLEMENTS** – Organic, non-GMO. We carry vitamins, Renew for arthritis, Neuro for brain function, Eternal with collagen, Vitamin-Shakes with protein and Belize Skin Care by Vasayo. CBD oral and cream. Order at: [StGoforth.Vasayo.com](http://StGoforth.Vasayo.com).

**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](mailto: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](http://WorkFromHomeAndLoveIt.com).

FRIDAY, DECEMBER 10

**A Very Chisholm Christmas OKC** – 6-8pm. Stop by for live music, character visits, kids’ activities and the grand opening of our 2nd annual Festival of Trees. Free. Chisholm Creek, 13230 Pawnee Dr. OKC. 405-728-2780. ChisholmCreek.com.

SATURDAY, DECEMBER 11

**Healing Evolution Online Workshop** – Embracing your Inner Child – 9am-4pm. In this workshop, you’ll connect with your inner child and heal trauma that may be unresolved and causing unnecessary suffering in your life. You’ll learn to take responsibility for actions and behaviors in the present and create a future that is in alignment with your passion and purpose. You’ll receive multi-dimensional healing in a powerful healing ceremony. Sign-up online at [CasaGalactica.com/Programs](http://CasaGalactica.com/Programs).

**Tulsa Christmas Parade** – 11am. This festive celebration includes floats, bands, drill teams, dancers and giant balloons. Watch as towering balloons float through the streets of downtown Tulsa along the parade route. Free. Downtown Tulsa. 918-732-9403. TulsaChristmasParade.org.

FRIDAY, DECEMBER 17

**Winter Wonderland Tulsa** – 12/17-12/26. Thousands of twinkling lights transform the Gathering Place into a festive holiday village. Spread holiday cheer with seasonal performances, carolers, festive food and holiday drinks. Plus, enjoy a ride on the Winter Wonderland Express, and capture a family photo with Santa Claus. Free. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.



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ongoing events

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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](http://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](http://OklahomaContemporary.org).

monday

**Intuitive Card Readings with Melissa** – Mondays on Zoom. Make an appointment through FB: Messenger under Firefly Mystical Consulting or email [CrystalClearWisdom@gmail.com](mailto: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](http://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** – Noon-1pm. 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. [SustainableTulsaInc.org/1st-thursday](http://SustainableTulsaInc.org/1st-thursday).

friday

**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](http://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](http://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](http://PlazaDistrict.org).

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](http://OxleyNatureCenter.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](http://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](http://OxleyNatureCenter.org).

**Saturdays with Santa OKC** – 11am-2pm. Children can visit and get their photo taken with Santa, make crafts in Santa’s workshop, listen to live music, purchase food or drinks from local vendors, and shop for gifts in the art gallery’s holiday mart. In addition, families can take advantage of the Devon Ice Rink and complimentary rides on Mo’s Carousel. Free. Devon Ice Rink, Myriad Botanical Gardens, 301 W Reno, OKC. 405-445-7080. [MyriadGardens.org](http://MyriadGardens.org).

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intuition and embody your truth. We provide online intuitive readings, trauma healing sessions, channeling sessions, intuitive mentorship and life-transformative workshops. Come Home to Who You Are. *See ad, page 25.*

HEALTH FOOD

**NATURAL GROCERS**  
Jessica Cox, BS, IFNCP  
[NaturalGrocers.com/Nhc/Jessica-Cox-bs-ifncp](http://NaturalGrocers.com/Nhc/Jessica-Cox-bs-ifncp)  
405-840-0300



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

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

**WHOLE FOODS**  
9136 S Yale Ave, Tulsa  
1401 E 41 St, Tulsa



At Whole Foods, we seek out the finest natural and organic foods available, maintain the strictest quality standards in the industry and have an unshakable commitment to sustainable agriculture.

MASSAGE

**BRITTANY BASCUE, NMT, OMT, LMT, RP**  
Neuromuscular Massage Therapist  
918-401-0377  
[Brittany@TulsaHealing.com](mailto:Brittany@TulsaHealing.com)



Neuromuscular massage therapist offering trigger point therapy, lymphatic, Thai massage, deep tissue and Swedish massage. *See ad, Body Works page 4.*

MASSAGE - CLINIC/SCHOOL

**LIKEMINDED THERAPIES**  
5929 N May Ave, Ste 408, OKC  
405-664-2473  
[LikemindedTherapies.com](http://LikemindedTherapies.com)  
[Info@LikemindedTherapies.com](mailto: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, Body Works page 4.*

MEDICAL MARIJUANA

**H&H PROCESSING**  
26427 S Hwy 125, Afton  
866-726-3420  
[Amber@HigherHealthOklahoma.com](mailto: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 11.*

MEDICAL SPA

**PATH TO WELLNESS MEDICAL SPA**  
Torrey Knight, Esthetician, CNA  
6125 S Sheridan, Ste E, Tulsa  
918-494-0082 • [TulsaPath.com](http://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](http://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 6.*

QIGONG

**QIGONG OF TULSA**  
Tom Bowman, CQI, CQP  
5800 S Lewis Ave, Suite 139, Tulsa  
918-855-4222 • [QigongOfTulsa.com](http://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](mailto:Tom@QigongOfTulsa.com). *See ad, Body Works page 4.*

REAL ESTATE

**EDWARD OLIVER**  
Keller Williams Elite Realtor  
405-234-6110  
[EdOliver6110@gmail.com](mailto: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 9.*

REIKI

**CARI REIF, LAP, RMT, CHHC**  
918-401-0377  
[TulsaHealing.com](http://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 4.*

TAI CHI & KUNG FU

**THOMAS ACADEMY**  
Shifu Thomas  
4775 S Harvard Ave, Ste C, Tulsa  
918-664-9191  
[ThomasAcademy.com](http://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 4.*

## 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 8.*

## THE NATURAL VET

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



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

## WELLNESS CENTER

### FULCRUM HORMONE AND WELLNESS CENTER

Mark G Ferguson, 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 19.*

### 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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### TOTAL FAMILY WELLNESS

3336 E 32 St, Tulsa  
918-398-3586  
TFWOK.com



Advanced holistic lactation support and personal wellness. Let us help you enjoy a happy, healthy breastfeeding relationship. We utilize chiropractic, fitness, nutrition, medical herbalism and personalized coaching to empower the families we serve to be the healthiest versions of themselves. We now have a fitness studio for women of all ages. In-home, virtual & office consultations available. *See ad, page 9.*

## YOGA

### 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 4.*

# 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.**

"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

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.



**Dr. Bill Keevil: Copper quickly kills cold viruses.**

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.

CopperZap is made in the U.S. of pure

copper. It has a 90-day full money back guarantee. It is available for \$79.95. Get \$10 off each CopperZap with code **NATA24**.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

Buy once, use forever.

*Statements are not intended as product health claims and have not been evaluated by the FDA. Not claimed to diagnose, treat, cure, or prevent any disease.*

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