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Monthly Business Highlight - Cari Rief at Owasso Healing

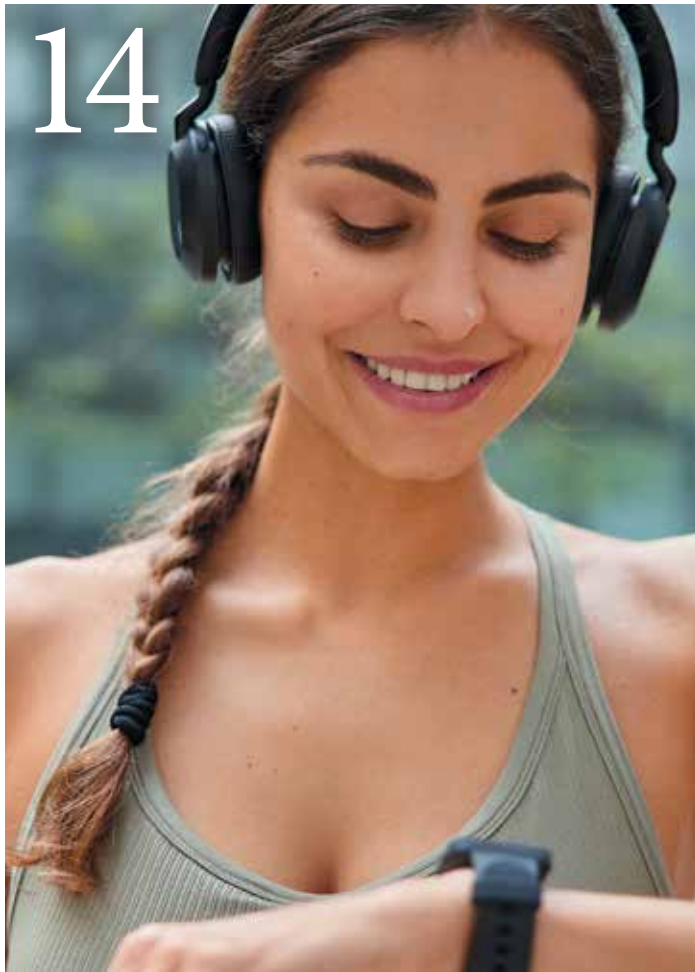
Owasso Healing is excited to be offering healing therapies for the community and greater Tulsa area. We opened January 5th in Village Market Offices after outgrowing our Tulsa office in just 2 years. Owasso Healing offers massage and energy healing, as well as Rife and PEMF. Cari Reif, our Energy Healing 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!

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Letter from publisher



Mark and Shanna Warner

Living the Holistic Life

Happy 2022! Welcome to a new year and a new chance to make the changes that you sincerely want in your life. We all dream about the way THIS year will be different; that's the fun and fantasy we experience every January 1st. Your dreams are important, for sure, but transmitting those dreams into reality? This is where the fun begins.

Mark and I believe that living a more holistic life is part of making dreams become a new reality. We talk a lot about "holistic" choices in this magazine. But what exactly does that mean? From the *Oxford Dictionary*, holistic is defined as:

PHILOSOPHY – characterized by comprehension of the parts of something as intimately interconnected and explicable only by reference to the whole,

MEDICINE – characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease.

The holistic connections between your mind, body and spirit are important. We all know what we put into our body makes a difference. The food we eat can contribute to health or disease. It's the same with the mind and spirit. What we think, what we focus on, who we listen to, who we hang out with or follow on social media—all of those are important. The interactions we have with each other and the environment are also part of the interconnected whole. That's the reason "Healthy Living, Healthy Planet" is our tagline on the cover of every magazine.

We are excited about the great healthy articles and stories we have lined up for 2022. And, in case you guys haven't noticed yet, we like to push the boundaries a bit and explore the cutting edge of knowledge and research. Accepted ideas of today were once revolutionary, seen as impossible or even taboo. Just 200 years ago, our ancestors could not have imagined the healthy choices we have today. Change happens, and the holistic concepts of tomorrow are just around the corner.

Mark and I are proud to bring this magazine to you, and we are grateful to be a small part of your holistic life. We look forward to seeing how you transform your dreams into a new reality.

With love and veggies,

Shanna

Shanna Warner



Natural Awakenings Welcomes Sacred Pillars



Tiffany Stuhr



Candi Boyer

Sacred Pillars is a non-denominational, spiritual community offering unique opportunities to transform stuck limiting beliefs and fears, change unhealthy habits and release anxiety, depression and PTSD. With these blockages cleared, many people awaken to their true, authentic self and find clarity of purpose, self-love, happiness, deeper meaning in life and relationships, and spiritual connection.

Tiffany Stuhr and Candi Boyer are co-founders of Sacred Pillars Church. With 10 years of combined plant medicine experience, both are ordained ministers, experienced coaches and ceremony leaders. Stuhr has years of experience with her deep-healing journey from trauma, limiting beliefs and fear. Realizing the unlimited self-awakening potential of using plant

medicines, she was driven to provide others the opportunity to undergo transformation in a safe, caring environment. Boyer has more than 30 years of experience in addiction recovery and working with others in a supportive capacity. She also has years of personal healing experiences with plant medicine and other modalities. She is passionate about creating a safe space where like-minded people can come together to share their journeys and the lessons they learned along the way.

Stuhr and Boyer have found that transformation and healing typically involve time, patience, willingness, a loving community and access to a variety of alternative modalities. Sacred Pillars offers their members compassionate support and services to explore their own healing journeys. They offer free pre-screening discovery sessions; plant medicine ceremonies; multi-week coaching programs; events like cacao ceremonies with sound healing, yoga, meditation, belly dance; ongoing private and group integration support; and plant medicine education.

For more information, visit SacredPillars.church. See ad, page 9.

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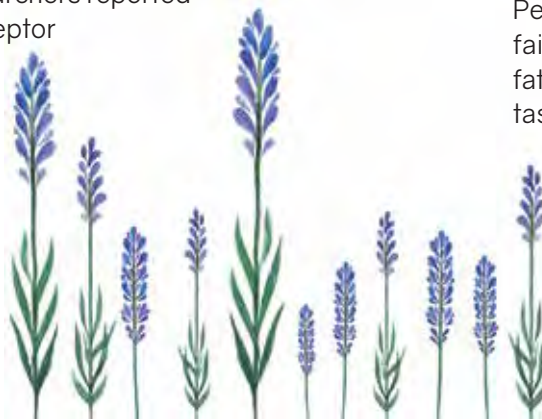
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Consider Basil to Fend Off Alzheimer's

A natural compound called fenchol, found in basil and other plants, may help to reduce the risk of Alzheimer's disease by preventing toxic proteins from accumulating in the brain, report researchers from the University of South Florida. In a new study published in *Frontiers in Aging Neuroscience*, researchers reported that a sensing mechanism called the FFAR2 receptor on short-chain fatty acids in the gut microbiome reduces neurotoxicity in a brain with Alzheimer's.

After screening more than 144,000 natural compounds to find those that activate that receptor, they discovered that the fenchol in basil bound to it the best. Fenchol was also found to clear harmful amyloid protein from the brain much faster than other compounds and to prevent the formation of half-dead, inflammatory "zombie cells" found in deteriorating brains. Future research will focus on whether fenchol is best delivered through basil itself, a nasal application spray or a pill.

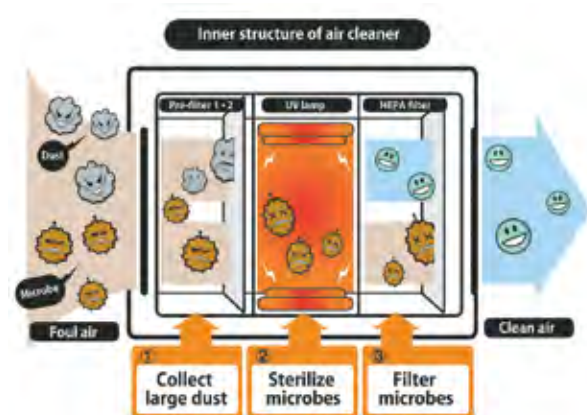


Try Lavender and Valerian to Ease Heart Fatigue

People with chronic heart failure often struggle with fatigue, making simple daily tasks difficult, but a new

Iranian study suggests that lavender and valerian may help counter this symptom. Researchers divided 120 patients with heart failure into three groups that were given either a 530-milligram valerian root capsule, lavender aromatherapy or routine care. In a two-week period, people taking either of the herbal therapies reported significantly less fatigue than the control group.

Use UV Rays and HEPA Filters to Kill COVID-19 Virus



Ultraviolet (UV) light in various forms has been used widely in the last century to disinfect water, air and surfaces, but its use in public spaces is increasingly common since the COVID-19 pandemic. In a new study published in *Applied and Environmental Microbiology*, University of Colorado researchers report finding the sweet spot in the UV spectrum that is both extremely effective at killing the virus and also safer for human exposure, allowing airports and entertainment venues to disinfect even when people are

present. The researchers found that while the virus was quite susceptible to UV light in general, a specific wavelength of far-ultraviolet C at 222 nanometers was particularly effective, while remaining safe for human skin and eyes. The highest disinfection rate was from krypton chloride (KrCl) excimers, a low-pressure, mercury-vapor lamp.

"Of almost every pathogen we have ever studied, this virus is one of the easiest, by far, to kill with UV light," says senior author Karl Linden, professor of environmental engineering.

Also, researchers at the United Kingdom's Addenbrooke Hospital, in Cambridge, studied the use of portable high-energy particulate air (HEPA) filters in crowded COVID-19 wards. They found that the relatively inexpensive machines effectively removed COVID-19 particles from the air—the first such evidence in a real-world setting. Researchers noted the HEPA filters also removed detectable amounts of other pathogens that cause infections in hospitals, such as *Staphylococcus aureus*, *Escherichia coli* and *Streptococcus pyogenes*—a surprising finding because these pathogens are not typically considered to be airborne.

Eat More Fiber to Avoid Liver Fat



In a recent study published in *The Journal of Nutrition*, researchers at Seattle's Children's Hospital tested 1,682 adults from multiple ethnic groups and compared their diets to their levels of liver fat, which is linked to non-alcoholic fatty liver disease. They found those that ate more red meat and saturated fat, and drank more coffee had higher levels of liver fat, while those that ate more fiber and produce containing vitamins C and E had lower levels of liver fat.



Try Ear Acupressure for Seasonal Allergies



Allergic rhinitis—the sneezing, runny nose and red eyes commonly called hay fever—affects one in 12 American adults and 10 to 30 percent of people worldwide. The usual treatment of antihistamines, decongestants or steroids can come with unwelcome side effects, but a simple alternative approach of ear acupressure may be as effective, suggests a new Chinese study. Researchers analyzed 11 random

controlled studies that included 1,094 people with allergies. Small cow soapwort seeds or stainless steel pellets corresponding to Traditional Chinese Medicine meridians were placed with adhesive on their ears for several days. The study in *Evidence-Based Complementary and Alternative Medicine* concluded that ear acupressure reduced allergy symptoms more effectively than an antihistamine, conventional medicine, herbs or regular acupuncture.

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Aging Gracefully was founded more than 15 years ago by Dr. Michelle McElroy, an OB/GYN and functional medicine physician with more than 20 years of medical experience.

Cloudy Skies

It's Not the Heat, It's the Humidity

For more than 20 years, a large part of the tropical North Atlantic Ocean has been warmer than usual, causing more moisture to evaporate and fueling strong hurricanes. The amount of vapor in the atmosphere has increased about 4 percent since the 1990s, and a wetter atmosphere provides extra energy and moisture for storms of all kinds. According to data from the *Bulletin of the American Meteorological Society*, midlatitude storms are feeding on the atmosphere's extra vapor too, creating more precipitation. Although carbon dioxide is the more recognized problem, water vapor is a more impactful greenhouse gas by far because it absorbs a greater amount of the infrared energy radiated off the planet's surface than other greenhouse gases, thus trapping more heat.

A doubling of atmospheric carbon dioxide concentrations alone would warm the globe approximately one degree Celsius, but feedback loops make the temperature rise twice as much. Even though disappearing sea ice may be dramatic, the extra vapor causes evaporation, which traps heat and creates even more warming, representing the strongest feedback loop in the climate system. We can reduce the effect indirectly by reducing the warming caused by emissions of carbon dioxide and methane, as well as propagating trees that absorb carbon from the air.

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Hello Honey

Honeybees Dodge Parasites with Social Distancing

A study by University College London and the University of Sassari (Italy) published in *Science Advances* shows that honeybee colonies respond to infestation from harmful mites by varying space and interaction in the hive to increase social distance between the younger and older insects. Co-author Dr. Alessandro Cini says, "Honeybees are a social animal, as they benefit from dividing up responsibilities and interactions such as mutual grooming, but when those social activities can increase the risk of infection, the bees appear to have evolved to balance the risks and benefits by adopting social distancing."

The study assessed the presence of the ectoparasite mite *Varroa destructor*, which causes harmful effects at the colony level, including virus transmission.



Bottoms Up

Climate Change Affects Coffee Quality

A review published in *Frontiers in Plant Science* outlines the vulnerability of coffee quality to environmental shifts. Researchers from the Friedman School of Nutrition Science and Policy at Tufts University and Montana State University looked at the effects of 10 prevalent environmental factors and management conditions associated with climate change and adaptation as detailed in 73 published articles to form this analysis. Their findings have implications for farmers' livelihoods and consumer experiences.

Coffee is grown on 12.5 million mostly small farms comprising more than 27 million acres in more than 50 countries. Some of these regions are feeling the impact of climate change, which leads to consequences for coffee's taste, aroma, nutritional quality, yield and sustainability. Farms at higher altitudes were associated with better coffee flavor and aroma, while too much light exposure correlated with a decrease in overall quality. Coffee quality is also susceptible to changes due to water stress and increased temperatures and carbon dioxide, although more research on these specific

factors is needed. Current efforts to mitigate the effects of climate change include shade management to control light exposure, selection and maintenance of climate-resilient wild coffee plants, and pest management, but innovative solutions to support bean growth at all elevations still need to be devised.

Lead author Dr. Michelina Pusceddu says, "Their ability to adapt their social structure and reduce contact between individuals in response to a disease threat allows them to maximize the benefits of social interactions where possible and to minimize the risk of infectious disease when needed. Honeybee colonies provide an ideal model for studying social distancing and for fully understanding the value and effectiveness of this behavior."



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Regulation Needed Plastic is the New Coal

A new report from the advocacy group Beyond Plastics has found that emissions from the plastic industry may be greater than those from coal-fired power plants by 2029. Founder Judith Enck, a former U.S. Environmental Protection Agency regional administrator, says, "Plastic is intimately connected to the climate crisis. Plastic is the new coal." The report details ways plastic contributes to global warming, beginning with its manufacture as petroleum products. Some of the issues are related to fracking, pipelines, toxic chemical byproducts, carcinogenic smoke, atmospheric hydrofluorocarbons and waste disposal on land and sea.

The Beyond Plastics report estimates that U.S. production of plastic in 2020 caused about 210 million metric tons of greenhouse gas emissions, or the equivalent of 116 medium-sized, coal-fired power plants. Aarthi Ananthanarayanan, senior fellow at the Ocean Conservancy Plastics Initiative, says the report highlights the need for policymakers to better regulate petrochemical producers, saying, "We have to start considering plastics as part of the fossil fuel industry."

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~Bob Ross

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Getting Personal About CO₂

Tools to Help Track Our Carbon Footprint



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The mixed results of the recent COP26 climate summit in trying to forge world-wide cooperation to reduce carbon emissions show that personal action is necessary, although doing so may seem daunting and confusing because it means reevaluating many everyday activities.

To help, Graham Hill, who founded the sustainability website *Treehugger.com* in 2004 and the small-living consultancy *LifeEdited.com* in 2010, recently launched *TheCarbonauts.com* to teach us how to reduce our carbon footprint and lead a lower-carbon lifestyle.

In August, Hill told *Treehugger* he viewed the venture in part as “a great way to make a difference to do two things—change your behavior and pressure corporations and governments to change, as well.”

Hill and former *Treehugger* editor Meaghan O'Neill offer a free one-hour course titled Personal Sustainability Plan that teaches people how to use a carbon calculator. They also offer a six-week course on Zoom that focuses on carbon footprint calculation; renewable energy; plant-rich diet and food waste; electric vehicles; optimizing flying and carbon offsets; and goal setting and personalized resources.

TheCarbonauts.com also recommends composting and waste storage products and helpful books and films. In partnership with Terrapass, it offers opportunities to participate in carbon offset programs on a one-time, monthly or annual basis.

Other helpful carbon-reducing guides can be accessed via the apps United Nations Carbon Footprint Calculator and The Capture. Other personal actions may include:

- Buying goods that are pre-owned or secondhand, renting or sharing items and having broken items repaired instead of buying new, all of which cut emissions from product manufacturing.
- Considering family staycations instead of flying and taking long road trips.
- Choosing Rainforest Alliance-certified products, including coffee, bananas, tea and chocolate. Doing so maximizes the yield from existing cropland of farms that use responsible growing methods, which, in turn, protects and restores forests that sequester carbon.
- Walking, biking or taking mass transportation instead of driving.

Taking such basic steps can also help influence others. As *Treehugger* writer Sami Grover says in his book *We're All Climate Hypocrites Now*, riding a bike not only cuts down on our personal carbon footprint, but also sends “a signal to politicians, planners, businesses and fellow citizens.”



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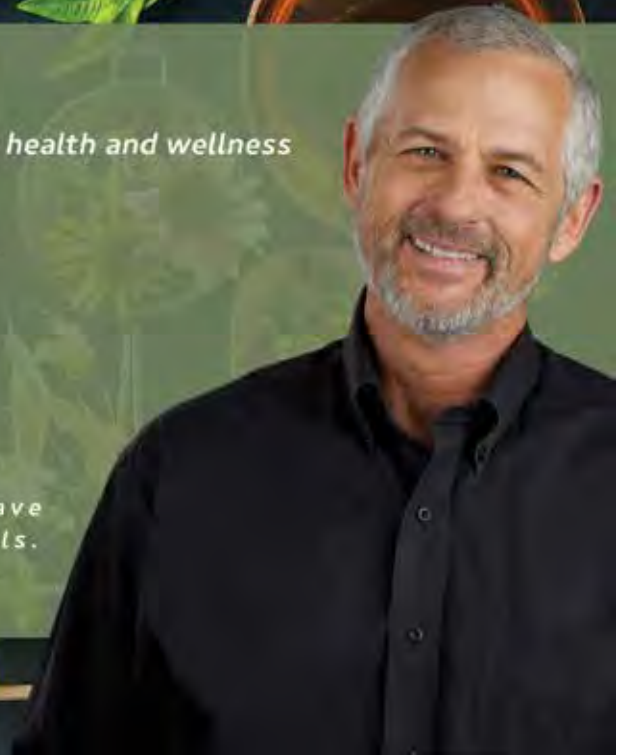
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Ankrum Institute Founder's Five-Minute, Stress-Busting Advice

by Shanna Warner

Leigh Ankrum, the founder of the Ankrum Institute, at 3331 East 31st Street in Tulsa, was shocked at her career choice. Someone she barely knew invited her to take a massage class. That acquaintance dropped out, but 35 years later, Ankrum is still learning and building her institute's solid foundation. "I said yes to many of my colleagues' desires to take continuing education. I just kept saying yes. After a few years I came to understand that I was on my perfect path. Learning became a deeply ingrained thing for 28 years of this life. Only in the last seven or eight years have I have stopped traveling to learn and let the energies of my tradition teach me while I work."

She both taught and studied throughout Europe, and her credentials are extensive for a manual therapist. She graduated from a 500-hour massage school and then continued her education in the study of pain, anatomy and fascia. She then

graduated from a five-year French osteopathic school and focused on craniosacral therapy. She put in years of travel and learning to build her knowledge and skills. After working in private practice for many years, she began to teach others that wanted a deeper understanding of the body.

In 2016, the Ankrum Institute opened and offered the two-year program she currently teaches. "And the fact that after 35 years I am still learning and understanding more and more is exciting. What puts a smile on my face is the amazing way in which our bodies are put together and function. It is truly miraculous."

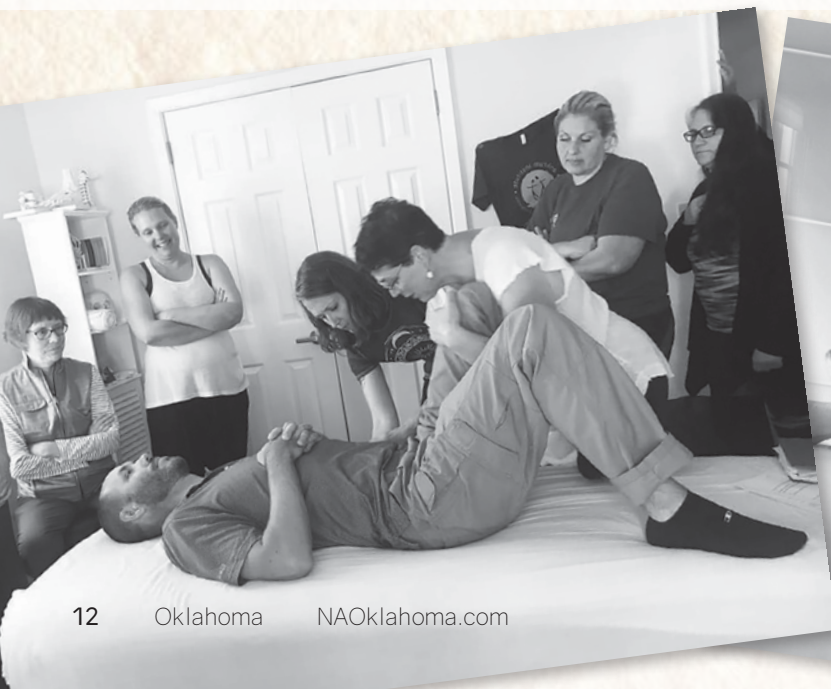
As Ankrum developed skills, she also developed intuition. She is deeply grounded in anatomy and function. She strives to understand the interrelationship between those two factors and teaches that to her students. And as she understands more

Institute Founder Leigh Ankrum

about anatomy and function, her intuition grows. She explains it this way, "After the first several years in practice I began to trust my instincts/intuition. Even when a client says 'but my pain is over here' and inside myself I have a knowing that I must work something else first, I trust myself completely. And the funny thing is that most of the clients that believe in me, and allow me to work where the internal communication between their 'inner' and my 'inner' leads, are helped." She guides students into developing their own intuitive process. She especially loves it when students have their own "ah-ha" moment each time they start a new training class.



Images courtesy of Leigh Ankrum





Ankrum believes that “everything, everyone, is connected and in relationship. We are a collective. If this is true, how can I work with a client as if they or their pain pattern stands alone? We are a part of ourselves, our family, our community, our country, the world, the collective unconscious, the galaxy, the universe.”

Her personal mission is to share as much as she can of the knowledge she has gathered throughout the years. “The more practitioners out there that know and understand the body, the way we are put together, the better hope we have for helping people back to health.” Ankrum doesn’t believe in just teaching techniques or just treating symptoms. “When one understands the principles of how our bodies work, then the bigger picture emerges, and we get past the limitations set for us when we view only symptoms as a way to come into relationship with the body.”

Ailments seen at the Ankrum Institute are varied, and can include anything from

ear infections, TMJ, vertigo, back or neck pain, to difficulty in getting pregnant and even birth trauma for newborns and moms. When discussing the most common ailment that she sees and treats, Ankrum is quick to mention trauma. She sees it as the number one health problem facing us today. And within that category, she includes stress. “What happens is this: When trauma/stress goes into us, it results in turning down the part of us that runs all the systems of the body, thus increasing symptoms, which can include digestive issues, sleep issues, pain, anxiety, depression and more. The inability to slow down and let the stress out, or resolve trauma, means that we continue to build all of the symptoms inside of us.”

Ankrum recommends a quick and easy way to begin releasing stress and trauma. “Take some time each day to be quiet without any stimulation—no phone, computer or television—and allow your body to get quiet. It does not mean you have to do

meditation. That’s great if you do, but just get quiet so your body can let out some of the stress from the day, even if it is for five minutes before you go to bed.”

Looking back over all of the years of learning and working, Ankrum knows she has been “asked to be a steward of this work. It is not so important to name all the places I have learned, the people I have treated, the students that have learned from me, but to understand the great responsibility that came to me from the beginning of my life.” She hopes that “after 35 years my private practice will slowly go into the sunset, but my school will grow and grow, and people will come from all over the country and then the world to join us in this amazing, life-changing journey.”

For more information, call 918-212-4206 or visit AnkrumInstitute.com. See ad, page 15.

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Health in the New Year

10 Top Wellness Trends for 2022

by Sandra Yeyati



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Every new year marks the convergence of endings and beginnings—an opportunity to assess where we’ve been and anticipate where we’re going. As this dynamic relates to our health, this year promises an intensification in the development and adoption of several trends that have been years in the making.

Plant-Based Foods Take Center Stage

The consensus among researchers is that filling our plates with colorful vegetables and fruits improves health and reduces our risk of developing a number of chronic degenerative diseases. “This approach, along with eating less meat and avoiding sugar, is wonderful to control blood sugar, lower uric acid and nurture your microbiome, which is fundamentally important to reduce in-

flammation, increase your body’s production of antioxidants and vitamins and help maintain the integrity of the gut lining so that you don’t get leaky gut and, therefore, inflammation,” says board-certified neurologist David Perlmutter, author of *Grain Brain* and four other *New York Times* bestsellers.

Awareness of the devastating effects of industrialized meat production is also accelerating. “Avoiding animal products is probably the first and most important ethical choice one can make,” says Princeton University bioethics professor Peter Singer, author of the seminal *Animal Liberation*. “That’s going to dramatically lower your carbon footprint. You will no longer be complicit in the suffering of tens of billions of factory-farmed animals, and you won’t be contributing to the increasing risks of viruses being bred in factory farms.”

“Core concepts like being present in the moment or taking in the other person in an empathetic way are rippling out into so many aspects of life.”

—Leslie Davenport

According to market analysis firm CB Insights, “As COVID-19 spread across the globe, shifting consumer behavior and virus outbreaks in factories has dealt major blows to the meat supply chain, with the beef industry alone facing an estimated \$13.6 billion in losses.” Several U.S. meat processing plants were forced to close their doors.

In response, a growing inventory of plant-based alternative proteins is emerging, offering new products that seek to mimic the experience of eating a juicy hamburger (Beyond Meat and Impossible Foods) or crispy chicken nugget (Simulate). Banza makes high-protein pasta from chickpeas. Retail sales of plant-based meals in the U.S. have grown by 25.5 percent over the past two years, and other manufacturers joining the field are Plantible Foods, Rebellyous Foods, Livekindly and InnovoPro. A recent survey found that 36 percent of consumers intend to increase their consumption of alternative protein sources in the near future.

Perlmutter cautions, “Just because they’re plant-based doesn’t give them full sanction. They may contain unfermented soy,

which may not be non-GMO or organic, and per an article in the *New York Times*, their carbon footprint may be a lot higher in production of these products than we have been led to believe. Do a little research on these manufactured foods and go for plant-based options that aren’t processed. Shop the periphery of the grocery store.”

Telemedicine Will Continue After the Pandemic

According to management consultants McKinsey and Company, when COVID-19 began, the level of telemedicine increased in America 78-fold, peaking in April 2020. Although it has been declining since then, the use of telemedicine is still at a 38-fold increase compared to pre-pandemic times. “While it has leveled off, we are going to see persisting use of telemedicine in situations that involve basic communication with a patient,” says Perlmutter, citing compelling attributes such as cost savings, convenience and a lower carbon footprint because people don’t have to commute to a doctor’s office.

Wearable Devices and Home Testing Empower Patients

Perlmutter also anticipates an amplification of the use of wearable devices and home testing to provide biometric data that informs people about their health status and inspires them to modify lifestyle choices. The Oura Ring records the time it takes to get to



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Apple Watch aficionados are increasingly relying on the device's biofeedback features, including its newest metric, blood oxygenation, while diabetics and non-diabetics alike employ continuous glucose monitoring systems to pinpoint how lifestyle choices like food, exercise and sleep affect blood sugar levels. "That is not only trending now, but will increase quite dramatically as consumers push to learn more about themselves," Perlmutter predicts. "No longer is this information going to be siloed in the doctor's office. People are becoming more and more empowered to learn this data about themselves and act on it."

Learning to Improve Genetic Expression

"Our evolving understanding of epigenetics—how we can change our gene expression—is bringing more people on board to the idea that our lifestyle choices matter," Perlmutter says. "When I went to medical school, we thought our DNA was locked in a glass case and that it would determine everything about us. Nowadays, we know that the expression of more than 70 percent of our DNA that codes for health and longevity is under our control and influenced by our lifestyle choices. The food we eat, whether or not we slept well last night, the stress in our lives, whether or not we spent time in nature—all of these things, moment-to-moment, change our gene expression. Holy Toledo! We now know that certain lifestyle choices are good for you because they favorably change gene expression. They teach it in med school now. It's a breathtaking reality."

Harnessing the Power of Low-Level Stress

Life hackers and high-performance junkies are looking to leverage something called hormesis, which involves introducing low-level stress to the body for a positive outcome, so that when the body repairs itself from that condition, it doesn't just repair back to the previous level, but to a new one with an advantage. This includes exposing the body to a hot sauna or cold exposure through cryotherapy, as well as intermittent fasting or time-restricted eating. "People are starting to see how good things happen when we engage in things that push us in places that are perhaps a little bit uncomfortable, activating mechanisms that help with metabolic health, immunity, cognitive function and even the growth of new brain cells," Perlmutter explains.

Mental Health Destigmatized

When U.S. gymnast Simone Biles dropped out of the 2021 Summer Olympic Games citing mental health challenges, she created an opening for other people to speak up. If a world champion could reveal her vulnerability on the global stage when the stakes were so high, certainly so could they. Her compelling story is emblematic of an emerging trend: Mental health is gradually becoming destigmatized.

"It's becoming acceptable to talk about our feelings and ask for help, and this trend is shattering unhealthy cultural myths, like the erroneous assumption that if we talk about our emotions we're going to fall into a pit of despair and sadness," says Licensed Integrative Psychotherapist Leslie Davenport, the author of *Emotional Resiliency in the Era of Climate Change*. "There's a boldness among younger generations that are challenging the status quo and demanding to be accepted as they are. Tucking away anything

that might not be socially acceptable is a part of the past. Kids want their families and adults to accept and love them exactly as they are.” On Twitter, Instagram and Facebook, #itsoknottobeok is a popular hashtag.

Mental health surveys show that eco-anxiety in particular is prevalent among the young. Late last year, scientists at the University of Bath, in England, interviewed 10,000 youth between the ages of 16 and 25 across 10 continents. In the U.S., 68 percent said that the future was frightening. Almost half admitted that they had distressing feelings related to climate change on a daily basis, 42 percent believed that the things they valued most would be destroyed and 35 percent feared that their family security would be threatened.

A Surge in Coaching

According to Davenport, “In addition to therapy becoming more acceptable, I’ve seen coaching become more common as another option in which people don’t have to examine their past and can instead look forward. A coach can help them make sense of their life, set goals and hold them accountable.”

Mindfulness Becomes Ubiquitous

In a few decades, mindfulness practices have catapulted from Buddhist monasteries to corporate boardrooms and have become a billion-dollar industry in the U.S. with an 11 percent annual growth rate. “Mindfulness has been emerging for a while, but at

this point, it’s a household word,” Davenport says. “People are talking about mindful eating or mindful conversations. Core concepts like being present in the moment or taking in the other person in an empathetic way are rippling out into so many aspects of life.”

Therapy and Meditation Apps Abound

Redefining the conventional, in-person therapy session that is 50 minutes in a quiet room, therapy apps allow people to have short phone calls, video chats or text exchanges with a therapist for a low monthly fee. Notable therapy apps include *BetterHelp.com*, *OnlineTherapy.com*, *BrightSide.com* and *Calmerry.com*. For meditation, *Calm.com*, *InsightTimer.com* and *HeadSpace.com* are dominating the field.

Virtual Experiences Are Here to Stay

Many people that were devastated by isolation and loneliness during the pandemic sought social engagement via streaming and app-enabled webinars, exercise routines or art classes. Suddenly, virtual conferences attracted participants from all over the world. Davenport relishes the fact that she was able to take tap dancing classes from a renowned New York City teacher, even though she lives in Washington State. “In a surprising silver lining, we’ve come to appreciate the convenience of these virtual experiences, which we likely wouldn’t have attended in person before the pandemic.”

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

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WHOLE-PERSON FITNESS

Current Trends in Wellness Tools

by Maya Whitman



Insiders agree that the idea of fitness is changing, and this means an exciting wave of trackers and apps that go beyond achieving the ultimate six-pack abs. “So many of us want a nice exterior, but now more than ever, we realize how important it is that the interior match that exterior,” says Dominic Kennedy, a Los Angeles trainer and founder of the Dominic Effect, an app that provides fitness workouts, customized meal plans and mind-body tools like meditation, yoga and affirmations.

The industry of wearable technology has been expanding since the advent of the FitBit Tracker in 2014, and the trend is not slowing down. Current fitness wearables even include rings that offer more detailed biometric data including blood pressure, heart rate, sleep and calories burned. With some smartwatches now priced under \$50, it’s clear why the business marketing firm Grandview Research predicts significant annual growth for such products for the next six years.

Making it Personal

For this year, fitness and wellness choices will focus more on practical effectiveness within the new normal. “I see that most don’t want to spend hours in the gym. The way life is now, we do things differently: home gyms, home office, home childcare,” notes Kennedy.

The world of fitness is extending beyond the gym, taking inventory of all the aspects that factor into maintaining wellness. “This year, fitness is all about making workouts work for you and your lifestyle. Whether it be wearable technology, customized online personal training apps or mindset workouts that work on getting your mind in

photo: helin/AdobeStock.com

gear, 2022 has me excited,” says Stephanie Mansour, a Chicago-based fitness coach and host of the national PBS fitness and wellness show *Step it Up with Steph*. “I think we’re going to be focusing on habits and other areas of life like food, sleep and mindset that contribute to the effectiveness of workouts.”

She also foresees people picking up inspiration from hardcore fitness devotees that share more of their personal daily habits such as journaling, affirmations and how they stay committed to investing in health.

Bringing a water bottle to a yoga class or slipping on activewear is becoming digitalized, making it easier to target overall health. Staying hydrated based on individual needs is effortless using a Thermos app-connected hydration bottle with a smart lid that tracks daily intake. Mansour’s favorite fitness ally is clothing inlaid with resistance bands. “You can actually get in a workout while doing everyday activities with this resistance apparel. I love

how resistance bands are built into these pants so my daily walk, yoga session or washing dishes and doing laundry turns into a workout because my muscles engage and work harder,” she says.

More Support, Less Pressure

Kennedy sees a sense of community taking root since the start of pandemic, especially via online forums and groups centered on health and fitness. “We spend so much time on the internet and social media, and during the pandemic, it was a huge outreach that will continue to grow since you can do it right from your computer or phone.”

New Jersey-based fitness trainer Nadia Murdock sees a trend of prioritizing ourselves without all-too-common feelings of guilt. The founder of Core Program, designed to help entrepreneurial mothers take charge of their health and fitness, she warns about the possible trigger effect of digital trackers that use pop-up screens or reminders about daily steps. “I would suggest asking

yourself why you want to use a tracker. Once you have identified the reason, you can now seek out alternative options that may cause less pressure,” she says. To stay accountable without mental anguish, she suggests using a multisport watch that offers the perk of real-time audio coaching.

Kennedy concurs, saying, “The point is not to cause any more anxiety and to create a safe space. We should not be obsessing about weight and putting ourselves down, but finding a space that will lift our spirits.”

Despite the benefits of the latest technology and extras, Mansour reminds us to adhere to “tried and true methodologies like regular workouts that you enjoy, eating nutritious foods and taking care of your mental health through meditation, stress-reduction techniques and getting adequate sleep.”

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

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A Better Morning Jolt

HEALTHY COFFEE ALTERNATIVES AND HACKS

by April Thompson



freedom lifeAdobeStock.com

Most Americans enjoy a daily dose of coffee, and an increasing body of research indicates it's not a bad habit to have. Meanwhile, a growing number of people are adapting their morning drink rituals to incorporate ingredients ranging from matcha to mushrooms in search of additional health benefits.

"After many years of research, we have concluded that coffee can be a fantastic additive to the diet. Coffee consumption is associated with a decrease in all-cause mortality, risk of cardiovascular death and stroke," says Claudia Hleap, a registered dietitian nutritionist in Philadelphia.

Regular coffee consumption is also correlated with a decreased risk of Type 2 diabetes, potentially due to its naturally containing polyphenols, which are plant compounds with protective antioxidant properties. The caffeine in coffee, as well as in tea and cocoa, can also boost short-term metabolism and brain function.

As with most things in life, moderation is key; overconsumption of coffee can result in insomnia, irritability, gastrointestinal

issues and other short-lived side effects. "Caffeine intake may negatively impact sleep duration and quality, which is essential for optimal health," says Hleap. "Coffee can also serve as a vessel for added sugars and unhealthy fats in the diet if you are adding sweeteners and artificial creamers."

Many java drinkers today are experimenting with healthy alternatives and add-ons to shake up their routine morning pick-me-up. Chicory-based drinks, made from roasted ground chicory root, are a favorite for Lauren O'Connor, a Los Angeles registered dietitian nutritionist and author of *Healthy Cooking for One*. "Chicory is caffeine-free, acid-free and a gut-friendly alternative to coffee," she says. "It also has a robust, roasted taste that can satisfy those who desire more than an herbal tea. Date 'coffee,' made from date seed, also has a deep, rich flavor."

Some chicory tea blends also incorporate roasted dandelion root, which has been used by herbalists for centuries to enhance the body's detoxifying functions, particularly of the liver. Golden milk, a traditional Indian beverage associated with Ayurvedic

Rather than swap out coffee altogether, some java lovers are bettering their beloved beans with healthy add-ons such as powdered mushrooms, ghee and spices.

medicine, is another flavorful alternative with numerous health benefits. Recipes vary, but golden milk is typically prepared by heating milk or a plant-based milk alternative along with turmeric, black pepper, ginger, cinnamon, honey, vanilla and/or cardamom. “These warming spices go above a simple caffeine replacement to provide powerful anti-inflammatory benefits,” says Trista Best, a registered dietitian in Dalton, Georgia.

Best also recommends matcha, a traditional Japanese drink made from powdered, young, green tea leaves whisked in water as a coffee alternative with less caffeine and other added benefits. Because the tea leaves are essentially consumed in powder form rather than just steeped in water, matcha contains more catechins, an important antioxidant, than a typical preparation of green tea. “The L-theanine, an amino acid, in matcha is known to improve brain health, which shows itself through improved memory, attention and reaction time,” notes Best.

A Better Bean

Rather than swap out coffee altogether, some java lovers are bettering their beloved beans with healthy add-ons such as powdered mushrooms, ghee and spices. “A healthy addition to coffee can include coconut oil, collagen or butter. These can add some fat and protein content, which will provide more energy while also jumpstarting your metabolism at the beginning of the day,” says holistic health coach Virginia Gruhler. Ghee, a clarified butter that originated in ancient India, has been touted as a “keto-friendly” way to help neutralize the acidity of coffee while adding healthy fats and nutrients.

Spices like cinnamon and cardamom have been added to coffee and black tea for centuries in the Middle East and Asia to enhance both flavor and health. Cinnamon, for example, may help lower blood sugar, in addition to having antioxidant, anti-inflammatory and antimicrobial properties.

Mushroom coffee is another popular “coffee-plus” beverage which combines the flavor and energy boost of java with the benefits of medicinal fungi like turkey tail, lion’s mane and chaga, boosting the immune system and potentially warding off serious health conditions like dementia and cancer.

Because caffeine can stay in the bloodstream for up to 10 hours, staying clear of all caffeinated drinks in the later hours of the day will help ensure a better night’s sleep. When a mid-afternoon slump hits, a brisk walk followed by a cup of a flavorful herbal tea like Rooibos or lemongrass can wake up the body and the brain naturally.

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



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Turmeric Golden Milk

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3 cups organic, natural milk such as oat, almond, coconut, hemp
or another

2 tsp ground turmeric powder

½ tsp ground cinnamon

1 Tbsp coconut oil (skip if using a full-fat coconut cream or milk)

¼ tsp ground ginger powder

Dash of black pepper

Maple syrup, agave syrup or honey to taste

Optional, but luxurious and delicious:

Pinch of ground cardamom (about ⅓ tsp or just under)

Dash of vanilla extract or vanilla powder

Pinch of ground nutmeg (about ⅓ tsp or just under)

Gently heat milk of choice in a pot on the stovetop over medium heat. Once it's warm, add the suggested spices, oil and sweetener.

Use a whisk to thoroughly combine all of the ingredients. Depending on the type of milk used, vigorous whisking may create a nice, latte-like "foam". Continue to heat for about five minutes, whisking occasionally. Serve immediately and enjoy it warm.

Golden milk is also delicious cold over ice, although oil is not recommended to use in this case. Store any leftovers in an airtight container in the refrigerator for up to three days. Reheat leftovers on the stovetop (rather than in a microwave) to preserve maximum nutritional value.

Source: Deanna, creator of HomesteadAndChill.com.

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Why Words Matter

by Marlaina Donato



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From witchy incantations in Shakespeare's *Macbeth* to ancient Sanskrit mantras; from the stirring speeches of Martin Luther King, Jr. to the divinely inspired poetry of the Sufis, words have bridged the chasm between the visible and the invisible since the dawn of human language. They have the capacity to conjure change, rock the boat, manipulate mood and alter the inner landscape.

According to language research center Ethnologue, there are more than 7,000 languages in the world. We use words every day to communicate, to learn, to teach, to bond with kindred souls and to win opinion wars on social media. We can use words as medicine or weapons, and we too often forget their power.

Many religious texts draw attention to the spoken word, especially in creation stories and the creative capacity of deity. In the *Vedanta Sutra*, an ancient Vedic text, the phrase *anavritti*

sabdāt translates to "by sound vibration, one becomes liberated." Consider what it would be like if we each made a daily commitment to use everyday words as a conscious tool for healing—a practical form of spiritual discipline from which everyone might benefit.

In our age of rapidly developing technology and jam-packed schedules, the spoken word is becoming a casualty in the daily blur of abbreviated texts and emojis. Forty percent of the world's languages are on the threshold of extinction, and so is the language of everyday courtesy and compassion. "Sticks and stones will break my bones, but words will never hurt me," the old saying goes, but words do hurt, chipping away at our mental health in the classroom, on the checkout line at the supermarket and in our social media newsfeeds.

Negativity-overwhelm has become the norm. If the mystics of old are correct regarding the energetic impact of our words, thoughts and self-talk, incredible power awaits on the tip of our tongues. With a little bit of attention and intention, there's so much we might be able to create for ourselves and others.

Words are seeds, and we can sow life-sustaining gardens for generations to follow. Consider what to plant today.

Marlaina Donato is the author of several books and a composer of visionary music. Connect at WildflowerLady.com.



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Peter Russell on the Healing Power of Letting Go

by Linda Sechrist



Q: I took my 12-year-old dog in for an annual checkup. The vet, who I had never met, said I need to do all the vaccines over again. It didn't seem right because isn't she like seventy years old in human years?

A: You're right to be suspicious of this older concept. A vaccine may lead to an immunized state, but doesn't guarantee it. So you won't know your pet is protected unless you do a blood titer test for antibodies to parvo, hepatitis and distemper. Many vets are afraid to take the emphasis off vaccines because they don't believe vaccines do any harm. This is a false assumption. I'd recommend testing for distemper and parvo antibodies, and get a three-year rabies vaccine to stay legal. By taking this approach you are a "Wise-Vaxxer." I'd also suggest you find a family vet who knows you and respects your values. *Email for a free detailed discussion on the possible effects of over-vaccination and put the word "vaccines" in the subject line. bfacstaff@gmail.com*

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photo by Peter Russell

In *Letting Go of Nothing: Relax Your Mind and Discover the Wonder of Your True Nature*, Peter Russell reminds readers what lies at the heart of all spiritual traditions. Based on his half-century of practicing Transcendental Meditation and applying the lessons of ancient and contemporary spiritual teachers, he offers a new perspective on the age-old practice of letting go, which involves not being attached to outcomes, surrendering desires, accepting the present, opening to a higher power, relinquishing the ego and practicing forgiveness. He traces the seeds of many ideas in the book to his time in India studying with Maharishi Mahesh Yogi, as

well as immersing in *A Course in Miracles* and the writings of contemporary teachers including Eckhart Tolle and Ram Dass.

What exactly do you advise us to let go of?

While the thought-provoking title suggests that individuals might be asked to let go of a situation, possessions or a relationship, the fundamental theme running through the book is not the letting go of things themselves, but rather letting go the things that only exist in the mind—thoughts, interpretations, fixed beliefs, points of view, expectations of the future, attachments to possessions and relationships, judgements, grievances, assumptions about how things should or should not be. These things in the mind are the lens through which the things of the world are experienced. For example, looking at things through blue-tinted spectacles gives everything a blueish tinge. But the lens itself is not part of the world you see. In a similar way, the lens through which we see our world is not another thing we see. In this sense, we are letting go of the "non-things" that color our view of the world.

What led to your understanding of this?

The questions "Is there another way of seeing this?" and "Could there, just possibly, be another way of seeing this?" occurred spontaneously, without an effort on my

part. With an open, curious attitude and without trying to find an answer or even assuming there was one, my inner knowing was able to shine through and reveal another more helpful way of seeing things.



What benefits have you experienced from letting go?

I'm more in touch with my intuition and my feelings and less consumed by my thoughts. I feel better, experience more peace and am content. Discontent is largely self-created by thinking how things should or should not be. When discontent drops away, contentment becomes more prevalent. No one walks around wonderfully enlightened all the time. Letting go is a life-time process. Noticing where I get caught up, pausing, coming back to the present, to what is, has a feeling of "Ahhh." It's a sense of coming home to my inner home.

The world pulls us outward, taking us out of ourselves. When we step back from it and let go for a while, it's like coming home to our self.

How can we better savor each moment?

In just pausing and noticing what is in the present moment of experience, you'll simply be stopping and withdrawing your interest from the thoughts that showed up when you paused. If you notice that your attention relaxes and if there is a sense of ease, a gentle sense of happiness or joy or a quality of spaciousness and clarity, savor it. Later, when it occurs to you, pause again and again. But don't let the practice of pausing become routine or a ritual. Instead, make each pause a fresh inquiry into the moment and be curious about what it feels like, as if it were the first time, because it is the first and only time you will savor "this" moment.

Linda Sechrist is the Natural Awakenings senior staff writer. Connect at Linda Sechrist.com.

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Shanna

The Electric Vehicle Revolution

Moving Toward an All-EV Future this Year

by Jim Motavalli



photo by Chevrolet

Almost certainly, electric cars are in everyone's future. Not only are automakers—from General Motors and Volvo to Rolls-Royce and Bentley—pledging to stop producing gas and diesel cars, but a long list of countries in Europe and Asia plus three U.S. states are planning to ban them by 2040 or earlier, often citing climate change imperatives.

This wouldn't be happening if electrification technology was standing still. Instead, it's made rapid progress to the point that electric vehicles (EV) are more often than not better cars than their internal combustion counterparts. A range of 300 miles or more (the top model of the luxurious Lucid Air claims 520) has become commonplace, and the inherent properties of electric motors—such as lots of low-end torque—means they're very fast off the line. The Rimac Nevera, an EV supercar, reaches 60 mph in an incredible 1.85 seconds.

But there's more. Fuel and service costs have been dramatically reduced with EVs. A 2018 University of Michigan Transportation Research Institute study pegged the average cost to operate an EV at \$485 a year, compared to \$1,117 for a gas-operated car, and battery packs and electric motors take up less space than engines, transmissions and radiators. This means larger passenger compartments with more legroom and no center “hump”, and storage up front (the so-called “frunk”), as well as behind. Designers are even

able to ditch the grille—a feature shared by all but a few air-cooled cars on the market.

EVs Get More Affordable

The high cost of EVs has been off-putting. The Tesla Model S Plaid Edition, made in California, starts at \$129,990, the Arizona-produced Lucid sells for up to \$170,000, and the Croatian-made Rimac costs \$2.4 million. That's one reason EV penetration is low—accounting for only 2 percent of U.S. sales in 2020. By last year, there were almost 1.8 million EVs on American roads—three times the number of 2016—but affordable cars would make the numbers grow much faster. The federal \$7,500 federal income tax credit for EVs helps, but it has a 200,000-unit sales cap, and General Motors and Tesla have already met it. Some states, and especially EV-friendly California, have generous additional incentives, and a proposed increase in the tax credit from \$7,500 to \$12,500 is under consideration by Congress.

Battery pack costs—the key reason EVs are expensive—went down an average of 16 percent per year between 2007 and 2020, the University of Pennsylvania reports. And that has created cheaper electric vehicles such as the Chevrolet Bolt (\$31,995), Hyundai Kona (\$34,000), Mini Cooper SE (\$30,750), Nissan Leaf (\$32,620) and Tesla Model 3 (\$41,190).

The big news for truck fans is that the country's bestselling vehicle for many years, the Ford F-150 pickup, will have a battery electric variant called the Lightning on the market this spring with a price under \$40,000.

For some people, hybrid or plug-in hybrid vehicles are a better choice. They're certainly cheaper. Toyota's long-lived Prius (with 58 mpg city/53 highway) starts at \$24,525. And there's an appealing Ford hybrid truck, too—the Maverick—at \$19,995. It went on sale late last year.

These “green” trucks are undoubtedly better for the environment than their gas and diesel counterparts. Greenhouse gas production is directly tied to fuel economy, and some versions of the current F-150 pickup get only 15 mpg combined. The only emissions from its EV counterpart and battery trucks like it will be from the generation of the electricity to run them. The Maverick hybrid gets 40 mpg in city driving.

In 2020, researchers in England and Holland said that driving an EV is better for the environment in 95 percent of the world—the exception would be in areas with very dirty coal-based grids. For a complete lifecycle analysis, it's necessary to factor in the effects of manufacturing, the mining of rare earth minerals, the makeup of the local grid, end-of-life recycling and other factors. EVs do have slightly higher greenhouse gas production from recycling (1.8 tons versus 2.4 tons) because of battery processing, a Chinese study says. But that same study reports that complete lifecycle emissions for EVs are 18 percent lower.

The good news is that many of the factors that go into lifecycle analysis are getting better for EVs. Renewable energy

is the fastest-growing energy source, and the amount in the U.S. grid increased 100 percent between 2000 and 2018. Lithium is essential for modern EV batteries, and both General Motors and BMW have invested in more sustainable methods of extraction.

Integrating with the Home

Another EV cost is the installation of 240-volt electricity for home charging. But in 2020 the International Code Council (ICC) set new voluntary guidelines for new homes that would make all of them “EV-Ready”. Installing the necessary wiring when the house is built would cost \$920, compared to \$3,550 for a retrofit, says the ICC. Some municipalities, such as Seattle, already require EV wiring for new homes with off-street parking.

Increasingly, EVs are being equipped for two-way power, meaning they can power homes or construction sites. That's one part of the appeal of Ford's Lightning, which has 9.6 kilowatts of power available to keep the lights on during a power outage. It can provide full-home electricity for three days.

What to Expect

Buying an EV will require some lifestyle changes, most but not all of them positive. Passing up gas stations is a plus. Studies show that 80 percent or more of EV charging will be done at home, mostly at night. Regular servicing for tuneups and oil changes will become a distant memory, and so will the financial bite. AAA says

EVs will cost on average \$949 less per year to maintain.

Many of today's electric cars have range limitations, and this needs to be factored into trip planning. The 2021 Volkswagen I.D. 4 Pro can travel 260 miles on a charge, perhaps not enough to get to grandma's house. The 2021 Nissan Leaf only has a 150-mile range, although the Leaf Plus increases that to 226.

Buying used is tempting, because some EVs—such as early Nissan Leafs—are highly affordable, with good ones costing about \$7,000. But its range is poor, just 73 miles. While some older Teslas have credible range, they've also retained their value pretty well. In general, buying new—which includes claiming the federal income tax credit—is a better idea.

First-time EV buyers worry about high prices, range, finding public chargers (although the \$7.5 billion allocated to build them in the recent infrastructure bill may help), the considerable time needed to recharge at home, compromised interior space and replacing the expensive battery packs. These are all legitimate concerns, but the lower-priced, roomy, fast-charging EVs coming on the market now—and a network of more than 41,000 public chargers—go a long way toward addressing them.

Jim Motavalli, a Connecticut-based journalist, writes about the environment, cars and music. He can be contacted at JimMotavalli.com.



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Zen Zone for Kids

Create the Perfect Calm-Down Corner at Home

by Marlaina Donato

Children and teens are sensitive beings, and like adults, they need daily tools to offset the stresses of life. Whether a child is overwhelmed by COVID-19 protocols at school, is on the autism spectrum or is highly sensitive or anxious, creating a special place to decompress can help manage big emotions. “Children, including teens, often don’t recognize the combination of sensory stimuli that is causing anxiety, irritation or exhaustion that can then lead to emotional reactivity in the form of anger, outbursts, silence, crying, inappropriate laughing or teasing,” says occupational therapist April Christopherson, owner of *ExplorationTherapy.com*, in Gunnison, Colorado.

Peace, Not Punishment

A calm space can be an inviting corner, a designated room or a place outdoors. “Sensory processing is a blanket term for how our brains and bodies integrate and use the sensory information/input around us. This is mostly environmental,” says Christopherson. Triggers may include uncomfortable room temperature, noise, inadequate or intrusive lighting, even

scratchy clothing. Unlike time-out spaces that prompt kids to process actions and think about behavior, calm-down spaces can soothe a nervous system in overdrive and quell uncontrollable meltdowns.

“It’s common for kids with sensory processing needs to be misunderstood and labeled as overly sensitive or explosive. Creating a space that meets your child’s sensory needs gives them a safe space to retreat to when they’re feeling overwhelmed,” says Alisha Grogan, a Pittsburgh occupational therapist and creator of *YourKidsTable.com* for picky eaters.



Calming Nerves, Engaging the Senses

Kids' tranquil areas can be simple or elaborate, but part of the magic formula is including objects that soothe the senses. "The calm space can contain items that allow time for stress hormones to decrease," says certified autism specialist Cara Koscinski, of Jacksonville, Florida, founder of *Pocket OccupationalTherapist.com*, an online source for parents, therapists and students. She recommends including sensory allies such as bean bags, therapy putty or dough, slow or classical music, a white noise machine, books, emotion identification cards and fidget toys (squishy or gel-filled balls, tangle toys or a Rubik's Cube). A weighted blanket or stuffed animal, especially for younger children, is also a good option. "Time to refocus and allow deep breathing can make a world of difference," says Koscinski, recommending cards with cues or instructions for deep breathing.

Sarah Norris, founder of the coaching website *SensoryCoach.org*, with offices in Denver, Atlanta and Chicago, believes we can all benefit from sensory strategies. "Using sensation is a powerful way to change how you feel without much thought or expression," she says. "Sensory objects can often be used in more than one way, which allows you to discover how to help yourself feel better in a fun, nonjudgmental way." She recommends including scented items with calming essential oils and drawing pads, as well as age-appropriate coloring books.

Grogan's sensory picks are stress balls, kinetic sand, noise-cancelling headphones, scented teddy bears and chewy necklaces for a child to bite on. "Families may want to have a variety of sensory tools and toys available so a child can choose what's helpful for them," she says. Ambient lighting, including lava lamps and year-round holiday lights, can set the mood of any sensory space.

Tranquil Possibilities

Setting up stress-free zones at home doesn't have to be a one-size-fits all approach. Norris favors going outside the box. "If you have the space to set up a reading nook

or a semi-permanent pillow fort, your kids will love you for it. Don't overlook the possibility of using outdoor spaces as places to promote calm. Being in nature can be very regulating, especially if there is a comfy seat or fun swing to enjoy." If making an area at home doesn't work for some families, Norris suggests highly effective portable kits that can come along in the car or to doctor's appointments.

Christopherson encourages creative options like a comfortable beanbag at the bottom of a closet, a rocking chair with

a heavy blanket or an outside fort or tree house. For multi-sibling homes, Grogan recommends a pop-up tent in a corner or in smaller spaces or a blanket thrown over a table for an instant fort.

Whatever the setup or individual needs, calm spaces encourage kids to find their center and claim their space in a chaotic world. "All kids should be given what they need for success," underscores Koscinski.

Marlaina Donato is an author and a recording artist. Connect at WildflowerLady.com.

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calendar of events



THURSDAY, JANUARY 6

Microdosing Entheogens 101 Online Class – 6-7pm. Want creativity and focus? Anxiety or depression have you stuck? Need help changing unhealthy habits or addictions? Microdosing entheogens helps transform lives, but is it right for you? Discover what exactly is microdosing, how to decide if microdosing is right for you & tips for life-changing results. Audience Q&A. \$10. TwoPillarsFoundation.org/calendar.

SATURDAY, JANUARY 8

Healing Evolution Online Workshop – Bringing Addiction to Light – 9am-4pm. In this workshop, you'll gain a deeper understanding of the origins of your addictions, how they have

benefited you, how they have saved you from experiencing overwhelming pain and suffering, and how you can move beyond these experiences to new expansive, self-liberating choices. You'll receive multi-dimensional healing in a powerful healing ceremony. Sign-up online at CasaGalactica.com/programs.

SATURDAY, JANUARY 22

Winter Games and Stories OKC – 1-4pm. Test your luck and skill with seasonal games such as Nuki' Lohmi led by Cultural Ambassador Ace Greenwood (Chickasaw/Cherokee) in the Xchange Theater. Ace will also share traditional stories appropriate for the winter months. Free. First Americans Museum, 659 First Americans Blvd, OKC. 405-594-2100. FamOk.org.



TUESDAY, JANUARY 25

Microdosing Entheogens 101 Online Class – 6-7pm. Want creativity and focus? Anxiety or depression have you stuck? Need help changing unhealthy habits or addictions? Microdosing entheogens helps transform lives, but is it right for you? Discover what exactly is microdosing, how to decide if microdosing is right for you & tips for life-changing results. Audience Q&A. \$10. TwoPillarsFoundation.org/calendar.

FRIDAY, JANUARY 28

Green Country Home & Garden Show Tulsa – 1/28-1/30. Fri 12-8pm; Sat 10am-8pm; Sun 11am-5pm. Green Country's largest free wintertime home and garden show. Featuring home companies, outdoor living, cookware, storm shelters and more. Free. Exchange Center at Expo Square, 4145 E 21 St, Tulsa. 918-523-2003. CoxRadioTulsa.com.

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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

Intuitive Card Readings with Melissa – Mondays on Zoom. Make an appointment through FB: Messenger under Firefly Mystical Consulting or email CrystalClearWisdom@gmail.com.

wednesday

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

Spiritual Principles with Rev. Doc. Patrick OKC – 7-8pm. Spiritual Education and Enrichment Series. Free. Unity Spiritual Life Center. 5603 NW 41 St, OKC. 405-789-2424. UnityChurch.org.

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

thursday

1st Thursday 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.

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.

First Friday Art Crawl Tulsa – 6-9pm. 1st Fri. Visitors can explore artwork inside galleries, studios and museums and catch a few live music

PLANS CHANGE CALL AHEAD

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.

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.

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.

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.

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LIVING

MARCH
FOOD & NUTRITION

APRIL
SUSTAINABLE LIVING

MAY
WOMEN'S WELLNESS

JUNE
MEN'S HEALTH

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Thomas Academy Tai Chi Kung Fu teaches only the highest quality traditional Tai Chi Chuan, Kung Fu, and other Chinese martial arts and weapons to all ages: kids and adults alike! Tai Chi has been shown to improve balance and have a positive effect on cardiovascular health, blood pressure, stress management, chronic pain and arthritis. Seminars, workshops and private lessons are also available. *See ad, Body Works page 2.*

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 5.*

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



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

DIVINE LOTUS HEALING HANDS
WELLNESS CO-OP
2817 S Harvey Ave, OKC
888-643-7699
DLHHWellnessCoop@gmail.com



We are a wellness center for holistic seekers & practitioners to come together and heal the mind, body and spirit. We offer a variety of services including energy & body work, shamanic healing, breathwork & sacred sound, spiritual life advising and many other holistic wellness services. *See ad, page 25.*

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.

WOMEN'S HEALTH

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 21.*

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 2.*

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.

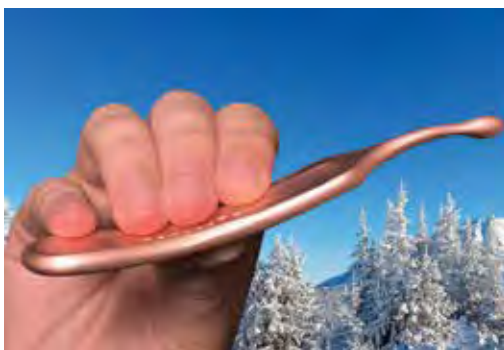
Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

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

"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

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.

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 **NATA25**.

Go to 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.



Dr. Bill Keevil: Copper quickly kills cold viruses.

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Del City

405-605-6675

HolisticPetCare.Vet

Best Friends Animal Clinic

1313 N Harrison Ave,

Shawnee

405-273-5617

BestFriendsAnimalClinic.Vet