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Buy Nothing

Neighborly Groups Share More and Waste Less



BuyNothing

Buy Nothing group in 2013, which has grown to 4 million members in 44 countries. In 2020, Clark and Rockefeller co-authored *The Buy Nothing, Get Everything Plan: Discover the Joy of Spending Less, Sharing More, and Living Generously*.

GIVE OR GET GOODS

People can join a local Buy Nothing group through Facebook. The groups provide a free platform to give, ask, borrow and lend items. It's also a place to thank others in the community.

Just about any item or service can be exchanged, as long as it's legal. Food is commonly shared among group members. Clothing, toys and equipment for children are popular, too. Gifts of self, including talent and time, are also allowed. For example, members can offer to spend time with elderly neighbors or do yard work for them.

As the name implies, nothing may be bought or sold in the group. Once a group gets too big, usually more than 1,000 or 1,500 members, it is split into smaller neighborhood groups. People can only belong to one Buy Nothing group.

IN GOOD FUN

Giving an item away to the first person that replies to a post is discouraged. Buy Nothing administrators ask givers to keep a post active long enough for many members of the group to see it and state their interest. The giver is also encouraged to be creative in how they select the person that receives the item or service when multiple people are interested. Popular methods include asking people to post cute pet photos or share a joke. These threads enhance the amiable nature of the groups.

Exchanging items through a Buy Nothing group results in neighbors getting to know each other, diverts tons of discarded items from landfills and decreases pollution of waterways.

To find a local Buy Nothing group, visit BuyNothingProject.org or BuyNothingapp.com.

CONSIDER THESE FACTS:

The average American creates almost five pounds of solid waste per day, according to the U.S. Environmental Protection Agency.

Only 26 percent of Americans know most of their neighbors. Americans, with 4 percent of the world's children, throw away 40 percent of the world's toys.

Rebecca Rockefeller and Liesl Clark, neighbors on Bainbridge Island, near Seattle, realized there was a simple way to change these trends. They created the first local

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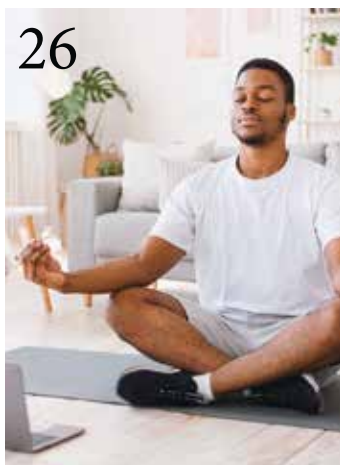
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letter from publisher

I attended two football games this week. My son, who just turned 18, plays on his high school football team as their kicker. As I write this, I'm waiting patiently for my twin 14-year-olds to cheer for him for the next game. I'm amazed at how quickly the years have passed. There's no better barometer for the passage of time than how fast the children grow into teenagers. It's been over four years since this magazine launched that I had middle and grade school children. Now the conversations have turned to high school, homework projects, an expected amount of teenage angst and the future of the planet and society.

In this month's Healthy Kids article, "Talking to Kids About Climate Change—What They Need to Know from Those They Trust," Sandra Yeyati, shares how we are living in a climate emergency with flood, droughts, fires, etc. and we need to have compassion for our younger generation so they don't feel anxious as they are inheriting these problems. I'm often challenged to see compassion or positive change occurring—if and when I watch network news or look online. Maybe I'm just looking in the wrong places.

I remain optimistic that a bright future awaits us, us, hidden from a view from far away looking down as if I was on a planet watching the media battle for our eyes via sensationalism and negative headlines. My optimism is not based solely on the potential of my children's generation, but on the efforts of many ordinary people across all generations who are engaging, as Leslie Davenport says, "According to climate scientists, if we don't do anything, we're in big trouble, and if we intervene and make significant changes, we're still going to feel impacts, but it's not too late." We need to encourage our kids to make a change and lead by example to show them.

I've met and seen many of these passionate and compassionate ordinary people in my daily travels in our region. They are you. They are us. They are the health and wellness practitioners, small-business owners, local activists and mothers and fathers that comprise our community and our readership.

Our community is filled with so many wonderful people that I have met and with others of like mind on the path spreading hope and compassion for a changing world. I am always impressed by so many people in our community having so much appreciation for our magazine. I truly am so blessed by the synergy of creativity that results when a small group sharing a common vision works together for the greater good.

A year from now, my son will be in college and my daughters will be flying their way through high school; it all goes way too fast. That's hard to envision, yet there is hope for the future as we all continue to create "a common vision working together for the greater good" living in the present and remembering to feel good, live simply and laugh more.

Many blessings ...

Lori

Lori Beveridge, Publisher



news briefs

Unity Myrtle Beach Welcomes Ron Daise

Ron Daise, a Gullah Geechee culture and heritage interpreter, will be a featured speaker at Unity Myrtle Beach's Sunday service beginning at 11 a.m. on October 24 at Unity Myrtle Beach, according to Reverend Margaret Hiller. His message will include thoughts on how to stay faith-filled beyond all appearances of world events and uncertain times from the Gullah Geechee perspective.

Daise, a native of St. Helena Island, is also an author, performing artist and educator. His productions and recordings about Gullah aspects began after the publication of his first book, *Reminiscences of Sea Island Heritage*, in 1986.

Since 2004, he served as vice president for creative education at Brookgreen Gardens, in Murrells Inlet, earning the 2019 South Carolina Governor's Distinctive Achievement Award. He is known by many as "Mr. Ron" from "Gullah Gullah Island," the Nick Jr. TV's award-winning children's program of the 1990s. Daise also is a former chairman of the federal Gullah Geechee Cultural Heritage Corridor Commission and currently serves on the Charles Joyner Institute for Gullah and African Diaspora Studies Advisory Board. He is featured in a video exhibit about Black language and speech at the Smithsonian National Museum of African American History and Culture. A graduate of Hampton Institute (now University) in Hampton, Virginia, Daise and his wife Natalie reside in Georgetown, South Carolina, and are parents of three adult children.

Location: 6173 Salem Rd., Myrtle Beach. For more information, call 843-238-8516 or visit UnityMyrtleBeach.org. See ad, page 21.



Consider Using Organic Sugar Scrub

Sugar scrubs are ideal for most skin types, including sensitive skin. They are used to shed dead skin cells to leave one with glowing, healthy skin. Consider trying the therapy that is both hydrating and infused with essential oils to promote healing and relaxation at the Spa on Main, in Conway.

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retains moisture and ensures skin is kept hydrated, making it ideal for delicate and sensitive skin, especially because it melts away upon contact with water. Sugar is also known to be a pure, natural source of glycolic acid, also known as an AHA, which helps to break down dead, flaky skin and help support cell turnover. It's extremely effective at treating mature skin while still being gentle and non-irritating on sensitive skin. Combined with nourishing oils, sugar scrubs can be used before or during bathing for a thorough exfoliating treatment that leaves skin smooth, soft and supple.

Skin care products also can work more effectively on exfoliated skin as pores are unclogged and able to retain more moisture. Getting rid of dry, dead skin cells helps to reveal smoother skin which can also prolong the life of one's fake tan.

Cost: \$75/treatment. Location: 206 Main St., Conway. For more information, call 843-488-7724, email TheSpaOnMain@yahoo.com or visit TheSpaOnMain.com.

Celebration of the Pawleys Island Festival of Music & Arts

Celebrate art, food, wine, music, dance and more at the 30th annual Pawleys Island Festival of Music and Art from October 7 to 23 at The Reserve Golf Club of Pawleys Island. The event will include amazing displays of arts, a wine gala, musical performances and much more.

The presenting organization provides diverse music, arts and educational events that create cultural experiences for Georgetown County residents and visitors. Funds generated by the event benefit the arts of all kinds, including scholarships, instruments, instruction and more.



Cost: Concert tickets range from \$35 to \$55. Location: 18 Reserve Dr., Pawleys Island. For more information, schedule lodging and to order tickets, call 843-626-8911 or visit PawleysMusic.com.

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Jayme Limbaugh

to encourage permanent change. Limbaugh believes that everyone is unique and deserves an individualized approach to nutrition which means that one won't find meal plans, vague guidelines or unsustainable habits here. Instead, she offers guidance and support to determine what works best for clients while encouraging them to make better decisions that lead to lifelong change.

Locations: 4913 Bridges St. Ext., Bldg. B, Morehead City; 718 Cedar Point Blvd., Cedar Point (nutrition services only), 1057 Cedar Point Blvd., Unit B2, Cedar Point (P.T. and personal training services only.) For more information or to make an appointment, call 252-808-5623, email info@CrystalCoastWellness.com or visit CrystalCoastWellness.com. See ad, page 17.



news briefs

Historic Wilmington Foundation Presents Contest for Local High Schoolers



2019 Contest winners

As part of the Historic Wilmington Foundation's (HWF) 2021 Preservation Weekend from October 7 to 10, HWF is hosting its third annual Impact of Preservation Speech Contest. The contest is open to students presently enrolled in a New Hanover, Brunswick or Pender County school as a junior or senior for the 2020-2021 school year and will be held at 6 p.m. on October 7 at Cape Fear Community College, in Wilmington.

HWF has pledged nearly \$2,000 in scholarship prizes to three winning students that must clearly, thoughtfully and eloquently explain why a select local landmark matters. Students may choose between nine sites: Giblem Lodge, Maides Cemetery, Temple of Israel, Price's Creek Range Light Chestnut Street Presbyterian Church, Carolina Yacht Club at Wrightsville Beach, Canetuck School, Historic Brunswick County Courthouse (Southport) and the Alton Lennon Federal Building & Courthouse. Each contestant will have five minutes to present. First place wins \$1,000; second place, \$500; and third place, \$250. This event is free and open to the public.

HWF has pledged nearly \$2,000 in scholarship prizes to three winning students that must

Location: Union Station Bldg., 502 N. Front St., Rm. U-170. For more information on Preservation Weekend events, visit HistoricWilmington.org/preservation-weekend.

October is Dental Hygiene Month

Health Care Partners of South Carolina wants to remind the community that October is Dental Hygiene Month. Be sure to schedule a dental exam and thank your hygienists.

This is the time of the year where we celebrate the work dental hygienists do, and we help raise awareness on the importance of good oral health. Dental hygiene refers to the practice of keeping the mouth, teeth and gums clean and healthy to prevent disease. Dental hygiene and oral health are often taken for granted, but are essential parts of our everyday lives.



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Health Care Partners of South Carolina provides services in Horry, Marion and Florence counties in South Carolina. They provide primary and preventative health care for all ages, dental care, lab, pediatric, pharmacy and women's services.

Location: 1608 N. Main St., Conway. For more information or to schedule an appointment, call 843-248-4700 or visit hcpsc.org.



Eat Strawberries to Improve Blood Vessel Health



anere.usina/Pexels.com

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

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

Drink Green Tea to Ward Off Flu



charlotte.may/Pexels.com

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

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

Exercise More to Counter Risks of Poor Sleep



blue.bird/Pexels.com

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

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

Consider Barberry to Reduce Diabetes Markers



petra.kopaskova/Pexels.com

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

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

Pow WOW

Return Native Lands to Protect Nature



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

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

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

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

Bright Future

Global Industry Turns to Solar Energy



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

BOTTLE Battles

Using Enzymes to Recycle Plastic



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

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

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

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

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

Never Again

Forever Chemicals Banned in Maine

Perfluoroalkyl substances (PFAS), nicknamed “forever chemicals”, are a class of 9,000 ubiquitous compounds found in fracking wells, food packaging, cookware, cosmetics and dental floss. They are resistant to degrading and accumulate in the environment and our bodies. In lieu of federal regulation, the state of Maine has enacted a wide-ranging ban on the use of all PFAS by 2030 for all purposes unless considered unavoidable. *Chemical & Engineering News* calls this action a world first. Lawmakers hope this precedent will motivate manufacturers and others in the industry to move to safer alternatives that don't include toxic chemicals. European countries Denmark, Germany, the Netherlands, Norway and Sweden are also considering restrictions on the use of PFAS.

Slow Hoeing

Food Waste Complicates Effort to Slow Climate Change



candle photo/AdobeStock.com

Although more than 900 million people around the world don't have enough to eat, the World Wildlife Fund (WWF) disagrees with the conclusion of the United Nations World Food Program, which tracks indi-

cators of acute hunger across 92 countries, that the world needs more food. In a report, *Driven to Waste*, WWF estimates that 2.5 billion tons of food are wasted every year around the world on farms, at retail stores, restaurants, homes and during post-farm transportation, storage, manufacturing and processing.

The nonprofit suggests that food waste should be viewed not only in relation to world hunger, but also in the context of climate change. Food production consumes vast amounts of land, water and energy in ways that contribute to the global climate crisis. They claim that food waste accounts for 10 percent of all greenhouse gas emissions worldwide.

More than one billion acres of land is used to grow food on farms that could be used for rewilding efforts that have been shown to mitigate the effects of climate change. Shortening long food supply chains, for example, could give farmers greater knowledge of their end markets to help estimate food production needs more accurately. Giving farmers more flexibility to negotiate with buyers could help them invest in waste-reducing training and technology.

Blue Carbon

Oceans are Key to Controlling Climate



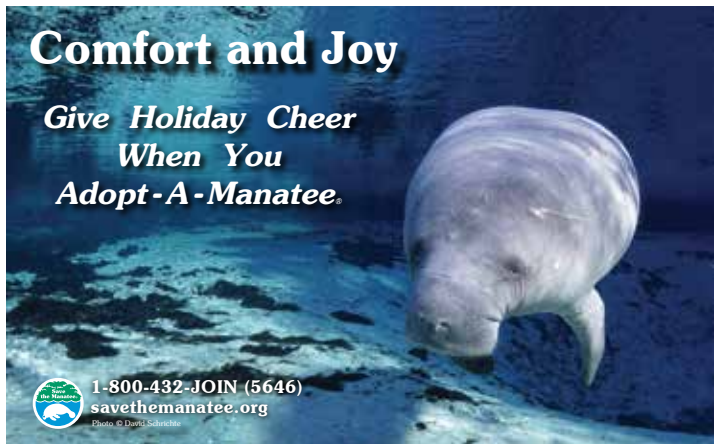
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A UK Environmental Justice Foundation report states that countries must recognize the important role that oceans have in limiting climate change and enact policies to protect marine ecosystems. More than 50 percent of the Earth's biological carbon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

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

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Less Stuff, More Joy

Ways to Live Simpler and Lighter on Mother Earth

by Ronica O'Hara



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

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

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

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

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

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

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

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



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

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

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

Minimalist Simplicity

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

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

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

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

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

Ecological Simplicity

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

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

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

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

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

joy long after the experience has ended.

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

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

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

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

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



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

Conscious Simplicity

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

Beacon Thermography, Inc.

Expansion of Services During Breast Cancer Awareness Month

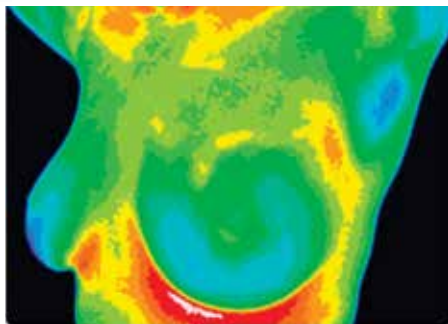
by Randy Kambic

Shelly Laine, a certified clinical thermographer and health coach, is the owner of Beacon Thermography, providing Digital Infrared Thermal Imaging (DITI), a non-invasive test of physiology, which can be a lifesaving procedure in alerting patients and their doctors to changes in one's body that may indicate early-stage breast disease or other abnormal processes that may be developing. Beginning this month, which coincides with national Breast Cancer Awareness Month, her attention and dedication to empowering people with her expertise will reach even higher levels.

She's retiring from a 35-year career in information technology to "focus on my passion, which is natural health," facilitated by her six-year-old practice. "I'll be able to conduct more educational talks in the community and provide more health coaching."

The benefit of thermography, approved by the U.S. Food and Drug Administration as an adjunctive breast cancer detection tool, is it offers an increased opportunity of early detection. The screening—deploying safe, infrared technology—is done without any pain, radiation or compression as an inexpensive, first-line detection technique.

Approximately 800 peer-reviewed research studies encompassing 30-plus years and including more than 300,000 women have exhibited thermography's potential for diagnosing breast cancer in very early stages. "Along with inflammation, thermography checks vascular function and activity in the breast," notes Laine. "It can pick up on irregular blood flow and circulation, pinpoint a spot that is warmer than normal, possibly indicating damaged tissue and/or the process of angiogenesis (new blood flow/nutrients) to cancel cells prior to tumor formation. If a tumor/mass has not yet significantly formed, which can take 8 to 10 years, then a structural test such as a mammogram or ultrasound wouldn't identify the potential danger brewing; however, this is what thermography can detect. While



some consider this a false positive test from thermography, it's actually its beauty—giving the patient the earliest indicators and potentially more time to address the situation with major lifestyle changes and other protocols."

Along with procedural pain from breast compression which could potentially damage an encapsulated tissue, and unnecessary biopsies and treatments, mammograms expose women to a significantly high amount of ionizing radiation. One research team analyzed mammogram diagnostics from 60,000 women. False positives were detected in 70 percent of the detected areas of concern and often lead to invasive and avoidable biopsies.

Upon further testing from these biopsies, 70 to 80 percent of detected "tumors" on mammograms revealed no presence of cancer.

With today's new generation of sensor/camera technology, image processing algorithms and sophisticated computers, DITI is gaining more attention.

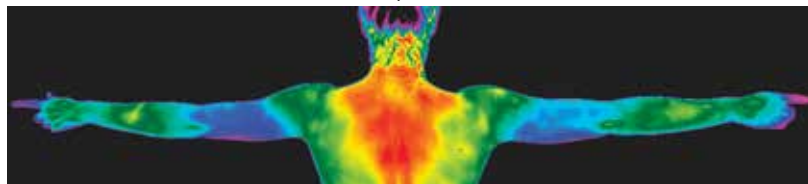
Beacon Thermography provides clinical thermal imaging for breast, thyroid, digastric muscle, carotid artery, head and neck, abdomen and legs. Along with breast tissue, potential indicators of risk conditions include dental and sinus inflammation, deep vein thrombosis, pain and inflammation, melanoma and lymphatic dysfunction.

"Oral pathology can be tied to many

diseases, including cancer in the breast," she says. "A thermography exam can show potential lines of infection from the mouth to another part of the body. Local dentists are seeing the value and referring their patients for head and neck thermal scans."

Her healing philosophy is based on the body's innate ability to heal itself given a good chance. "Thermography is truly the best, earliest detection tool for breast cancer as it may identify potential issues years before mammograms and ultrasounds can, thereby giving the patient time to make critical lifestyle changes to enhance healing success," Laine commented. "A combination of a healthy lifestyle; monthly breast self-exams; yearly doctor and thermography exams; and an ultrasound and/or mammogram every two to three years provides a solid protocol for early breast cancer detection. For a better and healthier society, we need to look at a safe and noninvasive modality with early detection potential as an adjunctive method to detect health problems."

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For more information or to make an appointment, call 910-803-2150 or 727-470-1694, email ShellyLaine@BeaconThermography.com or visit BeaconThermography.com. See ad, page 23.

Healthy Breast Basics

Lifestyle Choices to Lower Disease Risks

by Sandra Yeyati



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

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

Functional doctor Elizabeth Boham, the medical director of Dr. Mark Hyman’s UltraWellness Center in Lenox, Massachusetts, proposes a balance of animal and vegetable protein, as long as the animal sources

are good, like eggs, salmon or grass-fed beef without antibiotics. “Organic, non-GMO soy like tofu or edamame may decrease a woman’s risk of breast cancer, but avoid bad soy that’s added to processed food, including soybean oils and soy lecithins,” she advises. “I also suggest cutting back on dairy for women at high risk of breast cancer because it naturally contains growth hormones, which may cause things to grow in our body that we don’t want to grow.”

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

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

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

Carlos Garcia, M.D., director of the Utopia Cancer Center (UtopiaCancerCenter.com), in Oldsmar, Florida, and author of *Cancer is a Symptom*, uses liver and gallbladder flushes, colonic irrigations and coffee enemas to help the body purge toxins. “Gut flora imbalances compromise the immune response and nutritional absorption. Yearly colonic ir-

rigation with recolonization is essential in the prevention of disease,” he explains.

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

According to Boham, there isn’t enough good research to say that we should never wear underwire bras, but good lymphatic flow and circulation to the area is important and can be facilitated with

daily movement, exercise and sweating to remove stuck toxins and support the detoxification system.

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

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

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Talking to Kids About Climate Change

What They Need to Know from Those They Trust

by Sandra Yeyati

As scientists have been predicting, climate-related fires, floods and drought are becoming commonplace. Our children are seeing and hearing about them on social media and the news or living through them in their own neighborhoods. Kids have questions. They're afraid, anxious and angry about inheriting these problems.

"We're living a climate emergency, so we should talk about it honestly with our children whenever they ask us. They deserve to hear it from trusted messengers, the people they know and love, such as parents, guardians and teachers," says Harriet Shugarman, the New York City author of *How to Talk to Your Kids About*

Climate Change: Turning Angst into Action, who trained with Al Gore's Climate Reality Project and founded the online community *ClimateMama.com*.

Fostering a Love of Nature

For our youngest children, "You want to be calming and reassuring, engendering a sense of safety and love of nature. This is the time to go outside and connect with the many delights of our world," says integrative psychotherapist Leslie Davenport, the San Francisco author of *All the Feelings Under the Sun: How to Deal with Climate Change*, an illustrated book for 8-to-12-year-olds published by the American Psychological Association.

United Kingdom-based children's book author Catherine Barr offers a gentle and enjoyable way to develop love and concern for nature in her *10 Reasons to Love* picture book series that showcases endangered animals. "When talking to children that young, it's important to present climate issues in positive ways, encouraging kindness, inclusivity, empathy and understanding," says the former Greenpeace campaigner. "Young children are so impressionable. It's best to empower them with hope than scare them unnecessarily."

Still, Shugarman notes, "It's not too young to say that we turn off lights when we leave a room to save energy. Sometimes our kids think that fruit comes

from the grocery store. We should remind them where it really grows.”

Learning the Facts Together

According to Davenport, as kids reach 9 and beyond, they tend to be mentally and emotionally capable of processing more complex concepts and emotions. This is the time for parents to present vetted, science-based facts as objectively as possible. “There’s a tendency to want to either sugarcoat or over-dramatize. We flip from ‘It’s not so bad; it’ll be fine,’ to ‘It’s too late; there’s nothing I can do.’ Neither of those views are helpful or accurate,” she explains.

Barr recommends that parents stick to the facts and encourage curiosity. “Parents shouldn’t feel that they have to have all the answers. It can be a journey of learning with your children to look something up together,” the author of *The Story of Climate Change* advises. “It’s also a good idea to empower kids to challenge grownups. A child can start a conversation at the dinner table by asking, ‘Where did this fish come from?’ or ‘Could we grow our own carrots?’ or ‘Are we recycling?’”

Building Resiliency

Davenport’s book toggles between the presentation of environmentally triggered realities and calming, reflective exercises such as journaling or deep breathing. “The idea is that when you hear difficult news or have a difficult experience, you go back and forth between talking about or processing it and something that helps

you regulate or calm your nervous system,” she explains. This approach helps to build resiliency, which Davenport defines as the capacity to stay present, open-minded, open-hearted and clear in the face of life’s challenges.

Finding Hope in Action

“We can give our kids hope by pointing to people that are working to address the climate crisis, including the uprise of youth voices, as well as efforts to save animal species, build resiliency in cities and reduce greenhouse gas emissions,” says Shugarman. “It’s also critical that parents show their kids that they care about the crisis and are doing things like reducing energy use, driving electric cars, voting for pro-climate candidates and supporting climate education in schools.”

“People think you have to talk about how awful the world is going to be, but I think you can turn that upside-down and offer a strong, positive message of hope,” says Barr. “We need to help kids understand that the choices they make and the things they do can lead to a more sustainable, fairer way of living.”

“According to climate scientists, if we don’t do anything, we’re in big trouble, and if we intervene and make significant changes, we’re still going to feel impacts, but it’s not too late,” says Davenport. “Encourage kids to become part of meaningful change. Our actions make a difference.”

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



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Michaeleen Doucleff on Ancient Teachings for Modern Parenting

by Julie Peterson



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

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

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

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

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

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

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

What is wrong with 21st-century parenting?

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

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

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

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

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

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

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

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

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

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

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

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Guest Speaker: Ron Daise, Performing Artist, Writer, Gullah Geechee Cultural Interpreter at Brookgreen Gardens (see Newsbrief)

WALK ABOUT

Simple Steps to Well-Being

by Laura Paisley Beck



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

Oh, the Places to Go

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

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

Foundation Fundamentals

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

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

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

Sitting is the New Smoking

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

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

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

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

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

Heads Up

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

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

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

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

Tips for Healthy Walking

- Bring a water bottle to stay hydrated.
- Fuel up with whole foods like fruit and nuts.
- Stretch before and after walking.

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Cannabis and Canines

How Cannabidiol Benefits Dogs

by Caroline Coile

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

Topper is among the thousands of furry

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

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

Receptors for these endocannabinoids are found throughout the body, especially in the brain, nervous system and immune

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

Unlike THC, which is toxic for dogs at prescribed human dosages, the most significant, documented side effects of CBD



are diarrhea and changes in some liver enzyme values after several weeks. The main concern with CBD is that it inhibits cytochrome P450, a chemical in the body responsible for metabolizing most drugs. That means CBD could affect the effective potency of a prescribed drug.

What Research Shows

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

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

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

CANCER: Cannabinoids are reported to induce cancer cell death and prevent metastasis. A Cornell University study found that CBD along with a standard

chemotherapy drug reduced cancer cell proliferation *in vitro* more than the chemotherapy drug alone. Anecdotal reports from veterinarians have claimed CBD shrunk cancer cells or put dogs into remission.

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

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

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

Choosing Wisely

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

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

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

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

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



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inspiration

The Quiet Power of Intuition

by Marlaina Donato

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



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

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

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

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

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

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

calendar of events

NOTE: Visit HealthyLivingCoastalCarolinas.com for guidelines and to submit entries online. Email Editor@HealthyLivingCoastalCarolinas.com with questions. Deadline for calendar/events: 12th of the month. Please call ahead to confirm event times.

Due to COVID-19, events, classes and groups may take place on modified schedules or in virtual formats. We suggest confirming details with the host before attending. Please also regularly visit our online calendar or the social media pages and websites of your favorite businesses for their updated schedules.

SATURDAY, OCTOBER 2

Saturday Psychic Michelle Wells – 10:30am-3:30pm. Intuitive psychic, healer and light worker brings clarity and healing to you. Cost: \$55/\$75/\$110; 15/30/60 min. Blue Lagoon Wellness Center, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

SATURDAY, OCTOBER 9

Saturday Psychic Mystic Karen – 10:30am-3:30pm. Intuitive, traditionally trained Vedic Palmist, Tarot Reader and Psychic Medium. Call to schedule appointment or drop by for next available. Cost: \$60/\$110, 30/60 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

MONDAY, OCTOBER 11

Columbus Day

TUESDAY, OCTOBER 12

Indigo Mom's – 6:30-8pm. 2nd Tuesday. With Michelle Wells. Support group. Cost: \$20. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

SATURDAY, OCTOBER 16

Making Strides for Cancer Walk – 9am. Fifth annual Making Strides Against Breast Cancer Beach Walk and Family Fun Day. All cancer survivors will get a sash to wear; all participants who donate \$100 or more will receive a T-shirt. Participation

is free. Crown Reef Resort, 2913 S Ocean Blvd, Myrtle Beach. For more information contact Chinel Boateng at 843-245-8538 or email Chinel.Boateng@cancer.org.

Crystal Mapping – 10am-3:30pm. A life-long intuitive, Debbie Turner focuses on bringing you the very unique divination style of Crystal Mapping Intuitive Readings. Genuine crystals are dropped over a special reading cloth to give you messages from your guides. Cost: \$50/\$90, 30/60 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

save the date

Veg-Out Wilmington – 11am-6pm. Veg-Out kicks off its first one-of-a-kind festival to engage and promote a healthy lifestyle, vegan & vegetarian food, nutrition, and the environment all in one place in convenient downtown Wilmington. Free Admission. Riverfront Park, 10 Cowan Str, Wilmington. For more information email VegOutNC@gmail.com or visit Veg-Out.org.

SATURDAY, OCTOBER 23

Saturday Psychic Brook Rowe – 10am-3:30pm. RMT, Intuitive Tarot Reader, CPSS, helps you find purpose by connecting with your authentic self. Cost: \$45/\$80 30/60 minutes. Schedule or drop-in for first available. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

Secrets of the Crystal Skulls – 10am-noon. This workshop is designed to give attendees personal connections with Silver and many other life-sized skulls as we learn about their history, crystal skulls and the Starseed Connection. Cost: \$35. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

Crystal Skull Healing – 1-5pm. Sharron Britton shares this Tibetan Master's technique handed down. Feel enlightened and protected in your journey of discovery through the infinite dimensions of the Universe. Cost: \$45/30-minute session. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

Sharron Britton Fabulous Crystal Trunk Show – 1-5pm. Sharron Britton returns, bringing amazing new crystals and mineral specimens with

her! Browse through, connect with, and purchase unique and powerfully energized crystals and stones intuitively hand selected. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

Crystal Skull Activation – 7pm. Free. Sharron Britton of High Springs, FL owner/teacher of High Springs Emporium will be performing this Incredible Galactic Skull Activation, Trunk Show and Rock Emporium open afterwards till 9pm. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

SUNDAY, OCTOBER 24

Crystal Skull Healing – 1-5pm. See October 23 listing. Wilmington.

Sharron Britton Fabulous Crystal Trunk Show – 1-5pm. See October 23 listing. Wilmington.

SATURDAY, OCTOBER 30

Fall Market Expo – 1-7pm. Outdoor event that showcases local professional psychics, healers, intuitives, shamans, card readers, artists, and craftspeople! Browse, shop, learn, grow, heal, and be a part of the magic of our community. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795. Rain date November 6.

SUNDAY, OCTOBER 31

Happy Halloween

planahead

SUNDAY, NOVEMBER 7

Daylight Savings Ends

Don't make the process
harder than it is.
~Jack Welch

classifieds

Fee for classifieds is \$25 (up to 20 words) + \$1 per word over 20 words. To place listing, email content to Editor@HealthyLivingCoastalCarolinas.com. Deadline is the 10th of the month.

JOBS

MAGAZINE DISTRIBUTOR: Seeking reliable individual in the greater Myrtle Beach area to oversee monthly magazine distribution for Horry County. Reliable transportation, driver's license and insurance required. Call 910-833-5366 if interested. Pay commensurate with experience.

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CALENDAR

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Carolinas.com/calendar](http://HealthyLivingCoastalCarolinas.com/calendar)

ongoing events

daily

Acupuncture Therapy Plus – 8am-5pm. Patrick Giguere, LAc., Reiki Master, and Medical Qigong practitioner offers healing modalities incorporating the mind's connection to health and wellness. Cost: \$80/hour. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com. 910-660-8127.

Mobility & Breathwork – 8am-5pm. Erica Stillman. Holistic Life Coach, Reiki & Energy Clearing with Oracle Card Readings. Call or email to schedule. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com or EricaStillman.com. 910-660-9125.

Massage Therapy – 8am-5pm. George Dorman LMT offers deep tissue, Swedish, trigger points, sports, prenatal and more. Call to schedule appointment. Cost: \$70/\$100, 30/60 min. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com. 910-660-8127.

Nutritional Therapy – 8am-5pm. Certified Nutritional Therapist Katina Kontarakis works with you to help find the root cause of your health concerns and reach individual health goals. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com. 910-660-8127

Therapy & Coaching – 8am-5pm. Tomoka Iwamoto integrates Eastern and Western therapies. Call to schedule appointment. Cost: \$85/\$125, 30/60 min. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com. 910-660-8127.

sunday

Sunday Morning Circle – 9:45-10:30am. Strengthen and deepen your experience with prayer. Unity Minister, Rev. Marilyn Mattox,

facilitates. Meeting ID: 854 8081 1819 * Passcode: 262481 * US02web.zoom.us/j/85480811819?pwd=Q3J6c1VNRlg5dFI4NEU2NjFnY01EZz09UnityMyrtleBeach.org. 843-238-8516.

Intuitive Psychic, Oracle & Mediumship Readings with Anaswara Erica – 10am-5pm. Natural-born intuitive reader, Anaswara Erica offers readings using her innate gifts to heal. As a life coach, she can help you find your highest purpose in life or help you ground through the difficulties you are facing. Starts at \$35. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

Sunday Service – 11am. Every Sunday via Facebook Live Stream, and open-air services are held in the pavilion under ceiling fans. Music, Meditation, Message. For emailed schedule and events, email UnityMyrtleBeach@gmail.com. Unity Myrtle Beach, 6173 Salem Rd, Myrtle Beach (off Hwy 707, near St. James Highschool. For weekly email schedule of events, request at UnityMyrtleBeach@gmail.com

Heart Math – 1-5pm. HearthMath session with Lana Buecker/Certified HearthMath Mentor. Understand the relationship between emotions, stress, performance, and health. Cost: \$110/60-minute session. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-524-0723.

tuesday

Vinyasa Flow – 8:30am. Join Gina Mecca at Carolina Beach Blanket Yoga for a session on the beach. CarolinaBeachBlanketYoga.com. 910-368-1047.

Psychic Michelle Wells – 10:30am-3:30-pm. I've used my "knowing" and energy to heal before I ever knew that was a thing. Cost: \$50/\$75/\$110, 15/30/60 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

wednesday

Psychic Debbie Turner – 10am-3:30pm. Choose full-hour 10 crystal, 5-stone or 3-stone readings. Cost: \$50/\$90, 30/60 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

UnityMB Bookgroup via Zoom – 12:30-1:30pm. Dialog re: *The Book of Awakening* by Mark Nepo. Cost: Love Offering. In person or via Zoom. Meeting ID: 826 9184 9920 Passcode: 752429. Unity Myrtle Beach, 6173 Salem Rd, Myrtle Beach. UnityMyrtleBeach.org. 843-238-8516.

thursday

Psychic Mystic Karen – 11am-3:30pm. Intuitive, Vedic Palmist, Tarot Reader, and Psychic Medium. Call to schedule. Cost: \$60/\$110, 30/60 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

A Course in Miracles – 2-3:30pm. Facilitators Marc & Connie Breines. Cost: Love Offering. Unity Center, 6173 Salem Rd, Myrtle Beach. UnityMyrtleBeach.org. 843-318-0711.

Beginners Yin Yoga – 6pm. Join Gina Mecca at Carolina Beach Blanket Yoga for a session on the beach. CarolinaBeachBlanketYoga.com. 910-368-1047.

friday

Friday Psychic Eileen & Great Oak – 11am-4:30pm. Ability to speak to your loved ones who have passed over. Cost: \$75/\$110/\$160, 30/60/90 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. Blue Lagoon Wellness Center. com. 910-685-2795.

saturday

Saturday Psychic – 10am-3:30pm. Variety of psychic mediums available, prices vary per session duration. Call for details. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. Blue Lagoon Wellness Center.com. 910-685-2795.

Monica the Maiden Minx – 2:30-6:30pm. Utilizes 4 decks to guide, heal and empower individuals. Magick Manifestation Sessions also available and include full reading, custom-carved spell candle and supplies. Starts at \$35. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

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~Mother Teresa

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community resource guide

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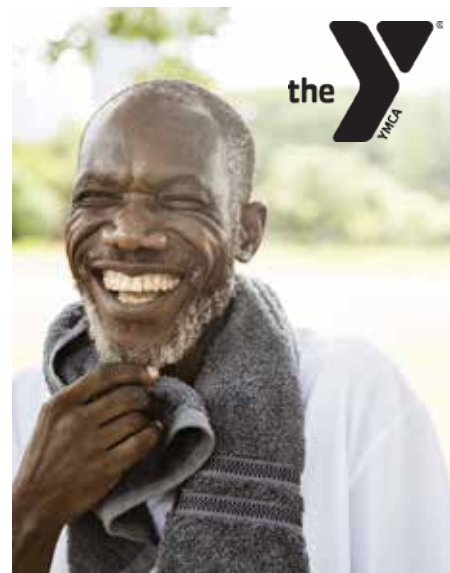
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~E.F. Schumacker



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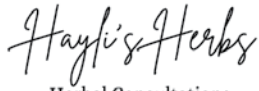
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Energy Work, Chakra Balancing, Reiki, Crystal Therapy, Massage, CranioSacral Therapy, Hypnotherapy and Psychic Readings. Many classes. Check *Natural Awakenings* online calendar event listings. *See ad, page 3.*

Let us learn to live simply, so
that others may simply live.

~Mahatma Gandhi

MADAME MEERKAT'S CABINET OF CURIOSITIES

1001 S. Kerr Ave, Wilmington
MadameMeerkat.net



A community metaphysical shop supplying crystals, tarot, incense, and local art in a welcoming atmosphere complete with coffee bar, energy healers, intuitive readers, and workshops to

help you learn and grow. Facebook/Instagram: @MadameMeerkat. *See ad, page 4.*

NATURAL AESTHETICS

BLISS AESTHETICS STUDIO

Bonnie Briceno
4712 New Centre Drive, Wilmington
910-515-7641
BlissAestheticsStudio.com



All-natural skin care services and treatments using unique, naturally corrective products for all types of skin and ethnicities to treat all skin care concerns; including fine lines and wrinkles, dark spots, enlarged pores acne and more! Permanent makeup and lash extensions also available. Mention *Natural Awakenings* for discount. *See ad, page 3.*

NATURAL SERVICES

WILLING BEAUTY

609-915-2033
WillingBeauty.com/LAJ

WILLING ♥ BEAUTY™

You don't have to choose between safe & effective skincare! We are a skin-loving beauty brand with heart, created to inspire your life, celebrate your beauty. We believe in simple, safer, better-for-you formulas that harness the power of nature, deliver proven results, and are fun to use. Our products are free of parabens, sulfates, DEA, phthalates, mineral oils, chemical sunscreens and synthetic fragrances. Never tested on animals. Rewards program available.

SPIRITUAL COMMUNITY

UNITY MYRTLE BEACH

6173 Salem Road, Myrtle Beach
843-238-8516 • UnityMyrtleBeach.org



Our uplifting mission of prayer, service and education enriches and transforms lives. We are a spiritual community of individuals dedicated to knowing Self and knowing God, and doing our part in supporting the emotional, mental and spiritual well-being of children, individuals and families on the Grand Strand. *See ad, page 19.*

UNITY OF WILMINGTON

717 Orchard Ave, Wilmington
910-763-5155 • UnityWil.com



A positive path for spiritual living committed to expanding consciousness and inspiring transformation.

Unity teaches a culturally Christian and spiritually unlimited way of life. Unity is an open-minded, accepting community emphasizing practical, everyday application of spiritual principles for more abundant and meaningful living. Check Facebook and Meetup for events. *See ad, page 3.*

Autumn is a second spring
when every leaf is a flower.

~Albert Camus

THERMOGRAPHY

BEACON THERMOGRAPHY, INC.

Shelly Laine
910-803-2150
BeaconThermography.com



Thermography is a state-of-the-art, radiation-free diagnostic tool which creates a digital map of your body, illustrating heat patterns that may detect some condition or abnormality using a scanning-type infrared camera that measures your body's surface temperature. Thermography aids in the detection and monitoring of many types of diseases and physical injury. Multiple scanning locations throughout the Wilmington area. *See ad, page 13.*

THYROID HEALTH

LETS GET CHECKED

910-833-5366

HealthyLivingsCoastalCarolina.com

Save 20% Code: Natural 20



Lets Get Checked home thyroid test will provide a broad picture of how your thyroid is performing with online test results in 2-5 days. Biomarkers covered: Thyroid Stimulating Hormone (TSH), Free Thyroxine (FT4), Free Triiodothyronine (FT3), Thyroglobulin Antibodies (TGAB)*, Thyroid Peroxidase Antibodies (TPO/TPEX)*. Note: presence of TGAB or TPEX antibodies can indicate thyroid damage which can include autoimmune disorders.

WELLNESS PRODUCTS

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Tim Long

910-398-3153

Lifewave.com/TheMessenger



Since 2004, wellness products that help deliver more energy and stamina, mental acuity, better sleep, reduce stress, improve skin appearance, faster wound healing, and overall feeling of youthful vitality. Our products also help people reduce body fat and decrease pain.

YOGA

BEACH BLANKET YOGA

Gina Mecca, MS ED, RYT-200

222 Carolina Beach Ave, N

BeachBlanketYoga@gmail.com

910-368-1047



Offering all levels including Vinyasa Flow and beginners Yin yoga. Yin yoga is a beautiful practice that promotes healing of body, mind and spirit.

OHANA YOGA

Nick Freitas

233i Western Blvd, Jacksonville

808-342-8744

OhanaYogaNC.com



Classes for everyone and help to relieve muscle tension and stress with restorative yoga, build strength, flexibility and mindfulness with all levels of flow.

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Experienced Yoga Teacher

Leland and Wilmington areas


910-986-5271

MercedesAni@icloud.com

MercedesAni.com



FREE YOGA for all levels! My channel offers yoga classes, meditations & more! Go to YouTube and search for: Healing Arts with Mercedes LLC.



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Photo © David Schrichte

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



Dr. Bill Keevil: Copper quickly kills cold viruses.

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 NATA22.

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.