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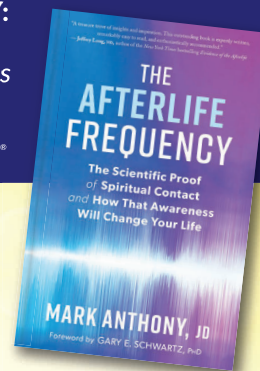
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THE AFTERLIFE FREQUENCY

THE AFTERLIFE FREQUENCY:
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by
Mark Anthony, JD Psychic Explorer®



World-renowned 4th generation psychic medium and Oxford educated attorney Mark Anthony bridges the divide between faith and science in this fascinating afterlife exploration taking you around the globe, from the cosmic to the subatomic, into the human soul itself. Combining physics, neuroscience and riveting true stories this book:

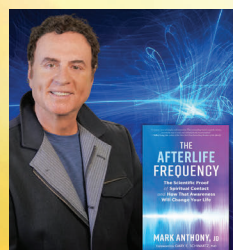
- Reveals how our “Electromagnetic Soul” is pure eternal energy which never dies.
- Takes spirit communication, near-death experiences, and deathbed visions out of the shadows of superstition and into The Light of 21st Century Quantum Physics.
- Teaches Anthony’s “**RAFT** Technique” to Recognize contact with spirits, Accept it as real, Feel it without fear, and Trust in the experience.
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- Illuminates how contact with spirits is a powerful instrument of healing and love.

“To put it bluntly, this is an amazing book that deserves to be enjoyed by millions of readers.”

Gary E. Schwartz, PhD, Director of the Laboratory for Advances in Consciousness and Health, University of Arizona and author of “The Afterlife Experiments”.

“Mark Anthony shows that while we cannot control death, we can control how we understand and react to it in healthy ways.”

Bruce Greyson, MD, co-founder of IANDS and author of “After: A doctor Explores what Near-Death Experiences Reveal about Life and Beyond”



Mark Anthony, JD Psychic Explorer® author of **The Afterlife Frequency** and his other best sellers, **Never Letting Go** and **Evidence of Eternity** is cohost of The Psychic & the Doc on The Transformation Network and columnist for Best Holistic Magazine. He appears nationwide on TV and radio as an expert in spirit communication, near-death experiences, paranormal phenomena and as a legal expert.

To get your copy go to: Amazon, fine book stores or ATERLIFEFREQUENCY.com. Also available on audio, narrated by Mark Anthony, JD Psychic Explorer® (Psychic Lawyer®)

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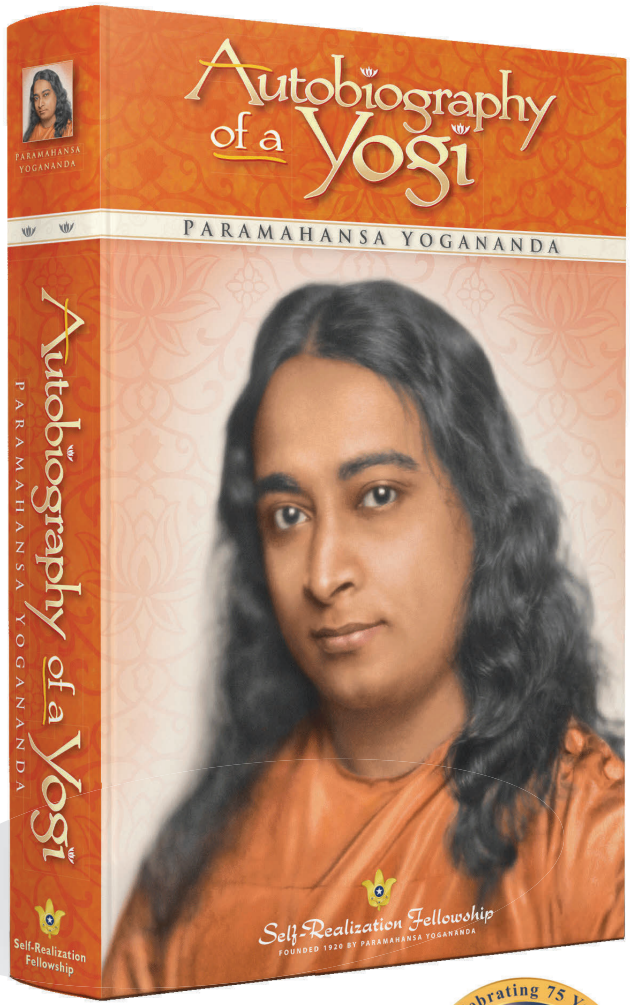


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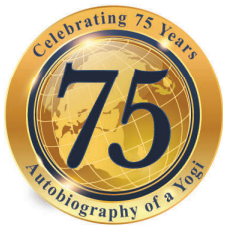
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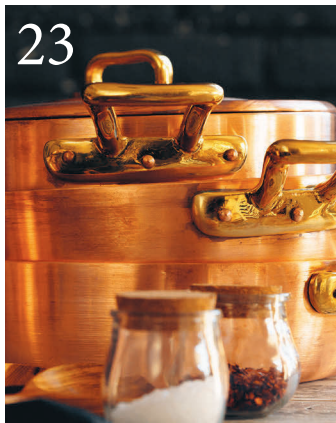
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letter from publisher

Take a big step into fall but slowly

I'm embracing going into fall slow this year. As much as I'm excited to have things speed up, and see the people and places that I've been missing, my plan is to thoroughly soak up all things September. This month is often treated as the end of the summer and back-to-school month. But then like clockwork, Halloween comes around, and I'm left wondering, where did September go? Not this year, my goal is to stretch these days out with more experiences, more fun and attending all the outdoor events our communities have to offer. Check out our calendar events section starting on page 26 and an expanded calendar section on our website at HealthyLivingCoastalCarolinas.com for more events. I will be looking forward to all the delicious foods the fall has to bring; check out our local farms for what's new this fall. This will mean with every meal that can be enjoyed alfresco, will be. This goes for my reading, writing, working, phone calls and, yes, meetings, I will do my best to take it all outside. And when presented with any opportunity to finally get by the water now that it has locally slowed down, I will do so. It's a celestial time of year—the real beginning of fall—so why not savor every moment?

Our inspired living issue is yet another introduction to this approach from our Conscious Eating department "Foraged Fungi Fare", Cooking with Wild Mushrooms by April Thompson on page 18, will inspire you to go mushroom hunting for yourself. You will find easy, yet delicious ideas for any meal of the day.

Our Green Living department is featuring a hot topic on "Healthy Cookware" from cast iron to ceramic and to the Teflon no one wants to through in the trash. Amy Coyle, on page 24 dives into all the nitty gritty of the pots and pans and why some have been around for generations and can actually get better with age. I am truly a lover of my cast iron pans just have to let them heat up and I am good to go; we have passed on the non-stick pans and are much happier for it. I hope you'll gather with friends this fall, enjoy some events and toast to the fall.

Happy fall to ya'll

Lori

Lori Beveridge, Publisher



news briefs

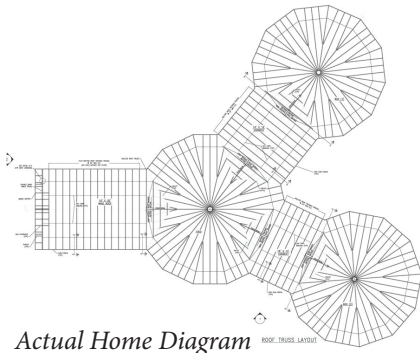
Hurricane-Resistant Home Available for the Carolinas

For those residing along the coastal region of North and South Carolinas, the seasonal concern with regards to home safety and structural integrity related to hurricanes and tropical storms can be daunting. A hurricane-resistant home kit available for purchase will be of interest to those seeking such peace of mind.

At approximately 3,200 square feet of living space, this custom-built, unique, energy-efficient, hurricane-resistant structure was designed as a three-bedroom and 3.5-bathroom configuration, but can easily accommodate a four-bedroom and 4.5-bathroom layout. The idea is built around three “pods” and attaching breezeways that serve to join the pods and as a functional space such as an office, mediation room, children’s study, art room, laundry room or whatever the owner determines best suits their layout needs. Large windows and French sliding glass doors complement the design and integrates connection to the outdoors. In addition, the design includes a porte cochere (covered carport) at the main entrance.

Designed by a local North Carolina developer, this structure can serve not only as a home, but as a business or any combination of such, knowing that the design and fabrication are engineered to withstand high winds associated with hurricanes and is ideal for coastal regions. Delivery of the home kit is arranged between a transport contractor and yourself to the desired build site via four, 40-foot shipping containers, and as such, with the right planning and resources, onsite construction can be completed in weeks compared to months.

For more information visit UniquelyDesignedHomeKit.com. See ad, page 8.



Actual Home Diagram



Sample Rendering

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Hayli's Herbs – Endometriosis Relief and More

Hayli Hartman is a Master Herbalist who has been practicing for over 12 years, helping people with a variety of health issues and concerns, offering advice and recommendations related to the many benefits of herbal medicine with endometriosis being one of them. “Endometriosis can be a debilitating, life-altering condition,” comments Hartman. “Herbs can help.”

Hartman was a faithful consumer of Western medicine for over 29 years. What started as asthma and allergies under medical care, soon became severe digestive issues, excessive fatigue, chronic pain, along with trouble sleeping. “Like a lot of people, I didn’t understand herbs or natural health practices,” notes Hartman. It was not until she reached a breaking point with her health, that she decided to try something different and sought Herbal treatment for her health issues. “In the months that followed, I was able to eliminate medications and in the years that followed, all of my prior health issues went away,” adds Hartman.

Hartman began practical herbal training and earned her Master Herbalist degree in order to continue to help other people eliminate health issues naturally. Hartman notes she has helped people eliminate a variety of health issues but has become increasingly concerned out the growing number of women who are struggling with endometriosis and the severity of their symptoms. Through her herbal regimen recommendations, “All of the women assisted have seen a reduction and sometimes an elimination of their symptoms,” notes Hartman.

For more information and to schedule a 15-minute free consultation, email HalyisHerbs@gmail.com or visit HaylisHerbs.com. See ad, page 29.

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news briefs

Sixth Annual Native Plant Festival in Wilmington

by Jaya Kandasamy

Visit the New Hanover County Arboretum to view educational presentations by community experts and join in family-friendly activities from 10 a.m. to 3 p.m. on September 18 in Wilmington. Hourly gardening presentations will be offered in the Arboretum's Education Center. Speakers include Jess Jarvis, Amy Long, Amanda Chapman, Jess Roach and Andy Wood. Bring friends and family to learn all about carnivorous plants, ferns and protected species, the native flora of Carolina Beach State Park, mycorrhizal fungus and restoring our ecosystem using native plants.

Without North Carolina's native milkweed, Monarch butterflies would not exist. Milkweed, the sole diet for Monarch caterpillars, is one of the stars of Native Plant Alliance's 2021 Native Plant Festival. Milkweed varieties and other native plants are essential for the prosperity of North Carolina's biodiversity. Not only are native plants beautiful examples of natural symbiosis, but they provide food and shelter for precious pollinators, promote soil health, regulate microclimates and contribute to the overall well-being of the Earth.

Our smart phones can be utilized in an interactive Native Plant BioBlitz Scavenger Hunt on the iNaturalist app. Use iNaturalist to identify, document and contribute to native plant research. Participants can submit their best "in-the-wild" shots through iNaturalist September 11 through 19 as part of the scavenger hunt and potentially win prizes.

Consider visiting community farms and find beautiful native plants to attract pollinators to gardens. Enjoy a self-guided nursery tour and plant sale at one's own pace, featuring Five Oaks Nursery & Tree Farm, Going Native Gardens, Grizz's Nursery, Lloyd's Nursery, Lumber River Native Plants, Shelton Herb Farm, Sorrell's Nursery, Wild Bird & Garden and Wild Meadow Farm.

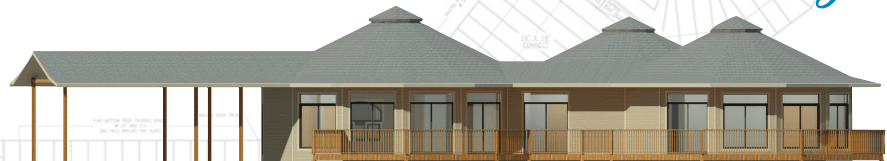
Free admission to NHC Arboretum, 6206 Oleander Dr., Wilmington. Free parking on site. For more information, call 910-547-4390 or visit Arboretum.nhcgov.com. Visit Bit.ly/3wVSMR3 to receive iNaturalist BioBlitz updates.

A recent transplant from Brooklyn, Jaya Kandasamy studied neuropsychology and adolescent mental health at New York University. She is interested in sustainability and permaculture.



Leafcutter bees are attracted to *Asclepias tuberosa*, the kind of milkweed most common in the Cape Fear area.

Are you ready for a beautiful, uniquely-designed, and hurricane-resistant home or business dwelling?



Sample Rendering

A beautiful unique home kit is for sale. At 3200 sq ft, 3-4 bd/3.5 baths, it is custom-built, well-designed, energy-efficient, hurricane-resistant, and was engineered and constructed using the highest quality wood and other premium materials by a top-tier home manufacturer in the USA. This kit can also be repurposed easily and built as a unique business venue, cafe, cultural center, art gallery, boutique, salon, bookstore, retreat center, etc. There are many wonderful possibilities!

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For more info visit: <https://uniquelydesignedhomekit.com>



Conservation Groups File Lawsuit: Protection for Local Sea Turtles and Fish

Cape Fear River Watch, North Carolina Wildlife Federation, and Defenders of Wildlife, represented by the Southern Environmental Law Center (SELC), recently filed a challenge against the U.S. Army Corps of Engineers' unlawful decision to eliminate highly successful seasonal limitations on hopper dredging projects that have protected sea turtles, fish species and other marine life for decades.

Due to the fact that hopper dredging operations kill and maim coastal wildlife and disturb their sensitive habitat, the Corps has historically conducted maintenance dredging at Wilmington and Morehead City Harbors during the winter months when federally protected sea turtles and sturgeon are far less abundant in North Carolina's waters.

The Corps has now decided to reverse course on its decades-old policy by allowing year-round maintenance dredging—including during the spring and summer months when sea turtles, sturgeon and commercially and recreation-ally important fishery resources are most vulnerable to harm. This spring is a prime example: Available data indicates multiple turtles were killed when the Corps dredged Morehead City Harbor in June.



Hopper dredges, the Corps' preferred method for maintaining Wilmington and Morehead harbors, are massive vessels with large suction pipes that essentially vacuum up the entire bottom of the dredged water body. Sea turtles experience blunt force trauma

from the size and force of hopper dredges' suction pipes that makes their survival unlikely, while fish are often pulverized beyond recognition.

Hopper dredges present a particular risk to sea turtles. During the spring and summer, five different species of federally protected turtles—including hawksbill, leatherback, loggerhead, green and Kemp's ridley—travel to North Carolina's coast for breeding and nesting. The beaches surrounding Wilmington and Morehead City harbors are likely to host hundreds of sea turtles laying nests during these months. Because sea turtles take decades to reach sexual maturity, the death or injury of a reproductive sea turtle can have devastating impacts on population recovery—part of the reason that seasonal restrictions on hopper dredging were implemented in the first place.

Cape Fear River Watch was founded in 1993 to protect and improve the water quality of the Cape Fear River Basin for all people through education, advocacy and action. To learn more and for ways you can support this effort, visit CapeFearRiverWatch.org.

Unity World Day of Prayer

Unity Worldwide Ministries (affiliated with *The Daily Word* publication) will host its 28th annual World Day of Prayer beginning at 7 p.m. on September 8 through 7 p.m. on September 9 in Myrtle Beach and will be available online as well.

Unity of Myrtle Beach Rev. Margaret Hiller extends the invitation and comments, "Come out to the property for some time of silence, prayer and walking the labyrinth which will be set up in our pavilion and join in a blessing walk of the Unity Center land." Additional activities will include both prayer and Daily word services, and sound healing can also be scheduled.

Location: 6173 Salem Rd, Myrtle Beach. For more information, call 843-238-8516 or visit UnityMyrtleBeach.org. See ad, page 19.



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Plant-Based Meals Reduce Severe COVID-19 Risks



Eating more plants than meat is not only good for the planet, it might also be protective against COVID-19 severity, reports a new study in *BMJ Nutrition, Prevention & Health*. Researchers from Johns Hopkins and other universities analyzed web-based responses from almost 2,900 frontline doctors and nurses in the U.S., France, Germany, Italy, Spain and the UK that had been significantly exposed to COVID-19, 95 percent of which were doctors and 70 percent males. Those that ate a plant-based diet, described as high in vegetables, legumes and nuts, and low in poultry and meats, were 73 percent less likely to contract moderate to severe COVID-19. Those with pescatarian diets allowing fish were 59 percent less likely. However, those following low-carbohydrate, high-protein diets had 48 percent greater odds of moderate to severe

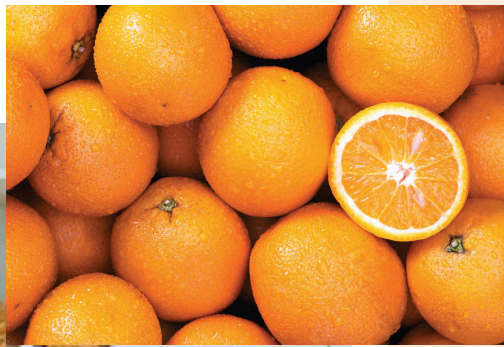
COVID-19. "Our results suggest that a healthy diet rich in nutrient-dense foods may be considered for protection against severe COVID-19," researchers concluded.

Certain Fruits Can Protect Against Diabetes

Eating two servings of fruit a day lowers the risk of developing Type 2 diabetes by 36 percent in five years

compared to eating less than half a serving, suggests research from Australia's Edith Cowan University Institute for Nutrition Research. The study followed 7,676 people and found that higher total fruit intake of apples, bananas, oranges and other citrus fruits was linked to better measures of glucose tolerance and insulin sensitivity. The same pattern did not hold for fruit juice. Previous U.S. cohort studies have found that eating three servings per week of certain fruits lowers

the risk of Type 2 diabetes by the following percentages: blueberries (26 percent), grapes and raisins (12 percent), apples and pears (7 percent) and bananas and grapefruits (5 percent). Three servings of cantaloupe, however, raises the risk by 10 percent.



Healthy Choices Mitigate Cognitive Health Reduction

A Chinese study of 6,160 adults 80 or older found that a healthy lifestyle cuts the risk of cognitive impairment by half, even if a person carries the APOE ε4 gene that is linked to cognitive loss and Alzheimer's. Researchers used data from the ongoing Chinese Longitudinal Healthy Longevity Survey to determine the eating, exercising and smoking habits of subjects. They found that those with healthy lifestyles were 55 percent less likely to be cognitively impaired and those with intermediately healthy lifestyles lowered their risk 28 percent. This reduction was greater than the increased risk of cognitive impairment resulting from the APOE ε4 gene, which was 17 percent.

Lower Pregnancy Risks with a Healthy Diet

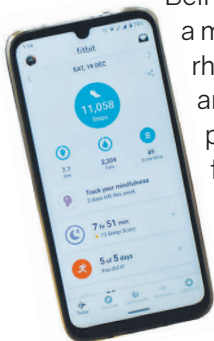
Expectant mothers that follow a healthy diet from conception through the second trimester lower their risk of such pregnancy complications as gestational diabetes, hypertension, preeclampsia and preterm delivery, concludes a new study in *The American Journal of Clinical Nutrition*. Researchers from the National Institute of Child Health and Human Development surveyed nearly 1,900 women at two points in their pregnancies. Their responses were scored according to three measures of healthy eating: the Alternate Healthy Eating Index, Alternate Mediterranean Diet and Dietary Approaches to Stop Hypertension Diet. All three emphasize consuming fruits, vegetables, whole grains, nuts and legumes, while limiting red and processed meat.



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Stay in Tune with Our Body Clock to Sidestep the Blues

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



joshua-miranda/Pexels.com

Laser Therapy: Safe and Effective Treatment Options in Myrtle Beach

Laser Therapy is also known as photo biomodulation. It entails the use of specific wavelengths of light (red and near infrared) to generate a photochemical response in damaged or dysfunctional tissue.

The Laser works by creating an increase of vasodilation (blood supply), bringing in oxygen to the cells. It stimulates the lymphatic system, pulling edema and inflammation from the area.

ATP (Adenosine triphosphate) production is stimulated in the cells helping them have the energy to function normally. The pain reflex is broken, offering immediate relief of pain.



Laser therapy can alleviate pain, reduce inflammation, and accelerate recovery from a wide range of acute and chronic clinical conditions. Significant reduction in edema (swelling) has been noted as well as tissues are better able to move fluids out through lymphatic drainage pathways.

Cleared by the U.S. Food and Drug Administration in 2003, Class IV Laser therapy has become standard of care for many musculoskeletal injuries. Class IV Lasers can penetrate over four inches into the deep musculoskeletal tissue. The number of treatments required depends on the nature of the problem and the length of time the patient has been affected by it. Some conditions may be resolved with as few as one treatment. However, chronic and/or deep-seated conditions may take as many as 10 treatments.

Laser therapy technology has been recently endorsed by professional organizations such as the American Physical Therapy Association, World Health Organization and International Association for the Study of Pain. There are no known side effects from Laser therapy and the results are long lasting.

Additionally, Cold laser therapy, otherwise known as low-level laser therapy, uses light and photon energy to stimulate cellular metabolism. Cold laser therapy has been demonstrated effective in the treatment of a variety of painful and inflamed conditions of the soft tissues and joints such as carpal tunnel syndrome, arthritis, back pain and sport injuries. Cold laser has the unique property of being able to penetrate up to two inches below the skin surface, causing an increase in cellular metabolism with no tissue damage whatsoever.

PAR Physical Therapy, 4125 Dick Pond Rd., Myrtle Beach. For more information or to schedule a consult, call 843-999-0284 or visit PARPhysicalTherapy.com.

Happy Homes

Wild Bees Thrive on Forest Deadwood



Scientists from the University of Freiburg surveyed the German Black Forest National Park to determine the number of tree species, how the trees are scattered, the heights of individual tree crowns and if there

are fallen trees or hollowed-out tree trunks. They found that creating deadwood in coniferous forests is a promising restoration measure to promote an abundance of aboveground nesting bees. Their findings, "Wild Bees Benefit from Structural Complexity Enhancement in a Forest Restoration Experiment," were published in the journal *Forest Ecology and Management*.

As part of an experiment, structural richness was artificially created in 2016 on several sample plots by felling and uprooting 20 spruce trees per plot, creating deadwood and small gaps. Six other plots were left in their natural state as a control group. The researchers compared how many wild bees were in the different plots in June 2018 and 2019. Results show that deadwood increases the abundance and biodiversity of wild bees. Professor Dr. Alexandra Klein, head of the Chair of Nature Conservation and Landscape Ecology, says, "In the course of climate change, forest areas will be increasingly characterized by deadwood and sparse areas caused by storms, droughts or bark beetles. As a result, forest habitat will increase in importance for wild bees."

Sweet Shade

Wealth Distribution Linked to Urban Canopies

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



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

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

Fitter Fodder

Farm Waste Doubles as Construction Material

Agricultural waste (agro-waste) such as manure, leaf litter and crop residues may not be thought of as likely raw materials for sustainable construction, but with traditional materials like concrete eliciting a negative environmental reputation, implementation of agro-waste is being explored around the world. Recycling, as an important part of agro-waste's green potential, is making the use of construction materials more organic and sustainable, and helping reduce landfill issues.

A 2018 study, *Agro-industrial wastes and their utilization using solid state fermentation: a review*, notes agro-wastes are an eco-friendly means of manufacturing "biofuels, enzymes, vitamins, antioxidants, animal feed, antibiotics and other chemicals." This same study observed, "Many agro-industrial wastes are untreated and underutilized, therefore disposed of either by burning, dumping or unplanned landfilling, which contributes to climate change by increasing greenhouse gases." Another study found that integrating agro-wastes such as sugarcane bagasse, rice husks and groundnut shells improved the construction materials by enhancing their sustainability properties, boosting their durability and reducing costs.

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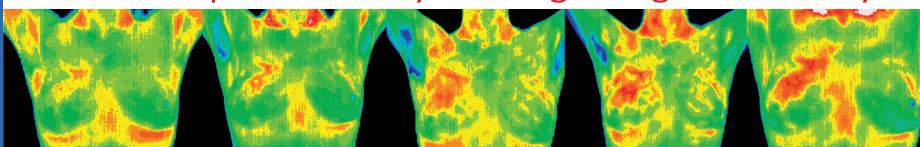
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Positive comparative study showing changes over one year



This patient's first baseline thermogram showed a slight hyperthermic asymmetry in the upper right breast. The follow-up study showed the pattern had become more well defined. Thermographic monitoring was continued and at the fifth comparative study at 12 months significant changes were still evident and the hyperthermic asymmetry (temperature differentials) had increased. Within one week a lumpectomy had been performed with good margins.

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ART'S EMBRACE

Healing Through Creativity

by Sandra Yeyati

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

Art in Medical Settings

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

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

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

joy and laughter."

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

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

Art Therapy for Cancer Patients

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

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

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

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

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

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

Redemption Songs in Skid Row

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

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

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

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

Creative Care for People with Dementia

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

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

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

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

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

Transforming a City with Public Art

More than 4,000 works of public art grace the city of Philadelphia, three-quarters of which are breathtaking murals that combine world-class paintings and images with provocative words and healing messages. Art permeates virtually every neighborhood on walls, billboards, sidewalks, rooftops, swimming pools and basketball courts, enriching people from all walks of life, even those that don’t have access to galleries and museums.

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

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

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



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FORAGED FUNGI FARE

Cooking with Wild Mushrooms

by April Thompson



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

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

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

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

While foraging is the most satisfying way to procure wild mushrooms, they are becom-

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

Sam Fitz, owner of ANXO Cidery & Tasting Room, a neighborhood taproom in Washington, D.C., picked up mushrooming when COVID-19 hit, in part mentored by the restaurant’s wild food purveyor. Fitz started ANXO making hyperlocal ciders from crabapples foraged on bike rides through the nation’s capital, salvaging fruit that otherwise would go to waste. Today, the seasonally focused menu often features wild fungi and other foraged ingredients from savory tartelettes made with beech and hedgehog mushrooms to cocktails

made from bitter boletes.

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

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

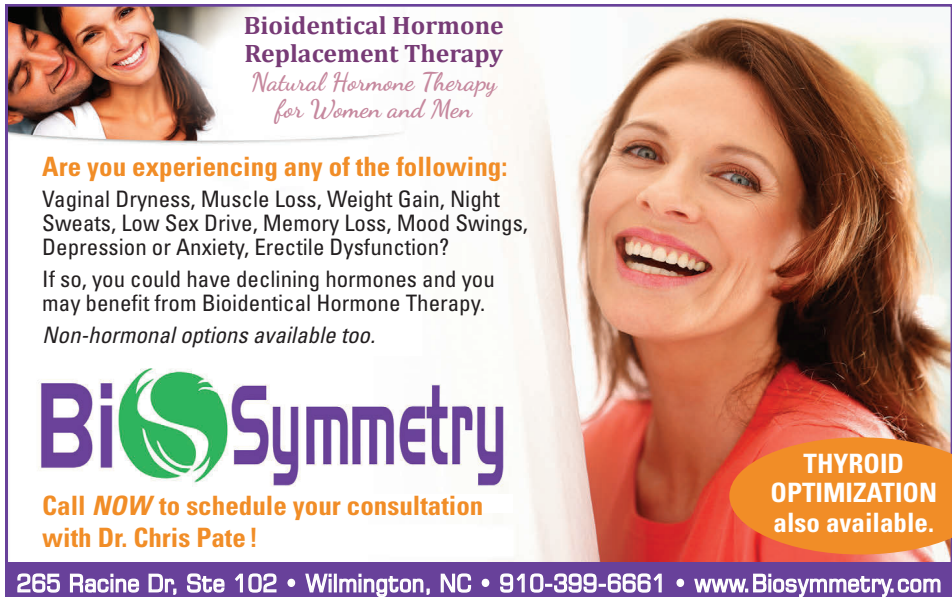
Because the amino acids in mushrooms respond to heat more like meat than vegetables, Bone suggests searing mushrooms on the grill or under the broiler. "A slice of maitake will cook beautifully on the grill," she says.

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

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

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

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



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Dr. O'Neal Smalls * Founder & Director of Freewoods Farm, a living farm museum. Prof. Smalls taught at the Univ. of SC School of Law, American Univ. and George Washington Univ. Dr. Smalls will bring to us the rich African-American history of our neighborhood, the Burgess community, where he was raised.

Wed., Sept. 8th/9th
Unity World Day of Prayer. Access online schedule at unity.org/wdop. Thurs., Sept. 9th, 10am – 5pm: Walk a healing labyrinth at Unity Myrtle Beach, outside in screened pavilion under the ceiling fans.

Sunday, Sept. 12th & 29th • 11 am
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Sicilian Chicken of the Woods

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

YIELD: 4 TO 6 SERVINGS

- 1 lb young tender chicken of the woods, sliced ¼- to ½-inch thick*
- 1 large clove garlic*
- ¼ cup mild or extra-virgin olive oil mixed with flavorless oil, like grapeseed (plus 1 or 2 Tbsp extra if the pan threatens to dry out), along with a drizzle at the end*
- 1 large shallot or small yellow onion*
- 1 Tbsp sliced Monarda fistulosa (also known as bee balm or wild bergamot) or fresh mint or oregano*
- Crushed red pepper flakes or hot chili to taste*
- 1 Tbsp capers or a small handful of Castelvetrano olives (or other green olives)*
- 2 dried bay leaves*
- ¼ cup dry white wine*
- ¼ cup water or stock*
- ½ cups seedless tomato puree or tomato sauce*
- Grilled high-quality bread, preferably slightly charred, for serving*
- 2 whole fresh garlic cloves as needed for rubbing into the bread*

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

Add the mushrooms and cook until they've given up their moisture, then push them to the side of the pan, add a little extra oil if the pan looks dry, or if the mushrooms were very juicy. Add the garlic to the clean spot of the pan, then arrange the pan off-center on the burner so that the heat is focused on the garlic.

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

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

Meanwhile, lightly oil the bread and char on a grill. It should have good black spots, but not be ashy. Rub a garlic clove gently into the toasted bread slices, press-

ing down so that it "melts" into the bread a bit—don't go crazy, a little goes a long way.

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

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

Recipe from Alan Bergo, ForagerChef.com.





Warm Endive and Oyster Mushroom Salad

2 Tbsp olive oil
½ cup minced shallots
1 tsp sliced garlic
1 to 2 tsp grated ginger
Freshly ground black pepper
6 oz oyster mushrooms
1 Tbsp white or black sesame seeds
2 marinated white anchovy fillets, chopped
2 Belgian endives, leaves separated and cut into 2-inch sections
½ Meyer or regular lemon
Pinch of kosher salt
⅓ cup chopped fresh cilantro or flat-leafed parsley for garnish
2 whole scallions, chopped diagonally for garnish
Drizzle of high-quality white truffle oil for garnish (optional)
Grated Parmigiano cheese for garnish (optional)

In a wide skillet, heat the olive oil over medium high heat. Add the shallots and garlic, and sauté until golden, a few minutes. Stir in the ginger and pepper to taste. Tear the oyster mushrooms into bite-sized pieces and add. Cook for about 5 minutes, flipping the mushrooms over, until they release their liquid. Add the sesame seeds and toast them in a bald spot in the pan for a minute or so.

Turn the heat down to medium, add the anchovies and endives, and cook until the endives wilt, a few more minutes. Take off the heat, add the lemon juice and season with salt.

Garnish with the cilantro and scallions, and optionally, white truffle oil and a sprinkle of the cheese.

Recipe by Annaliese Bischoff from Fantastic Fungi: The Community Cookbook, edited by Eugenia Bone.

Testosterone:

An Important Hormone for Men and Women

by Deb Read

With age, our hormone levels naturally begin to decrease, a significant factor in the aging process. The human body does not function at an optimal level without adequate hormone balance. At some point, in the lives of both men and women, the endocrine glands fail to maintain adequate hormone levels, and the older we get, the more depleted our hormones become. It is at this point that replacing those hormones becomes desirable and leads to a happier, healthier life.

Testosterone is a very important hormone for men and women. The body's endocrine system consists of glands that manufacture hormones. The hypothalamus, located in the brain, tells the pituitary gland how much testosterone the body needs. The pituitary gland then sends the message to the testicles. Most testosterone is produced in the testicles, but small amounts come from the adrenal glands, which are located just above the kidneys. In women, the adrenal glands and ovaries produce small amounts of testosterone.

A male begins to produce testosterone as early as seven weeks after conception. Testosterone levels rise during puberty, peak during the late teen years, and then level off. After age 30 or so, it's normal for a man's testosterone levels to decrease slightly every year. Low T levels in women can be caused by removal of the ovaries as well as diseases of the pituitary, hypothalamus, or adrenal glands. As women age, the natural amount that the adrenals and ovaries produce also declines. Unsurprisingly, testosterone levels are much higher in men than in women. Yet the hormone plays several vital roles in women, too.

One of its most important functions in both genders is to maintain muscle mass

and promote muscle growth and bone strength. Your levels decline with age, partly explaining age-related muscle and bone loss. Not only does deficiency suppress muscle growth and maintenance, but it may also promote weight gain.

While testosterone promotes muscle growth, it may also suppress fat gain. As a result, some testosterone-deficient men tend to gain fat more easily than their healthy peers. Muscles burn far more calories than fat tissue. Lack of muscle thus puts people at a higher risk of eating too much and storing the excess calories as fat. In fact, some researchers believe that reduced muscle mass is the primary reason deficiency leads to weight gain.

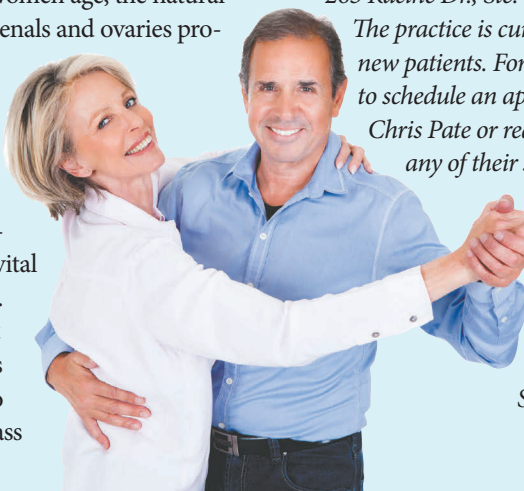
Low levels of testosterone, also called low T levels, can produce a variety of symptoms in men and women, including decreased sex drive, less energy, weight gain, feelings of depression, moodiness, low self-esteem, erectile dysfunction and thinner bones. If you are experiencing a high percentage of the above symptoms, it may be time for an evaluation.

Testosterone replacement therapy can safely be administered by injection, transdermal cream, gel or subcutaneous pellets. Testosterone should be prescribed by a licensed physician and monitored carefully.

Deb Read is a Bioidentical Hormone Replacement Therapy consultant, nurse and office manager with Biosymmetry, located at 265 Racine Dr., Ste. 102, Wilmington.

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Conquering Chronic Pain

How the Body-Mind Connection Works

by Ronica O'Hara



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

green living



photography: iStock.com

Healthy Cookware

How to Choose Non-Toxic Pots and Pans

by Amy Coyle

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

Ceramic

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

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

Cast Iron

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

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

Stainless Steel

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

Copper

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

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

Ceramic-Coated Aluminum

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

Glass

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

Nonstick

Teflon coating, made from polytetrafluoroethylene, is for many consumers the go-to coating for nonstick cookware, but

studies show that the chemical leaks into food at high temperatures or when scratched. Prior to 2013, the "forever chemical" perfluorooctanoic acid was used in the manufacturing process. Although discontinued after studies showed a possible link to cancer, older

Teflon pans and those made in foreign countries still may pose a risk. Overall, the American Cancer Society considers Teflon safe. Caution should be used; however, once Teflon reaches 464° F, according to the Environmental Working Group, it begins to deteriorate. At 680° F, at least six toxic gases are released which may cause flu-like symptoms.

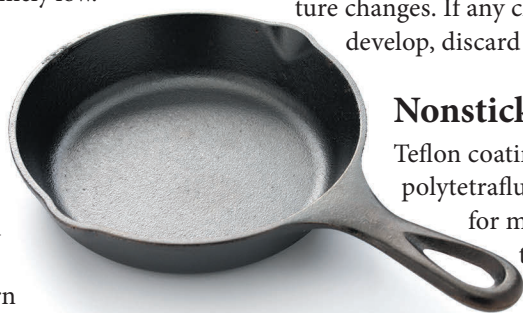
Still, some cooks find nonstick cookware to be convenient because the surface works for most foods. "As long as the coating on your nonstick pots and pans is intact without scratches, then they should be safe to use. Nonstick cookware is budget-friendly and easy to clean," says San Luis Obispo County, California, nutritionist and cookbook author Carrie Forrest of *CleanEatingKitchen.com*.

Healthiest Choice

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

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

Amy Coyle is a freelance writer in Wynnewood, Pennsylvania.



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The Benefits of Diabetes Coaching

Kristi Jacques Offers Personalized, Varied Approach

by Randy Kambic

Whether it's following a keto, carnivore or vegan diet, with intermittent fasting, many different potential ways of preventing or better managing diabetes have been making news of late and can be confusing. Kristi Jacques, owner of Diabetes Lifestyle Coaching and founder and executive director of the Diabetes Wellness Council (DWC), both based in Myrtle Beach, can help clients in private phone and



Kristi Jacques

Zoom sessions find the right plan for themselves, drawing on continuing research and studying plus personal experiences.

She was diagnosed with Type 1 diabetes when she was 12 after her mother recognized the warning signs. Jacques' doctor told her "I just needed to eat healthy and that 'everyone should be eating the diabetic diet.' Over the years, I believe I made just about every mistake possible when it comes to managing blood sugar. Thankfully, I found a way off that roller coaster of highs and lows and feel so much better. My A1C numbers are now normal for a non-diabetic, I'm taking less than half the insulin I was before and my overall health has dramatically improved," adding she wants others to learn from her journey so they can live the best and healthiest lives.

Specific fruits and vegetables can be integral to a high-protein and low-carb and -sugar diet. "Berries are the lowest in sugars. I do blueberry smoothies all the time. I recommend non-starchy vegetables like broccoli, cauliflower and zucchini."

She says to beware of products that may contain hidden sugars including "ketchups and other condiments. One needs to become a label detective."

Along with reducing inflammation, studies have shown promise that less sugar

intake fortifies the brain on a long-term basis. "Alzheimer's has been called Type 3 diabetes. The brain can't process sugar for so long. Transitioning from high carbs and sugar to high healthy fat and a low-carb diet can be beneficial."

Signs of possibly being at risk of "Type 2 are different than Type 1, not as pronounced ... being thirsty, hungry

and tired most of the time, unexpected weight loss, in the bathroom a lot and skin getting hot and dry."

In those with the ailment, their bodies either don't make enough insulin or can't use it as well as it should, robbing energy and causing fatigue.

She is offering free, initial, 30-minute consultations to help those with diabetes try to reverse the side effects which may include reducing or eliminating the need for medications.

"Some medications can actually increase blood sugar levels. I look everything up," says Jacques. "I want to help people form a better relationship with their doctor. Take control, not just manage, and learn why certain things are more important. We talk about different plans and find the best way forward."

She also plans to begin offering in September a six-week online course for those that would prefer learning "at their own pace, from their own home and still get the extra support needed to get through the process."

She also recognizes that having to do daily testing of blood sugar levels, and in some cases,

self-injecting of insulin, can create anxiety and an emotional toll. "Having a support system can really help mental outlook. There's no set schedule. We can work out what works best for each individual."

Affiliated with many manufacturers, she also offers an array of foods, beverages, supplements and seasonings that deliver protein and nutrients without sugar. "I use them all."

The DWC is a nonprofit organization that focuses on helping improve the health of those struggling with diabetes, prevent complications, live happier lives and prevent diabetes in those that are at risk.

"The council will focus even more on reaching the underserved," she says.

Jacques authored *Sweet Surrender*, a book that's meant to "inspire anyone dealing with a recent health diagnosis or for those living with a long-term, chronic condition like diabetes."

She recently earned a bachelor's degree in science and nutrition from Purdue University. "I was able to finish it during the pandemic."

"I like to get to know my clients, build a relationship and the trust factor," she concludes.

For more information or to make an appointment, call 843-995-3199, email info@KristiJacques.com or visit KristiJacques.com. See ad, page 24.

For more information on the Diabetes Wellness Council, visit DiabetesWellnessCouncil.org.



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, SEPTEMBER 4

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, SEPTEMBER 6

Labor Day

SATURDAY, SEPTEMBER 11

Saturday Psychic Beth Urban – 10am-3:30pm. Psychic readings along with oracle cards and Tarot. Call to schedule appointment or drop by for next available. Cost: \$30/\$60/\$80/\$110, 15/30/45/60 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

save the date

Native Plant Sale BioBlitz Scavenger Hunt

– All-day-long through September 19. Native Plant BioBlitz scavenger hunt: submit your photos of plants in the wild on the iNaturalist citizen science app and you might win a prize! Photos taken September 11-19 in New Hanover, Pender and Brunswick counties will qualify. Free virtual event. Sign up at [Bit.ly/3wVSMR3](https://bit.ly/3wVSMR3) or call 910-547-4390 to learn how to participate.

TUESDAY, SEPTEMBER 14

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.

THURSDAY, SEPTEMBER 16

National Guacamole Day – The origins are unclear, but seeing that avocado consumption in the United States has skyrocketed in the last few years it is no wonder that someone would have the idea to create a day to celebrate one of its most delicious products.

SATURDAY, SEPTEMBER 18

save the date

6th Annual Native Plant Festival – 10am-3pm. Celebrate Cape Fear area native plants and learn how to incorporate them into your garden plans. Gardening presentations and exhibits at the Arboretum, while the plant sale takes place throughout the area. Follow map for the self-guided nursery tour and plant sale. Free event; free parking on site. New Hanover County Arboretum, 6206 Arboretum Dr, Wilmington. 910-547-4390, Arboretum.nhcgov.com.

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.

WEDNESDAY, SEPTEMBER 22

Autumnal Equinox

Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong.
~Ella Fitzgerald

planahead

SATURDAY, OCTOBER 16

save the date

Veg-Out Wilmington – 11am-6pm. Inaugural one-of-a-kind, community-based festival focusing on food, fun, healthy living and well-being. Includes include free plant-based foodsamples, guest speakers, cooking demonstrations, food vendors, nonprofit organizations and more. Free admission. New Riverfront Park, 10 Cowan St, Wilmington. Veg-Out.org.

SATURDAY, OCTOBER 23

save the date

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.

SATURDAY, OCTOBER 30

save the date

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.

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.

PRODUCTS

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CALENDAR

Check out the latest events at 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.

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.

Mobility & Breathwork – 10-11am. Erica Stillman. Mobility/yoga-styled class. Cost: \$35. Call or email to schedule. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com or EricaStillman.com. 910-660-9125.

Free Yoga & Guided Meditation - In honor of National Yoga Month, Healing Arts with Mercedes LLC is offering 200+ Yoga videos and Guided Meditations. These are available for you to practice at any time from the comfort of your own home. Youtube.com/channel/UC330-bUITUaSQSgRXS7oWew or healthylivingcoastalcarolinas.com/events/212991/free-yoga-and-guided-meditation.

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 * US-02web.zoom.us/j/85480811819?pwd=Q3J6c1VNRR1g5dFI4NEU2NjFnY01EZz09 UnityMyrtleBeach.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 Livestream, 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. UnityMyrtleBeach.org. 843-238-8516.

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.

monday

BeU Flash Flow – 6-7am. Integrates the core principles of traditional hot Bikram yoga with a Vinyasa power flow. Practiced in 105°F and 50% humidity room. BeUnlimitedYoga.com. 910-399-4882.

Yo-Chi – 9:30-10:30am. Work isometrically for stability in Yoga asanas/poses and move isotonicly for mobility in tai chi. Cost: \$12 Drop-in. Island Healing Chiropractic, 8809 E Oak Island Dr, Oak Island. IslandHealingChiropractic.com. 910-278-5877.

Yoga for Moms + Crawlers – 10:45-11:30am. With Hillary Carlisle. For moms with little ones this yoga class is designed just for you. Round up around the little ones in a circle of yoga flow love. Limited class size register early. Cost: \$15 drop-in. Movement Works, 9500 Ocean Hwy W, Calabash. @GreatLoveHealth on FB/IG. MyMovementWorks.com.

tuesday

Mat-Based Pilates – 9:30-10:30am. Pilates improves flexibility, builds strength, and develops control and endurance of the entire body. Cost: \$12 Drop-in. Island Healing Chiropractic, 8809 E Oak Island Dr, Oak Island. IslandHealingChiropractic.com. 910-278-5877.

Psychic Michelle Wells – 10:30am-3:30pm. 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

BeU Salty Flow Ocean Side – 7:30-8:30am. Enjoy BeUnlimited Yoga's signature sequence the BeU Flow over crystal waters with sun kissed, salty skin. Cost: \$10 drop-in. Crystal Pier @ Oceanic Restaurant, 703 Lumina Ave, Wrightsville Beach. BeUnlimitedYoga.com. 910-399-4882.

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. BlueLa-

goonWellnessCenter.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. Unity MyrtleBeach.org. 843-238-8516.

thursday

Rune & Oracle Readings with Roger Lockshier – 10am-2:30pm. Roger is a Shaman, Healer, & Ritualist, offering an array of services. Including rune/Oracle readings, healing sessions, & so much more. Starts at \$55. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

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.

friday

Foundation to Flow – 9-10am. 8-week course. Whether you have never stepped on a mat before or you are looking to refine your current practice, this series is for you. Cost: \$12 Drop-in. Island Healing Chiropractic, 8809 E Oak Island Dr, Oak Island. IslandHealingChiropractic.com. 910-278-5877.

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.

Let us always meet each other
with smile, for the smile is the
beginning of love.
~Mother Teresa



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Dr. Ada Suter is a Max Living Doctor at Innate Health Family Chiropractic and Wellness. She focuses on five essentials of health: maximizing the mind, chiropractic, nutrition, lean muscle and minimizing toxins. Innate Health is a family-centric practice open to patients of all ages. Corrective and wellness care programs provide a primary source of wellness, nutritional support, immunity and allergy support, education, inspiration and fitness. *See ad, page 5.*

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It is easy to hate and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get.

~Confucius

Never bend your head. Always hold it high. Look the world straight in the eye.
 ~Helen Keller

DIABETES WELLNESS

DIABETES WELLNESS COUNCIL

4006 Postal Way, Myrtle Beach
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DiabetesWellnessCouncil.org



We are a nonprofit organization focused on helping improve the health of those struggling with diabetes, prevent complications, live healthier happier lives and prevent diabetes in those who are at risk. Are you passionate about what we're doing? Let us know! We are always looking for volunteers to help us make our vision a reality.

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YogaRom27MT.com



Are you experiencing anxiety, grief, PTSD, addictions? This non-invasive energy healing helps balance your energy system for any emotional, physical, spiritual issue you may be encountering. Offering sessions specializing in Traditional Usui Reiki. Call or email to schedule an appointment. Mention *Natural Awakenings* and receive free intuitive reading at visit.

ENDOMETRIOSIS

HAYLI'S HERBS

Hayli Hartman, Master Herbalist
HaylisHerbs.com



Herbal Consultations

Online Herbal Consultations for the symptoms of Endometriosis. Living with Endometriosis can be stressful, confusing, and overwhelming. I put together herbal combinations specific to your individual needs to help combat and potentially eliminate your symptoms of Endometriosis. Visit website for information and free 15-minute consultation.

Visit website for information and free 15-minute consultation.

FARM

SHELTON HERB FARM

340 Goodman Rd, Leland
910-253-5964
SheltonHerbFarm.com



Specializing in growing a large variety of culinary herbs, and grow seasonal vegetable plants, heirloom and native plants; butterfly and bee plants. Open year-round with seasonal varieties. Provide fresh-cut herbs, edible flowers and microgreens to local restaurants, caterers and home use. Also participate in local farmers' markets, garden shows and special events. Farm tours, workshops and classes available. *See ad, page 4.*

HOLISTIC DENTIST

WILMINGTON HOLISTIC DENTISTRY

Dr. Jessica Shireman, DMD, AIOMT
6200 Oleander Drive, Wilmington
910-777-4020
WilmingtonHolisticDentistry.com



Dr. Shireman is excited to bring holistic dentistry to Wilmington. She and her family recently relocated from Raleigh where she had a holistic practice for 5 years. She holds both SMART certification and is accredited by the IAOMT in safe-mercury removal and has a unique, patient-based approach to dentistry. *See ad, page 2.*

HOME SEXUAL HEALTH TESTING

LETS GET CHECKED

910-833-5366
HealthyLivingCoastalCarolinas.com
Save 20% Code: Natural 20



Convenient at-home STD testing with online results in a matter of days. Accurate and reliable, private and confidential, discreet packaging along with a dedicated medical support team available 24/7 to call and explain your results and provide treatment options.

JEWELRY

ORIGAMI OWL

609-915-2033
JewelryByLAJ.OrigamiOwl.com



Tell your story through customizable jewelry. Origami Owl is a leading custom jewelry company known for telling stories through our signature Living Lockets, personalized Charms, Necklaces, Bracelets and Earrings.



DIRECTORY

Find local businesses with ease at
HealthyLiving
CoastalCarolinas.com/businesses

METAPHYSICAL SHOP

BLUE LAGOON WELLNESS CTR, EMPORIUM ROCK SHOP & METAPHYSICAL SHOP

Pat and Jo Zachry
1202 Floral Pkwy, Wilmington
910-685-2795
BlueLagoonWellnessCenter.com
EmporiumRockShop.com



Besides being one of Wilmington's Largest Emporium Rock Shops with all your Metaphysical needs, we offer 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.*

MADAME MEERKAT'S CABINET OF CURIOSITIES

1001 S. Kerr Ave, Wilmington
MadameMeerkat.net

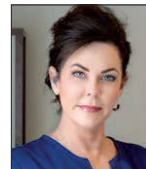


A community metaphysical shop supplying crystals, tarot, incense, and local art in a welcoming atmosphere complete with coffee bar, energy healers, intuitive readers, and workshops to help you learn and grow. Facebook/Instagram: @MadameMeerkat. *See ad, page 4.*

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.*

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.*

It is easy to hate and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get.
~Confucius

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.

YOGA

HEALING ARTS WITH MERCEDES

Mercedes Ani - YACEP,
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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[@na_carolinas](#)
[@nacoastcarolina](#)

THREE-MONTH EDITORIAL CALENDAR & MARKETING PLANNER **natural awakenings**

OCTOBER HEALTHY PLANET

LIVING A
SIMPLER LIFE
and Breast Health



PLUS: WATER SCARCITY
TALKING TO KIDS ABOUT
CLIMATE CHANGE

NOVEMBER MENTAL HEALTH

CONSCIOUS
DYING
and Brain Health



PLUS: HEALTHY
THANKSGIVING RECIPES
CHOOSING ECO-FURNITURE

DECEMBER HOLIDAY

UPLIFTING
HUMANITY
and Boosting



PLUS: HEALTH RISKS OF
EATING SUGAR
HOLIDAY RECIPES

Natural Awakenings | 910-833-5366 | HealthyLivingCoastalCarolinas.com

COOL WILMINGTON PRESENTS

VEG -  - OUT
W I L M I N G T O N

OCTOBER 16TH • RIVERFRONT PARK

ONE OF A KIND FESTIVAL
TO ENGAGE AND INSPIRE CURIOSITY
ALL IN ONE PLACE

HEALTHY LIVING • VEGAN & VEGETARIAN • NUTRITION
HEALTHY GARDENING • RECYCLING • HEALTHY PETS • ECO FRIENDLY
ALTERNATIVE & TRADITIONAL HEALTH CARE • YOGA • FITNESS • & MORE

GREEN VENDORS
YOGA & MEDITATION SESSIONS + 5K RUN
VEGETARIAN FOOD AVAILABLE
HEALTH & WELLNESS SPEAKERS
COOKING DEMONSTRATIONS & MORE!



VEG-OUT.ORG



Copper Stops Germs Before They Spread

Scientists have discovered a natural way to kill germs fast.

Now thousands of people are using it against unwanted viruses and bacteria in the nose and on skin.

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

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

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

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

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

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

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

illnesses by over half and saved lives.

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

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

“I didn’t get sick,” he exclaimed.

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

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

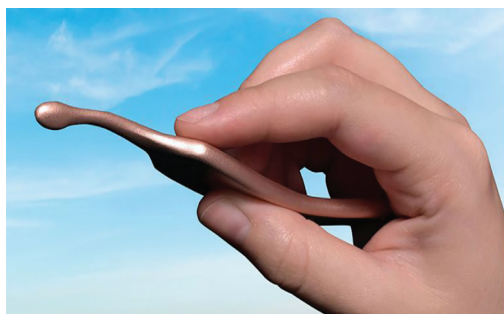
He asked relatives and friends to try it. They reported the same thing, so he patented CopperZap® and put it on the market.

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

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

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

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



New device puts copper right where you need it.



Dr. Bill Keevil: Copper kills viruses on contact.

presents ever. This little jewel really works.”

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

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

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

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

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

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

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

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

Made in America of pure copper. 90-day full money back guarantee. Price \$79.95. Get \$10 off each CopperZap with code **NATA21**.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

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