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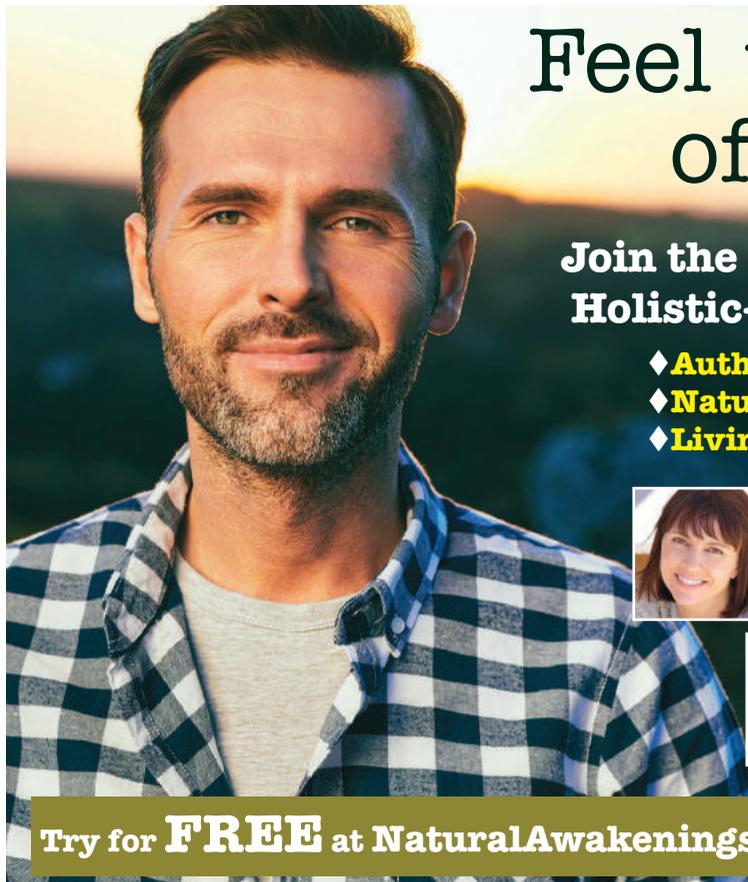


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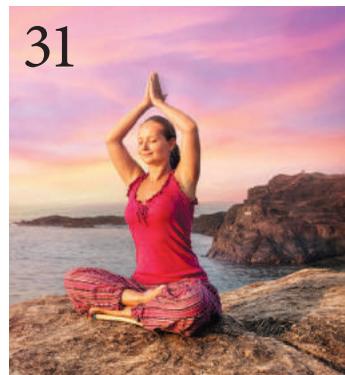
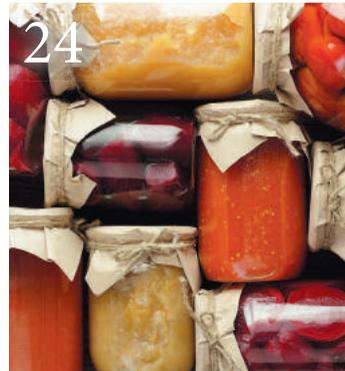
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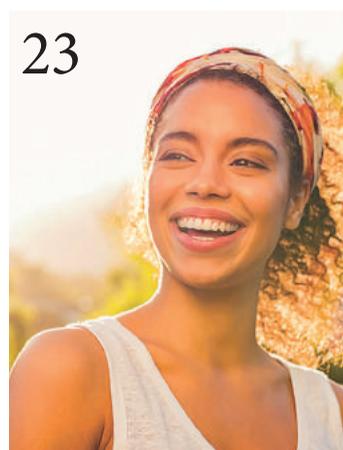
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Natural Awakenings is a family of 50+ healthy living magazines celebrating 26 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.



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Proofreader **Randy Kambic**
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SUBSCRIPTIONS

Subscriptions are available by sending \$35
(for 12 issues) to the above address.

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letter from publisher

Success is not the key to happiness. Happiness is the key to
success. If you love what you are doing, you will be successful.
~Herman Cain



Our summer days have yet again turned into the
focus of back to school and fall decorations in our
local stores. Are we being rushed in life? How is the
summer already over we say? It makes me ponder to step
back and try to appreciate time and the simple moments life
has to offer. This can be a very hard task yet seems so simple,
but sometimes we need to halt and enjoy the present. Can
we focus on being happy versus pushing ahead to the next
thing or month so quickly? Planning is important but changing your mind to adapt and
value the happiness at any given moment is priceless. Ronica O'Hara shares on page 14,
"Think Yourself Happy: Seven Ways to Change Your Mind and be Happier." A change in
thinking and a shift in behavior is how it begins. One of her examples she mentions is,
"Positive reframing involves shifting misery-making thinking to see the positive side of
any situation."

We may already know that the basics of eating healthy, exercising; doing good deeds
for other people all can emit happiness feelings. That's a start but it can go beyond that,
it is freeing for your mind of negativity when you can smile effortlessly and genuinely be
happy doing it. In our family, we strive on a daily basis to not use the 3 C's for a better
and healthier environment. You might ask what the 3 C's are? Complaining, Comparing
and Criticizing. Its harder than you think and if you challenge yourself, family or friends,
you will see why soon enough. We need to retrain our brains daily to focus on the happy
mode and now for some more than ever. Things don't always happen naturally or daily;
we all have daily stressors in our lives and that's the truth. I have always taught my kids
since they were ever so little, this cute little saying that I heard many years ago, "Smiles
are contagious. Is yours worth catching?"

Smile and Be Happy,

Lori

Lori Beveridge, Publisher



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news briefs

Reiki and Yoga by Healing Arts with Mercedes

“Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by removing energetic blockages and is based on the idea that an unseen ‘life force energy’ flows through us and is what causes us to be alive,” attests Mercedes Ani, owner of Healing Arts with Mercedes, serving the greater Wilmington area.

Ani continues, “If one’s ‘life force energy’ is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Improving the flow of energy around the body can enable relaxation, reduce pain, speed healing and reduce other symptoms of discomfort such as anxiety, stress and even PTSD.”



Mercedes Ani

Her certifications and expertise include a Bachelor of Arts degree, E-RYT 500, a Yoga Alliance Continuing Education Provider, licensed AcroYoga teacher, meditation teacher, Advanced Reiki Master Teacher, Thai yoga and an International Wellness Retreats yoga teacher. She currently offers free yoga for all levels. Her YouTube channel provides a variety of yoga classes, guided meditations, partner yoga and more.



Classes offered at various locations. Mention Natural Awakenings to obtain a \$10 discount on first session. For more information or to schedule an appointment, email MercedesAni@icloud.com or visit MercedesAni.com. Also go to YouTube.com, Healing Arts with Mercedes LLC or YouTube.com/channel/UC33O-bUITUaSQSgRXS7oWew. See listing, page 31.

Sacred Soul Circle Event in Morehead City

A Sacred Circle session, embracing the energy of the full moon through practices including, breathwork, meditation, crystal healing and reiki, all influenced by the current lunar energy, will be held from 6 to 7:30 p.m. on August 21 at Sacred Soul, in Morehead City.



Throughout history, indigenous people of the world of many varied traditions and cultures have revered the full moon in many different ways, including representing femininity, creativity, wisdom, intuition, cycles of life and death, fears and worries, and dreams. It has also been connected to our feelings and our ability to express ourselves creatively.

The full moon is grounding and receptive yin energy, opposed to the sun which is fiery yang energy. It represents a balance between the yin and yang when the sun and the moon are opposite each other. The full moon can be a challenging time for people, but for others, it

can bring a sense of equilibrium and stability.

Cost: \$22. Location: 4317 Arendell St., Morehead City. For more information and to register for event, call 910-340-4575 or visit MySacredSoul.com. See ad, page 29.

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Run Through History 5K & 1-Mile Walk

The nonprofit Historic Wilmington Foundation (HWF) will present the second annual Run Through History 5K & 1-Mile Walk, a self-guided, fundraising, fun run designed to connect the community with Wilmington's built history, beginning August 20 and ending on August 22. Start and stop times are not recorded since these are not "timed" events.

HWF's specially created event maps will guide participants past lesser-known locales and legendary sites. Along the routes are houses saved by the organization, buildings

bearing HWF plaques and structures for which HWF is actively advocating. Over half of the mapped highlights are Black historic sites, and buildings lost to the wrecking ball are also noted—a reminder of the importance of protecting and preserving the irreplaceable.

"Since the events will not be timed, HWF is awarding first-, second- and third-place prizes to those who raise the most funds supporting HWF. Participants may complete the route(s) anytime between August 20 and August 22. The more you fundraise, the more you win; those who raise \$100 or more will receive a commemorative T-shirt, \$250 plus will receive the T-shirt plus Legacy Architectural Salvage hat, and for those who raise \$500-plus, a gorgeous frame made of salvaged wood from Legacy," comments Isabelle Shepherd, outreach and development coordinator for HWF.

Cost: Registration starts at \$25. Location: 211 Orange St., Wilmington. For more information or to register, call 910-762-2511, email Shepherd@HistoricWilmington.org or visit HistoricWilmington.org/Run-Through-History.



news briefs

Wilmington Prepares for Inaugural VEG-OUT 2021

Plans and preparations are underway for VEG-OUT 2021, a one-of-a-kind, community-based festival focusing on food, fun, healthy living and well-being, set for 11 a.m. to 6 p.m. on October 16 at New Riverfront Park, in Wilmington.

"The purpose of VEG-OUT is to introduce Wilmington and other surrounding communities to the benefits of a health-conscious lifestyle. Our goal is to inspire and support anyone, who wants to learn more about living a more vibrant, environmentally friendly and compassionate life," comments James Christopher, promoter of the event. "We want everyone attending to feel comfortable at VEG-OUT. The event is not designed exclusively for vegetarians and vegans, but for everyone wanting to explore and learn about adding plant-based food items as supplements to their regular dining habits as well as learning about new lifestyle habits to improve health (both physical and mental) and leading a greener life by practicing recycling and other sustainable practices. This not-to-miss event will include free plant-based food samples, guest speakers, cooking demonstrations, food vendors, nonprofit organizations and offers a variety of engaging opportunities for both adults and children."

"We have partnered with the city of Wilmington and several local media outlets heavily promoting and are expecting a great turnout. All Cumulus radio stations, local TV, *Star News* and *Natural Awakenings* are a few of our promotional partners. We are lining up a great complement of guest speakers and presenters, and will be posting the lineup and presentation times soon on our website," adds Christopher.

Free admission. Location: 10 Cowan St., Wilmington. For more information, call 714-697-1315, email VegOutNC@gmail.com or visit VEG-OUT.org. See ad, page 2.



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Meet Erica: Holistic Life Coach

Feeling overwhelmed, stuck, unworthy or fearful? Consider “Meeting Erica” venue with Erica Stillman, Holistic Life Coach for an energy healing session at Healing Leaves beginning at 6:30 p.m. on August 5 in Wilmington.

“How many times have you tried to stick to new habits that you know are good for you, and then find yourself in a short period, right back where you started,” mentions Stillman. “This session with Stillman will help you create boundaries, learn self-love and help you to radiate your power.”

Certified in ISSA Personal Trainer, NA 1 North Carolina State, and Stop the Bleed, with over seven years of holistic health coaching experience, Stillman works with you through multiple coaching packages to help individuals achieve your goals. Her Euphoria Program is a 12-week program consisting of 1 hour per week of 1:1 coaching. This includes weekly coaching via zoom that teaches you habits of being present, living bigger, harnessing willpower, and achieving the impossible.

Location: Healing Leaves, 101 S. Kerr Av., Wilmington. For more information and to register for meeting with Stillman call 910-660-9125. See ad, page 13.

Let us dance in the sun, wearing wild flowers in our hair.

~Susan Polis Schutz

The Many Benefits of Yin Yoga

by Gina Mecca



Yin yoga is a beautiful practice that promotes healing of body, mind and spirit. Yin yoga is a more relaxed and slower practice of surrender. It’s still a challenging practice that allows us to delve deeper into mind-body awareness by holding the poses for longer periods of time, typically for two to five minutes. This allows for greater strengthening and healing on a deeper level beyond the muscles, into the tendons and ligaments. Our internal systems benefit as we create greater ease in movement, improved digestion, increased focus and calm, just to name a few.

Yin yoga poses challenge us to face what we are feeling physically, mentally and emotionally instead of moving from it. By being present, we can accept it and ultimately let it go. As we begin our practice with breath focus, pranayama, we can slowly settle our mind, adjust our body for this time of healing and open

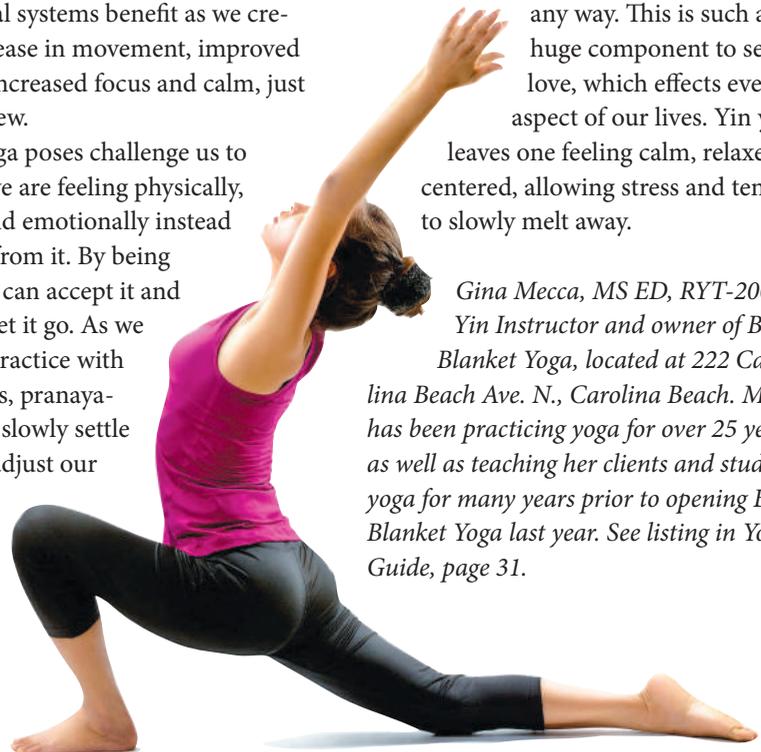
previously blocked areas. As with all yoga styles, it touches each body part from head to toe. As we all know too well, healthy body and mind go hand in hand.

Incorporating yin yoga into our daily lives can create a place for us to heal and grow. Yin yoga doesn’t require a great deal of movement or energy. When we allow ourselves to let go in these poses, we find a greater acceptance within ourselves that

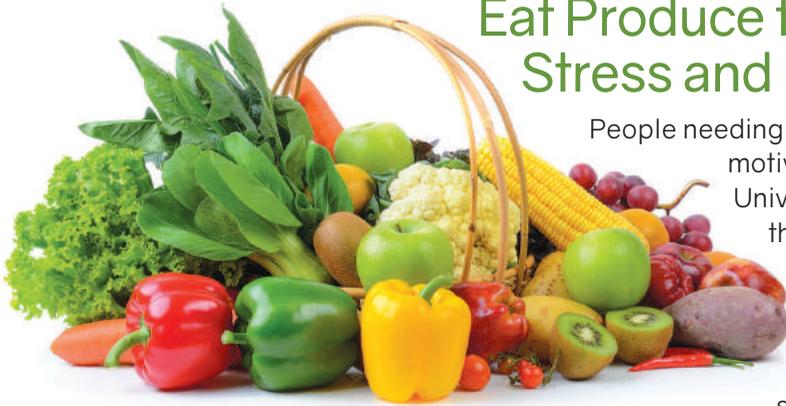
does not require change in any way. This is such a huge component to self-love, which effects every aspect of our lives. Yin yoga

leaves one feeling calm, relaxed, centered, allowing stress and tension to slowly melt away.

Gina Mecca, MS ED, RYT-200, is a Yin Instructor and owner of Beach Blanket Yoga, located at 222 Carolina Beach Ave. N., Carolina Beach. Mecca has been practicing yoga for over 25 years, as well as teaching her clients and students yoga for many years prior to opening Beach Blanket Yoga last year. See listing in Yoga Guide, page 31.



Eat Produce to Lower Stress and Heart Disease



People needing a push to eat more fruits and vegetables might be motivated by two new studies from Australia's Edith Cowan University. Studying data from 8,600 Australians between the ages of 25 and 91, researchers found people that ate at least 470 grams (about two cups) of fruits and vegetables per day had 10 percent lower stress levels compared to those that ate less than half that amount. "Vegetables and fruits contain important nutrients such as vitamins, minerals, flavonoids and carotenoids

that can reduce inflammation and oxidative stress, and therefore improve mental well-being," says lead author Simone Radavelli-Bagatini.

In a second study based on 23 years of data on 50,000 Danes, researchers found that those that consumed one cup each day of the most nitrate-rich vegetables like leafy greens and beets had about a 2.5 mmHg lower systolic blood pressure and a 12 to 26 percent lower risk of peripheral artery disease, heart attacks, strokes and heart failure. Eating more than one cup daily didn't increase the benefits, they found, and blending greens into smoothies (but not pulp-destroying juicing) is a good option for increasing intake.

Microbiome Linked to Risk of Death from Disease

Certain gut microbiota can predict possible causes of mortality, reports a new study from Finland's University of Turku.

Researchers collected stool samples from 7,055 Finnish adults around 50 years old and followed them for 15 years.

They found that greater numbers of bacteria from the Enterobacteria family

increase the risk of death from cancer, respiratory disorders and gastrointestinal disease. "Many bacterial strains that are known to be harmful were among the Enterobacteria predicting mortality, and our lifestyle choices can have an impact on their amount in the gut," says study co-author Teemu Niiranen.



Eat Oily Fish to Live Longer

Omega-3 fatty acids have previously been linked to better heart, brain, eye and joint health, and a new large-scale analysis published in *Nature Communications* suggests that omega-3s from oily fish may also extend lifespan. Researchers reviewed pooled data from 17 studies of 42,466 people that were followed an average of 16 years. Those that had the highest amount of fish-based omega-3s in their blood—at the 90th percentile—had a 13 percent lower risk for death than people with omega-3 levels in the 10th percentile. The risk of dying from cardiovascular disease was 15 percent lower and from cancer 11 percent lower. The blood levels of alpha-linolenic acid omega-3s obtained from plant-based sources like nuts and flaxseed did not show a conclusive link to lower mortality.



Avoid Air Pollutants to Protect Children's Mental Health



Exposure to even moderate levels of traffic-related air pollutants during childhood results in a greater risk of mental illness by age 18, Duke University researchers report in *JAMA Network Open*. In the study, the psychiatric health of 2,000 twins from England and Wales followed into adulthood was compared to recorded levels of air pollution in their neighborhoods. Twenty-two and 84 percent of the twins, respectively, were found to have had exposure to nitrogen oxides and fine particulate matter that exceeded World Health Organization (WHO) guidelines. Higher levels produced the most symptoms, including depression and anxiety. The effect, although weak compared to family history, equals that of other neurotoxicants known to harm mental health, particularly childhood exposure to lead. Previous evidence suggests that air pollutant exposures can cause inflammation in the brain and may lead to difficulty regulating thoughts and emotions.

WHO estimates that nine of 10 people worldwide are exposed to high levels of outdoor air pollutants emitted by vehicles, waste disposal, power plants, factories and other industrial processes. Studies show increased hospital admissions for many psychiatric illnesses during poor air quality days in China and India. "Because harmful exposures are so widespread around the world, outdoor air pollutants could be a significant contributor to the global burden of psychiatric disease," says lead author Aaron Reuben.

Avoid Sugary Drinks to Reduce Colorectal Cancer Risk



Getting teens to eat well can be an uphill battle, but new evidence shows its long-term importance. Drinking two sugary drinks per day

from ages 13 to 18 increases by 32 percent the risk of colorectal cancer in women by age 50 when compared to drinking less than one such drink each week, Washington University School of Medicine researchers report in the journal *Gut*. The study used data from the Nurses' Health Study II, which tracked the health of nearly 116,500 female nurses from 1991 to 2015. Other drinks, including milk and unsweetened coffee, were associated with a decreased risk. Early-onset colorectal cancer rates have risen alarmingly in the last 20 years, causing the American Cancer Society to lower its recommended age for a first colonoscopy from 50 to 45.

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fungi filter water, recycle nutrients and help regulate the planet's temperature. The most comprehensive review ever conducted on how pesticides affect soil health, published in the journal *Frontiers in Environmental Science*, reveals that beneath fields of monoculture crops, a toxic soup of insecticides, herbicides and fungicides is wreaking havoc on the ecosystem.

The study recommends changes in how regulatory agencies like the U.S. Environmental Protection Agency (EPA) assess the risks posed by the nearly 850 approved pesticide ingredients. Presently, regulators ignore pesticide harm to earthworms, springtails, beetles and many other subsoil critters. The EPA relies on one insect, the European honeybee, to represent the thousands of species that live or develop underground. The ongoing escalation of pesticide-intensive agriculture and pollution are major driving factors in the precipitous decline of many soil organisms that are critical to maintaining healthy soils. This contamination has been identified as the most significant driver of soil biodiversity loss in the last decade.

Reversing Ruin

Superfund Mine-Polluted Stream Restorations See Success

Large investments have been made to clean up acid drainage into streams and rivers polluted by toxic metals from abandoned mining sites. A new study published in *Freshwater Science* based on long-term monitoring data from four U.S. Environmental Protection Agency Superfund sites in California, Colorado, Idaho and Montana shows that cleanup efforts can allow affected streams to recover to near natural conditions within 10 to 15 years after abatement work begins.

David Herbst, a research scientist at UC Santa Cruz and co-author of the paper, says, "The good news from them all is that Superfund investments can restore the water quality and ecological health of the streams." Researchers combined data from long-term monitoring during periods of 20 years or more using aquatic insects and other diverse invertebrate life such as flatworms and snails as indicators of the restoration of ecological health, with nearby unpolluted streams as standards for comparison. Much of the recovery occurred within the first few years of treatment. Herbst says that the promising results suggest that even daunting environmental problems can be remedied.

Thorny Problem

Cactus Poachers Are Denuding Deserts

More than 30 percent of the world's 1,500 or so cactus species are threatened with extinction, and criminal scavengers are primarily to blame. A 2020 seizure by authorities in Italy yielded more than 1,000 of some of the rarest cactuses in the world, valued at more than \$1.2 million on the black market. Some were over 100 years old. President of the Association for Biodiversity and Conservation Andrea Cattabriga helps police identify specimens taken from tourists or intercepted in the mail. He says, "Here is an organism that has evolved over millions of years to be able to survive in the harshest conditions you can find on the planet, but that finishes its life in this way, just as an object to be sold." Trafficking can take a serious toll because many species are highly localized and often extremely slow-growing, thus quite sensitive to over-harvesting.

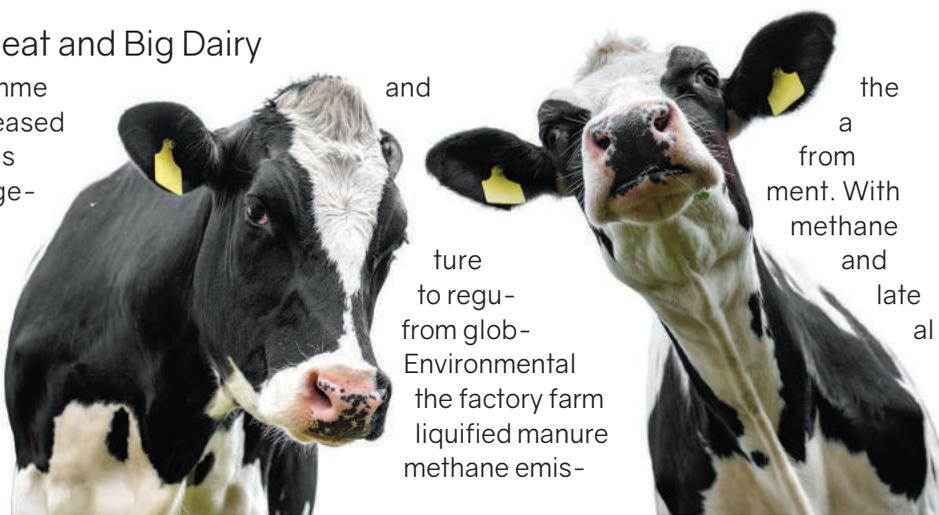


Cactuses and other succulents have become popular on social media, promoted by indoor plant influencers for their unusual appearance and minimal care requirements. The pandemic has increased their popularity, with shops unable to keep some species in stock. Sales of legally sourced plants could help offset illegal trade, with the proceeds going directly to communities living alongside the plants, creating an incentive to protect them.

Animal Alert

UN Methane Report Faults Big Meat and Big Dairy

The United Nations Environment Programme Climate and Clean Air Coalition have released Global Methane Assessment of emissions from fossil fuels, agriculture and waste management. With livestock contributing 32 percent of the footprint, the Institute for Agriculture and Trade Policy (IATP) stresses the need to regulate meat and dairy companies. The U.S. Environmental Protection Agency has also identified the factory farm system of hog and dairy operations with lagoons as responsible for rising methane emissions related to agriculture.



IATP European Director Shefali Sharma says, "Disappointingly, the assessment calls for more technological fixes such as feed additives and biodigesters to reduce agriculture's methane footprint, rather than addressing the core of the problem. Untenable growth of animals in the food chain is spurred on by a powerful meat and dairy industry that bears no costs for this environmental debacle, but passes it on to farmers and consumers." The report provides evidence that a new policy framework accounting for the factory farm system's emissions and aiding a transition to more scale-appropriate agroecological systems of animal production that will be less harmful to people and the climate is needed, according to Ben Lilliston, IATP director of climate strategies.



Suiting Up

Textile Manufacturers Fight Climate Change

Clothing makes the man or woman, but mankind makes the clothing. The Textile Exchange's Material Change Index (MCI) has been tracking industry changes and their impacts since it was launched in partnership with GreenBiz in 2019. The MCI is the largest business-to-business comparison initiative tracking progress toward more sustainable material sourcing for apparel, footwear and home textiles. It also monitors alignment with global efforts such as the United Nations Sustainable Development Goals and the transition to a circular economy. With a goal to accelerate action, 2019 was established as a baseline year from which to track the related efforts and progress of leading corporations.

The MCI is part of Textile Exchange's Corporate Fiber & Materials Benchmark program, enabling companies to measure, manage and integrate a strategy for using preferred fiber and materials in their operations. With a goal of 45 percent reduced CO₂ emissions from textile fiber and material production by 2030, Textile Exchange is pushing for urgent climate action. This year, they are launching an insights report, leaderboard and dashboard (Textile-Exchange.org/2030-climate-plus) to provide a comprehensive analysis of the state of the industry and determine ways to work with the data.



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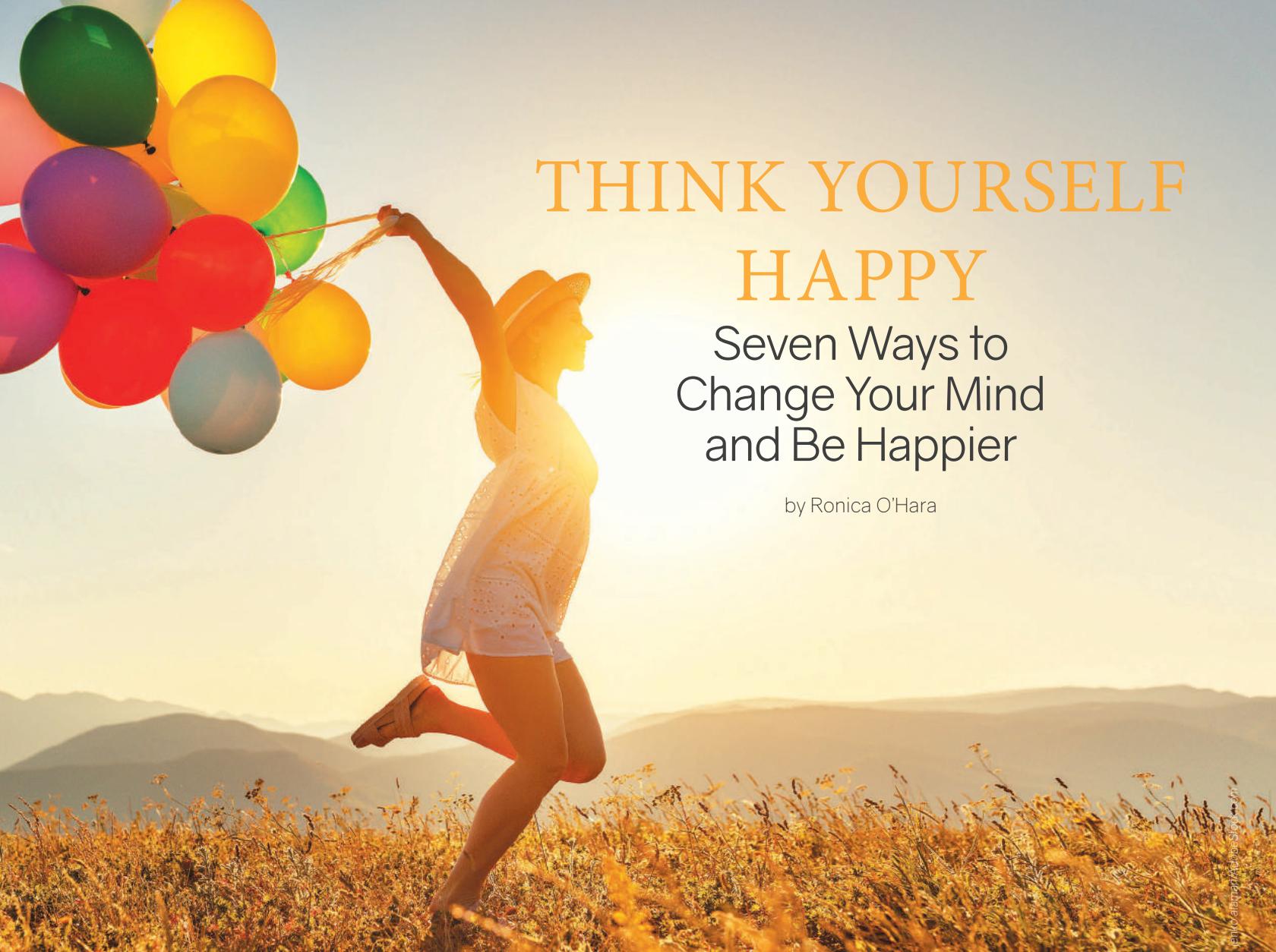
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THINK YOURSELF HAPPY

Seven Ways to Change Your Mind and Be Happier

by Ronica O'Hara

What is happiness? Aristotle pondered it, our country's founders encouraged its pursuit, but only now—thanks to the thriving field of Positive Psychology—have we learned more precisely how to attain and sustain it. In thousands of studies in the last two decades, researchers have watched babies share crackers, put Tibetan monks in brain scanners, asked college students to do kind deeds and explored databases, among other strategies. A major finding has emerged: Happiness is, to a great degree, in our own hands—or more exactly, our own minds.

“You get to choose,” says trailblazing researcher Barbara Fredrickson, author of *Positivity* and *Love 2.0* and a professor at the University of North Carolina. “No matter where your river of emotions flows today, over time and with continued effort and attention, you can change its course and location to live a happier, more positive life.” Using advanced brain imaging technology, neuroscientists and psychologists have discovered that the brain is “plastic” and malleable. When we change our thinking and actions in positive ways, brain neurons start rewiring themselves to make newfound happiness settle in, especially if our practices are repetitive.

“Interestingly, changes can start quite quickly,” says neuro-

scientist Andrew Newberg, who has authored 10 books on the brain, emotions and spirituality, including *Words Can Change Your Brain*. “For those changes to become more fully ingrained, it can take a few months, but it does not necessarily require hours a day for many years.”

A change in thinking shifted the behavior and life of John Peterson, a sales manager at a major West Coast auto retailer and editor of *SafeDriveGear.com*. “I was unhappy and miserable, so I decided to give gratitude a shot,” he recalls. “It was mechanical to start, but the reactions I got turned into a domino effect.” Instead of giving cursory thanks, he praised a co-worker's kindness in handing him a daily cup of coffee; now they chat about their families. Instead of “keeping myself to myself,” he offered to help a neighbor he barely knew to clean gutters; now they're “barbecue besties,” he says, adding, “I was kind of blown away at the incredible effect gratitude had on my life, both in improving my mental health and boosting my relationships. It was a real revelation to me!”

Positive psychologists offer two major approaches: adopting habits that encourage happiness and clearing away the mental debris that blocks it. Many books and websites offer a wide range of theories, techniques and tips. “The most effective practices for

you are the ones that you enjoy and are willing to do more often,” says Tchiki Davis, Ph.D., a *Psychology Today* blogger and founder of *The Berkeley Well-Being Institute*. The following are research-based methods to enhance happiness:

1 Aim for a three-to-one ratio of positive to negative experiences

The difference between languishing and flourishing, says Fredrickson in her book *Positivity*, is constructing a life in which heartfelt positive experiences outnumber the negatives by three to one. Positive experiences that flow from feelings such as gratitude, serenity, hope, awe and love can be as simple as exchanging smiles with a passerby, patting a friend on the back, joking with a cashier, picking up something that someone has dropped or planting a kiss on a son’s head. She emphasizes that the experiences must be authentic and heartfelt: acting “Pollyanna-ish” out of habit or pasting on a smile can actually make us feel worse, and positivity can turn toxic if it’s relentlessly turned on 100 percent of the time. “True happiness is not rigid and unchanging,” she says.

When it comes to marriage, five positive interactions for every negative one is the “magic ratio” that makes it happy and stable, according to studies by renowned relationship psychologist John Gottman, author of *What Makes Love Last*. “Successful long-term relationships are created through small words, small gestures and small acts,” he writes.

2 Flip negativity by reframing experiences

Positive reframing involves shifting misery-making thinking to see the positive side of any situation. Canadian researchers reported in a 340-person survey at *APA PsycNet* that during the pandemic, reframing was the most effective mental health strategy; people practicing it gradually felt better, while people that vented, distracted themselves or disengaged from others fared worse. Reframing strategies include viewing a problem as a challenge, a learning opportunity or a way to help others; finding the higher purpose or divine order in a bad situation; exploring what the unexpected benefits might be; and finding humor in a situation.

3 Defuse the inner critic with caring self-talk

Berating ourselves for our shortcomings is a sure route to suffering, but applying self-compassion powerfully lowers the volume. It involves three elements: treating ourselves as kindly as we would a dear friend; realizing that making mistakes is intrinsically human so we’re not alone; and non-judgmentally facing our emotions without denying or indulging them, according to its major theorist, psychologist Kristin Neff, author of *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. Numerous studies show that people that practice self-compassion have less self-doubt and fewer negative thoughts, are less likely to feel anxious or depressed, enjoy better health and relationships and are more resilient and motivated to change.

Another way to handle the inner critic is to transform it by befriending and chatting with it, a method used in voice dialogue therapy and in the Internal Family Systems approach. Jackie Graybill, a Seattle songwriter and piano teacher, calls her “mean girl” inner critic Brutista Dynasticus. “I’ll find myself responding to an inner thought like, ‘You look fat. Just how much weight have you gained over COVID?!’ with a recognition like, ‘Oh, Brutista, that wasn’t very nice. I may have some extra pounds, but this healthy body has gotten me through a freaking pandemic! Show a little respect, okay?’ This quiets her down because I’ve recognized her and addressed her, and I feel an inner sense of victory because I’ve brought a positive truth to bear. It’s a very empowering practice.”

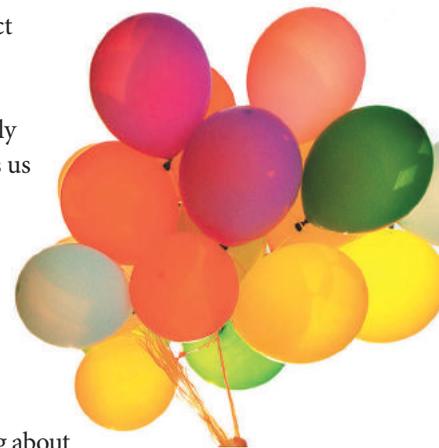
4 Clear away pain by questioning assumptions

Of our estimated 12,000 to 60,000 thoughts per day, about 80 percent are negative and 95 percent are repetitive, says the National Science Foundation. Those noisy mental loops dampen our spirits by repetitively telling us that something regretful should not have happened in the past or is going to happen to blight the future. Few worries have real credence: A Cornell University study found that 85 percent of what people worry about never happens. Of the 15 percent of worries that did happen, 79 percent of people found they handled the problem better than they had expected or that they learned a valuable lesson from it. Cognitive behavioral therapists help clients to examine those beliefs and assumptions, challenge the dysfunctional ones and try out different interpretations to uncover the truth.

Victor Blue, a Tampa transportation engineer, examined his difficult relationship with a tyrannical father by asking himself two questions that spiritual teacher and author Byron Katie suggests applying to any painful thought: “Is it true? Can you absolutely know it’s true?” Self-inquiring deeply, Blue realized he had a distorted view: His father had in fact loved him, but had lacked the capacity to show it with warmth or tenderness. “My father started with very little and saw a tough world and treated everyone tough,” he says. “And I came to realize that yes, I am able to father myself?”

5 Open the heart by deepening gratitude

Perhaps the most popular and direct approach to happiness is gratitude. Research shows that feeling and expressing thankfulness significantly boosts emotional well-being, makes us feel more connected and generous to others, and improves health and sleep quality. In one study, writing a few sentences of gratitude once per week for 10 weeks increased optimism and hope in participants; they even exercised more and had fewer doctor visits than those writing about



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Well-Being Basics

Besides using mental strategies, choosing happiness involves taking daily actions that enhance our well-being, as studies demonstrate.

EAT A HAPPY-MAKING DIET

A gut-wisdom axis may exist. People with a greater diversity of the gut microbiome—the mark of a healthy diet—had higher levels of wisdom, compassion and social support, and lower levels of loneliness than people with less diverse microbiomes, University of California San Diego scientists reported in *Frontiers in Psychiatry*. A study of 12,000 Australians found that the more they increased their fruit and vegetable intake over a seven-year period, the happier and more satisfied with life they became. Eating eight servings a day was as happiness-producing as going from being unemployed to employed.

EXERCISE EVEN A LITTLE

Whether it's lunges or sun salutations, movement lifts us up. In a review of 23 published studies involving half a million people published in *The Journal of Happiness Studies*, University of Michigan researchers found strong evidence that any kind of exercise increases happiness; even as little as 10 minutes a day raises spirits. People that exercise at least 30 minutes on most days are about 30 percent happier than those that don't exercise.

LOVE A LOT

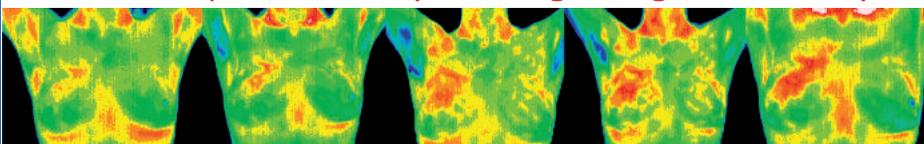
A landmark study that began in 1938 and followed 724 Harvard students and working-class Boston youth for 80 years found that fame and achievements didn't make them truly happy—warm, loving relationships with their family, friends and community did. In a 2020 study, Pennsylvania State University researchers found that simply becoming aware of daily experiences of “felt love”, defined as “micro-moments when you experience resonance with someone,” increases those heartwarming episodes and improves well-being.

BE NURTURED BY NATURE

After walking in a natural setting, people ruminated less and showed increased activity in the subgenual prefrontal cortex, an area of the brain that lowers depression and anxiety, Stanford researchers found. In one study, people watching five minutes of *Planet Earth* felt 46 percent more awe and 31 percent more gratitude than people watching the news or a comedy show. Biological diversity also matters: European scientists found that an additional 10 percent of bird species in an area increases residents' life enjoyment as much as a 10 percent increase in their income.

Thermography May Save Your Life!

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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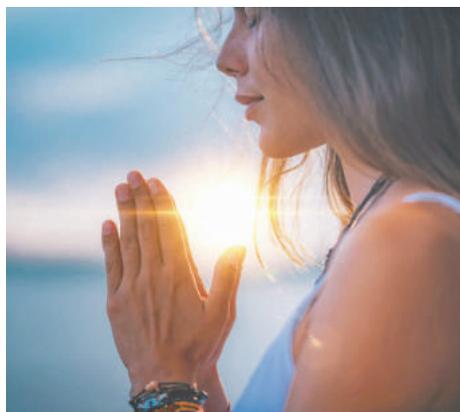
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aggravations. Writing a thank-you letter to someone we haven't appreciated enough in the past can induce a sense of well-being that lasts for at least six months, a University of Pennsylvania study found.

Gratitude can be cultivated simply by daily journaling; writing a list every few days often works even better, research indicates. The more concrete the items are and the more freshly observed, the better: Rather than, "I'm grateful for my daughter," it might be, "I'm grateful for my daughter because she made me laugh at breakfast by making a funny face."

Some people kick off their day by writing two thank-you emails; others find creative ways to fold gratitude into relationships. During the pandemic, Nadia Charif, a San Jose-based wellness and health advisor at *Coffeeble.com*, shared with her boyfriend a note-taking phone app in which they wrote the ways they appreciated each other during the day. "Somehow, no matter how frayed our nerves were, we remembered the last lovely entry and melted like ice to water," she says. "It diffused many arguments before they escalated."



6 Quiet the noisy mind with meditation, prayer and mindfulness

Using functional magnetic resonance imaging, Newberg and other neuroscientists studied meditating Buddhist monks, prayerful Catholic nuns and mindfulness meditators. They found that each practice has its own distinctive pattern of brain activity, yet all three deactivate the brain regions that underlie mind chatter. That "default mode network" is constantly

ruminating, nagging and making sure we avoid trouble. Sustained spiritual practices gradually turn down its everyday volume, which may explain in part the well-documented link between spiritual practices and well-being. Even brief meditations can have a quieting effect, counsels New York City psychologist and mindfulness teacher Loch Kelly, author of *Shift into Freedom*. In a quiet moment, he suggests, "Ask yourself, 'What is here right now if there is no problem to solve?'"

7 Lift up others with a positive outlook

The more we give with a full heart, the more happiness we experience, studies

show—and the benefits radiate far beyond ourselves. Following nearly 5,000 people over 20 years, Harvard researchers found that one person's happiness triggers a chain reaction up to three degrees away, lifting the spirits not only of friends, but friends' friends, and their friends' friends' friends. Effects can last up to one year. It's a vital way to help the world, says Fredrickson. "The happiness that you experience together with others has ripple effects, both biological and behavioral, that make whole communities healthier."

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



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Cameron Clinic of Oriental Medicine

Providing Total Plans for Improved Well-Being

by Randy Kambic

Most people don't carry the misperceptions about acupuncture that they used to. "When I'd speak at community events 20 years ago, the name of my talk was 'What About Those Needles?', because the first question asked was 'Do the needles hurt?'" says Nan Cameron, MSN, RN, LAc, owner and practitioner of the Cameron Clinic of Oriental Medicine, in Wilmington, since 2000. "Nearly everyone now knows someone that does acupuncture and has already asked about the needles."



Nan Cameron, MSN, RN, LAc

Further, many people are currently aware and receptive that "formulating a plan, possibly including acupuncture along with nutrition and lifestyle counseling, and bioenergetic modalities, is effective for improving many health conditions."

Following an initial consultation, the clinic offers individualized, comprehensive care in the time-tested traditions of Traditional Chinese Medicine combined with integrative and functional medicine practices for patients of all ages for many health concerns including cancer, autoimmune issues, digestive system problems and chronic infections. Cameron says, "We help people understand their treatment options and choose the care they need and want."

"Acupuncture works with chi," she ex-

plains. "It's all about energy. It may be stuck in specific places, maybe there's not enough or it's going in the wrong direction."

Her first foray in healthcare services was as a registered nurse with a master's degree in cancer nursing. She then received her master's in Oriental Medicine degree from the International Institute of Chinese Medicine, in Santa Fe, and then completed a clinical internship in hospitals in Beijing and Chengdu.

Licensed as an acupuncturist by the North Carolina Acupuncture Licensing Board, she is recognized as a Diplomate of Oriental Medicine, Acupuncture and Chinese Herbology by the National Certification Commission of Acupuncture and Oriental Medicine.

The Club at CamClinic, located within the practice, offers many bioenergetic modalities including ZYTO technology, utilizing the body's natural energetic field to establish communications between a computer and a ZYTO hand cradle that records responses to stimuli; EVOX, facilitating perception reframing; Tennant biomodulators and biotransducers; Biomats, combining far infrared rays and amethyst crystals to penetrate the body to improve cell metabolism; NanoVi, that produces the same biological signal the body uses to naturally repair cell damage caused by oxidative stress from daily food consumption and toxins we are exposed to; and the only

Life Vessel in our region with some clients traveling from as far away as Canada and Florida to experience its vibration, soothing sounds and infrared light to reach a natural state of

relaxation, balance and restoration.

Cameron believes the latter modality is particularly helpful in battling stress. "It can be the ultimate experience in relaxation therapy. Life is crazy and busy and we've been burning the candle on both ends; running from tigers. It's particularly helpful for anyone experiencing physical and emotional stressors."

For a little more than a year, she has also been offering her Nan Supercharge treatment. "I found that I needed to charge and balance myself efficiently, so I came up with it and it's been popular with patients as well." It combines the Biomat that enhances oxygenation and circulation with the Tennant biomodulator to "charge up your energy muscle battery pack." Biotransducers work with subtle energy, such as qi, to balance polarity of organs to be better "team players" for the entire body."

The clinic also offers a wide variety of nutritional supplements and herbal preparations, including botanicals, vitamins and minerals, in pills, capsules, tinctures and granules.

Further, clients can be empowered by utilizing her self-directed club program that focuses on bioenergetics, utilizing complementary, alternative health therapies. "Participants don't have to be clinic patients to take advantage of our cutting-edge technologies. Membership is free. You decide how much or little you want to do. New members schedule a consult to learn about the equipment and options available and design a wellness program that works for them. It's an amazing way to gain access to new, innovative methods, all in one location."

Cameron is honored to be serving the healthcare needs of individuals in Wilmington and surrounding areas for the past 21 years. "I've been seeing some clients all this time, but many others receive services when needed."

The Cameron Clinic of Oriental Medicine is at 1928 S. 16th St., Wilmington. For more information or to make an appointment, call 910-342-0999 or visit CamClinic.com.



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Pollinator-Friendly Yards

Gardening for Wildlife with Native Plants

by Betsy S. Franz



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For some people, perfectly mowed lawns without a trace of a weed or an insect makes them proud, but they may not realize that this method of gardening and landscaping could be harming the local ecosystem and the important pollinators that we rely on to keep food and flowers reproducing.

Pollinators are the creatures that move

to the U.S. Fish and Wildlife Service, these hard-working animals pollinate more than 75 percent of the world's flowering plants and nearly 75 percent of our crops, including chocolate and coffee. Without pollinators, say biologists, neither the human race nor the Earth's ecosystems would survive.

Like many species, some pollinators are showing steady population declines, attributed in part to habitat loss and exposure to pesticides. The U.S. Environmental Protection Agency reports that grassy lawns occupy almost 2 percent of the total U.S. land mass, making grass the single largest irrigated crop in the country, which is why the way that people garden and maintain their landscapes can either harm or help pollinators.

Many people spending more time at home last year due to the pandemic did more gardening and maintaining of their own landscapes, often without realizing the significance and impact of their activities. "Now,

for the first time in its history, gardening has taken on a role that transcends the needs of the gardener. Like it or not, gardeners have become important players in the management of our nation's wildlife," writes Douglas Tallamy, an agriculture and natural resources professor at the University of Delaware, in his book *Bringing Nature Home*.

"Bees are what comes to mind when

most people think of pollinators, but pollinators include many other species, including some flies, moths, butterflies, wasps and beetles, as well as bats, hummingbirds and even a few mammals," says David Mizejewski, a naturalist with the National Wildlife Federation. Fortunately, the same principles that make home landscapes more inviting to pollinators also make it safer and friendlier for a wide variety of wildlife.

Rethink the Perfect Landscape

"One of the main dangers for pollinators is loss of appropriate habitat," says Andre Kessler, an ecology and evolutionary biology professor at Cornell University. "To help them, give up your idea of the perfect, manicured landscape and aim to restore their preferred habitat." Kessler suggests leaving part of a landscape a bit untidy by including native plants and mowing less often. "An island of native vegetation usually provides flowering plants year-round and, similarly important, nesting sites for native bees," he says.

Tallamy advocates halving the total amount of space devoted to lawns in the continental U.S.—reducing water, pesticide and fertilizer use—and replacing grass with plants that sustain more animal life. Leave the leaves, sticks and debris, says Mizejewski. "Many species rely on leaf litter for food, shelter and nesting material. Many moth and butterfly caterpillars overwinter in fallen leaves before emerging in spring."

anna hoychuk/AdobeStock.com



pollen grains from the male anther of one plant to the female stigma of another, thereby helping plants to produce seeds for the next generation. According

Choose Appropriate Plantings

With so many different species of pollinators across the diverse terrain of America, few plants work for all locales. Most experts believe the best option is choosing native plants. The Pollinator Partnership (Pollinator.org) lists plants for each zone by ZIP code, as well as the pollinators they attract. There are also native plant societies in many areas that offer specific recommendations.

Eliminate the Chemicals

“Probably the most important thing the home gardener can do to overcome the pollinator and broader biodiversity crisis is to avoid using any pesticides,” says Kessler. “The uncontrolled use of insecticides and herbicides is the major reason for the dramatic loss of insect life in general and most other organisms depending on those insects.”

“It is now within the power of individual gardeners to do something that we all dream of doing: to make a difference,” Tallamy writes. “In this case, the difference will be to the future of biodiversity, to the native plants and animals of North America, and the ecosystems that sustain them.”

Betsy S. Franz is a freelance writer and photographer who seeks a loving, sustainable balance between the nature of our world and the inner nature of man.

Learn More About Pollinators

ECOREGIONAL PLANTING GUIDES:
Pollinator.org/guides

POLLINATOR-FRIENDLY NATIVE PLANT LISTS: Xerces.org/pollinator-conservation/pollinator-friendly-plant-lists

LAWN TO WILDFLOWERS APP:
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Water Sports for a Total Body Workout

Cool Ways to Stay Fit this Summer

by Marlaina Donato



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Whether it's adrenaline-fueled kiteboarding or peaceful paddle boarding, getting active in the water helps to improve bone density, elevates mood and engages major muscle groups without stressing the joints. The highlight of a vacation might be rafting down a river, surfing at sunset or waterskiing on a mountain lake. Whether done regularly or occasionally, water sports offer a good workout disguised as play. While some water sports require a higher level of fitness, most are beginner-friendly and only require the willingness to try something new.

Core Adventures

"Many lifelong skiers call waterskiing the fountain of youth. My friends who are in their 70s, 80s and even 90s that still ski are living proof," says pro water skier Corey Vaughn, owner of Bum Pass Water Ski Club, in Bumpass, Virginia. "Waterskiing is one of the best total body workouts on the planet, yet you are having so much fun it never feels like a workout."

For Natali Zollinger, a raft guide, river surfer and whitewater stand up paddle boarder, it's about trusting and working with

the current: "Either rafting or paddling, our core has to engage way more than it would with other sports, and you'll definitely notice the internal strength." Based in Moab, Utah, Zollinger says that in only one week, paddling and kayaking produce noticeably more tone in the triceps and biceps, adding, "If you row boats, you'll see the traps, shoulders and back muscles develop."

Stand up paddle board (SUP) yoga on the water, although seemingly placid, challenges the abdominals and cultivates balance. Christy Naida Linson, yoga instructor and owner of Prana Yoga Center and Aligned Flow Floating Studio, in Denville, New Jersey, says, "Paddling is excellent exercise for the core, back, shoulders, arms and legs. Postures are done in relationship to the current of the water and recruit many of the smaller stabilizing muscles."

Getting the Feet Wet

SUP yoga is accessible to both new and experienced students that can swim and are comfortable in the water. All postures can be modified to be done in positions lower to the board, such as kneeling, to make balancing easier. "A typical class is 90

minutes long and begins with instruction on land. We go through paddle strokes and safety, how to get onto the board kneeling, transition to standing when feeling stable, paddle and stop,” says Linson. “The worst thing that happens if you lose your balance is that you go for a little swim!”

Fitness requirements for river rafting can vary, depending on the type of trip and location. “Usually a couple months of ‘stair-stepper’ and some squats and lunges will do the trick,” says Zollinger. When it comes to gear, commercial trips offer the most freedom, especially for beginners, she says. “Normally, commercial trips pack all the gear that you need for basic camping, and all you have to bring is your personal gear like clothes, toiletries, etc.”

Waterskiing can be a challenge, but learning is easier with proper instruction, optimal equipment, an experienced, skilled boat driver and positive encouragement. “People tell me about Uncle Fred just throwing them behind the boat with a couple of old skis, telling them to hang on tight and then gunning the boat. This is not what I would consider best practices,” says Vaughn. A typical lesson lasts about 30 minutes, involves six to eight passes up and down the lake and includes technical guidance on body positions and timing.

For optimal waterskiing, Vaughn prefers private lakes to avoid interruption in the rhythmic flow of skiing that can occur on busier lakes or bodies of saltwater due to boat traffic, winds, tides and currents. Vaughn marvels when everything comes together; “There is nothing quite like the smile of a first-time skier when they get up [on their skis] and realize they are gliding across the water.”

In the end, water sports are all about embracing possibilities. “It is a genuine joy to see people who may be new or doubt their ability come away feeling empowered,” says Linson.

Zollinger passes on wisdom about time on the water. “The river continuously teaches me to be in the flow and appreciating the little things.”

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.

inspiration

Smiling Can Make Us Happier

by Julie Peterson



A smile makes the brain happy. As it turns out, it doesn't matter if we smile at first because we're genuinely happy or if we simply fake a smile. The brain doesn't know the difference. When we are happy, we naturally smile. But research has shown that the act of smiling can also induce happiness. It happens because the muscles required to lift the mouth into the shape of a smile are connected to nerves that send signals to the brain. Once the brain gets the message that a smile is happening, it releases dopamine, endorphins and serotonin throughout the body. These feel-good chemicals make us

feel less stressed, less pain and happier, which can effortlessly transform a fake smile into a genuine one.

Platitudes through the ages have urged us to “Turn that frown upside down” and “Put on a happy face.” In 1872, Charles Darwin hypothesized that facial feedback could alter emotions and, ever since, the topic of smiling and mood has been a subject of discussion and research. Whether or not forced smiles can have a strong enough impact on our state of mind to effectively boost overall mental health is still being debated, with some research indicating that “false” smiles can lower mood if used continuously to avoid expressing certain feelings; however, there are several more positive aspects of smiling to take into consideration.

Smiling is contagious. Seeing other people smile stimulates our mirror neurons, which discharge; they discharge similarly whether we're doing an action or observing someone else do it. So, being around smiling people, seeing them smile, affects our brains as if we were doing the smiling.

Smiling also provides the health benefits of reduced anxiety and lowers both blood pressure and heart rate. Over the long haul, these attributes add up to improved cardiovascular health and a measurable reduction in risk for stroke.

Get more smile time by working these muscles at every opportunity. Fake it if you must until it comes naturally, watch funny shows, spend time with cheery people and when things are looking down, grin and bear it. You might just feel better right away, and better long-term health is certainly something to smile about.

Julie Peterson is a Random Acts of Kindness activist (RAKtivist.com) and an advisor for Kindness Bank, a nonprofit invested in improving community health and well-being.

Preserving the Harvest

Classic Ways to Store Garden Bounty All Year

by Julie Peterson



Whether gardening, purchasing at farmers' markets or ordering from a community supported agriculture farm, preservation techniques capture the bounty of the harvest and ensure availability of fresh flavors year-round.

Dehydrating

"Dehydrating machines can be purchased for about \$50, but an oven that goes down to a temperature of 150 or less will work," says Brekke Bounds, educator at City Grange, a garden center in Chicago. Before dehydrating, consider the end use. Peaches or cherries can be cut into bite-size pieces. Roma or cherry tomatoes, sliced or cut in half and dried, can go in winter soups and stews. "Apple chips are super-easy," Bounds says. "Core and slice with a mandoline, dunk in a lemon solution, sprinkle with cinnamon, dehydrate and store in an airtight jar."

Foods can be seasoned or marinated before drying. "We make zucchini bacon for vegan BLTs," says Anthony Damiano, chef proprietor at Counter Culture restaurant, in Vero Beach, Florida. Dried herbs chopped in a food processor can be stored in airtight containers and used up to a year later as flavorful salad toppings or soup mixes.

Canning

"One of my go-to methods is water bath canning," says Emily Paster, author of *The Joys of Jewish Preserving*. "It's a really safe and effective method of home preservation for high-acid foods. Certain kinds of microorganisms, most specifically botulism, can't live in a high-acid environment." Fruits that go into jams and jellies are typically acidic enough, but

levels can be increased with lemon juice. Vegetable pickles become acidic through the addition of vinegar. Heat-sealed jars are shelf-stable if the seals remain intact.

Paul Fehribach, chef and co-owner of Big Jones, a restaurant in Chicago, gives canning tips in *The Big Jones Cookbook*. For pickles and preserves, he recommends using a simple canning kit with a tool to lift jars in and out of boiling water, a jar rack that sits in the bottom of a stock pot and Mason jars with new canning lids to hold the food.

Both Paster and Fehribach suggest using professionally tested recipes. "Go to a reliable source, whether it's a cookbook or a website, because there are some food safety issues. Recipes have been calibrated to have the right ratio of water and vinegar to vegetables to ensure it's acidic enough," says Paster. "Pickles are a great place to begin because they're really hard to mess up."

Refrigerator Pickling

The pickling process can be done without water bath canning, but the jars must remain refrigerated. The fun is in the quickness and variability of the recipes. Beyond traditional cucumber pickles, excellent pickles can be made with green beans, carrots, onions, cauliflower and green tomatoes. Brine can be dill, spicy or sweet. Damiano makes refrigerator pickles with a variety of local organic produce, including radishes, okra and other vegetables. The pickles are great for eating and can be used in salads and recipes like plant-based tostadas.

Fermenting

"Fermentation is an essential part of how people everywhere make effective use of food resources," says Sandor Ellix Katz, fermentation revivalist in Liberty, Tennessee, and author of *The Art of Fermentation*. "Fermentation produces alcohol, helps preserve food by producing acids and makes foods more digestible, more nutritious, more delicious and sometimes less toxic."

Cultures around the world developed fermentation techniques as a practical method to prevent food decomposition. Studies show that fermented foods and beverages provide beneficial probiotics

to the gut microbiome. Anyone can give fermentation a try with ordinary kitchen tools—a knife, cutting board, mixing bowl and a jar. “Certain ferments, such as yogurt or tempeh, require specific temperature ranges,” advises Katz.

Cold Storage

Many fruits and vegetables freeze well, but a basement or backyard root cellar is a no-electricity, cold storage method. Items that store well in a root cellar include most root crops and firm fruits like apples and pears. “Root cellars use the natural, cool, moist conditions underground for fruit and vegetable storage. Earth-sheltered options work best for cooler climates where the ground temp is naturally cooler,” says Laurie Neverman in Denmark, Wisconsin, creator of *CommonSenseHome.com*. Those with no outdoor spot or cold basement room can still use cold storage. “Some crops like onions, garlic, potatoes, winter squash, apples and carrots keep well in dark, dry, cool room temperatures of about 55 degrees,” says Neverman.

Food preservation methods extend the blessings of the harvest. A little preparation now will provide edible delights for months to come.

Julie Peterson writes from rural Wisconsin. Reach out at JuliePeterson2222@gmail.com.



‘Clean the Garden’ Kimchi

This easy kimchi recipe turns common garden veggies into a spicy probiotic ferment that’s loaded with good bacteria and health benefits.

YIELD: 32 SERVINGS

4 Tbsp sea salt and 4 cups water

1 lb Chinese cabbage (napa or bok choy preferred, but other cabbage will do)

1 daikon radish or a few red radishes

1 to 2 carrots

1 to 2 (minimum) onions (or shallots or leeks)

3 to 4 (minimum) cloves garlic

3 to 4 hot red chilies to taste (seeds removed, dried is fine, nothing with preservatives)

2 to 3 Tbsp (minimum) fresh grated ginger root

Prepare brine in a nonreactive container such as a glass bowl or large measuring cup. Mix water and salt, and stir thoroughly to dissolve salt.

Cut up cabbage, radishes and carrots. (Add in other vegetables as an option.) Mix vegetables together and move them into fermentation vessel. Cover vegetables with brine.

Use a fermentation weight or plate with a heavy object to weigh the vegetables down and keep them below the brine. (Mix more brine if needed to make sure vegetables are completely submerged.) Put a cloth over the fermentation vessel and wait for vegetables to soften (a few hours or overnight).

Drain the brine from the vegetables, reserving it. Give the vegetables a taste. They should be salty, but not too salty. Sprinkle on additional salt, if needed, and mix; rinse if too salty.

Mix the onion, garlic, chilies and ginger into the drained vegetables and blend well. Pack the vegetable mix into the fermentation vessel. Use the fermentation weight or plate to press it down until the brine covers the kimchi-in-progress. Add a little brine back, if needed, to make sure the vegetables are completely covered.

Cover the fermentation vessel with a cloth and leave it on the counter for about a week. Taste test to check the fermentation. When happy with the flavor, the kimchi is done. Store in the refrigerator in a glass container to stop the fermentation.

Recipe by Laurie Neverman at CommonSenseHome.com.



Food Preservation Resources

NATIONAL CENTER FOR HOME FOOD PRESERVATION: nchfp.uga.edu

BALL & KERR RECIPES AND PRODUCTS FOR CANNING: FreshPreserving.com

Complete Dehydrator Cookbook, by Carole Cancler

The Pickled Pantry: From Apples to Zucchini, by Andrea Chesman

Root Cellaring: Natural Cold Storage of Fruits & Vegetables, by Mike and Nancy Bubel



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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.

SUNDAY, AUGUST 1

Movie at the Lake: *The Croods a New Age* – 8:45pm. Free. The Movie at the Lake at Carolina Beach Lake Park. Follow the funny adventures of some of the first prehistoric families as they learn to get along and work as a team. Rated PG. Free. Popcorn, candy, soft drinks, cotton candy and more available for purchase. 2nd St S, Carolina Beach. 910-458-2977.

MONDAY, AUGUST 2

Turtle Talk at Kure Beach – 7-8pm. Learn about local nesting sea turtles at the Kure Beach Ocean Front Park & Pavilion from the experts from the Pleasure Island Sea Turtle Project. Free, but space is limited. 105 Atlantic Av, Kure Beach. 910-707-2015.

TUESDAY, AUGUST 3

Tuesday Psychic – 10am-3:30pm. Special Guest Ashlyn Aquarius is a 2020 NCSU psychology graduate, spirit medium & gifted intuitive card reader, viewing into past, present and future energies. Cost: \$2/minute. Blue Lagoon Wellness Center, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

WEDNESDAY, AUGUST 4

United States Coast Guard Birthday

SATURDAY, AUGUST 7

Purple Heart Day - Veteran and military organizations hold remembrance meetings for fallen heroes and special events to thank soldiers, veterans, and Purple Heart recipients on this day. Many people fly the American flags at their homes and businesses as a way to show their solidarity with the troops.

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.

MONDAY, AUGUST 9

Turtle Talk at Kure Beach – 7-8pm. See August 2 listing. Kure Beach.

TUESDAY, AUGUST 10

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

Saturday 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.

SUNDAY, AUGUST 15

HeartMath Workshop – 2-4:30pm. Building Personnel Resilience with Lana Buecker. Learn to increase resilience vitality; realign with your Heart and ignite your passion for life. Feel better more often and start living the life you really want. Cost: \$55/person. Registration required, small groups 5-7 individuals. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. Call Lana @ 910-524-0723.

MONDAY, AUGUST 16

Turtle Talk at Kure Beach – 7-8pm. See August 2 listing. Kure Beach.

FRIDAY, AUGUST 20

Run Through History 5K & 1-Mile Walk – All day through August 22. Historic Wilmington Foundation presents 2nd annual, self-guided fundraising fun run designed to connect community with Wilmington's built history. Cost: Starts \$25. Register and details HistoricWilmington.org/Run-Through-History. 910-762-2511.

SATURDAY, AUGUST 21

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

save the date

Sacred Soul Circle – 6-7:30pm. Sacred Circle session embracing the full moon through breathwork, meditation, crystal healing and reiki all while influenced by lunar energy. Cost: \$22/person. Sacred Soul, 4317 Arendell St, Morehead City. MySacredSoul.com. 910-340-4575.

There is no cosmetic for beauty like happiness.
~Maria Mitchell

MONDAY, AUGUST 23

Turtle Talk at Kure Beach – 7-8pm. See August 2 listing. Kure Beach.

SATURDAY, AUGUST 28

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

MONDAY, AUGUST 30

Turtle Talk at Kure Beach – 7-8pm. See August 2 listing. Kure Beach.

planahead

MONDAY, SEPTEMBER 6

Labor Day

classifieds

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

JOBS

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

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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.

Hypnotherapy – 8am-5pm. Amber Law Inner Guidance Hypnotherapist. Client-centered, Transpersonal, Clinical & Regression Hypnotherapy. Every session tailored towards individual. Cost: \$80/session. 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.

sunday

Sunday Morning Circle – 9:30-10:30am. Unity Minister, Rev. Marilyn Mattox, facilitates dialog on book: *Finding Yourself in Transition* by Unity Minister, Robert Brumet. Rev. Robert offers an alternative model for navigating our way through life's transitions. Zoom Meeting ID: 897 4918 2385 * Passcode: 735455. 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 Live Stream, You-Tube and open-air services are held on the lawn and under the pavilion at church property. Music, Meditation, Message by Rev. Margaret Hiller. 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. BlueLagoonWellnessCenter.com. 910-685-2795.

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

thursday

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. 910-685-2795.

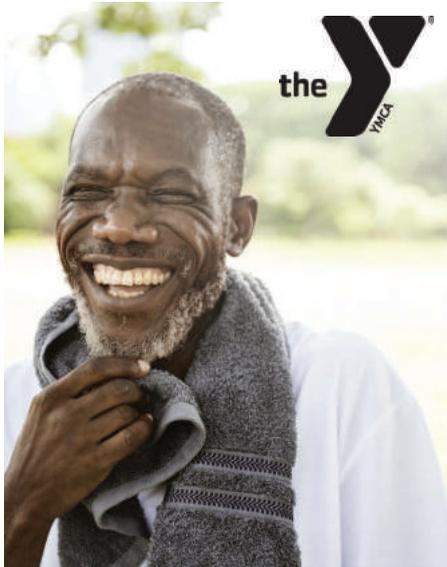
saturday

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.

Mobility/Breathwork – 10am. Erica Stillman leads weekly class focusing on mobility and breathwork. Call for details. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com. 910-660-9125.





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The brilliant poppy flaunts her head
Amidst the ripening grain,
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~Helen Winslow

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~Oprah Winfrey

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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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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 5.*

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 3.*

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.

I have chosen to be happy because it is good for my health.

-Voltaire

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.

MARTIAL ARTS

AIKIDO MYRTLE BEACH

Sensei James Bartee Jr.
9625 Scipio Lane, Myrtle Beach
864-414-7425 • AikidoMyrtleBeach.com



Offering Classical and Traditional Japanese Martial Art Training and Self Defense Training. Bartee Sensei is a certified USSS Fitness Coordinator, 5th degree black belt in Aikido, 3rd degree black belt in Tae Kwon Do, 1st degree black belt in Lajitsu and defense training expert. Training provided for organizations, groups, and individuals. Classes held at Olympia Gymnastics.

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 5.*

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 19.*

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 5.*

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 17.*

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 16.*

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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910-399-4882

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337-412-3873

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MYRTLE BEACH

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843-796-1004

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