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Monthly Business Highlight - Brittany Bascue, NMT, OMT, LMT, RP

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letter from publisher



Mark and Shanna Warner

most long-term relationships settle down into patterns of daily duties, grocery lists, questions about dinner and the constant search for missing socks. And then, there are the annoyances Rita spoke of, things that maybe once, in the beginning, you thought were quirky or charming. When you get to that point, when “charming” becomes “annoying”, you’re at the stage when love can really take hold and grow into something great.

So, how do you let love grow? My #1 strategy is all about listening. To really understand someone, you must truly take time to listen to them. Most people don’t pay attention when someone is speaking, because they are formulating an answer or retort. They can’t wait for the other person to stop talking so they can make their point.

I have (shockingly) found that my spouse, my best friends and my adult children don’t always need to hear my opinion. They don’t always need my advice. Sometimes, all they really need is my shoulder to lean on, my hand to hold, maybe a hug to let them know it’s okay. They need me to just listen.

When Mark and I have a thorny issue to discuss, whether it’s personal or business, we begin by asking the other to “**listen with your heart.**” We both know that is our moment to set aside all other concerns, to focus in, to stop judgments and to give the other person our full attention. It takes concentration and dedication to focus entirely on the other person. This is the best strategy for letting love grow in all your relationships.

You can use this style of listening in all your relationships, but it won’t fix every problem. It does give you more understanding of the other, because you often will hear what they are unable or even afraid to say. Even if the problem isn’t solved, the other person will walk away knowing deep in their heart that you heard them with yours! So today, practice listening with your heart—become fully attentive to the person in front of you.

The great comedian Epectitus (okay, he wasn’t a comedian, he was a Greek philosopher) said, “We have two ears and one mouth so that we can listen twice as much as we speak.” When you truly listen, love will truly grow.

With love and veggies
(and chocolate),

Shanna

Shanna Warner

Listen With Your Heart

Comedian Rita Rudner got to the heart of the matter when she was asked about her relationship: “I love being married. It’s so great to find that one special person you want to annoy for the rest of your life.”

Relationships don’t always have the shine and sparkle of romance. Building a life together is more than fancy dinners out or a box of chocolates once a year. (Come on, twice a year, at least!) Eventually,



news briefs

Marketing and Communications
Consultant Joins the *Natural Awakenings*
OKC Team



Krista Townsend

communications, business development, media/public relations and advertising.

Several years ago, a serious health challenge led Townsend to natural and holistic health modalities. Her journey back to wellness inspired her to take a deeper dive into the holistic world of Oklahoma. She shares her inspiring story with others through her work and video podcast, and she enjoys discussing the benefits of the holistic approach to health and wellness.

Townsend found that *Natural Awakenings* was a natural fit with her business and personal philosophy. She is available to talk with other business owners in Oklahoma City about the benefits and the wide variety of print, digital and social media services offered through *Natural Awakenings*.

Townsend joins Sarah Cochran to complete our Oklahoma City area marketing and service team. Cochran specializes in reaching out to businesses on the south side of the metro, while Townsend is available to assist businesses on the north side of the metro area.

To reach Krista Townsend, call 405-314-8481 or email Krista@NAOklahoma.com. To reach Sarah Cochran, call 405-443-3774 or email Sarah@NAOklahoma.com.

Celebrate Your Love at H2Oasis

H²Oasis Float Center, in Tulsa, provides float therapy, also known as floatation-REST (Reduced Environmental Stimulation Therapy). There’s a reason it’s called “therapy”—It can be an easy and effective way to invest in health and happiness. It’s also a fun way to celebrate Valentine’s Day.

Physical benefits of float therapy can include accelerated muscle recovery, decreased blood pressure, chronic pain relief, improved athletic performance and better sleep. It could also enhance relationships. Looking at the benefits, it should come as no surprise that people that float tend to enjoy stronger relationships with their families, friends and co-workers. If we’re less stressed, well-rested, more focused and in an optimistic mental state, chances are we’ll find interactions and connections with others more positive and meaningful. This also leads to improved self-love.

A lot of celebrities are outspoken about the benefits of their float therapy, including Tom Brady, Steph Curry, Susan Sarandon, Joe Rogan and Jeff Bridges. Type-A entrepreneurs feeling overly stressed at work, fire fighters or medical professionals with irregular sleep schedules, those struggling with depression or substance abuse disorder, overworked parents, expectant parents and those on the autism spectrum—all could benefit from the calming, healing environment of a float tank. Floating is something that anyone can try; it isn’t reserved just for the rich and famous. It’s more accessible today than ever before and growing in popularity.

Between work, social engagements and family life, we often forget to carve out time for ourselves. Adding regular floatation to a wellness routine is a simple and effective way to take a step back, soothe the mind and soul, and emerge renewed and re-energized.

A Valentine’s Day celebration can be enhanced with special float packages. Some packages include massage, revive chair sessions, oxygen aromatherapy, sharing a pot of specialty tea or even a sweet treat. Call for prices and package availability.

Location: 6564 E. 51st St., Tulsa. For more information, call 918-938-7368 or visit H2OasisFloatCenter.com. See ad, page 15.



Oklahoma’s ONLY Holistic Chamber for Providers & Businesses

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Meetings in February

- OKC Area Chapter - February 10th - 6:30-8:00 pm (every 2nd Thursday)
5603 NW 41 St, Warr Acres, OK 73122
- TULSA Area Chapter - February 17th - 6:30-8:00 pm (every 3rd Thursday)
3355 S Jamestown Ave, Tulsa, OK 74135

for more info - MeetingPlace.io/OK-HWCC or call 918-805-0546

1st meeting is free - Membership costs less than a \$1 a day, far less than your daily coffee and better for your bottom line

Healthy Mouth, Healthy Heart at Healthy Roots Dentistry



Healthy Roots Dentistry, in Tulsa, reminds us that dental health is related to heart health. Gum disease (periodontitis) is associated with an increased risk of developing heart disease. Those with known heart conditions should be monitored by their primary care provider, but dental health should not be overlooked.

US News published an article in August of last year, More Evidence Ties Gum Disease With Heart Disease. The Mayo Clinic reports that “Poor dental health increases the risk of a bacterial infection in the bloodstream, which can affect the heart valves. Oral health may be particularly important if you have artificial heart valves.”

To avoid inflammation and the potential of introducing bacteria into the bloodstream, practice good oral health:

- Brush teeth at least twice daily
- Clean between teeth daily with floss
- Schedule regular dental checkups and cleanings

Visiting the dentist is especially important now since many people have neglected their oral health because of COVID. Regular checkups and cleanings can be done safely in the dental office. Our mouths and oral health are part of the bigger, holistic picture. Everything in the body is connected, so taking care of our teeth helps take care of the whole person.

Location: 6128 E. 61st St., Tulsa. For more information, call 918-982-6644 or visit HealthyRootsTulsa.com. See ad, page 7.

The Holistic Wellness Chamber of Commerce Successfully Launches in OKC and Tulsa

The HWCC, the Holistic Wellness Chamber of Commerce, kicked off their membership drive on January 13 in Oklahoma City and January 20 in Tulsa. New members gathered to craft a statement of common values and to decide on business goals for the coming year. As Oklahoma’s only holistic chamber of commerce, the HWCC focuses on boosting business for members through meetings, referrals, marketing, business training, seminars and a yearly Expo.

Founding member Mark Warner opened the meeting with a comment about the size of the holistic community in Oklahoma. “It’s big. You don’t realize how many of us there are. All of these businesses have been disconnected for too long. Our goal is to connect all of us together in the Chamber.”

Membership is now open for providers, practitioners and businesses that focus on holistic, complementary or alternative modalities. Membership is also open to any business that provides services to the holistic community. Some lectures and seminars will be open to the public at various times throughout the year. Announcements of open meetings will be made both on the *Natural Awakenings* website (*NAOklahoma.com*) and in the magazine.

The Oklahoma City chapter meeting is held on the second Thursday of each month at the Unity Center at 5603 NW 41st Street, Warr Acres. The Tulsa chapter meeting is held on the third Thursday of each month at the Unity Center at 3355 South Jamestown Avenue.

For more information, call 918-805-0546 or visit MeetingPlace.io/OK-HWCC. See ad, page 5.





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



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Try Probiotics to Lower Pregnancy Nausea and Soothe Fussy Babies

Two new studies suggest that the right probiotics can offer relief for the 85 percent of pregnant women with nausea and for the 25 percent of fussy newborns with colic. In the journal *Nutrients*, University of California, Davis researchers reported on a study in which 32 pregnant women that had nausea, vomiting and constipation took a probiotic capsule twice a day. The over-the-counter probiotics formula contained 10 billion live cultures, mainly *Lactobacillus*. After 12 days, the number of hours participants felt nauseated was reduced by 16 percent, and they vomited one-third fewer times. Constipation was also reduced. Quality of life markers such as fatigue, poor appetite and difficulty maintaining normal social activities also improved. Examining biomarkers in fecal samples, the researchers found the probiotics increased vitamin E and a bile salt enzyme that helps prevent vomiting and nausea.

In a second study published in *Alimentary Pharmacology & Therapeutics*, University of Naples researchers explored whether a particular probiotic strain (*Bifidobacterium animalis* subspecies *lactis* BB-12) could help soothe babies with colic, a common gastrointestinal disorder in the first three months of life that studies have linked to maternal postpartum depression, parental guilt and frustration, drug use and long-term behavioral and sleep problems. They found that the probiotic reduced the duration of daily crying by 50 to 80 percent in the 40 infants that received it once daily for 28 days, compared to a 32 percent reduction among 40 babies receiving a placebo. The probiotic also had beneficial effects on sleep duration and on stool frequency and consistency. It increased gut production of butyrate, which positively regulates intestinal transit time, pain perception, the gut-brain axis and inflammation.

Eat Fewer Sweets to Save the Planet

Sugary foods and drinks don't just expand our waistline and hurt our health, they also harm the environment, according to new research from the University of South Australia. Analyzing 20 studies on the environmental impacts of food consumption, researchers found that nutrient-poor foods like sugar-sweetened drinks, alcohol, baked sweets and processed meats account for 27 to 33 percent of food-related greenhouse gas emissions in Australia. Meat, grains and dairy contribute the most emissions, while fruit and vegetables are two of the lowest contributors. In New Zealand, the highest greenhouse gas emitters are meat, seafood and eggs at 35 percent, followed by highly processed foods such as pastries and ice cream at 34 percent. "Discretionary foods have a higher cropland, water scarcity and ecological footprint," says review author Sarah Forbes. "By 2050, the world's population is projected to reach 10 billion people. There is no way we can feed that amount of people unless we change the way we eat and produce food."

Improve Sleep and Lower Anxiety with Black Cumin Oil

Black cumin seeds that come from the flowering fennel plant (*Nigella sativa*) flavor cuisines from the Middle East to the Far East and have been used for centuries to treat chronic and infectious diseases. In a new study in the *Journal of Herbal Medicine*, Indian researchers report that 15 volunteers with insomnia that took 200 milligrams of black cumin oil after dinner for 28 days experienced significantly better sleep. They fell asleep sooner, slept longer and recorded increases of 82 percent in non-rapid eye movement sleep and 29 percent in rapid eye movement sleep. Stress and anxiety levels were also dramatically reduced.

Consider Moxibustion to Reduce Chronic Fatigue



About 1 percent of the global population suffers from the crippling fatigue, brain fog and joint pain of chronic fatigue syndrome (CFS), yet its origins remain obscure, and medications and therapy have been largely ineffective. A new meta-analysis from China's Jiangxi University of Chinese Medicine points to moxibustion, a 2,500-year-old practice of Traditional Chinese Medicine, as a possible treatment. It involves burning a cone or stick made of ground mugwort leaves on or near a patient's acupuncture points, typically on the stomach. Analyzing data from 15 studies of 1,030 CFS patients comparing moxibustion with either acupuncture or medications, researchers found that moxibustion significantly reduced fatigue more effectively than the other approaches and yielded minimal side effects.

Keep Moving to Sidestep Depression

In the early months of the COVID-19 pandemic, people were sitting around a lot more and getting depressed, report researchers from Iowa State University. Analyzing data between April and June 2020 from 3,000 participants throughout the country, they found that people that ordinarily met the U.S. Physical Activity Guidelines of exercising 2.5 to five hours a week reported cutting back their exercise routines by 32 percent when pandemic restrictions kicked in. The same participants reported feeling more depressed, anxious and lonely. In a second study in the following months, people's mental health generally improved as they adjusted to life's new rhythms. "But for people whose sitting times stayed high, their depressive symptoms, on average, didn't recover in the same way as everyone else's," says lead author Jacob Meyer, assistant professor of kinesiology. He suggests taking short walks before and after Zoom calls at home, as well as walking around the block before and after the workday to mimic the pre-pandemic commute.



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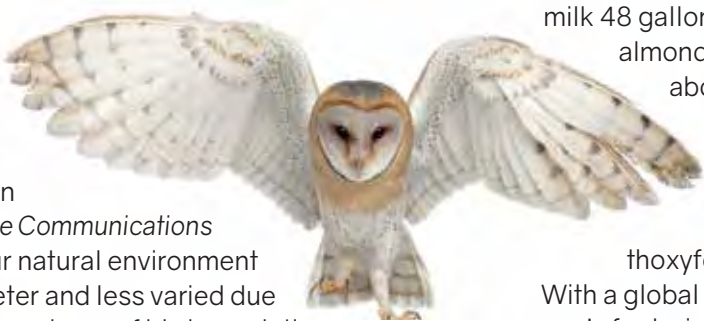
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global briefs

Silent Spring

Sounds of Nature are Fading

A study from the University of East Anglia School of Biological Sciences (UK) published in the journal *Nature Communications* suggests that our natural environment is becoming quieter and less varied due to changes in the makeup of bird populations. Researchers used annual bird monitoring data collected as part of the Pan-European Common Bird Monitoring Scheme and North American Breeding Bird Survey, plus recordings of birds in the wild, to reconstruct the soundscapes of more than 200,000 sites over the last 25 years. Lead author Simon Butler states, "We're living through a global environmental crisis with ongoing and widespread declines in biodiversity. This means that the quality of our interactions with nature is likely to be declining, reducing its potential benefits, but this has not previously been examined." Other groups that contribute to natural soundscapes such as insects and amphibians are also declining, while road traffic and other sources of manmade noise are increasing. Butler explains, "As we collectively become less aware of our natural surroundings, we also start to notice or care less about their deterioration. We hope this study can help heighten awareness of these losses and encourage support for conservation through actions to protect and restore high-quality, natural soundscapes."



Almond Joy

Nut Milk Carries Hefty Environmental Burden

To grow one orange requires 14 gallons of water, a cup of coffee 35 gallons, one potato 100 gallons, a glass of dairy milk 48 gallons and a half-cup of tofu 61 gallons. One almond (technically a seed, not a tree nut) needs about 3.2 gallons to reach maturity; almost 1,300 gallons are needed to grow a pound. The source of almond milk, although positioned as an eco-friendly alternative to cow's milk, is usually treated with methoxyfenozide, which threatens honeybee health. With a global market of more than \$5 billion, the beverage's footprint is increasingly detrimental to the drought-plagued state of California. Walnuts, hazelnuts and pistachios consume as much water or more, but almonds are in higher demand. The "Eureka" state supplies 80 percent of the world's almond supply, covering more than 1.5 million acres in the Central Valley. Water from ancient aquifers there is being pumped out for irrigation faster than it can be recharged.



According to the California Department of Pesticide Regulation, almond orchards were treated with more pesticides than any other local crop in 2017. Harmful chemicals are sprayed year-round to combat ants, mites, leafrollers, peach twig borers and weeds. Also, fertilizer pollution can spike drinking water with hazardous nitrates. Instead, consumers can purchase milk that is packaged in sustainably sourced and recyclable materials and buy shelf-stable milk to conserve energy from refrigeration.

Mucky Luck

Peat's Potential to Forestall Climate Change

Although peatlands are often disregarded as anaerobic wastelands, Christian Dunn, a wetlands scientist at Bangor University, in Wales, claims, "Peat is the superhero of the natural world." Whether they are called moors, bogs, fens, mires, swamps or sloughs, the acidic, low-nutrient ecosystems are the most carbon-dense lands on the planet and can safely store twice as much carbon as all forests combined in one-tenth the landmass for 1,000 years. Climate scientists know the role oceans and forests play in storing carbon and are now coming to appreciate the power of peat and the need to preserve existing bogs and to restore those that have been damaged. On the flip side, carbon already locked up can be quickly released, hastening a warming climate. Because peatlands store an estimated 30 percent of sequestered carbon in 3 percent of the world's land mass, climatologists call its potential discharge a "carbon bomb".

Human agricultural practices are at the heart of the problem, as about 15 percent of peat has already been lost worldwide. Farmers have been paid to convert peatlands with government tax breaks and cash subsidies. Indonesia, one of the world's top five greenhouse gas emitters, is clearing peat for palm oil plantations, with farmers burning soil that can smolder for months. Britain, one of the first countries to focus on peat in a strategy to reach net-zero emissions by 2050, has pledged more than \$1 billion by 2025 on peat restoration, woodland creation and management.



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Confined Kitties

Unfettered Felines Pose Toxic Hazard to Wildlife

A study by the University of British Columbia published in the journal *Proceedings of the Royal Society B* discovered that free-roaming cats are likely infecting other animals with *Toxoplasma gondii*, the parasite responsible for toxoplasmosis, a disease linked to nervous system disorders, respiratory and heart disease, and other chronic illnesses that can be passed to both humans and wildlife. Conservationists have long emphasized the interconnectedness of human and wildlife health. Forestry adjunct professor Amy Wilson says, "It is important to understand the risk factors for this infection, because toxoplasmosis can have severe impacts on susceptible individuals, but even in healthy individuals, hosts are infected for life."

Researchers analyzed more than 45,000 cases of toxoplasmosis in wild animals using data gathered from 202 studies that included 238 different species in 981 locations around the world. Only wild and domestic cats (felids) can spread the infectious form of toxoplasma into the environment through eggs, called oocysts, in their feces. "By simply limiting free roaming of cats, we can reduce the impact of toxoplasma on wildlife," reports Wilson. "Domestic cats outnumber wild felids by several orders of magnitude, so when you consider their population size and that they can shed millions of long-lived oocysts intermittently throughout their life, the potential for environmental contamination is considerable."

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Functional Medicine and Heart Health

with Dr. Michelle McElroy

by Shanna Warner

Aging Gracefully was founded more than 15 years ago by Dr. Michelle McElroy, an OB/GYN and functional medicine physician with more than 20 years of medical experience. McElroy is passionate about finding the root causes of disease and offering solutions for her patients. She answered several questions about heart issues, motivation, exercise and simple changes for a healthier life.

Let's talk about heart health. What are some of your best tips for keeping it healthy?

The heart is a muscle. It needs to be worked out just like your other muscles. Do some aerobic exercise that raises the heart rate and increases your breathing, 35 to 45 minutes, three to five times per week. Take pharmaceutical-grade fish oil daily. Don't smoke or take drugs, and use alcohol and caffeine in moderation.

When we talk about "root causes" of heart problems, what are some of the issues that you see that can lead to heart problems?

Smoking is the number one cause of heart disease. It is sugar that raises cholesterol and changes the cholesterol from big and buoyant to small and dense, which causes damage to the blood vessels. Elevated homocysteine causes damage to the blood vessels. You can have your doctor draw this with your blood work. It is not covered by Medicare, but



most other insurances will cover it. And a sedentary lifestyle is just as bad as smoking.

We know that high blood pressure can contribute not just to heart problems, but also strokes. Are there natural ways to reduce blood pressure?

Exercise; low carb/high good-fat, plant-based diet; magnesium; garlic and nitric oxide-boosting supplements.

How much does diet play into blood cholesterol issues? Can you really make your blood healthier by eating healthier?

Diet plays a huge role in blood cholesterol, but not the way most people think. It is sugar, not dietary cholesterol or saturated fat, that raises cholesterol. High fructose corn syrup raises triglycerides and can lead

to fatty liver. High cholesterol is a lab result, not a diagnosis, and it is not the cause of heart disease. Heart disease and clogged arteries are caused by inflammation, sugar and oxidation.

What role do hormones play in the heart and overall health?

Numerous studies show that estradiol improves cardiovascular health by lowering LDL cholesterol and raising HDL cholesterol.

We know that exercise and staying active matter. How do you keep your patients motivated?

I have my patients pick an exercise that they enjoy. You can't stay motivated if you hate what you are doing. You also need to set reasonable goals. You are not going to see immediate results from just about anything. Give yourself at least two months to see results. Start slow, listen to your body and increase intensity and duration of exercise when you are ready.

What do you think is a good target goal for exercise for someone that has never exercised before? Do you think there is one exercise that is better than another?

The best exercise is the one you will do! Start slow, maybe 10 minutes a couple of times per week. Then work up to 35 to 45 minutes, four or five times per week.

How much water do we really need to drink each day? What about tea and coffee—they are liquids, so do they count as water?

Humans are approximately 60 percent water, and you need to drink one-half to one ounce per pound of body weight daily. If you drink eight ounces of a caffeinated beverage, you need to drink 16 ounces of water to counteract the diuretic effect. Eat and drink to live; don't live to eat and drink. Also, make sure you are drinking filtered water and not out of plastic.

We know that mental attitude matters in overall health, too. How do you stay positive during the challenges of life, and what do you recommend your patients do?

To stay positive I list things that I am grateful for. It is very hard to be depressed or down when you are grateful. I also pray when things aren't going my way. I recommend my patients keep a daily gratitude journal. I also recommend they write down their goals for wanting to be healthier. The more specific you can be about the goal, the easier it will be to obtain.

When you're targeting root causes of disease, are there simple ways to make big changes?

Make small changes first. Make sure you are drinking clean water—nothing out of plastic; move every day; add one more fruit or vegetable to your day; cut out one soda a day; eat all of your food in a 10-hour window; get seven to eight hours of sleep and get all electronics out of your bedroom. Any one of these is a good place to start, then add more as you are ready.

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The Heart-Mind Connection

How Thoughts and Emotions Affect Our Heart Health

by Ronica O'Hara



“Does your wife show you her love?” In a study of 10,000 married men, this question turned out to be revelatory. Among men with high levels of anxiety, a whopping 93 percent that answered “No” developed angina-related chest pains within five years—nearly twice the rate of those answering “Yes.”

This 1976 Israeli study was one of the first to clearly document how emotions affect the physical heart. Today, the research is so vast and compelling that last year, the American Heart Association issued a statement urging that psychological factors be taken into account in cardiovascular care—which may result in doctors asking patients about depression and anxiety as well as testing for blood pressure and cholesterol levels.

“What’s on your mind really does affect your heart,” says leading researcher and cardiologist Michael Miller, M.D., author of *Heal Your Heart* and director of the Center for Preventive Cardiology at the University of Maryland Medical System. “Our hearts require emotional health in order to maintain cardiovascular health.”

Two emerging fields are probing the mind-heart connection: neurocardiology, which studies their neurological interplay; and behavioral cardiology, which examines how psychological and social factors lead to heart disease. Increasingly, researchers are documenting that the brain and the heart form an intricate feedback loop that works neurologically, biochemically and electromagnetically to optimize well-being. What hurts one—be it artery-clogging foods or angry outbursts—can hurt the other. What heals one—be it exercising or a good belly laugh—can heal

the other. There’s good news in that, says Miller: “You can heal your heart by actively engaging in positive emotions each and every day.”

Unveiling the Heart’s Role

In Western medicine, the heart has been downplayed historically as a pump mechanistically taking orders from a bossy brain, but recently, the heart’s role is being reexamined: With 40,000 neurons, it sends more signals to the brain than it receives. As integrative cardiologist Mimi Guarneri, author of *The Heart Speaks*, puts it, “The heart is a multilayered, complex organ, possessing intelligence, memory and decision-making abilities independent from the mind.”

The electromagnetic field it generates is about 100 times stronger than the brain’s magnetic range and can be detected up to three feet away from the body, report researchers at the pioneering HeartMath Institute, in Boulder Creek, California. They found that one person’s brain waves can synchronize to another person’s heart and two hearts can synchronize to each other, which may help explain why people are drawn to or repelled by each other. When the heart’s rhythm pattern becomes erratic and disordered during stress and negative emotions, they report, the neural signals traveling to the brain’s emotional centers also get disrupted, hindering clear thinking and reasoning—which may help explain why we make dubious decisions under stress.

The High Toll of Tough Emotions

Although scientists debate whether emotions start in the brain, heart or from physical sensations elsewhere in the body, it’s clear through magnetic imaging technology that it’s the brain’s task to process and regulate emotions via the flow of neurotransmitters through the amygdala, hypothalamus, hippocampus, prefrontal cortex and other brain regions. Emotions like anger, fear, grief and anxiety set off a cascade of reactions involving the hormone cortisol and proteins called cytokines, creating an inflammatory response that, if it becomes chronic, can promote the accumulation of plaque in the arteries that can become unstable and rupture, triggering blood clots that lead to strokes and heart attacks.

Surveying 25,000 participants in 52 countries, the landmark INTERHEART Study in 2004 concluded that about 30 percent of heart attacks and strokes are due to psychological factors, and ongoing research supports this finding.

DEPRESSION. Adults that are depressed are twice as likely to develop heart disease. In one study, moderate to severe depression quadrupled the death rate in heart failure patients.

ANXIETY. Researchers have linked chronic anxiety with a 48 percent increased risk of cardiac-related death over 11 years. It has also been shown to be a risk factor for angina, heart attacks and ventricular arrhythmia.

SHOCK. A sudden emotional or physical shock, like a death in the family or an earthquake, can trigger stress cardiomyopathy, known as broken heart syndrome, which resembles a heart attack.

ANGER. An episode of intense fury—described as “body tense, clenching fists or teeth, ready to burst”—increases by 8.5 times the risk of a heart attack within the next two hours.

LONELINESS. Being socially isolated and lonely is linked to a higher risk for cardiovascular death than hypertension and obesity—alarming information since more than 60 percent of Americans report feeling lonely, left out, poorly understood and lacking companionship, according to a 2020 survey.

Boosting Both Brain and Heart

“There’s no damage caused by negative emotions that positive emotions can’t heal,” says Miller. A large body of research has shown that cardiovascular disease risk can be reduced by up to half with optimism, a sense of humor, forgiveness, social support, religious faith, vitality, gratitude, altruistic behavior, emotional flexibility and coping flexibility. People that are optimistic are less likely to be rehospitalized or die from heart disease, Finnish researchers report.

“For optimal health, maximize the health of both brain and heart. For example, if you eat well and exercise, but are still stressed out, your heart will suffer. Conversely, if you are not stressed out, but overeat and do not exercise, your brain will suffer,” says Miller. Some heart-and-mind-healthy strategies include:

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aware of our thoughts, emotions, feelings and how we are choosing to react is critical,” says cardiologist Cynthia Thaik, author of *Your Vibrant Heart* and the founder of the Holistic Heart Healing Center, in Los Angeles. “Once we are aware of our reaction, the ability to let go—of judgment, doubt, anger, resentment, fear, all our negative thoughts, emotions and feelings—is crucial to our healing process.”

LAUGHING A LOT. Many of us have a chuckle deficit in our lives: The average 5-year-old laughs up to 300 times a day, the average adult only four. To lower the risk of heart attack and stroke, find ways to laugh long and hard—such as watching hilarious films or videos on YouTube or TikTok. Physiologically, the endorphins released by a hearty belly laugh bind to receptors that release nitric oxide, relaxing blood vessels.

BREATHWORK. To bring the mind and heart into a healthy, coherent rhythmic pattern, the HeartMath Institute suggests heart-focused breathing, which involves imagining that we are breathing in through the heart as we inhale in a smooth, comfortable manner to the count of five or six, then breathing out for five or six counts while visualizing that the breath is flowing out of the heart.

MEDITATION. People that practice meditation are significantly less likely to have a heart attack or stroke, perhaps because it has been shown to lower heart rate, blood pressure, breathing rate, oxygen consumption and cortisol levels. Alzheimer’s expert Dharma Singh Khalsa, author of *Meditation as Medicine*, advocates kirtan kriya, a 12-minute, daily meditation that includes chanting, finger movements and visualization. Research has demonstrated that it slows cognitive decline, eases depression and increases anti-aging telomerase activity at a cellular level by 43 percent in eight weeks.

YOGA OR TAI CHI. In studies, yoga has been shown to lower inflammation and metabolic syndrome markers linked to heart disease and reduce atrial fibrillation episodes. The slow, graceful movements of tai chi reportedly lower blood pressure and strengthen the hearts of people with heart failure.

MUSIC. Whether it involves listening, playing an instrument or singing, music has been shown to lower heart rate, reduce inflammation, enable longer exercise periods, ease anxiety after heart surgery and heart attacks, and help stroke victims regain the ability to speak. Choose music of whatever genre inspires joy and sing along for extra benefit, advises Miller. “If your partner is flummoxed by your enthusiasm for yodeling or your neighbor doesn’t exactly approve of your attempts at arias, kindly inform him or her it’s doctor’s orders,” he jokes in *Heal Your Heart*.

Health writer Ronica O’Hara can be contacted at OHaraRonica@gmail.com.


DOING THE BASICS. Exercising a half-hour daily and eating a largely plant-based, Mediterranean-type diet that’s low in saturated fats has been found in numerous studies to lower the risk of both cardiovascular disease and cognitive decline. Working with health practitioners to get blood pressure, blood sugar and inflammation levels under control, perhaps using supplements or medications, is also a key preventive step.

GIVING AND GETTING HUGS. Oxytocin, the “love hormone” released from the pituitary gland during touching and hugging, lowers blood pressure and heart rate, and regenerates new heart tissue in animal studies. Proactively reaching out to family, friends, neighbors and co-workers can nurture affectionate ties, but if a human isn’t nearby, even hugging a teddy bear has been shown to release oxytocin—which may explain why 40 percent of U.S. adults sleep with stuffed animals. Owning a dog, but not necessarily a cat, makes us more likely to survive a heart attack, report researchers.

MINDFULLY LETTING GO. As studies with police officers, healthcare workers and firefighters have demonstrated, mindfulness training effectively lowers anxiety and depression, even for those in life-threatening situations. “To be present, ever acutely



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Living in the Frequency of Love

by Marlaina Donato



Most of us refer to love as an emotion, but in essence, love is a verb, a powerful call to action. When we remember its true nature, we can answer its call with our unique signature. Some brave souls like Martin Luther King, Jr. leap into uncharted territory with authentic truths, while others sprinkle their quiet corner of the world with small gestures of kindness. Telling someone how much they mean to us, holding the door for a stranger, asking a cashier how their day is going or welcoming a new neighbor is like handing out a piece of light. Added up at the end of the day or a lifetime, we create a mural of stars against the darkness.

The frequency of love not only inspires, but heals. The energy of giving and receiving is literally wired into our neurochemistry, flooding our bloodstream with endorphins that combat systemic inflammation, influence mood, accelerate recovery and raise the pain threshold.

We can freely stream waters of genuine kindness, love and affection, but if there is no waiting vessel for love's outpouring, the potential of its power is diminished and incomplete. Our willingness and that of others to receive activates kindness, awakens what is dormant inside of us and quickens our capacity to thrive.

Mother Teresa once said, "We can cure physical diseases with medicine, but the only cure for loneliness, despair and hopelessness is love." With our willingness to gift one another with our full and authentic presence, all else is possible.

Marlaina Donato is an author and visionary composer. Connect at WildflowerLady.com.

Ask The Holistic Vet

Q: My 8-year-old chihuahua has been coughing a lot. I have been giving him Benadryl for allergies. Is there anything else that would help naturally?

A: That question is an example of how animals are different than people. The mast cell in the body initiates allergic responses. Mast cells release histamine during allergic reactions. People have these cells mainly in the respiratory tract, eyes and nose. Dogs and cats have the majority of these cells in their skin. When we have allergies, hay-fever like symptoms are the most common response. Our pets usually have more skin issues and itching. "You may be barking up the wrong tree" about giving Benadryl. I recommend a cardiac workup with bloodwork and x-rays. Many small breeds have a predilection for developing heart disease which can be caused by dental disease. Sometimes you can smell that something's not right. The same bacteria that grows in the mouth can move to the heart valves. That's why you should provide good dental care. And I hate to break it to you, the antihistamine might be causing more damage than you think. Some in the holistic professions have elaborated on the potential of long-term antihistamine use leading to cancer. Twice yearly checkups will keep you informed about your pet's health. Email us at: bfacstaff@gmail.com

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Fermenting for Foodies

PRESERVING FOOD AND TRADITIONS

by April Thompson



If fermented food is a trend, it's the oldest one on the planet. More and more people are rediscovering the time-honored foodways of fermentation to promote health, boost flavor and preserve the bounty of the seasons. "There is huge potential to use high-quality fermented foods to enhance our health and well-being," says Sandor Katz, a so-called "fermentation revivalist", in Liberty, Tennessee, and the author of several bestselling books on fermentation, including the newly released *Sandor Katz's Fermentation Journeys: Recipes, Techniques, and Traditions from Around the World*.

Katz caught the fermentation bug after moving from New York City to rural Tennessee in the 1990s and being faced with the "positive problem" of an overly plentiful garden to preserve. He's since wandered the globe teaching and learning about fermentation traditions, from Korea's spicy kimchi to Mexico's funky pineapple tepache drink.

Fermentation is defined as the chemical breakdown of a food by bacteria, yeasts or other microorganisms. An estimated one-third of all foods are fermented, including coffee, cured meats, cheese, condiments and chocolate. Pickles and yogurt are traditionally fermented through lactic acid bacteria, while beer and bread are typically fermented through yeast. Kombucha, an ancient tea drink, is made using a symbiotic culture of yeast and bacteria.

Pascal Baudar, a Los Angeles writer, instructor and self-proclaimed "culinary alchemist," turned to fermentation techniques to preserve the precious wild ingredients of the fleeting seasons. His books and workshops cover unusual

culinary territory, like fermented and aged vegan cheeses from acorns and "seaweed" made from fermented broadleaf plantain, a common weed, using methods he's studied and perfected. "I investigate new and lost flavors, and conserve them as gourmet foods through preservation," he says.

Fermentation with Benefits

Fermentation transforms the nutrients in food in several ways, Katz explains. In a process known as predigestion, it breaks macronutrients down into more digestible forms (think proteins turned into amino acids) and renders minerals more bio-available. Gluten, too, is broken down by fermentation, he says, as are potentially toxic compounds in foods such as cyanide and oxalic acid. The process also releases vitamins B and K and other micronutrients as metabolic byproducts.

Fermentation reduces the short-chain carbohydrates that are poorly absorbed in the small intestine and are prone to absorb water and ferment in the colon, causing gas and bloating. Found in wheat, beans and other foods, they can pose digestive problems for people with irritable bowel syndrome and other conditions, says Tayler Silfverduk, a registered dietitian nutritionist in Columbus, Ohio, specializing in celiac disease.

"The most profound nutritional benefit of fermentation is the live bacteria itself. You are ingesting a rich biodiversity of beneficial bacteria that can potentially improve immune function," says Katz, an AIDS survivor who considers fermentation an important part of his healing process.

No Starter Required

"There is nothing you can eat that can't be fermented, but the easiest and safest place to begin is with vegetables," which need no special equipment or a starter like sourdough, kefir or kombucha, says Katz. To make sauerkraut, for example, simply shred cabbage, lightly salt and season it, and submerge it in a jar under its own juices, "burping" it daily for a week to 10 days to release the fermentation gases.

Katz and Baudar both like to debunk myths that fermenting foods is difficult or dangerous. "You don't have to sterilize everything or have precise laboratory control conditions. People have been practicing fermentation for years, and they began before they knew bacteria was a thing. To the contrary, fermentation is a strategy for food safety," says Katz.

While yeast or mold can grow on the top layer that is exposed to oxygen, Katz says "a lot of sauerkraut is needlessly discarded. Most such growth is harmless and normal, and can be skimmed off the top."

Baudar, a University of California Master Food Preserver, has kept foods he's fermented for up to three years and only once encountered mold. "You need to work with the ferment," he says. "That means regularly burping it, then shaking or stirring to promote the acidity that prevents bad bacteria from taking hold."

"If it looks or tastes bad, throw it away," he adds. "Some of my early experiments tasted horrible, but I just took my failures as learning and kept experimenting. The more you understand the

fermentation process, the more you can play with it creatively and push the envelope."

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

Fermented Pickled Carrot Sticks

YIELD: 1 QUART-SIZE JAR OF PICKLES



- 2 sprigs fresh dill
- 1-2 cloves garlic
- 2 lb whole carrots
- 1 Tbsp sea salt
- 1-2 cups distilled water

Wash and peel the skins of the whole carrots. Cut the peeled and washed carrots into carrot sticks. Peel and finely slice the garlic cloves. Wash and dry 2 sprigs of dill.

In a wide-mouth, quart-size jar, pack in the carrot sticks. (Tilt the jar to locate more places to squeeze in the sticks.) Add in the sea salt, then the sliced garlic and sprigs of dill.

Cover the ingredients with distilled water (Be sure to leave about an inch of free space from the waterline to the opening of the jar.)

Place an airtight lid on the jar and let it sit for a week or until the carrots have reached desired taste. Make sure to burp the jar at least every two days while fermenting.

Once the carrot sticks have reached their desired taste, place the jar in the fridge for storage. Enjoy.

Notes: If using organic carrots, leave the skin on and just wash the carrots very well before chopping into snacking sticks.

When burping the jar, use this time to check on fermentation to make sure it's growing healthy. Look for bubbles on top of the water and along the water line. Seeing mold is a sign that good bacteria is struggling to start a culture and we may need to try again.

Courtesy of Tayler Silfverduk, registered dietitian nutritionist.





photo provided by Taylor Silverduk RDN

Curry Kraut

YIELD: 1 QUART

- 2 lb organic cabbage head
- 2 Tbsp sea salt
- ½ cup organic yellow onion, thinly sliced
- ½ cup shredded carrot
- 6 cloves garlic, minced
- 1 Tbsp fresh, grated ginger (1 Tbsp ground powder alternative)
- ½ Tbsp ground coriander
- ½ Tbsp ground cumin
- ½ tsp ground cayenne pepper
- ½ tsp ground turmeric
- ½ tsp curry powder
- ¼ tsp black pepper
- ¼ tsp cinnamon

First, rinse all of the produce. Then peel the outer layers off the cabbage, saving a couple of the cabbage leaves.

Cut the cabbage in half (through the core), then in half again, then core the cabbage by placing wedges up vertically on a cutting board with the core touching the board and holding it at the tip. Position the knife at the start of the core and slice downward, cutting off the hard portion.

Place the cabbage on a flat side and slice shreds to desired thickness (about ¼ inch). Start at the tip and work down.

Thinly slice the onion and then shred carrots using a cheese grater.

Place it all into one very large or two non-reactive bowls (not metal). Pour the spices on top. Massage the mixture of veggies and spices until a lot of brine has been created and the mixture has shrunk down to about half its original size.

Take the massaged veggies and spices, and start packing them into a 1-quart fermenting jar with an air-tight lid. (The packing will help bring the brine to the sur-

face.) After every scoop that's put into the jar, pack it down with a fist. Leave several inches at the top of the jar.

Fold up the saved cabbage leaves and put them on top of the cabbage in the jar. (Make sure the brine goes over the top of the cabbage leaves.) Place the weight—either a fermenting weight or rocks inside of a bag—on top of the cabbage leaves. Leave about 1 to 2 inches at the top of the jar.

Close the jar's lid and put it in some sort of basin (I use a casserole dish) to catch the brine that comes out. The brine will come out of the jar because the cabbage will swell during the fermentation process, and the basin will catch the brine instead of it spilling onto counters.

Notes: Over the next few days, the mixture will turn into curry kraut through a lacto fermentation process. Bubbles and the bright green cabbage will become yellow. How long to wait depends on the level of sourness desired and how warm the house is kept.

Check the curry kraut for taste. It's good to check after about three to five days to see if it's sour enough. It's also good to do a quick check for mold. It's likely a white, scummy-type substance will form at the top of the brine; this is okay and part of the process. It can be scraped off or left there.

When curry kraut reaches desired taste, take out the cabbage leaves and the weight, close the lid and put it in the fridge.

Make sure to start with a clean surface and utensils. Dirty supplies can mess with the bacteria in the fermentation.

Courtesy of Kyrie Luke, Healthfully Rooted Home.



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Vinagre de Piña (Mexican Pineapple Vinegar)



siriwan/AdobeStock.com

Pineapple vinegar, *vinagre de piña*, is delicious and super-acidic. Many Mexican recipes call for pineapple vinegar, although it can be used in place of any kind of vinegar. Since

this uses only the skin of the pineapple, we are eating the pineapple flesh. This recipe was inspired by a recipe in *The Cuisines of Mexico*, by Diana Kennedy.

YIELD: 2 CUPS/500 MILLILITERS

- 2 Tbsp sugar
- Peel of 1 pineapple (organic, because the skin is used; overripe fruits are fine)

Combine the sugar with 2 cups/500 milliliters of water in a jar or bowl. Stir to dissolve. Coarsely chop and add the pineapple peel. Use a small plate to weigh down the pineapple and keep it submerged. Cover with a cloth to keep flies out.

Ferment at room temperature. Stir daily while the pineapple peels are in it. Strain out the pineapple peels and discard after about one week when the liquid is darkening.

Ferment the liquid for an additional two to three weeks, stirring or agitating periodically. Bottle and enjoy.

From Sandor Katz's book, Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods (Chelsea Green Publishing, 2016).



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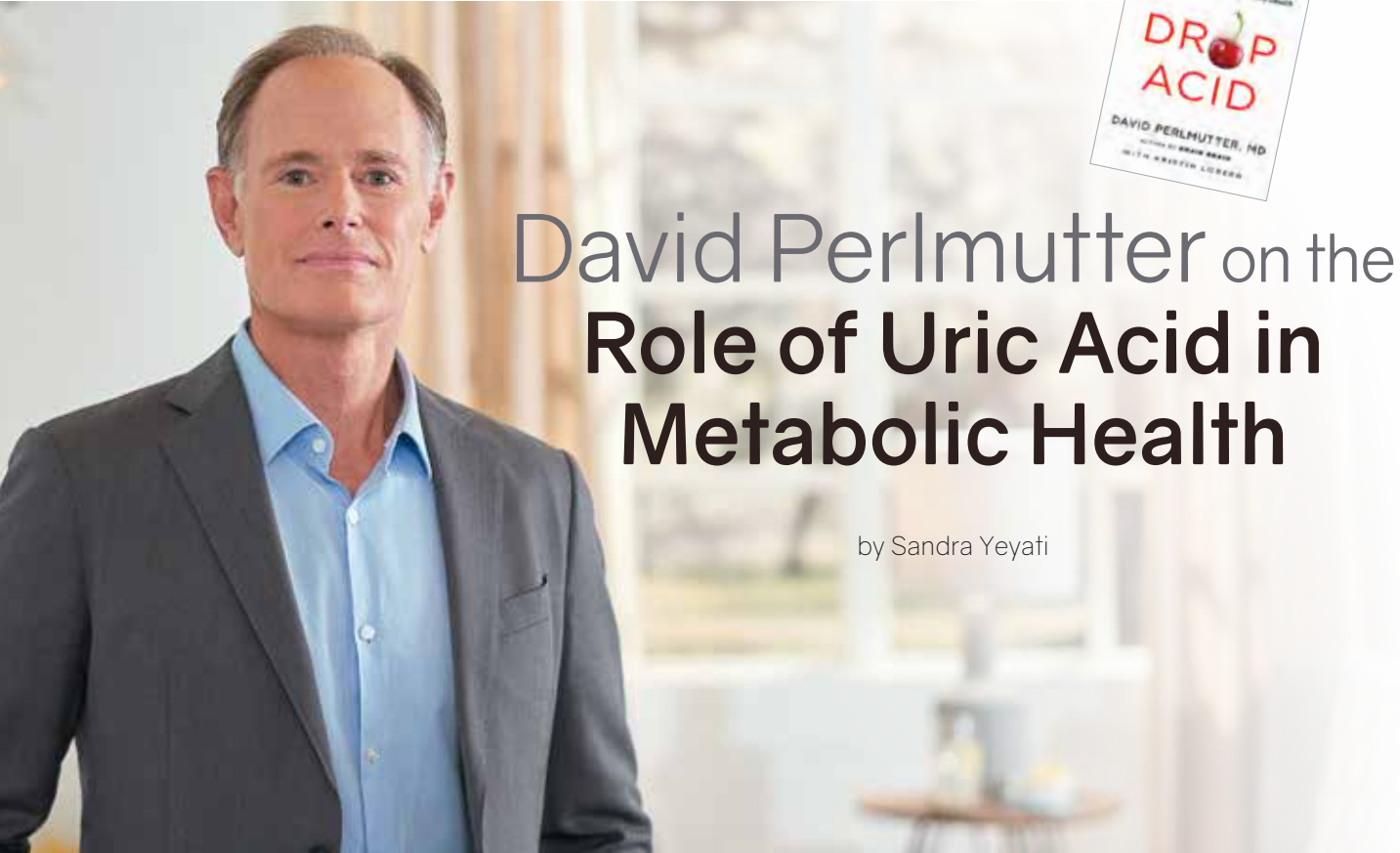
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David Perlmutter on the Role of Uric Acid in Metabolic Health

by Sandra Yeyati

photo by Peter Russell

Board-certified neurologist David Perlmutter, M.D., has written five *New York Times* bestsellers, including *Brain Wash*, *Grain Brain* and *Brain Maker*. His latest book is *Drop Acid: The Surprising New Science of Uric Acid—The Key to Losing Weight, Controlling Blood Sugar, and Achieving Extraordinary Health*. A recipient of the Linus Pauling Award for his innovative approaches to neurological disorders and the National Nutritional Foods Association Clinician of the Year award, he has appeared on *20/20*, *CNN*, *Fox News*, *The Today Show*, *Oprah* and *CBS This Morning*.

What is the most significant threat to our health and longevity today?

Metabolic issues like high blood pressure, increased body fat and high blood sugar are at the root of our most pervasive health challenges. According to the World Health Organization, the number one cause of death on planet Earth are chronic degenerative conditions like Alzheimer’s, coronary

artery disease, diabetes and cancer, all of which are fundamentally metabolic problems. Astoundingly, 88 percent of American adults have at least one component of what is called the metabolic syndrome, which means only 12 percent of Americans are metabolically healthy.

What is the basic premise of Drop Acid?

The book shows how uric acid elevation, previously thought of only in terms of gout, is the centerpiece for metabolic dysfunction and how you can easily bring your uric acid under control and regain metabolic health. You can test uric acid levels at your doctor’s office or with a home monitor that you can buy online, so this is a powerful new tool to help you be healthier.

What is the role of uric acid in our body?

Having elevated uric acid was a survival mechanism for our hunter/gatherer, Paleolithic and primate ancestors because it allowed their bodies to make more fat to

protect them during times of food scarcity. Today, high levels of uric acid are leading to elevated blood sugar, increased production and storage of fat, and high blood pressure. Everything we do that raises our uric acid puts us at risk for these profound metabolic threats to our health.

What foods and beverages should we reduce to control uric acid levels?

Alcohol, purines (the breakdown product of DNA and RNA in certain foods) and most importantly, fructose. In the 1900s, we consumed 10 to 15 grams of fructose per day, as opposed to over 70 grams today. The average American consumes 55 pounds of sugar each year. It’s absurd. High-fructose items like sodas, sauces and desserts are absolutely off the table, as is fruit juice, a powerful initiator of high uric acid. Fruit isn’t an issue. There may be five grams of fructose in an apple, and fruit contains vitamin C, which dramatically lowers uric acid, and fiber, which slows fructose release.

High-purine foods are organ meats, shellfish and small fish like anchovies and sardines. There are modest amounts of purines in red meat and chicken. I’m not saying these foods should be avoided; we want people to limit their consumption of chicken, fish and red meat to six ounces a day.

With alcohol, the big issues are hard liquor and beer. Beer contains a very concentrated source of purines because it’s made with brewer’s yeast. Though wine contains alcohol, it has polyphenols that help to reduce uric acid, possibly by nurturing the gut bacteria. Research demonstrates that a glass or two of wine is associated with either no change or a minimal decrease in uric acid. Coffee seems to lower uric acid.

Will these lifestyle choices really make a difference?

Patients are confronted with a mentality from marketing that you can do whatever the heck you want with your food and lifestyle, and then take a pill. I’ve been to dinner with diabetics who eat the *crème brûlée* then pop a pill. But pills don’t treat diabetes. They may lower blood sugar, but they won’t treat the underlying problem, which is that the body isn’t responding to insulin. The moment patients stop the drug, much to the joy of the drug maker, their blood sugars go right back up. You’ve only treated the smoke. You haven’t looked at the fire. This approach of lowering uric acid puts the fire out.

Are you hopeful that more people will make better lifestyle choices?

I see a bit of a trend where people are looking for more empowerment. They have greater access to data with wearable devices like continuous glucose monitors or an *Oura Ring* to tell you how you sleep. By better understanding moment-to-moment how our choices affect certain measurable factors, we’re slowly getting into the driver’s seat and becoming empowered to keep ourselves healthy.

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

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POWER UP YOUR WORKOUTS

A GUIDE TO PROTEIN POWDERS AND SHAKES

by Maya Whitman



Protein, from the Greek *proteios*, means “primary”, which sums up its vital role in the human body. Its structure of amino acids enables myriad bodily functions, from repairing and building tissues to creating biochemical reactions that form enzymes, hormones and neurotransmitters, and maintaining pH and fluid balances. When we fortify our diet with digestible, nutritionally dense, non-meat protein, we also amp up our fitness efforts, enhance immunity and offset premature aging. Whole-food and plant-based proteins like pea, quinoa and chia seeds are also strong allies against Type 2 diabetes, research shows.

The Protein Promise

Whipping up a protein drink before or after a workout can foster muscle and joint integrity, and it can nourish soft tissue after injury. “Protein is vital for muscle synthesis. An individual who exercises at a higher intensity should focus on getting more protein in their diet to aid in better recovery,” says Hannah Davis, a personal trainer and owner of Body By Hannah, in Cleveland, Tennessee. “Protein is also important in overall nutrition to better balance hormones that control hunger, blood sugar and mood.”

Dominic Kennedy, a Los Angeles trainer and the creator of The Dominic Effect health and fitness app, concurs. “Protein is considered a ‘macronutrient’, which means we typically need a large amount to stay healthy. Certain protein powders can be very healthy for you and help to build and repair tissue.”

The average daily protein requirement for adults is 50 to 70 grams, but can be higher during times of stress, injury, illness, pregnancy or breastfeeding.

Vegan fitness and nutrition coach Karina Inkster, in Powell River, British Columbia, gives a nod to protein shakes for their convenience, but advises, “Just make sure you’re not relying just on protein powder to hit your daily protein.” She highlights the importance of diet diversity with other protein sources like tofu, tempeh, legumes, nutritional yeast, nuts and seeds.

Choosing Nutrition, Nixing Added Sugar

Thirty years ago, heavily sweetened, incomplete protein powders seemed to be the only game in town. “Nowadays, we have countless plant-based options for protein powders—pea, rice, soy, hemp, pumpkin seed, quinoa ... the list goes on,” says Inkster. “I like to stick to the basics, as I have a lot of serious food allergies. I go with brown rice and/or pea protein. Single ingredients, no flavors and no sweeteners.”

For Kennedy, shakes and powders with sugar and dairy can contribute to bloating and store fat in the body, “which we need to work harder to burn off. I cannot stress the difference this has made in my body once I gave it up years ago. Not only do I look better physically, but most importantly, I feel better on the inside. Sugar is highly addictive and can also affect your mood.”

Davis prefers sourcing her protein requirements from whole foods, but recommends whey-based powders when her clients want a reliable power shake and can tolerate it well.

Protein-to-carbohydrate ratio is paramount, especially for those with weight-loss goals or blood sugar instability. Reading labels is important, especially when food intolerances are an issue. Kennedy recommends experimenting with various protein sources. “If you are using whey protein and having trouble digesting it, it may just be a lactose intolerance. Trying one that is plant-based could be a game-changer.”

Among Inkster’s clients, brown rice and pea protein powders score high for digestibility and assimilation.

Fortifying Additions

From antioxidant-rich pomegranate powder to blood-sugar-supportive monk fruit and adrenal- and thyroid-nourishing maca, nutritional extras abound. However, Inkster notes that supplemental products marketed as superfoods, including collagen, do not necessarily pack a powerful punch to an already nutrient-dense diet. “When we ingest collagen or a vegan alternative, this protein gets broken down into amino acids in the exact same way as any other protein we eat.”

Kennedy points to super-green and pomegranate powders as ways to help the body combat chronic disease. “It’s a great way to get more greens and vegetables and in turn, promote a healthy immune system. We could all use more of that.”

Davis reminds us that one person’s nutritional ally can be another’s bane. “Supplementation is very personal. I always encourage focusing on a whole foods diet that includes a lot of variety to create a micronutrient balance in the body and then experiment with some supplements to see how they may help.”

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

Guide to Protein Powders

Protein supplementation is an \$18 billion global industry, so sifting through options for our own lifestyle and constitution can be daunting. These descriptions of protein powder sources may help:

CHIA SEED: vegan and naturally gluten-free; heart-healthy, supports bone health and enhances insulin sensitivity; supports healthy weight loss due to fiber content; natural source of calcium (average protein percentage: 12 to 16 grams per scoop)

EGG WHITE: lowers risk of cardiovascular disease and lowers blood pressure; improves muscle repair; cholesterol-free (average protein percentage: 25 grams per scoop)

HEMP SEED: vegan and naturally gluten-free; easily digestible, nutrient-dense protein containing all essential amino acids; helpful in reducing inflammation and contains healthy fats and antioxidants (average protein percentage: 15 to 20 grams per scoop)

NON-GMO PEA: vegan and naturally gluten-free; builds muscle mass and improves tone; contains all essential amino acids; promotes satiety and a natural source of iron (average protein percentage: 20 to 25 grams per scoop)

ORGANIC BROWN RICE: vegan and naturally gluten-free; aids in muscle recovery, helps to burn fat (average protein percentage: 25 grams per scoop)

PUMPKIN SEED: vegan and naturally gluten-free; alkalizing and high in zinc; lowers risk of certain cancers and improves reproductive and intestinal health (average protein percentage: 22 to 35 grams per scoop)

WHEY (COW- OR GOAT-SOURCED): builds muscle mass via anabolic hormones like insulin; goat whey offers high nutrition and protein with fewer sensitivities than cow’s milk (average protein percentage: 25 to 30 grams per scoop)



Parents as Role Models

How to Help Kids Discover Positive Behaviors

by Sandra Yeyati

Like the familiar adage, “Monkey see, monkey do,” children learn habits, attitudes and values by observing and mimicking their parents. This phenomenon, known as modeling, is a double-edged sword. Sometimes parents unintentionally teach their kids by example to smoke, eat too much candy or bully people. On the other hand, with awareness, planning and strategic modifications, parents can use modeling to instill in their kids good habits, positive attitudes, healthy emotional intelligence and strong self-esteem.

“We parent what we know, very often on automatic mode,” says Debra MacDonald, a certified parenting educator at the Center for Parenting Education, in Abington, Pennsylvania. “How many times have you said, ‘I will never say that to my kids,’ and then fast-forward several years, those words are coming out of your mouth. Awareness is your first step.”

“Look at how you handle stress or express anger,” MacDonald suggests. “If you slam the table, break something and yell, that’s what you’re teaching your children to do when

they’re angry. To teach them constructive ways to express anger—like taking deep breaths or running around the block—you’ve got to employ those tools yourself.”

Actions speak louder than words. “To teach your child good values, you have to demonstrate them through your deeds. If you tell your child that they must always be on time for school, but you’re late for work every day, your child hears one thing, but sees another,” MacDonald explains, adding that kids are adept at sniffing out these inconsistencies.



Saying, “Eat your spinach,” while regularly gobbling ice cream won’t inspire desired results. When MacDonald’s son was young, she realized she wasn’t setting the right example at the dinner table. “Slowly, over time, I began to improve our family’s lifestyle choices, and now that he’s in college, he knows how to cook healthy meals, practice portion control and clean up after himself,” she boasts.

Tackling Childhood Anxiety Through Modeling

In his 2021 book, *Breaking Free of Child Anxiety and OCD*, Yale University Professor Eli Lebowitz offers a scientifically proven parental modeling program called Supportive Parenting for Anxious Childhood Emotions (SPACE). Although the goal is to treat a child’s anxiety, parents meet with a therapist and learn tools to modify their parenting approach in two ways: being more supportive and reducing accommodations.

On the support side, SPACE parents learn to show a genuine acceptance and understanding of their child’s distress and to communicate their confidence in the child’s ability to tolerate and cope with the anxiety. The support can be as simple as saying, “I get it. This is really hard. You’re upset, but I know you can handle this.”

“Supportive statements aren’t always intuitive for parents,” says Lebowitz, director of the program for anxiety disorders at the Yale Child Study Center. “Sometimes they don’t believe that their child is feeling anxiety. They might think that the child is being manipulative or attention-seeking. Or, when parents do believe that their child is anxious, they want to protect, soothe and reassure them, but by doing these things, parents aren’t communicating their belief that the child can handle it, which is critical to helping them overcome the anxiety.”

The second change that SPACE parents learn to make is to gradually and systematically reduce all the accommodations they have been making to help their child not feel anxious, such as sleeping beside a child that is afraid of being alone or not inviting company to the house to avoid upsetting a socially anxious kid.

“Research indicates that even though parents are trying to help, accommodations that rush to the rescue tend to maintain or worsen anxiety over time,” Lebowitz says. “I worked with parents of a child who had panic attacks at night and would say, ‘My heart is racing. I can’t breathe. I think I’m going to die.’ Feeling overwhelmed and scared, her parents would rush her to the hospital again and again, even after doctors assured them that she was healthy and didn’t need to come in. From the child’s perspective, when your parents rush you to the ER, that confirms that this is literally an emergency. You feel more worried and scared. When the parents were able to take a breath, give her a hug and say, ‘We know this is uncomfortable, but it’s going to pass, and you’re going to be okay,’ she began to learn that she didn’t need to be afraid of anxiety. She could handle it and didn’t need to avoid it.”

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



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calendar of events



WEDNESDAY, FEBRUARY 2

Crystal Lovers Group OKC – 7-8:30pm. Group is open to anyone who wants to learn more and get a deeper understanding and connection with healing crystals. Labyrinth Temple in OKC. Contact Melissa on Facebook at: Firefly Mystical Consulting.

SATURDAY, FEBRUARY 5

Innergistic Open House Event Broken Arrow – Noon-5pm. Celebrate Spirit and Innergistic by gathering with many of Innergistic’s practitioners to experience healing, tarot, psychic and mediumship services at discounted rates. This drop-in event is a great way to discover new modalities like reiki, sound, and spiritual healing. Readers are available for tarot, pet communication and mediumship readings. Come by and enter to win one of several door prizes. Free. Innergistic, 2401 S Elm Pl, Broken Arrow. 918-455-0102.

SATURDAY, FEBRUARY 19

International Dog Show OKC – 2/19-2/20. Sat 8:30am-6pm; Sun 8am-5pm. Cheer on your favorite breed. Sponsored by International All Breed Canine Association, or IABCA. This relaxed show offers a great opportunity for both fans and breeders to showcase and learn about their favorite dogs. Free. Oklahoma State Fair Park, 3001 General Pershing Blvd, OKC. 405-948-6700. Iabca.com.

FRIDAY, FEBRUARY 25

Indian Taco & Native American Arts and Crafts Sale OKC – 11am-7pm. Guests can feast on delicious Indian tacos or enjoy juicy Pow Wow burgers.

Enjoy browsing through the onsite Native American arts and crafts for sale after filling up with tasty Indian tacos. Free. Church of the Open Arms UCC, 3131 N Pennsylvania Ave, OKC. 405-923-1254.

Enlightened Buddhist Deities (Nurture Your Spiritual Self) Featuring Herb Propper karma JamYang PhunTsok, Ph.D. T.E.P. Broken Arrow – 4pm. Using spontaneous role-playing methods of psychodrama, participants will explore inner aspects of Tara and Avalokitasvara (Chenrezig). Using fully enlightened and compassionate energies, we examine parts of ourselves that support or block spiritual development, to strengthen support and reduce blocks. (Previous experience with Vajrayana Buddhism is not necessary.) Herb is a Board Certified International Trainer in Psychodrama and Group Psychotherapy, Vermont State Colleges Emeritus Professor, ordained monk in the Tibetan Karma Kagyu lineage, co-director and trainer for the Oklahoma and Houston Psychodrama Institutes. Free. Donations accepted. Innergistic, 2401 S Elm Pl, Broken Arrow. 918-455-0102.

SATURDAY, FEBRUARY 26

1-Day Cosmic Energy Activation – Awaken & Embody your Divine Power & Strength, New-castle – 1-8pm. Deep shadow work nearing completion? Ready to activate energies for what’s next on your path? Complete womb healing, align energy centers, connect to ancestors & activate solar star energies. Join Sacred Pillars for special Lucia Light Activation (not available anywhere else in central OK), 2-hr Ceremonial Breathwork, Cacao, Fire Releasing Ceremony, Chakra Alignment. Limited spots. Sign up at SacredPillars.Church/Calendar.

classifieds

\$30 for up to 30 words, then \$1 extra per word. Email content to Publisher@NAOklahoma.com. Classifieds deadline is the 10th.

FOOD

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

OPPORTUNITIES

NOW HIRING VETERINARIANS AND ANIMAL ASSISTANTS – Business is good, thanks to our ad in *Natural Awakenings* magazine. Holistic Pet Care, 3001 Tinker Diagonal St, OKC, and Best Friends Animal Clinic, 1313 N Harrison Ave, Shawnee, are looking to hire veterinarians and animal assistants. Call 405-605-6675 or 405-275-9355.

WORK-FROM-HOME BUSINESS – Are you green-minded? Want to work from home in the health & wellness industry? Start your own business with us: no risk, full training and unlimited income potential. Non-MLM. Must have access to a computer. More information at WorkFromHomeAndLoveIt.com.

PRODUCTS

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

GET \$100 IN FREE PRODUCTS! Join a great health & wellness shopping club. Save money and get healthy, safe and affordable products. They will give you \$100 in FREE products because they know you will keep coming back for more. Visit the website 100LiveTotalWellness.com.

SERVICES

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WEIGHT LOSS

ONLY 5 SPACES AVAILABLE – Hypnosis for weight loss. I am looking for 5 ladies to lose weight with me, using cutting-edge, life-affirming hypnosis. In person or over zoom. Sessions will be half-priced, must be prepaid and must be ready to commit. Schedule ASAP. Call 918-805-0546. More info at GetHappyHypnosis.com.

ongoing events

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various

NAMI Family Support Groups Statewide – Many day choices. Free, virtual, confidential and safe group meetings for families helping other families who live with mental health challenges. Family members can achieve a renewed sense of hope for their loved one who has mental illness, ranging from ADHD to schizophrenia. Free. NamiOklahoma.org/local-affiliates.

Oklahoma Contemporary Arts Center OKC – Daily exhibitions, performances and public programming, focusing on living artists, the art of now and the art of what’s next. Free. Oklahoma Contemporary Arts Center, 11 NW 11th St, OKC. 405-951-0000. OklahomaContemporary.org.

sunday

A Course in Miracles Tulsa – 9:15-10:15am. Come join the class and be inspired. A Course In Miracles (ACIM) is a widely revered, fairly recent spiritual text. Simply put, it teaches readers to replace fear with love. The class is taught by Chris Myers-Baker with 40+ years of teaching the course. Free. Unity of Tulsa Midtown, 3355 S Jamestown Ave. TulsaUnity.com.

monday

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

wednesday

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

Children’s Book Reading with Miss Georgia OKC – 10am. Bring your toddler for story time with Miss Georgia. Books are nature-themed and selected based on the season. Children will enjoy creating a small craft after the story. Best for ages 2-5. Siblings are always welcome. Free. Myriad Botanical Gardens, Crystal Bridge Lobby, 301 W Reno, OKC. 405-445-7080. MyriadGardens.org.

PLANS CHANGE CALL AHEAD

First Friday Art Crawl Tulsa – 6-9pm. 1st Fri. Visitors can explore artwork inside galleries, studios and museums and catch a few live music performances or even an exciting fireworks display. As an added bonus, art crawlers can take advantage of free museum and gallery admission while shopping later than normal business hours would allow. Free. Northern section of downtown. 918-492-7477. TheTulsaArtsDistrict.org.

Norman Art Walk 2nd Friday – 6-9pm. 2nd Fri. Norman Arts Council is excited to announce the return of in-person 2nd Friday Art Walks. Free. Downtown Norman. 405-360-1162. 2ndFridayNorman.com.

LIVE! on the Plaza 2nd Friday OKC – 6-10pm. 2nd Fri. Plaza District’s free, monthly artwalk, featuring art shows, live entertainment, great food and local shopping. Free. Plaza District: NW 16th St between N Blackwelder Ave and N Pennsylvania Ave, OKC. 405-578-5718. PlazaDistrict.org.

saturday

Saturday Morning Birding Tulsa – 8-9:45am. 1st Sat. Birding at Oxley. All skill levels are welcome. Binoculars are recommended. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

Story Time at Full Circle Bookstore OKC – 10:15am. Weekly morning story time with occasional special guests. For ages 10 & under. Space is limited so guests can maintain social distancing. Come visit friends at Full Circle Bookstore. 1900 NW Expressway, OKC. 405-842-2900. FullCircleBooks.com.

Explore the Flora Tulsa – 10:30am-noon. 4th Sat. Come out and explore the beautiful Oxley flora. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

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TulsaUnity.com




Unity is a positive, practical approach to Christianity based on the teachings of Jesus and the power of prayer. Unity honors the universal truths in all religions and respects each individual's right to choose a spiritual path. Services are held each week on Sundays at 10:30am.

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UnityChurch.org



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H2OasisFloatCenter.com



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Quantum healing sessions include reiki, sound alchemy and chakra clearings. Shamanic services include illuminations, destiny retrievals and past life regressions. We also offer mediumship and tarot/oracle readings. We are a full-service metaphysical store and school offering many classes to help guide those on their spiritual journeys. *See ad, Body Works page 2.*

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SchoolNaturalMedicine.com



The School of Natural Medicine offers many different programs starting with our massage therapy program that is owner-financed and maintains a low student to teacher ratio for a very high first-time pass rate at the national exams. We also offer a two-year acupuncture training program and an eight-week master herbalist program. Visit our website or call for more information. Massage Therapy classes starting soon. *See ad, Body Works page 2.*

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We're "a different kind of church." Our non-denominational spiritual community empowers people on their divine path through plant medicine ceremonies, compassionate support circles, sacred microdose coaching and holistic healing events. *See ad, page 13.*

QIGONG

QIGONG OF TULSA
Tom Bowman, CQI, CQP
5800 S Lewis Ave, Suite 139, Tulsa
918-855-4222 • QigongOfTulsa.com



Qigong of Tulsa is a wellness center specializing in Clinical Qigong treatments and Qigong exercise training. Certified by the National Qigong Association as a Clinical Qigong Practitioner and an Advanced Qigong Instructor with over 20 years of experience. Training includes exercises, meditation and self-treatment techniques. Clinical practice includes energy work, cupping, acupressure and more. Email Tom@QigongOfTulsa.com. *See ad, Body Works page 2.*

REAL ESTATE

EDWARD OLIVER
Keller Williams Elite Realtor
405-234-6110
EdOliver6110@gmail.com



Let me help you buy, sell or invest in a beautiful home for yourself and your family. Each office is independently owned and operated. *See ad, page 11.*

REIKI

CARI REIF, LAP, RMT, CHHC
918-401-0377
TulsaHealing.com



Reiki Master, Life Activation, Health Ninja. Reiki is a form of energy healing through a nonphysical and invisible universal energy that vibrates at a level higher than personal energy and can help alleviate suffering, whether it be of a physical, emotional, mental or spiritual nature. *See ad, Body Works page 2.*

coming in march issue

Food & Nutrition



natural
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THOMAS ACADEMY
Shifu Thomas
4775 S Harvard Ave, Ste C, Tulsa
918-664-9191
ThomasAcademy.com



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

VETERINARIAN - HOLISTIC

HEALING HANDS VET
Kimberley Weiss, DVM
1916 NW 39th St, OKC
405-525-2255
HealingHandsVetCenter.com



Offering holistic pet care including chiropractic, acupuncture and essential oils. Care for your pet begins in a kid-friendly, comfortable and calm setting. Offering integrative medicine along with conventional methods. *See ad, page 9.*

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



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

WELLNESS CENTER

AZALEA HOUSE OF HEALING
56 Expressway PI
5601 NW 72nd St, #106, OKC
405-905-2772 • AzaleaHealing.com



In the Victorian flower language, the azalea represents the message "take care of yourself". At Azalea House of Healing, our mission is to help Take Care of You through the power of holistic wellness. We offer massage, counseling, yoga, tai chi, reiki and other modalities to assist with your self-care. *See ad, Body Works page 2.*

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



We are a wellness center for holistic seekers & practitioners to come together and heal the mind, body and spirit. We offer a variety of services including energy & body work, shamanic healing, breathwork & sacred sound, spiritual life advising and many other holistic wellness services. *See ad, page 23.*

EAST WINDS WELL BEING CENTER
Sarah Cochran
Norman, OK
405-443-3774
EastWinds@mail.com



It is our vision to bring individuals into a better state of personal existence. East Winds Well Being Center is a startup venture seeking investment to co-create our modern healing facility. Our e-commerce shop offers mindful materials to support our endeavor. If you are interested in co-creating with us, please contact us at EastWinds@mail.com Let the winds of change enlighten your life.

WOMEN'S HEALTH

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



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

YOGA

YOGAQUEST
Dee Day
3325 E 31st St, Tulsa
918-622-5454
TulsaYogaQuest.com



Add yoga to your fitness routine now. Reach your performance potential. Increase your flexibility so you bend, not break. Improve your lung capacity and elasticity to increase energy. Recover quicker. Get a free body assessment and a free class. *See ad, Body Works page 2.*

Nature's Virus Killer

Copper can stop a cold before it starts

By Doug Cornell

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria in the nose and on the skin.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about microbes, but now we do.

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

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The

cold never got going. That was September 2012. I use copper in the nose every time and I have not had a single cold since then."



New device puts copper right where you need it.

the same thing, so he patented CopperZap® and put it on the market.

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

Early user Mary Pickrell said, "I can't believe how good my nose feels."

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

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Frequent flier Karen Gauci had been suffering after crowded flights. Though skeptical, she tried copper on travel days for 2 months. "Sixteen flights and

not a sniffle!" she exclaimed.

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

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

A man with trouble breathing through his nose at night tried copper just before bed. "Best sleep I've had in years!" he said.

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

Dr. Bill Keevil led one of the teams confirming the research. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

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



Dr. Bill Keevil: Copper quickly kills cold viruses.

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

The EPA says copper still works even when tarnished.

CopperZap is made in the U.S. of pure

copper. It has a 90-day full money back guarantee. It is available for \$79.95. Get \$10 off each CopperZap with code **NATA26**.

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

Buy once, use forever.

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

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