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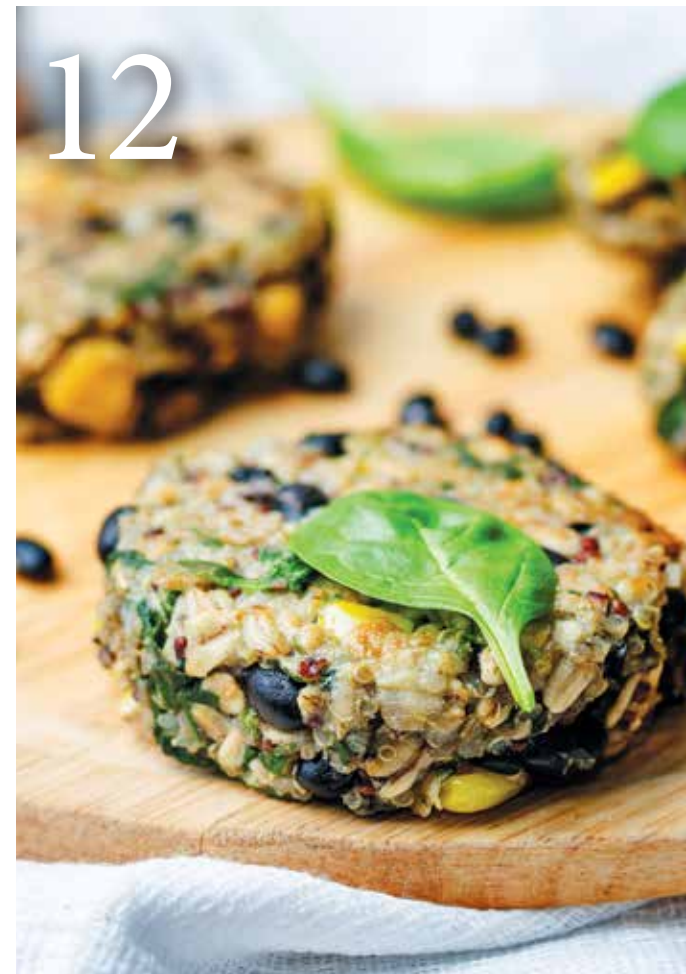
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# 12



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### letter from publisher



Mark and Shanna Warner

### Simple Is Better

Simple is better. I remembered this recently when I ate a carrot. Life is so busy for all of us that we often scarf down some nutrition as we are running out the door to the next big thing. When you take the time to sit down, be still and truly enjoy the moment, then the moment will reveal all sorts of wonderful things to you.

Especially if you are outside. In the simplicity of sitting on my back porch, sipping a cup of tea or snacking on veggies, the moment reveals the rustlings of little creatures, the swaying of branches

as the wind breezes by, the deep flavor of sustenance that touches my tongue and even the sound of my own heartbeat. Ah, simple truly is better.

The next few months will show this in some glorious ways. Spring is upon us, and with it, the deliciousness and bounty of the Earth will be on full display. Fresh local produce will soon be available, and even the staunchest meat-atarians cannot refuse some fresh corn, salad greens or carrots plucked right from the garden.

When I was growing up on a little farm down in Latimer County, we had a garden. Everyone did. Yes, we had to deal with our fair share of loss from the critters that also loved the veggies, but there was more than enough to go around. My grandmother, Vera Viola, taught me the joys of a sun-warmed tomato picked and eaten right from the vine. She kept a salt shaker nearby the garden gate just for this reason.

And when it came time to cook the veggies (those we didn't eat raw), the simplest method was usually the best—sautéing, steaming, mashing, roasting. Then just a pat of butter and a sprinkle of salt and black pepper. Occasionally a shot of some hot pepper vinegar (my dad's specialty) was added or even a sprinkle of cheese.

I do not live on a farm anymore, but I can step outside and create the flavors that take me right back to farm-fresh cooking, on my rocket stove. Yes, a rocket stove. Mark and I made it out of some extra bricks we had around the house. And we have an abundance of twigs from the trees in our yard. That's all it takes to fire up the rocket stove. (You can find instructions to build one on YouTube. It's easy, fun and inexpensive.)

When the fresh local veggies are in season, we make simple sautés outside. Our usual mixture is mushrooms, potatoes and onions. Just a bit of butter and a sprinkle of salt and black pepper. Delicious! Soon, when the new green onions are in season and the fresh herbs in my herb garden return, our outdoor cooking adventures will be even tastier.

Simple flavors, simply cooked, remind me how important it is to sit down and truly taste the moment. Get outside, build a rocket stove, visit a local farm or market for local produce, and get cooking! While you are at it, listen for the rustlings of creatures in the grass, birds in the trees, the spring breeze as it blows by, and I guarantee your simple meal will be even tastier than you can imagine.

With love and veggies,

*Shanna*

Shanna Warner



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## Take Vinegar to Lower the Blues

Depression relief may be as close as the vinegar bottle on the kitchen shelf, according to a new study from Arizona State University involving 25 healthy college students divided into two groups. Fourteen drank two tablespoons of Bragg's apple cider vinegar diluted in one cup of water twice daily with meals, while 11 students consumed a vinegar tablet that contained 1/100 as much vinegar twice daily. After four weeks, using psychological tests and urine samples, the researchers found a 20 to 34 percent reduction in self-reported depression scores from the test group compared to slight increases in depression in the control group. Several metabolic alterations were found consistent with improved mood, including enzymatic dysfunction in the hexosamine pathway, as well as significant increases in glycine, serine and threonine metabolism. "With over 40 percent of college students self-reporting moderate-to-severe depression—a 77 percent increase over the past decade—simple and safe strategies that effectively reduce depression in this population are urgently needed," the authors write.



After 15 days, fatigue was significantly reduced in both herbal groups, while individuals receiving only conventional care did not experience a noticeable relief in fatigue.

## Try Lavender and Valerian to Reduce Fatigue

Fatigue that hampers daily activities is a major symptom of heart failure, the leading cause of U.S. hospitalization for people over 65. To explore inexpensive and accessible herbal treatments, researchers at the Aja University of Medical Sciences, in Tehran, Iran, divided 120 heart-failure patients into three groups: one received aromatherapy, breathing in lavender essence every day; another took 530 milligram capsules of valerian root extract daily; and the third group had conventional medical therapy with no herbal sup-



## Drink Coffee and Tea to Reduce Dementia and Stroke Risk

There's good news for coffee and tea drinkers in recent research: consuming two to three cups a day of each beverage has been found to significantly lower the risk of stroke by 32 percent and of dementia by 28 percent compared to abstainers. Researchers from Tianjin Medical University, in China, analyzed a databank of 365,682 UK residents between 50 and 74 years of age that reported their coffee and tea consumption over 11 years and found that drinking both beverages in the course of a day correlates with a lower risk of stroke and dementia compared to drinking either one exclusively. Also, drinking three to six cups of coffee alone or in combination with tea was associated with a lower risk of post-stroke dementia. "Coffee and tea are distinct beverages with both overlapping and different contents. One potential mechanism may be related to the combined protective role of the different antioxidants and other biological contents in these two beverages," the study concluded.

## Eat Alpha Lipoic Acid-Rich Foods to Live Longer

A high dietary intake of foods containing alpha lipoic acid (ALA), a plant-based amino acid essential to the body's metabolism, is associated with a 10 percent lower risk of death from all causes, an 8 percent lower risk of cardiovascular disease death and an 11 percent lower risk of coronary heart disease, reports a new study in *The BMJ*, a peer-reviewed medical trade journal published by the British Medical Association. An international team of researchers conducted a meta-analysis of 41 studies involving 1,197,564 participants that were followed for up to 32 years. They found that each additional gram per day of ALA (equivalent to one tablespoon of canola oil or a half-ounce of walnuts) was linked to a 5 percent lower risk of cardiovascular disease death. "A higher intake of ALA, however, was associated with a slightly higher risk of cancer mortality," the researchers wrote. ALA is found in nuts, soybeans, canola oil, flaxseed, chia seeds and other food sources such as avocados, dairy products, navy beans and oatmeal.



## Run 10 Minutes for a Brain Boost

Exercise is used by people of all ages to elevate a sluggish mood, and new research shows that a mere 10 minutes of moderate-intensity running also boosts cognitive function. In tests with 26 subjects, researchers from the University of Tsukuba, in Japan, found that a short burst of running improved the set of cognitive processes involved in planning, organizing and self-control by increasing blood flow to the bilateral prefrontal cortex. "Given that running is a whole-body locomotive exercise, it may confer more mental health benefits compared to other forms of exercise such as cycling," says study author Hideaki Soya, Ph.D.





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Shell Game

Genetically Modified Organisms (GMO)  
Now Labeled as Bioengineered (BE)



As part of a process begun in 2018, the U.S. Department of Agriculture labeling rule for food products altered at the genetic level was finalized and implemented on January 1 to uphold the integrity of labeling claims and increase marketplace transparency. Bioengineered food is defined as containing detectable genetic material modified by *in vitro* recombinant deoxyribonucleic acid techniques that could not have been modified through conventional breeding or found in nature. Crops include alfalfa, apples, canola, corn, cotton, eggplant, papaya, pineapple, potato, salmon, soybean, squash and sugar beets, and will be updated annually. The rule also applies to food products regulated by the U.S. Food and Drug Administration under the Food, Drug and Cosmetic Act. Food labels must disclose that the food is bioengineered or contains a bioengineered food ingredient. Exemptions include small food manufacturers with annual sales of less than \$2.5 million; food served in restaurants, delicatessens, food trucks, trains and airplanes; and products that contain an unavoidable or accidental presence of a bioengineered substance of up to 5 percent per each ingredient in the final product. Activist groups agree that extensive consumer education is required to avoid confusion.



grid. They are structurally similar to houses built on land, but instead of a basement, they have a concrete hull counterweight that keeps them stable. In the Netherlands, the structures are often prefabricated, square-shaped, three-story townhouses built offsite with conventional materials like timber, steel and glass. For cities facing worsening floods and a shortage of buildable land, floating homes are one potential blueprint for how to expand urban housing in the age of climate change. These floating communities are inspiring projects in flood-prone countries such as French Polynesia and the Maldives. Siti Boelen, a Dutch television producer, says, “We feel safer in a storm because we are floating. I think it’s kind of strange that building on water is not a priority worldwide.”

Spiritual Awakening

People of Faith Find Deep  
Connection to the Environment

Most of the world’s organized religious sects contain a doctrine or reference to preserving the environment. Abrahamic religions view humans as stewards that have a unique responsibility to care for the planet. Other faiths like Buddhism, Hinduism and many Indigenous traditions believe that while people need to take care of the planet, they are just one part of the larger ecosystem. The creation stories in Genesis call upon humans to be caretakers of creation and tenders of the garden. Nona Siegel grew up in Montana, where she became aware of several mining projects. She notes that one of Judaism’s core beliefs is that the land belongs to the divine, and cites the Jewish ideal of *tikkun olam*, which means healing the world. Tempe, Arizona, Community Christian Church pastor Doug Bland, wearing a cardboard box painted brown, invites people to confess their ecological sins in a ritual he calls “ecofessionals”. Some participants say they fly too much on airplanes. Others say they don’t appreciate the environment enough. He is the executive director for Arizona Interfaith Power and Light, an organization that works to bring a spiritual response to the climate crisis with about 100 congregations of churches, mosques and synagogues. It’s one of 40 chapters nationwide calling for faith leaders and communities to get involved.



Spawning Saga

Flip Side of Melting Glaciers May Benefit Salmon



More than 300 melting glaciers between British Columbia and Alaska have the potential to create 3,800 miles of new salmon habitat by 2100, according to a study by a team of scientists modeling glacier retreat in the Pacific mountain region of North America at Simon Fraser University, in Canada, published in the journal *Nature Communications*. Co-author ecologist Jonathan Moore says, “This showcases how climate change is fundamentally transforming ecosystems; what is now under ice is becoming a brand-new river.” The team looked for glaciers situated at the headwaters of rivers that had the potential to carve out new streams as they melt. The qualifying streams would connect to the ocean, where salmon spend most of their lives, but without steep inclines. The models showed that some new streams could yield increases as high as 27 percent in salmon-accessible habitats. Lead author and spatial analyst Kara Pitman notes, “Once conditions stabilize in the newly formed streams, salmon can colonize these areas quite quickly. It’s a common misconception that all salmon return home to the streams they were born in. Most do, but some individuals will stray, migrating into new streams to spawn, and if conditions are favorable, the population can increase rapidly.” As the glaciers continue to thaw, that land might become available for mining, but knowing where the streams will appear can help direct conservation plans.

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“No matter how chaotic it is, wildflowers will still spring up in the middle of nowhere.”  
~Sheryl Crow

Floating Families

Sustainably Coping with Sea Level Rise

In the coastal nation of the Netherlands, mostly built on reclaimed land—a third of which is below sea level—Amsterdam has around 3,000 registered houseboats on canals. A Rotterdam city official states, “Instead of seeing water just as an enemy, we see it as an opportunity.” The newest innovation, a floating house, can be constructed on any shoreline and is able to cope with rising seas or rain-induced floods by floating. Unlike houseboats, Dutch floating homes are fixed to the shore on steel poles, connected to the local sewer system and power

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## eco tip

# The 411 on Styrofoam

Why We Should Just Say No



Because it is heat-resistant, extremely lightweight and relatively sturdy, Styrofoam is commonly used for takeout food and beverage containers, egg cartons, craft materials, home insulation and product packaging. The harm it causes to human health and the planet outweighs its convenience, however, and a growing number of cities in Asia, Europe and the U.S. have banned its use, including Minneapolis, Portland, Seattle, San Francisco, New York City and Washington, D.C.

The word Styrofoam, which stands for a polystyrene plastic foam made from nonrenewable crude oil, is actually a trademark owned by the Dow Chemical Company in more than 90 countries. Despite city restrictions and growing concern over its safety, 3 million tons of it is produced every year in the U.S.

ally a trademark owned by the Dow Chemical Company in more than 90 countries. Despite city restrictions and growing concern over its safety, 3 million tons of it is produced every year in the U.S.

**Human Health Risks** Two known toxins—benzene and styrene—are released during the manufacture of this puffed, #6 plastic. The toxins are also released whenever it is subjected to heat—by contact with a hot beverage or in the microwave, for example. In a 1986 U.S. Environmental Protection Agency (EPA) study, styrene was detected in the fatty tissue of every man, woman and child tested. The tens of thousands of people that live and work in environments with high concentrations of styrene have higher instances of cancer, neurological issues, headaches, depression and fatigue, while chronic exposure to benzene is believed to cause blood disorders, negative reproductive effects and increased incidence of leukemia.

**Environmental Impacts** The manufacturing process of polystyrene was rated as the fifth-largest source of hazardous waste by a 1986 EPA report. It is estimated that 680 pounds of greenhouse gas are emitted to produce 10,000 plastic foam cups. Styrofoam is virtually non-biodegradable, and only 1 percent of it is recycled. Approximately 2.3 million tons end up in landfills every year, releasing toxins into the air and breaking into smaller particles that make their way into waterways, polluting the human drinking supply and posing great risk to marine life that ingests microplastics.

**Better Alternatives** It is best to avoid using Styrofoam altogether, opting instead for plant-based, stainless steel, ceramic or glass containers to carry food and beverages. Choose manufacturers and shipping companies that use biodegradable packing materials instead of foam. At the grocery store, purchase eggs in paperboard cartons and get fresh cuts of meat from the butcher rather than those packed in foam trays. At home, select Earth-friendly insulation and steer clear of foam-based craft supplies.



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# Plant-Based Foods Go Mainstream

## Healthy Eating Gets Easier with Innovations

by Carrie Jackson



Plant-based eating has seen an explosion in the past few years as consumers become increasingly aware of how their food choices impact their health and the environment and align with their ethics. According to market research firm SPINS, plant-based eating is now a \$7 billion market in the U.S., with \$1.4 billion represented by plant-based meat. Consumers can now expect to see veggie burgers at the ballpark, vegan dairy at the cafe, tuna substitutes in every grocery store and a plant-based entrée at Michelin-starred restaurants.

Whether vegetarian, vegan or flexitarian, almost 40 percent of Americans are shifting to a plant-based diet, according to a 2018

Nielsen report. While a plant-based diet supplies essential nutrients and reduces the risk for some cancers, consumers now rank the health of the planet as their number one concern, overtaking personal health, which has been the top priority in recent years, according to market researcher Innova Market Insights. Such an eating regimen can lead to a more sustainable use of resources, combat climate change and help preserve biodiversity. According to a University of Illinois study published in the journal *Nature Food*, animal agriculture is responsible for 57 percent of global greenhouse gas emissions from food production, which accounts for 35 percent of all greenhouse gas emissions.

### Plant-Based Companies Align with Values

Elysabeth Alfano, the founder of Plant Powered Consulting, sees a plant-based diet becoming a lifestyle as consumers demand a broader range of options. “It’s becoming increasingly normal to find plant-based foods and meat alternatives in every grocery store. Oat yogurt, seafood alternatives and vegan honey are now mainstream. People are seeing how inefficient and harmful meat production is and are making the connection between saving the environment and their lifestyle choices,” she says.

Alfano is also the co-founder and CEO of VegTech Invest, an investment management firm that is the first global exchange-traded fund of plant-based companies; it launched January 4

on the New York Stock Exchange, comprising 37 publicly traded companies actively innovating with plants and plant-derived ingredients, and producing products that are animal-free. “We believe that today’s investors want a more resource-efficient, climate-friendly and cruelty-free food and materials supply system, and want to invest their dollars in the same,” says Alfano.

### Dairy and Seafood Alternatives Abound

In the grocery store, it’s never been easier to shop for plant-based options. Companies are getting creative and optimizing products that stand on their own merits, instead of just mimicking meat, fish and dairy. With alternatives such as oat, almond and even potato milk touting sustainable credentials, as well as a creamy texture, plant-based dairy is having a surge.

Sales in the plant-based seafood sector grew 23 percent from 2019 to 2020 according to market data from The Good Food Institute. Nestlé recently launched Vuna, a vegan tuna alternative made of pea protein, wheat gluten, rapeseed oil, salt and a flavor blend, and other companies are jumping on board as consumers are becoming more aware of the seafood industry’s environmental problems, particularly overfishing. While a handful are specializing in proteins derived from fermentation and others are developing lab-grown seafood, most are focusing on plant-based products. Due to their fibrous consistency, jackfruit

and yam root are ideal fish alternatives for fillets and sticks. Vegan fish stock, as well as plant-based scampi and king prawns, can be found in vegan grocery stores and such online shops as *ShopVejii.com* and *GTFOLtsVegan.com*.

### Mushrooms Become a Plant-Based Superfood

Mushrooms are having a heyday due to their versatility, and companies are harnessing them as a source of fiber, protein and antioxidants. *Meati.com* is a Boulder-based startup that uses mycelium, the root structure of mushrooms, to create a whole-cut product that offers the protein of animal meat with the nutrients

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of fungi. “We believe that systemic change can start with people replacing animal meat even a couple of times a week. Eating Meati chicken or steak shouldn’t feel like a huge departure from animal products, and the nutrition offered is superior to any food out there,” says Christina Ra, vice president of marketing and communications. “People can enjoy eating Meati and feel great about how they’re nourishing their bodies.”

With \$50 million in recent venture capital funding, the company is building an 80,000-square-foot production facility and plans to start selling its substitute chicken and beef in national markets later this year.

Meati has drawn on ancient, natural processes to grow clean, sustainable sources of nutrition. “Mycelium is an infinite, self-replenishing food source. Made from a closed-loop system, Meati uses less than 1 percent of the water and land needed for animal meat production,” says Ra. The company grows and harvests the mycelium indoors in stainless steel fermentation tanks using only water, sugar and nutrients. Unlike the animal agriculture industry, no antibiotics, growth hormones or pesticides are used.

### Vegan Coaching and Delivery Make It Easy

For people that aren’t ready to experiment with plant-based cooking themselves, vegan and vegetarian meal-delivery services are popping up. One such program is *Plantable.com*, founded by Nadja Pinnavaia and designed to give clients the tools to transition into a plant-based lifestyle. Customers sign up online for either a seven- or 28-day program that includes daily shipped meals, one-on-one counseling through phone calls and texts, and lifestyle recommendations to form new habits. “Our goal is to make plant-based eating so tasty and effortless that it becomes a way of life,” Pinnavaia explains.

She says the idea behind Plantable, which is based in New York, but will ship anywhere in the country, is to make plant-based eating less of a barrier for people. “Most of our clients are either looking to kickstart a new lifestyle and don’t know how to begin, or they are busy and want the ease of prepared meals made from scratch with real, clean ingredients. Our menu is a whole-food, plant-based way of eating that is filled with fiber and packed with nutrients. We focus on legumes, tofu and nuts as sources of protein,” she says.

Pinnavaia, who holds a Ph.D. in quantum chemistry, became interested in food and nutrition after having too many family members diagnosed with cancers. Since launching Plantable in 2016, she has observed more clients coming in on their doctor’s recommendation. “We’re seeing a shift towards more consumer-driven health care, where doctors are understanding that meal planning and nutrition are critical to overall health. The community in general is also taking more ownership of their own health and gaining more knowledge of the benefits of a plant-based diet,” she says.

### Eating Out Gets Healthier

For people dining out, there is no shortage of plant-based options, and that goes beyond a salad and fries. Eleven Madison Park, in

New York City, is the first vegan restaurant to receive a Michelin star. Even fast-food chains are getting on board, with McDonald’s introducing the McPlant burger and KFC debuting a Beyond Chicken made of soy and wheat.

Joe Hehl, the founder of Dragged Through the Garden, a Chicago-based company that consults with restaurants and breweries looking to expand vegan options, has seen an uptick in interest. “Adding a plant-based option or two on the menu can absolutely set some new eyes on a restaurant’s operation. Now this place will show up in searches for ‘restaurants with vegan options’ and appeal to an audience who potentially wouldn’t have eaten there otherwise. Plus, it’s not super-costly on the bottom line,” he explains.

He adds that the availability of meat substitutes on a menu, such as an Impossible Burger, makes it easy for people trying to cut down on their meat intake. “Mainstream substitutes are a little more accessible than something like a bowl of quinoa to someone who is not vegan. This new era of plant-based burgers offers an alternative for those who want to wind down their meat intake, but are unsure how to start,” he says.

Hehl also offers clients recipes and guides for recreating vegan versions of traditional fast food and kitsch menus. Past recipes have included a Vegan Philly Cheesesteak and the Vegan Chorizo Sloppy Joe, for which he offers step-by-step instructions and encourages followers to have fun and experiment with ingredients such as oat milk. “I grew up in a very meat-and-potatoes household and



photo courtesy of VegNews/Plantable.com

had no knowledge of cooking whatsoever. As I learned about some of the benefits of a plant-based diet, I decided to embrace it as a challenge to myself,” he says. “My favorite plant-based ingredients to use are garlic powder and smoked paprika! Some people are eating plant-based ingredients without even realizing it.”

Consumers have no shortage of options as plant-based eating and lifestyle choices continue to go mainstream. Companies are meeting the demand with creative,

sustainable products and services that are better for the planet, healthier for the body and allow people to align their values with their purchases. As the interest increases, new innovations are likely to explode on the scene and the plant-based followers are ready.

*Carrie Jackson is an Evanston, IL-based freelance writer and frequent contributor to Natural Awakenings. Connect at [CarrieJacksonWrites.com](http://CarrieJacksonWrites.com).*

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# Medicinal Mushrooms are Tasty, Too

by Shanna Warner

Little button mushrooms are a common product available in almost any grocery store. They are delicious simply sauteed with butter and a splash of white wine. Many people think of mushrooms only as a topping or ingredient, but the benefits go far beyond the dinner plate.

Mushrooms have been eaten medicinally for thousands of years in cultures around the world, especially in Asian countries. Modern researchers are looking at the fascinating properties and health benefits in a wide variety of mushrooms. Studies are continuing to show how medicinal mushrooms can boost the immune system, enhance athletic performance, increase mental clarity and how they might help fight or even prevent illness and diseases like cancer.

When Amber Hallum's husband and business partner, Brian Hallum, was sick, they turned to mushrooms. The Hallums are owners of H & H Processing and Higher Health, in Afton, Oklahoma near Grand Lake. "I was looking for a plant-based solution to asthma issues for my husband. He was using his inhaler more regularly, and I wanted to help him manage his asthma with a more natural option. I found that the reishi mushroom helps with the lungs, so we tried it. Within the first week he was breathing better and using his inhaler less frequently."

The Hallums were so impressed by the benefits of medicinal mushrooms that they created a line of products, Blossom Canna, that offers powdered medicinal mushrooms in capsules. The mushrooms are also available in capsules combined with non-

psychoactive CBD. They use six main types of medicinal mushrooms, which are all organic and made without fillers from just the fruiting parts of the mushroom.

**1. Cordyceps** – "People find it helps them have more energy and gives them more stamina when working out. As a bonus, it also works just like the little blue pill for men."

**2. Reishi** – "It may help improve lung function, and combat asthma and COPD. It's an adaptogen, which helps your body deal with stress on a cellular level. Reishi is a great mushroom to take before bed, since it helps relax you for sleep."

**3. Lion's Mane** – "Scientists have recently discovered that Lion's Mane can help combat the symptoms of dementia and Alzheimer's. People report it helps their brain function better and that it decreases social anxiety. It also helps your nerves regenerate faster. Lion's Mane is regularly used alongside psilocybin to help treat depression."

**4. Turkey Tail** – "This has been found to support the body and increase the rate of survival while undergoing chemotherapy and radiation. Also fights viruses, such as herpes and warts."

**5. Chaga** – "A super mushroom with many benefits, it has been shown to support your immune system, to fight cancer and improve the gut biome."

**6. Maitake** – "This mushroom is similar to chaga in that it has also been shown to boost the immune system and improve the gut biome. It's also thought that it could help fight cancer and may be useful in controlling blood sugar and high cholesterol."

The mushroom capsules the Hallums make in their Blossom Canna product line are vegan, celiac-safe, gluten- and sugar-free. They can be taken as capsules or opened and sprinkled into beverages or food. Hallum notes that reishi "is delicious with chocolate, and turkey tail tastes great with eggs. Of course, any of the mushroom powders can easily be added to coffee, too." Clients can get a blend of five mushrooms together (everything except the cordyceps), and, as with the single mushroom capsules, it comes with or without CBD.

As for the health benefits the Hallums have seen among their clients, one reported that growth of a cancerous tumor was halted with the addition to their diet of turkey tail mushrooms. The Hallums also have clients who report improvement in the symptoms of COPD and asthma, increased energy and improved cognitive functioning. Another reports that performance at work has improved due to lion's mane mushrooms.

Hallum has personally witnessed the positive effects in her family of cordyceps, turkey tail and pure cannabis oil combined together. Her mother has suffered with rheumatoid arthritis for 35 years. In just one month, her mother was able to reduce opioid use by 50 percent using the combined products.

Hallum is excited about the possibilities for natural healing with mushrooms. "People have been using mushrooms as medicine for over 2,000 years because they are effective. In our nation, we are just beginning to understand how powerful these fungi are, and how much they can benefit us and our health. At our store and at our lab, we focus on helping people increase their quality of life with cannabis and with mushrooms. We encourage people to use plants that are organic, natural and as close to nature as possible."

For more information, call 918-276-7102, or visit [BlossomCapsules.com](http://BlossomCapsules.com). See ad, page 20.

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# Easing into a Vegan Lifestyle

## CLEVER MEAT SUBSTITUTES THAT PLEASE THE PALATE

by Sheila Julson



Today’s wide availability of vegan meat substitutes in the grocer’s freezer helps break the ice for people that want to experiment with plant-based foods. The taste, convenience and quality of these products has improved greatly over the past decade, but like many convenience foods, some packaged faux meat products can be high in sodium or fillers. While packaged, meat-alternative products are ideal for a tasty occasional treat, there’s a whole world of options beyond the freezer aisle for those that want to expand their vegan palates.

Arielle and Brandon Hawthorne, co-owners of Twisted Plants, a popular, plant-based restaurant in the Milwaukee area, make their vegan food approachable by creating plant-based foods that mimic everyday, non-plant-based options. “I think that motivates people to try it because they feel they can still have the same flavor and taste they’re used to, but in a healthier version,” Arielle says. They use items like jackfruit, a species of tree in the fig family, which takes on the taste and consistency of pulled pork when shredded and marinated in sauces or spices.

Going plant-based does not mean going without. Del Sroufe, a vegan chef based in Columbus, Ohio, culinary specialist at the T. Colin Campbell Center for Nutritional Studies and author of the *Forks Over Knives* companion cookbook, recommends that people craft satisfying, plant-based entrées at home by starting with recipes they like, and then looking for plant-based versions of those. “If you like pizza, you can still have pizza. If you like Italian cuisine, there are plenty of Italian recipes,” he says.

Priyanka Naik, a self-taught Indian vegan chef, Food Network champion and

author of the new vegan cookbook *The Modern Tiffin*, advises to gradually start a plant-based diet with one meat-free day per week and then increase. She adds that when eating out, opt for vegetarian or vegan options to be sure a plant-based lifestyle is sustainable outside of the home kitchen.

### Substitutes at Home

The concept of protein at the center of every dinner plate has been ingrained in American culture. Dismantling that perspective opens up a whole new world and encourages thinking about vegetarian and vegan food in a new light, Naik says.

Sroufe adds that we often believe we won’t get enough protein from plant-based foods. “There’s been a lot of science to refute that. The World Health Organization has identified people that exist healthfully on less than 6 percent protein in their diets.”

Fruits, vegetables and grains are often more economical than packaged convenience foods, especially when purchased from local farmers markets. Pasta, rice and beans, which can be purchased in bulk, are budget-friendly. Naik cooks with the objective of putting vegetables at the forefront, using her Indian ancestry and global influences to make veggies the star of the show.

Cauliflower and eggplant can be prepared in “steak” form as a main course or stand in as healthier versions of pub-food appetizers like buffalo chicken wings. For those craving meatier flavors, chickpea flour becomes crumbly when water is added, effecting a good substitute for ground beef. Adding chipotle, cumin and other seasonings emulates taco meat. “Chickpea flour is high in protein and is used in a lot of Indian cuisine,” Naik says. “You can buy the flour or grind dry chickpeas to make the flour.”

Jackfruit adapts easily to myriad recipe styles. Sroufe notes it can be used in dumplings and tacos. Hawthorne also uses it to make vegan ribs and in beef-style stews.

Don’t toss that banana peel—Naik says using clean, organic banana peels after the flesh has been removed is a zero-waste approach to plant-based eating. Cooks can shred the peel with a fork and sauté it with soy sauce and other spices to mimic pulled meat.

Tofu gets a bad rap, Sroufe says, noting that many people worldwide eat soy products without experiencing digestive issues. He often uses tofu for a number of presentations. “Silken tofu can be used to make pudding. Crumbled tofu can be substituted for ricotta in lasagna, or you can marinate tofu to make bacon for sandwiches. It’s a good, filling food.”

Sroufe also uses millet as a base for meatloaf, meatballs and sloppy joes. Several mushroom varieties have meaty textures, and when battered and fried, they emulate fried chicken. Hawthorne also uses mushrooms as a meat replacement in Philly cheese steak sandwiches. Seitan, made with a vital wheat gluten base, can be used for meatballs.

By experimenting with an array of vegetables, grains, nuts and seeds to create balanced textures and flavors, even the choosiest omnivores won’t miss the meat.

Sheila Julson is a Milwaukee-based freelance writer and contributor to *Natural Awakenings* magazines throughout the country.

## Plant-Based Options

### BUFFALO CAULIFLOWER BITES



This healthier version of buffalo wings is meat-free and baked instead of fried, but full of flavor and spice. It can be eaten plain or, as Sroufe recommends, as a Buffalo Po’ Boy sandwich, served on a whole-grain hoagie or sandwich buns with cabbage and peanut slaw.

- ½ cup water
- ¼ cup almond butter
- ½ cup red hot sauce, plus extra for tossing with the cooked bites
- ¾ cup whole-wheat pastry flour
- ¼ cup nutritional yeast
- 1 ½ Tbsp granulated garlic
- 1 large-head cauliflower, cut into 1-inch florets (about 6 cups)

Preheat the oven to 375° F. Combine everything except the cauliflower in a large bowl.

Mix well. Add the cauliflower florets and toss until thoroughly coated.

Place the coated florets on a nonstick baking sheet in a single layer. Bake for 25 minutes or until golden brown. Toss with extra red hot sauce if desired.

Recipe and photo courtesy of Del Sroufe.





ONE-PAN SKILLET EGGPLANT PARMIGIANA

Inspired by the Italian restaurants of her Staten Island neighborhood while growing up, Naik has created a vegan version of this Italian favorite.



photo courtesy of Priyanka Naik

- 1 Tbsp neutral oil (such as canola or vegetable oil)

1 medium-sized Italian eggplant, split in half lengthwise

2 tsp olive oil

1 tsp Calabrian chili oil

2 cloves garlic, roughly chopped

1 sprig of fresh oregano

1 cup of jarred marinara sauce
- 1 sprig of fresh basil (extra for garnishing)

3-4 Tbsp water

1 Tbsp sugar

1 Tbsp tomato paste

1 tsp red pepper flakes

4 slices vegan mozzarella

½ cup plain breadcrumbs

Kosher salt and freshly ground black pepper to taste

Pour about 1 Tbsp neutral oil into a medium or large nonstick skillet. Heat over medium-high flame. Meanwhile, score the meat of the eggplant in crosshatches. Do not to cut all the way through the skin.

Place eggplant slices meat side down into the hot skillet and cover with a lid. After 3 to 4 minutes, check the eggplant to be sure it’s turning golden brown; if it looks charred, lower the heat. Cover with lid and continue cooking for another 5 minutes. Flip eggplant slices

(meat side should be tender and able to pierce with a fork). Sprinkle with a bit of kosher salt, cover with the lid and cook another 4 to 5 minutes. Eggplant should be very soft, fork tender and cooked, but not falling apart. Remove from pan.

Lower heat slightly and pour in olive oil and Calabrian chili oil. Once hot, add garlic, sautéing until slightly golden. Add the sprig of oregano.

Once super-fragrant, pour in the jar of sauce and a sprig of basil and water. Lower the heat to medium-low. Add sugar, tomato paste, salt, black pepper and chili flakes. Mix until incorporated and smooth. Once the sauce starts bubbling, add eggplants meat side-up.

Cover the lid and simmer for 2 to 3 minutes. Put cheese slices on top of the eggplant and close with the lid. While the cheese is melting, toast breadcrumbs in a separate pan. Sprinkle in salt and freshly ground black pepper to taste. Toast until golden brown and crispy. Turn off heat.

Remove lid from eggplant and once cheese is fully melted, top with breadcrumbs and fresh basil, and remove from heat. Serve with Italian crusty bread.

Recipe and photo courtesy of Priyanka Naik.

inspiration

Journaling to Access Inner Wisdom

by Nadine Kenney Johnstone



ashlyn clara/Unsplash.com

**GET INTO THE BRAIN OF THE OLDER, WISER YOU.** Imagine the version of you six months from now that has gotten through the muck you’re currently in. What deep wisdom and advice does it carry?

**START WITH A LOVING GREETING.** Address your present self compassionately, the way you would to a child or dear friend. “Hi darling. It’s a brand-new day, sweetheart.”

**ACKNOWLEDGE YOUR HARDSHIPS WITHOUT JUDGEMENT.** What is your wiser self observing from the outside? Let it state what it notices. “I can see that you’re hurting. You’ve been through it, haven’t you?”

**LET THE PAST BE PROOF OF YOUR EMOTIONAL ENDURANCE.** Be an investigator and dig up examples of how you’ve coped with previous hardships. Remember that time you thought you couldn’t deal, but you did?

**STATE WHAT THE WISER-YOU KNOWS.** What does this perspective offer to the situation? Be the scribe as you channel wiser-you’s messages. Try this prompt: “Your heart knows that ...”

**REQUEST THE NEXT RIGHT STEP.** Ask your wiser self, “What do I need in order to heal from this?” Listen for the answer. It might take the form of advice, a mantra or a simple step: Rest. Pause. Stay. Hug.

**LIST WHAT YOU CAN LET GO OF.** Dump your obsessive thoughts onto the page, as well as anything you can’t control. While you think you can control other people’s reactions, you can’t.

**CLOSE WITH LOVE AND SUPPORT.** “I love you and I’m here for you in your heart.”

**READ WHAT YOU WROTE.** Be amazed by the wisdom that came simply because you tapped in and asked. Bring your hands to your heart and say thank you.

Nadine Kenney Johnstone is the host of the podcast Heart of the Story, a writing, meditation and yoga nidra instructor, and a workshop and retreat leader.

On a summer afternoon in 2015, I sat in my favorite coffee shop waiting on life-changing news. With each minute, my anxiety mounted, so I turned to the only thing that calms me in a stressful situation—my journal. As my pen scrawled across the page, I instinctively wrote a letter from my future self to my present self. I just needed someone to reassure me. And that “someone,” apparently, was me.

I’ve been writing these inner-wisdom letters ever since, and it has been one of the most helpful practices in managing my anxiety. Women that have attended my retreats say it is the most impactful thing we do. When you’re feeling overwhelmed, grab a pen and follow these simple steps.

**CREATE A SIMPLE CEREMONY.** Sitting down with your favorite mug or journal makes this exercise feel sacred. Write in the light of dawn or by the glow of a candle, whatever brings you joy.

**SET A TIMER SO YOU DON’T OVERTHINK IT.** Perfectionism is the enemy of creativity. For 10 minutes, tell yourself to just write whatever comes, no matter how imperfect.



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# Beyond Picky Eating

## Help for Pediatric Eating Disorders

by Marlaina Donato



Most kids go through food phases and bouts of fussiness during mealtime, but more serious problems can lurk beneath the surface of such all-too-common behaviors. Eating disorders are often associated with teen and adult females, but children of any gender under 12 can be afflicted with anorexia nervosa, bulimia and other conditions unique to younger kids.

“Eating disorders used to be primarily a college-aged issue; now eating disorders show up in young teens and even children as young as 5 years old,” says Marcia Herrin, a dietitian and nutritional counselor in Lebanon, New Hampshire, and author of *Nutrition Counseling in the Treatment of Eating Disorders* and co-author of *The Parent’s Guide to Eating Disorders*.

Consequences of childhood eating disorders can include permanently stunted growth, impaired immunity, hypoglycemia and delayed puberty, but healing from an eating disorder can occur with early detection, quality care and proactive efforts by the

family. Current research has broadened the medical definition, allowing earlier diagnosis and prevention, reports the New York City-based National Eating Disorders Association.

**More than Body Image**

While eating disorders are fueled by many factors, each child is an individual, and so any child’s struggles around food will be particular to them. Herrin, the founder of the Dartmouth College Eating Disorders Prevention, Education and Treatment

program, says, “It is important for parents to know that the main risk factor for developing an eating disorder is genetic. This means some children are genetically at risk and others are not.”

The fires of predisposition can be fueled by “body dissatisfaction, dieting and involvement in activities that favor thinness, such as dance, gymnastics and running,” says Herrin, adding that the disorder defies stereotypes. “Because a child is male or has always been on the heavier side doesn’t mean that child is immune from developing an eating disorder.”

Being repelled by foods with certain colors, tastes, textures or smells and having phobias around vomiting or choking are often catalysts to disorders. “Extreme picky eating that leads to restricting food intake is now considered an eating disorder in its own right, called avoidant/restrictive food intake disorder (ARFID),” says Herrin. “The main difference between the child restricting food intake because of anorexia nervosa and the child with ARFID is that those with ARFID don’t care about weight or have body image issues.”

For Cassandra Lenza, an eating disorder therapist and the owner of Healing on Hudson, in Hoboken, New Jersey, the lasting imprints of a pervasive “diet culture” cannot be ignored. “The main and persistent risk factor for the development of eating disorders is early dieting,” she says. “Children under 12 who are dieting or exposed to dieting in their environment are more susceptible to the development of eating disorders than children who are not.” It is imperative, she says, that parents model healthy eating and provide a child with the tools for success.

**A Whole-Child Approach**

Cognitive behavioral therapy, mindfulness training and yoga have been shown in studies to help both children and adults to process critical emotions, thoughts and eating patterns. Lenza attests to the effectiveness of holistic, multidisciplinary care for reversing the common effects of eating disorders like exhaustion and gastrointestinal, hormonal or cognitive impairment. “We recommend a three-pronged treatment approach for all children which includes working with a therapist who treats eating disorder behavior, a registered dietitian who can help nutritionally and a pediatrician who can monitor the child medically,” she says.

Habits and bonds within the family unit go a long way toward prevention. “Having a family dinner most days of the week substantially reduces the risk of a child developing an eating disorder,” says Herrin. For recovery, she advises, “The most effective treatment for children up to age 19 is family-based treatment (FBT). In FBT, clinicians show parents how to help their child eat enough to restore health. The type of eating that is most effective is good old-fashioned meals with plenty of calories from carbs, fat and protein.”

With observant parents and quality care, children have a brighter future. “The early signs are often subtle,” counsels Herrin. “Trust your intuition.”

Marlaina Donato is an author and composer. Connect at [WildflowerLady.com](http://WildflowerLady.com).

## Kids’ Eating Disorders

Some common disorders in children 12 and under include:

**ANOREXIA NERVOSA:** Signs and symptoms include weight loss (often dramatic), distorted body image, intense anxiety/fear of weight gain and other behaviors that prevent weight gain.

**AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID):** Signs and symptoms include extreme pickiness; lack of interest in food without body dissatisfaction; aversion to specific tastes, smells, texture and appearance of foods; avoidance of certain foods/food groups or habitual eating of only a few foods; fear of swallowing; anxiety about getting bellyaches or getting sick; weight loss and/or stunted growth from insufficient nourishment and malnutrition.

**PICA:** Signs and symptoms include eating non-edible substances such as crayons, paper, grass, rocks, feces, hair, paint chips, cleaning powders or clay; health problems such as constipation or diarrhea, intestinal obstruction or infection, anemia or lead poisoning. It is often seen in children on the autism spectrum that have a history of abuse or neglect, or mental health conditions like schizophrenia, anxiety or obsessive-compulsive disorder. It can also be caused by a zinc deficiency.

**SUBTLE WARNING SIGNS FROM CASSANDRA LENZA INCLUDE:**

- Child discussing dieting, food obsessions or weight-control measures; discussing exercise with greater interest, especially if she/he has not discussed exercise or movement before
- Social confinement and isolation
- Increased body dissatisfaction
- Changes on child’s growth chart

**Other signs:** delayed puberty, eating smaller food portions, weight changes, thinning hair, hiding food, digestive problems, downy hair growth on body, severe mood swings or tantrums, excessive movement

**TIPS FOR PARENTS FROM MARCIA HERRIN INCLUDE:**

- Avoid labeling food as good or bad. It is better to serve all kinds of foods in moderation.
- Avoid talking about dieting, weight or judgments about different body types or sizes.
- Never tease a child about their weight or changing body.





# Burnout Recovery

## Ways to Reset and Find Balance

by Ronica O'Hara



“I’ll sleep when I die,” Kristina Shea used to joke about her three hours of nightly shut-eye. In retrospect, she says ruefully, “It almost became a reality.” Her hectic life as a single, widowed mother juggling her child’s needs, a high-powered career, university classes, fitness teaching and a two-hour work commute came to an abrupt stop eight years ago when she got off an escalator in the Toronto business district and collapsed. “It was burnout which manifested into physical symptoms such as extreme high blood pressure, red rashes, eczema and even a brain cyst,” she recalls. “I was emotionally and physically drained, with little joy left for life.”

Determined to reset, she switched jobs, prioritized sleep, practiced yoga, meditated and took long nature walks. When COVID-19 shutdowns hit and she was laid off, she was at a loss, but rebounded, and inspired by her own healing process, started a CBD-enhanced natural skincare product line. “Still to this day, it is an active healing process,” she says. “It is very easy to go back to old patterns of behavior.”

Burnout, once primarily a workplace concern, is turning into a societal norm. During the long slog of the pandemic, its telltale symptoms have become commonplace: fatigue, cynicism, apathy and feeling ineffective and disconnected. Among American employees, 52 percent reported

feeling burned out in a March 2021 study, with two-thirds saying it had worsened during the pandemic. Belgian researchers found parental burnout in the U.S. to be among the highest in the world—even before COVID-19 closed schools. Record numbers of healthcare workers, caregivers and therapists report feeling physically, mentally and emotionally exhausted, with grave implications for those they are helping. Over time, burnout can bring on such health consequences as depression, insomnia, cardiovascular disease and immune disorders.

Turning around burnout requires a simple first step. We must admit what’s going on, says Eileen McDargh, author of *Burnout to Breakthrough* and an executive coach in Dana Point, California. “Until we stop and literally look at what we are doing, we remain on the hamster wheel,” she says. “And then, we must listen to what our head is saying to us, and perhaps even more important, what our heart—our intuition—is telling us. The heart knows the truth.”

From this self-assessment, other steps can follow, she says, such as asking, “What can I change about this? What can I avoid? What can I amend? And what—at least for the short term—can I accept?” A stressful situation can also be proactively reframed by viewing it as a challenge, a learning opportunity, a way to help others or as having a higher purpose. Other helpful strategies include:

**ACCESS POINTS OF JOY.** By asking ourselves what three specific activities or things truly make us feel alive, engaged and happy, we can figure out how to work them into our days and restructure our life. In one study, physicians that spent about 20

“Until we stop and literally look at what we are doing, we remain on the hamster wheel.”  
– Eileen McDargh

percent of their time—roughly one day a week—on the activity they found the most meaningful had half the rate of burnout as those spending less time on those pursuits.

**FIND POINTS OF CONTROL.** Feeling helpless is a trademark of burnout, “but there is always something we have control over. Our physical body is a great place to start: sleep, exercise, diet...” says McDargh. Even little steps matter, such as putting greens into smoothies, turning off digital devices a half-hour before sleeping or dancing to a short tune.

**TAKE MICRO-BREAKS.** “You don’t have to wait for the next vacation to recharge,” says Michelle Risser, a licensed clinical social worker and burnout expert in Worthington, Ohio. “Some examples: stand up and stretch between meetings. Feel your feet on the ground and take a nice, slow breath. Breathe in on a count of five, out on a count of seven. Listen closely to a piece of music.” As few as 10 minutes sitting or walking in nature improves mood, focus, blood pressure and heart rate, report Cornell researchers.

**ENHANCE GRATITUDE.** Studies among firefighters and professional athletes have found gratitude to be significantly protective against burnout—in part because it causes us to pause and savor an uplifting feeling. Developing the habit is as simple as writing down a few specific reasons to be grateful before bedtime several days a week. “Gratitude is a powerful energy enhancer,” says McDargh.

Shea concurs, “When we take the time to just be, feel gratitude, the sun on our face, this helps rewire the way we think—and we can then begin to heal our bodies.”

Health writer Ronica O’Hara can be contacted at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

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# A WEEKEND WARRIOR SURVIVAL GUIDE

## PREVENTION, FIRST-AID AND RECOVERY

by Marlaina Donato



says New Jersey fitness trainer and mindset coach Nadia Murdock. She stresses the importance of exercising regularly three to five times a week to improve muscle strength, increase endurance and transport oxygen and nutrients where they are needed most in the body. “With this routine under your belt, you can find more comfort in tackling an adventurous weekend without pain or injury.”

Whether putting down a new floor, raking leaves or playing a game of tennis, toughing out an annoying muscle twinge or ignoring stiffness in a joint can set us up for trouble down the road. “The ‘no pain, no gain’ mindset is definitely not beneficial over the long run for health maintenance,” says physical therapist Brennan Hussey. In his private practice in Evergreen, Colorado, and Appleton, Wisconsin, Hussey most often sees weekend warrior mishaps that target the lower back, shoulder, hip and knee. Identifying unhealthy habits and compromised alignment can prevent ongoing issues, he says, and a head-to-toe evaluation and approach are key.

“Pain is obviously what brings people in for treatment most often, but if I treat with pain as the focus, I will miss the dysfunction that’s actually causing the pain response,” he says. “I’ve found hands-on, or manual, therapy best treats the various dysfunctions that cause pain, whether chronic or acute, and usually within a very low number of visits.”

### First-Aid and Recovery Essentials

RICE—rest, ice, compression and elevation—is the name of the game when injury strikes, but adding essential oils to a first-aid and recovery regimen can offer significant benefits. Diluted external use of

lavender, cypress and eucalyptus can minimize bruising, pain and swelling. Essential oils are also reliable allies for dealing with general discomfort after an active weekend.

“In my 30 years using essential oils, plus raising two active boys, I’ve found that the most effective way to use essential oils for post-activity soreness is with topical application,” says Liz Fulcher, a clinical aromatherapist and owner of the Aromatic Wisdom Institute, in Selinsgrove, Pennsylvania. “Specifically, I add 15 to 20 drops of essential oil into one fluid ounce of unscented lotion or cream, which is a 5 percent dilution—too strong for all-over use, but great for spot application of topical issues. Apply the blend into the affected area as often as needed for approximately two days.”

Her powerhouse favorites for aches and pains include German chamomile (*M. chamomilla*), helichrysum (*H. italicum*), ginger (*Z. officinale*), black pepper (*P. nigrum*), frankincense (*B. carterii*), lavender (*L. angustifolia*) and tea tree (*M. alternifolia*). For open wounds, she reaches for the distilled herbal waters known as hydrosols to wash the area before applying lavender and tea tree to avoid infection. Helichrysum essential oil is remarkable for bruises and other topical trauma, she says.

According to a 2016 review of studies in the *American Journal of Therapeutics*, soft tissue injuries respond well to immediate and subsequent internal use of the homeopathic remedy *Arnica Montana 30x*, as well as topical arnica in the form of gels, oils and sprays. Remedies like *Ruta graveolens* and *Rhus tox* offer further support for sprains and strains. Bolstering the diet with anti-inflammatory spices and supplements like turmeric, vitamin C with bioflavonoids, vitamin E with mixed tocopherols, bromelain, borage and flaxseed oil can also provide support.

In the end, maintaining an active lifestyle all week long can lower the risk of needless suffering. “With consistent movement, you will understand how your body moves and responds to certain conditions. This will start to create a deeper understanding of what your body can tolerate,” advises Murdock. “The biggest takeaway is consistency.”

Marlaina Donato is an author and recording artist. Connect at [WildflowerLady.com](http://WildflowerLady.com).

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**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](mailto:bfacstaff@gmail.com)

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natural pet

# Beyond Kibble

## How to Shop for the Healthiest Pet Food

by Sheila Julson

People are always striving to improve the quality of life for their pets. For some, this means making homemade dog and cat food or buying meat directly from a local butcher, but not all pet parents have the necessary time, space or finances. While there are better quality kibble and canned pet foods available today than in the past, along with frozen raw and freeze-dried raw foods, an overwhelming volume of choices can confuse even the savviest consumer.

Cecille O'Brien Greenleaf, a holistic veterinarian in San Jose, California, advises pet parents to use the same criteria they do when shopping for human food—look for the freshest, cleanest ingredients possible, a limited ingredient panel and no chemicals and pesticides.

"Look for human-grade ingredients that offer the most vitality," she emphasizes. She notes that some larger manufacturers have been caught using the least expensive ingredients they could find, including diseased animals that have been rejected from the human supply chain.

Ingredients on panels are listed by weight from highest to lowest, so the first one listed is the one that weighs the most. It should be pure meat—chicken, beef, venison or fish. Proteins such as chicken liver, organ meat or eggs may follow. "If there are many synthesized items in the ingredient list, that is to be avoided," she says.

Frozen raw and dehydrated raw foods provide optimal nutrition while more closely mimicking pets' primal eating patterns. The extrusion process that some pet food manufacturers use to make kibble can overcook the product. To compensate, synthesized vitamins are often sprayed onto the finished product, similar to how many children's breakfast cereals are produced, she explains.



mat Hayward/Adobe Stock.com

When purchasing kibble, look for brands that are minimally processed and provide vitamins directly from the ingredients; a long list of supplements on an ingredient list means the food has been highly processed.

There has been recent debate within the animal care community as to whether grain-free diets are more helpful or harmful to pets. O'Brien Greenleaf notes the jury is still out on how some grains affect pets or whether grain-free diets are better. "It depends on how contaminated or genetically modified the grains are, and whether grains agree with your pet," she says. Testing is now available to help determine ingredients to which a pet may be allergic.

She also recommends adding high-quality fish oil to pet's food to help quell inflammation that can cause skin issues and other disorders.

### Smaller Manufacturers Emphasize Quality Control

Randi Ross owns the franchise in Campbell, California, for Ben's Marketplace, a Northern California pet food store chain that specializes in quality foods for dogs and cats. She notes that corporate mergers and acquisitions over the years have put many large pet food brands that are carried at big-box stores into the hands of conglomerates that also produce candy, soap and other non-pet products. This can lead to lack of oversight and quality control issues.

Many smaller, specialty pet food stores carefully screen the brands they carry. They offer products made by smaller companies that produce just pet food and embrace a holistic, farm-to-table philosophy regarding how they source their ingredients and manufacture their foods.

The melamine pet food recall of 2007, in which the U.S. Food and Drug Administration found chemical contaminants in vegetable proteins imported from China used as ingredients in pet food, prompted many people to look for "Made in the United States" on packages. However, even if a brand is labeled as American- or North American-made, it doesn't necessarily mean all of the ingredients were sourced from America, Ross says.

Freeze-dried raw meal toppers and pour-over broths have become popular ways to add nutrition and flavor to kibble.

When purchasing those products, she says, the same rules apply as when shopping for food: look for single or limited-ingredients on product panels and be wary of excessive filler ingredients like corn or wheat.

"We help educate people on the true cost of pet ownership," Ross says. "Spending a little more money now on high-quality pet food ultimately keeps dogs and cats healthier, reducing the need for veterinarian visits, pharmaceuticals and antibiotics."

Sheila Julson is a Milwaukee-based freelance writer and contributor to Natural Awakenings magazines throughout the country.



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calendar of events



SATURDAY, MARCH 12

**Stockyards City St. Patrick’s Day Parade OKC** – 10am. The parade kicks off with the famous Chain Ranch Longhorns being herded down Exchange Avenue. Marching bands, bagpipes, antique cars, tractors, community groups, equestrian clubs and Stockyard City’s own leprechaun round out this fun event. Food trucks and street performers will also be on-site. Free. 1307 S Agnew Ave. OKC. 405-235-7267. StockyardsCity.org.

**Find the Leprechaun! Photo Scavenger Hunt Tulsa** – 11am. Leopold the Leprechaun is hiding somewhere in the park. Grab a team and go find him! Clues will be provided to help track him down and get his gold. For ages 6-Adult. Max 4 hunters per team. Must provide own phone or camera. Free. Central Center in Veterans Park, 1028 E 6 St, Tulsa. 918-596-1444. Facebook.com/CentennialCenterTulsa.

**OKC Pow Wow Club’s 69th Annual New Years Dance OKC** – 1-11pm. Come see beautiful Native American dancers. Featuring 2 Gourd Dances, Super and Grand Entry. There will also be multiple contests and arts & crafts. Free. Western Heights High School, 8201 SW 44th, OKC. 405-923-1254. Facebook.com/oklahomacitypowwowclub.

**ShamROCK the Rose Broken Arrow** – 5-10pm. A celebration of all things green and Irish. There will be live entertainment at the outdoor stage featuring Oklahoma’s own Dress to Kill, tasty beers at the Craft

Beer Garden, original artwork from local artists and handcrafted items at vendor stations. Free. Rose District, 418 S Main St, Broken Arrow. 918-850-3654.

THURSDAY, MARCH 17

**sham-ROCK the Gardens: St. Patrick’s Day Celebration OKC** – 11am-2pm. Hear music by some of Oklahoma’s best Irish bands. Face painters will be onsite for the kids and Irish clubs will provide instructional dancing. Free. Myriad Botanical Gardens, Crystal Bridge Lobby, 301 W Reno, OKC. 405-445-7080. MyriadGardens.org.

**Women in Leadership Lunch & Learn Tulsa** – 11:30am. Bring a lunch and come hear what some of the top women in leadership for the City of Tulsa have to say about their journey to the top. Guest speakers will be Tulsa Deputy Mayor Cassia Carr, City Councilor Kara Joy McKee and Anna America, Chief of Culture & Recreation. Free. Centennial Center in Veterans Park, 1028 E 6 St, Tulsa. Register online at TulsaParks.org or call 918-596-1444.

SATURDAY, MARCH 19

**Farm-to-Table Festival OKC** – 10am-3pm. Enjoy hands-on activities, from meeting animals and learning about agriculture to completing crafts and listening to onsite storytelling. Learn about chuck wagon dining and Dutch oven cooking. Visit the large array of exhibits and shop for locally made products. Free. Oklahoma History Center, 800 Nazih Zuhdi Dr, OKC. 405-522-0765. OkHistory.org.

classifieds

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ongoing events

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**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

**Melissa’s Chakra Yoga with Live Music Native American flute OKC** – 6:30-7pm. Improve Physically, Serenity and Health with Sound Healing, Yoga Movement, Meditation, Mantras and Chakra Crystals. Beginner Level. Azalea House of Healing. 56 Expressway Place, 5601 NW 72nd St #106, Warr Acres. Yoga-For-Peace.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.

**Reading Wednesdays OKC** – 10-11am. Toddlers are invited 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.

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

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

thursday

**1st Thursday Sustainable Tulsa** – Noon-1pm. 1st Thur. Sustainable Tulsa’s monthly open-to-the-public meeting offers individuals an opportunity to network, and hear presentations from local, regional and national sustainability leaders. \*\*temporarily online only\*\* Free. SustainableTulsaInc.org/1st-thursday.



friday

**First Fridays on the Paseo OKC** – 6-9pm. 1st Fri. Over 80 artists in more than 25 businesses and galleries participate, all within walking distance. Some galleries offer refreshments, and food trucks will be available. Free. Paseo Art District: between NW 30th & Dewey and NW 28th & Walker, OKC. 405-525-2688. ThePaseo.org.

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



Neuromuscular massage therapist offering trigger point therapy, lymphatic, Thai massage, deep tissue and Swedish massage. See ad, Body Works page 2.

MASSAGE - CLINIC/SCHOOL

LIKEMINDED THERAPIES  
5929 N May Ave, Ste 408, OKC  
405-664-2473  
LikemindedTherapies.com  
Info@LikemindedTherapies.com



Holistic massage clinic and school. Offering classes and massage therapy, corrective bodywork, yoga, meditation, sound/light therapy, GNM consultations, aromatherapy and energy healing. Call to schedule treatments with student practitioners and licensed professionals. See ad, Body Works page 2.

SCHOOL OF NATURAL MEDICINE  
604 W 41st St, Sand Springs  
918-241-9600  
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.

MEDICAL MARIJUANA

H&H PROCESSING  
26427 S Hwy 125, Afton  
866-726-3420  
Amber@HigherHealthOklahoma.com



H&H Processing produces Orion Cannabis Tablets and Blossom Canna Capsules as well as craft FECO (Full Extract Cannabis Oil). The tablets and the capsules are all-natural, vegan, celiac-safe, gluten-free and sugar-free. Blossom mushroom capsules contain FECO and five varieties of mushrooms. The tablets are dissolvable sublingually. See ad, page 20.

MEDICAL SPA

PATH TO WELLNESS MEDICAL SPA  
Torrey Knight, Esthetician, CNA  
6125 S Sheridan, Ste E, Tulsa  
918-494-0082 • TulsaPath.com



Come and discover the best version of you. Offering natural, customized facials that will have you glowing both inside and out. Therapeutic body services ranging from body wraps, massage, back facials and full body waxing. As always, all services offer access to our steam rooms. Pamper yourself today!

“May your blessings outnumber the shamrocks that grow.  
And may trouble avoid you wherever you go.”

~Irish Blessing



“Be still and know that I am.  
Be still and know.

Be still.  
Be.”

~St. Patrick



## METAPHYSICAL SHOPS

**OAK, ASH AND THORN**  
112 E Main St, Shawnee  
405-219-4325



Spiritual shop offering incense, smudging and altar supplies. Self-care, crystals, candles, books, herbs, teas, gemstone jewelry, tarot and Oracle cards. Tarot and mediumship readings available. Fine selection of various art from local artisans.

## PLANT MEDICINE

**SACRED PILLARS CHURCH**  
Edmond, OK  
SacredPillars.church  
Info@SacredPillars.church



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 17.*

## 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 13.*

## 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.*

## 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 29.*

**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 25.*

**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 14.*

## YOGA

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



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

# Nature's Virus Killer

## Copper can stop a cold before it starts

By Doug Cornell

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

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

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

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

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

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

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

"It worked!" he exclaimed. "The

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



New device puts copper right where you need it.

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

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

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

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

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

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

"We can't make product health claims," he said, "so I can't say cause and effect. But we know copper is antimicrobial."

He asked relatives and friends to try it. They reported

not a sniffle!" she exclaimed.

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

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

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

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

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

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



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 NATA27.

Go to [www.CopperZap.com](http://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.*

ADVERTORIAL

"The best luck of all is the luck you make for yourself."

~Douglas MacArthur





# *Natural Care*

## For Your Pet

*Helping Pets  
Live Longer, Healthier Lives*



**Acupuncture • Herbal Remedies • Nutritional Consults  
Cancer & Arthritis Treatments**

*2 Locations To Serve You*

### **Holistic Pet Care**

3001 Tinker Diagonal St

Del City

**405-605-6675**

**HolisticPetCare.Vet**

### **Best Friends Animal Clinic**

1313 N Harrison Ave,

Shawnee

**405-273-5617**

**BestFriendsAnimalClinic.Vet**