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Nature's Virus Killer

Copper can stop a cold before it starts

By Doug Cornell

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

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

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

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

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

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

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

"It worked!" he exclaimed. "The

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



New device puts copper right where you need it.

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

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

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

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

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

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

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

He asked relatives and friends to try it. They reported



Dr. Bill Keevil: Copper quickly kills cold viruses.

not a sniffle!" she exclaimed.

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

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

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

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

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

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

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

The EPA says copper still works even when tarnished.

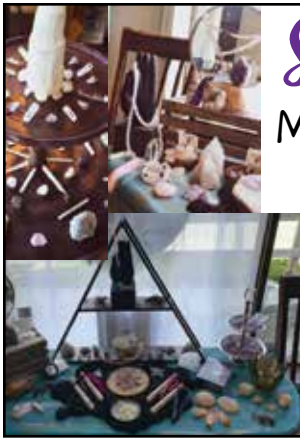
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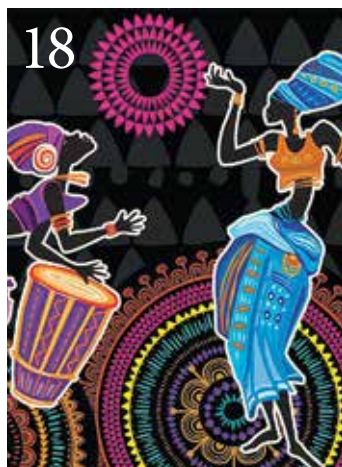
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Design & Production **Kim Cerne**

Distribution **Jena Skai**
Stacey Ford
Sales **Lori Beveridge**
Lisa Doyle
Referral Ambassador **Diane Jones**

CONTACT US

P.O. Box 484, Carolina Beach, NC 28428
Ph: 910-833-5366

Publisher@HealthyLivingCoastalCarolinas.com
HealthyLivingCoastalCarolinas.com

SUBSCRIPTIONS

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NATIONAL TEAM

CEO/Founder **Sharon Bruckman**
COO/Franchise Sales **Joe Dunne**
Layout & Design **Gabrielle W-Perillo**
Financial Manager **Yolanda Shebert**
Asst. Director of Ops **Heather Gibbs**
Digital Content Director **Rachael Oppy**
National Advertising **Lisa Doyle-Mitchell**
Administrative Assistant **Anne-Marie Ryan**

Natural Awakenings Publishing Corporation
4851 Tamiami Trail N., Ste. 200
Naples, FL 34103

Ph: 239-434-9392 • Fax: 239-434-9513
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letter from publisher

Enjoying November day by day...

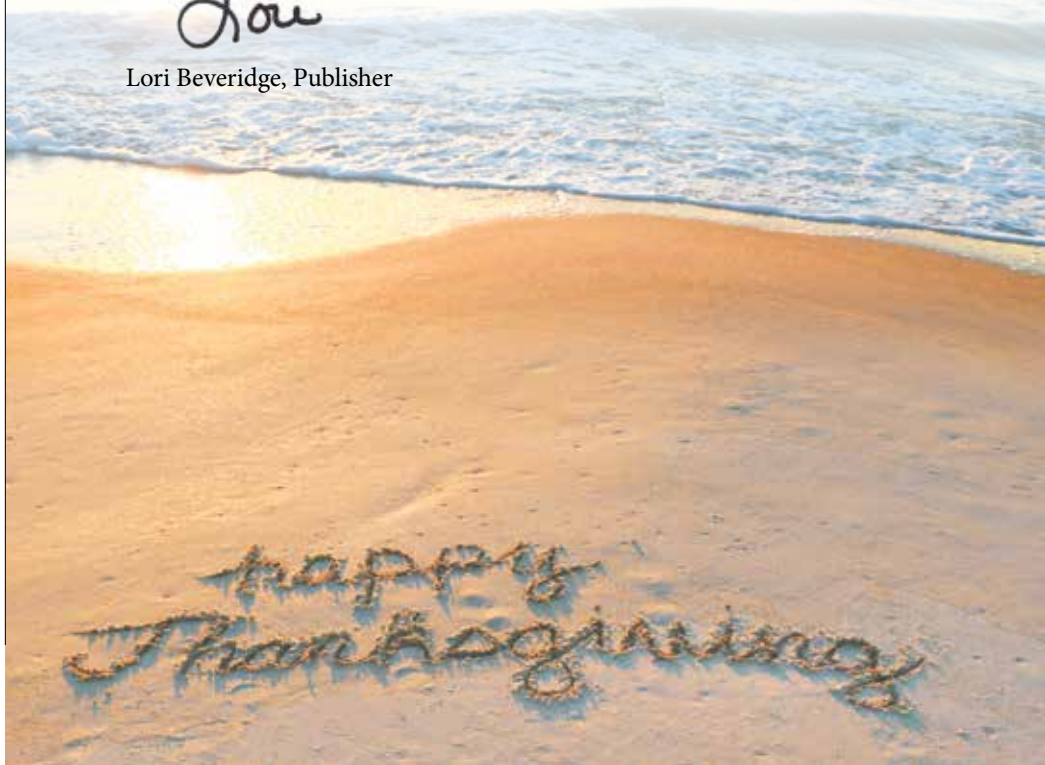
November has its own kind of excitement. As a child, I lived for the end of the month, spending time preparing for the Thanksgiving holiday but also pondering what was it going to be like for Christmas. As an adult, I have learned to slow down and try to enjoy each day individually. The hotter days are finally given way to the perfectly comfortable afternoons with cooler nights, perhaps enjoying a cozy sweater or sweatshirt. The change of season is also visually glorious with the leaves changing, all the fall flowers and all the varieties of colorful pumpkins everywhere. Now as a parent, I feel lucky I can experience November, though my children's eyes looking ahead to the holiday and getting excited about planning and preparing the meal; and through mine which looks forward to getting outside on every bright sunny blue skied day to enjoy fall. There is just so much to do and so much to see just check out our local editorials (from Morehead City, NC through the Grand Strand, SC) on pages 7-8 and our calendar section on pages 27-28. This issue brings ideas for enjoying the month it be outdoors or inside.



With the focus on brain health this month, enjoy "Healthy Brain Strategies" in our Healing Ways department on page 12 by Linda Sechrist and learn how to support your brain, "Mark Hyman recommends at the very least taking a multivitamin and mineral supplement, omega-3, extra vitamins B₃, B₆ and B₁₂, folate and a good probiotic that enhances the brain-gut relationship." Tap into our "Sacred Dance" article on page 14 by Marlaina Donato to learn about all types of heart healthy dancing for overall physical and mental health. Finally, turn the pages to our Conscious Eating section for creating delightful meals on these crisp fall days and to compliment your Thanksgiving menu. Make your home and outdoor space your retreat with your own style for entertaining too-relax and enjoy! From "Feel-Good Recipe Ingredients" on page 17 to a savory appetizer (Goat Cheese Appetizer with Honey, Fig and Pistachios) and ending with a delicious dessert (Seluisauganasa Cherokee Cornmeal Cookies) on page 19, we've got you covered.

Blessings,

Lori Beveridge, Publisher



New Client Special at Advanced Wellness & Massage

Advanced Wellness & Massage facilitates improved wellness through massage, acupuncture and movement for the residents of Onslow, Jacksonville and surrounding areas and are currently offering a new client special massage at a reduced price.



Locally owned and operated, their goal is to provide a true therapeutic experience. Their therapists provide this by taking the time to understand the client's problem areas, wellness goals and expected outcomes. Then, therapists are matched to the requested pressure levels and specialize in combining techniques from several types of massage for a customized experience.

The practice has recently added several fitness classes such as Sunset Yoga to their offerings. Their collective licensed massage therapists have hundreds of hours of training and hands-on experience in therapeutic massage and bodywork therapy.

Cost: \$65/new client and/or existing client that brings in a new person. Location: 1368 Piney Green Rd., # 4, Jacksonville. For more information or to make an appointment, call 762-214-2445 or visit WellnessMassageHome.com.

Reader Feedback Helps Us Grow

The *Natural Awakenings* online national readership survey allows us to better serve readers. "Your participation takes just five minutes, and will give us a better understanding of what you need and how well we're delivering on your expectations," says founder and CEO Sharon Bruckman. "We'll also use your responses to help guide the direction of future development." One participant, selected at random, will receive a \$100 Visa gift card.

With the interests and welfare of readers in mind, *Natural Awakenings* provides information and resources for living a healthier, happier life. Publishing in more than 50 communities nationwide, *Natural Awakenings* is one of the country's most widely read healthy living magazines, with a loyal monthly readership of over 1.3 million.



Visit NaturalAwakenings.com/pages/reader-survey to participate. See ad on page 11.

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Local Sleep Apnea Treatment Centers

Sleep apnea is a condition marked by abnormal breathing during sleep. Effected people have multiple extended pauses in their breathing while sleeping. These temporary lapses cause lower-quality sleep and affect the body's supply of oxygen, leading to potentially serious health consequences according to SleepApnea.org. Coastal Sleep Lab of South Carolina, an accredited center by the American Academy for Sleep Medicine, focuses on diagnosing and treatment of sleep disorders.

Sleep apnea, one of the most common sleep disorders in the U.S., can afflict children and adults and both genders, although it is more common in men. Because of sleep apnea's prevalence and potential health impact, it's important for people to be aware of what it is and to know its types, symptoms, causes and treatments.

Signs of the ailment include daytime sleepiness, snoring, achy, restless legs, hypertension, insomnia, heart burn, irritability, depression, poor concentration and memory loss among others

Locations: 4420 Oleander Dr., Myrtle Beach and 1570 Hwy. 9/E., Longs, SC. For more information or to make an appointment, call 843-445-9700 or visit CoastalSleepLab.com.



Since 2020, over 30 commercial fishermen and women have been working in small crews to remove large-scale marine debris caused and left behind by past hurricanes, including Hurricane Florence, from the central and southeast coasts of North Carolina. The **North Carolina Division of Coastal Management**, in partnership with the **North Carolina Coastal Federation**, received nearly \$2 million dollars in funding from the **Natural Resources Conservation Service's Emergency Watershed Protection Program** for the removal plus those of abandoned and derelict vessels.

These hard-working field crews have removed over 1 million pounds of hurricane-related debris from our coasts. They have focused their efforts in public trust waters, lands and dredge spoil islands in and around the Rachel Carson Reserve, Fort Macon, Hammocks Beach State Park, Permuda Island and Masonboro Island Reserves, in their respective counties and Brunswick County. The crews work in groups of three to four people with small skiffs and scour the coast for lumber, floats, polystyrene, pilings and more from or near damaged docks and waterfront structures. The debris is collected by hand and loaded into dumpsters for disposal. Each crew has picked up an average of 2,000 pounds (one ton) of debris each day.

Marine debris contains harmful chemicals that may leach into the ecosystem affecting animals, including fish and shellfish consumed by humans. Large deposits of debris pose hazards to navigation, fishing and marsh vegetation. Removal allows these sensitive habitats to function properly, supporting healthy fish habitats, marshes, water quality and a clean coastal economy.

Location: Southeast Office, 309 W. Salisbury St., Wilmington. For more information or how to get involved, call 910-509-2838 or visit NCCoast.org.

news briefs

Transcranial Magnetic Stimulation for Major Depressive Disorder

Transcranial magnetic stimulation (TMS) is a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve the symptoms of depression. TMS is typically used when other depression treatments haven't been effective. Consider this treatment option offered by Coastal Carolina Neuropsychiatric Center at any of three coastal locations.



TMS, a U.S. Food and Drug Administration-cleared, non-drug treatment for patients with chronic treatment-resistant Major Depressive Disorder, uses a targeted magnetic pulse similar to an MRI to stimulate areas of the brain that are underactive in patients experiencing depression. Twenty-minute sessions take place five days a week for six weeks, then decrease in frequency during the final three weeks of treatment. Patients remain awake and alert during treatment and can resume normal activity immediately afterwards. The ideal TMS patient has not had a good response to traditional medication for treatment of depression. TMS has been proven to have long-term durability over 12 months and most people see improvement in symptoms over four to six weeks. TMS is free from typical side effects with antidepressants; the most common side effects are scalp pain or discomfort early in treatment according to the Mayo Clinic.

Locations: 200 Tarpon Tr., Jacksonville; 302 Penny Ln., Morehead City; and 1630 Military Cutoff Rd., Ste. 108, Wilmington. For more information or to make an appointment, call 910-938-1114 or visit CoastalCarolinaPsych.com.

2021 Carolina Cup at Wrightsville Beach

The 10th annual Carolina Cup, featuring 12-plus clinics and demonstrations plus five races, will be held from November 3 through 7 at Wrightsville Beach and surrounding waterways. On Saturday, there'll be a 3.5-mile Harbor Island Recreational Race, 6.5-mile Money Island Open Race, the challenging 13-mile Graveyard Elite Race and The Graveyard Outrigger and Surfski Race.

In 2015, the Carolina Cup became the largest and most competitive standup paddleboard race in the world. In 2016, it was the largest event of its kind on the East Coast with over 900 paddlers competing in races and participating in clinics. This year's edition is adding a three-island challenge for the six-man/woman outrigger canoe discipline along with a Kids' Race.

People don't have to race to take a clinic or vice versa or do either to participate in the other festivities. It'll be a family-friendly week of live music, a great expo, food, drinks, clinics for all and amazing athletes from 18-plus countries. A portion of the event proceeds will be donated to the Plastic Ocean Project (PlasticOceanProject.org).

Location: 275 Waynick Blvd., Wrightsville Beach. For more information or to register for an event, call 910-620-6914 or visit WrightsvilleBeachPaddleClub.com.



health briefs

Lose Weight with Small Calorie Reduction



mentalabgr/Pexels.com

A reduction of just 200 calories a day combined with aerobic exercise four times a week produced greater weight loss and better heart health in obese, sedentary adults than exercise alone or a 600-calorie reduction plus exercise, reports a new study in *Circulation*. Researchers from the Wake Forest School of Medicine,

in Winston-Salem, North Carolina, tested 160 adults ages 65 to 79. Those that combined exercise with 200 fewer calories a day lost 10 percent of their weight, about 20 pounds, over five months. They had a 21 percent average increase in the aorta's ability to expand and contract, a key indicator of heart health. Measures of aortic stiffness did not change significantly for the exercise-only group or the 600-calorie-reduction-plus-exercise group. Weight loss was similar for both calorie-reduction groups, even though one group consumed nearly three times fewer calories per day.

Boost Kids' Learning Abilities with Exercise



yullianto/potlier/Pexels.com

The right kind of exercise can help kids learn vocabulary better, suggests research from the University of Delaware. An article published in the *Journal of Speech*

Language and Hearing Research reports that when 48 children between 6 and 12 years of age were taught new words before swimming, they scored 13 percent higher on a test of the words than children that did CrossFit-like exercises or colored pictures. Lead researcher Maddy Pruitt says that exercise is known to increase levels of brain-derived neurotrophic factor, a protein she describes as the "Miracle-Gro of the brain." Swimming made a difference, she says, because it is an automatic movement, while the CrossFit exercises were new to them and required mental energy.

Boost Cognition with Green Tea Compound



anna.pyshtnik/Pexels.com

A single dose of 100 milligrams of the compound L-theanine—the amount found in four cups of green tea—improved reaction times and working memory of men and women in new research from Japan's Central Research Institute, in Shizuoka. In the double-blind, placebo-controlled study, 69 adults that self-reported cognitive

decline reacted more quickly to computer-generated promptings and answered more questions correctly after ingesting the compound compared to the placebo.

Eat High-Flavonoid Foods to Reduce Cognitive Decline



trang doan/Pexels.com

Eating foods high in flavonoids—the antioxidant-rich plant compounds found in strawberries, oranges, peppers and apples—can reduce the risk of cognitive decline by 20 percent or more, reports new research published by the *American*

Academy of Neurology. Researchers followed more than 78,000 people in their late 40s and early 50s for 20 years, asking them what they ate and to evaluate their cognitive skills. They found that those foods with more flavones, such as yellow or orange fruits and vegetables and some spices, reduced cognitive decline the most, at 38 percent—the equivalent of being three to four years younger in age.

Anthocyanins, found in blueberries, blackberries and cherries, were associated with a 24 percent reduced risk of cognitive decline. "The people in our study who did the best over time ate an average of at least half a serving per day of foods like orange juice, oranges, peppers, celery, grapefruits, grapefruit juice, apples and pears," says study author Walter Willett, M.D., a nutrition and epidemiology professor at Harvard T.H. Chan School of Public Health. "And it's never too late to start, because we saw those protective relationships whether people were consuming the flavonoids in their diet 20 years ago or if they started incorporating them more recently."

Tree House

Knock On Wood

A Swedish method of building using cross-laminated timber (CLT) is emerging as a climate-friendly alternative to traditional, concrete-based construction. The foundation is cement, but multi-story wooden structures of 13 floors and higher are possible. Using timber has environmental benefits in the form of lowered carbon emissions. Mathias Fridholm, director of Svenskt Tra (Swedish Wood), an industry organization, says, "Wood is in many ways an excellent material for building in dense cities, because we can prefabricate all the elements in factories instead of onsite." Prefabrication speeds construction and reduces truck traffic. CLT is not only strong and light, it is breathable; it holds heat, but doesn't need plastic layers to manage moisture like concrete, which also requires sand, a non-renewable resource that requires dredging seabeds. Managed forests are renewable and serve as a carbon storage facility.



courtesy of Svenskt Tra

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Anna Ervast Oberg, a project manager at Swedish real estate developer Folkhem, advises that just changing the structure of a building to wood from concrete would result in an immediate 50 percent reduction in emissions. "What we have to do now is to stop the emissions, very fast. This gives us a hint of where we should be focusing; where we can make the biggest difference."

Anna Ervast Oberg, a project manager at Swedish real estate developer Folkhem, advises that just changing the structure of a building to wood from concrete would result in an immediate 50 percent reduction in emissions. "What we have to do now is to stop the emissions, very fast. This gives us a hint of where we should be focusing; where we can make the biggest difference."

Wicked Wonders

Banned Invasive Weeds for Sale

The U.S. Department of Agriculture (USDA) has labeled cogongrass (*Imperata cylindrica*), a native plant of Southeast Asia, as one of the world's worst invasive weeds. It's banned as an invasive species by the *Federal Noxious Weed Act of 1974*, but a study published in the peer-reviewed journal *Frontiers in Ecology and the Environment* by the University of Massachusetts Amherst discovered that this and about 1,300 other invasive plants are sold at garden centers, nurseries and other retailers.

Lead author Evelyn M. Beaury, a graduate student in organismic and evolutionary biology at University of Massachusetts, says that she and her fellows found cogongrass was being sold by 33 outlets in 17 states. She notes, "This is a tricky case, because plant breeders are marketing a sterile cultivar, but research shows these plants are not completely sterile and can still become invasive." According to the USDA, there are no known effective biological control methods. Beaury states, "While patchy state regulations definitely contribute to the widespread availability of invasive plants in the U.S., it's clear we as a public also lack awareness about which plants are invasive and how they spread to new areas. If we want to continue to protect native ecosystems, regulators and managers need more resources to do so."



poornisawani/AdobeStock.com

Sorting Soirée

Renovating the Recycling Stream



courtesy of Recyclops.com

Americans use a single recycling stream in which everything goes into one bin to be sorted and cleaned at the designated collection point; a system that requires too much labor with less-than-

stellar results. A study conducted by the South Korean SK Group asked 1,500 U.S. adults about sustainable packaging and found that 72 percent prefer products with easily recycled or reused packaging, but don't understand what can actually be recycled. Forty-two percent were not aware that containers such as plastic bottles cannot be recycled without removing the label. When dirty and labeled recyclables are deposited with clean recyclables, they contaminate the whole batch, creating massive amounts of unnecessary waste.

SKC Inc. has introduced Ecolabel, the first shrink sleeve label that doesn't need to be removed from plastic bottles to be recycled. This removes the burden from the consumer and recyclers while making the process easier. Recyclops uses independent drivers to service recycling routes, creating income for locals and sustainable living options for residents. They're innovating the recycling pickup process by using an Uber Eats-type phone app to enable the pickup of recyclables from areas that aren't being serviced.

Storm Clouds

Water Shortage is a Global Problem



courtesy of Google Maps

Lake Urmia, in Iran, has decreased in size by 50 percent from 2,085 square miles in the 1990s to 965 now, and the Department of Environmental Protection of West Azerbaijan is concerned that it may

disappear entirely. Scenarios like this are multiplying in the Middle East because the water table is becoming depleted. Persistent drought and high temperatures, in addition to poor water management and overuse, create a bleak outlook unless changes are made. A study by the Iranian Energy Ministry found the fate of the lake was more than 30 percent attributable to climate change.

Iran, Iraq and Jordan extract copious amounts of water from the ground for irrigation, and Charles Iceland, global director of water at the World Resources Institute, says, "They're using more water than is available routinely through rain." In Iran, a network of dams used by the agriculture sector uses about 90 percent of the nation's supply. "Both declining rainfall and increasing demand in these countries are causing many rivers, lakes and wetlands to dry up," Iceland says. As areas become uninhabitable in the future, political violence may emerge over how to share and manage rivers and lakes. Transboundary usage must be regulated and monitored if there is any hope to resolve the crisis.

Kid Safe

Bye-Bye to a Nasty Pesticide



aquir/AdobeStock.com

After a multiyear effort, the U.S. Environmental Protection Agency (EPA) has ruled that chlorpyrifos, a pesticide linked to neurological damage in children, including reduced IQ, loss of working memory and attention deficit

disorders, can no longer be used on food. EPA Administrator Michael Regan cites the action as an overdue step to protect children and farmworkers from dangerous consequences of the pesticide. "EPA will follow the science and put health and safety first." The ruling will take effect in February 2022.

Patti Goldman, an attorney for Earthjustice, says, "Chlorpyrifos will finally be out of our fruits and vegetables." The pesticide has been sprayed on crops such as strawberries, apples, citrus, broccoli and corn since 1965. Up until 2000, it was used to kill ants, roaches and mosquitos. The Natural Resources Defense Council notes that it will still be allowed for other uses such as cattle ear tags.

Love Bugs

The Food Revolution—Miniaturized



egor kamelev/Pexels.com

It may come as a surprise to most Americans, but people have been eating insects (entomophagy) for thousands of years, and they are part of the diets of more than 2 billion people. The United Nations predicts

that this rapidly growing industry could be worth \$6.3 billion by 2030, so bug-based products may soon appear in local stores. Although Western food markets have excluded insects in favor of animal-based protein, insect-based foods offer many health and environmental benefits, especially in light of the pressures from climate change.

Insects produce 80 times less methane than cattle and use less space, feed, water, housing and maintenance. One pound of beef requires 1,850 gallons of water, one pound of chicken uses 500 gallons and one pound of crickets requires one gallon. Nestlé and PepsiCo are conducting research and development forays into the field, and smaller, nimble startups are making plans to introduce new products. Names to watch include Mighty Cricket, Illegal Oats, Jiminy's, Aspire (Exo Bar), BeoBia and FarmInsect. Public acceptance is expected to be gradual.

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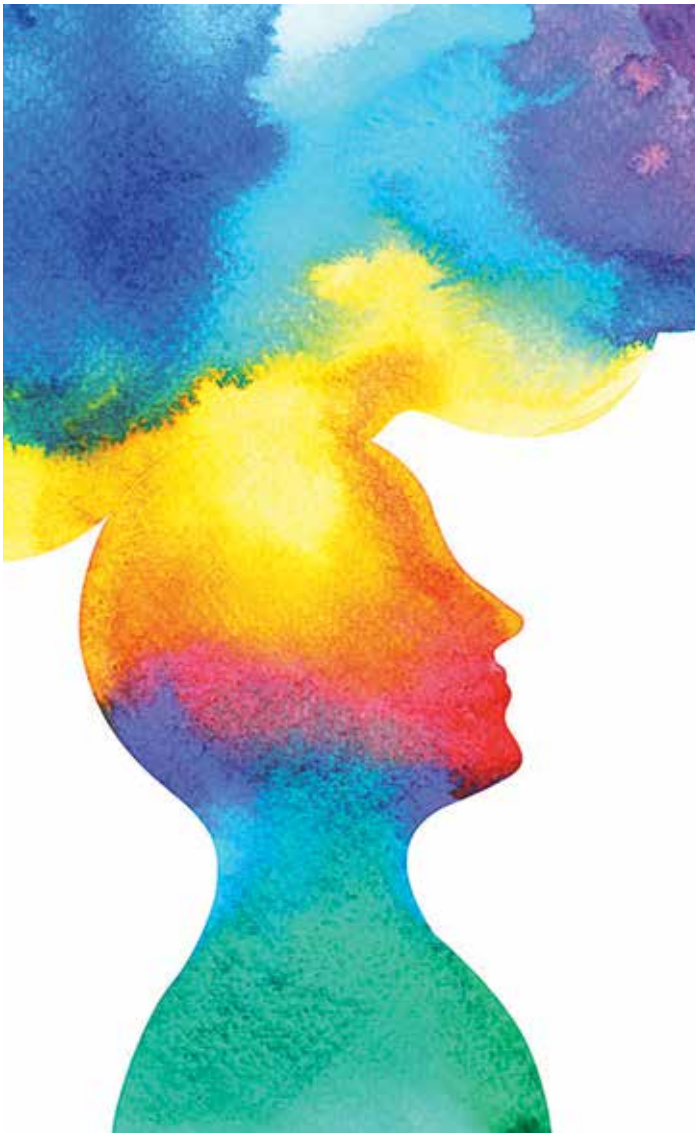
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Healthy Brain Strategies

How to Prevent Cognitive Decline

by Linda Sechrist



A healthy brain performs mental processes known as cognition, which is the acquiring of knowledge and understanding by means of thought, experience and the senses. This includes functions and systems such as memory, learning, language, problem solving, decision making, reasoning and intelligence. The aging process, a stroke or a brain injury can cause a mild to severe reduction in

healthy brain functioning resulting in impaired memory and concentration, and difficulty in learning new things or making decisions that impact daily living.

Functional medicine experts focused on preventive health care agree on the ABC's for optimizing the brain and protecting against decline: eating a healthy diet, exercising, reducing inflammation and stress levels, balancing hormone levels, cultivating healthy relationships and getting enough restorative sleep. With their expertise, they are helping to shift the old paradigm of inevitable aging and cognitive decline into a new one based on the brain's neuroplasticity.

Harvard-trained neuroscientist Jill Bolte Taylor, author of the bestseller *My Stroke of Insight* and the recent *Whole Brain Living*, is a true poster child for demonstrating the brain's neuroplasticity and ability to recover from a massive stroke. She writes about the congenital neurological brain disorder that became a problem when an arteriovenous malformation exploded in her brain's left hemisphere. For four hours, she observed her brain functions systemically shutting down one by one. On the afternoon of her stroke, she could not walk, talk, read, write or recall any of her life. Eight years later, she was not only slalom waterskiing again, but also explaining to the world, "We are the life-force power of the universe, with manual dexterity and two cognitive minds. We have the power to choose, moment to moment, who and how we want to be in the world."

Devaki Lindsey Berkson, author of *Sexy Brain*, a hormone formulator and former researcher at Tulane University's estrogen think tank, advises, "Most people think hormones are sexy, reproductive things and when they get older, they're relieved that they don't have to think about them. Not true. The body has a virtual physiological internet system. Hormones are the email signals to most cells. While the robustness of hormones and their signals affects lungs, gut, kidney and vocal cord health, it especially affects the brain. Balancing hormones with bioidentical hormones is one solution."

David Perlmutter, neurologist and co-author of *Brain Wash*, cites food as the biggest player in both brain and overall health in his books and PBS workshops. "Eating inappropriately causes intestinal permeability, resulting in inflammation, which in the brain, threatens good decision making—from deciding on the

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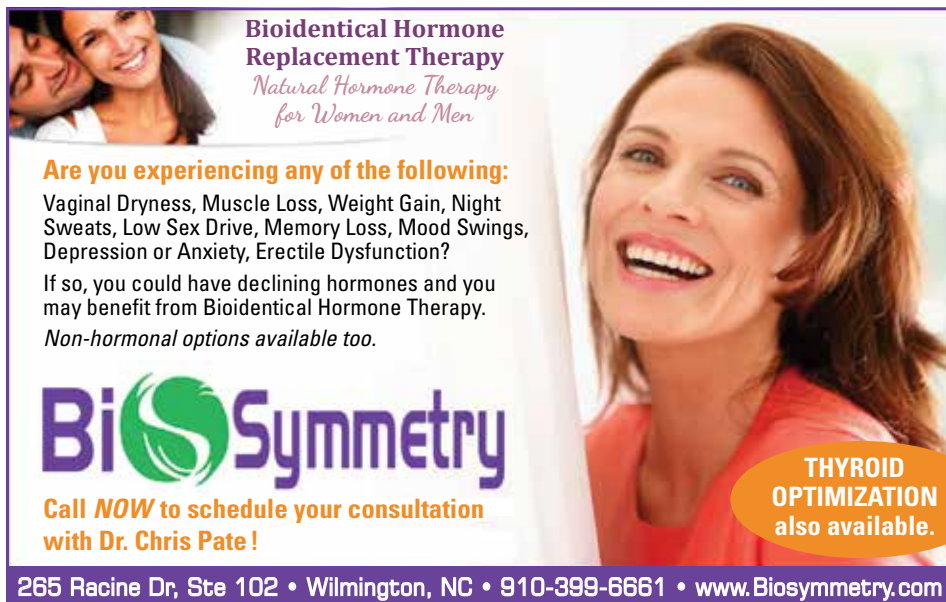
foods we eat to turning off our televisions at night, getting a good night's rest, making sure that we exercise regularly and connecting with other people. Not good for the gut are dairy products, alcohol, highly processed foods that are low in fiber, high in sugar and refined carbohydrates, as well as antibiotics," he says, adding that meditation and exposure to nature are powerful ways of reducing inflammation in the body and brain.

As explained by neurologist Dale E. Bredesen, author of *The End of Alzheimer's*, stress leads to an increase in cortisol levels that can be toxic to our brains—in particular the memory—consolidating the hippocampus, one of the first structures affected by Alzheimer's. Studies show that high stress levels can also contribute to brain fog, involving difficulty concentrating, forgetfulness and mental fatigue. The Bredesen Protocol, available from health practitioners and online, includes exercising, eating a plant-based diet, supplementing to reduce insulin sensitivity and optimize cognitive function, reducing both gut inflammation and exposure to toxins, treating pathogens and optimizing sleep.

HealthyBrains.org, Cleveland Clinic's Healthy Brains Initiative, is an online resource center with information on how to manage brain health and create a brain span that matches a life span. It offers six pillars of brain health as explained by brain health experts, including exercise, sleep, relaxation, mental fitness and social interaction.

Supplementing for brain health should be done wisely, says Mark Hyman, author of *Food: What the Heck Should I Eat?* and director of functional medicine at Cleveland Clinic. He recommends at the very least taking a multivitamin and mineral supplement, omega-3, extra vitamins B₃, B₆ and B₁₂, folate and a good probiotic that enhances the brain-gut relationship.

Mastery of the ABC's in kindergarten is required as the foundation of language and a lifetime of learning. Living the fundamentals for a healthy brain can result in a brain span that equals our life



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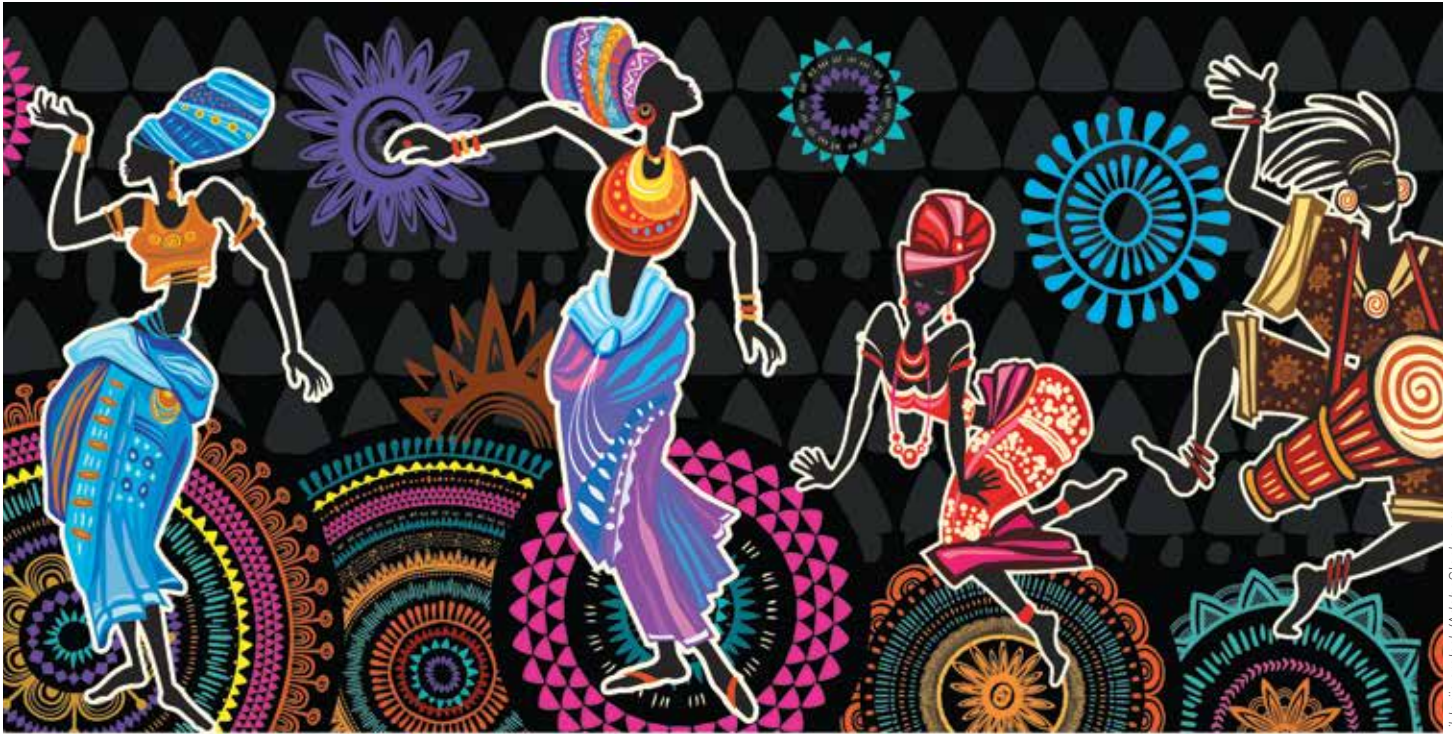
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SACRED DANCE

Moving into Divine Energy

by Marlaina Donato



Heat-healthy dancing of all types is known to promote overall physical and mental health. When they are spirit-infused, forms like African, Middle Eastern, ecstatic and yoga-inspired kundalini dance offer us the opportunity to stay in shape while also fortifying the body's intrinsic life force.

Classes in these styles of dance, which are most often conducted barefoot, draw upon a deep cultural well and include the infectious heartbeat of live accompaniment. Just about anyone can find their own blissful groove when going with the flow is the focus. "In class, I choose to emphasize the feeling more than the step itself. The goal is always to get a spiritual release," says Darian Parker, a Brooklyn-based West African dance teacher, professor and choreographer. "I always encourage my students to privilege 'having a good time' over succumbing to self-criticism from not perfecting a step."

Modern Moves, Ancient Roots

There are more than 3,000 ethnic groups on the continent of Africa, and each dance style has a purpose that is defined by its unique history. In the West African tradition, dances are designed to heal the individual and from the broader perspective, restore community. Parker, a faculty member of Cumbe: Center for African and Diaspora Dance, in Brooklyn, celebrates the culture and art of the Mande people. "In short, Mande dance trains your spirit just as much as it trains your body," says Parker. "In many Mande cultures, the ground is thought to be the habitation of our ancestors, who are thought

to animate our bodies when we dance. In this way, you can think of dance as a ritual technology that renews our connections with those who came before us."

While an African dance class encourages high energy and joyous expression, ecstatic dance can be a portal to self-discovery and connectedness. Springboarding from ancient societies worldwide, modern ecstatic dance is freeform and hallmarked by trance or tribal beats. "Ecstatic dance has offered me a portal to my subconscious, my spirit, my deep knowing. It's a way to, as Gabrielle Roth, the creator of 5Rhythms, put it, 'Get out of my head and into my body,' and in my body there is wonderful wisdom," explains Heidi Sheldon, a seasoned ecstatic dancer and licensed counselor in Stroudsburg, Pennsylvania. "Your spirit

knows what to do when it hears and feels the rhythms. You just need to allow your body to follow.”

Belly of Bliss, Heart of Light

Middle Eastern dance is comprised of many dance styles—folk and tribal, classical and most widely known, belly dancing. In ancient times, the latter was practiced in rituals for fertile harvests and women’s fertility, including physical preparation for childbirth. In 2017, a pilot study published in the *Journal of Bodywork and Movement Therapies* showed that belly dance improves depressive symptoms, fatigue and quality of life in women with breast cancer.

“Belly dancing is a tantric form of dance that empowers women to release shame and accept and love themselves and their bodies just as they are. The movements open us to pleasure and sensual bliss in our very own skin. In this way, it is very healing and therapeutic,” says Banafsheh Sayyad, a Persian dance artist and founder of the Dance of Oneness Academy, in Los Angeles. Sayyad’s movement, a fusion of Persian and Middle Eastern dance, flamenco, contemporary dance and meditative whirling, is deeply connected to an ancient feminine ethos.

As a teacher, she brings the *Sama*—the dervish (pronounced “darvish” in Persian) dance of the Sufis historically reserved for men—into the hands of women. “In the traditional Sama, the right arm is extended up toward the sky with the palm facing up,” she says. “The left arm is extended out with the palm facing down toward the Earth. In so doing, you transmit and emanate the light you’ve received into the world through your heart. So, this dance is about becoming a channel for light and love in the world.”

In essence, stepping into any dance class can be good for the soul. Sayyad reminds us, “Every movement and dance style, if done with the intention of surrendering one’s sense of separateness into an experience of the greater or dissolving one’s identity as a drop of water into the greater ocean of oneness, can be sacred.”

Marlaina Donato is an author and recording artist. Connect at WildflowerLady.com.



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Eat Well to Feel Well

THANKSGIVING FARE THAT BOOSTS MENTAL HEALTH

by Christy Ratliff



Across America, people of all ages are struggling with mental health issues. Nearly one in five people is living with a mental health condition, and the number of people seeking help for anxiety and depression is skyrocketing, reports Mental Health America. According to the organization's *2021 State of Mental Health in America Report*, suicidal thoughts are increasing among both adults and children, and 9.7 percent of youth is experiencing severe major depression compared to 9.2 percent last year. The highly contagious COVID-19 Delta variant has only exacerbated these mental health challenges.

The hope and help we seek may be as close as our own kitchen. Accumulating research shows that a diet rich in highly processed foods may increase the risk of developing or worsening various mental health conditions. But a nutrient-based diet rich in fresh fruits and vegetables; omega-3 fatty acids; nuts, seeds and legumes; whole grains, fresh herbs and spices; fish and olive oil, may help to support and enhance mental health. We can start this Thanksgiving by serving up healthier, nutrient-rich options to alleviate anxiety and depression, stabilize mood and promote mental health and wellness.

“The gut/brain connection helps us understand the food/mood connection,” explains Dr. Uma Naidoo, a Harvard-trained nutritional psychiatrist, professional chef, nutrition specialist and author of the national bestseller *This is Your Brain on Food*. “The enteric nervous system—that is, the nerves supplying the gastrointestinal tract—totals over 100 million neurons and communicates directly with the brain, or central nervous system, by way of the vagus nerve, which is responsible for our ‘rest-and-digest’ response.

“It's also vital to note that the gut contains the highest number of serotonin receptors, and the gut itself produces all the neurotransmitters that are also made in the brain, including serotonin, often called the happiness hormone. In turn, these neurotransmitters are implicated in sound mental health or potential problems when they are deficient.”

“What we eat affects mental health in many ways,” adds Amy Spindel, a functional holistic nutritionist in Plano, Texas, and founder of *FoodWithThoughtNutrition.com*. “Nutrient deficiencies can cause poor neurotransmitter production. Insufficient vitamin B₆, folate and vitamin B₁₂ can be implicated

in depression and anxiety symptoms, as they are all needed for various stages of neurotransmitter production, especially serotonin, dopamine and GABA.”

“Traditional sugary, high-carbohydrate foods promote unstable blood sugar and selectively feed inflammatory gut microbes,” Spindel says, suggesting that we skip the typical foods many of us associate with the holidays such as pecan pie, marshmallow-topped sweet potato casserole and canned cranberry sauce. “Blood sugar fluctuations cause the body to scramble in an attempt to re-regulate glucose, which may mean spikes of cortisol or adrenaline, as well as insulin. The end result can be depression and anxiety from excessive stress hormones and a glucose-starved brain.”

But making such changes, particularly during the holidays, isn't easy. “If the thought of changing up the traditional Thanksgiving menu gives you pause, you are not alone—and this is why I believe in adding in habits (and in this case, dishes) which have a positive ripple effect on our bodies and our brain, allowing for a self-sustaining cycle in our lifestyle,” advises Naidoo.

“As a nutritional psychiatrist, I feel that we are more emotionally nurtured by a feeling of abundance in ‘adding’ new

Thanksgiving dishes than thinking about this as ‘excluding’ foods,” she notes. “For example, tossing a fresh, folate-rich spinach and arugula salad with bits of antioxidant-rich strawberries, crisp roasted chickpeas and omega-3-rich olive oil adds color, flavor and a plethora of mood-nourishing ingredients to the dinner table. Even adding extra veggies to existing dishes, such as allicin-rich garlic to green beans or extra celery and fresh herbs to stuffing, adds in powerful phytonutrients with gut-loving fiber.”

“Thanksgiving favorites that are ample in neurotransmitter-producing nutrients include turkey, shellfish, sweet potatoes and acorn squash, asparagus, leafy greens, oranges and green beans,” Spindel adds.

While it's true that we cannot control a global pandemic or solve the mental health crisis in America with positive thinking alone, we can minimize our feelings of powerlessness and despair by making small but significant dietary changes—not just on Thanksgiving, but every day of the year.

Christy Ratliff is a professional health and wellness writer based in Central Florida.

Feel-Good Recipe Ingredients

Some study-proven foods to enhance mood found in the following recipes include:



■ **Pistachios.** These tree nuts, which are actually seeds, are rich in healthy fats, vitamins and minerals. According to a Pennsylvania State University study, eating pistachios may reduce the body's response to daily stress.



■ **Honey.** A National Institutes of Health study shows that the nutrients in raw honey may enhance mood and help with insomnia.

It's also rich in antioxidants, which contain anti-inflammatory properties that help protect the brain.



■ **Fresh herbs.** Sage provides natural anti-anxiety properties, while thyme and rosemary are rich sources of micronutrients and flavonoids, shown to protect against inflammation in the brain, a key factor in major depressive disorder.



■ **Apples.** Nutrient-rich apples are a good source of quercetin, a plant flavonoid, which studies suggest may be beneficial for mental health.

■ **Green beans.** An excellent source of vitamin A, green beans help fight inflammation and support the nervous and immune systems. They are high in folic acid, a B vitamin that studies have shown to potentially lower the risk of depression.



■ **Tomatoes.** Several studies show that regular consumption of tomatoes may help ward off depression.

■ **Olive oil.** Multiple studies show that low levels of olive oil, in conjunction with a Mediterranean-style diet, has a positive impact on mental health and brain function.



■ **Cornmeal.** Naturally gluten-free, cornmeal is an excellent source of folate, an important B vitamin. Research from the National Institutes of Health suggests that those with low levels of folate are more likely to experience depression.

■ **Raisins.** A great source of vitamin B, raisins can help the brain produce serotonin, an important neurotransmitter for reducing many anxiety-related symptoms.



Goat Cheese Appetizer with Honey, Fig and Pistachios

1 medium, fresh goat cheese log (about 11 oz)
¼ cup roasted pistachios, chopped
¼ cup honey (this recipe calls for 2 Tbsp; others call for ¼ cup)
1 to 2 Tbsp fig spread
Healthy selection of whole-wheat crackers, vegetable chips, etc.

Spread chopped pistachios on a small plate. Roll goat cheese in pistachios to coat sides and top. Transfer to a serving tray and sprinkle whole pistachios on top and around the cheese. Drizzle honey over and around cheese log. Warm fig spread for 5 to 10 seconds in a microwave. Drizzle spread over cheese log or half of cheese log, as desired. Serve with whole-wheat crackers or chips.

Courtesy of Susan Randall. For more information, visit SimpleHealthyKitchen.com.



photo by Christy Raliff



photo by Christy Raliff

Buzz's Fresh Herb and Apple Sage Stuffing

1 loaf bread, toasted (whole wheat (WW) or half WW, half French bread)
¼ cup unsalted butter
2 cups celery, chopped
1 large yellow onion, chopped
1 to 2 cloves garlic, chopped (to taste)
3 Granny Smith apples, chopped, with skin on
¼ cup sage leaves, chopped
¼ cup fresh rosemary, chopped
1 to 2 Tbsp fresh thyme, chopped
2½ cups reduced sodium vegetable or chicken broth
2 eggs
1 to 2 tsp salt to taste (may substitute nutritional yeast or fresh dill)

Preheat oven to 350° F. Grease a large, 2-to-3-inch-deep casserole or baking dish. Toast bread and cut into 1-inch cubes. Set aside. Melt butter in a large pan. Add celery, onion, garlic, apples and fresh herbs. Stir to mix and cook until softened, about 10 to 15 minutes. Remove from heat and cool. Beat eggs in a large mixing bowl. Add bread cubes and apple/vegetable/fresh herb mixture into the egg mixture. Add broth and salt (or nutritional yeast or fresh dill) and mix well. Spoon stuffing into prepared casserole dish. Cover with foil and bake for 30 minutes.

Uncover and bake for 20 to 30 minutes more or until golden-brown crust forms. Remove from oven, uncover and cool.

Courtesy of Buzz Spence. For more information on fresh herbs for

Greek - Style Green Beans (Fasolakia Lathera)

½ cup olive oil
1 onion, chopped
1 lb green beans
1 medium potato, sliced (¼-inch thickness, cut in half)
3 medium tomatoes, grated, or 12 to 15 oz chopped tomatoes
¼ cup parsley, chopped
1 tsp sugar
½ tsp salt
Fresh pepper

In a medium pot, heat olive oil on low to medium heat. Sauté onion until softened. Add potatoes and heat for 2 to 3 minutes. Add beans and mix with olive oil until coated. Add tomatoes, parsley, sugar, salt and pepper. Mix well. Add just enough hot water to cover the beans halfway. Cover and simmer for about 40 minutes, or until beans are soft and most of the liquid is absorbed. May be served as a side dish for four people or a vegetarian/vegan entrée for two.

Courtesy of Elena Paravantes, RDN. For more information and Mediterranean recipes, visit OliveTomato.com.



photo by Christy Raliff



photo by Christy Raliff

Seluisauganasda Cherokee Cornmeal Cookies

Here's a creative, nutritious way to celebrate indigenous tradition during the holidays while also being mindful of mental health.

¾ cup softened butter
½ cup organic brown sugar
1 egg
1 tsp vanilla
1½ cups flour
½ cup cornmeal
1 tsp baking powder
¼ tsp salt
½ cup raisins (Other versions of this recipe include nuts and dark chocolate pieces.)

Preheat oven to 350° F. Spray cookie sheet with nonstick cooking spray and set aside. Using a wooden spoon, mix butter and brown sugar in a large mixing bowl. Add egg and vanilla. Stir until smooth. Add flour, cornmeal, baking powder and salt. Add raisins. Mix well. Drop dough by rounded teaspoonful onto baking sheet. Bake 12 to 15 minutes or until slightly golden. Makes about 2 dozen small cookies.

Courtesy of La Potosina. For more information, visit IndigenousFoods.wordpress.com.

Eco-Decor for the Home

How to Buy Sustainable Furnishings

by Sandra Yeyati



brizmaker/AdobeStock.com

While comfort and beauty are clear priorities when shopping for furnishings, sustainability and health should be, too. By asking the right questions and doing a little up-front research, consumers have the power to appoint their sanctuaries with non-toxic, ecologically responsible items that are built to last and won't pollute the environment.

According to the Sustainable Furnishings Council (SFC) ([SustainableFurnishings.org](https://www.sustainablefurnishings.org)), 80 percent of the environmental impact of any product comes from the materials used to make it, so it's vital to ask about all of the material components in a piece of furniture.

Sustainably Harvested Wood

Because it is long-lasting and sturdy, wood can be an excellent, eco-friendly material. The most important consideration is that it hasn't contributed to deforestation. SFC Executive Director Susan Inglis recommends third-party certification to confirm that wood was sustainably harvested in ways that preserve the forest's ecosystem and benefit nearby communities. The Forest Stewardship Council ([FSC.org](https://www.fsc.org)) issues one of the industry's most coveted independent certifications.

Reclaimed wood is another Earth-friendly option. "Perhaps the tree was cut down decades or centuries ago and made into a building, and now it's being used to make a piece of furniture," explains Inglis. A third sustainable choice is wood from a plantation that was

established more than 25 years ago. "While it is not sustainable to convert natural forests to plantations today because you're losing biodiversity, wood from long-established plantations is considered sustainable," she says, adding that in those settings, new trees are planted to replace those harvested.

Non-Toxic Textiles

According to Inglis, the most environmentally sound textiles are made of natural fibers like organic cotton, linen, hemp and wool, which are long-lasting and can be recycled into new textiles. Synthetic fibers are petroleum-based and much less desirable.

Textile manufacturing practices can also be environmentally problematic. "Look for certification that they're not polluting waters

or using toxic dyes,” says Aimee Robinson, owner of EcoBalanza, an organic furniture boutique in Seattle. She points to the Global Organic Textile Standard (*Global-Standard.org*) as a reliable organization which identifies producers of natural fibers that are organically grown without pesticides, while also considering the social and environmental impacts of their production systems.

Volatile Compounds and Unhealthy Chemicals

The SFC has identified five classes of chemicals commonly found in furniture that have been linked to cancer, endocrine disruption and immune impairment: volatile organic compounds like formaldehyde found in paints and finishes; flame retardants; fluoridated chemicals used in performance fabrics; antimicrobials; and polyvinyl chloride, known as PVC or vinyl. Inglis recommends that consumers ask about the potential presence of these chemicals when shopping for furniture and avoid them if possible.

Recycled Plastic

Recycling plastic to make furniture is trending, and that’s a plus, according to Inglis. “The best thing would be to avoid making anything out of plastic,” she says. “Plastic is a huge environmental problem, and our use of it continues to go up, especially in the COVID era. Only a small percentage of it is being recycled, leaving a lot of it to break down into microparticles, unfortunately. So, making things out of our plastic waste is good.”

Robinson, on the other hand, refuses to use any plastic in her handmade, all-natural furniture. “Plastics are a non-biodegradable, petrochemical product,” she says. “They’re polluting everything. The plastics industry is so insidious. Anything we can do on any front to pull away from petrochemicals in every aspect is good.”

Price and Durability

“Well-made furniture can get expensive, but you’ll have to replace cheap furniture because it’s not built to last. What’s cheap in the beginning is expensive in the end, because



it’s not taking into account the cost of having to replace it or the cost of cleaning up an environment that gets more and more filled with junk,” says Robinson, who also recommends looking for well-made vintage pieces that can be restored and brought back to life.

“I recommend that you spend the most budget you have on a quality product, because that sofa, if it’s made well, can be

reupholstered over and over again,” says Robin Wilson, a New York City designer and founder of Robin Wilson Home. “By keeping that sofa, you’re being eco-friendly to the world because it is not going into a landfill.”

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

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Mindfulness for Stressed Teens

School Programs Teach Healthy Coping Skills

by Erin Lehn

Teen stress levels often rival those of adults, concludes data collected by the American Psychological Association in 2017. This is especially true these days with the influx of social media expectations, political unrest and a global pandemic to contend with. Other daily pressures—such as relationship turmoil, bullying, academic challenges, unstable home lives and mood disorders—can add to the stressors. With all of these pressures, it's no wonder many teens often tune out and turn toward their devices, getting fixated on other people's lives or compulsively recording their own experiences, but not fully living them.

A wealth of research has demonstrated that one of the most beneficial ways to help teens navigate the ups and downs of these

tumultuous years is through mindfulness education. A randomized clinical trial published in the *Journal of Consulting and Clinical Psychology* in 2009 was one of the first studies that provided evidence of the effectiveness of mindfulness-based stress reduction treatment of adolescents. Since then, there has been no shortage of research findings proving its benefits.

“In a nutshell, mindfulness is about being keenly aware of your life, in the present, versus the automatic tendency to ruminate about the past or worry about the future,” says Gina Biegel, CEO and founder of Stressed Teens, a Campbell, California, business that has been disseminating mindfulness-based programs tailored to adolescents since 2004. “It's noticing your thoughts, feelings and physical sensations

in the present moment without harmful judgment.”

“Mindfulness is a practice in the art of aligning your energy, mindset and emotions,” says Tris Thorp, the San Diego-based author of *Healing Your Heart* and a Chopra Center-trained leadership coach. “When teens acquire the skills to better navigate what's happening in the moment, they'll have more opportunity available to them because they're calm, centered and grounded.”

“The best moments come when a teen realizes their own wisdom, sees it emerge and is able to grow stronger as a result,” says Jem Shackelford, head of curricula for Mindfulness in Schools Project (MiSP), a leading nonprofit provider of mindfulness training for schools in the U.K. and



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school setting, here are two highly effective practices.

■ **Certify teachers** in mindfulness training so they can deliver the materials directly to their students. “MiSP curricula are produced by educators that have many years of experience of what works in the classroom. They are also long-term mindfulness practitioners, giving them a unique perspective of how mindfulness can be used and taught effectively in school,” says Shackelford.

■ **Implement a school-wide approach.** Stressed Teens offers online mindfulness-based groups and one-on-one therapy and coaching sessions for teens, as well as professional instructor certifications and the Whole-School Mindfulness-Centered Social-Emotional Learning (SEL) program. This approach, in which an entire school participates for a calendar year, is especially beneficial because everyone is going through the program at the same time. “Typically, schools complete two lessons per week to fit the curriculum into one semester or one lesson per week to spread learning over two semesters,” Biegel says.

While teens can learn and practice these techniques alone, a whole systems approach that involves the family, school and community has been shown to have the biggest impact. “A teenager with a mindfulness practice can have a beneficial effect on other members of the household. However, there needs to be support from every angle in a teen’s environment for it to be sustainable,” says Thorp. “There’s so much evidence-based research and measurables that demonstrate how impactful these

programs are in schools and communities. There’s a clear reduction in acting out, reduced conflict, and more participation and engagement.”

“Think of the ripple effect of possible benefits if the whole community and systems a teen are in are also learning and practicing mindfulness,” says Biegel. “Mindfulness-based methods also include and affect positive human values like gratitude, kindness, generosity, self-care, compassion and acceptance. Youth, parents and educators can all benefit from that.”

For more information, including free mindfulness-based resources, visit [Stressed Teens.com](http://StressedTeens.com), MindfulnessInSchools.org and TrisThorp.com.

Erin Lehn is a frequent contributor to Natural Awakenings magazine.

internationally.

According to Biegel, a regular mindfulness-based practice helps rewire the brain when people focus on pleasant, beneficial and positive experiences. “For survival purposes, our brains are naturally wired to the negative, aka ‘negative selection bias,’” she says. “Thankfully, we can train our brains to be more tilted to the positive. In fact, just thinking of a positive memory for 12 seconds can create a benefit for your well-being.”

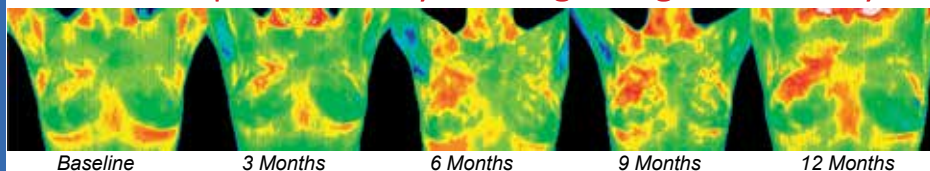
While there are multiple approaches to weaving mindfulness practices into a

Mindfulness Tips for Teens

1. Stop what you’re doing and count your breaths to 10.
2. Devote your awareness to more of the pleasant and beneficial moments in your day.
3. Accomplish only one task at a time. You will be more productive than if you split your attention to multiple tasks.
4. Start a daily gratitude journal. Each day, consider the big things you’re grateful for, like your family, friends, health or home. Also, don’t forget the little things you’re thankful for, such as a cup of coffee or a hug.

Thermography May Save Your Life!

Positive comparative study showing changes over one year



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

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Honoring the Loss of a Pet

Simple Ways to Grieve and Heal

by Marlaina Donato



French novelist Anatole France’s sentiment, “Until one has loved an animal, a part of one’s soul remains unawakened,” rings true for anyone that shares a love story with a beloved pet. Whether we lose a cat, dog, horse, bird or lizard, the final parting can be quite emotional. Society supports us with empathy and rituals of closure when we suffer the loss of a human love, but grieving an animal companion can be a uniquely silent passage. Surrendering fully to the mourning process, creating a joyful ceremony and celebrating the life of a loved one invites healing and solace.

Sacred Grief

The animal-human alliance is hallmarked by the absence of emotional baggage, and is therefore capable of provoking grief that equals or exceeds losing a close relative. “This is a deep bond that is never judgmental on how we look, spend money or what we do for a living, as long as we love and nurture. And, in return, we receive undying, unconditional love,” says Pam Baren Kaplan, a pet loss grief counselor and life coach in Chicago.

Diane Stout, a pet parent and retired dog groomer in Paupack, Pennsylvania, knows the impact of this unconditional love, especially through life’s changes. “Long after a spouse has died and family have moved away to other lives and preoccupations, the family pet remains the faithful dinner or TV time companion,” she says. “A cherished pet is often the last true companion.”

Cancelling appointments or taking time off from work after a pet’s passing does not connote emotional weakness. “Treat yourself with the same kindness you would show another person going through this difficult time,” advises Cheryl Wyatt, a certified grief companion at Lap of Love Veterinary Hospice, a national network of veterinarians that provides compassionate end-of-life care. “Allow yourself the time to do your mourning work. Tears are cleansing. If they happen to come 10 hours or 10 years from now, you have permission to shed them.”

Compassionate Transitions

Loving an animal until the last goodbye includes relieving their suffering to the best of our ability. In-home euthanasia can

make a heartbreaking time more bearable for both pet and owner. “Providing beloved pets euthanasia at home differs from a clinical setting because it allows them to remain in their safe, happy place. At home, the veterinarian can greet the pet family and provide the loved one’s peaceful passing wherever they are most comfortable—a favorite bed or spot on the couch—surrounded by all those who love them most,” explains Wyatt.

Pet funerals are becoming more common, and ceremonies are as unique as the animal remembered. Stories, poetry and memories can be shared by family and they can include a living memorial such as a tree planted in the animal’s name.

Stout, also an accomplished artist, finds joy in painting her pets that have gone and suggests “a scrapbook of pictures and memories, because a look back at puppy or kitten pictures can bring an instant smile.”

Kaplan agrees, “Creating what I refer to as ‘a legacy of love’ can be done by the entire family or by one person. This is a book that you put together with favorite photos of your pet and journal the story around the photo. This is a great way to include family member’s memories from their perspective.”

Choosing a unique, handmade vessel for ashes can honor an animal. Mary Jane Panebianco, owner of SpiritpetShop on *Etsy.com*, was inspired by the passing of a co-worker’s dog. “At the time, I worked in a mixed media art gallery, and she had

one of our ceramic artists create her dog Sandy’s memorial urn. It was beautiful and so well done. I did some research on the pet industry, and everything I found was so commercial and mass-produced. I knew pets and their owners deserved another option.”

Panebianco works with a small number of award-winning American artisans and accepts custom orders for handcrafted urns. “Many of my pet parents have told me how having a beautiful memorial for their beloved pet helps them make peace

with their pet’s passing. It’s the last thing you will do for them.”

In the beginning and in the end, it’s all about the love. For Stout, it’s what animals teach us. “To play and dance often, to give unconditional love, loyalty and friendship, to find joy in the little things, and that life is too often short.”

Marlaina Donato is an author and recording artist. Connect at WildflowerLady.com.

Advice for the Bereaved

Cheryl Wyatt, of the Lap of Love Veterinary Hospice, recommends:

- Set aside some time each day to be alone in a quiet place to give yourself space to grieve.
- Honor the memories.
- Write out your emotions freely in a journal; compose a poem or letter to your pet.
- Light commemorative candles in his/her honor.
- Create a memory table—include all of the things that remind you of your beloved pet. Leave it up for as long as you like.
- Continue to speak to your loved one, sing to him/her whatever brought you joy in being together.
- Wear a piece of jewelry that bears your pet’s name or contains a small amount of his/her remains.
- Join an online group or meet in person with other people that are going through the mourning process.
- Don’t let people that don’t grasp the depth of the human-animal bond tell you how you should feel.

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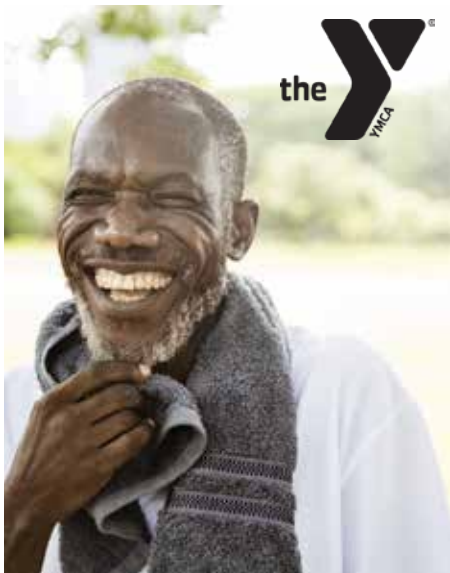
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inspiration

The Healing Power of a Hug

by Marlaina Donato

When we were children, a hug helped to take the sting out of a skinned knee or quell first-day-of-school jitters. In adulthood, hugs are not as plentiful or practical; many people lack partners or loved ones, and the gesture—both giving and receiving—is too often labeled as sentimentality. As we continue to move through life with pandemic restrictions, hugs can feel risky at a time when we need them the most.

A hug elicits a powerful shot of neurotransmitters like oxytocin, serotonin and dopamine, and we don't necessarily need another human to reap

the benefits. Wrapping our arms around a breeze-swept tree in the backyard or on a hiking trail can lower heart rate and set our brains abuzz with feel-good endorphins. Earlier this year, the forestry service in Iceland invited people to cuddle up to trees to offset COVID-19 isolation and get in a good dose of forest bathing. Scientific research, including a study from Carnegie Mellon University, backs what unapologetic huggers have always known: Even the most casual embrace can help to lower stress, boost immunity and promote a better night's sleep.

Cuddling up with a stuffed animal is a part of everyday life for 43 percent of American adults, with men taking the lead. Befriending a plush toy is part of some trauma recovery programs and has a soothing effect on those navigating the dark waters of grief, loss and chronic anxiety. Snuggling up under a warm, weighted blanket is also akin to a hug, and has benefits much like the real thing.

Holding and being held strengthens the body's defense systems, as well as romantic partnerships, friendships and our relationship with ourselves. Opening our arms can foster the spiritual discipline of not only giving, but receiving—a vital requirement in self-care. In a time of chaotic uncertainty, isolation and change, hugs can be medicine; they can also be a powerful metaphor and reminder to remain open, willing and beautifully human.



Jason Shtil/AdobeStock.com

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

calendar of events

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

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

MONDAY, NOVEMBER 1

Cape Fear Fair and Expo – Daily times vary thru Nov 7. Delicious food, fun animal exhibits, exciting competitions, horticultural contests, family friendly amusement rides, as well as children's activities, rotating stunt and magic shows, and providing lots of family fun and live entertainment. Cost: \$22. ILM, 1740 Airport Blvd., Wilmington. Visit CapeFearFair.com.

SATURDAY, NOVEMBER 6

Saturday Psychic Eileen & Great Oak – 10am-3:30pm. Ability to speak to your loved ones who have passed over. Cost: \$75/\$110/\$160, 30/60/90 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. Blue Lagoon Wellness Center. com. 910-685-2795.

SUNDAY, NOVEMBER 7

Daylight Savings Ends

TUESDAY, NOVEMBER 9

Aura Photos – 10am-6pm. By Sondra Lambert. Come experience the phenomena of seeing your energetic signature in living color. It is as if a mirror is showing you your energy, your radiance, and your personal essence. Cost: \$35. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

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



CALENDAR

Check out the latest events at HealthyLivingCoastalCarolinas.com/calendar

WEDNESDAY, NOVEMBER 10

Aura Photos – 10am-6pm. See November 9. Wilmington.

THURSDAY, NOVEMBER 11

Veterans Day

SATURDAY, NOVEMBER 13

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

SUNDAY, NOVEMBER 14

Veterans Day Sunday Guest Speaker – Unity Myrtle Beach welcomes Dr. John Fisher, Master Surfer, Chiropractor, Vietnam Veteran and Author of 3 books: *Not Welcome Home*, *Angels in Vietnam*, and *The War After the War*. Unity Myrtle Beach, 6173 Salem Rd, MB. 843-215-0260.

SATURDAY, NOVEMBER 20

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

THURSDAY, NOVEMBER 25

Happy Thanksgiving

FRIDAY, NOVEMBER 26

Customer Appreciation Day – 10am-4pm. In appreciation to Blue Lagoon Wellness Center's friends, customers, clients, and NEW people to become friends, customers and clients: Take a 25% discount of entire purchase today (excludes consignment and readings.) Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

SATURDAY, NOVEMBER 27

Customer Appreciation Day – 10am-4pm. See November 26 listing. Wilmington.

Saturday Psychic Brook Rowe – 10am-3:30pm.

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

Flotilla at Wrightsville Beach – 6pm. Also known as the "Lighted Boat Parade." Get a jumpstart to your holiday celebrations with this annual event that is always a crowd pleaser, holiday celebration with the allure of the coastline, courtesy of a festive boat parade, fireworks, more. For more information call 910-256-2120 or email info@ncholidayflotilla.org.

planahead

SATURDAY, DECEMBER 4

Unity Myrtle Beach Community Day – 10am-2pm. Celebrate with us as we Empty the Barn and give away free household goods, furniture, appliances and more. Music and Crafters/Artists items, food, plants, and books for sale. Vendors interested call. Unity Myrtle Beach, 6173 Salem Rd, MB. 843-215-0260.

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ongoing events

daily

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

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

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

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

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

sunday

Sunday Morning Circle – 9:45-10:30am. Strengthen and deepen your experience with prayer. Unity Minister, Rev. Marilyn Mattox, facilitates. Meeting ID: 854 8081 1819 * Passcode: 262481 * US-02web.zoom.us/j/85480811819?pwd=Q3J6c1VNR1g5dFI4NEU2NjFnY01EZz09 UnityMyrtleBeach.org. 843-238-8516.

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

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

Heart Math – 1-5pm. HearthMath session with Lana Buecker/Certified HearthMath Mentor. Understand the relationship between emotions, stress, performance, and health. Cost: \$110/60-minute

session. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-524-0723.

tuesday

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

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

wednesday

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

UnityMB Bookgroup via Zoom – 12:30-1:30pm. New book beginning Nov 3: *The Four Agreements* by don Miguel Ruiz, reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Cost: Love Offering. In person or via Zoom. Meeting ID: 826 9184 9920 Passcode: 752429. Unity Myrtle Beach, 6173 Salem Rd, Myrtle Beach. UnityMyrtleBeach.org. 843-238-8516.

Give thanks not just on Thanksgiving Day, but every day of your life.
Appreciate and never take for granted all that you have.
~Catherine Pulsifer

thursday

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

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

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

friday

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

saturday

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

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



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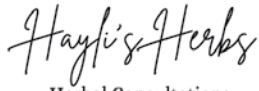


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You can't stop the waves,
but you can learn how to surf.
~Jon Kabat-Zinn

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A community metaphysical shop supplying crystals, tarot, incense, and local art in a welcoming atmosphere complete with coffee bar, energy healers, intuitive readers, and workshops to help you learn and grow. Facebook/Instagram: @MadameMeerkat. *See ad, page 5.*

NATURAL AESTHETICS

BLISS AESTHETICS STUDIO

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



All-natural skin care services and treatments using unique, naturally corrective products for all types of skin and ethnicities to treat all skin care concerns; including fine lines and wrinkles, dark spots, enlarged pores acne and more! Permanent makeup and lash extensions also available. Mention *Natural Awakenings* for discount. *See ad, page 5.*

NATURAL SERVICES

WILLING BEAUTY

609-915-2033
WillingBeauty.com/LAJ

WILLING BEAUTY™

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

SPIRITUAL COMMUNITY

UNITY MYRTLE BEACH

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



Our uplifting mission of prayer, service and education enriches and transforms lives. We are a spiritual community of individuals dedicated to knowing Self and knowing God, and doing our part in supporting the emotional, mental and spiritual well-being of children, individuals and families on the Grand Strand. *See ad, page 15.*

UNITY OF WILMINGTON

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



A positive path for spiritual living committed to expanding consciousness and inspiring transformation. Unity teaches a culturally Christian and spiritually unlimited way of life. Unity is an open-minded, accepting community emphasizing practical, everyday application of spiritual principles for more abundant and meaningful living. Check Facebook and Meetup for events. *See ad, page 5.*

What if, today, we were grateful
for everything?
~Charlie Brown

THERMOGRAPHY

BEACON THERMOGRAPHY, INC.

Shelly Laine
910-803-2150
BeaconThermography.com



Thermography is a state-of-the-art, radiation-free diagnostic tool which creates a digital map of your body, illustrating heat patterns that may detect some condition or abnormality using a scanning-type infrared camera that measures your body's surface temperature. Thermography aids in the detection and monitoring of many types of diseases and physical injury. Multiple scanning locations throughout the Wilmington area. *See ad, page 23.*

THYROID HEALTH

LETS GET CHECKED

910-833-5366

HealthyLivingsCoastalCarolina.com

Save 20% Code: Natural 20



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

WEIGHT LOSS

BIO SYMMETRY

Dr. Chris A. Pate, MD

265 Racine Dr, Ste 102, Wilmington

910-399-6661 • BioSymmetry.com



Dr. Pate, board certified in Obesity Medicine offers weight loss program designed to help keep weight off for good. Body composition test and metabolic test completed along with blood work to rule out issues that may be hindering you from losing weight. Medications available if needed. Call or text to book an appointment with Wilmington's weight-loss expert.

WELLNESS PRODUCTS

LIFEWAVE

Tim Long

910-398-3153

Lifewave.com/TheMessenger



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

YOGA

BEACH BLANKET YOGA

Gina Mecca, MS ED, RYT-200

222 Carolina Beach Ave, N

BeachBlanketYoga@gmail.com

910-368-1047



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

HEALING ARTS WITH MERCEDES

Mercedes Ani - YACEP,

Experienced Yoga Teacher

Leland and Wilmington areas

910-986-5271

MercedesAni@icloud.com

MercedesAni.com



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

OHANA YOGA

Nick Freitas

233i Western Blvd, Jacksonville

808-342-8744

OhanaYogaNC.com



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

If it's out of your hands, it deserves freedom from your mind too.

~Ivan Nuru

DECEMBER SHOPPING GUIDE

Be part of the Natural Awakenings Coastal Carolinas Holiday Shopping Guide

Coming Soon

Call or email for details:

910-833-5366

HealthyLivingCoastalCarolinas.com

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