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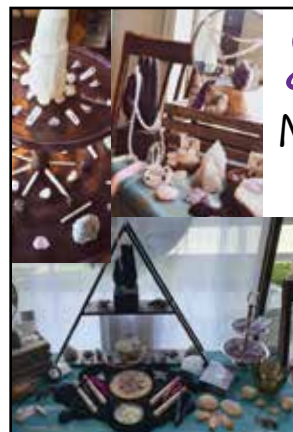


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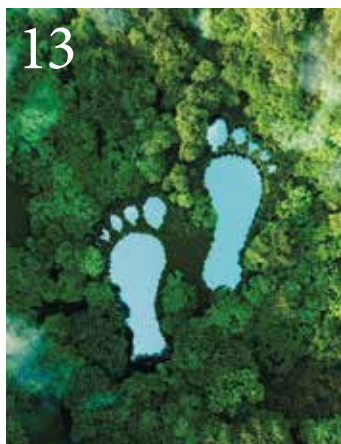
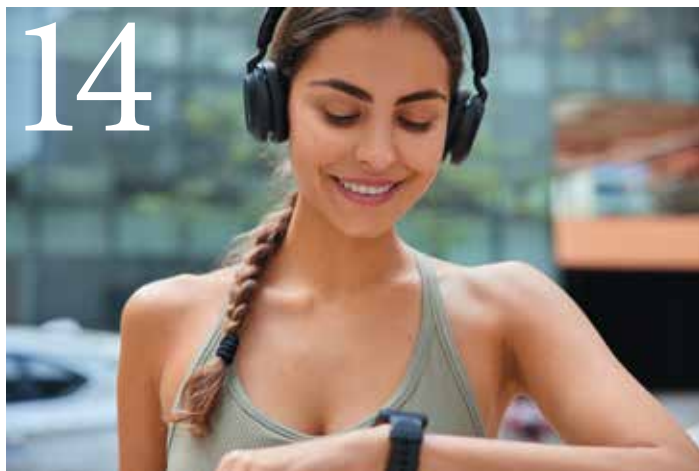
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## letter from publisher

## Holding the Vision in 2022

Happy 2022 and to a Fabulous New Year! I have been busy with my family, setting goals and things we want to do together or accomplish in 2022. Have you ever created a vision board? Maybe this year is the year to put your thoughts and dreams onto a board or paper. Is one of your goals to get healthier? This may be the perfect year to put this into action with *Natural Awakenings* right by your side as your resource to everything healthy.

This year promises an intensification of natural health trends that have been gathering force over time. Experts predict that plant-based foods will take center stage as supply chain problems hamper meat production and plant-based proteins that replicate meat grow in acceptance. Telemedicine, wearable devices that monitor personal biometrics, approaches like saunas and intermittent fasting that leverage low-energy stress to improve metabolic health and surges in mindfulness and coaching are also trends to keep an eye on. Learn more by reading the full story "Health in the New Year," by Sandra Yeyati.

With growing public and legal acceptance of cannabis for medical and recreational uses, dispensaries are commonplace and "ordering edibles is as easy as getting pizza," reports a marketing firm. CBD, said to have healing and pain relief properties, is being sold in the form of oils, edibles, sprays, creams and pills, and may soon be available in cocktails and dietary supplements. Hemp fiber, recently legalized as a farm crop, may expand beyond clothing lines into such areas as auto and industrial parts and building materials, as discussed in "High Times for the Cannabis Industry," by Jim Motavalli.

Being a mom of three children, I believe our Healthy Kids department article is highly meaningful. It's interesting when we hear the term "kids". Many relate it to the 13-and-under age group, although our teenagers are still kids too, aren't they? As sensitive beings, children can be easily overwhelmed by the stresses and overstimulation of life, but a calm corner with objects that soothe the senses can give them a safe, gentle space to regain their equilibrium. Whether indoors or outdoors, the space can include such items as bean bag chairs, therapy putty, a white noise machine or slow music, books and toys to fidget with. Weighted blankets and stuffed animals, calming essential oils, coloring books and pop-up tents or tree houses can also help children recalibrate. I have purchased several of these items this year for Christmas, as it is so important to disconnect and help your children create that calming space. I know at times I need my calming space, so why not for them? We may forget because they are quiet and busy on devices with overstimulation, and you may not even realize they are up at night having trouble sleeping. Talk to your children no matter how old they are, put down your device, listen to them, learn from them and most of all love them.

Here's to a bright New Year!

Lori

Lori Beveridge, Publisher





## Sacred Yoga Tribe Anniversary

“Sacred Yoga Tribe is pleased to announce our second-year anniversary on January 11,” comments Erika Guerra-Todd, owner of the studio located in Myrtle Beach. “This Sacred Space has changed the lives of many women across the Grand Strand with its in-person classes and around the world with our online workshops. Sacred Yoga Tribe is a Sacred Space that teaches you to align the body, mind and spirit through the practice of yoga asanas, meditation, breathing techniques, kriyas, mudras and chanting at every yoga class.”

Guerra-Todd is certified in wellness coaching, master yoga and meditation teaching and is a Shamanic Trance Dance Guide and Guardian. The Shamanic Trance Dance Ritual is a powerful and profound, blindfolded experience that incorporates a dynamic blend of tribal music, spontaneous movements, energizing fire breath and focused intention, facilitating entering the inner world of the soul, to get guidance, wisdom and healing. It's an inner journey of self-discovery.

The studio also offers Cleansing Bath, a purified herbal bath that dissipates negative energies that may have penetrated the auric field, creating mental, emotional or physical imbalance; and a Flourishing Bath that creates a healthy auric field with the purpose of attracting love, health, wealth and prosperity into one's life.

“If you are looking for a way to calm your busy mind, release stress and anxiety, overcome fears, or you just want to feel more connected, relaxed and joyful, Sacred Yoga Tribe is the place for you,” adds Guerra-Todd.

*Location: 11 Shawnee Trail, Myrtle Beach. For more information or to register for a class or session, call 843-503-4498, email [SacredYogaTribe@gmail.com](mailto:SacredYogaTribe@gmail.com) or visit [Facebook.com/SacredYogaTribe](https://www.facebook.com/SacredYogaTribe). See CRG listing, page 31.*



## Art & The Bloom in Wrightsville Beach


Leading floral designers in North and South Carolina will gather to showcase their floral creations inspired by fine art in the Art & The Bloom exhibition and competition from January 7 through 9 at the Blockade Runner Beach Resort, in Wrightsville Beach.

The three-day event will include expert demonstrations and workshops in floral design, floral collage and culinary art, afternoon teas with jewelry fashion shows, gallery art sales by the Wilmington Art Association and nationally renowned vendors.

The New Hanover Garden Club, Harbor Island Garden Club and the host hotel, Blockade Runner Beach Resort, will be following the government guidelines for the prevention of the spread of COVID-19. Should the event need to be cancelled due to increased pandemic restrictions, tickets will be refundable.

Now entering its fifth year, the New Hanover and Harbor Island Garden Clubs' Art & The Bloom has become a highly anticipated event. This year's artwork will come from private collections and juried artists across the state. Floral designers receive their art assignment from a blind draw weeks before the event.

*Cost: \$15 to \$220; general admission to special pass packages throughout the weekend. Location: 275 Waynick Blvd. For more information, call Barb Bitter, chairperson, Art & Bloom, at 910-616-0476 or email [BarbBitter@gmail.com](mailto:BarbBitter@gmail.com).*



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## Shepard Provides Helpful Counseling

Sometimes life is just too hard. While it may be possible to get through the hard times alone or with the support of family and friends, oftentimes it is beneficial to seek out additional support or direction. There are many reasons a situation or emotions can become too hard to manage. Stress is ongoing, a relationship is in trouble, a new experience or major change is harder than expected or our past has left us with negative and untrue beliefs about ourselves. Maybe we struggle with depression or anxiety, have a habit of choosing unhealthy relationships or we long for the confidence to trust our perspective and go after our dreams. Counseling may help with these needs.

Carol A. Shepard, a licensed marriage and family therapist, and president of Life Tide Counseling, P.C., was licensed in 1994 while living in Southern California. While there, she worked at an outpatient drug treatment center, as a family court mediator and owned a private practice. She is a community educator, teaching such classes as anger management, assertiveness training and parenting after divorce. She is also a trained practitioner in EMDR, a therapy for those that are still reacting to traumas they experienced in their past.

Shepard notes, "Whatever your experience in life, you matter. You have a unique contribution to make to the world and to the people with whom you interact. We at Life Tide Counseling are committed to helping you express your full, unique self and helping you remove the obstacles that keep you from enjoying the life you have been given."

*Location: 205 Ward St., Ste. 1, Swansboro. For more information or to schedule an appointment, call 910-326-8881, email [Carol@LifeTideCounseling.com](mailto:Carol@LifeTideCounseling.com) or visit [LifeTideCounseling.com](http://LifeTideCounseling.com).*



Carol A. Shepard

## news briefs

### Oyster Shell Recycling Program Expands in Brunswick County

Brunswick County is working with the North Carolina Coastal Federation to help ramp up oyster shell recycling throughout the county. Rather than tossing shells in the trash, which is banned, there are several new shell recycling drop-off sites throughout the county for public use. Brunswick County's Solid Waste and Recycling Program is partnering with the Federation to host the shell drop-off sites at their convenience centers in Sunset Beach at 736 Seaside Road Southwest; Supply at 1709 Oxpen Road Southwest; Southport at 8392 River Road Southeast; and Leland at 9921 Chappell Loop Road Southeast.

Whether from an oyster roast, restaurant or backyard cookout, every shell collected can help protect and restore our coast. Oyster shells are a valuable resource costing up to \$3 per bushel when purchased for coastal restoration. It is also illegal to dump the shells in North Carolina landfills making recycling a better option.

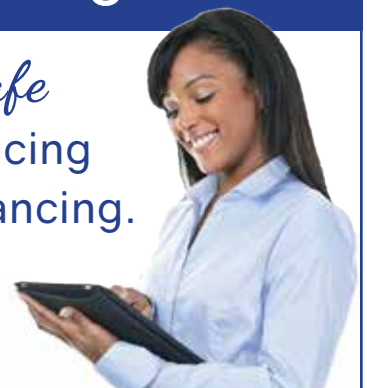
From 2003 to 2018, North Carolina Division of Marine Fisheries operated a state-funded oyster shell recycling program that provided 6 to 15 percent of the shells needed for restoration projects. This program ended in 2018 due to budget cuts and staff reductions. The Federation is filling that gap by providing a way for people and businesses to support a healthy coastal environment and keep shells out of the trash. Support for the Cape Fear region Recycling for Reefs program comes from the Orton Foundation.

*For more information and a complete list of coastwide recycling sites, visit [NCCoast.org](http://NCCoast.org).*



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The mission of the CLT is to enrich the coastal communities of North Carolina through conservation of natural

areas and working land-

scapes, education and the promotion of good land stewardship. In short, they save the lands we love along the North Carolina Coast.

The CLT is a high-performing, accredited, regional land trust with a reputation for excellence. Established in 1992, it serves the 31 counties in the coastal plain of North Carolina and saves special places like barrier islands, creates nature parks and preserves, protects family farms and restores longleaf pine forests.

The team includes a diverse, engaged and energetic board of directors comprised of leaders in law, biology, finance, philanthropy, business, management and education. The talented, experienced and dedicated staff share a passion for nature, and work from offices in Wilmington, New Bern and Elizabeth City.

Main location: 3 Pine Valley Dr., Wilmington. For more information, call 910-790-4524, email [Info@CoastalLandTrust.org](mailto:Info@CoastalLandTrust.org), or visit [CoastalLandTrust.org](http://CoastalLandTrust.org).



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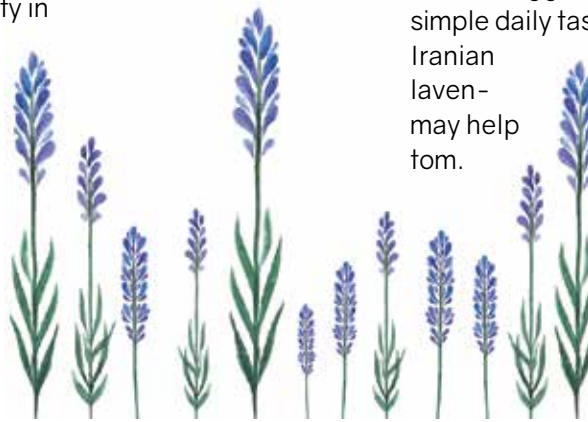
## Consider Basil to Fend Off Alzheimer's

A natural compound called fenchol, found in basil and other plants, may help to reduce the risk of Alzheimer's disease by preventing toxic proteins from accumulating in the brain, report researchers from the University of South Florida. In a new study published in *Frontiers in Aging Neuroscience*, researchers reported that a sensing mechanism called the FFAR2 receptor on short-chain fatty acids in the gut microbiome reduces neurotoxicity in a brain with Alzheimer's. After screening more than 144,000 natural compounds to find those that activate that receptor, they discovered



that the fenchol in basil bound to it the best. Fenchol was also found to clear harmful amyloid protein from the brain much faster than other compounds and to prevent the formation of half-dead, inflammatory

"zombie cells" found in deteriorating brains. Future research will focus on whether fenchol is best delivered through basil itself, a nasal application spray or a pill.

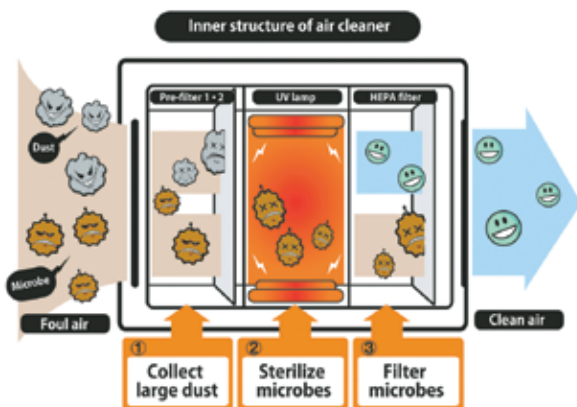


## Try Lavender and Valerian to Ease Heart Fatigue

People with chronic heart failure often struggle with fatigue, making simple daily tasks difficult, but a new Iranian study suggests that lavender and valerian may help counter this symptom. Researchers divided 120 patients with heart failure into three groups that were given either a 530-milligram valerian root capsule, lavender aromatherapy or routine care.

In a two-week period, people taking either of the herbal therapies reported significantly less fatigue than the control group.

## Use UV Rays and HEPA Filters to Kill COVID-19 Virus



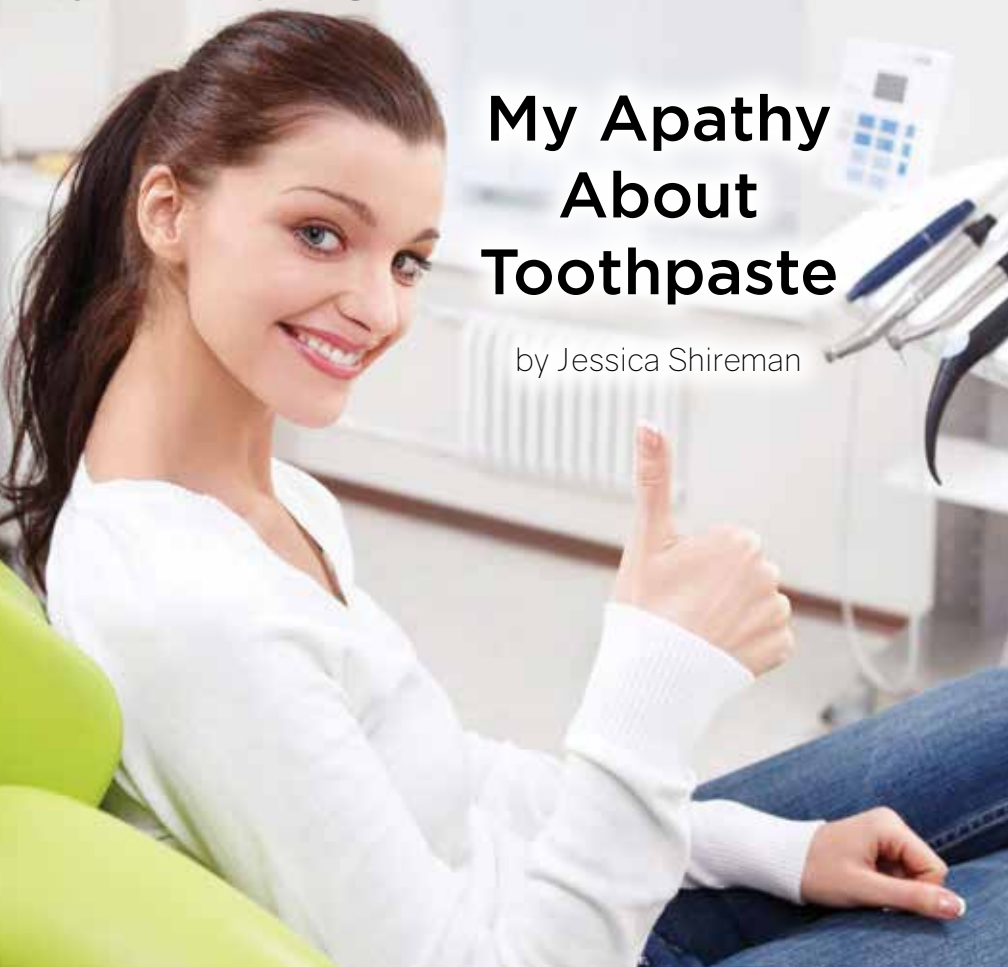
Ultraviolet (UV) light in various forms has been used widely in the last century to disinfect water, air and surfaces, but its use in public spaces is increasingly common since the COVID-19 pandemic. In a new study published in *Applied and Environmental Microbiology*, University of Colorado researchers report finding the sweet spot in the UV spectrum that is both extremely effective at killing the virus and also safer for human exposure, allowing airports and entertainment venues to disinfect even when people are

present. The researchers found that while the virus was quite susceptible to UV light in general, a specific wavelength of far-ultraviolet C at 222 nanometers was particularly effective, while remaining safe for human skin and eyes. The highest disinfection rate was from krypton chloride (KrCl) excimers, a low-pressure, mercury-vapor lamp.

"Of almost every pathogen we have ever studied, this virus is one of the easiest, by far, to kill with UV light," says senior author Karl Linden, professor of environmental engineering.

Also, researchers at the United Kingdom's Addenbrooke Hospital, in Cambridge, studied the use of portable high-energy particulate air (HEPA) filters in crowded COVID-19 wards. They found that the relatively inexpensive machines effectively removed COVID-19 particles from the air—the first such evidence in a real-world setting. Researchers noted the HEPA filters also removed detectable amounts of other pathogens that cause infections in hospitals, such as *Staphylococcus aureus*, *Escherichia coli* and *Streptococcus pyogenes*—a surprising finding because these pathogens are not typically considered to be airborne.





# My Apathy About Toothpaste

by Jessica Shireman

One of the questions that patients ask me the most is “What type of toothpaste should I use?” After 12-plus years in practice, seven as a “holistic” dentist, I had no great answer. I see people who care more about their teeth than any dental patient population and my experience and education is important. My job is to look at products



Dr. Jessica Shireman

and science—unfortunately, I was not able to guide them. Until last month,

I flagged off the question. In fact, I believed that if you weren’t using fluoride, it didn’t matter what you used. “It just makes it taste good” is what I told patients about toothpaste.

I was apathetic about toothpaste—which is a ridiculous position to be in as a dentist—as patients traditionally brush twice daily and what to use to brush their teeth is perhaps one of the

most important details. My apathy didn’t stem from a lack of knowledge; in my earlier years, I called patent attorneys, one day believing that I would make the best toothpaste, but my day hadn’t come. And as I learned last month, the ship already sailed. I was in Charleston last month at an International Academy of Biological Dentistry & Medicine conference and saw multiple speakers whose ideas sung to me.

Why would you kill your oral mi-

croflora twice daily?

Let’s ask that question again: Why would you kill your oral microflora twice daily?

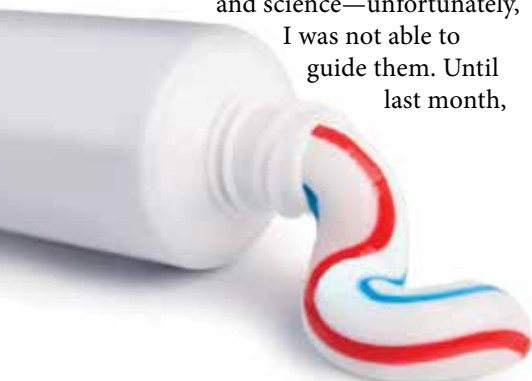
Let’s say you’re a person that eats healthfully, perhaps has spent time on gut health. Did you know your mouth



and your gut are connected? Does it go one way or both ways? This is a matter of discussion. Whether you use Colgate Total with carcinogen triclosan or essential oil toothpaste with tea tree oil, you are essentially doing the same thing: killing your oral microflora twice daily.

If you invest all of this time for your health with diet, exercise, etc., is this a healthy practice? Most people have atrophic bacteria (think hand sanitizer), i.e., they kill so much bacteria that there just isn’t enough. I found toothpaste that has probiotics, contains COQ10, trace minerals, my go- to natural remineralizing agent dicalcium phosphate. And I’m hooked. I don’t work for the company, I have no financial investment in them, but I encourage you to not kill off your oral microflora twice daily like most of the American population.

*Dr. Jessica Shireman, DMD, AIOMT, is the owner/practitioner of Wilmington Holistic Dentistry located at 6200 Oleander Dr., Wilmington. For more information on the toothpaste mentioned, visit Revitin.com. See ad, page 2.*



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## Cloudy Skies

### It's Not the Heat, It's the Humidity

For more than 20 years, a large part of the tropical North Atlantic Ocean has been warmer than usual, causing more moisture to evaporate and fueling strong hurricanes. The amount of vapor in the atmosphere has increased about 4 percent since the 1990s, and a wetter atmosphere provides extra energy and moisture for storms of all kinds. According to data from the *Bulletin of the American Meteorological Society*, midlatitude storms are feeding on the atmosphere's extra vapor too, creating more precipitation. Although carbon dioxide is the more recognized problem, water vapor is a more impactful greenhouse gas by far because it absorbs a greater amount of the infrared energy radiated off the planet's surface than other greenhouse gases, thus trapping more heat.

A doubling of atmospheric carbon dioxide concentrations alone would warm the globe approximately one degree Celsius, but feedback loops make the temperature rise twice as much. Even though disappearing sea ice may be dramatic, the extra vapor causes evaporation, which traps heat and creates even more warming, representing the strongest feedback loop in the climate system. We can reduce the effect indirectly by reducing the warming caused by emissions of carbon dioxide and methane, as well as propagating trees that absorb carbon from the air.

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## Hello Honey

### Honeybees Dodge Parasites with Social Distancing

A study by University College London and the University of Sassari (Italy) published in *Science Advances* shows that honeybee colonies respond to infestation from harmful mites by varying space and interaction in the hive to increase social distance between the younger and older insects. Co-author Dr. Alessandro Cini says, "Honeybees are a social animal, as they benefit from dividing up responsibilities and interactions such as mutual grooming, but when those social activities can increase the risk of infection, the bees appear to have evolved to balance the risks and benefits by adopting social distancing."

The study assessed the presence of the ectoparasite mite *Varroa destructor*, which causes harmful effects at the colony level, including virus transmission.



## Bottoms Up

### Climate Change Affects Coffee Quality

A review published in *Frontiers in Plant Science* outlines the vulnerability of coffee quality to environmental shifts. Researchers from the Friedman School of Nutrition Science and Policy at Tufts University and Montana State University looked at the effects of 10 prevalent environmental factors and management conditions associated with climate change and adaptation as detailed in 73 published articles to form this analysis. Their findings have implications for farmers' livelihoods and consumer experiences.

Coffee is grown on 12.5 million mostly small farms comprising more than 27 million acres in more than 50 countries. Some of these regions are feeling the impact of climate change, which leads to consequences for coffee's taste, aroma, nutritional quality, yield and sustainability. Farms at higher altitudes were associated with better coffee flavor and aroma, while too much light exposure correlated with a decrease in overall quality. Coffee quality is also susceptible to changes due to water stress and increased temperatures and carbon dioxide, although more research on these specific factors is needed. Current efforts to mitigate the effects of climate change include shade management to control light exposure, selection and maintenance of climate-resilient wild coffee plants, and pest management, but innovative solutions to support bean growth at all elevations still need to be devised.



mockup graphics/Unsplash.com

Lead author Dr. Michelina Pusceddu says, "Their ability to adapt their social structure and reduce contact between individuals in response to a disease threat allows them to maximize the benefits of social interactions where possible and to minimize the risk of infectious disease when needed. Honeybee colonies provide an ideal model for studying social distancing and for fully understanding the value and effectiveness of this behavior."



## Getting Personal About CO<sub>2</sub>

Tools to Help Track Our Carbon Footprint



The mixed results of the recent COP26 climate summit in trying to forge world-wide cooperation to reduce carbon emissions show that personal action is necessary, although doing so may seem daunting and confusing because it means reevaluating many everyday activities.

To help, Graham Hill, who founded the sustainability website *Treehugger.com* in 2004 and the small-living consultancy *LifeEdited.com* in 2010, recently launched *TheCarbonauts.com* to teach

us how to reduce our carbon footprint and lead a lower-carbon lifestyle.

In August, Hill told *Treehugger* he viewed the venture in part as “a great way to make a difference to do two things—change your behavior and pressure corporations and governments to change, as well.”

Hill and former *Treehugger* editor Meaghan O'Neill offer a free one-hour course titled Personal Sustainability Plan that teaches people how to use a carbon calculator. They also offer a six-week course on Zoom that focuses on carbon footprint calculation; renewable energy; plant-rich diet and food waste; electric vehicles; optimizing flying and carbon offsets; and goal setting and personalized resources.

*TheCarbonauts.com* also recommends composting and waste storage products and helpful books and films. In partnership with Terrapass, it offers opportunities to participate in carbon offset programs on a one-time, monthly or annual basis.

Other helpful carbon-reducing guides can be accessed via the apps United Nations Carbon Footprint Calculator and The Capture. Other personal actions may include:

- Buying goods that are pre-owned or secondhand, renting or sharing items and having broken items repaired instead of buying new, all of which cut emissions from product manufacturing.
- Considering family staycations instead of flying and taking long road trips.
- Choosing Rainforest Alliance-certified products, including coffee, bananas, tea and chocolate. Doing so maximizes the yield from existing cropland of farms that use responsible growing methods, which, in turn, protects and restores forests that sequester carbon.
- Walking, biking or taking mass transportation instead of driving.

Taking such basic steps can also help influence others. As *Treehugger* writer Sami Grover says in his book *We're All Climate Hypocrites Now*, riding a bike not only cuts down on our personal carbon footprint, but also sends “a signal to politicians, planners, businesses and fellow citizens.”

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# Health in the New Year

## 10 Top Wellness Trends for 2022

by Sandra Yeyati



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Every new year marks the convergence of endings and beginnings—an opportunity to assess where we’ve been and anticipate where we’re going. As this dynamic relates to our health, this year promises an intensification in the development and adoption of several trends that have been years in the making.

### Plant-Based Foods Take Center Stage

The consensus among researchers is that filling our plates with colorful vegetables and fruits improves health and reduces our risk of developing a number of chronic degenerative diseases. “This approach, along with eating less meat and avoiding sugar, is wonderful to control blood sugar, lower uric acid and nurture your microbiome, which is fundamentally important to reduce in-

flammation, increase your body’s production of antioxidants and vitamins and help maintain the integrity of the gut lining so that you don’t get leaky gut and, therefore, inflammation,” says board-certified neurologist David Perlmutter, author of *Grain Brain* and four other *New York Times* bestsellers.

Awareness of the devastating effects of industrialized meat production is also accelerating. “Avoiding animal products is probably the first and most important ethical choice one can make,” says Princeton University bioethics professor Peter Singer, author of the seminal *Animal Liberation*. “That’s going to dramatically lower your carbon footprint. You will no longer be complicit in the suffering of tens of billions of factory-farmed animals, and you won’t be contributing to the increasing risks of viruses being bred in factory farms.”



According to market analysis firm CB Insights, “As COVID-19 spread across the globe, shifting consumer behavior and virus outbreaks in factories

has dealt major blows to the meat supply chain, with the beef industry alone facing an estimated \$13.6 billion in losses.” Several U.S. meat processing plants were forced to close their doors.

In response, a growing inventory of plant-based alternative proteins is emerging, offering new products that seek to mimic the experience of eating a juicy hamburger (Beyond Meat and Impossible Foods) or crispy chicken nugget (Simulate). Banza makes high-protein pasta from chickpeas. Retail sales of plant-based meals in the U.S. have grown by 25.5 percent over the past two years, and other manufacturers joining the field are Plantible Foods, Rebellious Foods, Livekindly and InnovoPro. A recent survey found that 36 percent of consumers intend to increase their consumption of alternative protein sources in the near future.

Perlmutter cautions, “Just because they’re plant-based doesn’t give them full sanction. They may contain unfermented soy, which may not be non-GMO or organic, and per an article in the *New York Times*, their carbon footprint may be a lot higher in production of these products than we have been led to believe. Do a little research on these manufactured foods and go for plant-based options that aren’t processed. Shop the periphery of the grocery store.”

## Telemedicine Will Continue After the Pandemic

According to management consultants McKinsey and Company, when COVID-19 began, the level of telemedicine increased in America 78-fold, peaking in April 2020. Although it has been declining since then, the use of telemedicine is still at a 38-fold increase compared to pre-pandemic times. “While it has leveled off, we are going to see persisting use of telemedicine in situations that involve basic communication with a patient,” says Perlmutter, citing compelling attributes such as cost savings, convenience and a lower carbon footprint because people don’t have to commute to a doctor’s office.

## Wearable Devices and Home Testing Empower Patients

Perlmutter also anticipates an amplification of the use of wearable devices and home testing to provide biometric data that informs people about their health status and inspires them to modify lifestyle choices. The Oura Ring records the time it takes to get to sleep, how many times the wearer awakens during the night and how much time they spend in REM and deep sleep. This information enables people to modify day-to-day activities to improve the quality and quantity of sleep.

Apple Watch aficionados are increasingly relying on the device’s biofeedback features, including its newest metric, blood

“Core concepts like being present in the moment or taking in the other person in an empathetic way are rippling out into so many aspects of life.”

—Leslie Davenport

oxygenation, while diabetics and non-diabetics alike employ continuous glucose monitoring systems to pinpoint how lifestyle choices like food, exercise

and sleep affect blood sugar levels. “That is not only trending now, but will increase quite dramatically as consumers push to learn more about themselves,” Perlmutter predicts. “No longer is this information going to be siloed in the doctor’s office. People are becoming more and more empowered to learn this data about themselves and act on it.”

## Learning to Improve Genetic Expression

“Our evolving understanding of epigenetics—how we can change our gene expression—is bringing more people on board to the idea that our lifestyle choices matter,” Perlmutter says. “When I went to medical school, we thought our DNA was locked in a glass case and that it would determine everything about us. Nowadays, we know that the expression of more than 70 percent of our DNA that codes for health and longevity is under our control and influenced by our lifestyle choices. The food we eat, whether or not we slept well last night, the stress in our lives, whether or not we spent time in nature—all of these things, moment-to-moment, change our gene expression. Holy Toledo! We now know that certain lifestyle choices are good for you because they favorably change gene expression. They teach it in med school now. It’s a breathtaking reality.”

## Harnessing the Power of Low-Level Stress

Life hackers and high-performance junkies are looking to leverage something called hormesis, which involves introducing low-level stress to the body for a positive outcome, so that when the body repairs itself from that condition, it doesn’t just repair back to the previous level, but to a new one with an advantage. This includes exposing the body to a hot sauna or cold exposure through cryotherapy, as well as intermittent fasting or time-restricted eating. “People are starting to see how good things happen when we engage in things that push us in places that are perhaps a little bit uncomfortable, activating mechanisms that help with metabolic health, immunity, cognitive function and even the growth of new brain cells,” Perlmutter explains.

## Mental Health Destigmatized

When U.S. gymnast Simone Biles dropped out of the 2021 Summer Olympic Games citing mental health challenges, she created an opening for other people to speak up. If a world champion could reveal her vulnerability on the global stage when the stakes were so high, certainly so could they. Her compelling story is emblematic of an emerging trend: Mental health is gradually becoming destigmatized.

“It’s becoming acceptable to talk about our feelings and ask for help, and this trend is shattering unhealthy cultural myths, like the erroneous assumption that if we talk about our emotions

we're going to fall into a pit of despair and sadness," says Licensed Integrative Psychotherapist Leslie Davenport, the author of *Emotional Resiliency in the Era of Climate Change*. "There's a boldness among younger generations that are challenging the status quo and demanding to be accepted as they are. Tucking away anything that might not be socially acceptable is a part of the past. Kids want their families and adults to accept and love them exactly as they are." On Twitter, Instagram and Facebook, #itsoknottobeok is a popular hashtag.

Mental health surveys show that eco-anxiety in particular is prevalent among the young. Late last year, scientists at the University of Bath, in England, interviewed 10,000 youth between the ages of 16 and 25 across 10 continents. In the U.S., 68 percent said that the future was frightening. Almost half admitted that they had distressing feelings related to climate change on a daily basis, 42 percent believed that the things they valued most would be destroyed and 35 percent feared that their family security would be threatened.

## A Surge in Coaching

According to Davenport, "In addition to therapy becoming more acceptable, I've seen coaching become more common as another option in which people don't have to examine their past and can instead look forward. A coach can help them make sense of their life, set goals and hold them accountable."

## Mindfulness Becomes Ubiquitous

In a few decades, mindfulness practices have catapulted from Buddhist monasteries to corporate boardrooms and have become

a billion-dollar industry in the U.S. with an 11 percent annual growth rate. "Mindfulness has been emerging for a while, but at this point, it's a household word," Davenport says. "People are talking about mindful eating or mindful conversations. Core concepts like being present in the moment or taking in the other person in an empathetic way are rippling out into so many aspects of life."

## Therapy and Meditation Apps Abound

Redefining the conventional, in-person therapy session that is 50 minutes in a quiet room, therapy apps allow people to have short phone calls, video chats or text exchanges with a therapist for a low monthly fee. Notable therapy apps include *BetterHelp.com*, *OnlineTherapy.com*, *BrightSide.com* and *Calmerry.com*. For meditation, *Calm.com*, *InsightTimer.com* and *HeadSpace.com* are dominating the field.

## Virtual Experiences Are Here to Stay

Many people that were devastated by isolation and loneliness during the pandemic sought social engagement via streaming and app-enabled webinars, exercise routines or art classes. Suddenly, virtual conferences attracted participants from all over the world. Davenport relishes the fact that she was able to take tap dancing classes from a renowned New York City teacher, even though she lives in Washington State. "In a surprising silver lining, we've come to appreciate the convenience of these virtual experiences, which we likely wouldn't have attended in person before the pandemic."

*Sandra Yeyati is a professional writer and editor. Reach her at [SandraYeyati@gmail.com](mailto:SandraYeyati@gmail.com).*





## Take Control of the Aging Process with Bioidentical Hormones

by Deb Read

Many people may not think twice about taking blood pressure medications, getting massages or even acupuncture to maintain their health. Bioidentical hormones are often associated with reducing hot flashes and an increased sex drive. What many may not understand, however, is that bioidentical hormone replacement is an all-natural form of balancing hormones for overall health to help us feel our best again.

Bioidentical means that the hormone is the same molecule as the ones naturally made by our bodies. Bioidentical hormones are made by processing hormone precursors found in plant sources,

such as yam and soy, making them much safer and more effective than synthetic hormones.

With age, our hormone levels naturally begin to decrease, a significant factor in the aging process. The human body doesn't function at an optimal level without adequate hormone balance. At some point in the lives of both men and women, the endocrine glands fail to maintain adequate hormone levels, and the older we get, the more depleted our hormones become.

BHRT (bioidentical hormone replacement therapy), which is provided at BioSymmetry, in Wilmington, is a great way to reduce cardiovascular disease like atherosclerosis and blockage of the arteries. Many studies have shown that the use of BHRT decreases LDL cholesterol (bad cholesterol) and increases HDL (good cholesterol), which in turn can help reduce the overall risk of heart disease. BHRT also maintains bone mass, improves sleep and moods, and can help maintain muscle mass while decreasing fat. Achieving proper hormone balance can improve our health and lives in many more ways than just reducing hot flashes and improving sex drive.

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# A Better Morning Jolt

## HEALTHY COFFEE ALTERNATIVES AND HACKS

by April Thompson



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Most Americans enjoy a daily dose of coffee, and an increasing body of research indicates it's not a bad habit to have. Meanwhile, a growing number of people are adapting their morning drink rituals to incorporate ingredients ranging from matcha to mushrooms in search of additional health benefits.

"After many years of research, we have concluded that coffee can be a fantastic additive to the diet. Coffee consumption is associated with a decrease in all-cause mortality, risk of cardiovascular death and stroke," says Claudia Hleap, a registered dietitian nutritionist in Philadelphia.

Regular coffee consumption is also correlated with a decreased risk of Type 2 diabetes, potentially due to its naturally containing polyphenols, which are plant compounds with protective antioxidant properties. The caffeine in coffee, as well as in tea and cocoa, can also boost short-term metabolism and brain function.

As with most things in life, moderation is key; overconsumption of coffee can result in insomnia, irritability, gastrointestinal

issues and other short-lived side effects. "Caffeine intake may negatively impact sleep duration and quality, which is essential for optimal health," says Hleap. "Coffee can also serve as a vessel for added sugars and unhealthy fats in the diet if you are adding sweeteners and artificial creamers."

Many java drinkers today are experimenting with healthy alternatives and add-ons to shake up their routine morning pick-me-up. Chicory-based drinks, made from roasted ground chicory root, are a favorite for Lauren O'Connor, a Los Angeles registered dietitian nutritionist and author of *Healthy Cooking for One*. "Chicory is caffeine-free, acid-free and a gut-friendly alternative to coffee," she says. "It also has a robust, roasted taste that can satisfy those who desire more than an herbal tea. Date 'coffee', made from date seed, also has a deep, rich flavor."

Some chicory tea blends also incorporate roasted dandelion root, which has been used by herbalists for centuries to enhance the body's detoxifying functions, particularly of the liver. Golden milk, a traditional Indian beverage associated with Ayurvedic



Rather than swap out coffee altogether, some java lovers are bettering their beloved beans with healthy add-ons such as powdered mushrooms, ghee and spices.

medicine, is another flavorful alternative with numerous health benefits. Recipes vary, but golden milk is typically prepared by heating milk or a plant-based milk alternative along with turmeric, black pepper, ginger, cinnamon, honey, vanilla and/or cardamom. “These warming spices go above a simple caffeine replacement to provide powerful anti-inflammatory benefits,” says Trista Best, a registered dietitian in Dalton, Georgia.

Best also recommends matcha, a traditional Japanese drink made from powdered, young, green tea leaves whisked in water as a coffee alternative with less caffeine and other added benefits. Because the tea leaves are essentially consumed in powder form rather than just steeped in water, matcha contains more catechins, an important antioxidant, than a typical preparation of green tea. “The L-theanine, an amino acid, in matcha is known to improve brain health, which shows itself through improved memory, attention and reaction time,” notes Best.

## A Better Bean

Rather than swap out coffee altogether, some java lovers are bettering their beloved beans with healthy add-ons such as powdered mushrooms, ghee and spices. “A healthy addition to coffee can include coconut oil, collagen or butter. These can add some fat and protein content, which will provide more energy while also jumpstarting your metabolism at the beginning of the day,” says holistic health coach Virginia Gruhler. Ghee, a clarified butter that originated in ancient India, has been touted as a “keto-friendly” way to help neutralize the acidity of coffee while adding healthy fats and nutrients.

Spices like cinnamon and cardamom have been added to coffee and black tea for centuries in the Middle East and Asia to enhance both flavor and health. Cinnamon, for example, may help lower blood sugar, in addition to having antioxidant, anti-inflammatory and antimicrobial properties.

Mushroom coffee is another popular “coffee-plus” beverage which combines the flavor and energy boost of java with the benefits of medicinal fungi like turkey tail, lion’s mane and chaga, boosting the immune system and potentially warding off serious health conditions like dementia and cancer.

Because caffeine can stay in the bloodstream for up to 10 hours, staying clear of all caffeinated drinks in the later hours of the day will help ensure a better night’s sleep. When a mid-afternoon slump hits, a brisk walk followed by a cup of a flavorful herbal tea like Rooibos or lemongrass can wake up the body and the brain naturally.

*Connect with Washington, D.C., freelance writer April Thompson at [AprilWrites.com](http://AprilWrites.com).*



photo provided by deanna, [homesteadandchill.com](http://homesteadandchill.com)

## Turmeric Golden Milk

**YIELD: 2 MUGS**

*3 cups organic, natural milk such as oat, almond, coconut, hemp or another*  
*2 tsp ground turmeric powder*  
*½ tsp ground cinnamon*  
*1 Tbsp coconut oil (skip if using a full-fat coconut cream or milk)*  
*¼ tsp ground ginger powder*  
*Dash of black pepper*  
*Maple syrup, agave syrup or honey to taste*

Optional, but luxurious and delicious:

*Pinch of ground cardamom (about ⅛ tsp or just under)*  
*Dash of vanilla extract or vanilla powder*  
*Pinch of ground nutmeg (about ⅛ tsp or just under)*

Gently heat milk of choice in a pot on the stovetop over medium heat. Once it’s warm, add the suggested spices, oil and sweetener.

Use a whisk to thoroughly combine all of the ingredients. Depending on the type of milk used, vigorous whisking may create a nice, latte-like “foam.” Continue to heat for about five minutes, whisking occasionally. Serve immediately and enjoy it warm.

Golden milk is also delicious cold over ice, although oil is not recommended to use in this case. Store any leftovers in an airtight container in the refrigerator for up to three days. Reheat leftovers on the stovetop (rather than in a microwave) to preserve maximum nutritional value.

*Source: Deanna, creator of [HomesteadAndChill.com](http://HomesteadAndChill.com).*

# WHOLE-PERSON FITNESS

## Current Trends in Wellness Tools

by Maya Whitman



Insiders agree that the idea of fitness is changing, and this means an exciting wave of trackers and apps that go beyond achieving the ultimate six-pack abs. “So many of us want a nice exterior, but now more than ever, we realize how important it is that the interior match that exterior,” says Dominic Kennedy, a Los Angeles trainer and founder of the Dominic Effect, an app that provides fitness workouts, customized meal plans and mind-body tools like meditation, yoga and affirmations.

The industry of wearable technology has been expanding since the advent of the FitBit Tracker in 2014, and the trend is not slowing down. Current fitness wearables even include rings that offer more detailed biometric data including blood pressure, heart rate, sleep and calories burned. With some smartwatches now priced under \$50, it’s clear why the business marketing firm Grandview Research predicts significant annual growth for such products for the next six years.

### Making it Personal

For this year, fitness and wellness choices will focus more on practical effectiveness within the new normal. “I see that most don’t want to spend hours in the gym. The way life is now, we do things differently: home gyms, home office, home childcare,” notes Kennedy.

The world of fitness is extending beyond the gym, taking inventory of all the aspects that factor into maintaining wellness. “This year, fitness is all about making workouts work for you and your lifestyle. Whether it be wearable technology, customized online personal training apps or mindset workouts that work on getting your mind in

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gear, 2022 has me excited,” says Stephanie Mansour, a Chicago-based fitness coach and host of the national PBS fitness and wellness show *Step it Up with Steph*. “I think we’re going to be focusing on habits and other areas of life like food, sleep and mindset that contribute to the effectiveness of workouts.”

She also foresees people picking up inspiration from hardcore fitness devotees that share more of their personal daily habits such as journaling, affirmations and how they stay committed to investing in health.

Bringing a water bottle to a yoga class or slipping on activewear is becoming digitalized, making it easier to target overall health. Staying hydrated based on individual needs is effortless using a Thermos app-connected hydration bottle with a smart lid that tracks daily intake. Mansour’s favorite fitness ally is clothing inlaid with resistance bands. “You can actually get in a workout while doing everyday activities with this resistance apparel. I love how resistance bands are built into these pants so my daily walk, yoga session or washing dishes and doing laundry turns into a workout because my muscles engage and work harder,” she says.

## More Support, Less Pressure

Kennedy sees a sense of community taking root since the start of pandemic, especially via online forums and groups centered on health and fitness. “We spend so much time on the internet and social media, and during the pandemic, it was a huge outreach that will continue to grow since you can do it right from your computer or phone.”

New Jersey-based fitness trainer Nadia Murdock sees a trend of prioritizing ourselves without all-too-common feelings of guilt. The founder of Core Program, designed to help entrepreneurial mothers take charge of their health and fitness, she warns about the possible trigger effect of digital trackers that use pop-up screens or reminders about daily steps. “I would suggest asking yourself why you want to use a tracker. Once you have identified the reason, you can now seek out alternative options that may cause less pressure,” she says. To stay accountable without mental anguish, she suggests using a multisport watch that of-



fers the perk of real-time audio coaching.

Kennedy concurs, saying, “The point is not to cause any more anxiety and to create a safe space. We should not be obsessing about weight and putting ourselves down, but finding a space that will lift our spirits.”

Despite the benefits of the latest technology and extras, Mansour reminds us to adhere to “tried and true methodologies like regular workouts that you enjoy, eating nutritious foods and taking care of your mental health through meditation, stress-reduction techniques and getting adequate sleep.”

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



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# High Times for the Cannabis Industry

## Emerging Trends with a COVID-19 Caveat

by Jim Motavalli

It's fair to say that the cannabis industry has arrived. Recreational marijuana has now been approved in 17 states, and 37 have allowed marijuana for medical purposes. "We have CBD!" proclaim store signs selling the buzz-free cannabidiol. In 2020, more than 240,000 people worked in cannabis-related jobs. The Brightfield Group says the medical cannabis industry will reach \$16 billion in annual U.S. sales by 2025. Cannabis market research firm Headset predicts this will be "a year of positive growth" for the industry.

Legalization and expansion are strongly in line with public sentiment: Two-thirds of Americans believe marijuana should be legal, says the Pew Research Center. Opposition has fallen from 52 percent in 2010 to just 32 percent by the end of 2019.

"Dispensaries and cannabis cafés are as commonplace as Starbucks, and ordering edibles is as easy as getting pizza," reports

marketing firm Grassfed Media. The National Retail Federation noted a 700 percent increase in the demand for CBD-based products in 2019.

One caveat, however, is COVID-19. Ron Newman, a sustainable development analyst with Lee Enterprises Consulting, says the hemp/CBD business was flat during 2020 because of the pandemic. "With the economic situation, people were buying only essentials," he says. "But we're seeing the business start to come back now." With COVID-19 recovery, more growth is certain, and here are some upcoming trends.

Tetrahydrocannabinol (THC) is the active ingredient in marijuana that gets the user high. The natural compound CBD—said to have healing and pain/anxiety relief properties—is being heavily marketed in the form of oils, edibles (including gummy bears and



lollipops), oral sprays, creams and pills. The third-most popular food-related Google search term in 2018 was “CBD gummies”. CBD dietary supplements are the biggest category, followed by topical applications and third, food and beverage additives.

THC is still illegal in many parts of the U.S., but CBD cultivation and sales were legalized by the 2018 Farm Bill. California offers a model for the states in regulating cannabis. Both medicinal cannabis and adult recreational use are legal, but the industry is strictly regulated by the Department of Cannabis Control to ensure that businesses operate safely and that products are free from contamination, properly labeled and kept away from children.

Research into cannabis is an emerging field, with 23,000 papers published since 2010, and Grassfed believes that some future products will be based on “other cannabinoids and terpenes such as CBN, CBG, THCA and THCV.” In addition, strains labeled indica, sativa or hybrid, or with names like Gorilla Glue and Wedding Crasher, may increasingly be replaced by a scientifically supported classification system.

*Bar & Restaurant* magazine wants its bartenders to know there might be THC-free CBD cocktails on their future bar menus. It reports that these drinks are “a legal grey area; federally they’re illegal, but some states have their own CBD-related laws.” The U.S. Food and Drug Administration (FDA) says flatly, “It is currently illegal to market CBD by adding it to a food or labeling it as a dietary supplement,” but the agency has said it is considering relaxing this prohibition.

There’s a Wild West quality to the CBD/hemp industry today. An FDA study found many CBD products to be mislabeled, with either more or less CBD than indicated. A significant number contained THC.

And then there are the laws, with federal prohibitions and state regulations, that can be quite different. For instance, New York bans CBD products with more than 0.3 percent THC, and bans CBD from any alcohol or tobacco product. So determining whether any specific product is “legal” or not in different locations is complex. But marketing benefits are plain. Wynk alcohol-free seltzer says it has “2.5 milligrams of THC and 2.5 milligrams of CBD in every can.” However, Wynk is not widely available. Casey Coughlin, Wynk brand manager, says, “We only sell Wynk through the dispensary channel, which is highly regulated on a state-by-state basis. So, although CBD and THC beverages are not federally legal, they are at

the state level under regulation.

Jody McGinness, executive director of the Hemp Industries Association, says the FDA doesn’t actually have strong enforcement powers, and that the worst thing CBD/THC legal violators can expect from the agency is a warning letter posted on the FDA website.

Gregg Sturz, co-founder of Florida-based CBD Hemp Experts, a leading wholesale provider of cannabis-derived products, says he expects the FDA to eventually approve CBD for use in dietary supplements. “I don’t think they’re trying to shut the industry down, just come up with some clear guidelines,” he says.

The legal status of THC is such a question mark that, according to Investopedia’s *Marijuana Investing Guide*, large banks “are currently afraid of money-laundering charges they may face if they work with these businesses ... The American Bankers’ Association has been pushing for more legal clarity.”

Newman, who studies the medicinal uses of CBD, notes that in some cases it’s being marketed as a topical analgesic for pain relief, when actually the other proven ingredients in analgesics—including methanol and camphor—are doing the heavy lifting. This situation has also produced FDA warning letters, because if CBD is claimed to relieve pain, then it is required to go through a new drug application process for efficacy.

In 2018, the FDA approved Epidiolex, an oral solution with CBD as an active ingredient, used for the treatment of rare and severe forms of epilepsy. While it’s the only approved product so far, studies suggest CBD might be useful for anxiety, insomnia, skin protection and addiction.

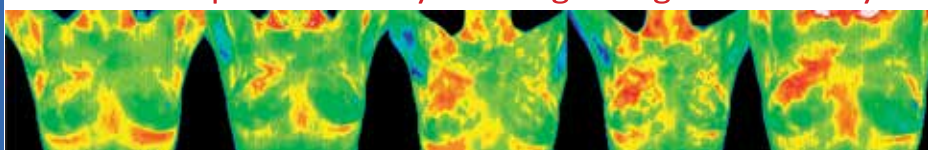
McGinness sees the major growth area for cannabis-related products not in CBD, but in industrial hemp fiber. As hemp growers gear up in the Midwest after decades of federal bans, they’re likely to expand beyond cottage clothing companies into such areas as auto and industrial parts and building materials, he says.

“Hemp products made in a green way create fewer emissions,” McGinness says. “And the bioplastics made from hemp are lighter-weight, which increases fuel efficiency. I expect we’ll see heartland industrial hemp grow so much it will make CBD look like a niche.”

*Jim Motavalli is a Connecticut-based journalist who writes about the environment, cars and music. He can be contacted via [JimMotavalli.com](http://JimMotavalli.com).*

## Thermography May Save Your Life!

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# Zen Zone for Kids

## Create the Perfect Calm-Down Corner at Home

by Marlaina Donato

Children and teens are sensitive beings, and like adults, they need daily tools to offset the stresses of life. Whether a child is overwhelmed by COVID-19 protocols at school, is on the autism spectrum or is highly sensitive or anxious, creating a special place to decompress can help manage big emotions. “Children, including teens, often don’t recognize the combination of sensory stimuli that is causing anxiety, irritation or exhaustion that can then lead to emotional reactivity in the form of anger, outbursts, silence, crying, inappropriate laughing or teasing,” says occupational therapist April Christopherson, owner of *ExplorationTherapy.com*, in Gunnison, Colorado.

### Peace, Not Punishment

A calm space can be an inviting corner, a designated room or a place outdoors. “Sensory processing is a blanket term for how our brains and bodies integrate and use the sensory information/input around us. This is mostly environmental,” says Christopherson. Triggers may include uncomfortable room temperature, noise, inadequate or intrusive lighting, even

scratchy clothing. Unlike time-out spaces that prompt kids to process actions and think about behavior, calm-down spaces can soothe a nervous system in overdrive and quell uncontrollable meltdowns.

“It’s common for kids with sensory processing needs to be misunderstood and labeled as overly sensitive or explosive. Creating a space that meets your child’s sensory needs gives them a safe space to retreat to when they’re feeling overwhelmed,” says Alisha Grogan, a Pittsburgh occupational therapist and creator of *YourKidsTable.com* for picky eaters.





## Calming Nerves, Engaging the Senses

Kids' tranquil areas can be simple or elaborate, but part of the magic formula is including objects that soothe the senses. "The calm space can contain items that allow time for stress hormones to decrease," says certified autism specialist Cara Koscinski, of Jacksonville, Florida, founder of *PocketOccupationalTherapist.com*, an online source for parents, therapists and students. She recommends including sensory allies such as bean bags, therapy putty or dough, slow or classical music, a white noise machine, books, emotion identification cards and fidget toys (squishy or gel-filled balls, tangle toys or a Rubik's Cube). A weighted blanket or stuffed animal, especially for younger children, is also a good option. "Time to refocus and allow deep breathing can make a world of difference," says Koscinski, recommending cards with cues or instructions for deep breathing.

Sarah Norris, founder of the coaching website *SensoryCoach.org*, with offices in Denver, Atlanta and Chicago, believes we can all benefit from sensory strategies. "Using sensation is a powerful way to change how you feel without much thought or expression," she says. "Sensory objects can often be used in more than one way, which allows you to discover how to help yourself feel better in a fun, nonjudgmental way." She recommends including scented items with calming essential oils and drawing pads, as

well as age-appropriate and coloring books.

Grogan's sensory picks are stress balls, kinetic sand, noise-cancelling headphones, scented teddy bears and chewy necklaces for a child to bite on. "Families may want to have a variety of sensory tools and toys available so a child can choose what's helpful for them," she says. Ambient lighting, including lava lamps and year-round holiday lights, can set the mood of any sensory space.

## Tranquil Possibilities

Setting up stress-free zones at home doesn't have to be a one-size-fits all approach. Norris favors going outside the box. "If you have the space to set up a reading nook or a semi-permanent pillow fort, your kids will love you for it. Don't overlook the possibility of using outdoor spaces as places to promote calm. Being in nature can be very regulating, especially if there is

a comfy seat or fun swing to enjoy." If making an area at home doesn't work for some families, Norris suggests highly effective portable kits that can come along in the car or to doctor's appointments.

Christopherson encourages creative options like a comfortable beanbag at the bottom of a closet, a rocking chair with a heavy blanket or an outside fort or tree house. For multi-sibling homes, Grogan recommends a pop-up tent in a corner or in smaller spaces or a blanket thrown over a table for an instant fort.

Whatever the setup or individual needs, calm spaces encourage kids to find their center and claim their space in a chaotic world. "All kids should be given what they need for success," underscores Koscinski.

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



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# Peter Russell on the Healing Power of Letting Go

by Linda Sechrist



photo by Peter Russell

In *Letting Go of Nothing: Relax Your Mind and Discover the Wonder of Your True Nature*, Peter Russell reminds readers what lies at the heart of all spiritual traditions. Based on his half-century of practicing Transcendental Meditation and applying the lessons of ancient and contemporary spiritual teachers, he offers a new perspective on the age-old practice of letting go, which involves not being attached to outcomes, surrendering desires, accepting the present, opening to a higher power, relinquishing the ego and practicing forgiveness. He traces the seeds of many ideas in the book to his time in India studying with Maharishi Mahesh Yogi, as

well as immersing in *A Course in Miracles* and the writings of contemporary teachers including Eckhart Tolle and Ram Dass.

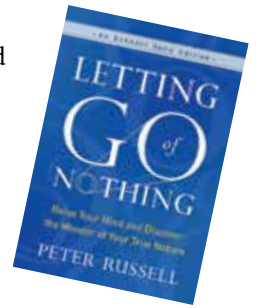
## *What exactly do you advise us to let go of?*

While the thought-provoking title suggests that individuals might be asked to let go of a situation, possessions or a relationship, the fundamental theme running through the book is not the letting go of things themselves, but rather letting go the things that only exist in the mind—thoughts, interpretations, fixed beliefs, points of view, expectations of the future, attachments to possessions and relationships, judgements, grievances, assumptions about how things should or should not be. These things in the mind are the lens through which the things of the world are experienced. For example, looking at things through blue-tinted spectacles gives everything a blueish tinge. But the lens itself is not part of the world you see. In a similar way, the lens through which we see our world is not another thing we see. In this sense, we are letting go of the “non-things” that color our view of the world.

## *What led to your understanding of this?*

The questions “Is there another way of seeing this?” and “Could there, just possibly, be another way of seeing this?” occurred spontaneously, without an effort on my

part. With an open, curious attitude and without trying to find an answer or even assuming there was one, my inner knowing was able to shine through and reveal another more helpful way of seeing things.



## *What benefits have you experienced from letting go?*

I’m more in touch with my intuition and my feelings and less consumed by my thoughts. I feel better, experience more peace and am content. Discontent is largely self-created by thinking how things should or should not be. When discontent drops away, contentment becomes more prevalent. No one walks around wonderfully enlightened all the time. Letting go is a lifetime process. Noticing where I get caught up, pausing, coming back to the present, to what is, has a feeling of “Ahhh.” It’s a sense of coming home to my inner home.

The world pulls us outward, taking us out of ourselves. When we step back from it and let go for a while, it’s like coming home to our self.

## *How can we better savor each moment?*

In just pausing and noticing what is in the present moment of experience, you’ll simply be stopping and withdrawing your interest from the thoughts that showed up when you paused. If you notice that your attention relaxes and if there is a sense of ease, a gentle sense of happiness or joy or a quality of spaciousness and clarity, savor it. Later, when it occurs to you, pause again and again. But don’t let the practice of pausing become routine or a ritual. Instead, make each pause a fresh inquiry into the moment and be curious about what it feels like, as if it were the first time, because it is the first and only time you will savor “this” moment.

Linda Sechrist is the Natural Awakenings senior staff writer. Connect at [LindaSechrist.com](http://LindaSechrist.com).



## calendar of events

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

Due to COVID-19, events, classes and groups may take place on modified schedules or in virtual formats. We suggest confirming details with the host before attending.

Please also regularly visit our online calendar or the social media pages and websites of your favorite businesses for their updated schedules.

### SATURDAY, JANUARY 1

#### Happy New Year

**Prana, Tantra, and Reiki** – 3:30-5:30pm. With Mercedes Ani. Gift yourself or a loved one balance this holiday season! Join us on New Year's Day for gentle movement in combination with honoring your energy centers. Cost: \$55. Terra Sol Sanctuary. 507 Castle St, Wilmington. For details and to reserve space, call 910-986-5271.

### SUNDAY, JANUARY 2

**Ace of Cups Retreat** – 2:30-5:30pm. Flow into the New Year with heart-opening yoga, creative visualization, and intuitive art to bring in the good stuff in 2022. Facilitated by Carrie Fields & Meredith Whitney on Zoom. Cost: \$50. Visit, [MeredithWhitneyYoga.com/event-details/ace-of-cups-virtual-retreat](https://MeredithWhitneyYoga.com/event-details/ace-of-cups-virtual-retreat).

### SATURDAY, JANUARY 8

**Saturday Psychic Mystic Karen** – 10:30am-3:30pm. Intuitive, traditionally trained Vedic Palmist, Tarot Reader and Psychic Medium. Call to schedule appointment or drop by for next avail-

able. Cost: \$60/\$110, 30/60 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

### THURSDAY, JANUARY 13

**Immunity Workshop** – 5-6pm. With Candace Vivian. Discussing the best herbs you can find at your local grocery store to boost your immune system. With the cold and flu season upon us, we can all use some natural ways to keep us healthy. Cost: \$35/\$40; advance/door. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

### SATURDAY, JANUARY 15

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

### TUESDAY, JANUARY 18

**Shamanic Dances** – 7-9:30pm. "Letting go of the Past." Shamanic Trance Dance is a powerful and profound dance, incorporating a dynamic blend

of tribal music, spontaneous movements, energizing fire breath and focused intention. Cost: \$70 (2 dances – including December 18 listing) Sacred Yoga Tribe, 11 Shawnee Trail, Myrtle Beach. Register at 843-503-4498.

### SATURDAY, JANUARY 22

**Saturday 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.

**Immunity Workshop** – 11am-noon. See January 13 listing. Wilmington.

### SATURDAY, JANUARY 29

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



## CALENDAR

Check out the latest events at

[HealthyLivingCoastalCarolinas.com/calendar](https://HealthyLivingCoastalCarolinas.com/calendar)

## coming in the february issue

# Heart-Centered Living

**natural**  
awakenings

## ongoing events

### daily

**Jolin Tarot Readings** – Contact for time slots to schedule a Jolin Tarot Reading. Cost: Starting at \$40. Register through FB Messenger @madame-meerkat. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

### sunday

**Acupuncture** - 10am-6:30pm. Acupuncture available by appointment for 1 hour, one on one session. Cost: \$50. Register through FB Messenger @madame-meerkat. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

**Sunday Morning Circle** – 9:30-10:15am. What makes Christmastime a sacred season for you? Join us to explore what Advent means from a New Thought or Metaphysical perspective. Facilitator: Unity Minister, Rev. Marilyn Mattox. Zoom Meeting: <https://us02web.zoom.us/j/85480811819?pwd=Q3J6clVNR1g5dFI4NEU2NjFnY01EZz09> Meeting ID: 854 8081 1819 Passcode: 262481 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 \$40. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

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

**Community Acupuncture** – 10am-6:30pm. Acupuncture available by appointment. Cost: \$30. Register through FB Messenger @madame-meerkat. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

**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. *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.

### 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.

**Bone Readings** – 2:30pm. By J. Robert Raines. Throwing the bones is an ancient form of divination that can be found in numerous cultures throughout the world. Cost: \$75. Register through FB Messenger @madame-meerkat. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

**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.

**Yoga & Meditation for Pre-Teens** – 5-6pm. Through February 18. Is your pre-teen dealing with stress, anxiety, low self-esteem, poor focus or concentration, negative self-image, or have problems falling asleep? Yoga can help! \$50/month. Sacred Yoga Tribe, 11 Shawnee Trail, Myrtle Beach. 843-503-4498.

**Yoga & Meditation for Pre-Teens** – 5-6pm. Through February 18. Is your pre-teen dealing with stress, anxiety, low self-esteem, poor focus or concentration, negative self-image, or have problems falling asleep? Yoga can help! \$50/month. Sacred Yoga Tribe, 11 Shawnee Trail, Myrtle Beach. 843-503-4498.

### 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.

The color of springtime is flowers;  
the color of winter is in our imagination.  
~Terri Guillemets



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## community resource guide

Connecting you to the leaders in natural health care and green living in our community. To find out how you can be included in the Community Resource Guide, visit [HealthyLivingCoastalCarolinas.com](http://HealthyLivingCoastalCarolinas.com) or call 910-833-5366.

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is a family-centric practice open to patients of all ages. Corrective and wellness care programs provide a primary source of wellness, nutritional support, immunity and allergy support, education, inspiration and fitness. See ad, page 5.

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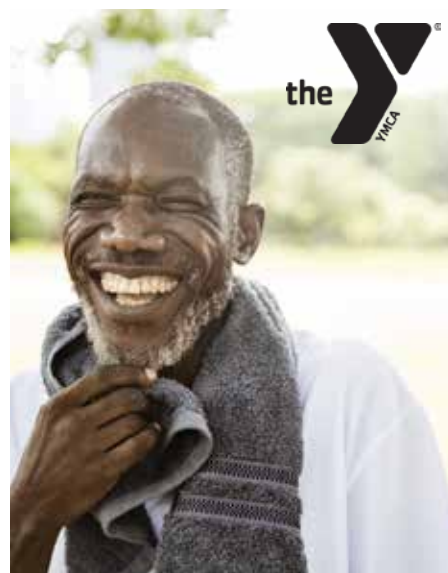
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~Wangari Maathai



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## classifieds

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

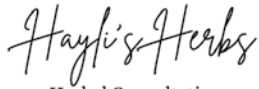
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EmporiumRockShop.com



Besides being one of Wilmington's Largest Emporium Rock Shops with all your Metaphysical needs, we offer Energy Work, Chakra Balancing, Reiki, Crystal Therapy, Massage, CranioSacral Therapy, Hypnotherapy and Psychic Readings. Many classes. Check *Natural Awakenings* online calendar event listings. *See ad, page 2.*

The object of a new year is not that we  
should have a new year. It is that we  
should have a new soul.

~G. K. Chesterton

### MADAME MEERKAT'S CABINET OF CURIOSITIES

1001 S. Kerr Ave, Wilmington  
MadameMeerkat.net



A community metaphysical shop supplying crystals, tarot, incense, and local art in a welcoming atmosphere complete with coffee bar, energy healers, intuitive readers, and workshops to help you learn and grow. Facebook/Instagram: @MadameMeerkat. *See ad, page 2.*

## 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 2.*

There are more life forms in a handful  
of forest soil than there are  
people on the planet.

~Peter Wohlleben

## 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 21.*

### 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.*

## 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  
LetsGetChecked.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. See ad, page 7.

## WELLNESS BEAUTY

### THINK GOODNESS

609-915-2033  
My.ThinkGoodness.com/



We are curators of the best goods, by the best brands. Aligned with our quality and mission standards, you can trust every product will make you look and feel good – inside and out! Origami Owl. Willing Beauty. CMYK

Cosmetics. Intuitiv Wellness.

## WELLNESS PRODUCTS

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Xelliss.com/TheMessenger



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## YOGA

### BEACH BLANKET YOGA

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

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Leland and Wilmington areas  
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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  
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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.

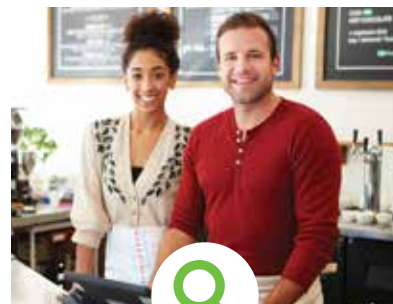
They who sing through the summer  
must dance in the winter.  
~Italian Proverb

## SACRED YOGA TRIBE

Erika Guerra-Todd  
11 Shawnee Trail, Myrtle Beach  
843-503-4498  
SacredYogaTribe@gmail.com



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# Nature's Virus Killer

## Copper can stop a cold before it starts

By Doug Cornell

**S**cientists 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 **NATA25**.

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.*

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