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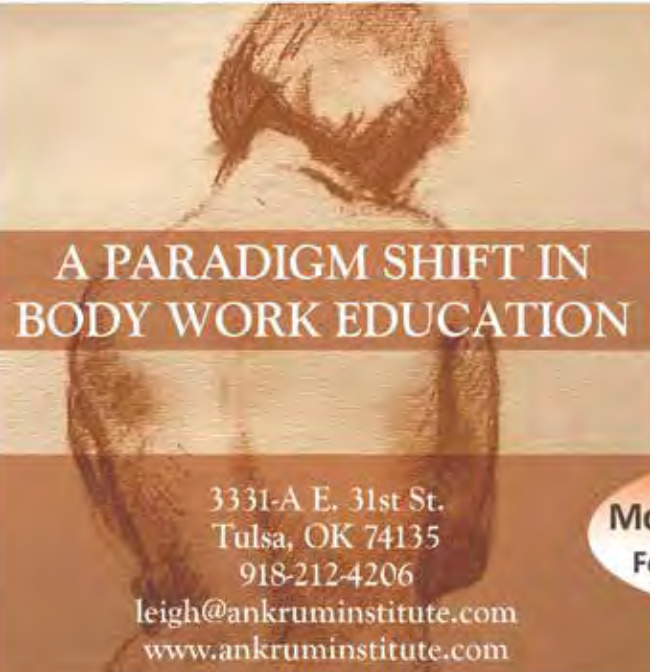
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letter from publisher



Mark and Shanna Warner

Looking to the Future

Some of my favorite people are in the pages of this magazine. I cannot tell you how much fun it is for me and Mark to get to know our advertisers. They support this magazine with their business dollars so that we can share free info with you about new and emerging health and wellness topics. Without them, Mark and I couldn't afford to print this magazine.

So, a huge THANK YOU to each and every advertiser that has ever graced these pages. And I mean *all* of them—the past, present and future ones.

Every month we spotlight one of our local holistic advertisers. During this Women's Wellness edition, we have a local article about an entire group of women in a wellness co-op. I love the energy of people coming together, all focused on creating health, wellness, happiness and transformation. This magazine focuses on the idea of "Better Together!"

Every month we also discuss cutting-edge health and wellness topics. There are several reasons Mark and I are willing to push the envelope. Oklahoma is near the bottom in almost every health and wellness poll. We want to be a part of changing that. I am not okay with fellow Oklahomans dying because of lack of access to providers. I am not okay with quality health care being a defining line between rich and poor, or brown and white. I am not okay with health care being a 10-minute consultation that ends in a bottle of pills.

How about a new way of thinking about health and wellness? Why not see it as a process of becoming, as a journey to create your best life? Imagine a path to wellness where we work together; where traditional medicine and complementary modalities commingle. Now, I will not delve into politics or religion and where those ideologies fit into this discussion. But I will say this: I truly believe it is every person's God-given right to be as healthy as they can be, to easily seek out and find resources for their body, mind and spirit when needed.

This is why we print the magazine. This is why advertisers support it. If there is something, *anything*, in this free magazine that helps you, inspires you, encourages you, helps you transform, helps you rise up, helps you become the best you in body, mind and spirit, then that is exactly what we all want.

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With love and veggies,

Shanna

Shanna Warner

P.S. Happy Anniversary to my hubby.
Fear is really nothing and love is everything.



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news briefs

Sacred Way Transformational Coaching Available to All

Sacred Pillars Church is excited to announce its newest transformative offering, the Sacred Way Transformational Coaching Program. Those completing this program report having profound spiritual experiences and sustained life-changing results, such as the ability to work again, addictions replaced by healthy habits, self-love and compassion, spiritual connectedness, completion of higher education, movement into fulfilling careers, attracting love, sincere connection to others, development of intimate friendships and improved family relationships.

The program takes participants on a 10-week journey of self-discovery with a professional coach. Using a holistic approach, attendees develop authentic, honest relationships by exploring their own emotional, mental, physical, spiritual, community and environmental makeup. They uncover the life they wish to lead and take action to cultivate that reality.

The Sacred Way Transformational Coaching Program includes weekly individual coaching sessions, guided journaling, weekly evaluations, goal setting, daily mindfulness practices, meditation and breathwork classes, cacao for heart-opening and integration support. Entheogens may be leveraged during the program as a tool to further assist the transformation.

Sacred Pillars Church offers free discovery calls to answer questions about The Sacred Way Transformational Coaching program or any of its other services. Sign up for the free discovery call at SacredPillars.church. See ad, page 27.



eco tip

DIY Salt Scrub with Himalayan Salt and Essential Oils



- Margarita salt scrub:** 12 drops lime essential oil, 8 drops orange essential oil
- Rose salt scrub:** 15 drops rose essential oil, sprinkle with dried rose petals
- Citrus burst salt scrub:** 5 drops orange essential oil, 10 drops grapefruit essential oil
- Lavender vanilla salt scrub:** 15 drops lavender essential oil, 5 drops vanilla essential oil
- DIY SALT SCRUB RECIPE**
- 1 cup finely ground sea salt
 - ½ cup Himalayan pink salt
 - 4 Tbsp grapeseed oil
 - 3 Tbsp almond oil
 - 1 Tbsp jojoba oil
 - 10 drops vitamin E
 - 15-20 drops essential oil

Put sea salt and Himalayan salt into a mixing bowl. Add in grapeseed oil, almond oil, jojoba oil and vitamin E. Add the essential oils last, right on top of the other oils.

Mix until all of the salt is coated with oil. It should not be swimming in oil, just coated. Store in a glass or metal container. This recipe fills a single, pint-sized Mason jar or two half-pint jars.

Because this salt scrub recipe does not contain any water, it will last up to six months. Make sure to keep it sealed in a jar with a lid to ensure it stays fresh and free of contaminants. If it is kept in the shower, store the scrub away from the water stream.

For more healthy DIY recipes, along with natural skincare and eco-friendly home and garden ideas, visit EcoLivingMama.com.

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A sea salt scrub is an easy and inexpensive way to maintain a glowing complexion. Salt scrubs work hard to exfoliate and remove dry skin from the surface, reduce the appearance of wrinkles and pores, and improve the overall tone. Exfoliating scrubs are good for the entire body, especially dry areas like feet and hands. They are easy to make because they are a simple combination of salt and oil.

In addition to standard sea salt, adding Himalayan pink salt to a scrub recipe adds an extra boost of health because it contains 84 trace minerals and nutrients. Grapeseed oil, which can be found at natural grocery stores, is a good carrier oil for a scrub because it is extremely nourishing. Adding both almond and jojoba oils, and vitamin E into the mixture increases the scrub's moisturizing effect, making it especially good for dry skin.

Essential oils add fragrance and healing qualities to the scrub, and they can include such variations as:

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Eat Prunes and Anti-Inflammatory Food to Reduce Bone Loss and Fragility

A popular staple since ancient times, prunes have long been esteemed for their culinary, nutritional and medicinal purposes, and a new review of research has found that they can also help counter the bone loss linked to fragility in postmenopausal women. After reviewing 28 studies, Penn State University researchers reported in the journal *Advances in Nutrition* that eating five to 10 prunes each day can help prevent or delay bone loss, lowering the risk of fractures. In one study, women that ate 100 grams of prunes (about 10) per day for one year experienced improved bone mineral density in their forearms and lower spines. In another study, eating five to 10 prunes a day for six months was shown to prevent bone density loss and decrease TRAP-5b, a bone-loss marker. The nutritional benefits of prunes, including minerals, vitamin K, phenolic compounds and dietary fiber, may reduce the inflammation and oxidative stress that contribute to bone loss, said the authors.

In a separate study in the *American Journal of Clinical Nutrition*, Harvard Medical School researchers that studied 1,700 older adults for 12 years found that those that ate a highly pro-inflammatory diet rich in simple carbohydrates and saturated fats were more than twice as likely to develop fragility—increasing the risk of falls, hospitalization and death—as those eating the least amount of those sweet, fatty foods.

Avoid Living Near a Fracking Facility

The 17.6 million Americans living within one kilometer of one of the country's 100,000 hydraulic fracturing (fracking) facilities face a higher risk of heart problems, cancer and respiratory disease, recent research suggests. In the latest study from Harvard, statisticians found that living near or downwind from a fracking site contributes to earlier death among elderly people. Combining the Medicare records of 15 million people over age 65 with zip codes of fracking wells, they found that the closer to the wells people lived, the greater their risk of premature mortality. Those that lived closest had a statistically significant elevated mortality risk (2.5 percent higher) compared with those that didn't live close by, and those living downwind faced a higher risk of premature death than those upwind. The results suggest that airborne contaminants emitted by the wells are contributing to the increased mortality, the researchers write.



Try Tai Chi to Boost Neurological Health

With its slow, rhythmic, controlled movements and synchronized, deep breathing, the ancient Chinese practice of tai chi has been shown to improve balance, reduce falls and enhance the quality of life for people with neurological challenges such as strokes, Parkinson's disease and multiple sclerosis. A meta-review of 24 studies by researchers at the University of North Texas Health Science Center concluded that tai chi may be able to reduce pro-inflammatory contributors to cellular activity, increase anti-inflammatory cytokines that help regulate immune response, decrease oxidative stress factors and increase neurotrophic factors regulating neural health. Researchers pointed to its "potential effectiveness in neurorehabilitation," which aims to improve the functions and well-being of people with diseases, trauma or disorders of the nervous system.

Take Vitamin D to Protect from Autoimmune Disorders and COVID-19 Severity

As up to 50 million Americans can personally testify, autoimmune disorders (AD) defy easy treatment, but a new study from Brigham and Women's Hospital, in Boston, offers hope that vitamin D₃ supplementation can significantly reduce the risk of incurring these disorders in the first place. Researchers divided 25,871 older adults into four groups: the first took 2,000 IU of vitamin D₃ daily; the second took 1,000 milligrams a day of marine omega-3 fatty acids (fish oil); the third took both D₃ and fish oil; and a fourth was given a placebo. After two years, those that took vitamin D with or without the fish oil had a significantly lower rate of autoimmune diseases, such as rheumatoid arthritis, polymyalgia rheumatica, autoimmune thyroid disease and psoriasis, compared to the placebo group. While the fish oil alone didn't lower AD risk, there was some evidence that it had an effect over time. "Autoimmune diseases are common in older adults and negatively affect health and life expectancy. Until now, we have had no proven way of preventing them, and now, for the first time, we do," says first author Jill Hahn, Ph.D., an epidemiologist.

Vitamin D may also protect against COVID-19 severity, report Israeli researchers in the journal *PLOS One*. Examining the records of 1,176 patients admitted to a hospital with COVID-19-positive PCR tests, they found that those with a vitamin D deficiency (less than 20 nanograms per milliliter in their blood) were 14 times more likely to have a severe or critical case of COVID-19 than those with levels higher than 40 nanograms per milliliter. Mortality among patients with deficient vitamin D levels was 11 times higher than those with sufficient levels—25.6 percent compared to 2.3 percent.



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Crispy Critters

Western Megadrought Surge Continues



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A megadrought is a dry spell that lasts for more than 20 years, and the Southwestern U.S. endured the worst occurrence since at least 800 A.D. in the period from 2000 to 2021. So says research based on evidence embedded in tree rings from 1,600 sites in the North American West

published in the journal *Nature Climate Change*. University of California-Los Angeles climate scientist and lead author Park Williams says, “The results are really concerning, because it’s showing that the drought conditions we are facing now are substantially worse because of climate change ... but there is quite a bit of room for drought conditions to get worse.”

Temperatures in the Southwest have averaged 1.6 degrees higher since 2000, and the megadrought has depleted California’s reservoirs, shrunked the Utah Great Salt Lake to record lows and fueled destructive wildfires. University of Michigan climate scientist Julie Cole, not involved in the research, says it shows how temperature can make more of a difference than precipitation alone when it comes to prolonging a drought. “The air is basically more capable of pulling the water out of the soil, out of vegetation, out of crops, out of forests, and it makes for drought conditions to be much more extreme.” Unless climate change is mitigated, there is no end in sight.

Prescription Problem
Pharmaceutical Pollution is Out of Control



A new study by the University of York, “Pharmaceutical Pollution of the World’s Rivers,” in the journal *Proceedings of the National Academy of Sciences*, has determined that pharmaceutical drugs polluting the world’s rivers pose “a global threat to environmental and human health.” Research leader Dr. John Wilkinson says, “What we know now is that even the most modern, efficient wastewater treatment plants aren’t completely capable of degrading these compounds before they end up in rivers or lakes.”

Biologically active compounds cause harm to wildlife such as the feminization of fish, and the presence of antibiotics in the environment increases the risk of drug resistance. The survey sampled 258 rivers in 104 countries and more than a quarter were regarded as unsafe for aquatic organisms. The most extensive global study to date found that the most polluted rivers were in Bolivia, Pakistan and Ethiopia. In the U.S., Dallas ranked in the top 20 percent. Those in the Amazon rainforest, Iceland and Norway had the least amounts of pharmaceutical pollution. Wilkinson advises, “The World Health Organization and UN and other organizations say antimicrobial resistance is the single greatest threat to humanity; it’s a next pandemic.”

Sundown Showdown
Trouble in Solar Paradise



Sixty miles from Las Vegas, the unincorporated town of Pahrump, Nevada, has plenty of sunshine to generate solar power, but residents are upset that San Francisco-based Candela Renewables wants to build a large-scale solar field across approximately 2,300 acres. Candela Manager of Development Dewey Klurfield discussed plans for the Rough Hat Nye County solar project at a meeting of the Pahrump Public Lands Advisory Committee, and many residents criticized the company for encroaching on their land.

Although Nevada is striving to be a leader in renewable energy, around 80 percent of the state is public land, mostly maintained by the U.S. Bureau of Land Management. Residents and conservationists fear that the project could destroy thousands of miles of delicate cryptobiotic desert crust—a thin layer of bacteria-rich soil that retains water and nutrients, and slows erosion—at the expense of local ecosystems. Large-scale solar fields also run the risk of displacing native plant and animal life, and contributing to dust storms. Nels Johnson, North American director for renewable energy at The Nature Conservancy, states, “We need to recognize that any form of energy is going to have some impacts. The question is how do we try to avoid and minimize those impacts?”

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photo courtesy of Sky Sales Power

Sky High
Wind Energy Goes Airborne



Massive wind turbines to generate renewable energy are appearing all over the world, but they can be expensive or impossible to install in remote locations and deep waters. A growing complement is the use of huge, specialized kites at an altitude of up to a half-mile, where wind currents are the strongest. Proponents say the solution is ideal for isolated locations. In Mauritius, an island nation off the coast of Africa, a gigantic sail is programmed to make figure-eights overhead and create enough electricity to power up to 50 homes. The International Energy Association predicts wind energy to increase 11-fold by 2050, with wind and solar combined accounting for 70 percent of the Earth’s electricity demands.

In some places, land for wind farms is scarce, and it takes roughly 71 acres to generate a megawatt compared to 12 acres for a fossil fuel plant. Cristina Archer, director of the Center for Research in Wind at the University of Delaware, notes, “The first farms are in the best spots, and the best spots are limited.” Airborne options range from soft wings to complex, rigid designs that carry turbines and generators on board and shuttle electricity down a tether. Wind farms hosting hundreds of kites could be tethered to barges in deep water far offshore.

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Resilient Mothering

How Moms Are Forging Ahead in a Changing World

by Carrie Jackson



Two years after “coronavirus” became a household word, the pandemic continues to affect every aspect of our lives. Mothers, in particular, have learned to reimagine what it means to be a parent, employee, partner and friend, while still finding time for themselves. According to the Kaiser Family Foundation, almost 70 percent of mothers say that worry and stress from the pandemic have damaged their mental health.

While social distancing, quarantining, remote learning and masking quickly became a new and often unwelcome normal, positive shifts have also been developing. Already resilient mothers are exploring how to adapt to an ever-changing situation and learning when to hold on and when to let go. They are discovering new ways to be available for their children’s mental health, maintain their jobs, stay connected with other moms and prioritize self-care.

Shae Marcus, publisher of *Natural Awakenings* South Jersey (NASouthJersey.com), says that the pandemic has brought a number of unforeseen silver linings. As a single mother of two

young children, she has been in a constant state of transition the last two years and is starting to achieve greater balance. “Like most other mothers, my life before the pandemic was nonstop. I was getting by, and at the same time comparing myself to other parents. The world had to slow down so I could catch up, and I’ve been forced to stop, breathe and take it in stride,” she says.

Marcus shares a common concern, that the isolation has affected her kids’ development. “I worry that the lack of social integration over the past two years will have a lasting impact on my children. My son, who is now in third grade, was in kindergarten the last time he had a full year in a ‘normal’ school setting. That’s a lot to miss out on. While he is academically on track, I’m concerned about him being mature enough. Having sports and other extracurricular activities starting back now is helping to get them integrated again, and I’m able to fully appreciate going to an outdoor spring football game that wasn’t able to happen for so long,” she says.

Marcus has discovered that working from home has had advantages. “Now, I can do a load of laundry in-between meetings, go to the grocery store when I would have been commuting and be more present when my kids are home. Since I’m not worried about rushing out the door, we have time to talk during breakfast, and I’m able to accompany them to the bus stop. Afterwards, I take 10 minutes for myself to walk around the block and gather my thoughts for the day,” she explains.

Reordering Priorities

Seventy-one percent of mothers describe being a working mom during the pandemic as very challenging, according to research done by the global consultancy group APCO Impact. As president of Families and Work Institute (FamiliesAndWork.org), a New York-based research nonprofit, Ellen Galinsky has seen employers grant access to a wider variety of benefits that fit their employees’ individual and family needs. “The pandemic, coupled with racial reckoning, has made many of us rethink our priorities. It now is becoming clear that the world that seemed relatively normal before wasn’t working. Mothers and fathers were thrust on the front lines of schooling and saw firsthand how different teaching and parenting are,” Galinsky notes.

An estimated 82 percent of employers plan to allow their employees to keep working remotely after the pandemic, reports a survey by human resources consultancy Mercer, but that turnaround is just a first step, says Galinsky. “Studies show that having workplace flexibility procedures in place is a floor, but how employers treat you when you need that flexibility matters the most. The pandemic made us all experience collective and multiple losses together and brought some difficult issues to light,” she explains.

In juggling work and life duties, Galinsky shies away from the word “balance”, which suggests that time and energy needs to be split evenly. “Work and home lives are deeply intermingled, and often when one is in sync, the other will follow,” she says. “It’s important for mothers to set realistic expectations for themselves and let go of the notion that they’re not doing a good job, their kids have to be perfect or they don’t have time to take care of themselves. Children will absorb what they see, so being mindful in your words and actions around work will have an impact on them. If you have a stressful meeting and bring that home with you, the energy in the house will change. It’s okay to tell the kids that you’re upset at your boss and are going to call a friend and talk or go for a walk; let them know it’s not their fault and that parents get stressed, too.”

Stress Survival Skills

The pandemic also put many mothers in a chronic state of hypervigilance, because they not only had to manage their own anxiety, but also help kids manage their experiences. A University of Rochester study of 153 mothers of toddlers found that ongoing strains can disrupt the body’s natural stress response, making it more difficult to respond with patience and sensitivity to a child’s needs.



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Elizabeth Cohen, a clinical psychologist and director of the Center for CBT (cognitive behavioral therapy) in New York City (CenterForCBTInNYC.com), says that a shock to the nervous system can only be released with the acknowledgement that the trauma is being experienced in the first place. “Having an understanding of how you’re responding to this stress and uncertainty is key to moving through it. Even going back to the office after so long may trigger a panic attack if the trauma of the past two years isn’t addressed,” she says. “Mothers need to practice compassionate awareness for themselves and what they’ve gone through. They need to be seen, heard and witnessed in the same way their children are.”

Cohen advises that while part of a mother’s job is to make kids feel emotionally safe, it’s not as effective if they are themselves depleted. She recommends adopting simple, actionable practices throughout the day to help restore and reset the mind and body, suggesting, “Put some Epsom salt in the bottom of the tub and allow your feet to soak for a few minutes during a shower. Before brushing your teeth, take three deep breaths and pay attention to where you might be feeling tension in your body. Keep a gratitude journal handy to reflect and record your observations and interactions.”

She advises us to remember that we have all had different experiences of this trauma, and nobody is the same as they were in 2019. “It’s okay to tell a friend, ‘I’m excited to see you and also, I’m uncomfortable not wearing a mask.’ We’ve also had to be more selective about who we spend time with, and that has allowed us to foster more nurturing relationships,” she says. “Be more discerning about who you spend time with, instead of saying yes to every invitation to get coffee. It’s okay to do less, and making authentic decisions in the moment will help you truly feel aligned with your thoughts and actions.”

Joint Healing

Claire Zulkey, a Chicago-based writer and mother of two young boys, has found creative ways to stay connected with other mothers and not feel so isolated. She pens

a newsletter, *Evil Witches* (EvilWitches.substack.com), which gives her a platform to share stories of everyday motherhood triumphs and concerns. Topics have included perimenopause, end-of-life options for the family pet, finding the best hand lotion and other subjects that mothers in her circle think about.

She also maintains a Facebook group of 100-plus mothers, providing a safe place for members to commiserate and support each other. “The group has allowed me to really get to know mothers in a more intimate way, truly understand what they’re going through and appreciate how much they care about their kids,” says Zulkey.

She made a personal decision to stop drinking a few months into the pandemic, a lifestyle choice that she has maintained for the past year. “While I was not an alcoholic, there were too many times when I would wake up with a hangover or get into a tipsy argument with my

husband. I quickly learned to appreciate how much easier parenting is when I’m in a stable mood, and the entire household has benefited, especially during the pandemic, when we were in such close quarters,” she says.

For all of us, moving forward after two years of collective grief, loss and uncertainty will undoubtedly present new unforeseen challenges, yet maintaining a sense of perspective can help if things start to feel overwhelming. “At the start of the pandemic, I started to feel sorry for myself, but soon I realized that I actually was so much better off than a lot of people. Once I oriented myself with that reality, it was easier for me to move on with a sense of gratitude and desire to help others,” says Zulkey.

Carrie Jackson is an Evanston, IL-based freelance writer and frequent contributor to Natural Awakenings magazine. Connect at CarrieJacksonWrites.com.

SELF-CARE FOR STRESSED-OUT MOMS

For mothers trying to juggle it all, making their own mental health a priority is key. Here are some practical ways busy moms can incorporate their overall wellness into a daily routine.

Set Up Self-Care: Sneaking in breaks throughout the day can have a positive cumulative effect. Follow a guided meditation while waiting for soccer practice, use essential oils in the car, keep a favorite lotion next to the bed or savor a favorite nourishing snack.

Cultivate a Network: Nurturing relationships with supportive peers can provide emotional and social support. Meet a friend for a morning coffee or afternoon walk, join a book club, host a potluck with other mothers or volunteer with a community group.

Prioritize Therapy: The right therapist can provide an unbiased and supportive perspective and help process new and lingering issues. Find a practitioner that understands a mom’s unique needs and a modality that resonates with us. Traditional talk therapy works well for some, but be open to exploring other forms, such as movement therapy or art therapy.

Keep Communication Open: Modeling and encouraging dialogue gives kids a safe space to practice sharing and lets everyone feel valued. Find time during car rides, at the dinner table or before bed to check in with the family and share each other’s thoughts.

Take a Class: Learning a new skill can spark creativity and help build a social network. Try a pottery workshop, join a dance club, take a photography class or study a foreign language just for fun.



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Q&A with Leticia Pizano

Founder of Divine Lotus
Healing Hands Wellness Co-op and
OneSpirit Native American Church



What is the Divine Lotus Healing Hands Wellness Co-Op?

We are a cooperative healing center of independently owned wellness practitioners dedicated to bringing well-BEing to the community and our surrounding sacred space communities. Our mission: to give people holistic, organic and natural tools they need to heal and reconnect the whole self. Our values: Spirituality, Connection, Relationship, Compassion, Trust, Transparency, Humility, Equality, Resiliency. Our motto: We are all divine mirrors; just as the divine teacher guides the student, the divine student guides the teacher.

How did the co-op get started?

Divine Lotus Healing Hands Wellness Cooperative (DLHHWC) is the shared sacred space of two buildings and several unique businesses. We work as a community by offering sacred services, teachings and products that support healing and growth, while enhancing awareness, communication, good health, peace and consciousness. We are also an art co-op and wellness center, along with a gathering place for conversation and community. We opted to “cooperate” with one another, bringing together shamanism, neo-shamanism and galactic shamanism so that we might all benefit from one another’s strengths and learn from one another’s weaknesses.

The “we rise together” mentality, which is often lacking in mainstream business, is how we choose to be together. In 2019, I decided to open up the space to other practitioners and facilitators that shared the DLHHWC mission of uniting to meet common economic, social and cultural needs and desires. We welcome new clients as well as holistic healers who are interested in being a part of our cooperative network and directory. If we all carry a small piece of the larger puzzle, we increase our capacity to serve the community and one another’s healing businesses. We sacredly



place each puzzle piece into the whole, by finding common ground upon this sacred ground and going back to our organic wholesomeness in unity with all that is.

What type of services do you offer at DLHHWC?

We offer many services, including intuitive development, aromatherapy, Reiki and energy bodywork, massage therapy, plant medicine integration, meditation, breathwork, Shamanic healing, sound healing, light language activations, yoga, workshops, ceremonies and various events from a bounty of experienced practitioners. I am dedicated to providing you additional guidance, advice, recommendations and information on topics regarding your physical, emotional, mental and spiritual well-being.

What is KosmicKidZ?

KosmicKidZ is a place for parents and caregivers of children to have a place for networking to create divine connections. You may have heard of “Indigo” or “Crystal” children and are wondering what these names mean. As we evolve on this planet, there is a new type of human being born who carries within them a greater understanding. On the physical level they have extra strands of DNA; on the spiritual level they are often highly evolved and very intuitive. They may be clairvoyant, clairsentient or able to communicate telepathically. The first wave of these new children were referred to as the Indigo Children. They have this name because the clairvoyant can see an indigo color present in their aura. These children present with many different gifts as well as challenges that are often misunderstood. They might have been diagnosed with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD) or autism. There are many names and labels that society has given them: Indigo

The “we rise together” mentality, which is often lacking in mainstream business, is how we choose to be together.

Children, Crystalline, Starseeds, Star Children, Rainbow Children or Crystal Children.

As a mother of some incredibly gifted Indigo children, I hope to encourage you to honor your young ones as gifts. We then see the Divine wisdom they bring to help raise the vibration of all creation upon Mother Earth. They also bring you the gift of experiencing and fulfilling your purpose. I find it very important to cultivate our children and the generations to come so they will be comfortable in their true selves. We support them by reminding them to always remember their divine origins and mission.

Our task as parents is to shelter our children from the remnants of the old energy and paradigm. As we move into higher dimensional frequency, we will all regain our unlimited natural abilities. Communication and trust are the two most important parts of your relationships. Our children want us to trust ourselves, our instincts and our intuitive senses; these are the birthrights of each and every one of us. Given proper guidance, your Indigo child will mature, not only retaining this ability, but developing it to a much finer art. They and the generations to come will live more instinctively from moment to moment, as they are inviting us to live in the now. Taking a holistic approach to everyday issues and personal development begins with our children first.

What is Sapo all about?

Sapo is a purgative. It causes you to get rid of unwanted toxins from your body. Laxatives and enemas are also purgatives. As a part of OneSpirit Native American Church (OSNAC), we serve as facilitator for an animal medicine called Sapo. Our Sapo (Kambo) ritual is a type of voluntary envenomation. During this purification ritual an OSNAC shaman will burn a specific area, usually the shoulder, with a small stick. Sacredly prepared excretions of Phyllomedusa Bicolor (known as the giant leaf frog, sapo or kambo frog) are then applied to the fresh marks. These rituals are performed for the purification of the body, increasing stamina and enhancing physical strength. The high content of active peptides in the secretion can be easily absorbed through the burned skin. This helps the medicine to cleanse, purify and detox physically, mentally, emotionally, energetically and spiritually.

The same way the Sapo medicine can work to help you realign the body, mind and spirit, so do plant purgatives. When a person cannot take Sapo due to health or medication issues or due to master plant diets, we serve plant purgatives as an option to do the exact same type of cleanse. Working with plants is an honor and a great privilege. It connects us to natural healing modalities and reunites us with the plant and animal kingdoms as we once were.

For more information, email DlhhWellnessCoop@gmail.com or call 405-412-8602. See ad, page 19.



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Intermittent Fasting Basics

HOW TO IMPROVE HEALTH BY EATING LESS OFTEN

by Sheila Julson



Fasting has been part of religious and cultural practices since ancient times, but now it is entering into everyday American eating habits. Intermittent fasting (IF), which involves restraining from eating for periods ranging from hours to days, was the most popular dietary strategy among Americans in 2020, outpacing low-fat keto diets and “clean eating,” reports the International Food Information Council. About 10 percent of survey respondents reported that they were following IF diet procedures, usually for weight loss and better health.

“Intermittent fasting is a lifestyle,” says Jerron Hill, an anesthesiologist, in Plano, Texas, who has practiced it for two years and found himself with more energy. “Many metabolic syndromes and diseases can be avoided by making IF a way of life.”

Research on the health benefits of IF is ongoing, but Hill says that advantages include stabilized blood sugar levels, because insulin levels rise after eating meals. “In a fasted state, insulin levels fall, blood sugar stabilizes and fat stores can be utilized as a source of energy,” he says. Other benefits he cites include lowered blood pressure, decreased low-density lipoprotein, or “bad” LDL cholesterol, and lower triglycerides.

There are several IF methods. The 16/8 method is most popular and involves fasting for 16 hours and eating within an eight-hour window each day. The 5:2 plan is for those that would rather fast twice a week and eat regularly the other five days. Another method known as OMAD involves eating one meal a day. While most IF models do not restrict specific foods, they encourage the consumption of nourishing, satiating, whole foods. Snacking is discouraged.

Women’s Fasting Needs Differ

“In the United States, 90 percent of Americans are metabolically unhealthy. Fasting is one of many strategies that can help people

improve their metabolic health. That translates to being a healthy weight and having balanced hormones,” says Cynthia Thurlow, a nurse practitioner in Washington, D.C., and founder of the Everyday Wellness Project, an online subscription plan. Her new book, *Intermittent Fasting Transformation*, integrates IF with women’s hormonal needs during every stage of life.

“Women need to fast differently,” Thurlow emphasizes. “A woman in peak childbearing years under age 35 has to account and fast for her menstrual cycle, meaning her body is much more sensitive to macronutrient depletion or changes than a menopausal woman. Younger women need to limit fasting if they are already lean. They need to avoid fasting five to seven days prior to their menstrual cycle and remain attuned to messages their bodies send them in response to sleep, stress, nutrition and exercise.” In general, once women reach menopause, they experience less hormonal fluctuation and thus more flexibility to fast on a daily basis, she says, although they, too, should keep an eye on their experiences with sleep, stress, nutrition and exercise.

Planning for Success

The word “fasting” often conjures up thoughts of hunger and starvation, but proper planning will leave us full and satisfied while practicing IF. “When you’re eating a balanced diet and not necessarily following a particular fad or specific type of diet, you can enjoy nourishing meals without restrictions and still practice IF,” says lifestyle coach Laura Fuentes, of Madisonville, Louisiana, author of the e-book *Intermittent Fasting for Women*.

Fuentes recommends starting with the 16/8 model, because approximately half of the 16-hour fasting time is spent sleeping. “There’s also downtime in the evening while you’re preparing to sleep. In the morning, most of us are getting ready for work or getting kids off to school, and we don’t eat right away. Those hours are generally not focused on food.”

When it’s time to eat, fasts should be broken with satiating, nutritious food, not a light snack. The first meal of the day should be nutritious, with protein and healthy fats. Breaking a fast with just an

apple, or carrots and hummus, will lead to hunger and eventual snacking.

A common misnomer is that we must eat ketogenic or low-carb diets while practicing IF. While carbs need to be considered, Thurlow emphasizes eating nutrient-dense, whole foods and fewer processed foods, whether they are part of keto, paleo, omnivore or vegetarian diets.

Some people practice “clean” fasting by consuming only water, black tea or other calorie-free beverages during the fasting

time. Others prefer “dirty” fasting and might consume a handful of grapes, walnuts or other foods or beverages containing less than 50 calories during the fast. “I like patients to understand the value of a clean fast,” Thurlow says. “People might think 50 calories doesn’t count, but that is food, and that does break a fast.”

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



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MEDITERRANEAN CHICKEN FARRO BOWLS

- 1 cup cooked farro

3 cups water or stock

½ tsp salt

1 lb boneless, skinless chicken breasts (2 large breasts)

3 Tbsp olive oil

Zest of 1 lemon

2 Tbsp lemon juice

2 cloves garlic, grated

1 tsp dried oregano

½ tsp kosher salt

¼ tsp black pepper

1 Tbsp olive oil

1 pint cherry tomatoes, halved

2 cups chopped cucumber

1 cup kalamata olives, pitted and sliced
- ½ red onion, sliced

1 cup tzatziki sauce, purchased ready-made or prepared from the following recipe

½ cup crumbled feta cheese

Lemon wedges, for serving

Fresh dill and parsley for garnish (optional)
- Tzatziki Sauce

1 cucumber

1 garlic clove

1 cup plain yogurt

½ tsp salt

½ tsp lemon juice

¼ tsp dried dill

Rinse and drain farro, then place it in a pot with salt and enough water to cover. Bring to a boil; reduce heat to medium-low and simmer for 30 minutes. Drain any excess water.

In a gallon-size zip bag, combine chicken breasts, olive oil, lemon zest, lemon juice, garlic, oregano, salt and pepper. Marinate for four hours or overnight. In a large skillet, heat olive oil over medium-high heat, add the chicken breasts into the skillet and cook for 7 minutes, flip and continue to cook for another 5 to 7 minutes until the internal temperature has reached 165° F. Discard marinade. Remove chicken from pan and wait 5 minutes before slicing.

To assemble the bowls, place a bed of farro at the bottom of the bowl. Top with sliced chicken, tomatoes, cucumber, olives, red onion, tzatziki sauce and feta cheese. Sprinkle with parsley and dill and serve with lemon wedges.

Tzatziki sauce: Line a large bowl with a mesh strainer, place a paper towel into the strainer. Use a grater to grate the cucumber and garlic clove. Transfer to the strainer to remove the excess moisture. In a medium bowl, combine the shredded cucumber, garlic, yogurt, salt, lemon juice and dill. Stir to combine and refrigerate for an hour before serving.

Recipe courtesy of Laura Fuentes.

HEALTHY BREAKFAST SALAD



- 2 medium sweet potatoes, cubed

1 red bell pepper, sliced into strips

Olive oil

½ tsp salt

½ tsp garlic powder

Black pepper to taste

6 cups arugula, baby spinach or green blend

4 strips bacon, cooked and coarsely chopped

4 eggs

1 avocado, peeled and sliced

Preheat the oven to 400° F and line a large baking sheet with parchment paper. Place the sweet potato and bell pepper onto the baking sheet, drizzle with 1 tablespoon olive oil and season with salt, garlic powder and black pepper. Toss to combine. Bake for 20 to 25 minutes or until the sweet potatoes are tender when poked with a fork. Remove from oven and set aside.

Spray a non-stick pan and cook eggs sunny side-up over medium heat. Assemble the salads by placing a large handful of greens in each bowl and topping with roasted veggies, fried egg, bacon pieces and avocado slices.

Recipe courtesy of Laura Fuentes.

inspiration

Mothering the World

by Marlaina Donato



All that is brought to fruition has someone behind the scenes tending to its innate potential. The quality of nurturing permeates both the human and the natural world and goes much deeper than raising beloved offspring. Whether it be a well-balanced child, a verdant backyard garden or the premiere performance of a symphony, tending to what we love can yield great things. Equally rewarding, nourishing what we find challenging or uncomfortable can deepen our human experience.

“Every blade of grass has its angel that bends over it and whispers, ‘Grow, grow,’” states the Talmud, and we, too, can be angels. Whether or not we are inborn nourishers, every day we have simple opportunities to refine this beautiful impulse. We flex the “mother muscle” whenever we acknowledge someone else’s accomplishments, welcome a new neighbor or heat a bowl of soup for a loved one after a long day. We can nourish community when we pick up trash along a hiking trail, whip up a sweet treat for the local bake sale, invite friends for a potluck supper or offer a helping hand at a local food pantry. The smallest gestures—smiling at a stranger, giving or asking someone for a hug or saying “I’m sorry”—don’t require time, money or effort, yet exemplify spiritual generosity which is the nucleus of all nurturing.

We also cannot forget ourselves. Too often, we place our most fervent callings last, shuffling our sources of joy to the back of the line because there aren’t enough hours in the day. When we starve our talents and interests, lock down our emotions and neglect our spiritual needs, we become energetically malnourished, and from this famished core, have little from which to draw. Sometimes we are so invested in mothering the well-being of others that we forget to do the same for ourselves. It is not selfish to tend to our own potential to thrive. It is a beautiful necessity, and we are worth it.

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



Q: It seems like my last dog put on a lot of weight right after her spay. My vet wants to spay my new puppy and I don't want her to get fat too. What can I do?

A: The spay/ neuter policies for the past decade have done a lot to curb the number of animals being killed in shelters but do not serve the individuals well since the surgery removes all of the male and female hormones that appear to have some protective effect in the body. Studies have shown that unaltered pets have less weight gain, less urinary incontinence as they age and have lower amounts of some forms of cancer. On the flip side, if they are not spayed you risk infection of the uterus called pyometra and the constant annoyance of heat cycles and the obvious potential pregnancy. Our clinics offer the ovary sparing spay procedure which leaves only the ovaries and takes out the uterus. We feel this practice has been good for many pets, but it is not for every family and encourage you to visit with our staff about the potential option. Call 405 605-6675.

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EASY CONTAINER GARDENING

HOW TO GROW EDIBLES IN POTS AND PLANTERS

by Maya Whitman



Container gardening offers something for everyone, from beginners to seasoned green thumbs. Growing vegetables, flowers and herbs in pots can be cost-effective, inspiring and tailored for any urban balcony or country patio.

The perks of planting in pots include a reduced risk of disease spreading from one crop to another, fewer critters helping themselves to a free lunch, and less weeding and overall work. For urban garden expert Mark Ridsdill Smith, in Newcastle upon Tyne, England, tending to plants has provided a sense of community. “When I lived in London, I knew almost no one on my street after 10 years, but when I started growing food by the front door, I was constantly chatting to passersby as I tended my tomatoes and squash,” says the author of *The Vertical Veg Guide to Container Gardening*, who also enjoys the practical side of making connections: swapping seeds, gifting produce and exchanging advice.

Fertile Foundations

Vegetables like lettuce, tomatoes, peppers, eggplant, squash, radishes and beans are ideal for container gardens, and with a little know-how, other crops like watermelon and muskmelon can also thrive. “Many types of vegetables can be grown in pots if they are large enough to accommodate the root system, even potatoes,” says Lisa Hilgenberg, horticulturist at the Chicago Botanic Garden’s four-acre Regenstein Fruit & Vegetable Garden, in Glencoe, Illinois. Choosing pots with the right size and materials is an investment worth making, she notes. “Peppers and tomatoes prefer terra cotta pots. Many herbs thrive when root-bound and do well in smallish pots or grouped together in shallow bowls.

Plants needing to climb can be trained to grow on a trellis placed in a container.”

Melinda Myers, the Milwaukee-based author of *Small Space Gardening* and more than 20 gardening books, encourages gardeners to think outside the box. “Repurposing items is another way to add fun and plantable space. I have seen old teapots, coffee makers, washtubs, coolers and more converted into planters.” For the well-meaning, but sometimes absent-minded gardener, she recommends self-watering pots to reduce maintenance. “These containers have a water reservoir you keep filled. Water moves from the reservoir into the soil, so you need to water less often.”

Generational Nourishment

Using high-quality potting soil is paramount and can be store-bought or made at home for less by combining pH-fostering

peat moss, vermiculite and perlite. Plants started from seed are more nourishing for both people and the planet.

“Some seeds thrive most when sown directly in the soil, and cilantro is one of them, as are all root vegetables, as well as beans and peas. Other seeds, like tomato and ground cherry, are best started indoors. Some seeds, like kale and basil, thrive either way,” explains Petra Page-Mann, co-owner of Fruition Seeds, an organic seed company in Naples, New York, that specializes in open-pollinated heirlooms and offers free online tutorials. Seeds can easily be saved for future plantings from crops such as beans, peas, cilantro, dill, sunflower and cosmos. “No one can save seeds better adapted to your garden than you,” she says.

Children are prime candidates for container gardening, especially in cities. Smith muses, “Children get to smell and feel the whole plant—the extraordinary smell of tomato leaves, the bristles on zucchini—and they love getting their hands into the compost. I’ve witnessed children who rarely eat salad demolish a whole tray of fresh pea shoots in minutes!” For young gardeners, he recommends growing “pea shoots, new potatoes (they love digging them up), herbs like mint (to play with and make drinks and potions), alpine strawberries and sorrel.”

Even gardeners with conventional suburban or country plots may find that container crops come in handy. “For those with plenty of garden space, it is a way to bring the garden to your back or front door,” says Myers. “Keeping pots of herbs and veggies close to the house makes harvesting and using fresh herbs and vegetables easier. I have 11 acres, but still use containers to test new plants and bring the garden to my front and back doors.”

Page-Mann attests to willingness and possibility when she says, “Seeds, again and again, remind me that our imagination is the limit, that regional adaptation is the language of resilience and that we can grow so much more than we think possible.”

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

POT GARDENING TIPS FROM THE PROS

FROM MELINDA MYERS, AUTHOR OF *SMALL SPACE GARDENING*:

Mulch the containers. Covering the soil with an organic mulch like evergreen needles and shredded leaves helps conserve moisture and suppress weeds until the plants cover the soil surface.

Use a slow-release, eco-friendly fertilizer. Incorporate it into pots at planting and if needed, make a second application mid-season. It’s a lot easier than applying a fast-release product every week or two.

Incorporate organic wool pellets into the potting mix to reduce watering up to 25 percent and add air space, nutrients and organic matter to the soil.

TIPS ON TYPES OF POTS:

Terra cotta pots are heavy and tend to dry out faster.

Glazed ceramic pots hold water for long periods and are available in a variety of shapes and colors. Both should be moved indoors for the winter.

Plastic pots come in a variety of colors, are lightweight and can often be left outdoors.

Fiberglass is lightweight, pricey and designed to be left outdoors year-round.

Metal is usually not a problem for northern gardeners and are quite trendy.

For more information on galvanized steel safety, visit [Seeds_for_Thought64596.pdf](#) ([ucanr.edu](#)).

FROM LISA HILGENBERG, CHICAGO BOTANIC GARDEN HORTICULTURIST:

Climbing plants: Growing plants vertically is a great way to save space and add an architectural aesthetic to a container kitchen garden. Select a trellis to accommodate the type of climber. Peas and beans climb using tendrils that grow best around a thin fishing line netting; they won’t stay secure to an iron trellis. Some vining plants need help climbing, so they will need to be tied onto bamboo poles.

Melons: The minimum diameter container is 12 inches for watermelon, provided it’s a smaller stature, bush-type cultivar. Generally, watermelons produce two melons per plant if they are provided with highly fertile, well-drained soils. Muskmelons can be trellised in pots. Apply organic fertilizer three times during the melon plant’s growth: when the vines begin to run, when the first flowers appear and after the first harvest.

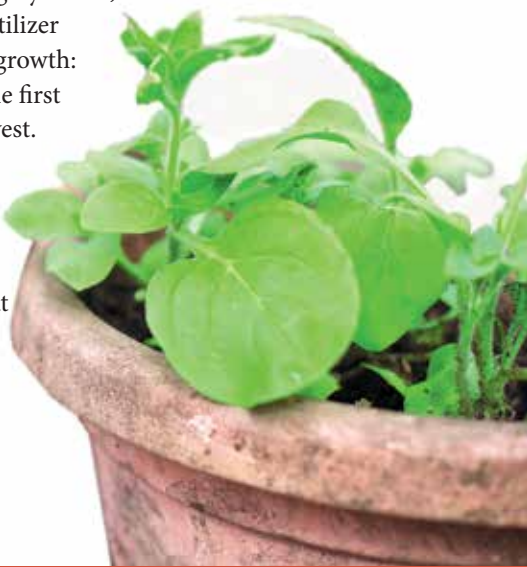
FROM AUTHOR MARK RIDSDILL SMITH:

Seasonal favorites:

Spring: new potatoes, kale, mangetout snow peas (edible pods)

Summer: tomatoes, chilies, climbing French beans, Japanese wineberry

Fall: arugula, kale, chard, apples



Staying Hydrated

IT'S NOT JUST ABOUT DRINKING WATER

by Sandra Yeyati



Maintaining proper hydration is one of the most important measures we can take to benefit our health. “The human body is made up of 55 to 75 percent water, and proper fluid levels are essential for many important body functions, including nutrient and oxygen transportation, temperature regulation, blood pressure stabilization, removal of waste from the body and muscle repair,” says Josh Axe, a Nashville-based clinical nutritionist and doctor of chiropractic and natural medicine. “Drinking enough water allows for healthy digestion and detoxification, supports hunger control and improves the appearance of your skin, eyes and hair.”

Throughout the day, our bodies expend liquid to perform these vital functions. “Dehydration occurs when you lose more bodily fluids than you consume,” says Axe, the author of *Ancient Remedies* and founder of *DrAxe.com*. “Your body needs water and electrolytes replenished, otherwise you’ll experience symptoms such as dry mouth, thirst, muscle weakness and spasms, headache, dizziness, nausea and fatigue.”

“How we live today is why we’re so much more dehydrated than we were 30 to 50 years ago,” says Dana Cohen, a New York City integrative medicine physician and co-author of *Quench*. “Air conditioning and heating are so drying. Electronics, prescription drugs, processed foods, fluorescent lighting—all these things coming at us and affecting our cells—are sucking the hydration out of our environments and out of us.”

According to Cohen—the risks of day-in-day-out, low-grade dehydration—the kind most of us experience—include constipation, joint pain, stiffness, brain fog and cognition problems. “There’s some evidence that it is also a risk factor for diabetes, Alzheimer’s and certain cancers like colon and kidney cancers,” she adds.

How to Hydrate

Optimum hydration is more nuanced than simply drinking eight to 10 eight-ounce glasses of water a day. It depends on our body size, age, diet and level of physical activity or exposure



to hot temperatures, Axe says. He recommends more fluids for women that are pregnant or breastfeeding, teenagers that are developing quickly and people on medications like antibiotics, diuretics, hormone pills, blood pressure medications and cancer treatments.

Cohen points to a few reliable markers: “We’re meant to urinate every two to three hours throughout the day, and you want the color of your urine to be strong, but not too orange or too brown, which indicates dehydration, and not crystal-clear, because you could be over-hydrating.”

In her book *Quench*, Cohen delineates a five-day plan to optimize hydration.

Start every day with a big glass of water, which can include a squeeze of lemon and a pinch of real salt (pink or sea salt, not processed table salt).

Drink a glass of water before every meal. “For people who are trying to lose weight, a few published studies suggest that this will help them lose five additional pounds over a three-month period when dieting,” she says.

When feeling hungry, drink a glass of water. We often mistake hunger for thirst.

Consume one or two green smoothies a day made with a blend of greens, water and added ingredients to taste. This will incorporate a healthy amount of daily fiber, which helps to absorb and hold on to water.

Add what Cohen calls “micro-movements” throughout the day, such as nodding the head up and down, rotating the wrists and ankles, scrunching fingers and toes or twisting the torso. “These little movements help to move fluid throughout the body and lubricate joints,” she explains.

Hydrating Foods

According to Axe, some foods are naturally hydrating, including coconut water, melons, celery, cucumber, kiwi, citrus fruits, carrots, bell peppers, berries, lettuce, avocado, zucchini and tomatoes.

Cohen recommends one to two tablespoons of chia seeds mixed into a liquid every day. “They’re incredibly hydrating. If you soak chia seeds in water, they form this gel-like structure on them. Thanks to some fascinating research by Dr. Gerald Pollack from the University of Washington, in Seattle, this gel water, which has different properties from regular H₂O, is believed to store energy like a battery. Getting more of this structured water by eating plants should be your goal, so your body and your cells are better hydrated.”

Best Fluids to Drink

“The best option is purified water that goes through a filtering process to remove chemical pollutants, bacteria, fungi and algae, but still has beneficial minerals,” Axe says. Both Axe and Cohen recommend the Environmental Working Group’s water filter guide (ewg.org) to find the best at-home system for every budget, as well as its database that lists the safety of tap water in each U.S. zip code.

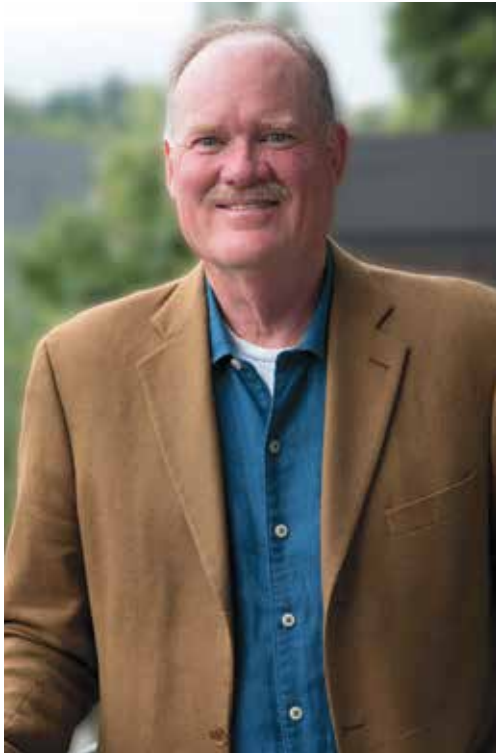
“The research shows that under four cups of coffee a day is not a diuretic, so it does contribute to your hydration; anything above four cups starts to become a diuretic and goes against you,” Cohen notes, adding that herbal teas are always a great hydrating option with added medicinal properties.

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

Jeffrey Bland on Rejuvenating Our Immune System

by Sandra Yeyati

Known worldwide as the founder of functional medicine, Jeffrey Bland, Ph.D., began his career as a professor of biochemistry at the University of Puget Sound, in Tacoma, Washington. In the 1980s, he was chosen by Nobel laureate Linus Pauling to serve as director of nutritional research at the Linus Pauling Institute of Science and Medicine. Bland's expertise and visionary influence helped to popularize science-based nutrition and establish standards for evidence-based formulations, quality ingredient sourcing and ethical manufacturing practices in the natural products industry. Bland is the author of more than 100 peer-reviewed research publications and several bestselling books, most notably *The Disease Delusion*. His latest project is Big Bold Health, a company designed to transform the way people think about the immune system.



What is Immuno-Rejuvenation?

Recent discoveries show that exposure to things like a toxin, a serious viral infection or even post-traumatic stress syndrome may create an alarm reaction in our immune system, and the memory of that gets encoded in something called the epigenetic programming of our immune system, becoming a controller of how the immune system functions. This new state of alarm is passed on from immune cell to immune cell, locking the immune system into an imbalanced state that is tipped either towards too much response, which we call inflammation, or too little response, which is immune suppression and increased risk to infection.

A balanced immune system, on the other hand, is resilient and capable of moving forward and backward depending on the exposure that the individual is living through. We believe we can activate Immuno-Rejuvenation through a process built into our body's system of renewal called autophagy. Its discovery won a Nobel Prize in medicine and physiology in 2016.

In the immune system, autophagy selectively prunes damaged cells that are carrying bad epigenetic messages, allowing cells that are not predestined to be alarmed to take over, leading to a rejuvenated, balanced immune system that can be more resilient to the envi-

ronment and isn't overreacting or under-reacting, while still working as you would like it—to defend us.

How can we reset our immune system?

There are two parts to our immune system. One is the adaptive immune system, which produces antibodies that remember what we were exposed to in terms of viruses or bacteria, and can mount a response if we are reinfected. The other, the innate immune system, is the first line of defense, found on our mucosal surfaces like our gastrointestinal tract, our respiratory tract or on our skin. In the last five to 10 years, immunologists have discovered that the innate immune system can be epigenetically retrained to be more in balance through things like time-restricted feeding, regular activity or exercise, predictably getting into REM sleep and the incorporation of plant-derived nutrients called phytochemicals into our diet, which are believed to activate selective autophagy processes. In conjunction with these lifestyle principles, you want to remove exposure to specific chemicals, including agrochemicals, airborne pollutants, heavy metals—things known to increase inflammation.

The innate immune system is cleansed in part through the activity of the lymphatic system, which is circulated by physical motion. If we're not moving, our lymphatic system becomes sluggish. Many types of physical medicine—massage, acupuncture, manipulation, chiropractic—are ways of activating lymphatic draining. This is a very important additional component for the improvement of our immune function.

At Big Bold Health, we put together resources to take people through an assessment of their own immune system by answering a questionnaire and a host of educational assets including videos, podcasts, blogs, recipes and more. You can access these for free on our website, BigBoldHealth.com.

What targeted, phytochemical-rich foods are you excited about?

Himalayan Tartary Buckwheat. Over the millennia of its evolution, this unique plant developed the ability to activate its immune system to defend itself against bugs, pollutants, poor soils, drought, sun. As a result, it has in its genes the ability to produce the highest level of immune-activating phytochemicals of any plant we know—50 to 100 times higher. Human clinical trials indicate that people who consume about 100 grams a day of the whole-meal Himalayan Tartary Buckwheat experience distinctive health advantages, reducing inflammation, lowering blood fats and blood sugar, and improving insulin sensitivity, all of which are conditions related to dysfunctions of the immune system.

How does the Immuno-Rejuvenation concept relate to women's health?

Women have evolved mechanisms to modulate the immune system to accommodate pregnancy, but that estrogen/androgen balance that controls pregnancy also influences their immune system, and we're starting to learn how it can significantly influence immune cell aging and injury. So this process of selective immune autophagy is very important in women who go on to have the most prevalent cases of autoimmunity, meaning they are more sensitive to some of these things that would produce an immune response that would be inflammatory.

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

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Fending Off Fibroids

NATURAL APPROACHES OFFER RELIEF

by Marlaina Donato



Optimal reproductive health is key to our vitality, which is why living with uterine fibroids can be debilitating. Studies indicate that as many as 80 percent of American women develop these non-cancerous growths during their childbearing years. Oftentimes, the condition is free of symptoms, but an estimated 26 million women currently suffer from associated effects like chronic pelvic and back pain, frequent urination, excessive menstrual bleeding and a swollen abdomen. Also called myomas, fibroids can often be a hidden cause of infertility, even in asymptomatic cases.

Asian women have a lower incidence of fibroids, while African American women are two to three times more likely to develop them than white women, particularly at a younger age. Genetics, obesity, estrogen-promoting foods and environmental toxins can fuel the fire of this condition, but a tailored, natural approach can minimize symptoms and for some, ward off the need for invasive surgery.

Happier Hormones Through Diet

While there is no definitively known cause of fibroids, the most accepted theory is a disruption in the ratio between estrogen and progesterone. Italian researchers that examined data from 1990 to 2020 reported in the *International Journal of Environmental Research and Public Health* last year that diets deficient in fresh fruits, green vegetables and vitamin D increase the risk for the onset and formation of uterine fibroids.

“I do believe prevention is important by avoiding the use of toxic cosmetics and cookware with chemical components, and by choosing lower-inflammatory foods,” says Crystal Fedele, a doctor of Chinese medicine who treats patients with acupuncture and Chinese herbs at her clinic, Holistic Women and Families Natural Health Center, in Port Orange, Florida.

Conventionally farmed produce and farm-raised fish are treated with environmental estrogens to stimulate growth, which in turn contribute to estrogen dominance and an increased risk of fibroids in women that consume such foods. “It’s important to eliminate dairy and meat raised with synthetic hormones that can act like estrogen in the body,” advises Alisa Vitti, a New York City-based women’s hormone expert and author of *In the FLO: Unlock Your Hormonal Advantage and Revolutionize Your Life*. “While no diet can guarantee fibroid prevention, altering the food you eat may help slow fibroid growth. When it comes to food, your first step is to remove inflammatory foods.”

Vitti recommends opting for fiber-rich whole grains that aid in the elimination of excess estrogen, as well as nixing gluten and all dairy products unless they are made from organic goat or sheep milk. “High insulin levels from white, starchy

stuff—which acts like sugar in the body—is a factor in making fibroids grow,” she says.

Cruciferous vegetables like broccoli, kale and bok choy are allies in the fight against fibroids by boosting detoxifying enzymes in the liver. Regular servings of sweet potatoes, carrots, apricots, pumpkin, spinach and other carotene-rich foods are also valuable.

Ancient Healing Modalities

Traditional Chinese Medicine offers promising benefits, but when using recommended herbs, it’s important to seek out qualified practitioners rather than self-treat, advises Fedele. “In Chinese medicine, each case is individual, so herbal formulations are often constructed to treat the whole health of the person and modified as we see improvements,” she says. “We also use a lot of supplements that can help regulate hormones—DIM (diindolylmethane) and broccoli seed extract being two that are commonly used for estrogen-related disorders.” Fedele also recommends acupuncture, but says it is most effective when combined with herbals, supplements and dietary therapies.

Susannah Neal, a licensed acupuncturist in Iowa City, Iowa, concurs, saying, “Chinese medicine is highly effective for rebalancing the flow or energy and breaking up old patterns of imbalances.” Neal, certified in the Arvigo Techniques of Maya Abdominal Therapy, attests to this gentle modality designed to invigorate the circulatory, lymphatic and nervous systems of the digestive and reproductive organs. “Fibroids may be a result of impaired blood flow in the uterus, and while many styles of massage use tech-

FOODS TO CONSUME FOR ACHIEVING HORMONE BALANCE

Almonds and hazelnuts	Organic wheat germ
Arugula	Radish
Cold-water, deep-sea fish: salmon, tuna, herring, halibut, mackerel, sardines	Reishi mushrooms
Garlic	Turnips
Green tea	Vitamin E, vitamin B complex, magnesium, omega-3 fatty acids
	Watercress

niques to improve circulation, these techniques focus specifically on the reproductive and pelvic organs,” she says.

According to Neal, one benefit of the Arvigo technique is regulation of the menstrual cycle. When applied regularly, the massage may reduce the size and severity of fibroids. In cases of larger, chronic or more severe fibroids, she says that three to six months of treatment or longer may be required, and in some cases will be used only as adjunctive treatment along with therapies prescribed by a medical doctor.

No matter which alternative approach is taken, monitoring progress is key. Fedele says, “I usually suggest six months to a year of trying holistic options under the care of a licensed provider and then at that time re-evaluating the scenario.”

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

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calendar of events

FRIDAY, MAY 6

Germanfest Tulsa – 5/6-5/8. Fri 10am-9pm; Sat 10am-9pm; Sun 11am-5pm. All ages are invited to celebrate and learn about German culture. Entertainment will include a polka band and folk dancers. Snack on bratwurst piled high with sauerkraut on a bun, or try the savory schnitzel sandwich. Free. German-American Society. 1429 Terrace Dr, Tulsa. 918-744-6997. GasTulsa.org.

Mayfest Tulsa – 5/6-5/8. Fri 11am-9pm; Sat 11am-11pm; Sun 11am-8pm. This family-oriented event in

downtown Tulsa is nationally renowned for presenting the very best in arts and entertainment. Multiple performance stages and great festival food. Free. 400 S Main St, Tulsa. 918-582-6435. TulsaMayFest.org.

Dancing in the Garden Featuring the Salsa! OKC – 7-10pm. Salsa! Dance the night away in this urban outdoor dance space. Dance instructors will give a dance demo. Then DJs will crank up the tunes to get the dance started. Free. Food and drinks will be available for purchase. Seasonal Plaza, Myriad Gardens, 113 S Robinson Ave, OKC. 405-445-7080. MyriadGardens.org.

SATURDAY, MAY 14

Stilwell Strawberry Festival – 8am. Held since the 1940s and one of Oklahoma’s most-loved hometown traditions, this festival features games, live entertainment, free strawberries and ice cream. There will also be a parade, strawberry auction, car show, midway games, arts and crafts, vendor booths and a wide variety of fair food. Free. Downtown Stilwell. 918-797-5097. StrawberryCapital.com.

Flower Moon Market Bethany – 10am-6pm. Featuring readers and metaphysical vendors with jewelry, altar shelves, soaps, candles, Nordic items, feather wands and more. Meet great people and enjoy their wonderful products and services. Free. Spellbound Event Center, 8009 NW 23rd, Bethany. Facebook.com/SpellBoundEventCenter.

MONDAY, MAY 16

Full Moon Bike Ride OKC – 8:30pm. Bring your bike and meet up for a leisurely one-hour ride. Downtown routes are specifically planned by Steve Schlegel, Schlegel Inspections. Lights and helmets are required to participate. Free. Myriad Gardens, 301 W Reno Ave, OKC. 405-445-7080. MyriadGardens.org.

THURSDAY, MAY 19

Fulmer Group Art Exhibition Open House OKC – 6-9:30pm. This nonprofit art gallery is committed to bringing together local artists & charitable community organizations. Free. Fulmer Group Law in historic Automobile Alley, 1101 N Broadway Ave, Ste 102, OKC. 405-659-3818.

SATURDAY, MAY 21

Calderón Dance Festival OKC – 10am-10pm. A festival celebrating the life of Shannon Calderón and her vision for building a community with inclusive, diverse and equitable opportunities in dance. Featuring dance classes, performances and artists panels. Free. Plaza District: NW 16th St between N Blackwelder Ave and N Pennsylvania Ave, OKC. 405-578-5718. PlazaDistrict.org.

THURSDAY, MAY 26

Microdosing Entheogens 101 Online Class – 6-7pm. There is a lot of growing excitement about using entheogens (aka psychedelics) for getting unstuck and finding peace in life. But is it right for you? Learn from expert, OK-based entheogen coaches and discover what exactly is microdosing, how to decide if it is right for you & what successful microdosers do for life-changing results. Audience Q&A. \$10. Register at SacredPillars.church/calendar.

SATURDAY, MAY 28

45th Annual Paseo Arts Festival OKC – 5/28-5/30. Come enjoy almost 100 nationally acclaimed visual artists. Find original artwork: everything from painting, ceramics and photography to wood-working, glass, sculpture and jewelry. Live performances and great food will also be available. Free. Paseo Art District: between NW 30th & Dewey and NW 28th & Walker, OKC. 405-525-2688. ThePaseo.org.

ongoing events

Submit your listing online at NAOklahoma.com by the 5th of the month, one month prior to publication. Please email Publisher@NAOklahoma.com with questions.

various

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

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

sunday

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

tuesday

Spring Fitness with barre3 Tulsa – 6pm. Barre3 classes are full-body workouts that combine strength conditioning, cardio and mindfulness to leave you feeling balanced in the body and empowered from within. All fitness classes at the park are catered to all athletic styles, abilities and ages. Free. QuikTrip Great Lawn, The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

wednesday

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

thursday

1st Thursday Sustainable Tulsa – Noon-1pm. 1st Thur. Sustainable Tulsa’s monthly open-to-the-public meeting offers individuals an opportunity to network, and hear presentations from local, regional and national sustainability leaders. **temporarily online only .Free. Tulsa Community College’s McKeon Center for Creativity, 910 S Boston Ave, Tulsa. SustainableTulsaInc.org/1st-thursday.

Story Time Tulsa – 4-4:30pm. Fall in love with the magic found in children’s books. New guest readers every week. Free. PSO Reading Tree. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

Spring Fitness Salt Yoga Tulsa – 6-7pm. Challenge your body, find your peace, and nurture your soul with this yoga class focused on fluid movement and mindful breathing. All fitness classes at the park are catered to all athletic styles, abilities, and ages. Free. QuikTrip Great Lawn. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

friday

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



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

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

Concerts at the Creek OKC – 7-9pm. Enjoy free, live music. Local musicians will perform on the Water Stage at The Pointe. Chisholm Creek, 1332 W Memorial Rd, OKC. 405-728-2780. ChisholmCreek.com.

saturday

Adult Birding Walk OKC – 8-9:30am. 2nd Sat. These walks in Martin Park offer adults the opportunity to go birding and socialize with other birders in the quiet hours of the morning. Led by retired Naturalist Neil Garrison. Free. Martin Park Nature Center, 5000 W Memorial Rd, OKC. 405-297-1429. Okc.gov/Departments/Parks-Recreation/Martin-Park-Nature-Center.

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

Myriad in Motion: FREE Yoga OKC – 9am. Practicing yoga in the Gardens has the added benefit of connecting you with nature. The Gardens offer a space of beauty and tranquility to help relieve stress and quiet your mind. Classes are open to all levels, whether you are a beginner or an experienced yogi. Free. Myriad Botanical Gardens, Water Plaza Room, 301 W Reno, OKC. 405-445-7080. MyriadGardens.org.

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

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

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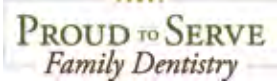
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Enhancing health through comprehensive dental care. Holistic dental care examines the relationship between oral health and the entire body. Mercury-safe and fluoride-free, also offering non-metal crowns and fillings. Laser treatments for pediatric and adult patients. Call for an appointment. *See ad, page 15.*

PROUD TO SERVE DENTISTRY
Audrey May-Jones, DDS
6401 N Interstate Dr, Ste 156, Norman
405-256-4325
ProudToServeFamilyDentistry.com



CentralOklahoma's home for holistic and biological dentistry. With safe mercury amalgam removal techniques, BPA-free tooth-colored restorations and ceramic implants. Featuring the HealthyStart Appliance system and Vivos Life method for treating sleep apnea and underdeveloped jaws. *See ad, page 9.*

FACIALS & WAXING

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



Come and discover the best version of you. Offering natural, customized facials that will have you glowing both inside and out. Therapeutic body services ranging from body wraps, massage, back facials and full body waxing. As always, all services offer access to our steam rooms. Pamper yourself today! *See ad, Body Works page 2.*

FLOAT SPA

H2OASIS FLOAT SPA
6564 East 51st St, Tulsa
918-938-7368
H2OasisFloatCenter.com



Northeastern Oklahoma's best and largest float center. Offering deep relaxation for mind, body and spirit. Singles or couples will have an unforgettable experience of flotation therapy and enjoy the relaxation room to prolong that post-floating glow. While you're there, enjoy the tea house, oxygen bars, massage, Braintap / Revibe chair and so much more. *See ad, page 24.*

FUNCTIONAL MEDICINE

AGING GRACEFULLY
Michelle McElroy, DO
715 W Main, Ste K, Jenks
AgingGracefully.co



Discover a natural approach to your health. Aging Gracefully was founded more than 15 years ago by Dr Michelle McElroy, an OB/GYN and functional medicine physician with more than 20 years of medical experience. *See ad, page 4.*

HEALING & AWAKENING

INNERGISTIC
2401 S Elm Pl, Broken Arrow
918-455-0102
Innergistic.com



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

HEALTH FOOD

NATURAL GROCERS
Jessica Cox, BS, IFNCP
NaturalGrocers.com/Nhc/Jessica-Cox-bs-ifncp
405-840-0300



Natural Grocers' Nutritional Health Coaches provide free 1-on-1 virtual coaching sessions to help community members navigate their health and wellness journeys. Earn a \$5 Natural Grocers coupon & receive free personalized nutrition advice to help you stay rooted in health.

WHOLE FOODS
9136 S Yale Ave, Tulsa
1401 E 41 St, Tulsa



At Whole Foods, we seek out the finest natural and organic foods available, maintain the strictest quality standards in the industry and have an unshakable commitment to sustainable agriculture.

HYPNOSIS

GET HAPPY HYPNOSIS
5525 E 51st St, Ste 565, Tulsa
918-805-0546
GetHappyHypnosis.com



Hypnosis is a holistic modality to help move beyond stuck patterns and negative behaviors. Learn how to deeply relax the body and mind, while increasing focus and receptivity. Within this deep state of total relaxation, you are able to receive powerful, positive, life-affirming suggestions for transformation. All clients are taught self-hypnosis, too. By appointment only. *See ad, page 15.*

MASSAGE

BRITTANY BASCUE, NMT, OMT, LMT, RP
Neuromuscular Massage Therapist
918-401-0377
Brittany@TulsaHealing.com



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

MASSAGE - CLINIC/SCHOOL

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



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

classifieds

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

MUSHROOMS

WALKER BROTHERS MUSHROOMS, LLC – Get locally grown mushrooms delivered to you. By the pound: Oyster–\$20 • Shitake–\$22 • Lion's Mane–\$25. Text Only: 405-219-4300.

OPPORTUNITIES

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



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



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

MEDICAL MARIJUANA

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



H&H Processing produces Orion Cannabis Tablets and Blossom Canna Capsules as well as craft FECO (Full Extract Cannabis Oil). The tablets and the capsules are all-natural, vegan, celiac-safe, gluten-free and sugar-free. Blossom mushroom capsules contain FECO and five varieties of mushrooms. The tablets are dissolvable sublingually. *See ad, page 7.*

The world's favorite season is the spring.
All things seem possible in May.
~Edwin Way Teale



METAPHYSICAL SHOPS

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



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

PLANT MEDICINE

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



We're "a different kind of church." Our non-denominational spiritual community empowers people on their divine path through the safe use of entheogens, preparation, integration, transformational coaching, ceremonies, support circles and holistic healing services.

See ad, page 27.

QIGONG

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



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

**Web Exclusives at
NAOklahoma.com!**

THE BLENDED FAMILY
Tips for Creating a
Successful Stepfamily

Plus

Simple Strategies for
Saving Birds from Cats

natural
awakenings



REIKI

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



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

SEXUAL HEALTH

DESIRE OKC
Charity Danker
2932 NW 122nd, Ste 5, OKC
405-254-0926 • DesireOkc.com



Sex does not have to be backward. My goal is to empower women and men to developed more meaningful relationships, live more authentically, all while creating a more fulfilling sex life. Are you ready? Let's Talk Sex! See ad, page 11.

VETERINARIAN - HOLISTIC

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



Offering holistic pet care including chiropractic, acupuncture and essential oils. Care for your pet begins in a kid-friendly, comfortable and calm setting. Offering integrative medicine along with conventional methods. See ad, page 13.

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



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

WELLNESS CENTER

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



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

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



We are a wellness center for holistic seekers & practitioners to come together and heal the mind, body and spirit. We offer a variety of services including energy & body work, shamanic healing, breathwork & sacred sound, spiritual life advising and many other holistic wellness services. See ad, page 19.

WOMEN'S HEALTH

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



Advanced holistic lactation support and personal wellness. Let us help you enjoy a happy, healthy breastfeeding relationship. We utilize chiropractic, fitness, nutrition, medical herbalism and personalized coaching to empower the families we serve to be the healthiest versions of themselves. We now have a fitness studio for women of all ages. In-home, virtual & office consultations available. See ad, page 13.



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We invite you to join and experience a truly conscious, loving, dating environment with amazing members.

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awakenings singles™



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For Your Pet

*Helping Pets
Live Longer, Healthier Lives*



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

2 Locations To Serve You

Holistic Pet Care

3001 Tinker Diagonal St

Del City

405-605-6675

HolisticPetCare.Vet

Best Friends Animal Clinic

1313 N Harrison Ave,

Shawnee

405-273-5617

BestFriendsAnimalClinic.Vet