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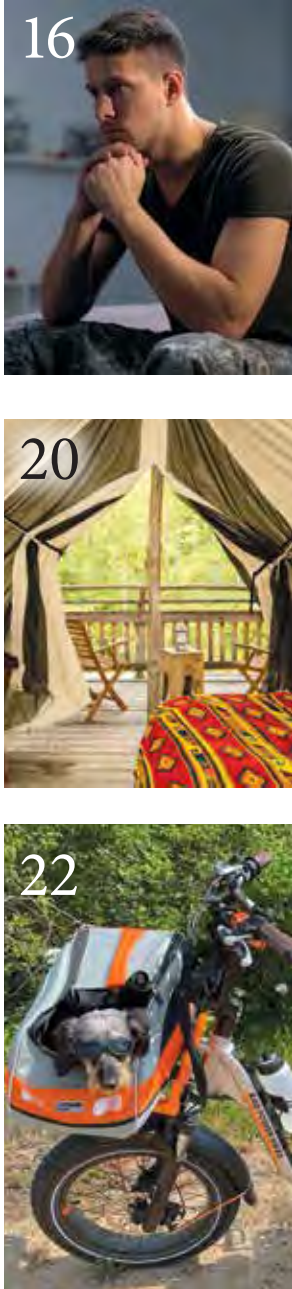
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## letter from publisher



Shanna Warner

### Men

Welcome to the *Natural Awakenings* Men's Edition. Some of my favorite people are men. Mark, Joshua and Matthew—all inspire me on a nearly daily basis; the rest of the time I just look at them and wonder why. Then I found this quote from Will Rogers, and it cleared up my confusion:

*There are three kinds of men. The one that learns by reading. The few who learn by observation. The rest of them have to pee on the electric fence for themselves.*

Rogers was a citizen of the Cherokee Nation and Oklahoma's most famous performer, actor and social commentator of the early 1900s. He wrote more than 4,000 nationally syndicated newspaper columns and was known world-wide for his witty sayings. Like the one above.

Growing up on a little farm like Rogers did, and having witnessed the prior-mentioned experiences with electric fences, I can tell you that they are quite shocking. And hilarious. Getting zapped by an electric cattle fence is not really dangerous, but it does get your attention in a spectacular way. Even when you tell someone that the fence is there, and that they will get shocked if they touch it, straddle it, bump into it, ride over it, etcetera, there are still some people who just NEED to experience it for themselves. Those are my people!

Gaining information from reading is vital. Observational learning is also important. But doing is often where we truly learn those life lessons. Sometimes, the learning is stunning, possibly shocking, but the doing of a thing really gets the message across. Now, sometimes what we learn is that we don't ever again want that same experience. But then, we might learn the experience was worth the shock.

This willingness to jump in and do it is one of my favorite aspects of the men in my life, and of men in general. Men are often the action takers, the fixers, the "let's just try this and see what happens" kind of people that keep our state and nation running. If you have men in your life like those in mine, then I know you appreciate the "can-do" attitude they often show when faced with life's challenges. So here's to my favorite guys. All of them are educated, intelligent men who read and observe, who spend time pondering and planning. But when necessary, or sometimes just for fun, they are more than willing to just DO IT. And I get to stand back and laugh.

With love and veggies,

*Shanna*

Shanna Warner



My guys.

L-R, Matthew, Mark, Joshua

Publishers **Shanna Warner**  
**Mark Warner**  
Editor **Melanie Rankin**  
Contributing Writers **Joshua Poor**  
**Shanna Warner**  
Design & Production **Melanie Rankin**  
Ad Design **Helene Leininger**  
**Mark Warner**  
Sales & Marketing **Jeff Krisman**  
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### CONTACT US

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Administrative Assistant **Kristy Mayer**

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## news briefs

### Tulsa Area Ozone Alert! Season Begins

Local air quality affects our health, quality of life and our economy. It can have direct effects on the lungs, and it can worsen an existing condition, such as asthma. Some people are more sensitive to air pollution than others—especially young children that are growing rapidly and older adults that have reduced immune systems.

The Tulsa Metropolitan Area contains more than one million people living in thriving communities throughout northeastern Oklahoma. Each year, these residents voluntarily unite to help keep harmful ozone levels down, protecting everyone's health, growing businesses, cultural opportunities, economic prosperity and our exemplary quality of life.

Now in its 32nd season, the Ozone Alert! program typically runs May through September. During the summer months, weather conditions can prompt ground-level ozone formation and other pollutants to clog the air. Five monitors, located in Broken Arrow, Glenpool, Mannford, Skiatook and Tulsa, keep track of the ozone levels in the area. Keeping the region's air clean and in compliance with the national Environmental Protection Agency standard is not only vital for health reasons, but it also promotes economic development and transportation affordability. If the national standard is not met, we may pay a higher price for gas at the pump.

When an Ozone Alert! day is issued by the Oklahoma Department of Environmental Quality, everyone is urged to take voluntary action to reduce ozone-forming emissions. Simple steps like refueling vehicles in the evening, driving less or putting off yardwork with gas-powered tools can make a big difference in ozone levels on that day.

Keep track of the area's real-time ozone levels throughout the season on [TulsaAirQuality.com](http://TulsaAirQuality.com). To receive Ozone Alerts! by text message or an email notification, visit [TulsaAirQuality.com/Sign-up-for-alerts](http://TulsaAirQuality.com/Sign-up-for-alerts). See ad, page 26.



### coming in the july issue

## Food Connection

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## health briefs

### Cut Back on Booze to Protect the Brain



It is widely known that heavy drinking harms the brain, but even drinking as little as a few beers or glasses of wine per week will reduce brain volume, according to a new study of 36,000 adults. Researchers led

by a University of Pennsylvania team reported in *Nature Communications* that alcohol consumption even at modest levels may carry risks to the brain, shrinking it in ways similar to the aging process. The study was conducted using the UK Biobank, a dataset from 500,000 British middle-aged and older adults that includes genetic and medical information, including white and gray matter volume in different regions of the brain.

The researchers found that the more alcohol people consumed on average, the greater the brain damage. Going from zero to a daily average of one alcohol unit (half a beer or half a glass of wine) is linked with the equivalent of a half a year of aging in 50-year-olds. Drinking an average of two units a day (a pint of beer or glass of wine) produces changes in the brain equivalent to aging two years. The difference between zero and four units (two beers or glasses of wine) was equal to more than 10 years of aging. "It's not linear," says study co-author Remi Daviet. "It gets worse the more you drink. There is some evidence that the effect of drinking on the brain is exponential. That means that cutting back on that final drink of the night might have a big effect in terms of brain aging."

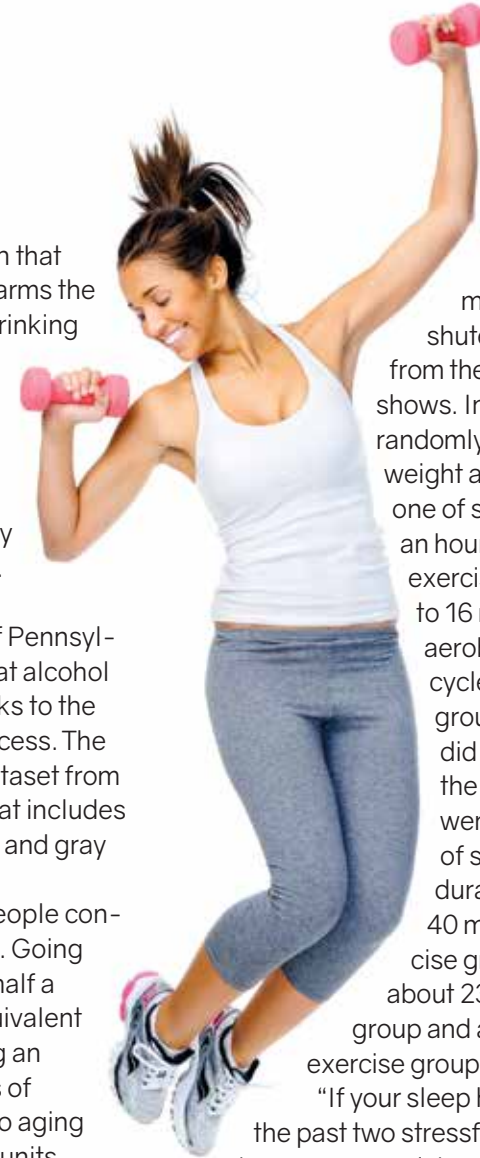
### Try Neem and Walking to Ward Off COVID-19 Symptoms



Two new studies suggest that neem (*Azadirachta indica*), a plant used for centuries in India to treat malaria, intestinal ulcers and skin diseases, may offer protection against COVID-19 and future variants. At the University of Colorado Anschutz Medical campus, researchers found that neem bark extract tested on COVID-infected human lung cells proved as effective as a preventive drug. It targeted a wide range of viral proteins and also decreased virus replication and spread after infection. In an Indian double-blind study of 190 healthcare workers or relatives of COVID-19 patients, researchers at the All India Institute of Ayurveda, in Delhi, found that those given a neem extract of 50 milligrams twice daily for 28 days had a reduced risk of 55 percent for infection compared to the control group.

For people dealing with the lingering symptoms of long COVID such as fatigue, brain fog and muscle pain, a solution may be daily exercise of at least 30 minutes, because it lowers inflammation and blood glucose levels, suggest Louisiana State University researchers in the journal *Exercise and Sport Sciences Reviews*. "If you can only walk 15 minutes once a day, do that. The important thing is to try. It doesn't matter where you begin," says article author Candida Rebello, Ph.D.

### Pump Iron to Boost Sleep



For the one in three Americans that are sleep-deprived, working out with resistance exercises to strengthen muscles may produce longer and deeper shuteye than aerobics, new research from the American Heart Association shows. In a 12-month study, researchers randomly assigned 386 inactive, overweight adults with high blood pressure to one of several groups that worked out for an hour three times a week. A resistance exercise group did three sets of eight to 16 repetitions on 12 machines; the aerobics group used treadmills, bicycles or elliptical machines; a combo group used both; and a control group did no supervised exercise. Among the 42 percent of participants that were not getting at least seven hours of sleep at the study's start, sleep duration increased by an average of 40 minutes for the resistance exercise group compared to an increase of about 23 minutes in the aerobic exercise group and about 17 minutes in the combined exercise group.

"If your sleep has gotten noticeably worse over the past two stressful years, consider incorporating two or more resistance exercise training sessions into your regular exercise routine to improve your general muscle and bone health, as well as your sleep," says study author Angelique Brellenthin, assistant professor of kinesiology at Iowa State University, in Ames.



Off Limits

National Parks Enacting New Regulations



Because our national parks and protected areas are feeling the pressure of increased demand for outdoor recreation, the National Park Service (NPS) has cracked down on some recreational activities to better manage the human impact on natural environments. In 2021, the national park system hosted nearly 300 million recreational visits, and 44 parks set visitation records. The high number of cars creates congestion, pollution and collisions with wildlife. Overcrowding on trails can lead to higher risk of hiking accidents and illegal off-roading. Two Utah national parks will start requiring reservations. At Zion, Rocky Mountain and Glacier national parks, guests need a permit to hike certain routes. Arches National Park guests will have to book timed entry tickets during the high season. Acadia and Zion announced the temporary closure of some popular climbing sites starting this month to ensure that peregrine falcons can nest without disturbance. In 2021, the NPS gave park superintendents the authority to ban e-bikes if they adversely impact natural resources or other visitors, as well as scenic air tours at dawn or dusk or within a half-mile of the ground. Biologically important behaviors for many species occur during sunrise and sunset such as foraging, mating and communication. The hours of operation provide quiet periods of the day during which visitors can enjoy natural sounds and preserve opportunities for solitude in designated wilderness areas.

Ban Plastics in National Parks

Our national parks are places of unparalleled scenic beauty and wildlife for all of us to enjoy. These national treasures are being threatened by plastic trash. Nonprofit Free the Ocean is circulating a petition to Get Single-Use Plastic Out of U.S. National Parks. Sign it at [Tinyurl.com/PlasticParkPetition](https://tinyurl.com/PlasticParkPetition).



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Shady Solution  
California Canals Gain Solar Panels

To both conserve water and generate clean energy, Project Nexus, an innovative pilot project from the University of California-Merced, will install solar arrays over 25-foot- and 100-foot-wide canals in the Turlock Irrigation District so operators can monitor and evaluate their impact on water quality and evaporation, as well as assess maintenance and logistical issues. External Affairs Department Manager Josh Weimer says, "In today's world and how we are operating our system, saving every possible drop of water for future beneficial use is something that we are really trying to focus on." In Europe, canals are lined with tree cover, while India has already started using solar panels. Project partner Solar AquaGrid, LLC, recognized the untapped opportunity to curtail evaporation and advance California's Solar Over Canal initiative. CEO Jordan Harris states, "Research and common sense tell us that in an age of intensifying drought, it's time to put a lid on evaporation. Our initial study revealed mounting solar panels over open canals can result in significant water, energy and cost savings when compared to ground-mounted solar systems, including added efficiency resulting from an exponential shading and cooling effect. Now is the chance to put that learning to the test."

Access Denied  
Don't Fence Me In

A group of biologists in the northern Rockies published a paper in 2018, "A fence runs through it: A call for greater attention to the influence of fences on wildlife and ecosystems." In 2020, a meta-analysis in *BioScience* looked at all the studies of the effects of fences and found that their profound impacts are often ignored or greatly underestimated. The impacts extend far beyond blocking animal migration routes and include furthering disease transmission by concentrating animals, altering the hunting practices of predators and impeding access to key areas of water and forage. Fences are going up rapidly as border barriers and livestock farming increase. In the case of the U.S./Mexico border wall intended to prevent illegal immigration, "The main threat ... is the landscape-level impacts of curtailing or completely precluding wildlife movement and eliminating landscape connectivity at large scales," says Aaron Flesch, a wildlife biologist at the University of Arizona, who has studied the wall's impacts. Bighorn sheep and jaguars are cut off from their kind on the other side of the border. That means that the genetic interaction needed to keep small populations of jaguars or ocelots healthy may be affected. It also means bighorn sheep in Mexico may not be able to migrate north to escape a hotter and drier climate.

Easy Beezy  
Weeds Attract Pollinators to Increase Harvests



Kirylkova Anna/AdobeStock.com

A recent study published in *Insects* compared mango trees at a local farm in Homestead, Florida, where one plot of trees had weeds growing around them and another plot was maintained to be weed-free. It turns out that the presence of weeds benefits trees and pollinators. "Weeds actually do a lot of good. It might be helpful to think of them of wildflowers," says Blaire Kleiman, the Florida International University Institute of Environment graduate teaching assistant and alumna who, under the guidance of professors Suzanne Koptur and Krishnaswamy Jayachandran, undertook this research funded by the U.S. Department of Agriculture's Hispanic-Serving Institutions Education Grants program. Fruit trees can't live without pollinators. Bees and other insects have been shown to increase the size and quality of yields from 70 percent of the leading, economically important crops in the world, but it's getting harder to bring bees to the trees. Over the last 30 years, pollinator numbers have declined significantly. Farmers already rely on insectary plants to attract pollinators, and Kleiman notes that her findings apply to 80 percent of all flowering plants of Earth, including vegetables like tomatoes, beans, eggplants and squash. She wants her study to help farmers also reduce the use of chemical pesticides that harm pollinators.

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# Q&A with Tiffany Stuhr

What is Sacred Pillars?

Sacred Pillars is a non-denominational church that empowers people who are feeling stuck in life to find their divine purpose and joy through the safe use of entheogens, which are also known as psychedelics. The church believes your specific concept of spirituality is yours to individually discover. We are here to support you in your divine exploration.

What do the “pillars” in your name stand for?

The “pillars” simply represent support and upliftment. Our intent is to provide a loving, encouraging foundation for spiritual exploration.

Give us an overview of the Sacred Way Transformation Coaching Program.

This program takes you on a 10-week journey of self-discovery with a professional coach. It’s a holistic approach to helping you develop an authentic relationship with yourself by exploring your emotional, mental, physical, spiritual, community and environmental makeup. It 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 you.

What happens in the 10-week program?

Using the coaching framework, you uncover who you really are, the life you really wish to lead, and take action to cultivate that reality. We dig deeply and honestly together. Introspection and making yourself a priority is a must. We give you practices for examining your needs, honoring and processing your feelings, understanding your thought patterns, discovering root causes, and then most importantly give mentorship, feedback and guidance to



Sacred Pillars Church co-founders  
Tiffany Stuhr (top), Candi Boyer

help you begin taking different steps that bring you joy.

Tell us more about the weekly individual sessions.

We have a weekly video call for 90 minutes. No two sessions are alike, and we intuitively work with you on what’s of highest service to you in that moment. We may dig into your responses to the guided journaling, formulate goals and actions, work on shifting thought patterns or practice listening to the inner voice.

How and why do you use meditation and breathwork in the program?

We use meditation as a way to detach from the overdrive thinking of the mind to regain calm and focus. Ceremonial breathwork used with intention fast-tracks releasing, allowing, activating and receiving. Folks that work with meditation and breathwork often flow into entheogen experiences with greater ease and more profound outcomes.

The church believes your specific concept of spirituality is yours to individually discover. We are here to support you in your divine exploration.

What can someone expect when they are finished with the program?

Most commonly folks report more peace, acceptance and self-love. It’s our greatest joy to witness the “aha!” moments, the clarity, the changes in perspective and healthy habits, the renewed excitement and joy for life, honest self-reflection, compassion for others, feeling divine connection with the world, and on and on and on. Overall, people feel much better-equipped to peacefully navigate their inner landscape while circumventing the uncertainty of the external world.

How do you use integration to support those who complete the program?

Transformation is a lifelong journey, and most people will likely want or need some type of ongoing support. It’s our human nature to be a part of a tribe, reach out for help, share our challenges and triumphs, and offer support to others. We do this as a community during two to three ongoing group integration, or support sharing, circles each month.

How did you decide to start this community?

The idea slowly grew over a period of a few years while Candi Boyer and I were deep in our own spiritual journeys using entheogens. We were blown away by the power of entheogens to heal the wounding created by trauma, addictions and paralyzing fears. What resulted for us was interconnectedness, inner trust, knowing and peace. We wanted to give others the same opportunity to transform; however, there is so much more to the journey than just consuming an entheogen. We created the church to provide a safe, loving container for using entheogens, including preparation, ceremonies and integration, as well as a community for support and access to many different types of alternative healing modalities.

What other services do you offer?

We see our services as tools. You get to pick up different tools along the way that feel most supportive to you, entheogenic or not. Additionally, we emphasize the value of preparation leading up to and integration after an entheogen experience. To that end, in addition to offering private and group entheogen ceremonies and retreats, the church holds a mix of online and in-person services for meditation, breathwork, cacao, yoga, sound baths, kambo, support sharing circles, entheogen education and transformational coaching.

Sacred Pillars Church offers free discovery calls to answer questions about their services. Sign up at [SacredPillars.church](https://SacredPillars.church). See ad, page 23.



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# The Healing of the Modern Man

## Men Redefine Their Emotional Power

by Marlaina Donato



For generations immemorial, men have been builders of culture, solid providers and inspired adventurers, but gender roles and sometimes-conflicting cultural expectations have taken a heavy toll on both the individual and community. The pervasive “tough guy” paradigm has denied half the human race its full emotional expression, resulting in amplified stress levels, compromised physical health, toxic aggression, broken families and a higher risk for addiction. According to research published in the *American Journal of Men's Health* in 2020, death by suicide among men is almost four times higher than that of women and is partly attributed to the stigma of seeking treatment for depression. African American men carry the additional burden of racial and economic inequality, and their depressive symptoms are often more persistent and incapacitating.

Contrary to common myth, men are deeply emotional and responsive beings by nature. Centuries overdue, restrictive cultural definitions are slowly shifting to a broader psychosocial view of authentic manhood. Thanks to guy-friendly mental health resources, virtual and in-person support communities and diverse options in the alternative health

field, more men are taking responsibility for their well-being and learning how to embody emotional freedom. They are stepping up to the plate as strong, sensitive leaders, something our world needs now more than ever.

### Breaking the Chains and Choosing Authenticity

The masculine expectation and requirement have been for most boys to “buck up and tough it out” during childhood and adolescence, and this overt or sometimes very subtle conditioning can promote

disproportionate power plays, homophobia and resistance to emotional intimacy well into adulthood. “Every society has ‘feeling rules’ that govern how emotions can be expressed publicly,” says psychologist Michael Reichert, executive director of the Center for the Study of Boys’ and Girls’ Lives at the University of Pennsylvania and author of *How to Raise a Boy: The Power of Connection to Build Good Men*. “Research tells us that boys are born as emotionally expressive as girls, but in a short time receive constant messages from their loved ones, schoolmates and TV shows that only certain emotions are okay for boys.” Such emotional restrictiveness has a profoundly negative impact on male development, he says.

For Todd Adams in Elmhurst, Illinois, cofounder of *MenLiving.org* and a Tony Robbins-certified life coach, recognizing societal trappings is key. “The first step is to have the awareness that we have been lied to for as long as we can remember about what it means to be a man. We have been conditioned to stay in the ‘man box,’ which means if we show any type of vulnerability, our value from the outside, as well as from the inside, plummets.”

Reichert concurs. “My belief is that tragic outcomes—addictions, violence, suicide and premature mortality—are a reflection of how men’s human natures are thwarted by cultural norms. Being confined to a man box is hazardous. We humans, including men, are built to express our hearts in close connections to others we love and who love us.”

The notion of going the distance solo is discouraged by Adams, whose organization helps men from all walks of life find support and connection through online meetings and adventure outings. “Once the awareness is there, I would invite family, partners, et cetera, to invite us to show up in a more authentic and human way,” he says.

### Stress and the Physiology of Feelings

For many men, emotions—other than “socially acceptable” anger and irritation—rarely see the light of day and instead morph into physical maladies such as digestive trouble, headaches, chest pain and high blood pressure. Unmanaged stress can also zap any zing in the bedroom. “I’m

certainly not a doctor, but I’m sure there is a correlation for some about their emotional/mental/financial well-being being related to erectile dysfunction. The men that I work with often have a habit of not taking good care of themselves, and that lack of self-care ripples into other parts of their life, including their sexual life,” observes Adams. In spite of the fact that many others are struggling with the same condition, out of shame, it is often kept in the shadows. “My advice is that men find safe spaces to discuss these challenges with others. My

hope is that men can discuss sexuality and intimacy as openly as women do.”

Josh Beharry, project coordinator of *HeadsUpGuys.org*, in Vancouver, Canada, an online resource hub for men battling depression, has spearheaded online stress assessment tests for more than 26,000 men over the age of 18 and found surprising consistency. “The results suggest that the two most common stressors faced by the men are a lack of meaning and feelings of loneliness, followed by financial strain, relationship difficulties and problems at work,” he says.

An advertisement for Desire OKC. The top half shows a man and a woman in bed, smiling and looking at each other. The bottom half is a blue banner with white and red text. The text reads: "Uncover The World Of Sexual Health", "Discover:", "A more intimate connection", "A better sex life", "An improved overall life", "Trusting and vulnerable relationship with self & partner", "Create The INTIMACY You Desire And Deserve", "The 1st & most experienced Certified Sex Therapist in Oklahoma City focusing on building healthy positive sexual relationships amongst men & women", "Desire OKC", "Charity Danker", "Holistic Sex and Relationship Therapist and Coach", "desireokc@gmail.com", "(405) 254-0926", "www.DesireOKC.com", and "A judgment-free zone where ALL lifestyles are welcome".

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you do something to treat the wound. Or if it's deeper, you go to a doctor or a hospital. Denying painful emotions is like trying not to bleed when you get cut or trying to pretend you're not bleeding."

For family members or friends concerned about a man's mental health, he advises, "Vague assertions like, 'You seem depressed,' can make a guy feel attacked or put on the spot. Instead, it's helpful to start by pointing out specific observations you've had about changes to his mood or behavior, such as, 'You seem stressed out,' or, 'You haven't been eating much,' or, 'You've been isolating yourself from friends or turning down plans more than usual.'"

It is estimated that 4 percent of men suffer from the physical and psychological consequences of trauma, and PTSD is certainly not reserved for combat veterans. While traditional therapies like cognitive behavioral therapy and exposure therapy are excellent for treating depression, other modalities offer light at the end of the tunnel for men plagued by traumatic overwhelm.

Somatic Experiencing, developed by PTSD psychologist Peter Levine during the last 50 years, targets trauma stored in the nervous system and gently helps a person to increase their tolerance for difficult physical sensations and buried emotions. It is also highly useful in addiction recovery. Therapeutic massage, yoga and regular exercise are all allies for men to combat stress, anchor into their bodies and access unconscious feelings.

In the end, little things add up to a whole lot of change for a man. "You are not alone. Take your responsibility in how you experience life. Empower yourself with resources—podcasts, books, therapy, coaching—whatever support might look like for you," advises Adams.

There is no better time than now for the masculine to rise to a new level of greatness. "There is ample evidence that we are in a paradigm-shifting moment in the history of manhood," says Reichert. "When I speak with parents, I say that there has never been a better time in all of human history to raise a son."

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

## HELPFUL RESOURCES

**MenLiving**, *MenLiving.org*

A national program of virtual and in-person opportunities for men to forge healthy and nourishing connections.

**EVRYMAN**, *Evryman.com*

An online men's community group.

**Good Men Project**, *GoodMenProject.com*

Includes articles on many topics including relationships, dads and families, advice and confessions, and ethics.

**HeadsUpGuys**, *HeadsUpGuys.org*


A program at The University of British Columbia that provides support for men to prevent and manage depression.

According to data gathered by Tulane University, human connection boosts immunity and wards off cardiovascular disease, anxiety, depression and cognitive impairment. For men especially, social bonds are critical in coping with life stresses. Forging new alliances and maintaining old ones can be challenging with or without a pandemic, but online communities offer additional support, camaraderie and nonjudgmental sharing, which can be especially helpful for those suffering from post-traumatic stress disorder (PTSD), addiction and depression.

## Beyond Talk Therapy


Male depression can be hidden in plain sight, disguised as hitting the bottle to "relax", or by working compulsively, engaging in high-risk behaviors or easily flying off the handle at loved ones. Beharry knows firsthand how insidious the disease can be and why seeking help sooner than later is vital. After miraculously surviving a horrific suicide attempt, he unexpectedly found hope and the will to live through walking, breathwork and human connection.

Being honest with others, as well as himself, was a turning point in his recovery. "For a lot of men, talking about dealing with depression feels like an admission of weakness or something to feel guilty about," he says. "Try to think of emotional pain like physical pain. If you get cut, you bleed; that's part of being human. Then



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# Healing Trauma

## EMERGING THERAPIES OFFER FRESH HOPE

by Ronica O'Hara



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Refugee children with tear-stained faces, the frail elderly being wheeled away from floods or fires, the sobbing families of gunshot victims—the faces of trauma are seen in every heartbreaking newscast. And the faces are even closer to us than that, walking down the street: a woman that recoils from touch, a child that has withdrawn into himself, a man with incoherent bursts of anger.

The trauma of death, cruelty and destruction has always been part of the human experience. In the U.S., surveys show that as many as 60 to 70 percent of people report being traumatized by sexual assault, accidents, violence, war combat or other causes, and as many as one in 11 may be diagnosed in their lifetime with the more severe post-traumatic stress disorder (PTSD).

The encouraging news is that in the last few decades, a revolution has occurred in the recognition of how widespread trauma is and how deeply embedded it can be, not only in our behaviors but in our bodies. That, in turn, has led to effective and ever-evolving approaches to heal what's been broken.

“Although trauma and PTSD are visible in the culture everywhere now, from films to popular literature and from legal to mental health fields, until 1980 the topic was virtually non-existent,” says San Francisco psychologist, PTSD researcher and author Harvey Schwartz, Ph.D., who has treated trauma clients in clinical practice for 35 years. “After it became a legitimate diagnosis in 1980, long-overdue research and development of clinical protocols occurred, and today, almost every tradition and subculture within the mental health field has its own model of how to treat trauma.”

Shaping the ongoing dialogue has been the research of Boston psychiatrist Bessel van der Kolk, whose 2014 book, *The Body Keeps the Score*, has occupied the top rung of *The New York Times* bestseller list for three years. In magnetic imaging studies, he found that when a person is thrust into a terrorizing incident, the cognitive functions in the brain's temporal lobe shut down and activity shifts to the self-defense mode of the amygdala. When the person responds by fighting, fleeing or freezing, physiological reactions kick in, which armor the body and trap emotions and thinking in that fraught moment, distorting future perceptions and experiences. He argues that any true healing of trauma must include “bottom-up” modalities focusing on the body rather than only mental “top-down” insights. He also insists that no single treatment alone is likely

## TRAUMA TREATMENT OPTIONS

Dozens of approaches are available for treating trauma, and experienced therapists often mix and match cognitive and experiential modalities to meet a patient's needs. “Choose the therapist over the method, as research repeatedly shows that the therapeutic relationship is the most important factor in any successful therapy,” advises internationally recognized PTSD specialist Babette Rothschild, author of *The Body Remembers*, *Revolutionizing Trauma Treatment* and *8 Keys to Safe Trauma Recovery*. Some primary approaches, with links to practitioners, are:

**Cognitive Behavioral Therapy** works to process the traumatic event and change negative thought patterns connected to it. Usually involving 12 to 20 sessions, it is the most thoroughly studied approach and has been shown to be effective for about half of patients with good, long-term retention of outcomes. Some variations are Cognitive Processing Therapy, Dialectical Behavioral Therapy and Mindfulness-Based Cognitive Therapy. Find a practitioner at [Tinyurl.com/CBTpractitioner](http://Tinyurl.com/CBTpractitioner).

**Prolonged Exposure Therapy** helps a patient overcome the fear and anxiety of a trauma by re-experiencing elements of it in a safe environment, using imagination and sometimes virtual reality. It is often used by cognitive therapists.

**Eye Movement Desensitization and Reprocessing (EMDR)** uses sound, motion, touch, even a pencil to direct a client's eyes back and forth, thus integrating parts of the brain; memories emerge, but without a heavy emotional charge. A key part of Veterans Administration therapy, it is recommended by the World Health Organization. Some studies show that 84 to 90 percent of single-trauma victims no longer have PTSD after three, 90-minute sessions. Find a practitioner at [Emdria.org/directory](http://Emdria.org/directory).

**Brainspotting** is an emerging outgrowth of EMDR that involves helping a client fixate on a location in the eye that pinpoints specific traumatic memories. Research is scant, but suggests it may be as or more effective than EMDR. Find a practitioner at [Brainspotting.com/directory](http://Brainspotting.com/directory).

**Somatic Experiencing** has a client pendulate between subtle sensations of trauma in the body and safe, peaceful feelings, which allows the trauma to be gently released. Although extensive research remains to be done, more than 120,000 professionals in 30 countries have been formally trained in it. Find a practitioner at [Directory.TraumaHealing.org](http://Directory.TraumaHealing.org).

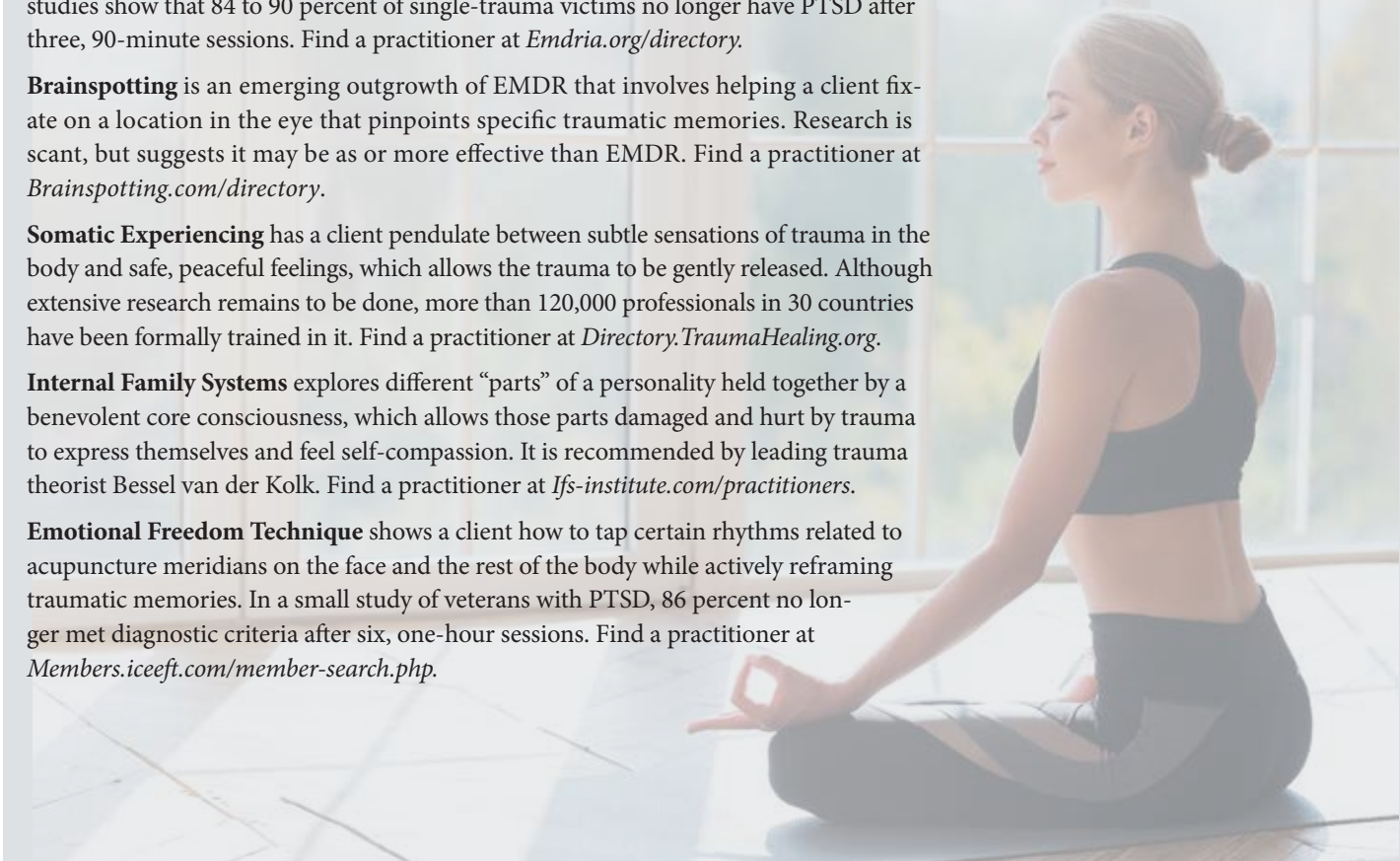
**Internal Family Systems** explores different “parts” of a personality held together by a benevolent core consciousness, which allows those parts damaged and hurt by trauma to express themselves and feel self-compassion. It is recommended by leading trauma theorist Bessel van der Kolk. Find a practitioner at [Ifs-institute.com/practitioners](http://Ifs-institute.com/practitioners).

**Emotional Freedom Technique** shows a client how to tap certain rhythms related to acupuncture meridians on the face and the rest of the body while actively reframing traumatic memories. In a small study of veterans with PTSD, 86 percent no longer met diagnostic criteria after six, one-hour sessions. Find a practitioner at [Members.iceeft.com/member-search.php](http://Members.iceeft.com/member-search.php).

**Psychedelics** are emerging therapies for PTSD, with psilocybin (magic mushrooms), ketamine and LSD potentially offering deep healing when administered under the supervision of a trained therapist. MDMA is the closest to obtaining U.S. Food and Drug Administration approval: carefully designed Phase 2 and initial Phase 3 clinical trials show two-thirds of PTSD patients shedding debilitating symptoms. For more information, visit [Maps.org/mdma](http://Maps.org/mdma).

**Trauma-informed Yoga** focuses on grounding practices to restore disrupted physical sensations rather than emphasizing poses themselves and has proven helpful for sexual assault victims and veterans. Dozens of teacher certification programs exist, and it can be done virtually at home.

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enough and no combination of treatments will be the same for every person.

Christine Songco, a Los Angeles dental hygienist and wellness coach, used cognitive therapy, journaling and meditation to relieve the trauma of a grueling bout with cancer, but hearing loud and angry voices still made her panic. What ultimately proved healing was an hour-long session of Eye Movement Desensitization and Reprocessing (EMDR), in which she followed a therapist's prompt to move her eyes back and forth while memories surfaced. "It got to the root of my fear and anxiety and the source of my trauma without hours of therapy talking sessions, but I do think the other work I did set the stage for EMDR to be effective for me," she says.

Schwartz says that two major approaches to treating PTSD have emerged: cognitive and experiential. Cognitive, or "talk therapies", supported by academic research and insurance companies, emphasize mentally processing painful memories to manage such symptoms as nightmares, flashbacks and explosive anger, often using anti-anxiety and antidepressant medications. They can include such strategies as narrative recall, slowly increasing exposure to the traumatic material, mindfulness training and deep breathing exercises.

"Cognitive approaches help survivors learn how to become an expert of themselves so that they can respond to their

trauma in a healthier way," says psychologist Sabina Mauro, of Yardley, Pennsylvania, author of *The Mindfulness Workbook for PTSD*. This type of therapy can take months to years and effectively treats about half of PTSD sufferers.

Experiential approaches, which have been researched less, but have engendered substantial therapist enthusiasm, do a "deep dive" to work through traumatic patterning embedded in a person's mind, body and psyche. "They help people restore not only their nervous systems, but their capacity for self-trust and self-forgiveness and their capacity for connection to their bodies and others," says Schwartz.

These modalities mostly focus, at least at first, on physical sensations rather than intellectual comprehension. For example, Somatic Experiencing defuses deeply held, fear-based contractions in the body by integrating those sensations with peaceful alternatives. EMDR, once an outlier but now practiced globally and endorsed by the World Health Organization, uses eye movements to lower the emotional charge of a traumatic memory. Internal Family Systems repairs a wounded psyche by relating a person's deeply felt, damaged "child parts" to their essential goodness.

To re-inhabit parts of the body frozen in the past by trauma, patients may be encouraged to use somatic meditations, trauma-informed yoga, acupuncture, massage and martial arts, as well as art, music, dance and other forms of expression.

Psychedelics, which if used carefully can open a trauma sufferer to a larger sense of purpose, may become a legal option in a few years. In a recent U.S. Food and Drug Administration-approved Phase 3 clinical trial on MDMA (previously called ecstasy), 67 percent of participants no longer met the criteria for PTSD after three therapist-guided sessions.

Says Schwartz, "It can feel like a supermarket of options out there, so people need to read, become informed consumers and combine treatments at times. We have to think of the mind, the body and the spiritual as all needing attention and integration."

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

## DID YOU KNOW?

### Local Resources for Counseling or Addressing Trauma

**Desire OKC** – See ad, page 13.  
Licensed sex therapist and counselor.

**Entheogen Conference** – See ad, page 4.  
Information about natural plant medicines.

**Get Happy Hypnosis** – See ad, page 19.  
Hypnotherapy for anxiety and stress.

**Sacred Pillars** – See ad, page 23.  
10-week transformational coaching program.



## eco tip

# Eco-Volunteering

## HANDS-ON WAYS TO HELP OUR PLANET THIS SUMMER

Helping nature while enjoying the great outdoors is a classic win-win opportunity. Here are a few ideas to join the fun while contributing sweat equity.

### Corral the Cleanup Crew

Becoming a weekend cleanup community leader can be as simple as gathering family, friends and neighbors to beautify the surroundings and save animals from suffering. To improve water quality, pay special attention to beaches and rivers. Get permission from local authorities, arrange a special trash pickup and equip the crew with gloves and garbage bags. Afterwards, stand together proudly before the enormous hill of discarded plastics, fishing lines, beer bottles, aluminum cans, fast-food containers and other refuse. Congratulate the team and take pictures to post on social media. For more tips, visit [Tinyurl.com/trashteam](http://Tinyurl.com/trashteam).

### Get on the Community Gardening Bandwagon

Community gardens are springing up on school grounds, at hospitals and correctional facilities, on rooftops and balconies, and in unused public spaces and underserved communities. Researchers have proven what we suspect: Gardening is a great workout and leads to improved heart health and weight loss, while breathing fresh air and helping things grow in kinship with like-minded people is a surefire mood

enhancer. Reaping the benefits of locally grown, fresh produce; beautifying a neighborhood with flowering plants or shade trees; and providing food and refuge for pollinators and other wildlife is not too shabby, either. Now is the time to join an existing group or start a new community garden. For inspiring examples and how-to ideas, visit [FoodIsFreeProject.org](http://FoodIsFreeProject.org) and [OneTreePlanted.org](http://OneTreePlanted.org).

### Lend a Helping Hand at a Park

Local, state and national parks rely on volunteers to conduct tours and maintain green areas and facilities. Even artists and scientists are welcome to lend their expertise. Consider combining a park visit with purposeful assistance. The National Park Service runs a Volunteers-in-Parks program ([nps.gov/getinvolved/volunteer.htm](http://nps.gov/getinvolved/volunteer.htm)) that offers one-time service projects and longer-term positions at parks throughout the country and in U.S. territories in the Pacific and Caribbean. Visit [Volunteer.gov](http://Volunteer.gov) for tasks like a campground host at the Rocky Mountain National Park or climber steward at Joshua Tree National Park. Many state park systems and municipal parks and recreation departments use websites to manage their volunteer opportunities, such as [Volunteers.FloridaStateParks.org](http://Volunteers.FloridaStateParks.org) or [tpwd.texas.gov/state-parks/help-parks](http://tpwd.texas.gov/state-parks/help-parks). All it takes is an internet search of the name of the state or county plus "park" and "volunteer" to find local openings.

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# UNPLUGGED ADVENTURES

## ECO-TRIPPING FOR A DIGITAL DETOX

by Sheila Julson



Smartphones come in handy for emergencies or checking directions while traveling, but a brief glance at a website or social media can quickly turn into a lengthy scroll session, distracting us from why we go on vacation in the first place. For those that want to truly unplug, unique off-grid, eco-options beckon.

### Remote and Quirky Camping

The National Park Service has many affordable campgrounds at parks, forests and lake-shores with little to no cell connectivity, allowing visitors to immerse themselves in nature. Listings of wilderness/backcountry camping sites, as well as front-country sites easily accessible by vehicles, can be found at [nps.gov/subjects/camping/campground.htm](https://nps.gov/subjects/camping/campground.htm). State parks offer closer-to-home refuge from the digital world. California's Hendy Woods State Park, in Philo, is brimming with old-growth redwoods. "A lot of people head way up north to Sequoia National Forest to see old-growth redwoods, but there are also redwood forests closer to Sonoma and Mendocino counties, and similarly along the coast," says Milwaukee-based travel writer Kristine Hansen, contributor to *Fodors.com*,

*NationalGeographic.com* and other travel outlets. "Standing beneath these towering trees, you can't help but feel like a small part of this large and wild world." Hendy Woods' proximity to wine country allows explorers to drop by a winery or creamery and put together a quick picnic, she notes. Locally owned campgrounds can offer an escape to a pre-cellphone era. Camp Wandawega, in Elkhorn, Wisconsin, has a storied past of hosting both sinners and saints, opening in 1928 as a speakeasy and later becoming a Catholic youth camp. The historic charm remains intact. "Spending a night here is like dialing it back to the

1950s. Think *The Marvelous Mrs. Maisel's* upstate New York summer camp," Hansen says. "You can climb into a treehouse or a glamping tent to completely unplug."

### Immersive Getaways

River rafting tours provide an escape from the virtual world, says John O'Brien, a scientist and environmental advocate who, with his wife, Kellie, owns Fairbanks Trails and Rivers Tour Company, in Fairbanks, Alaska. "The moment that we shove off from the shore, we're immediately on what we call 'river time.' It's best at that point to put your phone and camera in airplane mode. We're often in areas where there is no cell coverage," he says. "There's something to be said about just unplugging and being in the moment."

Eco-activities such as river rafting might conjure up images of young, physically fit adventurers in rafts slapped by wild waves, but O'Brien notes river rafting is suitable for all ages and abilities. In tours with frame-style rafts, the guide does all the rowing. "If you are able to stand, walk and climb into and out of a raft, even with some assistance, you can go river rafting," he says.

Trekking is another proven eco-trip strategy. Sometimes confused with hiking, it involves a long journey across a large swath of land that often requires participants to pare down to the absolute basics, which means ditching the cell phone and charger. There's often little to no service in these remote stretches.

North American treks include Canada's the Long Range Traverse, a 22-mile, unmarked, backcountry trail in Newfoundland with moose, bears and caribou. The Appalachian National Scenic Trail is a 2,100-mile stretch that takes explorers through 14 states. Stretching from Springer Mountain, Georgia, to the northern terminus at Katahdin, Maine, the trail passes through the diverse terrain of the Appalachian Mountain Range. Hikers of all levels can take advantage of day hikes or longer treks.

### Getting Our Hands Dirty

For an immersive nature experience that also does good, the American Hiking

Society offers the Volunteer Vacations program, in which people join in public land stewardship projects. Working in small crews of six to 15 people, volunteers handle a variety of land conservation and trail maintenance needs. Project access ranges from backpacking to day-hiking, and accommodations vary from primitive campsites to bunkhouses or cabins.

"Some of our Volunteer Vacations are remote backcountry trips that are only accessible via foot, and some are offered at local, state and national parks as well," says

program manager Ellie Place. "There is a Volunteer Vacation for everyone, whether you want to sleep in a cozy cabin with amenities or sleep under the stars miles away from it all." The American Hiking Society has more than 35 Volunteer Vacations planned this year; more information can be found at [AmericanHiking.org](https://AmericanHiking.org).

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

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# The Exercise Power of E-Bikes

## GET A WORKOUT ON AN EASIER RIDE

by Sandra Yeyati

The familiar adage, “No pain, no gain,” doesn’t really apply to e-bikes. Although a pedal-assist electric bicycle is zip-pier and easier to ride than a conventional model, researchers are finding that as long as we’re pedaling, we’re still getting our heart pumping, building stamina and experiencing some of that cardio magic. That’s good news for those of us that like to work smarter, not harder.

What’s more, that battery-enabled oomph supplies riders with the enjoyment, motivation and self-confidence to venture out more frequently and for longer periods of time, give hills and inclines a try and even pedal to work for an active, eco-friendly commute. It’s a win-win-win.

In 2018, researchers at Brigham Young University (BYU), in Provo, Utah, sought to quantify just how good a workout was possible on an e-bike, and they discovered that the average heart rate was only 6.21 beats per minute lower than on a conventional cycle.

“The e-bike and conventional bike averages both fell within that 50 to 70 percent maximum-heart rate threshold which is indicative of moderate-intensity cardiovascular activity, so there seems to be a similar amount of benefit for heart health when riding an e-bike, despite the fact that the perceived exertion was significantly lower than on a conventional bike,” says Taylor Hoj, lead author of the study published in the journal *JMIR Public Health and Surveillance*.

The college-aged men and women that participated in the study rode the same 10-mile trail on each type of bike, so it was easy to compare how much faster the e-bikes were.



photo courtesy of Gail Coleman

Cyclists averaged 12 miles per hour (mph) on the conventional bike and 16 mph on the e-bike, reaching top speeds of 22 mph and 27 mph, respectively.

On average, the same route took 54 minutes to complete on the conventional bike and only 39 minutes on the e-bike—a 30 to 40 percent time savings. For people considering using an e-bike to commute to work, that reduction might make it easier to give it a shot.

Using questionnaires given before and after each ride, the BYU researchers found,

“In general, participants agreed that they could ride an e-bike on most days, in the cold, when they were tired or dressed in formal attire, while carrying groceries or books, or on hilly terrain,” says Hoj, a health equity epidemiologist at the Utah Department of Health and adjunct faculty member at the BYU College of Life Sciences.

Notably absent from the study were e-bikes with throttles, which with a twist of the handle or the push of a button, provide a boost even when the rider isn’t pedaling. These bikes would probably not provide the same level of exercise benefits.

In 2019, the same BYU researchers conducted a similar study with experienced mountain bikers, published in the *JMIR Formative Research Journal*. “Our results in that study supported the idea that using a pedal-assist electric mountain bike (EMTB) retained the cardiovascular benefit and that the participants overwhelmingly perceived the potential of EMTB use to be positive,” Hoj says. “Some of them said an EMTB could help get them out on the trails more or perhaps get them to ride longer and go further, and also would allow older, injured, disabled or less-fit riders to enjoy mountain biking on dirt trails, whereas maybe their age, injuries or fitness levels limited their capability on a conventional mountain bike.”

According to Hoj, e-bikes offer a great set of benefits for fitness buffs. “Even if you’re a very serious athlete and in training programs, there are days where maybe you’re recovering from a more intense ride and your muscles are really sore, but you still want to continue to train your heart and that aerobic side of things, and an e-bike could be a great use for a more laid back aerobic day while the legs are recovering,” he says. “And if someone is wanting to get into mountain biking but doesn’t feel like they have the fitness to get there or doesn’t know how to start, that pedal assist could remove that initial barrier.”

Ultimately, the decision to buy an e-bike—good ones start at \$1,000—may come down to emotional considerations. “They’re a lot of fun to ride,” Hoj says.

Sandra Yeyati, J.D., a professional writer and editor, can be reached at [SandraYeyati@gmail.com](mailto:SandraYeyati@gmail.com).

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# Planet-Friendly Pours

## THE RISE OF SUSTAINABLE WINE AND SPIRITS

by Sheila Julson



Iconic food and beverage magazines such as *Bon Appetit* and *Food & Wine* affirm that sustainable and socially responsible wines and spirits are becoming a major force in the market, yet consumers wanting to pour an Earth-conscious tippie need a sobering amount of research to sort through what's truly eco-friendly.

The U.S. Food and Drug Administration does not require wine makers to list ingredients on labels or regulate the use of terms such as “natural” and “sustainably grown.”

“There are more than 70 additives that are allowed in wine that don't have to be disclosed on the label,” explains Brad Kruse, who with his wife, Allie, owns Nonfiction Natural Wines, a Milwaukee-based specialty wine retailer. “The only real requirement relating to additives is the declaration of sulfites, which makes it trickier, because even wines with no added sulfites have to have the warn-

ing on the label because some naturally occur in the wine.”

Some wine labels tout that they're made with organic grapes or grapes that are farmed sustainably. “But those may still have a host of other additives or lots of added sulfites,” says Kruse.

Certifications can act as a shortcut to locate eco-friendly wines. Demeter USA, for example, certifies vineyards that follow strict biodynamic rules for how the wine is farmed and processed, including limiting sulfites. But many small producers that operate naturally don't bother obtaining certification.

Independent wine shops with knowledgeable employees can help consumers choose wisely. Kruse recommends looking for the name of the importer on the back label, saying, “If you learn a handful of importers that focus on naturally made wines, such as Louis/Dressner, Zev Rovine or Jenny & Francois, it can be a quick way to find a good option.”

### Sustainability in the Vineyards

Rudy Marchesi, the former chairman of Demeter USA, practices biodynamic farming at his vineyard, Montinore Estate, in Forest Grove, Oregon. “We view our farm as one whole organism, below and above the ground,” he says.

Biodynamic farming, founded by philosopher Rudolf Steiner a century ago, requires using nutritionally rich compost teeming with microbiology of fungi and bacteria, as well as synchronizing specific farming practices with the seasons. These practices help the vineyards buffer droughts and weather swings, resulting in a consistent product that reflects the region. “Wine connoisseurs and collectors look for wines that have a sense of place and tell the story of where they're from,” Marchesi says.

### Distillers Move Toward Sustainable Practices

Alcohol is an agricultural product, so producing a sustainable spirit starts with the grain itself, says Herman C. Mihalich, founder and distiller of Mountain Laurel Spirits, in New Hope, Pennsylvania. “Rye is a much less resource-intensive grain to grow compared to crops like corn,” he says. The recipe for the company's signature Dad's Hat Rye Whiskey calls for malted barley and rye, but no corn. “Rye doesn't need much fertilizer and few, if any, pesticides. It's easy to grow and it preserves soil because it's a fall planting crop that helps prevent erosion,” he says.

Their grains are sourced from a nearby farmer, and they save water by capturing cooling water from the still's condenser and storing it in a tank, then using it to clean tanks and make spent mash that can be used for livestock feed. The bottles are made locally by Stoelzle Glass, in Monaca, Pennsylvania.

When seeking sustainably produced spirits, customers have to do their due diligence, Mihalich says. “It requires a little digging and asking the right questions: What grains are you using and from where? How are you using water?”

When *Extreme Chef* host Marsh Mokhtari and his wife, Jan, founded Gray Whale Gin,

they rotated proprietorship with two existing distilleries instead of using land and resources to build a new one. A vacation in Big Sur inspired the couple to “capture California in a glass” and make a product with ingredients found along the gray whale migratory route between the Baja Peninsula and Oregon. They hired a professional forager to collect juniper berries along the coast. “Juniper for most gin is sourced from Italy or Macedonia,” says Mokhtari. “We predominantly use juniper berries from California, which are light purple and larger, with a cedar compo-

nent.” They also source mint and limes from sustainable farms in California.

Gray Whale Gin gives back through a partnership with the environmental non-profits Oceana and 1% for the Planet. They recently joined with Oceana and former California governor Jerry Brown to support responsible swordfishing practices off the California coast.

*Sheila Julson is a Milwaukee-based freelance writer and contributor to Natural Awakenings magazine.*

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¼ oz cherry liqueur

2½ oz sustainably produced rye

1 oz sweet vermouth

2 dashes angostura bitters

1 dash cherry bitters

1 maraschino cherry

Coat a chilled cocktail glass with cherry liqueur.

Add the remaining ingredients over ice in a shaker. Stir and strain into the cocktail glass.

Garnish with the cherry.

Recipe and photo courtesy of Dad's Hat Rye Whiskey.

WHALE HELLO THERE

2 oz sustainably produced gin

½ oz fresh lime juice

½ oz fresh lemon juice

½ oz agave syrup

Fill a cocktail shaker with ice and pour in the gin, lime juice, lemon juice and agave. Shake vigorously and strain into a chilled martini glass, or over a glass filled with ice. Garnish with a lemon twist and serve immediately.

Recipe and photo courtesy of Gray Whale Gin.

local voices

Recovery After a Heart Attack

When

Natural Awakenings

reader Marc Samson had a heart attack, he was thankful to be a survivor and did not want to repeat the experience. He took charge of his health and has a great cardiac rehabilitation success story to share.

Samson went from ten drugs a day to just one baby aspirin for maintenance. Today, he is healthier than 15 years ago when he had his heart attack. He no longer suffers from high blood pressure, acid reflux or high cholesterol. He took control over his eating habits and lost weight. He created a life that was full of energy.

"Sorry hospital," he confidently states, "you are NOT about to see me back soon! Sorry drugstore, I am no longer an important customer for you."

Once Samson took charge of his health, he decided to follow the laws of living biology, natural and holistic medicine. He did not invent anything, because all the information was readily available for everyone. He just put it in an order that was easy to understand and follow.

He summarizes the health actions he took to regain control in a document he calls "7 Changes To Health." He has created a free website to share the free document with everyone, explaining, "My goal is to give back to life by inspiring others to get healthy!"

His simple method is a global and holistic approach to health, developed by a self-described "very ordinary person" to bring healing to his own life. It is not a diet and has no specific actions to follow, because every person is different. It is, instead, an approach and guideline for reflection on seven elements of life that will be defined by different actions for each person. It is a guideline to help every person find their own, individual balance and solution.

The method is valid for other diseases, too, and is not exclusive to heart disease. Samson has used it to heal his body, mind and spirit. He says, "People are more awakened now to the fact that our body and mind make a whole. When we take care first of our thoughts, then we create a different relationship to food and exercise. This is a simple way to understand how to take charge of your health. The website, the method and the document are free for anyone to read."

Marc Samson lives in Canada and reads Oklahoma's Natural Awakenings magazine online. He is not a doctor and does not offer this information as medical advice. He does not make any diagnoses or guarantees. For more info, visit 7ChangesToHealth.org.

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Q: My male dog was neutered 2 years ago and hasn't been the same since. What can I do?

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Brad Roach, DVM, provides natural care for pets, including acupuncture, nutritional consults, herbal remedies, cancer and arthritis treatments. See ad on the back page.

Email questions for Dr. Roach to: Publisher@NAOklahoma.com (Advertorial)

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— The Shariyat-Ki-Sugmad, Book Two, p. 131

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## inspiration



## The Gift of an Imperfect Father

by Marlaina Donato

For many of us, Dad was the first person to throw us a ball, take us fishing or treat us to ice cream after a game. If we were fortunate, he was the one who made a bad day better, was a strong protector who kept the metaphorical wolves from the door and, by example, secured our place in the world. Fathers give us many “firsts”, and for some of us, that also means a broken heart.

Parents, like all human beings, are fallible, learning as they go, never quite getting it right, but doing the best that they can. Sometimes their “best” is tangled in a net of unresolved personal trauma, addiction or mental illness, and we learn to bear the bitter with the sweet. “Someone I loved once gave me a box full of darkness. It took me years to understand that this, too, was a gift,” wrote poet Mary Oliver, and her words can be a beacon as we journey through healing the father wound.

Once we come out the other side of childhood, it might be difficult to love someone that destroyed our trust and even more difficult to love ourselves. This “gift” might take decades for us to unwrap. Children of difficult dads sometimes blossom like lotuses into more compassionate beings from the mud of absence, cruelty or indifference. Perhaps with a shift in perspective, we may realize how their weaknesses might have given us survival tools and resilience. Flipping the coin to examine what they have done right and giving credit where it is deserved can also help us to open that dead-bolted door to forgiveness. Taking inventory, both positive and negative, can encourage us to become a different kind of parent.

In a black-and-white world, the heart’s gray areas can teach us how to lean into our own healing. We inherit a lot from our wounded fathers, including an energetic opportunity to change the familial emotional code, and it can be beautiful.

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

## wise words

## Frank Bruni on Living with Afflictions

by Randy Kambic



One day in late 2017, Frank Bruni, a writer for more than 25 years for *The New York Times*—including as a White House correspondent, op-ed columnist, Rome bureau chief and restaurant critic—woke up with partial loss of sight in his right eye. He found out that his condition was non-arteritic ischemic optic neuropathy caused by loss of blood flow to the optic nerve. While he began treatment, he started writing a memoir to document how he was dealing with his setback and to present the stories of family, close friends, previous interviewees and others that have also encountered and dealt with medical challenges.

His new book, *The Beauty of Dusk: On Vision Lost and Found*, is a wise, inspiring and moving account that displays human perseverance and optimism in navigating trauma and afflictions. Some of the people he describes are his mother, who battled uterine cancer; a college friend that has Parkinson’s disease; Cyrus Habib, a blind Rhodes scholar who became the lieutenant governor of the state of Washington; Nebraska senator and wounded Vietnam War veteran Bob Kerrey; and Juan Jose, a Mexican diplomat dealing with retinitis pigmentosa, which causes progressive vision loss.

Bruni, author of three previous bestsellers, is now a full-time professor at Duke University, teaching media-oriented classes in the Sanford School of Public Policy. He continues to write a weekly newsletter and occasional essays for *The New York Times*.

**How is your eyesight now? Did writing *The Beauty of Dusk* help you better cope with your condition?**

My eyesight is stable, but compromised. I have to read and type more slowly in larger fonts. Writing the book helped me cope in many ways including by showing me that with the proper adjustments, I could very much continue with my writing career.

**How can we implement “taking deliberate, concrete steps to move beyond sadness” with our afflictions in practical terms?**

The first step I think is recognizing how many people confront or live with affliction. That helps dilute the self-pity part of sadness. But another crucial step is realizing that what’s gone is gone, what’s lost is lost and you only compound your sadness by dwelling emotionally on what’s unchangeable versus embracing what you still have.

**Can you explain how a “sandwich-board theory of life” can be helpful?**

If each of us walked around wearing a list of the pain we carry or the struggles we have survived, struggles that are usually invisible, then few of us would ask, “Why me?” We’d ask, “Why not me?” And that’s the truer, healthier question.

**Can terming a health struggle as an experience, not an ordeal, be applied to our lives?**

Oh, absolutely. Not with the most extreme hardships, but with some of them, many of them, I think, you can become a student of your hardship. You can at least try to view that what you are going through is a test and you can allow yourself a full measure of pride in passing that test.

**Is there one person out of so many depicted in your book that stands out the most to you?**

I’m always thinking about David Tatel, a distinguished longtime judge, including with the U.S. Court of Appeals for the District of Columbia Circuit, who retired last year, who never let his blindness impede him. And he once said to me of the human capacity for adjusting and adapting, “Starfish can grow new limbs, but that’s nothing compared to what people can do.” I hold tight to his words and to his example.

Randy Kambic is a freelance writer and editor in Estero, Florida.



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calendar of events

THURSDAY, JUNE 2

**Brookside Rumble & Roll Tulsa** – 7-10:30pm. See hundreds of motorcyclists and thousands of onlookers gather for a parade and street party. Live music, food vendors and more. Free, 33rd to 36th St on S Peoria, Tulsa. RumbleAndRoll.com.

FRIDAY, JUNE 3

**Outdoor Twilight Concert OKC** – 6-9pm. Red Dirt Rangers, Kyle Dillingham & Horseshoe Road and The Hunter Thomas Band will perform. Bring chairs, blankets and a favorite picnic feast. Free. NW side of the Oklahoma City Community College, 7777 S May Ave, OKC. 405-682-7579.

SATURDAY, JUNE 4

**Tulsa’s annual VegFest** – 10am-4pm. This plant-based food gathering will feature vendors and exhibitors, a 100% plant-based food court, demonstrations on incorporating healthful practices into daily routine and lots more. Free. Guthrie Green, 111 E Reconciliation Way, Tulsa. 832-326-0133. TulsaVegFest.org.

**Kendall Whittier Amps on Admiral Tulsa** – 2-9pm. Bring your family and friends for an exciting lineup of music. Featuring a pop-up park, local food, beer and live entertainment. Free. Kendall Whittier, 1 S Lewis Ave, Tulsa. 918-633-1934. VisitKendallWhittier.com.

THURSDAY, JUNE 9

**Health & Wellness Chamber of Commerce OKC** – 6:30-8pm. Bringing health & wellness providers, practitioners and healing businesses together. Come join the OKC chapter monthly meeting. Free. Unity Spiritual Life Center, 5603 NW 41st St, Warr Acres. 918-346-8577. OK-HWCC.com

FRIDAY, JUNE 10

**Night Market OKC** – 5:30-9:30pm. Find local Oklahoma small shops, businesses, crafters, entrepreneurs and more. Free. Scissortail Park, 300 SW 7th St, OKC. 405-445-6277. ScissortailPark.org/Nightmarket.

SATURDAY, JUNE 11

**Here Comes Summer! Festival OKC** – 6/11-6/12. Sat 10am-8pm; Sun noon-5pm. Enjoy live music, participate in a class or demonstration, shop the pop-up shops or compete in the challenge course. Free. Wiley Post Park, 2021 S Robinson, OKC. 580-699-1942. OkcPopUpSeries.com.

THURSDAY, JUNE 16

**Health & Wellness Chamber of Commerce Tulsa** – 6:30-8pm. Bringing health & wellness providers, practitioners and healing businesses together. Come join the Tulsa chapter monthly meeting. Free. Unity Tulsa Midtown, 3355 S Jamestown Ave, Tulsa. 918-346-8577. OK-HWCC.com.

FRIDAY, JUNE 17

**Dancing in the Garden featuring 90s Hip Hop! OKC** – 7-10pm. Dance instructors from RACE Dance Company will give a dance demo followed by a free session for all. Enjoy food trucks and face painting. Free. Myriad Botanical Gardens, Seasonal Plaza, 113 S Robinson Ave, OKC. 405-445-7080. MyriadGardens.org.

SATURDAY, JUNE 18

**Jazz Ambassadors Summer Tour OKC** – 4-6pm. Come hear the Army’s award-winning official touring big band jazz ensemble. Free. Myriad Botanical Gardens, 301 W Reno, OKC. 301-677-6586. 405-445-7080. MyriadGardens.org.

FRIDAY, JUNE 24

**2022 OKC PrideFest** – 6/24-6/26. Come experience love, art, music, drag, vendors and more! Join others in increasing awareness, celebrating one another and taking care to ensure we all keep hope alive. Free. Scissortail Park, 300 SW 7th St, OKC. 405-445-6277. OkcPrideAlliance.org.

**Tulsa Pride Festival** – 6/24-6/26. The longest-running LGBTQ+ pride event in Oklahoma. Featuring live music, food, various vendors in a marketplace setting, a children’s zone and much more. Free. Dennis R Neill Equality Center, 621 E 4th St. Tulsa. 918-743-4297. OkEq.org.

THURSDAY, JUNE 30

**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, Oklahoma-based entheogen coaches and discover what exactly is microdosing, how to decide if microdosing is right for you & what successful microdosers do for life-changing results. Audience Q&A. \$10. Register at SacredPillars.Church/Calendar.

plan ahead

SATURDAY, SEPTEMBER 17

savethedate

SATURDAY, SEPTEMBER 17

**Be Well Expo Tulsa** – 10am-5pm. Come talk with providers, practitioners and holistic business owners. Healthy food available and classes/seminars. Tickets are only \$2 per person–All ticket proceeds will be donated to the United Way. Or bring a canned good for your entry fee. All food donations go to the Community Food Bank of Eastern Oklahoma. The Lodge at the Kaiser YMCA, 5400 S Olympia Ave, Tulsa. 918-805-0546. BeWellExpo.org.

ongoing events

Submit your listing online at [NAOklahoma.com](http://NAOklahoma.com) by the 5th of the month, one month prior to publication. Please email [Publisher@NAOklahoma.com](mailto:Publisher@NAOklahoma.com) with questions.



various

**NAMI Family Support Groups Statewide** – Free, virtual, confidential and safe group meetings for families helping other families living with mental health challenges. 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 what’s next. Free with reservation. 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.

**Sunday Twilight Concert Series OKC** – 7:30-9pm. Each week brings a different genre of music from local and regional acts. Free. Myriad Botanical Gardens, Devon Lawn, 301 W Reno, OKC. 405-445-7080. MyriadGardens.org.

tuesday

**Art in Photo Ark Tulsa** – 10am-Noon. Create nature and animal themed art through activities facilitated by local artists and organizations. Free. ONEOK Boathouse. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

**Tuesdays in the Park Broken Arrow** – 7-9pm. A family-friendly musical event that features area bands and entertainers. Bring lawn chairs and blankets. Extra activities & prizes. Free. Central Park. 1500 S Main St, Broken Arrow. 539-664-7176. ArtsOk.org.

wednesday

**Dog Play Wednesday Tulsa** – 9am-8pm. Bark your calendars; Dog Play Wednesday is back! 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.

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

**SONIC Summer Movies OKC** – 7-11pm. Come see 2021’s *Space Jam: A New Legacy!* Food trucks and beverages will be available. Free. Myriad Botanical Gardens, Devon Lawn, 301 W Reno, OKC. 405-445-7080. MyriadGardens.org.

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

thursday

**G.R.O.W. Mobile Library Tulsa** – 9-11:30am. Come read, browse and checkout hundreds of books for all ages. Themed story time, literacy-based activities and crafts for all ages to enjoy. Free. Williams Lodge. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

**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.

**Vibes Edmond** – 5-9pm. 1st Thur. Participating downtown businesses, artists and performers invite you to celebrate creativity. Be inspired by visual arts and live performers. Downtown Edmond. Free. 405-340-4481. EdmondVibes.org.

PLANS CHANGE CALL AHEAD

**Myriad in Motion: Zumba OKC** – 6:45-7:45pm. Cardio and Latin-inspired dance led by Evelin Pino. Energetic music and instruction. Free. Myriad Botanical Gardens. 301 W Reno Ave, OKC. 405-445-7080. MyriadGardens.org

friday

**First Friday Art Crawl Tulsa** – -9pm. 1st Fri. Come explore artwork galleries, studios, museums and live music performances. Free. Tulsa Arts District, 1 W Reconciliation Way, Tulsa. 918-492-7477. TheTulsaArtsDistrict.org.

**First Fridays on the Paseo OKC** – 6-9pm. 1st Fri. Over 80 artists in more than 25 businesses and galleries. 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.

**Norman Art Walk 2nd Friday** – 6-9pm. 2nd Fri. A celebration of arts & creativity with a wide variety of shops, restaurants, bars, and concert venues. Free. Downtown Norman. 405-360-1162. 2ndFridayNorman.com.

**LIVE! on the Plaza 2nd Friday OKC** – 6-10pm. 2nd Fri. Monthly artwalk, featuring art, live entertainment, great food and local shopping. This month is Pride Month. Free. Plaza District: NW 16th St between N Blackwelder Ave and N Pennsylvania Ave, OKC. 405-578-5718. PlazaDistrict.org.

saturday

**Adult Birding Walk OKC** – 8-9:30am. 2nd Sat. 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. Yoga in the Gardens offers a space of beauty and tranquility to help relieve stress and quiet your mind. Classes are open to all levels. 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. Free. 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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Jeff Luker, MSAOM, practices at the Broken Arrow location. Jeff excels at pain management, nerve pain, sciatica, and sports injuries. Dr Nancy Tegan practices at the Ponca City location. She is a general practice Acupuncturist and comes to Oklahoma with a wealth of experience. *See ad, page 29.*

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A full acupuncture and spa clinic with two acupuncture doctors on site. Bodywork therapies offered include therapeutic massage, hydrotherapy with custom-built steam units and structural balancing. Oriental medical techniques offered include acupuncture, moxabustion, herbology, dietary and nutritional counseling, breathing and exercise technique. *See ad, Body Works page 2.*

BODY WORK

**ANKRUM INSTITUTE**  
Leigh Ankrum  
3331 E 31 St, Tulsa  
918-212-4206 • [AnkrumInstitute.com](http://AnkrumInstitute.com)



The Institute's focus is teaching interconnections among the body's many systems. Uniting manual therapy with myofascial work, visceral manipulation and craniosacral therapy, they train practitioners in a global way of working that combines depth and subtlety to amplify the health in every system. *See ad, page 4.*

BOOK STORE

**FULL CIRCLE BOOKSTORE**  
50 Penn Place • 1900 NW Expressway, OKC  
405-842-2900  
[FullCircleBooks.com](http://FullCircleBooks.com)  
The largest independent bookstore in Oklahoma. For more than 30 years, they have been dedicated to helping customers find the books they've been looking for. They carry more than 60,000 new titles in stock featuring every genre imaginable.

**GARDNER'S USED BOOKS**  
4421 S Mingo Rd, Tulsa  
918-627-7323  
[GardnersBooks.com](http://GardnersBooks.com)

Gardner's buys, sells and trades almost every imaginable form of media, from books, dvds, and video games to vinyl records. Bring the items you're finished with in for trade credit and get your pick of all of their merchandise for next to nothing.

**PEACE OF MIND BOOKS**  
1401 E 15th St, Tulsa  
918-583-1090  
[PomBookStore.com](http://PomBookStore.com)

Books, herbs, incense, jewelry, gifts and more are available. One of the nation's largest collections of conscious living and metaphysical books. They also carry over 175 different herbs as well as stones, crystals, runes, tarot cards and other wonderful gift items.

CHURCHES

**MIDTOWN UNITY OF TULSA**  
3355 S Jamestown Ave, Tulsa  
918-749-8833  
[TulsaUnity.com](http://TulsaUnity.com)



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

**ONE SPIRIT NATIVE AMERICAN CHURCH**  
2817 S Harvey Ave, OKC  
888-643-7699  
[DLHHWellnessCoop@gmail.com](mailto: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 other holistic wellness services.

**UNITY SPIRITUAL LIFE CENTER**  
5603 NW 41 St, Warr Acres  
405-789-2424  
[UnityChurch.org](http://UnityChurch.org)



Unity Spiritual Life Center is dedicated to empowering personal transformation. We embrace similar teachings of Truth around the world. Many people remark on how we are a unique blending of Eastern and Western spiritual traditions, although we are based on the teachings of Jesus, the Christ.

DENTIST - HOLISTIC

**HEALTHY ROOTS DENTISTRY**  
John Garrett, DDS  
6128 E 61st St, Tulsa  
918-982-6644  
[HealthyRootsTulsa.com](http://HealthyRootsTulsa.com)



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](http://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](http://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](http://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 34.*

HEALING & AWAKENING

**INNERGISTIC**  
2401 S Elm Pl, Broken Arrow  
918-455-0102  
[Innergistic.com](http://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](http://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.



Be like the flower, turn your face to the sun. ~Kahlil Gibran

HYPNOSIS

**GET HAPPY HYPNOSIS**  
5525 E 51st St, Ste 565, Tulsa  
918-805-0546  
[GetHappyHypnosis.com](http://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 19.*

MASSAGE

**BRITTANY BASCUE, NMT, OMT, LMT, RP**  
Neuromuscular Massage Therapist  
918-401-0377  
[Brittany@TulsaHealing.com](mailto: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](http://LikemindedTherapies.com)  
[Info@LikemindedTherapies.com](mailto:Info@LikemindedTherapies.com)



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

**SCHOOL OF NATURAL MEDICINE**  
604 W 41st St, Sand Springs  
918-241-9600  
[SchoolNaturalMedicine.com](http://SchoolNaturalMedicine.com)



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

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\$30 for up to 30 words, then \$1 extra per word. Email content to [Publisher@NAOklahoma.com](mailto: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

**OWN A NATURAL AWAKENINGS FRANCHISE** – Do you love *Natural Awakenings* Magazine? Would you like to own one? Franchises available. Arkansas, Kansas, Missouri and Oklahoma. Training & mentoring provided. Call Shanna 918-805-0546.

**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.

MEDICAL MARIJUANA

**H&H PROCESSING**  
26427 S Hwy 125, Afton  
866-726-3420  
[Amber@HigherHealthOklahoma.com](mailto: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 30.*

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 23.

## 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.

## 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 13.

## 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 11.

### THE NATURAL VET

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



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



## WELLNESS CENTER

### AZALEA HOUSE OF HEALING

56 Expressway 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 21.

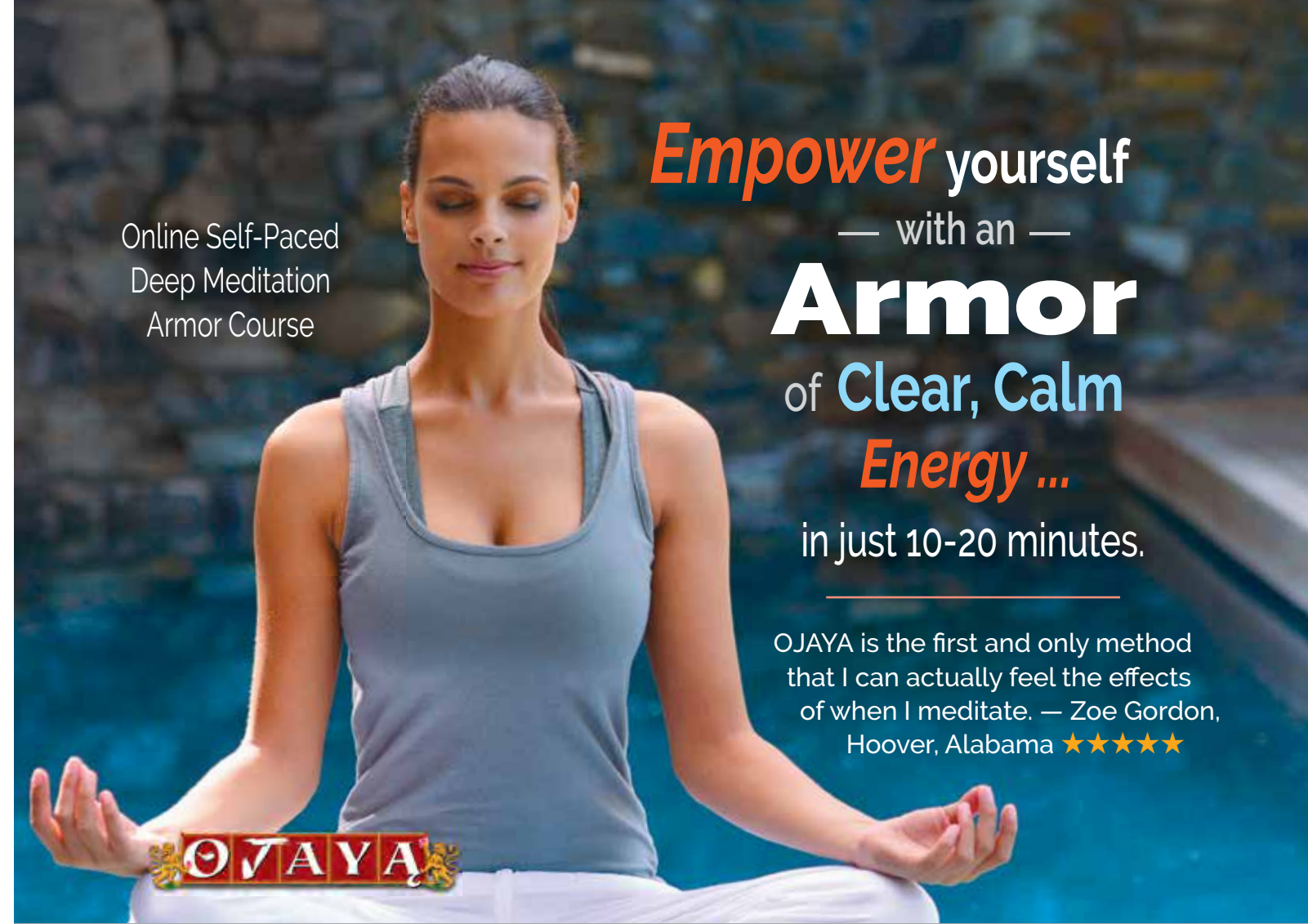
## WOMEN'S HEALTH

### 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 11.



**Empower** yourself

— with an —

**Armor**  
of **Clear, Calm**

**Energy ...**

in just 10-20 minutes.

OJAYA is the first and only method that I can actually feel the effects of when I meditate. — Zoe Gordon, Hoover, Alabama ★★★★★

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Brain fog evaporates as your vital energies get recharged in mere minutes ... the perfect antidote to the fatigue and frenzy of life in the real world ... and an essential beauty secret for **youthful aging**.

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H2OasisFloatCenter.com



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