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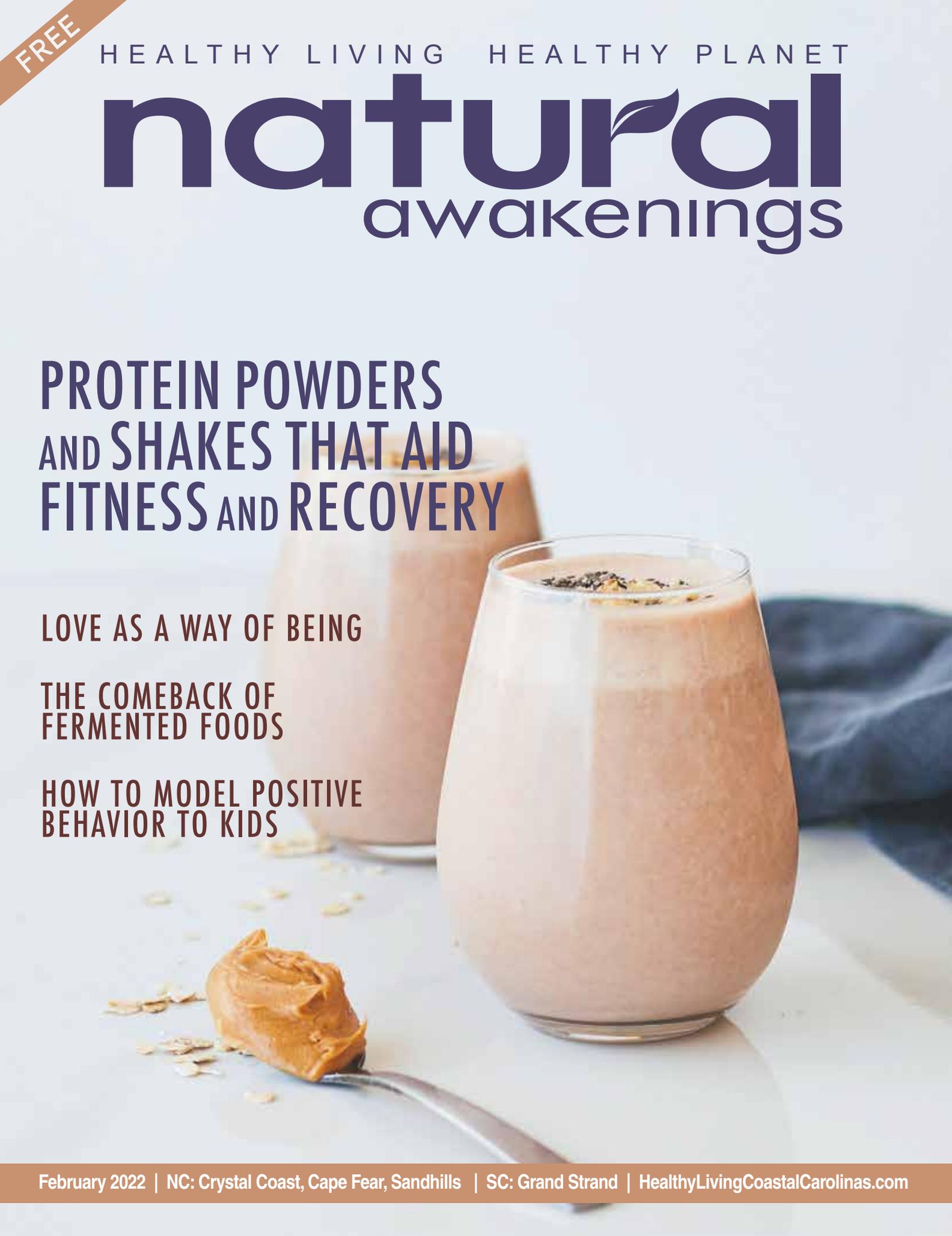
natural awakenings

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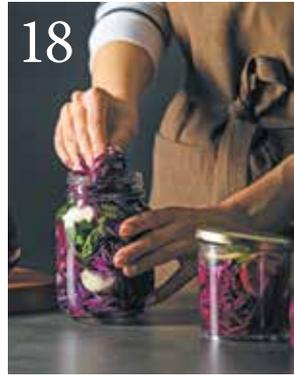
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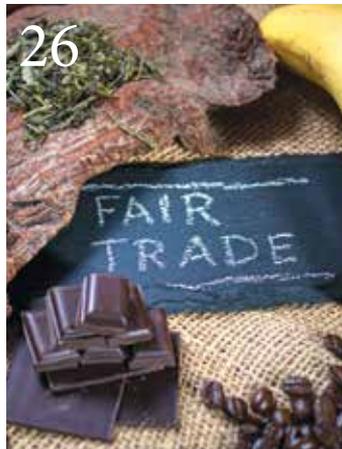
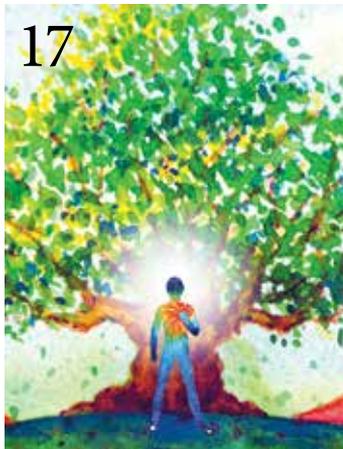
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Natural Awakenings is a family of 50+ healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.



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letter from publisher

Health-Minded Living

The new year has finally set in and we are into our roles and lives for the new year. What does your new year at a glance look like? Are you adding a new workout, changing your diet, implementing self-care routines? Starting may be easy for some, but continuing is usually the more difficult part to accept, that's why one day at a time works for me. I try new things all the time, that's just me, I like change and I enjoy seeing what makes me feel my ultimate best. With that said, read how to fortify your diet and enhance your workouts in "Power Up Your Workouts: A Guide to Protein Powders and Shakes," by Maya Whitman in our fit body department starting on page 24. When we fortify our diet with digestible, nutritionally dense, non-meat protein, we amp up our fitness efforts, enhance immunity and offset premature aging. Thirty years ago, heavily sweetened, incomplete, protein powders seemed to be the only game in town, but now there are countless plant-based options, including pea, rice, soy, hemp, pumpkin seed and quinoa. Nutritional extras are also easy to add, from antioxidant-rich pomegranate powder to blood—sugar—supportive monk fruit to adrenal—and thyroid—nourishing maca. There's also a sidebar listing plant-based protein powders.

As healthy parents, we engage healthy kids because we are their role models. We have always been told our children are like sponges as they absorb everything; the first 9 years of a child's life are on record and the following nine years are on playback. They learn habits, attitudes and values by observing and mimicking their parents—which is a double-edged sword. Actions speak louder than words, which is why saying "Eat your spinach" while regularly gobbling ice cream won't inspire desired results. Modeling calm and support to an anxious child, rather than concurring with their fears, helps a child to cope with the anxiety and develop the self-confidence to face it head-on, Yale research shows. Enjoy reading more in "Parents as Role Models: How to Help Kids Discover Positive Behaviors," by Sandra Yeyati in our healthy kids section on page 22.

Our conscious eating department this month is all about the fermented foods ...yum! Who doesn't love a pickle and indulge on hot dog with some fresh sauerkraut? Fermenting is not challenging at all, it just takes time and patience, but gosh is it worth it in the end. The freshness is maintained, as a carrot will still stay crisp and the pickled/fermented flavors can be spicy, tart or sweet, too. A fermentation revival is underway as people rediscover its ability to promote health, boost flavor and preserve the bounty of the seasons. Old favorites like yogurt and sauerkraut are being expanded by adventurous chefs that are creating foods like fermented and aged vegan cheeses from acorns and "seaweed" made from fermented broadleaf plantain. Along with encouraging experimenting, they debunk the myth that fermenting foods is difficult or dangerous or that everything must be sterilized to laboratory conditions. We've also included recipes for pickled carrot sticks and curry kraut.

Enjoy reading through the pages of *Natural Awakenings* Coastal Carolinas and please remember to follow us on social media as we share more information on how to live a healthy lifestyle.

Happy Loving,

Lori Beveridge, Publisher

P.S.- If you are looking for someone special this Valentine's Day, check out our dating site NaturalAwakeningsSingles.com

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COVID-19 Recovery and Reconditioning Program Available in Murrells Inlet

Those suffering from the aftereffects of COVID-19 should consider the Recovery and Reconditioning program offered at Progressive Physical Therapy (PPT), in Murrells Inlet, as a solution and treatment option for their wellness.

It's a relief to recover from COVID-19, but recovery poses its own challenges. People of all ages may have lingering symptoms such as limited physical ability, decreased lung function, emotional stress and less strength than they had before. According to the Centers for Disease Control and Prevention, people still experiencing the effects of the coronavirus may benefit from additional COVID-19 recovery therapy along with physical and mental health services tailored to their needs.

As leaders in physical and occupational rehabilitation, PPT's experts offer treatment for patients recovering from COVID-19, guiding them through the physical and emotional challenges that stem from the virus, and can help with the following: post-intensive care syndrome, fatigue, labored breathing (dyspnea), weakness, numbness, headache, dizziness, misalignment, joint pain (arthralgia), muscle pain (myalgia), anxiety, sleep disorders or depression stemming from the long-term effects. (Mental health symptoms will require treatment by a licensed mental health practitioner.)



Location: 12015 Hwy. 707, Murrells Inlet. For more information or to schedule an appointment, call 843-492-9020 or visit PPTAccess.com/murrells-inlet.

Newport Wildlife Shelter Requesting Community Help

The Outer Banks Wildlife Shelter in Newport is a nonprofit 501(3)(c) wildlife hospital which took in a record number of animals in 2021: more than 3,200. However, due to a need for volunteers and funding, that total was difficult to reach.

"For this past year, that's the highest number that we have seen so far. I would not doubt that we're going to see more than that," says executive director of the shelter Brooke Breen.

"We're on a coastal area, we've got all these different environments, jam-packed right into this little area. So, we see thousands of different species of birds. So it's birds, it's mammals, reptiles, just about everything." Breen added the majority of the animals at the shelter are brought in by residents and adds the pandemic may have been a factor in the increasing numbers.



"So, people are going outside and just finding a whole lot of animals that they normally would have overlooked previously, and I think that that's part of one of the reasons our admission rates have skyrocketed in the past two years," says Breen.

The center is currently seeking community help with funding and volunteering to assist in such areas as landscaping, carpentry, HVAC, flooring, drywall, plumbing, electrical, painting, building squirrel nesting boxes, moving materials around the property, trash dump runs, small-engine repair and general clean up.

Location: 100 Wildlife Way, Newport. For more information on how to volunteer and provide support, call 252-240-1200, email Owls.Edu@yahoo.com or visit OuterBanksWildlifeShelter.com.



BELLA DONNA
Birth & Women's Health

Bengkung Belly Binding Available in Jacksonville

Inspired by the Malaysian technique, Bengkung belly binding is the tight wrapping and knotting of fabric around the belly, offering support after childbirth to essentially "bind together" a woman's hips, stomach and torso. A service provided by Bella Donna Birth & Women's Health, in Jacksonville, it has also been shown to provide in some cases a sense of comfort that aids in managing postpartum depression.

Belly binding offers a variety of benefits such as improving posture while supporting the abdomen and lower back, tightening ligaments, returning organs to previous positions, and of course supporting the body for a quicker return to your pre-pregnancy state.

Social media might have us believing that belly binding is a new therapeutic option, but it's been around for centuries. When done properly, the method applied to the abdomen and around the hips can provide support to the pelvic floor. It also offers gentle compression that holds muscles and ligaments safely in place as the body heals. While belly binding does have therapeutic benefits that can help to speed up postpartum recovery—or at least make that transitional period more comfortable—it's not a magic pill. Often, people assume that postpartum belly binding is the same as waist training, or an effective part of a weight-loss routine. However, it's neither of these because it's only designed to be supportive.

Location: 310 New Bridge St., Jacksonville. For more information or to make an appointment, call 910-621-4266 or visit BellaDonnaMidwifery.com.



South Carolina and Medical Marijuana

Medical marijuana is steps away from legalization in South Carolina. A bill that would legalize medical marijuana in South Carolina is on the calendar for debate at the state House.

Currently, South Carolina is one of 14 states that does not allow the medical use of cannabis. At this time, the sale, purchase and usage of CBD oil and other industrial hemp-derived products are legal in the Palmetto State.

Over the years, dozens of other states have passed similar bills and Sen. Tom Davis (R) says he's learned from their mistakes. Out of all of the other states' bills, South Carolina's is the most conservative, he says. In fact, it lists out the debilitating medical conditions that could qualify. "We don't have the list of conditions so broad to where anybody can walk into a doctor's office and get an authorization to take cannabis," Davis says. Those conditions include cancer, multiple sclerosis, a neurological disease or disorder including epilepsy, glaucoma, and PTSD with confirmation that someone has experienced a traumatic event.

For more information, contact our state lawmakers in support of compassionate comprehensive medical marijuana legislation and to support and pass the S.C. Compassionate Care Act in 2022. For more information, visit MPP.org/takeaction/actions/south-carolina-ask-your-state-lawmakers-to-support-the-sc-compassionate-care-act-in-2022.

news briefs

Reiki Level I Certification in Wilmington

Mercedes Ani, Reiki Master Teacher and Owner of Healing Arts with Mercedes, will host a Reiki Level I Certification course from 1 to 8 p.m. on February 26 and continuing from 1:15 to 4:15 p.m. on February 27 in Wilmington.

Reiki is approved by the National Center for Complementary and Alternative Medicine as a method for relieving pain. Categorized as a biofield treatment, it attempts to align and stimulate biomagnetic energy flowing through the body which helps promote healing and lessen stress.

Benefits include natural self-healing, balancing of energies of the body, enhancing personal awareness and relaxation, and reducing stress. Participants in the course will receive Reiki Level 1 Certification, reiki attunement, multiple chakra and reiki-based meditations, learn self-reiki treatments, techniques for working with clients, the business of reiki and much more.



Cost: \$400. Location: 507 Castle St., Wilmington. For more information, call 910-986-5271 or email MercedesAni@icloud.com. To register, visit [Eventbrite.com/e/reiki-level-i-certification-course-tickets-238413329687](https://www.eventbrite.com/e/reiki-level-i-certification-course-tickets-238413329687). See listing, page 29.

Unity Myrtle Beach Social Justice Dialogue

Unity Myrtle Beach, a spiritual and educational center, will host its next social justice dialog via Zoom access for the month of February on Thursdays at 7 p.m.,” comments Rev. Margaret Hiller. This month's topic will review *The 1619 Project* by author Nikole Hannah-Jones, *New York Times Magazine*, notes Hiller.

In August of 2019, on the 400-year anniversary of the introduction of African slavery to America, *The New York Times Magazine* released a 100-page spread on the work that discusses the history and legacy of slavery in America, a bold reframing of America's history that has attracted withering criticism, generated intense controversy, and stimulated a fierce national debate.

The facilitator for the discussion will be educator, hospital chaplain and ordained minister, Rev. Dr. Rob Fulwood, who will be joined by a different guest facilitator Thursday evening. "Books to review and read about this topic prior to the meeting can be obtained on *Amazon.com*," notes Hiller. "Let's educate ourselves and talk about it."

Location: Via Zoom or in-person at Unity Myrtle Beach, 6173 Salem Rd., Myrtle Beach. See Daily Calendar section for Zoom link. In-person masks appreciated. For more information call 843-215-0260. See ad, page 9.

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Essential Massage and Wellness Welcomes Maraqa to its Staff

Essential Massage and Wellness, in Conway, has added a new licensed massage therapist to their staff. Lara Maraqa recently joined the team and brings her skills and therapy options covering a variety of modalities.

Maraqa graduated from Horry Georgetown Tech in 2015 and has been practicing massage therapy professionally ever since. With a passion for wellness



and helping others, she specializes in providing a serene and meditative massage. She is an advocate to live your life like tomorrow is never promised. "Consider booking an appoint for yourself, if not a someone special as a Valentine's

Day treat this year," adds Maraqa, who provides deep tissue, hot stone, Swedish and pre-natal massages.

Essential Massage and Wellness massages can be customized to fit specific needs, and all of their oils and lotions are organic, natural and paraben free. Essential oils, lotions, candles, scrubs and CBD products are also available to purchase, and make great gifts. Gift cards and e-gift cards are also available.

Location: 1322 4th Ave., Conway. For more information or to book an appointment, call 843-421-4378, email EssentialMassageAndWellness@gmail.com or visit MyEssentialMassageSC.com.

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Sunday, January 30 - 11 am
Rev. Margaret Hiller, Unity Myrtle Beach Spiritual Leader, "What's Hope Got To Do With IT?" – 3 Part Series, Sundays: 1/30, 2/6 and 2/13

Sunday, Feb. 20th – "Enlightenment: What I Know So Far" * Anton Knoll, Musician, Reiki Master, Teacher, Reconnective Healer & Lightworker

Sunday, Feb. 27th – "Christian Metaphysics" – Rev. Marilyn Mattox, Unity Minister & Facilitator, Unity Sunday Morning Circle

Sunday, March 6th – Dr. Preston McKeever-Floyd, Former Coastal Carolina Professor of Philosophy and Religious Studies; co-founder of Women's & Gender Studies, CCU

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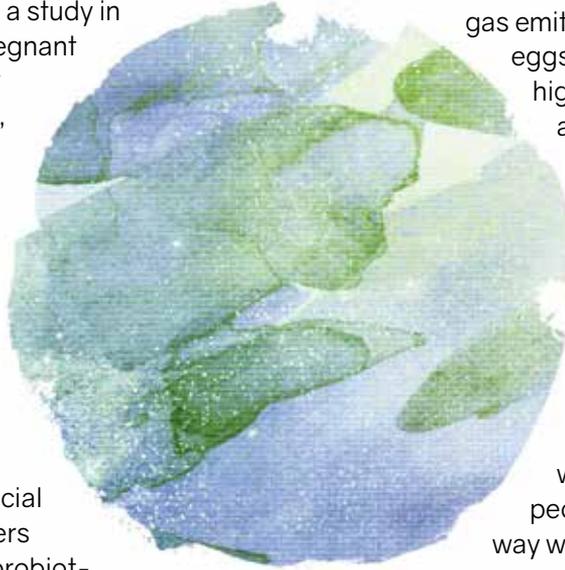
Two new studies suggest that the right probiotics can offer relief for the 85 percent of pregnant women with nausea and for the 25 percent of fussy newborns with colic. In the journal *Nutrients*, University of California, Davis researchers reported on a study in which 32 pregnant women that had nausea, vomiting and constipation took a

probiotic capsule twice a day. The over-the-counter probiotics formula contained 10 billion live cultures, mainly *Lactobacillus*. After 12 days, the number of hours participants felt nauseated was reduced by 16 percent, and they vomited one-third fewer times. Constipation was also reduced. Quality of life markers such as fatigue, poor appetite and difficulty maintaining normal social activities also improved. Examining biomarkers in fecal samples, the researchers found the probiotics increased vitamin E and a bile salt enzyme that helps prevent vomiting and nausea.

In a second study published in *Alimentary Pharmacology & Therapeutics*, University of Naples researchers explored whether a particular probiotic strain (*Bifidobacterium animalis* subspecies *lactis* BB-12) could help soothe babies with colic, a common gastrointestinal disorder in the first three months of life that studies have linked to maternal postpartum depression, parental guilt and frustration, drug use and long-term behavioral and sleep problems. They found that the probiotic reduced the duration of daily crying by 50 to 80 percent in the 40 infants that received it once daily for 28 days, compared to a 32 percent reduction among 40 babies receiving a placebo. The probiotic also had beneficial effects on sleep duration and on stool frequency and consistency. It increased gut production of butyrate, which positively regulates intestinal transit time, pain perception, the gut-brain axis and inflammation.

Eat Fewer Sweets to Save the Planet

Sugary foods and drinks don't just expand our waistline and hurt our health, they also harm the environment, according to new research from the University of South Australia. Analyzing 20 studies on the environmental impacts of food consumption, researchers found that nutrient-poor foods like sugar-sweetened drinks, alcohol, baked sweets and processed meats account for 27 to 33 percent of food-related greenhouse gas emissions in Australia. Meat, grains and dairy contribute the most emissions, while fruit and vegetables are two of the lowest contributors. In New Zealand, the highest greenhouse



gas emitters are meat, seafood and eggs at 35 percent, followed by highly processed foods such as pastries and ice cream at 34 percent. "Discretionary foods have a higher cropland, water scarcity and ecological footprint," says review author Sarah Forbes. "By 2050, the world's population is projected to reach 10 billion people. There is no way we can feed that amount of people unless we change the way we eat and produce food."

Improve Sleep and Lower Anxiety with Black Cumin Oil



Black cumin seeds that come from the flowering fennel plant (*Nigella sativa*) flavor cuisines from the Middle East to the Far East and have been used for centuries to treat chronic and infectious diseases. In a new study in the *Journal of Herbal Medicine*, Indian researchers report that 15 volunteers with insomnia that took 200 milligrams of black cumin oil after dinner for

28 days experienced significantly better sleep. They fell asleep sooner, slept longer and recorded increases of 82 percent in non-rapid eye movement sleep and 29 percent in rapid eye movement sleep. Stress and anxiety levels were also dramatically reduced.

Nature's Virus Killer

Copper can stop a cold before it starts

By Doug Cornell

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

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

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

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

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

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

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

"It worked!" he exclaimed. "The

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



New device puts copper right where you need it.

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

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

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

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

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

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

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

He asked relatives and friends to try it. They reported

not a sniffle!" she exclaimed.

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

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

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

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

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

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Dr. Bill Keevil: Copper quickly kills cold viruses.

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Silent Spring

Sounds of Nature are Fading

A study from the University of East Anglia School of Biological Sciences (UK) published in the journal *Nature Communications*

suggests that our natural environment is becoming quieter and less varied due to changes in the makeup of bird populations.

Researchers used annual bird monitoring data collected as part of the Pan-European Common Bird Monitoring Scheme and North American Breeding Bird Survey, plus recordings of birds in the wild, to reconstruct the soundscapes of more than 200,000 sites over the last 25 years.

Lead author Simon Butler states, "We're living through a global environmental crisis with ongoing and widespread declines in biodiversity. This means that the quality of our interactions with nature is likely to be declining, reducing its potential benefits, but this has not previously been examined." Other groups that contribute to natural soundscapes such as insects and amphibians are also declining, while road traffic and other sources of manmade noise are increasing. Butler explains, "As we collectively become less aware of our natural surroundings, we also start to notice or care less about their deterioration. We hope this study can help heighten awareness of these losses and encourage support for conservation through actions to protect and restore high-quality, natural soundscapes."



Confined Kitties

Unfettered Felines Pose Toxic Hazard to Wildlife

A study by the University of British Columbia published in the journal *Proceedings of the Royal Society B* discovered that free-roaming cats are likely infecting other animals with *Toxoplasma gondii*, the parasite responsible for toxoplasmosis, a disease linked to nervous system disorders, respiratory and heart disease, and other chronic illnesses that can be passed to both humans and wildlife. Conservationists have long emphasized the interconnectedness of human and wildlife health. Forestry adjunct professor Amy Wilson says, "It is important to understand the risk factors for this infection, because toxoplasmosis can have severe impacts on susceptible individuals, but even in healthy individuals, hosts are infected for life."

Researchers analyzed more than 45,000 cases of toxoplasmosis in wild animals using data gathered from 202 studies that included 238 different species in 981 locations around the world. Only wild and domestic cats (felids) can spread the infectious form of toxoplasma into the environment through eggs, called oocysts, in their feces. "By simply limiting free roaming of cats, we can reduce the impact of toxoplasma on wildlife," reports Wilson. "Domestic cats outnumber wild felids by several orders of magnitude, so when you consider their population size and that they can shed millions of long-lived oocysts intermittently throughout their life, the potential for environmental contamination is considerable."

Almond Joy

Nut Milk Carries Hefty Environmental Burden

To grow one orange requires 14 gallons of water, a cup of coffee 35 gallons, one potato 100 gallons, a glass of dairy milk 48 gallons and a half-cup of tofu 61 gallons. One

almond (technically a seed, not a tree nut) needs about 3.2 gallons to reach maturity; almost 1,300 gallons are needed to grow a pound.

The source of almond milk, although positioned as an eco-friendly alternative to cow's milk, is usually treated with methoxyfenozide, which threatens honeybee health. With a global market of more than \$5 billion, the beverage's footprint is increasingly detrimental to the drought-plagued state of California. Walnuts, hazelnuts and pistachios consume as much water or more, but almonds are in higher demand. The "Eureka" state supplies 80 percent of the world's almond supply, covering more than 1.5 million acres in the Central Valley. Water from ancient aquifers there is being pumped out for irrigation faster than it can be recharged.



According to the California Department of Pesticide Regulation, almond orchards were treated with

more pesticides than any other local crop in 2017. Harmful chemicals are sprayed year-round to combat ants, mites, leafrollers, peach twig borers and weeds. Also,

fertilizer pollution can spike drinking water with hazardous nitrates. Instead, consumers can purchase milk that is packaged in sustainably sourced and recyclable materials and buy shelf-stable milk to conserve energy from refrigeration.

Friendly Flights

Airplanes Soar on the Power of Sunlight

Carbon-neutral fuels are crucial for making air and sea transport sustainable. Aldo Steinfeld, professor of renewable energy sources at Eidgenössische Technische Hochschule Zürich, and a team of researchers have been operating a mini solar refinery for two years. He says, "This plant successfully demonstrates the technical feasibility of ... converting sunlight and ambient air into drop-in fuels. The system operates stably under real-world solar conditions and provides a unique platform for further research and development." The technology is now ready for industrial application. The plant will be used to produce synthetic liquid fuels that release CO₂ extracted directly from ambient air during their combustion using solar energy. The process yields syngas, a mixture of hydrogen and carbon monoxide, that can be processed into kerosene, methanol or other hydrocarbons.

Johan Lilliestam, a research group leader at the Institute for Advanced Sustainability Studies and professor of energy policy at the University of Potsdam, explains, "Unlike with biofuels whose potential is limited due to the



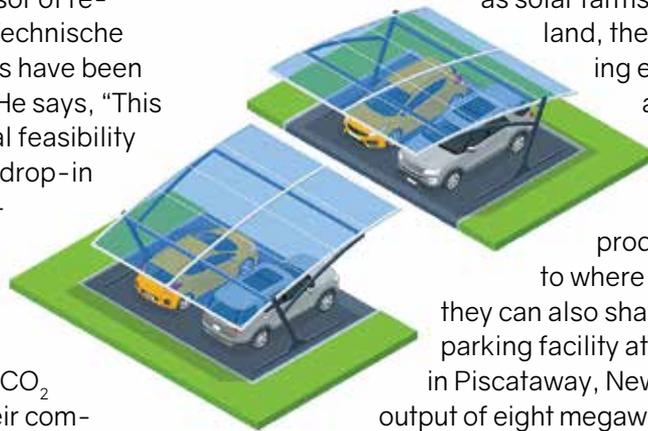
scarcity of agricultural land, this technology enables us to meet global demand for jet fuel by using less than 1 percent of the world's

arid land, and would not compete with the production of food or livestock feed." Given the high initial investment cost, solar fuels will need political support while the price of solar kerosene is high and production capacities are low. This would have little impact on the cost of flying, but would promote the construction of production facilities and lead to lower prices.

Super Shader

Solar Canopies Green Urban Parking Lots

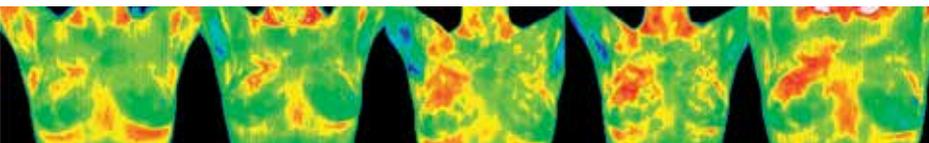
When large collections of photovoltaic panels are erected as solar farms on undeveloped land, they can harm underlying ecosystems. As an alternative, large parking lots make use of land that is already cleared and produce electricity close to where it's needed. Plus, they can also shade the cars. A solar parking facility at Rutgers University, in Piscataway, New Jersey, boasts an output of eight megawatts of electricity. If Walmart converted all 3,571 of its U.S. super center lots, the total capacity would be 11.1 gigawatts of solar power, roughly equivalent to a dozen, large, coal-fired power plants.



Most solar installation presently occupy croplands, arid lands and grasslands, not rooftops or parking lots, according to a global inventory published in *Nature*. Building alternative power sources quickly is important to replace fossil fuels and avert catastrophic climate change, and the process is cheaper and easier to manage by building on undeveloped land than on rooftops or in parking lots. Ironically, putting solar facilities on undeveloped land is often not much better than building subdivisions there. Rebecca Hernandez, an ecologist at the University of California at Davis, notes that developers tend to bulldoze sites, removing all of the above-ground vegetation. That's bad for insects and the birds that feed on them. The trend to cluster solar facilities in buffer zones around protected areas can confuse birds and other wildlife and complicate migratory corridors.

Thermography May Save Your Life!

Positive comparative study showing changes over one year



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

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The Heart-Mind Connection

How Thoughts and Emotions Affect Our Heart Health

by Ronica O'Hara



“Does your wife show you her love?” In a study of 10,000 married men, this question turned out to be revelatory. Among men with high levels of anxiety, a whopping 93 percent that answered “No” developed angina-related chest pains within five years—nearly twice the rate of those answering “Yes.”

This 1976 Israeli study was one of the first to clearly document how emotions affect the physical heart. Today, the research is so vast and compelling that last year, the American Heart Association issued a statement urging that psychological factors be taken into account in cardiovascular care—which may result in doctors asking patients about depression and anxiety as well as testing for blood pressure and cholesterol levels.

“What’s on your mind really does affect your heart,” says leading researcher and cardiologist Michael Miller, M.D., author of *Heal Your Heart* and director of the Center for Preventive Cardiology at the University of Maryland Medical System. “Our hearts require emotional health in order to maintain cardiovascular health.”

Two emerging fields are probing the mind-heart connection: neurocardiology, which studies their neurological interplay; and behavioral cardiology, which examines how psychological and social factors lead to heart disease. Increasingly, researchers are documenting that the brain and the heart form an intricate feedback loop that works neurologically, biochemically and electromagnetically to optimize well-being. What hurts one—be it artery-clogging foods or angry outbursts—can hurt the other. What heals one—be it exercising or a good belly laugh—can heal the other. There’s good news in that, says Miller: “You can heal your heart by actively engaging in positive emotions each and every day.”

Unveiling the Heart’s Role

In Western medicine, the heart has been downplayed historically as a pump mechanically taking orders from a bossy brain, but recently, the heart’s role is being reexamined: With 40,000 neurons, it sends more signals to the brain than it

receives. As integrative cardiologist Mimi Guarneri, author of *The Heart Speaks*, puts it, “The heart is a multilayered, complex organ, possessing intelligence, memory and decision-making abilities independent from the mind.”

The electromagnetic field it generates is about 100 times stronger than the brain’s magnetic range and can be detected up to three feet away from the body, report researchers at the pioneer-

ing HeartMath Institute, in Boulder Creek, California. They found that one person’s brain waves can synchronize to another person’s heart and two hearts can synchronize to each other, which may help explain why people are drawn to or repelled by each other. When the heart’s rhythm pattern becomes erratic and disordered during stress and negative emotions, they report, the neural signals traveling to the brain’s emotional centers also get disrupted, hindering clear thinking and reasoning—which may help explain why we make dubious decisions under stress.

The High Toll of Tough Emotions

Although scientists debate whether emotions start in the brain, heart or from physical sensations elsewhere in the body, it’s clear through magnetic imaging technology that it’s the brain’s task to process and regulate emotions via the flow of neurotransmitters through the amygdala, hypothalamus, hippocampus, prefrontal cortex and other brain regions. Emotions like anger, fear, grief and anxiety set off a cascade of reactions involving the hormone cortisol and proteins called cytokines, creating an inflammatory response that, if it becomes chronic, can promote the accumulation of plaque in the arteries that can become unstable and rupture, triggering blood clots that lead to strokes and heart attacks.

Surveying 25,000 participants in 52 countries, the landmark INTERHEART Study in 2004 concluded that about 30 percent of heart attacks and strokes are due to psychological factors, and ongoing research supports this finding.

DEPRESSION. Adults that are depressed are twice as likely to develop heart disease. In one study, moderate to severe depression quadrupled the death rate in heart failure patients.

ANXIETY. Researchers have linked chronic anxiety with a 48 percent increased risk of cardiac-related death over 11 years. It has also been shown to be a risk factor for angina, heart attacks and ventricular arrhythmia.

SHOCK. A sudden emotional or physical shock, like a death in the family or an earthquake, can trigger stress cardiomyopathy, known as broken heart syndrome, which resembles a heart attack.

ANGER. An episode of intense fury—described as “body tense, clenching fists or teeth, ready to burst”—increases by 8.5 times the risk of a heart attack within the next two hours.

LONELINESS. Being socially isolated and lonely is linked to a higher risk for cardiovascular death than hypertension and obesity—alarming information since more than 60 percent of Americans report feeling lonely, left out, poorly understood and lacking companionship, according to a 2020 survey.

Boosting Both Brain and Heart

“There’s no damage caused by negative emotions that positive emotions can’t heal,” says Miller. A large body of research has shown that cardiovascular disease risk can be reduced by up to half with optimism, a sense of humor, forgiveness, social support, religious faith, vitality, gratitude, altruistic behavior, emotional flexibility and coping flexibility. People that are optimistic are



wayhome.studio/AdobeStock.com

less likely to be rehospitalized or die from heart disease, Finnish researchers report.

“For optimal health, maximize the health of both brain and heart. For example, if you eat well and exercise, but are still stressed out, your heart will suffer. Conversely, if you are not stressed out, but overeat and do not exercise, your brain will suffer,” says Miller. Some heart-and-mind-healthy strategies include:

DOING THE BASICS. Exercising a half-hour daily and eating a largely plant-based, Mediterranean-type diet that’s low in saturated fats has been found in numerous studies to lower the risk of both cardiovascular disease and cognitive decline. Working with health practitioners to get blood pressure, blood sugar and



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inflammation levels under control, perhaps using supplements or medications, is also a key preventive step.

GIVING AND GETTING HUGS. Oxytocin, the “love hormone” released from the pituitary gland during touching and hugging, lowers blood pressure and heart rate, and regenerates new heart tissue in animal studies. Proactively reaching out to family, friends, neighbors and co-workers can nurture affectionate ties, but if a human isn’t nearby, even hugging a teddy bear has been shown to release oxytocin—which may explain why 40 percent of U.S. adults sleep with stuffed animals. Owning a dog, but not necessarily a cat, makes us more likely to survive a heart attack, report researchers.

MINDFULLY LETTING GO. As studies with police officers, healthcare workers and firefighters have demonstrated, mindfulness training effectively lowers anxiety and depression, even for those in life-threatening situations. “To be present, ever acutely aware of our thoughts, emotions, feelings and how we are choosing to react is critical,” says cardiologist Cynthia Thaik, author of *Your Vibrant Heart* and the founder of the Holistic Heart Healing Center, in Los Angeles. “Once we are aware of our reaction, the ability to let go—of judgment, doubt, anger, resentment, fear, all our negative thoughts, emotions and feelings—is crucial to our healing process.”

LAUGHING A LOT. Many of us have a chuckle deficit in our lives: The average 5-year-old laughs up to 300 times a day, the average adult only four. To lower the risk of heart attack and stroke, find ways to laugh long and hard—such as watching hilarious films or videos on YouTube or TikTok. Physiologically, the endorphins released by a hearty belly laugh bind to receptors that release nitric oxide, relaxing blood vessels.

BREATHWORK. To bring the mind and heart into a healthy, coherent rhythmic pattern, the HeartMath Institute suggests heart-focused breathing, which involves imagining that we are breathing in through the heart as we inhale in a smooth, comfortable manner to the count of five or six, then breathing out for five or six counts while visualizing that the breath is flowing out of the heart.

MEDITATION. People that practice meditation are significantly less likely to have a heart attack or stroke, perhaps because it has been shown to lower heart rate, blood pressure, breathing rate, oxygen consumption and cortisol levels. Alzheimer’s expert Dharma Singh Khalsa, author of *Meditation as Medicine*, advocates kirtan kriya, a 12-minute, daily meditation that includes chanting, finger movements and visualization. Research has demonstrated that it slows cognitive decline, eases depression and increases anti-aging telomerase activity at a cellular level by 43 percent in eight weeks.

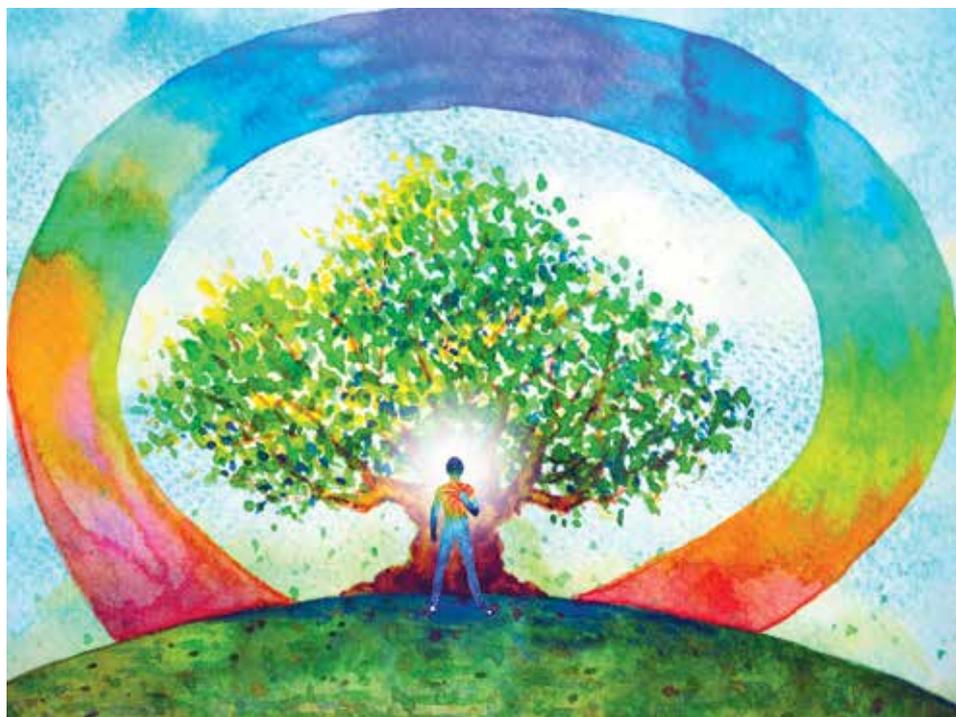
YOGA OR TAI CHI. In studies, yoga has been shown to lower inflammation and metabolic syndrome markers linked to heart disease and reduce atrial fibrillation episodes. The slow, graceful movements of tai chi reportedly lower blood pressure and strengthen the hearts of people with heart failure.

MUSIC. Whether it involves listening, playing an instrument or singing, music has been shown to lower heart rate, reduce inflammation, enable longer exercise periods, ease anxiety after heart surgery and heart attacks, and help stroke victims regain the ability to speak. Choose music of whatever genre inspires joy and sing along for extra benefit, advises Miller. “If your partner is flummoxed by your enthusiasm for yodeling or your neighbor doesn’t exactly approve of your attempts at arias, kindly inform him or her it’s doctor’s orders,” he jokes in *Heal Your Heart*.

Health writer Ronica O’Hara can be contacted at OHaraRonica@gmail.com.

Living in the Frequency of Love

by Marlaina Donato



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Most of us refer to love as an emotion, but in essence, love is a verb, a powerful call to action. When we remember its true nature, we can answer its call with our unique signature. Some brave souls like Martin Luther King, Jr. leap into uncharted territory with authentic truths, while others sprinkle their quiet corner of the world with small gestures of kindness. Telling someone how much they mean to us, holding the door for a stranger, asking a cashier how their day is going or welcoming a new neighbor is like handing out a piece of light. Added up at the end of the day or a lifetime, we create a mural of stars against the darkness.

The frequency of love not only inspires, but heals. The energy of giving and receiving is literally wired into our neurochemistry, flooding our bloodstream with endorphins that combat systemic inflammation, influence mood, accelerate recovery and raise the pain threshold.

We can freely stream waters of genuine kindness, love and affection, but if there is no waiting vessel for love's outpouring, the potential of its power is diminished and incomplete. Our willingness and that of others to receive activates kindness, awakens what is dormant inside of us and quickens our capacity to thrive.

Mother Teresa once said, "We can cure physical diseases with medicine, but the only cure for loneliness, despair and hopelessness is love." With our willingness to gift one another with our full and authentic presence, all else is possible.

Marlaina Donato is an author and visionary composer. Connect at WildflowerLady.com.

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Fermenting for Foodies

PRESERVING FOOD AND TRADITIONS

by April Thompson



If fermented food is a trend, it's the oldest one on the planet. More and more people are rediscovering the time-honored foodways of fermentation to promote health, boost flavor and preserve the bounty of the seasons. "There is huge potential to use high-quality fermented foods to enhance our health and well-being," says Sandor Katz, a so-called "fermentation revivalist", in Liberty, Tennessee, and the author of several bestselling books on fermentation, including the newly released *Sandor Katz's Fermentation Journeys: Recipes, Techniques, and Traditions from Around the World*.

Katz caught the fermentation bug after moving from New York City to rural Tennessee in the 1990s and being faced with the "positive problem" of an overly plentiful garden to preserve. He's since wandered the globe teaching and learning about fermentation traditions, from Korea's spicy kimchi to Mexico's funky pineapple tepache drink.

Fermentation is defined as the chemical breakdown of a food by bacteria, yeasts or other microorganisms. An estimated one-third of all foods are fermented, including coffee, cured meats, cheese, condiments and chocolate. Pickles and yogurt are traditionally fermented through lactic acid bacteria, while beer and bread are typically fermented through yeast. Kombucha, an ancient tea drink, is made using a symbiotic culture of yeast and bacteria.

Pascal Baudar, a Los Angeles writer, instructor and self-proclaimed "culinary alchemist," turned to fermentation techniques to preserve the precious wild ingredients of the fleeting seasons. His books and workshops cover unusual

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culinary territory, like fermented and aged vegan cheeses from acorns and “seaweed” made from fermented broadleaf plantain, a common weed, using methods he’s studied and perfected. “I investigate new and lost flavors, and conserve them as gourmet foods through preservation,” he says.

Fermentation with Benefits

Fermentation transforms the nutrients in food in several ways, Katz explains. In a process known as predigestion, it breaks macronutrients down into more digestible forms (think proteins turned into amino acids) and renders minerals more bioavailable. Gluten, too, is broken down by fermentation, he says, as are potentially toxic compounds in foods such as cyanide and oxalic acid. The process also releases vitamins B and K and other micronutrients as metabolic byproducts.

Fermentation reduces the short-chain carbohydrates that are poorly absorbed in the small intestine and are prone to absorb water and ferment in the colon, causing gas and bloating. Found in wheat, beans and other foods, they can pose digestive problems for people with irritable bowel syndrome and other conditions, says Tayler Silfverduk, a registered dietitian nutritionist in Columbus, Ohio, specializing in celiac disease.

“The most profound nutritional benefit of fermentation is the live bacteria itself. You are ingesting a rich biodiversity of beneficial bacteria that can potentially improve immune function,” says Katz, an AIDS survivor who considers fermentation an important part of his healing process.

No Starter Required

“There is nothing you can eat that can’t be fermented, but the easiest and safest place to begin is with vegetables,” which need no special equipment or a starter like sourdough, kefir or kombucha, says Katz. To make sauerkraut, for example, simply shred cabbage, lightly salt and season it, and submerge it in a jar under its own juices, “burping” it daily for a week to 10 days to release the fermentation gases.

Katz and Baudar both like to debunk myths that fermenting foods is difficult or dangerous. “You don’t have to sterilize everything or have precise laboratory control conditions. People have been practicing fermentation for years, and they began before they knew bacteria was a thing. To the contrary, fermentation is a strategy for food safety,” says Katz.

While yeast or mold can grow on the top layer that is exposed to oxygen, Katz says “a lot of sauerkraut is needlessly discarded. Most such growth is harmless and normal, and can be skimmed off the top.”

Baudar, a University of California Master Food Preserver, has kept foods he’s fermented for up to three years and only once encountered mold. “You need to work with the ferment,” he says. “That means regularly burping it, then shaking or stirring to promote the acidity that prevents bad bacteria from taking hold.”

“If it looks or tastes bad, throw it away,” he adds. “Some of my early experiments tasted horrible, but I just took my failures as learning and kept experimenting. The more you understand the

fermentation process, the more you can play with it creatively and push the envelope.”

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.

Fermented Pickled Carrot Sticks

YIELD: 1 QUART-SIZE JAR OF PICKLES



*2 sprigs fresh dill
1-2 cloves garlic
2 lb whole carrots
1 Tbsp sea salt
1-2 cups distilled water*

Wash and peel the skins of the whole carrots. Cut the peeled and washed carrots into carrot sticks. Peel and finely slice the garlic cloves. Wash and dry 2 sprigs of dill.

In a wide-mouth, quart-size jar, pack in the carrot sticks. (Tilt the jar to locate more places to squeeze in the sticks.) Add in the sea salt, then the sliced garlic and sprigs of dill.

Cover the ingredients with distilled water (Be sure to leave about an inch of free space from the waterline to the opening of the jar.)

Place an airtight lid on the jar and let it sit for a week or until the carrots have reached desired taste. Make sure to burp the jar at least every two days while fermenting.

Once the carrot sticks have reached their desired taste, place the jar in the fridge for storage. Enjoy.

Notes: If using organic carrots, leave the skin on and just wash the carrots very well before chopping into snacking sticks.

When burping the jar, use this time to check on fermentation to make sure it’s growing healthy. Look for bubbles on top of the water and along the water line. Seeing mold is a sign that good bacteria is struggling to start a culture and we may need to try again.

Courtesy of Tayler Silfverduk, registered dietitian nutritionist.





photo provided by Taylor Silverduk RDN

Curry Kraut

YIELD: 1 QUART

- 2 lb organic cabbage head*
- 2 Tbsp sea salt*
- ½ cup organic yellow onion, thinly sliced*
- ½ cup shredded carrot*
- 6 cloves garlic, minced*
- 1 Tbsp fresh, grated ginger (1 Tbsp ground powder alternative)*
- ½ Tbsp ground coriander*
- ½ Tbsp ground cumin*
- ½ tsp ground cayenne pepper*
- ½ tsp ground turmeric*
- ½ tsp curry powder*
- ¼ tsp black pepper*
- ¼ tsp cinnamon*

First, rinse all of the produce. Then peel the outer layers off the cabbage, saving a couple of the cabbage leaves.

Cut the cabbage in half (through the core), then in half again, then core the cabbage by placing wedges up vertically on a cutting board with the core touching the board and holding it at the tip. Position the knife at the start of the core and slice downward, cutting off the hard portion.

Place the cabbage on a flat side and slice shreds to desired thickness (about ¼ inch). Start at the tip and work down.

Thinly slice the onion and then shred carrots using a cheese grater.

Place it all into one very large or two non-reactive bowls (not metal). Pour the spices on top. Massage the mixture of veggies and spices until a lot of brine has been created and the mixture has shrunk down to about half its original size.

Take the massaged veggies and spices, and start packing them into a 1-quart fermenting jar with an air-tight lid. (The packing will help bring the brine to the sur-

face.) After every scoop that's put into the jar, pack it down with a fist. Leave several inches at the top of the jar.

Fold up the saved cabbage leaves and put them on top of the cabbage in the jar. (Make sure the brine goes over the top of the cabbage leaves.) Place the weight—either a fermenting weight or rocks inside of a bag—on top of the cabbage leaves. Leave about 1 to 2 inches at the top of the jar.

Close the jar's lid and put it in some sort of basin (I use a casserole dish) to catch the brine that comes out. The brine will come out of the jar because the cabbage will swell during the fermentation process, and the basin will catch the brine instead of it spilling onto counters.

Notes: Over the next few days, the mixture will turn into curry kraut through a lacto fermentation process. Bubbles and the bright green cabbage will become yellow. How long to wait depends on the level of sourness desired and how warm the house is kept.

Check the curry kraut for taste. It's good to check after about three to five days to see if it's sour enough. It's also good to do a quick check for mold. It's likely a white, scummy-type substance will form at the top of the brine; this is okay and part of the process. It can be scraped off or left there.

When curry kraut reaches desired taste, take out the cabbage leaves and the weight, close the lid and put it in the fridge.

Make sure to start with a clean surface and utensils. Dirty supplies can mess with the bacteria in the fermentation.

Courtesy of Kyrie Luke, Healthfully Rooted Home.



Vinagre de Piña (Mexican Pineapple Vinegar)



Pineapple vinegar, *vinagre de piña*, is delicious and super-acidic. Many Mexican recipes call for pineapple vinegar, although it can be used in place of any kind of vinegar. Since this uses only the skin of the pineapple, we are eating the pineapple flesh. This recipe was inspired by a recipe in *The Cuisines of Mexico*, by Diana Kennedy.

YIELD: 2 CUPS/500 MILLILITERS

2 Tbsp sugar

Peel of 1 pineapple (organic, because the skin is used; overripe fruits are fine)

Combine the sugar with 2 cups/500 milliliters of water in a jar or bowl. Stir to dissolve. Coarsely chop and add the pineapple peel. Use a small plate to weigh down the pineapple and keep it submerged. Cover with a cloth to keep flies out.

Ferment at room temperature. Stir daily while the pineapple peels are in it. Strain out the pineapple peels and discard after about one week when the liquid is darkening.

Ferment the liquid for an additional two to three weeks, stirring or agitating periodically. Bottle and enjoy.

From Sandor Katz's book, Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods (Chelsea Green Publishing, 2016).

Rosy Raspberry Soda

YIELD: 2, RESEALABLE, 1-QUART-SIZE AND 1-LITER PLASTIC BOTTLES

½ cup/70 grams raspberries

Juice from ½ lemon

2–4 Tbsp honey

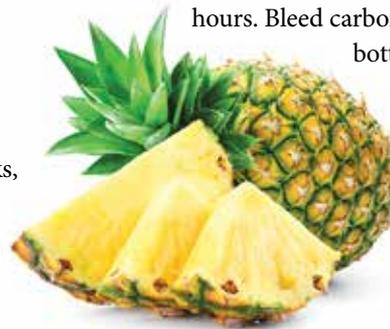
1 tsp rose water

Yeast

Combine and blend. Place all the ingredients except the yeast in a bowl with a bit of water and mash together with a fork, or put them all in the blender.

Divide between two, 1-quart/1-liter bottles. Top off with warm water. Add yeast. Sprinkle about ¼ tsp bread or champagne yeast into each bottle. Let it sit for a few minutes, then shake the bottles to dissolve and distribute the yeast.

Let ferment on the counter. Check the carbonation after a few hours. Bleed carbonation by gently and slowly opening the bottles. Refrigerate when they seem strongly carbonated, generally within six to eight hours.



From Sandor Katz's book, Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods (Chelsea Green Publishing, 2016).

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Parents as Role Models

How to Help Kids Discover Positive Behaviors

by Sandra Yeyati

Like the familiar adage, “Monkey see, monkey do,” children learn habits, attitudes and values by observing and mimicking their parents. This phenomenon, known as modeling, is a double-edged sword. Sometimes parents unintentionally teach their kids by example to smoke, eat too much candy or bully people. On the other hand, with awareness, planning and strategic modifications, parents can use modeling to instill in their kids good habits, positive attitudes, healthy emotional intelligence and strong self-esteem.

“We parent what we know, very often on automatic mode,” says Debra MacDonald, a certified parenting educator at the Center for Parenting Education, in Abington, Pennsylvania. “How many times have you said, ‘I will never say that to my kids,’ and then fast-forward several years, those words are coming out of your mouth. Awareness is your first step.”

“Look at how you handle stress or express anger,” MacDonald suggests. “If you slam the table, break something and yell, that’s what you’re teaching your children to do when they’re angry. To teach them constructive ways to express anger—like taking deep breaths or running around the block—you’ve got to employ those tools yourself.”

Actions speak louder than words. “To teach your child good values, you have to demonstrate them through your deeds. If you tell your child that they must always be on time for school, but you’re late for work every day, your child hears one thing, but sees another,” MacDonald explains, adding that kids are adept at sniffing out these inconsistencies.

Saying, “Eat your spinach,” while regularly gobbling ice cream won’t inspire desired results. When MacDonald’s son was young, she realized she wasn’t setting the right example at the

dinner table. “Slowly, over time, I began to improve our family’s lifestyle choices, and now that he’s in college, he knows how to cook healthy meals, practice portion control and clean up after himself,” she boasts.

Tackling Childhood Anxiety Through Modeling

In his 2021 book, *Breaking Free of Child Anxiety and OCD*, Yale University Professor Eli Lebowitz offers a scientifically proven parental modeling program called Supportive Parenting for Anxious Childhood Emotions (SPACE). Although the goal is to treat a child’s anxiety, parents meet with a therapist and learn tools to modify their parenting approach in two ways: being more supportive and reducing accommodations.

On the support side, SPACE parents learn to show a genuine acceptance and under-



standing of their child's distress and to communicate their confidence in the child's ability to tolerate and cope with the anxiety. The support can be as simple as saying, "I get it. This is really hard. You're upset, but I know you can handle this."

"Supportive statements aren't always intuitive for parents," says Lebowitz, director of the program for anxiety disorders at the Yale Child Study Center. "Sometimes they don't believe that their child is feeling anxiety. They might think that the child is being manipulative or attention-seeking. Or, when parents do believe that their child is anxious, they want to protect, soothe and reassure them, but by doing these things, parents aren't communicating their belief that the child can handle it, which is critical to helping them overcome the anxiety."

The second change that SPACE parents learn to make is to gradually and systematically reduce all the accommodations they have been making to help their child not feel anxious, such as sleeping beside a child that is afraid of being alone or not inviting company to the house to avoid upsetting a socially anxious kid.

"Research indicates that even though parents are trying to help, accommodations that rush to the rescue tend to maintain or worsen anxiety over time," Lebowitz says. "I worked with parents of a child who had panic attacks at night and would say, 'My heart is racing. I can't breathe. I think I'm going to die.' Feeling overwhelmed and scared, her parents would rush her to the hospital again and again, even after doctors assured them that she was healthy and didn't need to come in. From the child's perspective, when your parents rush you to the ER, that confirms that this is literally an emergency. You feel more worried and scared. When the parents were able to take a breath, give her a hug and say, 'We know this is uncomfortable, but it's going to pass, and you're going to be okay,' she began to learn that she didn't need to be afraid of anxiety. She could handle it and didn't need to avoid it."

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



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POWER UP YOUR WORKOUTS

A GUIDE TO PROTEIN POWDERS AND SHAKES

by Maya Whitman



Protein, from the Greek *proteios*, means “primary”, which sums up its vital role in the human body. Its structure of amino acids enables myriad bodily functions, from repairing and building tissues to creating biochemical reactions that form enzymes, hormones and neurotransmitters, and maintaining pH and fluid balances. When we fortify our diet with digestible, nutritionally dense, non-meat protein, we also amp up our fitness efforts, enhance immunity and offset premature aging. Whole-food and plant-based proteins like pea, quinoa and chia seeds are also strong allies against Type 2 diabetes, research shows.

The Protein Promise

Whipping up a protein drink before or after a workout can foster muscle and joint integrity, and it can nourish soft tissue after injury. “Protein is vital for muscle synthesis. An individual who exercises at a higher intensity should focus on getting more protein in their diet to aid in better recovery,” says Hannah Davis, a personal trainer and owner of Body By Hannah, in Cleveland, Tennessee. “Protein is also important in overall nutrition to better balance hormones that control hunger, blood sugar and mood.”

Dominic Kennedy, a Los Angeles trainer and the creator of The Dominic Effect health and fitness app, concurs. “Protein is considered a ‘macronutrient’, which means we typically need a large amount to stay healthy. Certain protein powders can be very healthy for you and help to build and repair tissue.”

The average daily protein requirement for adults is 50 to 70 grams, but can be higher during times of stress, injury, illness, pregnancy or breastfeeding.

Vegan fitness and nutrition coach Karina Inkster, in Powell River, British Columbia, gives a nod to protein shakes for their convenience, but advises, “Just make sure you’re not relying just on protein powder to hit your daily protein.” She highlights the importance of diet diversity with other protein sources like tofu, tempeh, legumes, nutritional yeast, nuts and seeds.

Choosing Nutrition, Nixing Added Sugar

Thirty years ago, heavily sweetened, incomplete protein powders seemed to be the only game in town. “Nowadays, we have countless plant-based options for protein powders—pea, rice, soy, hemp, pumpkin seed, quinoa ... the list goes on,” says Inkster. “I like to stick to the basics, as I have a lot of serious food allergies. I go with brown rice and/or pea protein. Single ingredients, no flavors and no sweeteners.”

For Kennedy, shakes and powders with sugar and dairy can contribute to bloating and store fat in the body, “which we need to work harder to burn off. I cannot stress the difference this has made in my body once I gave it up years ago. Not only do I look better physically, but most importantly, I feel better on the inside. Sugar is highly addictive and can also affect your mood.”

Davis prefers sourcing her protein requirements from whole foods, but recommends whey-based powders when her clients want a reliable power shake and can tolerate it well.

Protein-to-carbohydrate ratio is paramount, especially for those with weight-loss goals or blood sugar instability. Reading labels is important, especially when food intolerances are an issue. Kennedy recommends experimenting with various protein sources. “If you are using whey protein and having trouble digesting it, it may just be a lactose intolerance. Trying one that is plant-based could be a game-changer.”

Among Inkster’s clients, brown rice and pea protein powders score high for digestibility and assimilation.

Fortifying Additions

From antioxidant-rich pomegranate powder to blood-sugar-supportive monk fruit and adrenal- and thyroid-nourishing maca, nutritional extras abound. However, Inkster notes that supplemental products marketed as superfoods, including collagen, do not necessarily pack a powerful punch to an already nutrient-dense diet. “When we ingest collagen or a vegan alternative, this protein gets broken down into amino acids in the exact same way as any other protein we eat.”

Kennedy points to super-green and pomegranate powders as ways to help the body combat chronic disease. “It’s a great way to get more greens and vegetables and in turn, promote a healthy immune system. We could all use more of that.”

Davis reminds us that one person’s nutritional ally can be another’s bane. “Supplementation is very personal. I always encourage focusing on a whole foods diet that includes a lot of variety to create a micronutrient balance in the body and then experiment with some supplements to see how they may help.”

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

Guide to Protein Powders

Protein supplementation is an \$18 billion global industry, so sifting through options for our own lifestyle and constitution can be daunting. These descriptions of protein powder sources may help:

CHIA SEED: vegan and naturally gluten-free; heart-healthy, supports bone health and enhances insulin sensitivity; supports healthy weight loss due to fiber content; natural source of calcium (average protein percentage: 12 to 16 grams per scoop)

EGG WHITE: lowers risk of cardiovascular disease and lowers blood pressure; improves muscle repair; cholesterol-free (average protein percentage: 25 grams per scoop)

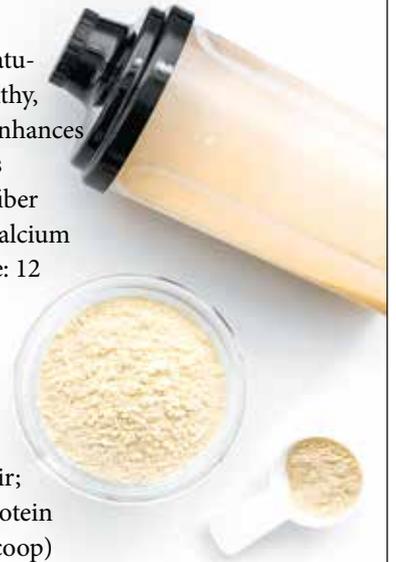
HEMP SEED: vegan and naturally gluten-free; easily digestible, nutrient-dense protein containing all essential amino acids; helpful in reducing inflammation and contains healthy fats and antioxidants (average protein percentage: 15 to 20 grams per scoop)

NON-GMO PEA: vegan and naturally gluten-free; builds muscle mass and improves tone; contains all essential amino acids; promotes satiety and a natural source of iron (average protein percentage: 20 to 25 grams per scoop)

ORGANIC BROWN RICE: vegan and naturally gluten-free; aids in muscle recovery, helps to burn fat (average protein percentage: 25 grams per scoop)

PUMPKIN SEED: vegan and naturally gluten-free; alkalizing and high in zinc; lowers risk of certain cancers and improves reproductive and intestinal health (average protein percentage: 22 to 35 grams per scoop)

WHEY (COW- OR GOAT-SOURCED): builds muscle mass via anabolic hormones like insulin; goat whey offers high nutrition and protein with fewer sensitivities than cow’s milk (average protein percentage: 25 to 30 grams per scoop)



Purposeful Shopping

How Fair Trade Can Change the World



Fair trade is an alternative international business model that puts people and the planet first. It is designed to help growers and producers in developing countries achieve sustainable, fair relationships with exporters and consumers in wealthier parts of the globe. It focuses particularly on commodities like coffee, tea, textiles and seafood, and works to ensure sustainable prices, better working conditions and higher environmental standards.

According to the Fair World Project, “The fair trade movement shares a vision of a world in which justice and sustainable development are at the heart of trade structures and practices both at home and abroad, so that everyone through their work can maintain a decent and dignified livelihood.”

At least five fair trade organizations certify compliance. While the criteria of each varies, certification typically requires companies to allow a third party to audit their business practices and monitor production to ensure standards are met.

Fair trade goods can cost slightly or significantly more than conventionally traded purchases, which may explain why ethical and fair trade products make up only 1 percent of the total market. But the trend is growing: In 2018, sales of fair trade produce in the U.S. rose by 30 percent, with 60 products available. International sales of a major German-based certifier, Fairtrade

International, increased almost 10-fold between 2004 and 2016, from \$939 million to \$8.9 billion.

Consider these steps to achieve ethical, sustainable shopping:

Protect the rights of produce workers. Fair trade bananas, avocados, coconut products and cashews often come from small growers in Africa, Latin America and Asia, where cooperatives ensure them a living wage and better working conditions. These products may cost marginally more, but are readily available at many supermarkets.

Protect sustainable tea and coffee farming. On fair trade tea and coffee farms, agrochemicals and genetically modified organisms are strictly prohibited, sustainable farming methods are encouraged and stringent programs for water conservation and proper waste disposal provide environmental stewardship.

Protect the oceans with fair trade cotton. Buying clothing made with fair trade cotton means less synthetic apparel, so washing won't shed microplastics that make their way into the ocean, fish and then our dinner plates.

Help build strong communities with fair trade cosmetics. When the shea butter, cocoa butter, sugar and coconut oil used in many skin-care products comes from fair trade producers, a fair price is paid, decent working conditions without child labor are assured and a portion of the money is returned to infrastructure or community projects. Makers of fair trade cosmetics often use vegan ingredients and animal-free testing, as well.

calendar of events

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

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

WEDNESDAY, FEBRUARY 2

Groundhog Day

THURSDAY, FEBRUARY 3

Unity MB Social Justice Dialog – 6:30-7:30pm. Rev. Dr. Rob Fulwood, who will be joined by a different guest facilitator each Thursday evening and hosted via Zoom. Topic: *The 1619 Project*. Unity Myrtle Beach. Zoom Dialog: Meeting ID: 876 0124 0599 * Passcode: 899133.

SATURDAY, FEBRUARY 5

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

THURSDAY, FEBRUARY 10

Unity MB Social Justice Dialog – 6:30-7:30pm. See February 3 listing. Myrtle Beach.

SATURDAY, FEBRUARY 12

Saturday Psychic Mystic Karen – 10:30am-3:30pm. Intuitive, traditionally trained Vedic Palmist, Tarot Reader, and Psychic Medium. Call to schedule appointment or drop by for next available. Cost: \$60/\$110, 30/60 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

Tea Ritual for Self-Care – 11am-noon. Experience the healing magic that can be found in a cup of tea in this hour-long mindfulness ritual. Snowshoe Hare will guide you towards self-love using herbs and tea blends to set the tone for self-care, awareness, and spiritual practice. Limited space contact to RSVP. Cost: \$35/\$40, advance/door. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

MONDAY, FEBRUARY 14

Happy Valentine's Day

THURSDAY, FEBRUARY 17

Unity MB Social Justice Dialog – 6:30-7:30pm. See February 3 listing. Myrtle Beach.

SATURDAY, FEBRUARY 19

Saturday Psychic Brooke Rowe – 10am-3:30pm. RMT, Intuitive Tarot Reader, CPSS, helps you find purpose by connecting with your authentic self. Cost: \$45/\$80 30/60 minutes. Schedule or drop-in for first available. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. Blue Lagoon Wellness Center. com. 910-685-2795.

MONDAY, FEBRUARY 21

Presidents Day

THURSDAY, FEBRUARY 24

Tea Tasting Session – 5-6pm. Join Snowshoe Hare as she guides you through the experience of gong fu cha. Gong fu cha translates as “to brew tea with skill.” In this hour-long session, you will sample multiple incarnations of *Camellia sinensis*, from white tea to oolong, and learn brewing skills for each type of tea. Cost: \$35/\$40, advance/door. Blue Lagoon Wellness Center, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

Unity MB Social Justice Dialog – 6:30-7:30pm. See February 3 listing. Myrtle Beach.

SATURDAY, FEBRUARY 26

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

Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

Reiki Level I Certification – 1-8pm. Two-day event led by Mercedes Ani, Reiki Master Teacher and owner of Healing Arts with Mercedes. Cost: \$400. Call 910-986-5271, register @ [Eventbrite.com/e/reiki-level-i-certification-course-tickets-238413329687](https://www.eventbrite.com/e/reiki-level-i-certification-course-tickets-238413329687). 507 Castle St, Wilmington.

SUNDAY, FEBRUARY 27

Reiki Level I Certification – 1:15-4:15pm. See February 26 listing. Wilmington.

planahead

SUNDAY, APRIL 24

save the date

New EARTH Conscious EXPO – 11am-6pm. Come join us for a full day of Fun & Magic. The best Psychics/Mediums, Holistic Practitioners and Vendors all under one roof. Complimentary presentations & gallery readings and all-day raffle with great prizes. Cost: \$5 admission. Courtyard Marriott Carolina Beach, 100 Charlotte Ave, Carolina Beach. For more details contact Diane Young at 910-352-7495 or email NewEarthConsciousExpo@yahoo.com.



CALENDAR

Check out the latest events at HealthyLivingCoastalCarolinas.com/calendar



-  @naturalawakeningscoastalcarolinas
-  @naturalawakeningscc
-  @na_carolinas
-  @nacoastcarolina

ongoing events

daily

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

sunday

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

Sunday Morning Circle – 930-10:15am. Topic: "Christian Metaphysics", based on sermons by Charles Fillmore, co-founder of Unity Movement. Access reading material @ TruthUnity.net. US02web.zoom.us/j/85480811819?pwd=Q3J6clVNR1g5dFI4NEU2NjFnY01EZz09. Meeting ID: 854 8081 1819, passcode: 262481. In-person masks appreciated. 6173 Salem Rd, Myrtle Beach. 843-238-8516.

classifieds

Fee for classifieds is \$30 (up to 20 words) + \$1 per word over 20 words. To place listing, email content to Editor@HealthyLivingCoastalCarolinas.com. Deadline is the 10th of the month.

JOBS

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

PRODUCTS

BIOHACKER: The Little Yellow Activator: Powerful, patented, all-natural supplement to support your healthy aging process. Reduces cellular damage caused by free radicals by 40% in 30-days. 843-732-4446. NovaWellness@outlook.com.

Intuitive Psychic, Oracle & Mediumship Readings with Anaswara Erica – 10am-5pm. Natural-born intuitive reader Anaswara Erica offers readings using her innate gifts to heal. As a life coach, she can help you find your highest purpose in life or help you ground through the difficulties you are facing. Starts at \$40. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

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

Heart Math – 1-5pm. HearthMath session with Lana Buecker/Certified HearthMath Mentor. Understand the relationship between emotions, stress, performance, and health. Cost: \$110/60-minute session. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-524-0723.

tuesday

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

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

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

wednesday

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

UnityMB Bookgroup via Zoom – 12:30-1:30pm. *The Four Agreements* by don Miguel Ruiz, reveals the source of self-limiting

beliefs that rob us of joy and create needless suffering. Cost: Love Offering. In person or via Zoom. Meeting ID: 826 9184 9920 Passcode: 752429. Unity Myrtle Beach, 6173 Salem Rd, Myrtle Beach. UnityMyrtleBeach.org. 843-238-8516.

thursday

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

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

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

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

friday

Friday Psychic Eileen & Great Oak – 11am-4:30pm. Ability to speak to your loved ones who have passed over. Cost: \$80/\$120/\$170, 30/60/90 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

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

saturday

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

community resource guide

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

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Dr. Ada Suter is a Max Living Doctor at Innate Health Family Chiropractic and Wellness. She focuses on five essentials of health: maximizing the mind, chiropractic, nutrition, lean muscle and minimizing toxins. Innate Health is a family-centric practice open to patients of all ages. Corrective and wellness care programs provide a primary source of wellness, nutritional support, immunity and allergy support, education, inspiration and fitness. *See ad, page 2.*

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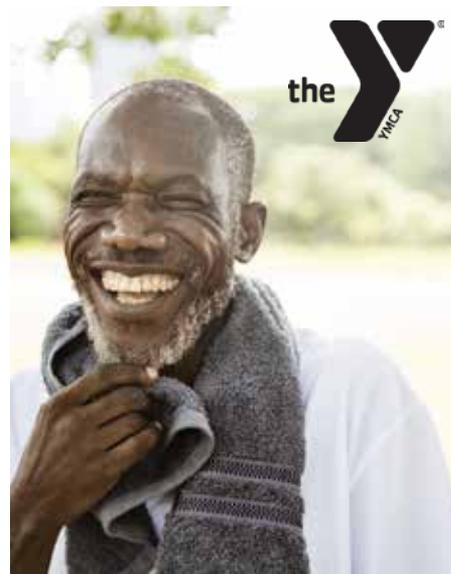
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others feel loved and cared for, but
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~Dalai Lama



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BlueLagoonWellnessCenter.com
EmporiumRockShop.com



Besides being one of Wilmington's Largest Emporium Rock Shops with all your Metaphysical needs, we offer Energy Work, Chakra Balancing, Reiki, Crystal Therapy, Massage, CranioSacral Therapy, Hypnotherapy and Psychic Readings. Many classes. Check *Natural Awakenings* online calendar event listings. *See ad, page 5.*

Love is always open arms.
If you close your arms about
love, you will find that you are left
holding only yourself.

~Leo Busgalia

MADAME MEERKAT'S CABINET OF CURIOSITIES

1001 S. Kerr Ave, Wilmington
MadameMeerkat.net



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

NATURAL AESTHETICS

BLISS AESTHETICS STUDIO

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



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

Kindness is universal. Sometimes
being kind allows others to see the
goodness in humanity through you.
Always be kinder than necessary.

~Germany Kent

SPIRITUAL COMMUNITY

UNITY MYRTLE BEACH

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



Our uplifting mission of prayer, service and education enriches and transforms lives. We are a spiritual community of individuals dedicated to knowing Self and knowing God, and doing our part in supporting the emotional, mental and spiritual well-being of children, individuals and families on the Grand Strand. *See ad, page 9.*

UNITY OF WILMINGTON

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



A positive path for spiritual living committed to expanding consciousness and inspiring transformation. Unity teaches a culturally Christian and spiritually unlimited way of life. Unity is an open-minded, accepting community emphasizing practical, everyday application of spiritual principles for more abundant and meaningful living. Check Facebook and Meetup for events. *See ad, page 4.*

THERMOGRAPHY

BEACON THERMOGRAPHY, INC.

Shelly Laine
910-803-2150
BeaconThermography.com



Thermography is a state-of-the-art, radiation-free diagnostic tool which creates a digital map of your body, illustrating heat patterns that may detect some condition or abnormality using a scanning-type infrared camera that measures your body's surface temperature. Thermography aids in the detection and monitoring of many types of diseases and physical injury. Multiple scanning locations throughout the Wilmington area. *See ad, page 13.*

THYROID HEALTH

LETS GET CHECKED

910-833-5366
LetsGetChecked.com
Save 20% Code: Natural 20



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

WEIGHT LOSS

BIO SYMMETRY

Dr. Chris A. Pate, MD
265 Racine Dr, Ste 102, Wilmington
910-399-6661 • BioSymmetry.com



Dr. Pate, board certified in Obesity Medicine, offers weight loss program designed to help keep weight off for good. Body composition test and metabolic test completed along with blood work to rule out issues that may

be hindering you from losing weight. Medications available if needed. Call or text to book an appointment with Wilmington's weight-loss expert. See ad, page 9.

WELLNESS BEAUTY

THINK GOODNESS

609-915-2033
My.ThinkGoodness.com/



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

Cosmetics. Intuitiv Wellness.

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Tim Long
910-398-3153
Xelliss.com/TheMessenger



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Spirulina supplements and take advantage of all these benefits. Watch video <https://xjumpstart.com/the-spirulina-movie/>.

YOGA

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Gina Mecca, MS ED, RYT-200
222 Carolina Beach Ave, N
BeachBlanketYoga@gmail.com
910-368-1047



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Experienced Yoga Teacher
Leland and Wilmington areas
910-986-5271
MercedesAni@icloud.com
MercedesAni.com



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

OHANA YOGA

Nick Freitas
233i Western Blvd, Jacksonville
808-342-8744
OhanaYogaNC.com



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

The only thing we never get enough of is love; and the only thing we never give enough of is love.

~Henry Miller

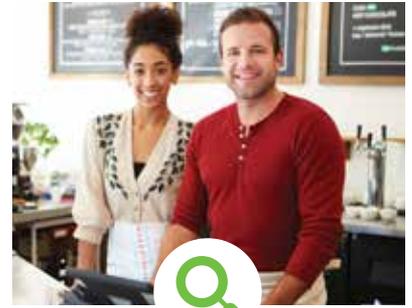
SACRED YOGA TRIBE

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



Wellness Coach, Master Yoga and Meditation Teacher and Shamanic Trance Dance Guide and Guardian offering Wellness Coaching, Himalayan Yoga and Meditation, Yoga and Meditation for kids, Shamanic Trance Dance Rituals,

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EXAMPLE

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910-555-1212
IntMedSolutions.com



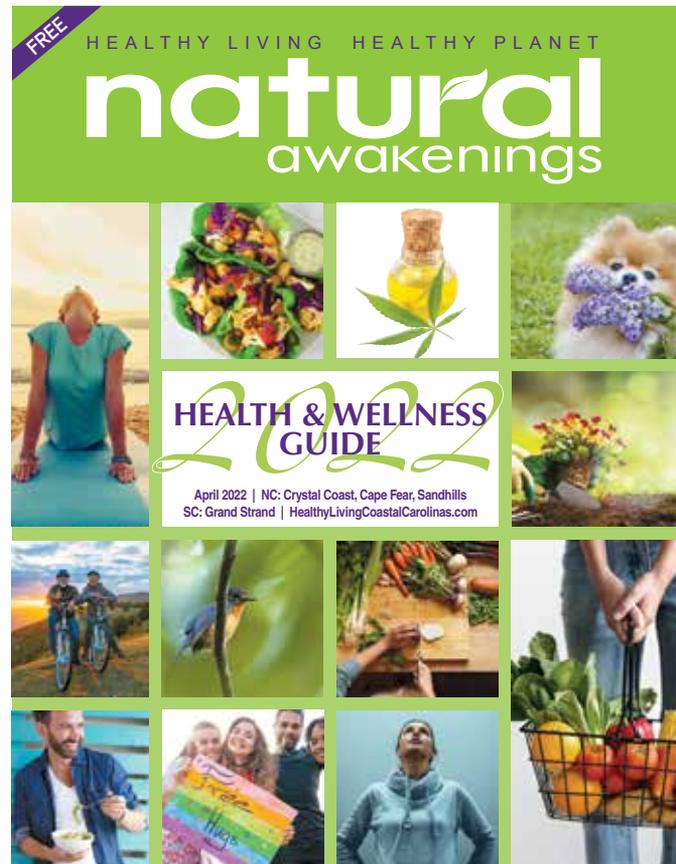
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