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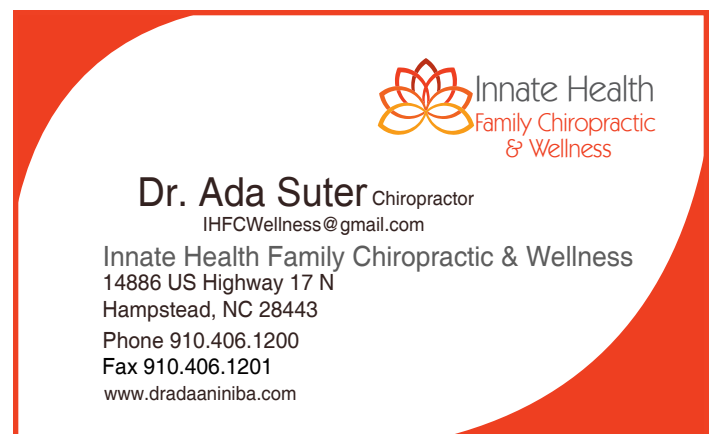
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Nature's Virus Killer

Copper can stop a cold before it starts

By Doug Cornell

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

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

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

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

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

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

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

"It worked!" he exclaimed. "The

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



New device puts copper right where you need it.

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

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

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

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

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

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

not a sniffle!" she exclaimed.

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

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

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

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

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

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



Dr. Bill Keevil: Copper quickly kills cold viruses.

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

The EPA says copper still works even when tarnished.

CopperZap is made in the U.S. of pure

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Contents

14 PLANT-BASED FOODS GO MAINSTREAM

Healthy Eating Gets Easier
with Innovations

17 STAYING TRIM INTO OUR 40s AND BEYOND

18 EASING INTO A VEGAN LIFESTYLE

Clever Meat Substitutes that
Please the Palate

21 JOURNALING TO ACCESS INNER WISDOM

22 BURNOUT RECOVERY Ways to Reset and Find Balance

24 A WEEKEND WARRIOR SURVIVAL GUIDE

Prevention, First-Aid and Recovery

DEPARTMENTS

- 7 news briefs
- 10 health briefs
- 12 global briefs
- 18 conscious eating
- 21 inspiration
- 22 healing ways
- 24 fit body
- 26 eco tip
- 27 calendar
- 28 classifieds
- 29 resource guide

17



21



24



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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CALENDAR SUBMISSIONS

Visit HealthyLivingCoastalCarolinas.com for guidelines and to submit entries online. Email Editor@HealthyLivingCoastalCarolinas.com with questions. Deadline for calendar/events: 12th of the month.

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letter from publisher**What is Spring?**

Spring's warmer weather and increased daylight hours make it the best season. Taking walks and seeing flowers bloom are also part of what makes spring so special. Spring brings longer days and sun which gives us more energy and can make us feel happier.

After a workweek hunched over a computer, it's pure pleasure to plunge into weekend activities like hiking, going to the beach or gardening, but the results too often can be stiff shoulders, painful knees or muscle injuries that can take months or surgery to resolve. Yet with prevention, simple exercises and the use of first-aid and complementary modalities like homeopathy and essential oils, suffering can be avoided, and recovery can be hastened. Read more ways you can support your tight, tense or sore body and avoid injures in our Fit Body department, "A Weekend Warrior Survival Guide," by Marlaina Donato.

As I absorb what everything that's offered with the plant-based diet, I feel that many nutrients can be gained if not all. Many years ago, there was much criticism over vegetarian/vegan-type diets with not getting enough nutrients. With the rise of plant-based meals, they have learned to use ingredients to make them more nutrient dense. I have shared my view over many years that eating balanced with everything is most important for my family. Does it change for me now with all the new flavorful recipes available? Are there so many options in restaurants that sound delicious and make you want to try? There are so many Brussel sprouts appetizers on menus recently and there is cauliflower everything is the craze!! So, with that said, I am on board and trying all new things, why not? If it tastes good and is good for you, your body will crave it. We can move toward eating a more vegan, plant-based diet by buying processed meat substitutes at the supermarket, but it's even healthier, and maybe easier, to take gradual steps in our own kitchens: substituting plants for meat in foods like pizza and pasta sauce, eating vegan one day a week and gradually increasing it, and exploring creative recipes. We can turn cauliflower and eggplant into "steak", substitute chickpea flour for ground beef and use jackfruit and banana peels to mimic pulled meat. With recipes for Buffalo Cauliflower Bites and One-Pan Skillet Eggplant Parmigiana, check them out on pages 18-20 in our Conscious Eating department.

Finally, enjoy our feature article "Plant-Based Eating Goes Mainstream," by Carrie Jackson. As plant-based eating gains adherents drawn by its health and planetary benefits, veggie burgers are showing up at the ballpark, vegan dairy at the cafe and tuna substitutes in grocery stores. Rising to meet market demand, companies are innovating methods to promote plant-based products: developing new plant-based seafood and dairy options, growing mushroom-based "meat" in labs, twinning home-delivered vegan meals with vegan and lifestyle coaching, and helping eateries and breweries develop familiar foods with vegan variations.

Stay Happy and Healthy,

Lori Beveridge, Publisher

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news briefs

Dreamms Empowerment Summit: Holistic Approach to Wellness

“Concerned individuals are looking for alternatives as the mainstream healthcare system continues to struggle and change in ways that are not pleasing,” comments Janet Hosmer, founder of Novus Dreamms. “Join us to learn about a variety of modalities for wellness from experienced professionals from 9 a.m. to 6 p.m. on March 5 in Myrtle Beach.”

These bi-monthly Empowerment Summits allow one to be well informed of the many holistic health choices widely available in society. Attendees will discover and learn more about multiple holistic approaches to feeling better such as hypnotherapy, physical therapy, aromatherapy, reiki, EFT, meditations, energy work, sound therapy, acupuncture, and much more.

“As the world as we know it continues to change, learning about the newest modalities for wellness makes a great deal of sense,” adds Hosmer. Each Summit offers six separate speakers, and registration guarantees a seat in each classroom, either on the day of the event, or afterward when a video of the presentation is available. Virtual Zoom attendance is available as well.

Cost: \$39/event. Location: Hampton Inn Oceanfront, 1801 S. Ocean Blvd., Myrtle Beach. For more information and to register, call 843-333-9749, email Janet@Dreamms.org or visit NovusEnergia.org. See ad, page 2.



Janet Hosmer

New Earth Consciousness Expo in Carolina Beach



The New Earth Consciousness Expo, organized by Diane Young, will be held from 11 a.m. to 6 p.m. on April 24 at the Courtyard Marriott Carolina Beach.

Participants will be afforded opportunities to meet and inquire about services provided from psychics and mediums, tarot card readings, angel intuitive readings, crystal healing bed, aura photography, reiki, tuning forks, chair massage, reflexology, jewelry, crystals, and much more. Complimentary discussion groups and raffles with

prizes will be included with entry ticket as well as discounted pricing for reading and healing sessions available. Crystals, gemstones, jewelry, essential oils, wall art, books and all things metaphysical will be available for purchase as well.

Cost: \$5. Location: 100 Charlotte Ave. For more information, call 910-352-7495 or email NewEarthConsciousnessExpo@yahoo.com. See ad, page 5.



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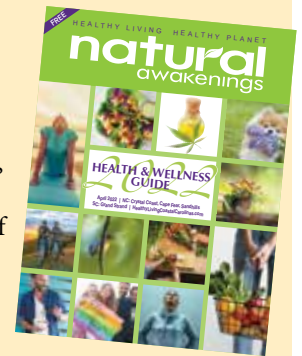
Natural Awakenings of the Coastal Carolinas will present its 2022 Healthy Living Directory next month. This special edition will hit the streets in April and is an issue readers will want to keep year-round. This handy reference will be a guide to healthy living and a healthy planet—a natural phone book.

Readers can find practitioners

by specialty index. Wellness profiles will provide in-depth information, highlighting the wealth of local health resources in our community that

support a healthier, natural path to wellness. “Each year an issue is transformed into a convenient reference guide to natural health, sustainable living, and healthy choices,” shares publisher Lori Beveridge, adding that listings can also be submitted online. “Make sure to pick up your issue or link to our digital version online for easy reference.”

For more information including for advertising, call 910-998-2244 or visit HealthyLivingCoastalCarolinas.com/pages/hld. See ad, back cover.



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Reiki Level 2 Certification Available in Wilmington

“If you are reiki level 1 certified, this offering is the next step. I can’t imagine a more beautiful and magical space to teach this course in,” comments Reiki Master Teacher Mercedes Ani referring to host facility the Terra Sol Sanctuary. Classes will be held from 1 to 8 p.m. on April 2 and 1:15 to 4:15 p.m. on April 3.

Topics covered at this training will include attunement, post-attunement advice, feeling reiki, chakra review, background on reiki level 2, reiki symbols, using the symbols to balance chakras, preparing for a session, in-person sessions, other possible uses of crystals, reiki 2 commitment and reiki business tips.

Ani is a Reiki Master Teacher, an experienced yoga teacher (500-hour ERYT), Continuing Education Provider for Yoga Alliance (YACEP), a certified Acro-Yoga teacher, meditation teacher, Thai Yoga Practitioner, PED Yoga Instructor, International Wellness Retreats Facilitator and Owner of Healing Arts with Mercedes LLC.

Cost: \$400. Location: 507 Castle St., Wilmington. For more information and to register, visit [Eventbrite.com/e/reiki-level-ii-certification-course-tickets-243641156257](https://www.eventbrite.com/e/reiki-level-ii-certification-course-tickets-243641156257). See listing, page 30.

news briefs

St. Patrick’s Day Festival Celebrates 30 Years

After a two-year absence because of the COVID-19 pandemic, the Emerald Isle St. Patrick’s Festival will return with music, food and, of course, beer, from 9 a.m. to 6 p.m. on March 12 at the Emerald Plantation Shopping Center. The event features traditional live music, kid rides, arts and crafts vendors, specialty foods and an Irish beer tent for the leprechauns of age.



Highlights will include a petting zoo, amusement rides, a climbing wall, face painting, plus over 75 arts and crafts vendors, clowns and much more. There will also be a variety of foods including funnel cakes, hamburgers, BBQ and more.

New this year will be a sports demonstration by Chain Reaction Sports and professional BMX rider Alex Johann, sponsored by Buy the Beach Realty and South Swell Surf Shop. In the main tent, attendees over the age 21, with valid ID, can enjoy the beer garden starting at 10 a.m. with proceeds benefiting the Emerald Isle Business Association and its community endeavors. Musical performances by The Mad Fiddler, Spare Change, Ashley Larue Band, My Three Kilts, Monika James Band and Heartstop will take place in the main tent throughout the day.

Location: 8700 Emerald Dr., Emerald Isle. For more information, call 252-354-6350 or visit EmeraldIsle-nc.org.



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One of Wilmington's few American Reflexology Certification Board (ARCB)-certified reflexologists, Bill Moore can offer comprehensive feet, hand and ear reflexology to bring balance to people's lives.

"Reflexology is an artistic science that has been growing in popularity since the 90s. At that time, many people received relief from very disparate conditions when they sought reflexologists as a last resort for stubborn situations. Reflexology works on the whole person. It works on every organ gland and muscle. It helps mental, emotional, physical, and spiritual issues. Signals don't just travel from the spine to our extremities, they must complete an arc and travel back to the spine and brain. Those reflex arcs can become congested and reflexology addresses this," comments Moore.

Moore began practicing reflexology in Salisbury at The Academy of Reflective Wellness with Cynthia Hill, becoming ARCB board certified in November 2019. The ARCB has been the only body in the U.S. to certify reflexologists since 1992. For 13 years, Moore served the community of Memphis as a certified CCCS nonprofit credit counselor, HUD housing counselor and public speaker, a job coach from 2015 until 2021 at the Arc of North Carolina, as well as a Reiki Master since 2012.



Bill Moore

For more information or to schedule an appointment, call 910-523-9873, email ReflexologyAndRelax@yahoo.com or visit ReflexologyAndRelax.com. See listing, page 30.

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Take Vinegar to Lower the Blues

Depression relief may be as close as the vinegar bottle on the kitchen shelf, according to a new study from Arizona State University involving 25 healthy college students divided into two groups. Fourteen drank two tablespoons of Bragg's apple cider vinegar diluted in one cup of water twice daily with meals, while 11 students consumed a vinegar tablet that contained 1/100 as much vinegar twice daily. After four weeks, using psychological tests and urine samples, the researchers found a 20 to 34 percent reduction in self-reported depression scores from the test group compared to slight increases in depression in the control group. Several metabolic alterations were found consistent with improved mood, including enzymatic dysfunction in the hexosamine pathway, as well as significant increases in glycine, serine and threonine metabolism. "With over 40 percent of college students self-reporting moderate-to-severe depression—a 77 percent increase over the past decade—simple and safe strategies that effectively reduce depression in this population are urgently needed," the authors write.



Try Lavender and Valerian to Reduce Fatigue

Fatigue that hampers daily activities is a major symptom of heart failure, the leading cause of U.S. hospitalization for people over 65. To explore inexpensive and accessible herbal treatments, researchers at the Aja University of Medical Sciences, in Tehran, Iran, divided 120 heart-failure patients into three groups: one received aromatherapy, breathing in lavender essence every day; another took 530 milligram capsules of valerian root extract daily; and the third group had conventional medical therapy

with no herbal supplementation. After 15 days, fatigue was significantly reduced in both herbal groups, while individuals receiving only conventional care did not experience a noticeable relief in fatigue.



Drink Coffee and Tea to Reduce Dementia and Stroke Risk

There's good news for coffee and tea drinkers in recent research: consuming two to three cups a day of each beverage has been found to significantly lower the risk of stroke by 32 percent and of dementia by 28 percent compared to abstainers. Researchers from Tianjin Medical University, in China, analyzed a databank of 365,682 UK residents between 50 and 74 years of age that reported their coffee and tea consumption over 11 years and found that drinking both beverages in the course of a day correlates with a lower risk of stroke and dementia compared to drinking either one exclusively. Also, drinking three to six cups of coffee alone or in combination with tea was associated with a lower risk of post-stroke dementia. "Coffee and tea are distinct beverages with both overlapping and different contents. One potential mechanism may be related to the combined protective role of the different antioxidants and other biological contents in these two beverages," the study concluded.

Eat Alpha Lipoic Acid-Rich Foods to Live Longer

A high dietary intake of foods containing alpha lipoic acid (ALA), a plant-based amino acid essential to the body's metabolism, is associated with a 10 percent lower risk of death from all causes, an 8 percent lower risk of cardiovascular disease death and an 11 percent lower risk of coronary heart disease, reports a new study in *The BMJ*, a peer-reviewed medical trade journal published by the British

Medical Association. An international team of researchers conducted a meta-analysis of 41 studies involving 1,197,564 participants that were followed for up to 32 years. They found that each additional gram per day of ALA (equivalent to one tablespoon of canola oil or a half-ounce of walnuts) was linked to a 5 percent lower risk of cardiovascular disease death. "A higher intake of ALA, however, was associated with a slightly higher risk of cancer mortality," the researchers wrote. ALA is found in nuts, soybeans, canola oil, flaxseed, chia seeds and other food sources such as avocados, dairy products, navy beans and oatmeal.



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~Paulo Coelho

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Shell Game

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As part of a process begun in 2018, the U.S. Department of Agriculture labeling rule for food products altered at the genetic level was finalized and implemented on January 1 to uphold the integrity of labeling claims and increase marketplace transparency.

Bioengineered food is defined as containing detectable genetic material modified by *in vitro* recombinant deoxyribonucleic acid techniques that could not have been modified through conventional breeding or found in nature. Crops include alfalfa, apples, canola, corn, cotton, eggplant, papaya, pineapple, potato, salmon, soybean, squash and sugar beets, and will be updated annually. The rule also applies to food products regulated by the U.S. Food and Drug Administration under the Food, Drug and Cosmetic Act.

Food labels must disclose that the food is bioengineered or contains a bioengineered food ingredient. Exemptions include small food manufacturers with annual sales of less than \$2.5 million; food served in restaurants, delicatessens, food trucks, trains and airplanes; and products that contain an unavoidable or accidental presence of a bioengineered substance of up to 5 percent per each ingredient in the final product. Activist groups agree that extensive consumer education is required to avoid



Floating Families

Sustainably Coping with Sea Level Rise

In the coastal nation of the Netherlands, mostly built on reclaimed land—a third of which is below sea level—Amsterdam has around 3,000 registered houseboats on canals. A Rotterdam city official states, “Instead of seeing water just as an enemy, we see it as an opportunity.” The newest innovation, a floating house, can be constructed on any shoreline and is able to cope with rising seas or rain-induced floods by floating. Unlike houseboats, Dutch floating homes are fixed to the shore on steel poles, connected to the local sewer system and

power grid. They are structurally similar to houses built on land, but instead of a basement, they have a concrete hull counterweight that keeps them stable.

In the Netherlands, the structures are often prefabricated, square-shaped, three-story townhouses built offsite with conventional materials like timber, steel and glass. For cities facing worsening floods and a shortage of buildable land, floating homes are one potential blueprint for how to expand urban housing in the age of climate change. These floating communities are inspiring projects in flood-prone countries such as French Polynesia and the Maldives. Siti Boelen, a Dutch television producer, says, “We feel safer in a storm because we are floating. I think it’s kind of strange that building on water is not a priority worldwide.”

Spiritual Awakening

People of Faith Find Deep
Connection to the Environment

Most of the world’s organized religious sects contain a doctrine or reference to preserving the environment. Abrahamic religions view humans as stewards that have a unique responsibility to care for the planet. Other faiths like Buddhism, Hinduism and many Indigenous traditions believe that while people need to take care of the planet, they are just one part of the larger ecosystem. The creation stories in Genesis call upon humans to be caretakers of creation and tenders of the garden.

Nona Siegel grew up in Montana, where she became aware of several mining projects. She notes that one of Judaism’s core beliefs is that the land belongs to the divine, and cites the Jewish ideal of *tikkun olam*, which means healing the world. Tempe, Arizona, Community Christian Church pastor Doug Bland, wearing a cardboard box painted brown, invites people to confess their ecological sins in a ritual he calls “ecofessionals”. Some participants say they fly too much on airplanes. Others say they don’t appreciate the environment enough. He is the executive director for Arizona Interfaith Power and Light, an organization that works to bring a spiritual response to the climate crisis with about 100 congregations of churches, mosques and synagogues. It’s one of 40 chapters nationwide calling for faith leaders and communities to get



Spawning Saga

Flip Side of Melting Glaciers May Benefit Salmon



More than 300 melting glaciers between British Columbia and Alaska have the potential to create 3,800 miles of new salmon habitat by 2100, according to a study by a team of scientists modeling glacier retreat in the Pacific mountain region of North America at Simon Fraser University, in Canada, published in the journal *Nature Communications*. Co-author ecologist Jonathan Moore says, "This showcases how climate change is fundamentally transforming ecosystems; what is now under ice is becoming a brand-new river." The team looked for glaciers situated at the headwaters of rivers that had the potential to carve out new streams as they melt. The qualifying streams would connect to the ocean, where salmon spend most of their lives, but without steep inclines. The models showed that some new streams

could yield increases as high as 27 percent in salmon-accessible habitats.

Lead author and spatial analyst Kara Pitman notes, "Once conditions stabilize in the newly formed streams, salmon can colonize these areas quite quickly. It's a common misconception that all salmon return home to the streams they were born in. Most do, but some individuals will stray, migrating into new streams to spawn, and if conditions are

favorable, the population can increase rapidly." As the glaciers continue to thaw, that land might become available for mining, but knowing where the streams will appear can help direct conservation plans.

Slippery Situation

Environment Damaged by Winter Road Salt

Road crews in regions impacted by snow and ice dump around 25 metric tons of salt on roadways annually, reducing vehicular accidents by approximately 80 percent. All of this salt is wreaking havoc on the environment and our drinking water, according to a University of Toledo (Ohio) study published in *Frontiers in Ecology and the Environment*. Bill Hintz, assistant professor of ecology and lead author, states, "The magnitude of the road salt contamination issue is substantial and requires immediate attention."

Some easy fixes are within reach. Road salt should always be stockpiled in permanent structures with walls and impermeable floors to prevent seepage. De-icing involves treating roads with liquid salt brine before a storm rather than scattering salt after the snow has fallen. Live-edge snowplows with multiple blades connected by springs, rather than conventional plows with a fixed edge, can remove more snow and reduce the need for road salt. Keep in mind that ordinary road salt stops working when the temperature falls below 15 degrees.

According to the Salt Smart Collaborative, based in Illinois, most homeowners use too much salt to treat surfaces around their homes. About 12 ounces of salt (a coffee mug's worth) can treat a 20-foot-long driveway. To prevent harmful chlorides from reaching rivers and streams, they can sweep up excess salt that remains after a storm and throw it away.

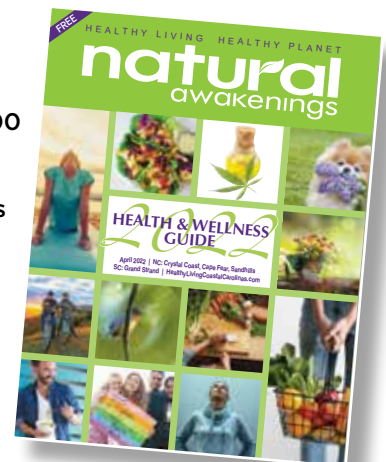
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Plant-Based Foods Go Mainstream

Healthy Eating Gets Easier with Innovations

by Carrie Jackson



Plant-based eating has seen an explosion in the past few years as consumers become increasingly aware of how their food choices impact their health and the environment and align with their ethics. According to market research firm SPINS, plant-based eating is now a \$7 billion market in the U.S., with \$1.4 billion represented by plant-based meat. Consumers can now expect to see veggie burgers at the ballpark, vegan dairy at the cafe, tuna substitutes in every grocery store and a plant-based entrée at Michelin-starred restaurants.

Whether vegetarian, vegan or flexitarian, almost 40 percent of Americans are shifting to a plant-based diet, according to a 2018 Nielsen report. While a plant-based diet supplies essential nutrients and reduces the risk for some cancers, consumers now rank the health of the planet as their number one concern, overtaking personal health, which has been the top priority in recent years, according to market researcher Innova Market Insights. Such an eating regimen can lead to a more sustainable use of resources, combat climate change and help preserve biodiversity. According to a University of Illinois study published in the journal *Nature Food*, animal agriculture is responsible for 57 percent of global greenhouse gas emissions from food production, which accounts for 35 percent of all greenhouse gas emissions.

Plant-Based Companies Align with Values

Elysa Alfano, the founder of Plant Powered Consulting, sees a plant-based diet becoming a lifestyle as consumers demand a broader range of options. “It’s becoming increasingly normal to find plant-based foods and meat alternatives in every grocery store. Oat yogurt, seafood alternatives and vegan honey are now mainstream. People are seeing how inefficient and harmful meat production is and are making the connection between saving the environment and their lifestyle choices,” she says.

Alfano is also the co-founder and CEO of VegTech Invest, an investment management firm that is the first global exchange-traded fund of plant-based companies; it

launched January 4 on the New York Stock Exchange, comprising 37 publicly traded companies actively innovating with plants and plant-derived ingredients, and producing products that are animal-free. “We believe that today’s investors want a more resource-efficient, climate-friendly and cruelty-free food and materials supply system, and want to invest their dollars in the same,” says Alfano.

Dairy and Seafood Alternatives Abound

In the grocery store, it’s never been easier to shop for plant-based options. Companies are getting creative and optimizing products that stand on their own merits, instead of just mimicking meat, fish and dairy. With alternatives such as oat, almond and even potato milk touting sustainable credentials, as well as a creamy texture, plant-based dairy is having a surge.

Sales in the plant-based seafood sector grew 23 percent from 2019 to 2020 according to market data from The Good Food Institute. Nestlé recently launched Vuna, a vegan tuna alternative made of pea protein, wheat gluten, rapeseed oil, salt and a flavor blend, and other companies are jumping on board as consumers are becoming more aware of the seafood industry’s environmental problems, particularly overfishing. While a handful are specializing in proteins derived from fermentation and others are developing lab-grown seafood, most are focusing on plant-based products. Due to their fibrous consistency, jackfruit and yam root are ideal fish alternatives for fillets and sticks. Vegan fish stock, as well as plant-based scampi and king prawns, can be found in vegan grocery stores and such online shops as *ShopVejii.com* and *GTFOLtsVegan.com*.

Mushrooms Become a Plant-Based Superfood

Mushrooms are having a heyday due to their versatility, and companies are harnessing them as a source of fiber, protein and antioxidants. *Meati.com* is a Boulder-based startup that uses mycelium, the root structure of mushrooms, to create a whole-cut product that offers the protein of animal meat with the nutrients of fungi. “We believe that systemic change can start with people replacing animal meat even a couple of times a week. Eating Meati chicken or steak shouldn’t feel like a huge departure from animal products, and the nutrition offered is superior to any food out there,” says Christina Ra, vice president of marketing and communications. “People can enjoy eating Meati and feel great about how they’re nourishing their bodies.”

With \$50 million in recent venture capital funding, the company is building an 80,000-square-foot production facility and plans to start selling its substitute chicken and beef in national markets later this year.

Meati has drawn on ancient, natural processes to grow clean, sustainable sources of nutrition. “Mycelium is an infinite, self-replenishing food source. Made from a closed-loop system, Meati uses less than 1 percent of the water and land needed for animal meat production,” says Ra. The company grows and harvests the mycelium indoors in stainless steel fermentation tanks using only water, sugar and nutrients. Unlike the animal agriculture industry, no antibiotics, growth hormones or pesticides are used.

Vegan Coaching and Delivery Make It Easy

For people that aren’t ready to experiment with plant-based cooking themselves, vegan and vegetarian meal-delivery services are popping up. One such program is *Plantable.com*, founded by Nadja Pinnavaia and designed to give clients the tools to transition into a plant-based lifestyle. Customers sign up online for either a seven- or 28-day program that includes daily shipped meals, one-on-one



vladimir/AdobeStock.com

counseling through phone calls and texts, and lifestyle recommendations to form new habits. “Our goal is to make plant-based eating so tasty and effortless that it becomes a way of life,” Pinnavaia explains.

She says the idea behind Plantable, which is based in New York, but will ship anywhere in the country, is to make plant-based eating less of a barrier for people. “Most of our clients are either looking to kickstart a new lifestyle and don’t know how to begin, or they are busy and want the ease of prepared meals made from scratch with real, clean ingredients. Our menu is a whole-food, plant-based way of eating that is filled with fiber and packed with nutrients. We focus on legumes, tofu and nuts as sources of protein,” she says.

Pinnavaia, who holds a Ph.D. in quantum chemistry, became interested in food and nutrition after having too many family members diagnosed with cancers. Since launching Plantable in 2016, she has observed more clients coming in on their doctor’s recommendation.



“We’re seeing a shift towards more consumer-driven health care, where doctors are understanding that meal planning and nutrition are critical to overall health. The community in general is also taking more ownership of their own health and gaining more knowledge of the benefits of a plant-based diet,” she says.

Eating Out Gets Healthier

For people dining out, there is no shortage of plant-based options, and that goes beyond a salad and fries. Eleven Madison Park, in New York City, is the first vegan restaurant to receive a Michelin star. Even fast-food chains are getting on board, with McDonald’s introducing the McPlant burger and KFC debuting a Beyond Chicken made of soy and wheat.

Joe Hehl, the founder of Draggled Through the Garden, a Chicago-based company that consults with restaurants and breweries looking to expand vegan options, has seen an uptick in interest. “Adding a plant-based option or two on the menu can absolutely set some new

eyes on a restaurant’s operation. Now this place will show up in searches for ‘restaurants with vegan options’ and appeal to an audience who potentially wouldn’t have eaten there otherwise. Plus, it’s not super-costly on the bottom line,” he explains.

He adds that the availability of meat substitutes on a menu, such as an Impossible Burger, makes it easy for people trying to cut down on their meat intake. “Mainstream substitutes are a little more accessible than something like a bowl of quinoa to someone who is not vegan. This new era of plant-based burgers offers an alternative for those who want to wind down their meat intake, but are unsure how to start,” he says.

Hehl also offers clients recipes and guides for recreating vegan versions of traditional fast food and kitsch menus. Past recipes have included a Vegan Philly Cheesesteak and the Vegan Chorizo Sloppy Joe, for which he offers step-by-step instructions and encourages followers to have fun and experiment with ingredients such as oat milk. “I grew up in a very meat-and-potatoes household and had no knowledge of cooking whatsoever. As I learned about some of the benefits of a plant-based diet, I decided to embrace it as a challenge to myself,” he says. “My favorite plant-based ingredients to use are garlic powder and smoked paprika! Some people are eating plant-based ingredients without even realizing it.”

Consumers have no shortage of options as plant-based eating and lifestyle choices continue to go mainstream. Companies are meeting the demand with creative, sustainable products and services that are better for the planet, healthier for the body and allow people to align their values with their purchases. As the interest increases, new innovations are likely to explode on the scene and the plant-based followers are ready.

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

Staying Trim Into Our 40s and Beyond

by Deb Read

Millions of people feel like they are gaining weight as they get older, finding it harder to lose weight and keep it off, and are frustrated that what they used to be able to do to drop a few pounds isn't working. For many, it's important to understand the science behind losing weight as we age.

First, we need to understand that traditional diets can trigger our bodies to actually get fatter over time. When we restrict calories day in and day out, our body starts to slow down our resting metabolic rate. Our resting metabolism is the number of calories our body burns while we are inactive (sitting watching TV, sleeping, working at the computer, etc.). The big goal for weight loss is to burn as many calories as we can in the day. Therefore, people exercise so they can burn more calories in a week than they consume. So, we may be altering our resting metabolic rate year after year by restricting the food our body needs.

Another concern with a traditional calorie restricted diet is that as we lose weight, we are also losing muscle. Muscle is what burns fat. The more muscle we have, the more we rev up our metabolic rate and the more fat we burn at rest. After the age of 40, we are in a rapid decline of muscle loss. We can lose as much as 3 to 5 percent per decade. Because muscle plays a huge role in preventing belly fat, the more muscle we lose, the more belly fat we can potentially gain. A big tip to maintaining our figure as we age is to lift weights and eat plenty of protein. When eating protein, our body breaks the

protein down into amino acids. The amino acids are then used to repair and grow new muscle fibers. If we are building lean tissue, then we are also revving up our metabolic rate and not replacing the lost muscle with abdominal fat.

Aim for 25 to 30 grams of quality protein at each meal to keep that metabolism at its peak and muscle mass from wasting. Most Americans want to overeat protein at dinner time instead of spreading out their protein intake out throughout the day. Overeating protein at dinner doesn't help our bodies because we are only able to use about 30 grams of protein at a time when at rest. So, instead of cereal with milk for breakfast, reach for a few eggs and some turkey sausage. Or opt for a protein shake or a bowl of Greek yogurt and berries.

A study from the Prot-Age-Study Group reaffirmed that older people should eat about 0.5-0.6 grams of protein per pound of body weight per day to adequately maintain muscle mass and to also reach their anabolic threshold (the point at which muscle mass can be maintained).

Other tips for maintaining your weight or losing weight after age 40 are:

- Don't drink calories – A significant amount of empty calories can come from sweetened iced teas, sodas, sports drinks, specialty coffee drinks and fruit juices. Chose water, unsweetened coffee and unsweetened teas instead. Soda water is also a smart option.
- Don't be afraid of healthy fats – Healthy



fats like omega-3 fatty acids in seafood, olive oils, avocado oils, nuts, seeds and olives are all satisfying and good for us. Fats help us feel full and reduce the desire to snack later.

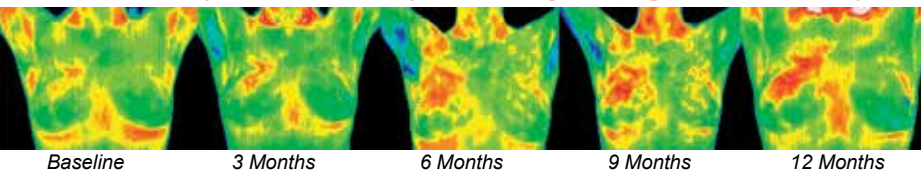
■ Increase fiber intake – Soluble fiber regulates the hormones that make us feel full. It can also reduce appetite by slowing down the movement of food through the gut. Brussel sprouts, flaxseeds, sweet potatoes, apricots, legumes and oatmeal are all great sources of soluble fiber. We should aim for at least five grams of fiber at each meal.

In short, get enough protein, lift weight and get plenty of fiber to stay trim into one's 40s and beyond.

Deb Read is a Bioidentical Hormone Replacement Therapy consultant, nurse and office manager with Biosymmetry, located at 265 Racine Dr., Ste. 102, Wilmington. The practice is currently accepting new patients. For more nutritional guidance or to learn more about Biosymmetry's weight-loss program or bioidentical hormone therapy, call or text 910-399-6661, visit Biosymmetry.com or email Dr. Pate and staff at Contacts.Wilmington@Biosymmetry.com. They also offer the Mona Lisa Touch, Sculpture, peptide therapy and various other aesthetic services. See ad, page 23.

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Easing into a Vegan Lifestyle

CLEVER MEAT SUBSTITUTES THAT PLEASE THE PALATE

by Sheila Julson



Today's wide availability of vegan meat substitutes in the grocer's freezer helps break the ice for people that want to experiment with plant-based foods. The taste, convenience and quality of these products has improved greatly over the past decade, but like many convenience foods, some packaged faux meat products can be high in sodium or fillers. While packaged, meat-alternative products are ideal for a tasty occasional treat, there's a whole world of options beyond the freezer aisle for those that want to expand their vegan palates.

Arielle and Brandon Hawthorne, co-owners of Twisted Plants, a popular, plant-based restaurant in the Milwaukee area, make their vegan food approachable by creating plant-based foods that mimic everyday, non-plant-based options. "I think that motivates people to try it because they feel they can still have the same flavor and taste they're used to, but in a healthier version," Arielle says. They use items like jackfruit, a species of tree in the fig family, which takes on the taste and consistency of pulled pork when shredded and marinated in sauces or spices.

Going plant-based does not mean going without. Del Sroufe, a vegan chef based in Columbus, Ohio, culinary specialist at the T. Colin Campbell Center for Nutritional Studies and author of the *Forks Over Knives* companion cookbook, recommends that people craft satisfying, plant-based entrées at home by starting with recipes they like, and then looking for plant-based versions of those. "If you like pizza, you can still have pizza. If you like Italian cuisine, there are plenty of Italian recipes," he says.

Priyanka Naik, a self-taught Indian vegan chef, Food Network champion and

istefana/AdobeStock.com

author of the new vegan cookbook *The Modern Tiffin*, advises to gradually start a plant-based diet with one meat-free day per week and then increase. She adds that when eating out, opt for vegetarian or vegan options to be sure a plant-based lifestyle is sustainable outside of the home kitchen.

Substitutes at Home

The concept of protein at the center of every dinner plate has been ingrained in American culture. Dismantling that perspective opens up a whole new world and encourages thinking about vegetarian and vegan food in a new light, Naik says.

Sroufe adds that we often believe we won't get enough protein from plant-based foods. "There's been a lot of science to refute that. The World Health Organization has identified people that exist healthfully on less than 6 percent protein in their diets."

Fruits, vegetables and grains are often more economical than packaged convenience foods, especially when purchased from local farmers markets. Pasta, rice and beans, which can be purchased in bulk, are budget-friendly. Naik cooks with the objective of putting vegetables at the forefront, using her Indian ancestry and global influences to make veggies the star of the show.

Cauliflower and eggplant can be prepared in "steak" form as a main course or stand in as healthier versions of pub-food appetizers like buffalo chicken wings. For those craving meatier flavors, chickpea flour becomes crumbly when water is added, effecting a good substitute for ground beef. Adding chipotle, cumin and other seasonings emulates taco meat. "Chickpea flour is high in protein and is used in a lot of Indian cuisine," Naik says. "You can buy the flour or grind dry chickpeas to make the flour."

Jackfruit adapts easily to myriad recipe styles. Sroufe notes it can be used in dumplings and tacos. Hawthorne also uses it to make vegan ribs and in beef-style stews.

Don't toss that banana peel—Naik says using clean, organic banana peels after the flesh has been removed is a zero-waste approach to plant-based eating. Cooks can shred the peel with a fork and sauté it with soy sauce and other spices to mimic pulled meat.

Tofu gets a bad rap, Sroufe says, noting that many people worldwide eat soy products without experiencing digestive issues. He often uses tofu for a number of presentations. "Silken tofu can be used to make pudding. Crumbled tofu can be substituted for ricotta in lasagna, or you can marinate tofu to make bacon for sandwiches. It's a good, filling food."

Sroufe also uses millet as a base for meatloaf, meatballs and sloppy joes. Several mushroom varieties have meaty textures, and when battered and fried, they emulate fried chicken. Hawthorne also uses mushrooms as a meat replacement in Philly cheese steak sandwiches. Seitan, made with a vital wheat gluten base, can be used for meatballs.

By experimenting with an array of vegetables, grains, nuts and seeds to create balanced textures and flavors, even the choosiest omnivores won't miss the meat.

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

Plant-Based Options

BUFFALO CAULIFLOWER BITES



photo courtesy of Del Sroufe

This healthier version of buffalo wings is meat-free and baked instead of fried, but full of flavor and spice. It can be eaten plain or, as Sroufe recommends, as a Buffalo Po' Boy sandwich, served on a whole-grain hoagie or sandwich buns with cabbage and peanut slaw.

½ cup water

¼ cup almond butter

½ cup red hot sauce, plus extra for tossing with the cooked bites

¾ cup whole-wheat pastry flour

¼ cup nutritional yeast

1 ½ Tbsp granulated garlic

1 large-head cauliflower, cut into 1-inch florets (about 6 cups)

Preheat the oven to 375° F. Combine everything except the cauliflower in a large bowl.

Mix well. Add the cauliflower florets and toss until thoroughly coated.

Place the coated florets on a nonstick baking sheet in a single layer. Bake for 25 minutes or until golden brown. Toss with extra red hot sauce if desired.

Recipe and photo courtesy of Del Sroufe.



siwani/AdobeStock.com

ONE-PAN SKILLET EGGPLANT PARMIGIANA

Inspired by the Italian restaurants of her Staten Island neighborhood while growing up, Naik has created a vegan version of this Italian favorite.



photo courtesy of Priyanka Naik

1 Tbsp neutral oil (such as canola or vegetable oil)
 1 medium-sized Italian eggplant, split in half lengthwise
 2 tsp olive oil
 1 tsp Calabrian chili oil
 2 cloves garlic, roughly chopped
 1 sprig of fresh oregano
 1 cup of jarred marinara sauce

1 sprig of fresh basil (extra for garnishing)
 3-4 Tbsp water
 1 Tbsp sugar
 1 Tbsp tomato paste
 1 tsp red pepper flakes
 4 slices vegan mozzarella
 ½ cup plain breadcrumbs
 Kosher salt and freshly ground black pepper to taste

Pour about 1 Tbsp neutral oil into a medium or large nonstick skillet. Heat over medium-high flame. Meanwhile, score the meat of the eggplant in crosshatches. Do not to cut all the way through the skin.

Place eggplant slices meat side down into the hot skillet and cover with a lid. After 3 to 4 minutes, check the eggplant to be sure it's turning golden brown; if it looks charred, lower the heat. Cover with lid and continue cooking for another 5 minutes. Flip eggplant slices

(meat side should be tender and able to pierce with a fork).

Sprinkle with a bit of kosher salt, cover with the lid and cook another 4 to 5 minutes. Eggplant should be very soft, fork tender and cooked, but not falling apart. Remove from pan.

Lower heat slightly and pour in olive oil and Calabrian chili oil. Once hot, add garlic, sautéing until slightly golden. Add the sprig of oregano.

Once super-fragrant, pour in the jar of sauce and a sprig of basil and water. Lower the heat to medium-low. Add sugar, tomato paste, salt, black pepper and chili flakes. Mix until incorporated and smooth. Once the sauce starts bubbling, add eggplants meat side-up.

Cover the lid and simmer for 2 to 3 minutes. Put cheese slices on top of the eggplant and close with the lid. While the cheese is melting, toast breadcrumbs in a separate pan. Sprinkle in salt and freshly ground black pepper to taste. Toast until golden brown and crispy. Turn off heat.

Remove lid from eggplant and once cheese is fully melted, top with breadcrumbs and fresh basil, and remove from heat. Serve with Italian crusty bread.

Recipe and photo courtesy of Priyanka Naik.



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Journaling to Access Inner Wisdom

by Nadine Kenney Johnstone



GET INTO THE BRAIN OF THE OLDER, WISER YOU. Imagine the version of you six months from now that has gotten through the muck you're currently in. What deep wisdom and advice does it carry?

START WITH A LOVING

GREETING. Address your present self compassionately, the way you would to a child or dear friend. "Hi darling. It's a brand-new day, sweetheart."

ACKNOWLEDGE YOUR HARDSHIPS

WITHOUT JUDGEMENT. What is your wiser self observing from the outside? Let it state what it notices. "I can see that you're hurting. You've been through it, haven't you?"

LET THE PAST BE PROOF OF YOUR

EMOTIONAL ENDURANCE. Be an investigator and dig up examples of how you've coped with previous hardships. Remember that time you thought you couldn't deal, but you did?

STATE WHAT THE WISER-YOU

KNOWS. What does this perspective offer to the situation? Be the scribe as you channel wiser-you's messages. Try this prompt: "Your heart knows that ..."

REQUEST THE NEXT RIGHT STEP.

Ask your wiser self, "What do I need in order to heal from this?" Listen for the answer. It might take the form of advice, a mantra or a simple step: Rest. Pause. Stay. Hug.

LIST WHAT YOU CAN LET GO OF.

Dump your obsessive thoughts onto the page, as well as anything you can't control. While you think you can control other people's reactions, you can't.

CLOSE WITH LOVE AND SUPPORT.

"I love you and I'm here for you in your heart."

READ WHAT YOU WROTE.

Be amazed by the wisdom that came simply because you tapped in and asked. Bring your hands to your heart and say thank you.

Nadine Kenney Johnstone is the host of the podcast Heart of the Story, a writing, meditation and yoga nidra instructor, and a workshop and retreat leader.

On a summer afternoon in 2015, I sat in my favorite coffee shop waiting on life-changing news. With each minute, my anxiety mounted, so I turned to the only thing that calms me in a stressful situation—my journal. As my pen scrawled across the page, I instinctively wrote a letter from my future self to my present self. I just needed someone to reassure me. And that "someone," apparently, was me.

I've been writing these inner-wisdom letters ever since, and it has been one of the most helpful practices in managing my anxiety. Women that have attended my retreats say it is the most impactful thing we do. When you're feeling overwhelmed, grab a pen and follow these simple steps.

CREATE A SIMPLE CEREMONY. Sitting down with your favorite mug or journal makes this exercise feel sacred. Write in the light of dawn or by the glow of a candle, whatever brings you joy.

SET A TIMER SO YOU DON'T OVERTHINK IT. Perfectionism is the enemy of creativity. For 10 minutes, tell yourself to just write whatever comes, no matter how imperfect.

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Burnout Recovery

Ways to Reset and Find Balance

by Ronica O'Hara



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“I’ll sleep when I die,” Kristina Shea used to joke about her three hours of nightly shut-eye. In retrospect, she says ruefully, “It almost became a reality.” Her hectic life as a single, widowed mother juggling her child’s needs, a high-powered career, university classes, fitness teaching and a two-hour work commute came to an abrupt stop eight years ago when she got off an escalator in the Toronto business district and collapsed. “It was burnout which manifested into physical symptoms such as extreme high blood pressure, red rashes, eczema and even a brain cyst,” she recalls. “I was

emotionally and physically drained, with little joy left for life.”

Determined to reset, she switched jobs, prioritized sleep, practiced yoga, meditated and took long nature walks. When COVID-19 shutdowns hit and she was laid off, she was at a loss, but rebounded, and inspired by her own healing process, started a CBD-enhanced natural skincare product line. “Still to this day, it is an active healing process,” she says. “It is very easy to go back to old patterns of behavior.”

Burnout, once primarily a workplace concern, is turning into a societal norm. During the long slog of the pandemic,

its telltale symptoms have become commonplace: fatigue, cynicism, apathy and feeling ineffective and disconnected. Among American employees, 52 percent reported feeling burned out in a March 2021 study, with two-thirds saying it had worsened during the pandemic. Belgian researchers found parental burnout in the U.S. to be among the highest in the world—even before COVID-19 closed schools. Record numbers of healthcare workers, caregivers and therapists report feeling physically, mentally and emotionally exhausted, with grave implications for those they are helping.

Over time, burnout can bring on such health consequences as depression, insomnia, cardiovascular disease and immune disorders.

Turning around burnout requires a simple first step. We must admit what's going on, says Eileen McDargh, author of *Burnout to Breakthrough* and an executive coach in Dana Point, California. "Until we stop and literally look at what we are doing, we remain on the hamster wheel," she says. "And then, we must listen to what our head is saying to us, and perhaps even more important, what our heart—our intuition—is telling us. The heart knows the truth."

From this self-assessment, other steps can follow, she says, such as asking, "What can I change about this? What can I avoid? What can I amend? And what—at least for the short term—can I accept?" A stressful situation can also be proactively reframed by viewing it as a challenge, a learning opportunity, a way to help others or as having a higher purpose. Other helpful strategies include:

ACCESS POINTS OF JOY. By asking ourselves what three specific activities or things truly make us feel alive, engaged and happy, we can figure out how to work them into our days and restructure our life. In one study, physicians that spent about 20 percent of their time—roughly one day a week—on the activity they found the most meaningful had half the rate of burnout as those spending less time on those pursuits.

FIND POINTS OF CONTROL. Feeling helpless is a trademark of burnout, "but there is always something we have control over. Our physical body is a great place to start: sleep, exercise, diet..." says McDargh. Even little steps matter, such as putting greens into smoothies, turning off digital devices a half-hour before sleeping or dancing to a short tune.

TAKE MICRO-BREAKS. "You don't have to wait for the next vacation to recharge," says Michelle Risser, a licensed clinical social worker and burnout expert in Worthington, Ohio. "Some examples: stand up and stretch between meetings. Feel your feet on the ground and take a

"Until we stop and literally look at what we are doing, we remain on the hamster wheel." – Eileen McDargh

nice, slow breath. Breathe in on a count of five, out on a count of seven. Listen closely to a piece of music." As few as 10 minutes sitting or walking in nature improves mood, focus, blood pressure and heart rate, report Cornell researchers.

ENHANCE GRATITUDE. Studies among firefighters and professional athletes have found gratitude to be significantly protective against burnout—in part because it causes us to pause and savor an uplifting feeling. Developing the habit is

as simple as writing down a few specific reasons to be grateful before bedtime several days a week. "Gratitude is a powerful energy enhancer," says McDargh. Shea concurs, "When we take the time to just be, feel gratitude, the sun on our face, this helps rewire the way we think—and we can then begin to heal our bodies."

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

A WEEKEND WARRIOR SURVIVAL GUIDE

PREVENTION, FIRST-AID AND RECOVERY

by Marlaina Donato



At first glance, it seems harmless to sit at a desk all week and then dive into gardening, hiking, shooting some hoops or playing softball with the kids. We think nothing of it until that pulled hamstring, stiff shoulder or painful knee makes itself known, slowing us down for a few days or weeks. At the other end of the spectrum, weekend warrior injuries can be more serious, taking months and even surgery to be resolved.

With prevention, simple exercises and minimal investment of time, most suffering can be avoided. Recovery time can be shortened by integrating traditional first-aid approaches with complementary modalities like homeopathy, herbal remedies, essential oils and supplements.

Full-Spectrum Prevention

Maintaining our cars prevents them from breaking down on the highway, and our bodies are no different. Muscles are meant to move regularly, and if we're doing our part, the body will be stronger, more flexible and less prone to sprains, strains and chronic pain. "Common causes of injury are not warming up the body before exercising, pushing yourself before you are ready, not taking enough rest, improper form and not listening to aches or pains," says New Jersey fitness trainer and mindset coach Nadia Murdock. She stresses the importance of exercising regularly three to five times a week to improve muscle strength, increase endurance and transport oxygen and nutrients where they are needed most in the body. "With this routine under your belt, you can find more comfort in tackling an adventurous weekend without pain or injury."

Whether putting down a new floor, raking leaves or playing a game of tennis, toughing out an annoying muscle twinge or ignoring stiffness in a joint can set us

up for trouble down the road. “The ‘no pain, no gain’ mindset is definitely not beneficial over the long run for health maintenance,” says physical therapist Brennan Hussey. In his private practice in Evergreen, Colorado, and Appleton, Wisconsin, Hussey most often sees weekend warrior mishaps that target the lower back, shoulder, hip and knee. Identifying unhealthy habits and compromised alignment can prevent ongoing issues, he says, and a head-to-toe evaluation and approach are key.

“Pain is obviously what brings people in for treatment most often, but if I treat with pain as the focus, I will miss the dysfunction that’s actually causing the pain response,” he says. “I’ve found hands-on, or manual, therapy best treats the various dysfunctions that cause pain, whether chronic or acute, and usually within a very low number of visits.”

First-Aid and Recovery Essentials

RICE—rest, ice, compression and elevation—is the name of the game when injury strikes, but adding essential oils to a first-aid and recovery regimen can offer significant benefits. Diluted external use of lavender, cypress and eucalyptus can minimize bruising, pain and swelling. Essential oils are also reliable allies for dealing with general discomfort after an active weekend.

“In my 30 years using essential oils, plus raising two active boys, I’ve found that the most effective way to use essential oils for post-activity soreness is with topical application,” says Liz Fulcher, a clinical aromatherapist and owner of the Aromatic Wisdom Institute, in Selinsgrove, Pennsylvania. “Specifically, I add 15 to 20 drops of essential oil into one fluid ounce of unscented lotion or cream, which is a 5 percent dilution—too strong for all-over use, but great for spot application of topical issues. Apply the blend into the affected area as often as needed for approximately two days.”

Her powerhouse favorites for aches and pains include German chamomile (*M. chamomilla*), helichrysum (*H. italicum*), ginger (*Z. officinale*), black pepper (*P. nigrum*), frankincense (*B. carterii*), lavender (*L. angustifolia*) and tea tree (*M. alternifolia*). For open wounds, she reaches for the distilled herbal waters known as hydrosols to wash the area before applying lavender and tea tree to avoid infection. Helichrysum essential oil is remarkable for bruises and other topical trauma, she says.

According to a 2016 review of studies in the *American Journal of Therapeutics*, soft tissue injuries respond well to immediate and subsequent internal use of the homeopathic remedy *Arnica Montana 30x*, as well as topical arnica in the form of gels, oils and sprays. Remedies like *Ruta graveolens* and *Rhus tox* offer further support for sprains and strains. Bolstering the diet with anti-inflammatory spices and supplements like turmeric, vitamin C with bioflavonoids, vitamin E with mixed tocopherols, bromelain, borage and flaxseed oil can also provide support.

In the end, maintaining an active lifestyle all week long can lower the risk of needless suffering. “With consistent movement, you will understand how your body moves and responds to certain conditions. This will start to create a deeper understanding of what your body can tolerate,” advises Murdock. “The biggest takeaway is consistency.”

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

TIPS TO PREVENT INJURY

ADVICE FROM FITNESS TRAINER NADIA MURDOCK:

Start with a gentle warmup if you are stretching before your workout. This helps to loosen up the joints and improves the blood flow to the muscles in your body. Try incorporating a few jumping jacks or a minute of running in place. Avoid bouncing in the stretch; hold the stretch for at least 20 seconds and don’t rush it.

A few simple moves:



FORWARD LUNGE: Kneel on one knee, place the other leg forward at a 90-degree angle, making sure the knee is over the ankle. Lean into the movement to feel the stretch in the inner thigh. Hold for at least 20 seconds and then switch legs.



STANDING QUAD STRETCH: If you need additional support in this stretch, you can use a wall or chair. Raise one foot behind you; on the same side of the body, reach back to grab your foot at the ankle and pull it toward your seat, stretching the thigh. Keep the knees close and square your hips by keeping them forward. Hold for at least 20 seconds. Repeat on the other side.

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The 411 on Styrofoam

Why We Should Just Say No

Because it is heat-resistant, extremely lightweight and relatively sturdy, Styrofoam is commonly used for takeout food and beverage containers, egg cartons, craft materials, home insulation and product packaging. The harm it causes to human health and the planet outweighs its convenience, however, and a growing number of cities in Asia, Europe and the U.S. have banned its use, including Minneapolis, Portland, Seattle, San Francisco, New York City and Washington, D.C.

The word Styrofoam, which stands for a polystyrene plastic foam made from nonrenewable crude oil, is actually a trademark owned by the Dow Chemical Company in more than 90 countries. Despite city restrictions and growing concern over its safety, 3 million tons of it is produced every year in the U.S.

Human Health Risks

Two known toxins—benzene and styrene—are released during the manufacture of this puffed, #6 plastic. The toxins are also released whenever it is subjected to heat—by contact with a hot beverage or in the microwave, for example. In a 1986 U.S. Environmental Protection Agency (EPA) study, styrene was detected in the fatty tissue of every man, woman and child tested. The tens of thousands of people that live and work in environments with high concentrations of styrene have higher instances of cancer, neurological issues, headaches, depression and fatigue, while chronic exposure to benzene is believed to cause blood disorders, negative reproductive effects and increased incidence of leukemia.

Environmental Impacts The manufacturing process of polystyrene was rated as the fifth-largest source of

hazardous waste by a 1986 EPA report. It is estimated that 680 pounds of greenhouse gas are emitted to produce 10,000 plastic foam cups. Styrofoam is virtually non-biodegradable, and only 1 percent of it is recycled. Approximately 2.3 million tons end up in landfills every year, releasing toxins into the air and breaking into smaller particles that make their way into waterways, polluting the human drinking supply and posing great risk to marine life that ingests microplastics.

Better Alternatives It is best to avoid using Styrofoam altogether, opting instead for plant-based, stainless steel, ceramic or glass containers to carry food and beverages. Choose manufacturers and shipping companies that use biodegradable packing materials instead of foam. At the grocery store, purchase eggs in paperboard cartons and get fresh cuts of meat from the butcher rather than those packed in foam trays. At home, select Earth-friendly insulation and steer clear of foam-based craft supplies.

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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.

FRIDAY, MARCH 4

National Day of Unplugging – National Day of Unplugging is on the First Friday of March and encourages people to try a digital detox and unplug for 24 hours, from sundown to sundown.

SATURDAY, MARCH 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.

Dreamms Empowerment Summit – 9am-5pm. Bi-monthly summits covering holistic approach to wellness with six speakers to discuss the newest modalities and options, via classroom or Zoom. Cost: \$39/event. Hampton Inn Oceanfront, 1802 S Ocean Blvd, Myrtle Beach. Visit NovusEnergia.org or call 843-333-9749.

SATURDAY, MARCH 12

St. Patrick's Day Festival – 9am-6pm. Emerald Isle's annual festival is back featuring live music, kid rides, arts and crafts, specialty foods and an Irish beer tent for leprechauns of age. 8700 Emerald Dr, Emerald Isle. EmeraldIsle-NC.org or 252-354-6350.

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. BlueLagoonWellnessCenter.com. 910-685-2795.

THURSDAY, MARCH 17

Happy St. Patrick's Day

SATURDAY, MARCH 19

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.

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. BlueLagoonWellnessCenter.com. 910-685-2795.

SUNDAY, MARCH 20

Spring Equinox

MONDAY, MARCH 21

International Day of Forest – Forests are not only the lungs of the Earth, they also provide an invaluable amount of resources, are the home of thousands of species of animals and plants, and fight climate change, a day that raises awareness about the importance of forest in all of our lives, and the need to prevent deforestation.

TUESDAY, MARCH 22

World Water Day – Clean and safe water is something that is still not accessible to many people around the globe, and even in some parts of the United States. There are currently 2.2 billion people living with no access to clean and safe water, which means this is a global water crisis that we need to take action against.

SATURDAY, MARCH 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.

March Hare Tea Party – Noon-4pm. Pinkies Up! Come spend the afternoon with three local tea blenders. Choose the teacup that you will use for the afternoon, then head to the tea table and sample teas that are locally crafted by your talented hosts. Cost: Free. Blue Lagoon Wellness Center, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

Earth Hour – 8:30-9:30pm. People are encouraged to turn their lights and non-essential appliances off, in an effort to raise awareness about the issues of climate change, and encourage people to do something to protect the planet.

planahead

SATURDAY, APRIL 2

Reiki Level II 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-ii-certification-course-tickets-243641156257](https://www.eventbrite.com/e/reiki-level-ii-certification-course-tickets-243641156257). 507 Castle St, Wilmington.

Sunday, April 3

Reiki Level II Certification – 1:15-4:15pm. See April 2 listing. Wilmington.

SUNDAY, APRIL 24

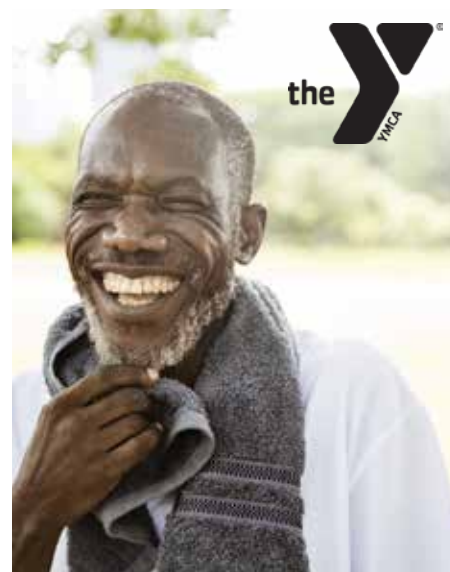
New Earth Consciousness Expo – 11am-6pm. Come join us for a full day of Fun & Magic. The best Psychics/Mediums, Holistic Practitioners and Vendors all under one roof. Complimentary presentations & gallery readings and all-day raffle with great prizes. Cost: \$5 admission. Courtyard Marriot Carolina Beach,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

save the date

Spring Day Market – 11am-5pm. 5th annual Spring Day market celebrating our local psychics, healers, card readers, shaman, crafters and much more. Free admission, outdoor event. Rain date April 30. Blue Lagoon Wellness Center, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

SATURDAY, MAY 7

Dreamms Empowerment Summit – 9am-5pm. Bi-monthly summits covering holistic approach to wellness with six speakers to discuss the newest modalities and options, via classroom or Zoom. Cost: \$39/event. Hampton Inn Oceanfront, 1802 S Ocean Blvd, Myrtle Beach. Visit NovusEnergia.org or call 843-333-9749.



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

sunday

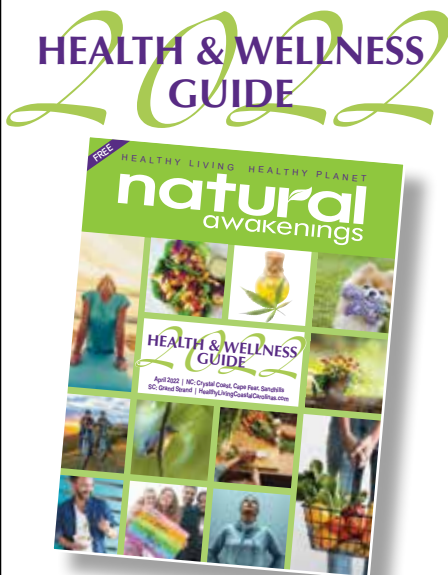
Acupuncture – 10am-6:30pm. Acupuncture available by appointment for 1 hour, one on one session. Cost: \$50. Register through FB Messenger @madameeerkat. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

Sunday Morning Circle – 9:30-10:15am. 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=Q3J6clVNR1g5dF14NEU2NjFnY01EZz09. Meeting ID: 854 8081 1819, passcode: 262481. In-person masks appreciated. 6173 Salem Rd, Myrtle Beach. 843-238-8516.

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

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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 @madameeerkat. 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 @madameeerkat. 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. Blue Lagoon Wellness Center.com. 910-685-2795.

saturday

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

"No matter how chaotic it is,
wildflowers will still spring up
in the middle of nowhere."
~Sheryl Crow

classifieds

Fee for classifieds is \$35 (up to 25 words) + \$1 per word over 25 words. To place listing, email content to Editor@HealthyLivingCoastalCarolinas.com. Deadline is the 10th of the month.

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CAREER OPPORTUNITY: Hotworx Wilmington, a 24 hour fitness studio is opening a new location and seeks an energetic, customer satisfaction, sales-oriented individual to manage our new location. Interested candidates should contact Patty @ 910-264-9043 for additional information.

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community resource guide

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

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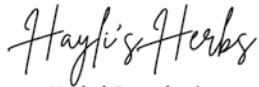


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Specializing in growing a large variety of culinary herbs, and grow seasonal vegetable plants, heirloom and native plants; butterfly and bee plants. Open year-round with seasonal varieties. Provide fresh-cut herbs, edible flowers and microgreens to local restaurants, caterers and home use. Also participate in local farmers' markets, garden shows and special events. Farm tours, workshops and classes available. *See ad, page 8.*

HOLISTIC DENTIST

WILMINGTON HOLISTIC DENTISTRY

Dr. Jessica Shireman, DMD, AIOMT
6200 Oleander Drive, Wilmington
910-777-4020
WilmingtonHolisticDentistry.com



Dr. Shireman is excited to bring holistic dentistry to Wilmington. She and her family recently relocated from Raleigh where she had a holistic practice for 5 years. She holds both SMART certification and is accredited by the IAOMT in safe-mercury removal and has a unique, patient-based approach to dentistry. *See ad, page 4.*

HORMONE HEALTH

LETS GET CHECKED

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



The female hormone test is for anyone curious about their fertility status. Hormone imbalances may be caused by ovarian failure, early menopause, menopause, thyroid issues, or ovulation function or PCOS. If starting a family, or are thinking about pregnancy down the line, the female hormone test is for you.

MASSAGE

THE FEEL BETTER HEALING PLACE

Laura Nicole, LMT
203-376-6878

FeelBetterWilmington.MassageTherapy.com



Sessions booked by appt only.

Services include therapeutic, hot stone, pregnancy, deep tissue, and lymphatic drainage massage modalities. Other healing techniques include Reiki, Bowsage, Reflexology, VibroAcoustic meditation, and ear candling. 30-60 min sessions

METAPHYSICAL SHOP

BLUE LAGOON WELLNESS CTR, EMPORIUM ROCK SHOP & METAPHYSICAL SHOP

Pat and Jo Zachry
1202 Floral Pkwy, Wilmington
910-685-2795
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 2.*

MADAME MEERKAT'S CABINET OF CURIOSITIES

1001 S. Kerr Ave, Wilmington
MadameMeerkat.net



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

NATURAL AESTHETICS

BLISS AESTHETICS STUDIO

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



All-natural skin care services and treatments using unique, naturally corrective products for all types of skin and ethnicities to treat all skin care concerns; including fine lines and wrinkles, dark spots, enlarged pores acne and more! Permanent makeup and lash extensions also available. Mention *Natural Awakenings* for discount. *See ad, page 2.*

REFLEXOLOGY

REFLEXOLOGY AND RELAX

Bill Moore, ARCB
910-523-9873

ReflexologyAndRelax@yahoo.com
ReflexologyandRelax.com



One of Wilmington's few American Reflexology Certification Board (ARCB)-certified reflexologists, Bill Moore offers comprehensive feet, hand and ear reflexology to bring balance to people's lives and is now accepting new clients.

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 23.*

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 25.*

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 17.*

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 23.

WELLNESS BEAUTY

THINK GOODNESS

609-915-2033

My.ThinkGoodness.com/



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

Cosmetics. Intuitiv Wellness.

WELLNESS PRODUCTS

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Tim Long

910-398-3153

Xelliss.com/TheMessenger



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YOGA

BEACH BLANKET YOGA

Gina Mecca, MS ED, RYT-200

222 Carolina Beach Ave, N

BeachBlanketYoga@gmail.com

910-368-1047



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

"Beautiful sunsets need cloudy skies."

~Paulo Coelho

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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.

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, Flowering Bath (Ancient Incan Ritual). Connecting Body, Mind and Spirit.

"It is almost impossible to watch a sunset and not dream."

~Bernard Williams

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EXAMPLE

ACUPUNCTURE

INTEGRATIVE MED SOLUTIONS

Dr. Fred Lisanti, ND, LAC., RH, CHT 123
 Healthy Rd, Wilmington
 910-555-1212
 IntMedSolutions.com



Therapeutic solutions to acute and chronic conditions. Acupuncture is an intelligent medicine, gentle enough for pregnant women, and powerful enough to treat serious conditions like high blood pressure, chronic pain or insomnia.

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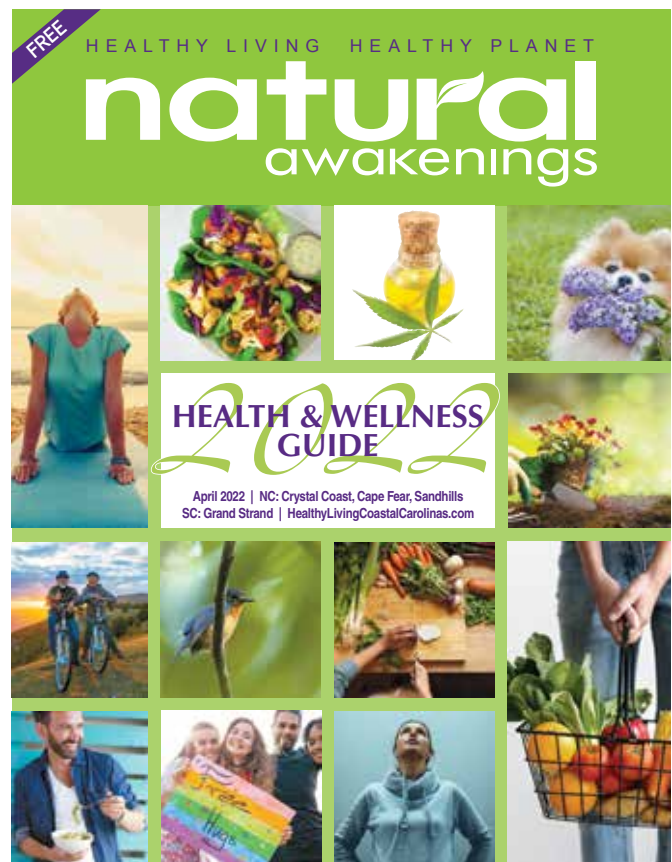
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