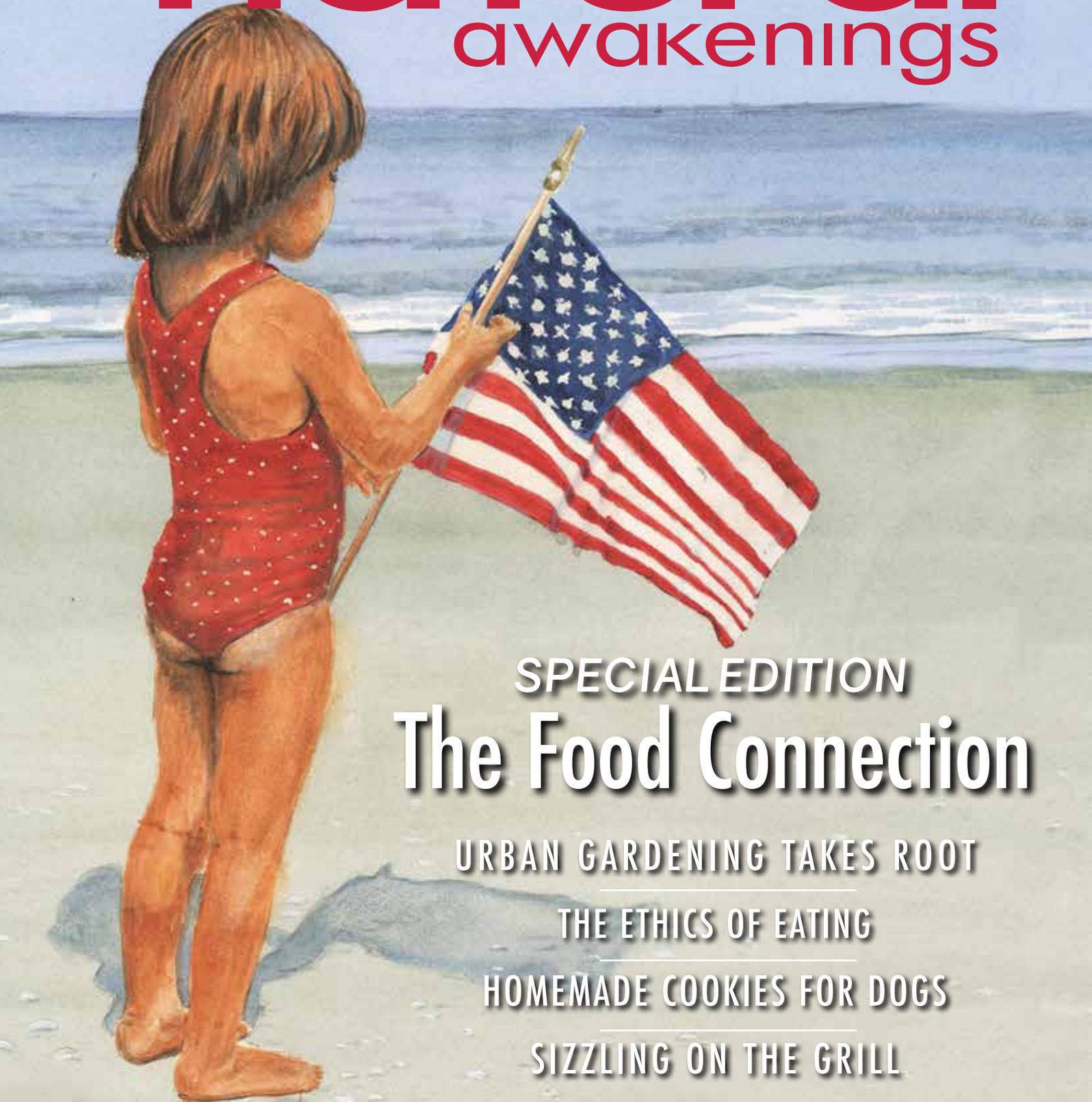


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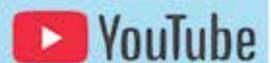
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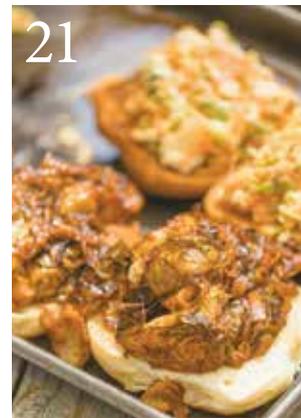
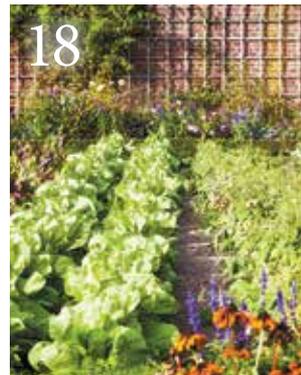
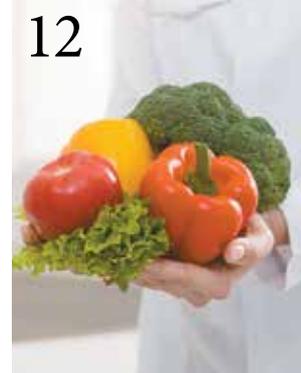
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## letter from publisher

The Fourth of July, also known as Independence Day, is when Americans celebrate our independence and it reminds our country of its freedom. It's our nation's birthday and some partake in parades or marches and enjoy fireworks that are launched at dusk of the famous weekend. We as like most Americans enjoy grilling in our backyards, beaches or in parks. It has become a big, joyous, extended, summer, holiday weekend.

While we think about grilling, we are focusing on "Food as Medicine" this month starting on page 14, from healthier helpings to gaining gut health, which includes several experts who may have varying advice on the best options for you. Everyone is different and, in fact, no gut is the same. As with every facet of our health care, it is important to do our own research and compare all diets and options.

Just pondering about best food, we have a loaded article in our Conscious eating department "Sizzling on the Grill," on page 20. I personally have found the recipes this month to be absolutely delicious and worth trying. A healthy balance can be what's best for us and animals as well. The recipe that resonates with me the most is the grilled carrots with pecans and I am a sucker for the ricotta cheese.

To complement our healthy eating, please continue to flip to the Natural Pet section for "Doggy Delights" on page 24. Learn about some homemade cookie treats for your furry friends and just with a few ingredients to make them super simple and yummy too.

Finally, since we can finally celebrate outside in groups again this summer, be sure to check out the ever so popular calendar section starting on page 26 and visit our website [HealthyLivingCoastalCarolinas.com](http://HealthyLivingCoastalCarolinas.com) for additional event info. Enjoy all the events you attend, celebrations you go to and everything the long, beautiful, summer days have to offer.

*Lori*

Lori Beveridge, Publisher

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HEALTHIER EATING & LIVING CHOICES FOR A GREENER PLANET

## Call to Vendors, Speakers, Others: VEG-OUT Wilmington Set for October

VEG-OUT will kick off its first one-of-a-kind festival to engage and promote a healthy lifestyle, vegan and vegetarian food, nutrition and the environment, all in one place. This free community event, designed to engage and inspire curiosity and provide informed decisions on health and well-being, will be held from 11 a.m. to 6 p.m. on October 16 at the New Riverfront Park in Wilmington.

James Christopher, promoter for Cool Wilmington, comments, "VEG-OUT is currently accepting applications for vendor booths, alternative and traditional medical practitioners, guest speakers, cooking demonstrators, select arts and crafts vendors, vegan and vegetarian food vendors, and nonprofit organizations." He adds, "Any food truck or concession that sells vegan or vegetarian food can apply. All of the food, drinks, products, and general merchandise available within the premises of the event must be compliant with a vegetarian or vegan lifestyle, environmentally friendly and benefits healthy choices. Help introduce Wilmington and other surrounding communities to the benefits of a health-conscious lifestyle!"

Cool Wilmington will host several regional events including Rims on the River, St. Pat's Festival, American Craftwalk and Really Cool Stuff.

Location: 10 Cowan St., Wilmington. For more information and to submit an application, call 714-697-1315, email VegOutNC@gmail.com or visit Veg-Out.org. See ad, page 3.

## news briefs

### Consider Vollara Air Purifier for Eliminating Airborne Contaminants

From disinfecting sprays to face masks to even touchless garbage cans, there is no shortage of "essential products" being offered in the fight against COVID-19. According to medical experts, another item that should be added to our arsenal is an air purifier. Along with helping eliminate dust, pollen, smoke and other irritants from the air, such devices can also go a long way toward extracting dangerous airborne germs and bacteria. The U.S. Centers for Disease Control and Prevention says air purifiers "can help reduce airborne contaminants, including viruses, in a home or confined space."

Tim Long, local distributor and associate for Vollara Air Purifiers, says their "ActivePure Technology has been proven to reduce over 99.9 percent of many common airborne and surface contaminants including viruses, bacteria, mold, fungi, VOCs, smoke, allergens and odors," and more specifically, "destroys 99.9 percent SARS 2 Virus that causes COVID-19." Long recommends the Vollara Air & Surface Pro specifically for elimination of this airborne concern.

Vollara produces several different air purifier options along with other product lines of healthy living and lifestyle options including water purification systems, nutritional supplements for dietary needs and pure laundry cleaning alternatives. He adds, "In 2017, ActivePure Technology was inducted into the Space Technology Hall of Fame, a Space Foundation program aiming to increase public awareness of the benefits of space exploration and encouraging further innovation of NASA-adapted technologies to improve the quality of life for humanity."



For more information and to place an order, call 910-398-3153 or visit [Vollara.com/TimLong](http://Vollara.com/TimLong).

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## news briefs

### Family-Friendly Riverfront Park Grand Opening

Celebrate the new Riverfront Park grand opening along with Independence Day celebrations from 1 to 8 p.m. on July 4 in downtown Wilmington.

This free, family-friendly event will include music featuring local bands, entertainment, kids' activities, food, a beer garden, and much more.

Entertainment is scheduled throughout the day, and fireworks will take place downtown and will be visible along Water Street although will not be visible from Riverfront Park beginning at 9 p.m. Corning Credit Union is the Grand Opening Celebration



event sponsor. A portion of their donation will go to Nourish NC via the United Way.

Parking is available on the street and in downtown parking lots. Street parking on July 4 is free.

*Location: 10 Cowan St., Wilmington. For more information, visit [WilmingtonNC.gov](http://WilmingtonNC.gov).*



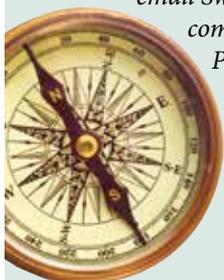
### EPIC Kayak Scavenger Hunt!

Looking for something to do with the kids? Or looking to enjoy a day on the river relaxing looking for various things? If so, this adventure sponsored by Swansboro Paddle Board and Kayaking is for your, being held from 9 a.m. to 5 p.m. on July 15 in Swansboro. Team with most complete list and best photos wins a prize.

Swansboro has become the prime destination for all paddlers in the surrounding area. There are four main reasons why. It's one of the most scenic destinations on the East Coast, prime shark's teeth hunting, the southern hospitality, and last but not least, its affordable.

Swansboro Paddle Boarding and Kayaking is a premier water sports provider. They make safety and customer experience a top priority and provide all paddle board, kayak and tour needs to guarantee a safe and wonderful experience out on the water.

*Location: 108 W Corbett Ave., Swansboro. For more information and to register for the event, call 910-389-1471, email [SwansboroSup@gmail.com](mailto:SwansboroSup@gmail.com) or visit [SwansboroPaddle.com](http://SwansboroPaddle.com).*



### Coastal Green Wellness in Myrtle Beach



“Aches and pains slowing you down? We have relief for you. Choose your CBD strength depending on your severity at one of our two convenient Myrtle Beach locations,” says David Spang, Founder of Coastal Green Wellness.

“Whether you are interested in CBD for anxiety, Alzheimer's or pain, our retail locations are a comfortable place to learn about the potential benefits of this natural product,” adds Spang. CBD oil has been studied for its potential role in easing symptoms of many common health issues, including anxiety, depression, pain, acne and heart disease. For those with cancer, it may even provide a natural alternative for pain and symptom relief.

“Consider our locations your CBD and Hemp Wellness center providing products and education on ways cannabis can help with an array of medical issues, offering organically owned and third-party, lab-tested products,” notes Spang.

*Locations: 2954 B Howard Ave., in Market Commons Myrtle Beach and 1220 Hwy. 17N, N. Myrtle Beach.  
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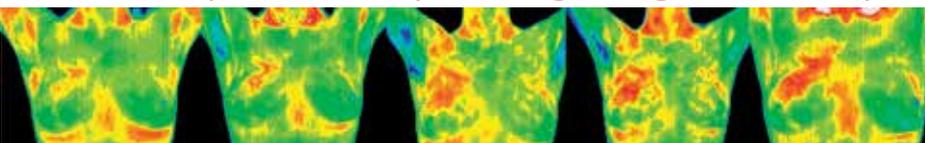
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## health briefs

# Use Sunlight and Sleep to Lower COVID-19 Risk



Two readily available natural strategies—sunlight exposure and sufficient sleep—appear to lower the risks of suffering and dying from COVID-19, report two new studies. Researchers from the UK University of Edinburgh examined records of 2,474 U.S. counties from January to April 2020 to compare numbers of COVID-related deaths to levels of UVA rays from the sun. They found that people living in counties with the highest UVA levels had on average, a 29

percent lower chance of dying from the coronavirus. They ruled out the vitamin D factor by not including counties with UVB levels that would produce the vitamin. Repeating the analysis in England and Italy produced the same results. The researchers theorized that nitric oxide released by the skin when in sunlight may reduce the ability of that virus to replicate.

A second study of 2,884 high-risk health-care workers in five European countries and the U.S. found that every additional hour of sleep reduces the risk of COVID-19 infection by 12 percent. However, insomnia, disrupted sleep and daily burnout are linked to a heightened risk of becoming infected with the coronavirus, having more severe symptoms and a longer recovery period, reports the researchers in *BMJ Nutrition Prevention & Health*. People that had problems like difficulty falling or staying asleep or regularly using sleeping pills were 88 percent more likely to be infected with COVID-19 than those without such issues.

# Try Saffron Extract to Raise Mood



Saffron, harvested by hand from the stigma of crocus (*Crocus sativus* L.), has long been used in cooking, dyeing and fragrances, and a new study also verifies its traditional use for lowering depression. European researchers gave 56 people with

poor moods, anxiety or stress either 30 milligrams a day of saffron extract or a placebo for eight weeks. Those getting the saffron reported feeling less depressed and having improved social relationships, and their urinary crocetin levels correlated with a change in their depression scores.

# Resolve Arguments the Same Day for a Happier, Healthier Life

Either side-stepping an argument or resolving it on the same day pays off quickly by halving the reactivity level—negative “aftertaste”—that day and often erasing any darkened emotional response the following day, say University



of Oregon researchers. Based on surveys of more than 2,000 people reporting their emotional ups and downs during an eight-day period, the researchers found that when people feel they have resolved an argument, the emotional response associated with that disagreement is significantly reduced or even eliminated. Stress reactivity has been found to significantly reduce lifespan, studies show, and is linked to heart disease, a weakened immune system, reproductive issues and gastrointestinal conditions.

# Refrain from Spanking to Avoid Harming Young Brains

About half of U.S. parents spank their children on occasion, and a third have reported having done so in the previous week, although numerous studies have found that corporal punishment is linked to mental health issues, anxiety, depression, behavioral problems and substance abuse in children. A new Harvard study has further clarified the harm with a finding that spanking alters children's brain development. The scientists tested 147 children ages 10 and 11 that had been spanked and used MRI to measure their neurological responses to photos of people with angry or neutral faces. Compared to peers that had not been spanked, the children had greater activation in multiple regions of the prefrontal cortex region of the brain to angry faces—a fearful response similar to that of abused children. Those areas of the brain respond to environmental cues that could be consequential, such as a threat, and may affect decision-making and processing of situations. "While we might not conceptualize corporal punishment to be a form of violence, in terms of how a child's brain responds, it's not all that different than abuse," says senior researcher Katie A. McLaughlin. "It's more a difference of degree than of type."

## Drink Electrolytes Instead of Water for Muscle Cramps

Painful, involuntary muscle cramps have hit 39 percent of marathon runners, 52 percent of rugby players and 60 percent of cyclists, studies show, but gulping down too much water has also been linked to the condition. The solution might be to drink an oral rehydration solution rather than spring water, suggests an Australian study in the *Journal of the International Society of Sports Nutrition*. Ten men were repeatedly tested with each liquid while running downhill in 96-degree heat for 40 to 60 minutes. When their calves were stimulated electrically to induce cramps, those drinking the oral rehydration liquid were less susceptible to the condition. "It is possible that drinking a large amount of plain water dilutes sodium and other electrolytes in the blood and extracellular fluid, increasing [muscle cramp] susceptibility," conclude the authors.



icemany/AdobeStock.com



lukas ryzhalskiy/Pexels.com

## Work Out for Fun, Not Necessity

Physical activity during leisure time benefits our heart and longevity, but high workout levels on the job may actually hamper our health, report Danish researchers. Measuring the physical activity of 104,046 women and men of ages 20 to 100 for 11 years, researchers found that leisure physical activity reduced the risk of dying from heart disease by 26 to 41 percent, but high physical activity at work increased that risk by 13 to 27 percent. "A brisk, 30-minute walk will benefit your health by raising your heart rate and improving your cardiorespiratory fitness, while work activity often does not sufficiently increase heart rate to improve fitness," says study author Andreas Holtermann, of the National Research Centre for the Working Environment, in Copenhagen.

## Rock On

### Volcanic Ground Cover Slows Climate Change

Researchers are using recycled rock dust to enrich farm and range-land soils to accelerate the processes by which soils capture atmospheric carbon. The

natural process of rock weathering provides a proven method of capturing carbon from the atmosphere and putting it into the soil, where it may remain for centuries.

Benjamin Z. Houlton, the Ronald P. Lynch Dean of the Cornell College of Agriculture and Life Sciences, says, "Soil can be part of the solution set. It will not save us, but it can help to put us on path to negative emissions." Field testing has been conducted for a year with positive early findings. Iris Holzer, a Ph.D. student at the University of California-Davis, has seen a doubling of the rate of carbon capture in soils with rock amendments compared to soils without.

Excess carbon speeds up the greenhouse effect, which causes rising temperatures and other challenges to global security, food production, economic growth, infrastructure and human and ecosystem health. Over a five-year period, crushed volcanic rock added to agricultural soils across the globe could remove 2.8 billion tons of carbon.

## Local Veggies

### Huge Indoor Vertical Farm to Serve Food Desert



The agriculture startup Plenty Unlimited Inc. is building an indoor

vertical farm in the South Los Angeles suburb of Compton to provide jobs and fresh produce to the historical "food desert" and surrounding areas. Traditional farms are usually only able to harvest crops a few times a year, but because Plenty's hydroponic farms are free of the limitations of seasonal changes, weather conditions, pests and natural disasters, they can produce food year-round. The crops are cultivated in a clinically sanitary environment with full personal protective equipment for staff, as well as robots to do much of the

picking. The first time produce is touched by human hands is when the consumer opens the package.

Plenty's project condenses 700 acres of farmland into a 95,000-square-foot warehouse. Its first vertical farm opened in South San Francisco in 2018, and it maintains a research and development farm in Laramie, Wyoming. By building farms vertically, healthy, quality produce can be grown without harming the environment, especially in urban areas, where land is limited and food insecurity may be widespread. In addition to the vertical plant towers, Plenty uses LED lighting and automation to plant, feed and harvest crops. The warehouses grow plants faster and with more nutritional density with no need for pesticides, using a fraction of the water required by traditional farming.

## Doctors' Orders

### All-Vegan Menu Debuts at Lebanon Hospital

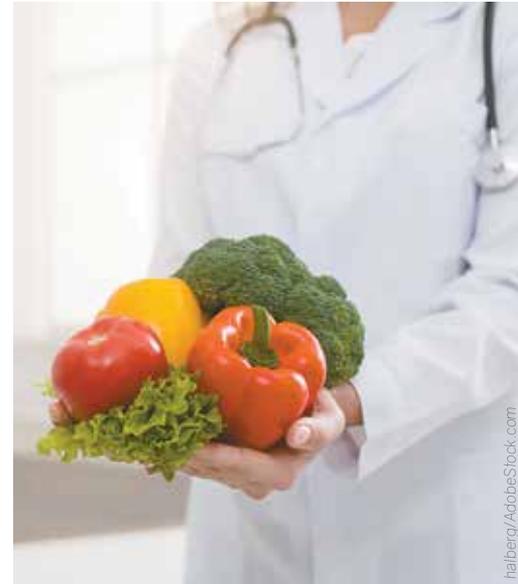
Hayek Hospital, in suburban Beirut, Lebanon, launched a 100 percent plant-based menu in March as a "moral responsibility". Patients will no longer be greeted after waking up from surgery with ham, cheese, milk and eggs, the same foods that may have contributed to their health problems.

The family-owned private hospital

emphasizes the health benefits of vegan diets, which have been shown to reduce the risk of heart disease, diabetes and some cancers.

The hospital says deciding factors included the World Health Organization classification of processed meat consumption as carcinogenic, as well as the role that animal agriculture plays in spawning diseases and pandemics. The U.S. Centers for Disease Control and Prevention estimates that three out of four new or emerging infectious diseases in humans come from animals.

The American Medical Association passed a resolution in 2017 requesting U.S. hospitals promote better health by offering plant-based meals to patients, staff and visitors, and similar recommendations have been issued by the American College of Cardiology. New York and California now have laws requiring hospitals to provide a plant-based option with meals.



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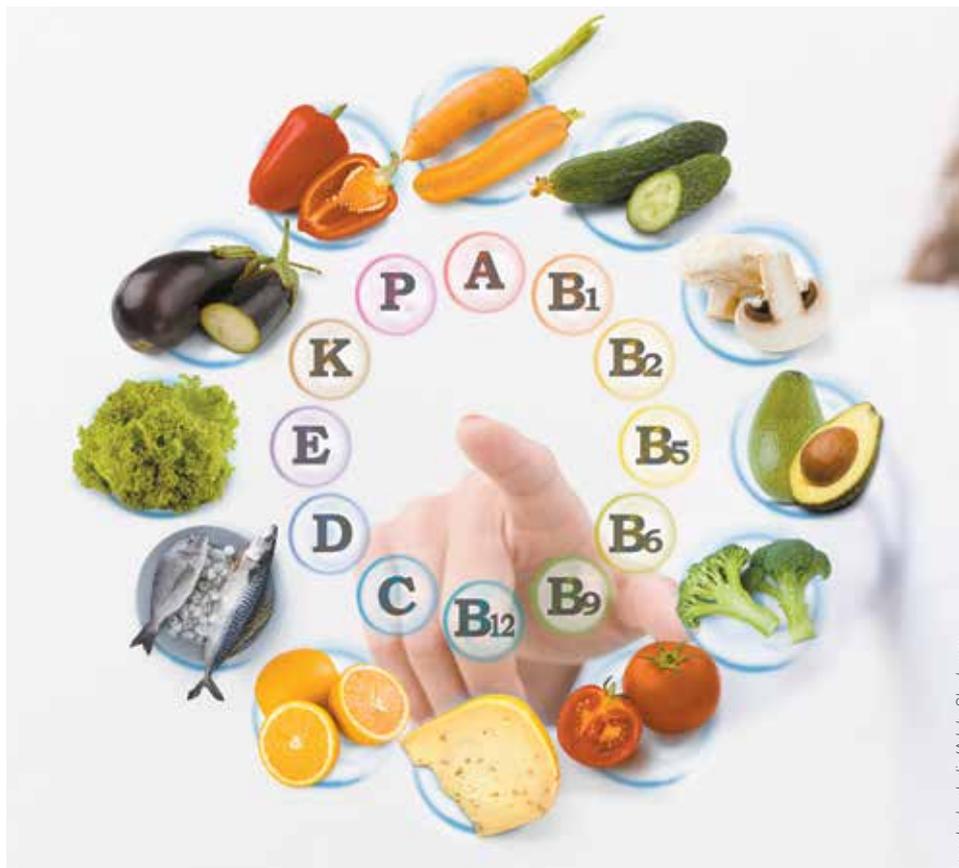
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# FOOD AS MEDICINE

## The Healing Power of Nutrition

by Julie Peterson



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Eating is a basic need, but many Americans are not filling this need with healthful choices. Among the more than 700,000 Americans that die each year from heart disease, stroke or Type 2 diabetes, about 45

percent eat meals heavy in salt, processed meat and sugary drinks, and low in fruits, vegetables, fish and nuts, according to a March 2017 study in the *Journal of the American Medical Association*.

“I fully understand and empathize with people in the public,” says T. Colin Campbell, Ph.D., author of the groundbreaking *The China Study* and founder of the T. Colin Campbell Center for Nutrition Studies, in Ithaca, New York. Campbell has often stressed that public and professional understanding of nutrition is lacking.

The problems with the Standard American Diet (SAD) start with the very ground it is grown in. Large-scale farming in the U.S. has depleted the soil, producing lower nutrient foods. In addition, many foods are processed by manufacturers to improve shelf life, which further destroys nutrients and requires toxic additives.

“The default choice, the easy choice, is the inexpensive, highly processed food. Our built environment throughout the country has made it easier to find fast food than a produce store,” says Lisa McDowell, director of lifestyle medicine and clinical nutrition at Saint Joseph Mercy Health System, in Ann Arbor, Michigan.

SAD is a primary risk factor for high blood pressure, abnormal blood lipids, increased blood glucose and weight gain, according to the World Health Organization (WHO). These intermediate

conditions can lead to full-blown chronic diseases such as heart disease, stroke, cancer and diabetes, all of which are on the rise. The U.S. Centers for Disease Control and Prevention reports that 60 percent of American adults have at least one chronic disease and 40 percent have two or more, making chronic disease the leading cause of death and disability in the country.

The good news from WHO is that up to 80 percent of heart disease cases, 90 percent of Type 2 diabetes cases and one-third of cancer incidences could be avoided by a healthier diet, as well as lifestyle changes like stopping smoking and increasing physical activity.

A healthy diet is not as simple as cutting out convenience foods, because many people literally can't stop eating them. Studies have compared the addictive properties of added sugar and salt to those of nicotine and cocaine. “Additives like sugar release opioids and dopamine in the brain. The same neurochemical changes in the brain occur in addictions,” says Claire Stagg, DDS, founder of Health Connections Dentistry, in Indian Harbour Beach, Florida, and author of *Smile! It's All Connected*, a layperson's guide that explains the essential connections between the mouth and overall

wellness. “People need to be educated, or re-educated, to take ownership of their health by remembering the basic premise that their bodies can be healthy if they get the right nutrients to facilitate and support that basic process.”

Campbell agrees that more people need to be educated. A major theme in his latest book, *The Future of Nutrition*, is how to sift through the conflicting information that exists.

## Healthier Helpings

As the food industry continues to woo Americans with fast and easy processed foods, there are consumer shifts taking place. “About a quarter of U.S. adults are trying to manage a health or medical condition by making healthy food and beverage choices,” stated the NPD Group consumer research firm in 2019. “Younger adults, ages 18 to 24, are particularly interested in using foods to improve their health.”

It turns out that it’s most beneficial to focus on adding what is needed for optimal health, instead of worrying about what to eliminate. As William Li, M.D., counsels in *Eat to Beat Disease*, “Human nature abhors deprivation.” As president of the Angiogenesis Foundation, in Cambridge, Massachusetts, Li advises us to “practice health care at home every day in our own kitchens.” He suggests frequently eating such simple, but disease-defying foods as dark chocolate, walnuts, kiwis, sourdough bread and sauerkraut.

“I recommend participating in bigger box stores. They do a great job at making high-quality food available at an inexpensive price,” says McDowell. She also suggests batch cooking and planning meals ahead for the week.

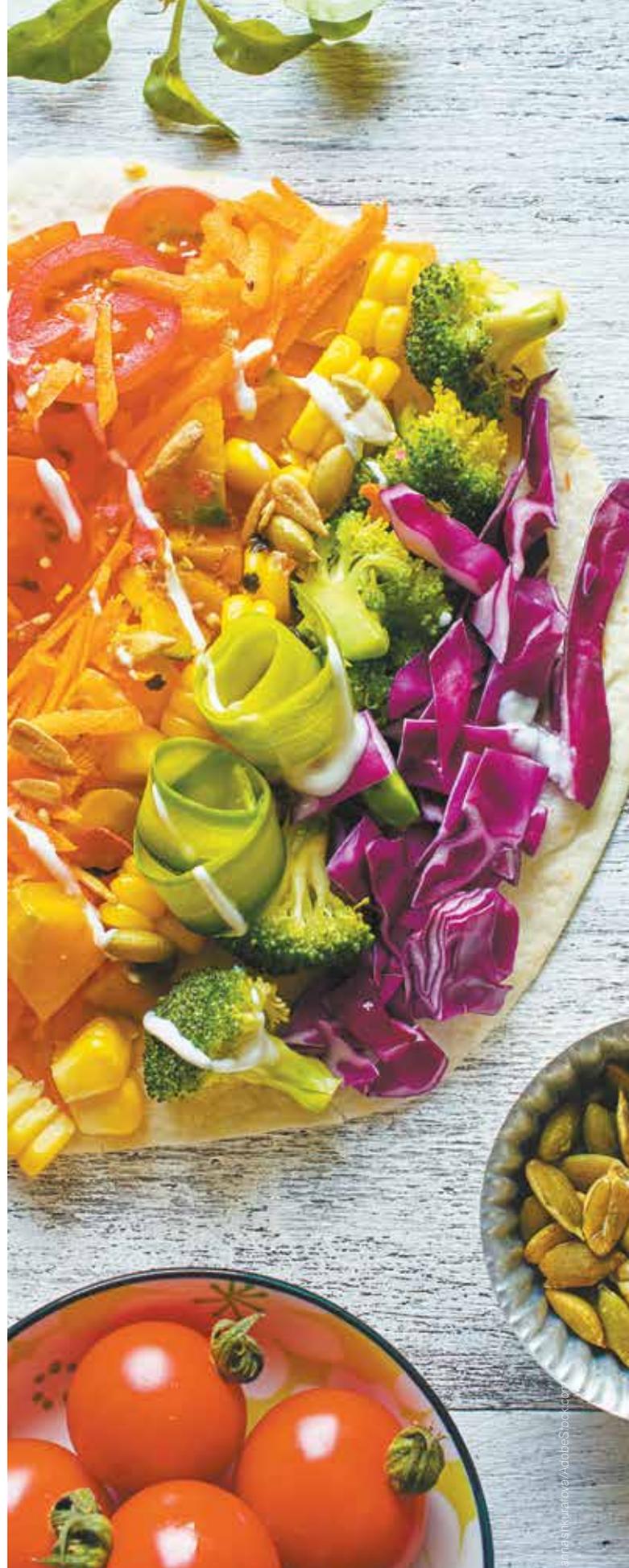
## The Power of Plants

Plant-based eating is finally becoming mainstream, thanks in part to such eye-opening documentaries as *Forks Over Knives*, *Earthlings*, *PlantPure Nation* and *Food, Inc.* Research backs up the benefits. In a 2019 study in the *Journal of the American Heart Association*, Johns Hopkins researchers report that in a 30-year period, people eating a mostly plant-based diet were 32 percent less likely to die from a cardiovascular condition and 25 percent less likely to die from any cause. A 2017 report published in *International Journal of Epidemiology* suggests that fruits and vegetables are associated with a reduced risk of many chronic diseases and may protect against certain types of cancers.

For treatment, reversal and prevention of chronic disease, the American College of Lifestyle Medicine, in Chesterfield, Missouri, recommends eating a primarily plant-based diet containing minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

Campbell says that moving to a 100 percent plant-based diet “and staying there for one to three months, provides an opportunity for virtually everyone to finally crave a salad on a regular basis. This is a place wherein people have little or no interest to backslide because their taste preferences have profoundly changed.”

As plant-based eating gains momentum, there are more imitation meat products. These foods can be helpful to transition



away from meat, but Campbell cautions, “They do not replace the whole plant-based foods, even though they are plant-based, because salt, sugar and added oil are usually added.”

## Eating by the Colors

Eating fruits and vegetables in a rainbow of vibrant colors ensures we get a variety of phytochemicals, vitamins, minerals and antioxidants. The federal Office of Disease Prevention and Health Promotion recommends consuming two and one-half cups of vegetables and two cups of fruit each day. McDowell suggests including “deeply pigmented fruits and veggies in at least five different colors, so that you’re getting all of the micronutrients and they’re all working together.”

Aim to include a couple different foods from each of the following color groups over a week’s time. Infographics and charts are available for download from the American Heart Association (*Heart.org*), *Vegan.Easy.org*, Dr. Ranjan Chatterjee (*DrChatterjee.com*) and others. Apps such as Eat the Rainbow Food Journal, Eat Five and VegHunter also make vegetable and fruit intake easy to track.

## Food to Heal the Planet

Eating healthy also means making a choice for the health of the planet.

Organic, locavore and small-farm advocates are speaking out against the industrialized U.S. food system with its extensive use of pesticides, poor treatment of animals and lack of regenerative soil management. Organizations like the Rodale Institute, Regeneration International, Kiss the Ground and the Ecological Farming Association are working to train farmers to regenerate soils to not only restore climate stability, but also provide far healthier foods from nutrient-rich soils.

“I believe if we have a greater understanding of our local and regional food systems, we will be moving in a more sustainable, intentional and responsible direction for ourselves, our communities and the planet,” says Andrea Bemis, author of the farm-to-table cookbook *Local Dirt* and operator of Tumbleweed Farm with her husband Taylor in Mount Hood, Oregon.

Local food is easier on the planet for several reasons. “Large commercial farms work the soil so intensively that they must use synthetic fertilizers to get anything to grow,” says Brock Hall, owner of Florida Fields to Forks, in Malabar, Florida. Alternatively, cover crops keep nutrients in the soil, requiring less water and naturally sequestering more carbon from the atmosphere. Shorter transit or shipping distances after picking uses less pollution-causing fuel.

“Choosing the right food is not only important for our personal health, but also is important for our planet and for our checking account,” says T. Colin Campbell, author of *The China Study* and *The Future of Nutrition*. “I have come to believe, after being in this discipline for 65-plus years, that our choice of food is the easiest and most important choices we can make to address the many existential problems that we now face.”

**GREEN:** Dark greens have cancer-blocking chemicals like allyl sulfides, lutein and indoles, which inhibit carcinogens. They also contain folate for healthy cells and calcium for stronger bones, muscles and heart regulation. Get plenty of asparagus, avocados, broccoli, Brussels sprouts, green tea, kale, kiwi, spinach and green herbs.

**BLUE AND PURPLE:** Anthocyanins wipe out free radicals, boost brain health and reduce inflammation. Resveratrol can delay cellular aging, protect the heart and reduce risk of some cancers. Add blueberries, blackberries, eggplant, elderberries, figs, grapes, plums, raisins, eggplant and purple cabbage.

**RED:** Rich in lycopene, a potent scavenger of gene-damaging free radicals, red plants lower risk of certain cancers and boost heart, brain, eye and bone health. Try apples, beets, cherries, cranberries, raspberries, red peppers, tomatoes and watermelon.

**YELLOW AND ORANGE:** Contain vitamin C, hesperidin and carotenoids such as beta-carotene to inhibit tumors, protect eyes, detoxify the body, reduce inflammation and boost the immune system and heart health. Add apricots, bananas, cantaloupe, carrots, mango, oranges, pineapple, pumpkin, sweet potatoes, tangerines and yellow peppers.

**WHITE AND BROWN:** The onion family contains allicin and beta glucans, which have anti-tumor properties and can help lower cholesterol. Nuts contain healthy fats. Other foods in this group contain blood pressure-regulating potassium and antioxidant flavonoids like quercetin and kaempferol, along with digestion-boosting fiber. Choose beans, cauliflower, garlic, leeks, mushrooms, nuts, onions, parsnips and whole grains.

## Gaining Gut Health

The gut contains the organs that make up the digestive tract and the gut microbiome, a balance of microorganisms that survive on food. A healthy gut can prevent and heal illnesses in the digestive tract, immune system, cardiovascular system, kidneys and brain.

If the gut is burdened with unhealthy foods and digestion is impeded, illness may arise. However, shifting to healthier, plant-based foods can cause a measurable shift in the gut microbiome in three to four days, Duke University researchers report in *Nature*. Gut health can be enhanced and restored with specific foods:

**ENZYMES** to break down food are found in raw fruits, vegetables, sprouts, nuts and fresh herbs, and can be destroyed by cooking or processing. These work before the body’s digestive enzymes kick in to improve digestion, eliminate toxins and boost energy. Studies have shown that raw plants also help with weight loss, decreasing cholesterol and reducing inflammation.

**PROBIOTICS**, live bacteria that promote healthy gut flora, are found in fermented foods like sauerkraut, kimchi, sourdough bread, yogurt, kefir, pickles, miso and cheddar cheese.

**PREBIOTICS**, undigestible natural fibers that feed probiotics, abound in apples, asparagus, bananas, barley, burdock root, dandelion greens, flaxseeds, garlic, oats and onions.

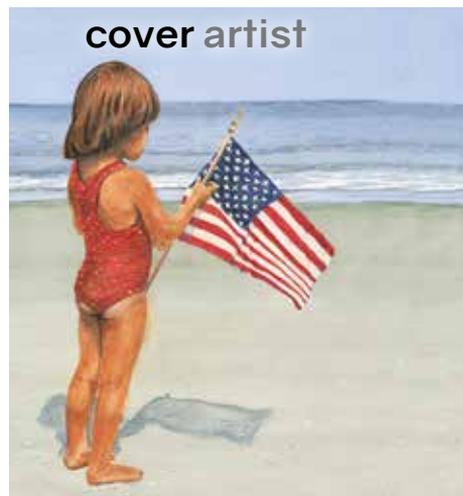
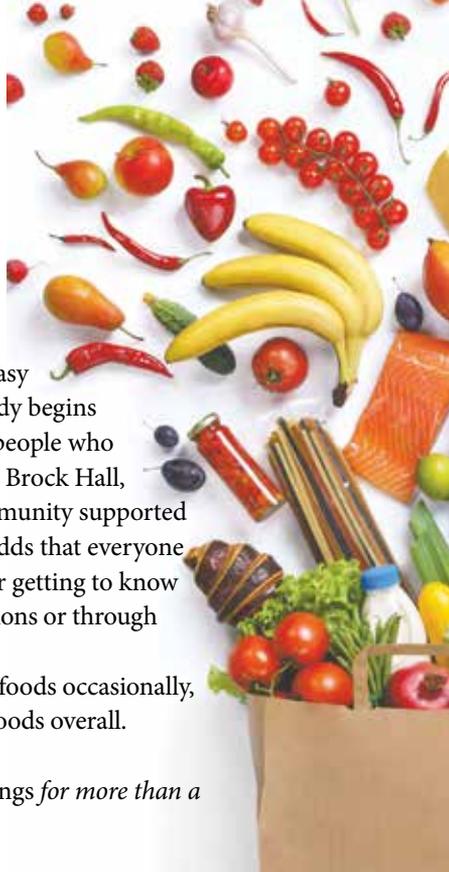
## Going Local

Whole foods grown locally provide the most nutrition. Michael Pollan, professor of science and environmental journalism at the University of California, Berkeley, and author of *In Defense of Food*, famously said, "Don't eat anything your great grandmother wouldn't recognize as food."

Buying, preparing and eating whole foods may seem laborious at first, but the shift away from "easy foods" can quickly become a way of life as the body begins to feel better. "We hear stories every week about people who have fixed health issues from eating healthy," says Brock Hall, owner of the Florida Fields to Forks organic community supported agriculture (CSA) farm in Malabar, Florida. He adds that everyone "ought to get closer to your food" by growing it or getting to know organic farmers at local markets, self-pick operations or through CSAs.

Healthy eating is about balance. Enjoy comfort foods occasionally, focusing on the bigger picture of more healthful foods overall.

*Julie Peterson has contributed to Natural Awakenings for more than a decade. Connect at JuliePeterson2222@gmail.com.*



cover artist

## 4th of July Haldy Gifford

When Haldy Gifford speaks of himself as an artist, the focus is not on his ability to paint, but how he presents subtle ideas through art. Gifford was encouraged more than a decade ago by his painter sister to experiment with watercolors. He started without any plan or goal, and discovered that watercolors can prove heartbreaking. But he also found that sometimes something spectacular can result.

Gifford used watercolors to create the cover image, *4th of July*, from a photo of his then 4-year-old daughter, Amanda. Recently, he gave this family heirloom painting to her as a wedding gift. He explains, "Most people can recall in vivid detail the artwork that was displayed in their childhood home. That imagery is powerful and tends to stay with you forever. Paintings become family heirlooms in this way."

Gifford graduated from Trinity College with a dual degree in economics and studio arts. He went on to work for a variety of New York galleries and won numerous awards for his paintings. Now semi-retired, Gifford paints in his home studio in the Lower Gwynedd Valley of Pennsylvania.

View the artist's portfolio at [FineArtAmerica.com/art/all/haldy+gifford/all](http://FineArtAmerica.com/art/all/haldy+gifford/all).



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# Growing Food Security

## The Benefits of Urban Gardening

by Laura Paisley Beck



**F**or a lot of Americans, healthy food is scarce. According to *FeedingAmerica.org*, more than 35 million Americans faced food insecurity in 2019. That number is expected to increase substantially due to the pandemic, which disrupted the food supply chain in ways that most Americans have never seen.

The good news is that urban and localized gardening can bring fresh, healthy, organic, sustainable and affordable food to nearly every household. A 2013 abstract from Michigan State University published in *Agriculture & Food Security* states that urban gardens could not only provide healthy food, but also create a more resilient food system.

During the pandemic, many people jumped at the chance to put in a garden, and in cities, where available land is limited, creative solutions have emerged. Just about any space could serve as a viable garden, including a spare room, rooftop, shipping containers or an empty warehouse. With hydroponics, no soil is required and with vertical systems, planters are stacked, requiring a small footprint.

### Veggies Instead of Lawns

Phan Truong, known as *A Suburban Gardener* on Instagram, turned her entire yard into an organic vegetable garden and invited her Scaggsville, Maryland, neighbors to share in

the bounty. “I had this table of abundance in front of my house, but people weren’t taking anything! So, I hid in my garden, waiting for neighbors to walk by, and then I’d rush the fence and encourage them to take food,” Truong says. “My husband thought everyone would think we were weird.” Now, instead of getting polite waves from afar, the garden has become a communications hub among neighbors.

### Sharing the Abundance

When Truong witnessed friends losing jobs and struggling, she was inspired to lend a hand by assisting some of them to plant their own low-maintenance, high-yield gardens to save money on healthy meals.

Once she had assisted people close to her, she decided to expand her reach. “My garden spits out a lot of food. I discovered there are local food banks and charities that collect food. I was surprised that they will take any abundance,” says Truong.

Garrett Livingood, a North Atlanta, Georgia, blogger, developed *GrowMyCommunity.org* where local farmers, growers and community gardens can upload their location and what they offer, so that the locals know where to go for fruits, vegetables, herbs and other healthy eats. According to Livingood, “Forty percent of produce gets thrown out every year, so it’s not that we don’t have enough food, the problem is access.”

## Food Security Equals Health

Ashlie Thomas, a research scientist known as *The Mocha Gardener* on Instagram, started gardening for healthy produce and medicinal plants at home in Graham, North Carolina, when family members on limited incomes living in a food desert had been diagnosed with health issues like hypertension and Type 2 diabetes.

“Imagine having diet requirements that included mostly plant-based food, but your resources are simply not there,” Thomas says. “I didn’t know there was a term for that: food security. There is an increasing population with disease, and food could be the answer.”

The problem is particularly prevalent in communities with no grocery stores, forcing residents to buy food at gas stations or drive considerable distances to big-box stores. Thomas observed that choices at these kinds of facilities are often between expensive produce or inexpensive junk food. Healthful food is not available or affordable for all.

Thomas believes gardening empowers people to take control of their diet and their health, not only physiologically, but psychologically and spiritually. “It doesn’t just stop at the garden,” she says. “How you treat your body and other people has a positive healthy impact, as well.”

## Tips to Get Started

Follow local gardeners on social media to get ideas.

**THINK LOW-MAINTENANCE, HIGH-YIELD.** Cherry tomatoes, salad greens, cucumbers and beans are high-producing, low-cost staples.

**FLOWERS CAN BE FOOD.** Try violets, pansies, nasturtiums and chives to beautify the garden and the plate.

**GROW ORGANIC.** It’s cheaper and doesn’t harm anyone or anything. “I grow organic because I want to respect my space. I don’t want to control Mother Nature, I want to work with her,” says Thomas.

**HERB IT UP.** Mint, rosemary and basil taste great and can deter pests.

Overall, keep it simple. Set up for success with just enough to learn and enjoy a new lifestyle. It can be expanded upon year after year, providing a bounty of nutritious food security.

*Laura Paisley Beck is a freelance writer and self-proclaimed foodie in Madison, Wisconsin. Reach her at [LauraPaisleyBeck@gmail.com](mailto:LauraPaisleyBeck@gmail.com).*



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# Sizzling on the Grill

## Healthy, Sustainable Summer Fare

by Laura Paisley Beck

**F**or most Americans, summer smells like fresh-cut grass and barbecue sizzling in the backyard. Approximately 64 percent of U.S. adults own a grill or smoker, but common practices are bad for the environment. Fortunately, many great chefs have the problem covered with delicious alternatives to traditional, carbon-emitting methods.

### The Downside of Grilling

Most charcoal and all lighter fluids contain chemicals that create air pollution when burned, harming our health and the environment. Better alternatives are sustainably sourced, organic and natural materials, such as charcoal made from bamboo or coconut shells.

Entrepreneur Fred Grosse sought to solve another problem associated with conventional grilling materials: the taste of lighter fluid on barbecue foods. He invented Mojobricks, a carbon-neutral alternative to charcoal designed to impart a smoky flavor to grilled foods. “You’re breathing in 50 percent less particulate matter standing at the grill than if you grill with charcoal or wood,” he says about his bricks made with compressed sawdust from wood mills. “They heat food more efficiently, take up less storage space than bags of charcoal and keep trees growing in the forest.”

### What Gets Grilled Matters

Americans eat three times more meat than the global average. To meet the immense demand, mass-produced beef is trucked across the nation with dire environmental impacts including cow methane emissions, the burning of fossil fuels for transport and excessive land use. To curtail these impacts, Americans can choose to reduce or eliminate their beef consumption and when they do decide to grill a ribeye or New York strip, choose local, organic, grass-fed beef.

Eliminating meat is simple as vegetarian and vegan options are innumerable. “Question what a burger is, and off you go with legumes, root vegetables, mush-

rooms, cheese or whatever you happen to feel like,” says Martin Nordin, author of *Green Burgers*. Genevieve Taylor’s new cookbook, *Charred*, features enticing meals to cook over a flame that include vegetables, spices, nuts, herbs and other inventive ingredients.

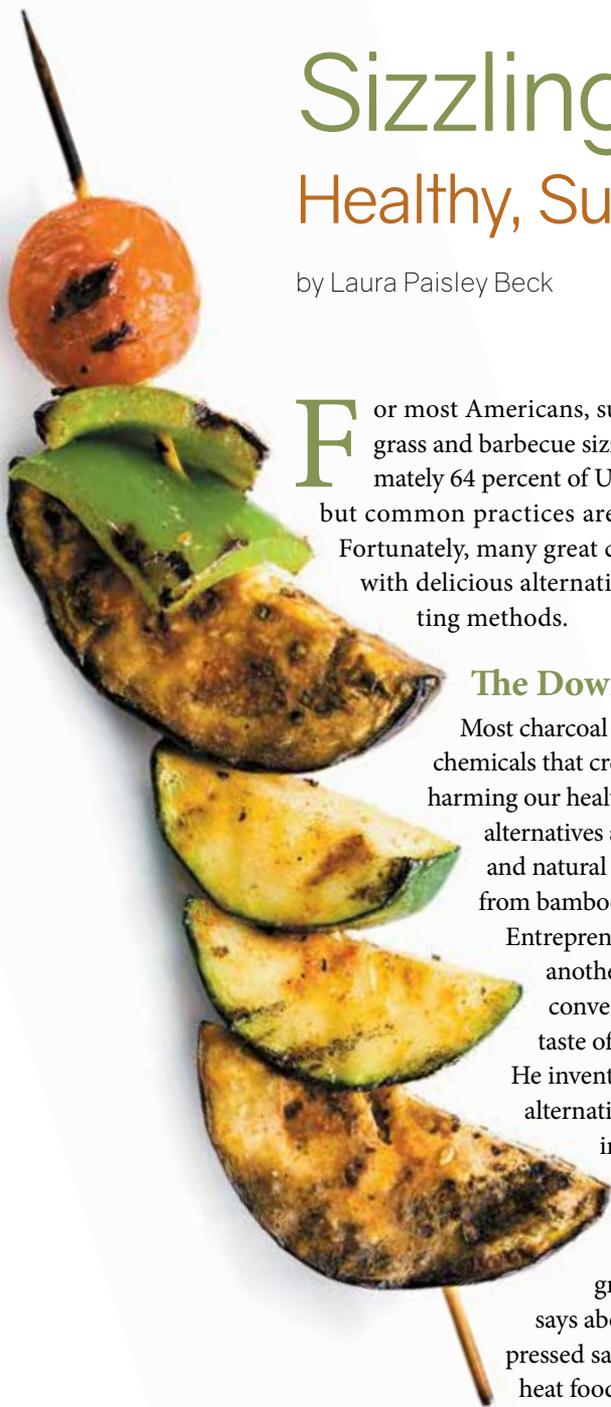
Amy Lawrence and Justin Fox Burks, co-authors of *Low-Carb Vegetarian*, have had a dramatic increase in requests for grilled versions of vegetarian dishes, a sign of increasing outdoor cooking trends.

### Presentation for the Planet

When hosting backyard dinner parties, consider that paper and plastic dinnerware will end up in the landfill. Ask guests to bring a plate and fork or mix and match whatever dish sets are on hand. Another suggestion is to go vintage. “There has already been so much manufactured of everything, we wouldn’t need to manufacture another plate, for example, for another generation or two,” says Morgan Miller, owner of Rewind Decor vintage store in Madison, Wisconsin.

With a few adjustments, eco-grilling is easy, delicious and much better for the planet. Marinate locally sourced ingredients, burn as carbon-neutral a fire as possible and serve up delicious food on real plates that friends and family will help wash. Guests will be inspired and follow suit in their own homes. As Grosse says, “Each small difference adds up to big change.”

*Laura Paisley Beck is a freelance writer and self-proclaimed foodie in Madison, Wisconsin. Reach out at [LauraPaisleyBeck@gmail.com](mailto:LauraPaisleyBeck@gmail.com).*



# Great Grilling



image courtesy of Justin Fox Burks

## BBQ Brussels Sprouts Sandwiches with Brussels Sprout Slaw

YIELD: 6 SANDWICHES

*2 lb Brussels sprouts*  
*1 cup shredded carrot (about one large)*  
*2 Tbsp mayonnaise*  
*1 Tbsp grainy mustard*  
*Kosher salt and cracked black pepper (to taste)*

*1 white onion (quartered and sliced)*  
*2 Tbsp toasted sesame oil*  
*1 Tbsp apple cider vinegar*  
*2 Tbsp of The Chubby Vegetarian's Memphis BBQ Dry Rub*  
*1 cup BBQ sauce*  
*6 hamburger buns*

First, make the Brussels sprout slaw. Thinly slice enough of the Brussels sprouts to have 2 cups. Reserve the remainder of the Brussels sprouts. In a large bowl, combine the 2 cups shredded sprouts with the shredded carrot, mayonnaise, mustard and salt and pepper to taste. Toss until well-incorporated. Set aside in the refrigerator until ready to serve. (Makes about 2 cups of slaw.)

Preheat the grill on high for 10 minutes. Cover the grill with a single layer of aluminum foil. Slice the remaining Brussels sprouts in half. In a large bowl, toss the halved Brussels sprouts and the onion with the sesame oil, vinegar and BBQ dry rub until everything is coated. Place the Brussels sprouts on the grill for 5 minutes on one side and 4 minutes on the other side, or until the edges are brown and they're cooked through. Remove sprouts from the grill and place them into a medium bowl. Pour in BBQ sauce. Using a spatula, toss the Brussels sprouts in the sauce until they're well-coated.

Put the BBQ Brussels aside until ready to assemble the sandwiches. On the bottom part of each hamburger bun, pile on the BBQ and top it with the slaw.

## The Chubby Vegetarian's Memphis BBQ Dry Rub

(MEASURE ALL INGREDIENTS BY VOLUME)

*2 parts chipotle chili powder*  
*2 parts sweet paprika*  
*2 parts smoked paprika*  
*2 parts granulated garlic*  
*2 parts kosher salt*  
*2 parts cracked black pepper*  
*2 parts cumin*  
*2 parts dried thyme*  
*2 parts dried oregano*  
*1 part cinnamon*  
*1 part ground ginger*  
*1 part light brown sugar*  
*1 part powdered, dried porcini mushrooms\**

Mix all ingredients in a large food storage container until equally distributed.

\*Dried porcini mushrooms can be found at almost any specialty grocery or ordered online. Turn the dried mushrooms into a powder by placing them in a coffee grinder or food processor and pulsing until no large bits remain.

*Recipe by Justin Fox Burks and Amy Lawrence of The Chubby Vegetarian blog and cookbooks.*



# Sweet Slumber

## Natural Tips for Deep Sleep

by Ronica O'Hara

**A** good night's sleep is a challenge for a growing number of Americans. Even before the pandemic, 35 percent of adults reported sleeping less than the recommended seven hours a night, and in a new survey by the American Academy of Sleep Medicine, 56 percent said they were sleeping worse due to what's termed "COVID-somnia".

Being sleep-deprived not only makes us crabby and accident-prone, but also raises our risk of obesity, depression, heart disease, dementia and a weakened immune system, studies show. Fortunately, we can stave off fretting about lack of sleep by adopting some simple, natural practices.

**GET A PATTERN GOING.** "Keeping to the same routine will signal to the body and brain that it is time to wind down and prepare for sleep," says Dallas nurse educator Jenna Liphart Rhoads. This means sticking to the same bedtime and awakening schedule, and doing quieting activities an hour or so before bed, such as stretching, meditating, drinking tea or journaling.

**MUNCH SMARTLY ON SLEEP-INDUCING FOODS.** Many experts advocate foregoing food two hours before sleeping. As another option, "sleep snacks" is suggested by New York University adjunct nutrition professor Lisa Young. She says, "These are foods that contain natural substances that may help promote a good night's sleep." They include warm milk or turkey (tryptophan), tart cherries (melatonin), kiwi fruit (vitamin C and serotonin), bananas (potassium and magnesium) and nuts and seeds (magnesium).

**DON AMBER GLASSES OR AN EYE MASK TO BLOCK LIGHT.** The blue light emitted by ordinary light bulbs and device screens prevents the pineal gland from releasing melatonin, the sleep-inducing hormone, which is why it's wise to shut down electronic devices an hour before sleeping. If doing so isn't easy, at least block the blue light by using amber or orange (not clear or yellow) glasses to restore melatonin production, advises former General Electric lighting researcher Richard Hansler, Ph.D., of Cleveland; he also advises replacing regular bedroom bulbs with only those that produce low levels of blue light. To encourage deep sleep, fully darken the bedroom or wear an eye mask: a Chinese study found wearing such an accessory along with earplugs significantly increases the restorative rapid eye movement (REM) stage of sleep.

**WRITE A TO-DO LIST TO CALM A RACING MIND.** Baylor



pressmaster/AdobeStock.com

University researchers found that compared to people that journaled about what they had accomplished that day, those that spent five minutes writing a to-do list for the next day fell asleep nine minutes sooner—the same effect as taking a prescription medication. The more specific their list, the quicker the shut-eye.

**GET COZY WITH A WEIGHTED BLANKET AND SOCKS.** Weighted blankets, ideally weighing about 10 percent of a person's body weight, lead to better sleep and reduced fatigue, depression and anxiety, reports a Swedish study. Some are filled with natural ingredients like rice and cloves, and can be warmed in a microwave beforehand, providing a fragrant, swaddled feeling. Plus, Korean researchers found that wearing warm socks to bed helped subjects fall asleep about seven minutes sooner, sleep 32 minutes longer and experience fewer light awakenings.

**TAKE A NATURAL SLEEP AID.** Prescription sleeping pills for insomnia can produce dependency and additional unwelcome side effects such as grogginess, diarrhea, headaches and stomach pain. Natural choices without these drawbacks include melatonin, a pineal gland hormone that primes the body for sleep; small doses of 0.3 milligram (mg) to 1 mg work effectively by mirroring natural circadian levels, research shows. Half of U.S. adults are estimated to be deficient in magnesium, which relaxes muscles and increases levels of a neurotransmitter with calming effects; 500 mg is a com-

mon dose. Valerian (300 to 900 mg) has been found to improve sleep quality in women during menopause.

**CHECK OUT HEALTH ISSUES TO GET TO THE ROOT.** Apnea, thyroid conditions, anemia, menopausal hot flashes, heartburn, incontinence and depression can affect the quality and quantity of sleep, as can medications such as beta blockers, blood pressure medications, some antidepressants and decongestants. If anxiety or depression is causing tossing

## Sleepy Scents

The scents of ancient Egypt, Greece and Rome can still be used today to induce deep, restful slumber. “A scent of an essential oil reaches the brain within seconds and activates the hypothalamus, the hormonal control center. It then releases hormones promoting sleep,” says Milana Perepyolkina, Salt Lake City author of *Gypsy Energy Secrets*. Some doze-inducing essential oils advised by aromatherapists include:

- *Lavender to improve sleep quality*
- *Valerian to fall asleep faster*
- *Bergamot, which lowers heart rate*
- *Clary sage, a natural sedative*
- *Petitgrain to ease restlessness*
- *Marjoram to soothe the mind*

“Put a couple of drops of the above essential oils on your palms, rub them together, cup your nose and breathe in to the count of four. Then hold your breath to the count of two. Breathe out to the count of eight. Hold your breath again to the count of two. Repeat for several minutes. You will fall asleep fast and have a deep and restful sleep,” advises Perepyolkina, adding, “Always choose only therapeutic-grade essential oils.”



and turning, cognitive behavioral therapy has been shown to improve sleep in up to 70 to 80 percent of people with insomnia. Whether in-person, via Zoom or by email, even one or two sessions can lower insom-

nia symptoms, with six to eight sessions typically being more helpful.

*Natural health writer Ronica O'Hara can be reached at OHaraRonica@gmail.com.*



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# Doggy Delights

## Healthy, Homemade Cookie Treats

by Amy Coyle



One morning, Randy Roach awoke to a delicious aroma wafting from the kitchen of his Philadelphia home. Mouth watering, he peered in the oven to find a dozen bone-shaped cookies—meant not for him, but for Woods, the family dog. “Such is life when you live with a dog lover,” laughs Randy’s wife Kate, who had peanut butter, oat and flax seed cookies baking for their rescued Labrador mix, a picky eater.

Cooking treats for canine family members is a smart move, as they are eco-friendly, cost less and are healthier than company-made ones, say veterinarians.

### A Smaller Pawprint

With the focus on decreasing personal carbon footprints, an Earth-conscious dog owner may want to make dog biscuits at home purely for the lower environmental impact. Research from UCLA shows that industrial production of dog and cat food creates the equivalent in greenhouse gases of 13 million cars annually. Store-bought dog treats require oil, energy and water to produce and transport. The packaging often contains plastic or other non-biodegradable materials, which cause pollution, block drains and harm wildlife.

Making treats at home is simple and less tricky nutritionally than making a dog’s regular meals. “When it comes to regular dog food, I’m not a proponent of home-cooked food. It is far too difficult to balance nutrients. For treats, I am not so concerned,” says Lawrence Gallagher, VMD, at Villanova Vet, in Villanova, Pennsylvania. “But you need to watch calories. Treats should be ‘high-reward’ and low-calorie, not necessarily big in size. They are used as a reward, not to fill the stomach.”

Homemade dog treats cost less over time. Many popular traditional dog treats are \$5 to \$10 per bag, with organic costing more. Kate figures she saves as much as \$20 a month making Woods’ treats.

### A Healthy Choice

The labels on many commercial dog treats list dubious ingredients such as meat by-products, sugar, sodium metabisulfite (a bleaching agent), propylene glycol and artificial colors. “My general rule of thumb is if you cannot pronounce or don’t recognize an ingredient, it is probably not healthy for your pet,” says Alison Streit Birken, DVM, owner of Victoria Park Animal Hospital, in Fort Lauderdale.

In addition, some packaged treats are produced in countries where ingredient and manufacturing regulations are less rigorous, which has led to illness and even death in dogs.

### Getting Started

No special equipment is required. Mixing bowls, measuring spoons, a wooden spoon, baking sheets and a cooling rack

## Healthy Treats for Dogs

will suffice. More ambitious treat-makers might want a muffin pan for custom shapes. Common ingredients include pumpkin, bananas, yogurt and peanut butter. When choosing a recipe, aim for no or little sugar. (Honey and molasses are simple sugars.) Also, because homemade treats have no preservatives, be sure to follow storage requirements such as refrigeration or freezing.

Jen Jovinelly, a DVM candidate at the Cornell University College of Veterinary Medicine, promotes simple treats. "Treats are not food. Keep the caloric intake from treats under 10 percent of your dog's daily caloric requirement." She also cautions to avoid foods that could be dangerous, such as chocolate, grapes, raisins, avocados, certain nuts, onions, garlic or artificial sweeteners. If unsure about the safety of an ingredient, check the online list at The Humane Society of the United States ([HumaneSociety.org](http://HumaneSociety.org)) or consult with a veterinarian or animal nutritionist.

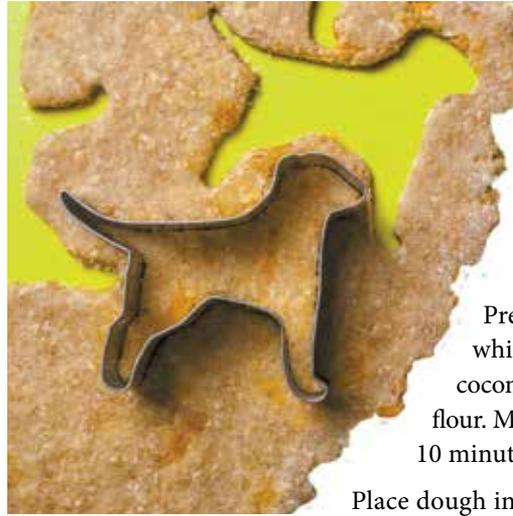
For those that aren't inclined to bake, toys filled with organic peanut butter, then frozen, keep dogs happy, while others love the crunch of raw carrots or broccoli. As Birken says, "You can always go to your own refrigerator and pick out some great, healthy dog treats!"

Amy Coyle is a freelance writer in Wynnwood, Pennsylvania.

### More Healthful Treat Recipes

The internet has countless dog biscuit and treat recipes, along with collections of recipes for special occasions and holidays. For a simple start, look for recipes that only have a few ingredients that are already in the kitchen, such as those at [PuppyLeaks.com/simple-dog-treat-recipes](http://PuppyLeaks.com/simple-dog-treat-recipes).

Great books include *The Ultimate Dog Treat Cookbook*, by Liz Palika, and *Organic Dog Biscuit Cookbook*, by The Bubba Rose Biscuit Company.



### Good Dog Treat

YIELD: VARIES

1 15-oz can pumpkin  
½ cup peanut butter  
½ cup coconut oil, melted  
4 (organic, cage-free) eggs  
1¾ cups coconut flour

Preheat oven to 350° F. In a large bowl, whisk together pumpkin, peanut butter, coconut oil and eggs until smooth. Add coconut flour. Mix until well combined. Let rest for 5 to 10 minutes to thicken.

Place dough in between two pieces of parchment paper and roll the dough until it's about one-quarter-inch thick. Remove the top layer of the parchment paper and cut shapes with cookie cutters (consider the size of the dog when selecting cutter sizes).

Bake for 45 to 55 minutes until treats are dry and hard. Let cool completely. Store in an airtight container.

Courtesy of Kate Roach.

### Kate's PB Oat Cookies

YIELD: 24 DOG TREATS

1 cup peanut butter  
½ cup rolled oats  
2 Tbsp flaxseed  
Water, as needed

Grind flaxseed to powder in a food processor or coffee grinder. Combine flaxseed, oats and peanut butter, adding just enough water to make a dough. Roll into 24 balls and chill in sealed container in refrigerator for 30 minutes.

Place on a cookie sheet, evenly spaced, and bake at 350° F for 15 minutes.

Courtesy of Kate Roach.

*Natural Awakenings* recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.



## calendar of events

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

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

### SATURDAY, JULY 3

**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.

### SUNDAY, JULY 4

#### Independence Day

**Riverfront Park Grand Opening** – 1-8pm. Free admission. Family-friendly event with local bands, entertainment, kid's activities, food, beer garden and much more. 10 Cowan St, Wilmington. WilmingtonNC.gov.

### MONDAY, JULY 5

#### Independence Day (Observed)

### FRIDAY, JULY 9

**Soul Circle Soiree** – 6-8:30pm. Movement Works along with Cloud 9 Reiki & Vibrational Sound Therapy and Great Love Health are pleased to host a complimentary evening of connecting individuals that are like minded in our community. Join us as we breathe, bond and bliss out through holistic modalities. Free. Movement Works Calabash, 9500 Ocean Hwy W, Calabash. MyMovementWorks.com.

Freedom lies in being bold.  
~Robert Frost



### CALENDAR

Check out the latest events at [HealthyLivingCoastalCarolinas.com/calendar](http://HealthyLivingCoastalCarolinas.com/calendar)

### SATURDAY, JULY 10

**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.

### TUESDAY, JULY 13

**Indigo Mom's** – 6:30-8pm. 2nd Tuesday. With Michelle Wells. Support group. Cost: \$20. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. BlueLagoonWellnessCenter.com. 910-685-2795.

### THURSDAY, JULY 15

**EPIC Kayak Scavenger Hunt** – 9am-5pm. Enjoy day on river relaxing and looking for various items on from list. Prizes awarded. Swansboro Paddle Board and Kayaking, 108 W Corbett Av, Swansboro. 910-389-1471.

### SATURDAY, JULY 17

**Saturday Psychic Eileen & Great Oak** – 10:30am-3:30pm. Ability to speak to your loved ones who have passed over. Cost: \$75/\$110/\$160, 30/60/90 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. Blue Lagoon Wellness Center. com. 910-685-2795.

### SUNDAY, JULY 18

**Movie at the Lake** – 8:45pm. Free. The Movie at the Lake at Carolina Beach Lake Park features *Tom & Jerry*, where Jerry Mouse hides in the Royal Gate Hotel and Tom Cat is hired to drive Jerry away before a big wedding day. Rated PG. Running time: 1 hour, 41 minutes. 2nd St S, Carolina Beach. 910-458-2977.

### SATURDAY, JULY 24

**Saturday Psychic Beth Urban** – 10am-3:30pm. Psychic readings along with oracle cards and Tarot.

Call to schedule appointment or drop by for next available. Cost: \$30/\$60/\$80/\$110, 15/30/45/60 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. 910-685-2795.

### FRIDAY, JULY 30

**Grizmaz in July** – 7pm. GRiZMAS in July with GRiZ at Riverfront Park Amphitheater in downtown Wilmington, NC, features the saxophone playing GRiZ, aka Detroit-based DJ Grant Kwiecinski, spinning his signature style. Cost: \$42.50/ticket. Riverfront Park Amphitheater, 10 Cowan St, Wilmington.

### SATURDAY, JULY 31

**Saturday Psychic Brook 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.

Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not.

~Oprah Winfrey

## classifieds

Fee for classifieds is \$25 (up to 20 words) + \$1 per word over 20 words. To place listing, email content to [Editor@HealthyLivingCoastalCarolinas.com](mailto: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

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## ongoing events

### daily

**Acupuncture Therapy Plus** – 8am-5pm. Patrick Giguere, LAc., Reiki Master, and Medical Qigong practitioner offers healing modalities incorporating the mind's connection to health and wellness. Cost: \$80/hour. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com. 910-660-8127.

**Hypnotherapy** – 8am-5pm. Amber Law Inner Guidance Hypnotherapist. Client centered, Transpersonal, Clinical & Regression Hypnotherapy. Every session tailored towards individual. Cost: \$80/session. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com. 910-660-8127.

**Massage Therapy** – 8am-5pm. George Dorman LMT offers deep tissue, Swedish, trigger points, sports, prenatal and more. Call to schedule appointment. Cost: \$70/\$100, 30/60 min. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com. 910-660-8127.

**Nutritional Therapy** – 8am-5pm. Certified Nutritional Therapist Katina Kontarakis works with you to help find the root cause of your health concerns and reach individual health goals. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com. 910-660-8127

**Therapy & Coaching** – 8am-5pm. Tomoka Iwamoto integrates Eastern and Western therapies. Call to schedule appointment. Cost: \$85/\$125, 30/60-min. Healing Leaves Holistic Ctr, 1015 S Kerr Ave, Wilmington. HealingLeavesNC.com. 910-660-8127.

### sunday

**Sunday Morning Circle** – 9am. Strengthen and deepen your experience with prayer. Join Unity Minister, Rev. Marilyn Mattox and Unity prayer team who will be spending time with the Unity booklet "The Power of Prayer". Unity Myrtle Beach, 6173 Salem Rd, Myrtle Beach. 757-819-8114.

**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 \$35. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

**Sunday Service** – 10am. Every Sunday via Facebook Live Stream, YouTube and open-air services are held in the pavilion under ceiling fans. Music, Meditation and Inspired Messages. Unity Myrtle Beach, 6173 Salem Rd, Myrtle Beach (off Hwy 707, near St. James Highschool. UnityMyrtleBeach.org. 843-238-8516.

**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. 910-685-2795.

### monday

**BeU Flash Flow** – 6-7am. Integrates the core principles of traditional hot Bikram yoga with a Vinyasa power flow. Practiced in 105° F and 50% humidity room. BeUnlimitedYoga.com. 910-399-4882.

**Yo-Chi** – 9:30-10:30am. Work isometrically for stability in yoga asanas/poses and move isotonicly for mobility in T'ai Chi. Cost: \$12 Drop-in. Island Healing Chiropractic, 8809 E Oak Island Dr, Oak Island. IslandHealingChiropractic.com. 910-278-5877.

**Yoga for Moms + Crawlers** – 10:45-11:30am. With Hillary Carlisle. For moms with little ones this yoga class is designed just for you. Round up around the little ones in a circle of yoga flow love. Limited class size register early. Cost: \$15 drop-in. Movement Works, 9500 Ocean Hwy W, Calabash. @GreatLoveHealth on FB/IG. MyMovementWorks.com.

### tuesday

**Mat-Based Pilates** – 9:30-10:30am. Pilates improves flexibility, builds strength, and develops control and endurance of the entire body. Cost: \$12 Drop-in. Island Healing Chiropractic, 8809 E Oak Island Dr, Oak Island. IslandHealingChiropractic.com. 910-278-5877.

**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

**BeU Salty Flow Ocean Side** – 7:30-8:30am. Enjoy BeUnlimited Yoga's signature sequence the BeU Flow over crystal waters with sun kissed, salty skin. Cost: \$10 drop-in. Crystal Pier @ Oceanic Restaurant, 703 Lumina Ave, Wrightsville Beach. BeUnlimitedYoga.com. 910-399-4882.

**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. Dialog re: *The Book of Awakening* by Mark Nepo. Cost: Love Offering. Meeting ID: 832 0816 4530 \* Passcode: 960133. UnityMyrtleBeach.org. 843-238-8516.

### thursday

**Rune & Oracle Readings with Roger Lockshier** – 10am-2:30pm. Roger is a Shaman, Healer, & Ritualist, offering an array of services. Including rune/Oracle readings, healing sessions, & so much more. Starts at \$55. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.

**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.

### friday

**Foundation to Flow** – 9-10am. 8-week course. Whether you have never stepped on a mat before or you are looking to refine your current practice, this series is for you. Cost: \$12 Drop-in. Island Healing Chiropractic, 8809 E Oak Island Dr, Oak Island. IslandHealingChiropractic.com. 910-278-5877.

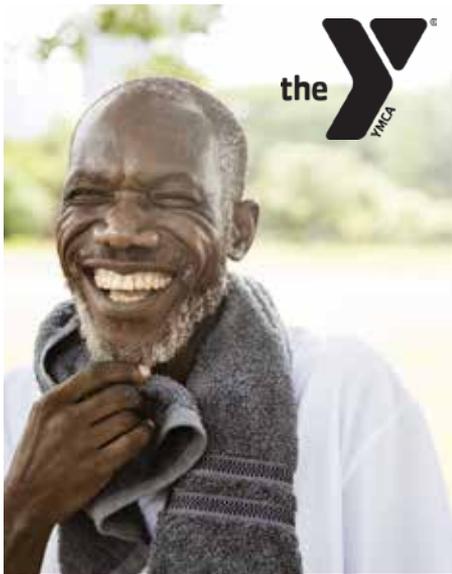
**Friday Psychic Eileen & Great Oak** – 11am-4:30pm. Ability to speak to your loved ones who have passed over. Cost: \$75/\$110/\$160, 30/60/90 minutes. Blue Lagoon Wellness Ctr, 1202 Floral Pkwy, Wilmington. Blue Lagoon Wellness Center. com. 910-685-2795.

### 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. BlueLagoonWellnessCenter.com. 910-685-2795.

**Monica the Maiden Minx** – 2:30-6:30pm. Utilizes 4 decks to guide, heal and empower individuals. Magic Manifestation Sessions also available and include full reading, custom-carved spell candle and supplies. Starts at \$35. Madame Meerkat's Cabinet of Curiosities, 1001 S Kerr Ave, Wilmington.





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~John Steinbeck

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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 3.*

## 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 2.*

## HOME SEXUAL HEALTH TESTING

### LETS GET CHECKED

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



Convenient at-home STD testing with online results in a matter of days. Accurate and reliable, private and confidential, discreet packaging along with a dedicated medical support team available 24/7 to call and explain your results and provide treatment options.

## JEWELRY

### ORIGAMI OWL

609-915-2033  
JewelryByLAJ.OrigamiOwl.com



Tell your story through customizable jewelry. Origami Owl is a leading custom jewelry company known for telling stories through our signature Living Lockets, personalized Charms, Necklaces, Bracelets and Earrings.

## MARTIAL ARTS

### AIKIDO MYRTLE BEACH

Sensei James Bartee Jr.  
9625 Scipio Lane, Myrtle Beach  
864-414-7425 • AikidoMyrtleBeach.com



Offering Classical and Traditional Japanese Martial Art Training and Self Defense Training. Bartee Sensei is a certified USSS Fitness Coordinator, 5th degree black belt in Aikido, 3rd degree black belt in Tae Kwon Do, 1st degree black belt in Lajitsu and defense training expert. Training provided for organizations, groups, and individuals. Classes held at Olympia Gymnastics.

## 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 5.*

## LABYRINTH WALKING

4505 Socastee Blvd STE J, Myrtle Beach  
843-868-1431  
LabyrinthWalking.net



From crystals and organic herbs, to tarot cards, books and an array of soul-centered services, we're here to support your spiritual growth.

## 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 4.*

A little bit of summer  
is what the whole year is all about.

~John Mayer

## 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.*

## NATURAL SERVICES

### WILLING BEAUTY

609-915-2033  
WillingBeauty.com/LAJ

## WILLING BEAUTY™

You don't have to choose between safe & effective skincare! We are a skin-loving beauty brand with heart, created to inspire your life, celebrate your beauty. We believe in simple, safer, better-for-you formulas that harness the power of nature, deliver proven results, and are fun to use. Our products are free of parabens, sulfates, DEA, phthalates, mineral oils, chemical sunscreens and synthetic fragrances. Never tested on animals. Rewards program available.

## 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 30.*

### 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 3.*

## 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 9.*

When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.

~Ayurvedic Proverb

## THYROID HEALTH

### LETS GET CHECKED

910-833-5366  
HealthyLivingsCoastalCarolina.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.



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Year-round \* M-Sat. 8-5  
*We grow what we sell*

**Let's Get Social**

- @na\_carolinas
- @nacoastcarolina
- @naturalawakeningscc
- @naturalawakeningscoastalcarolinas

# PASS US AROUND

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awakenings

with your friends  
and family.



Affiliated with Unity Worldwide Ministries and Daily Word

### Sunday Services, 11am

Prayer 24/7 with Silent Unity at [Unity.org/Prayer](http://Unity.org/Prayer)

6173 Salem Rd., Myrtle Beach  
**843-215-0260**

Facebook: Unity Myrtle Beach  
**UnityMyrtleBeach@gmail.com**

### Sunday Services • 10 AM

July & August – Outdoors under the Pavilion with ceiling fans at 6173 Salem Rd. Services also on FB livestream and You tube.

### Sundays, July 4th & 11th • 10 AM

Rev. Margaret Hiller, Ordained Charismatic Minister, Licensed Unity Teacher, Unity Myrtle Beach Spiritual Leader

### Sunday, July 18th • 10 AM

Rev. Dr. Rob Fulwood, Ordained Missionary Baptist & Licensed Unity Teacher Candidate

### Sunday, July 25th

Rev. Jervais Phillips, Ordained Unity Minister, Former Baptist Min.

**Dr. Tom O'Bryan**

Chief Health Officer,

KnoWEwell

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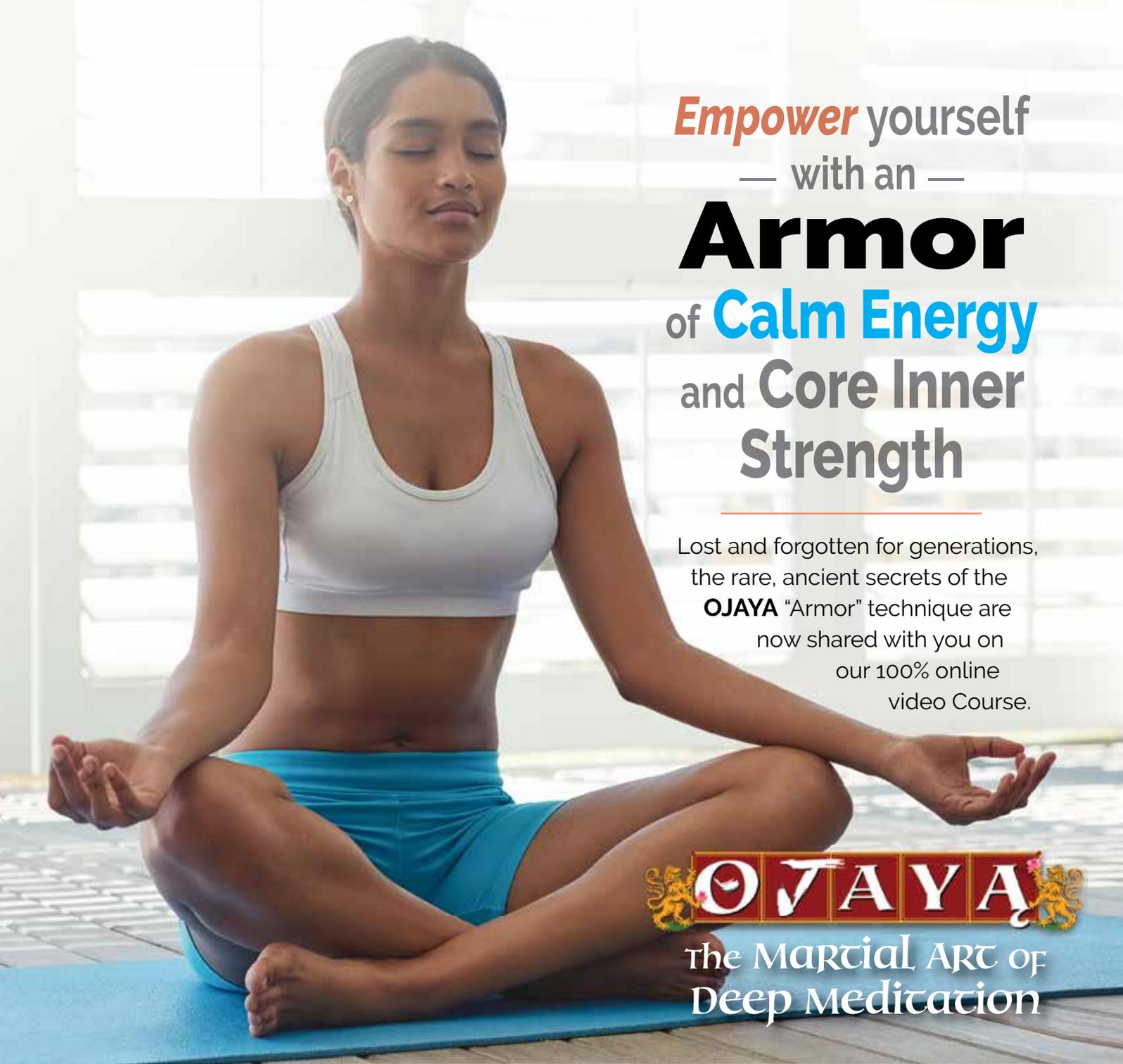
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— with an —  
**Armor**  
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**Q**UIETLY hidden and closely-guarded for centuries, the **OJAYA** "Armor" technique is a supremely rare and powerful meditation that protects your mind and emotions with a calm "armor" of **core inner strength**. As you meditate, its soothing resonance **attacks stress**, clears out brain fog, and recharges your vital energies in

just 10-20 minutes — the perfect antidote to the fatigue and frenzy of high-tech living.

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