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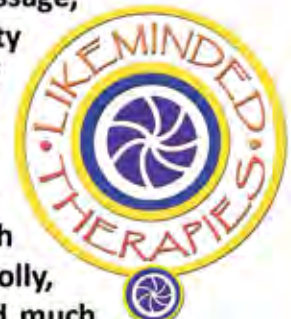


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Natural Awakenings is a family of 50+ healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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Shanna Warner,  
Publisher

## Celebrating the Survivors

**T**his month, I am celebrating August 16 as Survivor's Day. It is the one-year anniversary of my brother's survival of a massive hemorrhagic stroke. It is a day that I will never forget, as he was whisked off in a helicopter from his little rural town to a stroke center in Tulsa. As the rotors beat their tempo into the dark night sky, lifting my little brother into the air, I wondered if I would ever see him again.

And yet, he survived. So many don't. Strokes, heart attacks, cancer and traumas of all sorts take our loved ones from us.

This is why we focus on health and wellness in this magazine—so that every reader has a better chance to live another day. Because every day, bodies are beset with maladies for which there is no cure. No spoiler alert here—we all suffer trauma. It is part of the human experience, the human condition. You would think that every person walking the Earth would be filled with fear and anxiety. And yet...

There is joy. There is happiness. There are even blissful connections with the Divine. Something truly beautiful can happen when you suffer through or survive trauma of any sort, or when you recover from the loss of a loved one. It can help you turn inside, away from the distractions of modern life, and back into a recognition of what truly matters.

And what is that? What truly matters? I know this truth now—only love remains. We are here to love each other. It is the only thing that matters. When trauma takes a human body, it does not destroy love. My love for my brother will not end when his body dies or when mine does. My love for my hubby and son, my sisters and extended family will not ever die. Life, with its ups and downs, with the frailties and foibles of the human body, cannot destroy the intangible, the "true" nature of each of us.

I am a survivor.

My brother is a survivor.

You, my friend, are a survivor.

On the 16th, I will be celebrating survivors like me, like him, like us. I celebrate the unending, unquenchable, indomitable spirit of man expressed through the simple reality of love. And that is truly all that matters.

With love,

Shanna

P.S. The Beatles were right, you know.



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## news briefs

### 3-Day Divine Feminine & Masculine Retreat

Sacred Pillars Church is excited to announce its latest immersive transformational opportunity, the 3-Day Divine Feminine & Masculine Retreat, taking place September 9 through 11. Held on 65 beautiful, secluded acres in Newcastle, Oklahoma, the entire weekend is designed to allow attendees to nurture, honor and bring harmony and balance to the Divine Feminine and Masculine energies and to come into holy communion with themselves, their relationships and nature.

Attendees should expect to set aside judgment and prejudice to be open to new perspectives on how to relate to one another and build this synergistic communion. Making this possible are a variety of curated ceremonies, including meditation, fire ceremony, ecstatic dance, authentic relating activities, breathwork, entheogen ceremony in nature, sweat lodge ceremony, smoke and foot baths, and integration sharing circle.

The retreat includes two nights' indoor sleeping accommodations, most meals, one-on-one follow-up integration support and a thorough preparation and integration packet for making lasting and impactful life changes.

For more information and to register, visit [SacredPillars.church/events/3-day-sacred-retreat](http://SacredPillars.church/events/3-day-sacred-retreat). See ad, page 29.



## Is It Time To Make Changes?

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## Take a Social Media Break to Improve Mental Health



Karolina Grabowska/Pexels.com

With 82 percent of Americans using apps like Facebook, Instagram and TikTok, scrolling through social media has become an unconscious automatic behavior for many. But that distraction comes with a price, indicates a new study by the UK's University of Bath. Half of the

154 participants ages 18 to 72 stopped using virtually all social media for one week, reducing their average usage time from eight hours to 21 minutes for that period. After the seven days, they showed significant improvements in their well-being, depression and anxiety scores compared to those in a control group that did not take such a break. "Scrolling social media is so ubiquitous that many of us do it almost without thinking, from the moment we wake up to when we close our eyes at night," says lead researcher Jeff Lambert. "But if you are spending hours each week scrolling and you feel it is negatively impacting you, it could be worth cutting down on your usage to see if it helps."

## Eat Green and Orange Produce to Lower Dementia Risk



Simone Impe/Unsplash.com

Green veggies and orange fruits can help stave off dementia, according to new findings from the National Institutes of Health's National Institute on Aging. Researchers gave 7,283 people physical exams and blood tests, and then monitored them for

dementia symptoms for 16 years. Those with higher levels of lutein, zeaxanthin and beta-cryptoxanthin in their blood had significantly less incidence of dementia compared to those with lower levels of these antioxidants. Lutein and zeaxanthin are found in green, leafy vegetables like spinach, kale, peas and broccoli. Beta-cryptoxanthin is found in orange fruits like papaya, oranges and persimmons.

## Optimize Gut Health in Kids with ADHD or Autism Symptoms



Elenea/AdobeStock.com

The key role that the microbiome plays in children's health has been documented in a new study that links gut health to symptoms of attention deficit hyperactivity disorder (ADHD) and autism. Researchers from Oregon Health & Science University and the National University of Natural

Medicine tested 135 children with ADHD that took no medication. For eight weeks, half of the children took a placebo and half took vitamin and mineral supplements at doses between the recommended daily allowance and what is considered the upper tolerable limit. The ones taking the micronutrients were three times more likely to show symptomatic improvement on blinded clinician ratings, compared to those in the placebo group (54 percent versus 18 percent).

## Avoid Anti-Inflammatory Drugs to Lower Long-Term Pain Risk



Tyler/AdobeStock.com

Taking anti-inflammatory drugs for pain relief can actually lead to chronic long-term pain, say researchers from Canada's McGill University in the journal *Science Translational Medicine*. They found evidence of less healing in 98 lower back pain patients that took steroids or a non-steroidal, anti-inflammatory drug (NSAID) compared to participants that did not take such medications. A similar study on mice led to the conclusion that NSAIDs and steroids increased the tendency for prolonged, chronic pain. Examples of NSAIDs are ibuprofen, naproxen, diclofenac, celecoxib and high-dose aspirin.

Analyzing the records of 500,000 people in the UK, the researchers also found that those taking anti-inflammatory drugs to treat pain were more likely to still have that pain two to 10 years later. The study authors theorize that lowering inflammation blocks the activity of neutrophils, a type of white blood cell that sets the stage for tissue damage repair. "Inflammation occurs for a reason, and it looks like it's dangerous to interfere with it," says senior author Jeffrey S. Mogil, Ph.D.



## Greenwash 'N' Wear

### Fashion Industry Sustainability Campaigns Fall Short

The Changing Markets Foundation, founded in 2015 and based in the Netherlands, discovered that environmental certification programs claiming to verify the sustainability of fashion brands facilitate “greenwashing” for the apparel industry. A recent report proposes the certification programs provide, at best, a “patchy promise of sustainability.” The organization’s analysis of voluntary efforts designed to reduce fashion’s growing environmental footprint found the efforts instead led to increased pollution, and are helping to solidify the industry’s reliance on nonrenewable resources.

The report, which evaluated 10 of the most prominent sustainability certification programs for the fashion industry, states that fashion retailers are “lauded for working towards the reduction of plastic hangers, bags and other packaging, while their huge and growing use of plastic for clothes passes under the radar.”

George Harding-Rolls, a campaign manager at Changing Markets and lead author of the report, says, “Waste increases, utilization of clothes decreases and reliance on fossil fuels increases, yet these schemes continue to exist and say that sustainable fashion is just around the corner. This is actually preventing us from taking the more systemic action that we need, such as more regulation and legislation.”

## Fallow Fields

### Abandoned Farmland Regeneration Can Mitigate Climate Change



Jesse Zheng/Pexels.com

A new study, “Rural Land Abandonment Is Too Ephemeral to Provide Major Benefits for Biodiversity and Climate,” from the Princeton School of Public and International Affairs published in the journal *Science*

Advances analyzed the phenomenon of farmers worldwide moving to urban centers due to finances, conflicts or climate change. This rural outmigration is leaving hundreds of millions of acres of cropland abandoned, affording an opportunity for ecological restoration and carbon sequestration that could lead to a positive impact on the climate crisis if the land is allowed to regenerate. The report states, “Unless policymakers take steps to reduce recultivation or provide incentives for regeneration, abandonment will remain a missed opportunity to reduce biodiversity loss and climate change.”

David Wilcove, professor of ecology and evolutionary biology and public affairs at the High Meadows Environmental Institute, one of the co-authors of the study, says, “As people move from rural areas into cities, there is a chance for wildlife and the climate to gain ground, literally, as abandoned farms and pastures revert back to forests and grasslands.” However, he also notes, “Our work shows that this is not happening, because the abandoned lands are being rapidly recultivated.”

## Mini-Amazon

### Brazilian Atlantic Forest Faces Danger



Marcio Iense e Sa/AdobeStock.com

The enormous green blob of Amazon rainforest that dominates Brazil’s interior known as the “lungs of the world” has become a familiar topic of preservation. But there is another important region along the coast, the Mata Atlantica, that is fighting for its life against overdevelopment, where deforestation surged 66 percent last year. A report from SOS Mata Atlantica documents the loss of 53,479 acres of forest cover from November 2020 to October 2021, up two-thirds from the previous year based on satellite monitoring data, releasing around 11 million tons of carbon dioxide into the atmosphere.

SOS spokesman Luis Guedes Pinto says, “We weren’t expecting such a huge increase. We thought the Atlantic forest would be a bit more immune

to the explosion of deforestation (in other parts of Brazil) as a region with more governance and policing.” Critics cite the government undermining environmental protection programs to benefit agribusiness. Since 2019, average annual deforestation in the Brazilian Amazon overall has increased by 75 percent from the previous decade, according to official figures. “Research shows the Atlantic forest is one of the biomes that will have to be urgently restored if we are to reach the goal of holding global warming to 1.5 degrees C in line with the Paris climate accord,” says Pinto.



## Native Voices

### United Nations to Better Represent Indigenous Peoples



courtesy of UN.org

The United Nations Permanent Forum on Indigenous Issues (UNPFII) called on governments, courts and UN agencies to implement mechanisms to support and protect Indigenous peoples' lands and lives in its 21st session, as well as more opportunities to participate in the General Assembly process. Although Indigenous voices are currently heard, their role is constricted because only UNPFII members can make recommendations to other bodies like the Economic and Social Council or UNESCO. Indigenous nations, communities and non-governmental organizations cannot vote or speak to UN bodies, including the General Assembly, without an invitation.

At the forum, Indigenous representatives and leaders discussed how dangerous mining practices driving the green energy transition are threatening Indigenous peoples around the world, how harmful conservation practices are impacting traditional territories and the need for urgent attention on vio-

lence against Indigenous land defenders and women. Geoffrey Roth, a Standing Rock Sioux descendent and UNPFII member, says, "A basic first step for enhanced participation would be the United Nations recognizing that tribes have a right to be here and have a right to be able to attend." With enhanced participation, they can engage equally with member states to ensure rights are protected and concerns are heard.

## Smoke Screen

### Tobacco Industry is Big Plastic Polluter



Brian Yurasits/Pexels.com

The once-common sight of public smoking is fast disappearing from society, but cigarette butts are still the most common source of plastic pollution in the global environment, not bottles, plastic bags or food wrappers. Smokers generate almost 900,000 tons of toxic waste annu-

ally, deposited on streets, landfills, rivers and beaches in every country. They take 10 or more years to degrade, releasing more than 7,000 toxic chemicals into the environment. The Ocean Conservancy found partially digested cigarette butts in 70 percent of seabirds and 30 percent of sea turtles sampled in one study. The industry sponsors clean-ups, anti-littering campaigns and other gestures to distract the public, say critics. Cigarettes could theoretically be banned if they were treated as single-use plastics.

Smokeless and chewing forms of tobacco like gutka and khaini are sold in South Asia, with millions of their plastic pouches littering the environment. From the mining of materials for batteries to metal and plastic waste leaching into soil and water, electronic tobacco and nicotine products such as vaping are creating a new wave of pollution. The U.S. Environmental Protection Agency reported last year that lithium-ion batteries are entering municipal waste systems because consumers dispose of these products labeled as disposable in household trash.

## Finding Nemo

### New Underwater Maps Track Fish



JJ Gouin/AdobeStock.com

To better track the location and movement of marine fish in U.S. waters, The U.S. National Oceanic and Atmospheric Administration (NOAA) Fisheries is using a new interactive website, the Distribution Mapping and Analysis Portal. It demonstrates that the ranges of many

marine species are shifting, expanding and contracting in response to changing ocean conditions. Intended to improve data sharing and collaboration, it will facilitate judgements about fishery management and increase knowledge about species distribution.

The portal displays data from NOAA Fisheries bottom trawl surveys for five regions (Northeast, Southeast, Gulf of Mexico, West Coast and Alaska) and includes a map viewer and graphing capabilities for more than 800 marine fish and invertebrate species. Understanding where species are distributed and the factors that drive patterns are important for species conservation and management.

Rick Spinrad, Ph.D., NOAA administrator, says, "Changes in fish stocks can have significant economic and cultural impacts for communities and businesses across the U.S. The visualization capabilities of this new tool boost our ability to turn the data NOAA collects into robust decision-making resources for the entire fishery management community, helping build a climate-ready nation."



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## Planet-Friendly Picnicking

### STRATEGIES FOR A PLASTIC-FREE OUTING

Summer is the ideal time to break bread with loved ones, toss a Frisbee and celebrate the great outdoors, but too many of us believe that picnics require single-use plastics. In the name of convenience and easy cleanup, we bring plastic plates and cutlery, a stack of disposable cups and even a plastic tablecloth. When our fun in the sun is over, an avalanche of non-biodegradable offenders ends up in landfills to pollute our environment and waterways.

It's time to level up our picnicking game by going plastic-free. With a little planning, simple swap-outs are easy and less costly in the long run. Here are a few tips.

**Serve Homemade and Bulk Foods:** Instead of processed goodies like chips and candy that come in plastic packaging, guests will love Mom's gluten-free brownies and mixed nuts from the bulk aisle. Bring a chef's knife and portable cutting board to slice fresh vegetables and a watermelon from the farmers market rather than precutting and stowing them in Ziploc bags.

**Employ Reusable Containers and Bags:** The same eco-friendly carriers we use at home can be taken to picnics, including cloth shopping bags, stainless steel food containers, beeswax wraps, Mason jars, resealable silicone pouches and cloth or knit draw-string bags for bulk items. Everything comes home and gets thrown into the washer for easy cleanup.

**Get Ice Cubes from Home:** Stopping for a plastic bag of ice from a convenience store seems synonymous with a picnic, but it's time to break that bad habit. Put ice cubes from the freezer into a stainless steel food storage container and drop it in an insulated bag or cooler to keep items cold and provide clean ice for drinks.

**Bring Reusable Plates and Utensils:** While plates, cups and cutlery from our kitchens can perform double duty at picnics, more lightweight options made of eco-friendly materials like bamboo and stainless steel abound. Assign each person one reusable cup and a set of utensils for the gathering.

**Offer Plastic-Free Drinks:** Single-use, plastic water bottles are out. Bring big jugs of water and homemade lemonade or iced tea. Stainless steel straws complete the plastic-free replacement.

**Unfold Real Tablecloths:** Add charm with a couple of genuine tablecloths to drape over a picnic table and spread on the ground, with matching cloth napkins to boot. Then pop them in the laundry before the next outing.



# Change Your Words Change Your Life

by Christy Whitman



once this goal is realized. Do you believe you'll experience a feeling of pride or satisfaction, or one of serenity or freedom? Use as many words as you can conjure to describe the energy you're reaching for.

**Invite the Essence of Your Desire into Your Life** As you connect with the energetic essence of your desire in each important area of your life, allow yourself to identify the thoughts, the attitudes—and the words—that would align you with this energy. In other words, if you had already attained everything you're now striving for, what types of conversations would you be having with yourself and with others? Have these conversations now. When you shift your language, you shift everything.

*Celebrity coach Christy Whitman is The New York Times bestselling author of *The Art of Having It All* and *Taming Your Alpha Bitch*. She is founder and CEO of the Quantum Success Coaching Academy and creator of *WatchYourWords.com*, a free, 30-day, language training program.*

**T**he words we speak are never neutral, because language doesn't simply describe reality. It creates it. With every word we utter, we're either speaking into existence a reality we desire or actively creating a reality we dread. We cannot speak about being broke and attract prosperity. We can't complain about feeling abandoned and attract great love. We can't criticize everything that's wrong with a situation and simultaneously invent its improvement. We can only focus on one reality at a time—what we want or the absence of it—and the words we speak moment-by-moment are an indication of which way we're leaning.

## WORDS SUMMON CREATIVE ENERGY

When we say, "It shouldn't be like this," "Life is hard" or "Why can't I get what I want?" we set into motion a powerful stream of unwanted energy. If you've ever watched one person's negativity amplify the negativity in others, you understand this firsthand. Fortunately, the reverse is also true. We all have the ability to choose our thoughts, our perceptions—and our words—on purpose. When we change the way we speak about our life, we reclaim the power to change its trajectory. Here's how to go about it:

**Use Unwanted Experiences to Clarify Your Desire** Every unwanted experience presents you with a fundamental choice: You can complain about all that appears to be going wrong, or you can focus on what you now desire. In any uncomfortable circumstance, resist the temptation to complain, and focus instead on the clarity that's been born within you. Ask yourself, "What do I want to experience in this area of my life, and how would I like this situation or relationship to look and feel?" Then make a commitment to speak always in favor of what you desire, never in contradiction to it.

**Break Your Desire into Its Essential Form** Behind every desire—big or small—is a longing to experience a certain feeling. If life has shown you that you want a better job, a bigger house or a fitter body, try to identify the emotional payoff you believe you'll receive

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# Soothing Scents

## TOP EIGHT ESSENTIAL OILS FOR ANXIETY RELIEF

by Carolyn Gazella and Natacha Montpellier

**E**ssential oils are highly concentrated compounds extracted from aromatic plants that are used in aromatherapy for a variety of conditions. These fragrant oils have been incorporated into wellness practices for thousands of years, and decades of research confirm their benefits, especially their effects on mental health and well-being.

Breathing in essential oils, whether applied topically or inhaled when diffused in the air, has been shown to improve mood and mental wellness by triggering the release of calming neurochemicals such as gamma-aminobutyric acid (GABA) in the nerve centers of the brain. In particular, eight unique essential oils for anxiety have been explored in scientific literature.

### 1. BERGAMOT

The citrus essential oil bergamot (*Citrus bergamia*), taken either alone or with other oils, has been shown to help ease symptoms of anxiety and stress. A 2017 pilot study found that bergamot oil diffused into the air helped reduce anxiety and improve mental health and overall well-being in patients in the waiting room of a mental health treatment facility.

### 2. CLARY SAGE

The earthy, floral scent of clary sage (*Salvia sclarea*) may also help with anxiety. A 2013 study featuring women undergoing a stressful medical exam found that inhaling clary sage essential oil not only led to a subjective relaxation response, but also lowered blood pressure. Researchers noted a decreasing trend in salivary cortisol concentrations, a measure of stress; however, it was not significantly different compared



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to a placebo. Nevertheless, the reduced pressure suggests that clary sage may have stress-lowering capabilities.

### 3. FRANKINCENSE

Frankincense (*Boswellia sacra*) comes from the resin of the Boswellia tree and has a woody aroma. A 2011 study found that anxiety levels of women were decreased in the first stage of labor when a combination of frankincense and other calming oils were used topically.

### 4. LAVENDER

Lavender (*Lavandula*) oil has long been used topically and aromatically as a calming agent. Research has shown the benefit of inhaling lavender oil in a variety of anxiety-provoking medical scenarios, including cosmetic surgery, preoperative anxiety and postpartum anxiety. While most essential oils should not be taken orally, standardized lavender essential oil found in dietary supplement form has been shown to be safe and effective in easing anxiety when inhaled and taken orally.

### 5. LEMON BALM

Lemon balm (*Melissa officinalis* L.) has been proven to have anxiolytic, mood-enhancing and cognitive-improving effects in a variety of human clinical trials. As a dietary supplement and inhaled as an essential oil, lemon balm may help reduce symptoms of stress and anxiety.

### 6. NEROLI

Neroli oil comes from the *Citrus aurantium* plant and has been found to help with symptoms of stress and anxiety. In a 2014 randomized controlled trial involving menopausal women, inhalation of neroli essential oil both helped with menopausal symptoms



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and stress, but also lowered blood pressure, improved sexual desire and helped to balance cortisol and estrogen levels.

### 7. ROSE

As with most other essential oils, rose (*Rosa*) water has been used since ancient times to enhance health and healing, including mental health. A 2016 study involving hemodialysis patients found that inhaling rose water helped noticeably improve symptoms of anxiety. A 2019 randomized, controlled trial found that inhalation of both rose and neroli essential oils helped improve the psychological, physical and social symptoms associated with premenstrual syndrome.

### 8. YLANG YLANG

Often used in the fragrance industry, ylang ylang (*Cananga odorata*) has a slightly sweet and floral aroma. Research shows that inhaling the essential oil of ylang ylang may help reduce blood pressure and symptoms of depression and anxiety.

**Some of the methods for using essential oils include:**

- Added to bath water (six to 12 drops)
- Spread through the air via a room diffuser (three to four drops)
- Inhaled directly from a cotton pad or tissue (one to two drops) or from a bottle itself
- As a massage fragrance by adding one to two drops per two tablespoons of massage oil or lotion
- As a spray by adding 10 to 15 drops to a two-ounce spray bottle of distilled water
- As a steam fragrance when adding one to two drops to a bowl of boiling water and inhaling with a towel placed over the head and bowl

*To learn more about using essential oils for anxiety, consider consulting with an integrative practitioner for further guidance, or visit Fullscript.com.*

*Karolyn A. Gazella is the founder of the Natural Medicine Journal and the host of the Natural Medicine Journal podcast. Natacha Montpellier, ND, is a registered naturopathic doctor with the College of Naturopaths of Ontario whose clinical practice focuses on women's hormonal and reproductive health. They are both associated with Fullscript, an online platform helping integrative practitioners provide personalized patient care and supplement information.*



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# Sustainable Shellfish

## SUPERFOOD OF THE SEA

by April Thompson



**T**he perfect food may not be underfoot, but rather, underwater. It's delicious, fast-growing, nutritionally dense, sustainably produced, locally available from coast to coast and comes in nature's own sturdy packaging. "Shellfish is the most sustainable protein on the planet. There are no antibiotics, no pesticides, no fertilizer and no feed needed to raise shellfish," says Bob Rheault, executive director of the East Coast Shellfish Growers Association, which represents 1,500 shellfish farmers from Maine to Florida.

Shellfish is a nutritional powerhouse, providing proteins, essential amino acids, long-chain polyunsaturated fats, vitamins and carotenoids. The drastically shorter life cycle of shellfish compared to other farmed seafood also means shellfish producers can generate more food more quickly.

Shellfish also offer many ecological benefits; they filter the water, remove excess nutrients and create habitat for juvenile fish, Rheault says. A single oyster can filter up to 50 gallons of water per day, according to the Oyster Recovery Partnership, an organization that restores reefs in conjunction with a shell recycling network of restaurants and public drop sites across the mid-Atlantic region.

Ray Hilborn, a biologist and professor at the University of Washington School of Aquatic and Fishery Sciences, in Seattle, has compared the relative environmental costs of different food sources, including grains, poultry and imitation, plant-based meats. He has found that farmed shellfish, specifically mollusks like oysters, clams and mussels, provide the lowest impact protein of them all. "Shellfish has a very low carbon footprint and enormous yield per area," he

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**"Shellfish has a very low carbon footprint and enormous yield per area."**

*Ray Hilborn*

says. "Mussel farms, for example, are pretty much just ropes hung from rafts, with no changes to the ecosystem or loss of biodiversity, as compared to agriculture."

Bivalve shellfish like clams and oysters are mainly sourced from farms because wild stocks are largely depleted due to overharvesting, habitat loss and other contributing factors. "Somewhere around 90 percent of mussels and oysters on the market are farmed," Rheault says. "If you see perfect-looking oysters at the raw bar, you know they are farmed. Out of the wild, they can look gnarly."

Restorative aquaculture, which produces seafood using scientific principles that enhance coastal environments, may be one of the best opportunities to restore ecosystems while feeding the Earth's growing population, according to a report from The Nature Conservancy. However, Hilborn points to "the impact of food, not just how it's grown, but how it got to you." Processed shellfish has a bigger carbon footprint, so it's ecologically desirable to look for fresh, local options whenever possible.

Local production has a culinary benefit, too. "Every waterway has its own unique 'merroir', or flavor, that comes from the local environment. The differing levels of salinity and minerality, among other things, can lead to a very different flavor," adds Rheault. While there is only one dominant species of oyster on the East Coast, there are three varieties found on the West Coast and dozens more around the world, each with different flavor profiles, according to Rheault; oysters also have differing flavors throughout the year. "Fall oysters have a rich, full flavor; they can be skinny in the spring. I like them in winter best of all."

Perry Raso, owner of the Matunuck Oyster Bar and Farm, in Wakefield, Rhode Island, and a leader in the growing shellfish farming industry, grew up digging littleneck clams as a youngster. He earned a graduate degree in aquaculture before launching and growing a multifaceted business, including a restaurant, a seven-acre oyster farm and an organic vegetable farm. He raises and sells more than 1 million mature oysters a year and also supplies 5 million seed oysters to other aqua farmers.

Voted one of the top 20 seafood restaurants in the country by *Time Out*, Matunuck Oyster Bar serves several shellfish delicacies, including a classic oyster stew made with rosemary broth, scallop ceviche, quinoa crab salad and oysters on the half shell with a cucumber passionfruit gazpacho. The menu also features "vegan scallops" made from seared king oyster mushrooms.

Rheault's favorite way to eat an oyster, though, is simply with two drops of lime. "The lime knocks out your salt receptors and allows you to really taste the other flavors," he says. "Grilling is another great way to introduce people to oysters. You don't even need to shuck them; the grilling firms up the meat."

*Connect with Washington, D.C., freelance writer April Thompson at [AprilWrites.com](http://AprilWrites.com).*

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## VEGAN SHELLFISH ALTERNATIVES

Vegans or people with shellfish allergies can still enjoy the rich umami flavor of an oyster or clam with a little creativity. Here are a few suggested alternatives.

### King oyster mushrooms:

This mushroom is a misnomer perhaps, as its meaty stem, sliced in one-inch sections and sautéed or broiled, looks and tastes more like a scallop than an oyster. In general, mushrooms have a similar mouthfeel to shellfish: The chitin found in the shells of crustaceans are also a key compound in fungi. They can be added to many dishes as a satisfying substitute for seafood and other animal proteins. However, shellfish and mushroom allergies can overlap as a result of chitin sensitivities, so allergy sufferers should proceed with caution.



**Seaweed:** Kelp, dulse and other edible algae can also add a touch of that salty, sea-kissed flavor of shellfish, as well as important trace minerals and antioxidants, to dishes like chowders and stews without adding empty calories.



**Heart of palm:** The tender chewy texture of hearts of palm, flavored well, can serve as a surprising proxy for shellfish and seafood, particularly for rich dishes like fried calamari, lobster rolls or crab salad.



For those seeking a plant-based diet for ethical or other reasons, it's worth noting that a subset of vegans believe that consuming oysters and mussels does not contradict their commitment to a compassionate diet, given that bivalves lack a central nervous system. This somewhat controversial offshoot of veganism even has its own name—ostroveganism, from the Latin word *ostrea*, meaning oyster.

## BASIL GRILLED OYSTERS

*Oysters, freshly shucked*

### BASIL VINAIGRETTE:

2 cups basil  
1 small shallot  
1 clove of garlic  
Dash of red pepper flakes  
 $\frac{1}{2}$  cup of olive oil  
4 Tbsp champagne or red wine vinegar



In a blender, combine and process the basil vinaigrette ingredients. Top freshly shucked oysters with a dash of the vinaigrette and place on the grill for 5 minutes at medium-high heat. Before removing them from the grill, sprinkle on some grated pecorino Romano cheese.

Source: *Deja Knight McMillan*

## SAUTÉED MUSSELS

4 cups mussels  
 $\frac{1}{2}$  oz extra-virgin olive oil  
1 oz chopped yellow onion  
1 oz chopped fresh garlic  
1 oz white wine  
1 oz Pernod (licorice liqueur)

Juice of one freshly squeezed, whole lemon  
1 oz chopped, fresh basil



Heat the oil in sauté pan. Add mussels and dome with a second sauté pan. Once all mussels have opened, add the onions and garlic. Cook until onions are translucent. Add white wine and bring to a quick boil. Add the Pernod and cook until the alcohol has burned off. Add freshly squeezed lemon juice and basil. Bring to a boil and remove from heat, transfer to a bowl and enjoy.

Source: *Matt Schwab, Beal's Lobster Pier*

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# The Greening of Packaging

## CLEANING AND PERSONAL CARE PRODUCTS GO ECO

by Sheryl DeVore



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**H**ealth-conscious consumers have been purchasing home cleaning and personal care products with nontoxic ingredients for years. Now they're demanding these products come in environmentally friendly packaging that reduces waste and plastic use. "It's green movement 2.0," says Tim Murphy, CEO of *BranchBasics.com*, a Minneapolis company that sells nontoxic cleaners. "First there was the green movement 1.0 to eliminate the toxins from the conventional products like bleach. Now green 2.0 is about the removal

of plastic and waste reduction."

Today, consumers can find refillable, concentrated cleaning products; eco-laundry sheets; reusable cleansing face pads; eco-toothbrushes made of bamboo; zero-waste toothpaste bits; plastic-free, refillable deodorant; and refillable lipstick. These and a host of other innovative products designed to be healthy and eco-friendly are available online via manufacturers' websites or *Amazon.com*, and can also be purchased at certain big-box stores like Target.

### Consumer Demand

A December 2020 Mintel Trends survey showed nearly all of the internet users 18 and older that shop for household items say brands should consider the environment when creating packaging. Many respondents said they wanted products that had easy-to-recycle packaging and were refillable to reduce waste.

"There's a clear preference for lightweight packaging, plastic-free packaging, refillable and reusable products," says Danielle Jezienicki, director of sustainabil-



“There’s a clear preference for lightweight packaging, plastic-free packaging, refillable and reusable products.”

*Danielle Jezienicki*

ity for San Francisco-based Grove Collaborative, an online retailer of eco-products. “It makes sense, because 90 percent of the weight of most cleaning and personal care products you buy consists of water and packaging. The formulated ingredients are a small fraction. It saves money. There’s growing awareness of this.”

### Shipping Water

“It’s really expensive to be shipping water all over the country,” Murphy says. “It’s just extra bulk and extra weight, and the carbon footprint is much higher. If you take that water out, it’s lighter and smaller, so it’s better for the environment.” His company, *BranchBasics.com*, sells a concentrate that can be used as a laundry detergent, hand wash or bathroom cleaner by mixing it with water in a glass bottle at home. The concentrate comes in a recyclable plastic bottle and is shipped in cardboard, without plastic wrap or foam.

In the past few years, Grove Collaborative, which sells nontoxic personal care and home cleaning items, has changed its packaging to be even more environmentally friendly, according to Jezienicki. “The company has vowed to sell products with zero percent


plastic packaging by 2025,” she says. To that end, it has created a brand of hair, body, facial and hand care products that come in a concentrated bar with no plastic packaging. Its concentrated household cleaners, which can be used on floors, glass, tiles, tubs and other surfaces in the home, come in glass bottles, and consumers can use a glass spray bottle with a silicone sleeve to dilute the product with water.

### Plastic-Free

“In 2020, we avoided shipping more than 1.1 million pounds of plastic with our concentrated cleaners alone,” Jezienicki says. Grove sells products from other companies such as Seventh Generation if they are plastic-free, and has recently placed some of its products on the shelves at Target.

Consumer Denise Monson Haberkorn, of Skokie, Illinois, welcomes these changes and says her friends call her the “plastics police”. She began ordering Tru Earth laundry detergent strips to replace the large plastic bottles of liquid detergent she was using, and she loves them so much, she’s been giving them away for friends to try. “The detergent strips are about three times the thickness of a Band-Aid. You put the strip in where you used to put in your regular detergent, and they dissolve,” Haberkorn explains, adding, “There’s no plastic to get rid of. Some people don’t think they can make a difference with their choices, but I think I can.”



*Sheryl DeVore is an award-winning author of six books on science, health and nature. Connect at [SherylDevoreWriter@gmail.com](mailto:SherylDevoreWriter@gmail.com).*



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## WHAT'S NEW IN ECO-MANUFACTURING AND PACKAGING

**REFILLABLE LIPSTICK:** One billion lipsticks are discarded worldwide annually. Now consumers can purchase refillable lipstick containers made with biodegradable bamboo and recyclable aluminum, among other eco-friendly materials. Refillable containers are meant for the same shade, so users will need a different case for each color.



**TOOTHPASTE BITS AND TABLETS:** Americans throw away more than 400 million empty toothpaste tubes annually. Now consumers can purchase bits and tablets of formulated toothpaste that go right in the mouth—simply bite down and start brushing with an eco-toothbrush made of bamboo. There's also mouthwash and whitening bits, all packaged in glass bottles with compostable applicators.



**DEODORANT:** Deodorant tubes are not easy to recycle because they're often made of several types of plastic. Now consumers can buy a reusable deodorant case made of stainless steel or other eco-friendly materials and purchase refills, as needed. Companies are also making paperboard push-up deodorant containers that easily biodegrade, as well as organic deodorant cream refills.



**REUSABLE WIPES:** Reusable wipes are becoming more common than disposable types. For babies, they're often made of muslin and terry cloth, and can be tossed in the laundry. Reusable makeup wipes made of microfiber are also available.



**DOGGY POOP BAG:** Even Fido is going green when it comes to packaging. Instead of using plastic bags to pick up dog waste while on a walk, consumers can purchase biodegradable poop bags made of corn, vegetable oils and other compostable materials.







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# Mindful Kudos

## BEST WAYS TO PRAISE KIDS AND BOOST SELF-CONFIDENCE

by Ronica O'Hara



Giving ample kudos to our kids is an everyday part of parenting. To motivate youngsters to excel in school and activities, we pat them on the back repeatedly in ways that were unimaginable a century ago, when even kissing babies was frowned upon by many. In one survey, 85 percent of American parents said that praising their children's ability or intelligence when they perform well helps kids feel smarter.

But praise turns out to be a double-edged sword, as recent decades of psychological and educational research have made clear. Yes, praise can build character, motivation and resilience, just as parents hope. But when done unskillfully, say psychologists, it can have the opposite effect and actually lower children's confidence, dampen their motivation and stifle intellectual growth. Some of the research-based advice that has emerged includes:

### Praise Effort, Not Intelligence

Numerous studies have found that when children are repeatedly given accolades for their intellect or talent, they can come to believe those traits are innate and fixed, which then makes them more fearful of failing or even encountering challenges. On the other hand, when kids are taught that success depends on continued effort and hard work, they are more likely to seek out challenges, apply themselves to tough tasks and be resilient in the face of failure. Suggested parental statements include:

"I like the way you tried a lot of different strategies on that math problem until you finally got it." "That was a hard English assignment, but you stuck with it until you got it done." "Mistakes are so interesting. Let's see what we can learn from it."

"Even small statements, when said from the heart, have a positive impact on children."

*Carole Swiecicki*



## Don't Go Over the Top

Paradoxically, getting praised too lavishly can shake children and make them less likely to take risks. "Research has shown that extreme praise—using words like "incredible" or "best ever"—can create an excessive expectation that the child can feel incapable of meeting. They tend to become less tolerant of their mistakes, and tolerance of mistakes is a critical element in ultimate success," says clinical psychologist John F. Tholen, Ph.D., in Seal Beach, California, author of *Focused Positivity*. Excessive praise can also nudge overconfident children toward narcissism, especially if it involves comparison with other children.

## Focus on Character and Agency

When children are praised for positive aspects of their character such as being kind, resourceful or helpful, they are more likely to be generous and openhearted with others. Researchers have also found that when parents focus on and support a child's self-determined reasons for engaging in a task, it increases the child's sense of agency and capacity to act effectively, which helps them to move through the world with greater ease and self-confidence. Some suggested parental statements are: "You made that decision very carefully and wisely." "You were very kind in how you made the new girl feel welcome." "It's great to see how determined you are to do something exciting for your science fair project."

## Be Specific

Research shows that when praise is general or sweeping, like, "Good job!", kids tend to doubt its sincerity, whereas praise that gives more information is felt by them to be meaningful. "Focusing on increasing the specificity of the praise allows children to learn more quickly which behaviors you like and want to see more frequently," says pediatric psychologist Alyssa Fritz, Ph.D., of the Johns Hopkins All Children's Institute for Brain Protection Sciences, in St. Petersburg, Florida. "A good rule of thumb is to provide three instances of specific positive attention for every one command or correction." Suggested parental statements are:

"You kept practicing pumping your legs on the swing, and now you can do it!" "Thank you so much for cleaning up the garage. I really appreciate how hard you worked." "That was a tough skill to learn on the ball field, but you kept at it until you could do it."

## Be Sincere

If children detect insincerity in a parent's praise, they may assume they are being manipulated or misunderstood. Older kids in particular have a keen ear for offhand words of meaningless praise. "Be enthu-

siastic, while remaining genuine. Praise those things that truly make your heart warm, or make your day easier, or make you proud of your child's progress," says Carole Swiecicki, Ph.D., a psychologist and owner of Harbor Maple Counseling and Psychological Services, in Mount Pleasant, South Carolina. "Even small statements, when said from the heart, have a positive impact on children."

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

# Preventing Dog Dementia

## FIVE STRATEGIES TO PRESERVE COGNITIVE HEALTH

by Karen Shaw Becker



Among the many traits that dogs and humans share is the potential with aging for progressive cognitive decline, which canines can experience as early as 7 years of age. Clinical signs of cognitive decline appear in 50 percent of dogs over 11 and by the time they are 15, 68 percent display at least one sign.

The five classic and easily observable indicators of cognitive decline in dogs are decreased attention to surroundings, disinterest and apathy; decreased purposeful activity; increased sleep during a 24-hour period; intermittent anxiety expressed through apprehension, panting, moaning or shivering; and loss of formerly acquired knowledge, including house training.

Other symptoms include failure to respond to commands, difficulty hearing, inability to recognize familiar people and difficulty navigating their environment. Physical manifestations may show up as excessive licking, lack of grooming, fecal and urinary incontinence and loss of appetite.

### Gum Disease Linked to Canine Cognitive Dysfunction

A connection has been established between Alzheimer's disease and periodontal disease in humans, and a recent study has revealed a similar association between gum disease and canine cognitive dysfunction (CCD). By comparing dogs with CCD and a control group



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Older dogs with canine cognitive dysfunction tend to show higher levels of periodontal disease, and the more severe the gum disease is, the more significant their cognitive decline.

of healthy dogs, New York integrative veterinarian Curtis Dewey, of Elemental Pet Vets, and Mark Rishniw, of the Cornell University College of Veterinary Medicine, found that older dogs with CCD tend to show higher levels of periodontal disease, and that the more severe the gum disease is, the more significant their cognitive decline. Based on these results, at-home and veterinary dental care may be very beneficial to reduce the risk of cognitive dysfunction and should be added to these CCD prevention steps.

**1. Incorporate regular exercise, socialization and mental stimulation.** While they can't exert themselves with the same intensity as younger dogs, senior canines derive tremendous benefits from walks—especially unhurried “sniffaris”—and other age-appropriate physical activity and strengthening exercises. Short periods of play time with people and other pets in controlled situations can also help. Food puzzles and treat-release toys provide fun, mental stimulation, while brief training sessions refresh their memory or teach new skills.

**2. Take them to twice-yearly wellness visits.** Keep abreast of metabolic changes to catch disease early. Many Alzheimer's patients have insulin resistance and persistent hyperglycemia, so keeping a dog's A1c levels low and steady is important.

**3. Optimize their nutrition.** The best fuel for canine cognitive health is a combination of healthy fats—especially omega-3 fatty acids like sustainably sourced krill oil and medium-chain triglyceride (MCT) oil—and a variety of antioxidant-rich whole foods suitable for a carnivore, including high-quality protein. Eliminate refined carbohydrates like sugar, grains, potatoes and legumes, as well as extruded

diets (kibble) that contain toxic byproducts of the manufacturing process that are linked to neurodegenerative disease.

#### **4. Improve memory with nutraceuticals.**

Because studies show that MCT in coconut oil can improve cognitive function in older dogs, add a quarter-teaspoon of coconut oil for every 10 pounds of body weight to food daily. Other supplements to consider are S-adenosylmethionine (SAME), jellyfish extracts, glutathione, resveratrol (Japanese knotweed), lion's mane mushroom, vinpocetine, phosphatidylserine, curcumin, ubiquinol, digestive enzymes and probiotics.

**5. Reduce doggie stress.** Senior dogs, especially those with dementia, often become disoriented. To help them remain stable and reduce anxiety, stick to a consistent daily routine, feeding and walking them on a set schedule. To control arthritis and degenerative joint disease, keep dogs active and at a healthy weight. Consider acupuncture, massage, chiropractic care, stretching and hydrotherapy (exercising in water). If a dog is experiencing incontinence because of age (and not caused by an underlying condition that should be addressed), provide them with more frequent potty trips outside or reintroduce them to a crate if they were crate-trained initially. Acupuncture may also help.

If a dog has problems hearing or seeing, use odor cues like pet-friendly essential oils or pheromone products to help them find their way around. Also consider purchasing or building ramps if they're having trouble getting into the car or up on the bed or a favorite chair. If they're slipping or unsure on bare floors, add runners, yoga mats or area rugs.

For sleep problems, try increasing their daytime activity level. Let the dog sleep in the bedroom to ease any anxiety that may be contributing to nighttime restlessness. Melatonin supplementation may help. Guide the precious pet with clear cues and easy-to-follow instructions, and when talking to them, use a quiet, calm and loving voice.

*Veterinarian Karen Shaw Becker, DVM, has spent her career empowering animal guardians to make knowledgeable decisions to extend the life and well-being of their animals. Visit [DrKarenBecker.com](http://DrKarenBecker.com).*



**Q: What is the best flea and tick product to use?**

**A:** The answer depends on three main things: the breed (coat length), type of exposure and your own philosophy. This discussion boils down to whether people prefer natural or chemical control. The natural control with products like Wondercide is very difficult because only dogs with very short coats can benefit from frequent application and yard treatment. Even though I use holistic methods, the tick problem is usually only handled with some of the newer products like Bravecto, Nexgard or Simparica. We have observed a very high number of cases of both Ehrlichia canis (Tick Fever) and Rocky Mountain Spotted Fever which can lead to debilitating arthritis or worse. And lastly, don't forget to stay diligent with treatment until there is a good freeze. See my ad on the back page.

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# Mark Mincolla on the Healing Power of Our Superconsciousness

by Sandra Yeyati

For 40 years, nutritional therapist and quantum energy healer Mark Mincolla, Ph.D., has integrated ancient Chinese energy healing techniques with emerging nutritional science in what he calls Electromagnetic Muscle Testing, an approach that zeros in on each individual's unique dietary needs. He has authored seven books, including *The Wu Way*, *The Tao of Ch'i* and *Whole Health*. In his most recent work, *The Way of Miracles: Accessing Your Superconsciousness*—and an accompanying documentary film of the same title—he shares his experiences, documented research and exercises to cultivate our natural ability to heal and create miracles.

## *How do you define consciousness?*

Consciousness is the essence of presence. What we think is empty space in the universe is actually filled with consciousness. While we understand the presence of our physical stuff and our ego, we have a harder time understanding our reductionistic self, the stuff that is reduced to the essence of energy. That's what the soulful being of our consciousness is.

## *How do you define superconsciousness, and how does it help us experience healing and create miracles?*

It's a trance state we can attain if we go deep within ourselves through meditation into the delta frequencies, and then visualize that we're blending that higher realm of consciousness into the universe like a raindrop entering the ocean. By doing this, you arrive at the place where miracles exist.



There's nothing to create. It's like being in a field of fruit. The abundance is there, you just have to go where the abundance is.

## *How can we develop and tap into our superconsciousness?*

My book has exercises at the end of each chapter. One of my favorites is looking into the pupils of your eyes in the mirror for 10 minutes straight, uninterrupted. In doing that, you will feel the essence of your presence. That is your superconsciousness.

## *Do we cause our own illnesses?*

I think we play a role in that process. Many people are cultivating ease and healing themselves. A lot of people are unconsciously cultivating "dis-ease." Your choices are to be consciously proactive, which is healing, or unconsciously reactive, which is disease-producing. There are two possibilities related to the energy of consciousness: flow or resistance. When we're in resistance, we can spend so much time in negative, reactive situations. The more negatively reactive we are, the less flow



and the more resistance we encounter and produce. The more consciousness that we proactively cultivate through deeper, more intentional meditation, the higher the consciousness we internalize and manifest. It boils down to what you're doing. Are you spending your time producing illness or producing wellness?

### ***How did you cure yourself from Lyme disease?***

It started the night I had a bad fall and was paralyzed on the bathroom floor for 14 hours. My spirit became really challenged and really elevated and engaged. It was time to take inventory and to confront myself about my quality of life. During that horrible process, that trauma, I made an unconditional commitment to write this book, make this film and do whatever I had to do to get my messages out there, which is the reason I was put on this planet. From there, I tapped into natural medicines and foods to help me recover. I've helped 60,000 people over the last 40 years, so I can help myself, you know? And I did.

### ***What should more people realize about themselves?***

That they have far greater power and far greater access to remarkable outcomes than they are aware of. You're born in this culture, automatically surrendering to the establishment. You surrender to the medical and pharmaceutical establishments. As a little kid, you get a sore throat, and your mom takes you to the doctor for antibiotics. There's a lot of doctoring and not enough healing in the world. As I say in the film, compassion is the key. My patients come to me and they're really heartbroken, sick and broken down, diseased. They've been so bottled up—so much depression, so much pain, so much suffering. The doctor makes it worse—doesn't help anything. So I feel like we're working at a very different, compassionate level for the patient to be whole, soulful, spiritual, emotionally tapped in. We strive to be concerned, to be loved and to both diagnose and treat at a high frequency.

Sandra Yeyati, J.D., is a professional writer and editor. Reach her at [SandraYeyati@gmail.com](mailto:SandraYeyati@gmail.com).

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# Take a Silent Hike

## TIPS FOR WALKING MINDFULLY IN NATURE

by Sheila Julson



Silent hikes offer an opportunity to be immersed in nature and quiet the internal chatter that too often consumes our daily routine. Wesley Trimble, communications and creative director of the American Hiking Society, has observed a growing interest in ecotherapies such as silent hikes that meld solitude and mindfulness with outdoor recreation. “Just getting out into nature, no matter where you are, is a great way to enjoy its beauty and focus on the experience,” he says.

When heading out on a silent hike or walk, in a group or alone, in a park or around the neighborhood, Trimble recommends taking long, deep, deliberate breaths. This allows the body to relax and focus on moving through space while being aware of sensory experiences.

Acoustic ecologist Gordon Hempton takes a quiet hike every day. The author of *One Square Inch of Silence* has traveled the globe for four decades in search of quiet, natural spaces in which to record ecological soundscapes such as crashing ocean waves or the snowy crickets of Washington State. “Opening up in a naturally quiet place in nature or the wilderness lets you become physically healthier, mentally clearer and more in touch with what you really want,” he says.

Hempton suggests that a silent hike begin with listening, which for mammals is a primary way to gather information: “Any event creates a sound, and that sound carries information about that event.” When heading into a natural area, he recommends listening for the furthest sounds and focusing on the faintest ones. “Then listen to the whole place and notice what you feel. There’s nothing you need to say, but everything you need to hear.”

According to Hempton, it takes less time to enjoy the benefits of a silent hike than people might imagine. “Even five minutes can produce huge relief,” he says. “Don’t make it a stressful thing. Recognize how much time you have, give it that and notice how you feel.”

Advice for silent wilderness experiences can be found at the website of Quiet Parks International ([QuietParks.org](http://QuietParks.org)), a nonprofit that Hempton co-founded which is dedicated to preserving quiet in the wilderness.

### Exercises to Quiet the Mind on a Silent Hike

Author and nature educator Joseph Bharat Cornell affirms that silent hikes help instill a sense of vibrant calmness. He created an outdoor learning strategy named Flow Learning, which is highly recommended by the U.S. National Park Service. It incorporates playful experiences into wellness walks to lessen internal dialogue and sharpen intuitive perception.

Brocreative/AdobeStock.com



His book, *Sharing Nature: Nature Awareness Activities for All Ages*, includes activities like the Silent Sharing Walk. “Teams of three people walk along and don’t say anything, but look and enjoy together,” he explains. “When you see something intriguing, gently tap the others on the shoulder, point and look together, and then quietly move on.”

The Trail of Beauty exercise encourages hikers to consider quotations like George Washington Carver’s “If you love it enough, anything will talk with you.” Participants explore trails to find something captivating that relates to the noteworthy words. Cornell advises to not use quotes that are too philosophical, because that can lead to internal dialogue that takes focus away from nature.

Group hikers can use the Nature In Me exercise to develop points of awareness. After finding a captivating spot outdoors, participants sit down and rest their hands palms-down on their thighs, allowing awareness to flow from one observation to the next. Lightly press a finger on the leg for each noticeable observation—a passing cloud, chirping birds or the splash of a river otter. Cornell advises against slipping into passivity, because then the mind tends to wander.

The Sound Map activity encourages hikers to take paper and pencil on a silent hike. “Close your eyes and cup your hands around both ears and listen for a sound,” Cornell explains. “Mark an X at the center of your paper to represent where you are. Then make a simple symbol to represent your sound and its location. This encourages people to listen and focus.” Trimble cautions that silent hikes can increase the chances of an animal encounter, so it’s important to remain aware of surroundings at all times. Silent hikes can also help wildlife. “One of the components of ‘leave no trace’ is the respect of wildlife,” he says. “Many studies show the impact of noise pollution on different types of ecosystems. Silent hikes let us enjoy nature without disturbing wildlife.”

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



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## calendar of events

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### SATURDAY, AUGUST 6

**Composting 101 OKC** – 10am-1pm. Learn how composting works and the changes we can make in our own home to reduce, reuse, and recycle. This event will provide samples of compost for guests to take home to their own garden. Items needed include green kitchen scraps and herbaceous plant materials. Items not acceptable for compost include meat and woody green waste materials. Free. Scissortail Park, 300 SW 7th St, OKC. 405-445-6277. [ScissortailPark.org](http://ScissortailPark.org).

**Ceremonial Breathwork Newcastle** – 1-2pm. Experience how one can be their own transformational healer simply by using their own beautiful breath. Following breathwork, attendees will continue their healing journey as a tribe by sharing a potluck dinner. Donation-based. Register at [SacredPillars.Church/Events/Ceremonial-Breathwork](http://SacredPillars.Church/Events/Ceremonial-Breathwork).

### FRIDAY, AUGUST 19

**Scissortail Park Concerts - Husbands OKC** – 7-10pm. Husbands is a landlocked beach pop band that sidequests Krautrock, garage rock and tropicalia. Recommended for those who like anything from Fleetwood Mac to MGMT, Beach House to the Beach Boys. Free. Scissortail Park, 300 SW 7th St, OKC. 405-445-6277. [ScissortailPark.org](http://ScissortailPark.org).

### SATURDAY, AUGUST 20

**Western Heritage Days Festival Bristow** – 9am-3pm. Featuring a huge parade, a variety of vendors, live music, activities, contests and more. Join in for shopping, food and fun. Celebrating the city's rich western and Native American heritage. There will also be an award-winning rodeo that evening. Free. 220 N Main St, Bristow. 918-381-4624.

**Indian Taco & Native American Arts and Crafts Sale OKC** – 11am-7pm. Guests can feast on delicious Indian tacos or enjoy juicy Pow Wow burgers. Enjoy browsing through the onsite Native American arts and crafts for sale after filling up with tasty Indian tacos. Free. Church of the Open Arms UCC, 3131 N Pennsylvania Ave, OKC. 405-923-1254.

### FRIDAY, AUGUST 26

**Higher Ground: A Stevie Wonder Tribute Concert OKC** – 7:30-9pm. As part of their annual tribute series, the Myriad Botanical Gardens brings the music of legendary musician pioneer Stevie Wonder through the voices and sounds of OKC's best live acts. Free. Myriad Botanical Gardens, Devon Lawn, 301 W Reno, OKC. 405-445-7080. [MyriadGardens.org](http://MyriadGardens.org).

**Radiant Skin Begins Within Edmond** – 6-9pm. Learn to nourish skin from within against harmful UV rays and other AGE accelerating factors. Sample

## PLANS CHANGE – CALL AHEAD

a skin hydrating smoothie and summer melon salad with feta and fresh herbs. One full-sized collagen supplement giveaway. Free. Natural Grocers, 3325 S Blvd, Edmond. 405-341-4700. [NaturalGrocers.com](http://NaturalGrocers.com).

**Final Friday in the Park Tulsa** – 6pm. Artists will be showcasing their work in a variety of mediums. Live music from the James Groves Band. Support local artists while grabbing a bite to eat from one of the on-site vendors. Free. Baseball field lot parking at LaFortune Park, 5202 S Hudson Ave, Tulsa. 918-496-6220.

### WEDNESDAY, AUGUST 31

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

## plan ahead

### SATURDAY, SEPTEMBER 17

## savethedate

### SATURDAY, SEPTEMBER 17

**Be Well Expo Tulsa** – 10am-5pm. Come talk with holistic providers, practitioners and business owners. Enjoy classes & seminars. Healthy food will be available. Tickets are free, but please bring a canned good for the Community Food Bank of Eastern Oklahoma or make a \$2 donation to the United Way at the door. Reserve your free ticket today. The Lodge at the Kaiser YMCA, 5400 S Olympia Ave, Tulsa. 918-805-0546. [BeWellExpo.org](http://BeWellExpo.org). *See ad, page 3.*

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## various

**NAMI Family Support Groups Statewide** – Free, virtual, confidential and safe group meetings for families helping other families living with mental health challenges. Free. [NamiOklahoma.org/](http://NamiOklahoma.org/) local-affiliates.

**Oklahoma Contemporary Arts Center OKC** – Daily exhibitions, performances and public programming, focusing on living artists, the art of now and what's next. Free with reservation. Oklahoma Contemporary Arts Center, 11 NW 11th St, OKC. 405-951-0000. [OklahomaContemporary.org](http://OklahomaContemporary.org).

## sunday

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

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

## monday

**Zumba with Tess Mack Tulsa** – 5:30-6:30pm. With low and high-intensity dance moves, rhythms from all over the world and panoramic views of downtown, attendees will see why Zumba fitness classes are called exercise in disguise. Who knew a workout class could feel like a dance party? Free. Guthrie Green, 111 Reconciliation Way, Tulsa. [GuthrieGreen.com](http://GuthrieGreen.com).

## tuesday

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

**Myriad in Motion: FREE Yoga OKC** – 6-7pm. Yoga in the Gardens offers a space of beauty and tranquility to help relieve stress and quiet your mind. Classes are open to all levels. Free. Myriad Botanical Gardens, Water Plaza Room, 301 W Reno, OKC. 405-445-7080. [MyriadGardens.org](http://MyriadGardens.org).

## wednesday

**Dog Play Wednesday Tulsa** – 9am-8pm. Bark your calendars; Dog Play Wednesday is back! Tails are wagging just thinking about it. Free. The Patio at The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. [GatheringPlace.org](http://GatheringPlace.org).

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

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

## thursday

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

**1st Thursday Sustainable Tulsa** – Noon-1pm. 1st Thur. Come network, and hear presentations from local, regional and national sustainability leaders. Free. This month will be a virtual presentation month. 918-417-1227. [SustainableTulsaInc.org/](http://SustainableTulsaInc.org/) 1st-thursday.

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

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



## friday

**First Friday Art Crawl Tulsa** – 6-9pm. 1st Fri. Come explore artwork galleries, studios, museums and live music performances. Free. Tulsa Arts District, 1 W Reconciliation Way, Tulsa. 918-492-7477. [TheTulsaArtsDistrict.org](http://TheTulsaArtsDistrict.org).

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

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

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

## saturday

**Adult Birding Walk OKC** – 8-9:30am. 2nd Sat. Go birding and socialize with other birders in the quiet hours of the morning. Led by retired Naturalist Neil Garrison. Free. Martin Park Nature Center. 5000 W Memorial Rd, OKC. 405-297-1429. [Okc.gov/Departments/Parks-Recreation/Martin-Park-Nature-Center](http://Okc.gov/Departments/Parks-Recreation/Martin-Park-Nature-Center).

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

**Myriad in Motion: FREE Yoga OKC** – 9am. Yoga in the Gardens offers a space of beauty and tranquility to help relieve stress and quiet your mind. Classes are open to all levels. Free. Myriad Botanical Gardens, Water Plaza Room, 301 W Reno, OKC. 405-445-7080. [MyriadGardens.org](http://MyriadGardens.org).

**Story Time at Full Circle Bookstore OKC** – 10:15am. Weekly morning story time with occasional special guests. For ages 10 & under. Free. Full Circle Bookstore, 1900 NW Expressway, OKC. 405-842-2900. [FullCircleBooks.com](http://FullCircleBooks.com).

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

**Concerts at the Creek OKC** – 7-9pm. Local musicians will perform on the Water Stage at The Pointe. Free. Chisholm Creek, 1332 W Memorial Rd, OKC. 405-728-2780. [ChisholmCreek.com](http://ChisholmCreek.com).

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GetHappyHypnosis.com



Hypnosis is a holistic modality to help move beyond stuck patterns and negative behaviors. Learn how to deeply relax the body and mind, while increasing focus and receptivity. Within this deep

state of total relaxation, you are able to receive powerful, positive, life-affirming suggestions for transformation. All clients are taught self-hypnosis, too. By appointment only. *See ad, page 6.*

## MASSAGE

### BRITTANY BASCUE, NMT, OMT, LMT, RP

Neuromuscular Massage Therapist  
918-401-0377  
Brittany@TulsaHealing.com



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

## MASSAGE - CLINIC/SCHOOL

### LIKEMINDED THERAPIES

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



Holistic massage clinic and school. Offering classes and massage therapy, corrective bodywork, yoga, meditation, sound/light therapy, GNM consultations, aromatherapy and energy healing. Call to schedule treatments with student practitioners and licensed

professionals. *See ad, Body Works page 2.*

### SCHOOL OF NATURAL MEDICINE

604 W 41st St, Sand Springs  
918-241-9600  
SchoolNaturalMedicine.com



The School of Natural Medicine offers many different programs starting with our massage therapy program that is owner-financed and maintains a low student to teacher ratio for a

very high first-time pass rate at the national exams. We also offer a two-year acupuncture training program and an eight-week master herbalist program. Visit our website or call for more information. Massage Therapy classes starting soon. *See ad, Body Works page 2.*

## classifieds

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

## MUSHROOMS

### WALKER BROTHERS MUSHROOMS, LLC –

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

## OPPORTUNITIES

### OWN A NATURAL AWAKENINGS FRANCHISE –

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

### NOW HIRING VETERINARIANS AND ANIMAL ASSISTANTS –

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

## MEDICAL MARIJUANA

### H&H PROCESSING

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



H&H Processing produces Orion Cannabis Tablets and Blossom Canna Capsules as well as craft FECO (Full Extract Cannabis Oil). The tablets and the capsules are all-natural, vegan, celiac-safe, gluten-free and sugar-free. Blossom mushroom capsules contain FECO

and five varieties of mushrooms. The tablets are dissolvable sublingually. *See ad, page 6.*

## METAPHYSICAL SHOPS

### OAK, ASH AND THORN

112 E Main St, Shawnee  
405-219-4325



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

various art from local artisans.



Whoever is happy will make others happy too.  
~Anne Frank

## PLANT MEDICINE

### SACRED PILLARS CHURCH

Edmond, OK  
SacredPillars.church  
Info@SacredPillars.church



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

See ad, page 29.

## QIGONG

### QIGONG OF TULSA

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



Qigong of Tulsa is a wellness center specializing in Clinical Qigong treatments and Qigong exercise training. Certified by the National Qigong Association as a Clinical Qigong Practitioner

and an Advanced Qigong Instructor with over 20 years of experience. Training includes exercises, meditation and self-treatment techniques. Clinical practice includes energy work, cupping, acupressure and more. Email Tom@QigongOfTulsa.com. See ad, Body Works page 2.

## REIKI

### CARI REIF, LAP, RMT, CHHC

918-401-0377  
TulsaHealing.com



Reiki Master, Life Activation, Health Ninja. Reiki is a form of energy healing through a nonphysical and invisible universal energy that vibrates at a level higher than personal energy and can help alleviate suffering, whether it be of a

physical, emotional, mental or spiritual nature. See ad, Body Works page 2.

## SEXUAL HEALTH

### DESIRE OKC

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



Sex does not have to be backward. My goal is to empower women and men to developed more meaningful relationships, live more authentically, all while creating a more fulfilling sex life. Are you ready? Let's Talk Sex! See ad, page 29.

## VETERINARIAN - HOLISTIC

### HEALING HANDS VET

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



Offering holistic pet care including chiropractic, acupuncture and essential oils. Care for your pet begins in a kid-friendly, comfortable and calm setting. Offering integrative medicine along with conventional methods. See ad, page 20.

### THE NATURAL VET

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



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



## WELLNESS CENTER

### AZALEA HOUSE OF HEALING

56 Expressway PI  
5601 NW 72nd St, #106, OKC  
405-905-2772 • AzaleaHealing.com



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

### DIVINE LOTUS HEALING HANDS WELLNESS CO-OP

2817 S Harvey Ave, OKC  
888-643-7699  
DLHHWellnessCoop@gmail.com



We are a wellness center for holistic seekers & practitioners to come together and heal the mind, body and spirit. We offer a variety of services including energy & body work, shamanic healing, breathwork & sacred sound, spiritual life advising and many other holistic wellness services. See ad, page 23.

## WOMEN'S HEALTH

### TOTAL FAMILY WELLNESS

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



Advanced holistic lactation support and personal wellness. Let us help you enjoy a happy, healthy breastfeeding relationship. We utilize chiropractic, fitness, nutrition, medical herbalism and personalized coaching to empower the families we serve to be the healthiest versions of themselves. We now have a fitness studio for women of all ages. In-home, virtual & office consultations available. See ad, page 20.

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# Nature's Virus Killer

## Copper can stop a virus before it starts

By Doug Cornell

**S**cientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria that cause illness.

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

Hundreds of studies confirm copper kills viruses and bacteria almost instantly just by touch.

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

"The antimicrobial activity of copper is well established." National Institutes of Health.

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

The EPA recommended hospitals use 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. He made a smooth copper probe

with a tip to fit in the bottom of the nostril, where viruses collect.

When he felt a tickle in his nose like a cold about to start, he rubbed the copper gently in his nose for 60

seconds.

"It worked!" he exclaimed. "The cold never happened. I used to get 2-3 bad colds every year. Now I use my

device whenever I feel a sign I am about to get sick."

He hasn't had a cold in 10 years.

Users say:

**"It works! I love it!"**

**"I can't believe how good my nose feels."**

**"Is it supposed to work that fast?"**

**"One of the best presents ever."**

**"Sixteen flights, not a sniffle!"**

**"Cold sores gone!"**

**"It saved me last holidays. The kids all got sick, but not me."**

**"I am shocked! My sinus cleared, no more headache, no more congestion."**

**"Best sleep I've had in years!"**

After his first success with it, he asked relatives and friends to try it. They all said it worked, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of germs, like a tickle in the nose or a scratchy throat.

Longtime users say they haven't been sick in years. They have less stress, less medical costs, and more time to enjoy life.

Customers report using copper against:

Colds  
Flu  
Virus variants  
Sinus trouble  
Cold sores  
Fever blisters  
Canker sores  
Strep  
Night stuffiness  
Morning congestion  
Skin infections  
Infected sores  
Infected wounds  
Styes  
Ringworm  
Other microbial threats

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 works just as well when tarnished.

Dr. Bill Keevil led one of the science teams. He placed millions of viruses on a copper surface. "They started to die literally as soon as they touched it."

CopperZap® is made in the USA of pure copper. It has a 90-day full money back guarantee. Price \$79.95. Get \$10 off each CopperZap with code **NATA29**. Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

Buy once, use forever.

*Statements are not intended as product health claims and have not been evaluated by the FDA. Not claimed to diagnose, treat, cure, or prevent any disease.*

ADVERTORIAL



New research: Copper kills viruses in seconds.

# *Natural Care*

## For Your Pet

*Helping Pets  
Live Longer, Healthier Lives*



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

*2 Locations To Serve You*

### **Holistic Pet Care**

3001 Tinker Diagonal St

Del City

**405-605-6675**

**HolisticPetCare.Vet**

### **Best Friends Animal Clinic**

1313 N Harrison Ave,

Shawnee

**405-273-5617**

**BestFriendsAnimalClinic.Vet**