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Business Spotlight - Brittany Bascue, NMT, OMT, LMT, RP

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Shanna Warner, Publisher



letter from publisher



Welcome to Our Digital World

If you enjoy this magazine and have been following along for the last two years, then I've got great news for you: we are about to grow again! Many of you know that Mark and I began *Natural Awakenings* Oklahoma at the beginning of 2020. And then... COVID happened to all of us. We couldn't distribute the magazine because so many businesses were shut down. So we focused on our website, NAOklahoma.com. We put all of the content online, encouraged our advertisers (who make *Natural Awakenings* possible) to publish there and invited everyone to come browse. And wow—we have grown to 35,000 hits monthly on our website. THANK YOU!

Now that things are getting back to (sort of) normal, we knew we had to find a way to fully support both the print and digital sides of *Natural Awakenings*, since both are equally popular, and we are so excited to begin that change with this issue.

The print edition of *Natural Awakenings* Oklahoma will still be distributed monthly, but issues will cover two months. The magazine will still be packed with wonderfully informative and thought-provoking articles. If you loved us before, you're going to *really* love us now.

At the same time, local businesses will have even more opportunities to submit online-only, web-exclusive content to inform, encourage and support Oklahomans on an ongoing basis. According to the Pew Research Center, readers today are split about half and half between print and digital. Their research shows that 27 percent of adults don't read books at all (yikes, the shock and horror); 37 percent read printed material; 35 percent are reading electronic or online information. We have seen this fact in action through the growth of our website.

We have so much great content that it just can't fit on the pages of a printed magazine, and all of that extra content is available online for free. You can search through back issues, look up local businesses, read national and local articles, and clip coupons or offers from our advertisers.

Go to NAOklahoma.com and sign up for the digital magazine.

It will be emailed to you along with our twice-monthly newsletter. Subscribers are entered in our giveaways and get exclusive peeks at new articles and recipes. Welcome to the digital world of *Natural Awakenings* Oklahoma!

With love and veggies,

Shanna



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Natural Awakenings is printed on recyclable newsprint with soy-based ink.



Come to the Be Well Expo, a free health and wellness event that the whole family can enjoy, from 10am to 5pm on September 17, at the beautiful new Lodge at the Kaiser YMCA in Tulsa, 5400 South Olympia Avenue.

Doctors, providers and practitioners will be available to talk with attendees about complementary, alternative and holistic medicine. Many of the vendors at the Expo will have giveaways and drawings for free services. There will be seminars, workshops and demonstrations offered free of charge, as well. The first 100 visitors through the doors will also get a recycled paper swag bag with even more offers and goodies inside.

The Be Well Expo is sponsored by OsteoStrong Tulsa, RenuYou Neurofeedback Center, PRC Rejuvenation Center, *Natural Awakenings* Oklahoma and the HWCC—the Holistic Health and Wellness Chamber of Commerce. The HWCC is a group of health and wellness professionals working together to raise awareness of the many different services offered throughout Oklahoma. They meet monthly in both OKC and Tulsa. The Be Well Expo is their largest community event, held annually in both Tulsa and OKC.

OsteoStrong is a membership-based integrated health and wellness center. They are focused on improving bone and muscle strength, decreasing joint pain, improving balance and increasing agility, all in one weekly session. They will be giving away a loaded gift bag complete with a 60-day trial membership, all together valued at \$450.



RenuYou Neurofeedback Center is Oklahoma's premier board certified (BCIA) clinic for neurofeedback, focused on well-being of the whole person, and taking an integrative approach to healing. They will be giving away a complimentary metabolic assessment.

PRC Rejuvenation Center focuses on helping clients rejuvenate from both the inside and the outside. They offer aesthetics like vein and light treatments; family medicine with libido enhancements, bioidentical hormone therapy, ED treatment and testosterone shots; and orthopedic procedures like joint injections, stem cell therapy and physical therapy. They will be giving away 30 units of Botox/Dysport and three sessions of laser hair removal.

Highlights of the Expo include:

- Seminars, Workshops, Demonstrations
- The "Random Acts of Kindness" Man
- A drawing to virtually "adopt" a baby bison
- Lots of giveaways from vendors
- Healthy foods and treats to purchase

The "Random Acts of Kindness" Man will be randomly walking around the Expo handing out gift cards! His goal is to make people smile. Parents or grandparents can sign up for a drawing to "adopt" a baby bison. The winner will receive a gift package for their child or grandchild with a stuffed animal, photos of their new virtual pet and certificates from the World Wildlife Federation.

Attendees will also smile as they enjoy one of the free seminars and workshops. Oklahoma local professionals have a heart to help, and they will be sharing their expertise with attendees each hour, beginning at 11 a.m. and running until 4 p.m. There is a conference room and a fireplace lounge for attendees to settle in and listen to some great information. Seating is limited for the free seminars. The schedule will be posted at the entrance to the event.

This is a free event, but since space is limited potential attendees are encouraged to reserve free tickets now. Please help support the community by bringing a canned good donation for the Eastern Oklahoma Community Food Bank or a small donation (recommended \$1 per attendee) for the local chapter of the United Way. All donations go directly to those great organizations.



Reserve free tickets on EventBrite, or scan the QR code below. For a map and directions to the Lodge, visit BeWellExpo.org. To learn more about the expo sponsors, visit them online at PRCRejuvenation.com, RenuYouTulsa.com and OsteoStrong.Me. See ad, page 3.



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news briefs

Welcome Tulsa Healing

This issue, we welcome Dr. Danielle Reif, DC, ND, of Tulsa Healing, to *Natural Awakenings* Oklahoma. Reif is a chiropractor and health coach, and she has additional training and certification in animal chiropractic, nutrition and traditional naturopathy.



Dr. Danielle Reif

Reif attended Parker University in Dallas for her doctorate degree in chiropractic and animal chiropractic training, the Institute for Integrative Nutrition and the Trinity School of Natural Health. She holds an Ozone Certification and is a Certified Emotion Code and Body Code Practitioner. She is also certified by the American Veterinary Chiropractic Association as an Animal Chiropractor.

Reif encourages clients to take control of their own health, and she is ready to be a guide as Oklahomans start or continue the holistic journey for themselves, their families and their pets, too. She says, "I have always had a passion for helping people, and animals hold a special place with me. Chiropractic college was my first step toward serving my patients with a holistic mindset. I found that chiropractic was one piece of a large puzzle, which led me to discover more of my talents as a holistic doctor. I am blessed to be able to combine everything I love at my practice."

For more information, visit TulsaHealing.com or call 918-401-0377. See ad, page 17.



eco tip

Sustainable Scrubbing

Tips for Toxin-Free House Cleaning



Cleaning the house shouldn't be a health hazard, yet studies have linked many popular cleaning products to asthma and other respiratory ills, developmental problems in young children and breast cancer. The nonprofit Environmental Working Group (EWG.org) warns in its *Guide to Healthy Cleaning* that both toilet and oven cleaners and heavy-duty degreasers that contain hydrochloric acid, phosphoric acid, sodium hydroxide, potassium hydroxide or ethanolamine can cause skin burns, blindness and lung irritation.

Products containing ammonia or chlorine bleach produce dangerous fumes when accidentally combined. Even air fresheners and scented cleaning or laundry products can trigger allergies, and often contain suspected endocrine disruptors such as phthalates and synthetic musk.

EWG scientists have evaluated 2,500 cleaning products and posted the results online: Out of 507 all-purpose cleaners, only 59 earned an A for safety and 151 got an F. Other indicators of high eco-standards are a

Green Seal or an EcoLogo certification symbol on the product's container.

There are many good, safe and effective cleaning strategies that use natural ingredients. *ChasingGreen.org* lists 23 ways to use baking soda in the kitchen, including cleaning grease stains, iron pots and baby bottles. For example, to clean both wooden and plastic cutting boards, use a paste made of one tablespoon each of baking soda, salt and warm water.

Vinegar, which is nontoxic and antibacterial, is another natural go-to cleaner. An equal mix of distilled white vinegar and water in a spray bottle can clean windows, stovetops, countertops, porcelain and ceramic tile. *TheSpruce.com* lists ways to use vinegar to clean everything from crayon stains to mold and mildew, and suggests adding a drop of lavender or citrus essential oil if the smell is unpleasant.

Treehugger.com cautions not to discard old, toxic products down the drain or in the trash, where they'll end up poisoning the water supply or landfill soil. Instead, keep an eye out for local toxic and electronic recycling events.

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Nettle Root Improves Prostate Symptoms



An enlarged prostate, known as benign prostate hyperplasia (BPH), afflicts half of men by age 60 and 90 percent of men by age 85. Although it isn't cancerous, treatment can involve medications and surgery. European doctors often prescribe the herb nettle root, and Iranian researchers tested its effectiveness in a study that divided 80

BPH patients into two groups. One was given 300 milligrams of nettle root extract twice a day for eight weeks; the other group received a placebo. The researchers found the nettle root significantly improved urinary frequency, urinary urgency and night urination compared with the placebo group. It was not effective in modifying prostate volume, the feeling of incomplete emptying, intermittency, urine stream and straining.

Revised Supplement Formula Slows Macular Degeneration



Age-related macular degeneration (AMD), the most common cause of blindness in older Americans, became less of a threat in 1996 when the national Age-Related Eye Disease Study (AREDS) verified that certain nu-

trients—beta-carotene, vitamin C, vitamin E, copper and zinc—slowed its progression. But after other studies showed a link between beta-carotene and lung cancer, it was removed from the formula. Two carotenoids found in the retina—lutein and zeaxanthin—were added, and the formula was rebranded as AREDS2. In a new, 10-year, follow-up study by the National Eye Institute (NEI), AREDS2 was found to reduce late AMD symptoms an additional 20 percent compared to the original formula. "This 10-year data confirms that not only is the new formula safer, it's actually better at slowing AMD progression," says Emily Chew, M.D., lead author of the study and director of the NEI Division of Epidemiology and Clinical Application.

Vitamin E Enhances Cancer Immunotherapy



In a study published in *Cancer Discovery*, researchers at The University of Texas MD Anderson Cancer Center reported that vitamin E can enhance immunotherapy responses in cancer patients by stimulating the activity of dendritic cells in tumors. Combining the records of patients with melanoma, breast, colon and kidney cancers that were being treated with immunotherapy, they found that taking vitamin E improved survival times and boosted treatment responses. In laboratory work, the researchers demonstrated that vitamin E directly binds and blocks the activity of the SHP1 checkpoint protein in dendritic cells, which primes T cells for an anti-tumor immune response. "This study broadens our understanding of factors that can influence responses to immunotherapies," says author Dihua Yu, M.D., Ph.D. Unlike chemotherapy, which acts directly on cancerous tumors, immunotherapy treats patients by revitalizing their immune system and "teaching" it how to identify and destroy cancer cells.

Autumn shows us
how beautiful it is
to let things go.
~Unknown

Fermented Dairy Helps Sidestep Depression

Sales of fermented dairy products like yogurt and kefir have been steadily rising in the U.S., and a new study from Australia's Deakin University might accelerate that trend. Researchers examined 24 years of nutritional and health data from 2,603 Finnish men between 42 and 60 years old. They found that men that ranked in the top third of consumption of non-fermented dairy products such as milk and cream had double the risk of depression, while those in the top third of consumption of fermented dairy products like kefir, yogurt, cottage cheese, sour cream and buttermilk enjoyed a 45 percent reduced risk of depression.





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Seattle Providing Electric Vehicle Chargers on Utility Poles



Marcio Isensee e Sá/AdobeStock.com

As people switch to electric vehicles (EV) to reduce their emissions, some homeowners and apartment dwellers without charging infrastructure are at a disadvantage. The city of Seattle set a goal to reduce transportation emissions 83 percent below 2008 levels by 2030, and to make things easier, they will install chargers on local utility poles on demand. Seattle City Light will conduct the project as part of a more extensive portfolio of transportation electrification investments and services to help the utility service area transition to zero-emission electric transportation options. Residents can accomplish some emission reductions with public transit, biking, walking and other options, but many still rely on personal vehicles for some trips.

The Curbside Level 2 EV charging program is available to anyone on a first-come, first-serve basis. The person making the request must own or plan to own an EV within the next 12 months, and their existing address must not offer off-street parking (where they could buy their own). Once a request is made, the utility will evaluate the area and ask for input from neighbors before installing a new EV charger. If more than 50 percent of neighboring property owners oppose the chargers, they will not be installed.



Australian Office Building to Feature Solar Facade

A rooftop solar array and 1,182 solar panels on the sides will adorn an eight-story, \$40 million, high-rise planned for West Melbourne, Australia, to provide the office building with most of its power. Avancis, a German firm producing glass panels containing solar cells, will supply the solar skin. Architect Pete Kennon says, “These things are possible, and the fact that a building can harness the sunlight from its own skin, it sounds like something you dreamed of, or you saw in a cartoon.” Generating 50 times as much power as a typical home rooftop solar array, the solar skin will save an estimated 77 tons of CO₂ emissions each year. Although this will be the first in Australia to use the panels, several projects in Europe have been built with the technology, including the world’s largest wooden skyscraper in Skellefteå, Sweden. “It feels urgent to innovate our building technologies to more sustainable methods,” says Kennon. “Collecting solar is a natural trajectory on our large-scale projects, particularly in locations that have great access to sunlight.”

Carbon Labels Cut Environmental Impact of Dining

Making changes while shopping at supermarkets, restaurants and with delivery apps can change minds about sustainable options and garner public support. Psychologist Ann-Katrin Betz and her colleagues at Germany’s University of Würzburg studied the design of restaurant menus and tested how adding carbon labels indicating the greenhouse gas emissions per dish and changing the most prominent menu items to foods with a lower impact on the climate affected the choices people might make when dining out. When people were given menus with the low-emission option as the default, the share of high-emission choices decreased by an average of 31.7 percent. When given menus with carbon labels, the emissions associated with their dish choices averaged 13.5 percent lower per dish. Combining carbon labels with prominent placing for low-emission options appears to have the greatest effect. Other strategies might include increasing the availability of plant-based options; making them more prominent elsewhere (the meat aisle); and renaming veggie options to make them sound more appealing (slow-roasted, butternut squash and seasonal vegetable lasagna versus vegetarian lasagna). Multiple practices are needed to persuade people to adopt sustainable diets, so all of these methods are just the beginning of a shift away from high-emission food by overcoming unconscious barriers.

Living Life in Full Color

by Marlaina Donato

Madhuri Mohite/Pexels.com

Nature concludes each day with a fiery mural, never again to be exactly duplicated and missed if we look away for a moment too long. “What color is in a picture, enthusiasm is in life,” said Vincent van Gogh, and to live with passion is to live life in full color. As children, it was in our nature to live out loud. We sang off-key, belly-laughed and showed off our blueberry-stained tongues. Somewhere between grade school and adolescence, we learned to swim with the social current, content to blend in for comfort. As adults, too often we are barely aware of our lives stuck in grayscale, but if we look deep inside, we long to be the brave red rose in a black-and-white world. Sometimes it takes something drastic, like being faced with a terminal illness, to throw off the shackles of, “What would they think?” and follow our own brand of bliss. Hopefully, most of us can make that decision without such a drastic wake-up call. In many parts of the world, nature saves her best for last and pulls out all the stops. She dresses the trees in unapologetic glory, inviting us to live more boldly before it’s too late, and to express the passions we’ve held in for dear life. If we are wise, we will fol-



low our bliss, whether it’s painting that wall in a color that might compromise resale value or dusting off the violin we set aside after high school. Autumn gives us much-needed permission to let our hair down, let our locks go silver or feisty red, let our souls blow in the wind and come in for dinner a little late and disheveled. What parts of ourselves do we hold inside for fear of standing out a little too much? What would we wear if we defied fickle trends? How would we love if we realized that there is nothing more important than embodying love? Here’s to living in full color, come what may. Marlaina Donato is an author, composer and painter. Connect at WildflowerLady.com.

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GROWING YOUNGER

LONGEVITY STRATEGIES THAT HELP REVERSE THE AGING PROCESS

by Marlaina Donato



Longevity, a human quest through the ages, is now a hot topic among scientific researchers that assert there has never been a better time to maximize our potential for metabolic renewal. Biological age—the state of our health at the cellular level—is in the spotlight, as are the anti-aging benefits of science-supported phytonutrients, cell-rejuvenating foods and safe, non-surgical, stem cell procedures. Functional medicine, with its focus on the biology-based root causes of disease, is also a rising star in the arena of age reversal.

No matter which path we follow to aging vibrantly, the most inspiring takeaway is that lifestyle, not genes, determines destiny. “On average in the United States, the last 16 years of life are spent with multiple diagnoses and on multiple medications. We are giving our hard-earned money to pharmacies, hospitals and nursing facilities,” says Kara Fitzgerald, a naturopathic doctor in Newtown, Connecticut, and the author of *Younger You: Reduce Your Bio Age and Live Longer, Better*. She and other researchers contrast “lifespan”, the years from birth to death, to “healthspan”, the years spent in good health free of age-related disease and disability. “Lifespan is not necessarily healthspan, and we can change that,” she says.

Age Is Not Just a Number

Until recently, age was determined by the year on our birth certificate, but “bio age” is the new number to pay attention to. It might not only predict health outcomes down the road, but also add years to our lives. In groundbreaking work in 2017, anti-aging researcher Steven Horvath at the University of California, Los Angeles, used algorithms to calculate biological age on the basis of how extensively our genome is modified by a process called DNA methylation. Researchers are now understanding what factors can turn on positive gene expressions and turn off those that may activate life-threatening diseases.

“Bio age is how fast our bodies are aging, and aging is the main risk factor for all diseases, including Type 2 diabetes, cardiovascular disease, de-

mentia and neurodegenerative disorders,” says Fitzgerald, noting that only 10 to 20 percent of longevity outcomes are genetic.

Fitzgerald and her team drove this point home with the first randomized, controlled study on the power of lifestyle and diet to turn back the biological age clock. Based upon functional medicine, the program enrolled 18 healthy men between ages 50 and 72 in a target group and 20 in a control group. Those in the target group ate a nutrient-rich diet, slept seven hours a night, practiced relaxation techniques and took supplemental probiotics and phytonutrients. They ate only between 7 a.m. and 7 p.m., exercised for at least 30 minutes five days a week, avoided sweets and consumed two cups of dark, leafy, greens and three cups each of cruciferous vegetables and colorful vegetables daily, as well as six ounces of animal protein.

The results, published last year in the journal *Aging*, showed that three years of bio age were reduced in the target group in just eight weeks compared to the control group. “What we eat, our stress load and our response to it, the quality of the air we breathe and if we exercise are all drivers or reducers of our bio age. Knowing this, we absolutely need to take responsibility for our lives,” says Fitzgerald.

This bio age reversal is good news when we look at the grim statistics. According to the U.S. Centers for Disease Control and Prevention and the American Cancer Society, approximately 610,000 people die of heart disease in this country each year and more than 600,000 Americans are predicted to succumb to cancer this year alone.

Molecular Magic

Harvard genetics professor David Sinclair, author of the seminal *Lifespan: Why We Age—And Why We Don’t Have To*, discovered antioxidant-rich resveratrol in grapes in 2003. Since then, he and other researchers have found additional compounds with the ability to activate longevity pathways. Nicotinamide adenine dinucleotide (NAD, or B₃), a coenzyme involved in many metabolic processes essential to life, has been shown to rejuvenate aging mice, increasing energy-producing mitochondria in the cells and fortifying muscle mass. The body makes less NAD as we age, but research suggests that intermittent fasting, exercise and heat saunas can stimulate this youth-preserving molecule. NAD-boosting supplements are also on the market, but consuming foods like naturally fermented sauerkraut, raw milk, nutritional yeast and pumpkin seeds is also a good strategy.

SIRT6, an enzyme in close relationship with NAD and responsible for many molecular anti-aging processes, including DNA repair, is abundant in seaweeds, especially the strain *Fucus vesiculosus*, commonly known as bladder wrack. Research published in the journal *Marine Drugs* in 2017 indicates bladder wrack’s anti-inflammatory and anti-tumoral properties, as well as its potential to protect the liver and normalize high blood sugar and blood pressure.

Fisetin, a powerful flavonoid found in certain foods like strawberries, peaches, apples, persimmons, tomatoes, onions and cucumbers, rivals ever-beneficial quercetin. Research published



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last year in the *European Journal of Pharmacology* cites fisetin’s numerous potential benefits for neurodegenerative conditions such as Parkinson’s disease, amyotrophic lateral sclerosis, Alzheimer’s disease, stroke and vascular dementia.

The Trifecta of Acid, Inflammation and Stress

Chronic systemic inflammation is now understood to be the physiological springboard for most diseases ranging from cancer to depression, but its connection to uric acid is critical in producing free radicals that accelerate aging. “Unfortunately, most doctors look



upon uric acid solely as a risk marker for gout. We now recognize that uric acid serves as a powerful signal in the body to prepare for food and water scarcity,” says neurologist David Perlmutter, author of *The New York Times* bestseller *Grain Brain* and the recent *Drop Acid*, a guide to lowering uric acid in the body. “Uric acid levels above 5.5 milligrams per decilitre trigger the body to raise the blood pressure, increase the blood sugar, become insulin-resistant and increase the formation and storage of body fat,” he says. “Central to regaining metabolic health and reducing risk for metabolic conditions like Alzheimer’s disease, coronary artery disease and Type 2 diabetes is reining in uric acid.”

Chronic, unmanaged stress is a major factor in physical and mental decline due to elevated levels of cortisol. “Stress threatens

the health and diversity of our gut bacteria, leading to increased gut permeability, a central mechanism underlying widespread inflammation, which is the cornerstone of all chronic degenerative conditions,” says Perlmutter. “Those conditions as a category are ranked by the World Health Organization as the number one cause of death on our planet today.”

Fitzgerald concurs, “Excessive inflammation—an imbalanced immune response—accelerates the aging process, and it increases with stress. Stress is the gasoline on the fire of aging.”

Eating to reduce inflammation is key, and there is power on our plates when we add some of Fitzgerald’s longevity boosters like turmeric, green tea, shitake mushrooms, wild-caught salmon, eggs, liver and sunflower seeds. A study last year in *Experimental Gerontology* reported that the amino acid L-theanine, found particularly in green tea, reduced oxidative stress, liver degeneration and inflammatory responses in aging rats.

No matter which path we follow to aging vibrantly, the most inspiring takeaway is that lifestyle, not genes, determines destiny.

Radical Renewal Without Surgery

In the daily survival game, the body’s stem cells generate specialized cells to replace those throughout the body that are damaged and dying. This ongoing repair process slows down as we advance in years, but cutting-edge procedures offer new hope for conditions ranging from arthritis to age-related brain fog.

“Stem cells improve DNA methylation and telomere length, and result in a reduced physiologic age compared to your chronologic age,” says Chadwick Prodrornos, a Chicago-based, board-certified orthopedic surgeon and the founder of the Prodrornos Stem Cell Institute, in Antigua. “Joint replacements are offered quite liberally nowadays, but most of our patients with severe arthritis who were offered joint replacements do well in our care without them for virtually any joint in the body.” Prodrornos and his team combine umbilical cord-derived stem cell treatment (non-embryonic/fetal) with specially selected nutritional supplements and in some patients, platelet-rich plasma and hyaluronic acid injections.

Even with exciting advances in the promotion of long life, experts are unanimous in stressing that going into our golden years disease-free begins and ends with individual lifestyle choices, starting with what we put in our mouths. “Diet is the most critical variable in terms of our metabolic destiny. It’s been said that a person can’t exercise away a poor diet, and there’s great wisdom in this statement,” says Perlmutter.

“While stem cell treatment has been quite effective, it is important to remember that avoiding chemicals in the environment, exercising vigorously and maintaining a low BMI [body mass index] are clearly the most important factors in good health,” advises Prodrornos.

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

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Heading Off Headaches

NATURAL STRATEGIES HELP HALT THE PAIN

by Carrie Jackson



Most headaches can be treated holistically, and lifestyle modifications can be key to lasting relief.

Headaches are one of the most common pain conditions in the world. According to the Cleveland Clinic, up to 75 percent of adults have had a headache in the past year. While symptoms vary in scope and intensity, understanding the underlying cause of a headache can lead to better treatment outcomes. Most headaches can be treated holistically, and lifestyle modifications can be key to lasting relief.

There are more than 150 types of headaches, with the most common being tension, migraine and cluster. Migraine attacks, which according to the Migraine Research Foundation affect 12 percent of people in the U.S., are about three times more common in women than in men. Classic symptoms, which can be mild to severe, include throbbing or pounding pain located in the sinuses, forehead, back of the head or one of the temples.

Triggers

Migraine can be triggered by changes in the weather, fatigue, stress, anxiety, insufficient sleep, dehydration and hormonal changes, according to the American Migraine Foundation. Headaches can also be provoked by certain allergens, such as cigarette smoke, exposure to harsh chemicals in cleaning or beauty products, mold, dust, caffeine, alcohol and fermented foods.

According to Alexander Feoktistov, M.D., Ph.D., founder of the Synergy Integrative Headache Center, in Chicago, many headaches are caused by some form of stress. “Both physical and emotional stress can manifest with headaches. These are often triggered by changes in a routine or schedule, which throws the body’s regulatory rhythm off. Skipping

meals, varying your sleep patterns and exercising inconsistently can all confuse the body and lead to a headache, varying in intensity from dull and distracting to severe and debilitating,” he explains.

The Mind-Body Connection

While not completely understood, mental stress and anxiety can also be a trigger. “The mind-body connection is fierce,” says Christina P. Kantzavelos, a licensed clinical social worker who specializes in chronic illness and pain at Begin Within Today, in San Diego. “It’s important to keep in mind that pain literally originates in the brain. I use a Constructed Awareness approach with clients and bring curiosity to the pain they are experiencing, including headaches. What thoughts and emotions are coming up when they focus on the pain?” she says. “Physical symptoms

are often the manifestation or tangible evidence of what is going on in your unconscious mind. Our bodies become stronger or weaker, depending on our emotional state. Fear, self-criticism and invalidating the self can be the root of a headache.”

Try Acupuncture or Acupressure

Evidence suggests that acupuncture is effective in relieving the pain of headaches by changing the flow of energy, increasing blood circulation, releasing endorphins and relaxing muscles. Acupressure and other techniques can be done anywhere, says chiropractor and acupuncturist Michele Renee, director of integrative care at Northwestern Health Sciences University, in Bloomington, Minnesota. “The best acupressure point for headaches is the soft skin in-between the thumb and pointer finger. Massage it for 20 to 30 seconds at a time to relieve pain or hold it for 10 seconds,” she says. “Migraines are caused by vascular dilation in the head, so I recommend putting your hands and feet in hot water or taking a bath to stimulate blood flow away from the head to the rest of the body.”

Don’t Forget Exercise

Renee also suggests maintaining a regular exercise routine to ward off headaches. “The less active someone is, the tighter their muscles are and the more likely they will experience headaches. Make sure to get out for a walk every day, or try running to keep the body and mind moving. Yoga is another great activity as a mindfulness practice that decreases stress and also keeps the body moving to eliminate tension.”

Supplements Help

Nutritional supplements can also be helpful, Renee says. “Increasing nutrients such as magnesium, coenzyme Q-10 and riboflavin can help minimize pain. Before stocking up on supplements, be sure to consult with a holistic practitioner to make sure you are making the wisest and safest selections for you. Many nutrients can be found in common foods like dark chocolate, leafy greens, seeds and nuts, meat, fatty fish and legumes.”

Good Practices

Feoktistov recommends that patients experiencing headaches start with lifestyle modifications and over-the-counter meds such as ibuprofen. “Practice good sleep hygiene, stay hydrated by drinking water and minimizing caffeine, and introduce meditation as a way of focusing on what’s physically and emotionally going on in your body,” he says. “If headaches disrupt your daily routine, are severe or frequent and/or poorly controlled with over-the-counter medications, it’s time to seek help from a headache specialist or other medical professional who can work with you on a path to healing.”

Carrie Jackson is a Chicago-based writer and frequent contributor to Natural Awakenings magazine. Connect at CarrieJacksonWrites.com.

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Conscious Consumerism

THE RISE OF SHARING AND RESELLING

by Sheila Julson



Tucked into the Blue Ridge Mountains of North Carolina, Asheville is a DIY kind of community, attracting artists, musicians, yoginis, homesteaders and other folks looking to live a simpler life. When they garden and undertake home repairs, Ashevilleans find it easy to cut expenses: They’ve formed a collective tool shed, the Asheville Tool Library, which offers them the use of 2,000 donated tools ranging from safety goggles to leaf mulchers and circular saws.

“When you need a pressure washer once a year or decide to put in a garden, you don’t really need to own those tools,” says treasurer Stephanie Kane. People are allowed to take on projects they couldn’t otherwise afford, she says, “or they utilize existing skills to build the life they want, or even get a business off the ground.” To combat inflation, which is squeezing family budgets, Americans are increasingly exploring shared resources and eco-friendly alternatives like thrift stores, flea markets

and rummage sales. Often aided by online technology, local shared enterprises and secondhand shops are saving people money and reducing the impact of excess consumerism on the environment.

Neighborly Sharing

More than 50 tool-lending libraries exist in cities like Denver, Seattle, Atlanta and Washington, D.C., allowing people to “cut down on waste and overbuying, while helping out neighbors,” reports *The Washington Post*. Typically, they are staffed by volunteers and supported by nominal, income-based annual fees.

Starting a tool-lending library begins by connecting with other people in the community, using local online groups and co-op bulletin boards to attract volunteers and donations, or hosting a drive for people to clean out their basements, Kane says. As memberships grow, additional tools can be purchased and employees can be hired. Web-site design and inventory tracking in Asheville and elsewhere is simplified by the “library of things” software from *MyTurn.com*.

Another way that people share resources is through Little Free Libraries—the charming “library on a stick” boxes on neighborhood posts and fences that give away books to passersby. It began in Hudson, Wisconsin, in 2009, when Todd Bol built a tiny model of a one-room schoolhouse as a tribute to his deceased mother, an educator and voracious reader. He stocked it with books and put it on a post in his front yard for neighbors and friends. The concept became so popular that he built more and gave them away. Today, more than 150,000 Little Free Libraries are found in communities worldwide.

Secondhand Thrifting

Whether housed in a local storefront or existing digitally online, resale shops have become big business due to pandemic-inspired decluttering and belt-tightening pursuits. Industry analysts expect thrift store clothing sales to grow globally 11 times faster than fast fashion and to be worth twice as much, at \$84 billion, by 2030.

Buying secondhand benefits not only shoppers, but also local governments struggling with the expense of operating landfills. Hennepin County, Minnesota, which includes Minneapolis, has resolved to send zero waste to its landfills by 2030. Part of this effort includes the Choose to Reuse campaign, which encourages people to shop secondhand as a way to save money, help the environment, reduce packaging, support local businesses and find unique items.

Nonprofit thrift stores like Goodwill Industries and The Salvation Army or those run by longtime charities like the American Cancer Society and Society for the Prevention of Cruelty to Animals have well-established reputations and proven track records. Habitat for Humanity’s ReStore has more than 900 locations nationwide, offering an ever-changing stock of secondhand furniture, household items and building materials like doors, windows and lighting fixtures. On the other hand, for-profit thrift stores, even if they claim a link to a worthy cause, often donate a much smaller percentage of profits to charity and are reluctant to release financial figures, reports *Salon.com*.



Online Pluses and Minuses

An influx of online resellers adds even more choices for secondhand items. Although they make shopping more convenient, online sites carry risks: In 2019, the Federal Trade Commission reported more than 173,000 instances of online shopping fraud. When shopping online for secondhand items, experts advise, it’s wise to shop and pay on a trusted website or app, and to avoid using a personal debit card. Be sure there are photos of the product. On sites like Craigslist, eBay and Facebook, check each seller’s rating and thoroughly review all buyers’ comments before making a purchase.

With a little enterprise, savvy and flexibility, mass consumerism can be circumvented by sharing community resources and frequenting quality secondhand stores. As Kane puts it, “The sharing economy is essentially about leading a less consumerist lifestyle.”

Sheila Julson is a freelance writer and regular contributor to Natural Awakenings magazine.

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Peace Day Addresses Global Racism

Established in 1981, the United Nations-sanctioned International Day of Peace, or World Peace Day, is a holiday observed around the world on September 21 each year. The 2022 theme is "End racism. Build peace." To that end, the General Assembly has dedicated this day to observing 24 hours of non-violence and cease-fire.

Secretary-General António Guterres says, "But achieving true peace entails much more than laying down arms. It requires the building of societies where all members feel that they can flourish. It involves creating a world in which people are treated equally, regardless of their race."



WARNINGS FOR SECONDHAND SHOPPERS
SAFETY AND QUALITY CONTROL TIPS

CHILDREN'S ITEMS

■ When purchasing toys or children's furniture, parents should check for safety recalls and be sure the product contains no lead paint, recommends *WebMD.com*. Check for broken or missing parts and make sure the item is stable. Products manufactured many years ago may not have the same safety features as newer items.



■ Avoid car seats and booster seats which may have been involved in an accident. The same is true for bicycle and motorcycle helmets. Federal safety standards for cribs frequently change, so avoid used pieces if they are more than a few years old.

CLOTHING

■ The condition of items donated to thrift stores or posted by resellers can vary greatly, from brand-new items to well-worn pieces, notes *Lifesavvy.com*. Carefully check the item, especially under the sleeves and the inseams, for stains, tears, third-hand smoke odors or other defects.



■ Whether shopping for secondhand clothing in person or online, *Glamour UK* recommends ignoring the size on the label of vintage items, because they can vary greatly. When unable to try a garment on, check the measurements. Many vintage sellers on *Etsy.com* post them along with the label size.

FURNITURE

■ *Consumer Reports* recommends buying local for large items like furniture to avoid shipping costs and allow for close personal inspection.



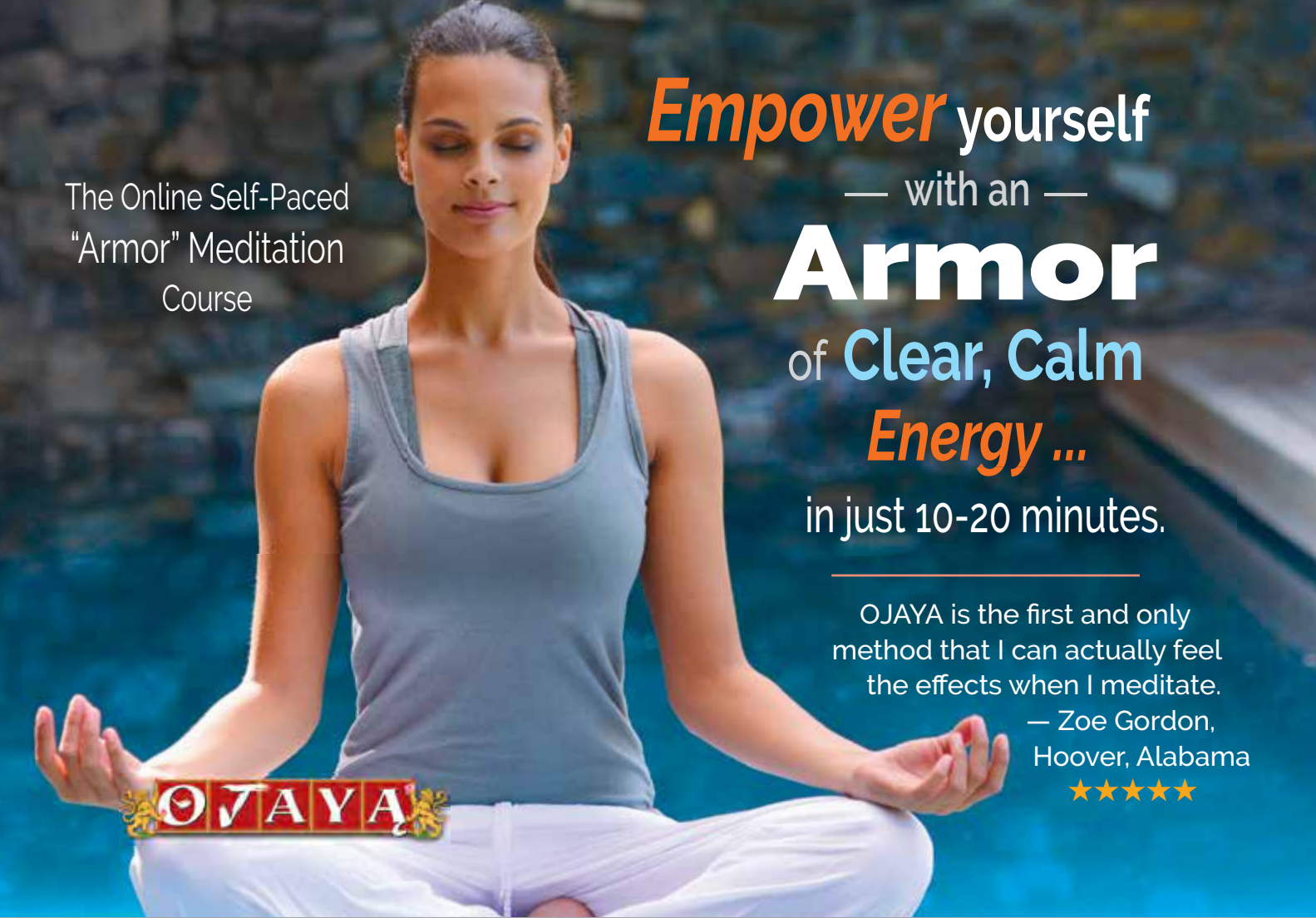
ELECTRONICS

■ For those unable to afford or justify the cost of a new \$1,000 smartphone, Apple, Best Buy and Walmart sell refurbished phones, computers and TVs on their websites at a reduced cost. If using an E-commerce seller of refurbished electronics, make sure it uses programs such as CheckMEND to be sure the item wasn't stolen.

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Food Dehydration Made Easy

BEST WAYS TO PRESERVE THE HARVEST

by Sheila Julson

Drying food is the oldest known method of food preservation. Middle and Far Eastern cultures have used the sun and wind to dry foods since 12,000 B.C., according to the National Center for Home Food Preservation (NCHFP). Today, the easy availability of food dehydrators offers a convenient way to preserve the fall harvest. When done correctly, dehydrating food is a safe method for maintaining its original state, says Tracey Brigman, NCHFP associate director and University of Georgia clinical assistant professor. “Dehydrators remove the water content in foods, resulting in a low risk of bacteria and spoilage.”

Unlike other food preservation methods such as canning or fermenting, dehydrating food does not require lots of special equipment, tools or skill. “Dehydrating food is super easy to do,” says Carole Cancler, the Hawaii-based author of the *Complete Dehydrator Cookbook*. “Drying food is more forgiving. You can’t make a lot of mistakes. Canning, if you do it wrong, can make everyone in your family sick.” The only caveat, Cancler says, is that food not thoroughly dried will get moldy. In humid environments, dehydrated foods must be kept tightly sealed to keep out moisture and prevent mold from forming.

Julia Skinner, founder and director of *Root-Kitchens.com*, an online fermentation and food history company, adds that when foods are dehydrated, they shrink and therefore take up less storage space. “They’re great to pack for traveling or for small kitchens. Dehydrating can also concentrate some flavors, such as with dried tomatoes.”

Almost Anything Can be Dehydrated

Many types of food can be dehydrated, including fruit, veggies, meat, fish, herbs and nuts. “It’s easier to say what can’t be dehydrated,” Cancler says. “The general rule is you don’t want to dehydrate food that has a high fat content, such as fatty meats or avocados.” They go rancid quickly during storage. While there are dehydrated, high-fat foods sold commercially such as cheese, peanut butter and eggs, these are processed using special equipment and techniques that can’t be copied in a home kitchen.

Sliced strawberries, chopped onions or celery are good foods for beginners.

“People tend to throw those foods away a lot. They buy them and don’t use it all up before they spoil. Dehydrate leftover strawberries for snacks and dehydrate vegetables to use in soups or stews,” Cancler suggests.



Getting Started

Starter model home food dehydrators, often found at resale stores or rummage sales, can be purchased for about \$50. Some have adjustable temperature settings for different kinds of foods. When purchased new, most food dehydrators include recipe booklets.

When using a dehydrator, Skinner advises, turn it on to the appropriate setting and lay the food in a single layer on the trays provided, then let the dehydrator run for a few hours. She usually turns food halfway through to prevent sticking.

Cancler says that in some cases an oven can be used to dehydrate food, but it isn’t the most cost-effective method. “I don’t recommend continued use of the oven, because depending on where you live and the type or size of food being dried, drying can take anywhere from eight to 36 hours. Running an electric or gas range for that long uses a lot of energy.”

She says that ideal temperatures are 125 to 135 degrees, but most standard ovens only go as low as 170 degrees, which is too warm to dehydrate fruits or vegetables. “Then you must do wacky things like prop the door open to cool down the oven.” The exception, she says, is jerky: “It must be dried at a higher temperature, and lower-end food dehydrator models don’t get hot enough.”

Sun-drying foods outdoors is risky, Brigman cautions, due to varied weather conditions. In addition, insects and air pollution have to be considered. “For safety reasons, consumers should really purchase a food dehydrator. While it may be a high cost when you begin dehydrating, if you are a serious food preserver, it will save you money in the long term,” she says.

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



AIR-DRYING FRESH HERBS

Fresh herbs of choice (basil, parsley, sage, rosemary, thyme and dill are all good candidates) String (such as cotton baker’s twine)

Rinse off the fresh herbs and pat them dry. Tie the herbs by the stems in small bunches. Hang them upside-down indoors and out of direct sunlight. Depending on the type of herb, they will take several days to a week or longer to dry. When dry, crush herbs with a mortar and pestle or in a clean coffee grinder. Store in glass jars with tight-fitting lids.



MANGO LEATHER

YIELD: 8 FRUIT ROLLS FROM ABOUT 2, 14-INCH-DIAMETER DRYER TRAYS

*4 cups mango purée (from about 4 large, unripe mangoes)
1 cup clover honey
½ tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp ground cloves*

Preheat electric dehydrator to 140° F. Wash and peel mangoes, chop roughly into chunks. Purée in blender until smooth. Pass purée through a food mill or sieve; discard any coarse fiber extracted in food mill. Add honey and spices to the purée and mix thoroughly.

Lightly spray two fruit roll tray liners from an electric dehydrator with vegetable oil cooking spray. Spread mango mixture evenly to ¼-inch thickness on the trays. Position fruit roll liners on dryer trays and place in dehydrator. Dry continuously for about 10 hours. Maintain dehydrator air temperature steadily at 140° F. (Monitor the dehydrator air temperature periodically with a thermometer.)

Remove trays from dehydrator when purée is dry, with no sticky areas (about 10 hours—this will be highly dependent on the relative humidity of the drying room). Test for dryness by touching gently in several places near the center of leather; no indentation should be evident.

Peel leather from trays while still warm. Leave the second tray on the dehydrator while peeling the first leather, or re-warm leathers slightly in the dehydrator if they cool too much prior to peeling. Cut into quarters, lay on a piece of clean parchment paper about 1 to 2 inches longer at each end of the leather and roll into fruit leather rolls. When cool, twist the ends of the parchment paper tightly to close.

Store fruit rolls in an airtight container for short-term storage, up to about 1 month. Leathers should be stored in a cool, dark dry place. For longer storage up to one year, place tightly wrapped rolls in the freezer.

Source: National Center for Home Food Preservation

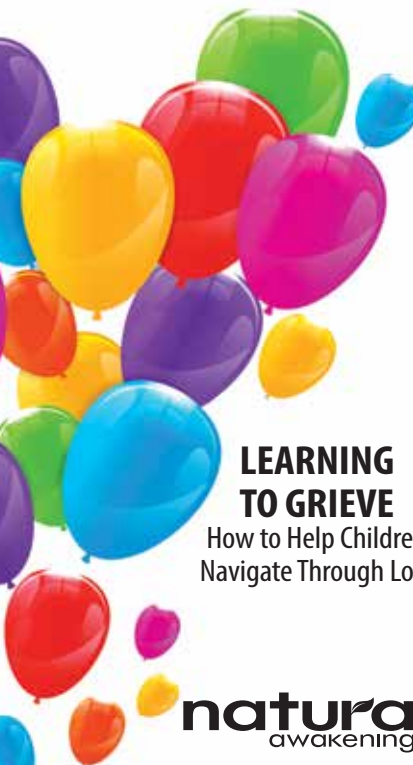
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Lissa Rankin on the Mysteries of Healing

by Linda Sechrist



Mind-body physician Lissa Rankin, a *New York Times* bestselling author and founder of the Whole Health Medicine Institute in the San Francisco Bay Area, takes readers on her decade-long journey in her latest book, *Sacred Medicine: A Doctor's Quest to Unravel the Mysteries of Healing*. She provides a discerning guide to the sometimes perilous paths available to patients when wellness fads, lifestyle changes and doctors have failed them.

What motivated you to write *Sacred Medicine*?

After 14 years of studying and practicing conventional medicine, I left it at age 37 because I became disillusioned and “morally injured” by the limitations of conventional medicine and the U.S. health care system, which give lip service to a patient’s well-being and ultimately are about the financial bottom line.

I never lost respect for the life-saving aspects of conventional medicine. I simply believed it shouldn’t be the only medicine in my medicine bag. It only took me nine

months to realize that I could quit my job as an Ob-Gyn, but I couldn’t quit my calling. That which drew me to medicine from age 7 was still alive in me. I began spiritually seeking to find out what else heals. During my years of studying and practicing everything along the health, wellness, psychology, yoga and spirituality gamut, I tried many things, cherry-picking from various spiritual traditions, Eastern religions and New Age spirituality. None of these quite fit either. I found as much shadow in this camp as I did in the conventional medicine camp.

Why use a carefully balanced brew of several healing interventions?

Limiting how you approach your health care to one camp or the other could prevent you from having the best possible health outcome. There’s light and shadow in both camps. My book helps educate readers so they can practice discernment and make wise choices about which tools from the world’s medicine bag serves them best. It’s meant to help them become more miracle-

prone and hopefully to embrace the paradoxes of healing, one of which is: You can heal yourself and you can’t do it alone.

A lot of the practices I write about are intended to facilitate the restoration of wholeness. That doesn’t mean that people shouldn’t also seek out potentially curative treatments with their conventional medical doctor. But those treatments often don’t cure either, so I really see it that individuals don’t have to choose one or the other. Rather, they can choose conventional medicine and sacred medicine.

What’s the difference between curing and healing?

Generally, curing is about the elimination of all evidence of disease. Healing is a restoration of wholeness, which is what the word “heal” is based upon. When I’ve been present with people during end-of-life care, I’ve witnessed the restoration of wholeness in the tying up of the loose ends of a well-lived life or a life not so well-lived, even in the presence of physical decline. Repair, healing and forgiveness in both internal and external relationships in our lives can come from doing deep shadow work.

What are our whole health intelligences?

Because healing is a return to wholeness, connecting with your whole health intelligences—mental, intuitive, emotional and somatic—must be the foundational part of your healing journey to create conditions which make the body miracle-prone. I think of the work of integrating them as I do a symphony that requires a conductor to arrange and harmonize the intelligences. I call the conductor the “inner pilot light”.

For example, if we’re making medical decisions or any significant decision, it’s important to consult all the intelligences. Consider not only what the mind is telling you about what’s wise and smart and what the science shows, but what intuition is telling you about what might be in your best interests. Or consider what your gut or other aspects of your body are feeling. It’s not only the gut that can give us somatic intelligence. We can tune into various intelligences all over our body. Some healers I’ve met are finely tuned into this kind

of intelligence to the point that they can ask a “yes” or “no” question and feel the answer somatically. They use this as one of the ways to guide themselves and their clients.

What part does trauma play in sacred medicine?

Although trauma as a cause of physical disease might be disputed by skeptics who resist information that contradicts their worldview, the body of scientific data linking psychological trauma and both pediatric and adult-onset disease is airtight. According to so many sources in the mainstream medical literature, anywhere from 60 to 80 percent of illnesses have stress-related emotional underpinnings. What causes stress? Trauma does.

Linda Sechrist is Natural Awakenings senior staff writer. Connect at lysechrist@gmail.com.

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Healthier Pets

TOP SUPPLEMENTS FOR DOGS AND CATS

by Shawn Messonnier



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The market for pet products is awash with supplements, so it's not surprising that it can be challenging to figure out what a dog or cat really needs. The foundation of any healthcare program for dogs and cats, regardless of age and breed, is a healthy diet, well-chosen and appropriate supplements, minimal vaccines and medications, and veterinary check-ups.

Basic helpful additions to a pet diet include a vitamin-mineral product, an enzyme and probiotic combination, and a fatty acid. For older animals, a choline supplement may delay the onset of cognitive disorder. Any tweaking of diet and supplements should follow regular testing that may diagnose a disease in its early stages. Here's an overview of the top basic supplements every dog or cat should have.

Vitamins, Minerals and Joint Support

To provide immune and antioxidant support, and to bolster digestion, skin and coat health and overall wellness, a basic supplement should contain vitamins and minerals as well as small amounts of glucosamine and chondroitin for joint support.

Enzymes and Probiotics

Digestive enzymes are used in supplemental form to improve or increase digestion and nutrient absorption. They can be derived from pancreatic, plant or microbial sources such as bacteria or fungi. Enzymes are important especially when the animal's digestive processes become exhausted or inefficient, such as during periods of stress or such gastrointestinal diseases as acute gastroenteritis, pancreatitis or either liver or inflammatory bowel disease. Enzymes may also be helpful for cancer, allergies and arthritis.

Probiotics are living, healthy bacteria and yeasts, many of which are a part of a dog's or cat's microbiome. They can assist with healing in a variety of ways, including producing healthy fatty acids; decreasing the attachment of harmful bacteria and yeasts to the intestinal walls; increasing antibody production; supporting immunity; restoring healthy GI flora; and reducing inflammation.

As a result, probiotics are useful for treating dogs and cats with a variety of medical problems, including leaky gut syndrome, acute non-specific gastroenteritis, antibiotic or other medication-induced diarrhea, allergies, stress, obesity, neurodegenerative disorders, high cholesterol levels, inflammatory and irritable bowel disorders, and GI and parasite infestations. Probiotics may also be helpful for middle-aged and older dogs and cats, because GI microbial diversity diminishes with aging.

Fatty Acids

A good fatty acid fish oil supplement is also important. There are many brands on the market; some offer the flexibility of being administered either as a liquid (pump) or gel capsule. Phytoplankton, which serves as

Under the guidance of a holistic or integrative veterinarian, supplements can add to a dog's or cat's health and longevity.

a food source for fish, is the source of the active ingredients docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Fish oil tends to be derived from cold-water fish rich in EPA and DHA such as wild (not farmed) salmon, mackerel, sardines and herring.

This is beneficial for the treatment of heart disease and may reduce atherosclerosis, thrombosis (blood clots), coronary heart disease, arrhythmias, heart failure, sudden cardiac death and stroke. Due to its anti-inflammatory effects, fish oil is often used for dogs and cats for the treatment of skin problems, arthritis and cancer, along with heart, inflammatory bowel, autoimmune and kidney diseases. It may reduce the side effects of chemotherapy and radiation therapy in cancer patients, decrease cancer growth and metastasis, and reduce wasting in undernourished animals.

Choline

For dogs and cats 5 years old and up, a choline (phosphatidylcholine) supplement addresses aging changes that affect the brain and can lead to cognitive disorder. Choline is a component of several major phospholipids that are critical for normal cell membrane structure and function. The body uses it to maintain water balance; to control cell growth and gene expression; as a component of lung surfactant; and most importantly, to produce the major nerve transmitter acetylcholine. It may reduce the risk of cardiovascular disease by lowering homocysteine levels.

Choline is used to treat high cholesterol, improve memory and protect the liver. It may prevent fatty liver syndrome (especially in diabetics), help prevent or treat cognitive disorder and support liver function. It may reduce insulin requirements in diabetics and can reduce seizure frequency.

Supplements other than these can be used as needed, based on the results of diagnostic testing and regular veterinary health exams. Under the guidance of a holistic or integrative veterinarian, supplements can add to a dog's or cat's health and longevity.

Shawn Messonnier, DVM, owner of Paws & Claws Animal Hospital and Holistic Pet Center, in Plano, Texas, is the author of several books on veterinary medicine.



Q: I took my 12-year-old dog in for an annual checkup. The vet, who I had never met, said I need to do all the vaccines over again. It didn't seem right because isn't she like seventy years old in human years?

A: You're right to be suspicious of this older concept. A vaccine may lead to an immunized state, but doesn't guarantee it. So you won't know your pet is protected unless you do a blood titer test for antibodies to parvo, hepatitis and distemper. Many vets are afraid to take the emphasis off vaccines because they don't believe vaccines do any harm. This is a false assumption. I'd recommend testing for distemper and parvo antibodies, and get a three-year rabies vaccine to stay legal. By taking this approach you are a "Wise-Vaxxer." I'd also suggest you find a family vet who knows you and respects your values. Email for a free detailed discussion on the possible effects of over-vaccination and put the word "vaccines" in the subject line.
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Brad Roach, DVM, provides natural care for pets, including acupuncture, nutritional consults, herbal remedies, cancer and arthritis treatments. (405) 605-6675

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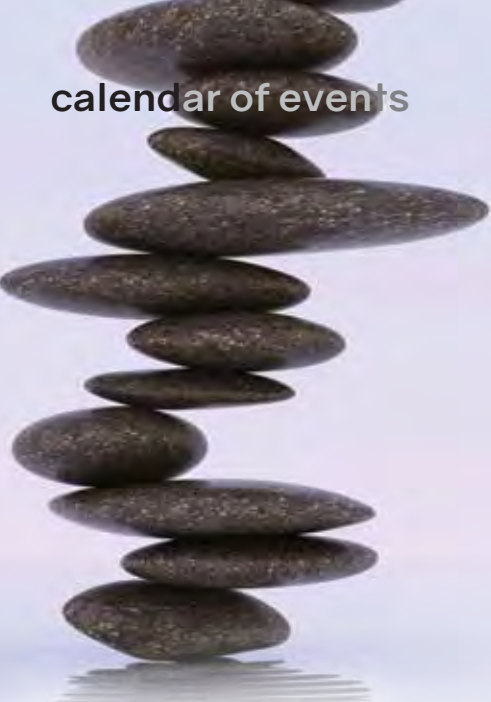
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calendar of events



FRIDAY, SEPTEMBER 9

3-Day Sacred Entheogen Retreat Newcastle – 9/9-9/11. Through 10+ activities and ceremonies, including using sacred entheogen sacrament in nature, step into your divine flow by releasing old conditioning and opening up space within yourself for exploring and allowing your true nature to shine. Register at SacredPillars.Church.

SATURDAY, SEPTEMBER 10

Where to Start to Love your Heart Class Edmond – 1-2pm. Taking care of your heart doesn’t have to be complicated. We’ll uncover some heart health myths and then discuss several simple dietary strategies and a few additional supplements that can pump up your heart health. On the menu will be Curried Salmon Lettuce Wraps and door prizes will include some full-sized heart healthy supplements. Free. Natural Grocers at Blvd and 33rd in Edmond. 405-341-4700. NaturalGrocers.com.

Cox Movie Night How to Train Your Dragon Tulsa – 5:30-9pm. Bring your Viking Clan to the QuikTrip Great Lawn for a Nordic night that includes fire-breathing action, adventure and laughs! Enjoy medieval Renaissance fair-themed pre-show activities beginning at 5:30pm, followed by the feature film at 7pm. Free. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

SATURDAY, SEPTEMBER 17

save the date

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. *See ad, page 3.*

Submit your listing online at NAOklahoma.com by the 5th of the month, one month prior to publication. Please email Publisher@NAOklahoma.com with questions.

View our full calendar online at NAOklahoma.com!

India Food & Arts Festival OKC – 10am-5pm. Featuring various food, clothing, jewelry and cultural stalls from different regions of India. Another major highlight of the event includes Bollywood-style dances, classical temple dances, folk dance, fashion show , live music band and traditional art shows. Free. 301 W Reno, OKC. 405-445-7080. MyriadGardens.org.

SATURDAY, SEPTEMBER 24

Let’s Celebrate Fall Squash Class Edmond – 1-2pm. Fall is the perfect time to celebrate squash and its wonderfully delicious flavor profiles and superior health benefits. There are 11 varieties to choose from including pumpkin! On the menu will be Roasted Butternut Squash with Apple, Fennel and Cranberry. A beautifully delicious dish to serve for fall time gatherings. Free. Natural Grocers at Blvd and 33rd in Edmond. 405-341-4700. NaturalGrocers.com

Festival Americas Tulsa – 2-5pm. This premier Hispanic and Latino cultural festival in Oklahoma celebrates the rich culture of Latin America and inspires the next generation of leaders in Tulsa’s growing Hispanic and Latino community. Free. Guthrie Green, 111 Reconciliation Way, Tulsa. GuthrieGreen.com.

Kids Take the Stage Tulsa – 2-5pm. This talent show features children from kindergarten through 12th grade to showcase their talents. 10 talented Tulsa kids will perform on the QuikTrip Great Lawn stage. There will also be a Youth Vendor Market featuring goods and services from local young entrepreneurs and an Art Showcase highlighting the artwork from local high schools. Free. The Gathering Place, 2650 S John Williams Way E, Tulsa. 918-779-1000. GatheringPlace.org.

SATURDAY, OCTOBER 1

Plaza District Festival OKC – This festival highlights a wide array of Oklahoma’s own performing artists, visual artists, live musicians and children’s activities. Artist booths line NW 16th Street in a festive display of Oklahoma creativity. Free. Plaza District: NW 16th St between N Blackwelder Ave and N Pennsylvania Ave, OKC. 405-578-5718. PlazaDistrict.org.

Ceremonial Breathwork Newcastle – 6-9pm. Our breath is medicine. Experience for yourself how you can be your own transformational healer simply by using your own beautiful breath. Following breathwork, we continue our healing journey as a tribe by sharing a potluck dinner. Register at SacredPillars.Church.

MONDAY, OCTOBER 10

Indigenous Peoples Day OKC – This family-friendly celebration of First Americans’ arts, music and culture features hands-on art activities, traditional sports and games, and curated performances ranging from hip-hop to stomp dance. Thirty Nine Restaurant will serve Indigenous-inspired meals, and food trucks will be available to satisfy appetites. Free. FirstAmericans Museum, 659 First Americans Blvd, OKC. 405-594-2100. FamOk.org/Ipd.

SATURDAY, OCTOBER 15

Oklahoma Folklife Festival OKC – 10am-3pm. This event will celebrate and recognize what the American Folklife Center at the Library of Congress has called “the everyday and intimate creativity that all of us share and pass on to the next generation.” The “creativity” mentioned will come in the form of dancing, singing, crafts, food and much more. Free. Oklahoma History Center, 800 Nazih Zuhdi Dr, OKC. 405-522-0754. OkHistory.org.

Kendall Whittier Arts Festival Tulsa – 10am-6pm. Featuring dozens of local artist booths on the street, pop-up shops with even more local artists and more. While noshing on tasty food-truck fares, be sure to enjoy the live music from local artists as the kids let out their newfound energy at the inflatables obstacle course and chalk art area. Free. Kendall Whittier District, E Admiral Blvd & Lewis Ave, Tulsa. 918-633-1934. VisitKendallWhittier.com.

Chili on the Green Cook-Off Championship Tulsa – 2-10pm. Guests can watch professional chili chefs concoct mouthwatering dishes while competing for a spot in the International Chili Championship. Live music, a kids’ zone and car show will also round out the vast activities on hand at this delicious event. Free. Guthrie Green, 111 E Brady St, Tulsa. 918-281-9959. ChiliOnTheGreen.com.

THURSDAY, OCTOBER 20

Black Gold Days Glenpool – 10/20-10-23. Thu 5-11pm; Fri 4-11pm; Sat 10am-11pm; Sun 10am-6pm. Come celebrate the city’s rich oil history with family-oriented activities and fun. Honoring the history of the local Glenn Pool oil field, which created numerous oil and oil-related companies in the area and helped the city prosper after its discovery in 1905. Black Gold Days features a carnival, numerous food vendors, free entertainment and a fireworks display. Free. Black Gold Park, 95 W 145th St, Glenpool. 918-322-3505.

ongoing events

various

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

Oklahoma Contemporary Arts Center OKC – Daily exhibitions, performances and public programming, focusing on living artists, the art of now and what’s next. Free with reservation. Oklahoma Contemporary Arts Center, 11 NW 11th St, OKC. 405-951-0000. OklahomaContemporary.org.

sunday

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

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

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.

tuesday

Boot Camp with Tess Mack and Chris Collins Tulsa – 5:30-6-30pm. Boot camp is a total body workout that challenges your body to reach its fullest potential. This boot camp-style class is a high-intensity mix of cardio, plyometrics, agility exercises, kickboxing, calisthenics and strength training. Free. Guthrie Green, 111 Reconciliation Way, Tulsa. GuthrieGreen.com.

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.

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.

Yoga with Liz Lord Tulsa – 5:30-6:30pm. Find your flow with a yoga class focused on mindful movement. Every Wednesday evening, enjoy a yoga class led by licensed instructor Liz Lord all while soaking up the fresh air. Free. Guthrie Green, 111 Reconciliation Way, Tulsa. GuthrieGreen.com.

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.

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

thursday

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

1st Thursday Sustainable Tulsa – Noon-1pm. 1st Thur. 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/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.

Boot Camp with Tess Mack and Chris Collins Tulsa – 5:30-6-30pm. Boot camp is a total body workout that challenges your body to reach its fullest potential. This boot camp-style class is a high-intensity mix of cardio, plyometrics, agility exercises, kickboxing, calisthenics and strength training. Free. Guthrie Green, 111 Reconciliation Way, Tulsa. GuthrieGreen.com.

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

friday

First Friday Art Crawl Tulsa – 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.

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

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

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

saturday

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

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

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

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

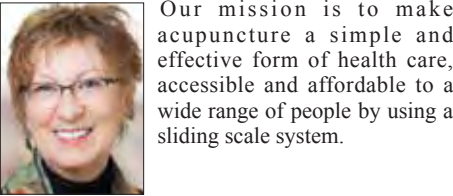
Explore the Flora Tulsa – 10:30am-noon. 4th Sat. Come out and explore the beautiful Oxley flora. Free. Oxley Nature Center, 6700 Mohawk Blvd, Tulsa. 918-596-9054. OxleyNatureCenter.org.

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.




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Natural Grocers' Nutritional Health Coaches provide free 1-on-1 virtual coaching sessions to help community members navigate their health and wellness journeys. Earn a \$5 Natural Grocers coupon & receive free personalized nutrition advice to help you stay rooted in health.

WHOLE FOODS


9136 S Yale Ave, Tulsa
1401 E 41 St, Tulsa



At Whole Foods, we seek out the finest natural and organic foods available, maintain the strictest quality standards in the industry and have an unshakable commitment to sustainable agriculture.

HYPNOSIS


GET HAPPY HYPNOSIS
5525 E 51st St, Ste 565, Tulsa
918-805-0546
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 8.*

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.*

I cannot endure to waste anything so precious as autumnal sunshine by staying in the house.
~ Nathaniel Hawthorne

classifieds

\$30 for up to 30 words, then \$1 extra per word. Email content to 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.

MIND BODY AWAKENINGS MASSAGE & WELLNESS

Vivian Arrington, LMT
405-537-6727




Pain Management • Athletic Rehabilitation • Specialized treatment to relax and restore • I also offer a stimulating and 'electric' experience with PEMF

Electron Therapy. PEMF provides healing on a cellular level and helps to reduce inflammation, relieve pain, calm anxiety and improve circulation as well as many other amazing benefits. *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.*

METAPHYSICAL SHOPS

OAK, ASH AND THORN
112 E Main St, Shawnee
405-219-4325



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

PLANT MEDICINE

SACRED PILLARS CHURCH
Edmond, OK
SacredPillars.church
Info@SacredPillars.church



We're "a different kind of church." Our non-denominational spiritual community empowers people on their divine path through the safe use of entheogens, preparation, integration, transformational coaching, ceremonies, support circles and holistic healing services. *See ad, page 29.*



Web Exclusive at NAOklahoma.com!

AGING GRACEFULLY

How a Yoga Practice Keeps Us Young

natural awakenings

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 11.*

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.

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



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

WELLNESS CENTER

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 27.*

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 22.*



Nature's Virus Killer

Copper can stop a virus before it starts

By Doug Cornell

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



New research: Copper kills viruses in seconds.

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.

ADVERTORIAL

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 throat
- Night stuffiness
- Morning congestion
- Nasal drip
- 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 NATA30.

Go to 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.

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*Helping Pets
Live Longer, Healthier Lives*



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Cancer & Arthritis Treatments**

2 Locations To Serve You

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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