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## Business Spotlight - Divine Droplets Aromatherapy

I am a Certified CARE Instructor (Center for Aromatherapy Research and Education) specializing in Emotional Release as well as a Board-Certified Raindrop Specialist, Licensed Spiritual Healer, Certified Aromatherapy Coach and Certified Vibrational Raindrop Training Specialist. I am also a student of Healing Touch. My practice includes Chromatic (Color) Raindrop Therapy, Classic Raindrop Technique (a non-invasive "laying on of hands" for assisting the body in detoxing and correcting the curvature of the spine using a series of essential oils. This technique is excellent for fibromyalgia, scoliosis, sciatica, lupus, back pain and general detox for your body). I also offer Chakra Balancing and Vibrational Raindrop using tuning forks with crystals on and around the body, Emotional Release using aromatherapy and Auricular Vitaflex (utilizing tuning forks on reflex points on the Ears). I use 100% Therapeutic Young Living Essential Oils in all the bodywork I offer. I have a space for sessions in both Wellston and MWC. I have a space in Edmond that I can reserve for sessions, or I do travel for sessions as well. You are the healer and I am the instrument. My desire and highest intent is for you to be well.



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Natural Awakenings is a network of holistic lifestyle magazines providing the communities we serve with the tools and resources to lead healthier lives on a healthy planet.

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Publishers **Shanna Warner**  
**Mark Warner**  
Editor **Melanie Rankin**  
**Shanna Warner**  
Layout Design **Melanie Rankin**  
Ad Design **Helene Leininger**  
**Mark Warner**  
Sales & Marketing **Jeff Krisman**  
**Mark Warner**

#### CONTACT US

918-346-8577  
Publisher@NAOklahoma.com  
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#### SUBSCRIPTIONS

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#### NATIONAL TEAM

CEO/Founder **Sharon Bruckman**  
COO/Franchise Sales **Joe Dunne**  
Layout & Design **Gabrielle W-Perillo**  
Financial Manager **Yolanda Shebert**  
Asst. Director of Ops **Heather Gibbs**  
Digital Content Director **Rachael Oppy**  
National Advertising **Lisa Doyle-Mitchell**  
Administrative Assistant **Kristy Mayer**

Natural Awakenings Publishing Corporation  
4851 Tamiami Trail N., Ste. 200  
Naples, FL 34103

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## letter from publisher



Mark Warner,  
Publisher

## Beat the Winter Blues by Reading a Local Blog

Hi, I'm Mark, the other half of the publishing duo here at *Natural Awakenings* magazine. Shanna is working on a new adventure as CEO of The Wellness Council of Oklahoma, a nonprofit dedicated to health and wellness. So, I get to step in and talk to you about what's new here at the magazine.

First, did you know that we are far more than a great magazine? Of course, you can pick up a printed copy of the magazine at nearly 600 locations around OKC and Tulsa. We take pride in

publishing wonderful articles filled with cutting-edge health and wellness news.

In each printed magazine, we can fit about eight to 10 articles. But honestly folks, we have THOUSANDS of articles on our website, *NAOklahoma.com*. At the top of the website, there is a search bar where you can look for articles about many different subjects, from aging gracefully to zucchini.

We just can't print all of those articles, but you will never miss out when you sign up as a digital subscriber, because we will send you the best of the best right to your inbox each month. So, when you go to the website, make sure to subscribe by clicking the big green button on the right side that says, "SIGN UP NOW."

And finally, to make the digital world of *Natural Awakenings* even better, we now are hosting LOCAL BLOGS. Our local professionals here in Oklahoma are writing their stories and sharing healing journeys with you. You will find the link to those local blogs on the home page of our website, near the top. We plan to upload a new one every week, so check in often. With the dark and often dreary days of winter ahead, we want to become part of your warm and cozy winter routine.

With love and veggies,



## welcome briefs



Vickie Washburn (L),  
Sheree Dunson

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## The Body Shoppe

Join us in welcoming The Body Shoppe to the magazine. They are located in the Boxyard, a repurposed shipping container shopping center in the east village of downtown Tulsa. Sheree Dunson and Vickie Washburn are the owners. They focus on helping people naturally achieve beautiful skin and a healthy body. The Body Shoppe offers anti-aging and body contouring services and treatments, utilizing UltraSlim and plasma fibroblasting.

Dunson and Washburn believe natural solutions are more gentle and just as



## Unity Biofeedback

Join us in welcoming Unity Biofeedback to the magazine. Araiah Jazzar is the founder and bioenergetic healer at Unity Biofeedback, where she specializes in helping people heal their bodies, relationships, communities and finances through awareness and gentle action. Jazzar is a trained psychotherapist with degrees in psychology and human relations. She chose to focus on biofeedback because of her naturopathic training.

Jazzar enjoys helping people create more harmony in their lives. Her typical clients are ready to heal and expand their lives but are struggling to fit everything together. They want ease and simplicity in their wellness plan. As Jazzar states, "I have helped thousands of people heal from various disease states using non-pharmacological methods. My specialty is helping people release trauma and trapped, negative emotions to experience true freedom in life."

For more information, email [Araiah@UnityBiofeedback.com](mailto:Araiah@UnityBiofeedback.com) or visit *UnityBioFeedback.com*. See ad, page 11.

## news briefs

## Get Your Love Groove On

Why wait until February to focus on love? Give the gift of a class or workshop for your special loved one for the holidays. Charity Danker is a licensed holistic sex and relationship therapist and coach. She is the founder of Desire OKC, 2932 NW 122nd Street, Suite 5. Desire OKC has classes still available this year to help clients reconnect and revitalize intimacy, like the Eros Meditation Classes for couples, available from 4 to 6 p.m. on November 12.

Classes are filling up for next year, as well. Some of the classes available in 2023 include:

- Couples Sacred Sensual Connection, Parts 1 and 2
- Sensuality: the Sixth Sense
- Sensual Massage Class
- Exploring Expression and Play
- Meditation Classes: Orgasmic, Eros and Love Thyself

Desire OKC helps people reignite passion in their relationships and within themselves. Classes and workshops are available for individuals and couples.

For more information, call 405-420-7877 or visit *DesireOKC.com*. See ad, page 9.

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## health briefs

### Fruit and Vitamin B<sub>6</sub> May Relieve Anxiety and Depression



The best strategy to stay upbeat may be to reach for the fruit bowl, suggests a new study comparing the habits and mental states of 428 people published in the *British Journal of Nutrition*. Researchers at the UK's Aston University found that the more often people ate fruit, the lower they scored for depression and the

higher for mental well-being. The frequency of fruit consumption seemed to be more important to psychological health than the total amount consumed. People that ate savory snacks such as potato chips, which are low in nutrients, were more likely to report more frequent memory lapses and greater levels of anxiety and depression. The researchers found no connection between eating vegetables and psychological health. Nutrients can be lost during cooking. "As we are more likely to eat fruit raw, this could potentially explain its stronger influence on our psychological health," says lead author Nicola-Jayne Tuck.

In another study, researchers from the UK's University of Reading gave 478 young adults either high doses of vitamins B<sub>6</sub> or B<sub>12</sub> or a placebo. After one month, they found that 100 milligrams of the B<sub>6</sub> (about 50 times the recommended daily allowance) significantly boosted gamma aminobutyric acid, which inhibits excitatory impulses in the brain, and reduced self-reported anxiety and depression levels. B<sub>12</sub> had no such effects.

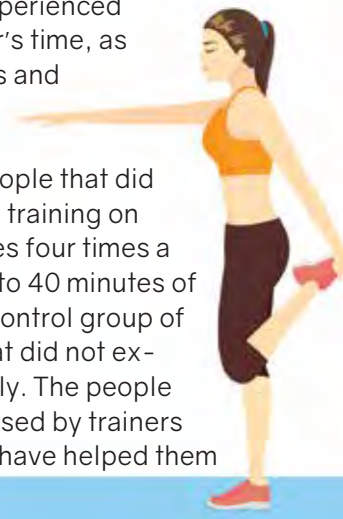
### Different Fibers Produce Different Results



Although high-fiber diets reduce the risk of heart attack, stroke and cardiovascular disease, the latest research from Stanford University indicates that not all fibers are equal in their effect on different species of probiotics in the intestines. Arabinoxylan, which is common in whole grains, was found to reduce cholesterol naturally and was easier to digest than long-chain inulin, which is found in onions, chicory root and Jerusalem artichokes. Commonly used for weight-loss products, inulin was linked to a modest decrease in inflammation markers and an increase in *Bifidobacterium*, a "good" gut microbe; however, at high doses it increased inflammation and raised the possibility of liver damage.

### Stretching and Balance Exercises Can Avert Mental Decline

To protect against memory loss, simple stretching and balance exercises work as well as hard-driving aerobics, concludes a new study from Wake Forest University. The study enrolled 296 sedentary older adults with mild cognitive decline such as forgetting dates, keys and names. Those that performed simple stretching routines for 120 to 150 minutes per week experienced no memory decline in a year's time, as measured by cognitive tests and brain scans that showed no shrinkage. These results matched the outcome of people that did moderate-intensity aerobic training on treadmills or stationary bikes four times a week, striving for about 30 to 40 minutes of a heightened heart rate. A control group of equally matched people that did not exercise did decline cognitively. The people that exercised were supervised by trainers at local YMCAs, which may have helped them stay motivated, say the researchers.



### Longevity Diet Involves Fasting, Too



After reviewing hundreds of studies on nutrition, diseases and longevity in laboratory animals and humans, the optimal diet for longevity has "lots of legumes, whole grains and vegetables; some fish; no red meat or processed meat and very low white meat; low

sugar and refined grains; good levels of nuts and olive oil, and some dark chocolate," reports University of Southern California gerontology professor Valter Longo. According to the literature review he and others authored for *Cell*, a day's meals should ideally occur within a window of 11 to 12 hours, allowing for a daily period of fasting. A five-day fast or fast-mimicking diet every three to four months was also suggested to help reduce insulin resistance, blood pressure and other risk factors for those with increased disease risks.



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## One-Sixth of U.S. Tree Species Could Go Extinct



Facing threats from invasive pests, climate change and habitat loss, up to 135 tree species—about one-sixth of those found in the continental U.S.—could be lost forever. Only eight of them currently enjoy federal protection. In a study published in the journal *Plants People Planet* that focused on 881 tree species native to the continental United States,

researchers evaluated how endangered each tree is according to criteria developed by NatureServe and the International Union for Conservation of Nature. Murphy Westwood, vice president of science and conservation at the Morton Arboretum, in Lisle, Illinois, and lead author of the study, says, “That’s a lot of species.”

Noah Greenwald, endangered species director for the Tucson-based Center for Biological Diversity, notes that trees play foundational roles in ecosystems. When they die out, whole swaths of biodiversity can perish along with them, as well as the ecosystem services that humans depend on. He says, “Trees and forests are really the bench that we all rest on.”

Leigh Greenwood, a forest specialist at the Nature Conservancy, believes that preventing new tree killers from reaching the U.S. is critical, saying, “This paper is very much a call to action to bolster the prevention strategies that we have against the entry of new forest pests and pathogens.”

## Urban Crops Can Have Higher Yields Than Conventional Farming



A new study led by Lancaster University researchers shows that urban gardens and hydroponics can thrive and may exceed the yields of rural farms. Professor Jess Davies, project lead for the Rurban Revolution project that developed this study, says, “Urban food growing is often dismissed as something that cannot meaningfully contribute to food security.”

The paper compiled studies on urban agriculture from 53 countries to find out which crops grow well in cities, what growing methods are most effective and which spaces can be used for growing. It turns out that urban yields for crops like cucumbers, tubers and lettuces can be two to four times higher than conventional farming. Cost efficiency remains an open question and important factor.

Most studies on urban agriculture focus on private and community gardens, parks and field growing operations. This one includes “grey” spaces in cities that are already built, but could be used for growing, such as rooftops and building facades. Dr. Florian Payen, lead author and researcher from the Lancaster Environment Centre, says, “Surprisingly, there were few differences between overall yields in indoor spaces and outdoor green spaces, but there were clear differences in the suitability of crop types to different gray spaces. You can’t exactly stack up apple trees in a five- or 10-layer-high growth chamber.”

## Cool Pavement Program

U.S. Environmental Protection Agency data shows the difference in nighttime temperatures in heat island areas can be as much as 22 degrees warmer than temperatures measured outside such locations. This leads to more energy consumption, greenhouse gas emissions, air pollution and other harmful effects.

Cool pavement is a road treatment made with no harmful chemicals—just asphalt, water, an emulsifying soap, mineral fillers, polymers and recycled materials—applied on top of existing asphalt pavement. Because the surface reflects, rather than retains heat, it has the potential to offset rising nighttime temperatures.

In 2020, portions of eight neighborhoods in Phoenix received cool pavement asphalt coating treatment in areas already in need of pavement preservation. The city partnered with Arizona State University researchers to conduct scientific tests using thermal imaging by helicopter flyovers and temperature sensors embedded in the pavement surface, studying how it could mitigate the urban heat island effect. In October 2021, the pilot program ended and cool pavement has become a regular program for the city’s Street Transportation Department.

Similarly, 1 million square feet of roads in Los Angeles have been covered with solar-reflective paint in the GAF Cool Community Project, which includes colorful murals by a local artist on a basketball court, a school playground and a parking lot.

## Concrete Made with Rubber Refuse

Concrete consists of water, cement and an aggregate such as sand or gravel. The aggregate has to be mined from the ground, and is now in short supply in many parts of the world, while discarded tires can be partially recycled, but are often burned or relegated to landfills.

Attempts to replace some of the aggregate used in concrete with crumbled, used tires has been stymied by a bonding problem because pores in the rubber fill with water when the concrete is first mixed, and become empty holes as the water evaporates and the concrete sets.

As reported in the journal *Resources, Conservation & Recycling*, scientists at Australia’s RMIT University have produced good-quality concrete in which all of the aggregate has been replaced with tire particles. They started with wet concrete in which all the aggregate is comprised of tire particles, then placed it in special steel molds as it set to place pressure on the concrete, compressing the particles and the pores within.

Once the concrete dried and set, the cement had bonded much better to the tire particles. When compared to previous 100-percent tire-aggregate concrete produced by conventional means, the preloaded concrete exhibited 97 percent, 59 percent and 20 percent increases in compressive, flexural and tensile strength, respectively.



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## global briefs

### Plastic Recycling Hoax Revealed

According to a new report ([Tinyurl.com/ChemicalRecycling](http://Tinyurl.com/ChemicalRecycling)) from the nonprofit Global Alliance for Incinerator Alternatives (GAIA), 20 states have passed bills to exempt chemical recycling facilities from waste management requirements, despite significant evidence that most facilities actually incinerate the plastic they receive.

The petrochemical industry, as represented by the American Chemistry Council, has been lobbying for state-level legislation to promote "chemical recycling", a process that critics say is recycling in name only. Their goal is to reclassify chemical recycling as a manufacturing process, rather than waste disposal, with more lenient regulations concerning pollution and hazardous waste.

GAIA Policy and Research Coordinator and author of the report Tok Oyewole says, "These facilities are in actuality waste-to-toxic-oil plants, processing plastic to turn it into a sub-par and polluting fuel." The report calls for federal regulation to crack down on the plastic industry's misinformation and affirm chemical recycling's status as a waste management process.

The U.S. Environmental Protection Agency is considering whether chemical recycling should be regulated under Section 129 of the Clean Air Act, which would define chemical recycling processes as incineration, potentially short-circuiting the petrochemical industry's state legislative strategy, although Oyewole says it's unclear whether the agency's determination would override existing state legislation.



ianvi sharma/Unsplash.com

## inspiration

### Gratitude is Good Medicine

by Madiha Saeed



Timakorn/AdobeStock.com

**S**tress, work and family routines can trap us in a pattern of negative thinking that feeds on itself and creates stress and unhappiness. With our internal and external worlds being bombarded these days with negativity, being optimistic is more important now than ever before.

Gratitude is not just a feel-good word. It is an emotion expressing appreciation for what one has—a universal concept in nearly all of the world's spiritual traditions. Practicing gratitude daily is proven to have actual physiological consequences. It helps lower inflammatory markers, influences epigenetics, improves the immune system and even helps the heart, adding years to life.

Optimism has been found to correlate positively with life satisfaction and self-esteem. "Heartfelt" emotions like gratitude, love and caring produce coherent brain waves radiating to every cell of the body, as shown by technology that measures changes in heart rhythm variation and coherence.

Our subconscious governs 90 percent of our thoughts and actions. It shapes our every behavior. But the subconscious mind is nothing other than neural pathways that have been established in the brain as a result of past beliefs and conditioning. Our subconscious does no thinking of its own, but rather relies on our perception of the world around us, interpreting verbal and nonverbal cues.

When we consciously turn negativity to positivity from the inside-out, the neural pathway associated with negativity will take time to come down fully, so it is critical to practice gratitude regularly. Upon waking in the morning, say 10 things that you are grateful for. Keep a gratitude journal. Put sticky notes all over the house with gratitude messages—on photos, light fixtures, fans, exercise equipment—to create a zone of subliminal positivity.

Remember that our perspective can reflect either our pain or our power. That choice is in our hands. Know what you are grateful for each day.

Madiha Saeed, M.D., ABIHM, is the bestselling author of *The Holistic RX*, an international speaker, founder of [HolisticMomMD.com](http://HolisticMomMD.com) and director of education for [KnoWEwell](http://KnoWEwell).

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# STAYING SERENE IN TURBULENT TIMES

## HOW TO TURN ANXIETY INTO POSITIVE ACTION

by Ronica O'Hara



In this day and age, we have good reason to toss and turn in our beds at night. As our nation faces climate catastrophes, acrid politics, stubborn inflation, unpredictable virus variants and hot-button issues like abortion and guns, there's good reason our collective anxiety levels are at a high pitch. A recent Yale survey found that 70 percent of Americans report being anxious or depressed about global warming, and a Penn State survey this year found that 84 percent of us say

we are "extremely worried" or "very worried" about where the country is headed. Researchers are coining new terms: "polycrisis", for complex, cascading crises in interacting systems, and "pre-traumatic stress disorder", when fear of an outcome makes it as good as real to our psyches.

"It's easy for people to feel overwhelmed now, feeling there are breakdowns and threats on many fronts. People can wonder 'Where do I even start?' and feel powerless and hopeless and numb," says psychiatrist Janet Lewis, M.D., a founder of the nationwide Climate Psychiatry Alliance and a University of Rochester clinical assistant professor of psychiatry. "We are part of a complex system that is moving into new ways of functioning, but there's no way of predicting ahead of time exactly what all the features of the new ways of operating will be. That makes it impossible for us to wrap our minds around everything that is happening."

Still, she adds, "We are also by definition part of the system, and therefore have a responsibility to do what we can. We can't sit on the sidelines and merely hope that things transform in good directions. The situation being so serious also means that what we do now is really important."

To move from anxiety into effective action, mental health experts advise several strategies: taking a wider perspective, building resilience through self-care and taking individual steps to make a collective difference. As the Dalai Lama encourages, "If you think you are too small to make a difference, try sleeping with a mosquito!"

### Taking a Wider Perspective

News reports almost always sound dire—just like the amygdala of our brains, journalists often see their function as focusing on threats to alert us to dangers. "Still, if you take the long view of history, we are much better off than we were 200 years ago or



1,000 years ago, but it took many years to make those changes," counsels Robert L. Leahy, Ph.D., director of the American Institute for Cognitive Therapy and author of the bestselling *The Worry Cure* and the upcoming *If Only*.

"We never know if something is hopeless until we have all the data, and we seldom have all the data," he says. "And when it comes to political emotions, many of the predictions that are made by the 'talking heads' in media never come true."

Leahy counsels patience: "Social change does not come about by one person doing something. That usually comes about by a long process of millions of people changing their attitudes and changing their behavior. Small efforts can be made on a daily basis that move this slow process forward. We need to take a longer view, rather than expect immediate change."

In this ongoing process, anxiety has its rightful place. "Anxiety makes us look around, figure out solutions and act. This can absolutely be turned into something positive," says neuropsychologist



Barbara Easterlin, of Jackson, Wyoming, an expert on eco-anxiety who is on the steering committee of the Climate Psychology Alliance of North America. "Doing just one thing to help the planet consistently helps defeat anxiety."

Taking action moves us into our power—as 15-year-old Greta Thunberg demonstrated by holding a sign outside the Swedish parliament. Personal actions matter because numbers add up. Only 25 percent of individuals in a social group need to make a shift before significant social change follows, conclude researchers at the University of Pennsylvania School of Engineering and Applied Science that analyzed a decade of societal changes in voting, health, technology and finance. Once a group reaches that tipping point, it can trigger a change in the rest of society, says study author Damon Centola, Ph.D., author of *Change: How to Make Big Things Happen*.







## Building Resilience with Self-Care

Fears about the shape of the planet and nation are often piled on top of our everyday living anxieties about family and finances, which can induce emotional overload. “We all have a ‘zone of resilience’ or ‘window of tolerance,’ outside of which we become more reactive, less able to function effectively. But it is not fixed. We can learn tools to expand it and cultivate the capacity to be with more,” says Easterlin.

Therapy can be a part of that process by challenging us to examine “the mental narratives that can exacerbate distress,”

says Leslie Davenport, a climate psychology consultant and author of *Emotional Resiliency in the Era of Climate Change*. It’s important to find a therapist, she says, that “validates that your feelings are a normal response to an existential crisis.” She has helped develop new programs at the American Psychology Association and the California Institute of Integral Studies to train therapists in treating eco-anxiety. For low-cost online support, the Good Grief Network offers a 10-step, 10-week program to help process personal anxiety and grief about climate change. People are also sitting down to share their distress at climate cafes, small local gatherings springing up

across the country and globe, including some online.

Getting enough sleep, eating healthy and exercising are also key self-care strategies. When anxiety strikes, psychologists advise shifting attention from the head to the body, using such approaches as mindful breathing, dancing and grounding. Meditation, easily accessed these days through apps like Calm and Headspace, helps us to enter into what religious and spiritual teachings call “the still point within.”

Rather than “doomscrolling” when anxiety mounts, cutting back our media use can significantly lower stress levels, studies show. Wise media strategies include choosing well-established, credible news sources; reading rather than watching the news to lower its emotional impact; limiting news intake to 10 minutes once or twice a day; taking a “news fast” on occasion; and passing up sources that incessantly feed fury.

On the other hand, it’s essential to find sources for hope, an emotion important in recovery from anxiety disorders, according to a study in *Behavior Therapy*. Googling “good news on climate change” will bring up articles about alternative energy growth, new super-enzymes that eat plastic rubbish and black rhinos coming back from the brink of extinction. Although dystopic books abound, others offer hope, such as *Drawdown*, with its sensible, scaled-down strategies to stop global warming by 2050.

## Moving into Action

Virtually no one can take on all the problems of the nation and globe at once—and the good news is that unless we hold high public office, we don’t have to. Instead, “In taking action, focus on what you are good at, what your sphere of influence might be,” advises Lewis. “What are you most heart-broken over? Get involved in that and allow yourself to feel really good about what you’re doing and other people are doing.”

By narrowing our focus, we can hone in on an issue and figure out our part in its solution. “We need a broad range of collective action for transformation,” says Davenport. “For climate change, a teacher could bring social-emotional learning to climate education into the classroom or start an after school ‘green club’; an artist could use their creative medium to communicate about climate in a moving way that could engage others; a nurse could create a waste-reduction initiative within a medical setting. These efforts all have ripple effects and help to elevate each other.”

In one recent study, people were found to consume less energy if they believed their neighbors did so and personally cared about conservation. Our neighborhoods are the place to take the small, meaningful steps that address the “crisis of connection” underlying rancorous national crises, says *New York Times* columnist David Brooks. He advocates “radical mutuality,” saying, “Nothing we do, however virtuous, can be accomplished alone.” Through simple actions like having casual conversations around town, pitching in to help a family in crisis, bringing a salad to a block party, tutoring a child or holding a civic post, we build the warm relational bonds that strengthen communities. As we meet others that feel as strongly as we do about our issues, our numbers start building and collective action can unfold.

“Independent of political beliefs, many people can find common values such as wanting safety for their families, a clean environment with clean waterways and recreation in natural environments,” says Easterlin.

That, in turn, helps lower our distress. A recent Yale study found that eco-anxiety was linked to depression only among students not involved in group activities; those engaged in collective action such as being part of an environmental group, working in a letter-writing campaign or going to events or protests did not spiral downward emotionally. “Personal transformation and social transformation happen simultaneously. When you reach out and build community, you nourish yourself,” Brooks says.

As Thunberg has put it: “When I’m taking action, I don’t feel like I am helpless and that things are hopeless, because then I feel like I’m doing everything I can. And that gives me very much hope, especially to see all the other people all around the world, the activists, who are taking action and who are fighting for their present and for their future.”

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

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# The Gut-Brain Connection

HOW FOOD AFFECTS OUR MOOD

by Kimberly B. Whittle



We’ve all heard the phrase, “You are what you eat,” but the connection is more than just physical because food impacts our mood, too. During the last decade, there have been an increasing number of studies exploring what’s called the gut-brain axis and the role that microorganisms in the gut play in mental health conditions like anxiety, stress, depression and other disorders.

Depression is a leading cause of disability in the U.S. and worldwide. There are long-held views in medicine that depression is caused by imbalances in brain levels of serotonin—the neurotransmitter that plays a key role in regulating mood and other functions like digestion and sleep. These beliefs resulted in decades of extensive use of anti-depressants, most of which boost serotonin in the brain.

However, research by University College London, published in July in the journal *Molecular Psychology*, found “no consistent evidence of there being an association between serotonin and depression, and no support for the hypothesis that depression is caused by lowered serotonin activity or concentrations.”

Michael Gershon, M.D., a Columbia University professor of pathology and cell biology, and author of *The Second Brain*, has explained to psychologists that “scientists were shocked to learn” that about 90 percent of serotonin is not created in the brain, but is actually produced in the gut and carried from there to the brain, not the other way around. This relationship is called the gut-brain axis.

A recent literature review of 26 studies suggests that imbalances in gut bacteria can disrupt the two-way communication along the gut-brain axis, leading to depression and other psychiatric issues.

## Gut Health Equals Mental Health

“Gut health is extremely important for mental health,” says Bhavna Barmi, Ph.D., a senior clinical psychologist, relationship therapist and founder of the New Delhi-based Happiness Studio. “The traditional belief that only psychiatry and talk therapy can treat mental health has widened to include lifestyle and food, too.”

“The truth is that our food is the primary contributor of the quality and diversity of bacteria in the microbiome,” says Ishi Khosla, a clinical nutritionist and president of the Celiac Society of India. “There is an intricate relationship between the gut and the brain.” Food sensitivities, alcohol and highly processed, refined and sugary foods can lead to a lower diversity of good bacteria and increases in bad bacteria in the gut, which can trigger gut inflammation and unfavorable health conditions.

Most mood-related disorders start with inflammation of the brain as a response to inflammation in the gut. “Certain foods, like gluten, can cause an inflammatory response in the gut. Over time, sensitivities to gluten and other foods can lead to a ‘leaky gut,’ an impairment of the gut lining that lets toxins into the bloodstream. Often, if it remains unresolved, it leads to mood-related disorders and other chronic health conditions,” says Khosla.

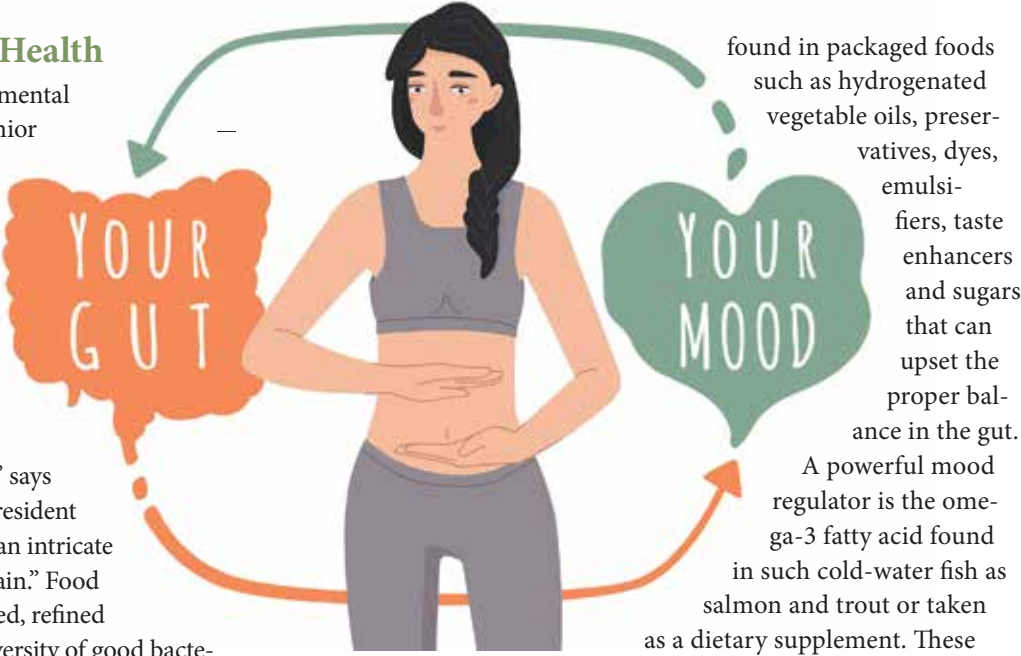
Clinical nutritionists and other practitioners use biochemical markers and food sensitivity tests to help identify food ingredients that trigger inflammation in patients. However, if a leaky gut is present, a food sensitivity test may not be very accurate. As Tom O’Byrne, DC, chief health officer of KnoWEwell, explains in his bestselling book *The Autoimmune Fix*, “When you have a leaky gut, a practitioner may do a 90-food testing panel that comes back sensitive to 20 or 25 different foods. And then the patient exclaims, ‘Oh my God, that’s everything I eat.’ Well, of course it is, because your immune system is doing what it is supposed to do—protecting you from toxins. Once the inflammation in the gut is reduced through the elimination of wheat and other offensive foods, and the implementation of a personalized diet and protocol to heal the gut [takes place], the same food testing panel will correctly identify those few ingredients to permanently avoid.”

## Mood-Lifting Foods

Kelly Brogan, M.D., a holistic psychiatrist and author of *The New York Times* bestsellers *A Mind of Your Own* and *Own Your Self*, as well as co-editor of the landmark textbook *Integrative Therapies for Depression*, recommends making three dietary changes to lift mood:

- Eliminate processed foods and food toxins
- Add whole foods, good fats and therapeutic foods
- Add fermented foods

Eating foods that are fresh, whole, simple and organic when available fuels good gut bacteria and eliminates the toxins



found in packaged foods such as hydrogenated vegetable oils, preservatives, dyes, emulsifiers, taste enhancers and sugars that can upset the proper balance in the gut. A powerful mood regulator is the omega-3 fatty acid found in such cold-water fish as salmon and trout or taken as a dietary supplement. These fatty acids regulate neurotransmission and gene expression, act as antioxidants and have potent anti-inflammatory properties. Good fats from pasture-raised meats, wild fish, eggs, nuts, seeds, olive oil, coconut oil and grass-fed ghee also contribute to mood regulation.

“Resetting the gut through good bacteria in probiotics and feeding the good bacteria with prebiotics is a powerful tool to fight mood disorders,” says Khosla. Fermented foods such as sauerkraut, pickles (truly fermented, not just cured in vinegar), kimchi and coconut kefir are natural sources of probiotics. They are delicious and easy to make at home.

A 2018 University of Toronto study in the *World Journal of Psychiatry* identified 12 nutrients to prevent and treat depressive disorders and found that the following foods had the highest levels of those beneficial nutrients: bivalves such as oysters and mussels; various sea foods such as octopus, crab and tuna; organ meats; leafy greens; lettuces; fresh herbs; peppers; and cruciferous vegetables such as cauliflower and broccoli.

Choosing what to eat is complex and affected by culture, cost, environment and taste preferences. Dietary changes can be difficult and take time, and those suffering from mood swings, depression or anxiety have additional challenges in making changes. Nutritionists advise starting small by incorporating one or two foods rich in beneficial nutrients and eliminating a highly processed or packaged food or two. Focus on incorporating a rainbow of red, yellow, orange and green foods into meals. “Food therapy to improve mood is inexpensive, free of side effects and can begin to show results within days,” says Khosla.

In view of the gut-brain axis, says Barmi, “It is imperative that from this point on, nutritionists, psychiatrists and psychotherapists work together for holistic care of the client to lead to maximum benefit.”

Kimberly B. Whittle is the CEO of KnoWEwell, the Regenerative Whole Health Hub online solution for health and well-being. Visit KnoWEwell.com.



QUINOA AND BEETROOT SALAD  
WITH A HINT OF MINT

YIELD: 2 SERVINGS

SALAD:  
½ cup quinoa  
1 medium beetroot, grated  
10-12 fresh mint leaves, roughly chopped  
¼ cup fresh cilantro  
2 Tbsp shelled pistachios, roasted  
2 Tbsp golden raisins  
1 cup water

DRESSING:  
2 Tbsp extra-virgin olive oil  
3 Tbsp lemon juice, adjust to taste  
2 cloves garlic, adjust to taste  
½ tsp roasted cumin powder  
Salt and ground black pepper to taste  
Honey to taste

Rinse quinoa and add to a pot. Add water and cook uncovered for around 15 minutes or until all the water is evaporated. Cover the



pan and switch off the stove. Keep covered for 5 minutes, remove lid and fluff cooked quinoa with a fork. Set aside to cool.

In a bowl, mix all dressing ingredients and set aside. Place cooled quinoa, grated beets, pistachios, raisins and chopped herbs in a large bowl. Pour the dressing, toss well. Serve cold.

Recipe courtesy of Ishi Khosla.



GUT-HEALING SMOOTHIE

Blueberries contain compounds that increase beneficial bacteria in the gut, as well as antioxidant properties that are remarkable at protecting our brain. In fact, consuming 1 cup of blueberries per day for three years gets our brain working as well as it did 11 years earlier. Bananas are high in pectin, which helps to normalize movements of the large intestine. Look for gelatin powders from pastured animals.

YIELD: 2 SERVINGS

1-1½ cups water  
½ cup coconut milk  
1-2 frozen bananas  
1 cup frozen blueberries  
2 Tbsp ground flaxseed  
1 Tbsp unflavored gelatin powder  
1 Tbsp high-quality fish oil  
1 tsp ground cinnamon  
1-3 scoops L-glutamine powder (optional)

In a blender, combine the water, coconut milk, bananas, blueberries, flaxseeds, gelatin powder, fish oil, cinnamon and L-glutamine powder (if using). Blend until smooth. Add more water for a thinner smoothie, if desired. Serve immediately or pour into ice-pop molds and freeze for a sweet treat later on.

Recipe courtesy of Tom O'Bryan, DC, CCN, DACBN, from his book The Autoimmune Fix.

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# 12 Quick Fixes for Anxiety

## SIMPLE STRATEGIES FOR MENTAL WELL-BEING

by Ronica O'Hara

It is an all-too-human experience to have anxiety—feeling fear or apprehension about what might happen. A survival mechanism for our species, it can easily get out of hand in times of uncertainty, morphing from a timely signal to a crippling, chronic condition. Happily, mental health professionals have found many useful anti-anxiety strategies to ease us through difficult moments.

### Breathe Deeply

“Controlling your breathing is a fantastic hack to help you move out of a stress/anxiety response state. It’s important to try different breathing techniques to figure out which ones work for you,” says Krista Jordan, Ph.D., a clinical psychologist in Austin, Texas. Many options exist such as breathing slowly into the belly; inhaling through the nose for a count of four, holding the breath for a count of seven and exhaling through



the mouth for a count of eight; slowing the breath so that the in and out breaths equalize; and placing mindful attention on our breathing until 10 breaths are completed.

### Tap with the Fingers

Emotional Freedom Technique (EFT) is a five-minute approach using two fingers to tap on specific points of the head and chest in a certain sequence. In one 5,000-person study, 76 percent of participants found anxiety relief after three EFT sessions, while only 51 percent experienced relief after 15 sessions of cognitive behavioral therapy. “EFT sends a calming signal to the brain that reduces your anxiety, which allows for newfound thinking and solutions,” says Colorado Springs therapist Dana C. Avey. Simple instructions can be found online and in YouTube videos.

### Write It Off with Journaling

Whether it’s a three-page brain dump in the morning, a frantic scribbling on paper in a stressful moment or a nightly ritual in a bound journal, writing out anxious thoughts helps clarify worries and puts things into perspective, research shows. Seattle spinal surgeon David Hanscom, a chronic pain expert and author of *Back in Control*, counsels writing down in longhand whatever is on the mind using graphic and descriptive language twice a day for 10 to 30 minutes, and then promptly tearing it up to let the thoughts go.

### Meditate Mindfully

Many soothing types of meditation can be tried out on apps like Calm, InsightTimer and Headspace, but the best-studied approach for anxiety is mindfulness, which involves focusing on the breath and body sensations while letting distracting thoughts float by. A 2017 Australian study found that just 10 minutes of daily mindful meditation can help prevent the mind from wandering and is particularly effective for repetitive, anxious thoughts. “Just be clear that having a constant stream of thoughts is fine and part of the process. It’s sadly ironic that people turn to meditation to help with anxiety, and then get anxious that they are doing it wrong,” advises Jordan.

### Move the Body in Nature

According to the *Harvard Health Letter*, “Just a single bout of exercise can ease anxiety when it strikes.” Studies have proven

the value of everything from aerobics to swimming and yoga, and it’s even better if exercising can be done outdoors, because decades of research have found that being amidst the sights, sounds and scents of natural settings lowers anxiety markers. In a recent study, walking without using a smartphone or another electronic device in urban settings just two hours a week reduced cortisol levels 21 percent in 20 minutes, “which helps to reduce the medical effects of stress, including chronic inflammation, GI disorders and heart problems,” says Santa Barbara-based John La Puma, M.D., co-founder of the ChefMD health media brand and creator of *MyNatureDose.com*, a free, anti-anxiety walking program.

### Say a Favorite Prayer

Making a deep spiritual connection—an age-old anxiety solution—can involve praying or for example, reading psalms, saying a rosary, chanting a mantra or reading sacred scripture. Eric Almeida, a mental health practitioner in Bernardston, Massachusetts, recommends the Serenity Prayer: “God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.” He says, “It doesn’t matter if you believe in God, the wisdom is useful nonetheless.”

### Chill Out

“Sip cold water, hold ice cubes, take a cold shower, blast the AC in your face. Our body and mind are very connected, so if you can’t cool down your mind, cool down your temperature,” advises San Diego-based marriage and family therapist Sarah

O’Leary. Some people find the opposite works: taking a long, hot bath infused with essential oils like bergamot, frankincense and lavender.

### Get Rooted

Stand barefoot in grass or dirt while breathing deeply or imagine the roots of trees growing from the soles of the feet deep into the earth. “This helps ‘ground’ you or ‘root’ you, and can help you find steadiness rather than getting lost in anxiety,” says mindfulness trainer and author Joy Rains of Bethesda, Maryland.

### Soothe with Supplements

Boston integrative medicine physician Sarika Arora, M.D., of the Women’s Health Network, recommends vitamins B<sub>5</sub>, B<sub>6</sub> and B<sub>12</sub> to improve cellular energy, lower cortisol and restore equilibrium to the nervous system; magnesium to support balanced metabolism and increase feelings of calm; L-theanine, found in green tea, to lower stress hormone levels; eleuthero (Siberian ginseng) to limit excess cortisol; and vitamin E to support hormone production and stress recovery.

### Be with the Anxiety

Tyler Read, the San Francisco-based owner of Personal Trainer Pioneer, decided to bite the bullet by using the tools of dialectical behavior therapy to put himself into anxiety-producing public places. “Instead of convincing myself that I was at peace or not nervous, I accepted that I was nervous. I gave myself permission to shake, sweat and feel nauseous; at times, I acknowledged that I felt like I was dying.

And by permitting myself to be nervous, the anxiety decreased over time,” he says.

### Move to Music

Relaxing music can be as effective as medication in altering brain function, research suggests, especially if the rhythm is 60 beats per minute, which encourages the slow brainwaves associated with hypnotic or meditative states. Dancing to upbeat music like no one is watching can also chase worries away. Holistic psychotherapist Kellie Kirksey, Ph.D., of Youngstown, Ohio, suggests shaking to a favorite song: “Begin by shaking out the hands while holding the thought, ‘I let go.’ If shaking the hands feels good, add in shaking one leg at a time. Shake the whole body while imagining yourself releasing the tension stored in your muscles.”

### Bond with an Animal

Merely petting a dog or cat releases the feelgood bonding hormone oxytocin into our system. “Animals speak to you in a nonverbal communication, so the interactions require you to be present and to feel. Both allow for a meditative experience that is tremendously impactful for reducing anxiety,” says Shannon Dolan, an Austin, Texas, nutritional therapist and horse owner. “If you don’t have your own pet, look up equine therapy in your area, go to a local dog shelter, spend time with a friend’s dog or travel out to a petting zoo, where you can experience the healing power of animals.”

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

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# MAKING FOREVER CHEMICALS GO AWAY

## MANMADE COMPOUNDS POSE LASTING THREAT TO OUR HEALTH

by Sheryl DeVore

Decades ago, environmental groups urged the banning of what are known as forever chemicals, which have been linked to cancer, compromised immune systems and hormonal imbalances, among other health issues. Today, although some of these man-made per- and polyfluoro-alkyl substances (PFAS) are being phased out, there's still much to worry about.

"These chemicals are everywhere—in products, in our homes, in our drinking water. They're even coming down in rain," says Mike Schade, director of the Mind the Store program of Toxic-Free Future ([ToxicFreeFuture.org](http://ToxicFreeFuture.org)), a national nonprofit based in Seattle. "This is a growing public health crisis."

A recent Environmental Working Group ([ewg.org](http://ewg.org)) report says that 200 million Americans are likely drinking water contaminated with PFAS, and that these chemicals are even more toxic than once thought. In June, the U.S. Environmental Protection Agency (EPA) established new health advisories for these chemicals, warning about the toxicity of even lower amounts in water. The EPA is offering \$1

billion in grants initially and \$5 billion over time to help remove them from drinking water. Recent research has also shown PFAS detected in sludge used as fertilizer in home gardens. "We need action at all levels of government," Schade says. "We need states to step up. We need Congress to step up. We need big companies to step up and consumers to take action."

### Origin of PFAS

Since the late 1940s, forever chemicals have been manufactured for use in products such as nonstick cookware; water-proof, water-resistant and stain-resistant textiles; dental floss; and food packaging, such as microwave popcorn bags and fast-food containers. Firefighters also use foam that contains the chemicals. "Production and disposal of these chemicals is leading to the contamination of drinking water supplies and surface water bodies all across the country," Schade says. "It's a huge issue, especially in the Great Lakes."

"We're talking about more than 9,000 chemicals," says Susie Dai, Ph.D., a leading PFAS researcher and an associate professor of plant pathology and microbiology at Texas A&M University. "Because they contain one of the strongest chemical bonds, the carbon-fluorine bond, they are very stable. That makes it difficult for the chemicals to break down and easy for them to accumulate in the environment."

Several years ago, chemical companies began manufacturing what they deem are less-toxic PFAS. They're known as either

short-chain or alternative PFAS, and include chemicals named GenX and PFBS. "The more that scientists study this very large class of chemicals, the more that scientists find the replacement chemicals are likely just as toxic," Schade says. The EPA June health advisories include these two new PFAS.

Meanwhile, as public concern grows, 11 states have banned PFAS in food packaging, and Congress is considering a similar ban, says Schade. Whole Foods Market has stopped using the chemicals in food packaging, and Keen, an outdoor shoe brand, has phased out use of PFAS in their products.

In February, Toxic-Free Future sent rain jackets, hiking pants, cloth napkins, bedding and other products marked as stain- or water-resistant to independent labs for analysis. "Seventy-two percent of them contained forever chemicals," Schade says. Some of these products are manufactured by recreational equipment company REI, which Toxic-Free is urging consumers to write to, asking it to end the practice.

In July, Columbia Sportswear received petitions with 48,000 signatures from the Natural Resources Defense Council and other environmental organizations urging the company to eliminate PFAS from its products. Although it has begun taking steps, Columbia has yet to set a timeline or define PFAS sustainability standards.

"We can minimize the threat of PFAS contamination by turning off the tap on their use," says Paloma Paez-Coombe, an associate of Environment Illinois, which participated in the petition drive. "One of the best ways we can do that is by getting a major brand like Columbia Sportswear to publicly lead the way."

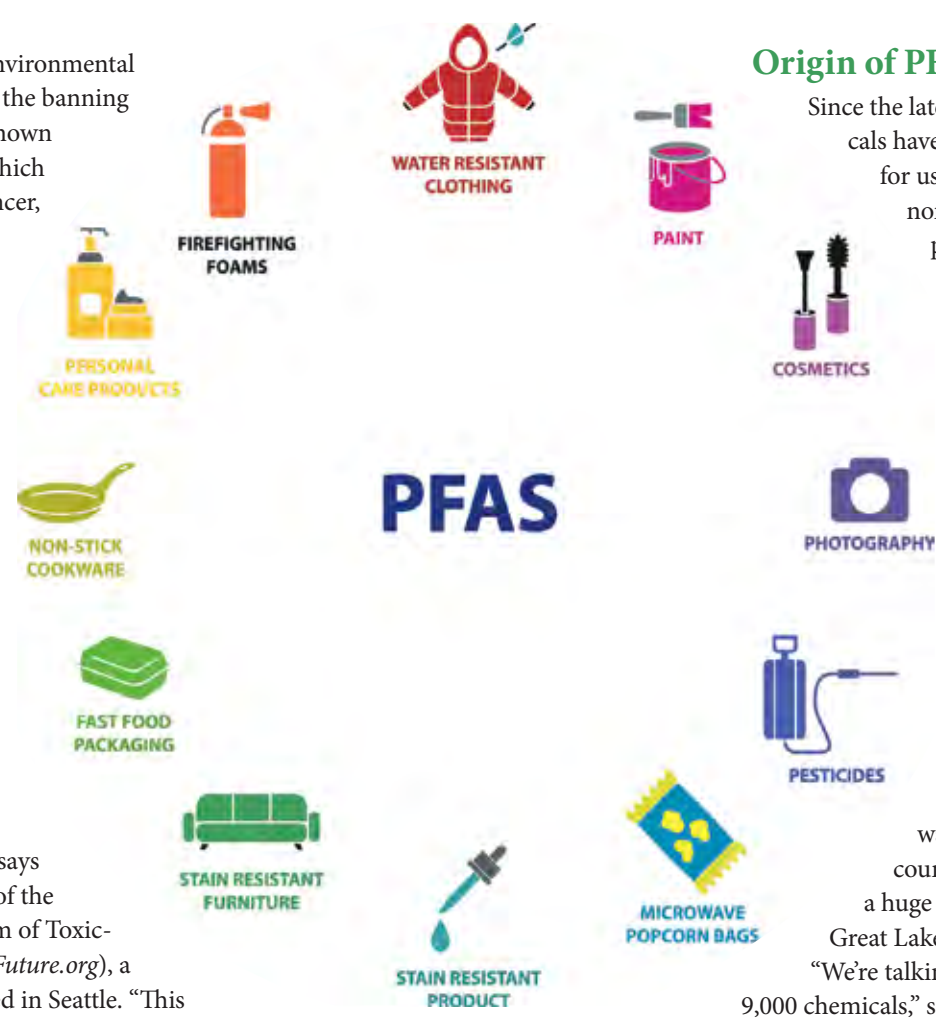
These actions, however, won't fix the problem of PFAS already in drinking water. Dai and other researchers have created a new bioremediation technology using plant-based material and fungi that could clean places where forever chemicals have been disposed. She hopes a similar concept can be applied to PFAS-contaminated drinking water.

Northwestern University researchers published a paper in August in *Science* showing PFAS can be destroyed using somewhat harmless chemicals called sodium hydroxide, which is the lye used to make soap, and dimethyl sulfoxide, a medicine for bladder issues. Dai says that before these new approaches, the only way to break down PFAS was to expose them to high temperatures in an incinerator, but that is costly and still introduces harmful chemicals into the environment.

Meanwhile, the Delaware-based chemical company Chemours, a spinoff of Dupont that manufactures PFAS, has filed a lawsuit against the EPA saying the agency's most recent health advisory regarding PFAS is based on flawed science. Chemours is the same company that has been ordered to pay a \$12 million fine to the state of North Carolina after contaminating waterways with PFAS.

Schade surmises, "This is an issue that should be of concern to every American, especially when these chemicals are linked to health problems that are on the rise in our communities."

Sheryl DeVore has written six books on science, health and nature, as well as health and environmental stories for national and regional publications. Read more at [SherylDeVore.wordpress.com](http://SherylDeVore.wordpress.com).



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# Rachel Jones

## ON GRIEF IN THE HEALTHCARE FRONT LINES

by Sandra Yeyati

After earning a journalism degree from Columbia University, Rachel Jones spent four years as a reporter in Caracas, Venezuela, including a year and a half as a correspondent for The Associated Press. Her articles have appeared in *Time* magazine, *The Lancet*, *The Delacorte Review* and *Scientific American*. In her book, *Grief on the Front Lines: Reckoning with Trauma, Grief and Humanity in Modern Medicine*, Jones examines the emotional challenges that healthcare workers face in hospital emergency rooms, hospices and other front-line settings.

### What are your most surprising findings about healthcare heroes?

That they're humans, just like the rest of us. They can make mistakes. Their work affects them, and they take it home. We have this impression that they're emotionally cut off from their work, and this couldn't be less true. Also, healthcare workers don't have all the answers. We have this fantasy that if anything goes wrong, we can go to the doctor and have it fixed, but they can't save everybody. Even the concept of a hero—that they're going to swoop in and save us—does a disservice because it feeds into that false impression.

### What are the most pressing challenges in these medical settings?

There's a stigma where it's considered weak if you need mental health care, even though you work in a stressful environment dealing with death and traumatic incidents. Many doctors and nurses don't access mental health services for fear that when they renew their licenses, they'll have to reveal that and be further investigated—even in states where that's not the case.

Another problem is the shortage of doctors and nurses that we're experiencing and will be experiencing in the next decade as Baby Boomers age. Many places are short-staffed, heightening the burden on those that remain, which doesn't help retain people. Patching things with travel nurses for short-term contracts isn't sustainable, and we don't have enough new people coming into the system.

### How do these challenges affect patient care?

Medical errors increase when healthcare workers haven't slept or eaten, which seems to be the standard, especially medical residents who work insane schedules or hospital nurses who don't have time to take breaks. Also, mental health issues and depression closes them off from colleagues and patients, giving them tunnel vision. Then there are issues such as bullying where because of the toxicity of the work environment, maybe doctors and nurses aren't sharing information in the way that they should be, and that can have a very detrimental impact on patients.

### Why is it important for healthcare workers to remain emotionally connected with patients?

Traditionally, doctors and nurses are taught to keep an emotional distance, but that can cause them to compartmentalize and numb out feelings, which then spreads to their personal lives. They may be less able to engage with loved ones and feel disconnected

from patients so their work isn't as meaningful. Most healthcare workers care about people. They want to help patients and want to feel connected, so that disconnection is harmful to them and to their patients who don't feel seen or cared for.

At the opposite end, some healthcare workers take on their patients' suffering, bringing it home and obsessing about it. The idea is to find a balance—remaining open enough to connect, but not seeing yourself as the sole responsible person for a patient's recovery. You're not entirely in control, so realizing there are other forces at play when things go wrong, even if you made a mistake.

### What coping strategies can help practitioners?

It's essential that healthcare administrations provide space and time off for staff to heal and grieve, encouraging staff to speak with chaplains or therapists—normalizing mental health care—and ensuring that therapy is covered by insurance and widely available in safe and confidential settings.

Jonathan Bartels, a nurse in Virginia, came up with The Medical Pause—a moment of silence after a patient dies to honor their life, think about what they meant to you and understand you did everything you could to save their life. Honor walks for organ donors are where everyone lines the hallway and watches as a patient is wheeled into the operating room after they've died and are going to have their organs transplanted into others. Stepping back for a brief moment of mindfulness is a powerful way to set down emotions, rather than letting them lodge in your body.

Self-care—things like yoga, exercise, journaling, taking walks—and peer support are important, but administrations need to make time for them to happen. At Johns Hopkins Hospital, a project called RISE [Resilience In Stressful Events] allows practitioners to page a peer after a bad outcome. Sometimes, talking to someone like you that has been there themselves can be more helpful than a therapist.

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

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# The Colors of Healing

## ART THERAPY FOR KIDS

by Marlaina Donato

Opening a brand-new box of crayons or making a happy mess with homemade salt dough can provide hours of fun for most kids, but art therapy—based in a clinical setting—can help children achieve emotional equilibrium, cultivate social skills and increase their capacity for learning. Dipping a brush into bright colors or creating a collage under the guidance of a qualified therapist can help a child express what is beyond spoken language: unprocessed trauma, emotional and physical pain or the multilevel challenges of autism spectrum disorder.

“Art therapy is completely different from arts and crafts, or even teaching a child how to do art. The idea behind art therapy is that not everyone attending therapy is able to talk about what is going on inside of them,” says Robyn Spodek-Schindler, owner of Paint the Stars Art Therapy, in Manalapan, New Jersey.



### Art and the Nervous System

According to 2018 research published in the *Journal of Applied Psychology & Behavioral Science*, painting-based art therapy has been effective in reducing symptoms of depression and anxiety in preschool-aged children. Dipping into the unconscious wellspring of creative impulse through doodling and drawing, finger painting or taking a photograph can help kids bounce back more easily from bullying or family conflicts, including divorce. Splashing color on a canvas or throwing pottery has been shown to enhance fine motor skills, increase attention spans and instill a sense of accomplishment. For those that are not neurotypical, engaging in guided artistic expression can foster sensory integration and promote positive social interaction.

“I have worked with children who have lost a parent, experienced abuse, abandonment, consequences of addiction in the family, COVID [-19] anxiety and autism spectrum disorders,” says Andrea Davis, founder and CEO of Dallas Art Therapy, in Richardson, Texas. “Many times, the body is expressing the trauma in the form of sleep disturbance, eating changes, anxiety, depression and panic attacks, to name a few. Art-making bypasses the brain’s trauma response. The art therapist is trained to support the person in the process of creation and allows the person to utilize their other senses to express themselves.”

Celeste Wade, an art psychotherapist at the Child and Family Art Therapy Center, in Haverford, Pennsylvania, emphasizes that emotional processing cannot occur when an individual is on the alert for potential danger, a physiological response from an overstimulated amygdala.



“Trauma needs to be processed for the client to gain mastery and function in a calm state versus fight, flight or freeze. Art making can also activate this area of the brain and have calming effects to counteract trauma responses,” she says.

### Willingness, Not Talent

The art therapist provides a nourishing presence without art instruction or critiquing, and sessions can be private, in a group setting or include family members. Conversation, combined with art making, is typical in any art therapy session. Schindler stresses that creating pretty images is not the goal of an art therapy session and dispels the common assumption that “the person attending art therapy needs to have either a talent in art or an interest in art. They just need the willingness to participate in a session.” Some children see immediate benefits, while others realize emotional progress after several sessions.

Art therapy, sometimes in conjunction with other modalities, not only gives children a voice, but provides them with an opportunity to stretch their wings. Group therapy, says Davis, “can look like working together to create a collaborative mural. In the process, taking turns, hearing one another’s ideas, sharing materials, respecting boundaries and each other’s art becomes an important part of meeting goals.”

During an initial art therapy assessment, Wade might ask a client to draw a family of animals, which creates an opportunity “for the client to share about their own family dynamics in a safe way. If the client has experienced any type of familial trauma and I were to present the same directive as, ‘draw you and your family doing something,’ the child may be more hesitant or may shut down.”

In a world that can be overwhelming, self-expression through art can give a young person a safe harbor. Schindler accentuates human rapport in the clinical setting, saying, “Art, much like play, is a universal communication tool for children. Sometimes you just feel better when creating and sharing with a trusted person.”

Marlaina Donato is an author, painter and composer. Connect at [WildflowerLady.com](http://WildflowerLady.com).

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# Caregiving Companions

## THE MANY BENEFITS OF SERVICE, THERAPY AND EMOTIONAL SUPPORT ANIMALS

by Karen Shaw Becker



Animals offer support to humans in innumerable ways, acting as loyal companions, providing soothing therapy and emotional support, and being attentive service animals for invaluable medical assistance. As animals increasingly take on these roles in public spaces, it is necessary to understand what each category offers and the type of access each is given. “Some people misrepresent their animals as assistance animals in order to bring them to places where pets are not allowed, to avoid fees or out of a misunderstanding of the animal’s role,” states the American Veterinary Medical Association ([avma.org](http://avma.org)). It points out that although service, therapy and emotional support animals are sometimes referred to interchangeably, they are distinct categories, each with its own definition.

### Assistance Animals

As defined by the U.S. Department of Housing and Urban Development, an assistance animal is “any animal that works, provides assistance or performs tasks for the benefit of a person with a disability, or provides emotional support that alleviates one or more identified symptoms or effects of a person’s disability.” If certain conditions are met, a person may be entitled to keep an assistance animal in a housing facility that would otherwise prohibit animals.

### Service Animals

The Americans with Disabilities Act of 1990 defines a service animal as “any dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical,

sensory, psychiatric, intellectual or other mental disability.” Aside from miniature horses, no other species are included. Service animals perform such tasks as helping with navigation, pulling a wheelchair, assisting during a seizure, providing protection or rescue work, alerting a person to allergens and interrupting impulsive or destructive behavior.

### Emotional Support Animals

Emotional support animals (ESA), according to the Fair Housing Act and the Air Carrier Access Act (ACAA), can be any species. Both laws require a disability-related need and a recommendation by a medical or mental health professional. ESAs do not have to be trained to perform a particular task and may be permitted in otherwise banned housing facilities. Some international airlines allow them to travel at no extra cost. As of January 2021, following a U.S. Department of Transportation rule-tightening, virtually no American domestic airline allows ESAs to fly free. (Small dogs can still be flown by passengers paying extra.)

### Therapy Animals

According to the ACAA, therapy animals may take part in animal-assisted interventions when there’s a “goal-directed intervention in which an animal meeting specific criteria is an integral part of the treatment process.” Animal-assisted therapy may involve dogs, cats, horses, llamas, pigs and other species, typically in hospitals, schools and rehabilitation centers.

### Why They Can Be Controversial

While service animals are highly trained and can even receive certifications as psychiatric service dogs, ESAs are often pets that help a person to cope with daily life or situations they may otherwise find intolerable, such as being in stores, restaurants, museums and on airline flights and other public transportation. Controversy has arisen when some people have pushed the line, claiming their pet is necessary for emotional support, but in reality, are just there to enjoy access benefits. Yet, in a survey of more than 500 Americans, both service dogs and emo-

tional support dogs were viewed favorably, and most participants reported feeling that the majority of people with such dogs were not taking advantage of the system.

### The Many Benefits

There is seemingly no end to the emotional, physical and mental benefits dogs offer to humans. Regular visits with therapy dogs may improve the well-being of people seeking addiction and mental health treatment. Animal-assisted interventions have been used among Canada’s correctional population, for which mental health, addictions and trauma histories are major concerns. Research published in the journal *Anthrozoös* found that animal-assisted therapy decreased the need for pain medication in people receiving joint replacement therapy. Studies by the Delta Society suggests holding, stroking or simply seeing an animal

may lower blood pressure while lessening feelings of hostility and increasing self-esteem. For children, service dogs can be trained to detect the scent of allergens like peanuts or gluten in food and even provide comfort to them and adult witnesses in courtrooms. Be aware that out in public, certain rules of etiquette apply. Service dogs, in particular, should never be approached, talked to or touched unless permission is granted by the dog’s handler. And take no offense if the handler says no. Distracting a working dog can result in potential harm to the handler and may interfere with the dog’s focus and ability to follow potentially life-saving commands or cues.



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.

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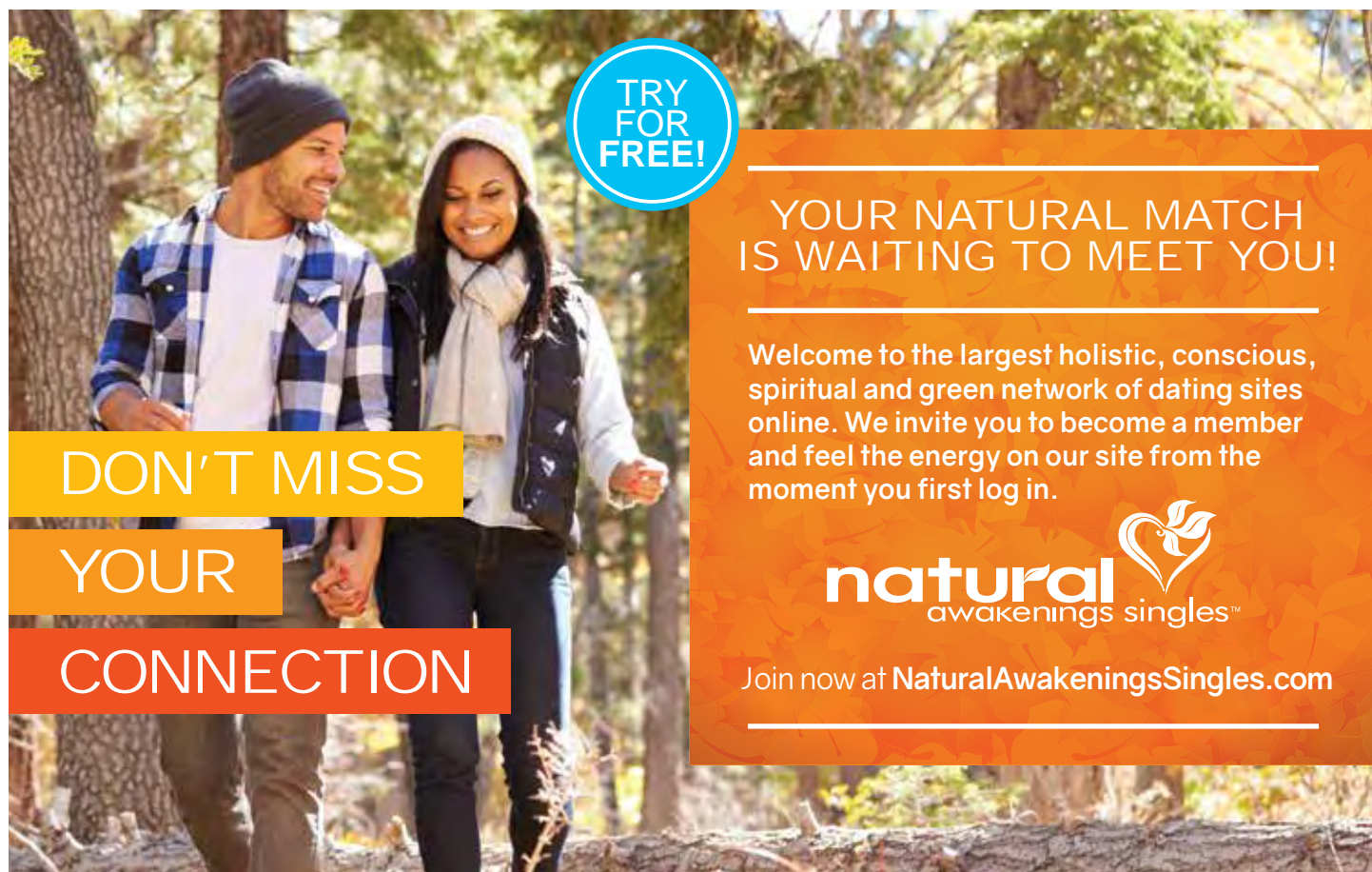
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### calendar of events

#### SATURDAY, NOVEMBER 5

**TRE-OKC – Tension & Trauma Release – OKC** – 11/5-11/6. Sat 6-9pm; Sun 9am-6pm. Release restrictions and UNWIND at this two-day training! Pralaya Yoga, Releasing emotional patterns, group biofeedback and TRE, an innovative series of exercises to release deep muscular patterns. Register at [UnityBiofeedback.com/events](http://UnityBiofeedback.com/events).

**Ceremonial Breathwork + Potluck Dinner – Newcastle** – 6-9pm. Our breath is medicine. Experience how you can heal your body, mind, heart and spirit simply by using your own breath. Register at: [SacredPillars.Church](http://SacredPillars.Church).

#### SUNDAY, NOVEMBER 6

**The Buzz Behind Bone Broth & Collagen (Class & Food Demo) OKC** – 3-4pm. Maybe you've heard of bone broth or have seen some of the latest collagen supplements at the health food store. Find out why these products have become so popular, what they are and how to use them to support optimal health. Free. Natural Grocers, 7013 N May Ave, OKC. Jessica Cox, 405-840-0300.

#### SATURDAY, DECEMBER 3

**Ceremonial Breathwork + Potluck Dinner – Newcastle** – 6-9pm. Our breath is medicine. Experience how you can heal your body, mind, heart and spirit simply by using your own breath. Register at: [SacredPillars.Church](http://SacredPillars.Church).

#### SUNDAY, DECEMBER 18

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### ongoing events

#### 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).

#### wednesday

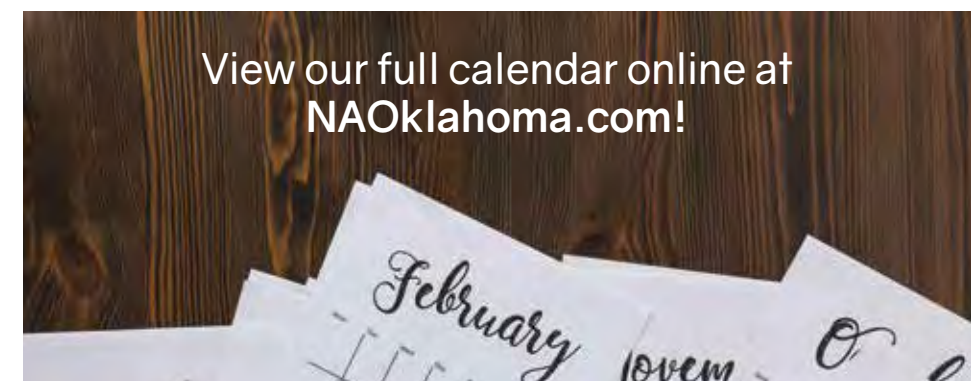
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**Yoga with Liz Lord Tulsa** – 5:30-6:30pm. Find your flow with a yoga class focused on mindful movement. Every Wednesday evening, enjoy a yoga class led by licensed instructor Liz Lord all while soaking up the fresh air. Free. Guthrie Green, 111 Reconciliation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

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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.

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 29.*

MASSAGE

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**  
207 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 25.*



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 9.*

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.*

WEIGHT LOSS

**THE BODY SHOPPE**  
Sheree Dunson & Vickie Washburn  
502 E 3rd, Unit 33, Tulsa  
918-932-4879  
TheBodyShoppeOk.com



The Body Shoppe is your local UltraSlim Red Light Therapy provider offering the 2" fat-loss guarantee and the lunch hour facelift. Want a mommy makeover but don't want the downtime? We can help. The UltraSlim Red Light also helps to reduce pain and inflammation. *See ad, page 5.*

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 15.*

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 23.*

# Ten years without a cold?

## 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.

Soon people found other things they could us it 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 NATA32.

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.*



# *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](http://HolisticPetCare.Vet)

### **Best Friends Animal Clinic**

1313 N Harrison Ave,

Shawnee

405-273-5617

[BestFriendsAnimalClinic.Vet](http://BestFriendsAnimalClinic.Vet)