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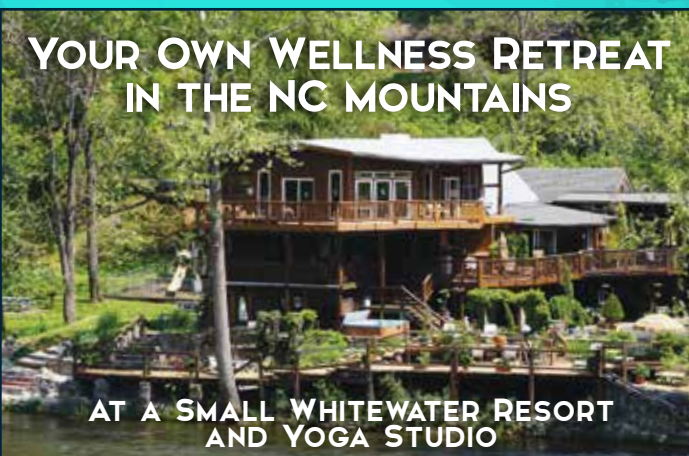




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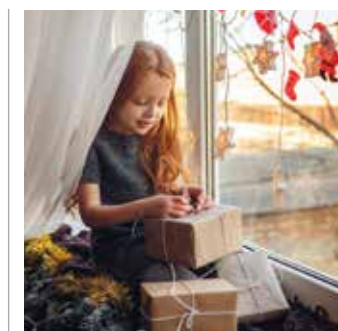
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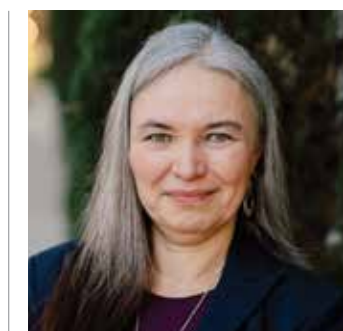
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PUBLISHER'S TOP 10 FROM 2022

2022 was highlighted by three special sections—three or more articles on a single topic: life coaching, Black and natural, and our annual yoga issue.

Following up January's life coaching special section, we debuted a new column, Ask a Coach in February, but we will provide more detail on that next month.

We also interviewed Dr. Shefali Tsabary in our October issue, and shined a spotlight on a mainstay of holistic healing in Atlanta, the Heal Center.

Here's my Top 10 list of locally-generated editorial in 2022. Hard to pick, really, because there's so much good stuff!

Life Coaching

A Special Section

bit.ly/naa-coaching-0122

Sound Therapy Begins to Resonate in Corporate America

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The Power of the Pause

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Directory of Atlanta Farmers Markets

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Black & Natural

A Special Section

bit.ly/black-and-natural-0622

Dr. Shefali on Radical Awakening and Unleashing One's Authentic Self

bit.ly/shefali-1022

Feng Shui and Biophilic Design

Bringing Harmony to Our Modern World
bit.ly/feng-shui-biophillia-1022



Ayurvedic Wisdom

Self-Care for Vata Dosha
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Shannon Gowland:
Planting Seeds of Wellness in the Community
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CORRECTIONS:

In our December news brief on the American Holistic Nurses Association's conference to be held in Atlanta in January, the published date was incorrect. The correct date of the event is January 20.

In our December article, "Shannon Gowland: Planting Seeds of Wellness in the Community," the word "echinacea" was misspelled.

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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EDITORIAL SUBMISSIONS

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CALENDAR SUBMISSIONS

Email Calendar Events to: calendar@naAtlanta.com. Deadline for calendar: the 10th of the month.

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LETTER FROM THE PUBLISHER

TIMES
CHANGE
BUT OUR READERS
ARE STILL #1



As you may know, *Natural Awakenings* is a franchise business. It was founded by Sharon Bruckman of Naples, Florida, in the early 90s, and it now counts some 50 franchises. Our Atlanta franchise was started in the early aughts, and I am its fourth owner/publisher.

Last week the *Natural Awakenings* publishers learned that our franchisor, Natural Awakenings Publishing Corp. (NAPC), had been sold to KnoWEwell, a relatively new company in the holistic health space. KnowWEwell has an impressive, but not-so-easy-to-describe business. Check it out at KnoWEwell.com.

At this juncture, *Natural Awakenings* publishers do not know how this change in ownership will impact our magazines. Many of us, including myself, are optimistic that we will be better off in the long run, but that is hope in the absence of information.

Given this uncertainty, I want to reiterate foundations of *Natural Awakenings Atlanta's* operations that will remain as long as I am its publisher.

First and foremost, readers are our No. 1 priority.

This might sound weird to many since nearly all businesses say, "the customer comes first."

Our customers are advertisers, and what they need from us is eyeballs; in other words, people need to see their ads. So our mission is to create a magazine that people want to lay eyes on. And I work to create content that people look forward to reading, and that engages them enough that they see ads.

Thus, readers are our No. 1 priority. Sadly, I don't get to engage with readers much, but when I do, it almost always makes my day. One reader told me that she counts on being "enlightened" with every issue she reads.

Just last week, I was talking with someone about a topic we had focused on in one of last year's issues. As I spoke, his eyes lit up, and he pointed a finger at me. "*You're Natural Awakenings??*" He told me he had saved that particular issue because of the depth and quality of information he found in it.

Twice, a gentleman from Tuskegee, Alabama, who travels to Atlanta for an annual event, requested that we send him as many issues as possible so he can distribute them in his local holistic health community.

And, my all-time favorite to remember: After a certain month's issue had been published, I received five unsolicited calls from readers who told me, quite literally, "I

love you."

This is all to say that I think we do a fantastic job serving readers!

The most obvious ingredient in keeping readers engaged is compelling content. Beyond that, another huge factor is trust.

This franchise operates on traditional journalistic values, the most important of which generates trust. To maintain that trust, we allow no relationship between advertising buys and editorial decisions. I tell current and prospective advertisers the same thing: You could buy a full-page ad for years on end, but that does not guarantee any coverage—ever. The reverse is also true: People who never buy advertising from us might find themselves subjects of our editorial attention.

True, we do write about advertisers from time to time, but we choose to write about them based on certain criteria. For example, one current criterion we have is that the offering must be unique. I say "current" because if we had the wherewithal, we would write more about Atlanta-based companies and individuals—and uniqueness would not need to be present.

Also, full disclosure, when the opportunity arises to explore a given subject

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My Inspiration Studio

OFFERS SELF-GUIDED JOURNALING EXPERIENCES

My Inspiration Studio has launched a new collection called “Self-Guided Experiences”—journaling experiences to help nourish and enhance one’s well-being.

The Self-Guided Experiences were created by personal growth practitioner, certified coach and journal artist, Jonetta Moyo. Each experience includes a handcrafted journal and other support tools along with a variety of modalities including breathwork, aromatherapy, meditation and hand reflexology. An inspiration guide is provided, which includes prompts, ideas and experiential activities to encourage a meaningful journaling ritual. Links to audio and video recordings are also included to guide one through reflexology and breathing techniques to help one center and ground.

“Journaling has so many emotional, mental and even physical benefits,” says Moyo. “I am so excited to share an easy-to-use and engaging tool

that can provide support for personal development, well-being and self-awareness. These experiences help you nurture well-being, navigate life’s changes and challenges, and strengthen self-awareness so that your truest most authentic self can shine through.”

Self-Guided Experiences include “Celebration of Me,” “It’s My Birthday,” “Night Owl,” “Care,” “Comfort and Contemplation,” “Gratitude” and “Light of Love,” a form of bereavement support.

My Inspiration Studio’s Self-Guided Experiences are now available at MyInspirationStudio.com. Boxes range from \$52 to \$115. In-studio shopping and product pickups are available by appointment only. The studio is located at 218 Laredo Dr, Suite B, in Decatur.

For more information, visit MyInspirationStudio.com, email [Jonetta at jm@MyInspirationStudio.com](mailto:Jonetta@jm@MyInspirationStudio.com) or call 404-671-9516.



“Celebration of You” [Photo: Aarti Desai]

GIVING TREE CHANGES HANDS



Karina Carmichael [Photo: John Carmichael]

In early December, Karina and John Carmichael took ownership of Giving Tree Yoga & Wellness in Smyrna. The studio offers more than 30 classes per week, a variety of workshops, yoga teacher training as well as two free weekly community classes. It also offers wellness therapies such as intuitive reiki, vibrational sound and craniosacral therapy services.

Giving Tree was founded in 2018 by Melissa Lopez, who has recently relocated to Florida. When Karina, who was already teaching at the studio, heard of the upcoming sale, she and John jumped at the opportunity. Originally from Scotland, Karina has taught yoga for more than 20 years and has been operating her own yoga business for the past 10 years, first in Scotland and then online when COVID hit. She moved to the Atlanta area two years ago.

“We hope to take this already popular yoga studio and expand its reach further into the local Smyrna and Cobb County community while sharing the multiple benefits that yoga can provide,” says Karina. The studio “has been active in the community for over four years and members describe it as ‘one big happy family’ with something for everyone. We hope more of the community will join us in expanding our family,” she says.

John has been in the construction business for 30 years and has helped run his company for five years. “We believe both of our experiences are a perfect match for the business and yoga side of running this wonderful studio,” he says.

For more information, visit YogaStudioSmyrna.com or call Karina at 770-626-1559 or KarinaYoga60@gmail.com.

Punjani Opens Bloom Holistic Dentistry

Dr. Zahra Punjani recently bought out Dunwoody’s K&H Dental and rebranded it as Bloom Holistic Dentistry. Gregory Doneff, DDS, was the previous owner of K&H, which had multiple owners over its 30-plus years of existence. Under the rebranding, Bloom will provide integrative/biological, airway, cosmetic, restorative and orthodontic dentistry for the whole family.

“I opened this practice to reflect my knowledge and beliefs in the connection between dental health and whole body wellness, and my values of high quality dental care, constant learning and education, and exceptional service. I focus on creating a harmonious balance in the mouth to support the whole body to function at its optimal level,” says Punjani, an International Academy of Oral Medicine & Toxicology (AOMT)-certified integrative dentist.

According to Punjani, airway dentistry focuses on the structures of the mouth and airway and examines how they relate to functions of breathing and sleep. “We find that optimizing structures in the mouth through certain dental treatments helps to improve symptoms of sleep-disordered breathing,” she says. “In particular, children with airway related issues can have a variety of nonspecific symptoms such as hyperactivity, inattention, poor performance in school and challenges with eating.”

Punjani believes in using natural, sustainable and clean products to address inflammation in the mouth and to maintain a healthy oral environment. She removes mercury-based amalgam via the Safe Mercury Amalgam Removal Technique (SMART) as recommended by the IAOMT.



Zahra Punjani [Photo: KatKo photograph]

Bloom Holistic Dentistry is located at 200 Ashford Center North, Suite 330, in Dunwoody. For more information, visit BloomHolisticDentistry.com or call 770-396-1188.



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Cooling the Fire Within

HEALTHY EATING TIPS TO EASE CHRONIC INFLAMMATION

by Tom O'Bryan, DC CCN, DACBN



Putting more thought into what we eat and why may be among the most important factors in determining how long we live. Researchers in Norway recently compared the long-term effects of a typical Western diet to an optimal one, and their findings can be a source for inspiration. The optimal diet had a substantially higher intake of whole grains, legumes, fish, fruits, vegetables and a handful of nuts, while reducing red and processed meats, sugar-sweetened beverages and refined grains.

According to their results, a sustained change from a typical Western diet to the better plan can make a big difference on life expectancy. Here are their predicted impacts on longevity for people after starting—and sticking to—an optimal diet:

Start at age 20—women add 8.4 to 12.3 years; men add 9.4 to 14.3 years

Start at age 60—women add 6.2 to 9.3 years; men add 6.8 to 10 years

Start at age 80—women and men add 3.4 years

So, it is never too late to start a positive activity.

This improved diet gets to the underlying causes of most of the reasons Americans die. According to the National Institutes of Health, 14 of the top 15 causes of death in 2019 were chronic inflammatory diseases. This means it is more than likely that the cause has existed for a long time under the surface (chronic), with too much inflammation for too long (inflammatory), affecting the brain, cardiovascular system, blood sugar system or wherever there is a genetic weak link (disease). Rather than

ask what the ailment is, ask, “Where is the long-term, hidden inflammation coming from that is fueling this disease?”

Dr. George Slavich, founding director of the Laboratory for Stress Assessment and Research at the University of California in Los Angeles, says that understanding when inflammation promotes either good or poor health and how and when to intervene to reduce inflammation-related disease risk, “should be a top scientific and public priority.” Identifying and reducing individual triggers of inflammation opens a path to regenerating a healthier, younger individual.

Not all inflammation is bad. Time-limited increases in inflammation are critical for promoting wound healing and recovery, as well as reducing the spread of communicable infections. Humans would not have lived very long without a well-developed internal protection from threatening environmental triggers such as bugs, parasites, viruses, mold, fungus and bacteria. For better health outcomes, we need to address excessive systemic inflammation. There are many likely contributors to the fueling of inflammation, but one of the most common sources is what is on the end of our fork. Begin there.

LIFESTYLE HACK 1: If there is one prime directive for better health, it is to focus on living as much of an anti-inflammatory lifestyle as possible. Become more aware of the daily environmental exposures that ramp up inflammatory genes. Know, for example, what chemicals are used on the soil in which the food is grown or sprayed with before it is harvested. Then, armed with this knowledge, choose a better alternative, like organic and regenerative organic foods. As enough anti-inflammatory messages are accumulated, a reversal in the direction of health is possible.

LIFESTYLE HACK 2: Food is the most common source of gasoline on the fire of inflammation. Dr. Deanna Minich, president of the American College of Nutrition, recommends the Rainbow Diet, which acts like a fire extinguisher to put out the excess inflammatory fire in the body. Selecting multiple colors of fruits and vegetables at every meal tempers the inflammatory cascade. Strive over time to eat 50 different fruits or vegetables per week.

Begin today. Just bringing up to awareness the question, “Is this food inflammatory or anti-inflammatory?” will feed our health habits, and over time, healthier habits equal a healthier life. 🌱

KnoWEwell Chief Health Officer Dr. Tom O'Bryan, DC, CCN, DACBN, is an internationally recognized expert on gluten, bestselling author and speaker focused on food sensitivities, environmental toxins and the development of autoimmune diseases. He is a chiropractic doctor, certified clinical nutritionist and the founder of TheDr.com.



ZUCCHINI PASTA WITH SALMON AND ARTICHOKE

YIELD: 4 SERVINGS



- | | |
|---|---|
| 6 zucchinis, medium to large, firm and straight, cut into “noodles” | 4 cloves garlic, minced |
| 2 lb fresh, wild salmon fillets, skin removed | 8 artichoke hearts (in water), quartered |
| Sea salt and pepper | 1 lemon, zested and juiced |
| 2 Tbsp high-heat cooking oil (avocado or grapeseed) | 4 Tbsp fresh parsley, chopped |
| 3 Tbsp olive oil | Pinch of cayenne |
| 4 Tbsp shallots, minced | <u>Optional:</u> 6 slices crumbled, crispy turkey bacon; crispy bacon; or crispy pancetta |

Zucchini can be fashioned into noodles one of two ways. For “fettuccine”, use a potato peeler to produce long, flat noodles or lengthwise ribbons. Peel off several from one side, then turn the zucchini and peel off more. Continue to turn and peel away ribbons, until reaching the seeds at the core of the zucchini, which can be discarded. For “spaghetti”, use a spiralizer, mandolin or knife. The spiralizer is the easiest option. With a mandolin, hook up the julienne attachment for perfectly formed noodles. If using a knife, cut the zucchini into thin slices, stack them up and cut again lengthwise into thin strips. Discard the core.

Salt the zucchini noodles, let sit for a few minutes, then massage and squeeze the water out. Drain any excess liquid.

Season the salmon with salt and pepper. In a large pan, heat the avocado oil over medium to high heat. Add the salmon, top side-down, and sear until golden and crispy, then turn over to finish cooking. Cover only with a splatter screen, or it will not get crispy.

In a wok or large pan over medium heat, add the olive oil and shallots, and cook until soft. Add the garlic and cook for 1 minute. Add the zucchini noodles, increase the heat to medium-high and cook for 2 minutes. Add the artichokes and lemon zest, stir to combine and cook for 1 minute. Turn off the heat and add the parsley, lemon juice and cayenne; stir to combine. Add the bacon and adjust seasonings to taste.

Distribute evenly on 4 plates or low bowls. Place the salmon on top and serve with extra lemon.

All recipes courtesy of Dr. Tom O'Bryan.

MOROCCAN CHICKPEA SOUP

This flavorful vegan soup is bursting with nutrition. Rich in fragrant anti-inflammatory spices of cinnamon and turmeric and packed with protein thanks to the quick-cooking red lentils and chickpeas, it's sure to satisfy. Add rice or rice vermicelli noodles and to make it an even heartier meal.



YIELD: 4 SERVINGS

- 3 Tbsp olive oil
- 1 onion, finely chopped
- 1 small celery rib (including leaves), finely chopped
- 1 large carrot, diced
- 1 tsp turmeric
- 1 tsp black pepper
- ½ tsp cinnamon
- 1 (28 oz) can petite diced tomatoes
- 1 (16 oz) can chickpeas, drained*
- ¾ cup fresh cilantro, chopped
- 4 cups vegetable broth
- 1 cup red lentils
- 2 cups kale, thinly sliced
- ½ cup fresh flat-leafed parsley, chopped
- Sea salt to taste
- Lemon wedges (optional)

Heat oil in a 4-quart dutch oven or heavy saucepan. Cook chopped onion, celery and carrot over moderate heat until soft, stirring occasionally. Add turmeric, pepper and cinnamon and cook for three minutes.

Stir in tomatoes, chickpeas, cilantro, vegetable broth and lentils. Bring to a boil, then reduce heat and simmer, uncovered, until lentils are tender; about 35 minutes.

Stir in kale and cook an additional five minutes, or until kale is wilted. Stir in parsley and salt to taste.

Serve with lemon wedges and leftover chopped cilantro or parsley, if desired.

*Option: Use dried chickpeas to replace the canned. Soak 1½ cups dried chickpeas in water overnight. Drain, rinse and cook in about eight cups of water until tender, about 1½ hours.

Recipe and photo courtesy of Gwen Eberly, a Lancaster, PA-based chef who teaches cooking to kids and teens.

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ARTICHOKE AND SPINACH GREEK OMELET

YIELD: 4 SERVINGS

- 10 eggs
- 1 cup chopped artichoke hearts, packed in water
- 1 large tomato
- 4 oz fresh baby spinach, chopped
- 2 cloves garlic, minced
- ¾ cup green olives, chopped
- ½ tsp dried thyme
- ½ tsp dried oregano
- Sea salt and freshly ground black pepper
- 2 Tbsp coconut oil



Lesya Dolyuk/Shutterstock.com

In a large bowl, whisk together all the ingredients except the oil. Heat the oil in a large skillet over medium high heat. Pour the mixture into the skillet. After 1 to 2 minutes, when the omelet has begun to brown, fold it in half and continue to cook for another 1 to 2 minutes on each side until the center is cooked through. Serve immediately.

Recipe courtesy of Dr. Tom O'Bryan.



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BRAIN POWER BOOSTERS

TIPS TO PRESERVE MEMORY AT ANY AGE

by Sheryl Kraft

Although it is completely normal to feel like our memories are failing us as we get older, this is not the time to panic. Regardless of age, it is always possible to learn, store and recall informa-

tion, and there are numerous practices we can adopt to nourish and optimize our brains. Whether we're looking for the car keys in all the wrong places or experiencing way too many tip-of-the-tongue

moments, it may be high time to adopt the brain-boosting recommendations by these four experts.

Eating for Cognitive Power

"Having a better memory now and in the future means taking care of your brain and making the right lifestyle choices to slow down the aging process," says Annie Fenn, M.D., founder of *BrainHealthKitchen.com*, who believes that what we choose to eat is one the most significant decisions we make each day.

HAVING A BETTER MEMORY NOW AND IN THE FUTURE MEANS TAKING CARE OF YOUR BRAIN AND MAKING THE RIGHT LIFESTYLE CHOICES TO SLOW DOWN THE AGING PROCESS.

~ANNIE FENN, M.D.

Foods high in antioxidants like vitamins C and E, beta carotene and selenium have been shown to slow age-related memory loss. Think berries, grapes (which contain resveratrol, a memory-enhancing compound), beets, broccoli, almonds, avocados, carrots, eggs, salmon, onions and dark, leafy greens.

Avoid foods high in saturated and trans fats, which can increase "bad" cholesterol and lower "good" cholesterol. Studies find that high cholesterol diets can increase the risk of memory loss, among other cognitive functions.

Whole grains and legumes like cracked wheat, whole-grain couscous and lentils are complex carbohydrates that boost the brain by providing a steady, sustained supply of glucose, and are high in folate, the memory-boosting B vitamin.

Finally, don't forget to include culinary herbs like curcumin, rosemary, saffron, oregano and mint. They all help support brain health, especially saffron, which contains a potent constituent called crocin that is associated with slowing cognitive decline in human and animal studies.

Brain-Nourishing Supplements and Stress Reduction

Wendy Warner, M.D., the founder of Medicine in Balance, an integrative healthcare practice in Langhorne, Pennsylvania, recommends Ginkgo biloba (one of the oldest living tree species in the world) and ginseng, which have both been found to help enhance memory with their neuroprotective and antioxidant effects. Noting that the brain works best

with adequate nourishment, she asserts that these supplements can play a role in increasing blood circulation to the brain, thus improving its function.

Also on her list are Bacopa monnieri for its antioxidant capacity, Rhodiola rosea for its neuroprotective and antioxidant effects and licorice (*Glycyrrhiza glabra*) for its ability to increase circulation in the central nervous system.

Warner recommends regular stress management techniques like yoga, qigong and tai chi as well, noting, "These all help lower inflammation and cortisol (an inflammatory stress hormone) and have been shown to improve memory."

Medicinal Herbs for Mental Clarity

Heather Houskeeper is a certified herbalist, long-distance hiker and author. When venturing out into the wild, she is able to spot and identify hundreds of medicinal herbs, including her favorite, top five memory boosters, starting with Ginkgo biloba, as well as:

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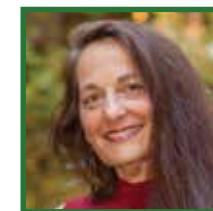
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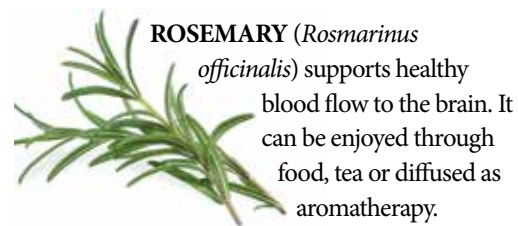
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ASHWAGANDHA (*Withania somnifera*), traditionally ingested as food or tea, can support mental alertness, focus and clarity of mind. Mix ashwagandha powder with warm milk, hot water or broth.



HOLY BASIL (*Ocimum tenuiflorum*) is rich in antioxidants and supports cerebral circulation. Enjoy this delicious and fragrant herb as tea up to three times per day, use in cooking or take as a tincture.



GOTU KOLA (*Centella asiatica*) is a restorative herb that can support alertness and mental clarity. It is also popularly used as a tea, tincture or extract for up to 14 days at a time.

Slumber Savvy

Insufficient sleep can result in a variety of cognitive problems, including memory loss. Those suffering from obstructive sleep apnea (OSA), a common sleep disorder condition that affects breathing, should not ignore it.

High-quality sleep is key to reactivating memories, especially recalling the names of people we've recently met, according to Northwestern University researchers. Other experts have reported a strong association between sleep and the formation of memories. Strive for uninterrupted and deep sleep, as follows:

- The ideal amount for most adults is between seven and nine hours a night.
- Wind down before bed with a consistent routine like reading, stretching or meditation.
- Keep the bedroom cool—somewhere around 65° F—and dark.
- Shut off all electronics.
- Avoid late-day caffeine, alcohol and spicy, heavy meals too close to bedtime.

Treating OSA is important to improve both sleep and brain health, says Thomas M. Holland, M.D., of the Rush Institute for Healthy Aging, explaining, "Impaired sleep can lead to biochemical processes that can impact memory and cognition."

Sheryl Kraft writes about health and wellness for Sage by Gaia and a variety of print and online media sources. Visit SherylKraft.com and SageByGaia.com to read more of her work.

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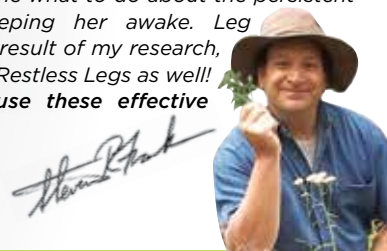
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Photo Susan Gonzalez

Knife-less Techniques for a Rejuvenated Face

by Susan Gonzalez

Time changes everything, and your skin is no exception. The collagen and elastin that plump and firm skin during youth surrender to the aging process while the reduction of hormones leads to slower cell turnover, visible wrinkling and sagging. Plastic surgery yields the most dramatic transformations, but the cost and risks are high.

Luckily, there are many safe and effective natural treatments that can help refresh the facial structure to achieve that desired look with low risk and great results.

Laser

Light Amplification by Stimulated Emission of Radiation (laser) is a powerfully focused beam of light that causes a transfer of energy from light to heat. The heat causes cell destruction and injury. The body responds to this injury by tightening and firming that area and stimulating the formation of collagen. Collagen is the substance under the skin's surface that acts as filler to retain plumpness and a youthful look. Technicians must be highly skilled and licensed to operate most laser equipment. There are many types of lasers and each one acts differently on the skin:

CO₂ ABLATIVE: Used primarily for deep wrinkles and texture, this type of laser is the harshest and most destructive to skin cells, but it can produce the most dramatic results. "Ablative" means that all the skin cells at a certain level or area are targeted for destruction. This laser basically destroys the outer layers of skin and heats up those under the surface, so that in healing, the skin is tightened and renewed. Some people see a 90 percent reduction in their wrinkles, and results can last for ten years. Local or general anesthesia can be used. Downtime is 10 to 14 days; the skin will be so red and raw that you shouldn't—and won't want to—go outside. Risks include infection, scarring, burns, discoloration of the treated area and redness that can persist up 12 months. The cost can vary from \$3,000 to \$5,000 or more. Done once, this procedure is performed by a medical doctor or plastic surgeon.

CO₂ FRACTIONATED: Similar to CO₂ ablative, this type of laser uses selective columns of light instead of a blanket destruction. The method is the same, but because less of the skin is targeted, there is a less dramatic result and less downtime. Fractionated lasers can be customized for various recovery lengths, comfort and final results. Several treatments can be done for desired results. Costs are lower than ablative but vary depending on the area treated and level of intensity.

HALO: The Halo laser combines both ablative with fractionated laser techniques producing better results with only a day or two of downtime. A medical esthetician can perform this type of laser, and the costs are much lower—running from \$500 to \$1,500 on average. The Halo laser can target fine lines, dark spots, scars and large pores, and results can last for years. Anesthesia is not necessary.

BBL: BroadBand Laser is the easiest and most cost-effective laser treatment for facial rejuvenation, eliminating dark spots and redness. With virtually no downtime, activities can be resumed the same day. Some of the effects, such as fading dark spots, can last several years. Prices range from \$200 to \$500 per session. Several sessions are usually recommended. Intense Pulsed Laser (IPL) is very similar to BBL, but BBL is proving to be more effective.

Caution! Darker skin reacts to lasers very differently than less-pigmented skin, and many methods cannot be performed on darker skin tones. The best options for wrinkles and dark spots or scars on darker skin is the Nd:YAG laser, which is similar to IPL, Halo, and Pico laser, which is also used for tattoo removal. A highly skilled laser technician is needed to customize the settings so there are no unwanted side effects.

Microneedling (Collagen Induction Therapy)

Microneedling stimulates collagen formation under the skin to erase fine lines and wrinkles, help reduce scarring and rejuvenate skin. It works on all skin tones. The microneedling pen contains dozens of needles that move up and down, and as it is worked across the face, it causes tiny micro damages that activate collagen in response. The skin is numbed before the session so it's painless, and the whole process takes about an hour. Skin is mostly back to normal in three to five days, and results are seen over several months.

PRP microneedling, short for Platelet Rich Plasma, is also called the "vampire facial." It uses a blood sample taken before the procedure to extract blood platelets that will be applied to the skin. The needles pass over it, pushing the extracted platelets into the skin, creating a better environment for healing and collagen formation.

Costs for microneedling can range from \$175 to \$900 per session.

Note: Handheld needle rollers that roll across the skin and are available online are *not* microneedling tools! Nonprofessional needle rollers are not recommended, as they are ineffective and can cause infection and injury to the surface of the skin.

Micro-focused ultrasound therapy

Ultrasound technology has been used for decades in healthcare to visualize soft tissue inside the body. That same technology can be used to heat up certain layers of the skin, causing cell death and a tightening effect. One kind of ultrasound therapy, Ultherapy, targets the sagging skin of the jaw, chin and neck. Since it only uses sound waves, the method is safe and effective with a 72 to 77 percent reduction in wrinkles and sagging lower face. It's relatively painless and prices range from \$500 to \$5,000, depending on the areas treated. It works on all skin tones.

Radiofrequency

Radiofrequency (RF) therapy is similar to ultrasound, except that it uses radio waves. Small areas of the face, such as the eyes and the mouth, can be treated. Multiple treatments are needed for results, and it's safe on all skin tones.

Microcurrent

Microcurrent stimulates the muscles of the skin and face with small amounts of electricity which, over time, lift and sculpt the facial structure. A consistent routine should be performed for best results. Handheld home devices, such as Ziip or Nuface, can be very effective. Home microcurrent should be done five days a week for the first 60 days and then reduced to three times a week for maintenance. Home devices range from \$150 to \$600, and professional services average around \$350 per session. Results are seen over time; microcurrent works on all skin tones.

LED light therapy

Light Emitting Diode (LED) therapy uses certain powerful wavelengths of colored light, each color targeting a different aspect of the skin. Red light stimulates collagen production, and blue light controls oil production and kills acne-causing bacteria. Infrared light helps with cell metabolism and reduces swelling. The method is painless, safe and effective for all skin tones. Treatment costs vary from \$75 to \$200. Home LED devices vary widely in strength and effectiveness—so buyer beware.

Other therapies

There are many other nonsurgical facial treatments, such as facial acupuncture, Sculptural Facial Lift technique and facial cupping that may help as well. Consistent at-home techniques such as *gua sha*, self-facial massage and face yoga can also be very effective. There are dozens of resources on social media that can walk you through sessions. Like any kind of exercise, regular and persistent practice yields the best results.

Facial rejuvenation doesn't have to be painful or risky. Every day, more techniques are being discovered and created to offer options for those wanting a more natural approach to achieving the look they desire to feel more comfortable in their own skin. 🌿



Photo Audrey Pruitt

Susan Gonzalez is a holistic licensed esthetician, author, nurse and owner of MOON Organics, a skincare company providing clean, healthy skincare and personal care products. Reach her on FB, IG and TW: @MoonOrganics or visit MoonOrganics.com.



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A HOLISTIC SOLUTION TO IMPAIRED MOUTH SYNDROME IN CHILDREN

by Brooke Goode

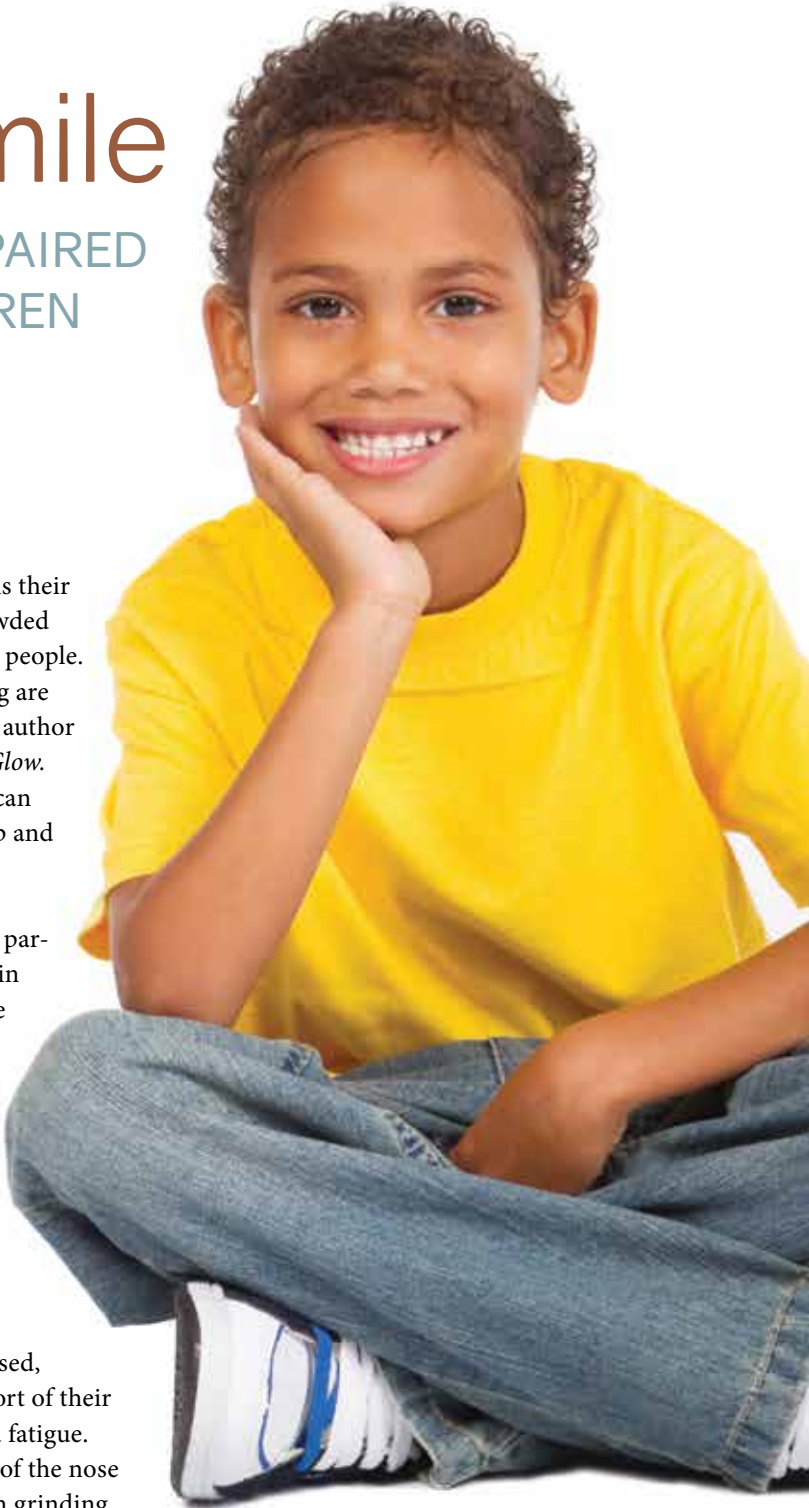
One of the first things we notice when we meet someone is their smile, so it is easy to understand why children with crowded teeth might be self-conscious when they encounter new people. But the condition is not just a cosmetic concern. “Teeth crowding are surface markers of structural chaos below,” says Felix Liao, DDS, author of *Your Child’s Best Face: How to Nurture Top Health & Natural Glow*. Dental crowding results from a deficiency in jaw growth, which can contribute to a partially stunted face, narrower airway, poor sleep and consequent learning and behavior problems.

According to a recent medical research review, its prevalence among children and adolescents is up to 84 percent. Fortunately, parents can take steps to nurture healthy dental/facial development in their children so that there is enough room for all 32 teeth to line up straight and for the tongue to operate between the two jaws without occupying the airway.

Crowded teeth are the tip of an iceberg called Impaired Mouth Syndrome (IMS), a term coined by Liao in 2017 for a wide-ranging set of medical, dental and mood problems in children, from sleep and growth disturbance to respiratory infections and poor focus. According to a 2013 study by the Stanford Sleep Center, “Pediatric obstructive sleep apnea in non-obese children is a disorder of oral facial growth.”

IMS is an all-too-common condition that often goes undiagnosed, untreated or incorrectly treated. The result is a child that falls short of their full genetic potential and an adult that suffers recurring pain and fatigue. An underdeveloped maxilla—the upper jaw that also forms part of the nose and eye socket—can lead to a litany of symptoms, including teeth grinding, a weak chin and jaw pain, and may also impact the appearance of the face, causing imbalanced features. By contrast, a well-developed facial structure will support better breathing, sleep and postural alignment, and benefit from high cheekbones and full lips.

“Rarely does managing symptoms result in a healthy child,” says Ben Miraglia, DDS, a board member of the American Academy of Physiological Medicine & Dentistry. IMS symptoms improve when the jaws are activated to grow to their full potential. This is now possible with a partnership between parents and a new breed of dentists known



as Airway-centered Mouth Doctors (AMD) that receive specialized training on the syndrome and its treatment.

These specialists work in the realm of whole health, looking at the interconnect- edness of the body rather than individual body parts in isolation. They collaborate

with other doctors and therapists, including myofunctional therapists that devise exercises for the mouth muscles and encourage nasal breathing. AMDs also work with dietitians to devise a bone-building diet free of the toxins, pollutants and chemicals found in processed foods that can impair normal facial development.

AMDs approach the condition without drugs or surgery, often without having to use braces which can result in a deflated mid-face. By designing retainer-like oral appliances to be placed over the teeth, they spur the growth and alignment of the jaws to help widen the airway and support sleep.

Mouth structure and jaw alignment are foundational to whole-body health in children, and Liao’s vision for achieving thriving health in kids includes these recommended steps:

- Early recognition by parents of IMS red flags in their child, including chapped lips, a weak chin, crooked teeth, dental cavities, disrupted sleep, slumped posture, fatigue, lethargy, hyperactivity and learning or behavior problems
- Diagnosis of an impaired mouth by a trained AMD
- Complying with AMD guidance, including the use of a professional oral expander appliance
- Eating a non-inflammatory, bone-building diet
- Following whole health team protocols to align the head, jaws and spine, and integrate mind, body and mouth

Growing the jaws is the groundbreaking solution to crowded teeth in children that parents have been hoping for. A plant will blossom more fully in sunshine than in shadow. The same can be said when it comes to a child’s smile and overall health. 🌱

Brooke Goode is the national editor for *KnoWEwell*, the *Regenerative Whole Health* hub.

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Hidden Dangers in Pet Food

THE SCARY TRUTH ABOUT TOXIC INGREDIENTS

by Karen Becker



Monika Wisniewska/Shutterstock.com

Among the many reasons to switch from ultra-processed diets to fresh food for our furry family members, unwanted toxins are high on the list. Because pet food manufacturers are not required to conduct quality control testing, consumers never know exactly what toxins their dogs and cats are inadvertently ingesting. According to *PetFoodIndustry.com*, “Some level of contamination is unavoidable.” Here is a look at the most common toxins found in many popular pet foods.

ARSENIC is used in herbicides, insecticides, wood preservatives and insulation, as well as in chicken feed in factory farms. According to Greg Aldrich, Ph.D., associate professor and pet food program coordinator at Kansas State University, “The measured presence of arsenic in pet foods does not equate to toxicity for this naturally occurring earth element.” While this may be true, bioaccumulation can do significant damage over time if sublethal doses are consistently consumed. The gastrointes-

tinal tract, liver, kidneys, lungs, blood vessels and skin are most vulnerable to arsenic damage, which interferes with hormones and causes cancer and death. To help pets with elevated arsenic levels, try iodine- and selenium-rich foods, including sea vegetables and Brazil nuts; sulfurous foods like garlic; alpha lipid acid; and N-acetylcysteine.

MERCURY is released into the air and waterways primarily through burning coal, and seafood is the most common

route of exposure. It is best not to feed pets an exclusive diet of fish protein. On the other hand, seafood contains omega-3 fatty acids, which are essential to a pet’s well-being. Consider feeding them low-mercury options like wild-caught salmon, sardines packed in water, mussels or rainbow trout in rotation with other proteins, or supplementing their diet with krill oil or an omega-3 fatty acid that is third-party validated as contaminant-free and sustainably sourced. Mercury detoxification can be achieved by using chlorella and cilantro.

POLYCHLORINATED BIPHENYL (PCB) and **POLYBROMINATED DIPHENYL ETHER (PBDE)** are used as fire retardants and can bioaccumulate at high levels in large, predatory fish at the top of the food chain like tuna, tilefish, king mackerel, shark and swordfish. Research suggests that cats are especially sensitive to PBDEs and PCBs found at high levels in both canned and dry pet foods. Although PCBs were banned in the U.S. in 1979, they are still used elsewhere in the world and continue to pollute the oceans. These fat-soluble toxins can be cleared through the bowels, so add fibrous veggies and chlorophyll-containing foods or supplements to the pet bowl.

BISPHENOL A (BPA) is used in plastics and coatings inside pet food cans. It imitates the body’s hormones, especially estrogen, in ways that are damaging to the health of both humans and animals. A 2017 study conducted by researchers at the University of Missouri concluded that even a short-term (two-week) feeding of canned dog food resulted in a three-fold increase of BPA in dogs. Avoid canned pet foods and #7 plastic food and water bowls and storage bins. Provide ongoing BPA detoxification support by offering foods rich in *Lactobacillus acidophilus* (kefir and yogurt) and glutathione-rich foods, including culinary and medicinal mushrooms.

DIOXINS, a byproduct of industrial processes, can disrupt the signaling of both male and female sex hormones in the body. They’re found in much of

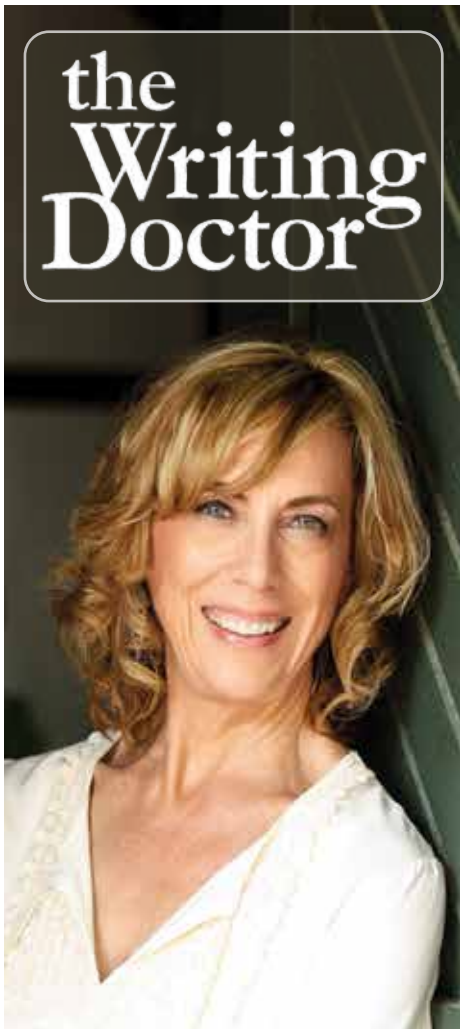
the U.S. food supply, including factory-produced meat, fish, milk, eggs and butter. Offer pets organic food whenever possible. Because dioxins are fat-soluble, they are stored in adipose tissues. Try the Ayurvedic practice of lipophilic-mediated detoxification, which uses healthy fats, including ghee, coconut and MCT oil, to pull out fat-stored toxins.

AFLATOXIN contamination has been the cause of several pet food recalls and major disease outbreaks for more than 20 years. Known to cause acute toxic illness and cancer, they are naturally occurring mycotoxins produced by fungi in agricultural crops. Corn, peanuts and cottonseed have the highest rate of aflatoxin contamination. Aflatoxicosis is more common in dogs than cats because commercial dog food more often contains corn. Many animal studies demonstrate the efficacy of using ginger, thyme, broccoli, turmeric and carrots for aflatoxin detoxification.

The only way to know exactly what a pet is eating is to buy the ingredients and prepare nutritionally complete meals at home. When choosing a commercial pet food, make sure that it contains human-grade ingredients and that manufacturers employ quality control steps in their operations to test for contaminants. 🐾

Veterinarian Karen Becker, DVM, has spent her career empowering animal guardians in making knowledgeable decisions to extend the life and well-being of their animals. For more information, visit DrKarenBecker.com.

The image shows the cover of the book 'Animal Soul Contracts' by Tammy Billups. The cover is teal and white. It features a photo of a hand holding a small animal. Text on the cover includes 'Animal Soul Contracts', 'Sacred Agreements for Shared Evolution', 'TAMMY BILLUPS', and a URL 'bit.ly/billups-book2'. To the right of the cover, there is a quote: 'From award-winning author Tammy Billups: ★★★★★ Discover the higher purpose behind your relationships with your animal companions'.



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SVADHYAYA

QUESTIONS FOR YOGIC SELF-STUDY

by Graham Fowler

[This article was originally printed 12/2019.—Ed.]

Like so many others in our yoga community, I am in the process of a major life transition. It is a fertile time for the yoga practice of *svadhyaya*, or self-study, the fourth *niyama* in Patanjali's eightfold path of yoga. If you, too, are at such a juncture—or would like to be—I offer this exploration of *svadhyaya*.

Svadhyaya is a multilayered practice that has implications for every aspect of life, from gross to subtle to subtlest. Innocent curiosity can lead to insights and new choices about how you want to meet the world. Using questions to trigger *svadhyaya*, the following can be a guide through your inner exploration.

"The breeze at dawn has secrets to tell you.
Don't go back to sleep."

~ Rumi

Some people are content with a cookie-cutter existence until they are suddenly awakened—or gripped—by an epiphany in nature. Or a soulful encounter with someone new. Or divorce, midlife crisis, or the loss of a loved one.

Such awakenings are pivotal. People either react with ingrained patterns and go back to sleep, or, upon examining their life, they see how they have contorted their lives to fit someone else's expectations. When such an upheaval awakens, something powerful and sacred happens.

"There's only one life you can call your own and a thousand others you can call by any name you want."

~ David Whyte

That "one" life that waits beyond all the others can be terribly elusive. How do you feel about the trajectory of your life?

Too often our life assessment is the product of the opinions, fears, beliefs, judgments and attitudes that we have taken on from family, teachers, friends, colleagues and the media. Some of it is useful—even vital. Some of it just barely works. The result? A life like a thousand others.

Be patient toward all that is unsolved in your heart and try to love the questions themselves..."

~ Rilke

Deep Listening

Be sure to carve out some space in your life for some deep listening. The following questions can be helpful prompts for your *svadhyaya*. Choose one question at a time and then drop into a space of deep listening. Sometimes the answer is just waiting to reveal itself and sometimes it needs to germinate. If that is the case, let the question "work on" you rather than the other way around. Give it time. Keep a journal nearby to jot down your insights.

- What phase of your life is coming to an end now?
- What new phase of your life is getting ready to be born?
- Consider a major pattern or habit that keeps showing up in your life. How does it serve you? How does it interfere with the life you can call your own? What new choice does your soul want you to make about this pattern?



CALENDAR

SATURDAY, FEBRUARY 25

300-Hour Yoga Teacher Training

8am-6pm

One Sat & Sun, Feb 25-Oct 15.
Registration for the 2023 course is officially open. Transcend your present understanding of yoga and take your career and personal practice to new heights

Peachtree Yoga Center,
6046 Sandy Springs Cir, Atlanta.
404-847-9642.

To apply: Ilona@PeachTreeYoga.com.
PeachtreeYoga.com.

MONDAYS

Yoga with Angie – 6pm. Whether you're a beginner or intermediate yogi, we welcome you. Free. Neva Lomason Memorial Library, 710 Rome St, Carrollton. [Tinyurl.com/2p9x5pn6](https://tinyurl.com/2p9x5pn6).

WEDNESDAYS

Atlanta Laughter Yoga Club – 12-12:30pm. 1st Wed. With Celeste Greene. Come as you are. Free. Trolley Barn, 963 Edgewood Ave NE, Atlanta. CelesteGreeneLaughs.com.

FRIDAYS

Community Vinyasa Flow – 6pm. Pre-registration required. Donations welcome. Lift Dunwoody, 1705 Mt Vernon Rd, Ste E, Dunwoody. LiftYogaStudio.com.

SATURDAYS

Online Sunrise Yoga Meditation – 7-8am. Simple mantras, gentle asanas, pranayama and guided meditation. Love offering. Zoom. UnityNorth.org.

Yoga at Preston Ridge Community Center

– 9am. Grab your mat and join our amazing instructors for a complimentary class. 3655 Preston Ridge Rd, Ste 100, Alpharetta. Lift-YogaStudio.com.

Zen Sound Bath – 11:30am-1pm. 3rd Sat. With Gabriel Nelson Sears featuring crystal and Himalayan singing bowls, gongs, bells, flutes, drums and chimes. \$16. Trinity Center for Spiritual Living, 1095 Zonolite Rd, Atlanta. Registration required: TrinityCenterAtlanta.org.

Yoga begins with listening.
When we listen, we are
giving space to what is.

~Richard Freeman

Messages from MAITREYA The World Teacher

The major need today is
for the transformation
of the structures within
which you now live.

Your civilization,
My friends, is dying –
nay, it is already dead.

Out of the ashes will grow a
new beauty, whose basis is
Love, Justice and Sharing.

Make these your aims,
My friends, and know the
meaning of God.

Make these your aims,
My friends, and know
the meaning of a full
and happy life.

Share International USA
www.share-international.us

- What do you say to yourself when you talk to yourself? If you have negative self-talk, once a thought materializes, can you head it off at the pass with a more life-supportive thought?
- To what or whom have you relinquished your power? What has been the payoff? What did you get for giving your power away? At what cost?
- What masks do you present to the world? To yourself? How do they serve you? Is there a deeper truth waiting behind that mask?

On and Off the Yoga Mat

1. Results of your practice

- At the conclusion of your practice, do you usually feel uplifted? Connected? Harmonious? Alive?
- Or do you feel dull, depleted, out of gas or prone to anger?

2. Relationship with your body

Practice a standing pose for svadhyaya when exploring these questions:

- Should I direct more effort? If so, where in my body should I direct it?
- Where in my body is the struggle in this pose?
- Can I take a breath, exhale, and unclench?
- Where can I be more stable in this pose? More open?
- Would lengthening or shortening the length of my stride enhance stability or openness for more balance in this pose?

3. Connecting the dots

How can the above questions relate to your posture in life after your practice?

4. Relationship with the “edge”

The implications of this question are huge both on and off the mat.

- The *edge* in a yoga pose is that place where any more is too much and any less is not enough. It's very useful to explore and learn where the edge is and how to be with it.
- Do you always play it safe? Very safe?
 - Or, on a scale of 1 to 10, do you always push for 11?

- Where do you tend to be on that spectrum?
- Where else does it show up in your life?
- How is that tendency serving you?
- How is it holding you back?

5. Relationship with the breath

Breath is your link to all the parts of you.

- Can you feel how and where your body receives and moves with the breath? And where it doesn't?
- Off the mat, can you set a timer to remind you to check in with your posture and breath throughout the day?

Who Are You?

The answer to this—life's most important question—cannot be found in any book, philosophy or app. The deepest teachings in yoga are teachings in silence.

The pinnacle of svadhyaya is attained effortlessly, not by any cognitive process, but by a simple technique of deep meditation, by which awareness gradually comes to know its essential nature, which is much deeper, greater and more authentically you than personality.

Traditionally called “self-realization,” it's the absolute goal of yoga. When stabilized through the daily alternation of deep meditation and life-supporting activity, we can begin, at last, to blissfully discover who and what we are.

Once touched, it is never forgotten. Once stabilized, it is never lost. It is truly the “one life you can call your own.” 🙏

“When the mind has settled,
we are established in our true
nature, unbounded.”

~ Yoga Sutras 1:3



Graham Fowler, a former yoga editor for this publication, provides private instruction of deep meditation drawing from an unbroken 49-year daily practice and formal study with several world masters of meditation. He also teaches yoga at Peachtree Yoga Center. Contact him at GrahamFowler@comcast.net.

ADVERTORIAL

Natural 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

seconds.

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

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

He hasn't had a cold in 10 years.

Users say:

“It works! I love it!”

“I can't believe how good my nose feels.”

“Is it supposed to work that fast?”

“One of the best presents ever.”

“Sixteen flights, not a sniffle!”

“Cold sores gone!”

“It saved me last holidays. The kids all got sick, but not me.”

“I am shocked! My sinus cleared, no more headache, no more congestion.”

“Best sleep I've had in years!”

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

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

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

Soon people found other things they could use 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
Warts
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 NATA34.

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.

THE PERILS OF PLASTIC CLOTHING

EMBRACING SLOW FASHION AND SUSTAINABLE FABRICS

by Sandra Yeyati

Most clothes made today contain plastic. The non-biodegradable polymer is a major component of elastic waistbands and nylon sneakers. But by far, the largest fossil-fuel culprit is polyester, commonly used in shirts, pants, hoodies, dresses, jackets, underwear, socks, blankets and hats, according to Sewport, an online marketplace serving the garment industry.



Made from mushroom mycelium, this textile is a sustainable alternative to animal leather.

In 2021, polyester comprised 54 percent of all new fabrics, according to Textile Exchange, a global nonprofit of fashion insiders promoting sustainability. Because it is inexpensive to make, this synthetic fiber is the darling of fast fashion which entices consumers to wear cheap garments a few times, throw them away and promptly buy replacements. Every year, an estimated 92 million tons of clothing end up in landfills worldwide; and in America, 85 percent of all textiles get discarded, according to *Earth.org*.

Environmental Costs of Plastic Clothes

Plastic produces greenhouse gases at every stage of its long life—from extraction, refining and manufacturing to transportation and waste management. Researchers have found that washing polyester releases tiny synthetic microfibers into the water supply, harming marine life and contaminating human drinking water. It also breaks down into micro-plastics while languishing in landfills for hundreds of years.

The manufacture of polyester has social costs, too. According to Sewport, the vast majority of producers worldwide exploit uneducated people in impoverished countries, where workers are regularly exposed to highly toxic chemicals.

Recycled Plastic Textiles

Among conscientious environmentalists, there's an aspirational trend toward textiles made of recycled plastic, such as Econyl. Patagonia promotes NetPlus material made

from discarded fishing nets. Repreve transforms reclaimed water bottles into yarn that is used to make various garments. Currently, these eco-friendly textiles make up a tiny fraction of the global market; only 14 percent of all polyester was recycled in 2020.

Textile Exchange and the United Nations Framework Convention on Climate Change's Fashion Industry Charter for Climate Action have launched an initiative to shift the market toward recycled polyester. But even recycled plastic garments shed micro-plastics when washed. Consider using a washing bag like Guppyfriend, which keeps micro-plastics from escaping, or choose items that aren't washed as often, such as sneakers.

Better Fabric Choices

"Organic and more sustainable counterparts from almost all types of natural fibers, including cotton, linen, down and wool, are becoming available at retailers across the globe," says La Rhea Pepper, managing director of the Textile Exchange. Here are notable fabric options that are kinder to the planet.

LYOCELL: Trademarked as Tencel, lyocell is made from sustainably sourced wood cellulose and used in denim, dress shirts and underwear. Less water and lower-impact chemicals are used in manufacturing this material. It's biodegradable and easily recycled.

ORGANIC OR RECYCLED COTTON: While conventional cotton is a natural fiber harvested from plants, it consumes an inordinate amount of water and involves the use of toxic chemicals. The better choices are organic cotton certified by the Global Organic Textiles Standards (GOTS), which requires less water and doesn't use chemicals, or recycled cotton, which repurposes already existing fibers.

PLANT-BASED LEATHER: Companies making these animal-free alternatives using mushrooms, pineapples, bananas, apples, cacti and other vegetables are highly

innovative and represent an exciting, emerging sector.

PEACE OR AHIMSA SILK: Silk is biodegradable and requires much less water and chemicals than cotton, but it's traditionally made by boiling or gassing silkworms. The cruelty-free approach behind peace or Ahimsa silk is that moths are allowed to emerge naturally before their cocoons are harvested. Look for GOTS-certified silk to ensure humane manufacturing.

WOOL: Made from the fleece of sheep and other animals, wool is naturally biodegradable, regrows continually and can be harvested without harming animals. Still, industry players have been known to abuse animals, land and workers. Certifiers like the Responsible Wool Standard encourage better stewardship.

ORGANIC LINEN: Made from flax, linen requires little water, is biodegradable, moth-resistant and considered more eco-friendly than cotton.

ORGANIC HEMP: Humans have been harvesting hemp for thousands of years. It's considered one of the most sustainable fibers because it requires very little water and no toxic chemicals to produce.

Living with the Complexity of Environmentalism

As the annual global textile market nears \$1 trillion in value, the environmental stakes are enormous, and sustainable choices aren't always easy to make. Ultimately, it's the new clothes we don't buy that will help our planet the most. Vow not to purchase fast fashion. Invest in well-made, longer-lasting clothing. Mend clothes to extend their lives. Shop at secondhand stores. Wash clothing less often to reduce the release of micro-plastics. Choose brands committed to responsible fabrics and transparent labeling. 🌱

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

Continued from page 9

matter, I ask writers to interview customers. However, writers are *under no obligation* to use a customer's remarks. I always insist that, regardless of its source, we report information that is most useful to our readers.

I also believe that this approach makes a real difference to readers and engenders trust that what we present is as unbiased and untainted as possible.

Conversely, in the world of publishing, there's something called "pay-for-play." Basically, editorial coverage is bought and sold, and consumers are not informed that the content they're consuming is paid advertisement made to look like the outlet's own editorial content. In my opinion, this is a dishonest practice. Unfortunately, the practice is ubiquitous; a few years ago, I was shocked to learn that one of Atlanta's major television news providers does pay-for-play, charging thousands upon thousands of dollars to do a feature on a business or person.

Bottom line: Whatever changes occur at NAPC, we at *Natural Awakenings Atlanta* will continue to consider readers our No. 1 priority and demonstrate the seriousness of this commitment by adhering to the highest journalistic standards.

Happy New Year, y'all! We look forward to creating an ever better magazine for YOU! 🌱



Publisher of Natural Awakenings Atlanta since 2017, Paul Chen's professional background includes strategic planning, marketing management and qualitative research. He practices Mahayana Buddhism and kriya yoga.

Never underestimate the power you have to take your life in a new direction.

~Germany Kent

CALENDAR OF EVENTS

Publicize your event! This section hosts free and paid listings. Each month, we select a limited number of events — they must have broad appeal and cost no more than \$20 to attend — to list for free. Otherwise, basic listings are \$35 and enhanced listings are \$75.

Submit free listings to calendar@naAtlanta.com and paid listings to ads@naAtlanta.com.



SUNDAY, JANUARY 1

Burning Bowl Service – 11am–12pm. A powerful ritual as one year ends and another begins; letting go of anything that no longer serves you. Please bring your letter to God in a self-addressed envelope (mailed back in early Dec 2023). This is a letter you write to God stating all your intentions and wishes for 2023. In-person or live-streamed. Love offering. Unity Atlanta Church, 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

TUESDAY, JANUARY 3

Online: Transmission Meditation – 7:30pm. A meditation to help the world. Sponsored by Share International USA SE Region. Free. Via Eventbrite. Info: 770-302-2208 or Info-SE@Share-International.us. Register: Tinyurl.com/nhjs3eeh.

FRIDAY, JANUARY 6

Full Moon Gong Bath Meditation – 6:30–8pm or 8:30–10pm. Using a combination of gongs, wind chimes, a rainstick and other instruments, Eve channels the changing energy of the moon through the gong to help us connect more deeply to the natural lunar cycle. Decatur Healing Arts, 619B E College Ave, Decatur. DecaturHealingArts.com.

SATURDAY, JANUARY 7

Free First Saturday: Building Campfires – 1–2pm. A fun and educational program all about fire. Free. Dunwoody Nature Center, 5343 Roberts Dr, Dunwoody. 770-394-3322. Registration required: DunwoodyNature.org.

SUNDAY, JANUARY 8

White Stone Ceremony – 9–9:50am or 11:15am–12:30pm. Walk through the Arch of Transformation and then choose a white stone and claim the new name for your spiritual expansion in 2023. Unity North, 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

Artist Reception for Miera Robin Gans – 2–4pm. Miera creates by connecting with her

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SUNDAY, JANUARY 15

Change Your Interiors, Change Your Life with Feng Shui – 2–3:30pm. With Roberta Grant. Informative, interactive and fun workshop to learn about the history, principles, Bagua map, The Five Elements, Ch'i Enhancers, clutter clearing and much more. Free; love offering appreciated. RSVP.

FRIDAY, JANUARY 20

Poetry Open Mic Night – 7–9pm. We encourage poets of all ages to join us. The 7–8pm hr features family-friendly material. The tone shifts from 8–9pm for more adult-themed topics. All welcome. Free.

THURSDAY, JANUARY 26

Wisdom and Healing Through Shamanic Journeys – 7–8:30pm. With Vicki Evans. An opportunity to connect with Spirit and your guides for healing and direction. You can use the journeys to ask about all areas of your life, not just the spiritual side. \$20 via PayPal. To register: PayPal.me/vickievanhealing.

inner world using an awareness that is heart centered and sparks creativity in unexpected ways. Art work is at least 50%–70% off. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

THURSDAY, JANUARY 12

Popsicles in the Park – 5–6:30pm. Central Park Recreation Center, 400 Merritts Ave NE, Atlanta. ParkPride.org.

Sacred Waters: The Okefenokee in Peril Screening – 6:30–8:45pm. Join Okefenokee Protection Alliance & Emory Ecological Society for a screening of the award-winning film. Free. Alumni Memorial University Center, 630 Means Dr, Atlanta. Register: GeorgiaConservancy.org.

SATURDAY, JANUARY 14

Winter Family Night Hike – 7–9pm. Listen for the sounds of winter in the woods and gaze up at the stars, while enjoying the crisp air of the season. \$12/nonmember, \$10/member. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

SATURDAY, JANUARY 21

Silence in Golden – 9am–12pm. Experience a half-day retreat of meditation and silent reflection. Guided by an experienced meditation teacher. All welcome. No experience necessary. \$20/advanced. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Sweetwater Creek Day Hike – 9am–1pm. Hike with us along the riverside as we explore the diverse hiking trails, incredible river shoals, unique flora, and historic mill ruins Approximately 5 miles. \$15 donation; \$5 Visitor Parking Pass required. Sweetwater Creek State Park, 1750 Mt Vernon Rd, Lithia Springs. Register: GeorgiaConservancy.org.

THURSDAY, JANUARY 26

The Nature Club Dine and Discover – 7–9pm. In-person or online. \$10/general, \$5/CNC Members. CNC, 9135 Willeo Rd, Roswell. ChattNatureCenter.org.

ONGOING

Sundays

A Course in Miracles: Practicing the Presence – 8:45–10:30am. This virtual weekly study group aims at removing the blocks to the awareness of love's presence. Facilitator: Michael Wilkinson. An open and ongoing class. All welcome. Drop-in any time. New people are very welcome to join. Via Zoom. Unity Atlanta Church: 770-441-0585. Register: MWilkinson@leadstrat.com. UnityAtl.org.

Online & In-Person Sunday Experience – 9am, Adult Study; 9:30am, Meditation; 10am, Music; 10:30am, Service. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Ste A, Atlanta. More info: slc-atlanta.org.

Red Clay Sangha Sunday Morning Service – 9am, meditation; 10:30–11:30am, service & dharma discussion. Via Zoom or in person. 3420 W Hospital Ave, Ste 102, Chamblee. More info: RedClaySangha.org.

Online: NWUUC – 10am. Via Zoom. Northwest Unitarian Universalist Congregation: 770-955-1408 or nwuuc.org.

SRF Atlanta Meditation Service – 10–10:45am. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. srfatlanta.org.

Meditation Open House – 10–11:30am. Discussion at 11:30am and tea at 12pm. Meditation instruction available from 10–11am for those new to the practice. Atlanta Shambhala Center, 1447 Church St, Decatur. More info: Atlanta.Shambhala.org.

Second Sunday Sober Bike Ride – 10:30am. 2nd Sun. Brings together people from all walks of sober living who are seeking fun and active

ways to connect with likeminded people. BTA Bicycle Tours of Atlanta will provide a bike at no charge if needed. Bicycle Tours of Atlanta, 659 Auburn Ave NE, Atlanta. Register: Tinyurl.com/yjzutf4.

One World Spiritual Center Sunday Service – 11am. To watch: OneWorldSpiritualCenter.net.

Unity Atlanta Sunday Services – 11am. Attend in-person or watch via live stream. 3597 Parkway Ln, Peachtree Corners. 770-441-0585. UnityAtl.org.

Online: UUCA Service – 11am. Unitarian Universalist Congregation of Atlanta: uuca.org/live.

SRF Atlanta Reading and Inspirational Service – 11am–12pm. An opportunity to meet with other truth-seekers to commune with God and share spiritual fellowship. 4000 King Springs Rd, Smyrna. 770-434-7200. srfatlanta.org.

Sunday Morning Talks and Discussion – 11am–12pm. With Vedanta Center of Atlanta via Zoom. To watch: VedantaAtlanta.org.

Unity North Online & In-Person Sunday Service – 11:15am. 4255 Sandy Plains Rd, Marietta. More info: UnityNorth.org.

Meditation Classes – 4–5pm, Level I; 5–6pm, Level II. All religions, all ages and all people. Learn how to meditate for spiritual enlightenment. \$15. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea:404-557-4306. MeditationWellnessClub@gmail.com. MeditationWellnessClub.com.

Mondays

Online: Monday Night Meditation – 7–8pm. A live, instructor-led meditation and discussion. Develop a meditation practice by maintaining a moment-to-moment relaxed awareness of our surrounding environment, bodily sensations, thoughts and emotions. All levels. \$10. Register: TheOpenMindCenter.com.

Meditation & Modern Buddhism – 7:30–9pm. With Resident Teacher, Gen Kelsang Norden. Talks, guided meditation, discussion and Q&A. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Tuesdays

Online Meditation Open House – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: Atlanta.Shambhala.org.

Twin Hearts Meditation – 7–8:30pm. A short, guided meditation blessing the Earth with loving kindness, peace and good will. Donation. Spiritual Living Center of Atlanta, 3107 Clairmont Rd, Unit A, Atlanta. 404-417-0008. Meetup.com/Twin-Hearts-Meditation.

Metro Atlanta Sierra Club Meeting – 7:30pm. 2nd Tues. More info: SierraClub.org/georgia/atlanta.

Wednesdays

30-Minute Guided Meditation – 8am. Be guided through a simple yet powerful meditation that gives rise to an experience of mental peace and wellbeing. No experience necessary. Beginners welcome. \$5. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Zoom Check-In: Wellness Wednesdays – 10am. Check in with your community during COVID-19 crisis. slc-atlanta.org.

30-Minute Guided Meditation – 12:15pm. Be guided through a simple yet powerful meditation that gives rise to an experience of mental peace and wellbeing. No experience necessary. Beginners welcome. \$5. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Online: Joy of Breathing Class – 1–1:30pm. Learn the Joy of Breathing technique, practice a deep Pranayama session and enjoy the benefits. Free. Register: Tinyurl.com/muwwanm9.

Weekly Wednesday Meditation Class – 7–8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas Thannissaro of the Georgia Meditation Center via Zoom. To register: MeditationCircle.org.

Thursdays

Tai Chi & Qigong – 9:30am. For beginners. \$7/at door. Meets in The Jefferson Parks and Recreation Dept, 2495 Old Pendergrass Rd, Jefferson. 678-510-9573. CarolOsborne.org.

The First Georgia Dowzers – 6pm. 1st Thurs. Discuss all things dowsing. Host guest speakers each month teaching new and exciting developments within the dowsing community. \$5/nonmember, free/member. Heart Soul and Art, 1470 Roswell Rd, Marietta. Pre-registration required: Heart-Soul-And-Art.square.site.

Dunwoody Beekeeping Club – 6:30–7:30pm. 1st Thurs. Meeting features a program, followed by a question and answer session with the ability to meet and learn from other local beekeepers. Free. 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Meditation Fundamentals – 6:30–7:30pm. Suitable for complete beginners. Get a practical introduction to meditation and includes topics such as the benefits of meditation, mindfulness, good posture, types of meditation, and how to start a daily meditation practice. In-person & online. \$15. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Twin Hearts Meditation – 7pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. With Atlanta Pranic Healing Center via Zoom. To watch: AtlPranicHealing.com.

Reiki Share – 7–8pm. 3rd Thur. Ready to open your energy, remove emotional blocks,

or simply let go and unwind? Then let's get together. \$10. The Well of Roswell, 900 Old Roswell Lakes Pkwy, Ste 300, Roswell. 770-778-2051. TheWellOfRoswell.com.

Fridays

Qigong Exercises & Meditations – 12–12:45pm. 1st & 3rd. Led by Master Cheng, who has been teaching in Atlanta since 1976. Free/member, \$8/nonmember. Tai Chi Association, 3079 Midway Rd, Decatur. More info & registration: Tai-Chi-Association.com.

Meditation Classes – 6pm, Level I; 7pm, Level II. See Sun listing. 5161 Brook Hollow Parkway, Ste 220/225, Norcross. Register, Andrea:404-557-4306. MeditationWellnessClub@gmail.com. MeditationWellnessClub.com.

Prayers for World Peace – 6:30–7:15pm. Includes a guided meditation, a short teaching and chanted prayers for world peace. No experience necessary. All welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Saturdays

Free Saturday Meditations – 8–8:30am. A guided meditation to start your day with a positive state of mind and carry that inner light with you for the rest of the day. No prior meditation experience necessary; all welcome. Kadampa Meditation Center Georgia, 741 Edgewood NE, Atlanta. 678-453-6753. MeditationInGeorgia.org.

Morningside Farmers Market – 8–11:30am. Year-round. Offers organic produce, bread, pastries, grains, meat, honey, along with chef pop-ups, prepared foods, coffee, in-season fruits, and locally produced crafts. Morningside Presbyterian, 1411 N Morningside Dr NE, Atlanta. MorningsideMarket.com.

Dunwoody Nature Center Saturday Volunteers – 9am–12pm. 2nd Sat. For anyone in the community who wishes to volunteer. A wonderful way to start off your weekend in nature and service. To promote social distancing, sign-up is mandatory; limited to 24 people. 5343 Roberts Dr, Dunwoody. 770-394-3322. DunwoodyNature.org.

Oakhurst Farmers Market – 9am–1pm. Year-round. Fresh produce, meat, baked treats, and more. Additional offerings include live music and chef demonstrations featuring seasonal recipes. Masks required. Sceptre Brewing Arts, 630 E Lake Dr, Decatur. cfmatl.org/oakhurst. **Free Online Guided Meditation for All** – 9:45–11am. Will go over basics and guided meditation. No prior experience is needed. Classes meant to come together and meditate and learn little by little. Via Zoom. Register: Tinyurl.com/y3x5yy2s.

Reiki Share Group – 3:30–5:30pm. Last Sat. A gathering of like-minded reiki practitioners who participate in group healing treatments on each other. \$21. Healing Hands Reiki & Spiritual Development, Inc, 27 Waddell St, Ste A, Atlanta. Tinyurl.com/2rykarft.

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Milton Mills on Optimizing Health with a Plant-Based Diet

by Julie Marshall

Milton Mills, M.D., practices internal medicine and critical care in underserved communities in Washington, D.C., and Northern Virginia. He advocates switching to a whole-food, plant-based diet and eliminating animal-derived dairy. As medical director of the nonprofit Center for a Humane Economy, he is currently leading a national campaign backed by 31 members of Congress to promote the free dissemination of plant-based alternatives to dairy (especially soy milk) in U.S. public schools. An impactful public speaker and preventative healthcare advocate, Mills has co-authored articles dealing with racial bias in federal nutrition policy. He graduated from the Stanford University School of Medicine and completed residency training at the University of California San Francisco, in Fresno, and Georgetown University Hospital, in Washington, D.C.

What prompted you to advise patients to go meat- and dairy-free?

I became a vegan in my late teens and that's what led me to a career in medicine. Some friends in my [Seventh-day Adventist] church were making the switch, and I joined them. What happened was undeniable. I was sleeping better, I had high energy and I felt mentally clear. I wanted to study medicine to learn more about what else a vegan diet could improve.

What kinds of health issues can a vegan diet address?

A plant-based diet can address all of the major health issues. Cardiac disease is clearly shown to be directly related to eating animals

because of saturated fats. There is a reason that patients recovering from heart events are medically advised to eat plants and eliminate meat, fish and poultry. One National Institutes of Health study shows that a vegan diet can even reverse heart disease.

Avoiding dairy addresses breast and prostate cancers, because dairy contains growth-stimulating proteins and hormones which signal growth, but not in a good way. When we are infants, we drink breast milk to stimulate growth, but as adults, dairy signals the growth of tumors, lipomas or cysts. And what is alarming to me is that Black men are twice as likely to die from prostate cancer than white men.

Type 2 diabetes likewise can also be avoided or reversed. I've had several patients who have been able to stop needing their medications. From my experience, a vegan diet also addresses autoimmune diseases, rheumatoid arthritis and dementia. Animal protein carries hormones and saturated fats, which is arguably why we are seeing unnatural early puberty in our kids.

What are the common difficulties of switching to a meatless diet?

I thought that I would never be able to change, because my mom made the greatest pork chops. But as soon as I realized that the drive to eat meat is all about habit and is emotion-based, I asked God for help, and he answered. I advise my patients to find help for themselves on how to break their habit, too, rather than toy with it. If you are an alcoholic, do you allow yourself to only drink on some days? It's also important to realize that we need calories

for energy. Salads are great, but humans are not rabbits, and we need a variety of good protein sources, such as beans, grains, root vegetables and legumes. Being vegan is like sex, if you aren't enjoying it, you aren't doing it correctly.

How is a vegan lifestyle impacted by race, faith and animal welfare?

We know that more than three-quarters of Black people suffer medically from dairy, while our national school lunch program offers zero alternatives to dairy. That's racial inequity. Growing up as a Black man in society and being constantly dismissed prepared me to not be afraid to be outspoken as an advocate for a plant-based diet. I have learned that as long as I form my opinions on science, ethics and morals, I can defend them without fear or shame.

On faith, if you read the Bible, it literally says humans are built to eat plants, which reaffirms that being vegan is spiritually healthy, too. And when it comes to animals, there is nothing more destructive and harmful to animals and humanity than factory farming. But most people don't see it because we hide evils behind closed doors. When a creature feels pain and suffering because of humans, I think that comes back to us in different ways, and we all pay the price. But we can stop this type of evil and get ourselves incredibly healthy, too, by choosing to eat plants. 🌱

Julie Marshall is a frequent contributor to Natural Awakenings magazine and works for the nonprofit Animal Wellness Action, based in Washington, D.C.

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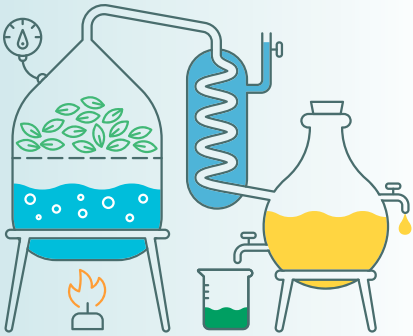
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