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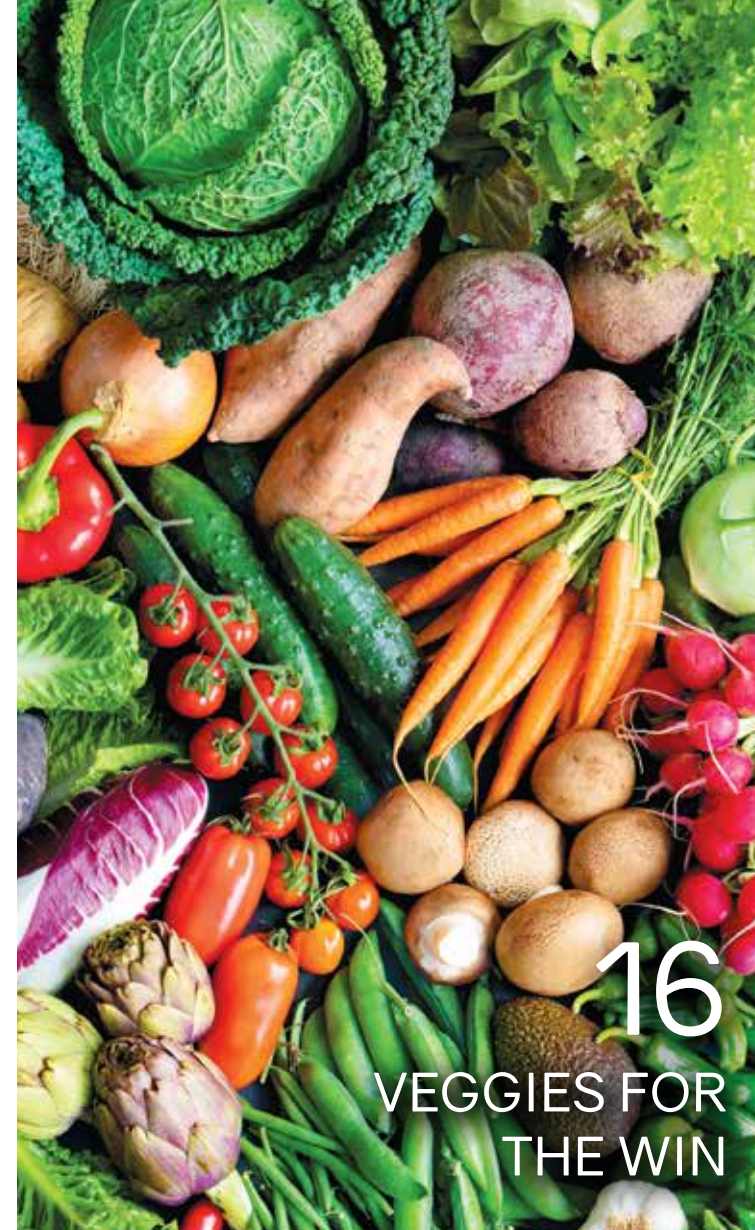
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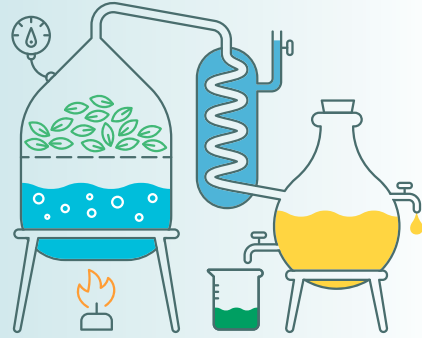


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TOP 5 ARTICLES IN 2022

The following are 2022's five most-read articles on our website that were published in 2022. They include the lead articles from our three Special Sections—one on life coaching, one on Black & natural, and one on yoga outliers—plus two additional yoga articles from the year.

Top Reasons People Seek Life Coaching

bit.ly/top-reasons-coaching-0122

The Art of Balance Yin-Yang

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Why the Black and Natural Hair Movement is Good for Your Health

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Yoga is a Journey Personal Stories of the Path

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COVER PHOTO CREDIT

The cover photo of Tammy Billups is by Lorikay Stone, owner of Lorikay Photography. The location of the shoot was Studioplex on Auburn Avenue.

Born into the photography industry, Stone's first camera came into her possession at age six. Her family history in photography dates back four generations to the founding of Kodak.

Over the years, Stone has photographed hundreds of professionals in all aspects of their life. Not limited to business professionals, she also photographs comp cards, also known as Zed cards, for actors, models and musicians.

For more information: www.lorikayphotography.com, 678-485-9690.



CORRECTION: In our February article, "Love and Yoga," we incorrectly identified the Smyrna yoga studio as Giving Tree Yoga + Wellness. It has recently been renamed Giving Tree Yoga Center.

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.

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LETTER FROM THE PUBLISHER

Cover Decisions

Pain Reduction



I know this sounds weird, but I'm delighted we chose to have energy healer and animal lover Tammy Billups on the cover. And in this case, "we" is not used in the "royal" sense at all.

The reason I'm delighted is that Tammy is a dear friend. Indeed, she appeared on the June 2017 cover. It was only my third issue as publisher, and the articles about her were a review of her first book and a profile. At the time, I was so excited about being the owner and publisher of *Natural Awakenings* Atlanta. I reveled in my new-found power to reach tens of thousands of Atlantans each month and share what I find to be interesting and important in holistic health and personal evolution.

In retrospect, I did not exercise the appropriate amount of distance and circumspection a journalist should in situations like that. I placed her on the cover because she was a friend and I wanted to! Yes, what she did was newsworthy, and the articles were appropriate given our editorial scope—but cover decisions are never to be taken lightly.

This time, I knew better. "I should not be making decisions about the cover," I told myself. So, I delegated the decision entirely to our managing editor, Diane Eaton. Typically, our cover promotes our feature story,

and this month that story is about plant-based diets. Also, the majority of our covers are provided by our magazine's corporate offices since they provide most of our feature stories. Predictably, the cover options from corporate that presented the feature story involved food, and by coincidence, our February cover was all about food; magazines typically don't like to have consecutive covers with similar content or design.

Then, *voilà*, Tammy is on the cover! Thank you, Diane! While, in 2017, I relished the fact that I chose the cover, this year, I relished the fact that I learned about the decision via text, and I wasn't involved at all!

Now, I have to point out that Tammy's most recent book, which she released last November, is her third. Plus, she is a legitimate expert—all of her books are about animal-human relationships. In fact, her books are published by the well-respected *Inner Traditions*, an imprint of Bear and Company, and distributed by Simon and Schuster. Beyond that, both of her first two books won gold medals from the Coalition of Visionary Resources! So, yes, she is a perfect choice for our cover.

Finally, I want to share that I've received many effective energy-healing sessions from several practitioners in town, but

most have been with Tammy. So, to some extent, she's influenced our magazine's emphasis on energy healing. As a result, the single most-read article on our website—the lead article from our energy healing special section in 2019—is about energy healing.

I want to share information about products and services that have worked for me because I want many more people to benefit. But that's a fraught proposition when customers are involved—for the simple reason that it is impossible to try everything all customers offer me. Even if I could, what works for me might not work for others, and vice versa. To be clear, my positive comments about a product or service should not be seen as an unqualified endorsement. More importantly, the absence of comments about the vast majority of offerings from sponsors should never be perceived as a non-endorsement.

That said, this month's article, "Treating Pain with Sound Waves," talks about a product from SoftWave Tissue Regeneration Technologies. I was fortunate to come upon this product last year when I visited Dr. Miriam Croft at Hands On Wellness in Chamblee. She told me it was effective at reducing pain, and at the time, my right knee was hurting enough to turn my walking into hobbling. My pain lessened noticeably with one treatment, and six treatments later, the pain was gone. It has yet to return.

Again, this is not an unqualified endorsement, and of course, your mileage may vary. But Croft's assertion that they see a 90 percent effectiveness rate does suggest that many others will benefit and experience less pain. 🙏



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.

YOLANDA OWENS, SKINCARE PIONEER, PASSES AWAY

Yolanda Owens, founder and owner of Castleberry Hill's iwi fresh, a holistic day spa, passed away on January 11. She is survived by three adult children, Maya, Jordan and Austin Johnson; her parents, Ralph Hill and Murry Henderson; and two brothers, Corey Henderson and Berald Hill.

Owens called herself the "skincare chef," and she created 80 natural recipes, 20 of which are currently sold at iwi fresh, which she founded in 2003. According to Owens' daughter, Maya, co-president of the spa, Owens' favorite product was 14-Carrot-Glow Face Cream, the first one she created and the most popular of her products. Others that are popular include Squash-It-Out Face Cleanser and Lettuce-Face-It Hydration Mist.

"iwi" stands for "it is what it is," says Maya, and the saying applies to her products, as well.

Maya and iwi fresh's community engagement director, Shantae Robinson, describe Owens as someone who was "always dancing," "always approachable," and "always welcoming anyone who came into her space." To those at iwi fresh, she emphasized organizational ownership: "putting your all into it."

One of Owens' frequent pieces of advice to her children was, "You do you and be true to who you are." Maya says, "She has a quote in her house that says, 'Plant the truth and grow free,' and now we use that at iwi fresh."

Business partner, Tassili Ma'at, founder and owner of Tassili's Raw Reality Café, called Owens her "business twin." She says, "We started our businesses right around the same time and encouraged each other constantly. She would gift me with opportunities to rest by inviting me to come and get facials in exchange for food."

iwi fresh is planning a celebration of Owens' life on April 29. Details will be provided in next month's issue.



Yolanda Owens [Photo courtesy of iwi fresh]

Master Wu Dang Chen Visits Atlanta

Master Yun Xiang Tseng, known as Wu Dang Chen, will return to Atlanta March 17 through 19 to teach workshops in Taoist philosophies and techniques, including tai chi, qigong, and meditation.

Classes will be held at Cobb Galleria Centre, located at Two Galleria Parkway in Atlanta.

Master Yun is a 25th generation Taoist priest and healer, part of an unbroken lineage that is more than 700 years old. At a young age, he was chosen to study on Wu Dang Mountain in China with Wu Dang Taoist Priestess, Master Li Cheng Yu. After intensive study, Master Li sent him to the U.S. to share the ancient wisdom and healing arts of the tradition.

Workshop offerings include: Tai Chi Form Review, Therapeutic Tai Chi, Tai Chi Nei Gong, 12 Pieces Brocade, and Wu Dang Long Men Qigong.

"I am excited and honored to return to Atlanta after six years," says Wu, "and to continue to share my Taoist Healing Arts with the people of Atlanta. I wish you to develop and improve your immune system through 'qi' for better quality of life."



Master Wu Dang Chen

The cost of individual classes range from \$40 to \$150. The cost of attending the weekend is \$400 for 22 hours of classes and workshops. Register by March 10 for a discounted price of \$275.

For more information or to register, visit bit.ly/dao-atl-seminar-2023 or call 303-720-0666.

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Alive! Expo Comes to Cobb in May



In its 18th year, Alive! Expo, Atlanta's largest holistic health and green products consumer event, returns to Cobb Galleria Centre on May 6 and 7.

Every year, local, regional and national companies showcase products and services to Atlantans interested in leading a green, clean and healthy lifestyle. Attendees will be able to meet and talk directly with company representatives, take in live demos, listen to a variety of speakers, and sample products and services. Last year, 80 vendors participated and about 3,400 people attended the expo.

"Our job is to help people make their best choice on all things natural, organic and eco," says Patrycja Towns, founder and CEO

of Alive! Expo. "The information out there is very confusing to some, and there is a lot of it out there, much of it opinion vs. facts! We help people decipher that by bringing the companies and their products directly to consumers. This way, all of our attendees feel empowered with the knowledge they gain at the show."

Expo hours are May 6 from 10 a.m. to 6 p.m. and May 7 from 11 a.m. to 5 p.m. Cobb Galleria Centre is located at 2 Galleria Parkway. Admission is \$10 and tickets will be available for purchase at AliveExpo.com, although they are not available yet as of this writing.

Potential vendors and sponsors can contact Alive! Expo at Info@AliveExpo.com, call 770-806-7492 or go to [Facebook.com/AliveExpo](https://www.facebook.com/AliveExpo).

ACUPUNCTURE NOW AT DECATUR HEALING ARTS



Courtney Salamone [Photo: Amanda Duffy]

Decatur Healing Arts (DHA), a wellness center where customers can access and create their own multi-faceted healing regimen, has added acupuncture treatments to its extensive list of offerings.

Board-certified acupuncturist and life-long intuitive Courtney Salamone has been practicing Chinese medicine for 20 years, treating a wide variety of physical, mental and emotional imbalances. Neuro Emotional Technique (NET) and Balance Method Acupuncture are two of her favorite techniques to help restore balance in the body.

"I find nourishment and excitement, and I learn something every day from the clients I have the opportunity to serve," says Salamone. "For this opportunity, I am forever grateful!"

Private acupuncture sessions are available

Monday through Friday, and community acupuncture sessions are available Mondays, Wednesdays and Fridays from noon to 2 p.m. The initial private session costs \$150, and repeat visits are \$105. Community acupuncture is \$60 per visit.

DHA currently offers a variety of massages—integrative, sports, holistic integrative, prenatal, fascial and Thai, among others, as well as a range of energy healing options, including

reiki, prana healing and shamanic healing. It also offers numerous yoga classes, including vinyasa, candlelight, kundalini and restorative yoga, as well as ceremony, sound journey, meditation, salt therapy, sound healing, reflexology, Jin Shin Jyutsu, a book club and retreats.

Decatur Healing Arts is located at East Decatur Station, 619-A E College Ave. in Decatur. Visit DecaturHealingArts.com/acupuncture-offerings to schedule a session or call 404-378-6288.



BeYOUTiful Skin MOVES THREE DOORS DOWN

BeYOUTiful Skin, a private, nontoxic integrative health company, has moved from Suite 104 to Suite 101 at 615 Colonial Park Drive in Roswell.

Company CEO and sole practitioner, Cher Clark, is an Emory-certified health coach, esthetician and laser expert with more than 15 years of study, clinical training and medical experience. She is also a trauma-informed health coach and integrative health consultant with more than 20,000 clinical hours on all skin types and ethnicities.

Clark currently offers one-on-one coaching on health and skin issues. An additional membership spa room is coming soon, and group coaching will be available to teach self-care, detoxification and skin and hair restoration protocols.

Sessions are available by appointment only. To book, visit CherClark.com, email UrBeau2ful2@yahoo.com or call 678-337-1337.



Loving Our Kidneys

EDIBLE ALLIES, INTEGRATIVE TREATMENTS AND LIFESTYLE TIPS

by Marlaina Donato



annually. Most of these 37 million Americans do not feel ill or notice symptoms until they are in advanced stages of the disease, which is why people with diabetes and high blood pressure should be tested regularly and take steps to protect their kidneys. Managing CKD requires a multilevel approach, including lifestyle and dietary changes, use of prescribed medications, avoidance of kidney-harming toxins, such as alcohol and cigarettes, and close supervision by a doctor that specializes in kidney disease (nephrologist) to ensure that other prescribed medications and over-the-counter or herbal treatments are safe.

Integrative and holistic approaches may be of help for those in earlier stages of kidney disease or for those striving to prevent it. "I have been really blessed to be connected with a global team of people who, like myself and everyone I work with, understand that kidney disease is treatable, and the recovery of kidney function is actually possible," says Fiona Chin, an Australia-based naturopath and co-founder of *KidneyCoach.com*. Chin adds that she and her colleagues have witnessed significant patient improvement from tailored diet and lifestyle regimens during and after diagnosis, especially when root causes are addressed.

Our kidneys are prodigious multitaskers. Through the production of urine, they filter toxins, excrete waste and balance bodily fluids. They also produce certain hormones that regulate blood pressure and aid in other vital functions. While the kidneys don't usually fail all at once, their effectiveness can deteriorate slowly over years, and chronic kidney disease (CKD) is most often the result of uncontrolled diabetes or high blood pressure.

Simple blood and urine tests help physicians evaluate kidney function and diagnose CKD, which is divided into

five stages. The first three stages are mild or moderate, and can respond well to lifestyle modifications and alternative interventions, while the more severe, later stages become increasingly more complex to treat and may require dialysis to mechanically perform the kidneys' functions. In end-stage CKD, many patients are relegated to dialysis treatments several times a month to prevent the accumulation of deadly toxins, while many wait and hope for a life-saving transplant.

The U.S. Centers for Disease Control and Prevention (CDC) estimates that one in seven adults are diagnosed with CKD



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The Kidney-Friendly Kitchen

Promising research published last year in *Frontiers of Pharmacology* shows that combining Western treatments and Traditional Chinese Medicine can have a positive impact on even late-stage renal failure. Isaac Eliaz, M.D., an integrative medical doctor and founder of Amitabha Medical Clinic in Santa Rosa, California, says, "Preventing and reducing chronic inflammation is a critical aspect of minimizing CKD risk. An anti-inflammatory diet, moderate exercise program and attention to stress reduction all work to decrease the pro-inflammatory milieu." He also highlights the importance of protecting and boosting beneficial gut bacteria, which can be addressed with supplements or prebiotic foods, such as garlic, leeks, onions and jicama.

Piling whole, plant-plentiful goodness onto our plates and embracing an alkaline diet are key measures in the prevention of CKD by lowering the risk for cardiovascular disease and diabetes. Mayo Clinic offers renal-supportive recipes with fruits, vegetables and grains, such as quinoa. It also recommends avoiding many packaged and processed foods that have phosphorus added to prolong shelf life and enhance taste, such as convenience foods, sodas and sports drinks, flavor-enhanced meats and processed cheeses.

Jarrod Cooper, ND, founder of Advanced Functional Medicine, underscores the importance of nixing pro-inflammatory foods such as sugars, refined carbohydrates, excessive red meat, trans and saturated fats, caffeine and alcohol. Alcohol negatively impacts liver function, and over time reduces blood flow to the kidneys, leading to CKD, he says. That extra glass of wine can also crank up blood pressure, a surefire path to renal compromise.

Kidney-loving fruits, according to Cleveland Urology Associates, include pineapple, cranberries, red grapes and apples, all of which pack an anti-inflammatory punch.

Sodium: Friend or Foe?

Chin notes that although salt is essential for nerve and muscle function, a balancing of fluids in the blood and healthy blood pressure, not all salt is beneficial. "Salt is a healthy thing to have in your diet in moderation and in the right form," she asserts. "Table salt is manufactured salt that is stripped of its natural minerals. During salt processing, the balance of sodium to other valuable minerals is lost. Most salt companies also add anti-caking agents that contain aluminum." Chin recommends good-quality Himalayan salt or sea salt that also contains traces of other natural minerals.

Various types of seaweeds, such as dulce, nori and kombu, are natural sources of sodium that are safe for people that do not have kidney disease. They offer significant benefits for inflammation reduction, blood sugar balance and heart health, including lower blood pressure. Sea vegetables have also been shown to help reduce the risk of kidney stones by inhibiting the formation of calcium oxalate.

Marlaina Donato is an author, painter and host of multimedia art exhibits intended for healing the community. Connect at [Wildflower Lady.com](http://WildflowerLady.com).



CILANTRO LIME CAULIFLOWER RICE

YIELD: 6 SERVINGS

- 1 head cauliflower, chopped (or 6 cups)
- 1 Tbsp extra-virgin olive oil
- 2 garlic cloves
- ¼ tsp pepper
- ¼ tsp salt
- 3 Tbsp fresh lime juice
- ¼ cup fresh cilantro, chopped

Rinse the cauliflower and pat dry. Chop into florets, then pulse in a food processor or blender. Alternatively, the cauliflower can be

daamaurora/AdobeStock.com

left whole and grated with a box grater. In a large pan, heat the olive oil over medium heat. Sauté garlic for a few minutes until fragrant and lightly browned. Increase heat to medium high and add cauliflower. Sauté about 5 minutes.

Transfer to a bowl and toss with salt, pepper, lime juice and cilantro.

Excerpted from Multiple Sclerosis Diet Plan and Cookbook. Copyright © 2019 Noelle Citarella. Used with permission from Rockridge Press, Emeryville, CA. All rights reserved.



THE BLACKENING RUB:

- 1½ tsp paprika
- 1½ tsp cumin
- 1½ tsp dark brown sugar
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp kosher salt
- ½ tsp chili powder
- ¼ tsp black pepper

THE SLAW:

- 2 cups broccoli slaw
- 2 cups shredded purple cabbage
- 1 Tbsp extra-virgin olive oil
- 3 Tbsp mayonnaise
- 2 Tbsp cilantro, chopped
- 2 small jalapeños, seeds removed and chopped
- 1 Tbsp lime juice

In a small bowl, combine and mix the paprika, cumin, brown sugar, garlic powder, onion powder, salt, chili powder and

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black pepper. Sprinkle over the flesh side of the fish, reserving about 1 teaspoon for the slaw.

Preheat a medium skillet over medium heat, add the olive oil and coat the pan evenly. Place the salmon in the preheated pan, flesh side down, and allow it to sizzle for 4 minutes to allow it to brown. Flip it to the skin side and cover the pan for the last 4 minutes or until it reaches the desired temperature.

Meanwhile, combine the slaw ingredients in a large bowl and mix well. Heat the corn tortillas. Fill each with about 2 ounces of salmon and about ¼ cup of slaw.

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BLACKENED SALMON TACOS

YIELD: 8 SERVINGS

- 4 salmon fillets, 4 oz each
- 2 tsp extra-virgin olive oil
- 8 small corn tortillas

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Veggies for the Win

FIVE REASONS TO CHOOSE A PLANT-BASED LIFESTYLE

by Kiki Powers

Many of us have come across the term “plant-based eating.” Perhaps the regimen was recommended to us by a medical or nutritional professional. We may have read about it in a magazine or seen a documentary on the subject. Scientists around the globe have studied this lifestyle choice, and persuasive evidence is mounting that eating a preponderance of foods from plant sources has health merits.

The concept is attributed to T. Colin Campbell, Ph.D., the Jacob Gould Schurman professor emeritus of nutritional biochemistry at Cornell University. Based on his extensive research, he has advocated a low-fat, whole food, plant-based diet since the 1980s, and his commentary appears in *Forks Over Knives*, an influential 2011 documentary on the subject that is still worth viewing.

Americans love their cheeseburgers and french fries, and breaking a habit that we thoroughly enjoy might be challenging at first. But we need not completely ban such delights from our menu, so long as our plates are brimming with vegetables, fruits, legumes, whole grains, beans, healthy oils, nuts and seeds most of the time. Gradually transitioning to a whole food, plant-based, low-fat diet is the winning formula for positive change and long-term compliance.

Here are five compelling reasons to make this promising dietary shift.

Cost-Effective Disease Prevention

As so many Americans struggle with chronic health issues, including obesity, diabetes and heart disease, physicians are

hard-pressed to find the right combination of treatments to help their patients lead healthier lives. At the same time, healthcare costs continue to skyrocket. In 2020, health spending rose to \$4.1 trillion, or \$12,530 per capita, according to the American Medical Association.

In a 2013 article published in *The Permanente Journal*, California physicians surveyed leading research and case studies and found that plant-based diets offer patients a low-risk, cost-effective intervention to regulate weight, blood pressure, blood sugar and cholesterol levels. They also asserted that such eating regimens could reduce the number of medications patients would have to take for chronic disease, and that physicians should recommend such diets to all of their patients, especially those suffering from high blood pressure, diabetes, cardiovascular disease or obesity.

Besides saving money on drugs and medical procedures, a plant-based menu has never been easier or more affordable. According to recent data conducted by the UK nonprofit Veganuary, plant-based meals eaten at home cost 40 percent less than meat- or fish-based meals and take one-third less time to prepare.

“The most powerful tool I discovered while in practice for both preventing and treating chronic diseases such as diabetes, obesity, heart disease, high blood pressure and arthritis was the implementation of a plant-based nutritional plan to a patient’s life,” says Ted Crawford, a board-certified family physician featured in two inspiring documentaries about the life-changing benefits of a plant-based diet: *Eating You Alive* and *PlantWise*.

Flavor, Freshness and Flavonoids

The latest food trend is a “burger” made entirely of plants. The race is on to see which one looks and tastes closest to a juicy, all-beef patty. Whether it’s mushrooms posing as “steak” or wheat-based seitan kneaded into “chicken”, recipes catering to carnivores have their audience. For some, these tasty alternatives may offer a path toward becoming a vegetarian or vegan.

Oven-roasted on a sheet pan, splashed with extra virgin olive oil and lemon juice, sprinkled with fresh herbs and spices, served with a creamy dip, slow-cooked in a crockpot, baked into a pie, frothed into a sweet smoothie or freshly pulled from the vine, consider the fact that whole, plant-based foods taste delicious on their own and deserve the spotlight.

They are good and good for us, packed with nutrition while low in fat and calories. The vibrant colors of fruits and vegetables—as varied as the rainbow—are evidence of the many healthful attributes they offer. Ditching animal fats, white flour and sugar in favor of fresh, whole plant foods found at a local farmers market ensures a rich intake of vitamins, minerals, trace elements, phytonutrients, fiber, antioxidants, flavonoids, protein, fiber and more—the building blocks of a robust, disease-fighting body.

Those that believe a plant-based diet is too limiting might be surprised to learn that there is a wealth of meat-free culinary possibilities. Garth Davis, M.D., author of *Proteinaholic: How Our Obsession With Meat Is Killing Us and What We Can Do About It*, notes, “Just 12 plants and five animals compose about 75 percent of the world’s food, and yet there are approximately 300,000 known edible plant species, only about 150 of which are used commonly around the world.”

There are so many plant-derived flavors and recipes yet to explore. Try a new plant-based recipe weekly. Let the kids select their favorite fruits and veggies to prepare. Enjoy reimagining old favorites like lasagna, enchiladas, chili and tacos. Simply swap out the meat in favor of beans, tofu, tempeh or faux meat products, which have become quite sophisticated in recent years.

Anti-Inflammatory Benefits

While acute inflammation is a protective bodily response to heal infections and repair tissues, metabolic inflammation—or metaflammation—refers to chronic, systemic inflammation. According to a 2020 study published in *The Journal of Allergy and Clinical Immunology*, metabolic inflammation is associated with increased risk of Type 2 diabetes, nonalcoholic fatty liver disease and cardiovascular disease.

Numerous studies have explored the inflammatory and anti-inflammatory effects of foods. According to a 2021 article in *Harvard Health Publishing*, the following foods cause inflammation: refined carbohydrates like white bread; fried foods like french fries; sodas and other sugary drinks; red meat; processed meat, including hot dogs, sausage and cold cuts; and margarine, shortening and lard. Conversely, the best anti-inflammatory foods are tomatoes; olive oil; leafy, green vegetables such as spinach, kale and collards; nuts like almonds, walnuts, pistachios and pecans; and

PLANT-BASED RESOURCES

Documentary Films championing plant-based diets

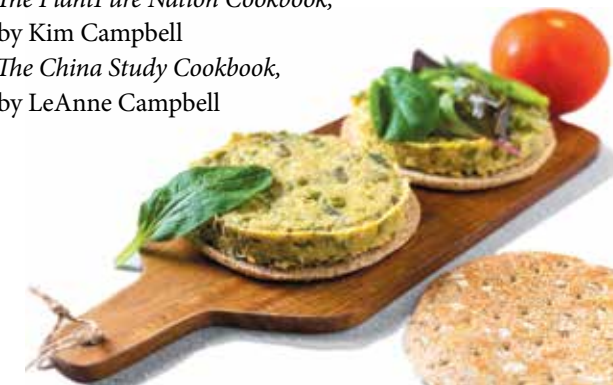
- *PlantPure Nation*
- *Eating You Alive*
- *Forks Over Knives*
- *What the Health*

Websites offering tips, recipes and advice for plant-prominent menus

- *HappyHerbivore.com*
- *NoraCooks.com*
- *ForksOverKnives.com*
- *CleanFoodDirtyGirl.com*

Cookbooks that make whole, plant-based foods shine

- *Oh She Glows Every Day*, by Angela Lindon
- *The Happy Herbivore Cookbook*, by Lindsay S. Nixon
- *The PlantPure Nation Cookbook*, by Kim Campbell
- *The China Study Cookbook*, by LeAnne Campbell



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fruit such as apples, strawberries, blueberries, cherries and oranges. Omega-3 fatty acid-rich fish like salmon, mackerel, tuna and sardines are also recommended for their anti-inflammatory properties.

Environmental Sustainability

According to the Food and Agriculture Organization of the United Nations, total greenhouse gas emissions from global livestock represents 14.5 percent of all greenhouse gas emissions worldwide. Cattle raised for both beef and milk are the animal species responsible for the most emissions, which include methane and represent about 65 percent of the livestock sector's emissions. Industrially produced meat is also a leading contributor of global deforestation and habitat loss as large swaths of the Amazon and other land masses are cleared for cattle ranching and to produce animal feed.

According to a new model developed by California scientists and published in the journal *PLOS Climate*, a global phase-out of animal agriculture and a shift to plant-based diets over the next 15 years would have the same effect as a 68 percent reduction of carbon dioxide emissions through the end of 2100, thereby boosting humanity's chances of avoiding the projected devastation of climate change. Such benefits would result from a decline in the methane and nitrous oxide emissions associated with industrialized meat production, coupled with a recovery of natural ecosystems as fewer forests and land masses are cleared for animal feed production.

Improved Mental and Emotional Health

Sarah Thomsen Ferreira, an integrative registered dietician and manager of clinical nutrition at the Cleveland Clinic Center for Functional Medicine (CCCFM), notes, "Certain foods and nutrients help your brain to make chemicals that can impact your mood, attention and focus, while other foods can zap your energy." The CCCFM recommends a diet that combines complex carbohydrates with lean proteins and colorful produce. While lean proteins may include white-fleshed fish and white-meat poultry, healthy, plant-based, lean proteins are also found in beans, peas, lentils and tofu.

Diet can support emotional well-being and perhaps even help ward off depression and anxiety. A 2017 clinical trial explored how a plant-based diet, daily exercise and mindfulness techniques would affect 500 adult men and women diagnosed with moderate to severe depression and anxiety. After 12 weeks, participants reported improvements in depression and anxiety, according to the study abstract published in the journal *Complementary Therapies in Clinical Practice*.

Eating a plant-based diet makes sense on many levels. Make the switch. 🌱

Kiki Powers is a health writer, blogger and national speaker specializing in plant-based nutrition and healthy green living. Learn more at RawKiki.com.



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5. Tongue-Tie & Abnormal Swallowing
6. Weak Chin, Double Chin
7. Sunken Mid-Face, Flat Cheekbones
8. Teeth Pulled & Spaces Closed For Braces.

Impaired Mouth Symptoms Short List:

1. Aches & Pains in Head, Jaws, Neck Shoulders & Back
2. Fatigue, Brain Fog, Lack of Motivation
3. Post-Nasal Drip & Frequent Colds & Flue
4. Teeth Grinding & Jaw Joint Troubles
5. Snoring, Sleep Apnea, CPAP Intolerance
6. Anxiety, Depression, Irritability/Hostility
7. "Empty Tank" From Adrenal Fatigue, PMS/ED
8. Food Cravings; Caffeine, Sugar, Chocolate, Energy Drinks

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HEALING WAYS

TREATING PAIN with Sound Waves

by Noah Chen



SoftWave technology used on a patient's shoulder and knee

Five years ago, Sarina Freedland felt that the treatment options for her severe arthritis in her hands and chronic pain were few and problematic. She could take cortisone injections, apply a cream or use painkillers.

Fortunately, a fully effective, long-lasting and noninvasive solution has existed for 40 years; it has only recently become more accessible to Americans. The treatment is done on a SoftWave device, an FDA-approved device that has demonstrated the ability to decrease joint pain, reduce inflammation, heal scar tissue and stimulate stem cell growth reliably and permanently.

Freedland was introduced to SoftWave by her chiropractor, Dr. Miriam Croft, owner of Hands On Wellness in Chamblee. Croft recommended the device for Freedland's arthritis symptoms.

"My pain was really bad," says Freedland. "I wasn't even really able to hold a pen." After a single session with the SoftWave device, Freedland felt a massive reduction in her pain. A few sessions later, she was writing with a pen again and feeling no discomfort.

How does SoftWave work?

"The process is called 'mechanotransduction,'" says Dr. Matt DiDuro, DC, who owns the Atlanta Pain Institute and who has North American distribution rights to the SoftWave device, which is made by the German company MTS Medical UG. Mechanotransduction is the ability of the body's cells to convert mechanical stimuli into specific intracellular changes. SoftWave provides mechanical stimuli in the form of sound waves.

"The sound waves that are coming every three to four microseconds are first compressing the cell and then expanding it by 10 percent," DiDuro explains. This creates a chain reaction in the body that involves down-regulating inflammation and stimulating stem cells, which is key to how the device reduces pain and begins healing.

The sessions themselves take anywhere from one to three minutes and typically happen once or twice a week for six weeks. The total treatment cycle costs vary from \$700 to \$1,300.

"I'll be honest; the treatments hurt," said Freedland, who described vivid sensations of pain while undergoing treatment. However, the pain was temporary and only lasted while the device targeted damaged cells, she says.

Pain as Diagnostic

The pain acts as a built-in diagnostic. If there is no pain in an area the SoftWave is scanning over, then it is not healing anything. The more pain one feels, the greater the injury. Because of this feature, practitioners often know within a minute if the device will be effective on any given patient.

Following her treatments, Freedland reports the pain is entirely gone. While she still feels her arthritis—her hands are still occasionally stiff—she is fully able to write and use her hands as



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Dr. Matt DiDuro

SoftWave has a bright future. Fourteen professional sports teams, including the Atlanta Braves, have purchased a SoftWave device.

she did before her arthritis began. Freedland does still get treated on the device, mostly for neck and shoulder tightness, every few months.

Croft has been using the SoftWave device primarily to resolve joint pain stemming from arthritis and chronic and acute injuries. Her success rate, corroborated by her colleague, Dr. April Kerr of Elevation Chiropractic & Wellness in Clayton, is around 90 percent. They also use the device to break up scar tissue, typically following surgeries and cesarean sections.

There's not a clear reason why the device doesn't work on some people, but DiDuro has theories. "For those patients who do not have pain when we map out

a chief area, the damage is either too far gone, they have severe nerve injury or they're on such strong pain medication they can't even feel when we scan over the bad areas."

The device has been around for more than 10 years and is the third generation of a device that has been used since the 50s. Still, it has only been catching on in America for the past four or five years—ever since DiDuro received the distribution rights.

Before he was a distributor for SoftWave, DiDuro was a chiropractor, but when wrist surgery in 2007 left him in chronic pain and unable to practice his craft, he stopped practicing. After he underwent treatment on the device, his pain evaporated, and he knew he had to pursue distribution rights.

DiDuro sees a bright future for SoftWave. Fourteen professional sports teams, including the Atlanta Braves, have purchased a SoftWave device. And 20 practitioners in the *Natural Awakenings* Atlanta distribution area now utilize the SoftWave.

It is also being used for a greater variety of ailments. Because it increases blood flow to target areas, it has been used to treat erectile dysfunction, even in cases where other treatments, including Viagra, failed. It was even used to treat some people suffering from histamine storms brought on by COVID-19 by down-regulating the inflammation caused by the histamines. Soon, says DiDuro, it might be used to repair spinal cords and fight Alzheimer's, which is caused by inflammation of the brain. 🧠

Noah Chen is an Atlanta writer and journalist who writes for a wide variety of large companies and publications.

RESOURCES:

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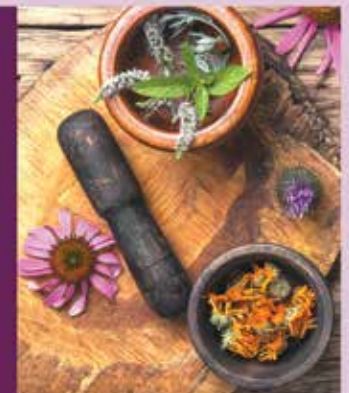
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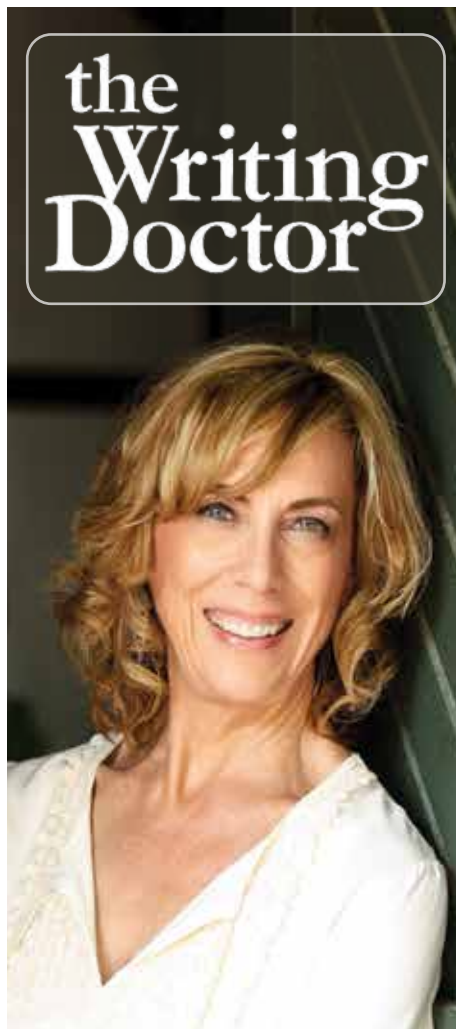


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HEALTHY KIDS



SWEET LULLABY

BETTER SLEEP FOR CHILDREN

by Marlaina Donato and Kirby Baldwin

Sleep is essential for both survival and the ability to thrive, yet as children's schedules get busier and they spend more time in front of screens, their average sleep time often decreases. While the American Academy of Pediatrics recommends that kids between the ages of 6 and 12 get nine to 12 hours of sleep per night for optimal health, they're regularly getting less, and about 15 to 25 percent of youngsters and adolescents have trouble falling and staying asleep.

In a recent study published in *The Lancet*, researchers at the University of Maryland School of Medicine found that children that get less than nine hours of sleep per night have notable differences in areas of the brain that influence memory, intelligence and well-being compared to those that slept more than nine hours. According to researchers, such insufficiencies in early adolescence can lead to long-lasting neurocognitive consequences.

Why Kids Aren't Sleeping

Anna Esparham, M.D., FAAP, an integrative medical expert with the American Academy of Pediatrics, recommends that parents look for clues as to why their children can't sleep, including stress, increased screen time and less physical activity. However, there may be other underlying issues.

A lesser-known culprit that may contribute to a child's compromised sleep is impaired mouth syndrome (IMS), coined by dentist Felix Liao, a certified airway-centered mouth doctor and past-president of the International Academy of Biological Dentistry and Medicine. "Most people, including many dentists, don't realize the influence that the mouth has on the body," he says. "The mouth is the portal to the inside. With impaired mouth syndrome, the child can still chew, smile and talk, but the body's health can be compromised."

While birth trauma, concussion and viruses can precipitate mouth breathing, and chronic allergies often exacerbate matters, immature swallowing can set off a cascade of problems. The mouth is a critical infrastructure for proper breathing, circulation, digestion, energy and sleep. IMS occurs when jaw development is insufficient, thereby giving rise to numerous difficulties, such as a narrower airway, which can cause hypoxia, or low levels of oxygen. Liao notes that poor sleep quality can also lead to learning and behavioral problems.

"Breastfeeding stimulates bone growth and jaw development through the tongue's instinctive action and ideally enables a child to have a mature swallow by age 2," says Atlanta-based Amy Dayries-Ling, DMD, FAIHM, a national spokesperson for the American Dental Association. In her book, *Solve Your Sleep: Get to the Core of Your Snore for Better*

Health, Dayries-Ling connects the dots between the vital role of the tongue during breastfeeding, balanced stimulation from the vagus nerve and beneficial spaces between milk teeth for a well-developed dental arch.

Correcting Structural Problems

From a holistic perspective, improperly working muscles of the tongue, throat and face or a compromised jawbone can foster a predisposition to a number of seemingly unrelated conditions, including dental problems, teeth grinding, asthma, bedwetting, attention-deficit hyperactivity disorder, poor growth, swollen tonsils and pediatric obstructive sleep apnea. Dayries-Ling recommends that parents seek out a myofunctional therapist that can help re-train muscles and free up the airway. Building an integrative team is vital, including a dentist trained to address structural issues.

Zahra Punjani, an International Academy of Oral Medicine & Toxicology-certified integrative dentist and owner of Bloom Holistic Dentistry in Dunwoody, approaches issues of teeth grinding, swollen gums or poor sleep by first exploring why the issues are happening. "That always leads to looking at the airway and the muscle position and the function of the tongue."

She likes to start pediatric patients with a sleep questionnaire. "It brings up a lot of things that one might not think about discussing with their dentist. It gives us a good snapshot if there are sleep or breathing issues."

Then her team looks at alignment issues. "We dig deeper in our overall assessments to see what are the root causes of the maloc-

clusion." Once a thorough assessment is performed, Punjani's team takes an interdisciplinary approach with the pediatrician, ENT or myofunctional therapist who can help patients strengthen muscle function and teach the tongue to function normally to avoid relapse.

Shannon Thorsteinson, DMD, owner and CEO of WellSpring Dental in Atlanta, says the most important thing when it comes to IMF is to evaluate symptoms. "We like to say sleep should be 'dry'—no drooling, sweating or bedwetting—'quiet'—no snoring or heavy breathing—and 'still'—no restless sleep or messy sheets. Even things like crooked teeth are actually just a symptom of structural or functional concerns that might need to be addressed," she says.

"We recommend a three-pronged approach where we create space for the tongue and teeth by developing the jaws, reinforce healthy habits for the muscles of the mouth and face and release tethered oral tissues if appropriate."

Life seems to be a much brighter place after a good night's sleep, and kids are our future. Digging deeper for their optimum, long-term well-being is a vital investment. **✂**

Marlaina Donato is an author, painter and host of multimedia art exhibits intended for healing the community. Connect at WildflowerLady.com.

Kirby Baldwin is an editor and writer for KnowEwell, the Regenerative Whole Health Hub and parent company of Natural Awakenings Publishing Corp.

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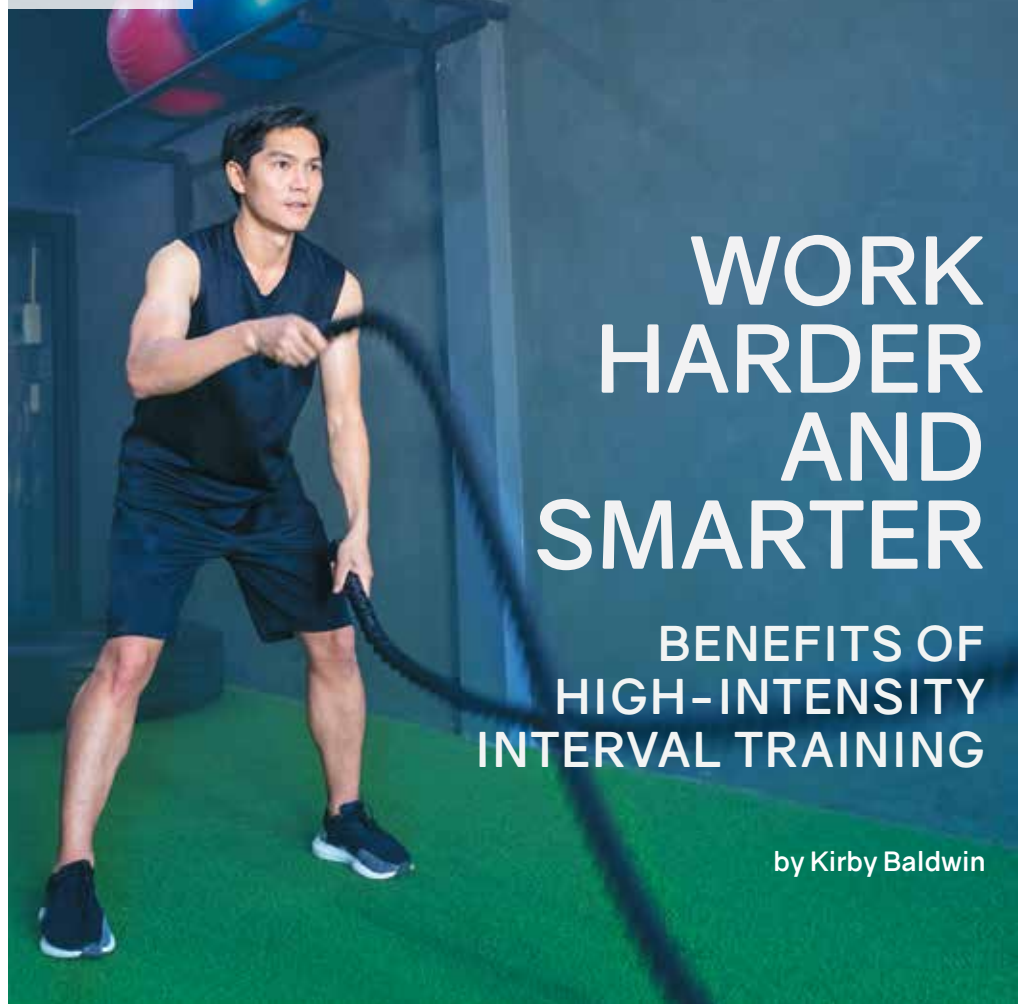
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FIT BODY



WORK HARDER AND SMARTER

BENEFITS OF HIGH-INTENSITY INTERVAL TRAINING

by Kirby Baldwin

High-intensity interval training (HIIT) workouts may sound like a trendy buzzword reserved only for experienced athletes, but this versatile, short-form exercise is safe and effective for just about everybody, including beginners, as long as it is done properly. According to Bogdan Goia, fitness expert and founder of Far Hills Fitness, in New Jersey, "HIIT training can benefit almost any age demographic, from teenagers to clients in their 70s and 80s."

"In a recent study, even menopausal women diagnosed with osteoporosis successfully completed 13 months of high-impact HIIT with a very high adherence rate, with no injuries and high satisfaction ratings," shares Debra Atkinson, a medical exercise specialist, certified strength and conditioning coach, and founder of Flipping 50.

Basic Principles of HIIT

A HIIT workout consists of a series of short bursts of intense activity interspersed with periods of rest or low-intensity movement called "active recovery." A session is deemed to be high intensity when it is at or near peak effort, which translates to an eight or nine out of 10 on the exercise intensity scale, or 80 to 95 percent of an individual's maximum heart rate. Such exertion is characterized by heavy sweating and an inability to say more than a few words without gasping for breath.

While HIIT workouts provide many of the same benefits as traditional, "steady state" exercise training, where the required amount of effort remains relatively consistent, HIIT sessions are typically shorter in duration, ranging anywhere from 10 to 30 minutes. HIIT is the perfect solution for busy people that are short on time or those hesitant to commit to longer exercise routines.

The exercise format is easily adaptable to most types of physical activities, such as running, weightlifting, swimming or biking, as long as a high level of intensity can be maintained. Adding to the convenience factor, HIIT does not require a gym membership or access to specialized equipment.

Benefits of a HIIT Workout Regimen

HIIT workouts have been the subject of numerous studies and have been shown to help with fat loss, improved metabolism and muscle gain. One study found that participants burned 25 to 30 percent more calories during a HIIT workout than in other forms of exercise. Because HIIT boosts metabolism, calorie burn has also been shown to last beyond the workout.

Researchers have discovered other health benefits, from reducing blood sugar levels, resting heart rate and blood pressure, to balancing hormones, slowing the rate of cellular aging and even increasing longevity.

The practice also reduces the wear and tear that chronic cardio can inflict on the body. While federal guidelines currently recommend 150 to 300 minutes per week of moderate exercise, only 75 minutes per week are recommended when the exercise is vigorous.

How to Get Started

For those looking to improve aerobic fitness, intervals typically involve a one-to-one or one-to-two work-to-rest ratio. For example, in a one-to-one cardio workout, the person would exercise strenuously for 30 seconds and rest for 30 seconds.

If the goal is to gain strength, longer rest intervals are needed, with at least a one-to-five work-to-rest ratio. A person might exercise for 30 seconds, followed by 150 seconds of rest, for example, allowing their targeted muscles to recover and heart rate to drop before the next exertion.

HIIT should not be performed daily or when energy levels are low, to avoid injury and give the body enough time between workouts to rest and repair. Atkinson cautions, "Injury rates increase considerably doing more than 50 minutes per week of HIIT, due to the additional stress and need

for recovery between. The good news is, there's no need to do more. Short sessions actually get the best results."

According to Goia, "I believe the key is to have a fitness professional select the exercise, monitor form and function, adjust work-to-rest ratios and monitor heart rate variability. HIIT workouts give my clients a 60-minute workout in 30 minutes and, if done correctly, will greatly increase the vitality, longevity and strength of any client."

Jump Right In

For a flexible, efficient path to fitness, HIIT checks all the boxes. By starting small and slowly working up to a high level of intensity, a whole host of fitness gains and health benefits are possible without sacrificing time. 🏋️

Kirby Baldwin is an editor and writer for KnoWEwell, the Regenerative Whole Health Hub and parent company of Natural Awakenings Publishing Corp.

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Weak Gluteus Muscles Link to Poor Pelvic Health

by Leslie Howard

EDITOR'S NOTE: This article was first published in April 2018 and is the single, most-read yoga article on our website. It is an excerpt from Leslie Howard's book, *Pelvic Liberation*. It has been edited for length.

Vertical structures like skyscrapers need to move; they need to be flexible to withstand high winds. Why exactly is that, I asked an architect friend. She explained that in a well-designed, stable structure, the different parts work together to balance out the pressure, whereas in a rigid structure a few elements bear all the stress, eventually weakening those elements.

The same principle applies to another vertical structure, our body. Ideally, our bodies are stable and flexible, but when the various parts and elements of our bodies are not optimally aligned, it shuts down some muscles and forces others to pick up the slack . . .

Good engineering and asana have a lot in common. In architecture, we check blueprints and do stress tests on the material. In yoga, we look at our anatomy and try to figure out how to best strengthen our muscles . . . Remember, a tight muscle is not a strong muscle. This is an important distinction. We want to engage our glutes when needed but not clench our butts just for the heck of it.

... There are three buttock muscles: gluteus maximus, gluteus medius, and gluteus minimus . . . one of their main functions is to stabilize your sacrum. They also balance and work against the pelvic floor. Two of the pelvic floor muscles attach to the anterior (front) side of the sacrum and pull it forward. Your buttocks muscles attach to the posterior side of the sacrum and make sure that the pelvic floor muscles don't pull the sacrum into too much of a posterior or tucked position.

However, they won't be able to do that . . . if your glutes have forgotten their job. The situation is no better if you are a perpetual butt clencher. In that instance, it may seem like the glutes are doing their job, but in reality, they are failing to balance the pull of the pelvic floor muscles and may even exacerbate pelvic floor tightness.

The gluteus muscles (commonly known as the butt) counterbalance the pelvic floor. If the pelvic floor muscles are short and weak, the gluteus muscles tend to be short and weak. If the glutes are overdeveloped, they can pull the sacrum too far back.

Of the three butt muscles, the gluteus maximus, the largest and outermost one, gets the most hype. The maximus is responsible for hip extension (think the back leg when walking) and helps take the thighbone into external rotation.

Then there is the gluteus medius; its main function is to stabilize the femur bone in the socket, particularly when we are weight bearing (think of poses like tree pose, *vrksasana*). The medius prevents us from falling over when we are walking. Finally, the gluteus minimus helps turn the femur inward and assists in flexion of the hip (think walking up stairs).

Let's look at mountain pose, *tadasana*. Bring your weight over the heels, so that the "eyeball" of the perineum is looking down and toward your heels. The quads should engage but not overgrip. The butt should have tone, but should not look and feel shrink-wrapped. The pelvis and lumbar spine should be in neutral, no tucking or untucking.

Place your hands on your glutes and see what happens when you begin to tuck your butt in this pose. If you tilt too much posteriorly (tail under), the butt shuts down and the hamstrings have to take over. This is how many of us live, in a permanent tuck. We tuck when sitting, we tuck when standing, and many of us have even managed to refine the art of tucking while walking.

... When we step forward (before the foot reaches the floor), our back leg buttock should be actively stabilizing us. When the front foot then hits the ground, our back leg buttock should fire to give us a push forward . . . Most people throw their front leg forward so that it is forced to catch the weight of the body, and then pull the hind leg after. This puts a lot of undue pressure on our hip sockets . . .

Many of us have short hip extensors (what we call the "groin area" in yoga) from too much sitting, and we have weak glutes, which are no longer pushing us forward. In a healthy body, the pelvic floor muscles and the gluteus maximus move synergistically in opposite directions when walking. The pelvic floor lifts up as we take a step, and the gluteus maximus engages to extend the leg backward.

It is important that we maintain this synergy and practice engaging the buttocks in poses like goddess and chair pose, *utkatasana*.

Continued on page 36.

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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. Liff Dunwoody, 1705 Mt Vernon Rd, Ste E, Dunwoody. LiffYogaStudio.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. LiffYogaStudio.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.

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Natural Remedies for Pets

SEVEN NON-TOXIC TREATMENTS FOR COMMON AILMENTS


by Karen Shaw Becker




Natural remedies and healing therapies are not just for humans, they also help pets overcome illness and maintain optimal health. Used properly, plants, herbs, essential oils and other natural, non-toxic substances can complement and often replace drugs and other chemical agents. Here are seven healthful solutions.




COCONUT OIL is a source of medium-chain triglycerides, which benefit cognitive function. It is also rich in lauric acid, a powerful antimicrobial agent for yeast infections, allergies and skin conditions (when used topically). Feed dogs and cats one-quarter teaspoon of 100 percent organic, cold-pressed, human-grade coconut oil for every 10 pounds of the pet's body weight twice daily.



MANUKA HONEY is an all-natural, effective remedy. Clinical trials have shown that it can eradicate hundreds of strains of bacteria, including certain antibiotic-resistant varieties. A Unique Manuka Factor rating of 10 or higher is recommended for medicinal use. Manuka honey can be used to manage resistant ear and skin infections, as well as large, superficial wounds that cannot be closed surgically. Given orally, manuka honey is effective at addressing *H. pylori*, the bacteria that contributes to gastrointestinal irritation, small intestinal bacterial overgrowth and excessive *E. coli* blooms in animals with dysbiosis.




ALOE VERA has multiple applications. To reduce a dog's discomfort from skin irritations, cuts or wounds, clean the affected area and apply the raw, inner gel of the plant to provide a soothing effect. For constipation, a small amount of whole leaf aloe vera juice, a natural laxative, can be added to a dog's food. Inner leaf aloe juice, which doesn't contain the skin, helps heal gastric ulcers, colitis and leaky gut.




LAVENDER OIL is used in aromatherapy to help calm nervous or anxious animals. For a dog with noise phobia, place a few drops on their collar or bedding before a stressor occurs, if possible, or diffuse


the oil around the house for a calming effect. Lavender oil can also be beneficial for treating hot spots. Add a few drops to manuka honey or coconut oil and apply after disinfecting the wound twice daily.



OREGANO OIL contains potent antibacterial and anti-parasitic properties. It can be used to calm itchy skin, soothe irritated gums and assist in balancing a dog's gut flora. It is also a beneficial herb for dogs with kennel cough or recurrent infections. Oregano oil should always be diluted before using it in or on pets.



GINGER is a widely used, non-toxic, non-irritating remedy for soothing tummy troubles. It can be given orally or used in oil form by adding a few drops to a carrier oil, such as coconut or olive oil, and massaging the mixture into the skin on the pet's belly. Alternatively, add small amounts of freshly grated ginger or the dry herb to a tasty meatball or other yummy treat. Use no more than one-sixteenth teaspoon for kitties, one-eighth teaspoon for small dogs under 10 pounds, one-quarter teaspoon for medium-sized dogs, one-half teaspoon for large dogs and three-quarter to one teaspoon for giant breeds. Give the ginger one to three times a day, as needed.



CHAMOMILE is an effective calming agent that has analgesic and anti-spasmodic properties and is beneficial in soothing the central nervous system. Use a cool chamomile tea bag against a wound, irritation or bug bite on the dog's or cat's skin to provide a soothing effect. Something else to consider is a soothing chamomile after-bath rinse. Add five chamomile tea bags to two quarts of very hot water and steep until the water is cool for up to three hours to allow the maximum amount of polyphenols to release into the water. Remove the tea bags and pour the rinse over a freshly bathed pet from the neck down. Massage into the skin and do not rinse.

Veterinarian Dr. Karen Shaw Becker has spent her career empowering animal guardians to make knowledgeable decisions to extend the life and well-being of their pets. To learn more, visit DrKarenBecker.com.

Tammy Billups on Soul Healing with our Animal Companions

by Paul Chen and Diane Eaton

Tammy Billups of Woodstock, Georgia, is an energy healer, author and pioneer in animal-human relationships. She is the creator of Tandem Healings, an energy healing modality that helps humans and their animals release emotional, energetic and physical issues—often ones that they have in common. Billups just released her third book on the subject, *Animal Wayshowers: The Lightworkers Ushering in 5D Consciousness*, which prompted us to catch up with her to chat about all that she's learned about animal-human relationships. Her two previous books have won awards, resulting in dozens of appearances on podcasts and radio and TV shows.

As an energy healer, you mostly worked on people when you started out. How did you start working on animals?

When I was in the middle of my four-year training [working on people], I started to wonder how this would work on animals because I'd always allow animals to get all up in my heart. I started working on some of my friends' animals, and it was amazing. In fact, it worked faster, and [sessions] were more productive. And I found that when I tuned into the animal's energy field, I saw patterns of protection around certain emotional wounds, and if I tuned into their person for just a nanosecond, I would see the same pattern of protection in that person. Every single time. And that fascinated me. So I wondered, what if we start healing together? What if we came [to the planet] together to heal the same wounds? Before, I worked with people. Now I'm working with people through their animals.

Do you have to work on the same issue in both of them for it to work?

That's my intention. When I did case studies, I told them up front that the energy would go to the contracts for how your souls came together to heal. Because I would work on the animals, and they would get so much better, but if their person wasn't working on their corresponding issue, then the animal would sometimes revert because the energy would still be alive. So I started working on them in tandem. So, to answer your question, in every instance, the energy is designed to go to whatever it is—betrayal, abandonment, invasiveness, terror—that you came in together to work on.



What are the three most common issues people have with the pets they bring to you?

The first one is a reactor animal, one that's negatively reacting to other people or animals. That's a very frustrating situation, and they're trying anything to get it fixed. The second is an animal with an inappropriate behavior, such as some type of inappropriate urination issue. And the third [is about] helping [the animal] heal something physically, especially in the last years of its life. Or maybe there's some type of physical ailment, and maybe the doctors haven't identified what it is, and they're looking to help their animal heal and feel better.

Is there one issue you have more success with than others?

I'm more successful treating these things when the people are ready to take the journey with their animal and release their fears about whatever is going on.

Messages from
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Prepare all those who know not yet that I have returned.

My need is great for those who see the promise and the dangers of the time.

I trust you, my brothers and sisters, to work for me in this way, to lift from the world the peril of war, to relieve the hunger of many, and to restore the well-being to the world.

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Are there any issues people have that aren't particularly conducive to energy healing?

No. Because we're all energetic beings first. Especially with animals, the energy sessions help them move forward in their highest and best—whatever their path is.

Have any situations surprised you?

There are all kinds of weird scenarios that happen with our animals that we think are just about them—but it's never just about them. When [one of my clients] started to leave the house, her dog would lie on the ground, not able to move, not able to walk or use her legs. [The woman] dropped everything and took it to the vet, and the vet said, "I don't see anything." Back home from the vet, the dog would be running again. So after about the third time, she started connecting the dots. [The dog only behaved that way when she was] ready to walk out the door to find a new apartment and move forward with a divorce.

Animals will do things like this for us. This was years ago, and the couple is still together today. They now attribute saving their marriage to their dog because they decided to work things through. All kinds of weird scenarios like that happen with your animals. They're always relaying some sort of message for us.

Can you share one of the stories from Animal Wayshowers about how an animal helped their human evolve?

There are so many transformational stories that I could draw from, but I'll tell you about Elaine and her horse, Maverick.

Elaine was born into a household where she was the quiet little child that nobody had time for. Her parents got divorced when she was two. Both of her parents went into relationships again pretty quickly, but her

father's new partner became the mother figure [but then] died when Elaine was eight. Elaine had to spend more time with her mum, who put her in the care of someone who sexually abused her.

But the saving grace was all of her childhood was about horses. She read every book, insisted on riding lessons; she was obsessed with horses. When she was 13, her father [took her to an auction], and that first meeting was really tell-tale of two souls reuniting. Maverick had always been left in a field by himself, so there was a mirroring background component where neither one was really wanted. And as soon as they saw each other, Maverick walked up to her and sniffed her, and then he started running around her like a peacock, showing off his feathers.

When he came back to her, he leaned in and just gave her a big slurp. It was the first time in her life that she felt like somebody looked at her and said, "I see you. I love you. You matter."

And she had a lot of anger from her past that came out as a teenager. Sometimes she would redirect it onto Maverick, and he would just lean into it. He had this ability to hold a transformational healing presence—no matter what emotion she had flying out of her, he would lean in like, "It's okay, Grasshopper." Maverick and Elaine went on to serve many hundreds of people. They helped many, many children experience this beautiful gift that horses can bring.

Clients often ask for your help when their animals are transitioning. How do you help during those most difficult times?



When you start working with animals, you quickly realize you're going to be dealing with death a lot. I look at it as a gift I can give of holding sacred space for people and their animals so they can see the gifts and beauty in this experience. [This way] they can have less fear around the impending passing of their animal and then hold space in tribute and gratitude to this animal for all that they have done for their person.

So to me, it's about coaching them, being there for them, helping the animals release what they need to so they can tran-

sition more easily. The soul leaves through the top of the head, the crown chakra. And when we're able to kind of clean up the cords we have with the people we're leaving and clear any emotional wounding or anything we're carrying for anyone else—and animals carry a lot for their people—that will help them to transition more easily.

Is there anything else you want to share from your

experiences working with animals?

I think one of the bigger messages from the animal kingdom—and especially domesticated animals and those you share your lives and heart and home with—is for you to look in the mirror and see what they see: a divine, beautiful, blessed person. The way they look at you, knowing the true you and loving all parts of you, they want you to do that for yourself. And that is one of the gifts and ways that you can honor your animal companions. 🐾

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