The Power That Made the Body, HEALS THE BODY

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• Hands-on, full spine and upper cervical
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SAVE THE DATE
Open House: Jan 6 • 10-12am
WORKSHOPS:
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Dr. Haig is AMAZING!!
I started going to him because I am pregnant with twins and I was experiencing some severe SI joint pain. It hurt to sit and bend over. He is incredibly knowledgeable and specializes in pregnancy chiropractic. The day after my first visit with him I felt 100% better. And I have continued to see him weekly which has made for a perfectly smooth pregnancy thus far. I highly recommend ALL pregnant women (or anyone really) go see Dr. Haig!  ~ J. Howard

Dr. Haig is a truly gifted chiropractor!!
I wouldn’t go anywhere else, and I live 3 hours away!!!  ~ L. Ellis

Read more of our reviews on google.

Dr. Haig has been serving Chiropractic at its purest over 13 years in Brevard County.
Be part of the movement of Natural Health, from Above, Down and Inside Out.

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Your Family CHIROPRACTOR

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www.aquariandreams.com
“People everywhere are thinking about their New Year’s resolutions.” I heard this phrase from a television host and thought, “oh, good idea.” I don’t typically make New Year’s resolutions. Over the years, I’ve been so busy raising kids, working and managing the holidays that making resolutions got pushed aside. However, this year I’m feeling motivated to set a few goals. I am taking advantage of the new year’s organizational energy to make some upgrades to my home. And due to the support of some amazing natural health practitioners, I know I need to “remodel” my health by making some changes to my exercise routine.

To help you make and keep resolutions for your health, this edition is our very special annual Natural Living Directory. We’ve designed it to be your natural phone book; keep it year-round to easily access our community’s best natural living resources.

With the birth of a New Year and a metaphorical new start, Natural Awakenings has a new look. As you page through its contents, you may notice the subtle yet strategically thought-out upgrades in appearance. Also, this month, we launch our new mobile-friendly website allowing you to access resources, informative articles, and events in our community from any device.

Since 2001, it has been our privilege to keep you informed with the latest in natural news. As I look back I can see that Natural Awakenings has grown to become the community’s multimedia resource for healthy living and a healthy planet. So, thank you to our readers and advertisers, as your support has made that growth possible. We are grateful to play a role in helping you make connections to help you achieve your health goals and we look forward to making even more connections in the year to come. The practitioners and businesses you’ll find in this directory are ready to support you in your resolutions for a healthier you – be sure to call on them.

Here’s to healthy New Year’s resolutions that last a lifetime!

Kris Urquhart, Publisher

FACEBOOK: Find us at Facebook.com/NASpaceTreasure
PINTEREST: Pinterest.com/NatAwake
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Online exclusives at www.my-NA.com

Never Glossy. Always Green.
Natural Awakenings practices environmental sustainability by using newsprint on uncoated stock. This choice avoids the toxic chemicals and high energy costs of producing shiny, coated paper that is hard to recycle. For more information visit My-NA.com.
Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

Contents

6  NATURAL LIVING DIRECTORY
   Your Natural Phone Book

22  WELLNESS PROFILES
   Resources for a Healthy You

36  EXPECT A MIRACLE
   Five Ways to Manifest Our Desires

38  DIAL DOWN STRESS
   How to Stay Calm and Cool

42  UNDERSTANDING NUTRACEUTICALS
   How They Differ from Health Store Supplements

44  KICK THE PLASTIC HABIT
   Choose Earth-Friendly Alternatives

46  HEALTHY WEIGHT KIDS
   Food Choices that Prevent Obesity

48  DON'T OVERFEED FIDO
   Plus Other Tips to Keep a Dog Cancer-Free

50  10,000 STEPS AND COUNTING
   Keep Moving to Stay Fit

ADVERTISING & SUBMISSIONS

HOW TO ADVERTISE
To advertise with Natural Awakenings or request a media kit, please contact us at MyNaturalAwakenings.com, email Kris@mynaturalawakenings.com or call 321-426-0080. Deadline for ads: the 10th of the month.

EDITORIAL SUBMISSIONS
Email articles, news items and ideas to: Kris@mynaturalawakenings.com. Deadline for editorial: the 5th of the month.

CALENDAR SUBMISSIONS
All calendar events must be submitted online at: MyNaturalAwakenings.com. E-mail calendar questions to: Laurie@mynaturalawakenings.com Deadline for Calendar: the 10th of the month.

REGIONAL MARKETS
Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

MyNaturalAwakenings.com
Throughout the year Natural Awakenings strives to bring you the latest information and resources available for natural health, nutrition, personal growth, green living, fitness and creative expression.

We are pleased to offer this special edition, including local Wellness Profiles, the Natural Living Glossary, and our extensive Space and Treasure Coast Natural Living Directory to support you in leading a healthy, happy and balanced lifestyle.

**ACUPUNCTURE**

**ACUPUNCTURE AND NATURAL HEALING CENTER**
Barbara Thurman, AP, CCT
Ronald Mullen, AP, DOM
Marla Williams, CCT
Stuart, 772-781-5353
PointOfHealth.com

Serving the Treasure Coast since 1996, our Doctors of Oriental Medicine have over 40 years of combined experience. Our practice incorporates Traditional and Modern Oriental Medicine, along with the latest advances in complementary care. We offer the highest quality herbs, supplements, and Digital Infrared Thermal Imaging (Thermography), along with traditional methods such as Cupping, Moxa, and Essential Oil treatments. Nationally certified, we have served on the Florida Board of Acupuncture (8 Years) and been honored as Florida’s Acupuncturist of the Year. See ad, page 45.

**AGELESS NATURAL MEDICINE**
3270 Suntree Blvd, Ste 103A
Melbourne, 321-757-4047
DrJeanneMaguire.com

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**MARCELA BOWIE, D.O.M., AP**
325 5th Ave, Ste 205
Indialantic, 321-961-8243
NoWorriesNaturalMedicine.com

Dr. Bowie uses acupuncture, herbal medicine, injection therapy, cupping, and tuina to treat many conditions ranging from asthma, headaches, pain and neurological and GYN disorders. See ad, page 32.

**ANNA COLLINGS, A.P., D.O.M.**
150 Fortenberry Rd, Ste B
Merritt Island, 321-289-1560
Phase9Align.com

Aiding the body and mind’s natural healing with Traditional Chinese Medicine including Acupuncture, herbs, healing foods, Qigong Meditation, and Craniosacral Therapy.
Natural Living Directory Index

Acupuncture 6  Massage Therapy 17
Advertising/Marketing 7  Maya Abdominal Therapy 17
Alternative Healing 7  Medical Marijuana 17
Ancestral Healing 8  Mental Health Services 17
Anti-Aging 8  Metaphysical Store 17
Apothecary 9  Myofascial Release 18
Bodywork 9  Nutrition 18
Breast Screening 9  Pain Management 18
Catering/Private Chefs 9  Past Life Regression 18
CBD Hemp Products 9  Personal Care Products 18
Children's Health 9  Pest Control: Natural 18
Chiropractic 9  Pet Supplies: Natural 18
Coaching 11  Pharmacy 19
Coaching: Intuitive Health 12  Physical Vascular Therapy 19
Colon Hydrotherapy 12  Pilates 19
Counseling 12  Primary Care Practitioner 19
CranioSacral Therapy 13  Qigong 19
Dentistry 13  Reiki 19
Energy Healing 13  Salt Therapy 20
Farmer's Market 13  Skin & Body Care 20
Gardening-Organic 13  Solar Energy 20
Hair Salon 13  Spirituality 20
Health Food 13  Stress Management 20
Herbs & Supplements 14  Tai Chi 20
Holistic Health 14  Thermography 21
Hypnotherapy 15  Travel Services 21
Integrative Medicine 16  Veterinarian 21
Intuitive Readings 16  Wellness Center 21
Local Farms 17  Women's Health 21
Lymphatic Drainage Therapy 17  Yoga 21
ACUPRESSURE: Based on ancient Japanese and Chinese medicine, acupressure uses fingers and hands to restore the balance of vital energy flow in the body (qi or chi). The qi or chi moves through the 12 meridians or energy paths of the body, and it is these meridians that the professionals unlock and strengthen.

ACUPUNCTURE: An ancient Oriental technique that stimulates the body’s ability to sustain and balance itself, based on the theory that an electromagnetic life-force (qi or chi, pronounced “chee”) is channeled in a continuous flow throughout the body via a network of meridians. Disease is understood as an imbalance in the meridian system.

ALTERNATIVE PEDIATRICS: Treats the management of health problems in children, from an integral point of view. Focuses not only the disease, but also the psychic, emotional and environmental factors that favor the development of diseases. Its’ management includes the use of natural herbs and supplements that can help restore health, as well as natural methods that strengthen the recovery of the patient.

AYURVEDA: One of the world’s oldest holistic (“whole-body”) healing systems. It was developed more than 3,000 years ago in India and is based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Ayurvedic prescriptions might include purification procedures for the restoration of biological rhythms; expanded consciousness through meditation; nutritional counseling; stress reduction; enhancing neuromuscular conditions; and lifestyle modifications.
Biofeedback: A relaxation technique that monitors internal body states and is used especially for stress-related conditions such as asthma, migraines, insomnia, and high blood pressure. During biofeedback, patients monitor minute metabolic changes (e.g., temperature, heart rate and muscle tension), with the aid of sensitive machines. By consciously thinking, visualizing, moving, and relaxing, they learn which activities produce desirable changes in the internal processes being monitored.

Bio-Identical Hormone Replacement: The treatment of the symptoms of menopause (and its male equivalent, andropause) using hormones that have the same chemical structure as those naturally produced by the body. Many compounding pharmacies have staff trained in Bio-Identical Hormone Replacement Therapy (BHRT), which is thought by its proponents to have fewer risks and side effects than traditional methods of hormone replacement.

Bodywork: Massage and the physical practices of yoga are perhaps the best-known types of bodywork; both have proven successful in relieving tension and stress, promoting blood flow, loosening stiff muscles and stimulating the organs. Massage therapies encompass countless techniques, including Swedish massage, Shiatsu and Rolfing. Other types of bodywork include martial arts practices like Aikido and Tai Chi. Some others are the Alexander Technique, Aston-Patterning, Bowen, Breema Bodywork, Feldenkrais Method, Hellerwork, Polarity Therapy, Rosen method, Rubenfeld Synergy and Trager.

Chelation Therapy: A painless, nonsurgical medical procedure intended to improve metabolic and circulatory function by removing undesirable heavy metals such as lead, mercury, cadmium, and copper. This treatment is performed by specially trained practitioners who use the Chelation Therapy Protocol.

Bodywork: Marcel Perlongo, LMT
Melbourne / Palm Bay Area
734-564-8062
RehabOrRelax.com
With 16 years of experience, Maria uses several different therapies to help clients live better quality lives physically and emotionally. Helping to be pain-free, more flexible, and stress-free.

Wellness from Within
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Vero Beach, 772-999-5190
WellnessFromWithinCenter.com
Offering: Chinese herbal formulas, Nutritional supplements, Homeopathic preparations, Custom flower remedies, Salt baths, Essential oils, Crystals, Cleansing supplies, Salt and Selenite lamps and more! See ad, page 34.

Breast Screening
The first and finest Thermography Center on the Treasure Coast, since 2001! We offer the area’s most affordable screening packages which include all reports, images, and optional flash drive for your own digital record. We have the latest and best equipment and trained Certified Clinical Thermographers. Thermography is safe, painless, and radiation free. Remember early detection saves lives. Thermal breast screening offers a new way of managing breast health by offering insight into ways of staying healthy and not just detecting disease or dysfunction. See ad, page 45.

Chiropractic: Absolutely Divine Wellness
5445 Village Dr, Ste 108
Viera, 321-482-0345
AbsolutelyDivineWellness.com
Dr. Michelle Munnich is certified in Diversified, Applied Kinesiology, Activator, SOT, Extremity, and Cranial adjusting. Take control of your health and protect your balance and posture.
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WellWithinUs.com
Offering gentle chiropractic services including Kinesiology, Activator, Craniosacral, Trigger Point and Soft Tissue Release techniques. Auto accident cases, family preventative care, and self-pay discounts offered. See ad, page 54.

DEVIN PERDUE, D.C.
429 Fifth Ave
Indialantic, 321-733-4434
Facebook.com/tolchiro
Offering superb, precise care for the entire family. Atlas Orthogonal, Thompson, Activator Methods, Gonstead and more. Experience what it’s like to live life at its best!

CHINESE MEDICINE: Traditional Chinese Medicine (TCM) is one of the world’s oldest and most complete systems of holistic health care. It combines the use of medicinal herbs, acupuncture, food therapy, massage and therapeutic exercise, along with the recognition that wellness in mind, body and emotions depends on the harmonious flow of life-force energy (qi or chi, pronounced “chee”).

CHIROPRACTIC: Based on the premise that proper structural alignment permits free flow of nerve activity in the body. When spinal vertebrae are out of alignment, they put pressure on the spinal cord and the nerves radiating from it, potentially leading to diminished function and illness. Physical trauma, poor posture and stress can cause misalignment. The chiropractor seeks to analyze and correct these misalignments through spinal manipulation or adjustment.

From the body. A series of intravenous injections of the synthetic amino acid EDTA are administered, usually in an osteopathic or medical doctor’s office. The EDTA are thought to block excess free radical production, protecting tissues and organs from further damage. Over time, proponents say, injections may halt the progress of the underlying condition that triggers the development of various degenerative conditions such as diabetes, arthritis, Parkinson’s and Alzheimer’s diseases, and cancer.
Coaching / Life Coaching: Coaching or personalized and confidential coaching covers the gap between what you are now and what you want to be. Coaching is a technique of development or personal growth that through simple exercises makes you, among other things, face your fears, feelings of pain, depression, loneliness, heaviness, resentments, frustrations and learn to have confidence in yourself and in others. It helps you to enjoy the joy, vitality, curiosity, determination, motivation and passion for living.

Colon Therapy: An internal bath that washes away old toxic waste accumulated along the walls of the colon. It is administered with pressurized water by a professional using special equipment. One colonic irrigation is the equivalent of approximately four to six enemas and cleans out matter that collects in the pockets and kinks of the colon. The treatment is used both as a corrective process and for disease prevention. Proponents may use colonics for ailments such as constipation, psoriasis, acne, allergies, headaches and the common cold.

Counseling / Psychotherapy: These terms encompass a broad range of practitioners, from career counselors, who offer advice and information, to psychotherapists, who treat depression, stress, addiction and emotional issues. Formats can vary from individual counseling to group therapy. In addition to verbal counseling techniques, some holistic therapists may use bodywork, ritual, energy healing and other alternative modalities as part of their practice.

Craniosacral Therapy (CST): A system of alternative medicine intended to relieve pain and tension by gentle manipulations of the skull regarded as harmonizing with a natural rhythm in the central nervous system.

Crystal / Gem Therapy: Practitioners use quartz crystals and gemstones for therapeutic and healing purposes, asserting that the substances have recognizable energy frequencies and the capacity to amplify other frequencies in the body. They also absorb and store frequencies and can essentially be programmed to help effect healing. In the ancient art of “laying-on of stones,” practitioners place crystals and gemstones on various parts of the body, corresponding to its chakra points (energy centers), to balance energy flow.

Dentistry (Holistic): Regards the mouth as a microcosm of the entire body. The oral structures and the whole body are seen as a unit. Holistic dentistry often incorporates such methods as homeopathy, biocompatibility testing, and nutritional counseling. Most holistic dentists emphasize wellness and preventive care, while avoiding (and often recommending the removal of) silver-mercury fillings.

Detoxification: The practice of resting, cleansing and nourishing the body from the inside out. According to some holistic practitioners, accumulated toxins can drain the body of energy and make it more susceptible to disease. Detoxification techniques may include fasts, special diets, sauna sweats and colon cleansing.

Emotional Freedom Technique (EFT): A self-help procedure founded by Gary Craig that combines fingertip tapping of key acupuncture meridian points while focusing on an emotional issue.

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Candice@HappyColons.com

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Indialantic, 321-616-5977
AudraRacaniello@gmail.com

Choose colon hydrotherapy for the health of your colon. Waste is gently, safely and effectively removed using purified water and disposable equipment. MA79695.

COUNSELING

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Melbourne, 321-757-4058
MelbourneIntegrativePsych.com

Individual and couples therapy incorporating traditional psychological methods with new developments in energy psychology, neurobiology and mindfulness. Cigna, Medicare, and Tricare for Life insurances accepted.

Enzyme Therapy: Can be an important first step in restoring health and well-being by helping to remedy digestive problems. Plant and pancreatic enzymes are used in complementary ways to improve digestion and absorption of essential nutrients. Treatment includes enzyme supplements, coupled with a healthy diet that features whole foods.

Feng Shui: The ancient Chinese system of arranging manmade spaces and elements to create or facilitate harmonious qi or chi (pronounced “chee”), or energy flow, by tempering or enhancing the energy where necessary. Feng shui consultants may advise on both personal and business spaces, either before or after the spaces are created.

or health challenge. Unresolved, or “stuck,” negative emotions, caused by a disruption in the body’s energy system, are seen as major contributors to most physical pains and diseases. These can remain stagnant and trapped until released by the tapping. EFT is portable and easy to memorize, so it can be done anywhere.

Energy Healing: The art and practice of realigning and re-attuning the body between the physical and the etheric and auric fields to assist in natural healing processes. Working directly with the energy field in and around the body, the practitioner is thought to channel and direct energy into the cells, tissues and organs of the patient’s body to effect healing on physical and nonphysical levels simultaneously. Sessions may or may not involve the physical laying on of hands.

Environmental Medicine: Explores the role of dietary and environmental allergens in health and illness. Factors such as dust, mold, chemicals and certain foods may cause allergic reactions that can dramatically influence diseases, ranging from asthma and hay fever to headaches and depression.

Functional Medicine: A personalized medicine that focuses on primary prevention and deals with underlying causes, instead of symptoms, for serious chronic diseases. Treatments are grounded in nutrition and improved lifestyle habits and may make use of medications. The discipline uses a holistic approach to analyze and treat interdependent systems of the body and to create the dynamic balance integral to good health.

Healing Touch: A non-invasive, relaxing, and nurturing energy therapy designed to help restore physical, emotional, mental and spiritual balance and support self-healing. A gentle touch is used on or near the fully-clothed client to influence the body’s inner energy centers and exterior energy fields. Healing Touch is used to ease acute and chronic conditions, assist with pain management, encourage deep relaxation and accelerate wound healing.

Flower Remedies: Flower essences have been recognized for their ability to improve well-being by eliminating negative emotions. In the 1930s, English physician Edward Bach concluded that negative emotions could lead to physical illness. His research also convinced him that flowers possessed healing properties that could be used to treat emotional problems. In the 1970s, Richard Katz completed Bach’s work and established the Flower Essence Society, which has registered some 100 essences from flowers in more than 50 countries.
**CRANIOSACRAL THERAPY**

**ANNA COLLINGS, A.P., D.O.M.**
150 Fortenberry Rd Ste B
Merritt Island, 321-289-1560
Phase9Align.com.

Helps with growth, development, and dysfunctions for prenatal and pediatrics. Also aids adults with nervous system issues, all syndromes, pain, mouth and TMJ problems -- gently.

**MARIE PERLONGO, LMT**
Melbourne / Palm Bay Area
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RehabOrRelax.com

With 16 years of experience, Marie uses several different therapies to help clients live better quality lives physically and emotionally. Helping to be pain-free, more flexible, and stress-free.

**TRISHA SCHMALHOFER, LMT**
Melbourne office
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Advanced therapist with healing hands for ALL ages. Upledger CranioSacral Therapy, SomatoEmotional Release, Reiki, Trigger Point Massage, Myofascial Cupping, BEMER Therapy. MedHealersinfo@gmail.com (MA 74941)

**GINGER TAYLOR, LMT**
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CranioSacral Therapy releases tensions deep within the soft tissue, calming the central nervous system. It relieves pain, dysfunction, improves whole-body health and performance, addressing: Fibromyalgia, TMJ, anxiety, tension, neurological disorders, migraines and more! MA 75423/ M M 35261

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**Dr. Rob Brown**
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**CLLAIRE STAGG, DDS, PA**
Comprehensive Mercury Free Dental Care for the Whole Family
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Whole body connections and anti-aging Dentistry advanced non-surgical TMJ, snoring and sleep breathing disorders therapy, head, neck and facial pain treatment, non-extraction orthodontics, smile makeovers and dentistry for patients with multiple chemical sensitivities. See ad, page 29.

**ENERGY HEALING**

**REV. DAVID L. PHELPS**
321-917-7900
Serving Brevard County
Mr.D.Phelps@gmail.com

**FARMERS MARKET**

**ROCKLEDGE GARDENS**
2153 South U.S. Hwy #1
Rockledge, 321-636-7662
RockledgeGardens.com

Fresh seasonal fruits and veggies and you-pick market as well as local vendors selling sustainable meats, cheeses, eggs, and baked goods. All our produce is grown at The Farm at Rockledge Gardens or by farmers within a 50-mile radius using organic, non-chemical controls. Wednesdays and Saturdays, 10am-3pm.

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GardenEasyGardenst.wix.com/
Garden-Easy

Organic gardening done for you: raised beds or an edible yard. Discounts, weekly service and help with harvesting available also. Hands-on, home-school classes.

**HAIR SALON**

**ELEMENTS ORGANIC SALON & SPA**
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Rockledge, 321-349-0389
ElementsOrganicSalon.com

An organic salon and spa providing hair and nail services using only natural products with the least amount of toxic chemicals possible. Certified Green Circle Salon. See ad, page 29.

**PURELY ORGANIC SALON FOR HAIR**
195 Jackson Ave, Ste 100
Satellite Beach, 321-243-0540
Facebook.com/PurelyOrganicSalon

Longest running organic salon in Brevard since 2012. Master Certified Organic Color Salon, also specializing in 100% Henna color, offering PPD-free color and Formaldehyde-free Keratin. See ad, page 65.

**STUDIO C**
Tami Garside
1542 Guava Ave
Melbourne, 321-544-8607

This artby salon is the exclusive carrier of the eco-friendly line of Organic Colour Systems products. Get the hair color you want without the chemical damage! See ad, page 31.

**HEALTH FOOD**

**LUCKY’S MARKET**
3170 W New Haven Ave
W. Melbourne, 321-405-0398
LucksMarket.com

Lucky’s Market is a natural grocer, providing a wide range of organic, natural, local, and private label products to fit every need.

**MARY’S HEALTH HUT**
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Vero Beach, 772-770-2101

Wide selection of vitamins, supplements, herbs, books, skin and body care products, gluten-free and organic items. “We’re More Than a Health Food Store.”

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Port Saint Lucie, 772-878-9704
Facebook.com/NaturesDenLLC


**NATURE’S HEALTHY HARVEST**
2330 N. Wickham Rd, Ste 14
Melbourne, 321-610-3989
NaturesHealthyHarvest.net

NaturesHealthyHarvest@gmail.com

Wellness Center, CBD Hemp Oil, supplements, vitamins, herbs, skin and body care, gluten-free and organic products, proteins, aromatherapy, and health and wellness classes.
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Your neighborhood natural organic grocery, vitamins, and juice bar. Committed to providing the community with products necessary for a healthy lifestyle. Free weekly in-store classes.

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Indialantic, 321-724-2383
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Natural and Organic grocery with wide selection of vitamins and supplements. Organic café with fresh wheat grass, vegetable juices and smoothies, vegan and gluten-free soups, sandwiches and salads.

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Cape Canaveral, 321-784-0930
SunseedFoodCoop.com

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Indian Harbour Beach, 321-779-4647

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Melbourne, 321-610-3989
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HOLISTIC HEALTH

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WellnessFromWithinCenter.com
Holistic medicine center and apothecary offering BodyTalk, Chinese Medicine, Acupuncture, Functional Medicine, herbs, homeopathy, and crystals to help you on YOUR journey to the wellness within. See ad, page 34.

Herbal Medicine: This oldest form of medicine uses natural plants in a wide variety of forms for their therapeutic value. Herbs produce and contain various chemical substances that act upon the body to strengthen its natural functions without the negative side effects of synthetic drugs. They may be taken internally or applied externally via teas, tinctures, extracts, oils, ointments, compresses and poultices.

Holistic Healthcare: A healthcare practice which considers and treats all aspects of a patient’s needs – psychological, social, and physiological. Holistic healthcare generally includes a variety of alternatives to traditional Western medicine, which tends to be reactive rather than proactive, and which often relies on pharmaceutical treatment of symptoms.

Homeopathy: A therapy that uses small doses of specially prepared plants and minerals to stimulate the body’s defense mechanisms and healing processes in order to cure illness. Homeopathy, taken from the Greek words homeos, meaning “similar,” and pathos, meaning “suffering,” employs the concept that “like cures like.” A remedy is individually chosen for a person based on its capacity to cause, if given in an overdose, physical and psychological symptoms similar to those the patient is experiencing.
Hydrotherapy: The use of water, ice, steam and hot and cold temperatures to maintain and restore health. Treatments include full-body immersion, steam baths, saunas, sitz baths, colonic irrigation and the application of hot and/or cold compresses. Hydrotherapy is considered effective for treating a wide range of conditions and can easily be used at home as part of a self-care program.

Hypnotherapy: A range of hypnosis techniques that allow practitioners to bypass the conscious mind and access the subconscious. The altered state that occurs under hypnosis has been compared to a state of deep meditation or transcendence, in which the innate recuperative abilities of the psyche can flow more freely. Often used to help people lose weight or stop smoking, it is also used in the treatment of phobias or stress and as an adjunct to the treatment of illnesses.

Integrative Medicine: This holistic approach combines conventional Western medicine and complementary alternative treatments, in order to simultaneously treat mind, body and spirit. Geared to promote health and prevent illness, it neither rejects conventional medicine nor accepts alternative therapies without serious evaluation.

Kinesiology / Applied Kinesiology: The study of muscles and their movement. Applied kinesiology tests the relative strength and weakness of selected muscles to help identify decreased function in body organs and systems, as well as imbalances and restrictions in the body’s energy flow. Some tests use acupuncture meridians; others analyze interrelationships among muscles, organs, the brain and the body’s energy field. Applied kinesiology is also used to check the body’s response to treatments that are being considered.

Manual Lymphatic Drainage (MLD): Invented in the 1930s, this gentle form of massage is intended to stimulate the lymphatic system, thereby promoting the body’s ability to detoxify itself. Practitioners of manual lymphatic drainage believe it facilitates elimination of metabolic waste products, excess fluid and bacteria. MLD is also thought to enhance circulation and cell regeneration.

Massage Therapy: A general term for the manipulation of soft tissue for therapeutic purposes. Massage therapy incorporates various disciplines and involves kneading, rubbing, brushing and tapping the muscles and connective tissues by hand or using mechanical devices. Its goal is to increase circulation and detoxification, in order to reduce physical and emotional stress and increase overall wellness.

Meditation: The intentional directing of attention to one’s inner self. Methods and practices to achieve a meditative state are based upon various principles using the body or mind and may employ control or letting-go mechanisms. Techniques include the use of imagery, mantras, observation, and breath control. Research has shown that regular meditation can contribute to psychological and physiological well-being. It can also help reduce stress and alleviate stress-related ailments, such as anxiety and high blood pressure.

Myofascial Release: This whole-body, hands-on technique seeks to free the body from the grip of tight fascia, or connective tissue, thus restoring normal alignment and

HYPNOTHERAPY

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Integrative Medicine featuring traditional and natural options. First Line Therapy Program, IV Therapy, consultations for Bioidentical Hormones, ADHD, Autism, Menopause, Fertility, and much more. See ad, pages 47 and 63.

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Vero Beach, 772-228-6882
SilkoraMedical.com

Dr. Alita Gonsalves Sikora offers a holistic approach to traditional Physical Medicine and Rehabilitation with acupuncture, medical marijuana, bioidentical hormone therapy, and weight loss.

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TreasureCoastMedium.com
Meetup.com/Spiritual-Awakening-Development-Group-PSL-FL

Are you grieving the loss of a loved one and need closure? Did you miss the chance to say ‘goodbye’? Or are you in need of divine guidance about your career, love life, or finances? Allow the Angels to help you make the right decisions. Learn how to cultivate your own intuition through classes offered in spiritual development.

**TESS, THE TREASURE COAST MEDIUM**

Function and reducing pain. Therapists use their hands to apply mild, sustained pressure in order to gently stretch and soften fascia. Developed in the late 1960s by Physical Therapist John Barnes, myofascial release is used to treat neck and back pain, headaches, recurring sports injuries and scoliosis. Learn more at MyofascialRelease.com.

**Nambudripad’s Allergy Elimination Techniques (NAET):** A non-invasive, drug free, natural modality intended to test for and eliminate allergies. NAET uses a blend of selective energy balancing, testing and treatment procedures from acupuncture, acupressure, allopathy, chiropractic, kinesiology, and nutritional medicine. One allergen is treated at a time.

**Naturopathy:** A comprehensive and eclectic system whose philosophy is based upon working in harmony with the body’s natural healing abilities. Naturopathy incorporates a broad range of natural methods and substances aimed to promote health. This includes specific approaches: massage, manipulation, acupuncture, acupressure, counseling, applied nutrition, herbal medicine, homeopathy and minor surgery, plus basic obstetrics for assistance with natural childbirth. The Doctor in Naturopathy (ND) combines traditional natural therapies with modern medicine based on the latest scientific advances. Naturopathic medicine treats all medical conditions, focusing on preventive medicine and physical, mental and emotional well-being

**Nutritional Counseling:** Embracing a wide range of approaches, nutrition-based, complementary therapies and counseling seek to alleviate physical and psychological disorders through special diets and food supplements. These will be either macronutrients (carbohydrates, fats, proteins and fiber) or micronutrients (vitamins, minerals and trace elements that cannot be manufactured in the body).

**Nutritional Therapy/counseling** often uses dietary or food supplements, which can include tablets, capsules, powders or liquids.

**Organic:** In the United States, a product that has been produced in accordance with the Department of Agriculture’s National Organic Program, which sets national standards for the production, handling, and processing of organically grown agricultural products. Organic growing methods and inputs serve to enhance the ecological balance of natural systems. For example organic producers conserve soil and water, use renewable resources and grow food without the use of toxic and persistent pesticides and fertilizers. (See ams.usda.gov/NOP)

**Osteopathy:** Osteopathy uses generally accepted physical, pharmacological and surgical methods of diagnosis and therapy, with a strong emphasis on body mechanics and manipulative methods to detect and correct faulty structure and function, in order to restore the body’s natural healing capacities. Doctors of Osteopathy (DO) are fully trained and licensed according to the same standards as medical doctors (MD) and receive additional, extensive training in the body’s structure and functions.

**Oxygen Therapy:** Designed to alter the body’s chemistry to help overcome disease, promote repair and improve overall function. Properly applied, oxygen is thought to be an effective tool to treat a wide variety of conditions, including infections, circulatory problems, chronic fatigue syndrome, arthritis, allergies, cancer and multiple sclerosis. The major types of oxygen therapy used to treat illness are hyperbaric oxygen and ozone. Hydrogen peroxide therapy (oral or intravenous) can be dangerous and should be avoided.
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HIVAMAT deep oscillation device gives amazing results for lymphedema, boosting overall immunity, relieving chronic or acute pain, increasing mobility. The whole-body benefits are remarkable. See ad, page 54.

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WellWithinUs.com
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Indialantic, 321-961-8243
NoWorriesNaturalMedicine.com
Marcela offers The Arvigo Techniques of Maya Abdominal Therapy. See ad, page 32.

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A pioneering Wellness Center for those suffering from Depression, PTSD, Chronic Pain, Fibromyalgia and other mental health or pain related symptoms. Services include Ketamine treatments, Massage, Crystal Light Therapy, Float Pods and more. See ad, page 51.

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PsychicTheGenie.com
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MARIJUANA
KETAMINE HOLISTIC WELLNESS CENTER
1024 Hwy A1A, #152
Satellite Beach, 321-777-8040
KetamineHolisticWellnessCenter.com
A pioneering Wellness Center for those suffering from Depression, PTSD, Chronic Pain, Fibromyalgia and other mental health or pain related symptoms. Services include Ketamine treatments, Massage, Crystal Light Therapy, Float Pods and more. See ad, page 51.

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PSYCHIC AND THE GENIE
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Two convenient locations offering a wide assortment of incense, candles, sage, crystals, salt lamps and more. Psychic, past life and tarot readings, workshops and classes. Products for mind, body, spirit. Incense, candles, sage, crystals, salt lamps, a book nook, meditation tools and more. Psychic, past life and tarot readings, workshops and classes. See ad, page 42.
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No Worries Natural Medicine
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NoWorriesNaturalMedicine.com


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Best pest solutions and pro-active prevention. Situational pest control, organic and low impact, designed specifically for in and around your home. See ad, page 48.

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Pain-Free is FREEDOM! Time is yours, not your Doctor’s. Home use FDA-cleared medical device: Avacen 100 oxygen therapy. Relief for arthritis, fibromyalgia and much more.

---

**Past Life Regression:** Past life and regression therapies operate on the assumption that many physical, mental and emotional challenges are extensions of unresolved problems from the past, either childhood traumas or experiences in previous lifetimes. The practitioner uses hypnosis or other altered states of consciousness and relaxation techniques to access the source of this “unfinished business”, and helps clients to analyze, integrate and release past traumas that are interfering with their current lives.

**Personal Trainer:** Certified professionals who design training programs and work with individuals on their physical conditioning. The goal is to provide optimal results in the client’s physical condition, whether in the home or other locations, such as a gym or outdoors.

**Pilates:** A structured system of small, isolated movements that involves concentrated focus on every nuance of muscle action while working out on floor mats or machines. Emphasizes development of the torso’s abdominal power center, or core. More gentle than conventional exercises, Pilates, like yoga, yields long, lean, flexible muscles whose gracefully balanced movements readily translate into everyday activities like walking, sitting and bending. Can help in overcoming injuries.

**Prolotherapy:** A rejuvenating therapy that uses injections of natural substances to stimulate collagen growth, in order to strengthen weak or damaged joints, tendons, ligaments or muscles. Often used as a natural alternative to drugs and/or surgery to treat pain syndromes, including degenerative arthritis, lower back, neck and joint pain, carpal tunnel syndrome, migraine headaches, and torn ligaments and cartilage.
Halotherapy: "Halo" is the Greek word for salt. Salt therapy involves simply breathing in salty air. You can experience this natural treatment in a spa, in a salt-steam room or salt cave.

Qigong and Tai Chi: Combine movement, meditation and breath regulation to enhance the body’s flow of vital energy (qi or chi, pronounced “chee”), improve circulation, and enhance immune function. Qigong traces its roots to traditional Chinese medicine. Tai chi was originally a self-defense martial art descended from qigong and employed to promote inner peace and calm.

Reflexology: A natural healing art based upon the principle that there are reflexes in the feet and hands that correspond to every part of the body. Correctly stimulating and applying pressure to the feet or hands is thought to increase circulation and promote specifically designated bodily and muscular functions.

Reiki: Means “universal life-force energy.” A method of activating and balancing the life-force (qi or chi, pronounced “chee”). Practitioners use light hand placements to channel healing energies to organs and glands, or to align the body’s chakras (energy centers). Proponents believe various Reiki techniques can ease emotional and mental distress, heal chronic and acute physical problems, and facilitate spiritual focus and clarity. Reiki is often used to complement the work of chiropractors, massage therapists, nurses, and others for whom the use of touch is essential and appropriate.

Salt Therapy: Also known as halotherapy (“halo” is the Greek word for salt), salt therapy involves simply breathing in salty air. You can experience this natural treatment in a spa, in a salt-steam room or salt cave.

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WEST COCOA PHARMACY & COMPOUNDING
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Boutique-style full service, independent pharmacy offering delivery, compounding services, compliance packaging, and natural/organic products in our retail section. Competitive cash pricing and all major insurance plans.

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The BEMER uses pulsed electromagnetic energy to activate the body’s own regenerative abilities and increases its capacity to heal itself. Call or visit our website to schedule a free session.

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Advanced therapist with healing hands for ALL ages. Upledger CranioSacral Therapy, SomatoEmotional Release, Reiki, Trigger Point Massage, Myofascial Cupping, BEMER Therapy. MedHealersinfo@gmail.com (MA74941)

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Self-Healing Energy Arts. Gain understanding, connection and tools for better health, balance, breathing, strength, flexibility and a calm, body, mind, spirit.

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Offering salt and massage therapy from infants to adults seeking natural relief from allergies, asthma, sinusitis, eczema, psoriasis and more. Single and family package options available. Located across from St. Lucie Mets First Data Field. I 95 exit #21.

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Eckankar offers ways to explore your own unique and natural relationship with Divine Spirit. Discover techniques for personal experience with dreams, past lives, Soul Travel and more.

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Enjoy inspiring messages, music and a like-minded community living practical spiritual principles. Providing a philosophy that is spiritual, not religious, and is based in love. See ad, page 55.

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321-254-0313
UnityOfMelbourne.com

We believe God is within each one of us and it is that aspect that we honor and nurture. The God in us welcomes the God in you. See ad, page 55.

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Vero Beach, 772-562-1133
UnityOfVero.com


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DrChristinaGilman@gmail.com


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BeachsideQigong.com

On-going beginner and intermediate level qigong and tai chi classes. Indoor and outdoor sessions benefit mind/body balance, strength, flexibility and much more. LeaSwain@yahoo.com.

Yoga: Practical application of the ancient Indian Vedic teachings. The word yoga is derived from the Sanskrit root yuj which means “union” or “to join”, and refers to the joining of a person’s physical, mental and spiritual elements. The goal of good health is accomplished through a combination of techniques, including physical exercises called asanas (or postures), controlled breathing, relaxation, meditation and diet and nutrition. Individuals of every age and physical condition can benefit from the regular practice of yoga, which has been proven to enhance flexibility, strength, stamina and concentration.

Please note: The contents of this Health & Wellness Glossary are for informational purposes only. The information is not intended to be used in place of a visit or consultation with a healthcare professional. Always seek out a practitioner who is licensed, certified or otherwise professionally qualified to conduct a selected treatment, as appropriate.
ACUPUNCTURE AND NATURAL HEALING CENTER
Barbara Thurman, AP, CCT
Marla Williams, CCT
Stuart, 772-781-5353
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FOR YOUR HEALTH THERMAL IMAGING, LLC
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Melbourne, 321-987-7893
YourThermalHealth.com

Whether your pain, condition, or disease is acute or chronic, a thermography scan can identify dysfunction and pathology for your healthcare professional. It’s pain-free, fast, radiation-free, and non-invasive. See ad on page 53.

THERMOGRAPHY OF BREVARD
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Melbourne, 321-312-0363
ThermographyOfBrevard.com

Thermography sees inflammation in the body, early detection of breast disease, dysfunction of heart, lungs, digestive system, colon, thyroid, vascular system, muscles, joints and more. See ad on page 43.

TRAVEL SERVICES
SHORESIDE CRUISE CONSULTANTS, LLC
Carmela Mitchell, Owner
1760 Mill Avenue, Merritt Island
321-452-6337, 888-236-9895
TravelWellPro.com

World-wide Wellness Travel Experiences for health-conscious individuals or groups. Stress reducing getaways including land and sea retreats with life coaching experiences, spa and fitness training.

VETERINARIAN
COASTAL ANIMAL HOSPITAL WELLNESS CENTER
545 Gus Hipp Blvd
Rockledge, 321-632-3800
CoastalAnimalHospitalRockledge.com

WELLNESS CENTER
CARE NATURAL WELLNESS CENTER
Brian P. Walsh, D.C.
1051 Eber Blvd, #102
Melbourne, 321-728-1387
CareWellnessFL.com

Natural healthcare for all ages including Designed Clinical Nutrition using Nutrition Response Testing, Chiropractic Care, PEMF Therapy, thermography and massage services, homeopathics and other natural products. See ad, page 65.

VERO BEACH YOGA BARRE
29 Royal Palm Pointe
Vero Beach, 772-696-1160
VeroBeachYogaBarre.com

Discover your strength, flexibility, and balance. Our tranquil studio offers both yoga and barre to transform your mind and body. Vinyasa, Ashtanga, and more.

KASHI SCHOOL OF YOGA
Kali Natha Yoga, Gentle Hatha Yoga,
Yoga Teacher Trainings Sebastian,
772-589-1403, ext.109, Kashi.org
Kashi School of Yoga on FB

NATURE’S HEALTHY HARVEST
2330 N. Wickham Rd, Ste 14
Melbourne, 321-610-3989
NaturesHealthyHarvest.net
NaturesHealthyHarvest@gmail.com

Wellness Center, CBD Hemp Oil, supplements, vitamins, herbs, skin and body care, gluten-free and organic products, proteins, aromatherapy, and health and wellness classes.

WOMEN’S HEALTH
WELLNESS FROM WITHIN
1131 7th Ave
Vero Beach, 772-999-5190
WellnessfromWithinCenter.com

The balance of hormones in the body is incredibly delicate and affected by every aspect of life. Hormonal balance can be an indication of body-mind-spirit alignment. See ad, page 34.

YOGA
HATHA YOGA WITH MARILYN
Pelican Beach Clubhouse
1495 Highway A1A
Satellite Beach, 321-773-6458
Balance your Body, Mind and Spirit with Hatha Yoga. Gentle, guided yoga postures with Stretching, Deep Breathing, and Relaxation. $5 per class through Satellite Recreation Department. See ad, page 29.

January 2018
Build Your Own Wellness
Dream Team
Take Your Health to the Next Level

Aquarian Dreams
414 N. Miramar Ave (Hwy A1A), Indialantic
321-729-9495 - AquarianDreams.com

Aquarian Dreams, open since 1986, is a family-centered and community-oriented business, dedicated to providing alternative products for a healthy, conscious lifestyle. Founder and owner of Aquarian Dreams, Cheri Hart, runs the business with her daughter, Shana Shanks, store manager; eldest son, Jamin Nichols, an acupuncture physician; and her son, Teren Nichols, a massage therapist and a yoga teacher. The business also houses The Lightworker Community Center, a not-for-profit healing, meditation and learning center which hosts over 20 weekly yoga and meditation classes.

Wellness products offered: A complete selection of holistic health and conscious living books, products and tools. Aromatherapy products, unique visionary gifts, global imports, yoga and meditation supplies, natural fiber clothing, and natural children's products.

Areas of specialty: The center offers full-time offices for an Acupuncture Doctor and Massage Therapist. It also hosts a variety of special events, workshops as well as over 20 weekly yoga and meditation classes.

Philosophy: Aquarian Dreams is a positive lifestyle store with classes and community services for healing and higher consciousness.

CARE Natural Wellness Center
Dr. Brian Walsh, Chiropractic Physician/Owner
1051 Eber Blvd, Suite 102, Melbourne
321-728-1387 - CareWellnessFL.com

CARE Natural Wellness Center offers a variety of holistic services for all ages. Dr. Brian Walsh focuses on healing the whole person—body, mind and spirit, using safe and natural solutions. Patient education is paramount in the healing process.

Wellness Services Offered:
Designed Clinical Nutrition using Nutrition Response Testing®, various Chiropractic techniques, Massage and Thermography services, Pulsed Electromagnetic Field Therapy (PEMF) and Celluma Light Therapy.

Areas of specialty: Dr. Walsh focuses on identifying and handling the underlying cause of health issues so the body does the healing. Causes may include heavy metal and chemical toxicity, food or environmental sensitivities, and immune challenges. Digestive problems, hormonal imbalance, autoimmune, cardiovascular, chronic fatigue, sleep issues and more have been helped with this approach.

Philosophy of healing: “The power that made the body heals the body,” says Dr. Walsh. “Our responsibility is to identify the obstacles preventing the healing from occurring, and design a health improvement program tailored for the individual's needs. This may include the above modalities, nutritional supplementation, diet/lifestyle recommendations and prayer.”

MyNaturalAwakenings.com
Dean Wellness Institute
Melissa Dean, MD
1345 36th St., Ste B, Vero Beach
772-567-1500 • DeanWellnessInstitute.com

Dean Wellness Institute is focused on providing a holistic approach to wellness and improved health. Dr. Dean and her staff work with each patient to provide the most up-to-date information in an integrative manner that empowers each patient to focus on healing the root cause of a health issue, not just treating the symptoms. They work closely with patients to improve their quality of life as they age. Dr. Dean is an expert in treating menopause, andropause, diabetes management, hormone replacement and nutrition. Dean Wellness Institute has been serving Vero Beach and the surrounding areas for over 15 years.

Wellness services offered: Hormone Replacement Therapy, IV Therapy, Detoxification, Nutritional Support, Integrative Medicine, Cancer Support, Oxidative Therapies.

Areas of specialty: Hormonal Imbalance, Adrenal Fatigue, Diabetes, Cardiovascular Disease, Heavy Metal Toxicity.

Philosophy of healing: “Hormone balancing, optimal nutrition, detoxification, exercise, and spiritual fulfillment are the areas that I believe are essential elements of well-being and longevity,” says Dr. Dean.

For Your Health Thermal Imaging, LLC
Jessica Schneider, CCT, Wellness Coach
3270 Suntree Blvd, Ste A-128, Melbourne
321-987-7893 • YourThermalHealth.com

For Your Health Thermal Imaging uses thermography as a radiation free, non-invasive clinical imaging procedure for detecting and monitoring a number of diseases and physical injuries, by showing the thermal abnormalities present in the body. Thermography also provides a visual for inflammation in the body.

Wellness Services Offered: Thermography and Wellness Coaching.

Areas of specialty: Thermography is a great screening tool for women with breast implants, dense breasts, fibrocystic breasts, people who are at high risk for breast cancer and breast cancer survivors. When paired with ultrasound, thermography offers the earliest detection available.

Philosophy of healing: It is Jessica Schneider’s purpose, intention and passion to help people achieve optimum wellness by using thermography as an adjunct screening tool. She believes that the more information your health care providers have, the better they can proactively help you. It is her goal to create dynamic partnerships that move people toward satisfying and healthy lifestyles. She uses both innovative and practical strategies to help people clarify and explore options, enhance personal accountability, and take action for optimal health.

Dr. Haig John, Your Family Chiropractor
2100 Waverly Place, Historic Downtown Melbourne
321-722-5846 • GetChiro.NET

Dr. Haig John, Your Family Chiropractor, offers chiropractic care to anyone seeking to get and stay well naturally. Dr. John sees babies the moment they are born, elderly and everyone in between. He is very engaged in the profession by training Chiropractors and chiropractic students in the art of adjusting. He is also an international speaker in chiropractic philosophy and travelled to Brazil on chiropractic mission trips. His goal is to educate the people on what chiropractic is about and how it can enhance their lives. He also hosts meetings for local chiropractors in his office on a regular basis. “Our family-centered office and friendly staff are here to help you,” says Dr John.

Wellness services offered: Principled, hands-on Chiropractic care. Thompson, Toggle, Upper cervical, Full Spine.


Philosophy of healing: “The power that made the body heals the body, from above, down and inside out,” says Dr. John. “We remove the interference through a specific, gentle adjustment, so your body can heal. Natural care at its best!”

Be happy for this moment. This moment is your life.
~Omar Khayyam
Health Connections Dentistry
Claire Stagg DDS, MS, FAACP
2120 Highway A1A, Indian Harbour Beach
321-777-2797 • SmileProfessionals.com

Health Connections Dentistry emphasizes the connections between the root causes of ‘dis-ease’ and ‘dys-function’ to oral and whole body signs and symptoms. “We need to breathe and swallow to survive. Why not thrive? An interdisciplinary team approach reverse engineers the downward spiral started at any age. We will sleuth it out.” says Dr. Stagg.

Wellness services offered: All phases of natural care for all ages promoting balance and symmetry in facial growth development, from functional orthopedics to solutions for pain, full dental reconstruction, dentures, and problem bites.

Areas of specialty: Rejuvenating and Mercury-free smiles with the relief of TMJ, Snoring and Sleep Apnea. Craniofacial development integrating sound principles of biomechanics, myofunction and osteopathy.

Philosophy of healing: “We aim to enhance each patient’s quality of life to optimal health via the highest quality of progressive gentle dental care in a “green”, safe and comfortable environment,” shares Dr. Stagg. “We are continually embracing advances in dentistry by learning science-based pioneering techniques. We place great emphasis on customer service and strive to give each patient an exceptional visit that is relaxed, cheerful and comfortable.”

Natural Approach Wellness Center
Dr. Laura Vasallo, AP, LMT, CHC
2002 Pennwood Drive, Melbourne
321-725-2438 • MyNaturalApproach.com

At Natural Approach Wellness Center their compassion, dedication, and caring doctor will make you feel like family. Dr. Vasallo takes the time to know and understand her patients, not just their disorders. “The aim of the treatments, in addition to relieving the main symptom, is to restore overall harmony and health to the individual,” says Dr. Vasallo. “We have years of experience and offer safe, natural and effective solutions.”

Wellness services offered: Acupuncture, Massage, Bach Flower Essences, Herbal Medicine, Homeopathy, Health Coaching, Educational Lab consultations, Nutritional services, Fitness and Educational Classes.

Areas of specialty: Pain, Emotional, Female Related, and Digestive Issues.

Philosophy of healing: “Our bodies are wonderfully made and when there is a disruption in its ability to heal, we must help promote its natural healing,” says Dr. Vasallo. “Getting to the root cause and not just covering the symptoms is our goal when customizing treatments for every patient to support both physical and emotional health.”

Indian River Acupuncture & Integrative Medicine
Angela King, AP, DOM
Christine Nielson, MD
Chelsey Dodd, AP, DOM
1345 36th St Suite B
772-564-8383
IndianRiverAcupuncture.com

Indian River Acupuncture & Integrative Medicine's team of practitioners combines compassion, integrity, knowledge and skill to deliver advanced treatments with maximum results. The acupuncture and integrative health services offered empower people to find freedom from physical and emotional suffering.


Philosophy of healing: “We help people create healthy, happy lives,” says Dr. Angela King. “Together, we identify and treat the body’s imbalances to restore an optimal state of health and well-being. You’re never too young or too old to start feeling better!”
Radiantly Healthy MD
Dr. Rebecca Hunton
150 5th Avenue, Suite C, Indialantic
321-254-6803
RH-MD.com
At Radiantly Healthy MD, Rebecca Hunton, MD alongside Lisa Johnson, PA and Stephanie Coradin, ARNP, find the underlying cause of your health concerns by using a scientific, whole body approach. They then combine traditional medicine and natural options to create an individual plan to help you return to health and vitality.

Wellness services offered: Metabolic Restoration, Autoimmune Disease Recovery, GI/IBS Restoration, Medical Detoxification Programs, Nutrition Counseling, Anti-aging Medicine including BHRT, Type 2 Diabetes Treatment, Genetic Testing and Solutions, Healthy Weight Loss Protocols, Vitamin Infusion Drip Therapy.

Areas of specialty: Autoimmune disorders, osteoporosis, Irritable Bowel Syndrome, PMS, menopause, infertility, sleep, sexual and mood conditions, metabolic syndrome and thyroid disorders, food sensitivities, nutrient deficiencies.

Philosophy of healing: “Traditional Chinese Medicine (TCM) is a complete medical system that has been used to diagnose, treat, prevent illness, and promote wellbeing for thousands of years,” says Dr. Ni. “TCM places emphasis on treating the cause of the symptoms early before they develop into disease. Prevention is the best medicine.”

Ni’s Chinese Medical Center
Bo-Shih Ni, LAc, DOM
Shi-Min Shaw, LAc, Dipl.O.M.
1250 W. Eau Gallie Blvd., Ste H, Melbourne
321-757-9731 • DrBoNi.com
With more than 45 years of combined clinical experience, the physicians at Ni’s Chinese Medical Center are dedicated to providing the best acupuncture and Chinese herbal medicine to optimize your healing potential and promote wellness.

Wellness services offered: Acupuncture, Cupping, and Chinese herbal medicine.

Areas of specialty: The physicians at Ni’s Chinese Medical Center treat all health problems for all ages from every day care to critical care, from pain to internal illness. Some of the more common ailments the physicians see are: Allergies, Pain, Chronic fatigue, Digestive disorders, Depression, Anxiety, Skin conditions, Headaches, Infertility, Memory disorders, PMS, Respiratory illnesses, Sleep disorders, and Tinnitus.

Philosophy of healing: “Traditional Chinese Medicine (TCM) is a complete medical system that has been used to diagnose, treat, prevent illness, and promote wellbeing for thousands of years,” says Dr. Ni. “TCM places emphasis on treating the cause of the symptoms early before they develop into disease. Prevention is the best medicine.”

Nourish
849 E. New Haven Ave.
321-723-6464 • NourishSavannah.com
Nourish features handmade bath and body care products that are made in the USA from natural and organic ingredients that will treat your skin such as coconut oil, shea butter, neem oil, avocado oil, and olive oil. As always, Nourish products are handmade and are free of toxins, parabens and chemicals.

Wellness Products Offered: Featuring Handmade soaps, bath fizzies, glycerin soap, salt scrubs, hand poured soy candles, facial products. “Our Bar Soaps were the first recipe my mom created over 20 years ago and still remains to be the best-selling product we make, says owner Shoshanna Walker. “They are great for skin conditions such as psoriasis and eczema and are wonderful for those without who just want to treat their body to natural body care products.”

Areas of Specialty: Our team is pleased to help you shop for gifts or to assist you in finding exactly what you need to treat your skin.

Philosophy: “We are so proud to continue our family’s tradition of producing the highest quality bath products by hand, in small batches, using only renewable resources with ingredients that are beneficial to your skin and safe for your family,” says Walker.
wellness profiles

Shoreside Cruise Consultants, LLC
Carmela Mitchell, Owner/Vacation Destination Specialist
1760 Mili Avenue, Merritt Island
321-452-6337 or Toll free: 888-236-9895
TravelWellPro.com

Shoreside Cruise Consultants is dedicated in assisting you to maintain a healthy lifestyle through travel experiences world-wide. They specialize in catering to wellness-minded travelers and creating a happier and healthier you. “Travel can increase happiness, decrease depression, and leave you feeling well-rested, less anxious, and in a better mood,” says Carmela Mitchell. “New experiences can increase cognitive flexibility, keeping your mind sharp. Travel can also increase creativity, cultural awareness and personal growth.”

Wellness services offered: Offering physical, mental or spiritual Wellness Travel Experiences through land and sea vacations. Assisting travelers with a health-conscious lifestyle.

Areas of specialty: Reduce stress, relax, re-energize and enjoy life through destination retreats, fitness training, spa and life coaching experiences customized especially for you or a group.

Philosophy: “Wellness get-a-ways promote a happier and healthier you by educating, empowering and inspiring,” says Carmela Mitchell. “Relaxation and stress reduction can be achieved through a health-conscious balanced lifestyle.”

Sikora Integrative Medicine
Alita Gonsalves Sikora, MD
1040 37th Place, Ste 102
772-228-6882 • SikoraMedical.com

Dr. Alita Sikora is Board Certified in Physical Medicine and Rehabilitation, trained at NY Presbyterian (Columbia and Cornell) and offers joint injections, Botox injections for spasticity and migraine management, trigger point injections, medication management, and acupuncture. She is a qualified ordering physician for medical marijuana for Florida residents. She offers anti-aging services including Bioidentical Hormones, Botox injections, and Dermal Fillers (Juvederm, Boletero, Restylane) and PRP injections for both pain and anti-aging (scars, hair loss, facial rejuvenation).

Wellness services offered: Medical marijuana evaluations and orders, acupuncture, bioidentical hormone therapy, PRP injections, anti-aging services (Botox and dermal fillers).

Areas of specialty: Fibromyalgia, chronic pain, stroke, Multiple Sclerosis, migraines, low back pain, osteoarthritis, and musculoskeletal disorders

Philosophy of healing: Dr. Sikora has practiced traditional Physical Medicine and Rehabilitation for ten years. She studied Ayurveda in Kerala, India and her interest in holistic medicine led her to add acupuncture to her practice in 2011. She has now incorporated anti-aging services to help her patients feel and look better. “I have decided to include medical marijuana as this complements my training and I believe in its healing effects.”
nourish
NATURAL BATH PRODUCTS

COME VISIT OUR NEW LOCATION!
DOWNTOWN MELBOURNE

Glycerin Soap • Bath Fizzies • Salt Scrubs
Handmade Natural Soap • Soy Candles

COMING SOON..... LET’S Party!
make products, have fun!
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849 E. New Haven Ave. 321.723.6464

nourishsavannah.com
Lutein in Greens and Eggs Slows Cognitive Aging

Healthy diet options of spinach and kale may also help keep our brains fit. In a study from the University of Illinois appearing in *Frontiers in Aging Neuroscience*, 60 adults between 25 and 45 years old having higher levels of lutein, a nutrient found in green, leafy vegetables, avocados and eggs, had neural responses more on par with younger people than others of their own age. Lutein is a nutrient that the body can’t make on its own, so it must be acquired through diet. It accumulates in brain tissues and the eyes, which allows researchers to measure levels without using invasive techniques.

Daily Produce Servings Prevent Early Death

Researchers at the Imperial College London say that five servings of fruits and vegetables is a good start, but more is better. After conducting a worldwide meta-analysis of 2 million people that compared early mortality rates from cardiovascular disease and cancer, they recommend eating at least 10 three-ounce vegetable and fruit servings per day, which could prevent up to 7.8 million premature deaths each year.

AEROBICS KEEP THE BRAIN YOUNG

Simple movement turns out to be the best way to lift mood, improve memory and protect the brain against age-related cognitive decline, according to Harvard Medical School researchers in an article, “Aerobic Exercise is the Key for Your Head, Just as It is for Your Heart.” Even brisk walking or jogging for 45 minutes can alleviate depression. The *Journal of Physical Therapy Science* notes that aerobic workouts can help people feel less stressed by reducing levels of the body’s natural stress hormones adrenaline and cortisol.
FISH OIL TWICE WEEKLY EASES ARTHRITIS

Eating fish at least twice a week may significantly reduce the pain and swelling associated with rheumatoid arthritis, in which the body’s immune system mistakenly attacks the joints, creating swelling and pain. Studies have already shown the beneficial effect of fish oil supplements on rheumatoid arthritis symptoms, but a new study of 176 participants at Brigham and Women’s Hospital, in Boston, found that increasing the amount of fish containing omega-3 they ate weekly as a whole food lowered their disease activity. The Arthritis Foundation estimates that about 1.5 million people in the U.S. have the disease; women far more often than men.

Balance your Body, Mind & Spirit

Marilyn
Hatha Yoga
Mon. & Wed.
6:30-7:45 pm
Pelican Beach Club House

Laura
Hatha Yoga
Tues. & Thurs.
8:30-9:45 am
Satellite Beach Civic Center

HATHA YOGA • 321-773-6458
Urban Trees
City Greenery Boosts Public Health
Urban trees help reduce obesity and depression, improve productivity, boost educational outcomes and reduce incidences of asthma and heart disease for residents, yet according to The Nature Conservancy, American cities spend less than a third of 1 percent of municipal budgets on tree planting and maintenance. As a result, U.S. cities are losing 4 million trees per year.

Each summer, thousands of unnecessary deaths result from heat waves in urban areas. Studies have shown that trees are a cost-effective solution. Too often, the presence or absence of urban nature and its associated benefits is tied to a neighborhood’s income level, resulting in dramatic health inequities. In some American cities, life expectancies in different neighborhoods located just a few miles apart can differ by as much as a decade. Not all of this health disparity is connected to the tree cover, but researchers are increasingly finding that neighborhoods with fewer trees have worse health outcomes, so inequality in access to urban nature can lead to worse health inequities.

To read the white paper, visit Tinyurl.com/FundingTreesForHealth.

Veggie Doctors
Cardiologists Urge Plant-Based Hospital Meals
The American College of Cardiology (ACC) is advising hospitals in improving patient menus by adding healthy, plant-based options and removing processed meats, which have been linked to 60,000 cardiovascular deaths annually.

The ACC Heart-Healthy Food Recommendations for Hospitals states, “At least one plant-based main dish should be offered and promoted at every meal.” ACC also urges that processed meats such as bacon, sausage, ham, hot dogs and deli meats should not be offered at all. These guidelines extend to hospital cafeterias and onsite restaurants.

The American Medical Association has also passed a resolution that calls on hospitals to provide similarly healthy meals. Processed meats are now considered carcinogenic to humans, according to the World Health Organization. A 50-gram serving a day—one hot dog or two strips of bacon—increases colorectal cancer risk by 18 percent.

“Too many heart disease patients have had their recovery undermined by bacon and hot dogs on their hospital trays,” says Dr. Neal Barnard, president of the nonprofit Physicians Committee.

Cigarette Cutback
Higher Prices Lower Use
Research from the Medical University of Vienna found in a 30-year study that increasing prices for tobacco products by 5 percent reduced tobacco use by 3.5 percent.
Meatless Millennials
Young Vegetarians Worry Meat Industry

The 2017 Chicken Marketing Summit in North Carolina involved hundreds of leaders from fast-food chains, marketing agencies and poultry production companies discussing the fact that Americans are eating less poultry—and what to do about it. Richard Kottmeyer, a senior managing partner at Fork to Farm Advisory Services, explained that Millennials need to be “inspired and coached” to consume more animal products, according to an article published on WattAgNet.com, an industry website.

“Compared to their parents, Millennials are more likely to believe in evolution and accept that climate change is occurring. They seek out facts and science to better understand a complex world, but the poultry industry doesn’t have any fact-based information to defend its cruel, unsanitary practices,” states animal rights advocate Nathan Runkle via EcoWatch.com. The majority of chickens raised for meat have been bred to grow so large so quickly that they collapse under their own unnatural weight. North Carolina has enacted an “ag-gag” bill, making it illegal to photograph or videotape animal abuse.
global briefs

Crackdown Needed
Glyphosate Found in Breakfast Foods
Of 24 breakfast food samples tested by the Alliance for Natural Health USA, 10 showed the presence of glyphosate. Executive and Legal Director Gretchen DuBeau states, “We expected that trace amounts would show up in foods containing large amounts of corn and soy. However, we were unprepared for just how invasive this poison has been to our entire food chain.” In the study, the chemical, now revealed to be a probable carcinogen by the World Health Organization, was found in oatmeal, bagels, eggs, potatoes and non-GMO soy coffee creamer. The presence of glyphosate in dairy products may be due to bioaccumulation in the tissue of animals.

DuBeau adds, “Glyphosate has been linked to increases in levels of breast, thyroid, kidney, pancreatic, liver and bladder cancers, and is being served for breakfast, lunch and dinner worldwide. The fact that it is showing up in foods like eggs and coffee creamers, which don’t directly contact the herbicide, proves that it’s being passed on by animals that ingest it in their feed. This is contrary to everything that regulators and industry scientists have been telling the public.”

Plumbing Progress
Recycled Plastics Put to Good Use
Australia’s Centre for Advanced Design in Engineering Training at Deakin University is practicing an affordable way to increase the availability of potable (drinkable) water in needy areas of the world. The project involves collecting plastic garbage from around the Pacific Islands and turning it into pellets, which are then extruded as 3-D printer filament to make replacement plumbing parts, often in short supply in those locations. That effort is called 3D WASH (water, sanitation and hygiene), and the children’s charity Plan International Australia will be the first recipient (Plan.org.au).

Wellness Works
Corporate Programs Boost Health and Bottom Line
Corporate wellness programs are linked to a 25 percent reduction in absenteeism and sick leave, 25 percent reduction in health costs and 32 percent reduction in workers compensation and disability costs, according to a 2016 meta-analysis of corporate wellness studies by Edelman Intelligence.

For details, visit Tinyurl.com/EdelmannsAtWork.
Recycling Crusade
San Francisco Moves Toward Zero Waste

The San Francisco Department of the Environment’s list of materials allowed in blue recycling bins has been expanded to include plastic bags, paper coffee cups, ice cream containers, milk or juice cartons and textiles; it is also downsizing refuse bins. It’s all part of a shift to using dual-compartment trucks to collect refuse from black bins and organic waste from green bins, with a dedicated truck for recyclables. A national leader in recycling, the city is one of the first to attempt a zero-waste target year of 2020.

California has a goal of 75 percent recycling by 2020, having achieved a 44 percent rate in 2016. Los Angeles is making progress with a new commercial waste recycling system. Washington, D.C., has also expanded its list of accepted materials for recycling bins, but still doesn’t include plastic bags. With recent improvements to automated and optical sorting technology, some companies are becoming more accommodating about what they will accept.
Recreate Comfort
Secrets to Better Furniture

A new year can prompt us to refresh the look and feel of our home. Eco-minded individuals may wish to spruce up a treasured piece of furniture or find a replacement that's light on environmental impact.

- Consider wood furniture made from sustainably harvested forests and tree farms or reclaimed wood. Find explanations of Forest Stewardship Council certification requirements at US.FSC.org.

- Choose vintage and secondhand furniture to extend its life with a bonus of nostalgia. Avoid painted furniture from the early to mid-20th century, which may contain lead, or use a paint-testing kit.

- Look for furniture with organic substances such as natural wood finishes, naturally tanned leather or organic cotton. Look for Greenguard product certification to ensure low toxicity (Greenguard.org).

Some businesses, like Upholstery on Broadway, in Arlington, Massachusetts, conduct money-saving classes for people that want to learn to repair or restore their own furniture. Owner Kevin Kennedy finds, “People bring in their own projects, often wing chairs and side chairs, along with stray pieces of materials. As long as they have ‘good bones’ [solid wood frames], new fabric can add many years.” For those afraid of making mistakes in cutting fabric, “We help them measure carefully first, and that relieves their anxiety.” A carpenter’s rule is to measure twice, cut once.

- Get creative. Treehugger.com cites Pentatonic, a furniture line made from 100 percent recycled materials, including glass, plastics and metals, for easy assembly without tools. Standardized components deliver efficient manufacturing and shipping; each part has an identification number with the manufacturer’s date and location, and the type of waste used in production.

- In replacing furniture, make sure the old piece gets reused, as well. Sell it via Craigslist.org, eBay.com, local classifieds or a yard sale; donate through Freecycle.org or a local thrift store; or just give it away.
PORT ST LUCIE
DOWN TO EARTH YOGA
1649 SE Port St Lucie Blvd.
772-224-2444
DTE-Yoga.com

SEBASTIAN
YOSEM & OILS WITH BECKY YOGA MA
Kashi Ashram, Sebastian Yoga Studio & Sebastian Gym
772-584-4212
Facebook.com/YogaAndOilsWithBecky

SATELITE BEACH
HATHA YOGA WITH MARILYN
Pelican Beach Clubhouse
1495 Hwy A1A
321-773-6458

INNOVATION YOGA
716 South Patrick Dr.
321-428-4888
Facebook.com/InnovationYoga

YOGAFISH
569 Central Pkwy
772-219-9900
YogaFishStuart.com

TITUSVILLE
INVERTED ELEPHANT
2855 S Hopkins Ave
321-749-9642
InvertedElephant.com

VERO BEACH
INDIAN RIVER BIKRAM YOGA
676 US Hwy 1, Ste 4
772-925-9697
IndianRiverBikram.com

VERO BEACH YOGA BARRE
29 Royal Palm Pointe
772-696-1160
VeroBeachYogaBarre.com

STUART
HEALING HOUSE YOGA
5341 SW Jennings Lane
561-222-6057
TheHealingHouseCandiYoga.com/Weebly.com

COCOA
THE ZEN ROOM
631 Brevard Ave, Ste C
321-544-8541
TheZenRoom.info

COCOA BEACH
INFINITY YOGA & WELLNESS
82 N Atlantic Ave
321-785-3232
InfinityYogaandWellness.com

GREATER MELBOURNE
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KarenHedley.com

MELBOURNE
THE YOGA GARDEN
1482 Pineapple Ave
321-345-6197
YogaGardenFL.com

THE YOGA SPACE
17 East Melbourne Ave
yoga@cfl.rr.com
TheYogaSpaceMelbourne.com

THE YOGI PEROGI
281 N Babcock St.
321-704-3316
TheYogiPerogi.com
According to a Pew Forum study, nearly 80 percent of Americans believe in miracles. When we think we can’t handle burdensome difficulties on our own, we often seek help from a higher power, pleading: Cure me or my loved one of this illness. Aid me in providing for myself and my family. Bring me someone to love. Help me resolve this intensely painful situation. Protect loved ones from the harm they’re subjecting themselves to.

If we want miracles to unfold in our lives, we must actively participate in their manifestation. Here are five ways to manifest more miracles in our lives.

1. Be Grateful for Everything
   Gratitude deserves its positive buzz. When we’re grateful, our energy changes and our light shines. Our perspective shifts from scarcity to abundance. We bring forth divine blessings by being tuned into the giving nature of the creator of all. When we live in a state of gratitude, good people, opportunities and blessings arrive.

2. Stop Using Excuses to Do Nothing
   When we take a positive step in our lives—it can be anything—a way forward will often appear that may be unrelated to the blessing we receive. For example, clearing out clutter may clarify a career move. Taking a course to build a new skill may introduce us to a new friend. In beginning a new exercise routine, we may discover self-confidence in other areas of life.

3. Step Beyond Routine
   Step out of routines, broaden horizons and bust through comfort zones. Bumps and bruises may occur, but bravery is rewarded. Miracles are not beyond our grasp, but we may need to extend our reach in ways we’ve never done before.

4. Help Others Receive the Miracles They Pray For
   Experience the bliss of being a giver. Share what others need. Sponsor a child’s education. Give unused belongings to people that desperately need them. Offer words of encouragement. It all matters more than we realize.

5. Trust Intuition
   When we listen to our intellect instead of our inner heart-and-soul guidance system, we get turned around and off course. We all have an inner knowing that can help us get where we want to go. Divine wisdom always trumps the human mind. When we tune into it and trust what it’s telling us, we invite miracles into our lives. We all have the power to participate in creating miracles for ourselves and others by bringing to fruition what did not seem remotely possible. It’s easy to start by practicing these five miracle-creating strategies.

J. Marie Novak is an author, life transformation mentor and founder of the Believe and Create online community. Learn how to believe in and create the life you were born to live at BelieveAndCreate.com.
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Whether from natural disasters, divisive politics, unmanageable workloads or a smartphone culture that makes it tough to unplug, U.S. adults are feeling more strain now than they have at any other time in the past decade, according to the American Psychological Association's 2017 Stress in America Survey. One in three say their stress has increased in the past year and one in five rate the level at eight or more on a scale of one to ten. About three in five, or 59 percent, say they believe this is "the lowest point in the nation's history" and nearly two-thirds say concerns about our nation's future (including its health care, economy and international relations) are key sources of their stress.

"We're seeing significant stress transcending party lines," notes Arthur C. Evans Jr., Ph.D., the association's CEO. All that stress is having a powerful impact on health, with as many as 80 percent of visits to primary care physicians characterized as stress-related, according to the American Medical Association.

Adopting the right attitude can convert a negative stress into a positive one.

"Unfortunately, you can't always avoid the things that stress you out. But you can control how you respond to stress before it takes over your life," says Melanie Greenberg, Ph.D., a Mill Valley, California, psychologist and author of the recent book *The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity.*

Our Brain on Stress

Whether it's an urgent email from the boss or a rude motorist driving unsafely, tense situations elicit a physiological response remarkably similar to what might occur if we were chased by a lion.

Deep inside an almond-shaped region of the brain called the amygdala, an alarm goes off, signaling the release of hormones like adrenaline and cortisol that boost heart rate, usher extra blood to muscles, hasten breathing and spike blood sugar to provide more fuel for the brain to react.

Evolutionarily, this response was key to early human survival, providing the energy boost needed to flee predators. Even today, it has its upside, says Greenberg. "In the short term, stress can be exciting and even beneficial, revving you up so you can put your passion and energy into something."

But chronic excess can lead to high blood pressure and blood sugar, inflammation, cognitive problems and a hair-trigger response to stress, in which our body overreacts even to mild annoyances.
Seven Ways to Banish Stress

by Lisa Marshall

We can take charge and do even more things to keep stress at bay in the first place, says Christine Carter, Ph.D., a University of California, Berkeley, sociologist and author of The Sweet Spot: How to Accomplish More by Doing Less. “I’m all about prevention,” she says. “There are many ways to set up your life to be less stressful.”

1 Multitask less, monotask more: “The brain was not evolved to multitask and it can be stressful when we try to do so,” says Carter, referencing a Stanford University study. “At the end of the day, we end up feeling fried.” She recommends setting up a “fortress against interruption” for an hour or two each day when we feel most alert. Put the phone on mute, don noise-canceling headphones and ask coworkers or family members to not interrupt your focus on an important priority.

2 Don’t be a chronic media checker: Eighty-six percent of Americans say they constantly or often check their email, texts or social media accounts, according to the latest Stress in America Survey. Half of U.S. workers say they respond to every email within a half-hour. Carter recommends instead scheduling a block of time at the beginning of each day for the task. During weekends and evenings, disable email and social media notifications.

Research shows the more often we check, the more stressed we are. One recent study of British office workers found that checking email almost immediately boosts heart rate, blood pressure and cortisol levels, while refraining causes the stress response to subside.

3 Limit choices: Making decisions can be stressful, and we are all faced with an increasing number of them every day. To limit a personal decision-making load, get boring. Devise a meal plan that doesn’t vary from week to week (unless it’s a happy creative outlet). Stock the wardrobe with favorite styles of shirts and shoes in different colors. Select and stick with one brand of natural toothpaste or granola.

4 Don’t overthink things: Ruminating on past events and relationship problems can be a great source of stress in the present moment. If there’s nothing that can be done about it, stop thinking about it. Literally visualize a stop sign when the thought bubbles up.

5 Daydream: Idle times, like standing in line, sitting in traffic or showering can allow our brain to rest and recover from hassles. Embrace such opportunities and don’t clutter them up with technology; leave the phone and radio off.

6 Meditate: Invest 10 minutes daily to sit still, focus on breathing, visualize an image or stare at an object and try to keep thoughts from drifting. Brain imaging studies published in the Brain Research Bulletin show that “Through [such] meditation, it’s possible to rewire your brain to create a new, stronger circuit that keeps your emotional reactivity under control,” says Dr. Mithu Storoni, who has published a book on the topic.

7 Heighten spirituality: Whether it’s regularly attending religious services, yoga meditation sessions or quiet walks in the woods, a spiritual practice can be a powerful effective means of coping with stress and mitigating its health impacts. Duke University research shows that people regularly engaged in a spiritual practice are more likely to survive heart surgery, recover better from stroke, have shorter hospital stays and become depressed and stressed less often.

“Spirituality connects you to the broader world, which in turn enables you to stop trying to control things all by yourself,” explains Dr. Roberta Lee, an integrative physician, in her book The SuperStress Solution. “When you feel part of a greater whole, it’s easy to understand that you aren’t responsible for everything that happens in life.”
of a traumatic situation, because stress slows fat metabolism. In one recent study, Ohio State University researchers asked 58 women about their previous day’s stressors, and then fed them the fat-loaded equivalent of a double cheeseburger and fries; the stressed-out women burned 104 fewer calories.

“If a woman had a stressful day at work every day and ate a meal like this, she could easily gain seven to 11 pounds in a year,” says study author Jan Kiecolt-Glaser, a professor of psychiatry and psychology and director of the university’s Institute for Behavioral Medicine.

Exercise, too, can help combat stress-related illness. But Storoni attests that not all exercise is created equal. One recent study in the Journal of Physiology found that in animals daily moderate exercise (the equivalent of a light jog) can boost levels of brain-derived neurotrophic factor (BDNF), a critical brain protein diminished by stress and sleep deprivation, significantly more than weight training or intense exercise. On the flip side, excess strenuous exercise (laps around the track or an intense gym workout) can boost inflammation, whither brain cells, and aggravate the physical impacts of stress, says Storoni.

“If you want to exercise to relieve the stress you just experienced, keep it at low intensity,” counsels Storoni. If possible, work out in the morning, as it can boost melatonin levels at night, helping you get to sleep faster, she notes.

**Stress-Proofing Our Mindset**

While diet and exercise can buffer our body from the impacts of chronic stress, a shift in mindset can keep it from becoming chronic in the first place, says Greenberg. “The goal is not to eliminate stress, but to put it in its place—to use its energizing and motivating aspects to take care of what needs to be done, and then relax,” and stop paying attention to it. This, she says, requires being mindful of what’s happening in the present moment.

“When you feel your heart racing at the sight of another urgent demand at home or work, stop what you are doing, take a deep breath and tune into what’s happening in your body,” advises Greenberg. She notes that when the highly reactive amygdala “hijacks the brain”, we often say and do things in the heat of the moment that we later regret. Waiting just a moment (like counting to 10) allows the more rational part of our brain (the prefrontal cortex) to kick in. “It allows you to go from panic to, ‘I’ve got this.’”

Greenberg observes that we often feel most stressed when we feel out of control. When faced with a daunting task, it may help to make a list of the things we have control over and a list of the things we can’t control—then make a plan to act on the manageable one and let the others go.

“Mindfulness is also about keeping our self-judging and ruminating mind at bay, which may keep repeating, ‘I’m not doing enough,’” she says. “Realize that you do not have to listen to every thought that comes into your head. Ask yourself, ‘What is the most important thing for me to focus on right now?’”

Greenberg also says it’s important to aim to broaden and brighten our view in tough times, explaining, “Feeling stress biases your brain to think in terms of avoiding threat and loss, rather than what you can gain or learn from the situation.” Start by jotting down three ways this challenging situation may be beneficial in the long run; also make a list of things and people we are grateful for, she suggests.

“Practicing gratitude helps you realize that you have a choice about what to focus your attention on and you don’t have to let stressors take all the joy out of life,” according to Greenberg. As an added bonus, “You’re less likely to take your stress out on loved ones when you think about what they mean to you and how they have helped you,” she says.

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Medicalized terminology is now being used to describe certain products we may already have been buying from brand-name dietary supplement companies and retailers, and they have a higher price tag. One common example: powdered protein meal-replacement shakes that can cost up to $16 more than a retail store brand, as nutraceutical and medical food purveyors want to differentiate their products as having clinical research and development behind them. This raises the bar on the quality of contents and assures consumers of third-party testing for proof of ingredients.

Although both are regulated under the Dietary Supplement Health and Education Act (DSHEA) of 1994, there is no legal distinction between dietary supplements and nutraceuticals, yet each serves different purposes. Dietary supplements, comprising vitamins, minerals and/or herbs and botanicals, are intended to enhance wellness among healthy adults. Nutraceuticals encompass nutrients, foods or parts of foods used as medicine to provide health benefits beyond nutrition and combat chronic disease. Some of the most popular formulations involve botanicals like ginseng, ginkgo biloba, St. John’s wort and echinacea.

“Medical foods, formulated for dietary management of a specific medical condition for which nutritional needs are unmet by a normal diet, are regulated under the Orphan Drug Act of 1983,” explains Bill Shaddle, senior director of medical education at Metagenics, Inc. “Our nutraceuticals and medical foods are supported by verifiable science that provides solid evidence regarding the therapeutic benefits produced by ingredients in our products.”
which promotes clinical research and development of dietary supplements and foods specifically for their health benefits.

Reputable companies that manufacture private-label nutraceuticals, such as Metagenics and Xymogen, among others, research and develop products for functional nutrition and quality. While such products are solely distributed through partnerships with healthcare professionals such as medical doctors, nutritionists and pharmacists, some of the evidence-based, professional-grade formulas are available through online physician websites.

Metagenics and Xymogen collaborate with institutions such as the Cleveland Clinic, Bastyr University and National College of Natural Medicine in conducting clinical research that demonstrates how their formulas impact healthy aging, cognitive function and overall health.

**Federal Regulations**

Medical foods and nutraceuticals, orally administered dietary products formulated to support the management of conditions such as compromised gut function, age-related muscle loss, metabolic syndrome, Type 2 diabetes and cardiovascular disease, are subject to standard food and safety labeling requirements of the Federal Food, Drug and Cosmetic Act. Although they may be used under medical supervision, patients don't need a prescription. Many healthcare practitioners, including dietitians, currently recommend them under a physician's direction.

Unlike pharmaceuticals, which are accountable to the Food and Drug Administration's Center for Drug Evaluation and Research, patent-protected and supported by expensive testing documentation, nutraceuticals are not. However, many manufacturers do choose to undergo costly testing. Like all dietary supplements, the majority of which do not undergo third-party testing, they are regulated by DSHEA, which defines and regulates labeling and claims of benefits related to classic nutrient-deficiency diseases.

**Private Quality Control**

Xymogen is strictly a physician's line of nutraceuticals, explains Cheryl Burdette, a doctor of naturopathy and director of clinical research and outreach for the company. "In our manufacturing process, to avoid contamination and validate ingredients, every batch is third-party assayed by an independent laboratory, whereas some companies only do this for every fifth or 20th lot. Xymogen's validation extends to packaging and controlling the level of humidity because it affects how ingredients oxidize," says Burdette.

Gary Kracoff, a registered pharmacist and naturopathic doctor at Johnson Compounding & Wellness, in Waltham, Massachusetts, researches the nutraceuticals that he carries and recommends for his clients. "I like professional-grade nutraceuticals because their formulas are researched and science-based. They are excellent products for specific purposes. Individuals that take the medical foods come to appreciate their disease-modifying therapeutic results. While pricier, they include healthier sources of carbohydrates and fats, as well as natural, rather than synthetic nutrients to provide what the body needs to return to a state of balance," says Kracoff.

*Linda Sechrist is a senior staff writer for Natural Awakenings who blogs at LindaSechrist.com.*
grocery bags, bottles, cups and straws comprise much of the 9.1 billion tons of plastic manufactured worldwide in the past 65 years. Once discarded, 79 percent resides in landfills and litters the environment, with more created daily.

Annually, the equivalent of five grocery bags of trash for every foot of coastline worldwide enters the oceans, killing 100,000 marine animals. A 2016 World Economic Forum report says that by 2050, the world’s seas could contain more plastic than fish.

At the 2017 Our Ocean Conference, the Ocean Conservancy and its partners announced a $150 million preventive plan. “This is a major breakthrough for trash-free seas,” says Susan Ruffo, the conservancy’s managing director of international initiatives. “Our research found improved waste management in Southeast Asian countries [Indonesia, Philippines, Thailand, Vietnam and China] can halve plastic going in the ocean by 2025.”

When the United Nations launched the Clean Seas campaign in 2017, Indonesia pledged $1 billion to reduce plastic waste by 70 percent within eight years through education, taxes on plastic bags and investing in alternative products. Increased awareness is crucial to buy and discard less, create alternatives and recycle more to support the planet’s overall health.

Expanding Footprint
Lacking space, technology and equipment to transform waste into reusable materials, U.S. municipalities typically ship it to a sorter for processing elsewhere; often to China, where new regulations restrict what’s accepted, leaving trash haulers scrambling. Although recyclable, these are the worst plastics:

#3, Polyvinyl chloride, used in plastic wrap, toys, squeeze bottles and packaging for peanut butter, contains lead and phthalate esters (chemical compounds) that affect development of testosterone, according to a study by the National Institute of Child Health and Human Development.

#6, Polystyrene, in Styrofoam, plastic utensils and disposable or carryout containers, is toxic to our brain and nervous system; ask what restaurants use.

#7, Polycarbonate, found in the lining of canned foods, sports drinks, juice drinks, ketchup bottles and clear sippy cups, contains bisphenol A (BPA), a proven endocrine disruptor.

Small Changes Make a Difference
Recycling weakens plastic grocery bags, necessitating double-bagging to avoid spills. Average families annually accumulate about 1,500 plastic bags, with 99 percent ending in landfills, as litter or stuffed in the pantry, according to the Center for Biological Diversity. Worldwide, many countries ban or tax bags.

“Annually, 50 billion water bottles are sold globally, including 30 billion in the U.S. That’s 1,500 individual water bottles thrown away per second,” says Deanna Latson, co-founder of ARIIX, which makes water purification systems, in Bountiful, Utah. “One filter can purify the equivalent of thousands of them a year.” The U.S. annual bottle recycling rate is 23 percent.

Beth Terry, of Oakland, California, author of Plastic-Free: How I Kicked the Plastic Habit and How You Can Too, offers 100 tips at MyPlasticFreeLife.com, including this planet-saving advice:
Opt for bar soap instead of liquid, soap nuts in lieu of plastic-packaged powders, and baking soda and lemon or vinegar rather than sprays to clean.

Ask the butcher to wrap meat in paper, forgoing trays and plastic wrap.

Buy fruit and vegetables at farmers’ markets; return containers for reuse.

Turn out-of-fashion garments into cleaning rags; skip plastic scrubbers.

Carry reusable water bottles and cloth shopping bags.

Avoid over-packaged frozen foods.

Use glass jars for leftovers and storage.

Buy kitty litter packaged in paper.

Choose stainless steel pet food and water bowls.

As a substitute, glass is endlessly recyclable, but facilities are few. Find resource centers at gpi.org/glass-resource-locator.

“Plastic innovations stop at invention and don’t follow through to end-of-life solutions,” says Tom Szaky, CEO and founder of TerraCycle, in Trenton, New Jersey. It accepts both basic and difficult-to-recycle waste including pens, laboratory waste, cigarette butts, art supplies, small auto parts, bathroom cleaning waste, toys, candy wrappers and coffee pods (TerraCycle.com).

Contact Influencers

Tell companies when products have excessive or harmful packaging. In Delray Beach, Florida, Saltwater Brewery created biodegradable, safely edible wheat and barley six-pack rings to replace traditional plastic rings that are hazardous to wildlife.

Restaurants routinely provide fresh plastic straws with refills. BYOS (bring your own straw), whether plastic, stainless steel or paper, and let management know why. Americans daily discard 500 million plastic straws (StrawlessOcean.org/alternatives).

“Consumers are willing to change if options are available,” observes Szaky. “Manufacturers need to offer high-quality, reusable products designed for reuse equal or superior in value to single-use, disposable items.”

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Detect Serious Health Problems.
Healthy Weight Kids
Food Choices that Prevent Obesity
by Amber Lanier Nagle

Small changes in daily eating routines translate into healthier weight for America's kids.

In 2010, President Obama and Michelle Obama launched Let’s Move! as their signature initiative to tackle epidemic levels of U.S. childhood obesity. While modest progress has been made, it remains a public health crisis. A brief by the U.S. Centers for Disease Control and Prevention reported that the obesity rate remained fairly stable at nearly 17 percent between 2011 and 2014 for children 2 to 19 years old.

Caused mainly by inadequate physical activity, unhealthy diets and rare genetic factors, obesity increases the risk of significant health problems, including high blood pressure and Type 2 diabetes, plus joint and breathing issues.

“We must launch our own family anti-obesity campaigns,” urges pediatrician Ricardo Riesco, co-owner of Peds Care, in Dalton, Georgia. “Along with increasing activity levels, we can encourage healthier eating habits at home and lead by example.”

Portions Matter
In today’s “supersize-me” climate, teaching youngsters about appropriate portion sizes is imperative in fostering healthy eating habits.

“It’s often hard for parents to find time to cook a meal at home,” Riesco acknowledges. “Too often, parents will pick up fast food for dinner, which is typically higher in calories and fat, plus the portion sizes are far too large.” When parents can’t prepare a meal from scratch, a frozen, boxed meal can be a better alternative than fast food. “The portions are more appropriate, so there’s more control of how much a child eats.” Tasty frozen organic meals are now available at many grocers.

Rethinking Family Plates
“A large part of the obesity problem stems from children consuming sodas and refined, processed, junk and fried foods,” says Daemon “Dr. Dae” Jones, a Washington, D.C., naturopathic physician and author of Eat More Plants. “They are low in nutrients, and high in sugars and calories that pack on the pounds.”

Jones says the best way to combat obesity and form healthy eating habits is to replace processed foods with a whole foods diet plentiful in colorful fruits and vegetables, with sides of whole grains, nuts and seeds, and beans and legumes. “These foods are high in vitamins, nutrients, fiber, proteins and healthy fats. Lean meats, chicken and fish are good choices for protein, as well.”

Breakfast and Snacks
Breakfast provides fuel for the body and helps young minds concentrate and learn, so experts warn against skipping or skimping on it. “I tell parents to, ‘Get out of the box,’” says Doctor of Naturopathy JoAnn Yanez, executive director of the Association of Accredited Naturopathic Medical Colleges. “Offer them a balance of fats, proteins and complex carbohydrates.”

She suggests making a batch of pancakes using an extra egg or almond meal for protein, served with fresh fruit and nitrate-free sausage. “I also recommend steel cut oats,” she says. “I make them in advance, and in the morning add in all sorts of good stuff such as fresh fruit, almond meal and almond milk.”

“Although almost everything can be enjoyed in moderation, decreasing or eliminating high-calorie, high-fat, low-nutrient treats can also help children develop healthy eating habits for life and prevent obesity,” says Registered Dietitian Wendy Palmer, manager of child wellness and a certified health education specialist at Children’s Healthcare of Atlanta. “A medium-sized apple or banana, or a cup of baby carrots with hummus, is a nutrient-rich snack for kids. Avoid snacks that have no nutritional value or are coated in sugar.”

For more good ideas, see Tinyurl.com/HealthySnackingOptions.

No Sugary Drinks
“There’s a strong correlation between sugary drinks and overweight, obese children,” observes Palmer. “I recommend that parents remove all sugary sodas, sports drinks and juice.
Secondary causes of childhood obesity include pervasive junk food marketing. A recent study in Obesity Reviews showed that young people exposed to advertising for foods and beverages high in fat, sugar and salt had a higher incidence of selecting the advertised products instead of healthier options. Parents can use simple strategies to limit their kids’ exposure to this mesmerizing influence.

1. Reduce Screen Time—Decrease the amount of time children spend viewing TV, computers, tablets and smartphones.

2. Teach Kids About Advertising—Watch some ads with children. Talk to them about misleading messaging, underscoring how most advertisers’ intentions aren’t in the audience’s best interests.

3. Fast Forward Through Commercials—Take control and bypass ads using a DVR player or streaming service; mute the TV during ads.

Primary source: WebMD.com

Amber Lanier Nagle is a freelance writer in Northwest Georgia (AmberNagle.com).
Cancer is the leading cause of canine fatalities in the U.S., Europe and Japan. Often diagnosed too late, the risks, heartache and expense of aggressive traditional treatments have many people searching for healthy alternatives. Although the causes are not well understood, we can give our companion the best possible chance of prevention.

1 Avoid Pet Obesity
In studies across species, caloric restriction has been shown to help prevent tumor development and progression. Obesity is strongly linked to increased cancer risk in humans and is assumed so in dogs. For people, cancer is also connected with excessive glucose, increased insulin sensitivity, inflammation and oxidative stress. Overfeeding a dog is not a loving thing to do.

2 Choose an Anti-Inflammatory Diet
Creating or promoting inflammation raises cancer risk by facilitating abnormal cells to proliferate. Current research suggests cancer is actually a chronic, inflammatory disease. Because cancer cells require the glucose in carbohydrates as an energy source, limit or eliminate carbs present in processed grains, fruits with fructose and starchy vegetables. Cancer cells generally can’t use dietary fats for energy, so appropriate amounts of good-quality fats are nutritionally healthy.

Another major contributor to inflammation is poor-quality, processed pet food, which is typically high in omega-6 fatty acids and low in omega-3. Omega-6s increase inflammation; omega-3s do the reverse.

A healthy, moist dog diet contains real, whole, organic, non-GMO (genetically modified) foods, preferably raw—also plenty of high-quality protein, including muscle meat, organs and bone; moderate amounts of animal fat; high levels of EPA and DHA (omega-3 fatty acids, such as those present in krill oil); and some fresh-cut ground veggies; plus antioxidant-rich fruit.

Consider adding both vitamin/mineral and other supplements like probiotics, digestive enzymes, medicinal mushrooms and super green foods. Work with a holistic or integrative veterinarian to determine the best regime.

By Karen Becker
3 Reduce Exposure to Toxins
Harmful toxins include chemical pesticides like flea and tick preventives, lawn chemicals, tobacco smoke, flame retardants and all common household cleaners. A six-year study by the Cummings School of Veterinary Medicine, at Tufts University, showed that exposure to lawn pesticides, specifically those applied by lawn care companies, raised the risk of canine malignant lymphoma up to 70 percent.

Conventional flea and tick preventives are pesticides, whether spot-on treatments, pills, dips, solutions, shampoos or collars. Chemical spot-on products attracted U.S. Environmental Protection Agency attention based on reports of 40,000 adverse events in 2008, including 600 animal deaths.

Because avoiding all toxins is nearly impossible, consider periodic detoxification based on a vet’s recommendation. For a dog with constant exposure to toxic chemicals all summer, a daily oral detox protocol is sound. If the only source is a monthly dose of a flea and tick product, limit a detox to the week after each pill or topical treatment.

4 Refuse Unnecessary Vaccinations
To properly maintain a dog’s first line of defense—the immune system—don’t overstimulate it with vaccines. Tailor vaccine protocols to minimize risk and maximize protection, considering the dog’s breed, background, nutritional status and overall vitality.

A good protocol with healthy puppies is to provide a single parvovirus and distemper vaccine at or before 12 weeks of age, and a second set after 14 weeks. Cautious vets then order a titer test (at a lab that uses the immunofluorescence assay method) two weeks after the last set of vaccines. If the dog has been successfully immunized, it’s protected for life.

If titer tests indicate low vaccine levels (unlikely), try a booster for only the specific viruses that titered low, and only those to which the animal has a real risk of exposure. Combination vaccines (four to eight viruses in one injection), a standard booster at many veterinary practices, is not recommended.

5 Maintain Physical Integrity Until at Least 18 to 24 Months of Age
Studies from Purdue University, the University of California, Davis, and others show a clear link between spaying/neutering and increased cancer rates in dogs, especially large breeds. These include increased risk of osteosarcoma in Rottweilers neutered or spayed before their first birthday; double the risk of bone cancer in neutered or spayed large, purebred dogs versus intact (not neutered) dogs; and three to four times the cancer rates for spayed female golden retrievers versus intact females. Opting for ovary-sparing spays (hysterectomy) is another option that preserves sex hormones while rendering the animal sterile.

Applying these five suggestions in caring for a dog throughout its life offers a pet a good chance for a cancer-free and overall healthy, high-quality life.

Karen Becker, a doctor of veterinary medicine, is a proactive, integrative practitioner who consults internationally and writes for Mercola Healthy Pets (HealthyPets.Mercola.com).
We have become a nation of couch potatoes. The average American takes only 5,900 steps a day, somewhat better than the sedentary Brits that average less than 4,000. The notion that overall we need to take 10,000 steps a day to be physically fit started with *manpo-kei*, a 1960s Japanese marketing tool to sell pedometers.

While the 10,000 steps concept lacks specific supporting science, it’s widely acknowledged that we are healthier the more that we move. Affixing a target number to it helped spread the notion of the benefits of walking, says Catrine Tudor-Locke, Ph.D., a walking behavior researcher at the University of Massachusetts at Amherst.

Tudor-Locke is a proponent of the walking goal, although she readily admits the real objective is to get people moving more. “Any opportunity to walk more, more frequently and farther, wherever that is—it all adds up,” she says.

**Making 10,000 Steps Possible**

For those already physically fit and physically active, 10,000 steps is a no-brainer. However, it’s never too late to start for those with exercise programs that have been supplanted by a too-busy-to-workout lifestyle.

There’s probably no easier exercise than walking, says Dr. Melina Jampolis, the Los Angeles author of *The Doctor on Demand Diet*. “Walking is the number one exercise I recommend to most of my patients, because it is exceptionally easy to do, requires only a supportive pair of quality sneakers and has tremendous mental and physical benefits that increase just by getting outside in the fresh air.”

The biggest bang for the increased effort is the first 3,000 to 4,000 steps between the sedentary baseline and 10,000 steps, Tudor-Locke explains.

“Still, 10,000 steps is the magic number for the average American,” says Dr. Michael Roizen, chief wellness officer at the Cleveland Clinic, in Cleveland, Ohio. “That specific number of steps seems to help break down insulin resistance, an underlying cause of Type 2 diabetes. We’re not exactly sure how this happens, but we know that this amount of exercise takes the glucose from the blood where it is a hazard to the cells, so that it becomes less hazardous.”

**Exponential Health Benefits**

Many more well-documented health benefits of a walking program include:

- increased heart health
- lower blood pressure
- stronger muscles
- improved balance
- weight control
- natural stress relief

Several studies from places like Harvard Medical School’s affiliate Brigham and Women’s Hospital also show that a brisk walking program nearly cut in half the risk of early death in breast cancer patients.

Most exercise experts note that a walking pace that leaves the walker only slightly out of breath reaps the greatest rewards. “One hundred steps a minute is a good cadence,” advises Tudor-Locke.

The U.S. Centers for Disease Control and Prevention recommends at least 150 minutes of exercise weekly, or 30 minutes five days a week, for virtually everyone. Many experts don’t believe it’s necessary to move for 30 minutes straight. Ten-minute increments work fine; so a quick morning walk around the block, another outing during the lunch hour and a refreshing walk with the dog after work can do the trick. Some evidence from the Centers for Disease Control and Prevention’s National Center for Chronic Disease Prevention and Health Promotion suggests that varying walking speed is even more effective in overcoming insulin resistance and burning calories.

**Counting Up**

Roizen recommends wearing a pedometer or using a free iPhone app (no need for a fitness band), mainly to keep up awareness of our daily step count. There’s no age when we don’t need to walk anymore.

If a consistent 10,000 steps does wonders for health, some ask if more would be better. “Ten thousand is the answer for health and longevity, but 12,000 or more makes a difference for fitness and calorie burning, so go for it!” Roizen says.

Breathwalking Adds Benefits

This kundalini yoga breathing technique, when combined with a brisk walking program, changes the basic rhythms of the body, even at cellular levels, according to the Kundalini Research Institute, in Santa Cruz, New Mexico.

Breathwalking, a particular combination of breathing and walking, improves several brain functions, according to research the institute conducted with the University of Arizona. Breathwalking, compared to normal walking, increases executive function by as much as 80 percent and improves cognitive function, judgment and mental focus. Other findings by the institute are that breathwalking improves vision, including depth of field and clarity of detail, as well as muscle balance and heart function.

“If aerobic exercise resembles the pure power of a single frequency emanating from a strong radio station, then breathwalking looks like many frequencies mixed into complex and richly textured patterns. One is a tone; the others add melody, chords and harmonies. It is like comparing loud noise to sophisticated music,” notes the organization’s website.

How to Do It

Wave breath: Inhale steadily through the nose to the count of four while taking four steps, exhale through the mouth to a count of four while taking another four steps.

Stair breath: Make four distinct inhalations through the nose to a count of four while taking four steps; and then exhale through the mouth in four sharp exhalations while taking another four steps.

Dr. Jim Nicolai, who is affiliated with the University of Arizona Center for Integrative Medicine, in Tucson, has created a helpful instructional video at Tinyurl.com/HowToBreathwalk.
EAT WHEAT AGAIN
Eight Ways to Restore Gut Health
by John Douillard

The New York University Langone Medical Center recently reported that 74 percent of Americans experience some form of digestive distress, a quarter are obese and more than 100 million U.S. adults are pre-diabetic and don’t know it. While many blame such problems on eating wheat, some food scientists disagree, including those citing two major studies by Harvard researchers; following more than 100,000 people for 25 years, they concluded that those eating the most wheat compared to low-gluten folks had a 13 percent lower diabetes risk and no greater risk of heart disease.

While the standard American diet, which includes highly processed wheat, is likely responsible for many of these health concerns, plenty of science links a diet rich in whole grains, including whole wheat, to weight loss, better digestion and lower blood sugar. The Mediterranean Diet, replete with whole grains and wheat, is still revered as one of the healthiest-known diets. Centenarians that live in the famed “blue zones”, recognized for their longevity-enhancing environment and lifestyles, eat a non-processed, whole-food diet rich in whole grains and wheat.

Many Americans that are gluten-sensitive today digested wheat fine when they were young. At some point, our ability to digest foods that are a bit harder to digest, like wheat and dairy, became compromised. It’s possible to reboot.

Delete Processed Foods
The first step toward reestablishing digestive strength is avoiding all processed foods. A study in the journal *Diabetes Care* linked a processed food diet to a 141 percent increase in belly fat, high blood sugar and high cholesterol. It further showed that a diet of whole grains, including wheat, reduced the risk of these health concerns by 38 percent.

Monitor these ingredients to achieve a healthier diet.

- Avoid all added sugars or artificial sweeteners. Allow nothing more than six grams of naturally occurring sugar per serving.
- Avoid fried foods and baked goods made with refined cooking oils used to preserve them like bread, muffins, cookies, energy bars, most packaged foods and chips.
- Eat bread that’s only made of organic whole wheat, salt water and starter.

Restore Liver and Gallbladder Function
Highly processed vegetable oils are used as preservatives in most packaged foods, including bread. Processing these oils renders them indigestible. Linked to congestion of the liver and gallbladder, they disable liver bile so it can’t break down either good or bad fats, also making it insufficient to buffer stomach acids. Without adequate

conscious eating
bile production to neutralize stomach acid, the stomach won’t produce the needed acid to digest proteins like gluten and the casein in dairy. This malady has effected a huge spike in gallbladder surgeries and epidemic levels of obesity, high blood sugar and food intolerances.

To boost bile flow, enjoy these foods daily:

- Eat one red beet and one apple a day—either raw, cooked, juiced or blended. Add celery and make a bile-flow smoothie.
- Consume one teaspoon of both coconut oil and high-quality olive oil per day.
- Eat more artichokes, bitter roots and leafy greens.
- Drink fennel and fenugreek tea with meals.

**Strengthen Stomach Fire**

Instead of taking digestive enzymes or a hydrochloric acid-based stomach acid pill, stimulate the stomach to make its own acid and the small intestine and pancreas to produce digestive enzymes. This is best done regularly with the following five spices:

- Use ginger, cumin, coriander, cardamom and fennel.

Studies published in journals such as *Molecular Nutrition & Food Research* and the *Journal of Nutritional Biochemistry* suggest that when these five spices are used together—as a supplement, in cooking or to flavor food—they act as a total upper digestive reset. These five-star spices:

- **✓** Stimulate digestion
- **✓** Increase bile flow, pancreatic and small intestine enzyme activity, and fat and sugar metabolism
- **✓** Decrease *H. pylori*, an opportunistic acid-producing microbe, from adhering to the stomach
- **✓** Decrease gas and bloating
- **✓** Support optimal weight, microbiology health, growth of good gut bacteria and elimination
- **✓** Act as powerful free-radical scavengers

Following these simple steps of nutrition will set gluten sufferers on the right path to retraining the body to digest and enjoy wheat again.

John Douillard, a Boulder, CO, doctor of chiropractic and creator of the wellness website LifeSpa.com, is the former director of player development and nutrition advisor to the New Jersey Nets NBA team. He is author of the book Eat Wheat: A Scientific and Clinically-Proven Approach to Safely Bringing Wheat and Dairy Back into Your Diet. Learn more at EatWheatBook.com.
Physician Harold G. Koenig, an international authority on religion, health and ethical issues in medicine, has dedicated his career to understanding the relationship between faith and health. Koenig, who has surveyed the scientific literature, shares the mounting evidence linking the power of faith to better health and well-being.

Koenig struggled for three decades to determine his life’s purpose before a spiritual transformation in 1984 set him on a Christian path. “As I’m able to surrender my will and follow God’s lead, I’ve found an increasing flow of blessings. Even in those times when I’m self-centered, the blessings continue. I can only attribute it to the incredible undeserved grace and mercy of one who understands and forgives,” he says.

He’s the director of Duke University’s Center for Spirituality, Theology and Health, an associate professor of medicine at the Duke University Medical Center, in Durham, North Carolina, and author of nearly 50 books. Titles include *The Healing Power of Faith*, *The Handbook of Religion and Health*, and the recent *You Are My Beloved. Really?*, musings on the nature of divine love.

What maintains people’s faith in the face of worldly adversity?

Adversity can increase people’s faith; when things are going well, people don’t feel the same urgent need for religion. Why do hurricanes happen? Why do people experience chronic pain? When someone is in the midst of challenges, there is no easy explanation, even though there can be many answers. Sometimes all you can do is to have faith that a good God reigns, despite appearances. That can lead to a sense of well-being and spiritual purpose, even in the midst of bad material experiences.

How you’ve dealt with life prior to a challenge matters. If you follow a spiritual path and practice, when bad things happen, you can lean on your foundation of faith; you’re better prepared. Once you’re in the middle of it, all you may feel is the pain and a desperate desire to get rid of it.

One of the most precious gifts we have as humans is the freedom to choose. We can be selfish and strictly pleasure-seeking, or we can be kind and altruistic. We can turn toward or away from our divine source.

What have you concluded from decades of studying the relationship between faith, prayer and health?

Our research and that of many other major academic institutions, including Harvard and Columbia universities, shows that people of strong faith enjoy better social, physical and mental health, all else being equal. It drives healthy behaviors and attitudes, which leads to better health.

A person’s religious beliefs and spiritual practices affect them across their lifespan. It begins in utero, based on parental...
behavior and care, and shows in the sense of trust we have as infants. In this way, parents' faith-based moral values also can favorably affect their children's levels of stress, depression and drug use later on.

Is there a tension between the yearning for scientific certainty and the intuitive nature of faith?

I feel that tension constantly as a scientist and a believer. I’m always challenging myself; you have to be objective as a scientist, to observe without reading into things. But the wisdom of the scriptures has endured through thousands of years, applied by believers through the ages in many different groups and cultures. About 80 percent of Americans today believe in God, nearly 90 percent in a higher power, and 84 percent of the world’s people have religious faith. Such faith must serve some kind of function for it to have persisted throughout the millennia.

There is much that is still unknown, and may not be knowable from a scientific perspective. You need to use common sense and intuition. It requires a leap of faith, but once you do it, everything falls into line—though I admit as a scientist I keep trying to understand things from a rational perspective.

What are the pathways by which spirituality contributes to health?

Science supports firsthand experience; that the virtues instilled by a religious path ultimately lead to better decision making, relationships and greater well-being. They help to neutralize negative emotions. These benefits accrue through adulthood and yield fruit into old age. The coping mechanism that spiritual practices provide is also important. It helps us to tolerate and navigate difficult situations and integrate meaning and purpose into daily life.

I don’t think science can prove to us that faith leads to divine healing. But through natural mechanisms alone, ones that we can understand and study, tremendous evidence exists to show that it benefits health and maybe even longevity.

Connect with freelancer April Thompson, in Washington, D.C., at AprilWrites.com.
New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don’t stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to stop a virus. Touch it with copper. Researchers at labs and universities worldwide agree — copper is “antimicrobial.” It kills microbes, such as viruses and bacteria, just by touch.

Four thousand years ago ancient Greeks and Egyptians used copper to purify water and heal wounds. Now we know why it worked so well.

Researchers say a tiny electric charge in microbe cells gets short-circuited by the high conductance of copper. This destroys the cell in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. So some hospitals switched to copper 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. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

“It worked!” he exclaimed. “The cold went away completely.” It worked again every time he felt a cold coming on. He reports he has never had a cold since.

He asked relatives and friends to try it. They said it worked for them, too. So he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100 percent said the copper stops their colds if used within 3 hours of the first sign. Even up to 2 days after the first sign, if they still get the cold it is milder and they feel better.

Users wrote things like, “It stopped my cold right away,” and “Is it supposed to work that fast?”

Pat McAllister, age 70, received one as a gift and called it “one of the best presents ever. This little jewel really works.”

People often use CopperZap for prevention, before cold signs appear. Karen Gauci, who flies often for her job, used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. “Sixteen flights and not a sniffle!” she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. “It saved me last holidays,” she said. “The kids had colds going around and around, but not me.”

Copper may even help stop flu if used early and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

The EPA says the natural color change of copper does not reduce its ability to kill germs.

CopperZap is made in the U.S. of pure copper. It carries a 90-day full money back guarantee and is available for $49.95 at CopperZap.com or toll-free 1-888-411-6114.

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Too many New Year Resolutions end in failure. Make yours a success this year by tackling your health problems first. When you feel good, you can accomplish much more.

You will feel better throughout the year and it will benefit you for a lifetime.

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* Sleep Disorders
* Tinnitus,...and much more
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**Author and Natural Awakenings Long Island Publisher, Kelly Martinson**

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**TUESDAY JANUARY 2**

New Year’s Full Moon Meditation - 7:30-8pm. Meditation Teacher, Anthony Profeta, will begin this event inside Aquarian Dreams with a 20-30-minute sound bath meditation. He will play the Crystal and Himalayan Singing Bowls to help us relax & get into a deeper meditative state. Then, if weather permits we will end our meditation with a releasing ceremony and silently sit across the street on the beach bathing in the powerful full moon energy. Please bring a towel/mat to sit on. $15. Aquarian Dreams, 414 N. Iriram Ave. (Hwy A1A), Indialantic. Register online or call 321-729-9495. A quarianDreams.com.

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**WEDNESDAY JANUARY 3- FRIDAY JANUARY 5**

Meditation for Beginners - 7-8pm. Brief overview of meditation technique, twenty-minute breathwork and meditation. Includes techniques, guidance, and experience essential to start and support independent home meditation practice. Instructor Monica Lombardo. $10 or yoga membership. Aquarian Dreams, 414 N. Iriram Ave. (Hwy A1A), Indialantic. Register online at AquarianDreams.com or call 321-729-9495.

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**THURSDAY, JANUARY 4**

Non-Toxic Cleaner Make and Take One Home - 10-11am. Start the New Year with Non-Toxic Cleaners in your Home. Learn about the benefits of Non-Toxic Cleaners and then make and take one home to use. Biodegradable and made in the United States. $5. The Yoga Loft, upstairs at The Dirty Hippie, 30 SW Seminole Ave, Stuart. Candice 561-222-6057. The Healing House on Facebook.

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**THURSDAY’S JANUARY 4 - FEBRUARY 22**

Spiritual Intuitive Development and Healing Course - 7:30-9pm. The 8-week course teaches spiritual independence and helps build a strong foundation to prepare for the more advanced practices. Teachings include: Techniques for balancing the Chakras, Techniques for Reading the Aura, Crystals & Gemstones, Spirit Guides, Past Life Regression technique, Intuitive Development, Developing Clairvoyance and more. Cheri Hart is a professional clairvoyant, a Medical Intuitive, and a Certified Master-Healer. Bring a journal & pen. $250. (includes handouts & mentoring). Register online or call 321-729-9495. A quarian Dreams 414 N. Iriram Ave. (Hwy A1A) Indialantic. A quarianDreams.com.

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**THURSDAY JANUARY 4 TO SUNDAY JANUARY 7**

Release & Empower 2018 Art & Yoga Retreat - 4:30pm. Paint a Fresh Start to the New Year! Let go of what didn’t serve you in 2017, and call in a powerful vision for 2018. This proven process combines Intuition Painting, yoga, meditation, burn ceremony, nature walks, sharing, laughter, healthy food, lodging, and guidance. Kashi A shram, 11155 Roseland Road, Sebastian. 904-377-3500. JuicyCreatives.com/ Schedule/Kash

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**SATURDAY JANUARY 6**


Free Kids Cooking Class - 10-11am. Danette will teach your child fun new and easy recipes to make at home. All attendees with receive free recipe cards, recipe samples and a $5 off $35 coupon for your shopping that day. Nutrition Smart 464 SW Port St. Lucie Blvd. Port St. Lucie. 772-322-2222.


Reki Level I and II Weekend - Saturday January 6 11am-6pm, Sunday January 7 11am-6pm. Learn the Art of Healing using Japanese techniques and ancient symbols. These techniques enhance the immune system and promote healing. Class includes book, certificates, attunements and plenty of practice. Must pre-register call 772-257-6499 Take one or both levels. Level I 6 CEUs and Level II 8 CEUs for a total of 14. Ask for discounted price for both. $150 for Level I, $200 for Level II. Discounted price of $325 if you take both. Spark of Divine, L.L.C Healing and Learning Center, 1789 Old Dixie Hwy, Vero Beach.

Spark of Divine.com

The Medicine Wheel Workshop with Bruce Orion – 2-3:30pm. We move through the cycles of life, examining the external forces that shape us. In the process we will re-examine our core beliefs and how they have shaped our perceptions and choices. Aligning our spiritual path with the life we are living is often a transformative experience. $20. A quarian Dreams 414 N. Iriram Ave (Hwy A1A) Indialantic. Register online or call 321-729-9495. A quarianDreams.com.

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**Plant-Based Nutrition and Healthy Living Group Meetup - 4-6pm. Join our group for its first potluck in 2018. Raw foodsies, vegan, vegetarian and everyone striving for a healthier, plant-based diet is invited!**

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**Calendar of Events**

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SUNDAY JANUARY 7
First Sunday Free Qigong - 11:15am-Noon. Experience the benefits of this ancient healing art that is sometimes called the great grandmother of Tai Chi. Gentle meditative movement and deep breathing will create a state of relaxation to activate your body’s natural healing resources. Can be done seated or standing. Free. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-475-7561.

Healing Circle - 12:15pm. A gift to our community. Our certified Spiritual Healers and teachers will be offering free healings. All those in need of healing are welcome. First Sunday of each month. Donations accepted. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

MONDAY JANUARY 8
Launch Into Freedom - Noon-1pm. Twenty-one days to create a life you love. Launch into the new year with clarity and freedom. In this special 21-day program, we identify the myths in your life, gain clarity on what’s limiting you and learn tools to help you break through your barriers. Program begins January 8th. Space is limited. Register at IAMdawn.com/Launch-Into-Freedom. $197 on your phone or computer. 321-261-5975.

Friends After Diagnosis - 2-3:30pm. Offering support for breast cancer and women’s cancers. Educational and support group meetings four times per month for cancer survivors, caregivers and loved ones. Both in Sebastian and Vero Beach. Free. First Presbyterian Church, 520 Royal Palm Blvd., Vero Beach. 772-978-9392. FriendsAfterDiagnosis.com

TUESDAY JANUARY 9
Stress Less Skills Building Seminar - 12-1pm. Dr. Chris Gilman will introduce you to tools to move from stressful panic to peaceful calm, we can change old habits and grow. Free. Indian River Fitness Center, Suite B-1, 8000 Ron Beatty Blvd., Micco (across from Library). For more information contact Dr. Chris at 321-312-0421. DrChristinaGilman@gmail.com.

Secrets for Effective Weight Loss - 7-8pm. Have you tried everything but still can’t lose weight? There may be hidden causes to that weight issue. In this class, Dr. Brian Walsh shares the keys to successful weight loss and a healthy lifestyle. Free but call 321-728-1387 to register. CA RE Natural Wellness Center, 1051 Eber Blvd., Suite 102, Melbourne. 321-728-1387. CareWellnessFL.com

Look Good, Feel Great, Get Slim and Sassy - 7-8:30pm. A few drops of this essential oil in your water everyday speeds up your metabolism, suppresses appetite, helps body cleanse out harmful toxins and lifts and elevates your mood. Must reserve seat. Free oil gift. Free. Wild M anta, 5151 Babcock St., Palm Bay. 321-426-5392.

WEDNESDAY JANUARY 10
Spiritual Coffee House - 6:45-9pm. An intimate evening of spirituality experienced through song, laughter, coffee, tea, food, friendship and inspiring conversation. This is your opportunity to share your spiritual insights or simply sit back and listen. All are welcome to a community that shows respect, acceptance, and compassion to all. $10 suggested love offering. Unity of Stuart, 211 SE Central Parkway, Stuart. 772-226-3878. UnityOfStuart.org

THURSDAY JANUARY 11
The Sound of Soul - 6-7pm. Welcome to the worlds of HU, an ancient, universal name for God. This scared word can spiritually uplift people of any religion, culture, or walk of life. People of all faiths are welcome to experience the HU chant for about 20 minutes followed by an authentic spontaneous spiritual discussion. Free. ECKANKAR Center of the Treasure Coast, 541 SE Central Parkway, Stuart. 772-223-1188. Eck-Florida.org

FRIDAY JANUARY 12
Yin Yoga 96 - 2-3pm. Yin yoga with cats. M ewga is a sixty minute yin yoga class designed to help you relax in a purrfect way. Here you can combine yoga with the joyful play of adoptable SPCA cats. Bring a mat and water. Please pre-register on our website. Donations are appreciated by the SPCA and Inverted Elephant Yoga. Donations accepted. Inverted Elephant Yoga, 2855 S. Hopkins Ave., Titusville. 321-729-9495.


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FRIDAY JANUARY 12-
SUNDAY JANUARY 14
Weekend Yoga Intensive-Rediscovering the Breath
- Weekend will include: Pranayama 101, What is Prana? A natomy of Breathing, The Nervous System, Integrations is Unity, Practice Teach Pranayama and more. Nicole & Craig Costello are registered Yoga Teachers through Yoga alliance. Friday 6:30-9:30pm., Saturday 9:30am-7pm., Sunday 1-8:30pm. $325 (entire weekend). 20 CE’s. Aquarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. A quarianDreams.com

SATURDAY JANUARY 13
National Vision Board Day - 9:30am-12:30pm.
Save the date for an amazing vision board workshop and powerful training to help you manifest the T.H.R.L.I.V.E. Life of your dreams. Plan to spend the morning with us. $20 each or three guests for $54. All supplies provided. 611 South Federal Hwy, Suite B, Stuart. Register at THRIVE4me.com

Bikram Yoga Workshop - Noon-3pm. Low heath. Bikram yoga beginner series postures. $49. Indian River Bikram Yoga, 676 US Hwy 1, Suite 4, Vero Beach. 772-925-9697. IndianRiverBikram.com


New Year’s Fresh Start Detox - 1-3pm. With Becky Yorga Ma. Get a fresh start to the New Year. This is an all levels yoga class designed using breath, postures, relaxation and essential oils to hit the re-start button for the New Year. Get rid of the old and create space for new beginnings. $35. K ashi Yoga Studio, 11155 Roseland Road, Sebastian. 772-589-1403. Facebook. com/YogaAnD0ilsWithBecky

SUNDAY JANUARY 14

John Two Hawks Music Concert - Noon. Grammy® and Emmy nominated, Platinum Award winning Native American Flute Music Recording Artist. A author and Activist John Two-Hawks has spent his life looking intensely into the deep ways of spirit, wisdom, healing and connection. A master virtuoso of the Native American flute, John is also an extraordinary vocalist, musician, and composer. $20 per person. Unity of Port St. Lucie, 8645 US 1 (Crowne Plaza), Port St. Lucie. 772-878-9819.

TUESDAY JANUARY 16
Sacred Sound Immersion Meditation with Crystal Bowls - 7-8pm. Immerse in the healing, balancing relaxing sound waves of the crystal bowls, Tibetan bells, ancient mantras, and drum. Sound has a profound power to focus the active mind and to clear and balance the body, allowing you to relax, detach and connect to the divine bliss within. Led by Susan Rizzo. $12. A quarian Dreams, 414 N. Miramar Ave. (Hwy A1A ) Indialantic. Register online or call 321-729-9495. A quarianDreams.com

Thermography - 7-8pm. The proactive health-screening tool. Learn how you can take charge of your health with this radiation-free, non-invasive, FDA approved screening tool for total body health. Katie Ainsley of Thermography of Brevard will be speaking. Free but call 321-728-1387 to register. CARE Natural Wellness Center, 1051 Eber Blvd., Suite 102, Melbourne. 321-728-1387. CareWellnessFL.com

THURSDAY JANUARY 18
Free Spiritual Healings and Massage Therapy - Spiritual Healer, Teren Nichols will be offering free healings all day as a gift to our community. Teren is a licensed massage therapist and Certified Pranic Healer. Call to register. Aquarian Dreams 414 N. Miramar Ave. (Hwy A1A ) Indialantic. 321-729-9495. A quarianDreams.com


Road to Happiness, Manifesting a Life You Love - 6-6:30pm. Learn how to fine tweak the Law of Atraction to manifest a Life you love. Is your manifesting not as active as you would like? Are your desires taking too long to show up, or not at all? Come learn about a few important aspects you may be missing, or not aware of. Given by Tess, the Treasure Coast M edium. Supplies included, $20 cash only. Treasure Coast M edium, 611 SE Federal Hwy Suite K-1, Stuart. Call Tess at 772-200-0016.
**FRIDAY JANUARY 19**

Usui Reiki ART/Holy Fire II Master Class - 9am-5pm. January 19-21, three-day class. Go to the next level of your Reiki training. Receive many tools for healing yourself and others plus be able to teach others. Send Reiki using crystals, use Reiki as a moving meditation, plus other powerful techniques. Three-day training. Pre-registration is required. Deposit is $300 with balance due the day of class. Manual included with the fee. $1,025. The Inspired Heart, 1420 Old Dixie Hwy, Vero Beach. 772-696-1910.

200hr Vinyasa Yoga Teacher Training - Weekends only. Are you looking to become a yoga teacher or to learn more about the practice of yoga? Join us for a weekend only training. $2,650. Vero Beach Yoga Barre, 29 Royal Palm Pointe, Vero Beach. 772-696-1160.

**SATURDAY JANUARY 20**

Reiki 1 Certification Course - 10am-4pm. Reiki 1 with Usui/Holy Fire II consists of an Attunement/Placement given to the student and teaching by Usui, recognized worldwide. Holy Fire energy is a more refined source of higher consciousness that empowers the energies of the symbols and techniques used in Usui and Karuna Reiki. Maria Banas is a certified Reiki Master-Teacher. $160. Aquarian Dreams, 414 N. Miramar Ave (Hwy A1A), Indialantic. Register online or call 321-729-9495. AquarianDreams.com.

Friends After Diagnosis - 10-11am. Offering support for breast cancer and women’s cancers. Educational and support group meetings four times per month for cancer survivors, caregivers and loved ones. Both in Sebastian and Vero Beach. Free. First Presbyterian Church, 520 Royal Palm Blvd., Vero Beach. 772-978-9392. FriendsAfterDiagnosis.com

Inverted Elephant Yoga Open House - 1-6pm. Enjoy a sampling of our Yin Yoga, MELT Method, Barre or signature therapeutic Hot Yoga. Bring a mat, a friend and have fun. Healthy snacks provided. Our Organic Juice Bar will be open too. Full schedule listed online InvertedElephant.com/Events. Please register to save your spot. Free. Inverted Elephant Yoga, 2855 S. Hopkins Ave., Titusville. 321-749-9642.

**SUNDAY JANUARY 21**

Reiki for Kids Certification Course - 1-3:30pm. (for ages 5 - 10) Workshop includes: Sensing the energy field; Reiki I Attunement; Healing with Plants, Animals and People; Reiki Art; Stories and Guided Meditation. Special price of $67 includes all class materials, Reiki Kids manual and a “Reiki Kids” certificate. Instructor, Maria Banas is a Montessori School teacher and a certified Reiki Master-Teacher (since 2000). A quar-
save the date
FRIDAY MARCH 23 - SUNDAY MARCH 25

Kriya Yoga Seminar - 1-4pm. Roy Eugene Davis, disciple of Paramahansa Yogananda, will teach meditation techniques suitable for all levels of practice. All interested persons are welcome. See ad in this issue. Donations accepted. Embassy Suites Hotel, 1601 Belvedere Road, West Palm Beach. csainc@windstream.net

Cooking with Essential Oils - 1:30-3pm. Sample edible delights cooked with essential oils for full flavor and healthy benefits. Recipes shared as well as allowing you to experience several oils aromatically too. Must reserve seat. Free oil gift. West M. Melbourne. 902-245-2749.

BEMER Energy Healing Workshop - 2:30-4pm. Join us for an informative presentation of the BEMER’s Bio Electro-Magnetic Energy Regulation in home medical device and how it can improve your health. Recent FDA approval has brought this 18-year-old German medical device to the U.S. Free sessions after the presentation. To register call 321-408-6850. Free. Historic 1900 Building, 1900 South Harbor City Blvd., M. Melbourne. 321-408-6850.

MONDAY JANUARY 22
FriendsAfter Diagnosis - 2-3:30pm. Offering support for breast cancer and women’s cancers. Educational and support group meetings four times per month for cancer survivors, caregivers and loved ones. Both in Sebastian and Vero Beach. Free. First Presbyterian Church, 520 Royal Palm Blvd., Vero Beach. 772-978-9392. FriendsAfterDiagnosis.com

WEDNESDAYS JANUARY 24 TO FEBRUARY 28

THURSDAY JANUARY 25

Energy Medicine PEMF and your Health - 7-8pm. Pulsed Electromagnetic Field (PEMF) and electromagnetic field therapy is like a battery charger for your cells and nervous system. In this class Dr. Brian Walsh will discuss PEMF and how it benefits your health, aids in recovery from illness, and supports overall wellness. Free, but call 321-728-1387. CARE Natural Wellness Center, 1051 Eber Blvd., Suite 102, M. Melbourne. CareWellnessFL.com

SATURDAY JANUARY 27
Usui / Holy Fire II Reiki I and II Class - 8:30-6:30pm. Two-day classes, January 27-28. Reiki is a stress reduction and relaxation technique that promotes healing. Learn many self-healing techniques that can also be helpful for friends, family, animals, and more. A CE Provider for FL LMTs and also offering nursing CE credits. Be able to send Reiki to loved ones at a distance. A sits with goals and unwanted habits. Reiki heals wounding in the soul. Learn from a passionate Reiki teacher with over 18 years of experience. Receive quality, professional Reiki training. $410. The Inspired Heart, 1420 Old Dixie Hwy, Vero Beach. 772-696-1910.

Trance, Channeling, Mediumship, Healing and The Soul - 10am-1pm. In this workshop we will reach the collective consciousness to heal self and assist others. This connects us to our soul and prepares us for a deeper connection so that we may develop or increase our skills in healing, trance and mediumship. All levels welcome. This is experiential. $33 in advance, $44 at the door. Spark of Divine, LLC Healing and Learning Center, 1789 Old Dixie Hwy, Vero Beach. 772-257-6499. SparkOfDivine.com.


BEMER Energy Healing at Mystic Fair - 11am-7pm. We will be showcasing BEMER (Bio Electro-Magnetic Energy Regulator) during the Mystic Fair on January 27th and 28th at the Melbourne Auditorium. Come by our booth to try this amazing device that uses energy to promote self-healing in your body. Mention this listing for a free session. Free. Melbourne Auditorium, 625 Hibiscus Blvd., M. Melbourne. 321-408-6850.

Inverted Elephant MELT Method Class - 2-3:30pm. Find your body’s natural ability to restore balance and repair itself through a simple self-treatment method. Balance your nervous system and connective tissue simultaneously addressing the true cause of chronic pain, not just masking the symptoms. MELT offers natural pain relief. Please pre-register on our website to reserve your spot. $20. Inverted Elephant Yoga, 2855 S. Hopkins Ave., Titusville. 321-749-9642.

SUNDAY JANUARY 28
Melbourne Mystic Faire - Saturday 11am-6:30pm, Sunday 12pm-5pm. Exciting weekend. Over 90 psychics, healers and vendors sharing their talents and wares. Free lectures, raffle drawings. $5 for one day, $8 for the weekend. Ages 12 and under free. All raffle proceeds go to charity. M. Melbourne Auditorium, 625 E. Hibiscus Blvd., M. Melbourne. 239-949-3387. MysticFaires.com

SUNDAY JANUARY 28
What’s My Dosha? - 10:30am-Noon. Ayurveda, sister science to yoga, considers everyone to have

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their own constitution or dosha. By determining your dosha you can then learn the best routine, food choices, and exercise options to keep you healthy.

Learn about the three basic doshas and how to determine your own constitution or dosha. By determining your dosha you can then learn the best routine, food choices, and exercise options to keep you healthy.

Includes vegetarian food samples. A quarian Dreams, 414 N. Miramar Ave. (Hwy A1A) Indialantic. Register online or call 321-729-9495. AQuarianDreams.com.

**TUESDAY JANUARY 30**

**Group Hypnosis for Higher Consciousness** - 7-8:30pm. Bruce Orion leads the hypnosis session. For more information visit BruceOrion.com. $15. AQuarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. Register online or call 321-729-9495. AQuarianDreams.com.


**WEDNESDAY JANUARY 31**

**Answers from Heaven- Connecting to the Spirit World** - 6:30pm. A low Tess, the Treasure Coast M.edium, to connect you to the spirit realm of loved ones, guides, and angels. Whether you seek guidance about your life situations, or closure with a loved one, it is her purpose to help you. Tess will channel for approximately two hours and deliver as many messages as possible. Questions are welcomed and encouraged. $40 cash only. Treasure Coast M.edium, 611 SE Federal Hwy Suite K-1, Stuart. Tess at 772-200-0016.

**Full Moon Meditation** - 7-8:30pm. M.editation Teacher, Anthony Profeta, will begin this event inside the powerful full moon energy. Please bring a towel/matt to sit on. $15. AQuarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. Register online or call 321-729-9495. AQuarianDreams.com.

**Mindfulness Meditation For Busy People** - 7-8pm. Four week course designed to introduce those who find it difficult to meditate and how traditional mindfulness meditation can improve one’s life, work and relationships. $45. Open M.ind Zen M.editation Center, 2304 S. Babcock St., Melbourne. 321-427-3511.

**Prayer and Meditation Service** - 7pm. Practicing the presence of God prayer and meditation service. Holiness is pure, safe, and sacred. Facilitated by Elizabeth Froehling and prayer chaplains. Donations accepted. Unity of Stuart, 211 SE Central Parkway, Stuart. 772-286-3878. UnityOfStuart.org
ongoing events

To ensure we keep our community calendar current, ongoing events must be resubmitted each month.

DEADLINE: All listings must be received by the 10th of the month prior to publication. Calendar events must be submitted online at: www.MyNaturalAwakenings.com.

sunday

Unity of Stuart - Spiritual Meditative Service - 8-9am. This service opens with a wisdom talk followed by a guided meditation with John Pellicci. Celebration Service at 10:30am. This service includes a message from Rev. Jude Denning and is rich with music and song led by a full band and choir. Children’s church and nursery are available, and refreshments follow the service. Our community shows respect, acceptance and compassion and welcomes all. Unity of Stuart, 211 SE Central Parkway, Stuart. 772-286-3878. UOfStuart.org.

Donation Yoga for Everybody - 9:30-10:30am. A gentle, flowing hatha yoga practice. Integrating body, mind and spirit with yoga postures (asana), breathing exercises (pranayama), cleansing practices (kriyas) and deep relaxation with Debby Jeffries. All levels, families welcome. Donations. Yoga memberships accepted. Use back door. A quarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Yoga in The Village - 10-11am. Start your weekend with an exhilarating yoga session. We will touch on all the major muscle groups with internal focus and deeper awareness, also we can work on any area that may be of concern to you on that particular day. The Zen Room, 631 Brevard Avenue #C, Cocoa Village. 321-544-8541. View full schedule at ThethZenRoom.info.

Unity of Port St. Lucie - 10am. Come Unity, all are welcome. Rev. Ron Neff shares Unity’s insights and wisdom in a way that all can comprehend and apply to their daily lives. Unity honors all persons, all paths to God, and is a beacon to all seeking connection with their divinity within through prayer, meditation, and Spiritual understanding. Youth education is offered every Sunday for families with children ages 4-12. Unity of Port St. Lucie meets at 9645 US 1 S (Crownie Plaza), Port St. Lucie. 772-878-9819. UnityofPortSLucie.org.

Unity of Ft. Pierce - 10am. Unity is an inclusive community, inspiring holistic spirit-led living. Rev. Janice Cary uses stories, scripture and ancient wisdom teachings, meditation, and music to support people in realizing their spiritual nature and live an empowered life. Our youth programs teach our children they are not sinners but were born to be an original blessing. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272. UnityofFortPierce.com.

Zen Meditation and Dharma Talk - 10-11:30am. Join us at our new location for a meditation and Dharma talk with Sensei Al Rapaport, a fully authorized Zen Teacher. Talks will be about how meditation can improve your work, relationships and way of living. Donations accepted. Open Mind Zen Meditation Center, 2304 S. Babcock St, Melbourne. 321-427-3511.


Yoga for Recovery at YogaFish - Noon-1:30pm. A class tailored especially for individuals in addiction recovery. Includes yin, restorative, vinyasa, meditation or group discussion on yoga philosophy for recovery. Friends and family are welcome. Led by Charlie Harvey. $10. YogaFish, 569 SE Central Parkway, Stuart. 772-219-9900. YogaFishStuart.com.

Kundalini Yoga - 4:30-5:45pm. Includes yoga postures, mantra, pranayama (breath work), meditation, and a love-filled place of acceptance. Rigorous yet is acceptable for all levels. With Jessica Martin, certified Kundalini Yoga instructor. $10 or yoga membership. A quarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.


QI-gong Mornings on the Ocean - 7-7:45 am. This class is every morning (7 days a week). South beach Park, 17 Street Causeway, vero Beach. 772-453-6449.

3 H’s Exercise Class for Adults and Seniors - 8:45am-9:30am or 9:45am-10:30am. M Monday - Friday. The Happy, Healthy. Heart program promotes increased agility, balance, and gives your heart a cardio workout. $13 per month, join anytime. DRS Community Center, 1089 S. Patrick Dr., Satellite Beach. 321-773-6458.

Hit N Core - 9-10am. Led by Angela. Class is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. $5. Fitness Club M1, 260 East Merritt Island Cswy, Suite 2, M erritt Island, 214-455-2227. M erritt Island.F itness.
Gentle Hatha Yoga - 10:30-11:45am. A gentle approach to Hatha including asana (postures), pranayama (breathwork) and yoga nidra meditation. A nicely blended class for those new to the practice, those with limitations, as well as those experienced yogis who would like to balance out a more strenuous routine. This class can be enjoyed as intense or as restorative. Melissa Heges, RYT is a yoga alliance certified instructor. $10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave., Indialantic. 321-729-9495.

Bones Makers - 10:45-11:45am. A blend of yoga, ballet and post rehab exercises. $30 per month prepaid or $8 drop in, join anytime. AFAA certified teacher, Vicki Buckley DRS Community Center Gym, 1089 S. Patrick Dr., Satellite Beach. 321-759-4962. YogafishStuart.com.

Restorative Yoga - 11am. A gentle, nourishing way to experience the benefits of yoga with Cathy. Diminish stress and fatigue in a relaxing environment. $16 or class passes apply. Yogafish, 569 SE Central Parkway, Stuart. 772-219-9900. YogafishStuart.com.

Musc, M anntra and M editation - 4:30-5:30pm. Meditation is accompanied using traditional Indian instruments and powerful Sanskrit mantras and integrated spiritual discourse during these sessions. Led by Dr. A dam Tice, an initiated spiritual healer, Yogi Shaman, and Naturopathic doctor. $10 or yoga membership. A quarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Restorative Yoga - 4pm. A gentle, nourishing way to experience the benefits of yoga with M aggie. Diminish stress and fatigue in a relaxing environment. $16 or class passes apply. Yogafish, 569 SE Central Parkway, Stuart. 772-219-9900. YogafishStuart.com.


Yoga for Beginners - 5:45-6:45pm. Instruction and support in learning about foundation poses, proper pose alignment, breathing techniques and meditation with K aruna Devi. $10 (or yoga membership). A quarian Dreams, 414 N. Miramar Ave. (Hwy A1A), Indialantic. 321-729-9495.

Hatha Yoga with M arilyn - 6:30-7:45pm. This gentle form of yoga combines physical well-being and balances body, mind, and spirit using guided yoga postures, stretching, and breathing. Bring your own mat. $5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

A Course in Miracles Study Group - 7-8:15pm. Facilitated by K athryn Loy, everyone is invited, newcomers welcome. Come study, learn, practice and share experiences. (Love-Offering basis) Bring your own book or borrow a group copy. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. 772-461-2272.

Divine Sleep Yoga Nidra - 7-8pm. A low yourself to deeply rest, balance, and restore. Simply lie down and listen. Hovering between awake and asleep, you tap into new sources of energy and creativity. B ills is waiting. $10 or yoga membership. A quarian Dreams, 414 N. Miramar Ave., Indialantic. 321-729-9495. KarenHedley.com


Ageless Community Acupuncture - 9am-7pm. Tuesday through Saturday. Escape into a tranquil, open spa room environment of healing. The acupuncture experience engages your body’s self-healing energies to support the reversal of health issues and slow down the aging process. Book now: A geless lifestyle. M e. A geless Natural Medicine, 3270 Suntree Blvd. 102C, Melbourne. 321-757-3141. BeachsideQigong.com

Tai Chi for Diabetes - 9-10am. Starts Tuesday January 2, sixteen-week semester. Beginner level tai chi class builds balance, strength, and flexibility. Gentle workout designed for diabetics, but effective for all. M ovings meditation increasing overall health. $12 per class or $140 total pre-paid. Irene Canova Community Building, 2289 Hwy A1A, Indian Harbor Beach. 321-759-3141. BeachsideQigong.com

Pilates - 9:45-10:45am. Jamie M aden leads this classical beginner/mid and advanced core class. All levels welcome. Intermediate level exercises may be introduced, modifications are always provided. Small exercise props such as Magic Circles, weights, bands and balls are often utilized to engage specific muscle groups and assist with body positioning. $5. Fitness Club M 1, 260 East Merritt Island Cswy, Suite 2, Merritt Island. 214-552-2227. Merritt Island. Fitness

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Ahtanga Yoga - 10:30-11:45am. A challenging yoga class with dynamic interconnecting postures to increase flexibility, strength, and circulation. Ahtanga led primary series with Dena Hall who has over twenty years’ experience as a yoga teacher and personal trainer. $10 or yoga membership.

Meditation: Rejuvenate with Sound - 12:15-1pm. Meditation teacher Anthony Profeta uses the sounds of crystal bowls to wash away your stress and fill you with a sense of inner peace and joy. Create an experience which allows you the opportunity to bring healing, balance, and rejuvenation to your body, mind, and soul. $10 or yoga membership.

Chair Yoga - 2-3pm. Class lead by Kathleen Greco. Class $40 for 6 or $10 per class. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. RSVP 203-232-9763.

Kid Yoga (7-11 years) - 4-5pm. These fun and enriching classes incorporate poses, breathing, relaxation, games, positive thinking, creative visualization and so much more. With Karuna Devi (16 years’ experience), $10 or parent’s yoga membership.


Qi-gong evenings on the Beach - 4:30-5:30pm. This class is every Tues-Wed-Thurs. South Beach Park, 17 Street Causeway, Vero Beach. 772-453-6449.

Yoga for the Mature Body - 4:30-5:30pm. A gentle practice class that targets the needs of a maturing body. $40 for 6 or $10 per class. 772-461-2272. Unity of Fort Pierce, 3414 Sunrise Blvd, Ft. Pierce. UnityofFortPierce.com.


Hatha Yoga - 5-45-6:45pm. A sanas modified to match the student’s ability to receive the benefit of the practice without strain. M ulti-level class for beginners and intermediates. Ellen Cameron has 35 years of experience. $10 or yoga membership.

Yoga for Stress - 6-7pm. In this class we will move a bit and practice various types of breath work and relaxation techniques with Tami. $12 or 5 for $45. The Yoga Space, 17 East Melbourne Ave., M elbourne. TheYogaSpaceMelbourne.com

Qi-gong Evenings on the Beach - 4:30-5:30pm. This class is every Tues-Wed-Thurs. South Beach Park, 17 Street Causeway, Vero Beach. 772-453-6449.

Tai Chi Class (with Chi Gung) - 5:45-6:45pm. Nature Nelson teaches Yang-style long-form Tai Chi, along with Chi Gung healing systems. Experience the flowing energy, improved health & balance. Recommended for beginners. $10 or yoga membership. Aquarian Dreams, 414 N. M iramar Ave. (Hwy A1A), Indialantic. 321-729-9425.

Yoga in The Village - 6-7pm. Yoga has been known to cause health and happiness. Each class is tailored to the participants $10. Discount packages available. The Zen Room, 631 Brevard Avenue #C, Cocoa Village. 321-544-8541. View full schedule at TheZenRoom.info.


Flow - 6-7pm. With Cecelia. This is a fun all levels class. Be prepared to sweat a bit. $12 or five for $45. The Yoga Space, 17 East M elbourne Ave., Melbourne. 321-223-4285.

Hatha Yoga with Marilyn - 6:30-7:45pm. This gentle form of yoga combines physical well-being and balances body, mind, and spirit using guided yoga postures, stretching and breathing. Bring your own mat. $5 per class, paid at door. Pelican Beach Clubhouse, 1495 Hwy A1A, Satellite Beach. 321-773-6458.

Thursday

Modified Ashtanga - 9:30-10:30am. This is an all levels class. Be prepared to sweat. $12 or five for $45. The Yoga Space, 17 East M elbourne Ave., Melbourne. 321-223-4285.

Mindful Yoga - 10:30-11:30am. Intermediate level with M elissa. Class combines the practice of Hatha and Vinyasa yoga with a special emphasis on mindfulness as we dive deep into the spiritual practice of yoga. Composed with pranayama, warm up exercises, a logical sequence of asana (flowing into long hold postures) and will ends with a guided relaxation. $10 or yoga membership. Aquarian Dreams, 414 N. M iramar Ave. (Hwy A1A), Indialantic. 321-729-9425.

Prayer Circle - 11-11:30am. Bring prayer requests and join us for affirmative prayer. Unity of Port St Lucie, 8645 US 1 (Crowne Plaza), Port St Lucie. 772-878-9819.

Chair Yoga - 11am-Noon. With Maggie at YogaFish. Increase flexibility, balance and mobility, build strength, and increase body awareness with the support of a chair. Breathing and relaxation techniques included for overall mind and body wellness. $10. YogaFish, 569 SE Central Parkway, Stuart. 772-219-9900. YogaFishStuart.com.

Yin Yoga - 12:15-1:15pm. A meditative approach to yoga with a physical focus on accessing the con-
nnective tissue and fascia and regulating the flow of energy in the body resulting in open hips, more relaxed body and centered mind. Cindy Jo is a Certified Yoga Alliance instructor. $10 (or yoga membership) Aquarian Dreams, 414 N. Miramar Ave. (Hwy A 1A), Indialantic. 321-729-9495.


Crystal Bowl Meditation - 4-5pm. Learn meditation techniques to quiet the mind and relax the body. Experience the crystal bowls, toning and a special sound meditation. Susan Rizzo has over 20 years' experience teaching sound healing techniques. $10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A 1A), Indialantic. 321-729-9495.

Qi-gong Evenings on the Beach - 4:30-5:30pm. This class is every Tues-Wed-Thurs. South Beach Park, 17 Street Causeway, Vero Beach. 772-453-6449.

Gentle Hatha Yoga with Teren - 5:45-6:45pm. Gentle Hatha yoga classes with a focus on healing and meditation. Instructor Teren Nichols is a licensed intuitive massage therapist. $10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A 1A). Indialantic. 321-729-9495.

Yoga in The Village - 6-7pm. Yoga has been known to cause health and happiness. Each class is tailored to the participants $10. Discount packages available. The Zen Room, 631 Brevard Avenue #C, Cocoa Village. 321-544-8541. View full schedule at TheZenRoom.info.


Tao Chi Easy and Qigong Fort Pierce - 10-11am. Is 2018 the year you take charge of your health? Increase focus, improve balance, relieve stress, and activate your immune system naturally. Visit ThreeteysTaiChi.com for more information. $10 drop in, $40 for 6 weeks. Unity of Fort Pierce, 3414 Sunrise Blvd., Fort Pierce. 772-475-7561.

Yoga - 10am. Beginning Yoga led by certified Ahtsanta Yoga Instructor Lana Iannucciilli. Bring yoga mat, towel, and water. Suggested minimum love offering-$5. Unity of Port St Lucie, 8645 US 1 (Crowne Plaza), Port St Lucie. 772-878-9819.

Yoga for Beginners - 10:30-11:30am. Instruction and support in learning about foundation poses, proper pose alignment, breathing techniques and meditation with Debby Jefferies. $10 (or yoga membership). Aquarian Dreams, 414 N. Miramar Ave. (Hwy A 1A), Indialantic. 321-729-9495.

Bone Makers - 10:30-11:30am. A blend of yoga, ballet and post rehab exercises. $30 per month prepaid or $8 drop in, join anytime. AFAA certified teacher, Vicki Buckley. Hobbs Pharmacy.133 N. Banana River Drive Merritt Island. 321-759-4962.

Yin Yoga - 12:15-1:15pm. A meditative approach to yoga with a physical focus on accessing the connective tissue and fascia and regulating the flow of energy in the body resulting in open hips, more relaxed body and centered mind. Cindy Jo is a Certified Yoga Alliance instructor. $10 (or yoga membership) Aquarian Dreams, 414 N. Miramar Ave. (Hwy A 1A), Indialantic. 321-729-9495.

First Friday Book Discussion - Noon. Every first Friday at Noon, all are invited to bring a brown bag lunch to review books with a spiritual message and have stimulating discussion. Beverages are provided. The January book being discussed is The Dharma of Dogs: Our best friends as spiritual teachers. Unity of Port St Lucie, 8645 US 1 (Crowne Plaza), Port St Lucie. 772-878-9819.


Family Yoga for all ages (ages 3 & up) - 5-6pm. This class is designed for parents and children, Child friendly language is used to guide visualization, breathing, poses and meditation. Led by Julie Bobrofsky a certified yoga instructor, Reiki 2 practitioner and therapist for ages 3-12. $10 or yoga membership for child and parent. ($5 for each additional child). AQuarian Dreams, 414 N. Miramar Ave. (Hwy A 1A), Indialantic. 321-729-9495.

Restorative Yoga and Divine Sleep Yoga Nidra - 6:30-8pm. Cradled and supported by props, warm beanbags, essential oils and transformative music, you float into a state of bliss and deep healing relaxation. All levels welcome. No class on January 12. $10 or yoga membership. Aquarian Dreams, 414 N. Miramar Ave., Indialantic. 321-729-9495. KarenHedley.com.

Saturday

Ageless Community Acupuncture - 9am-7pm. Tuesday through Saturday. Escape into a tranquil, open spa room environment of healing. The acupuncture experience engages your body's self-healing energies to support the reversal of health issues and slow down the aging process. Book now: AgelessLifestyle.me. Ageless Natural Medicine, 3270 Suntree Blvd. 102C, Melbourne. 321-757-4047.

Qi-gong and Tai Chi - 9:30-11am. In Gleason Park. Qi-gong 9:30-10:15am, then simplified Tai Chi for Arthritis 10-11am. A ttend one or both. Beautiful outdoor setting north side of lake, beginner friendly. Gentle, effective at improving overall mind and body health. $5-10 donation appreciated. Gleason Park, 1233 Yacht Club Blvd., Indian Harbor Beach. 321-759-3141. BeachsideQigong.com

Yoga in The Village - 10-11am. Start your weekend with an exhilarating yoga session! We will touch on all the major muscle groups with internal focus and deeper awareness, also we can work on any area that may be of concern to you on that particular day. The Zen Room, 631 Brevard Avenue #C, Cocoa Village. 321-544-8541. View full schedule at TheZenRoom.info.

Qi-gong: A healing Workout - 10:30-11:30am. Conscious body breathing with movement and visualization. $10 per class. The Cloudwalker, 1590 Oslo Road, Vero Beach. 772-453-6449.


Tai Chi - 2-3pm. Unity of Port St Lucie, 8645 US 1 (Crowne Plaza), Port St Lucie. 772-878-9819.

Chanting - 3-4pm. Charlie Ottesen teaches and leads in these oneness practices that we all can experience. They help us in our practice of meditation, oneness and improved health. Classes can be attended separately. Suggested minimum love offering-$5. Or attend both for price of one. Unity of Port St Lucie, 8645 US 1 (Crowne Plaza), Port St Lucie. 772-878-9819.


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THE DAILY BREAD SOUP KITCHEN IS IN DIRE NEED OF EATING UTENSILS - metal forks and spoons. Donations may be dropped off at the kitchen, 815 East Fee Avenue, Melbourne, 7 days a week, 7:30am-2:30pm. 321-723-1060.

VOLUNTEERS NEEDED - Can you spare two hours a week to deliver meals to Brevard’s most frail seniors? The work is very rewarding and only you can put a smile on the face of those seniors who are homebound. If interested please call the kitchen, 815 East Fee Avenue, Melbourne, 321-636-3343 ext. 214.

DONATIONS NEEDED FOR CENTRAL BREVARD HUMANE SOCIETY – The Merritt Island Adoption Center and CBHS Shelter is in need of donations like Purina Cat, Kitten and Puppy Chow, canned food (kittens, puppies, cats and dogs), kitten formula (K M R), distilled water, blankets, comforters, sheets, towels, dog and cat toys, paper towels, rubbing alcohol, hand soap, Clorox bleach, Fabuloso, laundry and dish soap. All donated items can be brought to the Humane Society, located at 1020 Cox Road in Cocoa. CritterSavers.com 321-636-3343 ext. 214.

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HELP WANTED

HOUSEKEEPER WANTED - Chemically sensitive lady in Melbourne Beach area is looking for a housekeeper that uses only natural personal care products with little or no fragrance. I provide all cleaning products. Call 321-952-2149.

SPRING CLEANING WANTED - The Downtown Storage Community is in search of a lady to provide housekeeping services for five units of varying size. Call 321-636-3343 ext. 214.

FARM SAVINGS NEEDED - The Florida Farm Savings program is in need of a financial director to help these farmers manage their investments. Call 772-224-2444.

EXPERIENCED HOUSEKEEPER NEEDED - Experienced housekeeper needed in Melbourne for $15/hour. All personal hygiene performed. Call 321-297-8818.

PROPERTY MANAGER NEEDED - Seeking a property manager to handle a small rental property in Melbourne. Call 321-636-3343 ext. 214.

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