A Guide to Climate-Friendly Foods

Healing The Climate & Ourselves
Why We Personally Need a Healthy Planet

Honoring Earth Day
Local Events & Celebrations

Gardening
Asanas
Yoga Poses to Stay Pain-Free

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April 2018 | Volusia / Flagler Edition | VOFLNatural.com
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AUTISM AND THE MICROBIOME:
Understanding the Mysterious Gut-Brain Connection

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Dr. Jayme Frear of New Journey Chiropractic will discuss the link between gut issues and Autism Spectrum Disorders.
Discover how chiropractic can help ensure a properly functioning nervous system and release the body’s natural healing ability.
Plus, you will learn how certain foods and nutritional supplements can help.
Complimentary “Autism Approved” product samples will be available.

Friday, April 13, 2018
2pm - 3pm
Port Orange Public Library
1005 City Center Circle
Port Orange
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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.

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“Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!” —Sitting Bull

Treat the earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our Ancestors, we borrow it from our Children. —Ancient Indian Proverb

For as long as I can remember, I’ve loved reading and memorizing quotes. So much meaning is packed into so few words. More than any other culture, Native Americans recognize Mother Earth and all her elements in their way of living. As we observe Earth Day this month, I thought it fitting to set the tone with quotes from this ancient culture.

Like so many of you, in my busyness, I often take for granted the beauty that surrounds us. Our northern neighbors look forward to vacations in the sunny and mild region we call home. No wonder so many will transplant themselves here, especially after the long and harsh winter of 2018. We truly live in paradise.

April is blooming with ways to enjoy the outdoors. The sun seems brighter, the air is crisp, and the temperatures are perfectly suited for outside fun. Time to put aside the hectic pace of life and soak in the many reasons to love life.

Make connecting to nature a priority this month and your priorities will reorder themselves. Your April edition highlights the ways Mother Earth is calling us, and how we can answer that call. Start with gardening asanas. That’s right, yoga in the garden will connect you with nature, your breath and more. Learn about it on page 20.

Have you heard of grounding? My 3-year-old grandson seems to instinctively realize the benefits of connecting with the Earth’s subtle electric charge. It’s virtually impossible to keep a pair of shoes on his tiny feet. Health benefits abound from simply taking our shoes off. Read about it on page 30.

Before long the warm, salty ocean will beckon us. Will we venture into a plastic wasteland and find wildlife suffering the consequences of human carelessness? As a coastal community, cleaning our rivers and shoreline is crucial to preserving our way of life. Find local Earth Day events on page 32.

Our calendars are packed full of workshops, clinics and demonstrations. Challenge yourself to continually evolve into the best version of you. This April I wish for a restored Mother Earth, and a renewed connection both within and to all that surrounds us. Here’s to celebrating Earth Day, every day!
Sloan Wainwright, Sue Riley and Glen Roethel

Holistic Dental Practice Accepting Patients

Nationally known musicians Sloan Wainwright, Sue Riley and Glen Roethel bring their inspirational and transformative “Posi music” performance—PosiPalooza—to Unity of Daytona Beach at 6 p.m. on April 14.

PosiPalooza concerts empower, unite, enlighten, heal and celebrate the human spirit and its many forms of spirituality. They embrace diversity, build community, promote care for the Earth and raise consciousness for social justice, self-awareness, authenticity and integrity.

The mission of Posi music and the PosiPalooza concerts is: “changing the world, one song at a time.” Hundreds of PosiPalooza concerts have been performed in the U.S. and Canada to rave reviews.

To learn more about each of the talented musicians who will be performing for the PosiPalooza concert, visit emPowerma.com/members/musician.

Cost: $20 per ticket. Location: Unity of Daytona Beach, 908 Ridgewood Ave., Holly Hill. For more information, call 386-253-4201 or visit UnityDaytonaBeach.org.

Become the Author of your Life

Alma Phillips and Dawn Overstreet are joining up in Daytona Beach this month to offer several enlightening workshops. “During these events, we’ll offer an amazing mix of tools and information to jump start—or restart—your life, with you in the roles of both creative director and artist,” says Phillips, professional spiritual instructor for Wayshowers College, ordained minister for Peace Community Church, past life regression facilitator and medium.

Sacred Strength Healing Arts is hosting this series of workshops at 300 Seabreeze Boulevard in Daytona Beach. The first workshop, a Vision Board workshop, is being held April 7; followed by an event on April 8 where attendees will learn several expansive thought ideas that can free them from their old paradigms. The workshops will wrap up with clear steps for a fresh, new beginning on April 10 and 12.

“Imagine you are the Author of Your Life. You have the vision, you have the power, you have editing control, you are completely in the driver’s seat and steering to heaven on earth. Like a breath of fresh air to have so much freedom to live, creative, dream,” says Overstreet, spiritual educator, ordained minister for Peace Community Church and global speaker with Wayshowers College.

“Guess what?” adds Phillips. “This is you. And the time to stand up and grab the prize of life on earth is now. We are so excited to be of great service in creating hope and confidence in each and every one of you.”

To register or for more information, call Dawn Overstreet at 540-524-0996 or visit WayshowersCollege.com and look under Events. All events held at Sacred Strength Healing Arts 300 Seabreeze Blvd. in Daytona Beach. April 7 and 12 are $45, April 8 and 10 are $10 and $15.
Amethyst Wellness Moves to New Location

Amethyst Wellness founder, Amy Coopersmith, ARNP, is excited to announce that her clinic has recently moved to a new location at 50 Cypress Point Parkway, unit B1, in Palm Coast. Amethyst Wellness, established in 2015, provides preventive healthcare aimed at managing, preventing and curing illness and disease through lifestyle management and aesthetic medical services. “We see wellness as an active process of becoming more aware of your personal wants, needs and habits, then making more positive choices to cultivate a healthier, more fulfilling life,” explains Coopersmith, a doctorate-prepared, board-certified family nurse practitioner who brings more than 20 years of experience in the healthcare field. “By embracing all aspects of wellness, we help our clients achieve optimal health and well-being, greater confidence, and a stronger sense of self.”

Due to the demand for wellness and preventive health care in our area, the clinic has grown exponentially. “We will continue to offer wellness and preventive health services and will be expanding and adding additional services,” adds Coopersmith.

Location: 50 Cypress Point Pkwy., Unit B1, Palm Coast. Visit AmethystWellness.com or call 386-283-4180 for more information.

A Space for the Empowered Woman

Join Cheryl Floyd, speaker, storyteller and life coach, at Spice of Life Herbs on May 5 as she presents Empowered Woman, a program utilizing the teachings of Louise L. Hay, the bestselling author of You Can Heal Your Life.

Using stories, interactive experiences and guided exercises, participants will gain valuable insights and tools to support them in life, love and relationships. “Heal Your Life Principles work for everyone, of course,” shares Floyd. “Yet, in this program, we’re offering a nurturing space to focus on particular issues faced by women in our ever-changing world of roles and responsibilities. A light-hearted, thoughtful program is planned to allow space to share and grow together. This is an opportunity to look at our personal story and find tools to enhance and transform that story in loving, supportive ways.”

Cheryl Floyd enhances all of her programs with gained knowledge from trainings in Heal Your Life work, storytelling and educational trainings.

Cost: $25. Location: 214 W Beresford Ave., DeLand. Space limited. Contact Judy or Lynn at Spice of Life Herbs to reserve at 386-734-0035. For more information visit CherylFloyd.com and see her ad on page 8.

action alert

Sway Congress
Save Wild Horses Campaign Update
The Trump Administration’s Fiscal Year 2019 budget again calls on Congress to lift long-standing prohibitions on the destruction and slaughter of wild horses and burros. The budget seeks to cut approximately $14 million of the Interior Department’s Bureau of Land Management Wild Horse and Burro Program by selling as many as 90,000 federally protected American mustangs for slaughter to avoid management costs and supply foreign markets with horsemeat. So far, citizens have held the line in favor of America’s iconic equine heritage. As Congress discusses appropriations for 2019, we must continue to press our senators and representatives to stand with the 80 percent of Americans that demand protection for these animals.

Make your voice heard today via the online form at Tinyurl.com/SaveWildHorsesNow.

Horses make a landscape look beautiful.
~Alice Walker
Clear Gain
Window-Like Solar Cells Could Power 40 Percent of U.S. Needs

Solar energy is now the cheapest form of new energy in dozens of countries, with record-setting solar farms being built worldwide. Researchers have been investigating ways to make transparent solar panels that resemble glass that could be used as window panels at the same time as converting the light that shines on them into electricity.

“Highly transparent solar cells represent the wave of the future for new solar applications,” explains materials scientist Richard Lunt, Ph.D., from Michigan State University. “We analyzed their potential and show that by harvesting only invisible light, these devices have the potential of generating a similar amount of electricity as rooftop solar while providing additional functionality to enhance the efficiency of buildings, automobiles and mobile electronics.”

As reported in *Nature Energy*, his team has developed a transparent, luminescent, solar concentrator that looks like clear glass, covered in small, organic molecules adept at capturing only ultraviolet and near-infrared wavelengths of light. The visible light that enables human vision isn’t obstructed, so we can see through the cell. If scaled up to cover the billions of square feet of glass surfaces throughout the U.S., it could potentially supply about 40 percent of our country’s energy needs.

‘Sink’ Setback
Tropical Forests Releasing Excess Carbon

A study published in the journal *Science* found that forests across Asia, Latin America and Africa release 468 tons of carbon per year, equivalent to nearly 10 percent of the annual U.S. carbon footprint. Thus, tropical forests may no longer be acting as carbon sinks and could be releasing more carbon than they store.

Lead author Alessandro Baccini, with the Woods Hole Research Center, in Massachusetts, says, “These findings provide the world with a wake-up call on forests. If we’re to keep global temperatures from rising to dangerous levels, we need to drastically reduce emissions and greatly increase forests’ ability to absorb and store carbon.”

Researchers think nearly 70 percent of this loss of carbon storage capacity is caused by small-scale degradation from logging, drought and wildfire. Researchers say that policies to curb deforestation, reduce degradation and restore the integrity of the land could turn forests back into carbon sinks.
Reduce Pain and Improve Sports Performance the Natural Way

by Dr. Shane Carter

An estimated 90 percent of professional and Olympic-level athletes use chiropractic. You can, too. Chiropractic prevents injury, speeds recovery, and improves athletic performance potential. Chiropractors with special training in biomechanics, sports injuries and athletic performance have a unique approach to the care they provide. They strive to help you achieve optimal health without drugs or surgery.

Chiropractic sports physicians focus on:

Staying in the game. “I never eliminate the athlete from their training environment. I always find ways to substitute some form of training to keep them psychologically in the game and minimize deconditioning.”—Dave Juehring, DC

Small changes with big results. “Small changes to the biomechanics of an athlete can have big results. I take into consideration their training schedule, competition schedule and find a good time to implement changes.”—Lisa Goodman, DC

Ongoing collaboration. “It’s important to work as a team player. When I am working with an athlete I always try to make sure I’m on the same page as their coach and other health-care providers.”—Michael Tunning, DC

Good communication. “Athletes have a pretty good sense of their bodies. I listen carefully to get a clear understanding of the athlete’s needs, goals and expectations.”—Edward Feinberg, DC

Struggling with an injury? Sports chiropractors can help with that, too. Not only will they help you heal and regain your mobility, but they’ll also teach you how to prevent future injuries through targeted strength training and proper movement.

Sports chiropractors understand athletes. They will help you achieve your goals using extremities adjustments, soft-tissue therapies, biomechanics training, core stabilization, and injury rehab.

Shane Carter, DC, is the Dean of Clinics for Palmer Chiropractic Clinics. Visit PalmerClinics.com to schedule with one of their certified sports performance experts today.

Demystifying Stem Cell Based Regenerative Therapies

by Dr. Mike Thielen

Dr. Mike Van Thielen, President/CEO of Neo Matrix Medical, a company specializing in the latest therapeutic applications of stem cell based therapy, has made it part of his mission to educate the public on what stem cell are and how they benefit us. In this monthly column, Natural Awakenings’ readers get a chance to learn more about this revolutionary therapy.

To use an analogy, a stem cell is like a Joker in a deck of cards. We can decide whether the Joker will become an Ace of Spades or a Ten of Hearts. As such, a stem cell can become a blood cell, brain cell, heart cell, cartilage, tendon, ligament, skin, bone, etc. Or, a stem cell can simply replicate itself and make another stem cell.

These properties allow for the production of unlimited quantities of defined cell types for use in research, transplantation and regeneration. Stem cells replace damaged tissue and rebuild and regenerate the tissue to be new and fully functional once again.
April Poetry Workshop Series

April is National Poetry Month. To celebrate, ACA Arts & Wellness and Florida Poet Laureate, M.B. McLatchey offers a series of opportunities to experiment with words. This free poetry workshop invites writers, photographers, album-collectors and artists—of all levels and ages—to discover how to craft poems that “listen” and “respond” to the world around us. McLatchey emphasizes that “photographs speak to us. It is why we collect them and create albums for them—and it is why the greatest poets have written masterful poems about them.” Participants are asked to bring a photo or an image that will serve as a prompt for the group to try their hands at poetic forms: ode, sonnet, haiku, and even the “tweet-poem.”

These workshops, being held from 4 to 6 p.m. every Wednesday in April, are a special invitation to families and veterans to connect and enjoy creative time together.

M.B. McLatchey currently serves as one of Florida’s Poet Laureates for Volusia County and is the recipient of the 2011 American Poet Prize. A widely-published author and the recipient of several national literary awards, M.B. is a professor of Classics at Embry-Riddle Aeronautical University in Daytona Beach. She completed her graduate work in literature and teaching at Harvard University and Brown University and the M.F.A. in Poetry at Goddard College. Find her at mbmclatchey.com.

Cost: Free. Location: ACA Harris House, 214 S. Riverside Dr., New Smyrna Beach. Limited to 15 participants. To reserve your spot email community@atlanticcenterforthearts.org or call 386-423-1753.
Whole Grains Help Us Eat Less

When overweight adults exchange refined grain products such as white bread and pasta for whole-grain equivalents, they tend to feel full sooner, eat less, lose weight and experience a reduction in inflammation, the journal Gut reports. Researchers from Denmark’s National Food Institute and the University of Copenhagen studying 50 adults at risk for Type 2 diabetes and cardiovascular disease found that test volunteers realized these benefits by eating whole grains, and rye in particular.

Herbs Ease Polycystic Ovary Symptoms

Ingesting a combination of five herbs while making healthy lifestyle changes significantly reduced symptoms of polycystic ovary syndrome in a recent Australian study of 122 women published in Phytotherapy Research. The herbs were Cinnamomum verum (cinnamon), Glycerhiza glabra (licorice), Hypericum perforatum (St. John’s wort), Paeonia lactiflora (peony) and Tribulus terrestris (tribulus).

Menstrual cycles returned to normal duration for 55 percent of the women, and significant improvements occurred in body mass index, pregnancy rates, hormones, insulin sensitivity and blood pressure. Subjects also exhibited less depression, anxiety and stress.

High-Fat Diet Risks Multiple Sclerosis Relapse

A high-fat diet increases the risk of relapse of multiple sclerosis in children by as much as 56 percent, reports The Journal of Neurology, Neurosurgery, and Psychiatry. A multi-university study of 219 children also found that each 10 percent increase in saturated fat as a share of total calories tripled the risk of relapse. Inversely, each additional cup of vegetables per week cut the risk of the disease by 50 percent.

People’s Church

Sunday Service - 11am

Workshops • Healing • Meditation

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located inside Chad’s Center
386.503.4930

Peoples Church-Heart 4 Souls
Rev. Judi. Weaver@gmail.com

Reverend Judi Weaver

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natural awakenings April 2018
Detox smoothies are all the rage these days, and according to the team at Superfoods Café located at the Healing Zone in New Smyrna Beach, the café’s Paleo Power Smoothie in vanilla or chocolate flavor does the job. Combining whole foods like organic kale, avocado, dates and bananas with local honey, a greens powder, and a low calorie/low sugar whey meal, the Paleo Power Smoothie is formulated to be nutrient-dense. The greens powder is a mineral-rich superfood blend of grasses, herbs, freshwater algae, sea vegetables, enzymes and probiotics. The whey meal is made from the milk of cows that graze on pesticide and chemical-free non GMO grass pastures in New Zealand. For Paleo purists, the café offers a bone broth-based protein. Vegan options are also available.

Superfoods Café is located at the Healing Zone, 515 Canal St. in New Smyrna Beach. For more information, call 386-402-7825 or visit TheFamilyNutritionStore.com to see their entire juice and smoothie menu.
We Need Trees

Arbor Day More Vital Now than Ever

The 147th annual Arbor Day on April 27 encourages tree planting worldwide to replenish lost tree cover including trees wiped out in the recent fires in California and hurricanes in Texas, Florida and Puerto Rico. The Arbor Day Foundation (ADF) is committed to providing 5 million trees in these areas alone. More than 3,400 U.S. communities will participate as an ADF Tree City. Visit Tinyurl.com/USATreeCityDirectory for a current list and criteria for new communities to apply.

The ADF Alliance for Community Trees (ACTrees.org) supports tree-growing programs for 200 nonprofit member groups nationwide via funding, information sharing and forging helpful connections. Trees are much more than aesthetics, says Program Manager Dana Karcher, who most recently welcomed Community Greening, in Delray Beach, Florida, and Outdoor Circle, in Hawaii, into the fold. “Trees clean the air, are a habitat for animals, retain storm water and more.” An affiliated nonprofit program online at NeighborWoodsMonth.org encourages tree planting each October.

Billings, Montana, earned the latest Arbor Day Celebration Award after 12 elementary schools there engaged in environmental education stations and 180 volunteers planted and pruned trees. Other recent biannual award winners included California’s ReLeaf program and the Atlanta Beltline Arboretum.

The need was great even before the world’s forests lost 73.4 million acres of tree cover in 2016, a 51 percent increase over 2015, due to poor forest management, climate change-driven drought and fires, says Global Forest Watch.

Hopeful global signs: The largest-ever tropical reforestation project in the Brazilian Amazon aims to plant 73 million trees in the next six years on 70,000 acres. A New Zealand participation goal for the Billion Trees Planting Programme targets planting 100 million trees annually for a decade. In July 2017, volunteers in Madhya Pradesh, India, planted 66,750,000 tree saplings in 12 hours, exceeding the previous record by Uttar Pradesh of 50 million in 24 hours, as part of India’s reforestation pledge of 2 billion new trees by 2030.

A $10 annual ADF membership fee includes 10, six-inch-tall seedlings to plant or to donate to a national forest. Karcher’s paramount planting tip: “Dig the hole twice as wide and the same depth of the root ball. If it’s too deep, it’ll suffocate. Give roots space to grow.”

New Owner Takes the Helm at Mama Gaia’s

Rob Gary, also known now as “Not the Mama” bought Mama Gaia’s Mystique Boutique from Joy Yanes in February. “For me, buying Mama Gaia’s wasn’t simply a purchase, it was an investment in my long-standing friendship with Joy and her family, friends and loyal customers,” says Gary, a native DeLandite who is thrilled that he owns a little boutique in the heart of Deland’s historic district.

“Everything you loved about Mama Gaia’s is still here—just more of it,” assures Gary. “I felt it was very important to keep the name, the inventory, and all of the services that have long been a part of Mama Gaia’s,” he explains.

The boutique, now open seven days a week, continues to offer a wide selection of unique clothing, jewelry, incense, crystals, oils and many handmade items from local artisans. In addition, the Mama Gaia’s continues to have several regular readers including Sandy Arnold (Tarot), Patricia Alton (Angel Oracle), Mitch Hoover (Angel Oracle) and Harry Byard (Butterfly Chakra).

Boutique patrons can usually catch Gary, a retired correctional officer, DHS graduate and realtor, on the weekends. “If you visit during the week, odds are you will meet Rebekah, the store manager,” he says. “She is my right-hand person and the real force behind the store. She’s amazing and can help you with all of your shopping needs.”

Location: 104 W. Rich Ave., DeLand. For more information, call 386-366-4385 or visit mamagaia.com.
Free Health Seminar on Autism

Debbie’s Health Foods is proud to sponsor a free educational seminar titled Autism and the Microbiome: Understanding the Mysterious Gut-Brain Connection being held at the Port Orange Library at 2 p.m. on April 13.

During this presentation, Dr. Jayme Frear of New Journey Chiropractic will discuss how toxins can influence the risk of autism, the microbiome and the importance of gut health, how dietary changes can impact the body, and how chiropractic care can help improve the communication and function of the brain and nervous system.

“The U.S. Centers for Disease Control and Prevention (CDC) reports that around 1 in 68 American children are on the autism spectrum,” shares Frear. “While the exact cause of autism is still unknown, there are many theories including environmental factors, gene mutations, maternal illness, lack of folic acid in the months before and after conception, and, more recently, immune function.”

According to Frear, the nervous system is greatly affected with people who have autism. “The damage associated with nervous system involvement is responsible for many of the issues seen in children with autism. In addition, the nervous system is so intimately linked with the digestive and immune systems that it can also contribute to bowel and bladder problems, autoimmune challenges, and more.” By addressing the injury and resultant subluxation, says Frear, a specific chiropractic adjustment restores proper balance and alignment to the neuro-spinal system, thereby returning balance and function to the central nervous system.

Complimentary Autism Approved product samples provided by Debbie’s Health Foods will be available.

Location: 1005 City Center Circle, Port Orange. To RSVP call 386-763-7046. For more information, visit DebbiesHealthFoods.com. See ad, page 2.

Autism Nutritional Guidelines

Dr. Mark Watkins, of Debbie’s Health Foods in Port Orange, recommends the following nutritional guidelines that may be helpful for Autism Spectrum Disorders:

- Remove food allergens, including dairy products and gluten found in wheat, barley, oats, rye, spelt and other grains.
- Avoid GMOs found in most corn and soy products.
- Manage stress with magnesium, passionflower and adaptogen herbs such as holy basil.
- Detoxify heavy metals with spirulina, chlorella and cilantro.
- Maintain proper inflammatory response with turmeric or curcumin, flavonoids found in fruits, vegetables and fish oil.
- Give the brain healthy fats with coconut oil, grapeseed oil, avocado oil, extra virgin olive oil and grassfed butter.
- Consume bioavailable protein such as organic eggs, whey protein, sardines, salmon, wild caught fish and grassfed beef.
- Alkalize and nourish with organic fruits and vegetables.
- Strengthen the immune system with probiotics and prebiotics.
- Supplement with a food-based multivitamin, omega-3 fish oil, cod liver oil, and magnesium.
- Specific products such as Neural Balance, Calm Child and Focus are formulated to address many of the symptoms associated with autism.

For a complete list of Autism Approved food products and nutritional supplements, visit AutismHopeAlliance.org.
People's Church – Heart 4 Souls interdenominational church in Daytona Beach is excited to announce two special upcoming events. At the service on April 22, guest speaker Judy Stamper will provide a Journey into Vibrational Healing and Crystal Bowl Therapy. Afterwards, she will lead a Crystal Bowl Meditation workshop from 1 to 2 p.m. This guided, deep meditation promotes chakra balancing and connecting to one’s inner self, feeling the “I AM” presence. “Vibration sound has been used for centuries to facilitate healing in the mind and body and to recall our resonant connection with our surroundings,” shares Stamper. Suggested donation for the workshop is $20 per person.

On April 29, Joy Sagar, guest speaker from Cassadaga Spiritualist Camp, will discuss Extrasensory Perception (ESP), sixth sense and second sight. Later he will lead the afternoon workshop from 1 to 3:30 p.m. Sagar’s personal definition of ESP is Everyday Sensory Playfulness. “This include feeling your gut feelings and learning how to respond to the knowingness and follow through, building a stronger relationship with your sixth senses,” he says. “There will be lots of play activities along with some theory to add value to your learning and excitement.” Suggested donation for this workshop is $30 for adults, and $10 for kids 10 to 16 years old.

People’s Church – Heart 4 Souls meets every Sunday at 11 a.m. at CHADs Center, 101 Indigo Dr. in Daytona Beach. For more information, contact Rev.Judi.Weaver@gmail.com or on Facebook at People’s Church – Heart 4 Souls.
Samantha Ahdoot’s son Isaac was 9 years old when he collapsed from the heat while playing clarinet at band camp. It had been a record-hot summer following a mild winter and early spring, and Dr. Ahdoot, an Alexandria, Virginia, pediatrician, had already noticed a string of unusual cases: A toddler had contracted Lyme disease in the once tick-free region of Northern Maine. A teenager had suffered an asthma attack in February, a full month before she usually started taking allergy medicine. A displaced grade-schooler from out of town arrived traumatized after fleeing a hurricane-ravaged home with her family. But it wasn’t until she saw her son laying on a gurney in the emergency room with an IV in his arm that she fully connected the dots.

“I was aware that the weather had changed a lot since I was kid. But it really didn’t hit home until that day that climate change could affect my health and the health of my children personally,” recalls Ahdoot. “I realized it would be a betrayal of my duty as a pediatrician to sit back and do nothing about it.”

**Health Care Alert**
Ahdoot, now a vocal climate change activist, is among a growing number of healthcare professionals that have begun to reframe climate change not as a concern for elsewhere or the future, but as a pressing U.S. public health issue today. In one recent survey of 1,200 allergists, 48 percent said climate change is already affecting their patients a “great deal” or a “moderate amount.” In another survey of lung specialists, 77 percent said they were seeing patient symptoms grow more severe due to worsening climate-related air quality.

In a sweeping review published last October in *The Lancet* medical journal, a team of healthcare professionals proclaimed that the human symptoms of climate change are “unequivocal and potentially irreversible,” noting that since 2000, the number of people in the United States exposed to heat waves annually has risen by about 14.5 million, and the number of natural disasters annually has increased 46 percent.

The U.S. Centers for Disease Control and Prevention has also begun to weigh in with a Climate-Ready States and Cities Initiative to help local health departments brace for everything from the hazardous air quality associated with more forest fires to the spread of vector-borne diseases like Zika and West Nile as the range and season of mosquitoes and ticks expands.

Meanwhile, groups like the newly formed and expansive Medical Society Consortium on Climate & Health, to which Ahdoot belongs, are being proactive. Its doctors are greening their offices, swapping cars for bikes, buses or carpooling, lobbying lawmakers and encouraging their patients to undertake measures to prevent the problem from worsening. In the process, they say, they might even improve their own health.

“We want the public to understand that climate change is not just about polar bears or receding glaciers in the Arctic, but also about our children and our health here and now,” says Ahdoot.
**Flora and Fauna Issues**
During the past century, average temperatures have increased between 1.3 and 1.9 degrees Fahrenheit, with annual increases accelerating in recent years as 2012, 2015, 2016 and 2017 all set records for ambient heat. Such rising temperatures, combined with increased rain and record-high atmospheric carbon dioxide levels, can have a significant impact on plants—both those that irritate or nourish us, says Howard Frumkin, a medical doctor who co-authored the *Lancet* report and teaches environmental and occupational health sciences at the University of Washington, in Seattle.

Wild, allergy-inducing plants like ragweed and poison ivy are flourishing. Poison ivy is growing faster, larger and more toxic as excess carbon prompts it to produce more of its rash-inducing compound, urushiol. “We are seeing the season for ragweed productivity expanding, with pollen levels rising higher and earlier and lasting longer by several weeks,” advises Frumkin. In 2016, residents of Minneapolis, Minnesota, endured a ragweed season that was 21 days longer than in 1990. Other, desirable crops, like grains, do worse in hotter carbon-rich climes, producing less protein and other nutrients, Frumkin notes.

Meanwhile, bugs are thriving, with longer seasons and wider ranges in which to reproduce. Mosquitoes’ capacity to transmit dengue fever—the world’s fastest-growing mosquito-borne illness—has risen by 11 percent since 1950, more than half of that just since 1990, according to the *Lancet* report. Further, the tick that carries Lyme disease is now present in 46 percent of U.S. counties, up from 30 percent in 1998. “My physician colleagues used to treat two or three cases a month during tick season,” says Dr. Nitin Damle, a physician at South County Internal Medicine, in Wakefield, Rhode Island. “Now each of us sees 40 to 50 new cases each season.”

**Heat Pollution**
Rising heat can also aggravate lung conditions because it promotes the production of ozone, a major lung irritant. With prolonged heat often come wildfires. When one burned for three months in North Carolina in a recent summer, researchers discovered that residents of counties affected by the smoke plume showed a 50 percent increase in emergency trips due to respiratory illness.

Like Isaac, more kids are ending up in hospitals due to soaring temperatures, with U.S. emergency room visits for heat illnesses up by 133 percent between 1997 and 2006. Ahdoot recalls a young football player from Arkansas that showed signs of weakness and fatigue during practice, but wasn’t treated right away. He ended up with heat stroke, kidney failure and pulmonary edema and ultimately required kidney dialysis. “Every summer now, I see the impacts of increasing temperatures and heat waves on kids,” she says.

Climate change can also impact mental health, according to a recent review by the American Psychological Association. Exposure to natural disasters can lead to post-traumatic stress disorder. Plus, according to research institutions including the University of California, San Diego, and Iowa State University, chronic heat, especially at night, can interfere with sleep and even lead to aggressive behavior.

Then there’s the worry about what to do about it, and whether it will be enough. “When you talk with people about what is affecting them, climate is definitely one of the things stressing them out,” says Thomas Doherty, Psy.D., a psychologist in Portland, Oregon.
“There’s a sense of mystery and powerlessness around it that weighs on people.”

**Fresh Perspective, New Hope**

Mona Sarfaty, a family physician who is now director of the Medical Society Consortium on Climate & Health, attests that 69 percent of Americans are aware that climate change is occurring, and more than half agree that human activities are at least partly to blame. Yet only a third believe it could ever harm them personally. “So much of the early focus was on the receding glaciers and the penguins,” she says. “People today still think it will affect ‘those other people over there,’ but not them.”

She agrees with the recent focus on imminent health issues, and is encouraged that a growing number of healthcare professionals feel it’s their duty to inform their patients about climate change to mobilize action. “When you talk about climate change not only in terms of the health impact it has on individuals and families, but also in terms of the real-time benefits of taking action against it, people are a lot more interested in doing something,” says Sarfaty.

For instance, shifting to clean energy sources like wind and solar instead of coal can effect better air quality and easier breathing now. Cycling or walking to work rather than driving can reduce carbon emissions, boost feel-good brain chemicals and keep weight in check. Writing letters to editors or attending rallies to urge lawmakers to pass climate-friendly policies can not only fend off the anxiety and depression that comes with feeling helpless, but also effect real change.

Ahdoot is taking these steps now. She has solar panels on her roof, is assisting the local hospital to reduce its carbon footprint, takes public transportation to work and encourages her kids to walk whenever possible. “I don’t feel powerless at all. I feel empowered and optimistic,” she says. “The more we know, the more we are moved to act. We can all do something small every day to protect our climate.”

For author Paul Hawken, a leading environmental entrepreneur working with a coalition of research fellows, advisors and expert reviewers, the climate goal is drawdown, or reversing global warming—the point in atmospheric time when the concentration of greenhouse gases peaks and begins to decline on a year-to-year basis. Hawken edited *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*, a compendium of the 100 most substantive solutions that already exist.

**Why is drawdown the goal?**

If we don’t name the goal, we are unlikely to achieve it. To date, language like mitigation, stabilization and reduction has been used to address climate change. These goals are not particularly ambitious and will do little to preserve civilization. Those verbs are about slowing the amount of released gases, but do not reverse them. If you are going the wrong way down a road which heads straight over a cliff, slowing down is not a helpful goal. We need to turn around, and that is what drawdown research is all about.

**Why and how did you do the research?**

We wanted to know if it was game over with respect to global warming, or could we reverse the buildup of greenhouse gases with techniques and practices already underway? We gathered a qualified and diverse group of 70 researchers from around the world to identify, research and model the 100 most substantive existing solutions. They modeled the impact the solutions will have if they continue to scale in a rigorous, but reasonable way, and what the cost and profits would be. All carbon data was based on peer-reviewed science. Economic data came from respected international institutions like the World Bank. The goal of the book was to present the findings and describe the solutions in ways that fascinated and informed, accompanied by images that enlivened and inspired.

**What are the top 10 solutions?**

The top 10 solutions, in order, are: refrigerant management, wind turbines, reduced food waste, plant-rich diet, tropical forests protection, educating girls, family planning, solar farms, silvopasture—the intentional combination of trees, forage plants and livestock as an integrated, intensively managed system—and rooftop solar. All 100 are listed at Drawdown.org/solutions-summary-by-rank.

**Did any of the solutions surprise you?**

None of the solutions surprised us, but their rankings did. For example, educating girls, number six, has a dramatic bearing on global warming. Women with more years of education have fewer, healthier, children and actively manage their reproductive health. Educated females realize higher wages and greater upward mobility, contributing to economic growth. Education is the most powerful lever available for breaking the cycle of intergenerational poverty while mitigating emissions by curbing population growth.

Ranked seventh, family planning, particularly in low-income countries, impacts world population. For women to have children by choice rather than chance and to plan their family size and spacing is a matter of autonomy and dignity.

Together, these two solutions would account for significant reduction in greenhouse gases by 2050. The United Nations estimates a difference between the high and median population projections in 2050 of 10.8 billion versus 9.7 billion. The difference is almost entirely determined by availability of family planning.

**Are you optimistic about achieving the goal?**

*Drawdown* is not about optimism, hope or pessimism. It is a reality project. The science on climate change is amazing, if not stunning. It is the best problem statement humanity has ever created, which I see as a gift, not a curse. Global warming is feedback from the atmosphere. The Earth is a system, and any system that does not incorporate feedback fails. It holds true for our body, ecosystems, social systems and economic systems. The knowledge of global warming and its potential impacts is creating huge breakthroughs in energy, transport, agriculture, housing, urbanization and materials. If it wasn’t for the science of climate change, we would be destroying our planet faster than we already are.

Focusing repeatedly on the problem does not solve the problem. Diagnosis is not prognosis unless we give up. The science of what will happen if we do not act has been here for a long time. What *Drawdown* points out is that humanity is on the case. The plan we refer to in the book’s subtitle is not our plan; we found a plan being activated by the collective intelligence of humanity. This is a different story than one of gloom and doom. It is a story of innovation, creativity and generosity—that is who we are.

*Linda Sechrist is a senior staff writer for Natural Awakenings.*
Gardening is good for body and soul, but long hours and repetitive movements can negatively impact even the fittest body. While stiffness and pain patterns might manifest in the lower back, shoulders, legs and hands, performing a few yoga poses can lessen pain, increase flexibility, boost stamina and prevent injury.


Practicing yoga before, during or after spending time outside also promotes mind-body awareness which helps us tune into our body’s natural rhythms and prevent physical problems in the first place. Here are some basics to consider when working in the garden.

Be Aware
Great agility and strong muscles cannot compensate for being in one position too long, over-reaching or fatigue. “Listen to your body’s messages such as, ‘It’s time for a rest,’ or, ‘That’s too heavy,’” recommends Schwartz. Remember to take regular breaks to rest, stretch and drink water.
Strike a Pose
Doing yoga regularly will condition the body, but incorporating *asanas*, or poses, while gardening can be both a fun and practical way to avoid overstressing certain muscle groups and keep the spine and hamstrings supple. Using props in the garden environment such as fences, a wall or a chair can provide convenient support.

Feel free to perform all poses before or after gardening, and all except numbers one and five in the garden.

1. Downward Facing Dog pose (*Adho Mukha Svanasana*) with feet placed against a support
2. Warrior 1 pose (*Virabhadrasana I*)
3. Straddle Forward Fold pose (*Prasarita Padottanasana*)
4. Standing Scissor Twist (*Parivrtta Hasta Padasana*) standing close to and bracing against a wall or fence
5. Locust pose (*Salabhasana*)
6. Squat Pull Spinal Traction (*Ardha Malasana in traction*)

Take a Breath
“Conscious breathing involves both the body and the mind. Long, slow inhalations and exhalations help us tune into our body,” says Schwartz. “Using long breaths when stretching in the garden can help muscles find relief.”

To reduce pain:
- Stop and breathe. Take slow, deep breaths with a pause (inhalation retention) between inhalation and exhalation.
- Don’t resist the pain or allow self-judgment.
- Wait for a release.

Enjoy Being Outside
Bringing mindfulness to garden work not only helps prevent injury, but helps make it a more enjoyable experience. Here are a few more tips.

- If rising early, begin time in the garden with a Warrior 1 pose while facing east.
- Be mindful of feeling the breeze when it brushes the skin and pause to breathe deeply.
- Notice the music of the birds or other pleasing sounds in the surrounding environment.
- Stop to drink some water and take pleasure in the garden’s beauty and bounty.

Marlaina Donato is a freelance writer, author and multimedia artist. Connect at MarlainaDonato.com.
Changing Our Diet to Cool the Climate

Good Food Choices Enable Global Health

by Judith Fertig

Three years ago, the New York Times added a new word to the world’s food vocabulary: Climatarian (n.) A diet whose primary goal is to reverse climate change. This includes eating locally produced food (to reduce energy spent in transportation), choosing pork and poultry instead of beef and lamb (to limit gas emissions), and using every part of ingredients (apple cores, cheese rinds, etc.) to limit food waste.

Changing our food choices to support this model can have a ripple effect. Researchers at the University of California, Santa Barbara, in a 2017 study published in the journal Climatic Change, looked at how diets impact personal health, the healthcare system and climate. They found that adopting a more plant-based diet reduces the relative risk of coronary heart disease, colorectal cancer and Type 2 diabetes by 20 to 40 percent. National annual health care costs could drop from $93 billion to $77 billion. Direct greenhouse gas emissions could annually drop 489 to 1,821 pounds per person.

Such an approach involves considering the related water usage, greenhouse gas emissions and carbon footprint—the energy required to cultivate, harvest and transport food—plus processing associated food waste. Here are some top choices.

Foods that Go Easy on Water

Hydroponic greens are hands-down winners. The Shelton Family Farm, near Whittier, North Carolina, weekly produces 10,000 to 12,000 heads of hydroponically grown Bibb lettuce. The controlled environment and carefully engineered nutrient delivery systems maximize all resources.

“It’s an enclosed system that runs 24/7, and it’s highly efficient from a water-usage standpoint because we recycle the water,” says William Shelton Jr., a fourth-generation family farmer. “The only water that’s actually consumed is what’s taken up and transpired through the plants.” In a moderate climate, energy costs to recycle the water and keep the plants at an even temperature are moderate, as well.

Dry-tilled heirloom tomatoes, okra, melons and quinoa are drought-tolerant and only use available rainfall.

Foods that Go Easy on Greenhouse Gases

Plants beat meat. “Livestock farming produces from 20 to 50 percent of all manmade greenhouse gas emissions,” says nutritionist and climate activist Jane Richards, of GreenEatz, in Mountain View, California. “You can reduce your footprint by a quarter by cutting down on red meats such as beef and lamb.”

An exception is the vegetarian staple of rice. According to researchers at Project Drawdown, a climate solutions organization in Sausalito, California, rice cultivation is responsible for at least 10 percent of agricultural greenhouse gas emissions and up to 19 percent of global methane emissions. New farming techniques, like mid-season draining of the rice paddies, could cut methane emissions by at least 35 percent.

Richards notes, “Meat, cheese and eggs
have the highest carbon footprint; fruit, vegetables, beans and nuts, much lower. The carbon footprint of a vegetarian diet is about half that of a meat-lover’s diet.”

Root crops such as carrots, radishes, potatoes and beets have a lower carbon footprint than above-ground plants due to less food waste. A beautiful beet is easier to grow than a bell pepper that blemishes more easily.

Seasonal, regional fruit, vegetables, herbs and honey have a lighter carbon impact because they are transported shorter distances. Usually what grows best in a region and is consumed locally is also best for the climate.

Foods naturally suited to their environment grow and taste better, and are packed with more nutrients, reports Sustainable Table, an educational nonprofit that builds healthy communities through sustainable eating habits (SustainableTable.org).

**Hopeful Developments**

New agricultural developments can also benefit our climate environment. According to Project Drawdown research, perennial grains and cereals could be pivotal in reaching soil, carbon and energy targets.

The Land Institute, in Salina, Kansas, has been working with the Rodale Institute, in Berks County, Pennsylvania, to develop a perennial wheat that would not have to be planted from seed each year. This would save soil, carbon and both human and machine energy.

Kernza, a new perennial grain proven to prosper in natural grasslands like the Great Plains, is not yet widely distributed. Maria Speck, author of *Simply Ancient Grains*, advises, “With up to 15-foot-long roots, it can be harvested for five years and uses less fertilizer than conventional wheat. Kernza tastes almost like a cross between rice and wheat—sweet, grassy, mesmerizing.”

Michael Pollan, author of *Food Rules: An Eater’s Manual* and creator of the film *Food, Inc.*, suggests we keep it simple: “Eat food, not too much, mostly plants.” Climatarians would add another guideline—eat as locally as possible.

Judith Fertig writes cookbooks plus foodie fiction from Overland Park, KS (JudithFertig.com).
From birds and elephants to dolphins, animals, whether by instinct or learned behavior, have discovered ways to cope with parasites, pests, aches and pains. This science of self-medication is called zoopharmacognosy (*zoo* for animal, *pharma* for drug and *cognosy* for knowing). At home, a dog or cat that eats grass is practicing it to eliminate parasites or hairballs.

Donald Brightsmith, Ph.D., of Texas A&M University, directs the Tambopata Macaw Project in the lowlands of southeastern Peru, studying the many macaws and other parrots that gather clay to eat as a supplement. First thought to help remove toxins from their bodies, clay adds needed sodium to their diet, researchers now believe.

A pregnant elephant in Kenya’s Tsavo Park was observed by ecologist Holly Dublin, Ph.D., to travel miles to find a tree not normally eaten. Four days later, the elephant gave birth. Dublin discovered that Kenyan women make a drink from the same leaves and bark to induce labor.

While studying Bornean orangutans (*Pongo pygmaeus*) in...
We feel the answers for the future will be found in the past, not in chemical factories.

- Ira Pastor

the Sabangau peat swamp forest in Central Kalimantan, Indonesia, primatologist Helen Morrogh-Bernard, Ph.D., of the University of Exeter, UK, observed an orangutan chew the leaves of a plant that were not part of its usual diet until it formed a lather. The orangutan spit out the leaves and used the lather much like humans apply a topical pain reliever.

While animals have been known to eat certain plants when ill, hers may be the first sighting of an animal creating a salve. Nearby villagers grind the leaves to make a balm for sore muscles and inflammation. Morrogh-Bernard believes humans learned this topical application from apes and passed it down through the generations.

In the Red Sea, bottlenose dolphins rub against bush-like gorgonian corals covered by an outer layer of antimicrobial mucus that may protect them from infection, according to dolphin researcher Angela Ziltener, of the University of Zürich, Switzerland.

“It’s amazing how much we’ve learned, but forgotten,” says Ira Pastor, CEO at Bioquark Inc., in Philadelphia, a life sciences company developing biologic products to regenerate and repair human organs and tissues. “We live with other organisms which from a health and wellness perspective are much further advanced than humans. No other species tries to cure with any single solution. Nature employs multiple options. We’re not appropriately imitating nature yet. We need to do more.”

Cindy Engel, Ph.D., of Suffolk, England, author of Wild Health: Lessons in Natural Wellness from the Animal Kingdom, says, “Animals rely on plants to provide them with the essentials of life, making their health intimately dependent on plant chemistry to provide everything they need to grow, repair damage and reproduce.”

She continues, “Wild animals carry diseases that affect livestock and humans. It’s sensible to explore why they’re successful in fending off the worst effects in order to find ways to improve our own health, instead of just trying to eradicate the disease. We can learn from behavioral self-help strategies animals employ.” Accomplishing this is more difficult than ever, she believes, because today’s severely shrinking habitat makes it hard to find truly wild animals and plants.

“Over the last 100 years, we’ve done a horrible disservice to all life by destroying habitat and exploring only a small percentage of what nature has to offer,” agrees Pastor. “As patents expire, pharma has to change. It’s important to develop botanicals. We’re advised to vary our diet and exercise, yet take the same dose of the same pill daily. We’ve studied dead organisms under microscopes, but living organisms, even as small as microbes, can communicate helpful positive reactions.”

Western medicine has strayed from what nature offers to keep us healthy. Now is the time to take care of both the planet and all living beings on it. “We’ve discarded thousands of years of evidence,” says Pastor. “We cannot destroy the bounty of possibilities.”

Connect with freelance writer Sandra Murphy at StLouisFreelanceWriter@mindspring.com.
Healthy House
Easy Ways to Green It Up
by Avery Mack

Living green isn’t difficult or expensive. Start small, one room at a time.

In the Kitchen
Defrosting trays have been available for a while, and although they aren’t a miracle solution, they are eco-friendly and easy to clean; thawing most meats, seafood and vegetables usually takes just 30 to 60 minutes. It’s one way to avoid using the microwave.

Most cutting boards of sustainable bamboo or cork originate in China, creating a big carbon footprint. Glass boards are breakable and hard on knives. Consider planet-friendly boards made of recycled cardboard and food-grade plastic combined with flax husks.

A countertop convection oven set about 25 degrees lower circulates heated air to cook food 25 to 30 percent faster and more evenly than a conventional oven; it uses less energy and has fewer emissions. Foods come out crispier, which also makes for great veggie chips. A conventional oven is still best for soufflés, breads or cakes that rise as they bake.

Replace chemical-coated nonstick pans, disposable parchment paper and aluminum foil with reusable, eco-friendly, U.S. Food and Drug Administration-approved silicone mats. They are easy to clean, affordable and available in many sizes and shapes.

Run the dishwasher when full and at night. Off-peak hours won’t cut the electric bill, but are more efficient for the power plant, reducing its energy footprint.

Skip the garbage disposal to save water and energy. Use food waste for plant-nurturing compost. Plastics numbered 1, 3, 6 or 7 are prone to leaching into food or drinks. Recycle or repurpose those already on hand to store craft items, small toys or office supplies.

On the Floor
Keep floors clean and healthy by leaving shoes at the door. They track in dirt, pesticides, chemicals, pet waste and leaked fluids from vehicles. Slippers or socks with a grip sole keep feet warm and prevent falls.

Bamboo flooring is sustainable and eco-friendly, but is also shipped from China. Using local products reduces shipping costs, supports American businesses and can give the home a unique design. “Logs salvaged from the bottom of the Penobscot River turn into flooring, ceilings and accent walls,” advises Tom Shafer, co-owner of Maine Heritage Timber, in Milinocket. “The cold temperature preserves the wood and gives it a natural patina. It’s now available in peel-and-stick, affordable planks called timberchic. Planks have an eco-friendly, UV-cured finish.”

For more flooring tips, see Tinyurl.com/Eco-FriendlyFloors.

In the Bathroom
Instead of air freshener sprays, hang pet- and child-safe plants.

Use fast-drying towels up to four
times before washing. Hand towels see more frequent use, so change every other day. Longer wear makeup stays longer on a washcloth; to prevent reintroducing germs to the face, use a facecloth only once.

All-natural cleaning products are easy to find or make. For some tips, see Tinyurl.com/LovelyEcoLoo.

**In the Bedroom**

From sheets and bedding to a fluffy robe, choose eco-friendly organic cotton in white, or colored with environmentally safe, non-metallic dyes.

Blue light from a smartphone, computer, tablet or TV can foster sleeplessness. “I keep all devices out of my bedroom and block all unnatural light,” says Leslie Fischer, an eco-minded mom and entrepreneur in Chicago, who reviews mattresses for adults and babies at SustainableSlumber.com. “I sleep on a fantastic mattress that won’t fill my room with pollution.”

A good pillow is a necessity. Citrus Sleep rates the Top Ten Eco Options at Tinyurl.com/NaturalPillowPicks.

Mattresses should be replaced every eight years. In the U.S., an average of 50,000 end up in landfills each day. California law requires manufacturers to create a statewide recycling program for mattresses and box springs. An $11 recycling fee, collected upon each sale, funds the Bye Bye Mattress program. Connecticut and Rhode Island also recycle them. “An alternative is extending mattress use with a topper,” says Omar Alchaboun, founder of topper-maker Kloudes, in Los Angeles.

**What and Where to Recycle**

Find out where and what to recycle at Earth911.com. Enter the item and a zip code or call 1-800-cleanup.

Going green is money-saving, environmentally wise and coming of age, which makes eco-friendly products easier to access. Earth Day is a perfect time to make simple changes that can have long-lasting and far-reaching results.

Connect with the freelance writer via AveryMack@mindspring.com.
A movement is afoot to get kids grounded in nature. Wilderness awareness programs, also known as primitive skills or Earth-based education, teach life-changing survival skills that build courage, compassion and camaraderie.

“We help youth experience a true aliveness in nature. Kids gain knowledge of the outdoors and increase awareness, confidence and self-reliance, while having fun, positive experiences,” says Dave Scott, founder of the Earth Native Wilderness School (EarthNativeSchool.com), in Bastrop, Texas. They often go on to enthusiastically share what they’ve learned about natural flora and fauna with their families.

Experiential Learning

Youth engaged with organizations like this one enjoy gaining nature-oriented survival skills, such as making bows, baskets, shelters and fire. “By making a bow out of a particular type of tree, children discover what type of habitat the tree prefers and how to harvest it sustainably. Indigenous skills like animal tracking also help them relate to wildlife and develop empathy for animals,” says Scott.

“When you learn to trust rather than fear nature, you’re more likely to take care of it,” adds Rick Berry, founder of 4 Elements Earth Education (4eee.org), a Nevada City, California, nonprofit that helps kids and adults connect with planet Earth via immersion in nature. Leaving room for spontaneity and improvisation is important.

While infusing indigenous knowledge into their curriculum, wilderness programs emphasize universal principles such as deep understanding of local environments and life’s interconnectedness. “Fire making is for everybody. Shelter making is for everybody. We are all caretakers of the land,” says Berry.

Physical and other challenges, such as walking blindfolded through the woods, heighten sensory perception while building confidence. “The landscape is a great teacher with its uneven ground and obstacles, posing an opportunity to learn agility, practice balance and ultimately, expand awareness,” says Simon Abramson, associate director of Wild Earth (WildEarth.org), in High Falls, New York.

Nature-immersion programs like Wild Earth’s further help kids sharpen their observation skills through activities like learning to identify birdsongs and trees. During a popular activity called “sit spot”, children learn to sit quietly, listen and observe from a specific location they may revisit over the course of a day or year to witness nature’s varied beauty. Another time, they may try “foxwalking”, creeping silently and slowly; or test their “owl vision”, using peripheral vision. For younger kids, instructors may incorporate such skills into a game like “coyote or rabbit,” where by staying still, they can avoid detection by a predator.

Kids learn to listen both to nature and their own inner voice, which can be challenging in the midst of dominating peers and authority figures. “We build on the tradition of vision quest, in taking time to get quiet in nature and hear what the heart is saying,” says Berry.

Activities may be patterned after natural cycles of the seasons, the four directions and diurnal rhythms. On a bright morning, emphasis is on high-energy, outward-facing activities; day’s end brings a pause to reflect, glean and share what participants have made and learned.

Lasting Life Lessons

Mother Nature’s lessons can be hard-earned, but the outdoor trials that kids experience are often their most honored and memorable moments. Whether youths try out a wilderness program for a season or
stay on for years, Earth-based learning can have an enduring impact.

They help foster healthy relationships not only with the Earth, but with other people, according to Samuel Bowman, a program coordinator with the Wilderness Awareness School (WildernessAwareness.org), in Duvall, Washington. Team-driven activities like building a communal shelter can help kids learn how to work through conflict, listen to others and appreciate differences.

“The kids that have come through our programs prove to be creative problem-solvers prepared to handle just about anything. They have focus and commitment, and tend to be service oriented,” observes Abramson, noting that 60 percent of their instructors are alumni.

“Thinking back on kids we’ve worked with, you can often see their wilderness journey reflected in their paths as adults, how they are making choices with their heart and pursuing their passions,” concludes Berry.

Connect with April Thompson, in Washington, D.C., at AprilWrites.com.

These resources will help parents and educators connect with quality, nature-based learning.

Coyote’s Guide to Connecting with Nature (CoyotesGuide.com) is an inspirational publication for teachers, mentors and parents based on ancient worldwide cultural wisdom, including mythic animal stories, nature-based ceremonies and survival tools.

The Tracker School (TrackerSchool.com), founded by wilderness expert Tom Brown in 1978, offers 75 classes on wilderness survival skills and a list of tracker clubs and affiliates across North America and beyond. Tom Brown’s Field Guide to Nature and Survival for Children is another respected resource.

Children & Nature Network (ChildrenAndNature.org) connects children, families and communities with nature through evidence-based resources and tools, broad-based collaboration and grassroots leadership. This international initiative was co-founded by Richard Louv, renowned author of Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder.

Earth Skills Alliance (EarthSkillsAlliance.com) is a collective of youth program leaders dedicated to Earth skills instruction. Its annual conference and other platforms share best practices and experiences.
Touching the Earth
The Healing Powers of Going Barefoot
by Martin Zucker

Melanie Monteith, of San Diego, California, was diagnosed with multiple sclerosis at age 24 and plagued by symptoms for 14 years. Simple daily tasks became challenging. She relied on walking aids and walls to keep from falling. Eventually, she quit her job. Every day tested her survival skills. Then, in late 2017, Monteith tried grounding and it changed her life.

Grounding, also called Earthing, refers to the discovery of major health benefits from sustained contact with the Earth’s natural and subtle electric charge. Recent research published in the Journal of Inflammation, Integrative Medicine: A Clinician’s Journal, Neonatology and Health indicates that grounding stabilizes the physiology in many ways, drains the body of inflammation, pain and stress, and generates greater well-being.

Grounding can be as simple as going barefoot in nature, including the backyard, for 30 to 60 minutes once or twice a day on surfaces like grass, soil, gravel, stone and sand. If this isn’t practical, special grounding mats and pads are available online for convenient indoor use while sitting or sleeping; people with compromised health often benefit from more time being grounded.

The activity restores a primordial electric connection with the Earth that has been lost with modern lifestyles. We wear shoes with insulating, synthetic soles and live and work elevated above the ground. These overlooked lifestyle factors may contribute to increasing global rates of chronic illnesses. Grounding revitalizes us, akin to charging a weak battery, because our bodies operate electrically and our movements and thoughts are based on electrical signals. We are bioelectric beings.

Eighteen years of grounding research in a variety of indoor settings, plus grassroots feedback from around the world, clearly show that our bodies operate more effectively when grounded. We sleep better, have less pain, more energy and even look better. Here are some of the documented benefits.
Reduction of chronic inflammation

“Inflammation is intimately linked to most chronic and aging-related diseases,” says Gaétan Chevalier, Ph.D., a visiting scholar at the University of California, San Diego, who has conducted multiple grounding studies. “Grounding seems to be nature’s way to reduce inflammation.”

Enhanced blood flow

Thick, sludgy blood is a common feature of diabetes and cardiovascular disorders. Several grounding studies have demonstrated a significant decrease in blood viscosity and enhanced blood flow. “Grounding represents a potent circulation booster; a simple, yet profound preventive and therapeutic strategy,” says integrative cardiologist Dr. Stephen T. Sinatra, of Manchester, Connecticut, co-author of the book Earthing: The Most Important Health Discovery Ever!

Decreased stress

Tracy Latz, a medical doctor and integrative psychiatrist in Mooresville, North Carolina, has found, “Patients with anxiety issues, including post-traumatic stress disorder, generalized anxiety disorder, panic disorder and depression, often benefit from grounding.”

Improved vagus nerve function

The vagus nerve connects with and regulates key organs, including the lungs, heart and intestines. In one study, doctors at the Penn State Children’s Hospital, in Hershey, Pennsylvania, grounded hospitalized premature infants and documented improved vagal function that could potentially boost resilience and reduce complications. “These babies have a lot of health challenges,” observes Dr. Charles Palmer, former chief of the center’s division of newborn medicine. “It seems that they are more relaxed when grounded.” More research is needed.

Within a few months of grounding both day and night, Monteith's disease symptoms receded dramatically. Her balance and stability improved when standing and walking. She sleeps more deeply and has more energy. An eye issue for which there is no drug subsided. She says her health continues to improve and she looks forward to living each day.

Troy Baker, a recovery consultant for special populations and chief program officer of the nonprofit Adapt Functional Movement Center, in Carlsbad, California, who has been overseeing Monteith’s exercise training schedule, has observed a reduction in the effects of multiple sclerosis since she started grounding. “Her body is more fluid, not as stiff. She moves much better, with increased energy and stamina.”

For more information on grounding, visit EarthingInstitute.net.

Martin Zucker, a former Associated Press correspondent, has written about alternative medicine for 40 years and is co-author of the book Earthing.

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natural awakenings April 2018 31
Earth Day, on April 22, will serve again as a galvanizing force on ways to save our planet. With the theme of End Plastic Pollution, Earth Day Network (EDN) is setting a specific focus this year on the importance of reducing the use of plastics and finding more Earth-friendly alternatives (EarthDay.org).

The nonprofit relates that of the approximately 300 million tons of plastic annually produced to make bags, bottles, packages and other commodities worldwide, only about 10 percent is successfully recycled and reused. The rest ends up in landfills or as litter, leaching dangerous chemicals into soil and water, endangering humans and wildlife alike.

EDN asks everyone to pledge to switch to sustainable alternatives, subscribe to its newsletter, spread the word via social media, educate and mobilize citizens to demand action, and donate to support the adoption of a global framework to regulate plastic pollution that will engage individuals, companies and governments worldwide.

Further, EDN is extending people’s ability to take personal responsibility by self-rating and guiding their involvement via practical toolkits. “People can create and follow a plan to reduce their plastic footprint and also share that data to help others via the Billion Acts of Green online campaign,” says Valeria Merino, vice president of Global Earth Day, adding that participants will be able to create an ongoing record and track their commitments. The initiative is also providing materials, tips on organizing cleanup events and social media tie-ins.

Help Volusia/Flagler celebrate and forward progress in sustainability efforts by participating in these local Earth Day 2018 events.

Earth Day Celebration
10 a.m. to 4 p.m., Saturday, April 21
Washington Oaks Gardens State Park will host their 29th annual Earth Day celebration with a variety of activities including live entertainment, a children’s section, environmental vendors and exhibits, guided walks, food, plant sales, chance drawings, gift shop and more.

Cost: $5 per vehicle. 6400 N. Oceanshore Blvd., Palm Coast. For more information, call 386-446-6783 or visit WashingtonOaks.org.

Native American Earth Festival
10 a.m. to 5 p.m., Saturday, April 21
10 a.m. to 5 p.m., Sunday, April 22
This kid-friendly celebration of the Native American culture includes dancing, static exhibits, interactive exhibits, educational shows in the main arena, vendor booths, a petting zoo, food, and more.

Cost: $4 for ages 13 and up. $2 for ages 4 to 12. Children 3 and under are free. Location: Reed Canal Park, 919 Reed Canal Rd., South Daytona.

Earth Day at Riverwalk Park
9 a.m. to 2 p.m., Sunday April 22
The City of Port Orange will offer yoga, walk, and paddle events, along with kid’s crafts, yard games, eco-friendly vendors, presentations and more. This event is free to attend, however registration and a donation of clean, recyclable plastic bottles are required for participation. Attendees will receive a tree seedling and a chance to take home other giveaways during the event.

Location: 3431 S. Ridgewood Ave., Port Orange. For more information or to register by April 12, visit Port-Orange.org/events.

Earth Day at the Library
2 p.m. to 4 p.m., Sunday, April 22
The W.T. Bland Public Library will offer an afternoon of programs, including Birds of Prey at 2 p.m.; Bees and Beekeeping at 3 p.m.; free Earth Day project for kids at 3:30 p.m.; Nunan Butterfly Garden tour also at 3:30 p.m. All attendees will receive Florida native seedlings or saplings and tickets for door prizes.

Location: 1995 N. Donnelly St., Mount Dora. For more information, visit MyLakeLibrary.org.
**SUNDAY, APRIL 1**

Easter Sunday – 11am. Join for a beautiful and inspiring Easter service honoring the resurrecting spirit within us all. A delightful time of fellowship will follow. Unity is a Christian spiritual center for inspiration and transformation, teaching and living principles that are life-enhancing, affirmative and practical. Unity Community Church, 1001 S Ridgewood Ave, Edgewater.

Easter Sunday Service – 11am. Inter-denominational service with Rev Judi Weaver. People’s Church – Heart 4 Souls, CHADs Center, 101 Indigo Dr, Daytona Bch. 386-503-4930.

**MONDAY, APRIL 2**

Monday Madness – 8am-6pm. 25% off almost everything in the store (except café). The Healing Zone, 515 Canal St, New Smyrna Bch. 386-402-7825. nsbHealingZone.com.

**TUESDAY, APRIL 3**

Shop Rainbow Tuesday – 8am-8pm. Save 20% off all regularly priced items throughout the store. Debbie’s Health Foods, 862 Saxon Blvd, Orange City. 386-775-7002; and 3850 S Nova Rd, Port Orange. 386-763-7046. DebbiesHealthFoods.com.

Jan Tolminson Master: Natural Philosophy Exhibit – Apr 3-14, 10am-5pm, Tue-Fri; 10am-4pm, Sat. Free; open to the public. ACA Downtown: Arts on Douglas, alt_space Gallery, 123 Douglas St, New Smyrna Bch. AtlanticCenterForTheArts.org.

**WEDNESDAY, APRIL 4**

Pictures Worth a Thousand Words: Poetry Workshop for National Poetry Month – Apr 4-25, 4-6pm. With Florida Poet Laureate, MB McLatchey. Writers, photographers, album-collectors, and artists of all levels will discover how to craft poems that “listen” and “respond” to the world around us. Bring a photo or an image that will serve as a prompt at poetic forms: ode, sonnet, haiku, and the “tweet-poem”.

ACA Downtown: Harris House, 214 S Riverside Dr, New Smyrna Bch. AtlanticCenterForTheArts.org.

Interactive Discussion Group – 6-8pm. Old souls, lightworkers, new agers, seekers and all interested in the metaphysical and esoteric. Free. Hottie Coffee, 409 Mary Ave, New Smyrna Bch.

**THURSDAY, APRIL 5**

Expressive Art Journaling – 1-3:30pm. Explore art journaling, led by artist/art therapist Laura Bohn. Reduce stress and promote relaxation in a safe space to play, experiment and gain self-guided insight and understanding of one’s own emotions. Explore adding personal/universal archetypes to a journal spread, using mixed media, watercolor, acrylics, and collage. $30 or $20/members.

**calendar of events**


Guided Meditation – 7pm. With Cheri Fl-auto. Meditation is a great tool that promotes relaxation in our bodies, balances our emotions and relieves physical and mental distress. While meditating on your own requires some effort, guided meditation walks you through the process one step at a time. $10. Mind Body Soul, 821 Canal St, New Smyrna Bch. Preregister: 386-410-2175 or MindBodySoulNSB.com.

FRIDAY, APRIL 6

Rain Barrel Workshop – 10-11am. Learn how to recycle the rain by using a rain barrel in your yard. Staff will explain how to assemble and properly place a rain barrel for water collection. A limited number of rain barrels will be available for purchase after the workshop. Lyonia Environmental Center, 2150 Eustace Ave, Deltona. Register: 386-789-7207 ext 21028. LyoniaPreserve.com.


SATURDAY, APRIL 7


Sara Pedigo: Apperceptions Exhibit – Apr 7-28, 4-7pm (opening reception on 4/7). Artists Talk: 4/20 at 11am. Gallery hours: 10am-5pm, Tue-Fri; 10am-4pm, Sat. Free; open to the public. ACA Downtown: Arts on Douglas, Feature Gallery, 123 Douglas St, New Smyrna Bch. AtlanticCenterForTheArts.org.


**SUNDAY, APRIL 8**

Welcoming Change; Laughter Yoga Workshop; Dance for Peace – 9am & 11am. Sunday services: Rev Linda Machesic speaks about welcoming change as our friend, not our foe. 1pm: Marilyn Caskey presents a Laughter Yoga workshop. 1pm: Dances of Universal Peace with Jemila and Mike Felisko. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. UnityDaytonaBeach.org.

Sunday Service and Violet Flame Workshop – 11am. With Rev Phil DeLong, ordained minister, Cassadaga Spiritualist, medium and healer. 1-3pm (workshop): Rev Phil will discuss what the Violet Flame does, how it works, how to use the flame, crystal energies, alchemist’s dream and decrees. $33/person. People’s Church – Heart 4 Souls, CHADs Center, 101 Indigo Dr, Daytona Bch. 386-503-4930.

**TUESDAY, APRIL 10**


**THURSDAY, APRIL 12**

Sleep Disordered Breathing in Children (and Adults) — 6pm. With Dr Claire Stagg, DDS. Parents will have an opportunity to see first-hand reasons and similar cases and corroborate with their children’s behavioral problems, poor grades, misdiagnosed ADHD, bedwetting, unrefreshed sleep, delayed growth and more. 2120 Highway A1A, Indian Harbor Bch. 321-777-2797. Register: SmileProfessionals.com/pedsdb.


FRIDAY, APRIL 13

Autism and the Microbiome: Understanding the Mysterious Gut-Brain Connection — 2-3pm. Free health program presented by Debbie’s Health Foods. Dr Jayme Frear of New Journey Chiropractic will discuss the link between gut issues and Autism Spectrum disorders. Discover how chiropractic can help ensure a properly functioning nervous system and release the body’s natural healing ability. Also learn how certain foods and nutritional supplements can help. Free “autism approved” product samples will be available. Free. Port Orange Public Library, 1005 City Center Cir. Info: 386-763-7046. DebbiesHealthFoods.com.

SATURDAY, APRIL 14

Communication Styles — 10-11am. With Beverly Wells, CN, LMT. Learn what the lips, eye brows, cheeks, face shape and more say about the way we communicate, followed by Q&A. Dr Watts Chiropractic Center, 2751 Enterprise Rd, Ste 103, Orange City. 386-847-3771.


Second Saturday Soundwalk — 11am. Join ACA to explore the sounds and rhythms of our urban and natural world. Each walk is beneficial for people of all ages to de-stress, focus, and develop a deeper understanding of how we fit into the ecosystem of our environment. Free; open to the public. Rain or shine. El Dora Trail at Canaveral National Seashore, Visitor’s Center. Register: 386-423-1753. Atlantic CenterForTheArts.org.

Color And Light Mending and Restoration — 1-2:15pm. Come experience the healing power of color and light. Space is very limited. Goodwill offering. Register: InsightfulJourneys@comcast.net. InsightfulJourneys.com/register.html.


Mindful Mandalas — 2-4pm. Intuitive art making using oil pastels, collage, and illustration board, led by artist and expressive arts facilitator, Rachel Chase. Participants will be guided through gentle mindful movement and relaxing breathing exercises to get in the mindset for creating a mandala. All ages. $30 or $20/members. ACA Downtown, Harris House, 214 S Riverside Dr, New Smyrna Bch. Register: 386-23-1753. AtlanticCenterForTheArts.org.

Springtime in the Scrub Hike — 2:30-4pm. Look for signs of spring during a two-mile guided hike through Lyonia Preserve. The group will visit the larger of the two ephemeral wetlands in the preserve. Lyonia Environmental Center, 2150 Eustace Ave, Deltona. Register: 386-789-7207 ext 21028. LyoniaPreserve.com.


PoliPalozoo 2018 Concert — 6pm. Nationally known musicians Sloan Wainwright, Sue Riley, and Glen Roethel bring their inspirational and transformative “Poli music” performance to Unity, with the mission to change the world, one song at a time. PoliPalozoo concerts emphasize, unite, enlighten, heal and celebrate the human spirit and its many forms of spirituality. $20. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. UnityDaytonaBeach.org.

SUNDAY, APRIL 15

Forty Years in the Desert? Oh No! — 9am & 11am. Sunday services: Rev Linda Machies speaks about how Moses led the Israelites out of Egypt into the Promised Land; along the way they were transformed into a nation with an identity, a covenant and a mission. So, too, when we journey from bondage to a new beginning, we are transformed dramatically. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. UnityDaytonaBeach.org.

Sunday Service — 11am. Guest speaker Loretta Author studied International cultures including ancient, modern and indigenous practices and teachings around the world. She will speak about Becoming Your Highest and Best Self; simple steps to finding your highest and best self physically, financially, emotionally, mentally and spiritually. People’s Church — Heart 4 Souls, CHADs Center, 101 Indigo Dr, Daytona Bch. 386-503-4930.


TUESDAY, APRIL 17

Reiki Share/Circle — 7pm. This gathering of like-minded reiki believers participate in group healing treatments on each other. The main purpose for the reiki share is to give and receive reiki in a casual atmosphere of friendship, honor, positive energy and devotion. Donation only. Mind Body Soul, 821 Canal St, New Smyrna Bch. Preregister: 386-410-2175 or MindBodySoulNSB.com.

WEDNESDAY, APRIL 18

Angel Class — 7pm. Details to be announced. $35. Spice of Life Herbs, 214 W Beresford Ave, DeLand. SpiceOfLifeHerbs.net.

THURSDAY, APRIL 19

Earth Day Celebration — 11am-2pm. City of Ormond Beach Picnic on the Plaza will feature earth-friendly giveaways, exhibits, displays, free parking and entertainment and fun for the whole family at their 26th annual event. City Hall Plaza, 22 S Beach St. Info: OrmondBeach.org.

Intro to Yoga Series for Beginners — Apr 19-May 12. 6pm. Four-week/five-class series to explore the basic postures of hatha yoga and learn the history, adjustments and modifications designed for your needs. Receive personalized teachings from experienced teachers, Teena Bates, Laura Ashland, Laura Kraljev and Keith Molyneaux. $60. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Bch. Preregister: SacredStrengthHealing.com.

Guided Meditation — 7pm. With Cheri Flauto. Meditation is a great tool that promotes relaxation in our bodies, balances our emotions and relieves physical and mental distress. While meditating on your own requires some effort, guided meditation walks you through the process one step at a time. $10. Mind Body Soul, 821 Canal St, New Smyrna Bch. Preregister: 386-410-2175 or MindBodySoulNSB.com.

FRIDAY, APRIL 20

Loosen Up Deland Grand Opening — 5-8pm. Tour Deland’s healing center and meet the staff; 50/50 raffle, grand prize drawing worth over $450, and many other prizes and drawings. Proceeds benefit MeSTRONG. Refreshments provided. Loosen Up Deland Alternative Healing Center, 113 E Rich Ave. 386-738-2925.

SATURDAY, APRIL 21


Earth Day Celebration — 10am-4pm. Washington Oaks Gardens State Park will host their 29th annual Earth Day celebration with a variety of activities including live entertainment, a children’s section, environmental vendors and exhibits, guided walks, food, plant sales, chance drawings, gift shop and more.5/vehicle. 6400 N Oceanshore Blvd, Palm Coast. Info: 386-446-6783 or WashingtonOaks.org.

Customer Appreciation Day — 10am-5pm. Meet your favorite vendors and sample their products; free raffles and giveaways; special one-day sales. Love Whole Foods Café & Market, 275 Williamson Blvd, Ormond Bch. 386-677-5236.

Native American Earth Festival — Apr 21-22. 10am-5pm. This kid-friendly celebration of the Native American culture includes dancing, static exhibits, interactive exhibits, educational shows in the main arena, vendor booths, a petting zoo, food, and more. $4/ages 13 and up, $2/ages 4-12, children 3 and under/free. Reed Canal Park, 919 Reed Canal Rd, South Daytona.

Kundalini Yoga Intensive — 3-5pm. Awakening and Balancing Your Chakras with Guru Simran Khalsa.
Tap into your awareness of your own chakras or energy centers in your body that can give you a new lease on life. Each chakra relates to an inner talent or strength as well as an emotion. $25/bay 4/14 or $30/thereafter. Sacred Strength Healing Arts, 300 Seabreeze Ave, Daytona Bch. Preregister: Sacred-StrengthHealing.com.

SUNDAY, APRIL 22

Trust the Process – 9am & 11am. Sunday services: Rev Linda Machetic explains that being perplexed, uncertain, even lost are common experiences shared by every sentient being whoever was and ever will be, and such human conditions are requisite to reaching our desired state of mind and being and to our awakening. Special music by Niklas Cotton. Unity of Daytona Beach, 908 Ridgewood Ave, Holly Hill. UnityDaytonaBeach.org.

Earth Day at Riverwalk Park – 9am-2pm. Experience yoga, walk, and paddle events, along with kid’s crafts, yard games, eco-friendly vendors, presentations and more. Free with registration and a donation of clean, recyclable plastic bottles. Participants will receive a tree seedling and a chance to take home giveaways during the event. 3431 S Ridgewood Ave, Port Orange. Info/register by 4/12: PortOrange.org/events.

Sunday Service – 11am. Journey into Vibrational Healing and Crystal Bowl Therapy with guest speaker Judi Stamper, followed by a Crystal Bowl Meditation Workshop from 1-2pm. Join for a guided, deep meditation to promote chakra balancing, and connect to your inner self, and feel the I AM presence. $20 donation. People’s Church – Heart 4 Souls, CHADs Center, 101 Indigo Dr, Daytona Bch. 386-503-4930.

Earth Day at the Library – 2-4pm. Programs include: Birds of Prey at 2pm; Bees and Beekeeping at 3pm; free Earth Day project for kids at 3:30pm; Nunan Butterfly Garden Tour at 3:30pm. All attendees will receive Florida native seedlings or saplings and tickets for door prizes. WT Bland Public Library, 1995 N Donnelly St, Mount Dora. Info: MyLakeLibrary.org.

Recycled Butterfly Wreath – 3-4:30pm. Celebrate Earth Day by making a grapevine wreath. Participants can create butterflies from magazine pages to decorate their wreaths. $6/wreath. Each participant will receive a free reusable bag and be entered in a drawing to win a 30-gallon rain barrel. Lyonia Environmental Center, 2150 Eustace Ave, Deltona. Register: 386-789-7207 ext 21028. LyoniaPreserve.com.

TUESDAY, APRIL 24


THURSDAY, APRIL 26

Live Blood Cell Testing and Analysis – 9am-5pm. See what just one drop of blood can reveal; nutritional deficiencies, immune system issues, toxicity, yeast overgrowth, parasites and more. $50. Deposit of $10 due at registration, the balance due on testing day. Debbie’s Health Foods, 3850 S Nova Rd, Port Orange. RSVP required: 386-763-7046. DebbiesHealthFoods.com.

Reiki Circle – 6-30pm. Learn about and experience the universal life force energy coursing through your body. Love donations accepted. The Healing Zone, 515 Canal St, New Smyrna Bch. 386-402-7825.

SATURDAY, APRIL 28

Intuitive Painting and Movement Retreat – Apr 28-29. Join ACA Arts and Wellness ambassador, MAAT art therapist, and professional artist, Laura Bohn for an immersive weekend set in a breathtaking environment. Learn how to use relaxation techniques, painting and movement as a wellness practice. Discover how to let go and have fun exploring colors, symbols and mark making. ACA main campus, 1414 Art Center Ave, New Smyrna Bch. Register: 386-423-1753. AtlanticCenterForTheArts.org.

Customer Appreciation Day – 10am-5pm. Meet your favorite vendors and sample their products; free raffles and giveaways; special one-day sales. Love Whole Foods Café & Market, 1633 Taylor Rd, Port Orange. 386-767-6543.

Pallet Planters Class – 3-5pm. Build a pallet planter and then choose the look by leaving the wood natural, burning, painting or staining. Also make your own Ollas for watering your plants. Natural Concepts Revisited, 142 W Int’l Speedway Blvd, Daytona Bch. 386-341-5068. NaturalConceptsRevisited.com.
### Sunday

**Gentle Yoga** – 9am. Perfect for those who are new to yoga, recovering from injury or enjoy a more introspective class. $14/drop-in or intro offer: $40/30 days unlimited yoga. The Yoga Lounge NSB, 1708 FL-44, New Smyrna Bch. YogaLoungeNSB.com.

**Unity of Daytona Beach Services** – 9am & 11am. A Positive Path for Spiritual Living. Nursery services available for both services, with full youth program at 11am. Join for love, light and inspiration. 908 Ridgewood Ave, Holly Hill. Info: 386-253-4201 or UnityDaytonaBeach.org.

**Arts and Crafts Show** – 9am-5pm. 2nd Sun. Shop rain or shine for hand-made wares from painters, potters, wood-workers, craftsmen and artists. Daytona Flea Market, 1425 Tomoka Farms Rd, Daytona Beach.

**Farmers’ Market and More** – 9am-5pm. Shop rain or shine for farm fresh produce, plants, trees, flowers, herbs and spices, gourmet coffee and teas, honey, jams, salsas and more. Daytona Flea Market, 1425 Tomoka Farms Rd, Daytona Bch.


**Cassadaga Sunday Church Service** – 10:30-11:45am. Colby Temple, 1250 Marion St, Cassadaga. Following the service join for community brunch and free all-message service 12:30-1:30pm in the Andrew Jackson Davis Bldg (Bookstore), 1112 Stevens St, Cassadaga. Info: 386-228-2880.

**Heart 4 Souls People’s Church Service** – 11am. Non-denominational church service. Guest speaker each week. All are welcome. Heart 4 Souls, 101 Indigo Dr, Daytona Bch.


**Creative Caregiving** – 11:30am-1:30pm. In collaboration with the National Center for Creative Aging. Learn how to connect mind, body, and spirit by using the arts as a tool of expression, social interaction, and lifelong learning. Free. ACADowntown, Harris House, 214 S Riverside Dr, New Smyrna Bch. Register: AtlanticCenterForTheArts.org.

**Mindfulness Mondays Yoga and Meditation** – 10:30am. With Zetta Rose. $14/drop-in or intro offer: $40/30 days unlimited yoga. The Yoga Lounge NSB, 1708 FL-44, New Smyrna Bch. YogaLoungeNSB.com.

**Mindfulness Based Hatha Yoga** – 6pm. With Teena Bates. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona Bch. SacredStrengthHealing.com.

**Yoga Lounge NSB** – 6pm. Class begins with warm-up and tension release, followed by slow movement and releasing postures that increase in length and intensity to focus deep into the connective tissues and muscles. All levels. $10. Mind Body Soul, 821 Canal St, New Smyrna Bch. 386-410-2175.

### Monday

**Monday Madness** – 8am-6pm. 1st Mon. Save 25% on supplements and food items. Family Nutrition at Healing Zone, 515 Canal St, New Smyrna Bch. 386-402-7825.

**Vinyasa Flow** – 8:45am. This practice will help build endurance and strength to explore more challenging postures, including arm balances and inversions. $14/drop-in or intro offer: $40/30 days unlimited yoga. The Yoga Lounge NSB, 1708 FL-44, New Smyrna Bch. YogaLoungeNSB.com.

**Mindful Movement Mondays Yoga and Meditation** – 10:30am. With Zetta Rose. $14/drop-in or intro offer: $40/30 days unlimited yoga. The Yoga Lounge NSB, 1708 FL-44, New Smyrna Bch. YogaLoungeNSB.com.

### Tuesday

**Hatha/Vinyasa Flow** – 8:30am. With Zetta Rose. $14/drop-in or intro offer: $40/30 days unlimited yoga. The Yoga Lounge NSB, 1708 FL-44, New Smyrna Bch. YogaLoungeNSB.com.


**Aging. Learn how to connect mind, body, and spirit by using the arts as a tool of expression, social interaction, and lifelong learning. Free. ACADowntown, Harris House, 214 S Riverside Dr, New Smyrna Bch. Register: AtlanticCenterForTheArts.org.

**Mindfulness Mondays Yoga and Meditation** – 10:30am. With Zetta Rose. $14/drop-in or intro offer: $40/30 days unlimited yoga. The Yoga Lounge NSB, 1708 FL-44, New Smyrna Bch. YogaLoungeNSB.com.

**Mindfulness Based Hatha Yoga** – 6pm. With Teena Bates. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona Bch. SacredStrengthHealing.com.

**Yoga Lounge NSB** – 6pm. Class begins with warm-up and tension release, followed by slow movement and releasing postures that increase in length and intensity to focus deep into the connective tissues and muscles. All levels. $10. Mind Body Soul, 821 Canal St, New Smyrna Bch. 386-410-2175.

**Cassadaga Mediums’ Night** – 7pm. 1st Mon (except Sept). Mini-readings from certified mediums and advanced student mediums. Selection begins at 6:30pm and mini-readings at 7pm. Purchase tickets early for best selection. Bookstore stays open until 7pm. $25. Andrew Jackson Davis Bldg (Bookstore), 1112 Stevens St. Info: 386-228-2880.

Gift of a Lifetime (GOAL) Choir – 10:30am. 2nd & 4th Weds. With Vicki Gross, RMT. Give the gift of a lifetime by joining voices and sharing the joy & 4th Weds. With Vicki Gross, RMT. Give the gift of a lifetime by joining voices and sharing the joy of music. Free, and open to the public. ACA, 2650 N Dixie Frwy, New Smyrna Bch. AtlanticCenter-ForTheArts.org.


Senior Discount Day – 9am-7pm. Seniors save 10% off all regularly priced items. Two locations: Debbie’s Health Foods, 862 Saxon Blvd, Orange City. 386-775-7002; and 3850 S Nova Rd, Port Orange. 386-763-7046.

Gentle Yoga – 10am. Perfect for those who are new to yoga, recovering from injury or enjoy a more introspective class. $14/drop-in or intro offer: $40/30 days unlimited yoga. The Yoga Lounge NSB, 1708 FL-44, New Smyrna Bch. YogaLoungeNSB.com.

Coffee & Yoga Class – 7:30-9am. Coffee and welcomed. $15. Andrew Jackson Davis Bldg (Bookstore), 1112 Stevens St, Cassadaga. Info: 386-228-2880.

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Restorative Yoga – 4:30pm. A meditative and slower paced practice that typically includes a series of simple and supported postures. $14/drop-in or intro offer: $40/30 days unlimited yoga. The Yoga Lounge NSB, 1708 FL-44, New Smyrna Bch. YogaLoungeNSB.com.


Know Thee as The Self: Ancient Wisdom Teachings – 7-9pm. With Rev Don Zanghi. Sacred music and enlightening videos included in this ongoing class; notebook suggested. Donation. Andrew Jackson Davis Bldg (Bookstore), 1112 Stevens St, Cassadaga. Info: 386-228-2880.

Compost and Honey Special – All day. Compost $5/bag and 10% off local honey. 142 W Int’l Speedway Blvd, Daytona Bch. 386-341-5068. NaturalConcepts Revisited.com.


Vinyasa Flow – 8:45am. This practice will help build endurance and strength to explore more challenging postures, including arm balances and inversions. $14/drop-in or intro offer: $40/30 days unlimited yoga. The Yoga Lounge NSB, 1708 FL-44, New Smyrna Bch. YogaLoungeNSB.com.


Gentle Slow Flow Yoga – 9am. All levels. $10. Mind Body Soul, 821 Canal St, New Smyrna Bch. 386-410-2175.

Movement and Tai Chi Council on Aging – 9-10 am. ACA Arts and Wellness ambassadors share the art of movement to enhance body awareness. Learn the basics, then let your creativity shine. Free and open to the public, with membership to Council on Aging ($12/year). 2650 North Dixie Frwy, New Smyrna Bch. AtlanticCenter-ForTheArts.org.

April 2018
**classifieds**

**To place a classified listing:** $1 per word/10-word minimum; email Ads@voflnatural.com.

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**EVENT SPACE IN NSB** — Planning a small intimate party or large wedding ceremony and reception? The extraordinary setting and stunning intimate party or large wedding ceremony and reception? The extraordinary setting and stunning

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**Saturday**

**DeBary Farmers’ Market** — 8am-1pm. 880 N Hwy 17-92, DeBary. 407-443-6965.


**Hatha/Nidra Combo** — 9am. Half the class creates a deeper mind, body, breath connection. $14/drop-in or intro offer: $40/30 days unlimited yoga. The Yoga Lounge NSB, 1708 FL-44, New Smyrna Bch. YogaLoungeNSB.com.


**Farmers’ Market and More** — 9am-5pm. Shop rain or shine for farm fresh produce, plants, trees flowers, herbs and spices, gourmet coffee and teas, honey, jams, salsas and more. Daytona Flea Market, 1425 Tomoka Farms Rd, Daytona Bch.


**Tea Charm or Toe Readings** — Noon-4pm. Readings with Joan Hazel. Spice of Life Herbs, 214 W Beresford Ave, Deland. 386-734-0035.

**Cassadaga Historic Tour** — 2-3pm. Learn about the history and gain insight into spiritualism. $15/adult, $7.50/children 7-12, free/under 6. Andrew Jackson Davis Bldg (Bookstore), 1112 Stevens St. Cassadaga. Info: 386-228-2880.

**Happy Hour Yoga Flow** — 6pm. With Jamie Kaminski. Sacred Strength Healing Arts, 300 Seabreeze Blvd, Daytona Bch. SacredStrengthHealing.com.

**Art of Mediumship Class** — 7-9pm. Explore your psychic mediumship potential with an upbeat hands-on approach in this on-going class presented with Joan Hazel. Spice of Life Herbs, 214 W Beresford Ave, DeLand. 386-734-0035.

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**Sunday**

**SPECIAL OFFER** not only includes Young Living’s already discounted savings for the Premium Starter Kit containing 11 essential oils, a diffuser and more, but I will also give you $25.00 CASH BACK when you enroll through me. The journey into essential oils is a fun and rewarding process, and you will benefit from a supportive team of knowledgeable oils! Please see details for my exclusive promotion and how to sign up on my webpage: DivinitySpeaks.com.

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**EVENT SPACE IN NSB** — Planning a small intimate party or large wedding ceremony and reception? The extraordinary setting and stunning architecture make Atlantic Center for the Arts in New Smyrna Beach the perfect place to host your special day! For details visit atlanticcenterforthearts.org or call 386-427-6975.

**RETAIL STORE FRONT SPACE FOR RENT** — 4 large windows on Seabreeze blvd. 800sq. feet. $800 all-inclusive rent (cable, electric, water) Healing Arts Center, ideal for artist, crafters etc. Call Teena-386-871-1823.
**ACUPUNCTURE PHYSICIANS**

**ACUPUNCTURE, NUTRITION & COMPLEMENTARY MEDICINE**
Debra Gaffney, AP, PhD
339 E New York Ave, DeLand
386-734-4126
AcuDebra.com

Nutritional counseling, homeopathy, herbal medicine, and sensitivity elimination offered in a family practice clinic. They treat infertility needs to geriatric concerns. Acupuncture without needles is available for children in their special children’s treatment room. See ad, page 27.

**ACUPUNCTURE & PAIN MANAGEMENT CENTER**
You Chang Hu, DOM, AP
Kunning Li, DOM, AP
• 2135 S Ridgewood Ave, Daytona Beach
  386-760-2112
• 50 Leanni Way, Palm Coast
  386-445-0098
AcupuncturePainMgmt.com

Dr. Hu and Dr. Li are graduates of Traditional Chinese Medical Universities in China. They have practiced acupuncture and Chinese medicine for a combined 40+ years. See ad, page 23.

**DELAND COMMUNITY ACUPUNCTURE**
MacKenzie Muir, AP
245 N Woodland Blvd, DeLand
386-626-1944
DeLandAcupuncture.com

They treat all conditions in a peaceful community setting with day and evening hours available. Affordable acupuncture from $15-$35 per treatment, with a one-time, $10 paperwork fee. You decide what you pay, no proof of income required.

**TURNING TIDE ACUPUNCTURE**
Mary M. Magan, AP
206 Mary Ave, New Smyrna Beach
386-315-0338
TurningTideAcupuncture.com

They treat mind, body and spirit with methods that include: Traditional Chinese Medicine, moxibustion, herbal medicine, massage, chakra clearing, and Family Constellation work. Your body deserves natural, proven, compassionate healing.

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**ANGEL LIFE COACH**

**PATRICIA ALTON**
Angel Therapy Practitioner®
Spiritual Life Coach
386-873-2517
Angel-Pathways.com


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**ANIMAL COMMUNICATION**

**INSIGHTFUL JOURNEYS**
Interspecies Communication
386-405-1611
Insightful-Journeys.com

Telepathic consultations with you and your companion, whether furred, finned, feathered or furled, and whether here or on the other side.

Readings for all beings, human and nonhuman. Insights and guidance for your pet's well-being and the enhancement of your relationship.

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**BIRTHING CENTER**

**TREE OF LIFE BIRTH AND GYNECOLOGY**
• 125 W Plymouth Ave, DeLand
  386-279-0145
• 1010 Arthur Ave, Orlando
  407-878-2757
tolBirth.com

Nationally Accredited by The Commission for the Accreditation of Birth Centers. Providing home birth and birth center options since 2011. Two locations offering full staff of midwives, VBAC, prenatal care, HypnoBirthing® classes, well woman GYN, birth control/natural family planning, lactation services, nutritional counseling and more. See ad, page 22.

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The best preparation for tomorrow is doing your best today.
-H. Jackson Brown, Jr.
There are two ways of spreading light: to be the candle or the mirror that reflects it.

-Edith Wharton
HEALTH FOODS FOR LIFE
Bob Lewandowski, LNC
122 E Rich Ave, DeLand
386-734-2343

Open Monday-Saturday, 10am-5pm. Bob has been in business more than 39 years with specialties including: non-allergenic foods, energizing weight reduction, organic skin care, herbs and vitamins. Licensed Nutritional Counselor. #0000177.

HEATH'S NATURAL FOODS
600 E Third Ave (Causeway)
New Smyrna Beach
386-423-5126

Open Monday-Saturday, 8:30am-7pm and Sunday, 10am-5pm. Heath’s offers natural products, herbs, vitamins and supplements, gluten-free, organic beer, wine, fresh produce, organic deli and more.

LOVE WHOLE FOODS
CAFÉ & MARKET
• 275 Williamson Blvd, Ormond Beach 386-677-5236
• 1633 Taylor Rd, Port Orange 386-767-6543
LoveWholeFoods.com

Open Monday-Friday, 9am-7pm; Saturday, 9am-6pm; Sunday, 10am-5pm. We offer herb and vegetable plants, dried herbs, organic teas, Tea Forte, essential oils, skin care products, gemstones, jewelry, incense, oracle and tarot cards, books, CDs, dragons, fairies, reiki sessions and holistic classes. Read our newsletter and Calendar@SpiceOfHerbs.net. Like us on Facebook.

HEALING ZONE
515 Canal St, New Smyrna Beach
386-402-7825
TheFamilyNutritionStore.com

Open Monday-Friday, 8am-6pm; Saturday, 8am-5pm. The Healing Zone offers New Smyrna Beach locals and visitors a unique all-in-one wellness center that features: chiropractic care, clinical nutritional counseling, massage therapy, healing sessions, functional medicine, super foods juice bar, and a fully stocked health food store with gluten-free and specialty products. See ad, page 4.

MARGO KING, PHD, DN
Debbie's Health Foods
Port Orange • 386-763-7046
Orange City • 386-775-7002
DebbiesHealth Foods.com

Dr. Margo King is board certified by the American Alternative Medical Association and practitioner member of the American Holistic Health Association. Available for personal nutritional counseling. See ad, page 2.

HERBS - HOLISTIC

SPICE OF LIFE HERBS
214 Beresford Ave, DeLand
386-734-0035
SpiceOfLifeHerbs.net

Open Wednesday-Friday, 11am-5pm; Saturday, 11am-7pm. We offer herb and vegetable plants, dried herbs, organic teas, Tea Forte, essential oils, skin care products, gemstones, jewelry, incense, oracle and tarot cards, books, CDs, dragons, fairies, reiki sessions and holistic classes. Read our newsletter and Calendar@SpiceOfHerbs.net. Like us on Facebook.

NATURE’S GARDEN NATURAL HEALTH FOODS
2405 Enterprise Rd, Orange City
386-774-1222

Open Monday-Friday, 10am-6pm; Saturday, 10am-5pm. Quality vitamins, minerals, herbs, body building and dietary supplements, personal care, children and pet products, essential oils, books and mail-order available. 20% discounts every day.

HEALING CANAL

BEACHFRONT INN & HOLISTIC SPA RETREAT
1104 S Oceanshore Blvd, Flagler Beach
386-439-4944

Relax and reconnect with your inner self by the sea. Select acupuncture, chakra balancing, reiki, life coaching, Emotional Freedom Technique, energy clearings, yopp and more. Follow our Facebook page for current events. See ad, page 23.

THE WHITE ORCHID

HOLISTIC HEALING

HOMEOPATHY

FRANCINE KANTER, RSHOM, CCH
212 Chelsea Place Ave, Ormond Beach
754-484-7988
fkanter@aol.com
fkanterHomeopath.com

Homeopathy is an alternative medicine that stimulates the body’s natural immune system. Homeopathic remedies are completely safe, and can be prescribed to anyone from babies to the elderly, infirm and pregnant women with no danger or side effects. If necessary, homeopathic remedies can be taken in combination with conventional medications. Homeopathy relieves PMS, hot flashes, ADD, ADHD, depression, anxiety, acne, psoriasis, eczema, herpes, insomnia, digestive problems, recurring colds and flu’s.

HYPNOThERAPY

JERALD COOPERSMITH, CCHT
Flagler Hypnotherapy
50 Cypress Point Pkwy, B-1 Palm Coast
386-283-4180
FlaglerHypnotherapy.com

Certified clinical hypnoto-therapist specializing in smoking cessation, weight loss, life mastery – creating and manifesting/career guidance, parts therapy, and childhood regressions.

PATTY JAFFE, CCHT
Clinical Hypnotherapy & Life Coaching
3959 S Nova Rd, Ste 10, Port Orange
443-871-2063
JaffeHypnoCoach.com

Certified clinical hypno-therapist for pain/symptom management, phobias, habits, emotional difficulties, weight release, smoking release, age regression, past-life regression, life-between-life regression, manifesting, individual and couples coaching.

INSURANCE

GREAT FLORIDA INSURANCE
Cal Seibert, Agent
411 Dunlawton Ave, Port Orange
386-256-4812

Each location is independently owned and operated. Say goodbye to high insurance rates. Contact us for quotes on auto, home, condo, renters, boat, motorcycle, dwelling and flood insurance. Experience personalized service. SR22 and FR44 policies available.
**BEACHFRONT INN & HOLISTIC SPA RETREAT**  
1104 S OceanShore Blvd, Flagler Beach  
386-439-4944  
WhiteOrchidInn.com

**THE WHITE ORCHID**  

** Massage **

**ANGELA SHAFFER, LMT**  
10 Dogwood Trail, Ste D, DeBary  
386-848-5528

Licensed massage therapist, certified RNR™ practitioner, (Reconnecting Neuromuscular Responses). Therapeutic Swedish, sports, and RNR™ massages, outcalls, chair and couples massages available. Also taking appointments at the Volusia Center for Complementary Health, 339 E. New York Ave, Deland, FL. Call or text for appointment. MA#40442.

**ORMOND MASSAGE AND WELLNESS CENTER**  
1450 N US 1, Suite 100, Ormond Beach  
386-256-5629  
OrmondMassageandWellnessCenter.com

Experience restorative treatments including massage, detox, body wraps & scrubs, facials, waxing and more. Pamper yourself today. Receive 25% off your first visit when you mention Natural Awakenings. See ad on page 15.

**Medical Marijuana**

**WALK-IN MEDICAL MARIJUANA CLINICS**  
100 S Spring Garden Ave, Deland  
321-247-7667  
730 W State Rd 434, Longwood  
407-755-0012  

**CERTIFIED MARIJUANA DOCTORS**  
Certified marijuana doctors. Get your medical marijuana card. Medical marijuana treats more than 250 medical conditions such as: chronic pain, PTSD, cancer, seizures, epilepsy, Parkinson’s, MS, HIV/AIDS, Crohn’s, IBS, glaucoma, fibromyalgia, lupus and more. No appointment required. See ad, page 26.

**CARL SEAKER**  
386-233-3444  
Carl@CarlSeaver.com  
CarlSeaver.com

Carl Seaver is an international psychic medium. His calling to become a medium has led him on an inspired journey to be the voice for our departed loved ones, as they lovingly remind us of their continuation of life after death, that they are not alone or suffering, and that they are still very much a part of our lives, even after they are gone from our sight. Services include 1:1 private mediumship sessions, psychic readings, mediumship demonstration events (with audiences), private house parties, and psychic/mediumship development classes. All sessions are by appointment and are as effectively done over the phone as in person. See ad, page 13.

**Pest control natural**

**NATURALLY GREEN PEST SOLUTIONS**  
PO Box 354591, Palm Coast, FL, 32135  
386-237-9663  
NaturallyGreenPest.com  
Info@NaturallyGreenPest.com

Offering pest solutions for your home and lawn with a natural focus. Unwanted pests in your home can negatively affect your family’s health and your peace of mind. Eliminate them with a program you can feel good about.

**PET supplies**

**BARKLE N SHINE**  
1370 N US Hwy 1, Ste 201, Ormond Beach  
386-256-4999  
BarkleNShine.com

All dog lovers welcome to come and pamper your pet without getting you or your bathroom soaked at our beautiful self-serve dog wash facility. Lavender diffused, state-of-the-art grooming salon features quality shampoo, ramped tubs and full-service grooming appointments. Also offering doggy daycare and home pet sitting. See ad, page 24.

**BULL RUN FARM SUPPLY**  
1020 N US Hwy 1, Ormond Beach  
386-672-2735  
BullRunFarmSupply.com

Full-service pet store. Large selection of holistic treats and certified organic pet products, toys, beds, flea control products and natural flea control for home and yard. Great selection of livestock feed for horses, cattle, poultry and more, also carrying several varieties of hay. See ad page 25.

**Solar Energy**

**SOLAR-FIT**  
1523 Ridgewood Ave, Holly Hill  
Volusia • 386-441-2299  
Flagler • 386-445-7606  
Solar-Fit.com

Relax and let the sun do the work for you. Solar-fitting your home or business is a smart, economical, and environmentally sound investment. We offer a wide range of options to make your home more energy efficient. We are making America energy-independence one home at a time.

**Speaker**

**CHERYL FLOYD, MA**  
Speaker/Facilitator/Life Coach  
386-490-6621  
CherylFloyd.com

Cheryl brings her experience as an educator, speaker, storyteller, personal coach and workshop facilitator to her programs. Enliven your business or organization gatherings. Schedule today. See ad, page 8.
forms of traditional and alternative medical care. Anyone (including your pets) and compliments all emotional pain or suffering. Spiritual Healing is for positive and effective outcomes related to physical and to be deeply relaxing, and are often reported to produce long-term care facilities. Healing sessions are found in hospitals, hospice centers, and successfully facilitated Spiritual Healing sessions for over 20 years. An RN by trade, Shannon has long-term care facilities. Healing sessions are found to be deeply relaxing, and are often reported to produce positive and effective outcomes related to physical and emotional pain or suffering. Spiritual Healing is for anyone (including your pets) and compliments all forms of traditional and alternative medical care.

SPRITUAL HEALING

SHANNON MACDONALD
Divinity Speaks, LLC
Ormond Beach • 386-233-3030
DivinitySpeaks.com Shannon@DivinitySpeaks.com

Spiritual Healing is known to provide deep healing and relief on many levels including imbalances and dis-ease of the mind and body. An RN by trade, Shannon has successfully facilitated Spiritual Healing sessions for over 20 years in hospitals, hospice centers, and long-term care facilities. Healing sessions are found to be deeply relaxing, and are often reported to produce positive and effective outcomes related to physical and emotional pain or suffering. Spiritual Healing is for anyone (including your pets) and compliments all forms of traditional and alternative medical care.

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LAUREE MORETTO
SOFT TISSUE SPECIALIST
595 N Nova Rd, Ste 115, Ormond Beach 321-271-1678 LaureeMoretto.com

When You Want Results, Choose Experience and Education. Lauree Moretto is an advanced practitioner in soft tissue manipulation. Specialties include fascia, nerves, organ motility and scar reintegration. First session includes free assessment. MA20965.

VETERINARIAN

FLORIDA WILD VETERINARY HOSPITAL
115 E Euclid Ave, DeLand 386-734-9899 FloridaWildVeterinaryHospital.com

FloridaWild provides compassionate and outstanding care for dogs, cats, birds and exotics. We are an integrative veterinary practice that offers acupuncture, ozone therapy and Traditional Chinese Medicine.

GENTLE PET PASSINGS
Dr. Gayle Burrell Volusia / Flagler 386-279-8525 GentlePetPassings.com

Saying goodbye to your beloved friend is a loving, but difficult decision. Spend those final precious moments with your pet in the comfort of their home surrounded by all that they love. See ad, page 25.

AMETHYST WELLNESS
Amy Coopersmith, ARNP
50 Cypress Point Pkwy, B-1 Palm Coast 386-283-4180 AmethystWellness.com

Providing preventive health-care aimed at managing, preventing and curing illness and disease through lifestyle management, and aesthetic medical services, to help you feel more confident and true to yourself by achieving your desired physical appearance. See ad, page 15.

YOGA

PADMA YOGA
Micki Higgins, E-RYT 500
5 Utility Dr, Ste 15, Palm Coast 386-225-4733 PadmaYogaOnline.com

Experience improvement in flexibility and strength in your body and also a calming of the mind and spirit reducing stress and anxiety in your daily life. Yoga for every body type and all ages. We are the only yoga studio in Palm Coast that is not hot. See ad, page 7.

SACRED STRENGTH HEALING ARTS
300 Seabreeze Blvd, Daytona Beach 386-947-7941 SacredStrengthHealing.com

Experience energy work, yoga, qigong, mindfulness meditation, and so much more here at Sacred Strength Healing Arts. Start your mystical journey with us today.

MIND BODY SOUL

Your Peaceful Sanctuary
821 Canal St, New Smyrna Beach 386-410-2175 MindBodySoulnsb.com Facebook.com/MindBodySoulnsb

Energy wellness center offering massage ther-apy, physio-therapy, Nalu Therapy, reiki, yoga, meditation, health and life coach-ing, hypnotherapy, and classes/workshops. Our goal is to help our clients achieve their optimum health by providing holistic services that encompass your mind, body and soul.

WELLNESS

AMETHYST WELLNESS
Amy Cooper smith, ARNP
50 Cypress Point Pkwy, B-1 Palm Coast 386-283-4180 AmethystWellness.com

Providing preventive health-care aimed at managing, preventing and curing illness and disease through lifestyle management, and aesthetic medical services, to help you feel more confident and true to yourself by achieving your desired physical appearance. See ad, page 15.

> There are two ways of spreading light: to be the candle or the mirror that reflects it. ~ Edith Wharton

STEM CELL THERAPY

NEO MATRIX MEDICAL
Dr. Mike Van Thielen, President/CEO
1-855-628-7495 NeoMatrixMedical.com

Stem Cell Therapy restores function and health without drugs or surgery. Stem Cells can repair and regenerate damaged connective tissue. Resolve your musculo-skeletal issues once and for all and take back your life. Request a free report at NeoMatrixMedical.com. See ad, page 9.

UNITY COMMUNITY CHURCH
Minister Rev. Nancy Saputro
1001 S Ridgewood Ave (US 1), Edgewater 386-481-0890 UnityCommunityChurch.com

Their Sunday service is at 11am. They also offer: classes, spiritual counseling, weddings, christenings, memorial services, home blessings, home/hospital visitations and prayer support. See ad, page 18.

UNITY OF DAYTONA BEACH
908 Ridgewood Ave, Holly Hill 386 253-4201 UnityDaytonaBeach.org

Please join us for Sunday services at 9am and 11am and stay for coffee, snacks and fellowship afterwards. Nursery services available for both services with full youth programs at 11am. Our vision: “Centered in God, empowered by Spirit, we celebrate an awakened world”. See ad, page 33.

UNITY DAYTONA BEACH
908 Ridgewood Ave, Holly Hill 386 253-4201 UnityDaytonaBeach.org

Please join us for Sunday services at 9am and 11am and stay for coffee, snacks and fellowship afterwards. Nursery services available for both services with full youth programs at 11am. Our vision: “Centered in God, empowered by Spirit, we celebrate an awakened world”. See ad, page 33.
Get Ready for a Beautiful Summer

Lifetime Warranty Even Against Salty Air

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Maintenance Free • Won’t Crack or Warp
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Amish Made Heirloom Quality
Infinite Possibilities Custom Designed for You!
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