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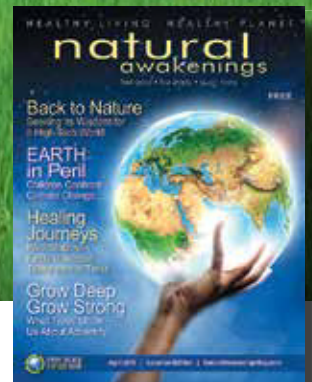


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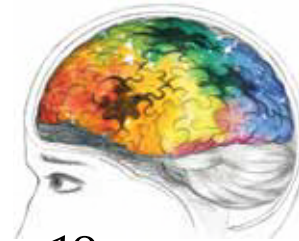
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# localbriefs

News and resources to inspire concerned citizens to work together in building a healthier, stronger society that benefits all.

## Luminaria 2016 Puts Bright Spotlight on Contemporary Art and Artists, Nov. 9-12



Luminaria, San Antonio's annual contemporary arts festival, will honor the city's historic east side with four days of artist brunches, art workshops, dancing, poetry, visual art and performances, from standup comedy to musical acts. Luminaria begins Wednesday, Nov. 9, and continues through Saturday, Nov. 12.

Artists from the San Antonio area as well as international artists will come together on

Wednesday night to unveil murals gifted to the community along the Nolan Street underpass, Cherry Street and under the Hays Street bridge. Thursday shines a spotlight on the upper level of the Hays Street bridge, and Friday night the Carver Community Cultural Center and Dignowity and Lockwood parks will host performances, pop-up exhibitions and multi-media works. On Saturday, guests can explore the arts in the Downtown East neighborhood before spending the evening celebrating Luminaria with a closing party featuring guest artists and musical performances by Fisherman and Spot Barnett.



*Luminaria is free and open to the public, but tickets are available for special programming (including the closing party) and artist meet-and-greets. For more information, visit [www.luminariasa.org](http://www.luminariasa.org).*

## Renowned Expert in Childhood Neurological Disorders, Dr. Robert Melillo, Visits San Antonio on Nov. 10

Dr. Robert Melillo, a recognized specialist in childhood neurological disorders, visits San Antonio on Nov. 10 to share his perspectives on learning, behavior and social issues. Dr. Melillo is a practicing clinician, university professor, brain researcher, best-selling author, radio and TV host and a creator of Brain Balance Achievement Centers, which are supplemental learning centers that cater to children with various learning disabilities. His expertise includes autism spectrum disorders, ADD, ADHD, OCD, dyslexia, Asperger's, Tourette's, bipolar disorder and other learning challenges.

The event, Help for Struggling Kids—Learning, Behavior and Social Issues, takes place at 6:30 p.m. on Thursday, Nov. 10, at the Tripoint Event Center, 3233 N. St. Mary's. The event is free and open to the public, but reservations are recommended. To reserve a seat, or for more information, call 210-620-7378.



*Dr. Robert Melillo*



*The event is hosted by Brain Balance Achievement Centers, with more than 90 locations across the U.S., including two in San Antonio and one in New Braunfels. For more information, visit [www.brainbalancecenters.com](http://www.brainbalancecenters.com). For more information about Dr. Melillo, visit [www.drrobertmelillo.com](http://www.drrobertmelillo.com).*



### contact us

#### **Publisher/Editor**

Joel Shuler

#### **Editorial Assistant**

Cassandra Key

#### **Sales & Marketing**

Joel Shuler

#### **Online Editor**

Susan DeLancey

#### **Layout & Production**

Citlalli Jabeir

Earth Studio

#### **Graphic Design**

Wendy Wilson

**Phone: 210-854-0362**

**Fax: 210-428-6292**

[info@naturalawakeningsSA.com](mailto:info@naturalawakeningsSA.com)

[www.NaturalAwakeningsSA.com](http://www.NaturalAwakeningsSA.com)

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*Natural Awakenings* is printed on recycled newsprint with an eco-friendly soy-based ink.



## Synergy Studio Offers Soul Motion Weekend Hosted by Randy Miller, Nov. 18-20



Randy Miller

A Soul Motion class offers a key to spontaneous expression, allowing the dancer to move through the space alone and with other dancers using three core platforms: Pause Presence (meditative relaxation), Orbit Orientation (moving in all directions with equal attention and without preference), and Echo Inspiration (dancers are guided to use each other's movements to inform and inspire them).

Join Randy Miller for the Soul Motion Begin Again Weekend at The Synergy Studio, Nov. 18-20. Miller, a dynamic Nia instructor who lives in Fayetteville, Arkansas, when not traveling the country hosting workshops, will guide dancers to a renewed sense of self, through the many landscapes of movement and expression.

Participants are welcome to take part in all three days of Soul Motion or enroll for one or two days. Classes last between two and three hours, and cost ranges from \$25-35. Participate all three days for \$65.



The Synergy Studio is located at 300 E. Grayson St., Suite 100. For more information, visit [www.thesynergystudio.com](http://www.thesynergystudio.com).

## Start Thanksgiving Day Right—Gobble Up Miles During the Great Turkey Challenge, Benefiting the SA Food Bank, on Nov. 24

Before you dig into your Thanksgiving meal, join the San Antonio Food Bank for a chip-timed 5K run/walk on Thanksgiving morning. The annual Great Turkey Challenge helps fight hunger in the community; every \$15 generated by the race provides a turkey dinner to a family in need.

The race starts on Thursday, Nov. 24, at the Commander's House on South Flores Street. The event has something for runners and walkers of all abilities, including a morning stroll for the casual competitors, a chip-timed race for the more competitive runners, and even a pet-friendly activity. Plus, the Great Turkey Challenge is one of the only races allowed to run through the King William district.



Event check-in starts at 6:30 a.m. on Nov. 24; the 5K race begins at 8:30 a.m. For more information, visit [www.safoodbank.org/thegreatturkeychallenge](http://www.safoodbank.org/thegreatturkeychallenge).

## The Holiday Season Hasn't Begun Until You've Enjoyed Tamales! At Pearl on Dec. 3



Kick off your holiday season in traditional San Antonio-style by enjoying a tamale or two at the Pearl on Saturday, Dec. 3. The 7<sup>th</sup> Annual Tamales! celebration returns to the historic Pearl Brewery with more than 40 tamale vendors offering a wide variety of festive flavors to fit every palate. The annual event has become a much-anticipated holiday activity that features an infusion of food, drink, music and culture for the whole family.

Tamales! takes place from 12-6 p.m. on Saturday, Dec. 3, at the Pearl, 303 Pearl Pkwy. The event is free, but bring cash for food and beverages. ATMs will be available at the event.



For more information, visit [www.atpearl.com](http://www.atpearl.com).



## The Perfect Black Friday Alternative: Enjoy the 27<sup>th</sup> International Peace Market on Nov. 25-27

The Esperanza Peace and Justice Center celebrates 27 years of community building and combating consumer culture with a weekend of socially conscious shopping. The International Peace Market (Mercado de Paz) takes place Nov. 25-27 and offers the opportunity to pass on Black Friday madness and instead enjoy artistic expression, international exchange, economic sustainability and community.

The Mercado de Paz is one of the oldest open-air international markets offering handmade goods, including rugs, pottery, textiles, hand-embroidered clothing, painting and sculptures from more than 100 local and international artists. The market will include live music and affordable, delicious food options, including tamales and vegan menudo.

The market is free to attend and takes place on Friday and Saturday, Nov. 25 and 26 (10 a.m. to 6 p.m.), and Sunday, Nov. 27 (12-6 p.m.).



The Esperanza Peace and Justice Center is located at 922 San Pedro Ave.

Parking will be available in the San Antonio College parking lot, with shuttle service to and from the market. For more information, visit [www.esperanzacenter.org](http://www.esperanzacenter.org).



## Acupressure Eases Fatigue in Cancer Survivors

Breast cancer survivors are often plagued by chronic fatigue that lasts long after their treatment is finished. They have few options to relieve the condition, but acupressure shows promise. A study published this summer in the *Journal of the American Medical Association* concluded that acupressure can significantly improve two symptoms of fatigue experienced by breast cancer survivors: sleep quality and quality of life.

The researchers tested 424 women that had completed cancer treatments at least a year prior to the study. They were divided into three groups—one self-administered relaxing acupressure and another stimulating acupressure, while the control group followed a conventional care plan. After six weeks, fatigue was reduced from 70 percent to 43 percent among those receiving acupressure, with two-thirds of the women in the acupressure groups reaching levels of fatigue considered normal.

The relaxing acupressure group showed substantial improvements in sleep quality compared with the conventional care group at week six, but the two groups reached parity at week 10. The relaxing acupressure group was the only one that showed improvements in quality of life, making it a reasonable, low-cost option for managing fatigue symptoms.

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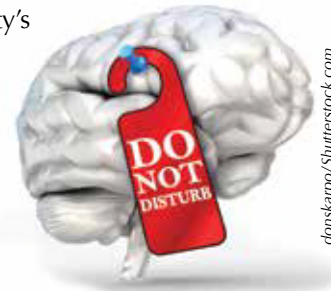
## Silence De-Stresses the Brain

The human brain does not function optimally in society's noise-filled environment. The brain, like the body, needs rest to function, and that comes with silence. A recent study in *Frontiers in Human Neuroscience* discovered that the brain is able to integrate both internal and external information into a "conscious workspace" when resting. Constant distractions and noises can detract from the brain's ability to process critical information.

Noise also elevates stress hormone levels within the brain. Research published earlier in *Psychological Science* examined the effects that the relocation of the main Munich airport, in Germany, had on children's health and cognition. Gary W. Evans, researcher and professor of human ecology at Cornell University, notes that when exposed to constant noise, children develop a stress response that causes them to ignore it. The study's subjects tuned out both harmful sounds and stimuli that they should be paying attention to, including speech. Silence has the opposite effect, releasing tension in brain and body.

Exposure to chronic noise can also hinder children's cognitive development, according to a study from the World Health Organization and the European Commission Joint Research Centre; this includes language skills and reading ability.

To help counter modern noise pollution, attention restoration theory suggests that individuals placed in environments with lower levels of sensory input can recover some of the cognitive abilities they have lost.



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## Gut Bacteria Linked to Toddler Temperament



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Ohio State University researchers have discovered a correlation between bacteria in the gut and behavior in toddlers. Scientists studied the bacterial microbes in stool samples from 77 girls and boys between the ages of 18 months and 27 months, while mothers filled out a questionnaire describing their children's level of emotional reactivity.

The study found that positive behavioral traits occurred more frequently in children with the most diverse types of gut bacteria. These included mood, curiosity, sociability and impulsivity. The correlation was particularly strong in boys.

Lisa Christian, Ph.D., a researcher with the Ohio State Institute for Behavioral Medicine research, and her co-author, Microbiologist Michael Bailey, Ph.D., plan to use the information to help uncover some mysteries related to the origin of chronic illness. "There is substantial evidence that intestinal bacteria interact with stress hormones; the same hormones that have been implicated in chronic illnesses like obesity and asthma," says Christian. "A toddler's temperament gives us a good idea of how they react to stress. This information, combined with an analysis of their gut microbiome, could ultimately help us to detect and prevent chronic health issues [from developing] earlier."

Source: Ohio State University Center for Clinical and Translational Science



News and resources to inspire concerned citizens to work together in building a healthier, stronger society that benefits all.

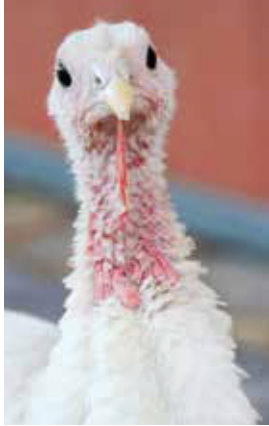


photo courtesy of the Farm Sanctuary

## Thanksgiving Lite

### Turning the Tide for Turkeys

Turkeys and Thanksgiving go together for 88 percent of Americans surveyed by the National Turkey Federation. Each year, more than 46 million turkeys provide the entrée for gatherings, yielding leftovers for sandwiches, stew, chili, casseroles and turkey burgers. In 2011, 736 million pounds of turkey were consumed in the U.S., while a few lucky birds avoided the chopping block.

The pardoning of a White House turkey began in 1863 when President Lincoln's son, Tad, interceded on behalf of the bird and its life was spared. Now a tradition, two dressed birds and one live turkey are delivered to the White House each year. The live bird is "pardoned" and lives out its life on a historical farm.

At the Farm Sanctuary, turkeys get sponsored or adopted instead of eaten. "Turkeys are friendly and follow you around like puppy dogs. They'll try to sit on your lap to be petted," says Gene Baur, president and co-founder of the sanctuary's New York and two California locations. "At our Celebration for the Turkeys, we feed them cranberries, pumpkin pie and squash. People visit to see them enjoy it. Guests' snacks are vegan."

Hundreds of turkeys have been adopted and given a lifelong home since the program's inception in 1986. More than 8,000 people pledged to sponsor a turkey living at the sanctuary in a recent year, proving it's not necessary to be a president to pardon a turkey.

Source: [FarmSanctuary.org/giving/adopt-a-turkey](http://FarmSanctuary.org/giving/adopt-a-turkey)



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## Chemical Testing

### Consumer and Animal Protections Update

The Frank R. Lautenberg Chemical Safety for the 21st Century Act is a new federal law that restricts animal testing and requires regulators to develop technology-based alternatives. It updates the Toxic Substances Control Act of 1976, which insisted non-animal tests be used whenever possible and established a precedent for developing animal-free testing, including vitro and silico (computer simulation) methods. Earlier this year, the John Hopkins University School of Medicine made strides in removing the use of animals from medical training and cosmetic testing.

Now all new chemicals will have to meet specific safety standards. Clothing, couches and cleaning products, among many other consumer goods, contain chemicals linked to cancer, Parkinson's and other serious health problems, but are not routinely tested for safety. The U.S. Environmental Protection Agency will now have new authority to require testing with a legal mandate to review existing chemicals on the market.

Along with updating rules for tens of thousands of everyday chemicals, the law specifically sets safety standards for dangerous chemicals like formaldehyde, asbestos and styrene. It aims to standardize on the national level what is currently a jumble of state rules governing an \$800-billion-a-year industry.

## Message Received

### Conventional Grocery Chains Go Organic

The Kroger grocery chain, with nearly 2,500 U.S. stores, including subsidiaries Ralphs, Fry's, King Soopers and Food 4 Less, has decided to go all in on the organic food market as a follow-up to the 2012 release of its Simple Truth brand of organic foods. Kroger President Michael Ellis says, "We're really just answering the customer's call for more and better," giving Whole Foods Market more competition.

Walmart has also begun to satisfy the growing health concerns of its shoppers by integrating organic options in its supermarkets. Now the challenge is for organic farming—which intentionally works to minimize agricultural impacts on the health of people and the planet—to meet the greater demand nationwide for healthier foods. Although implementation will vary depending on climate, experts advise that it begins with farms adopting healthy soil practices. It's up to consumers to keep the momentum going.

Source: [Healthy-Holistic-Living.com](http://Healthy-Holistic-Living.com)



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argue that the key to both prevention and reversal, at least in early stages, is to pinpoint its numerous drivers—from nutritional and hormonal deficiencies and exposure to infection to environmental toxins and harmful drugs—and attack them simultaneously. It's a stark departure from the classic, often unsuccessful, one-pill treatment approach. Of the 244 clinical trials for Alzheimer's drugs between 2002 and 2012, all but one failed.

"Imagine having a roof with 36 holes in it, and your drug patched one hole. You still have 35 leaks," says Bredesen, who believes his synergistic approach—the Bredesen Protocol—can likely make Alzheimer's drugs work better or render them unnecessary. Skeptical colleagues point out that Bredesen's paper described only 10 case studies, not a clinical trial. "It is intriguing, but not enough to make recommendations to physicians or patients," says Keith Fargo, Ph.D., director of scientific programs and outreach for the Chicago-based Alzheimer's Association. "The current consensus in the scientific community is that we do not have a way to reverse dementia."

While agreeing that a larger study is needed, Neurologist David Perlmutter, of Naples, Florida, whose bestsellers *Brain Maker* and *Grain Brain* promote nutritional changes for supporting brain health, considers Bredesen's study revolutionary. "To reverse Alzheimer's in one patient is monumental, much less 10," says Perlmutter.

They recently presented together at a conference organized by Sharp Again Naturally, a New York nonprofit that educates patients and caregivers about natural means of slowing and reversing cognitive decline.

After losing her mother to Alzheimer's, the nonprofit's co-founder, Jacqui Bishop, 74, stopped her own frightening decline by changing her diet and getting her thyroid hormone levels under control via supplements. Now she's helping others do the same. She says, "We are trying to change the conversation from one of despair to one of hope."

**Mending Body and Brain**  
Key to Bredesen's approach is the

# STAY SHARP

## Powerful Ways to Avoid Mental Decline

by Lisa Marshall

A slow descent into dementia seemed inevitable for a 66-year-old man who had been misplacing his keys, missing appointments and struggling at work. He failed doctor-administered cognitive quizzes and tested positive for a gene variant linked to an exponentially higher risk of Alzheimer's disease. A brain scan revealed scattered clusters of sticky, amyloid plaque—a hallmark of the disease. His hippocampus, or memory center, had shrunk to rank in the lowest 17 percent of men his age.

Told there wasn't much that could be done, he sought the help of University of California, Los Angeles Alzheimer's researcher Dale Bredesen, a neurologist and founding president of the independent Buck Institute for Research on Aging. He recommended a personalized, 36-point plan, including a high-fat/low-carb diet, intermittent

fasting, strict sleep schedule, select dietary supplements and other lifestyle changes. Within three months, family members reported marked improvements in his memory. At 10 months, brain scans revealed his hippocampus had grown 12 percent.

"Such improvements are unprecedented," says Bredesen, who described this and nine other hopeful cases in a provocative paper published in June in the journal *Aging*. "These are the first examples of a reversal of cognitive decline in pre- and early Alzheimer's patients."

### Addressing the Sources

Bredesen is among a small but growing group of researchers, physicians, caregivers and patients challenging the conventional wisdom that the road to dementia goes one way, with no cure or repair of damage done. They

notion that instead of being one disease, Alzheimer's consists of three sub-types with distinct drivers: inflammation or infection; harmful environmental exposures; and/or lack of neuron-nurturing hormones. To determine which one to target, he tests patients for blood-sugar, inflammation and hormone levels, heavy metals and critical nutrients such as D and B vitamins. Then he crafts a personalized plan.

He notes that the 10 years it can take to progress from subtle decline to full-blown Alzheimer's provides a huge opportunity. "Ideally, we want people to come in when they have mild impairment or are asymptomatic," says Bredesen, advising that tests be done for the APOE4, or "Alzheimer's gene" in one's 40s. "People have not wanted to know in the past because they've been told there is nothing they can do about it. We completely disagree."

One way to stay cognitively sharp is to eat fewer carbs (which boost blood sugar) and eat more fat, says Perlmutter. "There is a clear relationship between elevated levels of blood sugar and increased risk of Alzheimer's."

One study, published in 2013 in the *New England Journal of Medicine*, tracked 2,067 healthy adults for seven years and found that the higher their average glucose level, even if they weren't diabetic, the more likely they were to develop dementia. For instance, those with a level of 115 milligrams per deciliter were 18 percent more at risk than those measuring 100 milligrams per deciliter.

A 2012 study published in *Neurology* followed 266 adults for four years and found that those with higher blood sugar saw certain areas of the brain shrink 6 to 10 percent more than those with lower blood sugar. Gluten can also be problematic, advises Perlmutter, when it's inflammatory and driving brain degeneration.

In contrast, good fat, like that in avocados, fatty fish, coconut oil and walnuts, serves as a foundation for neurons and an efficient, clean-burning fuel source for the brain. This is particularly helpful in someone with early-stage Alzheimer's, says Bredesen, because the disease can make it harder for the brain to use sugar for fuel. In

some cases, both doctors recommend an extremely low-carb, or "ketogenic" diet (fewer than 60 grams of carbs per day). Starved of carbohydrates, the liver produces fat-like compounds called ketones, a brain-fuel source shown to stimulate growth of new neural networks.

Bredesen also recommends 12 hours of fasting each night, with zero food intake within three hours of going to sleep. Fasting promotes a process called autophagy, by which the brain essentially cleans itself of damaged cellular material. Eight hours of sleep is also vital. According to University of Rochester research, the space between brain cells opens up during sleep, allowing cleansing channels of fluid to flow more freely. "If you were operating your house 24/7 with no time to rest or clean, it would be disastrous," says Bredesen. "The same is true of your brain."

Also, they say, keep teeth clean because bacterial infections, including those in the gums, have been shown to hasten formation of neuron-killing plaque. Also critically examine the prescription drugs being ingested. A recent study of 74,000 people published in *JAMA Neurology* found that regular use of heartburn drugs like Prilosec and Nexium increased dementia risk by 42 to 52 percent. Meanwhile, anticholinergic drugs like Benadryl and statin drugs prescribed to manage cholesterol have also been linked to increased dementia. "We see 'statin brain' all the time," observes Perlmutter, who says once patients go off the drugs, they tend to get better.

### False Hope or Sound Advice

Fargo says researchers are keenly interested in many of the ideas in Bredesen's paper. Although it's too early to endorse them, numerous studies are underway. But he wonders if some patients who assert that they've reversed dementia actually suffered from something else, like sleep apnea or depression.

Bredesen stands by his research, asserting that the 10 patients in his paper had all been formally diagnosed with Alzheimer's or its precursors. One 69-year-old entrepreneur who was

planning to close his business after 11 years of mental decline is now expanding it. A 49-year-old woman who scored poorly on neuropsychological tests showed no signs of cognitive decline when she was tested again nine months later. In all, more than 100 people have participated in the program. "We have people who are four-and-a-half years out and doing very well," he says, noting that such strategies aren't likely to work for someone with advanced Alzheimer's.

In some cases, the results may be more subtle, but for those caring for a sick loved one, any positive progress means a lot. Paul Tramontozzi knows.

After his father, then 75, was diagnosed with Lewy Body Dementia, the New York City financial advisor attended a Sharp Again Naturally meeting seeking advice. "I was skeptical, but when the answer you get from everyone else is, 'There's nothing you can do,' you become more willing to listen." He took his father off his cholesterol medication, fed him spoonfuls of coconut oil daily and put him on a specific supplement regimen. His balance improved and he could participate in family outings again. "If you had told me a few years ago we'd be able to take Dad to a restaurant for his 80th birthday, I would have said, 'No way.' But we did."

Tramontozzi says his father isn't cured, but the advice he obtained facilitated more time together and insights on how to avoid a similar fate. "These are all things a healthy 37-year-old should be doing right now anyway. I just wish we'd found out earlier."

*Lisa Marshall is a freelance health writer in Boulder, Colorado. Connect at [LisaAnnMarshall.com](http://LisaAnnMarshall.com).*

## Resources

Alzheimer's Association, [alz.org](http://alz.org)  
Buck Institute for Research on Aging, [BuckInstitute.org](http://BuckInstitute.org)  
David Perlmutter, [DrPerlmutter.com](http://DrPerlmutter.com)  
MPI Cognition, [MPCognition.com](http://MPCognition.com)  
Sharp Again Naturally, [SharpAgain.org](http://SharpAgain.org)



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# One-Person Pamper Party

## Natural Ways to Refresh and Renew

by April Thompson

**P**ampering ourselves isn't a luxury so much as a necessity to refresh and renew mind, body and spirit.

### A Spa Specialty

Spas have been synonymous with pampering throughout the ages. "Every civilization around the world has had some kind of communal gathering place for people to practice 'self-healing,'" says Jeremy McCarthy, group director of Spa & Wellness for the Mandarin Oriental Hotel Group and author of *The Psychology of Spas & Wellbeing*.

From ancient Greek bathhouses to Japan's beloved natural hot springs, spas have long served as sacred places of healing and restoration. Indeed, many treatments provided at today's eco-spas draw inspiration from traditional uses of herbs, honey and olive oil to care for skin and hair.

Locally, natural spas' pampering services may range from botanically based facials and mud masks to herbal body wraps and hot stone massage. Leadership in Energy & Environmental Design certified


spas take extra strides toward sustainability through efficient use of renewable energy, green building materials and sound stewardship of resources.

"Spas are more important to people today than ever," says McCarthy. "In the modern age, we all need places to escape from technology, experience moments of quiet contemplation and feel the touch of another human being." He recently launched a new Digital Detox initiative at Mandarin Oriental hotels, where guests are encouraged to surrender their phones upon arrival at the spa to curtail online distractions. In spa relaxation rooms, they can instead access mindfulness activities such as journaling, note card writing, meditation or simply enjoying the silence.

### More Pampering Spots


While busy people tend to put off self-care, there are treats to suit any schedule or budget—from getting a quick manicure or pedicure at a neighborhood eco-nail salon to visiting a yoga or wellness center.

"I build pampering into my week. If you don't make time for you, who will?" says Melanie Laporte, a make-up artist and freelance writer in Washington, D.C. "When your significant other or family members see you taking care of



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yourself, they'll honor your time more. I remember Mom taking power baths and telling us, 'This is my time. I'll be back in 30 minutes and then we can read together.' We respected that."

For a quick, healthy pick-me-up, visit an organic juice bar. Opt for businesses that feature fresh, whole ingredients rather than pre-mixed powders or sugar-laden juices; to give the immune system an extra lift, add a natural booster shot of ginger or turmeric. Most grocery stores now carry cold-pressed juices that can pack as much as six pounds of produce into a single bottle.

An honored ritual that continues to restore spent spirits is drinking a cup of tea. Whether sipped at home, as a British high tea featuring an organic Earl Grey or as part of a traditional Japanese green tea ceremony steeped in Zen, tea time allows us to slow down and savor the moment along with the aromas in our cup. Also, antioxidant-rich tea is fortifying.

Salt room visits, another healthy pleasure that has spread throughout the U.S., dates back 150 years to an indigenous Polish practice. Research indicates that salt therapy, or halotherapy, can help improve conditions such as asthma and allergies and support the immune, nervous and lymphatic systems (see [Tinyurl.com/SaltRoomPampering](http://Tinyurl.com/SaltRoomPampering)). Universally restful salt rooms also offer a unique sensory experience.

Another highly accessible way to treat body and mind is to move in a joyful way. Consider taking up a playful new class for de-stressing and stretching such as trapeze yoga, conscious dance or any other dance. Aerial yoga, using suspended trapeze-like supports, helps lengthen the spine and strengthen muscles in ways not easily achieved on the ground. Dance delivers health and fitness bonuses in the midst of having fun.

If we're not in the habit of pampering ourselves, it's time to stretch our beliefs about what we deserve. We'll find bliss is an attainable luxury.

Connect with freelance writer April Thompson, of Washington, D.C., at [AprilWrites.com](http://AprilWrites.com).



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Halley Willcox, a certified Pilates teacher originally from Austin, Texas, now a grad student at the University of Arizona, in Tucson. Barre classes mix classical ballet exercises with yoga and Pilates (see [Tinyurl.com/Barre4Fitness](http://Tinyurl.com/Barre4Fitness)).

The boxing variation, called piloxing, incorporates pugilistic moves and barefoot interval training. “No prior experience is necessary; the possibilities are endless,” says Willcox.

“The growth we’re observing is due to the fact that Pilates addresses fitness across the entire body, rather than parts,” Anderson says. “It creates a wonderful feeling of overall well-being; the exercise is done in a balanced manner on all planes and is coordinated with conscious breathing. Plus, it doesn’t cause injuries; it prevents them.”

# Pilates Unbound

## New Fusions with Yoga, Dance and Boxing

by Aimee Hughes

With 11,000 studios across the U.S., “Pilates continues to grow because an increasingly wide spectrum of people are discovering how it can benefit them,” says Elizabeth Anderson, executive director of the Pilates Method Alliance, in Miami.

Pilates instructor Amanda January, who works at The Carriage Club,

in Kansas City, eventually became an instructor because, “I love the challenge of it. I had always been a dancer and found Pilates provides the movement therapy that my dance classes lack.”

Current trends are combining Pilates not only with yoga, but also dance and even boxing. “My favorite fusion Pilates class is barre,” says

### Fosters Self-Confidence

“Through focus and breath awareness, Pilates, not unlike meditation and yoga, helps you become more aware of your body, which makes you more comfortable in your own skin,” says January.

Social psychologist Amy Cuddy’s TED talk, “Change Your Posture, Grow Your Confidence, Follow Your Dreams,” shares the results of her Harvard University research, which demonstrates how people who assume what she calls “power postures” actually change the chemistry in their brains, boosting confidence on many levels. Pilates is recognized as a highly effective way to improve posture.



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## Helps Coordination and Rehabilitation

Many dancers and professional athletes access the therapeutic qualities of Pilates to help them recover from injuries and enhance balance and coordination. "With a qualified teacher, Pilates can be applied as a post-rehabilitation modality once post-surgery physical therapy is completed, to further strengthen the body," Anderson says. "Elite athletes such as professional dancers, baseball and football players, ice skaters and equestrians are also finding ways that Pilates can strengthen and assist them with their performances, well-being and injury prevention."

One of the ways that Pilates helps is by affecting body fascia. "Muscles work together, not individually, within the fascia, and the best way to change the muscle is through resistance," says January. "It's why Pilates uses spring tension, resistance bands and even jumping. Pilates improves balance and coordination because all the muscles work together. The entire body is learning how to dance in unison with itself."

## Boosts Immunity

"The more I committed to a regular Pilates practice, the more I noticed I wasn't getting sick as often," says January. "Pilates helps boost the immune system through reducing stress, a well-known contributor to disease. It's accessible to people of all ages. You don't have to be flexible or strong to begin, just willing."

She offers this advice to beginners. "Check out all the local studios to see what they offer. It's best to start out taking classes twice a week with a certified teacher for two to three months. That's easy to commit to. Then you can see if Pilates is right for you."

*Aimee Hughes, a freelance writer in Kansas City, Missouri, is a doctor of naturopathy on the faculty of the Yandara Yoga Institute. Connect at [ChezAimee@gmail.com](mailto:ChezAimee@gmail.com).*



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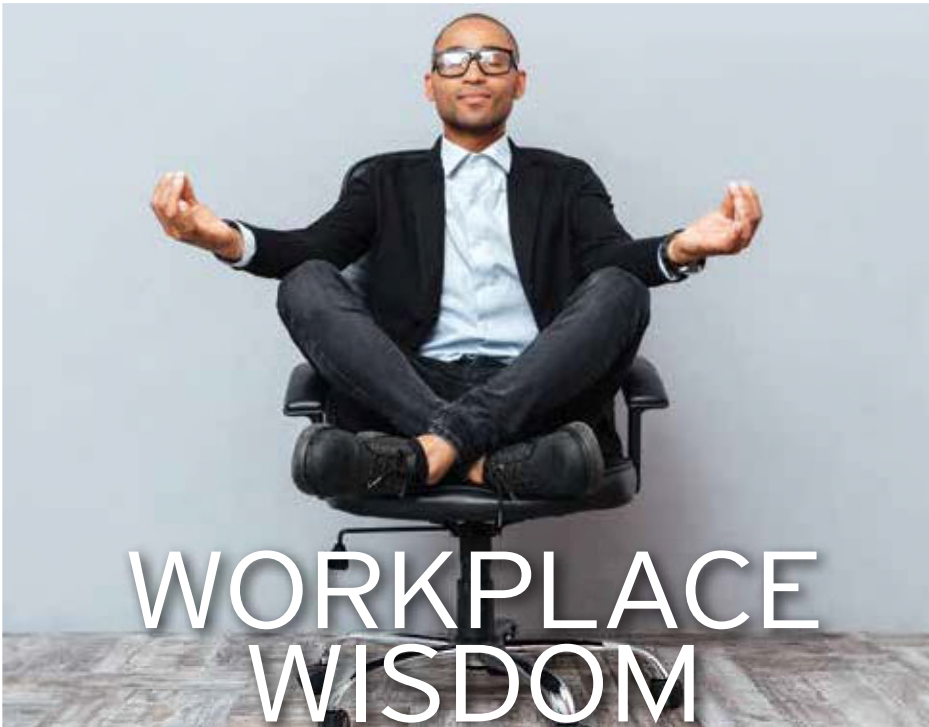


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## WORKPLACE WISDOM

### Mindfulness in Corporate Life

by April Thompson

The workplace can be filled with stress, egos and distractions that challenge the productive and happy atmosphere we desire. Both employees and employers are adopting mindfulness to help cope and transform both themselves and

their work environment.

Rooted in Eastern philosophies like Buddhism, most workplace mindfulness programs have stripped the techniques to a secular form more appealing to skeptics or adherents of other religions. The key

practice—simply known as “sitting” or meditation—involves focusing our attention on our thoughts, breathing, emotions or bodily sensations for a set time period, while the term mindfulness refers to the ability to be aware of the present moment, whether meditating or in a business meeting.

While Fortune 500 companies like Procter & Gamble, Aetna and General Mills have instituted formal mindfulness programs, Michael Carroll, meditation teacher, executive coach and the author of *Awake at Work*, says that the mindfulness revolution has been largely seeded from the ground up. It has emerged through people exploring the practices in their personal lives and then bringing those practices to work.

#### Personal and Professional Benefits

Jacqueline Gallo, operational excellence manager for Whitcraft Group, a manufacturing plant in Eastford, Connecticut, discovered meditation 12 years ago while seeking solace during a traumatic time. Today, Gallo does three short sits a week and occasionally participates in 10-day retreats. Whitcraft doesn't offer meditation to employees, but Gallo says mindfulness enables her to be available to her staff and solve problems without getting “swept off my feet so easily by all the desires, agendas and emotions confronted at work.”

Carroll cautions that it's not about trying to eliminate our own or others' emotional agendas or personal biases at work; rather, individuals use mindfulness to become more conscious of and relaxed about them. “Meditation helps develop agility in viewing... to self-regulate, drop fixed mindsets, become self-aware,” says Carroll, who has coached university presidents, CEOs and nonprofit executives in mindful leadership techniques. “You learn things from a competitor's perspective or pick up on social cues you may miss if you instead had a fixed lens on a situation.”

#### Corporate Acceptance

While meditation may be on the upswing in the workplace, it was a battle to legitimize it, according



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to Tara Healey, program director for mindfulness-based learning at Harvard Pilgrim Health Care (HPHC). A longtime meditation practitioner, Healey started the Mind the Moment program a decade ago while serving as an organizational capacity building consultant. Surveys had shown that employees were overwhelmed and dissatisfied, but lacked the skills to rectify their situation.

"The leadership said, 'Great, let's do it, but not tell anyone,'" says Healey. She notes that meditation, a core component of her multifaceted mindfulness course covering everything from workplace stress to mindful listening, wasn't accepted in the workplace at that point.

Today, 30 percent of her company's 1,050 employees have completed a six-week class introducing them to the power of mindfulness; some go on to participate in a guided monthly group meditation practice or use company meditation rooms for individual practice. The health services company also offers the course to

its member companies throughout New England. To date, more than 12,350 people in 174 companies have participated, encompassing varied fields from higher education and health to finance and technology. A survey of employees showed that initially 99 percent felt it was a good use of their time; another taken six months later found that 87 percent were still using the techniques.

HPHC informatics analyst Stephanie Oddleifson, who took the course nearly 10 years ago, says it transformed her way of thinking and behaving in the workplace and furnished a set of practices she uses every day. In times of conflict, "I was so quick to make up stories in my head and jump to conclusions previously," she says. "Now I'm able to pause before responding and observe my thoughts without getting caught up in them. I can diffuse tense situations with humor and not take things personally."

Additional research substantiates the anecdotal evidence for

meditation's workplace benefits. In 2015, scientists from Canada's University of British Columbia and Germany's Chemnitz University of Technology compiled data from 20-plus neurology studies, finding significant correlations between meditation and areas of the brain related to capacities for self-regulation, introspection and complex thinking. A Rice University study specifically found a positive relationship between workplace mindfulness, job performance and employee retention.

While workplace mindfulness programs vary and may incorporate helpful talks, encouraging readings and group discussions, Healey and Carroll both caution that reading or talking about mindfulness or meditation is no substitute for the practice itself, which many find challenging. "You won't taste the benefits just reading about it," says Healey. "The practice will come into play come showtime."

Connect with April Thompson, of Washington, D.C., at [AprilWrites.com](http://AprilWrites.com).

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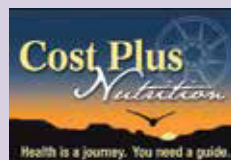
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## wisewords

# Kelly Brogan on the Truth About Depression

## Why Meds Don't Work and What Does

by Kathleen Barnes

Integrative medical doctor Kelly Brogan, a women's health psychiatrist and author of *A Mind of Your Own*, has turned the world of neuropsychiatry on its head by revealing that depression can be reversed without a single prescription drug. She asserts that depression is not caused by imbalanced brain chemistry, but by lifestyle choices that unbalance the entire human physiology. That's why conventional antidepressants generally don't work. She instead prescribes eliminating foods that trigger inflammation in order to rebalance all body systems.

According to the National Institute for Mental Health, depression annually affects 15.7 million adult Americans, or about 8.3 percent of the population.

### What's your stand on the illness model of medicine and how you arrived there?

My training as a conventional doctor was predicated on a disease care model that offers patients only one solution—a prescription. We have never had a shot at true wellness, having handed over our health to corporations loyal to their shareholders, rather than to us.

Conventional medicine is based on the notion that we are born broken and need chemicals to feel better; the body is a machine that needs recalibration; and doctors always know what they are doing. After investing thousands of hours researching what would aid my own



journey back from health challenges, I saw how we have been duped.

Health is our natural state, and we can restore it by natural means. The way to prevent and reverse illness is to communicate with the body in a language it understands. It's so simple, yet society considers it an act of rebellion to consider this kind of lifestyle.

### Which science supports your conclusion that antidepressant drugs don't work for most patients?

Taking an antidepressant for depression is like taking a Tylenol for a shard of glass in your foot. Wouldn't you rather just remove it? Antidepressants don't work the way we think they do and come with risks, including impulsive violence and debilitating withdrawal. They also can distract from an opportunity to identify the real cause of symptoms, one that is entirely reversible, in my experience.

Selective serotonin re-uptake inhibitors like Prozac, Zoloft, Paxil and Lexapro are commonly prescribed to treat depression by boosting serotonin levels. There are many studies debunking their use and effectiveness. The 2012 Ottawa Hospital Research Institute study led by Paul Albert, Ph.D., concluded, "Direct serotonin-enhancing effects of antidepressants disturb energy homeostasis and worsen symptoms."

As far back as 1998, Irving Kirsch, Ph.D., an expert on the placebo effect at Harvard Medical School, published

a meta-analysis of the treatment of 3,000 patients, finding that drugs improved depression in only 27 percent of the cases.

### **What's the link between women, high blood sugar, diabetes, obesity and depression?**

When I meet a patient that complains about irritability, anxiety, foggy thinking, fatigue and insomnia, I visually plot her day-to-day symptoms on a mental graph. I find that the sugar rollercoaster accounts for the vast majority of diabetes, obesity, depression and other symptoms troubling my patients, especially women.

Sugar disturbs mental health in at least three ways: It starves the brain by causing blood sugar highs and lows that can eventually cause insulin resistance, diabetes and even Alzheimer's disease; promotes inflammation, which is closely linked to depression; and derails hormones by raising levels of the stress hormone cortisol in the body's effort to balance blood sugars.

Depression also has roots in thyroid imbalances, which are common in women more than 40 years old, and in food intolerances, especially to gluten, soy and corn, that can affect the brain in unpredictable ways.

### **Is there a general protocol that seems to work best?**

While there are no quick fixes, I see turnarounds every week because I help my patients see the benefits of simple choices like avoiding wheat and wheat products. You need a month of serious commitment to quit sugar, alcohol, coffee, wheat and dairy. Then you discover you aren't an irritable, tired, forgetful person, which is its own incentive toward feeling better. It's the basis to make choices with your own fully informed consent. Applying such information leads to long-term change and healing.

*Kathleen Barnes has authored numerous natural health books, including Food Is Medicine: 101 Prescriptions from the Garden. Connect at KathleenBarnes.com.*

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Twice Exceptional, often known as “2e,” refers to children who are both exceptionally gifted while at the same time face learning challenges or differences. Although not an official classification in the Diagnostic and Statistical Manual, the term is becoming more commonly utilized with children who exhibit unusual strengths along with unusual functional weakness.

Dr. Robert Melillo, a noted expert in childhood neurological disorders and founder of Brain Balance Achievement Centers, characterizes the new terminology this way, “In the past, many of these children would also be labeled as Asperger’s. They are generally very high functioning, but usually struggle in the nonverbal, social communication realm.

“In my experience, their attributes are their unusual strengths – they have extremely high verbal IQ scores,” Melillo said. “They are highly intelligent, usually in the genius range in certain academic, left-brain skills.”

As many parents of 2e students will attest, often these children excel in their left-brain abilities. They may have great attention to detail and memory, excelling in fine motor skills with uncommon musical ability. Skills such as math operations and vocabulary may be advanced as well.

But where their left-brain strengths accentuate their ability in some areas, the 2e child can face other challenges.

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“But despite this marked imbalance in skills, a 2e child can flourish, maximizing his or her strengths and eliminating their weaknesses.”

Dr. Melillo describes the imbalance: “Because their left brain is overactive, 2e children can also be hyper-impulsive, manic, obsessive and compulsive—all of these are left brain functions. But without the balance and inhibition of the right brain, these functions are too strong.”

As with some other ASDs, parents may note that a 2e child has an overactive immune system. Autoimmune issues, allergies, chemical and food sensitivities may be prevalent, too. An overactive left-brain may lead to angry outbursts, something many parents of 2e kids know all too well.

With the unusual strengths of the 2e child can come challenging weaknesses. Right brain skills such as nonverbal communication, socialization and attention are areas where the 2e child may struggle.

“Big picture skills, aspects of reading comprehension, main idea, and pragmatics are difficult for a 2e child. And they don’t ‘get’ humor,” says Dr. Melillo. “They may be poor at geometry and math reasoning. They struggle with gross motor skills, and can have poor balance and coordination.”

But despite this marked imbalance in skills, a 2e child can flourish, maximizing his or her strengths and eliminating their weaknesses. Specific approaches are uniquely helpful to the 2e student, including many aspects of the Brain Balance program that Dr. Melillo founded.

“The idea of 2e, or this wide ‘unevenness of skills’ is exactly what Brain Balance is about,” said Dr. Melillo. “Brain Balance started by asking the question ‘what is happening in the brain of a child with ADHD, OCD, Autism, Dyslexia etc.’ The actual neurologic problem that produces these symptoms is a developmental imbalance between the two hemispheres of the brain, known as a Functional Disconnection. My research, and the research of others, has shown that this developmental imbalance is the primary problem and explains all of the symptoms – both strengths and weaknesses – that are consistently seen in children with these neurobehavioral issues.”

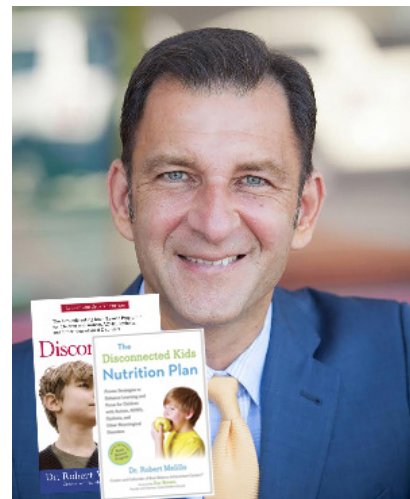
*Brain Balance Achievement Centers are located throughout the U.S., including two in San Antonio and one in New Braunfels. Brain Balance founder, Dr. Robert Melillo, is a best-selling author, brain researcher and childhood neurobehavioral expert who will be in San Antonio on Thursday, Nov. 10, at the Tripoint Event Center, 3233 N. St. Mary’s. The event is free and open to the public. To reserve a seat, or for more information, call 210-620-7378. To learn more about Brain Balance, visit [www.brainbalancecenters.com](http://www.brainbalancecenters.com). For more information about Dr. Melillo, visit [www.drrobertmelillo.com](http://www.drrobertmelillo.com).*



Brain Balance™  
ACHIEVEMENT CENTERS

## HELP FOR STRUGGLING KIDS DR. ROBERT MELILLO

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and other Learning Challenges



**THURSDAY, NOVEMBER 10  
6:30 P.M.**

**TRIPPOINT EVENT CENTER**  
3233 N. ST. MARYS | SAN ANTONIO  
*(on the Corner of Hwy 281 & N. St. Mary’s St.)*

**Free and Open to  
the public. To reserve  
a seat or for more  
information, please call  
210-620-7378  
[brainbalance.com](http://brainbalance.com)**



TASTY HOLIDAY RECIPES



Spiced Pepitas

These crunchy pumpkin seeds are lemony, salty, spicy and zesty, all at the same time. A handful of these toasted tidbits whets the appetite.

Yields: 2 cups

- 2 cups raw pumpkin seeds
- 1 Tbsp grated lemon zest
- 1 Tbsp lemon juice
- 2 tsp salt
- 1 tsp ground cumin
- 1/2 tsp freshly ground black pepper
- 1/2 tsp ground coriander
- 1/2 tsp ancho chile powder
- 1/2 tsp cayenne pepper
- 1/4 tsp garlic powder
- 1/4 tsp sugar (optional)

Preheat the oven to 375° F.

In a medium bowl, toss together the pumpkin seeds, lemon zest, lemon juice, salt, cumin, pepper, coriander, chile powder, cayenne and garlic powder.

Spread the mixture on a baking sheet and bake for 5 minutes.

Remove the baking sheet from the oven and shake to redistribute the seeds, and then bake for another 3 minutes. Pull it out to shake the pan again. Then finish baking for 1 to 2 minutes or until the pumpkin seeds are crispy and golden without burning them.

Transfer to a cool baking sheet and cool completely before storing in an airtight container.

Courtesy of Sandra A. Gutierrez, *SandraKitchenStudio.com*; author of *Empanadas: The Hand-Held Pies of Latin America*.

Festive Sips and Nibbles  
Vegan Holiday Treats that Everyone Loves

by Judith Fertig

For those who like to eat plant-based meals most of the time, the holidays can present a challenge. Social occasions from Thanksgiving to New Year's Day abound, including multi-course dinners and potlucks; tree-trimming and baking parties; neighborly hospitality; nibbling on treats while wrapping gifts; and gathering to watch a holiday movie.

Because so much is happening in such a short period of time, people often revert to serving traditional foods such as Aunt Mary's cheese ball or Grandma Daisy's three-layer chocolate bars. These vintage recipes, however, can be laden with processed ingredients. Foods that signaled holiday cheer ages ago need a tweak or two to

satisfy today's health-minded friends and family members. With traditional flavors of the season like aromatic spices, fresh rosemary and chocolate, plus a plant-based philosophy, family favorites can get a new twist.

*Natural Awakenings* asked cookbook authors, chefs and bloggers from around the country to help us celebrate wonderful holiday moments, big and small. Adding a plant-based nibble or sip not only helps party hosts stay on track, it also helps keep guests from over-indulging, so that everyone ends up enjoying themselves even more.

*Judith Fertig writes cookbooks and foodie fiction from Overland Park, Kansas (JudithFertig.com).*

*Natural Awakenings* recommends using organic and non-GMO (genetically modified) ingredients whenever possible.

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Dr. Edith Peña

## Truffle Spiced Popcorn

This wicked, fresh, piping-hot popcorn is kissed with a simple blend of rosemary, onion and truffle oil.

Yields: 9 cups

*2½ Tbsp grapeseed oil*  
*A bit less than ½ cup popcorn kernels*  
*1 Tbsp truffle oil*  
*2 Tbsp nutritional yeast*  
*½ Tbsp onion granules*  
*½ tsp fresh rosemary, minced*  
*Sea salt to taste*

On medium heat, warm the oil in a large saucepan with a lid.

Remove from the stove and add all kernels in an even layer on the bottom of the pan.

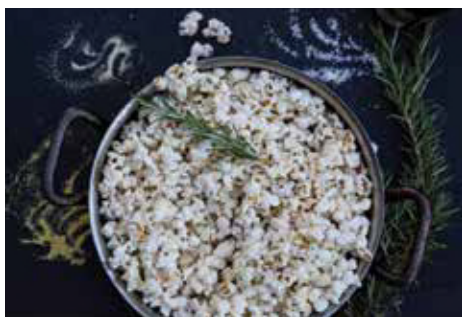
Cover for 20 seconds to allow all the kernels to become coated and reach equal temperature so they all pop at once.

Place the covered pan back on the heat and shake it while it's on the burner. The kernels will slowly begin to pop; once they start, crack the lid slightly to let out a bit of steam. Continue shaking the pan over heat until the popping stops.

Remove from the stovetop immediately and pour all popcorn into a large bowl.

Drizzle with truffle oil, nutritional yeast, onion granules, minced rosemary and sea salt. Shake and mix well before serving.

*Courtesy of Chad and Derek Sarno, WickedHealthyFood.com; Chad is co-author of Crazy Sexy Kitchen: 150 Plant-Empowered Recipes to Ignite a Mouthwatering Revolution.*



## Beer-Miso-Sriracha Roasted Chickpeas

Any favorite beer will work.

Yields: 2 to 4 servings

*1 (15½ oz) can chickpeas or garbanzo beans, drained and set aside*  
*1 Tbsp sriracha*  
*1 Tbsp organic miso paste (any color)*  
*⅓ bottle of beer*  
*Black and white sesame seeds*  
*Dried chili to taste*  
*Smoked salt for garnish to taste*

Preheat the oven to 375° F.

Whisk wet ingredients until mixed well. Toss mixture with chickpeas.

Place mixture on baking pan and roast for 20 to 30 minutes, shaking and stirring periodically until mixture is evaporated and chickpeas begin to get color; beware of burning.

Garnish with sesame seeds and dried chili, maybe a little smoked salt.

*Courtesy of Chad and Derek Sarno, WickedHealthyFood.com; Derek is the former global executive chef for Whole Foods Market.*

## Frothy Hot Chocolate with Pistachio Milk

Cozy up and indulge in this thick, creamy and rich hot chocolate made with whole food ingredients.

Yields: 2 servings

### Pistachio Milk

*½ cup raw shelled pistachios*  
*2 cups filtered water*

### Cocoa

*½ to ¾ cup unsweetened baking cocoa or cacao powder*  
*¼ to ½ cup date paste*  
*1 tsp cinnamon*  
*1 tsp vanilla extract*  
*Dash Himalayan pink salt*

For the pistachio milk, soak the nuts overnight in a bowl of water.

Rinse before placing them into a high-speed blender with the 2 cups of water. Blend until the mixture is completely puréed and milky.

Strain mixture through a nut milk bag or cheesecloth; then add the nut milk back into the blender.

Add all other ingredients and blend at a high speed until thick.

Note: If using a regular, slower blender, re-warm the hot chocolate on the stove top. It may not be as thick and frothy but will taste good.

*Courtesy of Sophia DeSantis, who blogs her recipes at VeggiesDontBite.com.*



# calendar

## WEDNESDAY, NOVEMBER 2

**39<sup>th</sup> Annual Dia De Los Muertos “Altars Y Ofrendas” Exhibit**—6-9pm at Centro Cultural Aztlan, 1800 Fredericksburg Rd., Ste. 103. Photographs of loved ones grace altars that include offerings of food and other things associated with Dia de los Muertos, such as marigolds, incense and candles. The entire gallery is transformed into a sumptuous feast for the senses. \$3 donation. [www.centrozatlan.org](http://www.centrozatlan.org).

## FRIDAY, NOVEMBER 4

**Family Flashlight Night**—6-8:30pm at the San Antonio Botanical Garden, 555 Funston Pl. Find your way through the Light Maze, hear a story read aloud, and view the night sky with SALSA (San Antonio League of Sidewalk Astronomers). Be sure to bring your flashlight. Regular admission applies. Members get free admission and early entry at 5:30pm. [www.sabot.org](http://www.sabot.org).

**4<sup>th</sup> Annual Tango of the Vines**—7-11pm at Lambermont Events, 950 E. Grayson St. This celebration of the senses includes samplings from the best local restaurants, caterers, vineyards, breweries and mixologists. Don't miss the super silent auction, casino tables and great musical entertainment. The event benefits the Amniotic Fluid Embolism (AFE) Foundation. \$60 or \$100 VIP. [www.afesupport.org/tango](http://www.afesupport.org/tango).

## SATURDAY, NOVEMBER 5

**Dare to be Powerful 5K**—8am at Lockwood Park, Martinez Women's Center, 823 N. Olive St. Participate in this 5K run/walk to benefit the Martinez Street Women's Center. Pet and human costume contest included. [www.mswomenscenter.org](http://www.mswomenscenter.org).

**River Relay**—9am-2pm at Mission County Park, 802 VFW Blvd. River Relay is a team or solo event that involves a kayaking 4K down the San Antonio River or running a 5K loop on the Mission Reach Trail. The events end at the Get Outdoors family-friendly fair in Mission County Park. Enjoy live music by Two Tons of Steel, drinks and more. [www.sariverfoundation.org](http://www.sariverfoundation.org).

**Dairy Days at Voelcker Farm**—10am-12pm at Voelcker Farm, 1021 Voelcker Ln. Visit the Voelcker Homestead and learn about bees and beekeeping, making corn husk dolls, windmill operations and how to milk a cow. Parking is available in the Salado North Greenway parking lot. Enter Voelcker Lane off Old Blanco Road behind the Blanco BBQ. [www.philhardbergerpark.org/events](http://www.philhardbergerpark.org/events).

**Body-Mind-Spirit Fair**—10am-6pm Nov. 5, 12-6pm Nov. 6 at Unlimited Thought Life Enrichment Center, 5525 Blanco Rd. Monthly event; free admission, free hourly lectures. [www.unlimited-thought.com](http://www.unlimited-thought.com).

## plantoattend

**Solar Fest 2016**—11am-6pm in Roosevelt Park, 331 Roosevelt Ave. Enjoy live music along with a variety of food trucks and vendors on hand to educate and inform guests about local sustainable practices. Free. [www.buildsagreen.org](http://www.buildsagreen.org).

**Diwali San Antonio**—5-11pm at La Villita, 418 Villita St. The spirit of India returns to San Antonio. Enjoy live entertainment, food and handicrafts, dancing and more. The event concludes with a spectacular fireworks display. Free. [www.diwalisa.com](http://www.diwalisa.com).

## SUNDAY, NOVEMBER 6

**Tai Chi at Friedrich Wilderness Park**—9-10am at Friedrich Wilderness Park, 21395 Milsa Rd. Center yourself with an introduction to easy Tai Chi for physical and personal development. Loose clothing and walking shoes recommended. RSVP required at [www.fosana.org](http://www.fosana.org). \$3 suggested donation. [www.sanantonio.gov/parksandrec](http://www.sanantonio.gov/parksandrec).

**Free Family Day: Picture This!**—1-4pm at the McNay Art Museum, 6000 N. New Braunfels Ave. Enjoy the exhibit *Telling Tales: Contemporary Narrative Photography* during a family tour, pose for a non-traditional photo shoot, create a surreal digital print, and use your smart phone on a scavenger hunt around the museum grounds. Images come to life with storytelling and a special musical performance by songwriter Joe McDermott. [www.mcnyart.org](http://www.mcnyart.org).

**(Schertz) Turbo Kick Master Class with Fred Flash**—9-10am at the DeVoir Fitness Studio in Lone Oak Plaza, 1208 FM 78, Suite 1 in Schertz. Turbo Kick combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable calorie burn. You'll have a blast getting into knockout shape, learning hard-hitting combos and edgy dance moves. \$10 drop-in fee. [www.devoirfitness.com](http://www.devoirfitness.com).

## MONDAY, NOVEMBER 7

**Mindful Eating: Exploring Our Relationship with Food**—6:30-8:30pm at the Witte Museum, 3801 Broadway. Empower yourself by learning techniques that can help you slow down and remain in the moment, rather than being lost in habits and judgments. \$5 for members, students and educators and \$10 for all other adults. Email [reservations@wittemuseum.org](mailto:reservations@wittemuseum.org) or call 210-357-1910 to reserve your spot. [www.wittemuseum.org](http://www.wittemuseum.org).

## WEDNESDAY, NOVEMBER 9

**Luminaria**—Various times Nov. 9-12. Events scheduled throughout the Downtown East neighborhood. Luminaria is one of San Antonio's premier cultural festivals. Be immersed in music, dance, film, literary arts, site-specific arts, performance and visual arts. Most events are free. For a calendar of events and activities, visit [www.luminariasa.org](http://www.luminariasa.org).

## THURSDAY, NOVEMBER 10

**(Boerne) Diva Night**—5-9pm in downtown Boerne. Enjoy shopping, live music, dining and great specials during the holiday edition of Diva Night. The shops will be brimming with holiday bounty, finger food and wine, and lively ladies with their boas and tiaras. Free. [www.business.boerne.org](http://www.business.boerne.org).

## SATURDAY, NOVEMBER 12

**Growing Herbs for Use and Delight**—9:30-11:30am at the San Antonio Botanical Garden, 555 Funston Pl. Learn how to plan, site and execute an herb garden. Plus, learn the best mix of soils, amendments and mulches to ensure your garden's success. Also learn to harvest and dry herbs for winter use, as well as ideas for cooking with herbs

and some recipes for healthy herbal teas. \$20 (\$18 members). [www.sabot.org](http://www.sabot.org).

**Composting and Vermiculture**—10-11am at the Phil Hardberger Park East Classroom, 13203 Blanco Rd. Join Sara and David Adams, Bexar County master gardeners, for an informative program about home composting. In addition, see a demonstration on how red wiggler worms can help with the composting process. Kid-friendly activity included. Suggested donation of \$3/person or \$5/family. [www.philhardbergerpark.org](http://www.philhardbergerpark.org).

## SUNDAY, NOVEMBER 13

**Wholistic Festival – NEW LOCATION in Live Oak**—11am-6pm at the Hilton Garden Inn, 8101 Pat Booker Rd. in Live Oak, 78233. Free admission, free parking to participate in this festival featuring 50+ exhibitors. [www.wholisticfestival.com](http://www.wholisticfestival.com) or 210-334-0782.

**Succulent Centerpieces for the Holidays**—1-3:30pm at the San Antonio Botanical Garden, 555 Funston Pl. Join succulent expert Don Clowe to learn about succulent growth and care, and walk the succulent wall he planted in the garden. Get creative with Master Gardener Stephanie Jones who will guide you through creating a succulent centerpiece to take home. Fee \$25 (member \$22.50) plus \$20 materials. [www.sabot.org](http://www.sabot.org).

**Sunday Jazz at the Witte – Regency Jazz Band**—1-5pm at the Witte Museum, 3801 Broadway. Enjoy a relaxing afternoon listening to jazz under the pecan trees of the Will Smith Amphitheater. Food and beverages are available for purchase from Picante Grill. This event is general admission only and free for Witte and KRTU members. Enjoy the Regency Jazz Band from 3-5pm. [www.wittemuseum.org](http://www.wittemuseum.org).

## THURSDAY, NOVEMBER 17

**Herbs and Spices: Disease Prevention and Health**—11:30am-1:30pm at the San Antonio Botanical Garden, 555 Funston Pl. This class will reveal which herbs and spices fight chronic inflammation and which may be important in protecting against heart disease and cancer while helping to fight obesity and diabetes. Learn innovative ways to use herbs and spices in everyday eating. \$25 (members \$22.50). [www.sabot.org](http://www.sabot.org).

**Monthly Mindfulness: Mindfulness for Stress Reduction**—6-8:30pm at The Mindfulness Studio, 218 Grove Pl. Mindfulness has been clinically proven to reduce stress. Come and experience some simple, useful mindfulness techniques and meditations. Register with Sue Yeo, 210-529-0913.

## FRIDAY, NOVEMBER 18

**Soul Motion Begin Again Weekend**—Nov. 18-20 at The Synergy Studio, 300 E Grayson St., Suite 100. Join Randy Miller as he guides you through the many landscapes of movement, leading to a renewed sense of self. Experience meaningful contact with yourself and others through authentic expression. Enroll for individual classes or for all three days. Times and prices vary. [www.thesynergystudio.com](http://www.thesynergystudio.com).

## SATURDAY, NOVEMBER 19

**Spiritual Wisdom Booklet Discussion**—2-3:30pm at La Taza Coffee House, 15060 San Pedro. Explore various topics including karma and reincarnation, dreams, health and healing, life after death, prayer and contemplation, and relationships. Free. [www.eckankar-texas.org](http://www.eckankar-texas.org) or 210-737-6863.





**Gifts from the Garden Workshop**—2-4pm at the San Antonio Botanical Garden, 555 Funston Pl. Make your own herb vinegar, infused oil and herb cheese to take home. Enjoy a brief tour of the Herb Garden with seasonal herb identification and harvesting. \$35 (\$31.50 members) includes materials. [www.sabot.org](http://www.sabot.org).

**Owl Prowl**—6-8pm at the Medina River Natural Area, 15890 Hwy. 16 South. Take a ½-mile hike to the interpretive area along the Medina River where barred owls will be drawn in with owl calls as they stake out their territory. Limited to first 40 registrants. Reserve a space by calling 210-207-3106. [www.sanantonio.gov/parksandrec](http://www.sanantonio.gov/parksandrec).

**Falling Stars**—6-8pm at Phil Hardberger Park West, 8400 NW Military Hwy. Bring your whole family and join the San Antonio Astronomical Association for an evening looking at the stars through large highly magnified telescopes. Flashlight suggested. [www.philhardbergerpark.org](http://www.philhardbergerpark.org).

**Light the Way**—7:30pm at the University of the Incarnate Word's Benson Stadium, 4301 Broadway St. A million twinkling lights illuminate the night sky at the University of the Incarnate Word to celebrate the holiday season in style. Free event with option to walk or drive. [www.lightthewaysa.com](http://www.lightthewaysa.com).

## THURSDAY, NOVEMBER 24

**The Great Turkey Challenge 2016**—8:30am at H-E-B Headquarters, 622 S. Flores St. The San Antonio Food Bank's The Great Turkey Challenge 5K is a chip-timed 5K run/walk on Thanksgiving morning to help fight hunger in our community. Every \$15 generated by the race helps provide a turkey dinner to a family in need this holiday season. [www.safoodbank.org/thegreatturkeychallenge](http://www.safoodbank.org/thegreatturkeychallenge).

## FRIDAY, NOVEMBER 25

**(Boerne) Dickens on Main**—Nov. 25, 26 in downtown Boerne. Celebrate the holiday season with live musical entertainment, Dickens-era theatrical performances, a variety of children's activities including Santa and a 60-foot snow slide, live ice-sculpting shows, horse-drawn carriage rides, snow on Main Street and more. Free. [www.dickensonmain.com](http://www.dickensonmain.com).

**27th Annual International Peace Market**—10am-6pm Nov. 25-27 at the Esperanza Peace and Justice Center, 922 San Pedro. The Mercado de Paz offers a community-centered alternative shopping destination during the busiest corporate shopping days of the year. More than 100 international and local artists/artisans will offer visitors a variety of handmade items. The market will also offer live music from local performers and affordable and delicious food options. Free. [www.esperanzacenter.org](http://www.esperanzacenter.org).

**Ford Holiday River Parade**—6-9pm along the San Antonio River Walk. Celebrate the season San Antonio-style as you watch fun and festive boats float down the river. Free and paid seating available. [www.thesanantoniorigiverwalk.com](http://www.thesanantoniorigiverwalk.com).

## SATURDAY, NOVEMBER 26

**Mustache Dache**—8am at Eilan San Antonio, 17101 La Cantera Pkwy. The hairiest 5K race has come to San Antonio, so grow or grab a stylish mustache and get ready to "Mustache Dache." Proceeds benefit Movember, a national charity that raises awareness and funds for men's health. [www.mustachedache.com](http://www.mustachedache.com).

**(Boerne) Sounds of the Season**—7pm at Cave Without a Name, 325 Kreuzberg Rd. in Boerne. Enjoy the 'Capella quartet Tinsel sharing their sounds of the holiday season with contemporary classics and beloved carols. \$30-35. [www.cavewithoutaname.com](http://www.cavewithoutaname.com).

## SUNDAY, NOVEMBER 27

**6th Annual Santa Antonio 5K Walk/Run**—8:30am at Sunset Station, 1174 E. Commerce St. Registered participants will receive a complete Santa suit (pants, jacket, belt, hat and beard). Afterwards, enjoy the live music, food, beverages and much more. Proceeds benefit The University of Texas MD Anderson Cancer Center for Cancer Research. [www.bishfoundation.net](http://www.bishfoundation.net).

## plantoattend

**Holiday Magic Market at the Garden Center**—9am-4pm at the Garden Center, 3310 N. New Braunfels. Enjoy a juried show of extraordinary artisans displaying and selling beautiful handmade merchandise including organic body care, jewelry, woodwork, art, glass, gourmet foods, plants, accessories and more. Learn from mini-workshops happening hourly. Hosted by the San Antonio Herb Society. Free. [www.sanantonioherbs.org](http://www.sanantonioherbs.org).

**Spiritual Wisdom Booklet Discussion**—2-3:30pm at Barrio Barista Coffee House, 3735 Culebra. Explore various topics including karma and reincarnation, dreams, health and healing, life after death, prayer and contemplation, and relationships. Free. [www.eckankar-texas.org](http://www.eckankar-texas.org) or 210-737-6863.

## plan ahead

### THURSDAY, DECEMBER 1

**(Selma) Holiday Magic Festival of Lights**—5-11pm from Dec. 1-Jan. 8, 2017 at Retama Park, 1 Retama Pkwy. Enjoy an East-meets-West festival full of music and dance, faux snow fun, food and drinks, arts and culture, Christmas attractions, and shopping and exhibitions. \$20-25. [www.holidaymagicfestivaloflights.com](http://www.holidaymagicfestivaloflights.com).

### SATURDAY, DECEMBER 3

**Tamales! At Pearl**—11am-5pm at Pearl, 303 Pearl Pkwy. There's no better way in San Antonio to welcome the holiday season than with a sampling of warm handmade tamales. Enjoy dozens of tamale varieties, from traditional to dessert, from more than 30 vendors. Also enjoy live music and a children's craft area. [www.atpearl.com](http://www.atpearl.com).

### SATURDAY, DECEMBER 17

**(Boerne) Winter Solstice Concert**—7:30pm at Cave Without a Name, 325 Kreuzberg Rd. in Boerne. Celebration Circle presents a thrilling and eclectic concert of contemporary acoustic songs, soaring vocals, ancient instrumentation, improvisation and contemplation celebrating the Winter Solstice. \$25 advance tickets, \$30 at the door. [www.cavewithoutaname.com](http://www.cavewithoutaname.com).

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# ongoing

## sunday

**Castle Hills Farm to Market**—10am-2pm at 2211 NW Military, across from Castle Hills Baptist Church. [www.localfarmtomarket.com](http://www.localfarmtomarket.com).

**Pearl Farmers Market**—10am-2pm at the historic Pearl Brewery, bordered by East Grayson Street and Avenue A just north of downtown. [www.pearlfarmersmarket.com](http://www.pearlfarmersmarket.com).

**Celebration Circle**—11am-12pm at Say Sí, 1518 S. Alamo, 78204. Inclusive uplifting interfaith gatherings open to all. More info at [www.celebrationcircle.org](http://www.celebrationcircle.org) or 210-533-6767.

**Free Sundays at SAMA**—10am-12pm at the San Antonio Museum of Art, 200 West Jones Ave. Sponsored by the Mays Family Foundation. Call 210-978-8100, or visit [www.samuseum.org](http://www.samuseum.org).

**Free Meditation Instruction**—9:30am at the Shambhala Meditation Center, 257 E. Hildebrand. [www.sanantonio.shambhala.org](http://www.sanantonio.shambhala.org).

**The Rim Farmers Market**—10am-2pm at The Rim, 17503 La Cantera Parkway, in the parking lot of T.G.I. Friday's. [www.hillcountryfarmersmarket.org](http://www.hillcountryfarmersmarket.org).

**Parkinson's Young Onset Support Group**—1pm. Second Sunday each month. Free. Sunset Ridge Church of Christ, 95 Brees Blvd. Call Dianne at 210-567-6688.

## monday

**Gentlewellness Qigong**—5:30-6:30pm in the Garden Room at The Village at Incarnate Word, 4707 Broadway. Free. [www.gentlewellness.com](http://www.gentlewellness.com).

**Sivananda Yoga**—6pm Mondays and Wednesdays; 10:30am Sundays at The Uptown Studio, 700 Fredericksburg Rd. Suggested \$7 donation. [www.theuptown-studio.com](http://www.theuptown-studio.com).

**Awakening Qigong**—6-7:15pm. Focusing on healing, awakening and evolving the body, heart and consciousness. 1st class is free. [www.daointegrativehealth.com](http://www.daointegrativehealth.com).

## tuesday

**Ashtanga Yoga**—2-3pm at University Presbyterian Church, 300 Bushnell. Donation-based class. [www.gentlewellness.com](http://www.gentlewellness.com).

**Mellow Yoga**—1-2pm at University Presbyterian Church, 300 Bushnell. Donation-based class. [www.gentlewellness.com](http://www.gentlewellness.com).

**Qigong for Total Wellness**—9:15-10:30am each Tuesday at Dao Integrative Health, 4833 Fredericksburg Rd. Yearlong program for personal wellness enhancement through natural therapeutics. [www.daointegrativehealth.com](http://www.daointegrativehealth.com).

**Main Plaza (SA Food Bank's) Farmers Market**—10am-1pm. Cash, check and EBT cards accepted.

**Free Tuesdays at SAMA**—4-9pm at the San Antonio Museum of Art, 200 West Jones Ave. Sponsored by HEB. 210-978-8100, [www.samuseum.org](http://www.samuseum.org).

**Free Meditation Instruction**—7pm at the Shambhala Meditation Center, 257 E. Hildebrand. [www.sanantonio.shambhala.org](http://www.sanantonio.shambhala.org).

**San Antonio Sustainable Living**—4th Tuesday. Details at [www.meetup.com/SAEnvironmental](http://www.meetup.com/SAEnvironmental).

**Recovering in Unity**—7pm in the CommUNITY Center, 8103 Broadway. A recovery group based on the 12 steps and Unity principles. Free. [unityofsa.org](http://unityofsa.org).

**SA Native Plant Society of Texas**—7pm. 4th Tuesday. Lions Field Adult Center, 2809 Broadway.

**Sketching in SAMA's Galleries**—6-8pm every Tuesday at the San Antonio Museum of Art, 200 West Jones Ave. Free. 210-978-8100, [www.samuseum.org](http://www.samuseum.org).

**Alamo Sierra Club's Monthly Meeting**—6:30pm 3rd Tuesdays at EcoCentro, 1802 N. Main, on the San Antonio College Campus. [www.sierraclub.org/texas/alamo](http://www.sierraclub.org/texas/alamo).

## wednesday

**Lunchtime Yoga**—12-1pm at the Integrative Healing Institute, 7122 San Pedro. Supplies provided; 1st class is free. [www.integrativehealingsa.com](http://www.integrativehealingsa.com).

**Mobile Om Yoga (FREE) at Pharm Table**—12-1pm at Pharm Table, 106 Auditorium Circle. [www.pharmtable.com](http://www.pharmtable.com).

**Reiki Healing Circle**—6:30-8pm the 3rd Wednesday each month at 3463 Magic Dr. Reiki restores balance and harmony physically, mentally, emotionally and spiritually. Led by Briana Brooks. Free. 210-365-1400.

**Centering Prayer Spirituality Group**—6-7pm at First United Methodist Church in Boerne, 205 E. James St. For more info, 830-249-2565 or [jl8546@hotmail.com](mailto:jl8546@hotmail.com).

**Feldenkrais®**—1pm at 16607 Blanco Rd., Ste. 1107. The Feldenkrais Method is an innovative system that uses developmental movements to improve and retrain the muscular, skeletal and nervous systems. \$12. For info call 210-215-6035.

**Tai Chi Principles**—6-7:15pm in the Angelique Garden Room at The Village at Incarnate Word, 4707 Broadway. Taught by Mike Graves. Free. [www.gentlewellness.com](http://www.gentlewellness.com).

**Meditation Circle**—7:30-8:30pm. Gentle blend of guided and silent meditation offered by Celebration Circle at SA Friends meetinghouse, 7052 Vandiver. Call 210-533-6767 or visit [www.celebrationcircle.org](http://www.celebrationcircle.org).

## thursday

**A Course in Miracles Group**—7-9pm each Thursday at the Unlimited Thought Life Enrichment Center, 5525 Blanco. Seating is limited to eight people. RSVP to 210-525-0693. [www.unlimited-thought.com](http://www.unlimited-thought.com).

**Live with Nature Nutrition Group**—10-11:30am the first Thursday of each month at Eco Centro on the San Antonio College campus, 1802 N. Main. Support/discussion group focusing on nutrition and health. Free. 210-492-4620.

**NLP San Antonio Meetup**—7-8:45pm 4th Thursday of each month. Discover how NLP can improve your life. Details at [joytechconnect@yahoo.com](mailto:joytechconnect@yahoo.com), [www.meetup.com/nlpsanantonio](http://www.meetup.com/nlpsanantonio).

**Introduction to Sudarshan Kriya (SKY Meditation)**—6-7pm. RSVP and get location at [www.takeabreathtexas.org](http://www.takeabreathtexas.org), or call Sara at 210-373-0660. Free.

**Tai Chi**—2-3pm (Easy/Qigong), 3-4pm (24 Form) at St. Paul's Episcopal Church, 1018 E. Grayson. Free. 210-226-0354, [www.gentlewellness.com](http://www.gentlewellness.com).

**Gentlewellness Qigong & Tai Chi**—2-3pm qigong, 3-4pm Tai Chi at St. Paul's Episcopal, 1018 Grayson. Free. [gentlewellness.com](http://gentlewellness.com).

## friday

**Power Yoga--4-5pm**. Taught by a new ACPower Yoga graduate. All proceeds go to Gardopia ([www.gardopiagardens.org](http://www.gardopiagardens.org)). A \$5 minimum donation is required. Info at [www.acpoweryoga.com](http://www.acpoweryoga.com).

**Chair Yoga & Qigong**—11am-12pm at Pan Am Library, 1122 W. Pyron. Free. [www.gentlewellness.com](http://www.gentlewellness.com)

**Watersaver Tours**—10am. 1st Friday. Tour SA Botanical Garden's Watersaver Gardens. SABOT.org.

**Ashtanga Yoga**—1-2:30pm at University Presbyterian Church, 300 Bushnell. \$5 suggested donation. [www.gentlewellness.com](http://www.gentlewellness.com).

**St. Andrew's Farmers Market**—10am-2pm at St. Andrews Lutheran Church, 16320 Huebner Rd. [www.hillcountryfarmersmarket.org](http://www.hillcountryfarmersmarket.org).

**Gentle Hatha Yoga Class for Cancer Patients and Cancer Survivors**—8-8:45am. Reservations required. Free. Northeast Baptist Hospital. 210-297-2627.

**Parkinson's Caregivers Support Group**—1pm. Every 3rd Friday. Free. Call Dianne, 210-567-6688.

## saturday

**Native American Spiritual Drumming Circle**—7-9pm 3rd Saturday at Unlimited Thought Life Enrichment Center, 5525 Blanco. [www.unlimited-thought.com](http://www.unlimited-thought.com).

**Transformational Healing Meditation**—11am-12pm at the Integrative Healing Institute, 7122 San Pedro. Guided meditation. Attend 4 times and get 5th free. [www.integrativehealingsa.com](http://www.integrativehealingsa.com).

**Free Yoga @ Pharm Table**—12:30pm at Pharm Table, 106 Auditorium Circle. Enjoy yoga with Carlos from Yoga Day. [www.pharmtable.com](http://www.pharmtable.com).

**Meditation in the Japanese Gallery at SAMA**—10:15-11am Saturdays at the San Antonio Museum of Art, 200 West Jones Ave. Free with museum admission. Call 210-978-8100, or visit [www.samuseum.org](http://www.samuseum.org).

**(Boerne) Farmer's Market at Cibolo Nature Center**—8:30am-12:30pm.

**Living Dao: A Path and a Practice**—10-11am. Open to all. 1st class is free. A practical study of the Dao De Jing and how it informs our daily life. [www.daointegrativehealth.com](http://www.daointegrativehealth.com).

**Pearl Farmer's Market**—9am-1pm at the historic Pearl Brewery, bordered by East Grayson Street and Avenue A just north of downtown. [www.pearlfarmersmarket.com](http://www.pearlfarmersmarket.com).

**Deerfield Farmers Market**—10am-2pm at 16607 Huebner Rd. [www.hillcountryfarmersmarket.org](http://www.hillcountryfarmersmarket.org).

**Tai Chi Fitness**—8-9am. New class combining short tai chi form with training techniques to improve your overall health and fitness. [www.daointegrativehealth.com](http://www.daointegrativehealth.com).



## ACUPUNCTURE

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210-901-1234  
clinic@acupuncturehealthsa.com  
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We offer excellent health care in a professional, relaxing environment. As a comprehensive, traditional Chinese medicine and acupuncture clinic, we specialize in pain management, sports injury, stress, insomnia and weight loss. Our clinic benefits from its association with Texas Health and Science University, the first acupuncture school in Texas. Call for an appointment or free consultation with Kai-Chang Chan, licensed acupuncturist and clinic practitioner. *See display ad on page 13.*

**CENTERPOINT ORIENTAL MEDICINE, PLLC**  
Kyle Tsao, Lic. Ac.,  
& Christanne Spell, Lic. Ac.  
(Located inside the Center For Life)  
12915 Jones Maltsberger Rd., #600  
Hours: Mon-Sat  
(by appointment only)  
Call 512-653-5194 to schedule  
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At Centerpoint Oriental Medicine, we offer services such as acupuncture, facial rejuvenation, moxibustion, cupping and Chinese herbal therapy. We are licensed professionals focused on providing natural healing alternatives to our community. Located only minutes away from the San Antonio International Airport. Call us today to schedule a free consultation when you mention this ad!

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**HAIR BY PER**  
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8000 Broadway in Alamo Heights  
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per@HBVcenter.com  
www.hairbyper.com

Per is back! Specializing in coloring, cuts and the "London Look." *See display ad on page 13.*

**IPPODARO SALON**  
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210-524-9744

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Offering a wholesome, organic approach to hair and life! Make an appointment today for hair, nails and skin care. We use OWAY Organic Color products. *See display ad on page 15.*

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Jeanette McCright, DAAM-SPCP, and her team specialize in eyebrows, highlighter, eye shadow, eyeliner, concealer, blush, lip liner, lips, beauty marks and scar camouflage. Gift certificates available! *See display ad on page 13.*

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Now two locations:

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Jayne is a licensed professional counselor who practices innovative techniques including EFT and EMDR treatments designed to clear your negative emotions, beliefs and behaviors, giving you freedom to live a happier, more fulfilling life. She is also a Sound Therapy practitioner; this unique non-invasive therapy involves the use of tuning forks to alleviate discomfort, generate relaxation and restore your spirit. *See display ad on page 19.*

**JEANNE STRAUSS, LCSW**  
210-787-6384

www.jeannestrauss.com



Offering a whole-person, life-change approach to therapy. Jeanne offers counseling to both individuals and couples, psychotherapy, life coaching and hypnotherapy with specializations in relationships, anxiety and stress, self-esteem and life transitions. *See display ad on page 4.*

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Advocacy for Community Enrichment, LLC  
17000 San Pedro, Ave. #1103  
210-585-4069  
www.venusssprings.org



Our mission is to provide guidance with creative insight to help light your path to transformation, growth and healing. At Venus Springs we approach mental health services with a holistic vision. We focus on mindful practices, the arts and agriculture to enrich the lives of people in our community. We offer counseling, workshops, support groups, individual, couples and family therapy for adults, adolescents and children (online and telephone sessions are also available). New clients receive a complimentary 15 minute phone consultation. Sliding scale and flexible session times are available. Accepting BCBS, TriCare, American Behavioral and Magellan. \*New clients receive a free yoga class.\*

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Dr. Paul Wilke is a board-certified biologic dentist. Total Mouth Fitness offers adult and children's orthodontics, cosmetic dentistry, full hygienics, safe Mercury amalgam removal, Zirconia implants, dental surgery, deep bleaching. *See display ad on page 12.*



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210-344-2384  
[www.wholesomedentistry.com](http://www.wholesomedentistry.com)

Come see us and feel safe. We provide integrative dental care for adults and children. *See display ad on page 22.*

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### ELECTRODERMAL SCREENING

Whole Body Assessment  
Anna Baldwin, Certified EDS  
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Medical Director, The Center  
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Medical Director  
3740 Colony Dr., #LL102, SA  
210-745-0918  
[www.dresquivel.com](http://www.dresquivel.com)



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Unlimited Thought, the "how to improve your life" store, has been dedicated to the expansion of consciousness since its inception in 1987. We are a full-service specialty bookstore and learning center offering classroom and meeting room space. The center provides daily classes, activities and seminars and monthly Body-Mind-Spirit fairs. Affiliated practitioners offer intuitive counseling, telephone counseling, massage therapy and energy work. Come see the Southwest's largest assortment of books, CDs and audio tapes on all spiritual and philosophical traditions and our large collection of unusual gifts, jewelry, crystals and stones, incense, candles, massage, essential oils and much more.

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The Shambhala Meditation Center of San Antonio offers public meditation times, a core curriculum of Shambhala Buddhist teachings and training in advanced contemplative practices. Free meditation instruction is offered at 7 p.m. Tuesday evenings and at 9:30 a.m. on Sunday mornings. All are welcome.

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I have been a Reiki Teacher/Sensei since 1995, teaching locally, and an Adjunct Instructor at SAC, Nursing from 1998 to 2011. Reiki San Antonio is built on the principles of ethics, honor, quality and providing reliable service. Our diversified range in teaching continues to grow by following trends, improving our standards, and listening to the students and clients.

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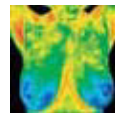
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www.eckankar-texas.org



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preceded and attended by silence.

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- **Santa Fe/Abq., NM\***
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- **Central NY\***
- Long Island, NY
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- Cincinnati, OH
- Toledo, OH
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- Dallas/FW Metro N
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\**Natural Awakenings* recently received the prestigious FBR50 Franchise Satisfaction Award from Franchise Business Review.

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# WANT TO CONNECT WITH OUR READERS? THREE-MONTH EDITORIAL CALENDAR AND MARKETING PLANNER

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## Uplifting Humanity

plus: The Holidays

### Readers Are Seeking These Providers & Services:

Assisting Ministries • Books/Guides/Media  
Charities • Community Services • Ethnic Crafts  
Fair Trade Goods • Gift Baskets/Certificates  
Native Plant Nurseries • Personal Development Tools  
Spiritual Healing • Sustainable/Natural Toys  
Thrift/Resale Shops • Volunteer Programs  
... and this is just a partial list!

## Health & Wellness Issue

plus: Affordable Complementary Care

### Readers Are Seeking These Providers & Services:

Acupuncture • Alternative Healing • Chiropractic  
Energy Healing • Fitness Centers/Gyms  
Integrative & Natural Healthcare Providers  
Herbalists • Holistic Dermatology • Massage  
Natural/Organic Foods • Physical Therapy  
Weight Loss • Wellness Trainers • Yoga  
... and this is just a partial list!



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## Conscious Dying

plus: Children's Dental Health

### Our Readers Are Seeking These Providers & Services:

Earth-Friendly Burial Services • Estate Attorneys  
Estate Auction Houses • Faith & Charitable Ministries  
Family Counselors • Financial Planners • Florists  
Hospice & Care Facilities • Sacred Dying Doulas  
Holistic Dental Care • Orthodontists  
Periodontists • Alternative Pediatric Physicians  
... and this is just a partial list!

To advertise or participate in our next issue, contact  
210-854-0362 or [info@naturalawakenings.com](mailto:info@naturalawakenings.com).

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