

# *Natural Living Journal*

**Well-being for Body, Emotions, Mind, & Spirit**

Vol. 4 Issue 4 **READ FREE ON-LINE** [www.natural-living-journal.com](http://www.natural-living-journal.com), Sept.-Oct. 2019



**Troubadours of Divine Bliss**

**Electric Cars & Evolve KY**

**True Spiritual Peace**

**Healing Detrimental Limiting Beliefs**

**Grief as Sacred Path to Renewal**

**Polypharmacy & Holistic Health**

**Short Term Mission Trip**

**Healing my Life, Finding Joy**

**Infrared Energy for Healing**

**Natural Foods Recipes**

**Saving \$ on Whole Food Diet**

**Thyroid Health Naturally**

**Ripples in the Water**

**Clever Masked Mammals**

## Table of Contents, Sept.-Oct. 2019

- P.3. Troubadours of Divine Bliss, Renee Ananda & Aim Me Smiley
- P. 4. Healing My Life, Finding My True Joy, Jerry Hill
- P. 5. Electric Cars & Evolve KY, Stuart Ungar
- P. 6. Infrared Energy Changes Things, Dr. Jill Hayes
- P. 7. True Spiritual Peace, Rev. Valerie Mansfield
- P. 8. Poems: I Am and Today. Leah Bomar, B.A.
- P.9. Saving Money on a Whole Foods Diet, Dr. Victoria Snelling
- P. 10. Natural Foods Recipe, Barbara Bosler
- P. 11. Design by Colleen Bennett
- P. 12. Grief as a Sacred Path to Renewal, Joyce Dillon, RN, MN
- P. 13. Polypharmacy & Holistic Health, Kay Jones PMHNP, FNP
- P. 14. Optimizing Thyroid Health Naturally, Dr. Lisa Tostado
- P. 15.. Ripples in the Water, Karen Schellinger, LPAT, LPCC
- P. 16. Clever Masked Mammals, Elsa Lichman MSW, LICSW
- P. 17. Healing Detrimental Limiting Beliefs, Norma Wileman, B.S., EFT
- P. 18. Kathy McBroom, M.Ed. P. 19. Joyce C Gerrish M.A.

**Let your friends on social media and through your e-mail lists know that they can read Natural Living Journal free on-line at [www.naturallivingjournal.com](http://www.naturallivingjournal.com).**

Copyright 2018 Natural Living Journal. All copyright belongs to the various authors. Other than for brief quotes, no part of the publication can be separated out from the complete journal and be used in any way without written permission from the publisher. Some images in this publication are from CanStockPhoto.com or Pixabay.com. Some images are provided by the authors of the articles they accompany and belong to the author. The cover design was created by and belongs to Joyce Gerrish. People are encouraged to e-mail out the complete Natural Living Journal to their e-mailing lists. The Publisher's intention is to get the journal out to as many people as possible. People are also encouraged to print off the complete journal and distribute it to friends & clients.

### Mission Statement

Natural Living Journal encourages people to live in harmony with the wholeness of their physical, emotional, mental, and spiritual well-being. We encourage all to live in harmony with each other, with our precious planet and all aspects of nature, and with the Divine. This journal is independent of any organization and is not affiliated with nor advocates any specific religion or political ideation. We support natural holistic health care practices, and we seek to work in harmony with the medical field. Our deep purpose is to foster wisdom, peace, joy, creativity, co-operation, love, ecology and sustainability, inclusiveness, wholesome adventure, stewardship, community service, natural abundance, and the arts.

## Natural Living Journal

P.O. Box 1506, Louisville, KY 40201

[www.natural-living-journal.com](http://www.natural-living-journal.com)

**Publisher and Editor, Joyce C. Gerrish, M.A.**

The views expressed in this journal are solely those of the authors of the articles and are not necessarily endorsed or verified by Natural Living Journal (NLJ) or the Publisher. NLJ and the Publisher and Editor disclaim any responsibility for them. We encourage highest possible practice of conscious business. The authors of the articles in the journal do not, through this journal, dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician or professional health care practitioner. The intent of the authors is only to offer information of a general nature to help you in your quest for emotional, physical, and spiritual well-being. In the event you use any of the information in this journal for yourself, which is your constitutional right, the authors and the publisher assume no responsibility for your actions. You the reader, must accept full responsibility for your well-being. Ads do not constitute endorsement of the offered products & services by NLJ, its publisher or editor. People depicted in the photographs are models for illustrative purposes only, unless otherwise stated.

### Advertising Rates & Sizes

812-566-1799

	Size	Once	3 Times
Sm Bus. Card	3.5 x 1.25	\$20.00	\$55.00
Bus. Card	3.5 x 2	\$39.00	\$95.00
Oversized Card	3.5 x 2.5	\$47.00	\$130.00
Quarter Page	3.5 x 4.5	\$59.00	\$167.00
Half Page	7.0 x 4.5	\$90.00	\$250.00
Full Page	7.0 x 9.25	\$140.00	

Payment due with ad. Make check payable to Joyce Gerrish.

Contact [natural.living.journal@gmail.com](mailto:natural.living.journal@gmail.com) or 812-566-1799.

We accept: checks, MasterCard, Discover, Visa & PayPal.

### Deadline for all submissions & Payments

**5<sup>th</sup> day of the month prior to publication date.**

**Journal is published every other month. Contact Editor for Details. Ad Design Service may be available through Natural Living Journal. Prices start at \$25. All ads and photos must be sent as digital jpeg attached to an email. Manuscripts need to be sent Microsoft Word or compatible with Microsoft Word and attached to an email. Thank you very much.**

## **TROUBADOURS OF DIVINE BLISS** *Renee Ananda & Aim Me Smiley*

Renee Ananda and Aim Me Smiley have been best friends since their early teens. They remained friends and 12 years later - on a spiritual journey - they fell in love. They shared a mutual vision of being traveling musicians who inspire a revolution of the spirit and courage of the heart. Following their bliss and freeing their dream, they picked up a guitar and an accordion and moved to New Orleans to become Troubadours of Divine Bliss. For 23 years they have been spiritual, environmental, and social justice activists.

In the words of the Troubadours of Divine Bliss, "We have practiced the philosophy of following your bliss -- starting on the corner of Royal & Toulouse in New Orleans -- when we first willingly fell off the cliff of knowing and into the trustworthy arms of our soul's calling. With one strum of the strings and squeeze of the bellows, we sang our first songs of Spiritual courage and love. We have found that as we continued to take steps in faith to follow our bliss and pursue our purpose, the way was opened up to us and we were given the direction to continue traveling and making music for a living. Over and over again, our willingness to keep walking in the dream as servants of Love has been rewarded with opportunities, provision, and fulfillment. We have traveled internationally as musicians, ministers, inspirational speakers, retreat leaders and soul guides, ready to serve countless people across the globe in multi-faceted ways. We are here to encourage soul fulfillment and the development of each person's sacred way.

Creating positive change and vision for a kind world leads us to act, speak, sing and commune on behalf of a more just, Earth-harmonious, safe, respectful and compassionate world. We do this in the songs we write, the products we buy or don't consume, how we live with respect for the Earth and all humankind, at rallies, with letters and calls, hugs, listening compassionately, caring for ourselves, giving to others...in every way, in every moment there is an opportunity to shine the light of love onto the world. We created the Might Kindness Hoots, a yearly festival that celebrates all that is kind for the body, soul, and mind, out of this wish to empower all of the good in our community.

One of the things that we have been feeling strongly for years, and absolutely know is a part of our purpose is to develop a healing retreat center... a gathering place for Eco, Spiritual, Creative, Personal & Family communion with a heart for those with special needs in a safe, nurturing and natural environment for spiritual growth and communal fellowship. We have been envisioning this for many years while walking our land at As You Wish in the Hoosier National Forest. Nestled in the woods, for 17 years we have whispered over this land to be offered a chance to aid in humanity and the Earth's healing.



No matter where you are on your spiritual journey...

YOU  are welcome here.

# unity® of East Louisville

740 Old Harrods Creek Rd  
Louisville, KY 40223  
(502) 244-9696

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

That additional land became available in January 2018 and we again stepped out in faith. With the help of the community, we were able to protect 34 acres that will be added to a total 64-acre nature preserve forever protected by the Sycamore Land Trust. We are stepping into the vision now knowing the way will be shown. We believe that as we live in our destiny and can keep in step with the path of our hearts - a way will be made where there seems no way. Shortly after we acquired the land we introduced the retreat center as 'Way of the Heart Woods'.

Just one year into the dream and we have been allowed to reclaim a pasture that had overgrown for many years, create paths and assist the forest, put in a gravel parking lot and road, create a Sacred Fire Circle, space for the Labyrinth, construct 2 composting toilet houses and welcome the foundation and creation of the Love Lodge - an Amish built cabin that can host 20 person retreats and 6 overnight guests! . Way of the Heart Woods is a place to

have personal or group retreats, soul guidance sessions with us, concerts and special events. When we sing, when we speak or lead a retreat, we enter our innermost heart space. We open our hearts and minds as wide as we can to allow the purest love and wisdom to flow through.

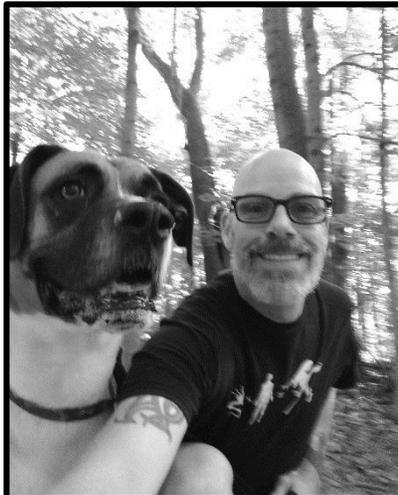
Here are some reflections from others..."They sing eclectic truths gathered from gypsy journeys and mystic wanderings. They inspire our bliss with a philosopher's touch and a poet's grace. They sing of bold justice that rattles dark corners and brings light to deep spaces. They harmonize deep peace that knits together divided hearts. They fill every space with a love that sings loud. I've heard it said that you can heal the world with a song, and when the Troubadours sing, I believe this." "The Troubadours always help us remember the world is full of love and miracles. Now we need them more than ever. Their music, humor and unfailing generous honesty feed our souls" "These two women don't just sing about love, they are love!" "They are the real thing and any way you encounter their radiant Bliss - be that through music or sermon or retreat - you will leave the experience a better, bolder, brighter you" "Listening to the music, or listening to the words - it opens up your heart to discover what you've always known: you are beautiful, you are loved, you are wonder-filled, you are raggedly divine." [www.troubadoursdivinebliss.com](http://www.troubadoursdivinebliss.com)

## **HEALING MY LIFE. FINDING MY TRUE JOY. *By Jerry Hill***

There has been a lot of challenge in my life, but I've been working through it. I have developed a great love of walking. I was having problems with alcohol; it was a big thing. I smoked, too. It was getting to a point where even I didn't like myself. It's kind of funny when I say that I hit rock bottom when I was at the top. I co-owned a music shop, I was guitarist in a fairly popular band, I was generally fun to be around, I had a lot of friends. Everything seemed to be going right - - but not really. I crashed internally. What caused me to want to change? There were a couple months when I was going through really dark spots. I wasn't liking anything - - especially myself. I started changing little things without even realizing that I was. I remember one night we had friends over for a little party and I just totally didn't even drink that night. That was very uncharacteristic, and everyone make jokes about it.

Then about a couple weeks later my appendices ruptured. It was badly infected. I spent over a week in the hospital. Because the pain killers gave me upset my stomach I couldn't really eat much, and I certainly couldn't drink. Concerning drug medications at the hospital, I just quit taking the pain killers because they weren't helping me with the pain, they were upsetting my stomach, and I wanted to be able to eat. So I wasn't tempted to get addicted to those pain killers. You know, after about a two-month period - - once I could drink again - - I just didn't. At that point it was like I didn't want to do that. I started taking my dog on walks. The walks started off being short - - three quarters of a mile. Now we walk four miles every day, as long as it's not raining. I don't know for sure what caused my appendix to rupture, but I'm actually kind of thankful for it.

You have a lot of time to just hang around when your abdomen is hurting after surgery. I had a lot of time to think about things. You know, when you don't like yourself you have to make some choices. How long do you want to be miserable? That's the way I see it. I was tired of being miserable, whatever I was doing wasn't working, so I had to start making changes. When I actually had a clear head for the first time in years, I was able to start reflecting and noticing the things that were going on even in my own house. I realized that I really felt out of that. It was like I wasn't a part of it. I didn't feel good about that. I love kids. I have three of them. There I was and I wasn't being a part of them. I realized this. I started paying attention when I was laying around in the chair in the living room. I started hanging out with them. I spent a lot more time with them. I had missed this. I didn't view myself very good. I know they didn't. One was seven at the time. The other two were nineteen and twenty-three. The younger two lived at home then. The oldest had just gotten out of the military. He is engaged and they're buying a house in Cleveland. The youngest loves to tell me long creative stories.





Sales, Repairs, Lessons  
1449 South 2nd St.  
502-409-8100  
Jerry Hill  
Owner

I think of the times I wanted to quit smoking. I'd say, "I'm going to quit smoking - - but I really didn't want to." I would always pick it back up. This time I just put it all down, and I just knew I would never do it again. When you start taking responsibility for all of your actions your thinking changes. The old thought of "I'm going to take just one more cigarette" - - that doesn't work anymore. Taking responsibility includes everything. I didn't like the way my chest felt. When I quit smoking and am walking now, I feel so much better. Smoking ages you, and I look younger now. It's amazing. Physically I feel so much better. I've dropped weight quickly. The clarity of mind, and the fact that I can look in the mirror and like "that guy." That's major. If for some reason I found myself alone for the rest of my life, I'd be O.K. because I like me. My wife likes me, too, now! Our relationship is so rock solid now that it would be weird to think of life without her. She is my best friend now. My relationships with my children have never been better. It's great!

I can be a lot more productive now in my music shop. Right now, we are developing an on-line store for our music business. I can really be efficient. We're taking on more repair business for the musical instruments. I'm learning how. Making a lot of money doesn't mean much to me, it never really has. I would never be rich in the music business. I played around with our band. Being a musician is a hard lifestyle. With my store I still get to be involved in the music. I still get to go hear bands and be in the music scene without having to have that musician lifestyle. I love being here in my store. I love people, I love talking with people. We can keep our prices low because our rent is a fourth of what the music stores on Bardstown Road pay. Our overhead and business costs are a lot less.

I feel good about being part of the circle of life. It's nice to feel close to nature. For anyone who wants to make a change, you have to make that first step. For me a big part was starting walking. It's the "one day at a time" thing.

Editors Note: Going into Jerry's store is a relaxing happy experience. He and his partner treat customers open-heartedly and kindly. They have super reasonable low prices

# ELECTRIC CARS & EvolveKY.org

by Stuart Ungar, President & Co-founder of EvolveKY

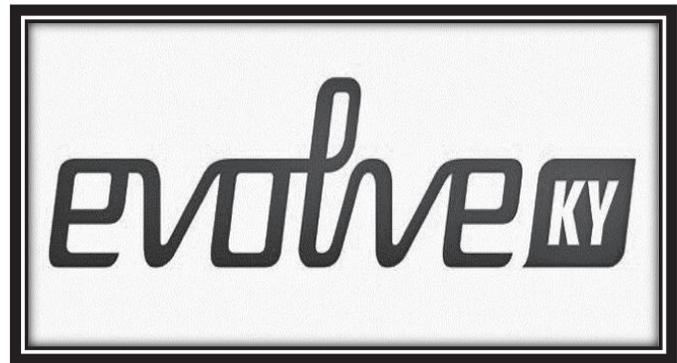
EvolveKY *DRIVE ELECTRIC WEEK* is September 14-22 with events throughout that week. Check website EvolveKY.org & on facebook search EvolveKY.

Electric car drivers would never want to go back to a gasoline or diesel-powered car. Electric cars are inexpensive to drive. They are much cheaper to drive than gas or diesel fueled vehicles. Also, the number of repairs needed for the car are almost nothing. That is a really hard thing for people to wrap their brains around. If you have been driving a gasoline or diesel vehicle for a long time you get used to the fact that you need to do oil changes, you need to do something with the spark plugs, or alternator, or God forbid your transmission goes, or something is needed with the exhaust system or muffler, or alternator. Electric cars don't have any or that. Just about the only maintenance needed for an electric car is changing wiper blades and rotating tires. I remember when I had a gasoline powered car and it just wasn't acting right. It turned out that it needed a new transmission, and that cost me \$3,400.00. One thing happens, and then you wonder what's going to happen next. You don't have that kind of thing with electric. There are no awful surprises with an electric car. It just keeps going. It goes for a long time. Mine is from 2011, and it drives and looks like it is brand new.

Concerning price, used electric powered cars are available now. One could probably get a good used Nissan Leaf 2014 or 2015 easily for about \$7000 - \$12,000. That's a car that's not going to give you problems. If what you need a car for is around town driving, you'll be fine. A thirty-five or fifty-mile range is typical. If you take a trip once a twice a year you can rent a car. Or you can take your electric car for a trip and there are websites and aps that give public charging location sites along your trip route.

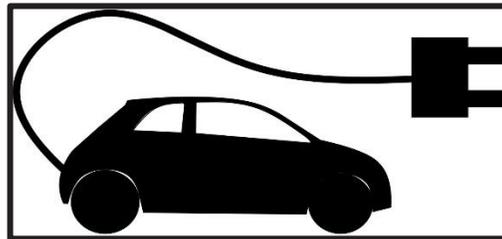
Charging at home on normal 1/10 current, you get about 5 or 10 miles of power per hour. The cost for electricity for driving an electric vehicle is about 3 cents a mile. Another option is to get a hybrid car such as a Chevy Volt. It is a plug-in hybrid. The first generation will give you about a 35-mile range. The second generation more recent ones will give you about a 50-mile range. It has a gas generator, so you can take some long trips. With the electric power and the gas generator, you can get a range of 300 or 400 miles. My wife and I have traveled extensively in her Chevy Volt hybrid car. The gas generator can generate electricity to power the car when needed. The hybrid car does not have an engine. That is important to understand about hybrid cars. The hybrid can switch from the battery stored electric capacity to the generator for electric power automatically if needed.

The vast majority of people who have the electric cars have a place to charge at home in the garage, or car port, or off-street



parking. So, they can typically charge overnight and have a "full tank." There are some people in apartments and condos who don't have that, so community charging spots are crucial for those people. These charging spots charge faster than at a home. The public chargers are also important for people who are traveling a distance. Sometimes community chargers are located near a café (such as one of the Heine Brothers Cafes where we have a charger) so a person can charge while doing some work or attending a meeting or enjoying time with friends and family.

I am President and Co-founder of Evolve KY. We started about five years ago. We thought that if we had a group maybe there would be strength in numbers, and we would be listened to as far as getting the appropriate number of charging stations infrastructure in Louisville. We now have about 150 (115?) paid members, so we have grown dramatically. We have been installing free public charging stations in the community. We're up to 22 locations now. Many of them can charge more than one car, so there are about 40 charging points with those 20 charge locations.



EvolveKY's Drive Electric Week is September 14-22 with events throughout that week. On Saturday September 14 we will have a solar install showcase, too. That will be at Whole Foods in Louisville and also in Lexington. Ideally solar vehicles and solar panels to charge them go hand in hand. On September 21 there will be a big event with tons of electric vehicles. There will be electric SUVs, electric mini vans, electric motorcycles and scooters, and much more. Last year there were over 50 electric vehicles of all different kinds. It's all sponsored by owners of electric cars, so they won't be trying to sell anything. Our mission is to promote cleaner transportation. Some participants will be happy to take people on rides in their electric vehicle, stop at one of the chargers down the street, and show you how it plugs in and charges up.

Electric cars are extremely safe and are Five-Star Safety Rated. They ride great, they're quiet. They are fun to drive. Electric cars have instant torque. When you push on the gas pedal, it goes. All that power comes right up. If you want to merge into traffic, it happens quickly. Some electric cars are more computerized than others. There is a (Continued on Page 20)

## **INFRARED ENERGY CHANGES THINGS** Dr. Jill Hayes

I had no idea that the direction of my life would change forever the day I strolled around my daughter's school fair twenty-one years ago. An infrared wrap with magnets was placed on my wrist and immediately I felt tingling all up and down my arm. The clicking and popping in my wrist went away in about six weeks. My hand was stronger, and I later learned these wraps are able to protect me from the negative energy from the electric tools I had used in my work as a dental Periodontist. I had been through ten years of medical classes in college and was never taught that infrared could help the body. Finding these more natural options led me on a journey into the naturopathic world. One of the things I learned about was infrared.

Infrared energy is the invisible portion of energy from the sun that has healing effects that are able to penetrate the body. Infrared is the warmth from the sun that ripens fruit and it can have beneficial effects on the body. Infrared was used in the astronaut spacesuits by NASA. I personally use infrared jewelry, kinesiology tape, infrared socks, long underwear, shoe inserts, wraps for the joints and back, and blankets. These items have ceramic fibers that reflect the infrared energy into the body. Infrared helps to increase circulation, regulate body temperature, breaks down acids in the body, and can stimulate acupuncture points. They can be very helpful for upset tummy and upset joints. These products also release negative ions that help to give one a feeling of well-being.

I also use an infrared sauna that has infrared healing elements which heal the body from the inside out and has been shown to release heavy metals and other toxins from the body and helps circulation, mood, and the immune system. It can relieve pain in muscles and joints. Since the skin is the largest organ in the body. It makes the skin feel soft and smooth.

As a Periodontist I became very excited ten years ago when I discovered that infrared could be used to treat gum disease. I now use a dental laser that emits infrared energy to heal gum disease. This infrared laser vaporizes the anaerobic bacteria that cause gum disease. This particular special laser is able to penetrate and rid the body of the bacteria that invade the tissue and bone and then stimulates the bone around the teeth to heal. It closes deep pockets, regenerates bones, and tightens loose teeth. This treatment has a very easy healing process. This helps the entire body as gum disease has been linked to many health



**Dr. Jill Hayes**

**Periodontist and Naturopath**  
**sleep • discomfort • energy • alkaline water**  
**Periodontics • Laser • LANAP • IV Sedation**  
3409 Stony Spring Circle • Louisville, KY 40220  
(502) 499-6171 • Fax: (502) 499-9980  
j.hayes3409@gmail.com

issues such as heart disease, stroke, diabetes, Alzheimer's, and more.

There are infrared cameras that can be used to evaluate breast and body health. The procedure is called thermography. This special camera shows temperature changes in the body.

When inflammation or cancer is active in the body it shows this activity as color changes on the picture taken with the infrared camera.

There are infrared cameras that can be used to show where heat or air is escaping from your house to help with energy efficiency. Also, there are infrared cooking devices that heat food from the inside out which is more efficient than conventional cooking and can lock in the nutrients and juices. One thing is for sure. Infrared products are here to stay. They changed my health, my training, and the treatment and health of my patients. They could help change you too.



**BIO:** Dr. Jill Hayes has a Naturopath Degree from Clayton College of Natural Health. She has been an advocate and distributor of infrared and other natural products since 1998. Dr. Hayes has been using the infrared Periolas and performing LANAP/LAR since 2010 and is also a certified instructor for the Institute for Advanced Laser Dentistry. She currently works through Periodontal Care Center at 3409 Stony Spring Circle in Louisville, KY 40220. Email: [j.hayes3409@gmail.com](mailto:j.hayes3409@gmail.com) Phone 502-499-6171.



**PHOTO:** Infrared products beneficial for the body. Photo by Dr. Jill Hayes.

# TRUE SPIRITUAL PEACE

## Rev. Valerie Mansfield

I am mostly peaceful in my head; I don't know about my heart. Peace has always been a part of me, yet I know that we teach what we need to learn. So, I know there's something in here for me. With that in mind, what is peace? From the perspective of Charles and Myrtle Filmore peace is that invisible feeling that we all can get from God, and that we crave and need. As we go into that space where we become in harmony - - peace is about that balance between the head and the heart. Ideally, we can live from that space where our physical body meets our spiritual body. They're not separate. Peace is a spiritual "substance in life." I'll speak for myself here, sometimes I feel separate. Sometimes I feel like the human side of me is racing trying to get everything completed that I came here on Earth to do in this lifetime. The spiritual side of me is taking that breath and saying, "O.K., we're here. We're going day by day. We're in the flow of peace." Somewhere in the midst of all that - - is me.

Just knowing that I have this way to flow in the state of peaceful presence is amazing. From the book How to Let God Help You by Myrtle Filmore comes "When you see Spirit conquer the world for the Lord, when you are sending forth peace to every land, nations will forget to fight. Continue to know that all people express the one life. When we live our principles and stand in our principles and share our principles of love - - that we are one, that we are all connected, that we are all united and that nothing separates us - - then wars will end. No one can deny that God is omnipresent or that God is All. Yet we talk about a great many presences, and a great many powers, and "unseens" that do not belong to God. All persons seek after divine presence when they know how." When we find that there is only one presence, the real presence of infinite goodness - - we'll find no place for the opposite valley. For me, that's what it's all about - - finding that place where I can be and express that beingness out loud.

Charles Filmore writes about the Law of Compensation. The Law of Compensation is where our peace sits. That's where our peace resides in that flow of constant movement, constant revelation, constant unfoldment of our spiritual self. His mind was always about the movement of spirit through all of us. That's what I've captured from his readings. We can really embody that flow of giving and receiving. Know that we don't have to just give at certain times. We can give all the time. What's the principle we want to give to someone, and what's the principle we want to get back? We want to give and receive to help each other. I think there is a lot in our city that we are struggling with, including homelessness. We know that there are solutions, and we just haven't found all the right ones yet. But we will.

When we harmonize and come into balance, we can apply our self to that goodness, that goodness that is us. We can take that - - not to some far-off place. We can take it inside of us to that light

*Wherever you are on your spiritual journey, you are welcome here!*

Sunday Service: 9:00 and 11:00 am  
Youth Sunday School: 11:00 am



757 South Brook Street  
Louisville, KY 40203 502.583.5559  
www.unityoflouisville.org  
FB Unity of Louisville

- - to that illumination that leads us where our divine mind and our heart meet. There is nothing that we cannot do. The world is full of possibilities. Life is about learning to work with the possibilities when we see them and taking that step. We can take the next step to be that wisdom, to be that wise one - - and to find that Christ consciousness within us that is the hope, that is the glory, that is unlimited.

Consider Mary and Joseph in the Bible. Mary symbolizes love and Joseph symbolizes wisdom. Both the feminine and masculine qualities are in each of us. Whatever challenge comes up in our lives, we have the capabilities that Mary and Joseph had to create and co-create our lives. As we look at the Christ consciousness that is within us (that child, that Christ presence that is alive in every moment, in every breath), we know and accept that love, light, and the powers and faculties that we have are gifts. We have the capacity to be in this world and be at peace, to be in this world and be love, to be in this world and be in balance and move forward. We can move forward for ourselves, not necessarily only for the other, but for ourselves. We can truly go within and find

that presence and that state of consciousness to show ourselves the journey to light our way. Whatever it is we are doing is a gift. Whatever work we do on a daily basis is a divine gift. Our many teachers and the garbage collectors - - what would we do without them? Our world would be a totally different place. Each of us is important. It takes us all. May we bless each and every soul. It takes all - - the whole of us to be born again. (Continued P. 20)

**BIO:** Rev. Valerie Mansfield serves as the Associate Minister at Unity of Louisville and Co-Director of the Resilience Family Project. Valerie is a Holistic Healer and Spiritual Life Coach. She serves the Louisville community working with homeless families and women in recovery, creating conscious living skills, and promoting peace, compassion and resiliency. Valerie's passion is to create a safe loving atmosphere where all ages can explore and manifest a life filled with love, peace, and joy. 502-583-5559.



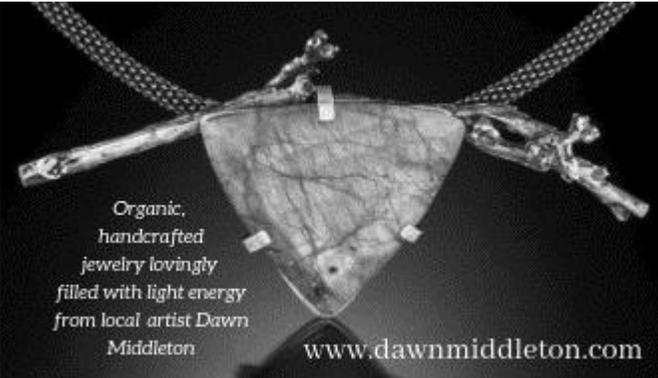
Photo: © Can Stock Photo / Fizkes

**SOLUTION CREATOR**  
 Masterclass Series starting soon!



Want more peace, joy, & to feel more in control of life?  
 To learn more email  
**AuthorLeahBomar@gmail.com**

Let's play! Follow me on  @AuthorLeahBomar



Organic,  
 handcrafted  
 jewelry lovingly  
 filled with light energy  
 from local artist Dawn  
 Middleton

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

***I AM, Poem by Leah Bomar, B.A.***

I am a fashionista,  
 fly and fine in a body that's mine.  
 A body that bore more than I ever dreamed.  
 What once seemed impossible is now my reality.

I am a Super M.O.M. Bomb!  
 Messy and strong from failure,  
 tailor made for my daughters and son,  
 wife to their father and tons of fun;  
 And when I'm not,  
 I'm not left to rot in daily defeat of  
 unconquerable mounds of laundry.  
 If I can only get past the sounds of sadness and just be...  
 That's the me they also know and love,  
 All of the above.

I am a scar.  
 Invisible wounds make room for the ones you can see.  
 I am layers of healing,  
 hope stealing depression from the  
 compression grips of 'What if's,  
 Anxiety ridden, fear forbidden,  
 places of action and light.

I am might, the strong kind that leaves behind  
 'Maybe some days' and steps out to play in the sun.  
 I am burnt and crispy in need of salve to sooth soul wounds  
 and heal them into stories.  
 I am no longer worry and blame,  
 refusing to play the game that keeps me in the  
 same robotic shell.

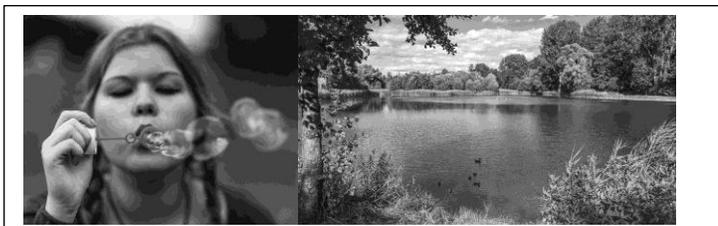
I am the smell of spring and heat of summer,  
 no longer frozen in the winter safety of ice,  
 encapsulated in place by my own devices.  
 I could see out, but doubted my ability to get there,  
 until I let the layers thaw and fall in love with me.

***TODAY, Poem by Leah Bomar, B.A.***

Sun rises low and pink.  
 I think of better days,  
 and declare today is one of them.  
 Today.  
 Today is a day designed by dreams,  
 forged by forward motion in the belief  
 things do get better, life will improve,  
 move past the pain of dreams deferred.  
 I prefer today.  
 Today in it's glorious hues of pink, chasing away the blues,  
 pushing promise up hotter and higher until the nights burned off.  
 I won't stop believing in better days.  
 There is a time and place for reflection but we can't stay with our  
 backs turned  
 when there's the whole day ahead to play.  
 Today.

**BIO:** Leah Bomar is an author, speaker and certified Therapeutic Art Coach. She graduated from University of Louisville with a degree in English, working as a graphic designer and section editor of a newspaper. Leah taught elementary art and worked as a substitute teacher for JCPS. As a SuperMom of three children, she started a local Creative Co-op for Homeschoolers and taught middle school & electives at a local cottage program. Through her 'GlitterBomb' Retreats, Dream Board Parties, and online Solution Creator Masterclass, she connects people who are ready to rediscover their own dreams and purpose while learning new techniques to turn overwhelm and everyday stressors into sources of JOY.

**PHOTOS:** All four photos below courtesy of Pixabay



## HOW TO SAVE MONEY ON A WHOLE FOODS DIET

**Dr. Victoria Snelling, DC, DHM**

"It's too expensive to buy healthy food!" "I can eat out cheaper than I can cook at home!" "It takes too much time to cook from scratch!" I hear these comments, and more, nearly every day from my patients. In addition to my practice in classical homeopathy, I try to educate my patients in basic good nutrition and to help them elevate the quality of their diet. There's no doubt about it, people who eat well just heal more quickly! I've seen that over the past twenty years of practice. The old expression "garbage in, garbage out" is so true. Healing can be much slower for junk food junkies.

We all want to be healthy and to eat more healthfully, but what's the cost in time and money? We know that scrimping on good nutrition will cost us more in the long run with higher health care bills. Also, many of us would rather not make the change to a healthier diet if it means even a few more minutes in the kitchen. Yes, we're so busy these days. There are more and more people, events and bits of data that are vying for our attention. If we could just turn down the volume and choose to focus on what we want to accomplish, it might be easier. If we choose what's most important, and make that a priority, we'll be successful.

So many people have gotten away from cooking meals at home. Whatever happened to real cooking, cooking from "scratch?" Several of my patients tell me that they cook almost every day, but when I read their food diary, it's evident that their idea of cooking and my idea of cooking are two different things. Microwaving a prepackaged convenience "meal" isn't really cooking, is it? It might put food on the table in a pinch, but it's a far cry from a home cooked meal. That convenience comes at a price. We pay dearly for that tiny product to be precooked and pre-seasoned and we pay dearly for the packaging. Ounce for ounce, we pay a great deal more for packaged food items than for items we prepare ourselves. We also pay for the high salt, sugar, and chemical content in most of these packaged meals, and in higher rates of diabetes, heart disease, cancer, and obesity. Our environment pays a huge price for the extra packaging involved whether it's cardboard or plastic.

What if we could lower the amount of money we spend on food, while increasing the quality of our nutrition? I think that we can do that very thing. Two issues on many people's minds these days are the economy and healthcare. We can work on these two issues in our own homes and save money and increase our nutrition at the same time. It can also bring a huge feeling of satisfaction to more intentionally create your body's nourishment, whether you're cooking for a big family or just for yourself.

We don't have to initiate every idea or change all at once. But choose one or two healthy foods or more natural home cooking approaches, get comfortable with them and then choose a few more. Remember that your diet doesn't have to be perfect, but making slow gradual changes will pay big dividends, both in your bank account and with your health.

Buy in bulk. Larger sizes of brown rice or lentils are cheaper.

### Dr. Victoria Snelling & Associates

*Bringing you the best of natural and complimentary therapies since 1988*

- Genetic Nutrition
- Gentle Chiropractic
- Functional Medicine
- Classical Homeopathy

9700 Park Plaza Ave, Suite 109  
Louisville, KY 40241  
[www.DrSnelling.com](http://www.DrSnelling.com)  
502-426-2033



than the smaller sizes and these items store well, especially if transferred into well sealed containers. Natural food stores and food co-ops offer great prices on bulk items. Shop with a list and avoid impulse buying, even at the natural food store. Those cute non-food items they sell can really inflate your cash register total. Try to add a few (or a few more) non-meat entrees to your weekly diet. Combine beans and grains (like red beans and rice or chickpeas and pasta) to make complete proteins. Use whole grains. They are more filling AND more nutritious! Brown rice and whole grains in general have more staying power than the refined versions. They also have more fiber, more nutrients, and they satisfy your hunger longer.

Pay attention to portion size. Your waistline will thank you and so will your budget. Are you eating two portions of a recipe instead of one? Try sticking to one portion and save the leftovers for another day. Consider freezing leftovers in individual containers to make your own convenience food! Balance your meals. If one portion of an entrée doesn't satisfy your appetite, think of adding more vegetables to your meal. They are filling, inexpensive and nutrient-packed. Add fresh fruit for a sweet fiber-rich dessert.

Eat breakfast! Besides giving you a better start to your day, breakfast moderates your appetite at lunch time. Try to include some good quality protein and remember that eggs are always a good protein buy. Pack a lunch! You can always save money by taking lunch to work, to school or while traveling. Put those leftovers to good use! Don't let yourself get too hungry, especially if you're away from home. If you're hungry and need a snack in a hurry, think about a quick trip into a natural food store or grocery store instead of a drive-through or fast food place. You can get fruit, raw veggies already cut up, nuts or seeds to go and save your budget at the same time. A change in the quality of your diet is likely to improve your health and the health of your family.

**BIO:** Dr. Victoria Snelling has a varied practice in homeopathy, functional medicine, chiropractic, nutritional genetics and CEASE detox therapy. She has been in practice in Louisville since 1988. Dr. Snelling leads the monthly Kent Society Homeopathy Study Group (you're invited!) and offers a quarterly schedule of one-day classes on natural health topics. She can be reached at 502-426-2033, or [www.DrSnelling.com](http://www.DrSnelling.com).





**DR. RICHARD T. REUL**

*Chiropractor*

**3772 Taylorsville Road  
Louisville, KY 40220**

**(502) 458-2559 www.reulchiropractic.com**

## Retirement Income Planning

**Jeannie Samdani, MA Econ., CMFC®**  
Chartered Mutual Fund Counselor™  
Investment Advisor Representative



**Kentucky Planning Partners**  
9300 Shelbyville Road, Suite 1310  
Louisville, KY 40222  
Office (502) 394-0400  
Cell (502) 794-9976

Securities offered through LPL Financial Member FINRA/SIPC. Investment Advice offered through KPP Advisory Services LLC, a registered investment advisor. KPP Advisory Services LLC and Kentucky Planning Partners are separate entities from LPL Financial.

## ***PUMPKIN SPICE TRAIL MIX***

***by Barbara Bosler***

1 cup mixed raw nuts

½ cup pumpkin seeds

1 cup oats (old fashioned rolled oats,  
not instant).

Line a baking sheet with parchment paper.

In a saucepan bring to a rolling boil

the following 3 ingredients:

½ cup pure maple syrup (not simply  
pancake syrup which is usually mainly corn syrup)

1 teaspoon pure vanilla

1 tablespoon pumpkin pie spice (I love Penzy's)

Drizzle the syrup mixture over the mixture  
of nuts/seeds/oats.

Bake at 300 degrees for 25 minutes. Cool,

Toss with raisins. Store airtight.

Enjoy! Yum! The pure maple syrup is more  
nutritious and worth the extra cost.

Photo 2<sup>nd</sup> from top: Pixabay 1581583-1280

Photo bottom right: Pixabay 1005899-1920



**MASSAGE IS HEALING FOR EVERYONE**  
— AGES 9-99 —  
MASSAGE IS HEALTHCARE, NOT A LUXURY  
30, 60, 90, 120, 150 & 180 MINUTE SESSIONS  
www.massageishealingforeveryone.com





## **FESTIVAL OF HEALING & SPIRITUAL AWARENESS**

**Shelbyville Fairgrounds - Floral Hall  
1513 Midland Trail  
Shelbyville, KY 40066  
EASY Access off I-64**

**Festival Times:    Saturday, October 26, 2019    10:00am ~ 6:00pm  
                                 Sunday, October 27, 2019    11:00am ~ 6:00pm**

Lectures/Workshops throughout both days  
conducted by various Holistic Teachers, Animal Communicator,  
Intuitive Spiritual Counselors, Alternative Healers & Bodyworkers,  
Health & Wellness Workers - Aura Photography

**Admission: ONLY \$7\* per day/\$10 both days**

**\*\$ 2 Discount with donation of one canned food item for Kentucky Harvest**

More info on the Festival at [www.FestivalOfHealingKY.com](http://www.FestivalOfHealingKY.com)  
Contact Virginia Gilpin 502-275-9692 [Virginia@FestivalOfHealingKY.com](mailto:Virginia@FestivalOfHealingKY.com)  
Festival of Healing - Elizabethtown - January 18 & 19, 2020

d



Design by Colleen Bennett.

[Colbennett787@yahoo.com](mailto:Colbennett787@yahoo.com)

©Colleen Bennett 2019

## **GRIEF AS A SACRED PATH TO RENEWAL & REBIRTH**

**Joyce Dillon, RN, MN**

One of the most important things you will ever do in your life is to clear, heal, or transform loss and grief, old wounds, memories and trauma that lie dormant in your mind and body.

There are all kinds of sudden endings that cause us to be in transition and change, such as the death of a loved one - family, friends, colleagues or beloved animal. We can be traumatized by divorce, separation, war, betrayal, assault, and or abuse. We can find ourselves abruptly impacted by personal loss of our home, job, environmental disaster or crisis in another city or country. In our world today, we find ourselves confronting head-on life's most difficult moments.



© Can Stock Photos/ Antonio Guillem

Frequently, there is lack of closure or resolution around a wound or loss that we have carried with us for years. Often the memory or belief we bear keep us sad, empty, disconnected and not fully living our precious life.

I find that in our Western culture we do tend to not allow ourselves to fully grieve or to experience loss. We are told to "get over it," "move on", or "it has been long enough." We bury our pain and sorrow and we suffer privately.

Seven years ago I experienced a traumatic car accident that precipitated the loss of function in my hands and arms, loss of my home, and car. During that same week my beloved cat passed away.

I was in a daze; frozen in space and time. I was overwhelmed with sadness, grief and loss. It took some time to feel that I had found my way back home to my true self.

Here are four things I did that supported and helped me heal my mind, body and spirit.

1. **Spiritual Path:** Find a spiritual path that resonates with you. Reach out and ask for support. In every city there are churches, groups and guides who are available to help you.



**Joyce Dillon, RN, MN, BCC**

*Integrative Health & Wellness Nurse & Life Purpose Coach*

Specializing in **Loss & Grief Retreats and Counseling**

[jjdillon@mindspring.com](mailto:jjdillon@mindspring.com)

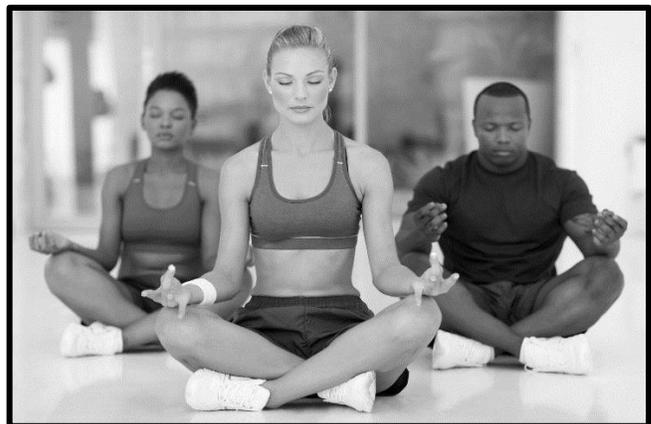
404.824.7332

2. **Grief Guide:** Find someone or several friends you can speak with daily or weekly. Go to a grief and loss support group, retreat or counselor. You do not have to grieve by yourself!
3. **Self-care:** Take care of yourself, rest, find a good massage therapist, energy healer, bodyworker, and meditate daily.
4. **YOU DECIDE WHEN YOU ARE READY TO RETURN TO WORK, SOCIALIZE AND SHARE WITH OTHER PEOPLE YOUR EMOTIONS ABOUT YOUR LOSS.** Do not allow anyone else to minimize your grief and what you have experienced!

Please check out the Loss and Grief Classes and Retreats I will be doing around the Holidays. Call 404-824-7332 or [jjdillon@mindspring.com](mailto:jjdillon@mindspring.com)

**BIO:** Joyce Dillon, RN, MN is the founder of Joyce Dillon Inc. she provides Health and Wellness training and coaching, life purpose facilitation, loss and grief retreats and counseling. Joyce has studied loss and grief with author Dr. Francis Weller and wise elder Maldoma Some and trained in rapid resolution, trauma therapy and clearing of old wounds and beliefs. She recently relocated from Atlanta back to her hometown of Louisville.

:

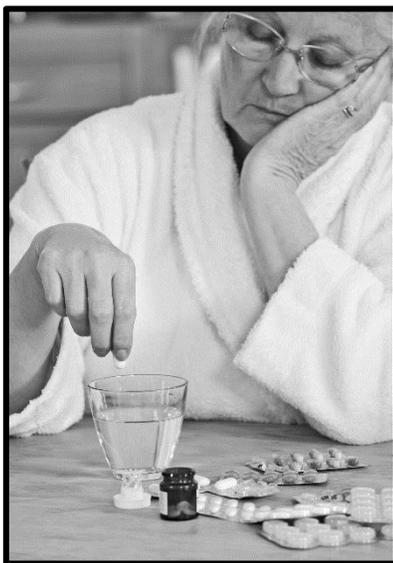


(c) Can Stock Photos / Michael Yung

## ***POLYPHARMACY & HOLISTIC HEALTH, T. Kay Jones, PMHNP, FNP, KHNA Co-leader***

### **Interactions Between Medications & Supplements**

Polypharmacy has many definitions, but the most commonly seen is when a person is taking more than five medications in one day (Masnoon, Shakib, Kalisch-Ellet, & Caughey, 2017). This is seen more in the older populations with multiple chronic illnesses. Many patients want to be holistic and supplement prescription medicines with holistic or alternative medicines available over the counter. Several studies, including one by Graham, Gandhi, Bogus, Seger, Burdick, Bates, Phillips, & Weingart (2008) found the possibly harmful interactions of prescription medications and health supplements to be 'worrysome.' Possible interactions are concerning enough that some healthcare systems are supporting the healthcare staff to seek education or training over this topic. Gavura (2012) pointed out that in 2008, poisonings from prescription medicines were the cause of more deaths than motor vehicle accidents. As a holistic provider one always supports discussing the possible interactions of prescribed medications and alternative therapies with a medical doctor or nurse practitioner. Gavura (2012) pointed out that many of the interactions were predictable and thusly preventable, specifically mentioning combining prescribed drugs and combining alcohol with prescription medicines.



### **Food and Drug Interactions**

One note is that the body treats food, prescription medicines, and herbal therapies all in the same biochemical manner (Gavura, 2012). An example of a food that interacts with medicines is grapefruit juice (Gavura, 2012). This again supports consulting an expert before making changes with alternative therapies or diets when already on prescribed medications.

### **Side Effect Avalanche**

Patients need to be aware of the side effects and the actions of the drugs they are taking. Whitaker (2016) calls patients to step up and ask questions. When going into a healthcare provider for symptoms, the patients need to have good communication of their symptoms and the medicines that they are on. Whitaker (2016) points out that many times the side effects such as upset stomach are expected with many prescriptions, but when a patient comes in with the new symptom of upset stomach, they get another prescription. Remembering that many patients with polypharmacy are older adults, it is important to note that side effects from high levels of a drug can be seen with an average dose of the medicine in this population (Saini, et al., 2001). Thus, taking medicines as prescribed and herbals as instructed from the bottles can still cause side effects and harm. Combine this with patients taking



KHNA  
Chapter  
of AHNA

### Kentuckiana Holistic Nurses Association

**Come see what's going on!**

- Promoting holistic self-care
- Welcome to all (not just nurses)
- Meetings – 3<sup>rd</sup> Tues of the month

Leave message at 502-759-5310 for info



Kentuckiana Holistic Nurses Association

medicines for side effects instead of actual disease processes and the risk for polypharmacy and patient harm greatly increases.

**T. Kay Jones, PMHNP, FNP, KHNA Co-leader**  
Having been in holistic medicine for many years, I want everyone to find the holistic methods that supports their healthy and happy life. I have been a prescriber for more than five years and I know that the interactions of herbals and prescription medicines can easily be overlooked. Holistic health can be achieved with many of the current prescription medicines and herbal supplements or remedies.

**Photo:** Woman with Pills. © Can Stock Photo/Photography 33

**Photo:** Pills. Olsztyn on Unsplash, Freestocks.org

### **References**

Gavura, S., (2012). Drug Interactions, Polypharmacy, and Science-Based Medicine. Science Based Medicine. Retrieved from <https://sciencebasedmedicine.org/drug-interaction-polypharmacy-and-science-based-medicine/>

Graham, R.E., Gandhi, T.K., Borus, J., Seger, A.C., Burdick, E., Bates, D.W., Phillips, R.S., & Weingart, S.N. (2008). Risk of Concurrent Use of Prescription Drugs with Herbal and Dietary Supplements in Ambulatory Care. *Advances in patient safety: New directions and alternative approaches*, Vol 4

Masnoon, N., Shakib, S., Kalisch-Ellet, L., Caughey, G.E. (2017). What is polypharmacy? A systematic review of definitions. *BMC Geriatrics*, 17(1), 230. Doi: 10.1186/s12877-017-0621-2 Saini, A., Birrer, R., Harghel, C., Hussain, S., Hsu, L., Patel, B., & Kumar, D.N. (2001). Polypharmacy, Complementary and Alternative Medicine in the Elderly. *Pharmacy and Therapeutics*, 26(12), 616-627

Saini, A., Birrer, R., Harghel, C., Hussain, S., Hsu, L., Patel, B., & Kumar, D.N. (2001). Polypharmacy, Complementary and Alternative Medicine in the Elderly. *Pharmacy and Therapeutics*, 26(12), 616-627

Whitaker, J. (2016). *The Perils of Polypharmacy*. Foundation for Alternative and Integrative Medicine. Retrieved from <https://www.faim.org/the-perils-of-polypharmacy>



## **OPTIMIZING THYROID HEALTH NATURALLY**

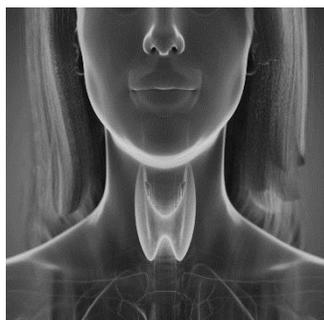
### **Dr. Lisa Tostado**

An estimated 20 million Americans have some form of thyroid disease (hypo or hyper). My focus for this article will be on how to naturally support someone with an underactive thyroid (hypothyroid) using nutrition and herbal approaches.

The thyroid gland sits under the Adam's apple, measuring about 2 inches across. It consists of two lobes with a butterfly shape. It plays a major role in the growth, metabolism and development of the body. Thyroid hormones help the body make energy, regulate body temperature, and affect the normal function of many organs and tissues including the brain, heart, and muscles. The main thyroid hormones produced are T4 (thyroxine) and T3 (triiodothyronine).

One of the key minerals for thyroid hormone production is iodine. Thyroid cells are the only kind in the body that can absorb iodine from the diet. A thyroid gland deficient in iodine will often enlarge and develop what is called a goiter. Lab markers may reveal a high TSH (a hormone made by the pituitary gland that signals the thyroid gland to make more hormones) or low T4 and/or T3). The daily recommended requirement for iodine is 150 mcg for most adults and children over 4 years old. One of the best sources of iodine is seaweed -- most notably bladderwrack, which contains one of the highest levels of organically bound iodine. It is a great choice for supporting thyroid hormone production when iodine levels are suboptimal. It is commonly sold as a supplement and taken orally in a capsule or tablet form. Other sources of iodine include saltwater fish, seafood and iodized salt. Although supplementation can be beneficial, too much iodine can also be at the root of hypothyroidism (underactive thyroid function) and hyperthyroidism (overactive thyroid function). It is still not clear if those with autoimmune Hashimoto's thyroiditis will make their condition worse with additional iodine -- therefore caution must be taken. Fluoride, chloride, and bromide all compete with iodine and interfere with thyroid hormone production.

Selenium is a trace mineral that is essential for thyroid hormone to be synthesized properly. The thyroid gland concentrates selenium more than any other organ, tissue or gland in the body. It is important for supporting the immune system and protecting the thyroid. One study found that there was a positive impact on the thyroid antibody levels of people with Hashimoto's thyroiditis when given selenium supplementation over a 12-month period. Brazil nuts are one of the best sources of selenium. One nut can contain as much as 90 mcg of selenium. Consuming 2-4 brazil nuts daily can help address deficiencies in the body. It is best to check your levels first via blood or hair tissue mineral analysis. Too much selenium can also be detrimental to the thyroid. Supplementation of selenium is optimal at around 200 mcg per day as selenomethionine.



**Dr. Lisa Tostado, N.D.**

**Naturopathic Doctor**

**502-410-8009**

**Where Nature Meets Medicine \* Treating People, Not Symptoms**

**Website: [www.vitablissnaturopathy.com](http://www.vitablissnaturopathy.com).**

**Email: [drlisa@vitablissnaturopathy.com](mailto:drlisa@vitablissnaturopathy.com)**

**Office: Whole Health Associates, 3834 Taylorsville Rd., Ste. B1**



Zinc is a mineral that can only be optimally absorbed with normal thyroid function. Therefore, those with hypothyroidism are more prone to developing a zinc deficiency. Zinc is a mineral essential for the function of over 200 enzymes in the body. One study showed that the hair loss (alopecia) experienced in those with hypothyroidism did not improve until they started supplementing with zinc. Zinc rich foods include pumpkin seeds, nuts, eggs, shellfish, and meat. Zinc deficiency can also lead to poor wound healing, the presence of white spots on the nails, and a loss of smell/taste.

Ashwagandha is an ancient herb that is classified as an "adaptogen." In one study, it was shown that chronically stressed adults produced lower cortisol levels when given an ashwagandha supplement. Compared to the control group, those taking ashwagandha had a reduction by as much as 30%. Elevated cortisol as a result of chronic stress interferes with the conversion of T4 to T3 hormone. T3 hormone is 4x more active than T4. Ashwagandha can reduce the symptoms associated with stress including anxiety and insomnia. Ashwagandha is typically taken as an herbal tincture, or in a capsule or tablet form. My favorite companies for herbal products include Mediherb, Herb Pharm and Gaia.

Bacopa has been used traditionally to support cognition and memory. Studies show that it may also stimulate the thyroid gland and boost the production of T4. It also helps the body adapt to stress better and dampens the production of cortisol. One of my favorite thyroid boosting supplements contains a combination of bacopa, ashwagandha and bladderwrack.

In addition to these considerations, consuming a whole foods diet (including cruciferous vegetables), drinking plenty of filtered water, moderate exercise, annual detoxes and stress reduction techniques can improve overall health and outcomes. While these nutrients and herbs can improve thyroid health and the signaling systems involved in hormone production, please consult with your doctor before starting any supplement or nutrition program.

**Bio: Dr. Lisa Tostado, N.D.** is 10-year Louisville resident. She graduated from Southwest College of Naturopathic Medicine, in Tempe, Arizona; one of the leading accredited naturopathic medical schools in U.S. Inspired by early pioneers in whole food nutrition, Dr. Tostado completed the CCWFN program in 2016 with the International Foundation for Nutrition & Health.

**Photo:;** © Can Stock Photo/ Eraxion .Thyroid Gland

## ***RIPPLES IN THE WATER*** ***BY Karen Schellinger, LPAT, LPCC***

As a child I remember throwing pebbles into a pond or lake and then standing to observe the ripples made by the impact of the pebble hitting the water. This article relates to throwing pebbles of words and behaviors and the ripples then created by the one pebble we throw or as a result of others.

The Dali Lama writes, "Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects." The metaphor of throwing a pebble into the water is a very good tool for guiding us on our journey of living. As unique as each journey is, ripples may sometimes feel like waves.

Allow yourself to think of one act of kindness then follow all of the other acts of good will from the one act. I recall the recent news story of the grandson spending summers taking his grandmother to every National Park. The ripples of their experience and memories will last a very long time as will the thousands of individuals following the joy making on social media.

The ripples of our day may be ever present in stress or anxiety even depression. The impact may build from within our thinking by thoughts running into the future or the past. During the day it may be a traffic jam, bad weather, or hurtful words becoming the metaphorical pebble. What options are available when the pebble is thrown by another?

Allow yourself to think of a time when your feelings were most intense, what were those ripples like. Does the feeling body have a way to process these metaphorical ripples? Grief, anger or sadness may be ripples and with healthy tools in place the ripples may not become waves.

Is there a behavior you recall where many undesired ripples resulted from one act? What was the outcome of the ripples? Situations may arise unexpectedly resulting in thoughts, feelings, or behaviors not desired and following the pebble the ripples may result in waves. Was this the desired result?

By increasing awareness and setting daily intention we practice limiting how many pebbles create unhealthy ripples. Daily self-awareness is a non-judgmental and compassionate practice, I invite you to experience this.

By bringing awareness of our inner dialogue, the words we choose... are the words helping, supportive, comforting? It is

**Karen Schellinger, LPAT, LPCC, LLC**

**Licensed Professional Art Therapist and  
Counseling Professional**

**schellingerkaren@gmail.com  
502-383-4812**

**If you are at peace, you are living in the present.  
Lao Tzu**

common for adults to subscribe to the ripples arising from parents' words or actions. Unaware of the impact on a child and not easily forgotten, the ripples become beliefs impacting how we continue our journey in adulthood.

The belief may result in a practice of judgmental self-talk. Name calling, lecturing, and judgments are a few examples of

internal conversations considered to be the ripples from a pebble that may have been thrown by another many years ago. Challenges continue to teach us while on our life journey and by

setting intentions, we empower ourselves to increase self-awareness in our actions verbal or otherwise.

Yes, in my opinion I do believe pebbles of good will may benefit many individuals, by increasing

self-awareness we become uniquely responsible for ripples or waves we create for self and others. By increasing non-judgmental awareness and acceptance our relationships with ourselves and others become once again calm waters.

Photo: © Water Ripples, Arek Soch 1761027 Pisabay

**BIO: Karen Schellinger** is a National Board-Certified Therapist (ATR-BC), Licensed Professional Art Therapist (LPAT), and a Licensed Professional Clinical Counselor (LPCC). Karen holds Certification in Mandala Assessment Research instrument (MARI), Pranic Healing and Plant Prana with Therapeutic Oils. A Navy Veteran, Author and Artist, Karen's approach is compassionate and non-judgmental while practicing awareness of the present moment providing her clients with real life practices to transmute suffering. Karen currently accepts clients ages 12+ in her private practice. See contact in Business Card.



## CLEVER MASKED MAMMALS

Elsa Lichman, MSW, LICSW, Waltham, MA

**Did you know that raccoons can climb down a tree headfirst by rotating their feet so they point backwards?!** Another special quality is that they are known for their intelligence; studies have shown that they can remember the solution to tasks for up to three years!!

Their most important sense is that of touch. Their front paws are sensitive, with no webbing between the five digits. The cerebral cortex is specialized for the interpretation of tactile impulses. Raccoons can identify objects before touching them, with whisker-like hairs above the nonretractable claws. They seem to 'wash' their food, but are actually foraging in water, and often roll food items in their hands and hold prey in both hands, due to lack of an opposable thumb. Their sense of smell and auditory abilities are also acute.

The raccoon is a medium sized mammal native to North America, averaging 28 to 41 inches in length, weighing usually 10 to 30 pounds, depending on habitat. Males are generally larger, and at the beginning of winter, both sexes can double their weight due to fat storage. The coat is grayish, and dense underfur protects the raccoon from cold weather, as it does not hibernate. Its distinguishing features are dexterous front paws as mentioned, facial mask, and ringed tail. They are generally nocturnal and omnivorous, eating both plants and invertebrates.

They have extended their range to include forests, mountainous areas, coastal marshes, and urban environments. Related females often share a common area, while unrelated males can be found in groups of up to four animals, maintaining their position against foreign males during mating season, as well as other potential invaders. Their range, or habitat, can be quite large depending on their location.



Females mate with a variety of males and raise the young on their own. The gestation period is approximately 65 days, and 2 to 5 kits are born in spring. They are nursed for 16 weeks, until they disperse in late fall. Newborns can be heard twittering like a bird. The nest is in a tree cavity, and seeing the faces of the young peering out can be quite enchanting.

Raccoons can run at moderate pace, swim, and climb trees. I once saw a young raccoon at dusk in a naked tree going from one high branch to another - - far from the trunk. It apparently was having great difficulty getting down once it had reached the top branches which bent under its weight. It was impossible not to root for this animal as it took daring leaps here and there - - at last reaching the trunk and safety!

Life expectancy in the wild is only 1.8 to 3.1 years, due to predators such as bobcats, coyotes, great horned owls, bears, the occasional bald eagle, and others depending on habitat, and



mostly human hunting, as well as traffic accidents.

Raccoons do not fear humans and can raid gardens and nest in homes or outbuildings - - and also carry diseases. They are protected in some states, so the best deterrent is to secure all garbage and any entries ~~entry spaces~~ into structures. They are naturally shy animals which prefer to retreat when they sense humans nearby. Even a seemingly friendly or calm animal should not be approached. This is still a wild animal and can be dangerous to humans and pets when cornered, ill, or protecting it's young. Some states prohibit having them as pets, but if a young one is found, rehabbers are available. Usually they treat animals and try to get them ready to be released back into the wild. One young man took a raccoon in as a pet and found that as the animal grew and matured it became more difficult to manage.

The raccoon has been featured in Native American lore and folk tales, as well as in indigenous art, dating back to prehistoric petroglyphs, i.e. rock carvings, most often found in the Southwest in the United States.

Taking a closer look at one of our commonly seen wild animals gives us a fuller picture of the complexities of their features and lives and brings us a better understanding of Mother Nature's creativity

and intelligence.

**BIO:** Elsa Lichman retired from social work in a variety of settings, after 43 years, and has turned to the arts in retirement. She studies voice and performs arias, art songs, jazzy tunes, and songs from musicals in studio recitals, performs with a multilingual chorus, and created a guitar and vocal duo called the Wild West duo, which performs on a volunteer basis in local nursing homes. She writes the Nature in the City column twice monthly for her local paper, and writes for other venues as well. She will be teaching a writing course at her local senior center.

**Photo top:** Young raccoons, Kim Nagy  
**Photo left:** Pixabay, 3933050\_1280

**Editor's note:** Once after meditating together, a group of friends and I walked in woods. A raccoon peacefully followed us for half an hour. I think that he perhaps was attracted to the peaceful energy. We didn't have food along.



## HEALING DETRIMENTAL LIMITING BELIEFS

**Norma Wileman, B.S., EFT  
Practitioner, TAAP & ACE Certified**

Limiting beliefs are very detrimental to us on so many levels. They are the things we were told or heard from loving family members, the nightly news, teachers, friends, bosses, T.V., etc. Limiting beliefs hold us back from doing and becoming what we want. They are comments from our family, teachers, coaches, bosses, and even friends. These comments were generally stated by well-meaning people who don't want us to get our hopes up too much about life. They also come from people with cruel intent.

We all experience this. A personal and powerful example of how influential these comments can be: I am one of three girls in my family. Our parents always told us we could be whatever we wanted - - doctors, attorneys, senators and anything we set our minds to do with no limits. Early on in elementary school our teachers were painting a very different picture. They told us that girls could only be mothers, nurses, librarians or teachers. We heard this many, many times - - enough so that it became emotionally entrenched by the time our mother tried to convince us otherwise.

My oldest sister became an X-Ray technician, fulfilling the nurse role. My middle sister became a librarian. I followed in lock step to become the teacher. We all loved our jobs and had wonderful careers, but I had scholarships thrown my way for other life tracks that I turned down. This emotional baggage is passed down to us, and it is our choice whether or not we want to hang on to it or release it.

Here are some examples of limiting beliefs:  
"You never have anything important to say. You will never get a well-paying job. You aren't smart enough to go to college. You are too short to play basketball. Only men can make good money. Women can't be CEOs. You aren't strong enough to play football. Money is the root of all evil. Our people don't come from money. You will never amount to anything." Limiting beliefs live in our subconscious mind and typically remain there for life. However, many healing modalities are effective at releasing these permanently. You are never too old to rid yourself of beliefs that limit your life.

The following limiting belief was from an actual client who wanted to try out for Pro Day at his university. "You aren't fast enough, strong enough or agile enough to play in the NFL." He heard these from people who cared about him and didn't want him to be disappointed. He also had been Red-Shirted\* for one year and missed another half season due to a second injury. Those coaches who discouraged him from even trying out were not being



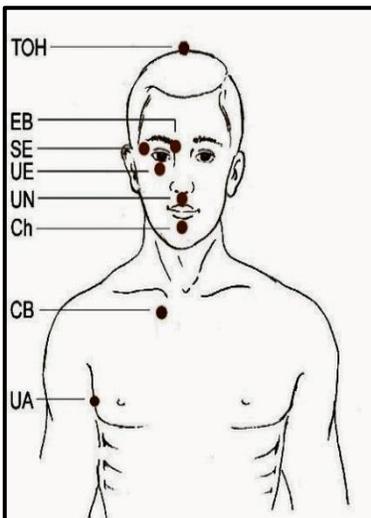
**Holistic Wellness**

Heal Abuse, Anger, Anxiety, Allergies, Chronic Pain,  
Depression, Fears, Phobias, Headaches, Migraines, Self  
Esteem, Limiting Beliefs, Injury & Surgery, Trauma, PTSD,  
Smoking Cessation, Weight Management, Corporate  
Programs, Manifesting  
**HEAL FROM WITHIN**

Norma Wileman  
nwileman@gmail.com  
502-819-8200      www.touchpointseft.com

cruel. They didn't want him to be disappointed or waste his time if he wasn't even going to be looked at by the coaches. His work ethic was amazing and after working together for less than 2 hours every one of these limiting beliefs had been released. The proof of this was that his times were faster on the 40-yard dash than they had ever been, he was now lifting higher weights and doing more repetitions than he had before, and mistakes he had made on an agility drill were eliminated. In the end, this young man did extremely well at Pro Day and was offered a tryout with the New England Patriots. He did well enough at Pro Day to get an invitation to try out the following year, while training for a different position more suited to his physical size.

See in the chart the tapping points to get you started. Tap 5-7 times on each point beginning with the top of the head and continue going down, then repeat that process. The points are on both sides of the head and chest. Now, let's get rid of limiting beliefs!



Simplified version: Begin by tapping on the side of your hand (where you would chop a block of wood in karate). Repeat 3 times: "Even though I have this belief that (fill in your limiting belief, ex. I am not good enough) I love and accept myself." Then begin tapping on the points as

illustrated and continue to tap around the body points saying "I am not good enough." You may talk about why you don't feel good enough while you tap. Use words that describe your situation specifically. That is how your body knows what to release. Since we tap specifically on the problem, we do state the negative in order to activate that energy for release. After several rounds of tapping then you start repeating positive statements to move the old limiting belief out - - and nurture and love yourself. Email me with questions, get on my email list for notification of a group class on Releasing Limiting Beliefs, or to schedule an appointment: [nwileman@gmail.com](mailto:nwileman@gmail.com)

**BIO:** Norma is a former biology and oceanography teacher. She has been an active practitioner in several energy modalities for over 9 years. She is AAMET/EFTi Accredited Certified Level 1 and Level 2 EFT Practitioner. She is also certified in Advanced Clearing Energetics, ACE, and is a Trained Allergy Antidotes Practitioner and Ask Receive Practitioner. (Continue on Page 20)

*Insights From A Christian Mission Trip*  
**BEFORE YOU GO ON A SHORT TERM  
MISSION, THINK AGAIN**  
**Kathy McBroom, M.Ed.**

Considering going on a short-term mission trip with your local church? Think again. Take it from me, a person who goes on mission every summer. Weigh all sides of this before you commit. First, this will require some time off unless you are a teacher like me. Then you will have to sacrifice part of your summer. Aunt Bessie has asked you to come visit for five years now, and you may have to miss that again. You may even miss out on the dreaded family reunion.

Financially, there's a price to pay, literally. You may have to cut back on shopping, eating out, or cut out another trip. You will need to budget and make some choices. Is this really worth the cost?

There will be modern conveniences that you may have to do without. You might use the restroom in what's called a squatty potty, which is a glorified hole in the ground. I had a large pig beside me in one very memorable restroom experience. Surely that would make me decide that this whole mission idea is not worth it. You may not have hot water or water or air conditioning or heat. For that one week these may not be accessible.

And of course, the food. What if you don't like it? You may find yourself eating some crackers for a meal because you weren't sure what that was on your plate. You may not get ice, cold drinks, sodas of your choice, or even drinks with your meal. Are you really willing to make such bold sacrifices? You may not have internet access. Imagine going for a week without Facebook. How will you know what everyone ate all week? You will miss your favorite TV shows.

So, is it really worth it? Yes. Absolutely. No second thoughts or regrets. It's life as alive as it was intended to be, sharing with people about the greatest love they could ever know from the One True God and His Son Jesus. With great sacrifice comes great appreciation and an attitude of thanksgiving.

Imagine...the look on a person's face when they finally understand what true freedom from the burdens of life looks like and when they say yes to that freedom. Imagine being the one to

**KATHY McBROOM, M.Ed.**

TEACHER, BLOGGER, VIOGGER, BIBLE STUDY TEACHER

Available to Speak for Retreats, Conferences, Prayer Breakfasts, Dinners

All proceeds go to Ecuador 2019 Fund

kathymcbroom@gmail.com kathy.mcbroom.wordpress.com

CHECK OUT MANIC MONDAY ON FACEBOOK

THREE BOOKS FOR SALE ON AMAZON: *You Ain't in Kansas Anymore,*

*This Ain't Hollywood Either,* & *Giving Yourself Away*

tell people that they were created for a purpose and that first-time realization. Imagine people of all ages and nationalities giving you gifts from the little that they have because they are so grateful. Imagine how humbling that is. Imagine seeing scenery that is unimaginable. Imagine having conversations with people who have never seen anyone with light skin. Imagine trying foods that you've never heard of, but instantly your mind says, "Wow, where has this been all my life?"

Imagine knowing that the lives you have interacted with have been forever changed, not because of you, but because you were called by a Mighty God to go on this trip, and He always accomplishes His purposes. He is the same God that supplied all the money and time off for the trip. Imagine being forever changed. It's worth it. Every sacrifice, every penny, every ounce of energy.

**Bio: Kathy McBroom Bio:** Bachelor in Science and Master in Education. Kathy is married to Robert McBroom, Connections and Missions Pastor at Little Flock Baptist Church in Shepherdsville. She is a teacher at Mount Washington Middle School in Mount Washington.. She and her

husband Robert have two daughters, one a first-grade teacher in Harlan, Ky and the other the High School Girls Youth Minister at Englewood Baptist Church in Jackson, Tennessee. Visit her blog: [kathymcbroom.wordpress.com](http://kathymcbroom.wordpress.com) . She has 3 books for sale on Amazon: *You Ain't in Kansas Anymore,* *This Ain't Hollywood Either,* and *Giving Yourself Away.*

**Photo:** Kathy with a family in Ecuador. Her group also spent time in Asia.



# THE TIME IS NOW

by Joyce C. Gerrish, M.A.

Each of us is created by God to be here on planet Earth at this astounding moment. This is a time of momentous potential good for all of us - - and for our children and grandchildren. We can do it. We can create a beautiful reality for all of us to share. We cannot allow a few confused souls to try to destroy our wonderful country and beyond. What we share is a gift to us from forefathers and foremothers who did the best they could in their own way. Many terrible mistakes were made. There is no doubt about that. But we must learn from our mistakes as a people - - and move on in love and compassion. It is within us to do so - - we are created by God in God's image - - as it says in the Bible, Chapter 1:27. It is up to us to allow that majesty of divine qualities to flow through us and inspire us to be a positive part of the solution for our beloved country. Profound love, wisdom, and action are key.

Prayer is powerful. Encouraging words to our loved ones are powerful, compassionate love is powerful, united action is powerful. Together we have the power to create good for all. Each of us can contribute in our own way. We can't wait any longer. The need is now.

Let us each look around us and see the need and the pain of those who struggle. Is there something we can do to help lift those less fortunate than ourselves? Even a few hours a week of volunteering for a worthy cause can be of great value. Maybe your job and life are already all about providing compassionate service. If so, good! In that case, maybe the best way you can help those people you serve is to take excellent care of yourself physically, emotionally, and spiritually so that you can continue to provide that solace without burning out.

Truly accessing spiritual renewal resources can help recharge and magnify our energy and outreach. This is true! May we all take time to recharge every day whatever form that may take - - meditation, prayer, yoga, walking in nature, tai chi, listening to peaceful inspiring music, playing a musical instrument, writing our feelings, expressing our heart by creating with colors, dancing, and more. Those can all help to recharge and balance our being. Find the ways that work for you.

While recharging ourselves, we may find our awareness flooded by our Higher Consciousness and the blessings of God. Often our truest wisest insights will come to us in the midst recharging. When we truly lift our heart and soul to God we are connecting to the source of our being. It is like plugging the lamp of our light to the inexhaustible divine source of Illumination. That is the true source of renewal and the source of inspiration for how we can best contribute our unique gifts to help lift our life and the lives of those around us.

Some people may be inspired as to how to help initiate or support and encourage wholesome activities for young people in our community and city. Others may have insights on how our city



Enhance Your Peace & Goals. Heal Old Wounds or Trauma.

**OPEN TO THE MIRACLE OF YOU !**

**JOYCE GERRISH, M.A.**

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

812-566-1799, Louisville Office



Master's Degree in Human Development

Reiki Master Teacher and Practitioner

Graduate, National Institute of Whole Health

Sliding Scale Reasonable Fee. 30 Years Experience. Heart Centered.

can alleviate homelessness. Consider writing your ideas to the governmental agencies or officials or representatives overseeing the issues you're concerned about. Perhaps your vision includes volunteering periodically at a community center and teaching some skill, or regularly visiting a nursing home, or teaching Sunday school. The possibilities are endless. Volunteering to support political candidates who embody your vision is of great importance now. May we all stand up for what we believe. Now that is needed as much as ever before. Let's be sure to vote - - and know that it is of extreme importance.

In the midst of all that is described above, may we all keep healing ourselves of old self-doubts - - and moving on to ever more fully express the miracle of who we truly are! It is possible! It is our destiny! My website [www.joycegerrish.com](http://www.joycegerrish.com) is available with free audio guided meditations, inspiring songs, uplifting events, and more. Natural healing can be of great service in helping you open ever more fully to the call of your heart and soul - - and your highest potentials.

**BIO:** Joyce Gerrish is a Holistic Life Coach, Emotional Therapist, and Transformational Energy Healer. She has a Master's Degree in Human Development, and is a Graduate of National Institute of Whole Health. She is a highly attuned and sensitive guide for Higher Meditation and Spiritual Awareness. She has extensive training and decades of experience as a practitioner and teacher of numerous natural healing modalities including Reiki, Reflexology, and Meridian Activation. She is author of the book "Secrets of Wisdom - - Awaken to the Miracle of You," & Publisher of Natural Living Journal. 812-566-1799. [www.joycegerrish.com](http://www.joycegerrish.com) . Louisville Office.



**JOYCE C. GERRISH, M.A.**

**Reiki & Intuitive Energy Healing**

**Advanced Reflexology: Hand and Foot**

**Acupressure and Meridian Activation**

**Life Coach, Counseling, Couple Counseling**

**Higher Meditation & Higher Consciousness**

**Chakra Energy Centers Healing & Balancing**

**KELLY RISKA, OTR/L, RYT  
HEART OF WELLNESS**

Email: [kelly.riska@gmail.com](mailto:kelly.riska@gmail.com)  
502-377-1659

"Find Your Inner Calm"  
Therapeutic Yoga  
Craniosacral  
Reiki



**CAROL RYAN, HNB-BC, MSN RN  
Board Certified Holistic Nurse**

Integrative Imagery

Reiki

Jin Shin Jyutsu

**10% OFF FIRST SESSION**

502-298-3932 E-mail: [jjimages7@aol.com](mailto:jjimages7@aol.com)



**EASY TASTY HOMEMADE SOUP by Barbara Bosler**

Trying to eat healthier? Seeking less Processed food? Homemade soup is excellent for eating more naturally. Don't let the "homemade" intimidate you. If you can read, you can cook. Start by cleaning out the produce drawer of your refrigerator, leftovers, the end of an onion, that last 1/2 of a carrot, even an apple can go into your kitchen creation

**Sautee** 1/2 onion, stalk of celery, 1 clove peeled minced garlic (2 minutes)

**Add** 1 cup diced tomatoes with juice ; 4 cups broth. Look for low sodium natural bouillon cubes or other natural broth such as cooking water left from your cooking something;. 1 can drained rinsed favorite beans (I use black eyed peas)

**Now Add** 1 cup mixed frozen veggies and all remaining raw veggies from your refrigerator.

**Bring to a Boil** -- reduce heat -- cover and cook 30 minutes stirring occasionally

**Take the lid off Add** any leftovers like onions, rice, potatoes you found when you cleared your refrigerator. Add your favorite seasonings.

**Cook another 15 minutes.** Then enjoy with crusty bread.

**Continued from Page 7. True Spiritual Peace** May we bless everyone we see. Smile and see their presence. May we send love with a smile. Each of us has that journey. Let us remind each other to be "in the oneness," to be the peace, to be the love of God. May we do it knowing that there's not just one way to God. There are many ways, because there are many of us. We are strong, we are courageous, we are peace filled. I honor each and every one of you as we all together sing that melody. And so it is.

**Continued from Page 5. Electric Cars and Evolve KY** Electric Cars & Evolve range to choose from. Concerning speed, the Nissan Leaf caps the speed at about 90 mph. Some electric vehicles go faster. People are welcome to attend the monthly EvolveKY meetings to learn, even if they don't yet have an electric car. Someone would probably be willing to give them a sample ride. Electric vehicles powered by solar generated electricity can help heal our environment. (Photo: Pixabay /Mohamed Hassen)

**Continued from Page 17. Healing Detrimental Limiting Beliefs** She is an International Speaker on EFT for Sports Performance and has worked with professional, collegiate and amateur athletes. She has helped many people with emotional and physical issues, including pain management, injury and surgery recovery and more.

**Medicare Supplements**

**Jeannie Samdani, MA Econ.**  
Licensed Health/Life Agent



9300 Shelbyville Road, Suite 1310  
Louisville, KY 40222  
Office (502) 394-0400  
Cell (502) 794-9976

Kentucky License # 679199  
Indiana License # 656750

