

Natural Living Journal

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

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Is Your Pet Well Adjusted?

Seven Pointers to Enhance Your Photos

Organic Gardening

Understanding Manifestation

Wisdom about Cooking with Oils & Fats

Headaches, How Chiropractic Can Help

Finding New Meaning

Creating Mono-Print Designs, Gelli Plate

Running for Health

Living With Chronic Disease

Profound Peace with Yoga Savasna

Fairy Tale: Emerald Green Frog

Deep Compassion

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DEEP COMPASSION CAN HEAL YOUR HEART by Joyce C. Gerrish, M.A.

We live in a complicated world. There are multitudes of influences connecting us to the people we love and to the people who influence our reality for better or worse. How we deal with all of these interconnecting webs of relationships profoundly affects how our life unfolds. We are not bystanders in the rolling forth of our days. We help create our destiny in very real ways - - whether we are aware of it or not. We manifest our reality in a multitude of ways. Understanding this gives us power to choose.

Some peoples' emotions are deeply wounded and they have come to not truly trust or love them self or really anyone else. This may be primarily on a subconscious level. Being subconscious doesn't make it less significant an influence. Our subconscious is very powerful. It can be healed, though - - and it is important to do so. We need to be compassionate with our self and others in order to have the clarity to create the life we choose to live. You might say that understanding is right up near the top of the guidelines for successful living.

How can that be, one might say? That might appear to be a simplistic statement. How we perceive our self and the world around us alters our understanding of everything. Self-doubt and feeling unworthy colors and distorts how we perceive others. If we feel that we are unworthy, then we are very likely to think that others are unworthy. This can have tragic results in a person's life.

Love yourself and forgive yourself. If you do not currently pray and/or meditate regularly, I encourage you to start doing so now. Be kind and patient with yourself and others. At the same time, do not allow yourself to be abused by others. Finding this balance is a journey of a lifetime. The important thing is to keep consciously treading this path. Actively seek out those who can help you understand higher truths and emotional healing and spiritual clarity. You may wish to find a church where you feel comfortable, or seek out spiritually oriented groups and people that feel compassionate and wise. You may wish to read books that "speak" to your heart and soul. Allow yourself to find new meaning and peace and harmless joy. Passionately explore your wholesome natural talents and skills. Be a part of the solution for this precious world. Seek out spiritually oriented groups and people that feel compassionate and wise. Seek out spiritually oriented groups and people that feel compassionate and wise. True higher love heals not only the person or persons with whom we share it, but also ourselves.

Love heals. Love is the cohesiveness that draws people together. Higher love is the cohesive energy that holds our cells together to form organs within our body. . It inspires the cells within

an organ or body system to cooperate and function for the highest good of the total organism. Chronic anger, stress, frustration, or related emotions can set the stage for possible disease. Those emotions can become so repressed that we are barely conscious of them. But they can still be exerting their undermining influence anyway. When we have feelings of anger or frustration or sadness, we need to find constructive wholesome ways to express them so they don't become chronic and eat us up inside. It isn't healthy to completely hold feelings inside. We can heal this and restore loving harmony within our being.

Journal writing about our feelings can be helpful. (See p. 17) Talking to a trusted friend, counselor, or religious professional can help. Calmly and rationally talking with other people involved in an upsetting situation may help to negotiate a better solution. A daily relaxed walk is balancing and stabilizing. Meditation, prayer, yoga, tai chi or something similar can be very beneficial. We can pray to be immersed in gentle warm loving feelings for other people,

ourselves, and life in general. A kind loving heart is a gift from God and our Higher Self - - and it is a blessing to share it with others. It is a precious gift indeed. Approaching life through the heart of compassion and gentle love can help heal us emotionally and physically. Pure love grows through sharing it. Let's send out pure love as we move through our days. It will circle and return to us increased many-fold - -

sometimes from the least expected sources.

Note: Listen free to the song I composed, sang, and recorded "I Open My Heart" at www.joycegerrish.com in the section for Songs, Meditations, Designs: then click "Purpose." There's an audio guided meditation to listen to free there, also.

Bio: Joyce Gerrish has a Master's Degree in Human Development, and is a Graduate of National Institute of Whole Health. She has extensive training and 25 years' experience as therapist and teacher of numerous natural healing modalities including Reiki. She is author of the book "Secrets of Wisdom - - Awakening to the Miracle of You" and is publisher/editor of the Natural Living Journal. She is a Holistic Life Coach and Counselor. www.joycegerrish.com . 812-566-1799



INTRODUCTION TO QI GONG, Sat. April 8,
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Seasonal Allergens & Essential Oils

by Ashley D. Anderson, Ph.D, WHNP-BC

It's allergy season here in the river valley and while we all look forward to the sun shining bright and the flowers blooming, many of us will pay a heavy price for stopping to smell the roses. We all know that Louisville is one of the worst places in the country for seasonal allergies, yet here we are! After countless allergy attacks, and season after season of congestion and itchy eyes, my mother finally convinced me to get allergy tested. While it had been confirmed that I was allergic to mold and mildew as a child, I had not been tested as an adult. As we feared, my results indicated that over the last few decades, I had become more and more allergic to my environment. In fact, I was told that I was allergic to approximately 90% of everything that grows in Louisville between February and October. The allergist, almost in jest suggested that I either get allergy shots in each arm weekly to build up my immunity...or move! I couldn't believe it! I refused the injections and was told that I could try my hand at alternating annually between two well-known medications for controlling the symptoms of allergies.

As a healthcare provider, I acknowledge that some medications are necessary, but in this instance, at a place in my life where I was seeking to minimize my exposure to synthetic products, I sought an alternative. This is when I turned to essential oils. Essential oils are naturally occurring, aromatic compounds that are found in the seeds, bark, stems, roots, flowers, and other parts of plants. After endless research and many consultations with peers who were well versed in the Essential Oils world, I discovered a "Seasonal Blend" soft gel containing the following 3 essential oils...lemon, lavender and peppermint. I will admit that I was a bit skeptical, but this supplement changed my allergic life! To date, I've completely emptied my home of the over-the-counter medications and my whole family, little ones included, use this blend daily when seasonal irritants are high.

Let's dive a little deeper into each oil in this blend. Lemon oil is well known as a refreshing and cleansing oil. But beyond this, its' main constituents include d-limonene, a potent antioxidant that provides a neutralizing and anti-inflammatory effect. It also contains alpha pinenes that are also anti-inflammatory in property but may also provide bronchodilation and expectorant benefits. Lavender, known mostly for its calming and relaxing properties, has other qualities that make it helpful for seasonal irritants. Lavender's main constituents include linalool, a-terpineol, and linalyl acetate...all powerful anti-inflammatories that make it a soothing anti-histamine and anti-spasmodic. Peppermint, we all are familiar with for its' great digestive properties, but the menthol pinenes and menthyl acetate that constitute it also make it a wonderful anti-inflammatory, soothing and bronchodilating agent.

In all, this trio can pack a powerful punch against seasonal irritants and I recommend it daily when irritants are high. It can be purchased premade in a soft gel, but you can also make it at home. In a vegetable capsule, combine two drops of each: lemon, lavender, and peppermint and swallow. If by chance, the seasonal changes have already started to wreak havoc on your respiratory system, you can place the drops directly under your tongue, hold

them there for 30 seconds and then swallow. This will surely help support improved respiratory function!

Now I want to be clear that not all brands of Essential Oils are meant to be ingested. Be sure to do your research and find certified, pure, therapeutic grade oils. Also, check the label on the bottle to ensure that each oil is safe for internal consumption. I personally use and recommend doTERRA certified pure therapeutic grade" essential oils. As a researcher, I am both impressed and comforted by doTERRA's commitment to purity and testing of their oils. Quality and purity are most important when you are using essential oils therapeutically, especially when ingesting them.

Beyond the internal regimen above, I also recommend diffusing essential oils at home and/or work to "cleanse the air" during these seasons of blooming. One of my favorite concoctions is one I like to call "Spring Fresh." This is my seasonal irritant and itchy eye diffusion. Try diffusing 4 drops of melaleuca (tea tree oil), 2 drops of lemon, 2 drops of lavender and 2 drops of Douglas fir. Beyond the therapeutic benefits, it has an amazingly fresh smell.

Note that while allergies to plants and other things that grow outdoors are normally caused by the plant's protein-containing materials (fruit, seeds, leaves, etc.), these materials are not present in pure essential oils. That means that it is very possible that you could be allergic to lemons, but be able to tolerate lemon essential oil. If you have concerns about sensitivities or (Continued on page 19)



Bio for Dr. Ashley D. Anderson, PhD, WHNP-BC, MSN

Ashley received her Bachelor of Science in Nursing from Berea College in Berea, Kentucky. She received her Masters of Science in Nursing with a Women's Health Nurse Practitioner Specialty from the University of Louisville in 2008. In May of 2016,

Ashley completed her PhD in Nursing at the University of Louisville and will continue to aim her research to better the reproductive health care provided to adolescent females. Ashley is a family planning specialist, trained researcher, author, certified health science educator, community activist and motivational speaker.

Editor's Note: As always, consult your health care provider before making significant changes in your health practices.

Ashley D. Anderson, PhD, WHNP-BC
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IS YOUR PET WELL ADJUSTED?

by Julia Gawley, DVM, CVSMT

Veterinary care has come a long way in the last twenty years. Many people are recognizing their animal companions as capable of suffering physical and emotional pain similar to humans. Indeed, our furry friends' anatomy and physiology are similar to ours in many ways. No wonder they are "man's best friend."

Chiropractic care is now an option for pets, and it offers animals the same benefits as humans. After practicing conventional veterinary medicine for seven years, I sensed a need for healing beyond medicine and surgery. Having experienced the benefits of chiropractic care myself, I knew its potential. I became certified in veterinary spinal manipulative therapy (VSMT). I completed an intense post-graduate, veterinary specific training course in order to get certified. Over the last five years, I have seen truly amazing results with my patients. My inspiration to learn and provide this care for my patients was born of personal experience, and my excitement continues to grow as I see my patients respond in remarkable ways!

Think of the brain like a telephone receiver, and the spinal cord, which is housed by the boney spinal column, like the phone cord. The brain sends messages to the rest of the body via the spinal cord. This is how the brain "talks to" the rest of the body, maintaining coordination and proper functioning. Misalignments, or subluxations, in the spinal column interfere with the messages getting out to the rest of the body. I often refer to it like "static" in the phone line. The end result is disease and an inability of the body to maintain optimum health.

Proper nerve function is the basis for health. In chiropractic, we have a saying: "Bones are dumb, they do what muscles tell them to do. Muscles are dumb, they do what nerves tell them to do. The central nervous system (brain and spinal cord) is the control center for the entire body. Nerves branch off the spinal cord to reach end organs and muscles, so the brain can tell the body what to do. The spinal cord is surrounded by the vertebral spine. Misalignments in the spine will disrupt the flow of information, leading to disease. A properly adjusted spine keeps the body in optimal health, tapping into the body's innate healing abilities and prevents disease.

Spinal manipulation locates subluxations, or misalignments, in the spine and other joints. Though the misalignments may

measure only in millimeters, the health ramifications can be profound. Due to disruptions in the surrounding soft tissue, such as muscles and nerves, misalignments can lead to disease and dysfunction in the body. An adjustment is a directed thrust to move a joint past the physiologic range of motion without exceeding the



anatomic limit.

Adjustments restore alignment and flexibility, release muscle spasms, and allow nerves to function properly. A thorough understanding of anatomy and specialized training in spinal manipulative techniques are necessary to safely provide this therapy.

Veterinary spinal manipulative therapy may be indicated for an array of health concerns including arthritis and joint stiffness, chronic ear infections, neck pain, allergies, lameness, gastrointestinal and internal organ disease, incontinence, injury prevention, and overall health maintenance. For horses, gait/bit issues, lameness, resisting leads, decreased flexibility, or behavior changes may benefit from chiropractic care. Many of my patients are canine and equine athletes who receive regular chiropractic care in order to maintain top form.



Some examples of my patients' responses to spinal manipulation include: a dog who couldn't jump into the car for two years, readily jumped in after one session; a horse who was bucking when going into the canter stopped after his pelvic misalignment was resolved; an older dog who was in so much pain that his owner couldn't even touch him, acted like a puppy after adjustments and let everyone pet him; and a horse who was head shy (nervous to the touch) improved dramatically after her atlas was adjusted.

Initially a few sessions one to two weeks apart may be needed, then generally every 4-6 weeks is recommended for maintenance. Of course, individual responses and recommendations vary, and are patient specific.

Note: Spinal manipulative therapy does not replace general veterinary care and should not be used in cases of fracture or cancer. The author strongly recommends seeking a veterinarian certified in spinal manipulative therapy to provide treatment for your pet.

Bio: Dr. Gawley is a veterinarian in Louisville, KY, specializing in veterinary spinal manipulative therapy. She has been practicing veterinary medicine for twelve years. An animal lover her whole life, Dr. Gawley has two dogs, five cats and two horses. Please visit her website at www.trailridgevet.com for information or email her at jfgawley@gmail.com to schedule an appointment.

A black and white graphic with a jagged top edge, resembling a torn piece of paper. It contains the following text:

Julia Gawley DVM, CVSMT
Small Animal & Equine Chiropractic Services
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JOYFUL ORGANIC GARDENING

by Nancy Roberts

Nothing is more invigorating and restorative after a long winter than getting garden seeds started and planting our gardens. Something about the act of starting seeds and planting new plants seems to restore hope and the feeling of new beginnings. Here in Kentucky we can move very rapidly from spring into summer, but it is not too late to start seeds!

We field a lot of seed questions at New Earth at this time of year. There is so much information available, that sometimes it is difficult to sift through and find simple explanations for garden questions. We are hoping the following explanations can help you move confidently from organic garden planning to growing and enjoying an all-natural garden that is feeding you, the bees, and your friends and family.

CHOOSING SEEDS: Lots of folks come into our stores asking for non-GMO seeds. Genetically modified crops are created by adding genetic material from one species into the DNA sequence of another species. The result of genetic modification by laboratory methods is a combination of genetic materials that could not occur naturally. You will not find GM seeds in a home garden center at this time. NOTE: Both Baker Creek and High Mowing Seeds are Non-GMO Project verified. They are the only two seed companies in the US currently testing seeds at high risk for GM contamination for cross-pollination with GM varieties.

Hybrids are developed through traditional breeding, where pollen is moved between members of the same species. Plant breeders carry pollen from one plant to another by hand or with the help of insects to produce controlled crosses of two individual plants. Hybrids are typically bred for increased vigor, pest resistance, larger fruit size, or for commercial purposes such as shipping ability. Hybrid cultivars are developed over many year. A few examples of hybrid plants are Sun Gold tomatoes and many of the "super-hot" chili peppers, such as the Carolina Reaper. You cannot save the seeds from hybrid plants for planting, you will have inferior plants that are not true to the parent plant. You are able to take root cuttings ("take clones") if you would like to reproduce a hybrid.



You may hear discussion about open pollinated seeds. Open pollination is achieved by insects, birds, wind, or other natural mechanisms. The seeds of open-pollinated plants will produce new generations of those plants. One of the bigger challenges in maintaining a strain by open pollination is avoiding introduction of pollen from other strains. Based on how broadly the pollen for the plant tends to disperse, it can be controlled to varying degrees by greenhouses, tall wall enclosures, or field isolation.

Heirloom seeds are open pollinated cultivars that have been kept true to variety, with no cross pollination, through careful cultivation methods for over fifty years. Some seed companies use tent enclosures in their own gardens to house the plants. Bumble bees are then introduced to control the pollination. This prevents cross-pollination from undesirable sources, as well as preventing cross-pollination between strains. Heirloom seeds can be saved and replanted, ensuring a trustworthy supply of family food year after year. When saving seeds, be sure to keep the cultivars of each plant variety separate from the seeds of other plant varieties to prevent cross pollination.

SEED STARTING VS BUYING PLANTS:

The benefits of seed starting include increased variety of plants to choose from, having complete control over what is used on your plants, and quite often, healthier plants to start your garden. Healthier starts equal healthier and better garden performance, and better harvests. More and more plants are available that are locally grown and organic, or at the very least, not sprayed with pesticides. Starting your own plants is not difficult with the right equipment and space, primarily a grow light of some sort and a warm area. To assist with timing your plant starts, there are several apps and online resources. One of our favorites is from Mother Earth News. It is a free, personalized planting reminder called "What to Plant Now" that is e-mailed to you directly. <http://www.motherearthnews.com/organic-gardening/what-to-plant-now-z10z0903zalt.aspx>

TRADITIONAL TILLED GARDENS AND RAISED BEDS:

Raised bed gardening has exploded in popularity. Maybe it is the clay soil so many of us have here in Kentucky! If you are looking for less weeds and pests, better soil, higher yields, or simpler maintenance - - raised beds are a great choice. We have personally invested in several new raised beds each year, while still maintaining a tilled garden plot. We now have 10 + raised beds, most measuring 4' X 8' or 3' x 6'. Our tilled, traditional garden is where we plant our corn, beans, and plants such as melons and squash that like to sprawl across large areas. We use weed cover on our tilled bed. Our raised beds are used for tomatoes, peppers, smaller squash cultivars, sweet potatoes, asparagus, greens, herbs, carrots, broccoli, etc.

STAGGERING HARVESTS: If you are canning or preserving food, big yields ripening all at once is a bonus! For the kitchen to table gardener, you may prefer staggering harvests over the entire season to ensure a constant supply of the freshest produce. Some of our favorite plants to stagger are cilantro, broccoli, greens, and squash. **(Continued on Page 19 for PEST CONTROL)**

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Understanding Manifestation

by Arleen Carr, M.Ed.

We so want our goals. When we don't achieve them we react in various ways. We become angry at God for denying our dreams. Or we become jealous of people who have them. Many people become spiteful as they put others down. And so often we ache inside with hurt.

Not only do we suffer due to our disappointment in not reaching our goals, but the energy from the emotions accumulated from the disappointment can become a further barrier to manifestation. Often when someone has been disappointed so much they are reluctant to engage their psyche in another round of pain. That individual might then think such thoughts as what is the use of trying; I always get disappointed. Or If I don't really engage I won't hurt.

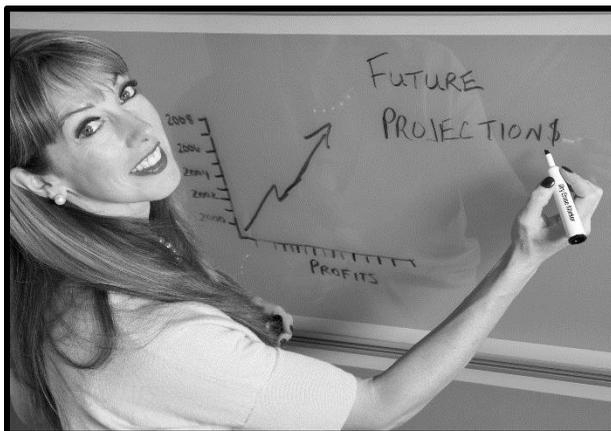
When are unable to bring our goals to light we can react in numerous ways. Sometimes we turn outward and cast blame on anything outside ourselves: society, our parents, authority, etc. As described, the emotions from looking outside ourselves can be anger, jealousy, or hatred.

We may also turn inward and focus on what we perceive as our own failings. The beliefs causing these reactions may be any in a range of shame, such as I'm not good enough, I'm not worthy, I'm not smart enough, I'm insignificant, etc. The emotions involved may be hurt and anger. In the case of turning inward it is anger toward oneself and that may lead to depression. Or we may use a synthesis of outward and inward blame.

What we fail to realize is that in order to achieve goals we must align our energies with the vision. That is a Process. The frequency of the individual must be raised to the same level as that of the goal.

Contrary to common human beliefs, God or the Universe, as you choose to understand the concept, doesn't play favorites or make judgments. The Process of manifestation instead, is one of frequency or energy. In the physical world an example is that of water changing to ice. When the temperature of water is cold enough, through the laws of physics, water becomes ice. Likewise, when our energy systems become aligned with the vision we have created, the change occurs. The goal becomes a reality.

Being effective in manifestation is a life skill. We learn through living through "The Process." Some of the foundation tools we develop are courage, the willingness to allow ourselves to be hurt once again by trusting our own resilience, and trust in God or The Process. All of these elements are life skills learned from failing and striving yet again.



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Larry McMurtry said, "Life isn't for sissies." So in the face of such pain, one may ask why should we continue to continue? When Neil Donald Walsh asked that question, God answered that it's because it's the only game in town.

So how does one continue with dreaming the dream in spite of repeated disappointments and the pain of hurt? There are many methods. Probably the first and most important for us is to set our intention. Then we could ask for assistance from whomever our belief encompasses: God, Jesus, angels, guides, etc. The spiritual realm is prohibited from interfering with humanity. But if we ask, we are given assistance. Some of the tools at our disposal are meditation, visualization, journaling, hypnosis, Emotional Freedom Technique, my own technique of Energetic Belief Transformation, toning, and developing your skills.

There is a force called Divine Grace which is the tendency of all things to reach toward their own resolution. In spite of the difficulties, we are supported by this energy. So lick your wounds, and keep on dreaming the dream.

Arleen Carr has the ability to understand the barriers that clients may experience in the manifestation of goals. She understands the complex mind-set and underlying fear that keeps clients stuck. She helps clients energetically transform their possibly fear, anger, and grief-filled minds so they can move from a can't-do to a can-do attitude. But most important Arleen teaches her clients the skills of self-empowerment so they can eventually "fire" her. 502/893-1858.

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Seven Pointers to Enhance Your Photos

by Josh McNally

Here are seven pointers that I use as my guidelines when I'm doing any kind of photo project. I'll start by sharing them briefly.

1. The Rule of Thirds. This helps align your picture. In your mind you break up your image into sections. I'll explain this in more detail in a few moments.

2. Don't always keep it straight. You can set things somewhat off kilter at an angle. That can actually add more drama. I've seen over and over where there is a totally balanced picture that has the subject right in the center of the image. Everything is perfectly straight and balanced but sort of boring. You don't need to do that.

3. Use shadows. People are always trying to get people out into direct sunlight. You don't need to. You can actually use shadows as a diffuser. Rather than carrying around a diffuser, you can just use shadows or clouds to soften the light. Even tree branches can soften the light and help create awesome images.

4. Leading with lines. Good examples of "leading with lines" are when you see pictures with lines like piers along a beach, or the lines of a sidewalk, or the lines of the side of the street and they are leading you across the image to the main point of interest.

5. Background. Sometimes people take a photo of what they think is going to be the major subject of their picture, but they may forget to look closely at their background. In the finished photo, there may be something totally unexpected going on in the background! When you are looking through your view finder, don't just look at your subject - - look at whatever else is in the background that's going to make your image interesting or not.

6. Symmetry and pattern. When you are looking through your viewfinder, watch out for patterns that are helpful or damaging to your image. For instance, in a group photo, watch out for patterns of similar color clothing. If that happens, move a few of the people so all the same colors aren't right together.

7. Experiment! That's important! Don't keep it too simple.

Those are my seven pointers for enhancing your photographic experience. Now let's explore a little further the first recommendation mentioned earlier, "Rule of Thirds." Whenever I'm taking a picture, I always use this concept along with other guidelines that fall in a similar category. Regarding the "Rule of Thirds," when you look at the image imagine two equidistant lines going across the image and two equidistant lines coming down from the top of the image. So you have little squares. There are three little boxes in the top row and middle row and the bottom row. It's a little grid. For the head room, you need to make sure that the eyes of the person in the photo line up with the top line. You can move the person to the left side of the image or to the right side of the image, but keep their eyes lined up with the top line. That makes sure that you don't get too much headroom.

If you have one person in the photo, you may wish to place him or her over to the left of the image somewhat.

You wouldn't want the person to be too far to the right because that would be too visually heavy. That is because we read books left to right, so our eyes naturally move from the



left to the right. Hence, there is more psychological weight to what is on the right side of an image. If you have one person in a photo, you would want them a little to the left of center. Sometimes putting a person well over to the left of center of an image can give an interesting look similar to an asymmetrical Japanese flower arrangement. When the subject of an image is in the dead center of a photo, there is no emotion or feeling. If the person is somewhat over to the left of a photo then to balance the person you may want to have something interesting in the background on the right side. That might be a tree or other landscaping, a piece of art work, sculpture, or something else.

When you are looking in your view finder, look up and look down. Make sure that there isn't anything poking into your image that you don't want there. If there is, the solution can be as simple as you moving or moving the object. I've seen pictures where there's a tree growing out of someone's head.

The ideal amount of a person to show in a portrait photo is

(Article is continued on following page.9)

PHOTOGRAPH ABOVE IS A PORTRAIT BY JOSH MCNALLY



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RUNNING: A Healthy Habit Passed Down from Father to Daughter by Faith Grady

Spring is here and the days are getting longer. As the weather warms up, many people choose to spend their days enjoying time outside. As someone who spent the majority of the winter months indoors and in the gym, this new season is a welcomed change. I love to spend mornings jogging around my neighborhood. Not only is jogging good for my physically, it is also a great way for me to bond with my surroundings, while clearing my mind from all the busyness of day-to-day life.

When I jog, the only thing on my mind is my breath and moving forward. My mind literally has no worries, and even on days when I had to drag myself out on the pavement, I never regret it. It has been said that when you run, even if you start in a bad mood, you will never finish unhappy. I believe that to be true! The endorphins that are released from jogging cause that feeling known as “runners high.” Runners high is a euphoric feeling caused by exercising that reduces stress and lessens the ability to feel pain.

While every jog doesn't guarantee runners high, it will always be a feeling that is worth chasing.



Jogging is a hobby of mine that I picked up from my father at a very young age. When I was in grade school, I remember spending Saturday mornings watching my dad jog around the track at Bellarmine University. Back then I would play quietly with my toys while waiting for him to finish his miles, but little did I know my subconscious was picking up on an activity that I would come to love later in

life. When I went away to college at seventeen in Nashville, TN, I begin to run a few miles nightly to combat the haunting “Freshman 15”. It has been said that during your first year of college you will undoubtedly gain 15lbs if you aren't physically active. I would call my dad and ask for advice about how he got so good at running long distances. My dad would explain to me that it was all in how you breathe and to just allow your body to lead you. I took his advice and not only did I beat the freshman 15, I started a lifelong hobby!

Now that I am an adult and back living in Kentucky, I would love to have the opportunity to hit the pavement with my dad.

Unfortunately due to an ankle injury he sustained while he was serving in the army, he had to have a surgery that prevents him from being able to run long distances on concrete. He still runs at least 3 or 4 miles on his home treadmill, and at 70 years old, I'd say that's not too shabby! I enjoy running on a treadmill, but there's something great about running outdoors, getting fresh air and taking in beautiful scenery along the way.

If you are not a jogger, I would encourage you to give it a try! Not only is it healthy for your body and heart, it is also a good way to de-stress and do something positive for yourself. I am so thankful for those Saturday mornings spent watching my dad jog because he instilled a habit in me that I can use for the rest of my life, and hopefully pass along to my daughter.

Bio: Faith Grady is a local freelance writer and a graduate of Tennessee State University with a major in Communications. She loves exploring and sharing about interesting places and opportunities in Kentuckiana.

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Seven Pointers to Enhance Your Photos, (Continued from previous page, 8)

from waist up. That is called a “bust shot.” If you have two people, you would try to line them up so they are somewhat similar in height. One person could sit, or one stand on a box. Line the photo up with the dominant person. That person's eyes are lined up with the top guide line across the image, and the waist at the bottom of the image. Try not to have the two people both facing the camera. Perhaps have one person standing with their shoulder a little towards the camera. That makes it more interesting; there's a little drama. They could be looking at the camera or at each other. In a future article, I will delve in greater depth into some of my other pointers for awesome photos as described briefly above. In the meanwhile, enjoy your photographic adventures!

Bio: Joshua McNally is a locally based professional photographer. He has been published in national and local magazines and newspapers. He enjoys working on motion picture movies, sporting events, and documentaries. He also does nature and architectural photography which have sold widely. He has been in many different galleries and art shows, and has taught photography in various schools over his career. He currently trains photography videographers. 502-457-7724

Living With A Chronic Disease

by Rev. Ray Nelson

Living with a chronic disease can be difficult. It can take a toll on a person physically, emotionally, and spiritually. On the physical side there are a doctor appoints to be made and kept, possible changes in the daily routine in order to maintain a new treatment schedule, dietary restrictions, possibly loss of a job or limitations on what work is available based on condition constraints, and having to take numerous medicines and treatments which often have side effects that seem as bad as the illness itself. On the emotional side, there may be mood swings, depression, loss of identity if work is affected, and having to come face to face with our own mortality. On the spiritual side the condition may challenge a person's sense of self and identity as a Divine creation of God. One may ask how I a spiritual person could have created such a condition. This may lead to thoughts of guilt and shame and even rock one's faith in God.

Difficult as living with a chronic condition may be life can still be rich and full. In October 2014 I was diagnosed with end stage kidney disease. I was rushed to the hospital and placed on emergency dialysis. I spent the next week in the hospital having dialysis treatments everyday and surgery to implant a port in my neck. This challenged the very fabric of my being. I am a Unity minister. I pray and meditate daily. I teach wholeness and healing at every turn and yet here I was hooked up to a machine that in very real terms was saving my life. What did this say about me and my ministry? At times I cried like a baby and wondered if it really was worth it to continue this journey. Maybe, I thought, it would be easier to just let go. But, go on I did.

I have found that to live a full, happy, and joy filled life is all about making choices. What foods to eat and what foods to avoid is a choice. For example, I love bananas but because of the high potassium content I have to limit my consumption. There are foods that can support your continued well-being and there are those that may have negative effects on whatever condition you may have. It is all in the choices we make. For those living with chronic pain the choice of exercise or even moving can seem impossible but I have found that even light exercise lifts my spirits and gives me an additional boost of energy and vitality. It is all about making choices. A chronic condition can be draining physically, emotionally, and mentally and yet I know making the choice to keep a positive mental attitude can go a long way towards

alleviating many of the emotional, mental, and spiritual mood swings.

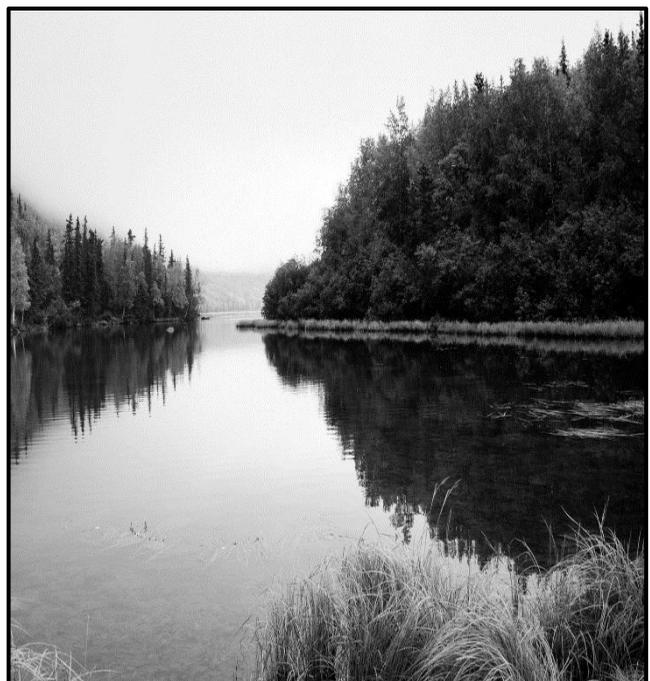
What I have found the best choice I can make is to not to see myself as sick or disabled. I am a Divine being who is having an experience requires me to make adjustments in how I live my life. But, I am not less or limited I am simply in a place where I must



make different choices. Being mindful in the moment allows me to make choices that support my living life fully. If I get tired or fatigued I stop, breathe, and possibly take a break. I experience all of life as a gift and to be celebrated and enjoyed. It is so easy to feel sorry for the condition I find myself in, to see myself as a victim of my condition. I choose to release the

victim mindset and seek the blessings in my condition. Circumstances and conditions do not determine my worth or my attitude. Attitude creates the mindset and consciousness for how I live my life. Unity teaches a form of prayer known as denial and affirmation. In my prayer life I acknowledge my condition but deny it has any power to control me. I affirm my wholeness and my vitality and then go forth and live life with zeal and enthusiasm.

I have made the choice to see my condition as a gift. I am a minister and through my life I show others that the circumstances or conditions of their life do not determine their joy. My life becomes a lesson in living life to the fullest. This does not mean I don't struggle at times or have bad days but then I do I leave them in the past and step once again into the magnificence of life. Life is to be lived regardless of the circumstances we find.



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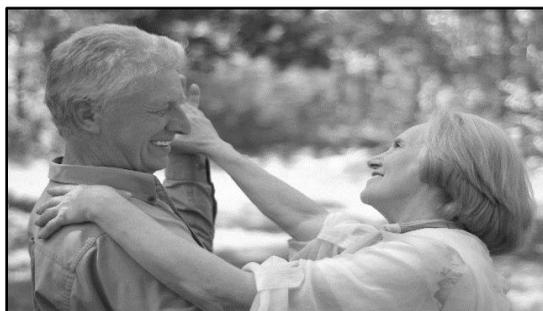
CHIROPRACTIC INSIGHTS

Part 1: Headache Hope

Part 2. How & Why Chiropractic Works

Part 1: Billions of dollars are spent annually in the United States for the treatment of headaches. Most people experience a headache, in one form or another, during the course of their lives. Many people experience chronic or recurring headaches. Headaches can be separated into two main categories....tension and migraines. Headaches are common, but not normal. They are a sign that something is wrong. Many or most people automatically turn to some type of medication to reduce symptoms. Medications certainly have their place, providing temporary relief. But medications all have possible side-effects, like damaging your kidneys or liver.

Chiropractic adjustments offer a safe alternative to helping people with headaches. If there is any tension in the neck or upper back regions, headaches may be a consequence. Your nervous system can get out of tune, stuck in a pattern that causes nerves to be irritated and muscle to tighten. Chiropractic adjustments can help the nervous system re-boot. This allows muscles to relax and tension to be released. Obviously, chiropractic is not able to help everyone with headaches. But there is a high likelihood that there can be a positive result. In my practice, I have seen overwhelmingly positive outcomes with headaches. If you are plagued with chronic headaches, including migraines, I encourage you to give chiropractic a try!



Part 2: There are many misconceptions about what chiropractic is and what it is not. Hopefully, those of you reading this article will have a clearer understanding of what is at the heart of chiropractic. In my practice, I require my patients to attend a patient orientation class. Those who attend this class become excited about the fuller beneficial reason that they are receiving treatment in addition to easing the pain or impaired functional ability that brought them to my office.

Chiropractic was founded in 1895 in Davenport, Iowa by D.D. Palmer. He had a very strong belief that the spine, free of nerve interference, was central to the body's ability to heal itself. The first chiropractic adjustment was performed on a patient named Harvey Lillard. He was a janitor in the building in which D.D. Palmer worked. Seventeen years before the first adjustment, Harvey Lillard was mopping or doing something in a stooped down position. Something went out in his neck or upper back. Subsequently, his hearing became impaired. D.D. Palmer said that he couldn't hear the street traffic below or the ticking of a watch. He found what he described as a vertebra that was racked out of position. The misaligned bone was pinching on a nerve and created what chiropractors call a subluxation. After delivering a specific adjustment to help the body remove the subluxation, Harvey Lillard's hearing returned.

Chiropractic was not founded because pain was reduced or



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removed. It was founded because the adjustment had an organic response. In my practice, patients generally present with some type of pain that is affecting their ability to do their normal activities. In most cases, chiropractic care leads to decreased pain and improved function. But the tricky thing is that it is not because I am treating the pain directly. My job is to find out where a primary subluxation is and to adjust that - - in order to free up the nervous system so that it can perform optimally. Your body's intelligence is a lot smarter than I am, or anyone is, when it comes to knowing what your body needs to heal itself.

At any given time we have about ten of these blockages (subluxations) in the nervous system flow. There is only one primary subluxation at a time, the others are secondaries. If you can locate the primary subluxation the secondaries tend to diffuse. So if you get the primary, it is like getting ten changes with one input.

That is where the art of chiropractic comes in. There are many different techniques or ways of finding these subluxations. The more specific a chiropractor can be, the better the results. So what I as a chiropractor do is to locate these subluxations in order to allow your body with its own intelligence to heal from the inside out. Chiropractic is not about treating symptoms or trying to remove pain. It is about helping your nervous system to be as free and unencumbered as possible, so that it has the best chance to heal itself.

What causes these subluxations? The very simple answer is stress...physical, chemical, and emotional. The nervous system is designed to be flexible, to respond to a particular stress and to reset to neutral after the stress is over. If the nervous system gets overwhelmed, sometimes the response, like tightening muscles, gets stuck in a feedback loop. Then you are less flexible for the next stress. People accumulate layers of tightness or tension and become less flexible for the next stress that comes along. If you don't change the nervous system's faulty programming, you get stuck in less than helpful patterns of response. You get stuck! Chiropractic can help get rid of the cobwebs and help the person start to heal on physical, chemical, and emotional levels. Although I am very happy when a patient's complaint of pain reduces or disappears, I am much more excited when patients experience better energy, a sense of wellness, clearer thinking, better sleep, better digestion, and less anxiety/depression.

(Continued on page 19)

COOKING WITH OILS & FATS. WHAT DO YOU USE?

Crucial Truths About The Role Of Oils and Fats In Our Diet (Part II) by Dr. Lisa Tostado

NLJ: In the last issue of this journal Dr. Tostado discussed the importance of healthy sources of the essential fatty acids Omega-3 (such as fish oil and flax oil) and Omega-6 (such as eggs, 100% real butter, and grass finished meat), and the valuable role of Omega-9 fatty acids (such as olive oil).

Dr. Tostado: You can get multiple types of fat in food. The Omega-3 and the Omega-6 fatty acids are polyunsaturated fats. Omega-9 (such as olive oil) is a monounsaturated fat. We also need some saturated fat. Our brain is 60% fat. The structure of our cell membranes are mainly composed of fat. Every cell has a phospholipid bilayer made of both unsaturated and saturated fats. When we start eating trans-fats and hydrogenated oils (those are man-made fats that have been altered for longer shelf life in processed foods) they incorporate into the structure of the cell and become irreversibly disruptive to its function. Those cell membranes start to harden, and they are not as flexible and fluid as is necessary for the transport of substances (including nutrients) into and out of the cell, and for cell to cell communication. Those are the types of bad fats that we want to avoid. These are often found in processed foods like cookies, cakes, chips and candy. It is important we consume foods and oils with high quality saturated fats since they play a role in the health of the brain and nervous system, and are an essential component of the membranes of the cells -- along with the essential fatty acids. Good sources of high quality saturated fat are grass finished beef (where the animal is fed grass its whole life), 100% real butter, unsweetened yogurt, raw cheese, eggs, and unrefined coconut oil.

Regarding milk products as a source of saturated fat, current research seems to indicate that pasteurized milk can present health challenges for many. How well someone can digest and tolerate milk varies from person to person. Some people are intolerant to lactose, a type of milk sugar, while others may be allergic or sensitive to the proteins found in milk, such as casein. Some people find that they can tolerate raw milk and raw dairy products much better. For more information on raw milk you can visit www.realmilk.com. Raw cheese is available in most major grocery stores. Yogurt can also be a good source of saturated fat, but most commercial yogurt has a ton of sugar in it. The best way to eat yogurt is unsweetened, and for improved flavor, you can add some sliced fruit or berries and some raw local honey or add it to shakes. Yogurt is a great source of probiotics that help support the health of the digestive tract and our immune



system. This is also the case for kefir yogurt (and any fermented food) which contains a source of probiotics (friendly bacteria).

The question may arise, what should parents feed their children other than milk - - if those suggestions above don't seem sufficient? It is important to keep in mind that "milks" created from other foods such as organic rice milk or almond milk or oat milk are lower in protein than cow's milk and the calcium may be lower. A wonderful addition to these types of milks would be a high quality protein powder that can be easily blended into a shake. It is crucial to read the labels and consult your healthcare practitioner for good solutions.

NLJ: How much fat does someone need?

Dr. Tostado: Optimally every meal that you eat should consist of about 20% fat (by calorie count). Some doctors are even saying more than that. At this point I'm recommending at least 20%. I do recommend at least 1,000 milligrams of fish oil daily for everybody, if they aren't vegan or vegetarian. Taken as a supplement, soft gels have a less fishy taste than liquid, though you can get a higher dosage per serving with the liquid form. For women, I recommend a tablespoon of flaxseed oil every day -- with the high lignan content in it. A lot of women are estrogen

dominant: that often means that not only are they producing their own estrogen in their body but they are also getting estrogen-like substances from the environment. These estrogen-like substances can come from plastic bottles and even from our tap water which can be contaminated with hormones. So a high number of women become estrogen dominant (high in estrogen relative to progesterone) and the flaxseed oil

can help to decrease the effects of that and assist in balancing hormones. Women can experience less PMS, less symptoms of menopause, lose stubborn weight, and it's good for the skin and the hair.

People tend to wonder if the high lignin content in flax oil can add estrogen to a woman's body. These are plant based estrogens which is a much, much weaker type of estrogen than the kind that women make in their own bodies. It will compete for the same receptor sites with the estrogen a woman makes

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naturally. Because it produces a weaker signal, it could calm down the symptoms of estrogen dominance.

That is very different from the synthetic estrogen-like compounds that we're getting from the environment which actually disrupt our hormones. They are called xenoestrogens and they behave in a similar manner in our body as our own natural estrogen, therefore our body cannot tell the difference between our own and what we are getting artificially from our environment. What we get from our surroundings can interact with our cells and change our body chemistry. These xenoestrogens come from phthalates in plastics, deodorant, makeup, skin creams, perfumes, vinyl, and BPA in the linings of most canned goods --and much more. Fragrances, for example, can contain up to 5000 synthetic chemicals. It would be prudent for us to pay more attention to the kinds of fragrances that we are using on ourselves and in our homes. Most are chemically derived and are disruptive to our hormone balance and health. I like to use 100% pure essential oils which are plant based and contain natural aromas.

NLJ: I use organic personal care products. That's very important to me.

Dr. Tostado: A lot of people complain that organic foods and products are more expensive, but my philosophy is that you pay now or you pay later. When you choose to invest in quality foods with wholesome ingredients and products with fewer to no chemicals and preservatives, you lessen your chance for developing a chronic illness. It costs more in the long run to become chronically sick from eating low quality foods, because then one is very likely to be on numerous prescription drugs and pay for more doctor visits. Foods can either feed health, or feed into a disease process. There is a lot to think about when it comes to staying healthy. That includes the things that we eat, the things that we put on our bodies, even the things we wash our dishes in, and the types of cleaning products we use. We now have more than 80,000 registered man-made chemicals. Many of them are in the products we are using all the time.

The Omega-6 oils can be very helpful for natural skin care. As mentioned in Part 1 of this article, Omega-6 oils can be pro-inflammatory or anti-inflammatory depending on the source. One type of anti-inflammatory Omega-6 fatty acid with numerous health benefits is called Gamma-linolenic Acid or GLA. It can help women with its hormone balancing effects and with healthy hair and skin growth. However, in order for the body to use GLA in its bioavailable form we need adequate levels of magnesium, zinc, vitamin C, B3, and B6 in the body. A lot of my patients come in with skin issues - - eczema and psoriasis. GLA is one of those things you would want to think about for support in resolving those types of skin conditions, along with good nutrition.

NLJ: What are your thoughts regarding cooking with oils and fats?

Dr. Tostado: Soy oil and corn oil tend to be GMO (genetically modified organisms) foods. I tend to veer away from anything that is soy, corn, or even vegetable oil based. The more saturated a fat is, the more stable it is. That's why it is desirable to cook with butter or even coconut oil, because they are saturated with stable bonds, and less likely to break down. If you sauté food, you want to keep your temperature low to medium heat. If the oil starts to

sizzle or boil that means that the temperature is too hot. It should never get to that point. Sauté for the least amount of time possible. I like eating my vegetables crisp. I like to steam my vegetables, too. That's another option. Even then, you don't want to overcook your food. Raw is the best way to go with vegetables (there are some exceptions to this rule - especially with goitrogens and thyroid conditions). Cooking a stew or baking are other options. Perhaps sautéing might be reserved for special occasions, if desired. Current research indicates that deep fried should be avoided, as it is unhealthy to the body. Also, research indicates that if you are cooking to the point where the food is charred, that black char is carcinogenic. When you char food on a barbeque that is harmful.

As previously mentioned, the Omega-3's and the Omega-6's are polyunsaturated fats. Omega-9 such as olive oil is a monounsaturated fat. These less saturated fats are more delicate. You have to handle them carefully because they can break down easily and become less healthy when they interact with oxygen, light and heat. Olive oil is best kept cold or at room temperature. You can add it to the food after the food is cooked or enjoy it on a salad. Some unsaturated oils must be refrigerated. Check instructions on the container carefully.

NLJ: There is a lot of important valuable information here to enhance your health. To get an even fuller understanding, I encourage you to also read again Dr. Tostado's Part I article about fats and oils in the last issue of Natural Living Journal. You can find it on the website www.natural-living-journal.com for February-March 2017.

Note: As always, consult your healthcare provider before making significant changes in your diet.

Bio: Dr. Lisa Tostado, N.D. graduated from Southwest College of Naturopathic Medicine, in Tempe, Arizona; one of the leading accredited naturopathic medical schools in the U.S. Inspired by the early pioneers in whole food nutrition, Dr. Tostado decided to complete the CCWFN program in 2016 with the International Foundation for Nutrition and Health. She has been a resident of Louisville, KY for the past 8 years. Currently she has two office spaces, one at the Rainbow Blossom Wellness Center at Springhurst, and at Sharp Chiropractic in Fern Creek.

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"Bring Ease and Calm to Daily Life"

Creating with Gelli Plate Mono-Printing

Demonstration by Cricket Bidwell, Description by J.Gerrish

In the art world, printmaking or graphic art means that a design is created by putting paint or ink on a plate and then transferring it to a piece of paper for the finished work of art. The creation of the image on the plate, the application of paint or ink to the plate, and then the transfer to the paper can be done in various ways depending on the printing method chosen. Traditionally in graphic arts a person can make numerous impressions or original prints from a finished plate. Mono-printing is a form of graphics where only one original print is created. Very beautiful results can be created from mono-printing, as well as from more traditional forms of graphic arts. It all depends on the imagination and skill and color sensitivity of the artist. One thing is sure -- it's all fascinating, fun, and stirs the creative impulse!

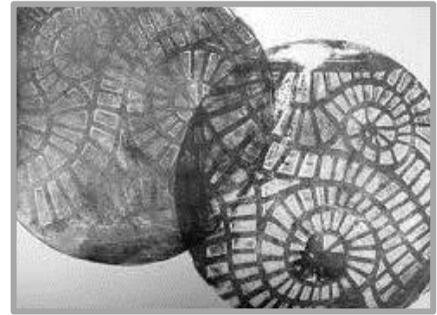
Today I am meeting with Cricket Bidwell at the Preston Arts Center to watch her demonstrate this enticing form of printmaking called Gelli Plate Mono-Printing. I adore being around art supplies and seeing all the tremendous variety of exciting colorful materials. I'm definitely in ecstasy here. I enjoy watching Cricket as she goes into action. It's a quick uncomplicated process, yet before my eyes Cricket creates a truly beautiful work of art. The process isn't messy at all. She's working on a nice wooden table and doesn't leave a trace of paint on the table or on herself. This form of mono-printing is currently popular for adults and for young people.



The plate is made from a form of gel that feels a little like a firm jelly bean, except it is in a flat sheet that is about a fourth of an inch thick. The size of the finished design is not limited by the size of the plate. The Gelli Plate comes in different size sheets including 6" by 6" or 12" by 17." Tempera paints can be used or water-based oil paints or other possibilities. Colors can be applied to the plate directly from the tube or bottle. Colors can also be mixed on a palette or other surface in order to derive exactly the special color desired before placing them on the Gelli Plate.

Cricket puts a small amount of her chosen color yellow on the plate (about half a teaspoon) and she spreads a thin layer around the whole plate with a roller brayer. See the brayer tool in the photo. She explains that with the brayer one can spread the color around the whole plate or just a part of it. Now she takes a piece of drawing paper and places it on top of the plate where she wants that color to appear. She gently presses down and pulls her hand firmly across the paper to transfer the paint to the paper. Now she lifts the paper and the yellow impression is on the paper. While that is quickly drying, Cricket easily cleans the yellow paint off the brayer using a large bottle of hand sanitizer and a piece of paper

towel. Then to continue developing the design, she puts a little of another color on the plate. This time she spreads it around only part of the plate in a free



manner. She leaves the edge of the wet paint on the plate uneven and jagged. She also adds a few small dots of a third color to the plate. Now she places the paper so that it meets the plate at a different location on the paper and at a different angle. Then she repeats the process of smoothing down the paper and then pulling it back off. Now things are starting to look really interesting. The areas of color have an appealing texture caused by the Gelli Plate. Attractive spontaneous looking shapes are forming. What fun! Once again the paint dries quickly while Cricket takes a moment to clean off the brayer. From here Cricket has lots of choices as to how to develop her design further. She tells me that after applying a small amount of a color to the plate, an object such as a small sprig of a plant can be placed on top of the paint. When the paper is placed on the prepared plate in the desired spot, pressed down, and then pulled up again -- there will be the image of the plant sprig or other object on the design. Layer after layer of attractive colors and shapes and stenciled images can be applied until the creation feels complete. When finished, Cricket's design looked deserving to slip into a nice frame and hang on a wall. This certainly seems to be an intriguing technique and sure to inspire creative imagination! (Design above by Cricket Bidwell)

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THE EMERALD BLUE FROG: A FAIRY TALE by Elsa Lichman

"Mother! A tiny frog jumped onto my finger from the grass!" cried Anna Sue. "That's nice, dear – oh, let me see, where did I put that lovely luminescent vase for my tea roses? The ladies will be here momentarily." Anna Sue meandered off into the Italianate garden, where the long pond was filled with ordinary green frogs asleep on the lily pads. She lay down on the grass, rolled over, and looked up at the clouds shifting into myriad fantasies overhead. The frog was still sitting lightly atop her finger like a jewel. "Helooooooooooooo, can anybody hear me?" croaked the frog. Her daydreams carrying her off, Anna Sue noticed nothing. "Crooooooooooaaakk!" a bit louder. "A-HEM!!!" "Oh!" she cried with a start, "Are you speaking to me?" "Yes. I am very comfortable here, but I wish I could take my true form," said the tiny frog. Anna Sue queried, "Oh, really? I wonder what that could be. Tell me about it."

Hopping along Anna Sue's finger, the frog reached a delicate pink nail and turned to address her. "Once upon a time, in a land far away, I was a sculptress, in favor with the king, and all was well with the world." "What happened?" "The king's daughter liked to dabble in the arts, but when she saw my piece crafted from dragonfly wings, stardust, moon rays, and whale breath, she flew into a jealous rage. 'Daddy, her work is evil, a mean spirit emanates from it and will harm us all!' "What do you mean, my precious little fig? How could this be? The sculptress is my court artist. Her work has been in favor for eons." "DADDY!" she said, stomping her foot, "I insist you rid us of this menace immediately!" "Oh, very well," he sighed, and called upon his wizard to whisk the poor creature into another form and banish her from the kingdom forever.

Anna Sue was saddened by the thought of losing her new friend, but she was determined to somehow help her return to her true place. They strolled back to the girl's elaborate mansion and passed the ladies playing mah jong in the exquisite parlour. The little sculptress was dazzled by the long corridor, filled with art in all its forms. They passed door after door and at last came to Anna Sue's own room. There they sat on a cozy poufy sofa in front of the fireplace.

Suddenly, sparkles flew about the chamber. A whirring wind blew up, and there appeared a magnificent winged creature with flowing hair. She hovered over the girl and the frog, then alit on the thick posh carpet. "I know all about your troubles and am here to help you," she sang in a melodious silver soprano voice. "Oh, thank you, thank you," cried Anna Sue and the frog in unison. "I have been to the palace, and the king is heartbroken, the beautiful edifice has fallen into disrepair, and the magic of creativity is lost. I have arrived to arrange a homecoming for you." "Can Anna Sue come too?" asked the little creature. "Yes, she may visit for a brief interlude. Time will stop at her home, so no one will suspect she is missing!"

She raised both arms and wings, chanting, "Salaam, maslaam, assam, hammam, over and over, until the girl and her friend felt themselves lifted by a zephyr. Soaring through iridescence and soft colors, mauve, rose, turquoise, azure, cream, and butter, they were transported to a lovely grassy lea. spying a decrepit ruin, they ran to have a look. Sure enough, there in a pile of rubble sat a lone disheveled gentleman. Our frog felt herself stretching and twisting, and soon, once again, became her true self! Overjoyed, the king rushed to her crying, "Oh how we have missed you, Jasmine Honeysuckle." "That is your name?" cried Anna Sue. "Who is this girl?" he queried. "She is my best friend from the other side." From the dusty earth sprang tiny palaces, the queen, servants, princesses, lords, and ladies - - no bigger than grains of sand. They grew and grew, until all the former glory of the kingdom had returned. Jesters frolicked, wandering minstrels playing lute and lyre filled the air with divine music, and all were ecstatic at Jasmine's return. They welcomed Anna Sue, dressed her in royal garb, and made merry till dawn.

The two girls kissed goodbye, promising to communicate through intuition and thought forms. Anna Sue was lifted high soaring through space, unafraid as she sensed a wing beat brushing her skin during the journey. She landed in her own garden at the exact moment that she had left.

The ladies, having finished their game, smiled at her graciously. "Anna Sue," cried her mother, "Where on earth did you get that translucent glimmery shimmery garment, trailing diamonds, rubies, emeralds, and pearls?" "Oh," she responded casually, "A traveling tailor met me at the statue by the lily pond under the pergola, and I just could not resist this wonderful dress! Anna Sue drifted off, with just a hint of a smile hovering at the corners of her lips.



Bio: Elsa Lichman is a nature writer and educator for the Waltham News Tribune in Massachusetts, as well as a published poet and adventure writer. Please contact her at elsalichman@comcast.net if you are seeking submissions to newspapers, journals, or books.

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FINDING NEW MEANING

by Joyce C. Gerrish, M.A.

(Ongoing story of five friend's intertwining life journeys: Crystal, Vic, Janis, Nathaniel, and Nallie)

Crystal gazes out her bedroom window and watches the evening sun go down. The colors of the sunset are dazzling oranges, gold, brilliant pink, and deep azure blue melting into violet. "Ah," murmurs Crystal to herself, "God is the greatest artist and colorist of all. How can I dare to attempt to express the beauty of creation?" She smiles slightly and thinks, "I'm sure that the Creator is pleased when we lift our hearts as we attempt to express such beauty. That's what I really want to do with my paintings - - express the beauty of nature with all my heart. I give myself permission to express it however it flows through my vision and imagination and fingers. What joy! I'm just not going to worry about how other people feel about my creations. At this moment, what matters to me is the joy I feel in the act of creation! It is so easy to torment myself with worrying about the opinions of others. After my paintings are complete I can listen to the feelings of others about them - - maybe - - but not while I'm creating. Those moments are just for me to enjoy. Yes!" Crystal sighs and leans back in her chair.

It has been a month now since Shawn told her that he and his ex-wife are getting back together. Crystal is still trying to figure out how she allowed herself to be caught off guard emotionally in such an intense way. "Feelings shouldn't hurt so much," muses Crystal to herself. "How in the world did he make his way so deeply into my heart so fast??? I really need to figure this out." Just then her phone rings and she is jolted out of her reverie. "Hey Crystal," Janis says, "We'll go to the painting group tomorrow evening, right? I'll pick you up about quarter after 6:00, O.K.? I'm really looking forward to it!" Crystal responds, "Me too! It really helps to have a regular group meeting to get me to take time for what I love to do. Thanks for calling. See you tomorrow."

The next evening Crystal sees Janis' car drive up in front of her home. She hugs Amy, "Bye Sweetheart, I won't be late. Lana is here to help you with your homework, if you need it. I'll be back to have a little snack with you before you go to bed. We'll do some fun craft project together for a while this Saturday, O.K.?" Amy smiles happily. "Oh, good! I'll invite Stacy. See you soon, Mom."

Once in the car, Crystal hugs Janis and says, "Thanks for picking me up. It's really special to be able to share this weekly painting group with you. I'm so grateful to have my love of art and my good friends like you and my daughter Amy to help me stay focused and positive in the midst of my sadness over the loss of

Shawn. Life would be so much harder without our special friends and family." Janis says gently, "That's for sure. You're really doing well. I'm thrilled that you're throwing yourself into your painting talent. I love the one you're working on now. You really catch the radiance of nature. It is so important to make time for your special gifts, even if it's just once or twice a week for a few hours. Now me, I don't pretend to be an artist, but it gives me so much peace to express my feelings with color even if it doesn't look anything like the subject. I just call it expressionistic and say it makes me happy to do it. People understand and don't tease me. I have two of my paintings in my kitchen and they really brighten up the room."

On the way to the community center Crystal confides in Janis. "Can I tell you a few things that have been coming up for me?" Janis replies, "Sure, we've got some time while we're driving." Crystal grasps her hands together and replies, "You know, I'm finally piecing together some fragments of memories from my childhood. For some reason, I don't remember much from before I was about eight. Some people remember all kinds of details about their early childhood, I don't. I just feel that there were some really miserable times when I sort of hid out in my room. I did

coloring and played with my dolls and other toys, I recall that much. I also remember that there were some wooded areas around my house that hadn't been built up yet. I used to play house there with a playmate. We created spaces amid the vines and bushes that we pretended were rooms. That's about all that I remember, believe it or not. I really have limited memory of the inside of my house at that time. I just have a sense that it felt lonely."

Janis responds, "I hear you. You know, it's not all that unusual for some people to partly block out

memory of periods of their life. It usually means that there were events there that the person subconsciously doesn't really want to remember. There may have been events that the person doesn't feel comfortable remembering. The sub conscious can do amazing things to help a person block out something that they don't feel ready to deal with. It can be a form of protection for an individual, particularly a young child who may not truly understand what was going on anyway." Crystal grasps her knees and says, "Thank you for talking with me about this. I know that you're counseling the children at school with their issues all the time."

Crystal continues, "So, the curious thing is that I have a perfectly good relationship with my parents now. We're not really close, but it's O.K. I have one sister who is a lot older than me, so she wasn't really around much when I was little. She was away at college a few years and then got married. She says that she doesn't remember all that much from her childhood either. Father



worked really long hours as a supervisor at a restaurant. Apparently he had a lot of debt from a bad investment that he was trying to pay off. Mother was away a lot, too. She worked at a small repertory theater. She was the director's right hand person to keep track of and hold everything together -- actors, scenery, costumes, advertising, ticket taking. Occasionally she took me with her and I got to hang around backstage. I loved that. Though, mostly I was at home."

Crystal continues, "Mother made my older brother stay with me evenings. He fixed my dinner, then was mostly working on his homework. I vaguely recall that he seemed angry at me at lot. Bits



of memory from my childhood seem to be coming up, I don't really know what to do with them. I feel like he hit me a few times. I feel like some other things may have happened, too. He threatened me not to tell Mom and Dad, so I didn't. I feel like I really wished my parents spent more time with me. They seemed so busy

and distant. Sometimes recently I feel myself saying silently, 'Please love me.' It feels like it's coming from some place much further back than my feelings about losing Shawn. I'm crying a lot. I'm mostly out of touch with my brother now. Apparently he's a loner."

Janis says, "My heart goes out to you, Crystal. Call me if it gets intense, O.K.? You know a lot of people have old sad repressed emotions, probably almost everybody has some. Those old repressed emotions, though, can distort our emotional

feelings in the present. When they do come up, they're coming up to be healed. Events in the present that have even a little similarity to the events in the past can trigger them. It's important to not just try to repress them back down again by ignoring them when they do come up. You might want to journal write about them, or express them with colors as a design. You also might want to see a counselor to help you heal them. Crystal responds, "Thanks, Janis, for understanding and listening. I still have the phone number of the counselor you recommended to me. I think I feel ready to give her a call. I want to heal and move through these old feelings that seem to keep re-manifesting situations of feeling needy in the present. Janis responds with deep caring, "I love you Crystal, good for you, you're such a fantastic person. I want you to be happy. I'm proud of you. Oh, gee, here we are at the community center. Are you O.K. for now? We'll talk some more on the way home, O.K.?" Crystal squeezes Janis' hand and says quietly, "I'll be O.K., I'll paint from my heart."

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What is something that you love to do that helps you express your feelings and gives you a sense of meaning in your life? We all need something like that, such as expressing our heart with playing a musical instrument, or creating something with a craft, or joining a chorus or choir to enjoy singing & the group energy.

How do you love yourself? Are you patient and kind to yourself? Do you encourage yourself, or do you sometimes keep berating yourself? Do you have loving gentle feelings for yourself? If not, how can you be more loving in that way?

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PROFOUND PEACE WITH A SPECIAL YOGA TECHNIQUE

by Gul A. Marshall

Savāsana is a yoga posture that profoundly enhances peace. Its name is translated into English as the corpse posture because it is done by lying down on the floor motionless. When doing yoga, *Savāsana* is performed as the final *pose* because it allows the effects of the yoga to permeate into the body. It removes fatigue that results from performing the yoga postures and rejuvenates the body. *Savāsana* can also be done anytime during the day.

In *savāsana*, the stillness that is achieved in the body is aimed to be achieved in the mind, too. When the body is still, the mind learns to be still. At the same time, the mind remains conscious, not in sleep. Nevertheless, it is not uncommon among beginning yoga practitioners to fidget or fall asleep during *savāsana*. Keeping the mind conscious becomes more common with experience. During conscious stillness it becomes possible to tap into the Self, the pure awareness beyond the outer mind that we use daily. *Savāsana* is described as “one of total acceptance and openness.” Palms of the hands are turned up and away from the body. Fingers curl naturally. The eyes are closed and relaxed. Iyengar recommends gently covering the eyes with a cloth folded four times to aid relaxation and encourage withdrawal from the external world. Lower jaw is released and the tongue is allowed to be in its natural relaxed state.

Keeping the feet and hands warm is encouraged to support relaxation. Practitioners are advised to cover their bodies and extremities with a blanket. Covering the body is better than wearing restrictive clothing. They are also encouraged to use a blanket or a pillow under the head and a rolled blanket or a bolster behind the knees. Bending the legs and supporting the calves with a bolster or a chair is especially recommended for those who have back pain. The room should be quiet. Since withdrawal of the senses during *savāsana* leads to deep relaxation, silence is important to support withdrawal. Background music creates conflict. It is just another external stimulus that works against withdrawal of the senses from the external world.

Lasater advises that *savāsana* be done for about twenty minutes each day. She explains that it takes 15 minutes for the sympathetic nervous system to subside and the parasympathetic nervous system to take effect. The sympathetic nervous system is responsible for the body's fight-or-flight response. It activates the organism to take action with a sense of urgency in case of a perceived threat to its wellbeing. It is a reaction to stress. The parasympathetic nervous system is responsible for the normal long-term functions of the body. It is also responsible for rest. It is in charge when there is no perceived threat in the environment. Unfortunately, the busy and stressful modern lifestyle can lead to over activation of sympathetic nervous system. There are serious health consequences of an over activated sympathetic nervous system as it tampers with important functions of the body such as the digestive system and the immune system. The first fifteen

minutes of *savāsana* gives the message to the body and the brain that things are normal, there is nothing threatening. Physical relaxation, which takes place in this first fifteen minute period, is the first stage of *savāsana*. During this stage, the heart rate drops, the blood pressure decreases, and the muscles relax. The adrenal glands recede from overproducing hormones of norepinephrine and epinephrine, which in a fight-or-flight situation would prepare the body to deal with the stress. This is the stage in which the body is allowed to let go. My experience with *savāsana* prompts me to be very conscious of my hands because often my hands try to hold on and they are the last part of my body to let go.

The second stage of *savāsana* is the conscious withdrawal of the senses from the external and internal stimuli. The mind is no longer distracted by the input from the senses. It is directed inwards for observation and reflection. Observation and reflection halt mental activities such as sensations, impressions, and imaginations - - and redirect their energies. This is the most beneficial stage achieved during *savāsana*. It has the potential to heal because it directly deals with the mind (*manas*) and the ailments of the mind such as anxiety, worry, and fear. The degree of physical and mental relaxation affect the degree to which one is able to connect with inner layers of the psyche. Deep relaxation allows us to transcend mind and become aware of the pure consciousness, which gives the power to the body to heal itself and achieve balance.



The third stage of *savāsana* is non-emptiness. It is a stage the existence of which is known to the practitioner only after the experience. It is a “deep state of surrender” - - surrendering not to a person or belief. It is surrendering

the personal self, which has the baggage of personal problems, to “the inherent beneficence and consciousness of life.” Non-emptiness is possible to achieve when one completely relaxes, withdraws from the external world, and lets go. Time needs to be set aside to allow this asana to achieve its intended purpose.

Gul Marshall is a recent graduate of Yoga East's 200 Hour Teacher Training Program. She teaches a \$5 Community Yoga class for all levels at Yoga East – Holiday Manor Center, Sundays at 4:00 pm.

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Joyful Organic Gardening (Continued from p. 6)

Pest Control: Organic gardening requires a realistic expectation of pest control. There are many pest repellants made from botanicals, garlic, hot peppers, etc. that can be used as prevention. Botanical insecticides will kill the insects eating your plants, but also quite often kill beneficials as well. They do break down quickly, usually in three days or less, and are not systemic. Beneficial insects may be used. We suggest using a combination of these controls, and also wisely choosing plant varieties. Over the years I have discovered that gardening is a journey, just like life is. Some years I plant more, some less. Some years the weeds take over in August, some years I stay motivated until the first frost. Regardless, I have found that growing beautiful and pesticide free produce and flowers gives me great satisfaction and a sense that "all is right in my world." I would like to invite you to join us on this adventure, even if all you grow are a couple tomato plants, some herbs, and a flower that brings you joy! Remember, "Gardening is the most therapeutic and defiant act you can do. Plus you get strawberries." ~ Ron Finley.

Seasonal Allergens and Essential Oils (Continued from p. 4)

interactions, check with your health care provider. Lastly, if you have an aversion to the scent of any of the oils mentioned or any essential oil for that matter, you can apply them directly to the bottoms of your feet and cover them with socks

Living in the river valley literally has its' ups and downs, but we do not have to suffer or succumb to synthetic daily regimens. There are wonderful alternatives created for us by nature and combined for optimal use with science to help keep your respiratory system healthy all year long.

How & Why Chiropractic Works (Continued from p.11)

Unfortunately, many people get stuck chasing their pain instead of discovering the wellness potential that is already present. Everyone has the potential to express better health than where they are now. Chiropractic care is one of the most untapped avenues to achieve this innate potential.

Bio: Dr. Reul has been in practice in Louisville since 1993. He holds a BA in psychology from St.Johns's University (Jamaica, NY), a Master of Theological Studies from Catholic Theological Union (Chicago, IL), and a Doctor of Chiropractic Degree from Life College School of Chiropractic. Dr. Reul has been a speaker at many community events. He participates in health fairs doing posture, stress and headache screenings. He is a member of the Kentucky Chiropractic Society, and the Jeffersontown and St. Matthews Chambers of Commerce. For more information on Dr. Reul's practice, visit reulchiropractic.com.

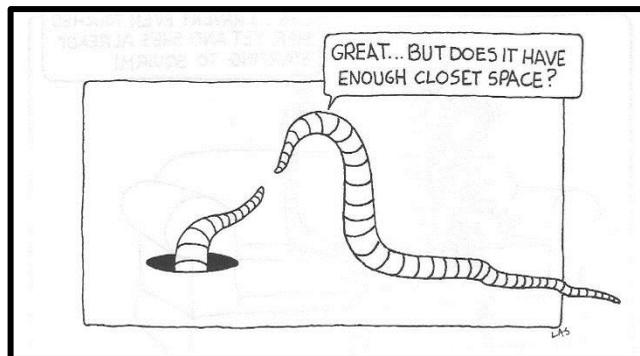
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TREASURE EVERY BREATH,
YOU WILL FIND YOUR WAY.

By Joyce C. Gerrish