

# *Natural Living Journal*

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

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**Kindness and  
Compassion**

**Healing Relationships**

**Functional Medicine**

**Wisdom Regarding  
Supplements**

**Yoga for Every "Body"**

**White Tailed Deer**

**Natural Foods Recipe**

**Avoiding Burnout**

**Harmony of QiGong**

**Free of Body Shaming**

**Pure Healthy Skin  
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## **KINDNESS & COMPASSION IN SELF TALK,** *By Karen Schellinger, LPAT, LPCC*

Occasionally misunderstandings and hurt feelings are the result of communicating with those closest to us. What about when we are speaking to ourselves? Self-Talk is a term used in the world of psychology and google to reference the natural inner dialogue or conversation we have while conscious. This article will attempt to bring an awareness to self-talk that when used wisely may bring joy rather than suffering to each day.

Many books exist on the subject of self-talk. James Allen, in his book, *As a Man Thinketh*, says people are literally their thoughts. I paraphrase as his book was written in 1903. Then in 1982, *As a Woman Thinketh*, was transcribed and published for women by Dorothy Hulst from J. Allen's original writing. Taoist Master, David J. Lees quote, "Be Mindful of Your Self-Talk, it's a Conversation with The Universe," is one of my personal favorites.

I recently read that we may have over 50,000 thoughts in a day. Just think in one day of consciousness --16 hours a day (24 hours minus our sleep time) some 50,000 thoughts are expressed as inner dialogue or said out loud. In writing this article my thoughts reflect on those individuals suffering from isolation and depression. Imagine every day sitting with so many thoughts tied to memories and internal dialogue of the past.

Self-talk varies in degree and intensity due to each person's uniqueness and experiences. What may prove to be more common is the extent to which many people put themselves down during self-talk. Add stress, worry, and emotion then observe how quickly our internal dialogue is no longer helping us. Every choice, risk, and behavior is a result of self-talk. How we talk to ourselves may produce lower self-esteem, less self-worth, and suffering. Individuals of all ages may make limited choices in behaviors due to the current state of technology for mass communication.

I remember a time in school when a child who misbehaved was required to write 100-200 times for punishment, a phrase such as "I will...(listen) (be polite)." Was there a benefit to repeating the same words so many times? Did it prove effective in redirecting the child's behavior? Maybe thoughts are creative. Does the repetitive use of words (thoughts) affect not only behavior but an overall sense of self?

Webster defines kindness as a quality, and compassion as a feeling of concern. How do we assimilate kindness and compassion today during self-talk that is helping rather than hurting? The first step is to observe our own inner dialogue. Is there name calling, is kindness present, does our inner dialogue sound different than what is said to others in conversation? Simply notice.

After a day of observation, we now have an increased awareness, and it may become clearer how we communicate to ourselves. Are words are being repeated in self talk? Are the

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

words kind or compassionate? How do we create a new inner dialogue? It is a PRACTICE. When we pay attention or increase awareness as to what we want to say to self we are choosing with discernment how to treat ourselves. Each day we can make a choice to be kind to self with compassion. We can choose words that help rather than hurt. Do you remember the parent saying, "If you say that again I will wash your mouth out with soap?" Are those (or similar) words present daily-- unkind words directed at self?

My friend said in a workshop once, "treat me like a stranger."

In my opinion these five words alone express how kind and compassionate we may be to most strangers. Yet when we return to our inner dialogue the same kindness may not be provided. I remember a conversation I had with a man who was in trouble with addiction; "I am a nice guy and treat others with kindness" he said to me. My reply was, "what keeps you from being kind to yourself?" The man was unable to answer my question. Can you?

We make our thoughts real by giving them energy and life. The words chosen in self talk are what becomes belief, and our behavior reflects our belief. Remember the school example of writing a phrase over 100 times? In order to write a word, it must also be said internally 100 times. Thoughts are much like keeping a toddler in a store from running away. By bringing awareness to our inner dialogue we may practice choosing the words that prove kind and compassionate to self. Would you say "that was stupid" to a child? Then what is the purpose of saying it to self? Choose kind and compassionate thoughts!

**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.

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# HEALING OUR RELATIONSHIPS

By Rev. Ray Nelson

When we are conscious in our relationships - - when we wake up, we begin to love without fear. Often we carry so much stuff with us emotionally that much of our past gets laid on top of our current relationships, so that we enter into them with fear. Then we create out of that fear. Regarding living consciously, Jacob in the Bible was asleep. He was not physically asleep; he was asleep to the truth. When he woke up from that slumber (from that illusion) he realized, "God is in this place." When we wake up, when we drop all the masks and all the illusions, and when we wake up to the truth of who we are - - we realize "God is in this place." That place is wherever we are. When we wake up, we remember that there is a spiritual presence and power. The presence of God is right where we are. We are talking about waking up and living consciously right where we are.

Many people have spent much of their lives being buffeted by events and being driven by fears from their past. Myself, I was slave to my emotions, most of which I didn't know I had. As I began to wake up, I was able to say yes to making new choices. I had made some really dubious choices in my life. It didn't make me an evil person; it didn't make me bad. It didn't make me anything other than I was asleep and made some choices that didn't necessarily hold me to my highest esteem. When I woke up, I was able to choose to set all that aside and live in the now. I made the choice to live consciously and to be truly creative in the moment instead of looking over my shoulder at what's coming next or being weighed down by events from the past.

Brain science tells us that we are in a reaction a half second to 2½ seconds before our conscious mind is even aware that something has happened. So, we're doomed. We're doomed to live in reaction, except when we wake up. When we are mindful, then we can stop and become present. "Oh, I'm in reaction, but I can make a different choice." When we wake up, we can do it differently. That might be the reason why mindfulness is such a powerful buzz word now in the secular world. When you want to bring a training to the corporate world, you don't tell them you are bringing in meditation. They might think "uh, meditation that's for those people." But if you say, "I'm going to bring you a mindfulness training." they will line up at the door. Yet, it is the same thing. It is about becoming present in the moment. We're waking up and living life consciously so we can live from a consciousness of love.

When we are reacting and not responding, it becomes a source of judgement. The Course of Miracles says that you are never upset for the reason you think you are, because you're always taking the past and projecting it into the present. The poor present doesn't have a chance, because so many of us are just putting all



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our stuff on it. So many of us are always projecting the past into the present when we're not awake - - projecting on to others, and projecting onto ourselves. - - projecting all this stuff.

Now I want to focus on one of my favorite topics, relationships. We're always in a relationship. Every moment we are in a relationship with other people. We are in a relationship with our current family. We are in a relationship with our family from the past even if they are no longer in our life. They are in a relationship with us in the present if we haven't dealt with those issues. We are in a relationship with organizations and with institutions. If we are on the road today, we are in a relationship with other cars.

It is very valuable to do prayer and meditation. It is nice to do prayer and meditation in a group, but we don't need to do that. We don't need to be in a group in order to have a time of sitting in reflection and contemplation. But it is in a community such as a church where we can get the support, where we can get the love, and

where we can get the feedback that we need on how we are in relationship as we practice it in community. Being in a place like a loving church, we can find people to be in relationship with who will support us, love us, and encourage us. It isn't always like that in the world.

So, why do we want to work on relationships? First of all, relationships are a mirror to our current state of mind. "Am I pissed? Am I peaceful? Am I angry?" When I am counseling people, they sometimes say, "What do I need to do, Ray, because those people are crazy. They're nuts." In their descriptions it is often all about the other people, not about themselves.

Whatever is going on in your current state of mind - - the world will mirror it back to you. The world's not doing anything to you. The world's just being who and what it is. How you react is all about you because you can only see or experience what you expect. You can't see anything else. We get a million bits



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of information into our heads every week. We can't possibly process all of that, so we categorize it and put it into a filing cabinet in our consciousness. What we are experiencing on any given day will determine what we see that day. What we see is mirroring back to us what we expect to see. Except when we wake up.

When you go to a weekend workshop and you really focus in on healing your issues, then you come out and go home. When you come back you may say, "It's amazing. Everybody changed! The whole world's different, they're all acting towards me differently." The truth is that the one thing that you brought into that change was you. The world didn't change, you just changed how you were responding to the world.

Being in relationships gives you an opportunity to deal with your issues that are unresolved from your past. You might say, "Oh boy!! I get to deal with my past again." But it gives you an opportunity to see how you're doing. You can recreate relationships until you learn what it is that you didn't learn in the relationship the first time. After my last divorce, I realized that I kept being attracted to the same woman over and over again. I kept being drawn to the same relationship over and over. The women looked different, but they were exactly the same because I hadn't learned anything. So, finally when I did my work, I realized what some of my issues were, and then I was able to create really authentic relationships and bring in the love of my life, my current wife.



What do I need to wake up to right now? In the moment, what do I need to do? Here's one example. When I leave my house and before I get out of the driveway, I start doing a gratitude prayer. I do a gratitude prayer the whole time that I am driving. Then I find that the interesting choices that other people are making on the road don't bother me anymore because I'm

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doing my gratitude prayer and they're just doing what they do. They aren't really doing it to me. They are just kind of doing stuff that may confuse me, like slowing down into a green light. So, I just slow down behind them and relax. When I don't do that, and instead make dubious choices it disturbs my peace.

At what cost do we stay asleep? When we allow our

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unconscious fears and experiences to control and manipulate our behavior, the cost is that we enter into relationships with fear instead of love. Instead of blaming the other person, we can ask "What's my lesson? What do I need to learn?" We begin to find

ways to give of ourselves rather than to just receive or block. We look for ways to interact with people who also look for ways to give and receive. Instead of "what can I get from you" it is "what can I give to you?" We begin to expand our relationships consciously. Being awake helps us move beyond what makes us really comfortable. It helps us move into relationships that stretch us and have us looking at the world in a new light in a bigger way. It stretches us into dealing with people that we don't normally deal with because we all like to be comfortable. When we are dealing with new people, new ideas, new language, new ways of seeing, new ways of talking, new ways of being -- we can stop justifying and defending. We stop being victims in our relationships and instead start being in relationships with the world. When we awaken consciously, we are free.

**BIO:** Rev. Ray Nelson is Head Minister at Unity of Louisville Church. He is a graduate of the Unity Institute and Seminary. He has a Master of Divinity from United Theological Seminary of the Twin Cities. Unity of Louisville is an inclusive and welcoming spiritual community. Unity celebrate the many paths to God. The mission at Unity of Louisville is to transform oneself and the world through Love.

**Much appreciation to Unity of Louisville for sponsoring the printing of 200 of the copies of Natural Living Journal.**

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## **WHAT IS FUNCTIONAL MEDICINE? Dr. Victoria Snelling**

Functional Medicine is a truly holistic approach to health that offers many more options for wellness than conventional medicine. Practitioners look at a wide variety of factors that affect our experience of health and disease. Our lifestyle, family history, present and past illnesses or injuries, as well as laboratory testing are considered - - but it's also important to understand other influences. The mind-body connection has a profound influence on our health. This can include psychological, spiritual and social factors. If we just look at physical pain and lab results, we're missing the richness of the individual that often reveals much more about health care needs.

The bigger picture will often reveal how to attain or regain better health. Environmental aspects should be considered, too, such as the air quality in our home and workplace since toxic exposure to harmful chemicals, heavy metals, molds, etc can negatively affect our health.

We have a wonderful tool in genetic analysis. Our genes can tell us about our susceptibility to some diseases. We may not know about the health of our ancestors, but genetics can provide those details. It is not optimum to look at a few genes in isolation. We may have heard of the MTHFR gene, or the APOE genes. Looking at one or two genes ignores the fact that our genes work together and influence each other. Being counseled for one genetic mutation that might be linked to a condition ignores the fact that we may have dozens of genes that protect us from that very condition. We need to look at the totality, not just one piece. This is part of the holistic approach. This information can help us influence our genes for the better.

Think of a health-related gene as a light switch. A nutrition and supplement program, chosen for us based on our genetics, can help to keep some of those light switches in the "off" position. Our health-related genetics tell a Functional Medicine practitioner details about our biochemistry, and what is needed to change the way these genes express. With a gene study, combined with your health assessment, it's possible to understand the causes and triggers of your health issues. Important genes will show us how the body eliminates toxins, how we regulate hormones and neurotransmitters, how well our immune system functions, and why we may be experiencing chronic inflammation or insulin resistance, for example. These processes are affected by the environment, our genetics and our nutrition. When these are out of balance, we can develop symptoms that can lead to a disease diagnosis if not corrected



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The body is resilient, and healthy changes we make can reverse the course of so many illnesses. Real health care is not a "one size fits all" solution. An individualized approach must be formulated for each person. We are all different. We have different aspects that challenged the health of our minds, bodies and spirits, and we each need our own program for wellness.

A Functional Medicine doctor has many tools available including inexpensive genetic testing, other specialized laboratory testing, mineral analysis for essential nutrients as well as heavy metals, tests for mold exposure, chemical toxicity, allergies and many others.

Functional Medicine doctors offer a wide variety of treatment options, again individualized for the patient. This might include botanical medicines, homeopathy (both classical and the CEASE method), natural supplements, therapeutic diets, gentle detoxification programs, and recommendations for lifestyle, exercise, and stress management techniques. So many imbalances can be improved and very often reversed. We become a partner with our practitioner, and this allows us to be in charge of improving our health

and changing the outcome of a disease. Take control of your health now, and create a healthy, vibrant future!

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).



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## WISDOM REGARDING SUPPLEMENTS

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

The use of supplements has gained popularity over the years. They are now widely available in vitamin shops, natural food markets, drug stores, online, and stores of all kinds. Americans are now spending more than \$17 billion per year on nutritional supplements. Dietary supplements include herbs, vitamins, minerals, amino acids, probiotics, digestive enzymes, protein powders, and much more. Although supplements can provide numerous benefits for our health, especially when taken with an already balanced diet and lifestyle, it is best to consult with an expert to ensure that you are on the right path and not creating adverse effects. Whether you are already on a supplement program, or interested in learning more, here are a few things to know.

**Supplements can interact with medications.** This is a very important consideration that should not be overlooked. All medication, including those you buy over the counter, can potentially have interactions with herbs and nutrients. These interactions may result in the medication not working as well or have a potentiating (increase the power of) effect on the body. For example, a popular herb for improving mood, St. John's wort, ramps up the clearance of several medications via the cytochrome P450 3A4 (CYP3A4) enzyme in the liver. It has the potential to make a number of drugs less effective, including oral contraceptives. St John's wort should not be taken with birth control pills (BCP) because they can increase the risk for an unintended pregnancy. Similarly, Vitex Agnus-Castus (Chaste tree), an herb used for a variety of women's conditions, should not be taken with BCP because they will increase the chances for a pregnancy. Other interactions can be dangerous or even deadly. A drug can reach toxic levels or when combined with other supplements can lead to a life-threatening condition. For example, taking Coumadin (a blood thinner) with Ginkgo biloba (an herb often taken to improve short-term memory), Vitamin E or fish oil, has the potential to cause internal bleeding or stroke.

Medications for blood pressure and blood sugar control need to be monitored when making a lifestyle change or adding a supplement program. As health starts to improve, the dosage may need to be adjusted over time to reflect improved physiology. It is important to know when these types of contraindications or interactions exist.

**Supplements are not produced equally.** Although the US Food and Drug Administration has created a guideline of Good Manufacturing Practices (GMPs) for dietary supplements, implementation of these regulations face enforcement challenges. It is largely in the hands of the manufacturer to honor GMPs from quality control to meeting label specifications. Unfortunately, you are not always buying what you pay for. There can be issues with contamination, the use of poorly derived, cheap or synthetic ingredients, or the complete absence of the active ingredients listed on the label. A good place to start when deciding which supplements are worth buying is to look for a USP Verified Mark. This indicates that the product does not



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contain harmful levels of specified contaminants (i.e. pesticides, heavy metals etc.), will break down and release into the body at a specified time, meets its label claim, and follows good GMP's. Naturopathic Doctors use high grade supplements that undergo batch testing for quality assurance, and that meet or exceed GMP's. Most of these supplements are exclusively sold through a qualified health care professional that must meet certification or licensing requirements in their related field.

**Bioavailability matters.** Vitamins and minerals are best absorbed when they are food based. It has been found both clinically and with the literature that food forms are superior to synthetic isolates. This is because with a food form you also get

all of the other cofactors that are needed to increase the bioavailability of the nutrients. Furthermore, synthetics are often found in mega doses that do not naturally exist in nature and can have drug like effects. Taking supplements at supraphysiological levels can pose a risk for those nutrients that build up to toxic levels including fat soluble vitamins A, D, E and K, as well as iron and copper. Although most Americans are deficient in many nutrients including trace minerals, Magnesium and Vitamin D, caution must be used when taking synthetic versions at high doses. Our goal ultimately is to improve the body chemistry, not create deeper imbalances!

**Lastly, it is very important to know when to supplement.** Certain medications can deplete a person's body of vitamins or minerals. An example of this would be metformin, a drug for diabetes, depleting the body's reserve of B12. This can pose a risk for a person developing anemia. Statins (cholesterol lowering drugs) can deplete the body of CoQ10 - a necessary nutrient for energy production in the cells. Other situations where a person may need to supplement include those with dietary restrictions, such as vegans or vegetarians; as well those people who are not digesting their food very well and may have issues with absorption. Please consult with your doctor before starting any supplement program.

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**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.

# YOGA IS FOR EVERY "BODY"

by Holly Kennedy

Certified Yoga Teacher, B.A.

"I'm not flexible enough" is one of the biggest misconceptions regarding yoga. There are approximately 7.6 billion people on the planet. That means that there are approximately 7.6 billion ways to do yoga. Let that sink in. That means that only YOU (intuitively) know how to do the perfect yoga practice for your body! The original purpose/goal of yoga (the physical practice) was to still the mind in preparation for sitting quietly in meditation for extended periods of time. We stretch, twist, and move our bodies in ways that ultimately induce calm and relaxation ...even though we may feel challenged at times during the physical practice. One of the most important things to remember when doing yoga for the first time or the thousandth time is that it isn't about how we look in each pose. It's about how we feel in each pose. It's about exploring and nurturing our bodies, and it's different each time. Sure, it's nice to strive for proper alignment in each pose, but that may look different depending on the size, shape, and age of our bodies. A better thing to focus on is oxygenating the muscles and organs and releasing energy blockages. This will ultimately lead to better health.

There's no need to make things more complicated than they need to be. Simplicity is divine. A lot of people feel intimidated about even trying yoga because they don't know what to expect, or perhaps they had an experience going into a class where everyone seemed to know what was happening, and they had difficulty following along. First of all, looks can be deceiving. Secondly, there was a point in time when every person in the class was also unsure or insecure in their own way (and many still are). Watching videos and/or getting a few private lessons can definitely be beneficial before attending a group class; however, the benefits of yoga can be experienced without either in the privacy of your own home. All you need is your body, your breath, and an intention. Each person has his/her own perfect way of practicing based on how his/her body is designed.

There are modifications for most poses, so even if a person has mobility issues because of an injury, chronic illness or age, he/she should still be encouraged to try yoga as it often ends up being a huge piece of the puzzle of healing. It can also help with retaining and even regaining mobility as well as increasing strength, balance, and flexibility ...even if you are simply doing chair yoga. Yes, chair yoga does exist, and there are many chair yoga classes offered around this town and others, as well as on the internet. It's beneficial for people who have trouble getting up and down from the floor, as well as for people who have jobs that require them to sit at a desk for long periods of time.

Doing yoga can positively affect every system of the body from the cardiovascular to the digestive to the endocrine, etc. For example, lying on one's back and putting one's legs up the wall can



reverse the effect of gravity and drain lymph and used blood from the legs. That can also boost circulation...and can be done in your living room! Another example of a simple yet powerful pose that can be done sitting, standing, or lying down is a gentle twist while breathing deeply into the abdomen. This stimulates the digestive system and helps with detoxification. The internal organs often act as sponges holding stale, stuck energy and blood. Doing twists and forward bends while working with the breath massages the organs and squeezes out the old stuff so that fresh oxygenated blood can circulate through again. There are also poses that specifically target the immune system and can help alleviate symptoms of the common cold and allergies.

Yoga has helped many athletes extend their careers. It helps maintain and increase flexibility which helps prevent and protect the body from injuries. Whether it's simple breathing techniques or extreme poses, yoga is beneficial to all athletes no matter what sport. Yoga also promotes good mental health. Many people find relief from symptoms of anxiety and depression by doing certain poses and working with the breath. It's also a way to become more

comfortable in the body during and after conquering an addiction to any sort of substance. Yoga is a gift we give ourselves. No one can do our yoga practice for us, and no one but our self can feel the positive, healing results of our own sacred practice... however it might look. When we engage in our practice with intention, we honor and nurture our body temple.

PHOTO: Floor Yoga, Pixabay 2557536\_1280

PHOTO: Chair Yoga photo by Holly Kennedy

**BIO:** Holly Kennedy is a Certified Yoga Teacher. She has a Bachelor's Degree in Interpersonal Communication. She is available to teach private and group lessons, and she is dedicated to helping find the best style of yoga or movement for each individual regardless of injuries or mobility. She can be reached at [hollykenngy@yahoo.com](mailto:hollykenngy@yahoo.com) or 502-314-5142.



## **GLORIOUS SPRING and the WHITE-TAILED DEER**

**Elsa Lichman, M.S.W., Waltham Massachusetts**

The loveliest months are almost upon us. Already in April we have experienced balmy days interspersed with bitter cold. A gentle haze of misty reds and pale yellow- greens has sprung up along roadways and riverways alike, as migrating birdsong fills the air. The first robin has arrived in my yard. Nests of all types and sizes are being built, and spring will see the arrival of hungry chicks cheeping, calling, or shrieking, depending on the species. Parents will be working non-stop to feed them.

While birding, I have the pleasure of seeing white-tailed deer in my local cemetery, which contains woodland on a hill and along riverbanks. These human-shy animals change color in winter and spring; they are now a reddish-tan. There are patches of white fur around their eyes, muzzle, and throat, as well as on the underbelly and under the tail.

They are the smallest species of the North American deer family, and their range can extend from southern Canada to South America. The females remain in groups, males in bachelor groups, while large bucks are separate. During the fall rut, or mating season, these males seek dominance, and can battle fiercely, occasionally to the death. Deer are herbivores, eating leaves, twigs, fruits, nuts, grass, corn, alfalfa, and even lichens and fungi. Males seek out the most nutritious foods during the rut, as the far-ranging bucks lose a great deal of their body weight. They sport sharp-pointed antlers which drop off in winter and regrow in spring. At first they are a velvety texture; bone develops, and the deer rub the coating off on tree trunks. The rub leaves a bare area of denuded bark, a signal, and also activates scent-filled glands which indicate territory.

The does give birth to one to three young in May or June, after a seven-month gestation period. A friend watched a newborn fawn struggle to its feet, while the mother licked it from head to foot, as an 'auntie' stood by. The licking ensures that odors do not attract predators. Females can be fierce protectors of their young. Fawns hide in plain view by lying in small indentations in the ground. In dappled sunlight they are almost impossible to distinguish from the surrounding vegetation.

Deer are normally crepuscular, browsing at dawn and dusk. They are preyed on by bobcats, mountain lions, foxes, coyotes, wolves, and more. They use speed and agility to outrun predators, sprinting up to 40 mph and leaping as high as 10 feet and as far as 30 feet in a single bound.

In the wild, their lifespan is not long. In the north, food is scarce in winter, and generally they also encounter hunters, disease, and



car accidents. This is particularly true during the rut when they are on the move.

While waiting patiently to see one of our local birds return to its nest, I look between gravestones and see a deer standing stock still like a statue. Then a smaller one appears, and they amble along together over hill and dale, between stones, eating arbor vitae planted at graves. They form a perfect tableau, in the same pose, looking in the same direction, large, lucent eyes opened wide, faces exuding poise and beauty. Their long legs are graceful, and when the deer are standing in a natural wood, they resemble small tree trunks. Our two meet up with a group of three or four and they run so fast they disappear in an instant, nowhere to be seen. Finally, we spot one lying down at the forest edge, only her head and neck visible, looking at us. Her camouflage is perfect, as she blends in so well.

Unexpected treats can abound when one spends more and more time in nature.



**Photo of Doe by Frank Peace**

**Photo of Faun Running © Can Stock Photo / bobbleblaw66**

**BIO:** Elsa Lichman retired after 43 years of social work and turned to the arts for creativity and inspiration. She has written the regular Nature in the City column for her local newspaper for years and has published her poetry and prose in a variety of venues. She studies voice and performs with a sophisticated, multilingual chorus and at studio recitals. She has created a duo with guitar and vocal harmony called the Wild West Duo, now performing in nursing homes. Her partner Ray is a completely independent 91-year-old guitarist and singer. Contact her at [elsalichman@comcast.net](mailto:elsalichman@comcast.net).



# **AVOIDING BURNOUT FOR HOLISTIC PROVIDERS & Everybody**

**By Darlene Rush, RN and Kay Jones, FNP**

We have been nurses for many years and are aware that burn out is a huge factor in the healthcare world. When people work for and help people who have physical or mental illness, those caregivers need to take good care of themselves, too. People who take care of others don't always recognize that something is not right, and that they may be experiencing burnout. They may simply feel that they are tired or worn down. The Kentuckiana Holistic Nurses Association (KHNA) is helping to bring awareness of the need for self-care to everyone who works in service fields such as massage therapists, psychologists, nurses, nurse aides, and others.

Years ago when we joined KHNA we didn't really know what holistic nursing was. We learned about it simply by going to the KHNA meetings and hanging out with the people there. That was because the atmosphere at the meetings rejuvenated us. We loved coming and talking with the people who were involved in learning new ways of dealing with stress, natural healing, and self-care. The topics covered at our monthly meetings are broad, but everything that we cover in our discussions and meetings and other offerings is supportive of friendship, personal growth, and natural health.

Self-care is a great way to prevent burn out. KHNA provides a lot of networking opportunities for people to share about different wellness modalities that promote self-care. Everything we present relates in some way to self-care so that we, as health care providers, can stay healthy. This allows us in turn to provide better services for our patients and clients.

Finding access to alternative modalities is getting easier. The relationship of the medical field and holistic practices is gradually shifting and opening. The medical community is more supportive of massage or acupuncture now than ten years ago. That doesn't mean that a lot of holistic modalities are covered by insurance, but some are. More holistic practices are coming under the preventative umbrella. Prevention is a big term with the insurance companies now. There is more mindfulness that if a patient is preventatively cared for, then they are less likely to actually get sick. Yet, there is still a long way to go and we need to continue to educate and treat burnout and self-care deficits.

Wellness programs available through work or in the community can help with burn out. KHNA is promoting these programs which include stress relief and other holistic modalities. Aroma therapy and essential oils are big right now, as well as exercise and nutrition programs.





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Regarding how people can locate a health practitioner who is holistically inclined to help with individual burnout and self-care needs, there isn't a system which does that. The best approach may be word of mouth. You can find out "this practitioner is good" or "this practitioner doesn't take this insurance". KHNA is a good source for networking and finding out who is currently a holistic provider in the Kentuckiana area.

Regarding supplements for self-care, that is completely within the prescriber preference as to whether to encourage their use. Working with supplements is within the domain of prescriber's comfort zone - - and that comes with education. Numerous providers are supportive of supplements. Yet there are many prescribers saying, "No, you don't need anything additional." We have heard both nurse practitioners and doctors say, "Well, we don't know how this medicine interacts with supplements, so just don't take anything additional right now." Not all prescribers have gone through the research about which supplements interact with prescription medicines. We hope that we can continue to encourage education among prescribers on these matters. Then prescribers could go ahead and promote safely for greater use and overall well-being.

Healthcare providers need to make self-care a priority in their lives to prevent burnout. While self-care is often underappreciated, reducing stress is vital to renewing energy. Using alternative holistic modalities can be helpful in achieving this goal. The possibilities are endless.

**BIO:** T. Kay Jones, FNP, PMHNP-pending and Darlene Rush, BSN, RN, HNB-BC, are co-leaders of the Kentuckiana Holistic Nurses Association (KHNA). We joined KHNA to help spread information and understanding of holistic modalities. We are active providers of holistic care and are willing to discuss our personal growth and learning with those interested.

PHOTO: © Can Stock Photo\_Mocker

## ***HARMONIZING JOURNEY of QIGONG, by Melissa Bernstrom***

As a long-time practitioner of Tai Chi, I have enjoyed the opportunity to explore the practice of QiGong as well. While Tai Chi is a martial art, it is also well recognized as a health modality for improving balance, strength, and posture, while reducing stress and adding significantly to the well-being of body, mind and spirit.

I practice and teach at Nu Chapter Tai Chi and QiGong Institute ([nuchaptertaichi.com](http://nuchaptertaichi.com)) under the direction of Baba Serikali, who is the founder and chief instructor. Baba introduces his students to QiGong, along with Tai Chi, because of its focus on health and healing and the practice of coordinating movement with breath, which is a foundation for both QiGong and Tai Chi.

One of my favorite forms to practice is a QiGong form: the Five Elements Form. Each of the five elements of traditional Chinese medicine is included: Earth, Fire, Water, Metal and Wood. The moves are slow and beautiful, allowing the movement to give shape to each element, and are done in a sequence that rotates to face each of the four directions. These movements always leave me with a sense of peace when the form is completed.

Learning this form has been supplemented and enhanced over the years by readings, Baba's lectures, and class discussions of the five elements. Also, in 2012, I participated in a workshop on Five Element Theory at Nu Chapter. The study of the five elements brings new insight into each person's unique physical and emotional health, and the complex weaving together of personality, nutrition, exercise, and environment that can bring us joy and well-being, or cause us dis-ease.

Each element is associated with different organs, with particular personality traits, with a color, a season, and a healing breath sound. Each element is paired with a specific taste, which can help us to better understand those foods which we crave and those which will be most nourishing to us, noting that these are often not the same! Attention given to the elements, which means close attention to the needs of your own body, mind, and spirit can guide you in bringing yourself into greater balance and harmony.

Nu Chapter also teaches the QiGong form called The Eight Brocades. Like the Five Elements Form, each movement stimulates and helps to regulate a specific organ, while simultaneously improving posture and balance and helping to strengthen the body overall. The final movement is named

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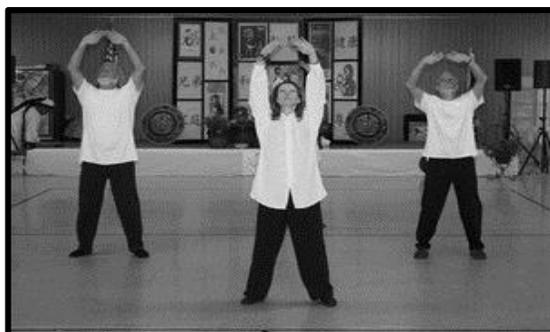
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"Shake the Body 7 Times to Cure 100 Ailments," surely an invitation to explore how the study and practice of QiGong serves to bring greater harmony and health. To try it -- inhale, rising on your toes; exhale as heels root back to ground, allowing entire body to relax with the gentle "shake" of the downward movement.

My go-to exercise for mornings when I feel stiff and out-of-line in my back and hips is a QiGong sequence. I can move slowly, coordinating my inhalations and exhalations with movements that allow me to release tension from my neck and shoulders and to gradually and gently stretch my spine and bring my body, along with my mind and spirit, into alignment. This makes for a healthy and happy start to the day.



In 2015 I attended a QiGong workshop in which the teacher described a basic moment of QiGong practice where the movements of contraction and expansion (which exist in all things, be it the natural world or human breath) are consciously repeated with a healing intention. He prescribed a simple and very effective therapy for the immune system: SMILE. His recommendation was 3 minutes, 3 times/day.

The practice and study of QiGong encourages self-knowledge and learning to use the energy/medicine we always have within us to stay balanced and healthy.

**BIO: Melissa Bernstrom** has studied Tai Chi under Baba Serikali for 12+ years. She has taught Tai Chi classes at La Casita, The Center for Women and Families, Facts of Faith Fellowship, Family Scholar House and Smoketown Family Wellness Center. She has coordinated and participated in Tai Chi workshops and demonstrations throughout the community. In 2016, she was recognized as "Teacher of the Year" for Nu Chapter Tai Chi Chuan & QiGong Institute. She encourages everyone to keep moving.

PHOTO: by Lawrence Lovelace.

## **BREAK FREE OF BODY SHAMING...IT'S ENERGY DRAINING! By Kayla Douthitt, B.A.**

**I overcame a 10-year battle with anorexia and binge eating and have been recovered going on five years. My passion and desire are to help others heal from the inside out.**

**NOTE TO OLD SELF:** Do my arms look fat in this dress? What about these pants? Do they make my butt look big? Gosh, I feel so fat! Why can't I look skinny and beautiful like those models in magazines? How do they seem so "in shape and flawless?" What about those pretty girls at school, with their perfect hair, perfect skin, and perfect clothes? I've gotta be like that too!

I just don't get it. I exercise every day (more times than once), I eat clean (living calorie to calorie), and I do my fair-share of buying in-style clothing. But why do I ALWAYS *feel* left out? When I look at myself, there isn't much to like.

Questions...so many dang questions about my body that I don't understand! So many times, I've wanted to rest, but kept going. So many times where I was hungry and didn't eat. So many times, where I hid behind the scale letting it define me. But for what?

I'm constantly comparing, trying to accomplish how I could be like EVERYONE else. I assume everyone else is slim, had frizz-free hair, and name brand clothing. I sense the need to be "perfect" by looking and acting a certain way. I feel that it's weird to be quirky and naïve... Ugh, the list went on and on... Wrong attitude folks! I reiterate wrong attitude.

Let's pause there...I want to ask you this BEFORE we flash forward. Have you or are you doing this? I urge you to please stop this type of thinking. It serves you no longer! You are worth more, just the way you are. It's time for YOU to love yourself, YOUR body, YOUR hair, all of YOU.

Let's break those negative self-image habits, and kick'em to the curb! Why? Because it's doing you more harm than good to stay in a negative mindset. But if you're stuck in a rut, there is a better way out of all this negative self-talk. There is a way to love yourself unconditionally.

Yep, that's right. I'm sure you are thinking... How did this girl that was afraid of being seen for who she was get out of negative body image and undesirable self-esteem? Well, let me tell ya...it wasn't easy. But it happened. And it can happen for YOU too! Here's how.

**NOTE TO NEW SELF:** My eyes opened, and I decided to leave the old ego at the door. It's like something told me to STOP. Stop trying to be someone you're not. Stop thinking you are unworthy and stop constantly comparing. It was time to realize my own beauty, strengths, and abilities I hid for so long.



I wanna share some tips that you can use when you're in need of an inner pep-talk, but I suggest practicing them daily. Now, it will take some time to change your behavior, nonetheless, I've got faith that you will be on your way towards body-positivity with practice and patience. It takes A LOT of practice and patience, but the benefits of loving your body and loving yourself are unmeasurable. So here we go:

**Tip 1:** Replace a negative thought with a positive one. Be mindful of what you say about yourself and to yourself. Our words are powerful.

**Tip 2:** Think about ALL the things your body can do (and does) on daily basis. Don't forget to give it thanks. There is so much power in gratitude. Giving thanks even for the little things like smiling should be appreciated. Definitely breathing, walking, laughing, dreaming, etc. should NEVER be unnoticed.

**Tip 3:** Be around positive people. If you're around others that like you for the REAL you, it's definitely going to raise self-confidence.

**Tip 4:** Become aware of who you follow, like, tweet on social media. If they make you feel bad about yourself, time to unfollow. It's doing your body and mind no favors!

**Tip 5:** Do nice things for yourself. Make time to get a massage, take a long bath, read, write, do what fuels your flame. Your body, mind, AND spirit will thank you.

**Tip 6:** Wear clothes that make you feel happy. Work WITH your body NOT against it.

These tips have helped me in more ways than one, and I'm thrilled to share them with you. I believe 110% that it's CRUCIAL to change our attitudes and beliefs when heading towards a more positive outlook with our bodies. When we learn to be less judgmental, we truly can set ourselves free and lean into self-love. Till the next time...Sending you much love, Kayla

**BIO:** Kayla Douthitt is a health coach specializing in helping people overcome negative body image, self-esteem issues & eating disorders. Body Project Certified through National Eating Disorder Assoc.; Program of National Eating Disorder Assoc.; B.S. in Communications from U. of L.



***THE IMPORTANCE OF PURE & HEALTHY SKINCARE PRODUCTS & COSMETICS, Casey Gayhart, AAS, AA***

Do you know that our skin is our largest organ? The average woman wears around 515 chemicals per day after getting ready each morning, most of which are present in typical skincare products and cosmetics. These chemicals absorb into the bloodstream and organs through the skin within 26 seconds—10 times faster than what we eat. It is up to the consumer to self-regulate and protect against these chemicals/toxins. Shoppers can purchase products free of parabens, phthalates, mineral oil, artificial fragrances, petroleum, animal by-products, formaldehyde, and triclosan to reduce the amount of toxins they contact daily. Reducing our daily toxic load aids in the health of the liver and kidneys, and is a great way to be proactive in disease prevention, drop excess weight, and increase your energy.

It is important for a person to care for his or her skin appropriately with a pure and healthy skincare regimen every day. To do this, you need to start by knowing your skin type. The four skin types are oily, combination, normal, and dry. You may also need to address the common skin conditions of acne and sensitive skin.

The skin has two ways of aging: biological aging and environmental aging. Biological aging accounts for only ten percent of skin aging. Environmental aging shows up with the increase of external factors such as excessive sun exposure, smoking, and skin exposure to pollution with toxins in skincare products and cosmetics. These factors can cause premature aging. Typical, unregulated makeup and skincare products can be a great source of free radical production from the toxins and chemicals contained in the products. Smoking and UV radiation exposure from the sun are also significant sources of free radical production. Free radicals cause changes that lead to the degradation of the skin's firmness (collagen) and elasticity (elastin) that is characteristic of photo-aged skin. Antioxidants help neutralize and stabilize these ROS (reactive oxygen species). Antioxidants are a primary defense against the aging effects of free radicals.

Quality anti-aging skincare lessens the appearance of aging skin, and gives skin a regained youthful, healthy, and vital appearance. With aging skin, the texture is rough, the skin looks dull and tired, feels dry (loses moisture), develops age spots, becomes reddened more easily, forms lines and wrinkles, and is sagging and lax. Youthful skin looks and feels



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smooth, looks radiant and rejuvenated, is moisturized and protected, has an even tone without age spots, looks and feels firm, is resilient, is calm and less sensitive, and has no signs of lines or wrinkles.

For women in their forties, estrogen levels begin to drop, cell turnover slows, and collagen and elastin levels decline. The skin becomes drier, thinner, rougher, more sensitive, and dark spots, fine lines and wrinkles continue to form. This is the best time to start using an anti-aging skincare regimen, and it is best to use one that will be beneficial to your skin, using ingredients that are pure, safe, and beneficial. Even in your thirties, you can take steps that can help offset the intensity of aging that can come with your forties, fifties, sixties and beyond.

Look for a skincare company that utilizes a holistic approach to healthy living inside and out. Skincare products are best if made with botanically-based ingredients, are vegan, certified gluten-free, and clinically tested to prove effectiveness. Certainly, you also want a company that is certified cruelty-free and does not test on animals. Ideally, use only products that are free of mineral oil and chemicals that mimic estrogen and will not disrupt hormones.

**Bio: Casey Gayhart, AAS, AA** is a Health Promotion major at Morehead State University and is an independent consultant for Arbonne International. Arbonne is a 39-year-old company that offers ultra-premium, Swiss-formulated, toxin-free, clinically tested, botanically-based, vegan, gluten-free, dairy-free and soy-free wellness and beauty products that are pure, safe, and beneficial, with skincare lines for all ages. Arbonne's NØT ALLØWED List™ includes more than 2,000 ingredients — nearly 1,400 from the European Union, plus several hundred more — that Arbonne will not use. Arbonne's rigorous ingredient screening, research, and enhanced safety requirements ultimately result in safer ingredient choices and more effective products.

**Photos** courtesy of Arbonne. Before is on left, after is on right.

## **PARENTING THROUGH ELEMENTARY YEARS** By *Kathy McBroom, M.Ed.*

You've made it! Your little one is in school, he or she is independent for the most part and you are starting to return decorations to your coffee table. The toddler years wore you out, but don't let your guard down yet: now you are in the elementary school years. Your child will now begin to explore who he or she is. He or she may want to try sports, playing an instrument or taking gymnastics. The personality changes as he or she has the first friends. Unfortunately, heartbreak is coming. Children can be cruel, and little hearts in love get broken. When trying that sport, a child and parent may realize that the coordination is not there. Disappointment becomes part of these years.

Here are some tips from my point of view. I have two daughters, one that had me reading "The Strong-Willed Child" by James Dobson cover to cover. They are now twenty-four and twenty-six, with the oldest newly married. My husband is a minister, which brings in a whole new set of issues in these years. I am a middle school teacher, and I have been teaching middle and high school for over twenty-five years now.

Let your child make their own choices whether it is sports, singing, instrument lessons or dance. This is important: don't try to relive your younger years through your child. If your glory days started with being the star soccer player in elementary school, let your child choose whether or not he or she wants to play the sport. Your self-worth cannot be obtained through your child. Only through faith in God and studying His Word can one find one's self-worth. This pressure is too much for your child. Love your child as he or she becomes his or her own person. It's ok if your child chooses to take no lessons and play no sports. Some parents will say, "You need to start him or her early if you want him or her to be good." Nonsense. If you feel these things important, the starting of them too early could burn them out by the high school years. That star athlete you were trying to make may never want to see another football again by the time he is a junior in high school.

Encourage your child. Listen. You have heard it said that you have two ears and one mouth. True. Again, true. Stop talking and listen. When you pick that child up from school or when you come home from work at the end of the day, ask about the day and listen. Ask questions when you get the "all is fine" answer. Kids are embarrassed when things are going badly, and they need to hear you being a safe landing for them.

Never compare children, not to another sibling or to another child. This is an easy trap, but beware. Put yourself in your child's place: how does comparison feel? Most adults know how that feels, and it is not good. Your children will be very different.

It's ok. Give them ways to express who they are with encouragement from you.

Give your children the gift of you. As a teacher, I see children everyday desperate for their parent's attention. Show me a child who is performing well in school, and I will show you loving, actively involved parents or one parent. Many are now being raised by grandparents or a grandparent and even when that grandparent is actively involved, those kids struggle. Deep down a feeling of "I am not wanted" is always there. Many parents are so caught up in their own dating relationships, some trying to be young again and some just so selfish in their lifestyle that they seem to forget the child that looks to them as a hero. Whether we want to be or not, we are our kids' heroes.

Give your child the freedom to change. As they grow, their friendships, likes and dislikes will change. They need to again see parents as a safety net, that soft place to land with freedom to live.

Discipline, discipline, discipline. Have a system of rewards, changing it as they grow. This will bring way more results than harsh punishment ever will. But, don't shy away from enforcing consequences for wrong behavior. Don't nag your kids, don't make fluffy threats, just discipline. You would be surprised how many kids appreciate the follow through of a good behavior and consequence plan. When this is enforced, kids know where they stand. Love them during the entire discipline process. Communicate the whys for everything.

Relationship is key. This works with your children and for me as a teacher. No relationship equals rebellion, but a good relationship will make a lifelong difference. This does not mean that there will not be moments when your child comes forth with the "I hate you," or he or she is giving you that look that could kill - - but stay focused. You are not the friend; you are the parent. Now that my children are twenty-four and twenty-six, I get to enjoy the rest of our lives as a best friend. That's exactly what my girls and I are now.

Parenting is complicated. It never ends. The elementary school years can be so wonderful, as you watch this little person grow and change. God has a plan and a purpose for all. This includes parents. As a Christian parent, I have spent hours in prayer for my kids. I want God to show them daily His perfect plan for their lives. Therein is true joy and peace.

**BIO:** Kathy McBroom has a Bachelor in Science and Master in Education. Kathy is married to Robert McBroom, Connections and Missions Pastor at Little Flock Baptist Church in Shepherdsville. [www.kathymcbroom.wordpress.com](http://www.kathymcbroom.wordpress.com). She posts a video blog each Monday called (Continue on Next Page)

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**(Kathy Mc Broom Bio: Continued from previous page)**  
 Manic Monday. Like her page Manic Mondays to catch this each week. She is the 8th grade Reading teacher at Hebron Middle School in Shepherdsville. 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.

**HEALTH IS BEING IN HARMONY WITH THE FLOW OF LIFE & NATURE.** by Joyce C. Gerrish, M.A.

Health is the state of vibrant openness to the flow of life. Life is always surprising us. It keeps us guessing. The important thing is to not fight life, but to flow with it and explore the opportunities it presents. Of course, we can't explore every opportunity life presents. We can choose the ones with which we resonate - - those which inspire us. This is a state of consciousness where life energy flows through us freely. When we are open to the life flow, our body is relaxed and enthusiastic. We naturally embrace the cycles of the day. We wake up to greet the morning eagerly, walk in the sunlight, apply ourselves to our work and projects, love those around us, and sleep soundly at night. We are in harmony with the flow of life and nature.

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When this natural cycle is disrupted – that is when healing may be particularly needed. Our natural life flow can be disrupted by an injury, or by sickness, or having to work unusually long hours for a series of days or weeks, or by events that are stressful or depressing to us. Our muscles may start to contract, and breathing may become more shallow or somewhat irregular. Life may cease to feel like an adventure and may seem more like a burden. Clouds of static energy may start forming in our aura. This is when energy healing, or reflexology, or chiropractic, or other holistic therapies (according to the need) can be particularly valuable to help restore the free flow of our energy and support our body systems to rebalance more normally. This is, of course in conjunction with our normal healthy living habits of nutrition, exercise, sufficient rest, and relaxation. Focusing in our breath as it flows in and out naturally is a wonderful normalizer, as well as peaceful meditation. These can help us steadily return to our more natural flow and feeling better.



## **ENVIRONMENTAL ILLNESS & HOLISTIC HEALING, Norma Wileman B.S., EFT Practitioner, TAAP & ACE Certified**

Environmental health issues are becoming more prevalent in our world. Quite often our immune systems are bombarded by a wide variety of environmental substances indoors and outdoors. These substances may cause a wide array of symptoms and can detrimentally affect our overall health. Biochemical stress from these substances can lead to abnormal immune responses.

I have a degree in Biological Sciences and spent twelve years teaching biology and other sciences in a high school. I have no medical training or degrees. I want to stress that even though I am a holistic health practitioner, I personally go see my physician regularly and take their advice. Holistic health practices are meant to be used in addition to your regular medical healthcare program.

People who develop these types of illnesses may be affected every day for the rest of their lives. We cannot escape our environments. We have to live and work in areas which are heavily polluted, both indoors and outdoors. Indoor environments are polluted with carpeting, flooring and furniture and the products they are made with, as well as their off gases. Outdoors we are subjected to pollution from cars, industry, and even farming. Any fragrances you encounter are essentially chemical compounds unless they are purely based in natural fragrances with no chemical additives. The product you spray to make your house smell nice; those are artificial fragrances which are chemically based. Some people are affected by them and some are not.

Environmental reactivity can cause headaches, fatigue and erratic and even bizarre behaviors, such as high anxiety, anger, acting out. Some behaviors can be quite severe, including violence and suicidal tendencies. For more information, I suggest any of the books, or YouTube videos showing Dr. Doris Rapp's work with children with behavioral issues. She was a pioneer in this area. Today, based on the work of Dr. Rapp and Dr. Devi Nambudripad and others, with holistic interventions these behaviors can be released from the body typically on a permanent basis.

The manner in which I work with clients may vary depending on what type of substances and the severity of the symptoms. When the environmental toxin is unknown or comprised of many toxins we can still release them, When working with people who suffer from these types of reactivities I need to learn more about each person and their symptoms in order to be able to help them with the highest and best return. Thankfully my background in biological sciences and my desire to do research remains with me to this day. I gear my work to each person, their symptoms, both the biological and physical aspects of it, and more importantly, their emotions. I find out how those substances affect the client from their direct experiences.

I came into contact with a cleaning agent and had a severe reaction to it. After many months of severe side effects, and



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**HEAL FROM WITHIN**

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medications which were prescribed with little relief, I had to keep searching for a way to heal myself. It was then that I began to consider working with my own issues as if it were allergy based. Since then I have made positive strides in diminishing the symptoms in my body. Using a scale of 0-10, with ten being the worst possible intensity, my symptoms were initially a 9 with severe itching, burning and stinging both on the surface and deeper within my body. Added to the misery were intermittent feelings of sharp electrical type zingers. Not a very technical term but aptly descriptive.

A very large part of my practice is geared to helping people permanently release allergic reactions to a wide variety of substances. That led me to think about working with my environmental toxicity in much the same way as I do allergies. With allergies we basically let the body know that the offending substances are safe and that it is also safe for the immune system to relax and let down its guard towards the specific allergens. Amazingly the body complies. This allows the body to cease inflammatory responses, hypervigilance and fear responses in the body as well. The body no longer sees that allergen as dangerous allowing the body to cease its reactivity to the substances. As we continue work to convince the body and immune system that it no longer needs to see the environment as dangerous, it will cease to trigger the negative responses.

I practice what I preach and do my holistic healing work on myself regularly. The work that I do should always be in addition to your regular medical care. I am highly trained in five different energy modalities to guide your body into healing itself. The bottom line is that our bodies want to heal themselves. They were designed to do so, but sometimes the body just can't function properly when it is inundated by environmental substances. Feel free to contact me for a free consult at (502)-819-8200 for further information.

**BIO: NORMA WILEMAN** is former Biology teacher. Introduced to Energy Medicine and Energy Psychology healing methods 8 years ago. Has been a practicing EFT or Tapping Practitioner for 8 years. Extensively studied the works & methods of Gary Craig, the founder and developer of EFT. Certified in Advanced Clearing Energetics ACE & Allergy Antidotes. Has helped many people release allergic type symptoms as well as emotional and physical issues. Is an International Speaker on EFT for Sports Performance & has worked with amateur, collegiate & professional athletes to naturally enhance performance. Upcoming group classes include Clearing Gestational, Birth & Infant traumas

# Medicare Supplements

**Jeannie Samdani, MA Econ.**  
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Photo: Man & Dog in Canoe. Pixabay 959079\_1280

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## CROCK POT MINESTROME RECIPE

By Barbara Bosler

Yields 4-6 Quarts. All organic is best.

### INGREDIENTS

2 TB Olive Oil

#### Chop the Following:

1 medium onion

1 stalk celery

1 zucchini

1 carrot stick

Minced or pressed garlic (2 cloves)

1 cup fresh or frozen green beans

1 15 oz. can diced tomatoes undrained (BPA free can)

2 cups garbanzo beans (chick peas) rinsed

6 cups vegetable broth (or 6 cups water with natural bouillon cube)

### PLACE IN CROCK POT IN ORDER GIVEN ABOVE

Cook on low 6 hours, then add  $\frac{1}{2}$  cup uncooked small soup pasta like ditalini- - and stir well.

Cook 1 more hour, then add  $\frac{1}{4}$  to  $\frac{1}{2}$  cup pesto. I love pesto, so I do  $\frac{1}{2}$  cup.

Stir well. Serve with crusty bread and enjoy.

### \*KITCHEN TIPS

Optional: Cook dried beans ahead of time in a crock pot and store in 2 cup portions in your freezer for later use.

Chop unused celery, onion, or peppers and freeze for future soups. Happy Cooking!

## **FARMING FOR THE NEXT SEVEN GENERATIONS** *by Jennifer Smith*

We are living in a strange time where technology is moving faster than ever before, while in contrast - interest in traditional, artisan or handcrafted goods is surging. It is at this intersection that Barr Farms sits. This seventh-generation family farm's story could have gone very differently, were it not for their passion and curiosity - - both for the best parts of the past and the possibilities in the future.

Fifteen years ago, Adam Barr was faced with a choice after college. He could return to his family's roots on their farm in Rhodelia, KY, or pick virtually *any other profession*. If he chose the latter, he knew a chapter would close, not just for his immediate family, but for his community. It was a sustainable agricultural conference that sealed his fate. He learned about family farms all over Kentucky and the country that were closing as his generation chose anything but farm life. He realized that his generation *could possibly end family farming*, and it pierced his heart. He had found his calling in his roots - - farming to feed his neighbors.

At the same conference, he learned that some farmers were finding some success with a CSA (Community Supported Agriculture) model. The CSA model made it possible to make a viable living from their farm. Perhaps more importantly (especially for his wife, Rae), a CSA gave them a way to connect to their friends, family, and community through food.

Today, Adam and Rae are still balancing two perspectives - they honor and learn from the past seven generations while carefully preserving and enriching the land for the future seven generations - - including the three children they are raising on their verdant acreage.

Sometimes, this means adapting. While CSAs have been popular with many 'locavores' (people who prefer locally grown food), they are not yet mainstream. This was unacceptable to Adam and Rae, who want to feed their community the best 'real food' from our region. Over the past few years, the pair quizzed their current and past CSA members, as well as people who never made the leap to a subscription. They weren't afraid to ask tough questions: "What stopped you from signing up?", "What do you dislike about the CSA?", and "What could we offer to make the CSA work for your family's needs?" The answer to all these questions was crystal clear - **customers wanted choice and flexibility**.

A typical CSA produce box can take some adjustment in a world where shopping is as easy as buying summer strawberries in December. Usually, a CSA comes once a week and the vegetables you get are whatever is growing in the season. If there was a bumper crop of kale, you get kale...whether you like kale or not. If you have a family of two and the CSA feeds a family of four, those extras can be overwhelming.



So, Adam and Rae searched for a way to straddle the line of tradition and innovation. To be true to their values, they had to offer only produce that grew seasonally without pesticides... and for practical (and sanity) reasons, they could only be flexible in ways that they could track in a streamlined way. Luckily, they found Harvie, a fully customizable CSA platform that manages both their member's preferences *and* seamlessly manages a pick list and delivery list, making it easy for Barr Farms to offer the flexibility their subscribers wanted.



Today, their subscribers can use a simple online dashboard to choose weekly or bi-weekly delivery, choose from a variety of subscription sizes, or choose to add (or delete) produce they love (or hate). They can even choose to have the CSA delivered to a pick-up spot near them or home delivery.

It isn't easy to ask questions that might have painful answers - but Adam and Rae are glad they did. By moving to a flexible subscription platform, they can appeal to a broader audience, feed more neighbors, and secure a better future for the next generation of farmers after them.

If you look at the new Barr Farms logo, you'll notice two things. First, it prominently features roots. This is because they believe in the power of the past that supports the future, the soil that feeds the farm, and the farmer that meticulously cares for the gifts of the past. Second, the roots rise into a new seedling sprouting into (nearly) a heart shape, as seedlings often do. This is because they believe in the creative and hopeful energy of the future, and growth toward a health for those that come after them. A few years ago, Adam and Rae decided to accept, embrace, and nurture this balance - and our community is better for as long as they continue their work.

**BIO:** Adam Barr and Rae Strobel-Barr live with their three children on 276 acres in Rhodelia, KY. They raise 100% grass-fed cattle, pastured pork and chicken, and a variety of seasonal produce. You can visit them at the Douglass Loop Farmers Market, St. Matthews Farmers Market, and Phoenix Hill Farmers Market. **To sign up for a customizable CSA and catch up on farm news visit [barrfarmsky.com](http://barrfarmsky.com)**

## ***DISCOVERING THE TREASURES OF HIGHER CONSCIOUSNES & HOW WE CAN ACCESS THEM***

***by Joyce C. Gerrish, M.A.***

Taking time to really understand the essence of life is a precious gift. This deeper comprehension involves slowing down somewhat and attuning within to your heart as well as to the Divine universe and beyond. There is so much going on around us and online and on our devices that it is tempting to perpetually keep shifting from one thing to another. So many people are trying to take in as much as possible in as short a period of time as possible. This can result in dilettantism or always staying on the surface of life without going deep into a more profound understanding. Many people today truly don't know the real difference between dilettantism and deep comprehension.

What gets lost in "surface skimming" in life? Let's explore that. Life presents a "face" for every situation. By "face" I mean the obvious presentation or understanding. It's not the whole picture by any stretch of imagination. It just serves to sort of identify the situation. Beneath that are many layers of understanding which may take serious time and attention to plumb and explore and understand. There are those intuitive people who may get an instant flash of profound comprehension of a phenomenon, but they are the exception. Many people accept the "face" of a situation and don't feel drawn to explore it further or feel that they have the time. What is the problem with that? -- Or is it O.K.?

The human consciousness is capable of comprehending amazingly complex rich concepts on many layers. This is true of the consciousness of most people; I'm not just referring to geniuses here. Average human intelligence has tremendous potential. The problem is how to keep people from shutting down these greater potentials. I think that teachers might agree with that. This boils down to motivation, either internal personal motivation or someone else such as a teacher motivating the person. The tricky thing is that most people lose the external source of motivation when they leave formal education. Many people may figure that they have done their serious learning and now they can sort of float along on what they know, as well as on what they pick up casually along the way.

The brain thrives with stimulation. The more that it is challenged, the more neural pathways it creates. It is known that there are different parts of the brain that deal with different types of experiences. The back-stem of the brain deals with fairly basic aspects of human behavior. This includes sex, anger, hunger, lust and survival issues. The frontal lobe deals with problem solving, day to day functioning (which can sometimes get pretty complicated these days), what we learn when we take courses, and job responsibilities. That's all good and important. Then there are large parts of the brain that are little understood so far. These lesser researched areas of the brain are more active in people considered genius, compared to other people. There is a mystery

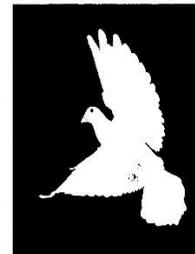
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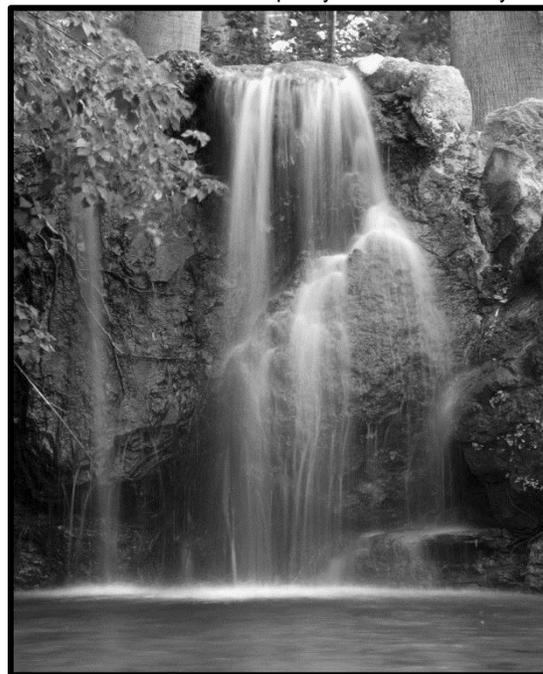
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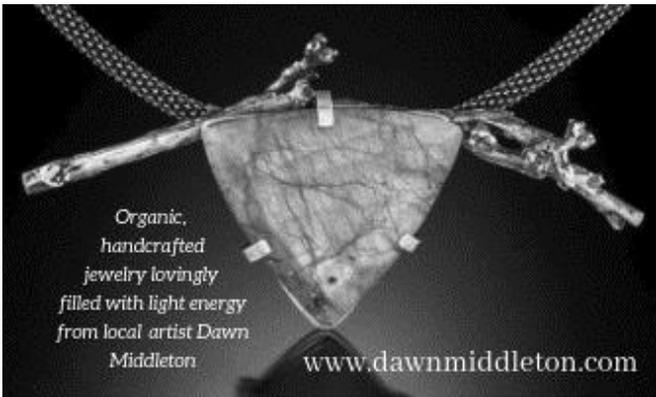
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here. Is it possible that genius results when some traditionally more quiescent areas of the brain are stimulated? If so, how might that stimulation occur? What are those areas accessing when they are stimulated?

This applies to the pineal gland in the middle of the brain. Higher meditation stimulates the pineal gland. Not just any form of meditation will have this effect, it needs to raise the consciousness to a higher level of vibration. That is not just a figure of speech. The level of vibration of the consciousness can be measured scientifically. There are beta, alpha, theta, and delta. Each of those vibrate at a higher vibrational frequency than the previous. Beta is the level of everyday practical consciousness, alpha is the level of typical meditation or of someone providing energy healing, theta is truly higher meditation, delta is normally associated with deep sleep. So the thesis of this article is that at the theta level of consciousness the pineal gland and other special areas of the brain are stimulated in a specific way. This can help access to the individual the capacity for extraordinarily enhanced





awareness. This profound awareness is massively needed on planet earth to solve all the problems currently manifesting all around us. Please think about this a moment. It is unbelievably important.

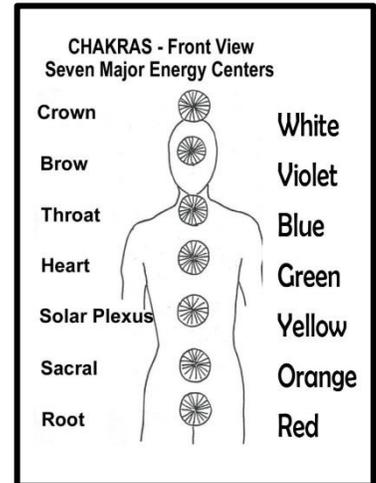
When a person's mind is vibrating at the similar level of consciousness as masses of struggling or stressed out humanity, it can pull oneself down. A person may think that he or she is feeling heavy or blocked or stressed, but it may be that one is picking up and absorbing that from others (the mass mind). We need to lift our consciousness above the mass mind into resonance with the higher levels of our consciousness and the Divine. This is sometimes referred to a mountain top experience or a spiritual epiphany. The wonderful thing is that it doesn't need to be just a rare occurrence. We can access it by choice to help lift our life and help lift those around us.

The masses of humanity don't need to suffer forever from scarcity and abuse. There are solutions for our problems that can be accessed into our mind through intuition when we raise our consciousness into higher meditation. It is already going on today with many people. It can happen with thousands and thousands of people to bring in inexpensive simple solutions for all the challenges humanity faces today. We don't need to have so many people suffering, we can find transformed ways of doing things. In order to bring in this transformational information, it is important for an individual to have some training in the pertinent related area of knowledge in order to have the context of knowledge and understanding into which to place the insights. So education is still very important. It is just a matter of keeping the mind open to perhaps unexpected possibilities and insights. This is exciting, is it not? It gives a whole new perspective to education and creation and invention. It also requires the courage to bring forth the alternative ideas, and the willingness to speak up. This applies to all walks of life: health care, medicine, teaching methods, governance, heating and cooling, ecology and care of nature, communication devices, transportation, farming, music, drama, visual arts, business methods and finance, architecture, and more. May we all help usher in the new reality.

One good way to begin to access higher consciousness is to take Reiki I energy healing training, which can be done in an afternoon. Then one can continue practicing it regularly to help clear one's own energy field/aura. Reiki actually is a meditative

practice. From there it is helpful to meditate daily, which is training one's mind to focus and become still. Focusing on your breath as it flows in and out at a relaxed pace is very relaxing and helpful. Use a prayer of your choice to pray for Divine blessings. Thank the Divine. In order to not become spacy, it is desirable to imagine that you are putting down powerful roots deep into the earth. Visualize yourself in a ball of light. Next, I suggest focusing in the seven major chakras one at a time -- and imagine that you are breathing light into them and breathing out any stress or worry. See the chart on this page. As you breath into each chakra, imagine that you are breathing in the corresponding color as shown on the chart. Then visualize a star chakra about a foot above your head and focus your awareness there. As you focus in the star chakra, once again silently call on God and the highest Divine. Pray that healing energy and Divine light flow in through the star chakra and fill you overflowing. There is a fifteen-minute audio meditation on my website that can guide you through some of that. [www.joycegerrish.com/Songs & Meditations](http://www.joycegerrish.com/Songs & Meditations) - - then once that page opens, click on #10 Illumination. After the audio, then breathe the colors into the chakras as described above.

There are higher chakras that can be worked with after the meditation described above. I will give you a brief introduction now and will go in greater depth in another issue of this journal. Starting from the bottom and moving toward the top, briefly breathe in yellow-gold light into each of the seven chakras. When you get to the star chakra pray and invoke with



deep feeling for Divine yellow-gold light to flow in luminous marvelous illumination and blessings. Invocation and prayer can be powerful when accompanied with devotion and deep feeling. Visualize brilliant golden light flowing in and filling your whole being. Higher consciousness is very important for helping all of us to move into the next step of our true life purpose. Each in our own way -- we are all needed to contribute to helping uplift the people of our planet to greater peace, wellness, joy, and the highest good.

**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" and is Publisher- Editor of the Natural Living Journal. Louisville Office. 812-566-1799, [www.joycegerrish.com](http://www.joycegerrish.com)

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