



Natural Living Journal

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

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A Thankful Heart

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Relationships**

Homeopathy for Pets

**Thriving With Herpes
Holistically**

**Are We Evolving From
3rd to 5th Dimension?**

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Choosing the Right One

**Inspiration Through
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The Power of “Yet”

**Louisville Academy of
Fine Arts for Children &
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A THANKFUL HEART

By Gerry Boylan, Ph.D.

A thankful heart-- that sounds like such a simple thing. It seems to pale when compared to the vastness of the universe and this great multidimensional mysterious thing we call life. Here you are focusing on the thought that the consciousness you are aware of is quite limited and superficial. You find yourself thinking "I want to be or I need to be in another place or another space. What I am experiencing now is not enough."

Do you see that is simply your ego attempting to create another drama that it can become attached to? It is only your ego that dwells in "not enoughness," your soul, your spiritual being in this now moment realizes that all is enough. When Augustine spoke of the restlessness that we experience, he was not speaking of the restlessness of the ego searching for more, he was speaking of the love of the soul for the beloved. Notice the difference. The ego is grasping with the thought and desire that 'when I get this or that I will be pleased, I will be satisfied, I will be happy.'

When the soul opens itself to embrace and to be embraced by the fullness of love, there is no grasping. There is simply the continuing openness, stretching, and this stretching and openness continues and continues. It is an openness to realization, because as the stretching and surrender continues, as the soul's capacity for love and loving expands, there is the dawning of the realization that "I am" what I am yearning for. There can be nothing else.

Do you see how you can mistake the ego's yearning for the soul's desire? When you find yourself thinking, "I must meditate more; I must be more prayerful; I must be more conscious," even though those desires might be true, the ego has hijacked them. It has pulled you away from your awareness of the truth of who you are and has created for you an empty curriculum that can never really be fulfilled.

With A thankful heart, an open heart—there is no grasping, there is no scorecard, there is no comparison, there is just gratitude. The thankful heart simply opens to what is. Everything is both a learning lesson and something to be thankful for - - everything! Do you see how this expression of openness is both a gentle and wonderful form of surrender? Surrender into mystery, surrendering to love, surrendering your identification with your limited self.

"Create in me a thankful heart," psalm 51. That is not to say that this is the answer to all of your problems, but it just well might be. When my heart is open in the present moment, I am loving, I am unburdened, I am expressing my oneness with Spirit.

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

Sunday Service: 11:00 AM



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It's kind of funny to notice how your ego responds to this with such disdain. How it speaks of this not being enough, as being trivial. Perhaps that is the way to know you are on the right track, that your ego begins to discount the spiritual solution that has come to you.

An open heart space affects all beings. It is a choice to raise your own vibration, and that will positively touch and influence the vibrations of all the beings. You still struggle with the simplicity of this, and yes it reflects the teaching that you have heard so often that everything is a choice between love or fear. Or as it put so simply, "Does what I am thinking or choosing to act upon open my heart or does it close my heart?"

In the world of matter, it is usually the dramatic and the overwhelming that attracts the most attention and seems to be most important. In the realm of spirit, however, it is sometimes the simplest things that can be the most profound. In the teachings of Jesus, "May you be as wise as serpents and as simple as doves," and "You must become as a little child to enter into the kingdom of heaven."



Bio: Gerry began his career as a teacher and retreat leader at St. Xavier High School where he taught Biology, Chemistry and Religion. His undergraduate degree is from Catholic University and he holds graduate degrees in Biology and Transpersonal Psychology, and a PhD in Comparative Religions. He teaches classes at Unity of Louisville along with guest speaking

at Sunday services.

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THRIVING WITH HERPES HOLISTICALLY

By Dr. Lisa Tostado, ND

It is estimated that more than 75 million people in the U.S. have some form of herpes infection. The viruses that largely affect humans are the human simplex viruses (HSV 1 and HSV 2) as well as varicella zoster virus (VZV). HSV-1 largely causes oral herpes and is characterized by cold sores and fever blisters around the mouth and face. HSV-2 is largely the cause for genital herpes, while VZV causes chicken pox and shingles. While these infections are considered lifelong, living in various nerve cells where they can largely remain inactive - - I believe that a holistic approach can greatly reduce recurrences and improve healing outcomes.

Dietary and Nutritional Approach. Aim for lysine rich foods. Lysine is an amino acid that helps in slowing the replication of herpes virus. Foods high in lysine include dairy products, fruits, soybeans, and legumes. Consuming a well-balanced diet rich in fruits, vegetables, whole grains, and lean proteins can support immune function. Aim for foods high in vitamin C (such as citrus fruits, broccoli, bell peppers), high in zinc (such as legumes, pumpkin seeds, and chickpeas), as well as vitamin D (mushrooms, cod liver oil) to help insure a good immune response. Avoid arginine rich foods. Arginine is an amino acid found in various foods that provide the building blocks for the virus to replicate and spread. Nuts and chocolate are particularly high in arginine and may trigger an outbreak.

Herbal Medicine Considerations. Herbal medicines can be very effective at both preventing and treating an outbreak. Be sure to consult with a healthcare provider for the appropriate dosages.

Echinacea Root is known for its immune boosting effects and can help strengthen the body's defenses. It can be an effective treatment for a herpes outbreak.

Licorice Root (*Glycyrrhiza glabra*) contains glycyrrhizin which has anti-viral and anti-inflammatory effects.

St. John's Wort (*Hypericum perforatum*) is considered a nerve tonic and has strong anti-viral properties. Also, recent studies are pointing to its effectiveness against COVID.

Lemon Balm (*Melissa officinalis*) is part of the mint family and has been traditionally used to soothe herpes lesions and has anti-viral properties.

Olive Leaf Extract. One study found that an ointment with a 2% extract of olive leaf was just as effective in clearing a lesion as acyclovir, one of the medications commonly given for combating the herpes virus.

L-lysine Supplements are Very Helpful. Many people take a 500 milligram (mg.) pill daily to help prevent an outbreak of herpes (oral or genital). When an outbreak occurs, the amount can safely increase quite a bit, at a minimum to 500 mg. three times a day with meals. Some experts say that it can safely be increased to 3000 mg. a day during an outbreak. This may help ease away from



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a medicine to control herpes. If a person is quite healthy, an outbreak may only occur a few times a year and isn't necessarily a real problem. It's a matter of building up the immune system and general health with natural foods, stress reduction, and exercise.

Stress Reduction and Mind-Body Practices. Chronic stress is one of the main triggers for reactivation of the virus and reoccurring infection. It is important to practice stress reduction practices such as meditation, yoga, deep breathing exercises, and mindfulness.

A Woman's Positive 25 Year Experience with Herpes. A woman who conferred with me shared the following. "I've had genital herpes for about 25 years, and it really hasn't been a problem for me except in the very beginning. At that time I had maybe two bouts that were painful, but it has quieted down tremendously since

then. I take a 500 mg. l-lysine pill daily. I live a very healthy lifestyle with all organic natural foods, meditation, and regular exercise. External ointments for herpes can also be very helpful during an outbreak. As far as I know, a person can only infect another person if there is an open sore. If a person has genital herpes, during sex one should probably always have the man use a condom to be extra sure, even if one isn't aware of having a herpes sore at all.

During an actual herpes outbreak, abstain from sex. I encourage people to not be overly embarrassed about herpes. When being sexually intimate with a new partner explain the situation clearly before so the person understands the situation and precautions and can feel confident and comfortable. Within a committed relationship this would, of course, have been previously totally understood."

Conclusion: Seeing a counselor can be very helpful because there is often a stigma of shame associated with having the herpes virus. Having someone to speak to in a safe space can boost mental and emotional wellness. It is important that you seek the advice of a naturopathic doctor or integrative medicine practitioner before starting on a natural treatment program.

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 14 years. Her office is at Louisville Lifestyle Medicine, 3012 Eastpoint Pkwy., Louisville, KY 40223. **Photo:** 4774344 sean of Canstock Photos.

HOMEOPATHY FOR OUR PETS

Dr. Victoria Snelling, DC, DHM

Homeopathy is a safe and effective method of healing. A friend whose pollen allergy was benefitting from the remedy *Euphrasia* asked me if she could treat her dog with something natural. The little guy was sneezing during their walks outdoors and seemed lethargic at home. He wasn't his usual playful, energetic self. Since his symptoms were different, I suggested that she check with her vet about giving *Gelsemium* for the little guy's sneezing, congestion and lethargy. After the OK, she put a few pellets in his



water dish and he was back to himself by morning. I was glad that my friend remembered how effective Homeopathy is for us, and that she was successful in treating her furry companion's pollen sensitivity.

If you're shopping online or in a local health food store, you'll likely find a few

different potencies (strengths) of the remedy you might be looking for. Homeopathic remedies come in low potencies like 12c, 30c, 200c, etc. For beginners 30c is a perfect potency for home use. You can take it as needed and safely repeat it when you need. There are several Homeopathic pharmacies in the US, and some allow sales to people who aren't practitioners. There is no difference between the remedies given to humans, our pets, farm animals or even plants. Many pets will readily take a remedy from a spoon (try to avoid touching the pellets), or pour it into a



bowl, or put on a large spoon for a dog. I've put remedies in the water bowl of my cats, and they

are happy to "drink" their remedy. I've also given Jake the Parrot remedies in this manner.

It's useful to keep a few remedies at home for your pet. *Nux* is often used for nausea or an upset stomach. Use *Aconite* if your pet is stressed or fearful, such as nervous about a trip to the vet, or with something unexpected like fireworks, etc. We think of *Arnica* for sore muscles and injuries. *Allium cepa* is good for watery discharges such as a runny, drippy nose. For an upset tummy or nausea, *Carbo-veg* can be soothing.

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Speak with your veterinarian about your concerns about your pet and any treatment you want to use.

I appreciate the fact that Homeopathy is safe and effective. It's appropriate for all ages, it has no side effects. You won't find warning labels on a bottle of Homeopathic remedies. The pellets or tablets are easy to take. Moms and pet people appreciate that!

If you'd like to know more about this natural and gentle healing method, I encourage you to read the book "Beyond Flat Earth Medicine" by Tom Dooley, MD. This book is out of print, but Dr. Dooley make



sure that the book can be read on the internet. Just type in www.beyondflatearth.com and you can read the first edition of his book. It's the story of how he learned of homeopathy and how it changed his life and his career. He describes the principles of Homeopathy very well and also how it works.

If you'd like to study practical homeopathy with a local group, phone 502-426-2033 for more information. And, don't forget about your pets. They need Homeopathy, too.

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.



Photos: White dog by C Parks of Pixabay, Cat & Dog from Alec Favale of Unsplash. Cat from Pixabay

GROWING THROUGH RELATIONSHIPS

By Nicole Bartlett

If we don't risk showing up in relationships vulnerably, we miss the gift of love.

The gift of another to touch your heart from a distance can be as impactful as relationships built over time. Could a relationship be defined as the depth in which another has touched your soul? It doesn't just mean the people with whom you pick up where you left off or who you celebrate life with. It could be as simple as someone you were associated with when you went through a difficult experience, and they remained tethered to your experience as a person of support during that time.

This is the beauty of love that shines through the kindness of another. Our softness and vulnerability allow others the space to share their light, and when our lights collide, a ripple in the universe occurs. Nothing states that we can't access that space again.

What does it mean when our hearts create a ripple? We often miss the significance of another during these times because self-suffering is so significant we can't see outside of ourselves. There have been people along the way who have served as a holy witness (one of my favorite terms from Caroline Myss) during a time of patterning. The ripple becomes recognizable when you circle back around with them during suffering - - different but the same.

The quality of how I show up in relationships has been my greatest teacher thus far. I've hired gurus to teach me the way toward mysticism. I've built a daily meditation practice listening for God's guidance. I gave up my career path to become an entrepreneur and discover self-respect, boundaries, and love.

The relationships that have come and gone, or that I found somewhat insignificant at the time, including the changing relationship with myself, have been major contributors to peaceful living.

Part of running a business is ensuring reciprocity in the relationships we enter. It is a constant juggle of boundary setting and acceptance of where others are in their journey, even when it affects you. Endless grace is required in managing the ups and downs while practicing peaceful intentions and mirroring responsibility.

Whether considering a relationship with ourselves or others, self-reflection is necessary to understand our part. Taking responsibility through major life transitions offers us the courage to do things differently. It's helpful to have a meditation practice that allows one to put space and grace between the self and the situation or the person. When we fall into victimhood or blame, we're outside of our center and not operating from truth.

Thomas Mooneagle, a local Shamanic practitioner, says that a curse is a lie we believe about ourselves. He suggests that when



we self-sacrifice or allow ourselves to be overrun by our worries and negativity, we self-sabotage ourselves.

So much of our reality is influenced by our perception, and we always have choices. We can focus on our negative view of others or our situation, or we can ask to see the gift of the experience and give the time needed to understand it better—which could be years. Building a faith practice that allows one to let go of the need to know why and to trust that all is in Divine order helps move through these situations and discover the ripple of love that was created.

We can match the vibration of the heart, and it comes from softness and flow. It comes from tuning in—like a radio dial, to match the frequency of time and place. Maybe the frequency has evolved. Maybe there's the ability to pick up on the same station, even if the music or news has evolved. You can still find the station and appreciate the familiarity of that dial.

The best way to practice hearing guidance is to slow down. When I scale back my social calendar and live in the mundanity of life, I hear God. I get the space I need to process the lessons in my face and prepare my next steps intentionally. This also helps with a golden rule: not to take things personally. When I give myself space, my interpretations can be seen as such and released.

We grow individually when we take the time to learn from our relationships. When we grow individually, our community heals. It requires committing to self-reflection and prioritizing slowing down to experience clarity. Sometimes, it means protecting ourselves. Sometimes, it means taking responsibility. Through all of it is the underlying vibration of love, which, my friend, is truth.

Bio: Nicole Bartlett founded the Louisville Salt Cave in 2015. The Cave is a community space for spiritual and self-discovery for individuals and groups, and has eased allergy symptoms for thousands in the Ohio Valley over the past 7 years. She is a Reiki Master and Breathwork Practitioner. She enjoys the small gifts in life like greeting the day, watching her children grow, and listening to Earth's whispers.



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Environmental Protection Series ***CLIMATE CHANGE &*** ***WILDFIRES***

Taking the Earth's Pulse
By Joyce Freville, Ph.D.

In 2023 roaring wildfires have consumed over 33.8 million acres in Canada. According to the National Interagency Fire Center, as you read this there are still over 1000 wildfires continuing to rage out of control. There have been 36,275 fires this year that have burned 1.76 million acres in the United States in Alaska, California, New Mexico, Oregon, Montana, and Washington, and more. The list goes on and on, and it is devastating plant, animal, and human lives. Not to mention, this has caused extremely poor air quality for the United States and Canada.

Why have wildfires increased so much? In the last issue, we discussed global warming and the effects it is having. Wildfires are a byproduct of global warming. In the Western United States, most of the rain comes during the winter months, which are wet and cool. Summer is the region's driest season and is the hottest, and this creates the right conditions for a fire. In addition, hot, dry and gusty conditions like those that fed this year's wildfires in eastern Canada are now at least twice as likely to occur as they would be in a world that humans hadn't warmed by burning fossil fuels.

Scientists believe climate change is intensifying the country's fires. In fact, a 2016 study found climate change enhanced the drying of organic matter making it easier for fires. Yet another study conducted in 2021 concluded that climate change has been the main driver of the increase in fires in the western United States. Drought and continual heat set the stage for extraordinary wildfire seasons from 2020 to 2023 across many western states. This trend has surpassed the average of 1.2 million acres burned since 2016.

Sometimes professionals rid a forest of dead leaves, tree limbs, and other debris to help prevent a destructive wildfire through controlled burning. These controlled burns can also reduce insect populations and destroy invasive plants. People who are not professionally trained should never attempt to start a controlled fire. Fires can get out of control quickly.

Outdated power lines that do not have the proper insulation and are above ground can also be a fire hazard. High winds and other natural disasters may knock them down and electrical sparks set the area on fire. This was one of the factors causing what tragically happened in Maui, Hawaii simultaneously starting fires in various parts of the island. That can turn into a roaring fire that wipes out entire communities. To help avoid this, some power companies bury power lines, but replacing the overhead distribution lines is a slow process. In addition, some power companies are willing to preemptively shut off people's power to prevent fires during hurricanes, tornadoes, and extreme winds. This is a disruptive practice, but it has shown to be effective.

In summary, humans cause nine out of ten wildfires primarily through carelessness. In addition, research shows that changes in climate create warmer, drier



conditions, leading to longer and more active fire seasons. Increases in temperatures and the dehydration of the atmosphere that result from climate change have increased dryness of forest during the fire season. These factors have been responsible for the decrease in the moisture content and thus doubling of forest fires. The primary cause of the harmful emissions is fossil fuels like coal and oil. In addition, the clearing of land for agriculture, industry and other human activities has increased the greenhouse gases. Scientists have proven that human influence is the principal driver of most changes seen across the atmosphere, ocean, frozen water part of the Earth, and the world's ecological system. So, what can we personally do to help prevent wildfires? The following are suggestions from the U.S. Department of the Interior.

- Cautiously burn debris and never when it is windy or restricted.
- Check conditions and regulations before you use fireworks - - or consider safe alternatives.
- Check weather and drought conditions.
- Build your campfire in an open location and far from flammables.
- Douse your campfire until it is cold.
- Keep vehicles off dry grass.
- Regularly maintain your equipment and vehicle.
- Check your tires, bearings, and axles on your trailer.
- Keep sparks away from dry vegetation.
- Follow Smokey the Bears advice..." Only you can prevent forest fires!"

Bio: Dr. Joyce Freville earned a doctorate in Human Services with a specialization in Health Care Administration from Capella University. In addition, she earned an MBA from Webster University, a BS in Accounting from Arizona State University, and is certified in Health Care Compliance and Health Privacy Compliance. She has been in healthcare reimbursement, finance, and compliance for over 35 years. She is a retired Command Sergeant Major in the U.S. Army.



Photo: From Public Domaine, Sweet Creek Mile post 2, Oregon Dept. of Forestry Photo. Marus Kauffman.

CHOOSING THE RIGHT ONE

By Dee Patterson

Many years ago, I did several readings for John, a young electrician. Like many people who consult with psychics, he was having problems in a relationship. His significant other, Jane, was pulling away and then broke up with him. (Those are not their real names). I don't recall all the details leading to the breakup, just that Jane was angry with John. He cared deeply for her and was anxious to reconcile. I was shown over and over that they would reconcile, even though at the time she wouldn't take his calls or speak to him. I was also shown John carrying a little boy that had red hair, the same distinct shade as his. I told him repeatedly that he would have a child. "I don't see how that is possible because Jane can no longer have children," he would respond. Jane was older than John and had two children from her first marriage. "I don't know," I would reply "I just see you getting back together, and I see you with your child." As psychics and receivers of information, we don't always understand everything we're shown, but the image of the child was very clear. Within six months, Jane relented and they began seeing each other again. They were talking about getting married. I didn't hear from John again until six years later, which is not uncommon since the issue had been resolved, and he no longer needed advice.

This was a case where I thought "maybe I'm wrong" about the child, even though the image was so clear and it repeated in the readings. We psychics pretty much believe that if it keeps repeating, then it will happen. But in this case, I thought I just might be wrong. Several years went by and I was on a local television show. John had seen me on it and decided to give me a call. He didn't want a reading, but said "I thought you'd like to know that you were right. Jane and I got back together and it lasted for two years. Then we split up again, but this time I was all right with the breakup. A few months later, I met Michelle. I'm married now and I have that little red headed boy you kept seeing." I congratulated him and told him how happy I was that things had worked out.

So I was right, wrong and then right. We psychics sometimes just get "bits and pieces" of scenarios and try to figure out how they piece together. Most times, we aren't meant to fill in all the pieces. Every person's life is an individual journey and some things they must live through for their own benefit. That was the case here. John was nearly obsessed with Jane and at the time would not have considered another woman. By experiencing two more years, they had completed their time together. When they split up the second time, he was ready to move on. He eventually found the woman who was to





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be the mother of the child I had been shown. He seemed genuinely happy.

It is difficult to tell someone that the person they are in love with isn't going to make the same commitment to them. Years of experience have taught me to just say what I'm getting in as gentle a manner as possible. I can still remember the "ones" in my own life that I wanted the same type of commitment from, only to be just as disappointed as many of my clients. What I know for sure is that there is a "right" person for them, they just have to make room for that person to come into their life. I believe and have said often "you can't meet the right person when you're wasting time on the wrong one."

What I have learned from my own experience and that of my clients is that if the person is the right person there won't be all the difficulties. No relationships are perfect, but from what I have observed, the truly happy couples get along with their mates. The ones who fight all the time might stay together, but there isn't harmony or a sense of peace in the relationships.

I believe our lives are journeys and sometimes we need to take "detours" in order to grow, become better people and to eventually meet the right companion. We just have to believe it is possible.

Bio: Dee Patterson is a professional psychic. She reads the past, present and future, is a medium and medical intuitive. She also does past life regressions, spiritual counseling and emotional release. Call 502-426-2220 or text 502-295-0788. deepatt@bellsouth.net and www.deepatterson.com.



Photo: by Kenny Eliason of Unsplash

PLANET EARTH EVOLVING FROM 3RD DIMENSION TO 5TH DIMENSION, Joyce Gerrish, MA

Planet Earth is in a period of great change in many ways. We are witnessing the raising of the consciousness and the energy frequency of each human being on planet Earth and of the planet itself into a higher energy frequency. Some people call this moving into the Fifth Dimension. This is a colossal process by any estimation. Planet Earth and most of humanity on Earth currently exist within the 3rd dimension. This has been true for millennia. Existing within the three dimensions has meant that people do not exist in total peace together because of the density of the third dimension. It is difficult for higher spiritual energies to flow into people's consciousness. Hence, there is often a degree of negativity, lack of true wisdom or cooperation, or true compassionate love. There is and has been much disagreement about almost everything, though thankfully there has been some degree of understanding and peace. There have always been people who lift their consciousness above the density into higher consciousness and open their hearts.

The Spiritual Realms are gradually raising the energy of the Earth and the aura energy of everyone on the planet toward the higher energy frequency of the fifth dimension. This is in order to be in greater harmony with the other planets in this solar system which exist at a higher vibrational energy frequency. As these intensified energies come sweeping into our planet and into the aura and physical body of each of us, they are dislodging energy blockages.

WHAT ARE ENERGY BLOCKAGES AND WHAT HAPPENS WHEN THEY ARE DISLODGED????? Almost all people have energy blockages in their energy field/aura. These energy blockages are formed from chronic stress, anger, unresolved emotions, less than optimum food choices, lack of exercise, and more. These are from this lifetime and carried over from prior incarnations. For many people these energy blockages are getting somewhat dislodged, moved, and beginning to break up. This is **GOOD**, yet the process needs to be understood because it can be uncomfortable or even temporarily painful as the energy blockages move. They may stir up old unresolved (even totally repressed) emotions and trauma that need to be healed and released. They can't be ignored or attempted to repress again. A person can feel a lot better physically and emotionally when they are gone. As one blockage moves out another one may start to move. One might need group or individual support in this process.

I've been doing a lot of energy healing, emotional release therapy, and past lives therapy with people who are experiencing what I just described of energy blockages shifting and moving. I have been helping move those out. People can begin to feel much better as they get more clear. During the process it is crucial that people understand that as feelings surface, they need to give themselves



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constructive ways to express and heal those emotions and release them. In addition to sharing with an energy healer or a trusted friend, it can be beneficial to do journal writing, energy healing techniques such as Reiki, walks in nature, expressing through art or creative dance or singing. People who don't understand how to heal and release difficult deep emotions may get seriously depressed and withdraw. With all the massive change and unrest among people around the planet and the extreme earth phenomenon, some people may really need help in dealing with it all. Too many people are turning to substance abuse or tragically considering suicide. We can all help each other find positive ways to move through this potentially challenging period.

As described, these higher powerful Spiritual energies are flowing into planet Earth, and they are stirring up old stuck patterns wherever they exist. This is not only within the minds of individual people, but also within governmental systems, within educational systems, between people of different socio-economic status (the rich and poor, between the haves and have-nots), between the powerful and the oppressed, workers going on strike. It is stirring up how we can be less polluting to our environment. It is stirring up everything everywhere as you can perhaps see all around you. It is also stirring up beloved Mother Earth who is communicating in no uncertain terms that enough abuse is enough.

This is not an easy time to be alive on planet Earth. Yet it is a time of tremendous potential challenge for good. It is a time when people are being "called" as souls to rise above what may not have worked so well in the past and to create new possibilities for true freedom and justice for all. Each of us was born on earth with a Soul Mission and special helpful capacities to share with those around us. All together we can help create a more peaceful loving planet with plentiful love, peace, shelter, food, clothing, dignity, and joy for all. God bless you.

BIO: Zoom Transformational Healing Meditations Wednesdays 6 pm. Weekly. In-person class 1st Saturday monthly by donation. See website events page. Joyce is a Transformational Energy & Emotional Healer providing individual sessions on Zoom, telephone, or in person. She's a highly attuned & sensitive guide for Higher Meditation & Spiritual Awareness. Master's Degree in Human Development, Reiki Master, decades of experience as a practitioner & teacher of Spiritual Healing, Chakra Healing, Reflexology, and more. She offers Past lives readings/healings and Akashic Readings. She's author of book "Secrets of Wisdom - Awaken to the Miracle of You," & Publisher- Editor of Natural Living Journal. Louisville Office. 502-572-4871 www.joycegerrish.com

HEALING TOUCH: MASSAGE THERAPY FOR BREAST CANCER CARE

By Tronda Graham, LMT

Align Total Wellness supports breast cancer awareness year-round. While Breast Cancer Awareness Month in October is a time to highlight the importance of breast health and early detection, the impact of breast cancer is felt every day by those affected by the disease. Offering oncology massage and support throughout the year reflects our commitment to the ongoing well-being of breast cancer patients and survivors. Breast cancer is a formidable adversary that affects millions of women worldwide. While medical treatments like surgery, chemotherapy, and radiation therapy are the primary weapons against this disease, complementary therapies such as massage therapy have gained recognition for their potential to alleviate the physical and emotional side effects of breast cancer and its treatments.

The Power of Touch

Massage therapy promotes relaxation, reduces stress, and improves circulation among other benefits. For individuals diagnosed with breast cancer, the healing power of touch takes on a profound significance.

Managing Pain and Discomfort

Breast cancer treatments can cause a range of physical discomforts, such as muscle tension, joint stiffness, and pain. Gentle strokes and kneading techniques can help relax tense muscles, improve flexibility, and alleviate pain - making it easier for patients to move and engage in daily activities.

Emotional Support

A breast cancer diagnosis can take an emotional toll leading to anxiety, depression, and heightened stress levels. Our services can provide emotional support and promote a sense of well-being. This emotional relief can contribute to a more positive

mindset and a better overall quality of life during treatment.





TRONDA GRAHAM
OWNER + LICENSED MASSAGE THERAPIST

PHONE: 502-415-9421
EMAIL: hello@trondagraham.com
WEBSITE: www.aligntotalwellness.com

Reducing Lymphedema

One of the common side effects of breast cancer surgery and radiation therapy is lymphedema, a condition characterized by swelling in the arms or chest due to a disruption in the lymphatic system. Manual lymphatic drainage, a specialized massage technique, can help reduce lymphedema by encouraging the drainage of excess lymphatic fluid, providing relief from swelling and discomfort.

Enhancing Sleep Quality

Sleep disturbances are prevalent among breast cancer patients, often exacerbated by pain and anxiety. Regular massage sessions can improve sleep quality by promoting relaxation and reducing pain, allowing patients to get the rest they need to support their healing process.

If you are currently in cancer treatment and are interested in receiving an oncology massage, a Physician's Permission Form must be completed prior to the scheduled appointment. If you have questions about the Physician's Permission Form or other aspects of our services, contact us for more information and to schedule an appointment. This proactive approach ensures that each patient's unique needs and concerns are addressed, promoting a safe and supportive healing experience.

Bio: Tronda Graham is Owner of Align Total Wellness. She is a Licensed Massage Therapist. Reserve your Healing Touch Massage and Infrared Light Therapy at AlignTotalWellness.com. 502-415-9421.

Images: Design in center and photo of massage are courtesy of Trae Bundrant, Digital Marketer.



FINDING SPIRITUAL INSPIRATION THROUGH THE ANCIENT JEWISH RITUALS

By Elsa Lichman, MSW, LICSW

A lot of Jewish people observe and honor the sacred Jewish holidays with different types of rituals and services. I will share with you some insights of my recent experiences. Rosh Hashanah and ten days later Yom Kippur honor the Jewish New Year (this year in September). These occur according to the Jewish calendar which is different from our current calendar. Rosh Hashanah observes



the New Year. The service starts in the evening and at that time the ram's horn is blown. The ram's horn has an awesome wondrous haunting sound that seems to draw one back through the centuries and connects one to all the Jewish people who have honored this holiday. There is also the Tashlich service

during this period which means casting off of our sins. As a person casts out breadcrumbs or lentils into water such as a lake, ideally one is focusing on what one prays to be forgiven. This is in hope that one's transgressions will be cleared, and one will be "written in the book of life for a good year ahead." (This casting of the crumbs



or lentils does also incidentally attract some fish and ducks.) The song Aveinu Malkeinu: Our Father Our King is sung at that time. It has an antique melody that is very

poignant. These rituals are deeply meaningful to me.

I wrote the accompanying poem to express some of my feelings and impressions during my recent participation in the Tashlich service. During the whole thirty-minute service a rare phenomenon showed in the sky called sun dog. A sun dog occurrence requires a particular angle of sun, cirrus clouds composed of ice crystals, and a chill in the air. In the photo I took which you see on this page, the sun dog is the rainbow glimmer of light just to the left of the glow of light in the center. It is difficult to see in the photo because it was colors. It was thrilling to me to have the sun dog occur during our whole Tashlich service. I mention in the poem about the 1930's because the Nazis were beginning to take over in Berlin at that time.

Bio: Elsa Lichman is a Licensed Independent Clinical Social worker, who retired and pursued new activities. She joined her first chorus, began voice lessons, acquired her first computer, and started writing a nature column for her local newspaper. She has published her prose, poetry, and photographs in a variety of print and online journals. She has also sung in choral concerts and in a duo. Her 43 year career was a gift, as is her current expression of her creativity.

TASHLICH: Casting Off Poem by Elsa Lichman

***We cast our sins
onto live water,
lentils or bread
as symbols,***

***On this, our Jewish
new year. We sing
the Aveinu Malkeinu:
our Father, our King,***

***Pardon our transgressions,
and give us a good year.
This ancient melody,
brings out my voice,
strong and sweet.***

***A bright, warm and breezy
Sunday afternoon,
the sun lowering
among cirrus clouds,***

***And there it is!
A rare sun dog,
a rainbow glimmer
of light just to
the left of that orb.***

***It stays with us
for the thirty-minute ceremony,
a small miracle of
presence and timing,***

***It's affording hope
and inspiration
for this, our new year.***

***Fish jump up,
ducks fly onto the river,
creating wide circles,
to catch this windfall.***

***In 1930's Berlin,
police demanded to
know the meaning.
"We are feeding the fishes."***

***Now we rejoice in our
freedom to be who we are.***



Photos: Sky Photo by Eloides Euriques
Photo of Blowing the Shofar Ram's Horn by John Theodor of Istock Photo

THE POWER OF “YET”

By Kimberly M LaFollette, PsyD.

It's October. The days are getting shorter and so is the year. Fall can be a time when you start to reflect on the year and how it has progressed. Sometimes you may not like what you see. The goals you laid out in January may have fallen to the wayside. If you are like most people, I'm betting you are beating yourself up about what you have not accomplished this year. If so, I would like to introduce you to your new best friend, the word “YET.”

I learned the importance of possibility language back in graduate school. Throughout my years as a psychologist, I have witnessed first-hand the power of self-talk. The words you say to yourself and the thoughts you have about yourself matter. Every time you have a self-defeating thought, you are reinforcing the negative patterns in your life. The negative thoughts become like a well-worn path in the forest. The more often you tread upon the path, the smoother the path becomes and the easier it becomes to travel. The same goes for negative thoughts, the more often you have them, the stronger the neural connections in your brain become and the more likely you are to think negatively. Unfortunately, the more time you spend thinking negative thoughts about yourself, the more likely you are to believe them. It is these negative self-beliefs that cripple your progress.

Therefore, when clients come to me and list all of the ways they are failing in life, I quickly work to challenge their defeated way of thinking and to introduce the possibility of change. I do that by using the magical word “yet.” When you add the word “yet” to all your unaccomplished tasks, it opens the door to



the possibility that there is still time and that things can change. For example, when clients tell me they can't meet their goals, I say “so you haven't found a way YET.”



When they say they've never had a loving relationship, I reply, “you haven't found a loving relationship, YET.” While this may sound like a trivial technique, it works.

As clients hear me use this language, they start to internalize that there is still a possibility for change. This helps to challenge their own thinking. I help clients to dispute those negative thoughts and work to replace them

with the belief that things can change. The “YET” implies that there is still time. It implies that the possibility still exists and there is hope.

And it is true. As long as you're still breathing, there is still time. I know it is fall and the years end is rapidly approaching, but the possibility is there. You can still reach your goals and make some positive

changes in your life. You just haven't found a way, YET.

Bio: Kimberly LaFollette, PsyD. is a Licensed Clinical Psychologist and Certified Integrative Mental Health Professional. You can find out more about Dr. LaFollette and her practice by visiting her website kimberlylafollette.com , 502-541-1289.



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Reiki Energy Healing is channeling life energy through one's hands to enhance one's own health or that of another person. One may touch the other person or not. It can be received fully clothed sitting or lying down.



Photos: Reiki Energy Healing by Pixabay, Soup by Valter Cirillo of Pixabay, Raw Vegetables from Pixabay. Photo of woman is Rev. Valerie Mansfield.

Ultra Simple Quick Healthy Delicious Natural Foods Cooking, by Joyce Gerrish, M.A.

It is possible to eat fresh healthy foods without spending hours in the kitchen. Believe me, that is true, and one can feel noticeably healthier!!! This series is designed to help people move up from eating “commercial fast foods” or eating mostly foods out of cans or “boxed convenience foods.” Some of the major grocery stores are now carrying organically grown foods and foods that formerly were mostly only available in natural foods stores. This is wonderful! My approach is truly cooking without a recipe once one gets used to it. It is so easy that way!

RED LENTIL & YAM SOUP or STEW

Red lentils cook VERY RAPIDLY. They cook in about 10 minutes which is fantastic for quick meal preparation. Feel free to double the size of this recipe if you want to save some in the fridge for the next day or if you have more than two people being served.

- 1 cup red lentils
- 1 medium yam or sweet potato (or larger)
- 1 small onion or ½ of larger one
- 1 clove of garlic
- curry powder
- olive oil



Rince the lentils and put in a medium sized pan (3-quart stainless steel if available). If you bought the lentils from bulk containers at the store, briefly glance through the lentils to make sure there are no little stones (which is very unlikely). If bought in a package no need to check.

- Chop up the onion and yam in whatever size you prefer. Smaller pieces will cook faster.
- Combine lentils, onion, yam in pan. Include some other vegetables chopped up, too, if you wish.
- Add water to cover (at least 5 cups) & set heat to medium. Set timer for 10 minutes.
- After 10 min., lower heat to simmer and check every 5 minutes until soft. It probably won't take more than 15 -17 minutes total.
- While soup is cooking, chop garlic quite small. Perhaps also prepare a simple vegetable salad with lettuce, some cut up fresh tomatoes, cucumbers, and green peppers (or other veggies such as chopped carrots)
- When soup is soft, add the garlic and 1 Tablespoon olive oil for each person being served.
- Add salt, cayenne pepper (or regular pepper), and curry powder according to your taste preference. (Add a little at a time until it tastes good to you. Go easy on the salt)

This whole meal can be complete and ready to eat in no more than 30 minutes. Yum! And it is very healthy and full of wonderful fresh nutrients which are not as available in those boxes or cans or take-out food.

LOUISVILLE ACADEMY OF FINE ARTS

By Julie Williams, Director

It's that time of year for dance studios and companies around the world to begin working on their Nutcracker! Here at Louisville Academy of Fine Arts we are doing the same. Not only is it a dancer tradition, but dancing the familiar choreography to the familiar Tchaikovsky score, it reminds me of putting on an old comfortable sweater that you know is going to give you comfort. This is what we as teachers of art wish to pass along to others. Along with our dance we also offer classes in visual art, creative writing, private music and vocal lessons and drama. All of the arts are a significant part of our growth as human beings. Arts create a safe place mentally, emotionally and physically.



This is a place where you can be your very own person, a place to work out the stresses and conflicts that sneak in and out of our daily lives. Even if you don't actively participate in art, you can be supportive and gain insight from your experience as an audience member, as an observer in an art gallery or even enjoying the beautiful outdoors.

As an audience member you can join us for our Nutcracker performances! They are December 8-10! Don't miss this fun family holiday tradition. This is a ballet that is fun for the entire family. Spread the love for art wherever you go!

Julie McWilliams, owner
ms.julie.louafa@gmail.com
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Create with us. Don't miss out on the fun. Join us for dance, music, drama, creative writing, and visual art for ages 3 through the collegiate years and for adults.



Photos of dancers courtesy of Louisville Academy of Fine Arts. Photo of child painting, Marketing Electronic Ogloba of Pixabay.

NUTRITION, An Individualized Personal Choice, by Tom Isaacs

The term nutrition refers to nourishment or foods that are necessary for proper health and growth. Health refers to maintenance and development of biological systems that bring about physical, mental or emotional wellbeing. These "foods" are divided into two groups called macronutrients that include carbohydrates, proteins and fats and micronutrients which are essentially vitamins and minerals. Two additional recognized elements of nutrition are dietary fiber and water. What if these functions (maintenance and development) are best carried out in relation to one's blood type and similarly one's blood pH? From an evolutionary standpoint, what if your blood type is reflective of an adaptive chromosome which enables you to more easily assimilate nutrients dependent upon your local environment. If you think about it what other reason would there be to even have 4 distinct blood types?

In real time your blood is your lifeline. It TRANSPORTS nutrients and oxygen to your cells and transports waste from the cells, it PROTECTS your biological system from disease and REGULATES metabolism, hormone levels, body temperature maintaining homeostasis throughout. It is, in fact, a connective tissue so why don't we include it when talking about human health?

The 4 basic blood types are: O, the hunter-gatherer (Adam); Type A, the cultivator / farmer (Cain); Type B, the nomad / herder (Abel); and Type AB, a modern enigma carrying both A and B antigens. Type O's characteristically utilize concentrated protein (meat) and light carbohydrates as mainstays, while Type A's are basically vegetarians relying on chicken and fish as meat sources. Type B's have the broadest selection with meat, carbohydrates, and dairy - -while Type AB's are on an expanded version of vegetarian plus dairy with - -chicken is a no-no for Type AB and Type B. Accordingly it would seem like an individualized dietary plan would certainly include this information given the importance of blood to our overall health. Such a protocol does exist in a book called "Eat Right for your (Blood) Type" by Dr. Peter J. D'Adamo.

The single most important health factor to consider, in my experience, is the pH level of your blood. Blood and tissue pH is measured on a scale from 1 to 14 with 7 representing pH balance. Any reading under 7 is considered acid and any reading over 7 is considered base (alkaline). Depending on whom you talk to, your body works to maintain a blood level pH from 7.28 to 7.45 which is somewhat alkaline. However, the vast majority of people are overwhelmingly acidic. This condition is called Acidosis and is caused by improper diet as well as stress. It is my observation that 95% of all chronic inflammatory conditions are a direct result of chronic over acidity. The body becomes rigid and loses

its elasticity initially resulting in chronic stiffness and loss of energy. Eventually more serious conditions (disease) arise over time. Acid forming foods are generally meat, dairy, and grain products, a few vegetables plus coffee, dark tea, soft drinks and sweeteners. Given our investment in genetically modified grains (feed) as in corn, all commercial meat, dairy, grains and sweetened products are hugely acidic. Obviously, most of what we drink is highly acidic and since we consume liquids of all kinds, we are seldom thirsty for water. This does not mean that we stay away from "acidic" foods. It is all about balance... and a ratio of 80% alkaline foods verses 20% healthy acidic foods is a good place to start. You can get pH testing strips at a drug store to put under your tongue to determine your pH level. Also, there is a book written by Dr. Robert O. Young entitled "The pH Miracle" which explores this subject in depth.

Additionally, hydrate... with water. Your body is 70% water and your brain is approximately 90% water. Your nervous system is substantially more efficient when properly hydrated. The amount of water you need is dependent on your size (structure), your metabolic rate, and your activity level. You can start with 45oz a day and from there see where your thirst takes you. Proper kidney, bladder, and pancreatic function are especially dependent on water content. Remember to use water that has an alkaline pH and don't overdo. Water is an essential element of good health. Hydrating with "liquids" is a myth... almost all "drinks", including most bottled waters are quite acidic and designed to keep you thirsty. PH labeled waters are good but expensive. I personally use a Water Ionizer to purify, alkalize, and oxygenate my drinking water. A unit with a 5-year warranty will normally pay for itself in 10-12 months, utilizes tap water, takes up very little counter space and requires no plastic bottles whatsoever. Not all water is created equal!

My message, obviously, is to give primary attention to the factors of blood type and blood pH if you are considering implementing a Lifestyle Dietary Plan that will give you consistency and health-wise results for years to come. Both of the plans I have mentioned involve back to the basic know how and discipline and each regimen offers many dietary choices as well as a large number of recipes and cooking tips. In today's world, your body and mind are your best friends. Treat them accordingly.

BIO: Tom Isaacs has been a practicing Foot Reflexologist in Louisville since 1996 and has developed a unique nutritional approach based on his experience and wellness acumen. He has been involved in wellness and fitness programs since the mid 1980's and also uses sound therapy as a tool to balance and relax various systems of the human bio-energetic field. 502-417-3710, tom@LivingpHure.com, www.LivingpHure.com



DR. RICHARD T. REUL
Chiropractor

3772 Taylorsville Road
Louisville, KY 40220

(502) 458-2559 www.reulchiropractic.com



502.494.6509
www.letsbeginhealing.com
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Kimberly Curran
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MORE THAN PINK WALK



Ode of Gentle Adoration to a Loved One
by Joyce Gerrish

May I always remember this moment in my most tender heart.

May I always see you through the eyes of love.

May I always speak to you with the most gentle words.

And may I know within the profound depths of my being that you are a precious Soul filled with Divine Light and surrounded by Grace.

May I never forget what a blessing it is that our

Souls can share these moments of our Souls journey.

