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February 2009



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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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letterfrompublisher



Here it is, winter in Rhode Island. Is there anything as clean and fresh as the crisp, clear air after a snowstorm? For me, looking out the window and seeing the snow-sheltered earth, the sun shining down, the shimmer of ice-covered trees as the wind gently stirs the branches brings inner peace.

Walking into the brisk cold, however, invites activity, setting my blood pumping and encouraging me to breathe deeply. Dressing appropriately, winter is still a great time for walking, biking, jogging, hiking and snow-

shoeing. Some even find this time of year perfect for camping. My particular passion is skiing. Normally, I do not like the cold, or going fast or even great heights. But the mountains call out for me when the mercury begins to drop and I take that first breath of truly cold air.

I bundle up a lot more now than when I was a teenager. In those days, I cared more about looking cool than being warm. Today, however, cool is not as important as both the inner and outer warmth that exercise brings. I love that first run in the morning the most when I travel across the snow as if on a cushion of air humming my favorite song. It's quiet, beautiful and invigorating – a strange and wonderful meditation.

While skiing may not be for everyone, activity is. Fresh air and activity in the daylight counters the winter blues of gray skies and forced heat. Even the grayest winter days outside are brighter than a sun-filled room. I hope you will bundle up and get outside whenever possible to appreciate this great season.

I recently had the honor of participating in a community discussion on health care. Although there were only a few of us at the meeting, it was tape-recorded and sent off with our picture to D.C. After having been ill during the holiday season, I could reflect more clearly on our country's health care system and feel like I brought a different perspective for having been ill. I am grateful to have a support system, caring practitioners and proper health insurance. I can only imagine what it would have been like to be without any of these. Just to have the opportunity to express our thoughts and opinions was a meaningful step toward change.

Although the deadline for the discussions has officially passed, I urge you all to send a message to our new administration at www.Change.gov. The website provides a rare opportunity to be part of a solution to the health care crisis and express our opinions about preventive medicine, eating right and exercise.

All of these are part of the bigger pictures of our lives. We balance health and wellness with fun and indulgence, just as we balance work and home life. This month, strategic life coach Jeff Doff offers practical approaches in his article "Seven Strategies for Life-Work Balance," on page 23. The article focuses on making work more joyful and meaningful, whether we are in the perfect job or waiting for the perfect job to come along.

I am fortunate to have a job that I love and that brings me joy. In "Fall in Love with Your Life," on page 16, we learn that finding happiness is not far beyond our reach. It is close at hand, if only we know the path to it. May this month of love and romance bring you prosperity of the heart, richness of mind and a strong and healthy body.

Maureen Cary, Publisher



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Dhyana Kaufman

When Talk Therapy Isn't Enough

Dhyana Kaufman offers a different approach to therapy. Full-Flowering Psychotherapy, Holistic Counseling for Body-Mind-Spirit focuses on strengthening the healer within. Kaufman, who holds a degree in counseling, says her methods help get to the root of her client's issues. Her therapeutic approach quickly and respectfully targets the source of problems

that manifest as unfulfilling patterns. Once the old patterns are unknotted and transformed, feelings of well being, peace and purpose may be restored, she says.

"Staying centered and grounded in the storm of today's world is important, otherwise you are vulnerable to the storm around you," says Kaufman, who utilizes a unique combination of shamanic practices, heart-centered hypnotherapy, guided meditation and visualization, mindfulness and breath work, chakra, inner child and dream work.

For more information, contact Dhyana Kaufman at 401-270-3307. See ad, page 19.

New Date, Location and Time for the Healing Touch Wellness Expo

The date for the Healing Touch Wellness Expo has been changed to Sunday, February 22. The new venue for this event is the Knights of Columbus in Cranston, allowing the expo to stay open until 6pm, and provide additional space for more vendors.

Come and listen to professional motivational and life coach speakers and watch performances in martial arts, yoga, tai chi, belly dancing and more. Arts and crafts, crystals, herbs and jewelry will be available. A variety of health and wellness products including food, vitamins and skin care will also be for sale. Those interested in readings can find experts in astrology, numerology, palmistry and other mediums.

A portion of the proceeds will benefit the American Red Cross and The Rhode Island Blood Center will host a blood drive. Admission is \$5 per person. Children 10 and under are free.

The K of C is located at 1047 Park Ave, in Cranston. See ad page 6.

Wellness Day Puts Women First

Join The Healing Circle from 9 a.m. to 4:30 p.m. February 21 for a sampling of services and an opportunity to meet the practitioners and teachers. Cost is \$125 for the full day. Participants will begin the day with their choice of a private session choose in Energy Medicine, Reiki, Cranio-sacral, reflexology, massage, angel reading or Integrated Energy Therapy. Workshops in Energy Medicine and Healing with Gemstones will follow. Finally every woman will enjoy facials and footbaths, and gentle yoga for self care with Shanthi Muthu. A nourishing lunch will be provided.

The Healing Circle is located on the East Side in Providence. The center also offers regularly scheduled classes, workshops and individual sessions. To register for the February workshop, contact Amy at 508-292-2798 or email amy@providencehealingcircle.com.



Spa Calls on Women for Sauna Study

Sedona Fitness for Woman in Middletown is running a 12-week sauna study. Applicants must need to lose between 15 and 100 pounds, be able to exercise three times a week, use the Far Infrared Sauna twice a week and agree to a testimonial. For low monthly dues, participants will receive \$360.00 worth of sauna. A limited number of women will be chosen from those who pre-qualify.

Saunas and steam baths have been used for

centuries by many different cultures around the world for cleansing and purifying. Far infrared heat has many beneficial properties. It has been FDA approved for treatment of pain, and has been used by hospitals to warm premature infants. Far infrared is said to burn between 600 – 800 calories in a single sauna session. It also has many other healing uses, including musculoskeletal, nerve pain, skin, illness, and aging improvements.

Sedona Fitness for Women is located at 878 West Main Rd, in Middletown. Call 401-841-0077 to apply for the sauna study. See ad, page 7.



We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.

Aristotle





Breathing Exercises Release Vital Energy

One of the world's most powerful tools for personal growth and transformation is free and it is right beneath your nose: Breathing. We all intuitively know this. When a friend is stressed out or upset, we tell them to take a breath. When we are surprised, we gasp. When we are frightened, we hold our breath.

What happens when we hold our breath is that we hold the energy of the emotion. Our body maintains that energy as frozen emotion in the cells, anesthetizing emotional vitality. Conversely, opening up the breath means opening up to life. The tool of breath work, called Conscious

Connected Circular Breathing does just this: It allows for the release of blocked emotion or energy and frees us to be more emotionally vital and present in our responses to life.

Breath work is a very simple process that anyone can do but what results is both magical and mysterious. As we open the door to a full experience of life, we are met halfway with gifts of healing, release, insight and creative power.

Breath work sessions are held from 6:30 to 8:30 p.m. the last Wednesday of the month at Sun Salutations Yoga Studio 840 Smithfield Avenue in Lincoln. Cost is \$25. Visit ProvidenceBreathwork.com. for more information. See ad page 11.

Practice hope. As hopefulness becomes a habit, you can achieve a permanently happy spirit. — Norman Vincent Peale

Free Motion at Absolute Fitness

Absolute Fitness of East Greenwich has introduced Free Motion equipment, which is engineered to increase functional strength.



Unlike many machines found in today's gyms, Free Motion equipment was engineered with versatility in mind rather than being forced into a single range of motion by levers or pads. Users are not fixed to one place, so core muscles are forced to stabilize the body, maximizing effort and making the most use of equipment time. Eleven stations make up a 45-minute class with professional trainers Stephen Davis and Ellen Histen, both certified by International Sports Science Association.

Absolute Fitness is located at 2727 South County Trail in East Greenwich. Call 401-884-0330 or visit AbsolutFit.com. See ad, page 9.

NEW Date, NEW Location, NEW Time

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Landfill Bans E-Waste Disposal



How to responsibly dispose of unwanted computer and electronics is a problem for businesses and households alike. Many electronic products contain hazardous materials such as lead, mercury, cadmium and nickel, making proper disposal necessary. As of January 31, a ban on e-waste disposal was instituted at the Central Landfill.

Households and elementary and secondary schools will be able to continue to use the existing free state e-waste recycling program, but businesses must arrange for proper disposal through a qualified electronics recycler, a manufacturer commercial e-waste take back program or through a donation program. If electronics are still in working order, owners might consider donating them to non-profits, schools or senior centers. Rhode Island Resource Recovery Corporation also offers a free service to businesses through resourceexchange.org

For a list of local e-waste recycling vendors contact RIRRC at 401-942-1430, ext. 110.



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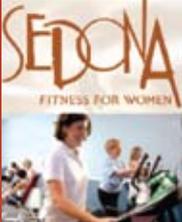
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Pat Hastings

Get More Connected

Local author and spiritual coach Pat Hastings will hold a workshop from 6:45 to 9 p.m. February 23 at Farmacy Herbs in Providence. Space is limited to 20. The cost is \$25.

The workshop, Find Yourself, Know Yourself and Be Yourself, will help participants learn to “go within for your answers and discover your divine self,” says Hastings, an ordained minister and psychotherapist.

Farmacy Herbs is located at 28 Cemetery St., in Providence. Register at 508-404-8365 and visit Hastings’ web site, SimplyAWomanofFaith.com.

Campaign is Shaping Up to be a Great Success

Shape Up RI, the statewide exercise and weight loss challenge that to date has inspired nearly 20,000 participants to lose over 39,000 pounds, is poised to launch its fourth annual campaign. Kickoff takes place at 10 a.m. February 7 at Robert’s Hall on the Rhode Island College campus. The 12-week competition comes to a close on Sunday, May 3.

The keynote speaker at the Kickoff will be Salvatore Fichera, an exercise physiologist, corporate wellness consultant, and author of “*Stop Aging, Start Training.*” He has lectured at corporations, universities, health clubs and associations on the east and west coasts.

Team members receive Shape Up RI’s signature aqua-colored reminder wristband, a digital pedometer and access to an online Team Tracker system, which helps them to chart their progress. Participants also receive weekly newsletters via email containing useful tips, inspiration and updates on free events. Additionally, bi-weekly mini-contests with prize giveaways and discounts from Shape Up RI’s sponsors help to keep participants motivated. Winning teams will be officially recognized at a ceremony in June.

Founded by Brown Medical student Rajiv Kumar to address epidemic obesity, Shape Up RI draws on team support and healthy competition to help Rhode Islanders achieve long-term weight loss and fitness.

For more information, call 401-421-0608 and visit ShapeUpRI.org.

Training Workshop Coaches the Coaches

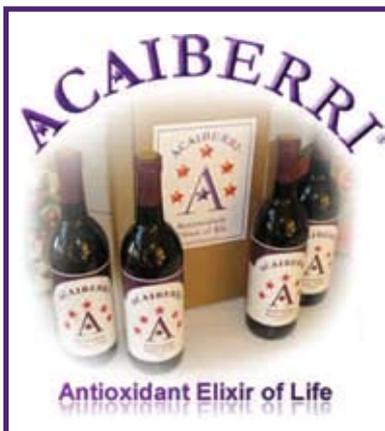
Life coaching is currently the second biggest consulting business in the country according to U.S. News and World Report. To meet the needs of this growing business, the Certified Coaches Federation (CCF) is conducting a training course April 4 and 5 at the Radisson Hotel in downtown Boston, MA. These trainings will be lead by Steve Huber, Certified Master Coach, and Certified Coaches Federation founder Derrick Sweet.

CCF Training programs are designed to unleash the full potential of a life coach’s work, says Huber. “CCF provides our students not only the ability to deliver outstanding coaching, but the skills to identify key techniques to help as many clients as possible for their success.” The CCF education program is designed to help you learn and grow as a life coach.



Steve Huber

For additional information call 1-866-455-2155 or visit CertifiedCoachesFederation.com. See ad page 15.



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Life After Layoff

Dealing with a layoff can feel isolating and difficult, especially when everyone is talking about the challenging economic climate. Jeff Doff and Pat Hastings will offer an interactive workshop from 7 to 9 p.m. February 26 at Farmacy Herbs in Providence to discuss how to manage this transition. Doff is a Strategic Life Coach who helps individuals with career transition and improvement. Hastings is a spiritual coach and author of *"Simply a Woman of Faith."*

The workshop will offer practical tools such as how to get organized and structure a job search. It will also explore the importance of deepening your spiritual practice while navigating through this transition. The cost is \$25. Pre-registration is required.



Farmacy Herbs is located at 28 Cemetery Street, in Providence. Contact Doff to register, JeffDoff@yahoo.com.

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Health Store Addresses Allergy Needs

Kathi Thiboutot knows what it is to suffer from allergies. In November of 1990, she was diagnosed with celiac disease, an allergy to gluten, which is in wheat, rye, barley and oats.

"I never realized how many wheat by-products there are," she says of her difficulty in finding things to eat. Initially, Thiboutot said she was eating a sparse diet comprised of plain chicken, pasta with olive oil and fresh spices.

In July of 2006, Thiboutot lost the job she'd held for 7 years as a program analyst with Paramount Card Company when the company closed its doors.

A true optimist, Thiboutot says she believes that when one door closes another one opens. So in September, 2007 she opened a health food store called Healthy Haven. "This was a dream come true," she says.

Healthy Haven has a slightly different twist to it than most health food stores – it is based on her allergy needs and those of others like her. Filled with products that are wheat-free and gluten-free, customers don't have to read labels. Wall pockets contain lists informing customers which products are good for their particular allergy. Customers can carry the listings with them as they shop.

In addition to gluten-free, many foods in the shop are egg free, dairy free, vegan, diabetic, soy-free, kosher and organic. Thiboutot said she used to have to go to several places to find

Healthy Haven has a slightly different twist to it than most health food stores – it is based on her allergy needs and those of others like her.

a product and wanted to create a space where all a shopper's needs are in one place. And the customers have responded. Many admit to wanting her shop moved closer to their homes, she said. Customers come from Braintree, Bridgewater, Middleboro, Boston and Jamestown, among other places.

Thiboutot offers one-on-one sessions to teach celiacs how to read food labels, without charge. She also personally assists customers who need help in finding products. "One person had twenty three allergies and we found products for them," she says proudly. Food allergies in general are on the rise and many believe that this increase is due to preservatives, as does Thiboutot. "Companies are enriching grain," she said, "which means intensifying the gluten content."

Healthy Haven offers various product sampling daily, but once-a-month features gluten-free products from a gluten-free bakery or vendor. Starlight Cuisine will be featured in February, offering three flavors of taquitos – chorizo w/black beans, beef, or chicken. These are little corn wraps that can be eaten as appetizers or a light lunch. The company, located in Los Alamitos, CA, will be baking the taquitos in the store from 11 a.m. to 4 p.m. on Saturday, February 7.

Healthy Haven is located at 80 Main Road in Tiverton. Visit the website at HealthyHavenRI.com or call 401-816-5844.

Healthy Haven offers various product sampling daily, but once-a-month features gluten-free products from a gluten-free bakery or vendor.



Fun Moves

Jump Roping for Every Age

by Beth Davis



Jumping rope has come a long way from playground days. While many still jump for fun, young and older fans alike have made it an international sport, boasting its own world championship. The childhood pastime has remained a popular form of exercise for athletes and fitness buffs.

The American Heart Association attests that jumping rope proves an excellent exercise for cardiovascular fitness and muscular endurance. It helps develop agility, balance, posture, reflexes and coordination, as well as building or maintaining healthy bones. Now, researchers are learning that jumping rope may also help prepare the brain for learning by raising the heart rate, which pumps more blood to the brain, feeding it needed nutrients and oxygen for heightened alertness and mental focus.

“Rope jumping is attractive to such a wide range of individuals because of its numerous benefits. It is convenient, inexpensive, easy to learn and works the entire body; plus, it’s fun.”

In the United States, the sport’s main coordinating organization is USA Jump Rope (USAJR), a nonprofit group comprising hundreds of jump roping teams and jumpers across the country. Teams attend workshops and training camps; perform for the public; and compete in tournaments at state, regional and national levels.

John Fletcher, USAJR’s operations manager, says that jumping rope is far more than recreation; it supports a healthy lifestyle for people of all ages. USAJR has enthusiastic jumpers ranging in age from 6 to 50. All age groups regularly compete in single-rope and Double Dutch competitions, including speed and freestyle categories. In the United States, the female record in the single-rope speed competition is 367 jumps in one minute. The comparable male single-rope record is 359. The Double Dutch pairs speed record clocked in at

879 jumps a minute.

“Rope jumping is attractive to such a wide range of individuals because of its numerous benefits,” remarks Fletcher. “It is convenient, inexpensive, easy to learn and works the entire body; plus, it’s fun.”

The American College of Sports Medicine (ACSM) names rope jumping as one of the best forms of aerobic exercise. They explain that aerobic exercise enables our bodies to take in more oxygen so that we can breathe faster and more deeply, maximizing oxygen entering the bloodstream. That’s good for the heart, blood vessels, immune system, lungs and joints. More, it cuts through stress and lifts our mood.

In order to improve heart and lung health, jumping must be performed three to five times per week for 12 to 20 minutes at a stretch. The ACSM recommends trying 130 revolutions per minute, which

is equal to running at 6 miles per hour or cycling at 12 miles per hour. Just 10 minutes of rope skipping is equivalent to a one-mile run.

René Bibaud is a five-time world rope jumping champion, artist and coach for Cirque de Soleil, the voice of ESPN for national jump rope championships and creator of Ropeworks, a company devoted to teaching jumping for fun and fitness. For those just getting started, Bibaud advises that finding a rope that fits is key. She recommends a dense, plastic rope, which should cost less than \$10.

To make sure a rope fits, she counsels, stand on it with both feet and pull the sides up tightly next to the body in a U-shape. The top of the handles should come to the underarms.

Also invest in a good pair of athletic shoes, preferably a cross-training model, with extra support for the ball of the foot. This helps prevent excessive strain on the joints from rope jumping’s repetitive movements. Avoid jumping on hard surfaces, such as concrete or tile. Safe surfaces include a wood floor, rubber mat or sprung floor, such as those found in dance studios, which is designed to absorb shock.

Bibaud encourages newcomers to learn a few basic moves, followed by a few jump rope tricks. She grins: “The goal of learning new moves will entice you back for more.”

For more information, visit USAJumpRope.org, ACSM.org or JumpRopeNet.com.

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Pet Love

Nurturing Joy & Well-Being in Your Animals

by Sharon Callahan

It only makes sense that many of the things we do to improve our health and the quality of our personal lives also enhance the physical and emotional well-being of animal companions. A life and home that are a sanctuary of peace and stillness naturally promote health and happiness in our animal friends, too. The following mindful tips will help bring balance to beloved animals' lives, as well as our own.

EAT WELL and take vitamins, and feed animals the wholesome foods that keep them as clean inside as they are clean and well groomed on the outside. A well-tended body feels better and can more easily handle the stresses of everyday life. Consider the body a temple of the soul.

EXERCISE DAILY and spend time outdoors to enjoy nature's beauty; this is a human antidote to stress, anxiety and depression and it works for animals, as well. Playing and frolicking in the yard with animal companions can enliven their spirits and bodies and bring everyone joy. Sing and dance to release energy and to create peace and joy. Animals love good music and many of them love to dance.

KEEP COMPANY. Be conscious of how much time pets spend alone. Too many solitary hours can be stressful, resulting in inappropriate behavior, depression, anxiety and illness. If family members must be away from home all day, consider an animal sitter or dog walker, or ask a neighbor to check on the animals.

PRACTICE RANDOM ACTS OF KINDNESS and take lessons in unconditional giving from your four-legged and winged friends. Giving an unexpected gift to a stranger, helping a neighbor or feeding a feral cat puts our focus on the well-being of others, making life more meaningful. Self-absorption leads to emotional problems and illness, which may reflect in the behavior and health of a companion animal.

Make the workplace, too, as peaceful and stress-free as possible. Because stress affects animals, exercise or perform an act of kindness for another before arriving home. A framed Kodak moment with our animal at work will help us stay connected and bring peace and comfort.

PRAY AND MEDITATE. To pray is to ask; to meditate is to listen. Pray for assistance with life challenges. Listen for the still small voice within, as well as the voice of any beloved animal companion.

Several times a day, we should check in on our emotional state, which affects the well-being of an animal companion. If we are overstressed, worried, preoccupied, depressed or anxious, pause to implement one of the suggestions noted here.

PERFORM AN ANIMAL "BODY SCAN" twice a week. Sit peacefully, facing Fluffy or Fido, whether resting or standing. Get centered and take a deep breath, exhale, and then resume normal breathing. Place one hand a few inches above the animal's body and slowly move it from the tip of the animal's nose, over the head, down each front leg, up to the shoulders again and then over one side all the way to the tip of the tail and down the back leg. Check the pads of the feet by pressing gently to spread the toes, noticing any tender areas. Look in the eyes and ears. Repeat the identical procedure on the opposite side. Feel for any "cold" or "hot" spots in the animal's energy field or for any other sensation that feels off.

Next, follow the same process while touching the animal. Feel for any lumps, bumps or sore places. Pay particular attention to the joints in older animals. Check the abdomen with gentle pressure. Note tender areas. Look in your animal's mouth the same way, paying attention to gum color, teeth tarter and any areas that might look inflamed.

Don't worry over the detection of something abnormal. Continue with twice weekly body scans over a period of weeks, and if a particular area of the animal's body remains sore or if a lump is detected, it's time to make an appointment with a veterinarian.

Our animal companions sense the love and caring we offer through these ministrations and respond by becoming more relaxed and at ease. We, in turn, are nurtured through their trust.

Sharon Callahan, animal communicator and resident of Mount Shasta, CA, is the creator, formulator and manufacturer of AnaFlora Flower Essences for Animals.



Eco-Crime Stoppers

It's Now Easier to Report Environmental Violators

The Environmental Protection Agency (EPA) has launched a new Web tool that assists law enforcement agencies and the general public in finding fugitives who have violated environmental laws. The site provides photos of eco-criminals captured and still at large, together with pertinent information. Examples of reported violations include discharging pollutants into water and air, smuggling ozone-depleting substances, laundering money and illegally disposing of hazardous waste.

The EPA website provides an easy-to-use Report a Fugitive form that goes straight to the organization's national criminal investigation office in Washington, D.C. Information also can be reported through local police stations or U.S. embassies. Tips may be made anonymously.

Visit epa.gov/fugitives/report-location-form.html.

Life Lines

Rio Grande Still on World's Top 10 Rivers at Risk

The World Wildlife Fund's Top 10 Rivers at Risk continue to face widespread degradation, while millions of people depend on them for survival. The Rio Grande, along the U.S.-Mexico border, is on the watch list because the river is severely threatened by water diversions, widespread alteration of the floodplain, dams and pollution.

"The world's freshwater ecosystems are under siege, and the rivers on this list are the front lines," says Carter Roberts, president and CEO of World Wildlife Fund (WWF). "We don't have to look far to find examples of the freshwater crisis."

Five of the 10 rivers are in Asia: Yangtze, Mekong, Salween, Ganges and Indus. The others are Europe's Danube, South America's La Plata, Africa's Nile-Lake Victoria and Australia's Murray-Darling.

WWF notes that the Rio Grande is home to a spectacular array of freshwater species and is the lifeblood of the region's economy, supplying water to fast-growing urban areas and thousands of farms and ranches. Irrigation accounts for 80 percent of all water diversions from the river. In response, WWF has been working to improve irrigation in the Rio Grande Valley and establish more parks and protected areas for wildlife along key stretches of the river.



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FINDING THE FORCE WITHIN:

Defining the Functions of Qi



By Dr. Tadeusz Sztykowski

Some concepts are universal: They may be called by different names and discussed through different mediums, but essentially the concept remains. For example, in the Star Wars trilogy the concept of a dark/light side is referred to as “the force.” Bruce Lee had it,

too. Celebrated New York Times Journalist James Reston first brought the Chinese version of this concept to the American public.

What is this mysterious thing called Qi (pronounced chee)? It has been an intrinsic part of Chinese philosophy, culture, and medicine since the beginning of its recorded history. Qi is a difficult word to translate. The original character translates literally as “vapor stream,” “essence of air” “gas”, and “rice or grain”. This indicates that Qi can be as immaterial as vapor and as dense as material as rice. Depending on one’s viewpoint and use, Qi has also been translated as energy, master force, life force, vital force, air and matter.

The most significant problem with defining an eastern concept in western language is that the way Orientals describe Qi is not by analyzing or speculating, as an American might, but by its functions. Two aspects of Qi may be particularly relevant to human life: First, Qi manifests simultaneously on the physical and spiritual level; and, second, Qi is constantly changing in varying states of aggregation.

Within the body Qi has five major functions;

- 1 Qi creates and accompanies all movement in the body. Walking, breathing, heartbeat, eating, speaking, thinking, growth, development – all depend on Qi, which moves in four directions: ascending, descending, leaving and entering.
- 2 Qi originates transformation in the body. While food is transformed into blood, air is transformed into Qi, which itself can bring transformation. For example, a mother’s touch, a mother’s Qi, can transform a baby’s temper from one of restlessness to one of calm.
- 3 Where Qi protects the body it is also called Defensive Qi, resisting the external invasion of the body. It travels

between skin and muscles, and regulates the sweat glands and pores.

- 4 Qi warms the body; your warm hands and feet are the result of this function. This can be compared to the circulatory function of the blood.
- 5 Qi controls the retention of the body’s organs and substances. It stops holds the blood within its vessels, controls sweating and salvation, and holds the organs in the proper place.

Qi is a far-reaching force in the physical body, from activating the kidney to nourishing the heart and lungs. Qi enhances and promotes respiration and blood movement, and controls speech and strength of voice. It also promotes blood circulation in extremities. True-Righteous-Normal Qi (Zhen Qi) is formed from air and food with the catalyzing effect of original Qi. It is a Qi that circulates in the channels and organs. True Qi assumes two different forms: Nutritive Qi (Ying Qi) and Defensive Qi (Wei Qi).

Nutritive Qi (Yung Qi) is closely related to blood and flows in the blood vessels as well as in the channels. It nourishes the internal organs and the whole body. Defensive Energy (Wei-Qi), being a coarser form of Qi, flows in outer layers of the body, warms the muscles, fills up the skin, enters the space between skin and muscles and opens the pores. Its function is to defend the body against wind, heat, cold and dampness. Qi is best described by its manifestations, functions and aspects, as it is almost impossible to measure or grasp it.

Because Qi is best described by its manifestations, functions and aspect, Western science has difficulty measuring and grasping it. Our Newtonian-Cartesian based model of mechanical cognition and deduction struggles with these concepts. Descartes, a 17th century French philosopher and scientist believed that “All science is certain evident knowledge. We reject all knowledge which is merely probable and judge that only those things should be believed which are perfectly known and about which there can be no doubts.” His thinking had a profound influence on the principles of modern science and so-called allopathic medicine.

Nevertheless, there have been various Western attempts to at least indicate the possible presence of Qi, making progress toward a deeper understanding of our physical bodies and the energies that breathe life into it. Whether we call it body energy, life force, or Qi, it remains what it has always been and will continue to be, East or West, on the big screen and the smaller screens of our individual lives.

Dr. Sztykowski was born in Poland and graduated from Medical School in Gdansk in 1982 and obtained board certification on Obstetrics and Gynecology in 1987. In 1990, Sztykowski graduated from the New England School of Acupuncture in Massachusetts. Since then, he has successfully treated more than 10,000 patients and taught at various institutions around the country, including Brown University Medical School, the American Heart Association and the Brain Injury Association.

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Fall in Love with Your Life

Small changes bring
big rewards.

by Kim Childs

Each January, the lure of a fresh new year inspires many of us to plan healthy lifestyle changes. By February, even modest goals may fall victim to a loss of motivation or the triumph of old habits.

If our latest resolutions are unrealistic (adding two hours of daily meditation to an overloaded life), too drastic (going from junk food to raw food in the middle of winter) or unsupported (vowing to think positively in a climate of naysayers), they may be doomed before they are uttered. According to the life coaches consulted by Natural Awakenings, the most effective life makeovers involve starting where we are, taking small steps, setting boundaries and reaching out for support on the journey. Here's what these experts advise when setting out to make lasting changes.

An Attitude of Gratitude

"The first thing is to look at what's already working," recommends Victoria Moran, a writer, speaker and spiritual life coach. "So often, we just say 'Ack—I want everything to be different,' but we all have lots of things that are working well now."

Moran, author of several books, including the forthcoming *Living a Charmed Life: Your Guide to Finding Magic in Every Moment and Meaning in Every Day*, counsels her clients to list 10 things for which they are grateful before they leave bed each morning.

"These don't have to be giant things," notes Moran, "but 'I'm grateful for this cat sleeping on my chest; grateful that the sun is shining; grateful that I made this terrific pot of chili and there's some left over.' Your day is now going to be built on the positive framework of all that you have going for you."

Moran also recommends taking quiet time in the morning for prayer, meditation or journaling before the day's agenda begins to tug and pull. A student of comparative religions, she observes that most spiritual traditions embrace a practice of going within to access higher wisdom. Tapping this inner guidance is essential to crafting an authentic life and staying centered in the midst of change.

"I recommend lighting a candle on your bedside table," Moran says, "so that when you come back from the bathroom and your brain is already saying 'You don't have time for this, you have all these things to do,' that little candle is just there, saying, 'Oh, come on, sit.'"

Honor the Body, One Day at a Time

Moran also stresses the importance of "taking care of the vehicle," when designing a life makeover. This means having a daily exercise and nutrition plan.

"Regardless of what you want in life, you have to get it in this physical body," she says. "And because the brain is part of the body, you're not going to have a very good shot at changing your attitude and thinking positive thoughts if those thoughts have to be filtered through a brain that is living on junk food and doesn't get enough oxygen because you don't exercise."

At the same time, Moran predicts failure for those who plan overambitious diet and exercise plans that don't allow for occasional off days. The prospect of cutting out sugar forever, for instance, may scare someone away from even cutting down. Moran, who successfully overcame her own food and weight issues decades ago, quotes the 12-Step slogan of "One day at a time," when counseling people who set out to change their lives.

"Even I cannot say that every day for the rest of my life I will mediate and exercise," she says. "I know that's not true. But for today, I can do that, and this is the only day I have."

Just Say No

Once we have begun to make positive changes, we may need to clean up the environment in which our old, self-destructive habits flourished. People pleasers, for example, may have to start saying no and set boundaries where none existed. Cheryl Richardson, a bestselling author, radio host and authority on life coaching, says that as people begin to practice better care for themselves, their relationships may change. In her new book, *The Art of Extreme Self-Care*, Richardson has a chapter entitled "Let Me Disappoint You."

"That chapter speaks to the reality that in order to live a high-quality life—a life that truly honors your self-care—you

have to master the art of disappointing people, making them angry and hurting their feelings," she counsels. "That's just the truth."

Richardson says that women, in particular, try to avoid the discomfort that comes from displeasing others or letting them down. As a result, they can end up living for others, becoming resentful or even sick, and struggling with intimate relationships when resentments build. Richardson advises women to check in with themselves before responding to requests and to tell the truth, even if it's unpopular.

"Craft a response that is respectful, but direct," she says. "Become able to say to someone, 'I'm sorry, I'm not going to be able to baby-sit your children this weekend.' Not, 'I really wish I could, but I can't,' when the truth is, you really don't wish you could, and you don't want to."

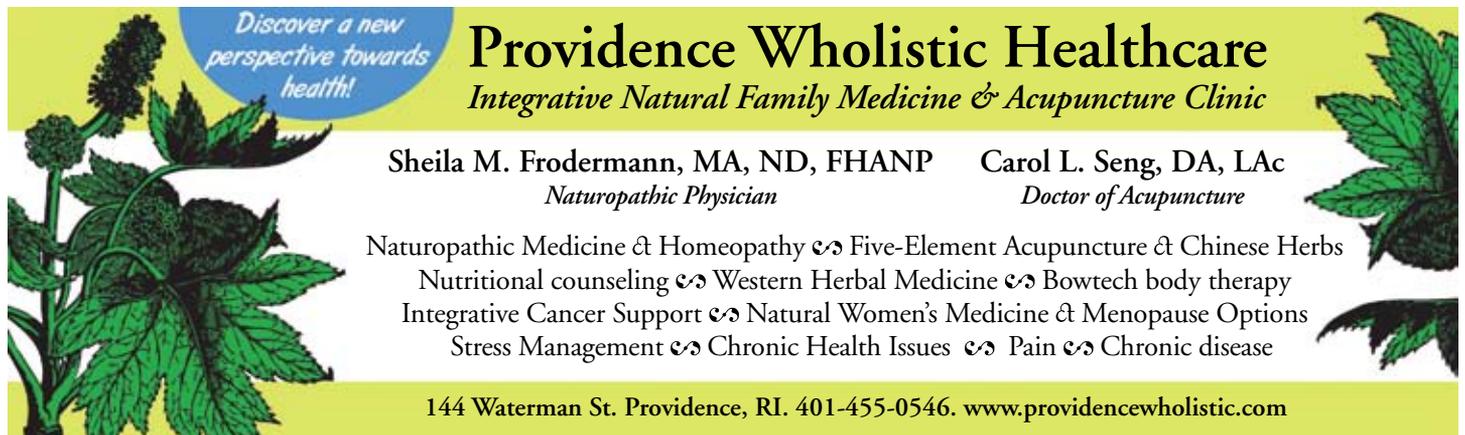
Start Here and Now

Life makeovers also involve setting boundaries with ourselves, says Richardson, and taking an honest look at the areas of our lives that are messy, neglected or out of balance. She notes that a simple way to start is to clean up one place in our home, car or office that's cluttered, and enjoy the feeling of spaciousness that follows. More comprehensive changes may benefit from professional help, says Richardson, who hired a personal coach at the beginning of her own coaching career, with life-altering results.

"My home and my work environments became beautiful places to live and work in," she recalls. "My finances improved dramatically. I eliminated my debt, I created an investment plan and I stopped giving away so much of my precious time and energy to people who didn't appreciate it."

Today, Richardson coaches people on how to create lifestyles and environments that honor their deepest need for things like joy, beauty, rest, creative expression and peace. She says the pursuit of bigger dreams and desires may take a back seat to meeting basic needs at first.

"If you're struggling financially, you should be investing in your financial health," says Richardson. "If your house looks like a bomb went off in it, you really should be focused on making your home environment more soul-nourishing. If your relationships are one-way streets and they're not headed in your direction, you should focus on either telling the truth



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in your relationships or letting some toxic people go.”

Create a Circle of Support

When we start to practice these forms of self-care, our real dreams and desires become more apparent, Richardson says. The challenge is to stay on track, especially when family members or friends don't understand or appreciate our new ways, and old habits slip back in. Without support and accountability, she observes, most people will fall short of long-lasting success.

To help her readers get and stay on course, Richardson encourages them to create free Life Makeover™ groups, based on the concepts and practices outlined in her books. Her website allows people to connect with others on the same path and to create support groups in their own communities, using guidelines found on the site. Richardson currently counts about 4,000 such Life Makeover groups around the world.

In Upton, Massachusetts, Jennifer Copley Downing created her own group eight years ago, when she felt a need for community and connection. Today, she has seven “sisters” in her life, who have shared challenges and triumphs around careers, relationships, health, parenting and elder care.

“Working in groups keeps you accountable and supported; you don't feel like you are doing all this alone,” Copley Downing says. “Most important, you can know that you're not losing your mind—that others have gone through similar things and think the same way.”

Little Assists from

Lots of Friends

Bob Doyle took the group support idea to a new level when he created the free Boundless Living Challenge (BLC) on the Internet last summer. Doyle, who teaches an online program called “Wealth Beyond Reason,” was featured in the movie, *The Secret*. The film describes a universal Law of Attraction, wherein a person's thoughts, emotions and expectations shape their life experiences. The film encourages viewers to envision the lives of their dreams.

In Doyle's ongoing BLC, thousands of people are doing this in a public forum.

“The idea was to give them an environment to basically state an intention in a very visible way,” says Doyle. “And, in addition to having the tools and resources [on the website], they've got this community of people who are also up to some pretty powerful things in their lives—all different kinds of things—but all have a common goal, which is that they want to get unstuck and they want to accomplish something.”

People use blogs, photos and videos on the site to describe their desires and track their progress and challenges along the way. Fellow BLC members offer support, advice and encouragement as they share their own struggles and report victories in the areas of health, creativity, career, relationships and business pursuits. The process creates online friendships and communities of support for when the going gets rough. Similar social networking sites for posting desires and connecting with like-minded seekers include 43things.com and Intent.com.

Doyle participated in his own challenge program by stating a goal of performing live music. “What I discovered during the course of this challenge is that I had real stuff about looking stupid or making a mistake or not being perfect,” Doyle recalls, “and so it was about breaking through all of that and just going out there and expressing myself through musical performance, whether or not it was perfect, and being okay with that.”

Change One Thing.

Change Everything

Doyle says that the breakthroughs that he made spilled into other areas of his life related to self-expression, a carry-over effect common among participants who take risks and push beyond their comfort zones in a supportive, non-judgmental environment. Not everyone realizes their stated goal in the suggested 45-day time frame, says Doyle, but most people see progress.

“I was talking to someone the other day whose challenge is to write a book,” Doyle reports, “and I asked her if it had gotten done in the first 45 days. She said no, but it was nearly completed, and that it would have gotten nowhere if she had not taken the challenge.”

After completing their initial challenge, it's not unusual for people to continue to post information and updates in order to stay connected to a community of kindred, encouraging spirits. Doyle himself has taken on another challenge and enlisted the help of coaches and friends to keep progressing in the work that he's been living and teaching for years.

“Because it doesn't matter how much you know intellectually about a particular thing,” says Doyle. “There's always going to be somebody who sees you differently than you are able to see yourself.”

For more about Bob Doyle's programs, visit WealthBeyondReason.com or BoundlessLiving.com.

Information about Cheryl Richardson's books, DVDs and radio program is posted at CherylRichardson.com. Find Victoria Moran's books, blog and newsletter at VictoriaMoran.com.



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Energy Drinks Not Created Equal

Fans of workouts and athletics need to exercise caution when it comes to imbibing so-called energy drinks, according to Johns Hopkins University scientists, who have spent decades researching the effects of the caffeine they contain. They report that caffeinated energy drinks, often marketed as “performance enhancing,” should carry prominent labels that note their caffeine content and warn of potential health risks. Caffeine is a drug, and caffeine intoxication can lead to nervousness, anxiety, insomnia, gastrointestinal upset, rapid heartbeat and in rare cases, even death, according to the literature.



Research reveals that the caffeine content of energy drinks varies over a 10-fold range. Some brands contain the equivalent of 14 cans of Coca-Cola, according to the September, 2008 issue of the international journal *Drug and Alcohol Dependence*.

The market for energy drinks, now estimated at \$5.4 billion in the United States, is expanding at an annual rate of 55 percent. Yet consumers, especially teens and young adults, remain largely unaware of the health risks associated with excessive caffeine consumption.

ST. JOHN'S WORT UPDATE

New Cochrane Systematic Review research supports the use of St. John's Wort extract in treating major depression. Previous studies had advocated the use of this herb only for the treatment of mild to moderate depression.

Source: Wiley-Blackwell, 2008



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— Ralph Waldo Emerson

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Youthful Anxieties

When Teens Worry Too Much

by Dr. Lawrence Shapiro

Everyone worries, frets or feels uneasy much of the time. Worry itself is not bad when it serves as nature's way of keeping us safe and sound.

If we're concerned about our weight, for example, we tend to eat a better diet. If we're discontented about money, we work harder or save more. If we worry about our kids, we do all of the things needed to keep them healthy and happy.

Teens experience their own set of normal worries: getting good grades; other teens' opinions of them; the state of their complexion; and their clothes. We also hope they show concern for family rules and responsibilities.

But, worry becomes a problem for teens and their parents if young people stress too often or about things that don't really matter. Psychologists refer to worry and its accompanying physical changes as anxiety, and too much anxiety can take a serious mental and physical toll on a teen.

Common Conditions

Several types of anxiety disorders may affect teenagers. Simple fears—of talking in public or doing poorly on tests—can cause distress. When teens harbor lots of fears, they can become overwhelming and lead to a panic disorder, making them afraid even to leave the house.

Obsessive Compulsive Disorder (OCD) is a severe problem that affects about 1 in 100 teens. They often hide their worry about things that are inconsequential to others, such as germs on a doorknob or cracks in a sidewalk, and may develop elaborate rituals to deal with their irrational ideas.

Another diagnosis, Generalized Anxiety Disorder (GAD), causes teens to worry throughout the day and may precipitate physical problems like fatigue, headaches and insomnia.

Everyday Aid

Anxiety affects more teens than most parents realize, because they are adept at hiding their problems. But that doesn't mean they don't need help. If we suspect that a family teen worries too much, here are some simple suggestions to try.

- Encourage practice of daily relaxation techniques, like yoga, deep breathing, or just listening to calming music.
- Help them think positively, identifying the positive outcomes of a problem, rather than the negatives.
- Encourage a healthy lifestyle, including good nutrition, daily exercise and a regimen of eight to nine hours of sleep. These habits stimulate the brain to produce stress-fighting chemicals.
- Facilitate connections with others. Anxiety can lead to social isolation, which worsens the problem.
- Teach problem-solving skills, such as making a list of solutions to a challenge, comparing possible outcomes, and then trying the best one.
- Encourage discussions about worries; if not with parents, then with a school counselor, good friend or understanding relative.

These practices can be useful to everyone. They are cornerstones of good mental health, and experience proves that teens do better when their parents provide positive role models.

Act Today

If we think that a teen is troubled by anxieties, we shouldn't hesitate to seek professional advice. A physician or psychologist can help determine whether a teen's worries are typical of their age or are symptoms of a disorder that needs treatment. It is worth noting that anxiety disorders are commonly seen in combination with other problems, ranging from depression, eating disorders and attention deficit disorders to drug abuse.

The good news is that therapists have made great strides in treating anxiety disorders, usually using a type of psychotherapy called cognitive behavior modification, combined with relaxation training. If a teen's anxiety problems are affecting her school work or school attendance, then the school psychologist should also be involved. If anxiety problems are affecting a teen's social life, then social skills training may be advisable.

Talk with a loved teen about any suspected problems today. Even though he may shrug his shoulders, stare us down or even slam the door in our face, smart parents understand that adolescence is a time to step closer to a child, not away from them.

Although teens may resist our efforts and remind us that they are "not kids anymore," our role as a parent does not change. Teens continue to need structure and support as much as they do in childhood; when they are worried and anxious, they need it—and us—even more.

Lawrence Shapiro, Ph.D., is a nationally recognized parenting expert, author and editor of the Instant Help series of workbooks, published by New Harbinger Publications. The Anxiety Workbook for Teens, by Lisa Schab, one of the most popular, provides a practical, step-by-step program for teens.

* * Steps to Manage Panic Attacks * *

Use Your Mind

- Remind yourself that you are not in danger. You are just having an exaggerated experience of a normal reaction to stress.
- Remind yourself that you can manage the uncomfortable feelings.
- Instead of thinking thoughts like, "Oh gosh, this is awful. What's going to happen to me?" think, "Okay, I recognize these feelings. I know exactly what to do to release them and I'll do it now."

Use Your Body

- Find a place where you can sit down. If you are outside, lean against something solid.

- Begin to slow your breathing by taking long, deep breaths. Remember that breathing deeply will bring needed oxygen back into your body, stop your heart from racing and eliminate any tingling or dizzy feelings.
- Look around and notice all the normal things going on around you. Focus on that normalcy as you allow the fearful symptoms to pass.
- Do other things that feel comforting to you and help relieve anxiety. Some people sip cool water, some lie down and close their eyes and some put a cool cloth on the base of their neck.

Adapted excerpt from The Anxiety Workbook for Teens by Lisa M. Schab. Used with permission.

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7 Strategies for Life-Work Balance

By Jeff Doff



Achieving life-work balance can mean different things to different people – some prefer more work, some less. The ratios vary, but we all need a balance that keeps our stress levels down and our energy up. Many of us, however, have difficulty achieving the perfect balance. What if there was a way to make our work lives more enjoyable and more balanced? Here are seven strategies to help you achieve this seemingly elusive goal:

1. Choose your day. Invite the qualities you would like to experience in the workday ahead. For example, before a big meeting with a senior executive, write down your intentions such as “mutual respect, confidence, and responsiveness.” You’ll be surprised at how effective this focusing can be, and how quickly you move away from what you don’t want, including stress or conflict.

2. Make sure you are having fun outside of work. No one will do this for you, because only you know the things that de-stress your mind. Line up fun things to do before or after work and on weekends and you will be more likely to enjoy your time at work. This can be big or little, from volunteering to walking to training for a marathon.

3. Find ways to do what you love at work. Start out by remembering why you took the job in the first place. I took a marketing position because I was excited about the blend of analytical and creative work. Once I was there, I realized that I wanted to do more on the creative side. So I offered to lead a brainstorm session, bringing in some new techniques that I had experienced in an outside workshop. My team loved the session, and later some of my colleagues approached me on how to conduct similar sessions on their own. Start doing what you enjoy in small ways and expand from there.

4. Find ways to be more efficient. Beat procrastination by replacing *perfect* with a *good start*. I

used to worry so much about writing the perfect paper that I would spend hours avoiding the first sentence. When I finally gave myself permission to write poorly, I found that what resulted was actually pretty good. Try starting with the most important thing on your to-do list, even if it seems most difficult. Give yourself 20 minutes to take a first crack at it. Once you get started, you may be surprised to find that it is not so bad.

5. Find ways to make your office environment more fun. It could be as simple as how you decorate your cubicle. Or it could be more involved. At one job, I noticed that my colleagues were stressed out. So on a hot summer day, I had popsicles delivered by our mailroom to four different departments with anonymous thank-you notes. It cost me about \$12.50 total and brought smiles to the office. Of course, you do not have to spend a penny, especially if you are willing to get a little creative. One group of employees at an internet company, where every day is dress down day, instituted a voluntary “formal Friday” where everyone dresses up. A group of pranksters, they also “redecorated” a co-worker’s office while he was gone on vacation.

6. Remember the absurdity. Vaclav Havel, playwright and former president of Czechoslovakia, suggested that when we take ourselves too seriously, we become ridiculous to others. Havel suggested that “the more serious what you are doing is, the more important it becomes not to lose this aware-

ness (of your own) human ridiculousness and nothingness.” Dan Millman, world-class athlete and motivational speaker, points out that although we *think* we know where we are, we actually have no idea where the Milky Way is. Recognizing this fundamental uncertainty can sometimes put other things in perspective.

7. Tweak these suggestions. You are unique. Learn from other people’s unique solutions. Remember what has worked for you in the past that perhaps you aren’t doing right now. Let go of judging yourself for where you’ve been, and focus on how you want to feel now. In today’s economic climate, while we cannot control whether there will be layoffs in our own company, we can control our own actions and outlook on life. What kind of person do you want to be in the world, and what kind of person do you want to be in your company today? The more integrity, perspective, and follow-through you can bring to your work, the better you are likely to fare in the short and long-term.

Perhaps it is less about *having* the perfect job, and more about making our current job more perfect. This does not mean we have to stay forever, but it can make for a better today. Most of us can find at least a few reasons to be there beside a paycheck. If, however, work has become too stressful or if a job cut is in the works, it may be time to start looking elsewhere. With three to six months of living expenses, you may be in a good position to choose a job that is more suited for you and that brings more joy and meaning to your life. If you have not started a savings fund of this kind, even if it’s just pocket change, start today – you will look back in a year or two and be glad you did.

A wise person once said that there are three keys to happiness: someone to love, something to do and something to look forward to. Your life can truly be a balance of all these things, and perhaps by taking a few simple steps, your work can be a mixture of all of them.

Jeff Doff is a strategic life coach who focuses on career transition and improvement. Jeff works with clients who want to improve their work life. He can be reached at JeffDoff@yahoo.com.

Keys to Heart Health

Ten Ways to Lower Cholesterol Naturally

by Janet Bond Brill

Cardiovascular disease, manifested primarily as heart attacks and stroke, is America's number one killer, dwarfing all other causes of death, including cancer and diabetes. More than 107 million of us have an unhealthy level of cholesterol, a major risk factor for cardiovascular disease. But, there are easy ways we can take charge of our heart health.

The secret is to simply add in eight foods, a fiber supplement and a short walk to our daily routine. Together, they can significantly and quickly lower bad LDL cholesterol levels and decrease risk of developing heart disease. Here's how:

Eat Oatmeal – Oats are a highly nutritious whole grain filled with a special type of cholesterol-lowering, soluble fiber called beta-glucan, which soaks up cholesterol and pushes it through the digestive system so that it is not absorbed. The fiber in oats also binds up bile acids in the intestine so that they are excreted. This forces the liver to make more bile acids to replenish the lost supply, which leads to lower LDL cholesterol. They also contain a powerful, unique antioxidant, which counteracts the destructive and atherosclerosis-inducing damage of unstable free-radicals.

Eat Almonds – Almonds are chockablock with heart-healthy ingredients such as monounsaturated fat (like olive oil) and fiber. They are one of the best sources of Vitamin E, a potent antioxidant that blocks the toxic changes to LDL and helps keep cholesterol from building up in plaque. But, only eat a handful of almonds or any nuts daily, because they are high in calories.

Eat Flaxseeds – Flaxseeds are a wonderful plant source of omega-3 anti-inflammatory fats, a plus in countering the inflammatory disorder atherosclerosis. Two other components of flaxseeds actually target LDL cholesterol: lignan and fiber. Lignans are hormone-like plant chemicals that function as powerful antioxidants and dampen the actions of two key cholesterol-producing enzymes. Be sure to eat only ground flaxseeds, or else their thick coating inhibits digestion.



Eat Beans – A delicious, low fat source of protein, beans are full of heart healthy vitamins and minerals and are one of the richest sources of cholesterol-lowering soluble fiber. Legumes such as beans, peas and lentils reduce LDL by promoting healthy populations of friendly bacteria in the colon, which ferment the beans, releasing healthful byproducts that travel to the liver and squelch production of cholesterol.

Eat Apples – An apple a day keeps the cardiologist away. They serve up a cholesterol-lowering fiber called pectin. Another ingredient in apples, called polyphenols, functions as a strong antioxidant and prompts the liver to clear LDL cholesterol. Eating the apple skin ensures the highest level of antioxidant intake.

“Let food be thy medicine and let thy medicine be thy food.”

Eat or take Phytosterols – Phytosterols, a plant’s version of cholesterol, are a highly effective means of reducing LDL because they masquerade as cholesterol and are absorbed into the intestinal cells in lieu of cholesterol. Phytosterol-fortified products on the market, which have an excellent safety record, range from orange juice to yogurt. One favored phytosterol supplement is Cholest-Off. The single caveat: Absorption of fat-soluble vitamins may decrease with phytosterol intake. Following the government-advocated “5-a-day” intake of fruits and vegetables offsets this effect.

Eat Soy Protein – Soy foods are low in saturated fat, cholesterol-free and packed with vitamins, minerals and fiber. Soy is a near-perfect protein choice instead of animal protein. Soy contains isoflavones, hormone-like substances that lower LDL by promoting an increase in uptake of LDL by the liver. Soy also exhibits a strong antioxidant capacity, linked with decreased inflammation of the arteries. Don’t be misled by the bad press soy has received lately. The U.S. government has given soy its stamp of approval as a safe food to help prevent heart disease. Soy is not only a heart-healthy food, it is also associated with reduced risk of cancers. Two thirds of the world’s population eats soy.

Eat Garlic – Garlic is a regular chemical factory, with lots of active ingredients that not only lower LDL, but also function as powerful antioxidants and blood thinners. Garlic lowers LDL by dampening the activity of the main cholesterol-producing enzyme in the liver. Eating as little as a clove a day has been shown to rev up the body’s ability to dissolve blood clots, which can precipitate a heart attack by sealing off plaque-filled arteries.

Take Metamucil – When people think of laxatives, they think about regularity. But the psyllium seed husk fiber in Metamucil is one of nature’s most potent cholesterol-lowering agents. It lowers LDL by promoting bile acid excretion (somewhat like



oats) and by preventing the absorption of cholesterol into the body. A healthy digestive tract is a bonus.

Walk – Walking is one of the simplest, safest and least expensive LDL-lowering strategies. Walking just 30 minutes a day protects the heart by increasing the size of LDL particles (bigger is better), decreasing inflammation and targeting dangerous belly fat. Just remember to pick up the pace, because faster is better for health and longevity.

Adopting these 10 simple steps into our day is a proven, effective alternative or complement to prescription medications for lowering cholesterol and preventing heart disease. As Hippocrates counseled long ago, “Let food be thy medicine and let thy medicine be thy food.”

Janet Bond Brill, Ph.D., is a registered dietitian, licensed dietitian/nutritionist and author of Cholesterol Down: 10 simple steps to lower your cholesterol in 4 weeks—without prescription drugs. She’s a nationally recognized nutrition, health and fitness expert, specializing in cardiovascular disease prevention. Visit CholesterolDownBook.com or DrJanet.com.

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NOTE: All Calendar events must be received by February 10th (for the March issue) and adhere to our guidelines. Visit rinaturalawakenings.com to submit Calendar events or email info@rinaturalawakenings.com for guidelines and to submit entries.

FRIDAY, JANUARY 30

Magnified Healing® Master Certification Course – 9:00am-5:00pm. Are you seeking new ways of living and healing in this world? The workshop includes: An 85-page teaching Manual, a Certificate, a practice CD and one bottle of Essence. Lunch and snacks will be provided; however there are a number of restaurants close by should you wish to go out during the break. To reserve your spot please request a Paypal invoice for the \$50 deposit. \$180. Adriene Smith, 917A Warwick Ave, Warwick 401-741-2278. AngelWhisperRI.com.

SATURDAY, JANUARY 31

Manifest Miracles – 10am-12pm. Who says you can't have anything you desire? Learn the simple yet powerful steps you can take today in order to have what you desire Now. Register with maggianderson7@yahoo.com. \$35. Salon Energy, 4020 Mendon Rd Cumberland. 508-369-9967. SpiritualCompassConnection.com.

Taping the Power Within – 10am-4pm. Workshop from the book by Iyanla Vanzant. Explore the 7 level healing Paradigm outlined in Ms. Vanzant's new book. Contact Pat Hastings, author of *Simply a Woman of Faith*. Call or write to register. \$50. Pat Hastings, Concordia Church, 292 West Shore Rd, Warwick. 401-521-6783. womanooffaith@bluebottle.com or SimplyaWomanofFaith.com.

Animal Communication Class – 11am-1pm. Would you like to know what your animals are thinking? Would you like to know if a pet who has crossed the Rainbow Bridge is happy. In this workshop, you'll learn how to develop your ability to "talk" with animals. \$35. Positive New Beginnings, 873 Waterman Ave, East Providence. 401-432-7195. PositiveNewBeginnings.com.

Making Peace with Food and Your Body – 1-4:30pm. In this workshop, you will discover a more compassionate understanding of your eating issues, develop a healthier, more intuitive relationship with food, and learn how to find your body's natural weight without dieting. \$65. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Music of the Heart and Healing – 2:30-5pm. A Journey around the world through ancient melodies and sacred song. Music of the Heart and Healing: A Mystical musical concert and journey around the world through ancient melodies, sacred song, and intricate vocal harmonies and instrumentals. \$6. Zaza and Jen McWalters Studio, 1005 Main St, Suite 111, Pawtucket. 401-475-0084. PilatesJen.com, MusicofZaza.com

What is Acupuncture? – 6-8pm. Dr. Tad Szytkowski will discuss what is Acupuncture and How can Acupuncture can Improve your Health. Also, he will demonstrate at home acupressure techniques so, bring a friend and learn some simple at home acupressure techniques. Light food & refresh-

ments served. Free. Center for Preventive Medicine, 191 Nashua St, Providence. 401-434-3550. TheWellnessClinic.net.

SUNDAY, FEBRUARY 1

Women's Wellness Day – 9am-4:30pm. Come and sample all the best that the Healing Circle has to offer. Meet the practitioners and the teachers. Each woman attendant will be given a menu of choices prior to registration. Registration required. \$125. The Healing Circle, Providence. 508-292-2798. amy@providencehealingcircle.com.

Workout for St. Jude Children's Hospital – 10am-1pm. All proceeds from Jen McWalters Studio will go to St. Jude Children's Hospital on this day. Three classes are being offered: Pilates Mat from 10-11 AM, Cardio-Dance from 11-12, and Circuit Training from 12-1. You may come for one, two, or three classes. Classes are all level. Please call the studio to have an envelope mailed to you to start getting sponsors. Prizes offered to those who raise at least \$35! Jen McWalters Studio, 1005 Main St, Suite 111, Pawtucket. 401-475-0084. PilatesJen.com

Writing In The Zone – 1-4pm. For beginners and advanced writers, this workshop will help you break through writer's block, write from your deepest well of inspiration, and take your writing to new heights. Bring a writing project you've been working on, or start something new. \$55. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Transforming From Within – 3-5pm. Workshops are experiential in nature and provide a safe space where participants can discover their innate resources to heal themselves. \$25. Innisfree Body Works, 18 Post Rd, Pawtuxet Village. 401-461-3788. info@innisfreebodyworks.com.

Wiccan Wheel of the Year: Imbolg class – 7:30-9:30pm. Class on the history and myth behind the festival. All religious levels and affiliations are welcome. Ritual on February 2nd. With Danica Connors. \$10. The Studio at The Herb Wyfe, 23 Brown St, Wickford. 401-295-1140. HerbWyfe.com.

MONDAY, FEBRUARY 2

Wiccan Wheel of the Year: Imbolg Ritual – 7:30-9:30pm. What to bring: Potluck dish and/or drink for afterwards. What to wear: Whatever makes you feel sacred. Ritual wear is welcome. Please bring outdoor gear since we will be outside briefly for this ritual. With Danica Connors. Ritual Sliding Scale/\$5-\$15. The Studio at The Herb Wyfe, 23 Brown St, Wickford. 401-295-1140. HerbWyfe.com.

TUESDAY, FEBRUARY 3

What is the Safety Pin Cycle? – 6:30-7pm. Learn to take action in a positive way. Free. Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

THURSDAY, FEBRUARY 5

Green Drinks Newport – 5:30-7:30pm. Environmental Networks monthly gatherings provide an opportunity to talk with people who are personally and/or professionally interested and involved in a variety of environmental, conservation and sustainability issues. Informal/fun time. Free. Pop Kitchen & Cocktails, 62 Broadway, Newport. Kara@6square.com.

Green Drinks Westerly – 6-9pm. See Green Drinks Newport for details. Westerly Land Trust Offices, Industrial Bank Building, 10 High St, Westerly. WesterlyLandTrust.org.

SATURDAY, FEBRUARY 7

Shape Up RI Opening Ceremony – 10am. Keynote Speaker Salvatore Fichera, fun activities and prizes. Free. Rhode Island College, Roberts Hall, 600 Mount Pleasant Ave, Providence. ShapeUpRI.com.

Snowshoeing – 10am-12pm. Join Audubon at Parker Woodland for an adventure in snowshoeing. Explore the snow-covered trails in search of tracks and signs of animals. If there is no snow, hike the trails and see what winter has to offer. You must provide your own snowshoes – they can be rented from Eastern Mountain Sports. Note: If the trails are too icy, the program will be canceled. \$8/member adult, \$4/ member child or \$12/ non-member adult, \$6/ nonmember child. Audubon Society of RI, George B. Parker Woodland, 1670 Maple Valley, Coventry. ASRI.org.

NRICA Presents Mardi Gras 2009 – 6:30-11:55pm. Features Zydeco Bands J.J. Caillier & the Zydeco Knockout Band of Louisiana and Slippery Sneakers. Music, dancing, prizes, food. Tickets \$25/ advance or \$30/at the door includes Cajun Cuisine. Northern RI State Council of the Arts, The CYO Center, 53 Federal St, Woonsocket. 401-762-9072.

TUESDAY, FEBRUARY 10

Breathing Techniques for Weight Loss – 6:30-8pm. With the right breathing techniques, the oxygen will go to the specific areas based on your personal needs, helping to burn the extra pounds and reshape your body with Dr. Ysabel V Reyes. \$10. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHearts@yahoo.com.

Nutrition 101 – 7:30-8pm. Learn to take action in a positive way. Free. Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

WEDNESDAY, FEBRUARY 11

The Wednesday Society – 7-8pm. Women networking with like minded women to support, inspire, motivate and propel one another to ultimate success. Round table forum with educational and motivational talk about living the life we love. Free. Creative Cultural Center, 228 Putnam Pike, Johnston. 401-787-7290. TheWednesdaySociety@live.com.

Lets Have a New Thought – 7-8:30pm. This workshop will help you manifest new thoughts for the New Year to empower you with affirmations and positive new intentions. You will be guided to release all blocks interfering with your truth and your purpose in life. Space is limited, reserve with Grace. \$25. Healing Hearts, 1542 Main St, West Warwick. 401-615-5250. HealingHearts@yahoo.com.

THURSDAY, FEBRUARY 12

Hypnotherapy for Weight Loss – 7-8:30pm. Start the New Year with a new you. Dr. Dave, Ph. D. and Certified Hypnotherapist will use hypnotherapy to change how you think about food. Each participant will receive a CD recording of the session. Space is limited, reserve with Grace. \$49. Healing Hearts, 1542 Main St, West Warwick. 401-615-5250. HealingHearts@yahoo.com.

FRIDAY, FEBRUARY 13

Meditation for Stress Relief – 7-8:30pm. This is a Guided Meditation designed to melt away stress and encourage relaxation. All learning levels are welcome. \$10. Heavenly Hugs, 917A Warwick Ave, Warwick. 401-935-8451. Heavenly-Hugs.com.

SATURDAY, FEBRUARY 14

Valentine Bliss Yoga – 10am-12pm. Treat yourself to deeper Svaroopaa yoga poses that allow an inner and outer opening of the heart. Workshop explores the inner softening of the body starting at the bottom of the spine and up through the heart space. All levels of yoga experience are welcome. \$20/ATM students or \$25/others. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Your Inner Goddess is a Hottie – 10am-3pm. Get in touch with your Inner Goddess so that your natural allure can be seen. Even if it's been dormant for quite some time, you'll reconnect and claim your alluring birthright in this experiential workshop. Change the way you feel about yourself and the way men see you. \$85. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Whole Foods 101 – 12-3pm. Join founder of All That Matters and food enthusiast Joan Dwyer for a lively informative afternoon on the basics of a whole food diet and how to make the transition to eating well. \$30/40 Days to Personal Revolution or \$45/others. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Herbal Education and Training Program Level 2 – 4-8pm. Nutrition and Herbs for Children's Health with Sakinah Abdur-Rasheed, WEHEAL and Radherb Rhode Island Organizer, Holistic Health Advisor. \$30 per class/\$240 for whole series. Farmacy Herbs, 28 Cemetery St, Providence. 401-270-5223. FarmacyHerbs.com.

SUNDAY, FEBRUARY 15

Sampler Day 2009 – 12-5pm. Festive afternoon offers a taste of regular programming and a great opportunity to check out the studio. Come explore a variety of classes, meet instructors, staff and sample health service mini sessions. Pre-register for the classes of your choice and one mini health service treatment. \$20 donation to support the RI Community Food Bank. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Celiac Support Group of Southeast New England – 4pm registration, meal at 4:30. Gluten-Free buffet. Reservations are required for this event. No Walk-Ins will be accepted. For more information or to make reservations, contact Kathi Thiboutot. China Lake Restaurant, 2732 County St, Somerset. 401-624-8888.



TUESDAY, FEBRUARY 17

Smart Business Networking – 6-8:30pm. Network, share ideas and make new friends. With the power of networking, business owners are able to develop relationships with professionals throughout Rhode Island. RSVP. Free. Design Within Reach, 210 Westminster St, Providence. 401-461-3788. smatbusinessntw@gmail.com.

Why Kids Need to GET SICK to BE WELL – 6:30-7pm. Learn to take action in a positive way. Free. Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

WEDNESDAY, FEBRUARY 18

Energy Therapies: Presentation – 6-7pm. What are Energy Therapies and how do they work? Reiki, Crystal Healing, Aromatherapy and Flower Essences presentation for all who are interested. Free will offering at the door. With Debi Chalko, Danica Connors and Sharon McMahan. Donations. The Studio at The Herb Wyfe, 23 Brown St, Wickford. 401-295-1140. HerbWyfe.com.

The Sacred Feminine – 7pm. Begin to touch the innate power you hold to create change and achieve a higher vision of yourself and your future. Learn the Nine Sacred Areas that can move you forward and begin the transformation of your life's journey. Facilitator: Sue Corrigan, RN, ScD, naturopath. Registration required. \$5. W & I Center for Health Education, 1050 Main St, East Greenwich. 401-276-7800 Ext114. CareNewEngland.org.

THURSDAY, FEBRUARY 19

Green Drinks Providence – 5-8pm. See February 5th for description. Free. Firehouse 13, 41 Central Ave, Providence. bmott@theoceanproject.org.

Knowing your Psychic Self – 6:30-8:30pm. Have you ever wondered if you have a sixth sense? Had what you believe is a psychic experience? This workshop will help you discover some of your psychic gifts and give you information on enhancing your abilities and methods of protection. Guided by psychic Stephanie Miller. Space is limited. Reserve with Grace. Healing Hearts, 1542 Main St, West Warwick. 401-615-5250. HealingHearts@yahoo.com.

FRIDAY, FEBRUARY 20

Clean and Clear – Learn how to de-clutter yourself and your space. – 6-9pm. In this introductory workshop learn how to manage your home, your workspace and yourself. Learn the basics of space clearing, feng shui, and energy clearing. Come with an open mind. Leave with empowerment to take charge of yourself, your space, and a bag of treats too. \$35. Heavenly Hugs, Sara Abernethy, 917A Warwick Ave, Warwick. 401-935-8451. Heavenly-Hugs.com.

SATURDAY, FEBRUARY 21

Keeping Your Back And Neck Healthy: Posture, Body Mechanics and Exercise – 1-5pm. Join Dr. David Dwyer as he weaves together key concepts of chiropractic and yoga to examine how posture, proper body mechanics and yoga can help you stay strong and healthy in both your neck and back. \$55. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

SUNDAY, FEBRUARY 22

Healing Touch Wellness Expo – 10am-6pm. Artisans handmade jewelry, skincare and body products, healing products, crystals, herbs, readings and music. Other practitioners, therapists, demonstrations, live performances, samples, raffles, snacks and beverages. RI Blood Drive. \$5 adults/free children under 10. Knights of Columbus, 1047 Park Ave, Cranston, 401-338-1338.

Stop Running From Yourself – 6:45-9pm. Find Yourself, Know Yourself and Be Yourself. Learn to go within for your answers and discover your Divine Self and the Divine within. Through discussion, guided imagery, and expressive art techniques, we will explore what blocks you from knowing and being yourself. Rather than running from yourself, you will be given specific tools on how to love yourself and bring your gifts into the world. Call to register. \$35. Pat Hastings and Gisela Murrell, Farmacy Herbs, 28 Cemetery St, Providence. 508-404-8365. TheIntegralPath.net.

TUESDAY, FEBRUARY 24

Life Without Limits – 6:30-7pm. Learn to take action in a positive way. Free. Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

The Feminine Principle – 7pm. The intuitive wisdom of the feminine has been revered and feared. What are some of the prominent symbols and myths that speak to the feminine psyche and how are they embodied in our everyday lives? Learn how, as women, we can cultivate a deeper commitment to allow for our own intuitive wisdom to enrich and inform our lives. Registration required. \$10. W & I Center for Health Education, 2200 GAR Hwy, Swansea, MA. 401-276-7800 ext.114. CareNewEngland.org.

WEDNESDAY, FEBRUARY 25

Guided Meditation for Body Mind and Soul – 7-8:30pm. This workshop will guide you to a healthier you, renewing and remembering the spirit within you. \$25. Space is limited. Reserve with Grace. Healing Hearts, 1542 Main St, West Warwick. 401-615-5250. HealingHearts@yahoo.com.

THURSDAY, FEBRUARY 26

Life After Layoff – 7-9pm. Dealing with a layoff can feel isolating and difficult, especially when everyone is talking about the challenging economic climate. Jeff Doff, MBA and Pat Hastings, MS LCDP will offer an interactive workshop on how to manage this transition. Pre-register at jeffdoff@yahoo.com. Attendance is limited to 20. \$25. Farmacy Herbs, 28 Cemetery St, Providence. FarmacyHerbs.com.

FRIDAY, FEBRUARY 27

Rythm of Your Spirit – 7-9pm. Workshop on drumming, free-form dance and breathwork will bring you to a new level of joy and connection to your spirit. Dr. Heidi Gabrilowitz will be your guide. Space is limited, reserve with Grace.

SATURDAY, FEBRUARY 28

Today's Children – 10am-12pm. Have you heard the terms Indigo child, crystal or star children? Do you know these children and want to know what you can do as their parent or other caring adult in their life? Learn what research and literature have to say. Come and share what YOU have discovered during this workshop. Leave with practical strategies and a clearer understanding of what it means to be an indigo. With Debbie Radcliff. \$20. Heavenly Hugs, 917A Warwick Ave, Warwick. 401-935-8451. Heavenly-Hugs.com.

Herbal Education and Training Program Level 2 – 4-8pm. Nutrition and Herbs for Eating Disorders and Digestive Health, Mischa Schueller, Wild Carrot Herbs, Holistic Health Advisor. \$30 per class/\$240 for whole series. Farmacy Herbs, 28 Cemetery St, Providence. 401-270-5223. FarmacyHerbs.com.

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sunday

Meditation with Jodi – 10-11:15am. Insight to different types of meditation and breath work. Learn the benefits and healing qualities of meditation, as well as how to focus your attention and quiet the mind. Classes will include: The Art of Breathing, Buddhist Meditation, Shamanic Journey, Guided Meditation, Chakra Balancing, The Mind/Body Connection, Healing the Body and Emotional Release Therapy. \$12. Village Wellness Center, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Gaia's Hearth CUUPS Monthly Meeting – 12:15-2:00pm. 1st Sunday each month. We invite anyone who is interested in becoming part of Rhode Island's only CUUPS (Covenant of the Unitarian Universalist Pagans) to join us. Gaia's Hearth CUUPS is open to the public and welcomes members of the local RI, MA and CT community, no matter what your level, path or tradition is. Plans for open celebrations such as Yule / Solstice, Imbolc, Beltane, etc to be discussed. Free. First Unitarian Church of Providence, 1 Benevolent St, Providence. 401-533-7628. GaiasHearth.com.

Group Hand Drum Lessons – 2:30-4:30pm. Lessons, led by Alan Stone, cover drum circle etiquette, cultural rhythms and improvisation. Call for specific dates. Free. Spirit Sound Healing and Therapeutics, 420 Main St, Warren. 508-567-4498.

monday

Belly Dancing with Mahdia – 6-7:15pm. Learn to enjoy your body for what it is. Get in shape and have fun while exploring the ancient art of Middle Eastern Folk & Cabaret Style Belly Dance-Raks Sharqi. \$60/Series of 6 or \$13/drop in. Village Wellness Center, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Mixed Level Amrit Yoga – 6:30-7:30pm. Class designed for students of all levels of experience. Will be tailored to suit the students present. \$60/Series of 6 or \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Meditation with Jodi – 7:30-8:45pm. See Sunday for details. \$12. Village Wellness Center, 422 Post Rd, Warwick. 401-942-2310. VillageWellnessCenter@verizon.net.

tuesday

Weekly Nia Classes – 11:30am-12:30pm. Nia (Neuromuscular Integrative Action) is a fusion fitness and lifestyle practice that blends rhythmic music with carefully choreographed hour-long routines. Inspired by dance, the healing arts including yoga, and the martial arts. \$14/one class, or \$48/series of 4. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.org.

Herbal Education and Training Program (HEAT) – 4-8pm. Every other Tuesday. The preparation methods of salves, tea blends, creams, lip balms, tinctures, poultices, cordials and more. \$350-\$400 sliding scale. Farmacy Herbs, 28 Cemetery St, Providence. 401-270-5223. FarmacyHerbs.com.

Meditation Classes – 6-6:45pm. 1st and 3rd Tuesday each month. Utilizing sound to deepen inner body awareness. Release the stresses of the week and reconnect with the true self. Free Spirit Sound Healing and Therapeutics, 420 Main St, Warren. 401-245-7979.

Figure Drawing Class – 6-9pm. Every Tuesday bring your drawing utensils and paper to AS220 and sketch from a live model. \$6. AS220, 115 Empire St, Providence. AS220.org

Basic Yoga Series – 7-8pm. Basic Yoga, mixed levels. \$60/6 weeks or \$12/drop in. Village Wellness Center, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Sierra Club Monthly Meetings – 7-8pm. 2nd Tuesday each month. Learn about how to get involved with the Sierra Club in Rhode Island. Covers grassroots conservation activities across the state. All are welcome. Free. Sierra Club, 17 Gordon Ave, Ste 208, Providence. 401-855-2103.

Introductory Amrit Yoga – 7-8pm. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on a developing a strong foundation on which to develop a regular practice. \$60/Series of 6 or \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Nia Class – 7-8pm. Fusion fitness movement class that blends rhythmic music with easy to follow choreographed moves inspired by dance, soft and hard forms of the martial arts and the healing arts including yoga, the Alexander Technique and Awareness through Movement. Adapted to any level of fitness from beginner to advanced. Nia engages body, mind and spirit to deliver a fun whole body workout. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133. TheSpotonThayer.com.

A Course in Miracles Study Group – 7-9pm. Learn how to bring miracles into one's life. Drop-in. \$5 to cover costs. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Medieval Arts & Music Night – 7-10pm. Open workshop of The Society for Creative Anachronism. Anyone is welcome to bring a project, song or just a curiosity for the study of medieval arts and music. Free. The Artists Exchange, 50 Rolfe Sq, Cranston. 401-490-9475. Artists-Exchange.org

Weight Loss Program with EFT – 7:15-8:30pm. 2nd and 4th Tuesday each month. Release the negative emotions that are sabotaging your goal weight. Learn to make better food choices & eat mindfully with Diane Stacy. \$20. Greenville Family Counseling, 3 Austin Ave, Greenville. 401-949-2917. ChoicesandPrevention.com.

Hula Hoop Dance Class – Teaches the basics of hula-hoop dancing. Hoops provided. With instructor is Sasha Gaulin. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133. TheSpotonThayer.com.

wednesday

Wine Down Wednesday – 5-7pm. 2nd Wednesday of the month. Fleming's Steakhouse partners with a different non-profit for a wine tasting/food pairing. Guests are invited to sample both red and white wine flights and food pairings. All proceeds will benefit a local non-profit organization. Tickets available at the door. \$25. Fleming's Prime Steakhouse & Wine Bar, One W. Exchange St., Providence. 401-533-9000.

Westerly Arts Night – 5-8pm. 1st Wednesday each month. Downtown galleries and studios open in unison to exhibit new works. Artists Cooperative Gallery, 12 High St, Westerly. 401-596-2221. WesterlyArts.com.

Men's Yoga – 6:15-7:15pm. Men's Yoga and Wine Tasting-Yoga comes first. \$60/6 weeks or \$13/drop in. Village Wellness Center, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Breathwork – 6:30-8:30pm. Last Wednesday of each month. Release blocked emotion or energy. Be more emotionally vital and present in your response to life with Dayna Mondello. \$25. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Free Beginner's Yoga Class – 7-8:15pm. Beginner's Yoga is a slow paced, tutorial based method of learning the foundation poses that make up any good yoga practice. This is a great opportunity for the new student, or for students who want to revisit the basics. Free. Sundance Therapies, 410 Main St, East Greenwich. 401-398-0786. SundanceTherapiesRI.com.

Reiki Share – 7-9pm. 1st Wednesday of each month. This share is open to practitioners and non-practitioners alike. \$5. The Studio at The Herb Wyfe, 23 Brown St, Wickford. 401-295-1140. HerbWyfe.com.

thursday

Providence Slam: Poetry Tag & Writers Workshop – 6:30-9pm. Laid back, low pressure writer's group. A chance to share and talk about poems away from the stage. Free. AS220 Classroom Space- 2nd Floor, 115 Empire St, Providence. mspace.com/providencepoetryslam.

Basic Yoga Series – 7-8pm. Basic Yoga, mixed levels. \$60/6 weeks or \$12/drop in. Village Wellness Center, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Mixed Level Amrit Yoga – 7-8pm. Class designed for students of all levels of experience. Will be tailored to suit the students present. \$60/Series of 6 or \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Reiki Share – 7-9pm. 3rd Thursday. Continue your study and practice with others who have been attuned to Reiki. Fine-tune your skills in a peaceful and comfortable setting as you give and receive Reiki treatments. All lineages and levels are welcome. \$5. Joan Hobbs, 39 Carrington Street, Lincoln. 401-241-6481.

Blackstone River Theatre Drum and Dance Circle – 7-9pm. 3rd Thursday each month. Blackstone River Theatre's open drum circle focuses on tribal and multi-ethnic rhythms. Beginners and novices are always welcome. The emphasis is on fun, feeling the beat and playing together. Bring a hand drum, rhythm instrument or just dance. Some instruments will be provided. \$5. Blackstone River Theatre, 549 Broad St, Cumberland. 401-725-9272. RiverFolk.org.

friday

Introduction to Kabbalistic Healing – 12:30-2pm. 2/06, 2/20 and 3/6. Kabbalah study can bring us closer to others, and ourselves and help us see the origin of what truly nourishes us. In this introduction you will learn practices that can help you live more consciously and vibrantly. Classes include experiential exercises, meditations and spiritual practices. Call to register. \$25. Per class. Kathy Bernstein, 144 Waterman St, Providence. 401-338-1317.

Women's Spirituality/Intention Group – 7-9pm. 2nd Friday of each month. Dynamic and powerful group of women coming together to share intentions and dreams. We support one another through prayer all month. Open to all on the spiritual path. \$15. Pat Hastings, Providence. 401-521-6783. womanoffaith@bluebottle.com or simplyawomanoffaith.com.

1st Friday Reiki Share – 7-9pm. You are invited to bring a friend who is new to Reiki and introduce them to receiving some peaceful energy from those who have been attuned. All lineages and levels welcome. \$5. Lynne Lamarre, 39 Carrington St, Lincoln. 401-725-0566.

Friday Night Live Presents The Open Stage – 8pm. Last Friday of the month. Offering young people a positive, artistic environment, this new event gives local youth performers a forum to display their talents in front of a live audience. Audience members will have the opportunity to sign up for a 5-minute performance slot before each show. \$5. The Carriage House Theatre, 7 Duncan Ave, Providence. 401-273-9009. ChouseSchool.org.

saturday

Citizens Bank Free Family Fun Day – 9am-5pm. 1st Saturday of the month. The Environmental Education Center is open free to the public. Join us for crafts, nature stories, animal discoveries, hikes and more. Free. Audubon Environmental Education Center, 1401 Hope St, Bristol. 401-949-5454. ASRI.org.

Basic Yoga Series – 9:30-10:30am. Basic Yoga, mixed levels. \$60/6 weeks or \$12/drop in. Village Wellness Center, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Beginners Yoga – 10-11am. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on developing a strong foundation on which to develop a regular practice. \$60/Series of 6 or \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Saturday Morning Crafts at Audobon Education Center – 10am-12pm. Visit the Audubon Society of Rhode Island Environmental Education Center and make a fun nature craft to take home. Designed for children of all ages, they take just a few minutes. No registration is needed. Free with admission. Audubon Environmental Education Center, 1401 Hope St, Bristol. 401-949-5454. ASRI.com.

Behind the Scenes: Hands on Wildlife Biology – 10am. 4th Saturday each month. You and your family can participate in hands-on research projects. Along with the NBS team, you'll collect data, monitor local species, and help to determine ecosystem health. Each innovative and interactive workshop will spotlight a different local environmental issue. \$6/member adult 13+, \$4/member child, or \$8/non member adult 13+, \$6/non member child. Norman Bird Sanctuary, 583 Third Beach Rd, Middletown. 401-846-2577. NormanBirdSanctuary.org.

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Grandmother's Empowerment Group – 1-3pm. 1st Saturday of the month. Based on the book, *The Grandmothers Speak: How to Find Balance in a Chaotic World*, by Sharon McErlane. Group is run by Jane Henderson, by donation. All are welcome. "When the Grandmothers are Heard, the World will Heal." Native American Prophecy. The Healing Circle, Providence. 508-292-2798. ProvidenceHealingCircle.com

Save The Bay Seal Watch Tours – 1-3pm. Weekends and school vacations through April. Join Save The Bay and the Rose Island Lighthouse Foundation for award-winning seal watch and lighthouse cruise around Rose Island aboard the M/V Alletta Morris. We provide binoculars and expert guides for the Bay's coolest winter family outing. \$20/person, \$15/children and seniors. Save the Bay, Bowen's Ferry Landing, 18 Market Sq, Newport. 401-272-9540. SaveBay.org.

Crafternoon at AS220 – 1-5pm. Last Saturday of each month. Local art wizards spinning magical crafts. Bring a project to work on with other crafty creatures. Free. AS220, 115 Empire St, Providence. 401-831-9327. as220.org.

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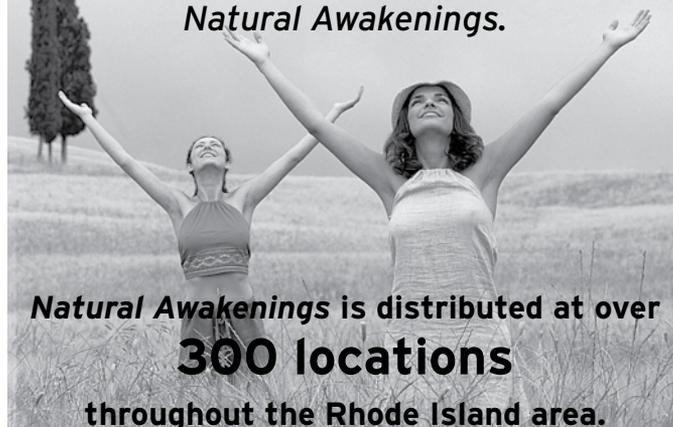
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