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Rhode Island Edition

May 2009



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interview with
Ina May Gaskin

special issue
**WOMEN'S
HEALTH**
women as leaders

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EVERY SO OFTEN A BOOK COMES ALONG THAT TOUCHES YOUR SOUL...

In the tradition of the best-selling *Eat, Pray, Love* and spiritual classics such as *The Alchemist*, *Way of the Peaceful Warrior*, and *The Celestine Prophecy*, *Waiting for Autumn* (Hay House, hardcover, April 7, 2009) is an enchanting semiautobiographical parable that reveals a deep and powerful message. The book follows Scott, an inquisitive seeker who meets a mysterious cardboard-sign-toting homeless man named Robert with a penchant for changing lives.

Sparked by the unconventional wisdom of Robert (with a sleepy black Lab puppy at his side), Scott is thrust into a spiritual adventure where he attempts to heal his past while confronting the spirit of his dead fiancée. He ultimately faces an extraordinary dilemma between his spiritual calling and earthly responsibilities.

Join Scott on his unique journey of self-discovery, into unseen worlds where various healing and spiritual modalities are revealed. This metaphysical pageturner is a fascinating exploration of one humble soul's profound awakening with a surprise ending that will warm your heart.



Scott Blum is an author and the co-founder of the popular inspirational website DailyOM. He is also a successful multimedia artist who has collaborated with several popular authors, musicians, and visual artists and has produced many critically acclaimed works, including a series featuring ancient meditation music from around the world. Scott lives in the mountains of Ashland, Oregon, with Madisyn Taylor—his wife, business partner, and soul mate.



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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



I'm thinking about being present in the moment. It seems an easy thing to do but, for so many of us, life is just too busy for it to happen much. Most times, my mind is a pinball machine and my thoughts the metal ball slamming around. As I jump from thought to thought, going over my "to do" list time and again, I cannot keep up.

As I was running around last week trying to do too many things and grumbling about it, I realized the absurdity of my thoughts – I was on my way to a yoga class.

Eventually, I pulled myself back, refocused my thoughts and turned it into a great class. I have never left a yoga class wishing I hadn't done it. The same holds true for exercising, going for a walk, taking the time to eat right, or stopping to smell the proverbial flowers. Still, we can think of so many excuses not to do the things we know are right for us and make us feel good.

Most of us have heard it said that multi-tasking kills brain cells and yet it is a struggle not to do this. Today, it is a luxury to be able to do just one thing at time. The irony is that many times we have to redo something because we did not give it the attention it deserved in the first place. Practicing mindfulness is a good place to start.

I've been trying to meditate more, in the hope that practicing stillness will quiet my mind. YouTube has provided easy to follow meditations. Even a short ten-minute practice, I have found it helps keep me centered throughout the day, increasing my sense of well-being and releasing the tensions that daily obligations bring. I still have a long way to go to stillness, but every little bit helps and I'll keep practicing.

Sometimes, there is no way to not be present in the moment. I had the amazing honor last month to watch my grandson being born. There was no way not to be completely and totally focused while a new life came into the world. What a blessed event! Happy first Mother's Day to my daughter and to all new mothers this year!

The theme for this month is Women's Health. Traditionally, women are the caretakers of the family, often spending so much time taking care of everyone else that we forget to take care of ourselves. I urge you this May to stop and smell the flowers that spring showers have ushered into our lives. It's a limited time that we are privileged to enjoy the wonders of our planet – I hope you'll take the time to appreciate it.

There are so many reasons I am committed to *Natural Awakenings*, which looks upon health and sustainable living as a journey, not a destination. Each month, it is filled with practical information for integrating wellness and earth friendly living into our everyday lives. It regularly reminds me to pay attention to how I want to live, and how I want to expend my limited time on earth. I hope you enjoy this month's issue as much as I enjoy bringing it to you. We are growing again and will have nearly 35,000 readers this month!

Happy Mothers Day!

Maureen Cary, Publisher



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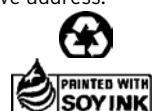
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JoyFeldman

Author and Good Healthy Cook Schedules Book Signings

Meet local author Joy Feldman as she signs her new book, "Joyful Cooking in the Pursuit of Good Health." Three signings are scheduled: 11 a.m. May 9 at Back to Basics, 500 Main St, East Greenwich; 11:30 a.m. May 17 at Wickford Chiropractic Wellness Center, 610 Ten Rod Rd, North Kingstown and; 2 p.m.

May 17 at St. Bernard's Health Fair, 415 Tower Hill Rd, North Kingstown.

Feldman is an expert consultant in nutrition, hair analysis and lifestyle modification. Her book provides a complete program to rebuild and recharge the body. Understanding which ideal foods are suitable for each person is the key to more energy and better well-being, she says. The book has more than 100 simple and creative recipes to improve eating habits.

Call 401-855-8800 or email Joy@JoyFeldman.com. Visit JoyFeldman.com.

Opening Reception Highlights Young Artists

Join RiverzEdge for an opening artist reception 5 to 8 p.m. May



17 at Atrium Gallery in the William E. Powers State Administration Building, 1 Capitol Hill, in Providence. The event features paintings and digital photography by young artists and performances in spoken word, rap, hip hop and a dance performance by the Wat Loa Buddovath Dance Troupe. The exhibit will remain on display at RiverzEdge through May 31.

RiverzEdge is a youth development program giving educationally and economically disenfranchised youth in Northern Rhode Island paid employment in the arts and a voice in the community. Five specialty studios include graphic design, silkscreen, painting, photography and woodshop.

Visit RiverzEdgeArts.org or call 401-767-2100. Info@RiverzEdgeArts.org.



Bio-identical Hormone Replacement Seminar

Rene St. Laurent presents a free bio-identical hormone replacement seminar at 6:30 p.m. May 6 at Agape Medical Spa and Weight Loss Center, 191 Bedford St, Fall River, MA. St. Laurent will discuss how hormones work and function, and what can

be done prescriptively and nutritionally to correct neuroendocrine imbalance. He will also cover how to lower one's risk of hormonal cancers through stress management and supplementation.

"Women are sick and tired of screaming to be heard," says St. Laurent. "Many of their questions and concerns have not been addressed conventionally." St. Laurent is a hormone consultant, registered pharmacist and board certified clinical nutritionist.

To register, call 401-324-6167. See ad page 7.

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Reflex-ions on Mother's Day Gifts

A little hand and foot massage can go a long way. According to Geral Lee, reflexology in the hands and feet can help relieve stress and tension, improve


circulation, energize the spirit, reduce headache pain and provide relief from many chronic

issues. Lee is now offering Mothers Day certificates for in-home reflexology sessions. She is certified through the International School of Reflexology and has nine years experience

Reflexology is a science based on the principle that there are reflex areas in the feet and hands that correspond to all the glands, organs and parts of the body. Lee also offers free reflexology workshops from 6 to 7 p.m. every first and third Thursday of the month at John Hope Settlement House, 7 Thomas P. Whitten Way, in Providence.

Visit GeralLee.com or call 401-274-0504. Email GLee070@aol.com. See ad page 33.



National Certification Board for Therapeutic Massage & Bodywork

at Its-My-Health.com.

The center is also offering a special three for two special to new clients. Pay for two visits of craniosacral therapy, massage or reflexology and receive the third one free.

New clients or instructors who would like to teach a class can call 401-405-0819, or email Marie@its-My-Health.com. See ad Page 7.

Wellness Collaborative Gets NCBTMB Certified

It's My Health now offers continuing education units (CEU) that comply with the National Certification Board for Therapeutic Massage and Bodywork. Of course, both those who need CEUs and those who don't are welcome to any class. Offerings are listed

Gather Friends, Family and Co-workers to Walk for Arthritis

Help raise funds to fight Arthritis during the Providence/Cranston Arthritis Walk at 8:30 a.m. May 9 at the Garden

City Center, 100 Midway Rd, in Cranston. The South County Arthritis Walk will take place at 9 a.m. May 16 at South County Orthopedics Sport Performance, 10 High St, in Wakefield.

Choose from a three-mile or one-mile walk route. Health information will also be available. Walkers are eligible for prizes and those who raise \$100 or more earn an official Arthritis Walk® T-shirt.

The Arthritis Walk supports public awareness and raises funds to fight the nation's most common cause of disability, affecting about one in five Americans, or 46 million men, women and children.

Register online at LMT.arthritis.org.



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Introducing the Four Cornerstones of Dog Training

A ward-winning, nationally known trainer Jeff Gellman of Solid K9 Training will host a seminar for dog owners 5 to 7 p.m. May 16 at the Rhode Island Convention Center, 1 Sabin St., in Providence. Attendees will learn to better communicate with their canine companion, teach their pet specific commands and how to prevent and correct unwanted behaviors. The cost is \$49.

Gellman's no-nonsense, real world approach utilizes four cornerstones of training: obedience, behavior modification, household management and exercise. By covering all the bases thoroughly, owners gain the confidence and skills to handle dogs most effectively, says Gellman, who never uses treats, clickers, head halters, choke chains, bribery or punishment.



To register, WhatWouldJeffDo.com or 401-527-6354. See ad page 5.



Copywriting Clinic for Holistic Healing Professionals

Gail Glanville teaches the fundamentals of copywriting from 8:30 a.m. to 12 p.m. every Thursday at Winds of Change Professional Development and Wellness Center, 438 East Main Rd, Irongate Complex, Suite 202 in Middletown.

"All too often we revert to term-paper language for our brochures and websites," says Glanville. "We might as well be writing in a foreign language." The owner of Change Bistro, Glanville works with holistic entrepreneurs and health professionals who often write their own promotional copy.

Bring brochures, ads or web copy. Cost is \$99 per clinic or \$450 for series of five and includes a working breakfast.

Reserve a space at WindsOfChange.biz or 401-849-5900.



Four Women, One Roof and a Whole Lot of Energy

Trinity Energetics will hold an open house from 11 a.m. to 3 p.m. May 9. The day will include the kickoff of the free monthly *Revive the Spirit of Abundance* event, a guided abundance/prosperity meditation. The event includes a 1 p.m. outdoor performance by the Rhode Island-based singer-songwriter Kristi Martel. Bring comfortable lawn-style seating.

A Closing Gratitude Ritual will start at 2:30 pm. Throughout the day will be refreshments and opportunities to view the healing rooms, talk to the practitioner and speak with like-minded individuals. There will be spring blessing gifts for everyone.

Trinity Energetics is an alternative healing collaborative that consists of four vibrant and passionate women; Liza Bartlett, Debi Chalko, Danica Connors and Sharon McMahon. Their various specialties include: AromaTarot, aromatherapy, crystal therapy, ear coning, intuitive and sacred stone massage, Magnified Healing®, psychic readings, Reiki, Reiki Training, and Tarot.

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Inspiring Women Speaker Series

Local Women Selected as part of Speaker Series

About a dozen of Southern New England's most inspiring speakers will hold talks at the Warwick Crown Plaza, 801 Greenwich Ave in Warwick every Wednesday evening at 7:00 through June 24 for the Inspiring Women Speaker Series. Arrive at 6:30 to mix and mingle. The series is intended to assist both men and women in living a deeper, more inspired and balanced life.

Tara Sage Steeves, Newport resident and president of Create Your Life! will be presenting an experiential workshop entitled Birthing Exercises for Your Dream Life on May 20.

Pat Hastings, Providence resident and president of Simply a Woman of Faith, will present an interactive workshop, RELATIONSHIPS 101: How to Say No, Set Boundaries and Stand in Your Power, on May 27.

For tickets, agenda and additional information on the Inspiring Women Series visit InspiringWomenSeries.com.

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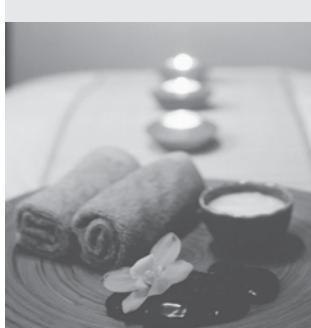
~ Karen Andrews, client

Diane K. Heisler, Project Partner
(401) 741-2475 diane8788@hotmail.com

Plant a Seed, Watch it Grow

Members of the Providence community are invited to join Idea Seeds, a new open forum to connect ideas from the community to the people, organizations and resources to turn them into action. Idea Seeds was initiated by Seed Providence, which aims to spur economic, environmental and social sustainability of the community. Community members are encouraged to suggest ideas and to vote and comment on others' ideas. Some recent suggestions include: One great calendar, a Green Reclamation initiative, public art, a bike share program, non-profit collaboration, and Market Providence as 1 of top 5 World Cities for emerging artists.

Visit Ideas.SeedProvidence.com.



Acupuncturist and Massage Therapist Open New Office

Acupuncturist Dr. Jon Hagenburg and licensed massage therapist Jaclyn Greenleaf have partnered and relocated their practices to East Greenwich. The new location is 5835 Post Road, Suite 214, Plaza II. This partnership is aimed at helping Rhode Islanders stay healthy and fully functional in life while also treating those who may currently have healthcare concerns which they would like help addressing, says Hagenburg.

Contact Dr. Hagenburg at 401-323-2998 or email Info@DrHagenburg.com. Reach Jaclyn Greenleaf at 401-699-3171 or visit GreenleafMassage.com.

Fundraisers Help Cats and Dogs

The PawsWatch May Breakfast and Silent Auction is scheduled for 11 a.m. May 17 at the Dillon Council Knights of Columbus, 1675 Douglas Ave., in North Providence. Tickets are \$15 in advance or \$20 at the door. Proceeds benefit the Paws-



Watch Cat Rescue, the statewide volunteer network for feral cats.

Also on this month's agenda, The 6th Annual Mother-Dog Spa Day will be held Sunday, May 31 at the Alayne White Spa, 149 Elmgrove Ave., in Providence and June 14 at 29 Thames St., in Bristol. An easy \$55 will get you and your precious pooch a massage, makeover, professional Mother/Dog portrait and a goodie bag. All proceeds go to local animal shelters.

To reserve a spa visit call 401-272-1772 or AlayneWhite.com. More about the Breakfast at Cats@PawsWatch.org. Visit PawsWatch.org.

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Deb Slike
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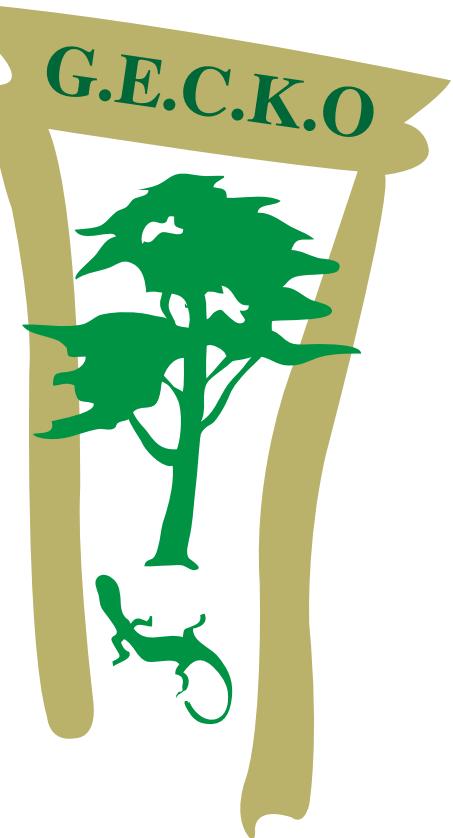
Some of us are serious about greening the economy, about treading lightly on the earth, about doing our part to live sustainably. But business is a different matter. When it comes to greening the office, many small business owners are afraid to implement costly changes that will affect the company's bottom line. Enter **GECKO. Green Earth Corporate Kindness Organization** was established by George and Lareal O'Loughlin to help businesses beat the odds.

The corporate professionals-turned-environmentalists put their money where their mouth is when they established the Coventry-based 501c3 nonprofit in 2008. Perhaps the only one of its kind in the United States, the organization provides free education and change assistance to companies that are interested in reducing their environmental impact. It is run by a board of directors made up of the O'Loughlins, a local housing authority director, a state senator, a clergyman, an author and a contractor.

To date, GECKO has completed eco-assessments and green change planning for eight Rhode Island organizations. The product is free and funding comes from charitable sources, including corporate and private donors. The value for this is approximately \$5,000, a price tag that most small businesses otherwise could not afford. The businesses that have come forward are those that have at least some green practices in place already or that are open to the idea. Those less moved to do so will likely receive an email, postcard or phone call from George O'Loughlin, who runs the day-to-day operations. "I'm starting in the business pages with 'A' and working my way

through the alphabet," he says with complete sobriety.

Every assessment begins with a 104-point review of a business' current eco-impact. This multi-faceted approach was the result of a personal brain-storming research project by O'Loughlin in which he attempted to come up with an extensive list of ways to green a company. What he eventually developed can be divided into



six categories: (1) office supplies, (2) energy consumption, (3) reduce, reuse, recycle, (4) infrastructure and construction, (5) vendors and business partners, and (6) corporate kindness. Not all 104 points will apply to every business, but more than a few will help any business save money, and it lays the foundation for a green future says O'Loughlin.

After the assessment, GECKO makes recommendations to the organizations based on best available technology and best available morality. Says O'Loughlin, "Our recommendations may not end up being the perfect solution for the environment, but they are the best choices that can be determined after exhaustive research efforts."

O'Loughlin knows that for some businesses, the process will be a long term project and that green technology is in a constant state of evolution: new technologies will arise and old ones will be improved. "Every business can become a 'green' business—all that is required is an ongoing commitment. We each need to be the catalyst for the better world we hope for."





Ridding the Home of Hazardous Waste

Most homes have a fair number of products stored in the garage, basement, shed, bathroom and kitchen that contain hazardous chemicals. In fact, the average household stores about 10 gallons of common hazardous waste. The leftover and unused contents of these products are known as household hazardous waste, or HHW. These substances are toxic, corrosive, and can easily catch on fire or can react or explode when mixed other substances. Their labels are often marked with one or more of the following precautionary terms: caution, hazardous, danger, flammable, or poison. Look carefully, even seemingly inane products can be toxic, such as nail polishes and removers, bug sprays and windshield wiper fluid. Proper disposal of such toxins is necessary to avoid polluting the environment.

Eco-Depot is a free service for Rhode Islanders who wish to dispose of their household hazardous waste safely and properly. Improperly discarding HHW has been known to pose a threat to sanitation workers as the products may ignite or explode in the garbage trucks. Trash handlers also have been injured by fumes and splashing chemicals.

Eco-Depot suggests replacing at least some of these substances with non-hazardous substitutes. Lemon juice, vinegar, hot water, borax, soap, and baking soda are good, safe alternatives for cleaning products. Practicing organic gardening guarantees safe lawns and gardens and many spices are great substitutes for pest control.

For a complete list of HHW and how to properly dispose of them visit RIRRC.org, or call the Rhode Island Resource Recovery hotline, 401-942-1430 x775. Call ext. 241 to book an Eco-Depot pick up appointment.



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Spring is nature's way of saying, "Let's party!"

— Robin Williams

healthbriefs

Vigorous Exercise Cuts Breast Cancer Risk



While previous studies have shown that exercise may protect against breast cancer, a new study by the National Cancer Institute of the U.S. National Institutes of Health points out that not all exercise qualifies. In following 32,269 women for 11 years, the researchers discovered that those engaging in vigorous exercise on a regular basis were the ones less likely to develop the disease, regardless of their weight. Their reduced risk amounted to a stunning 30 percent.

Activities that qualify as vigorous include heavy housework, like scrubbing floors and washing windows, or heavy yard work, such as digging or chopping wood. Healthful, fun activities

included fast jogging, competitive tennis, bicycling on hills and fast dancing.

The study suggests two possible mechanisms responsible for the benefit measured: enhanced immune function and decreased inflammation in the body. It's important to note that excess weight is believed to increase the risk of cancer.

Source: Breast Cancer Research, 2008

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COUNTERING MENOPAUSAL DEPRESSION NATURALLY



Psychological distress and depression are common symptoms experienced by many premenopausal and menopausal women. Now a new study, published in *The American Journal of Clinical Nutrition*, indicates that consuming omega-3 fatty acids may offer natural relief.

At the end of the researchers' 8-week study period of women ages 40 to 55, those who ingested one gram of omega-3 in capsule form daily, reported considerable reduction of hot flashes and fewer symptoms of psychological stress and depression than those who had taken a sunflower oil supplement. Good to know, especially for women already consuming omega-3s for heart health.

Source: *Université Laval, 2009*

Friendship Among Women Benefits Health

A landmark University of California, Los Angeles study now suggests that women have a larger behavioral repertoire than men in the face of stress. "It seems that the hormone oxytocin is released as part of the stress responses in a woman; it buffers the "fight or flight" response and encourages her to tend children and gather with other women, instead," reports Laurel Cousino Klein, Ph.D., who co-authored the study. "When she actually engages in this tending or befriending, [such] studies suggest that more oxytocin is released, which further counters stress and produces a calming effect."

Klein explains that this calming effect does not occur in men because testosterone, which men produce in high levels when they're under stress, seems to reduce the effects of oxytocin. "Estrogen," she says, "seems to enhance it." The phenomenon has been missed in the past because 90 percent of stress research has been done with men.

Ruthellen Josselson, Ph.D., who has authored a book on female friendships, comments: "Every time we get overly busy with work and family, the first thing we do is let go of friendships with other women. That's really a mistake, because women are such a source of strength to each other."

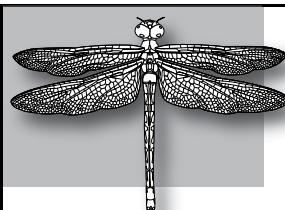


Think Twice Before Drinking Soda



Women who drink two or more cans of soda pop a day are nearly twice as likely to show early signs of kidney disease, according to a new study by Loyola University Health System. Researchers did not find an elevated risk for men or for people who drink diet soda, says lead researcher David Shoham. The study examined data from a representative sample of 9,358 U.S. adults in the National Health and Nutrition Examination Survey.

— Loyola University Health System, 2009



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Detaching Oneself Can Build Stronger Relationships

Learning Conscious Detachment can dramatically improve our relationships with loved ones by creating an atmosphere of mutual respect.

by Pat Hastings

Conscious Detachment is emotionally separating from a person, the freedom to own what's ours and to allow another's to own what is theirs. This is not an attitude of coolness or aloofness. Here, detachment implies impartiality, the ability to separate ourselves from another person. When we detach, we let go of our obsession with another's behavior and begin to lead happier, peaceful and more manageable lives, lives with dignity and rights, lives guided by a power greater than ourselves.

There are behaviors that can give us clues that we need to detach ourselves. Some of these include: obsessing about another person, feeling like a victim, making excuses for another person, worrying, falling into depression, not sleeping, overeating, blaming others, nagging, trying to manipulate, feeling out of control, feelings of urgency that we need to do something or fix someone, feeling guilty that it's our fault.

Detachment is difficult because of our need to control. We may fear that if we let go of control, something bad will happen. Control is an illusion, however. We may not trust that the person we need to detach from will make the right decision and that they need our advice. People are often unaware that they have a need to control and are surprised when someone tells them that they are controlling.

Refusing to feel is a sign that we may be controlling. Controlling behavior requires denying, ignoring our own needs and feeling resentful when our needs are not met. When we try to control others, we don't give them choices, which is neither loving nor respectful. Examples of controlling behavior may be quiet anger, disapproval, being overly nice, silence, apologizing, guilt, reminders, suggestions, lectures, complaining, pouting, feeling hurt and refusing to ask for what we need.

Conscious detachment is taking the focus off changing another person, no matter how much we love them, and focusing on ourselves and what we need to change. This is where the power is – letting go of the past, what we've done or not done and what someone has done to us or not done. It is letting go of a future "what if." It's allowing ourselves to feel our feelings, letting them go, being in the present moment and trusting in a power greater than ourselves.



Taken from

According to Ivana Vanzant's, author of *Tapping the Power Within*, we know we have reached detachment when the following happens:

- We care, but don't intrude
- We honor people and their process even if it looks dysfunctional to us
- We allow people to learn, grow and unfold at their own pace
- We trust and respect people enough to let them live their own lives
- We hold no expectation or judgments about what their process looks like or how long it will take
- We ask them what direction they are choosing for themselves.
- We trust that divine order will guide them
- We remember how our learning, growing healing process must have looked to others and we offer compassion that we didn't receive
- We trust that people can make it on their own

Detaching with love is a process. It requires honesty about our feelings and the removal of anger and resentment. If we need to, however, we can always turn to those we trust and understand, and turn to prayer as we do during other times of difficulty.

The first step in detaching with love is to begin taking responsibility for our own behavior. This means that we can no longer blame our loved ones for the way we feel. No one makes us feel anything. It's our reaction to the behavior that causes us pain, anger, resentment and disappointment. We lose ourselves when we become so involved in another's be-

havior. Regaining our self-respect and self-esteem is a big benefit of detaching with love.

The next step in detaching with love is acceptance. Acceptance is key, but it doesn't mean we necessarily feel good about current or past situations. It means that we stop trying to change those things over which we have no power. It means letting go of control and acknowledging what is. Acceptance brings peace, and with it finality, so that the lingering stresses and disappointments no longer hold us back. We are free to move forward, with love and respect both for others and for ourselves.



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*Visit MyAngelCandle.com to place an order, or find a location near you.
See ad page 31.*

Lectures Address New Mind Approach to Healing

Dr. Keith W.L. Rafal will present two free lectures Wednesday, May 13 at Woonsocket Senior Services, 84 Social Street, in Woonsocket, on a new model of care that he is developing, called The Mind Heals Approach. This approach makes the power of belief and intuition the centerpiece of care in a medical setting while drawing on extensive research from a variety of fields and clinical experience. The first, from 1 to 2:45 p.m. (for professionals,) will address the idea that attitude and belief of the practitioner and patient has a direct impact on clinical outcome. You will have the opportunity to learn specific strategies that support mindfulness and positive communication that gets to the root of the issue.

From 3 to 4 p.m. will be an overview of integrative medicine and homeopathy for the general public. There will also be an opportunity to learn more about other healing systems such as acupuncture, chiropractic, massage therapy, mind/body medicine and Tai Chi. A question and answer period will follow.

The event is being sponsored by the Woonsocket Prevention Coalition. Light refreshments will be provided.

Contact the Woonsocket Prevention Coalition at 401-766-3332. See ad page 29.



Seminar Helps Homeowners Find Good Contractors

Many homeowners have a remodeling horror story: The contractor who never showed up, the one who did show and did a lousy job, the missed deadlines, cost overruns and wrong colors on the wall. Learn how to ensure that future renovation projects are a success. Join Sam Brusco of Brusco Design & Renovation as he presents How to Avoid a Renovation Horror at 10 a.m. May 2 at the Warwick Central Library and 1:30 p.m. May 30 at the Cranston Central Library.

This free seminar covers how to spot bad contractors, how to find reliable professionals and what to expect during a renovation. The seminar will also talk about green building concepts.

Visit RenovationHorror.com. Email Info@RenovationHorror.com or call 401-632-0765.



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Up to Scratch Remedies

They might be tiny, but they're tough, hardy and persistent. If you share your life with a dog or cat, fleas are often a fact of life during warm weather months, which can be year-round in some climates. Implementing a holistically designed prevention and control program is the way to go. These seven suggestions will help you get through, flea-free.

by Ann Brightman

Start with Prevention

Don't wait until fleas make their appearance before acting. Taking preventative steps before flea season starts will help your dog or cat repel any they happen to pick up and minimize the chance of an infestation.

Diet The healthier and stronger your companion is, the less he will be affected by fleas. A primary way to keep in peak condition is providing a quality diet of whole, natural ingredients, free of hormones and pesticides. Try a raw frozen or premium canned food.

Supplements Flea-repelling supplements are generally good for overall health, as well. Salmon or flaxseed oils are full of essential fatty acids that promote healthy hair and skin. When introducing any supplement to an animal's diet, it's good to first consult with a holistic veterinarian.

Adding a clove of fresh grated garlic to a dog's food each day helps build his immunity, while generating an odor fleas find unattractive. Note that many vets don't recommend feeding garlic to cats, because it can sometimes damage their red blood cells and cause anemia. Try brewer's yeast instead; it acts as flea repellent and is a good source of vitamin B1.

Grooming Frequently brushing your dog or cat removes the dead hair, mats and tangles that provide a perfect hiding place for fleas. Also invest in a flea comb, a fine-toothed grooming tool designed to snag adult fleas. Pay special attention to areas where fleas can congregate: under the legs, around the head and tail and on the belly area.

Bathing Regular bathing helps keep fleas off your animal. Use a gentle shampoo with natural ingredients that won't dry out or irritate skin; aloe and oatmeal is an excellent choice. Soap well, especially in areas where fleas typically collect, and try to leave the lather on for 10 to 15 minutes, to drown existing fleas. Rinse thoroughly.

With dogs, product selections include natural shampoos, conditioners and rinses that contain flea-repelling essential oils such as lavender, rosemary, tea tree, mint, neem and citrus. These oils soothe and refresh skin and cut through odor and grease without drying the coat. Remember not to use essential oils on cats, as they are toxic to felines.

Control Measures

If you already have a serious flea problem, you'll need to take additional measures. Because fleas reproduce prolifically and rapidly, you need to break their life cycle to get rid of them. While direct flea-repelling product applications can help, they don't actually kill the fleas, eggs or larvae. So, in ad-

dition to looking after your animal's hygiene and health, you also need to tackle his immediate environment.

Topicals For dogs with fleas, topical applications of essential oils can prove an effective alternative to traditional chemicals. Tea tree oil is especially good and will kill fleas. Keep in mind that essential oils are strong and should be used sparingly; it's best to dilute them with water. Consult with a professional aromatherapist for more detailed advice.

Again, do not use these oils on cats. Use aromatic hydrosols, instead. Herbal flea powders and collars are another alternative—be sure to get a natural product.

Inside the House The next step is to go on a major cleaning spree. Thoroughly vacuum all carpets and upholstery, taking care to penetrate dark corners and crevices and along baseboards; dispose of the vacuum bag promptly. Launder anything washable in hot water, such as cushion covers, curtains or bedspreads; otherwise, use a green dry cleaner. Frequently wash the animal's bedding and regularly clean all surfaces he lies on. To help keep fleas from returning to the bedding, try sprinkling cedar shavings or lavender seeds in and around it.

You can also carefully sprinkle natural, unprocessed diatomaceous earth on carpets, along walls, in corner and cracks in the floor, even under sturdy upholstery. It will interrupt the fleas' interior functions and kill them. Helpful, sodium-based flea-killing products act as a dessicant and work to break the life cycle by drying out flea eggs and larvae.

Outside the House In warm weather, fleas can live happily in the backyard, ready to jump on your animal companion as soon as he walks past. Clear the area of any piles of dead leaves, brush or other yard and garden debris where fleas like to hide. Also, keep dog houses or cat enclosures clean and dry.

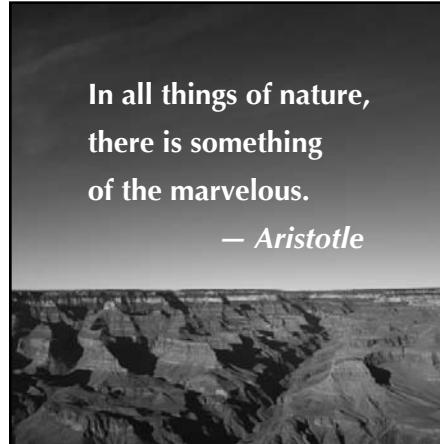
Consider buying beneficial nematodes, naturally occurring microscopic worms that kill fleas by infesting their larvae. Steinernema (Sc or Sf) varieties are the best. Nematodes usually are available in a pellet or powdered form; just mix them with water and spread them over the area you wish to treat, using a watering can or sprayer.

In many regions, it's still early in the year to be thinking about fleas. But, the sooner you put a prevention program in place, the better your companion will cope and the easier it will be to keep the situation under control.



In all things of nature,
there is something
of the marvelous.

— Aristotle



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10 Steps to Sustainable Style

by Helen Coronato

Congratulations! You or someone you love is expecting, and friends and family are cooking up a baby shower. These entertaining ideas will make it possible to celebrate in a green theme that honors the mother-to-be, while cherishing the Earth as a welcoming destination.

1. Set the Sustainable Scene

Choose a location that's in line with your intention. An outdoor picnic is a relaxed way to enjoy a potluck lunch that comes complete with containers for guests to carry home any leftovers, reducing food waste. An afternoon tea, where guests bring their favorite cup and saucer, is a fun way to gather and eliminates the temptation of disposable plasticware.

2. Manage the Menu

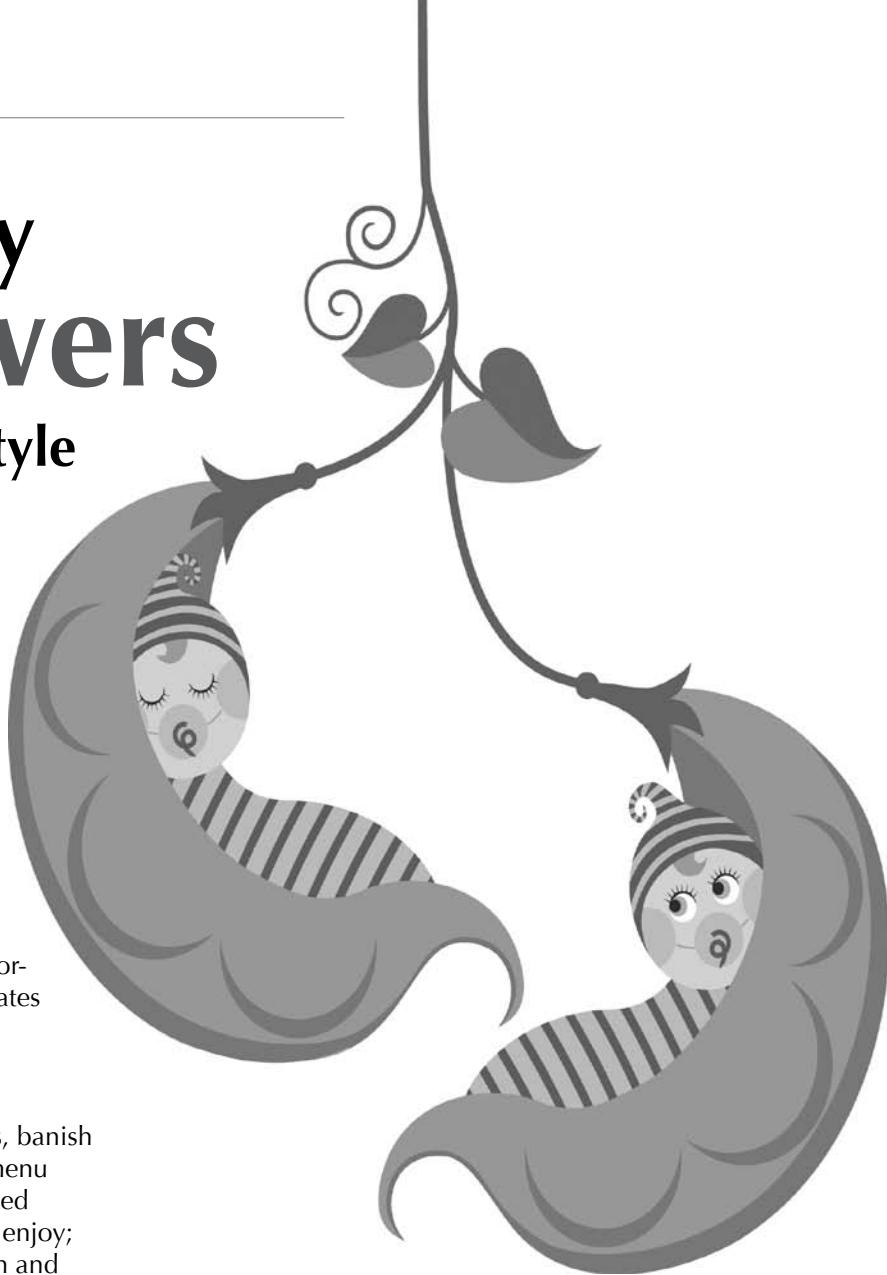
Consider the amount of food needed to satisfy guests, banish excess and make the most of seasonal and organic menu ingredients. A hearty vegetarian chili and locally baked bread is a satisfying, simple lunch that everyone can enjoy; leftovers freeze easily. Focus on one high-quality dish and skip bloated buffets.

3. Green the Gifts

Ask guests to bring a frozen meal for the expectant parents to rely upon during those first few weeks of sleepless nights, or a gently used "re-gift," to give only-worn-once clothes and barely touched toys a new home. Also, direct everyone to a cloth diapering site, where they can purchase one reusable diaper for the wishing well. Many people want to go green, but are new to nursery ideas, so be sure to provide the details.

4. Wrap It Up

Bring out guests' competitive spirit by challenging them to come up with the most creative and sustainable gift wrap. Bows, ribbons and traditional papers can be traded in for receiving blankets, old paper maps or a beautiful new scarf for mom. Gift toppers could include pine cones or wooden teething rings. Reward guests for their bright ideas with a compact fluorescent light bulb.



5. Include the Guests

Make sure guests understand the intention of the afternoon and invite them to be an intimate part of the celebration by bringing along a personalized memento for the new mom. They might pass along a favorite book they have read to their own child or a framed photo of the guest of honor when she was a baby.

6. Spread the Word

Online party invitations have become more popular, but if you opt for printed invites, use a decorated 8½ by 11 sheet of post-consumer, recycled paper. It's not only more economical than packaged invitations, it has space for all the green party details; plus, the rest of the ready-to-print computer paper is available for future projects.

7. Gather the Tribe

Give the expectant mom what other experts cannot: kitchen table wisdom. Pass around a journal and ask guests to finish

a simple, but poignant statement like, "What I wish most for you is..." or "Looking back, I wish I would have known..." Along with reducing, reusing, and recycling, going green is a spiritual practice.

8. Make Something Beautiful

Beautifully mark the occasion by creating a one-of-a-kind gift for the baby. Ask friends and family to paint their palm and leave a handprint on an oversized plant pot, to be kept in the nursery. Gather scraps of fabric and invite attendants to cut out a heart shape, write their name on it and adhere it to a pillowcase with fabric glue, for the baby to rest on. Don't worry if the project is perfect, the intention already is.

9. Do Everyone a Favor

Say farewell with seasonal gifts, like small pumpkins in the fall or packets of seeds in the spring. Better than any token of appreciation will be the memories that friends and family take home.

10. Thank-you

Everyone enjoys receiving a thank-you; make sure yours sticks by mailing a photo magnet to guests. Develop pictures of the party, cut and glue a photo to discarded cardboard and "laminates" with packing tape, then attach a craft magnet to the back. Insert the magnet into an envelope and write, "You helped make the day picture perfect," on the inside flap. This personal keepsake helps preserve the memories and the environment.

Helen Coronato is an author, speaker and consultant. Her latest book, Eco-Friendly Families, is packed with concrete advice, useful tips and fun strategies for families who want to go green. Visit HelenCoronato.com.



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Women as Leaders

Pulling Together to Secure Harmony on Earth

by Linda Sechrist

Since 2005, the power of media images has been stretching our collective imagination and changing the perception of what is possible for young girls and women who dream of using their leadership skills to make our world a better place to live.

High heels, lively stepping across the presidential seal embedded in the carpet of the Oval Office, have been the subject of prime-time television dramas such as *Commander in Chief*, starring Gina Davis, and 24, featuring Cherry Jones as President Allison Taylor. Although life didn't imitate art on January 20, half of the world's population inherited a new dream when the two-year campaign trail to the White House gave New York Senator Hillary Clinton an opportunity to showcase her political talents.

"Hillary left us with an indelible image, a knowing that anything is possible and a green light to put our courage and commitment to use in leading the way on issues that we passionately believe in," says Joellen Raderstorf, one of four Mothers Acting Up founders.



Joellen Raderstorf

Raderstorf and three friends gathered around her kitchen table in 2002 to share their passion for making a difference in the lives of the world's children. "We had just returned from Washington, D.C., where our state senator informed us that, due to a tax cut, we would not have funding for our community programs," says Raderstorf.

The four mothers realized they needed to gather women like themselves to advocate on behalf of children. "It was clear to us," explains Raderstorf, "that we needed many more voices to speak out for the well-being of our global family." Within weeks Mothers Acting Up, an Internet-based, nonprofit organization, was born.

"The future of the planet depends on women."

~ Kofi Annan,
Nobel Peace Prize Laureate

Understanding that change will not occur without their courage, commitment and activism continues to inspire the organized effort that now affords mothers in 49 states and 23 countries a say in corporate and public policies that affect the world our children will inherit. "We

felt in our hearts that women must unite to mobilize their political strength, in order to ensure the health, education and safety of every child, not just a privileged few," remarks Raderstorf. "In a global economy, all children's well-being is connected." Members point out that children around the world breathe the same air, eat fish from the same ocean and live as neighbors. "It's time," she says, "to measure the true impact of our political and personal choices by how they affect children everywhere."

Acting Now for Future Generations



Jean Shinoda Bolen

Jean Shinoda Bolen, a psychiatrist and author of *The Milllionth Circle* and *Urgent Message from Mother: Gather the Women, Save the World*, shares Raderstorf's concern about the need for women to speak up and take action. "The dormant power of women together is the untapped resource needed by humanity and the planet," emphasizes the Jungian analyst. "Every woman's voice is needed, particularly those interested in keeping the premises safe for all, as well as those concerned for children's needs and development."

Bolen's experience affirms that the qualifications to

forward change come naturally to women. These include the ability to manage resources, resolve conflicts, work collaboratively, ask questions, listen and learn from the experience of others, and act with compassion for the benefit of all, including generations to come.

In the eyes of Linda Tarr-Whelan, author of *Women Lead the Way: Your Guide to Stepping Up to Leadership and Changing the World*, women like those in Mothers Acting Up, who organize on the grassroots level in their communities and beyond, are change agents for a better future. She points to research conducted by Rutgers University's Center for American Women and Politics, which demonstrates the benefits of empowering women in leadership capacities.

"Women make a decided difference when they come to constitute 30 percent of a board of directors, executive management, political body or any organization," notes Tarr-Whelan, a former ambassador and U.S. representative to the United Nations' Commission on the Status of Women during the Clinton administration. "Only then does the dialogue change; only then do women's voices get heard and their ideas acted upon. Until we reach this tipping point, all of us have good reason to be concerned about the missing priorities, qualities, talents and experience that women can contribute."



Linda Tarr-Whelan

Accomplishments Despite Uneven Odds

Examples abound of what women's representation in elected office can achieve. In the United States, women-friendly policies have been written into national legislation ever since they began winning congressional seats, tackling such issues as violence against women, child support, welfare, equal wages and unemployment benefits.

Yet, today, women account for only 17 percent of Congress' 535 seats. During the last decade, our country has lost ground in women's political representation, plummeting from 47th in the world to 71st, behind Iraq (33rd), the Democratic People's Republic of Korea (57th) and Sudan (65th). Rwanda recently made global history when it became the first nation electing more women than men to parliament.

The staff and board of directors of Green America (formerly Co-Op America), a nonprofit organization deploying the power of the marketplace to solve social and environmental problems, is now beyond the 30 percent tipping point. Women comprise 70 percent of its board of directors. Executive Director Alisa Gravitz has been nurturing her activism and leadership talents since collaborating with her 8th-grade classmates to organize a recycling center and environmental education classes in the 1970s.

"I realized early on that when you work together, you can do anything," quips Gravitz.



Alisa Gravitz

Values Women Bring to the Table

Working together collaboratively is one of the distinguishing qualities that women bring to the workplace. "Women encourage others to be involved in the decision-making process and view consensus as an important element in reaching a decision," observes Gravitz.

Her list of other proven traits that women bring to the arena of green activism includes: a holistic and integrative approach to problem solving; compassion, that translates into a sincere interest in people; and a more encompassing view of stakeholders' return on investment.

"Women ask questions not just because they want to know the story of the human being behind the investment," advises Gravitz, "but, because they care about more than the return on the dollar."

"Women are socialized to be listeners and view things relationally," adds Dr. Linda Stillman, a specialist in cultural communication, interpersonal relations and gender issues. She also served as the permanent UN Nongovernmental Organization (NGO) representative for Soroptimist International, a volunteer international women's organization for international women's issues.



Dr. Linda Stillman

Stillman observes that women tend to approach leadership through their relationships. "Women converse to build connections and seek multiple options before reaching decisions or taking action," she explains. This behavior reflects a more democratic and cautious approach to doing business, as recently highlighted in a *Washington Post* article on the banking industry's missing gender balance. It led: "The first rumblings of a gender revolution are underway in an industry long controlled by men."

Cultivating Long-term Perspective

In an organization like Holistic Moms Network (HMN), founded by a handful of mothers who yearned for the support and friendship of others parenting outside the mainstream, gender balance might be unexpected. Yet, according to founder Nancy Massotto, the nonprofit's 120 chapters across the United States and Canada counts many supportive fathers as members.

Massotto, who jokes that her "Type A" personality helped her master the mountains of work required to take HMN from an Essex County, New Jersey network to a nonprofit organization crisscrossing North America, remarks, "I don't easily shy away from challenges; I am a holistic mom, who birthed my children at home, breastfed and raised them on organic food. Thus, this work is almost a calling."



Nancy Massotto

Massotto views her background in research organizations, along with her doctorate in political science and teaching experience at several universities, as preparation for organizing HMN. An educator who has always worked on behalf of women, Massotto observes that, even though all women are not the same, the majority generally cultivates a long-term perspective regarding the impact of their choices. She remarks, "I see selflessness, particularly by mothers who give of themselves, without wanting anything in return other than the satisfaction of doing something that has a positive impact."

Connecting with others and building consensus, as well as practicing stewardship and service over self-interest, are behaviors common to women's egalitarian approach to leadership. These strengths are what Mary Evelyn Tucker believes make women ideal candidates for leading the way in community development and caring for the environment.



Mary Evelyn Tucker

"Women have a deep spiritual sensibility, a humility that allows them to sense that they are a part of nature and not apart from it," says Tucker, co-founder of the Forum on Religion and Ecology. "This experiential connection creates the link between religion and ecology."

Activist stories featured in *Renewal*, a documentary film that highlights several grassroots environmental initiatives led by women, supports this. Tucker's international, multi-religious project explores religious worldviews, texts and ethics in order to broaden understanding of human-Earth relations.

Enlightened leaders agree that women's strengths, among them relationship building, story sharing and community organizing, are urgently needed in today's world.



Margaret Wheatley

Margaret Wheatley, author of *Turning to One Another*, believes that when we begin to truly listen to each other and talk about things that matter to us, the world begins to change. "There is no power greater than a community discovering what it cares about," asserts Wheatley, whose experience confirms that "Change

Organizations Actively Redefining Leadership

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Holistic Moms Network – HolisticMoms.org

Jean Shinoda Bolen – JeanBolen.com

Linda Tarr-Whelan – Tarr-WhelanAssociates.com

Mothers Acting Up – MothersActingUp.org

The Renewal Project – RenewalProject.net

Sophia 2010 – Sophia2010.org

Soroptimist International – SoroptimistInternational.org

Dr. Linda Stillman – Dr-Stillman.com/page4.html

Margaret Wheatley – MargaretWheatley.com

Forum on Religion and Ecology – ReligionAndEcology.org

only comes when everyday individuals gather in small groups, notice what they care about and then, take those first steps to change the situation."

In 2000, at the start of a weeklong conference to review progress made since the Fourth World Conference on Women, in Beijing in 1995, former UN Secretary-General Kofi Annan boldly declared, "The future of the planet depends on women." Another grassroots group of women are among those now taking the first steps on the journey to a peaceful, prosperous and sustainable future for all. They are organizing Sophia 2010, a women's world conference convening in Sofia, Bulgaria, in 2010.

The event will highlight for the world successful approaches to achieving global goals of improving social conditions, preserving nature and celebrating universal spirituality. This groundbreaking international forum is the brainchild of women confident in the fact that a small group of thoughtful people, looking to advance social development, gender equality and wisdom can lead the way to change, through courage, commitment and activism.

Writer Linda Sechrist recently returned from the 53rd session of The Commission on the Status of Women, the principal global policy-making body of the United Nations Economic and Social Council.

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Universal Power

New Charger Will Work with Most Mobile Phones

The GSM Association, representing the mobile communications industry in 219 countries, will embrace a universal charger standard by 2012. The new universal charger, using a Micro-USB connector, will be compatible with the majority of new phones. It's expected to be 50 percent more efficient in its standby energy use than existing chargers and will help eliminate an estimated 51,000 tons of e-waste, because fewer chargers will be thrown away with each new phone purchase.

Source: GreenerComputing.com

Go Wild

Why Lawns are Passé

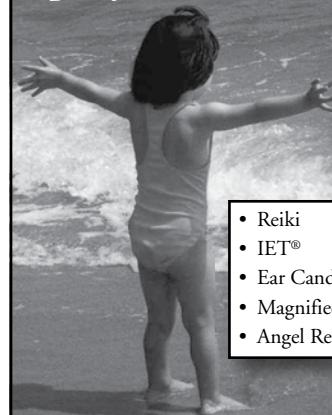
Starting next year, gasoline-powered lawn mowers, chain saws and weed trimmers, as well as boats and other watercraft, must clean up their act. New Environmental Protection Agency emission and fuel evaporation standards for new, small, spark-ignition engines take effect with 2010 models. They'll now have catalytic converters, like those required in cars since 1975. A riding lawn mower, for instance, currently emits as much pollution in an hour as 34 cars. The move, "will allow Americans to cut air pollution, as well as grass," quips EPA administrator Stephen L. Johnson.

By 2030, the improvement will cut 15 percent of the nation's annual hydrocarbon pollution load, including 600,000 tons of hydrocarbons, 130,000 tons of nitrogen oxide, 1.5 million tons of carbon monoxide and 5,500 tons of fine particulates. It's like removing one of every five vehicles on the road, notes the National Association of Clean Air Agencies. This means less summertime smog, with associated reductions in respiratory illness, hospitalizations, lost workdays and deaths.

NASA researchers estimate that, despite widespread water shortages, chemical fertilizer pollution and injuries from mowers, Americans still cling to 50,000 square miles of lawns. "[Lawns] could be considered the single largest irrigated crop in America, in terms of surface area," they report, consuming a third of all residential water use. Plus, lawns receive more pesticide and herbicide application than any other U.S. crop. They advise that just leaving clippings on the grass could nearly halve the current volume of synthetic nitrogen fertilizer used.

Secondary Source: Environmental Defense Fund

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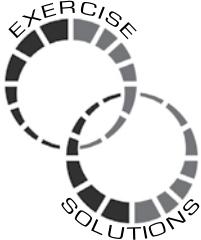
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Maximizing Vitality

DURING

Menopause

By Sheila M. Frodermann, ND

Three simple measures can maximize vitality for women during the transitional time of menopause:

- Incorporating a Few Choice Foods
- Engaging in an Enjoyable Weekly Exercise Program
- Cultivating a Daily Relaxation Practice.

Tackling big dietary changes are challenging. Choosing instead a few foods that pack the most nutritional benefits is much simpler. Foods high in phytoestrogens are beneficial. Phytoestrogens are plant compounds, which are similar in structure to estrogen. Their consumption is effective in reducing hot flashes, mood swings and vaginal dryness.

In Japan, where women consume significantly greater amounts of vegetables, legumes and fruits high in phytoestrogens, hot flashes are nearly nonexistent, as they affect only 3.5 percent of menopausal women. In the U.S., however, a full 75 percent of such women experience hot flashes, 25 percent of them for longer than five years. Foods high in phytoestrogens include soybeans, pomegranates, dates, green beans, barley, oats and apples.

Many herbs contain phytoestrogens and other compounds effective for reducing menopause symptoms. Angelica, motherwort and wild yam combined with energy enhancing herbs like Siberian Ginseng and small amounts of licorice root tea are prime examples. Herbs are wonderful tonics, which address symptoms from head to toe – from flushes to joint pain, anxiety, palpitations, insomnia and fatigue. The beneficial effects of these herbs are available online or by asking a certified practitioner and can be used independently or in concert with other herbs for specific problems.

Soybeans are also beneficial to menopausal due to the isoflavones, are a type of phytoestrogen that has a hormone-like effect. In several documented studies, women who consume higher amounts of soy isoflavones have lower rates of breast cancer. Generally, using 45-100 mg/day is a sufficient amount of soy. A small percentage of women, however, develop breast swelling as a result of too much soy, so consumption should be monitored before introducing this product on a regular basis.



Fermented soy products like Tempeh and miso paste are more beneficial than soy nuts or tofu as they do not slow the thyroid function. Sea vegetables high in iodine such as kelp and seaweed can be used to balance the effects of soy on the thyroid. Women with hypothyroidism should minimize the use of soy products as well as use sea vegetables regularly to support a healthy metabolism.

Adding a tablespoon of freshly ground flaxseed will also effectively minimize some symptoms of menopause. Flax meal contains multiple

SOY ISOFLAVONE CHART

1 cup of soybeans = 300 mg of isoflavones

1/2 cup Tempeh = 60 mg

1 cup soy milk = 30 mg

1/4 cup soy nuts = 45 mg

1/2 cup tofu = 35 mg

anti-cancer benefits: fiber, omega 3 fatty acids and lignans. Lignans are phytoestrogens which have been shown in studies to have protective effects on colon and breast tissue. Add fresh ground flax meal to a cup of plain organic yogurt. The live cultures of yogurt are needed to insure the maximum benefits of lignans by releasing the anti-cancer benefits.

While diet can play a significant role in subduing specific symptoms of menopause, exercise is the best general elixir. Studies show that exercise during menopause increases estrogens in the body as well as endorphins. Exercise reduces hot flashes, insomnia, risk of heart attacks, and preserves joint and bone integrity preventing arthritis and osteoporosis. Moving our bodies allows us to sail through the change with grace.

Finally, stress management is an essential tool for combating menopausal symptoms. The stress hormone Cortisol has a negative effect on metabolism and can increase the severity of symptoms as well promote menopausal-related health concerns like heart disease, osteoporosis and cancer. Cultivate a favorite relaxation technique such as meditation, prayer, yoga, deep breathing or short vacations and find that decreased stress levels will have a profound affect on maximizing the vital energies of life.

Menopause is a normal transition that commonly comes with physical and emotional challenges. But this is only the body's way of asking for support. We can honor our bodies with the medicine of exercise, stress management and healthy foods. Incorporating these few changes, ushering our bodies into this new phase of womanhood will insure a brighter and healthier future, naturally.

Sheila M. Frodermann is a naturopathic physician, homeopath and Bowenwork practitioner in a private practice at Providence Wholistic Healthcare. With more than 11 years of experience, Frodermann specializes in natural women's health care and menopause options. Call 401-455-0546 or visit Providencewholistic.com.

Nine Dietary Tips to Decrease Menopause Distress

- 1** Strive to eat fresh, organic, seasonal, local whole foods while minimizing refined, processed foods. Higher in nutrition and fiber, whole foods stabilize blood sugar and vascular responses associated with hot flashes.
- 2** Use vegetables and beans as the main course and meats as a side dish. Add a serving of high quality, organic, protein rich foods such as lentils, pinto beans and soy-based Tempeh to salads. Vegetarian diets are the most protective against menopause symptoms, osteoporosis and heart disease.
- 3** Substitute white pasta and bread with whole grains like basmati brown rice and oatmeal. Try quinoa or buckwheat pasta and 100 percent sprouted Ezekiel bread. More satiating, these foods will help stabilize weight.
- 4** Use small amounts of protein with each meal: add a serving of high quality vegetable proteins (lentils, pinto beans and soy-based Tempe) to your salads. Once or twice a week have fresh, wild cold-water fish like salmon and sardines, which are high in healthful Omega-3 fatty acids.
- 5** Add two tablespoons of fresh ground flax seeds to breakfast oatmeal or yogurt. Flax is high in plant compounds that help reduce symptoms and are known to protect against cancers.
- 6** Keep dietary fat low—15 percent of total daily calorie intake daily. Use olive and grape seed oils for stir frying vegetables. Flax and borage oils should be used on room temperature foods. Use a tablespoon daily mixed with favorite salad dressing.
- 7** Focus on beverages and foods known to protect against cancer: Green tea, cruciferous vegetables (broccoli, kale, cabbage, Brussels sprouts,) garlic, onions, mushrooms and spring berries, especially frozen. Freezing blueberries releases the anti-cancer compounds in the skin.
- 8** Limit foods that cause more 'heat,' (hot flashes, flushing and night sweats) and inflammation: dairy, meats, coffee, sugar, alcohol, soda, saturated fats, hydrogenated oils, fried foods, salt and synthetic sweeteners.
- 9** Avoid hot drinks, especially coffee, and meals that are spicy or hot in temperature as both are known to trigger flush. Let tea and meals cool before consuming.



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Main Street

High-Five for Historic Preservation and Sustainability

The 2009 National Main Streets Conference shouted out the good news: Despite tough economic challenges, America's historic commercial districts are holding on, and even thriving.

Doug Loescher, director of National Trust Main Street Center, shared the results of the organization's latest survey, showing that 27 percent of Main Street districts—communities with preservation-based economic development programs in place—are not reporting severe negative effects from the challenging national economy. In many communities, business openings seem to be outpacing closings by two to one. Coordinated "Buy Local" campaigns also are working.

This year's American Main Street awards went to Green Bay, Wisconsin; El Dorado, Arkansas; Baltimore, Maryland; Livermore, California; and Rehoboth Beach, Delaware. Honorees also included Aledo, Illinois; Toccoa, Georgia; Oberlin, Ohio; Fairmont, West Virginia; and Rochester, Michigan.

Main Streets are at the heart of key current trends related to investing in local assets: rehabilitating older and historic buildings; bolstering local businesses; and building public and private partnerships. Healthy Main Streets present a living, working textbook of principles at the heart of economic and environmental sustainability.

Sources: NationalTrust.org and MainStreet.org.

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Boning Up

Exercise Helps Maintain and Restore Bone Density

by Katy Santiago



Ten million Americans suffer with osteoporosis and another 34 million have low bone mass and high risk for osteoporosis, according to the National Osteoporosis Foundation.

For anyone who has been diagnosed with osteoporosis or osteopenia (low bone density for our age, but not low enough to be a risk factor for fracture), it is important to know that most likely, the bones' ability to develop has not been affected. We have simply stopped "loading" them.

The good news is that it's unlikely that bone density is low throughout our body, and we can begin simple weight-bearing exercises at any time. This signals the bone to start growing.

Ribs, wrists, hips and the spine are the most common places prone to bone loss. The main reason is simply underuse. Contemporary habits in our culture often don't load these joints to their fullest potential.

Let's take hips as an example of a potential trouble zone. Hips are designed to rotate and have a wide range of motion. If we sit more than six hours a day, they don't get much movement. This sends our body the message that it doesn't have to maintain as much density as if the hips were moving in all the patterns in which they were designed to move.

Even if we have been exercising regularly, but are still troubled by low bone density, applying the following tips will help.

Find new ways and different directions to move.

Choose exercises that work the body in different directions than usual. If most workouts consist of walking, try a changeup.

Getting off a treadmill is one way to work new muscles. Dance classes introduce new steps that challenge joints in novel ways. Just walking sideways for one minute in each direction each day challenges hip muscles.

Know the difference between using weights and weight-bearing exercise.

Even some exercise professionals confuse these concepts. While using weights can be part of any exercise program, it is weight-bearing exercise that delivers healthier bones.

Using weights can mean any type of resistance exercise—from weight machines, circuit equipment and hand-held weights to body resistance exercise, like pushups or yogic arm-balance poses. Because the skeleton's job is to bear the entire weight of the body, lifting three-, five-, or even 20-pound weights is not as beneficial to bone health as being naturally strong enough to carry your own body mass.

Weight-bearing specifically refers to how much body weight we are holding up while exercising. Thus, walking is more weight-bearing than bicycling, while swimming is the least weight-bearing, because water's natural buoyancy does most of the work.

Favor activities that get us on our feet to load up bones.

Ditch the exercise bike and go for a walk. Walk the golf course instead of getting a cart. If work requires sitting, take standing breaks, a nice change during long phone calls.

Why not create a standing work center for a home or office computer?

A good way to test our weight-bearing strength is see how long we can stand to stand. If we are looking for a chair by the 20-minute mark, our muscle mass is insufficient to hold up our body. Improve gradually by decreasing sitting time by 10 percent to start. For those who watch television two hours at a stretch, try getting up during commercials and standing on one leg at a time.



Think heel-toe to heal too. It's wise to opt for flats or negative-heeled footwear. Even one-inch high heels and cushioned sports shoes dampen the vibrations that naturally build bone density in the hips and spine.

How we walk also can signal problems that may be contributing to bone loss. Tight calf muscles, for example, change how a person's heels strike the ground while walking; this decreases the vibrations moving up the leg, meant to keep the bones of the hip joints and femurs strong.

Design a truly well-balanced program.

The most significant health risk for anyone with low bone density is the risk of a fracture. Falling is a common cause of fractures, so exercises that improve balance should top the list. Balance or yoga classes are available at many community fitness centers as a ready-made solution to decreasing risks of a spill.

Katy Santiago, a biomechanics expert, has a master's of science degree in kinesiology and is director of the Restorative Exercise Institute in Ventura, CA. Her Restorative Exercise DVD for Healthy Bones is available at RestorativeExercise.com.



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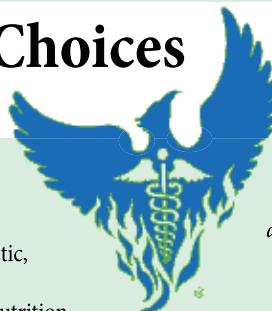
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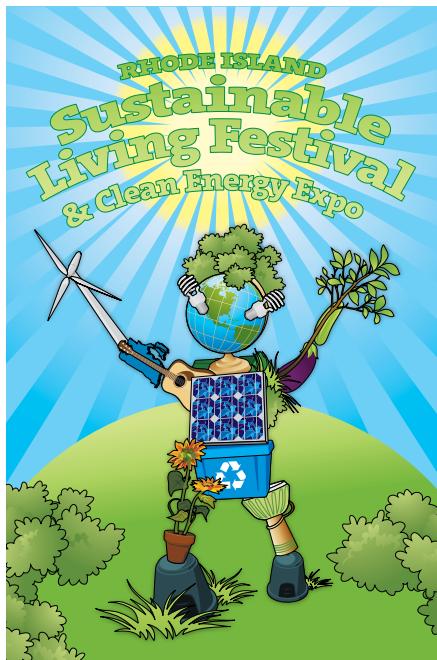
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Spring Clean Your Life

by Tom Francescott

Spring is a perfect time to cleanse, let go and give ourselves a much-needed rest—physically, mentally and emotionally. As a naturopathic doctor, I daily see how toxic overload on all these levels contributes to people's health issues.

Emotionally, detoxification helps us uncover and express hidden frustrations, grief, fear, and anger, and replace them with forgiveness, love, joy and hope. Physically, taking a break from environmental toxins in our food can leave us feeling energized, renewed and protected from disease.

I recommend getting back to basics. Here are 10 simple things anyone can do at home to start saying goodbye to toxins.

Wake-Up Drink. First thing upon waking, on an empty stomach, drink a cup of hot filtered or spring water with the juice from half of one lemon and two pinches of cayenne pepper. Lemon stimulates digestion; cayenne enhances circulation and blood flow.

Contrast Shower. Follow every hot shower with a 60-second cold rinse. The contrast stimulates circulation, the immune system and our ability to expel toxins through the skin. As pores tighten, we feel invigorated and ready for the day.

Shake It Up. Jump on a trampoline for 3 to 5 minutes. This stimulates the whole body, particularly the lymph drainage system. This is helpful for those prone to allergies or cysts.

Fever Baths. Take a warm bath in the evening and add a cup of Epsom salts to soothe, relax and detox. Increase benefits by drinking 2 or 3

cups of hot tea while bathing, to work up a sweat.

Try this recipe: Simmer some fresh ginger slices in water, tossing in one tablespoon of dried yarrow flowers. Steep for 15 minutes, strain and drink. Yarrow and ginger have been shown to stimulate sweating, which helps the body release toxins.

Take a News Break. Observe a news fast for 3 to 7 days to limit toxic thoughts, which can undermine health. Also avoid emotionally disturbing information from the Internet, magazines, movies, newspapers, radio and television. Replacing these stressful exposures with relaxing activities rests mind and body.

Spend Time in Nature. Take a break from routine by venturing out to a favorite spot in nature. Bring a journal and start listening to your body; record what it is telling you. Surrounding yourself with nature's negative ions (which act positively on mood) will help you de-stress and encourage the body's inherent wisdom to come forward.

Drink Detox Tea. For at least one week, try limiting all beverages to just water and herbal teas. This eases stress on the kidneys, helps flush retained fluids in cells and helps purify the blood and liver.

I suggest drinking 6 to 8 cups a day of this special tea to crowd out less healthy beverages, reduce appetite, maintain a state of fullness and cleanse liver and kidneys. In a quart of water, combine 2 tablespoons of each of the following and gently simmer the tea: burdock root, yellow dock root, dandelion leaf and root, licorice root,

fennel and ginger. Multiply the recipe proportionately to make larger batches. Drink it throughout the day.

Change Food Routines. Many unknowingly consume foods we have allergic reactions to or that increase toxin levels, causing symptoms like arthritis, headaches, water retention and fatigue. Common culprits are gluten, dairy, eggs, soy, corn and sugar. I suggest taking a break from all of these foods, or at least one that is predominant in your diet.

Often, if we simply eliminate foods that contain gluten (wheat, oats, rye, barley and spelt) and replace them with brown rice, millet or quinoa products, we can change eating habits while increasing variety.

Detox Dinner. For seven nights, prepare a simple meal of liver-detoxifying steamed vegetables, like carrots, broccoli, artichokes, beets and onions, along with a four-ounce portion of protein, simply prepared with a bit of olive oil. Consider wild fish, organic lean meats or lentils for primary protein sources.

Clean Up Surroundings.

Uncluttering and organizing our home and work environments helps clear out stagnant energy and frees us physically and emotionally. Let go of unused papers, clothes and boxes. This creates space and welcomes new energy.

Just as we tune up our cars, we must also regularly cleanse our bodies. As we cleanse our bodies, we cleanse our environment.

Tom Francescott is a naturopathic doctor, teacher, lecturer and founder and director of Rhinebeck Cooperative Health Center, in Rhinebeck, New York, where he specializes in science-based detoxification. He is also founder of the natural pharmacy, Dr. Tom's Tonics. Visit DrFrancescott.com.



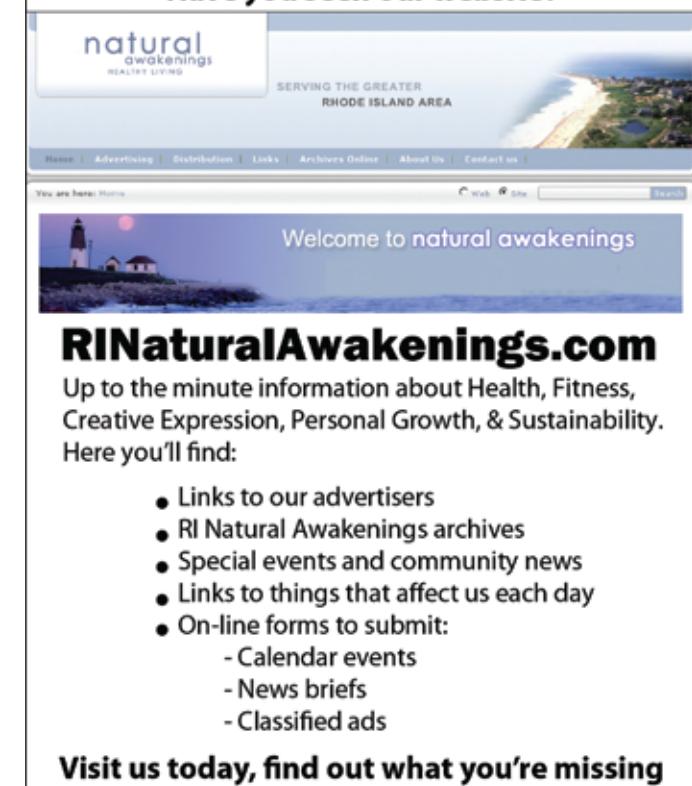
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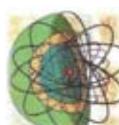


The screenshot shows the homepage of naturalawakenings.com. At the top, there's a navigation bar with links for Home, Advertising, Distribution, Links, Archives Online, About Us, and Contact Us. Below the navigation is a search bar. The main content area features a banner with a lighthouse and the text "Welcome to natural awakenings". Below the banner, the website's name "RINaturalAwakenings.com" is prominently displayed in a large, bold font. A sub-headline reads "Up to the minute information about Health, Fitness, Creative Expression, Personal Growth, & Sustainability. Here you'll find:" followed by a bulleted list of links to advertisers, archives, events, news, and submission forms. At the bottom of the page, a call-to-action button says "Visit us today, find out what you're missing".

WHO SAYS IT'S NOT EASY BEING GREEN!



The advertisement features a green background with the text "GET CLEAN™" in large white letters. To the right, a red signature reads "AS SEEN ON RACHAEL RAY". Below the main title, it says "Safe for you, your home, and your planet.™". A section titled "NATURAL CLEANING PRODUCTS THAT WORK!" includes a "LEARN MORE AT" link to "WWW.LIVE-LIFE-NOW.COM" and a toll-free number "800-554-0031". It also mentions "BEING GREEN SINCE 1956". The Shaklee logo, featuring a blue leaf and the text "Shaklee Creating Healthier Lives™ Independent Distributor", is on the right. A small note at the bottom says "Ask about our referral bonus program!"



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A Conversation with Ina May Gaskin Leader in America's Natural Childbirth Movement

by Gail Condrick



Ina May Gaskin is the author of *Spiritual Midwifery* and *Ina May's Guide to Childbirth*, developer of the Gaskin maneuver for shoulder birth complications, and founder of The Farm Midwifery Center, in Tennessee. Since 1971, she has influenced and inspired women around the world with her views on natural childbirth.

You have been called the nation's leading midwife and the founder of the natural childbirth movement in America. How did you get started?

Like many women, I had tried a hospital birth and vowed never to be treated that way again. It was the late 1960s and Americans were in rebellion. Women began demanding access to birth centers and midwives.

At the time, my husband Stephen and I were traveling on a cross-country lecture tour with a caravan of 50 school buses; along the way, babies were born and we midwifed each other. We began to coalesce into a community, finding roots and settling in Tennessee, where we founded The Farm. Some members of our community were doctors and nurses and we made contacts with local hospitals and health authorities. We had good outcomes with our pregnancies and breastfeeding rates right from the start. Our on-the-job training grew as we learned from each other as midwives and friends.

What do women and their partners need to know about natural childbirth?

Women need to know that their bodies work better than they think they do. It is vital to trust the process of nature. We must believe that women's bodies are perfectly made for childbirth and the natural rhythms of giving birth. When our larger culture understands how women's bodies work and we trust that ours will work, we will have an entirely new psychology of childbirth.

Natural childbirth can provide a holistic approach to childbearing, one that includes the physical and emotional, spiritual, and cultural needs of each unique birth. To attend the birth of another person is a great, humbling, wonderful opportunity.

Why does the mind/body connection play a key role in childbirth?

When the biological process is allowed to unfold in the most peaceful way, the mother experiences the natural release of a mixture of ecstatic hormones, oxytocin and beta endorphins. Birth-ing mothers actually have the ability to become more fluid and are able to relax the muscles that need to open. If the body senses fear, the muscles of the involuntary system become rigid and inflexible, which makes it hard to change shape. Then, the immobility escalates, causing extreme pain where normally, labor would continue unim-

peded. Fighting this natural functioning wastes a lot of energy.

Yet, a birthing mother can make an instant change and release the ecstatic hormones naturally, simply through deep breathing, laughter and even experiencing gratitude for those helping her. All of this works best in an atmosphere of privacy and calm.

Will you explain what you refer to as our country's "big secret" regarding childbirth?

There is a generally held belief that childbirth is safe in the United States while, in reality, we lack accurate reporting on this country's rising maternal death rate. The reports we do have, based on long-term data compiled by the Centers for Disease Control and a later *National Vital Statistics Report*, reveal a doubling of the annual maternal fatalities tracked per 100,000 live births, from 7.5 in 1982 through 1996 to 15.1 in 2005. Given suspected under-reporting due to misclassification, some estimate that the number of deaths attributed to pregnancy and its complications (which include Cesarean births, or C-sections) may be as high as three times that.

What can families do to ensure a more natural birthing process is available to us and our daughters?

We need to do a lot of rethinking. Americans believe that the more technology we throw at problems, the better. But, that is not necessarily true in giving birth. We need to study why the death rate is rising and take major steps to turn it around. We need a national system collecting data, more midwives, a revolution in obstetrical education and a national health-insurance system, with better prenatal and postpartum care for all women. Families must insist on it. All of this is possible.

For more information visit InaMay.com and consult a health care provider. Ina May Gaskin's latest book, *Ina May's Guide to Breastfeeding*, will be released this fall.

Gail Condrick is a freelance writer in Sarasota, FL. Reach her at NiaVisions.com.

calendar of events

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

SATURDAY, MAY 2

2009 Spring RISDArtsandCraft Sale – 10am-4pm. This spring art sale features thousands of items designed and created by alumni from all over the world. Items for sale include fine art, glass, greeting cards, jewelry, paintings, furniture, rugs, clothing, photography. Sale will be held rain or shine. **FREE.** RISD Museum, 224 Benefit Street, Providence. 401-454-6618. RISDMuseum.org.

MONDAY, MAY 4

Natural Solutions to Digestive Problems – 6-7pm. Acid Reflux, Hiatal Hernias, Ulcers, Irritable Bowel Syndrome, Colitis and Crohn's Disease are just a few of the digestive disorders that affect over 61 million Americans each year. The doctor will educate the audience about safe, effective and natural alternative methods for addressing painful digestive symptoms. **FREE.** Lincoln Chiropractic, Cumberland Library, 1464 Diamond Hill Rd, Cumberland. 401-333-2552.

TUESDAY, MAY 5

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

WEDNESDAY, MAY 6

An Introduction to Tarot – 6:30-8:30pm. Learn from Doris Ann, an author, numerologist and tarot reader, the basics of the tarot. She will teach you how to use a regular deck of cards as well as a tarot deck. \$30. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Self-Love – 7-8:30pm. This workshop will help you manifest a sense of self love as we heal each other and the universe together with unconditional love. You will be guided to release all blocks interfering with your truth, and your purpose in life. Space is limited. Reserve with Grace. **FREE.** Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHeartsRI.com.

THURSDAY, MAY 7

MS After Dark Wine Tasting – 5:30-8pm. More than 200 different wines, scrumptious appetizers, and a fabulous downtown crowd. All proceeds from MS After Dark benefit the Rhode Island Chapter of the National Multiple Sclerosis Society. \$50/advance or \$60/at the door. RI MS Society, Biltmore Hotel, 11 Dorrance St, Providence. 401-738-8383. MSAfterDark.com.

Green Drinks Newport – 5:30-8pm. 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.** Rhumbline, 62 Bridge St, Newport. Kara@6square.com.

FRIDAY, MAY 8

Introduction to Hand Reflexology – For Family & Friends – 6:30-9pm. Becoming a Reflexologist requires special training, and certification, but understanding the way Reflexology works will add a new dimension to foot/ hand therapy for your family and friends. Learn to apply the soothing, healing principles of Reflexology, and practice the technique. A 'manual' is provided, so you won't forget the technique. \$45. It's My Health, 2374 Mendon Road, Cumberland. 401-405-0819. Its-My-Health.com.

Guided Meditation Night – 7-8:30pm. Meditation for Compassion – Nurture and develop the Wisdom it takes to have Compassion for the path you are on as well as the path others have chosen. Join us as we celebrate Love with Compassion. \$10. Heavenly Hugs, 917A Warwick Ave, Warwick, 401-935-8451. Heavenly-Hugs.com

SATURDAY, MAY 9

Eco-Depot – 8am-12pm. For Rhode Islanders who wish to dispose of their household hazardous waste safely and properly. Servicing about 25 people every 15 minutes. Make an appointment to reduce waiting. Call for more information or to book an appointment. **FREE.** Rhode Island Resource Recovery, 65 Shun Pike, Johnston. 401-942-1430. RIRRC.org.

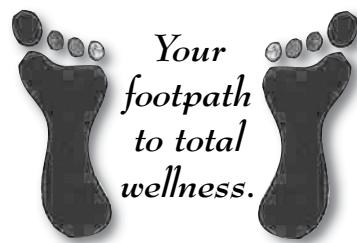
Introduction to Reiki – 10-11:30am. Learn more about this powerful, gentle healing known as Usui Reiki Ryoho with a possible interest in learning more about our upcoming classes. Reiki energy is very useful in the reduction of stress, which may cause physical symptoms to occur in the body. Reiki will be used during this class for anyone who would like to experience its relaxing effects on the mind and body. \$10. Angel Whispers RI, The Wellness Center at Gold Plaza, 917A Warwick Ave, Warwick. 401-741-2278. AngelWhispersRI.com.

2nd Annual Family Day – 10am-2pm. Office open to families and friends. Dr. Herb Curtis will be offering complimentary chiropractic consultations and screenings. Joanne Morrissey from A Sense of Healing Massage Therapy will be offering free chair massages and Maria Kishfy from Symetrics Wellness Movement Center will be on hand with basic yoga instruction, breathing and lectures. Refreshments will be served. **FREE.** Lincoln Chiropractic, 132 Old River Rd, Lincoln. 401-333-2552.

Spark Of Spring Open House – 11am-3pm. Performances by Kristi Martel at 11:30 am and 2:30 pm, RI singer-songwriter-composer; kick off of Revive the Spirit of Abundance Meditation with Reiki; meet the practitioners; and mingle with like minded individuals. Trinity Energetics is an

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Tribe Earth Drum and Dance Circle – 8pm-1am. Access your inner rhythm, release stress, enhance self esteem and most of all Celebrate Life. Adults/\$10 Children 12 and under/Free. Free Spirit, 420 Main Street, Warren. 401-245-7979.

TUESDAY, MAY 12

Smart Business Networking – 6-8pm. Network, share ideas and make new friends. With the power of networking, business owners are able to develop relationships with professionals throughout Rhode Island. **FREE.** Art & Soul Gifts, 2007 Broad St, Providence. SmartBusinessNtw@gmail.com

Enhancing Athletic Performance with Chiropractic – 6:30-7:30pm. Chiropractic can help both the fitness-conscious individual and the athlete to reduce their risk of injury and increase their performance. Keynote and motivational speaker will explain the various types of athletic injuries, how they occur, how they can be prevented, and how they can be recovered from more quickly. **FREE.** Lincoln Chiropractic, Greenville Library, 573 Putnam Pike, Greenville. 401-949-3630.

Human Potential- Tap into Healing Power – 6:30-7:30pm. Learn to take action in a positive way. **FREE.** Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

WEDNESDAY, MAY 13

Action Healing Circle – 6:30-8:30pm. With Doris Ann Bridgehouse, renowned Numerologist and Author of 4 books. This unique healing session will help you delete old negative feelings and emotions stored in your heart and align the connection to your spirit. While your healing is taking place, Doris Ann will give each individual a mini reading. \$40. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.



THURSDAY, MAY 14

Package Your Expertise into Workshops and Increase Your Revenue – 6-8pm. There are ways to package your talent and expertise into workshops, seminars and presentations to impact more individuals, gain exposure for your business and position yourself as an expert in your field. Members \$10/advance or \$15/at door. Non Members \$25/advance or \$30/at door. New England Holistic Chamber of Commerce, Lotus Rising Center, 73 Columbia St, Fall River, MA. 401-427-2233.

Goddessing 101 – 6:30-8:30pm. This class is for women who want to understand the blessings of menopause. Learn how to unleash the goddess within you and turn the time of menopause into a powerful time of growth. With Sue Corrigan. \$25. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

How to Survive on the Dance Floor – 7:30-10pm. Think you have two left feet? Feel self-conscious while dancing? Feel comfortable to blend in on the dance floor at parties, weddings, and work events. Build your confidence by learning simple steps and easy club dancing moves in a supportive environment. Perfect for the absolute beginner. No partner necessary. \$30/per person or \$49/two people. Soulistic Arts, Fusion Dance Adademy, 333 Main St, 2nd Fl, East Greenwich. 401-826-2020.

FRIDAY, MAY 15

Spiritual Cinema – 7:30-9:30pm. \$5. pp donation asked (\$10.00 for families, includes **FREE** refreshments). Concordia Church, 292 West Shore Rd., Warwick. 401-732-1552.

SATURDAY, MAY 16

Eco-Depot – 8am-1pm. For Rhode Islanders who wish to dispose of their household hazardous waste safely and properly. Servicing about 25 people every 15 minutes. Make an appointment to reduce waiting. Call for more information or to book an appointment. **FREE**. Rhode Island Resource Recovery, Narragansett Beach, Computer South Pavilion, Narragansett. 401-942-1430. RIRR.org.

Support group for Fibromyalgia and CFIDS – 10:30am-12:30pm. Support group for individuals with fibromyalgia and CFIDS, New Beginnings. **FREE**. East Smithfield Public Library, 50 Esmond St, Smithfield. 401-339-2193.

Writing in the Zone: Tap into Your Creative Genius – 12:30-4:30pm. For beginners and advanced writers, 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. Spend the afternoon writing, and leave with a system for tapping into your creative genius any time along with a Writing in the Zone Reference Guide for continued study and support. \$65. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Spiritual Cinema – 1-3pm. See May 15th for details. Concordia Church, 292 West Shore Rd., Warwick. 401-732-1552.

SUNDAY, MAY 17

Celiac Support Group of Southeast New England – 1:30-4pm. Hands-on cooking class using Quinoa, Teff and other gluten-free grains with protein and fiber. Reservations are required. Call Kathi for more information and to register. Members/ **FREE** Non-members/\$5. St. Theresa's Church, 265 Stafford Rd, Tiverton. 401-624-8888.

Reiki Talk – 2-3pm. Learn about Reiki, a gentle Japanese hands-on healing technique, which is becoming more accepted by the medical profession and used in integrated medicine. Bobbie Schaeffer, our Certified Reiki Practitioner will be the presenter. Light refreshments will be served. All attendees will receive a 15% discount coupon towards their first treatment. Space is limited so please call ahead to reserve your space. **FREE**. Innisfree Bodyworks, 18 Post Rd, Warwick. 461-3788.

TUESDAY, MAY 19

Carpal Tunnel Syndrome: A Multi-Faceted Approach for Repetitive Strain Injuries – 1-2pm. In this presentation the audience will learn what Carpal Tunnel Syndrome and Repetitive Strain Injury are and how to prevent them. The audience will also learn how these conditions can be effectively treated without drugs or surgery. **FREE**. Lincoln Chiropractic, Greenville Library, 573 Putnam Pike, Greenville. 401-949-3630.

Joint Exercises; Your Fountain of Youth – 6:30-7:30pm. Learn to take action in a positive way. **FREE**. Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

WEDNESDAY, MAY 20

Birthing Exercises for Your Dream Life – 6:30-9pm. Regardless of sex or age, we are all fertile dreamers and birthing our dreams is a true labor of love. Like children, our dreams challenge us to be our best and enrich our lives. Bring your life dreams to full-term, move beyond your fears and wear those stretch marks proudly. \$30. Create Your Life, Crowne Plaza at The Crossings, 801 Greenwich Ave, Warwick. 401-569-7017.

Internal Cleansing (Detoxification) for Health – 6:30-8:30pm. Internal cleansing is a great way to move your physical body into balance and to set the stage for positive changes in diet and life-style. Learn the benefits and methods of internal cleansing, things to do while you are cleansing and things to do after you finish your cleanse. \$20. It's My Health, 2374 Mendon Road, Cumberland. 401-405-0819. Its-My-Health.com.

OPEN Discussion – 7-8:30pm. Meet new friends, share your experiences, your creative side, and simply enjoy an open discussion about different topics. Dr. Isabel Reyes will facilitate. Reserve with Grace. **FREE**. Healing Hearts, 1542 Main St., West Warwick. 401-615-2423. HealingHeartsRI.com.

THURSDAY, MAY 21

Green Drinks Providence – 5-8pm. 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**. Green Drinks, Chabot Fine Art Gallery 379 Atwells Ave, Providence. BMott@TheOceanProject.org.

Natural Home & Spring Remedies Workshop – 6:30-8pm. Our kitchens are filled with tools that can aid us in health and help us fight imbalances or illness. Such tools include foods, herbs, spices and teas and water. The intent of this lecture is to present familiar health complaints and a few specific home remedies to assist you in healing. Sheila M. Frodermann, MA, ND, FHNAP, a naturopathic physician, will be leading this workshop. **FREE**. Riverside Branch Library, 475 Bullocks Point Ave, East Providence. 401-433-4877.

Healing with Past Life Therapy – 7-8:30pm. Learn about this fascinating and controversial topic and how past life therapy may be able to heal your phobias, chronic pain and more. Dr. Isabel Reyes will be your guide. \$20. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHeartsRI.com.

Rhode Island Holistic Healers Assoc – 7:30-9:30pm. Featured speaker will be Roland Comtois, an internationally acclaimed spiritual consultant. Roland will be speaking on 'The Power of Spiritual Communication'. **FREE**. All That Matters, 315 Main St, Wakefield. 401-782-2126.

FRIDAY, MAY 22

Ear Coning Certification Workshop – 6:30-9pm. Ear coning/candling is a safe, simple, natural way to remove excess wax and debris from inside the ears. Learn all about ear candling/coning, earn a Certificate of Completion, history of ear coning, safety/insurance, equipment needed, acupressure points before the session, steps to an effective coning session. Hands on – Do a Session/Have a Session. \$89. It's My Health, 2374 Mendon Road, Cumberland. 401-405-0819. Its-My-Health.com.

SATURDAY, MAY 23

Healing Touch Business Ventures – 5-9pm. Attention all Practitioners and Business Owners - make sales, recruit reps, rent space, trade, barter, merge or simply promote your service or product at this business event. \$35/business entry \$1/public admission. Healing Touch, Ivy Garden, 272 Coweetsett Ave, West Warwick. 401-338-1338.

Tribe Earth Drum and Dance Circle – 8pm-1am. See May 9th for details. Adults/\$10 Children 12 and under/Free. Free Spirit Sound Healing and Therapeuti. 401-245-7979.

TUESDAY, MAY 26

Sound Bath Meditation Class – 6:30-7:30pm. Facilitated by Jaime Poyant and Alan Stone. Utilizing Sound to deepen inner body awareness. Come and release the stresses of the week and reconnect with your true self. \$8. Free Spirit Sound Healing and Therapeuti, 420 Main St, Warren. 401-245-7979.

Arthritis – Don't Get Rough Around Your Edges – 6:30-7:30pm. Learn to take action in a positive way. **FREE**. Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

WEDNESDAY, MAY 27

Group Hands Healing – 7-9pm. This workshop is intended to heal body, mind or soul. Take part in the healing or be one of the recipients. Reserve with Grace. \$25. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHeartsRI.com.

THURSDAY, MAY 28

Norman Rene Paulin – 6-8pm. Bi-weekly on Thursdays. \$30. Positive New Beginnings, 873 Waterman Ave, East Providence. 401-432-7195.

FRIDAY, MAY 29

Kirtan with Tony Khalife – 7-9pm. Meditation doesn't come easy. Kirtan, an ancient participatory music experience, offers another method to quiet the mind and carry us effortlessly to stillness. Using Sanskrit mantras, the experience calls upon sacred energies, which serve to remove obstacles and bring us to center. \$20/Pre registration \$25/at the door. Lotus Fire Yoga and Healing, 650 Ten Rod Rd, North Kingstown. 401-536-5665.

SATURDAY, MAY 30

Eco-Depot – 8am-1pm. For Rhode Islanders who wish to dispose of their household hazardous waste safely and properly. Servicing about 25 people every 15 minutes. Make an appointment to reduce waiting. Call for more information or to book an appointment. **FREE**. Rhode Island Resource Recovery, 1117 River St, Woonsocket. 401-942-1430. RIRR.org.

CPR Certification – 10am-12pm. Learn how to save a life. It's easier than you think. This class will cover all you need to become proficient in this emergency medical skill. A nationally recognized certification card will be issued upon successful completion. \$45. It's My Health, 2374 Mendon Road, Cumberland. 401-405-0819. Its-My-Health.com.

MONDAY, JUNE 1

Community Wellness Day/ Open House – 7am-7pm. Refocus on your health and fitness. Join us for a day of educational seminars from the fields of holistic health and wellness, natural and organic foods and eco-conscious green products. Seminars, demonstrations and sampling opportunities. **FREE** group workouts, Yoga, Pilates, indoor cycling, body composition testing and much more! Special membership discounts to attendees. ALL ACTIVITIES **FREE!**. Core Fitness Center, 5600 Post Rd, East Greenwich. 401-886-4700.

markyourcalendar

MAY 9TH, 14TH & 17TH

Joy will be at the following venues in support of her book, *Joyful Cooking in the Pursuit of Good Health:*

MAY 9TH

11:00am,
Back to Basics
500 Main Street
East Greenwich, RI

MAY 14TH

5:00pm-8:00pm,
Main Street Stroll
Sundance Therapies
East Greenwich, RI

MAY 17TH

11:30am-1pm, Wickford
Chiropractic Wellness Center
610 Ten Rod Road
North Kingstown, RI

MAY 17TH

2pm-4pm,
St. Bernards Health Fair
415 Tower Hill Road
North Kingstown, RI

SATURDAY, MAY 16TH, 2009

9am - 12pm

FREE SOLAR CLASS

Hosted and taught by Northeast Solar using only factual, scientific information from well known National experts in the Solar Industry from the 1970's to present. A licensed experienced Master Plumber from the State of RI will be available to answer any plumbing questions you may have.

5700 Post Road,
East Greenwich, RI 02818

Registration not mandatory,
but highly appreciated.

Please register with
neastsolar.com/classes

JULY 11 10-5 & JULY 12 10-3

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baylightspiritualcommunity.org
or call Mariah 401-739-3242
or Susan 401-667-2980

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ongoing calendar

Sunday

Kripalu Yoga – 9-10am. With Chris Belanger. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Vinyasa Flow Yoga – 10-11:15. Beat the winter blues with this powerful and effective yoga/flow, to enhance circulation, deep breathing, balance and strength. Feel the joy of yoga and movement connecting you with body, mind and spirit!. With Nicki Shea. \$60/Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Meditations for World Peace – 11:30am-12:30pm. Without first developing inner peace, would peace will remain impossible to achieve. We all have within us the potential for peace and happiness. Cultivating this potential creates the harmony we seek. Classes include teachings, meditations and discussion. Everyone is welcome. Drop-in to any class. \$8. Providence Meditation Center, 339 Ives St, Providence. 401-286-9760. MeditationInProvidence.org.

Gaia's Hearth CUUPS Monthly Meeting – 12:15-2pm. 1st Sunday of the 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. GaiaHearth.com.

Group Hand Drum Lessons – 2:30-4:30pm. Held frequently on Sundays. Lessons led by Alan Stone covering drum circle etiquette, cultural rhythms, and improvisation. Please call for specific dates. \$15. Free Spirit Sound Healing and Therapeutics, 420 Main St, Warren. 508-567-4498.

Monday

Noontime Meditation – 12-1pm. Through learning to meditate we can train our mind to become peaceful and we shall be happy all the time, even in the most adverse conditions. Join us for a mid-day meditation to receive practical advice on how to enjoy a meaningful life through contemplation and meditation. Includes teaching and guided meditation. \$8. Providence Meditation Center, 339 Ives St, Providence. 401-286-9760. MeditationInProvidence.org.

Environment Council of RI Meeting – 5:30-7:30pm. 1st Monday of each month. Check website for schedule changes. **FREE**. Environment Council of RI, The Department of Administration Bldg, Conference Room B, One Capitol Hill, Providence. EnvironmentCouncilRI.org.

Pilates – 6-7pm. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

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 \$13/drop in. Village Wellness Center & Heart in Hand, 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.

Dream Circle Workshop – 6:30-8:45pm. The Dream Circle is a powerful, affordable, fun, 5-week incubator for your dreams. Oh yes... it's time. Co-facilitated by: Tara Sage Steeves & Ali LeBrun. \$175/series of 5. Create Your Life, Private Home-details upon registration, Providence. CreateYourLifeInc.com.

Power Vinyasa Yoga – 7-8:30pm. Vigorous workout, not for beginners. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Personal Narrative Process; – Developing Your Personal Narrative – 7-8:30pm. Mondays through June 29th. Opportunity for individual identity development through participative exercises, group discussions, and breakout sessions. Spend time with other women driven to craft their personal narratives, their stories, while articulating your driving passions, as you learn to embrace the relationships and activities that make life and work engaging and rewarding. \$900. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Women's Spirituality/Intention Group – 7-9pm. 2nd Monday of the 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 who are seeking a deeper connection. \$15. Pat Hastings, Providence. 401-521-6783. SimplyAWomanOffFaith.com.

Meditation with Jodi – 7:30-8:45pm. This class will give insight to different types of meditation and breathe 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 & Heart in Hand, 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. \$48/series of 4, \$14/one class. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.org.

Freestyle Dance Fitness – 12:15-1:15pm. The Anti-Aging, low impact, energizing, fun, sassy, expressive activity every body can do! Join us to move your body naturally and fluidly, experience an easy alternative to "exercise". Gentle stretching, guided and freestyle movement, relaxation, range of inspiring music, supportive and judgment-free. \$12. Soulistic Arts, Fusionworks Dance Academy, 333 Main Street, 2nd Floor, East Greenwich. 401-826-2020.

Svaroopa Yoga classes – 4-5:30pm. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Releasing these muscles benefits both your physical and emotional well-being. Space is limited – pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. 401-742-8020. lkorb7@aol.com.

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. FrmacyHerbs.com.

Restorative Yoga – 6-7pm. Relaxing class with hot stones. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Figure Drawing Class – 6-9pm. Bring your drawing utensils and paper to AS220 and sketch from a live model. \$6. AS220, 115 Empire St, Providence. 401-831-9327. AS220.org.

RI Sierra Club Monthly Meeting – 7-8pm. 2nd Tuesday of the 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, Suite 208, Providence. 401-855-2103. RhodeIsland.SierraClub.org.

Basic Yoga Series – 7-8pm. Basic Yoga, mixed levels. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

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. 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.

Your Holistic Path to Weight Loss: Healing Your Relationship with Food – 7-8:30pm. Tuesdays through June 9th. Discover your personalized blueprint for weight loss and lifelong healthy eating in this 12 week, small group program for women. Create and learn positive beliefs and behaviors to support your personal blueprint and heal your relationship with food. Program participants will receive the powerful benefits of both individual guidance and group support. \$140. for 12 weeks. Thrive Health Solutions, 19 Friendship St., Suite 300, Newport. 401-324-6061.

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

Reiki Share – 7-9pm. 3rd Tuesday of the month. Reiki Share for practitioners and non-practitioners alike. \$5. Trinity Energetics, South Kingston Office park, 24 Salt Pond Road, Bldg H Suite 3, South Kingstown. 401-263-1107.

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.

Introductory Amrit Yoga – 7-8pm. 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 \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

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

Hula Hoop Dance Class – 8-9pm. 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

40 Days to Personal Revolution (yoga – meditation – nutrition) – 7:30-8:45pm. Join us in committing to 40 days of yoga, eating healthy and meditating regularly. YOGGATA DO THIS! Old patterns and habits take 21 days to change, and it takes the same amount of time to establish new patterns. Challenge yourself...improve your health and well-being and restore you vitality. \$300. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Men's Yoga – 6:15-7:15pm. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Kundalini Yoga – 4-6pm. Great blend of exercise, stretching and meditation. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

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

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.

Introduction to Japanese Calligraphy Classes – 6:30-8:30pm. 5 week session through 5/13/09. The beauty of Japanese Calligraphy (Shodo) lies in the balance between its power and its simplicity. Explore this graceful, ancient art form and discover how Japanese brushwork calms the spirit and frees the soul. No previous art experience required. \$125/Arts Guild Members \$145/Non-members plus \$30 materials fee. The Portsmouth Arts Guild, 2679 East Main Rd, Portsmouth. 401-683-2598. PortsmouthArtsGuild.org.

Northern Rhode Island Conservation District Monthly Meeting – 7-8pm. 1st Wednesday of each month. Regular monthly board meetings are open to the public and all are encouraged to attend. Please call for directions and to be sure there has been no change in scheduled date or location. **FREE**. NRICD Office, 17 Smith Ave, Greenville, RI. 401-949-1480. NRICD.org.

Reiki Share – 7-9pm. 1st Wednesday of each month. All level Practitioners and non-Practitioners welcome. \$5. The Studio at The Wickford Cove, 23 Brown St, Wickford. 781-962-6724. FourFoldHealing.net.

Thursday

Mindfulness Based Stress Reduction (MBSR) – 6-8pm. Thursdays through July 9th. This powerful worldwide course, created by Dr. Jon Kabat-Zinn founder of the UMass Medical School's Stress Reduction Clinic, encourages you to actively participate in your health and well being. Come away with a strong awareness of the interplay between mind and body in health and disease, which is the basis for preventive medicine. \$280/all 9 days before May 7. \$325/after. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Vinyasa Yoga – 9-10am. With Usha Bilotta. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Svaroopa Yoga classes – 9:45-11:15am. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Releasing these muscles benefits both your physical and emotional well-being. Space is limited, pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. 401-742-8020. lkorb7@aol.com.

Meditation Group – 6:30pm-8:30. Thursdays, April 16th through May 21st. Any level or interested party. \$10/each session. Trinity Energetics, South Kingston Office Park, 24 Salt Pond Road, Bldg H Suite 3, South Kingstown. 401-742-2354.

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 Street, Providence. myspace.com/providencepoetryslam.

Yoga Nidra (Guided Meditation) – 6:45-8:15pm. All you need do is lay back and stay awake while specific body and breath visualizations are used to guide you gently and quickly into a deep peaceful meditative state. In meditation, intention is used to direct the mind into taking this peaceful awareness with you into your life. \$15. Santosh Yoga Studio, 14 Bartlett Ave, Cranston. 401-780-9809. YogaAtSantosh.com.

Basic Yoga Series – 7-8pm. Basic Yoga, mixed levels. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Reiki Share – 7-9pm. 3rd Thursday of the month. 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 St, Lincoln. 401-241-6481.

Blackstone River Theatre Drum and Dance Circle – 7-9pm. 3rd Thursday of the 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.

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 \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Friday

Introduction to Kabbalistic Healing – 12-1pm. Discussing selections from Jason Shulman's book "The Instruction Manual for Receiving God". \$15. Kabbalistic Healers, 144 Waterman St, Providence. 401-338-1317. NumbersAndKabbalah.org.

Women's Spirituality/Intention Group – 7-9pm. 2nd Friday. 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. SimplyAWomanOffaith.com.

1st Friday Reiki Share – 7-9pm. 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.

Kirtan with Tony Khalife – 7-9pm. Meditation doesn't come easy. Kirtan, an ancient participatory music experience, offers another method to quiet the mind and carry us effortlessly to stillness. Using Sanskrit mantras, the experience calls upon sacred energies, which serve to remove obstacles and bring us to center. \$20/Pre registration \$25/at the door. Lotus Fire Yoga and Healing, 650 Ten Rod Rd, North Kingstown. 401-536-5665.

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. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Behind the Scenes: Hands on Wildlife Biology
– 10am. 4th Saturday of each month. Participate in hands-on research projects with your family. 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.

Saturday Morning Crafts – 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, RI. 401-949-5454. ASRL.org.

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, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

NIA – 11am-12pm. 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. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Wintertime Farmers' Market – 11am-1pm. Open December 6 through May. Winter produce, meat, oysters, fresh herbs, Narragansett Creamery cheese, honey, maple syrup, jams, jellies, artisan breads and pastries, gluten-free breads, tortillas, chocolates, fair-trade coffee hot or by the pound and gifts will be available from local producers. **FREE**. Farm Fresh RI, Hope Artiste Village, 1005 Main St, Pawtucket. FarmFreshRI.org.

Rhode Island Orchid Society Monthly Meeting
– 12:30-2pm. Last Saturday of the month. **FREE**. Rhode Island Orchid Society, Roger Williams Park Botanical Center, Greenhouse entrance, Providence, RI. 401-769-0369. RIOrchidSociety.com.

Grandmother's Empowerment Group – 1-3pm. First 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.

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.

communityresourceguide

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in the Community Resource Guide email info@rinaturalawakenings.com to request our media kit.

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FREE HELP WANTED LISTINGS: In an effort to help connect good people with good jobs in our local healthy living business community, Natural Awakenings is offering free Help Wanted Listings over the next several months. Email your job listings in 35 words or less (job title, brief description, contact information) to info@RINaturalAwakenings.com by the 15th of May.

OPPORTUNITIES

DISTRIBUTION SITE – Offer your patrons the opportunity to pick up their monthly copy of *Natural Awakenings* magazine at your business location, and promote your events for free with 3 calendars listings a month. Contact Classifieds@RINaturalAwakenings.com.

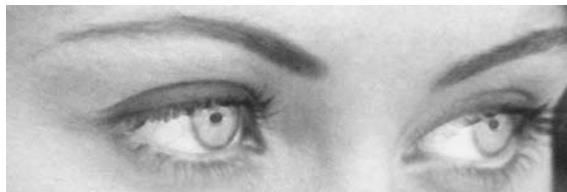
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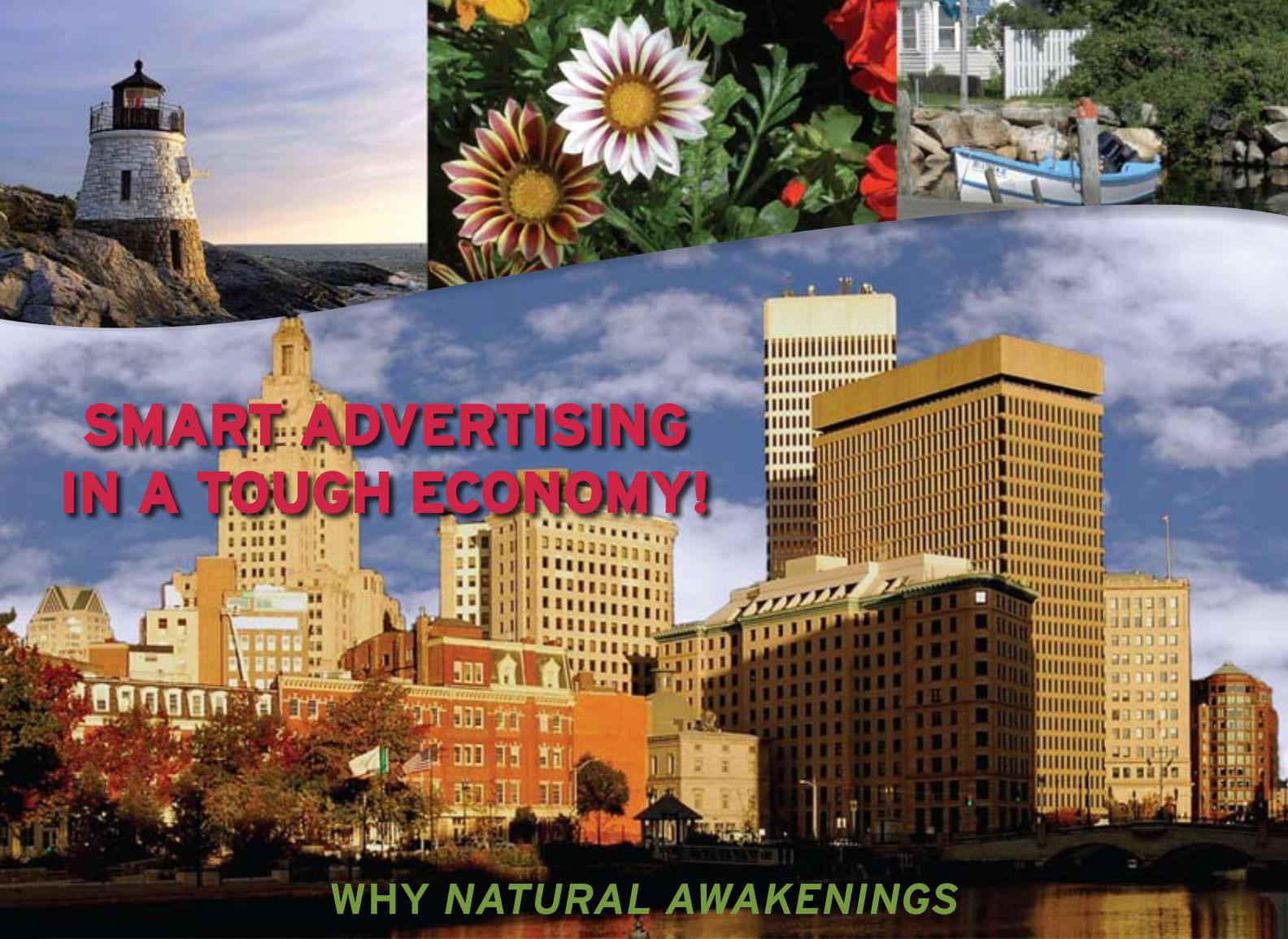
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