

HEALTHY LIVING
HEALTHY PLANET

feel good
live simply
laugh more

natural awakenings



**ANTI-AGING
BREAKTHROUGHS**
For Healthier, Longer Lives

**INTEGRATIVE
MEDICINE**

Healthcare's Holistic Future
With Dr. Andrew Weil

**TOP 10
FOODS**
To Keep You Young



JANUARY 2010

Rhode Island Edition | RINaturalAwakenings.com

FREE

The Journey Within . . .

Begins Here

Nurturing your spirit, mind and body, offering:

- ✿ Therapeutic Massage
- ✿ Yoga/Pilates classes
- ✿ Kids Yoga
- ✿ Relaxation and Meditation

Call now to start your Journey!

1645 Warwick Ave, Suite #224 • Warwick RI
Upper Level of Gateway Plaza

401-215-5698



Melissa Sischo, LMT

Reiki Practitioner, Yoga & Meditation Instructor

BIA-FITNESS.COM

Proud to Partner With:



Jennifer Mello, Owner/Trainer

Conveniently located in Gateway Plaza
1639 Warwick Avenue, Warwick, RI
401-732-2899

Personal and Group Training offering:

- Freemotion & Itonic Training
- Zumba & Zumba Kids
- Nutrition Programs
- Kettlebell Training
- Step & Sculpt
- Spin Classes
- Cardio Kick

January Specials:

YOGA

10 Yoga Classes - \$80
Includes but not limited to:
Beginner Yoga
Yoga Flow
Heated Yoga

FITNESS

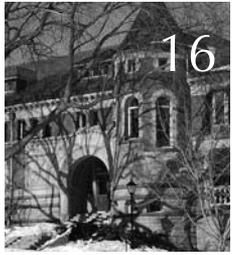
Personal Training - \$75
Includes:
3 Personal Training Sessions
Fitness Evaluation

COMBO

Wellness Bundle - \$120
Includes:
3 Yoga Classes
2 Personal Training Sessions
Fitness Evaluation

We support and encourage you to reach your Health & Wellness goals all in a safe, inspiring, family-oriented environment.

contents



- 5 **news**briefs
- 10 **yoga**andpilates
- 14 **health**briefs
- 16 **community** spotlight
- 18 **healthy**kids
- 20 **conscious**eating
- 22 **global**briefs
- 26 **fit**body
- 30 **natural**pet
- 35 **inspiration**
- 36 **green**living
- 37 **calendar**

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.

16 INTEGRATIVE MEDICINE AT BROWN

by Beth Davis

18 GUARDING AGAINST AUTISM

How Environmental Toxins May Contribute to Autism Spectrum Disorder

by Brita Belli

20 NATURAL DEFENSE

Top 10 Whole Foods to Counter Aging

by Gary Null

24 BREAKTHROUGHS IN ANTI-AGING

Research Helps Us Live Longer and Healthier

by Lisa Marshall

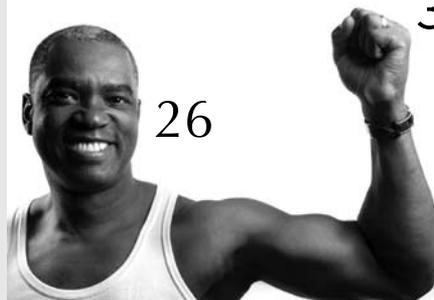
26 MOVEMENT AS MEDICINE

A Universal Antidote to Aging

by Katy Bowman

32 ENVISIONING THE FUTURE OF HEALTHCARE

by Lisa Marshall



34 BIO-IDENTICAL HORMONES

by Dr. Carl Ferreira

advertising & submissions

HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 401-709-2473 or email Info@RINaturalAwakenings.com.
Deadline for ads: the 10th of the month.

EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: Info@RINaturalAwakenings.com.
Deadline for editorial: the 10th of the month.

CALENDAR SUBMISSIONS

Submit online at RINaturalAwakenings.com or Email: Info@RINaturalAwakenings.com
Deadline for calendar: the 10th of the month prior to publication.

REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 401-709-2473. For franchising opportunities call 239-530-1377 or visit NaturalAwakeningsMag.com.

RINaturalAwakenings.com

letterfrompublisher



Can you believe it? Here we are in 2010. As in all years, there were both ups and downs. The economy struggled but our awareness of our surroundings: our healthcare, the oneness of humanity, and our necessary stewardship towards a better world, seems to be on the upswing. It's an exciting time.

In last month's issue, we touched on intentions and it made me think about my intentions for the New Year. I thought back on our mission statement

for Rhode Island Natural Awakenings when we started this venture nearly 2 years ago. We wanted to help small businesses grow, educate people about environmental issues, explore and bring community awareness to alternative health, and be the unequivocal resource for people in our niche. Wow, that's a pretty tall order but somehow, we have made a huge dent. With that invigorating feeling you get when you know you're on the right track, we are approaching 2010 with all of those same goals.

We are already working with and sponsoring shows including the Rhode Island Spring Flower and Garden Show at the Convention Center in February, the Discover You Holistic & Wellness Expo at the Twin River Event Center in March, and the Green Home Show at the Twin River Event Center in May. These shows alone will help us reach more than 35,000 people with our message, in addition to our nearly 50,000 monthly readers. Our following is growing every day. And speaking of growing, this month you'll notice eight new color pages and more content than ever to help transform your lives and awaken your true spirit.

One of the most exciting things that happened in 2009 was on the Integrative Medicine front. With doctors like Weil and Ornish offering congressional testimony before the Senate Committee on Health, Education, Labor and Pensions in February (*see story on page 32*), integrative medicine is receiving some much needed attention. With heavy hitting backers like the newly formed Integrative Medicine group at Brown University, people here in Rhode Island are doing their part as well (*see story on page 16*). I had the privilege of attending their inaugural meeting, and was so impressed by the different modalities in one room, all working toward a common goal – healing. With such dedicated individuals taking the helm, it does seem possible to transform how we look at our medical system.

Thank you for blazing the trail with us. We are excited about this new year and all it has to offer: economic growth, medical and health care innovations, greater global unity, and advances in environmental management. I am grateful and honored to be here to report these revolutions to you and to get you all involved in bringing even more momentum to our cause. Sharing this magazine with such a wide audience, meeting our readers, and reaching out to new readers brings joy to my life.

Maureen Cary, Publisher



contact us

Publisher
Maureen Cary

Editor
Maryann Lawrence

Assistant Editors
S. Alison Chabonais
Sharon Bruckman

Advertising Representative
Karen Krinsky
401-419-8869
KKrinsky@RINaturalAwakenings.com

Design & Production
Marie Siegel
Stephen Gray-Blancett

To contact Natural Awakenings
Rhode Island Edition:
1800 Mineral Spring Avenue, # 195
North Providence, RI 02904
Phone: 401-709-2473
Fax: 877-738-5816

Email:
Info@RINaturalAwakenings.com
www.RINaturalAwakenings.com

© 2010 by *Natural Awakenings*. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. It is available in selected stores, health and education centers, healing centers, public libraries and wherever free publications are generally seen. Please call to find a location near you or if you would like copies placed at your business.

We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.

SUBSCRIPTIONS
Subscriptions are available by sending \$25 (for 12 issues) to the above address.

Natural Awakenings
is printed on recycled
newsprint with soy-
based ink.



Japanese Body Work Offered in North Smithfield

Healing Choices now offers Sotai, a Japanese form of bodywork that seeks to restore health through proper body alignment. Nationally certified Asian Bodywork Therapist Elaine Grant, a member of the Healing Choices team, has expertise in this therapy.

"Prolonged energy imbalances of the muscles, tendons, and ligaments will eventually cause misalignment of bones and joints," says Grant. "This misalignment could also impact vital organs. However, by correcting energy imbalances and restoring proper alignment, structure-related deficiencies could be resolved."

Japanese physician, Keizo Hashimoto, developed the practice. He recognized that various aspects of one's lifestyle impact the body. A Sotai evaluation considers numerous factors and asks the questions: How does the person hold him/herself and move his/her body? Does the diet contain too much sugar or fat? Does the person breathe efficiently? How does the person think and feel in general? Thus, in a treatment, manipulative techniques, proper posture, breathing and diet all are addressed in order to maintain health.

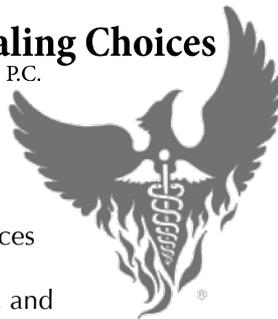
Although Sotai treatment is performed with a client by a practitioner, says Grant, there are Sotai exercises that an individual can perform daily in order to maintain the gains achieved.

Sessions with Grant are offered at Healing Choices, 116 Eddie Dowling Highway, in North Smithfield. Cost is \$40. 401-766-0800 Ext. 5519. Healing-choices.net.

See ad page 8.

Healing Choices

P.C.



BLISS

NATURAL GROCER & CAFÉ

Natural Grocer and Café
311 Broadway Newport, RI
Phone: **401-608-2322**

Healthy, Organic, All Natural Meals
Locally Farmed Produce & Eggs
Breakfast All Day

OPEN 7 DAYS A WEEK

.....
Mon - Fri: 8am - 8pm / Breakfast • Lunch

Sat - Sun: 8am - 3pm / Breakfast • Lunch

Kabbalistic Healers of Rhode Island



integrating Kabbalistic wisdom, Buddhism, and modern psychology

Donna Mann Joan Webb

Kathy Bernstein

Theresa Beaudreau

Jacqui Meszaros

KabbalisticHealersRI.org



Jeff Gellman and friends

Real World Dog Training Seminar Begins

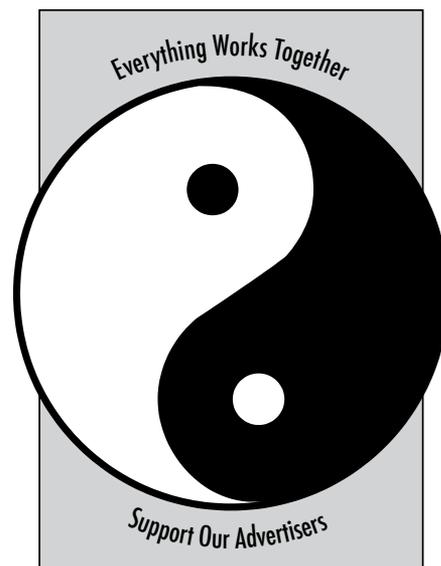
New England's own Dog Whisperer, Jeff Gellman of Solid K9 Training, will hold a live training seminar January 30 from 6 to 7:30 p.m. at the Providence Westin at One West Exchange St. "What Would Jeff Do? Real World Dog Training, is one in an ongoing series of seminars

designed to provide solutions to everyday dog discipline problems.

Gellman will present the four cornerstones of his no-nonsense, real world training, including household management, total body wellness, behavior modification, and obedience training. Gellman will demonstrate how to use the most basic techniques to increase harmony in the home and progress into more advanced methods, including obedience during distraction and off-leash training.

The event will help people develop the skills and confidence needed to effectively handle and comfortably live with their canine companions. No dogs are allowed. Guests are welcome to bring note-taking materials and children to all seminars. Immediately following the educational portion of the event, there will be a catered reception with cash bar, along with the opportunity to meet with Jeff and ask situational questions directly.

Visit SolidK9Training.com and WhatWouldJeffDo.com. See ad page 14.



**NEW ENGLAND HOLISTIC
CHAMBER OF COMMERCE
RHODE ISLAND CHAPTER**



**TWO
OPPORTUNITIES
every month
to NETWORK with
like-minded
people!**

*Because the whole
is greater
than the sum
of its parts*

**2nd Thursday
6 to 8 pm**

**Last Wednesday
8 to 9 am**

See our listings in
the Calendar of Events section
for each event's location

please visit our website
www.neholisticchamber.org
or call Susan Lataille, Executive Director
at 401-769-1325 x 11

newsbriefs

Unite Your Family in 2010

Make 2010 the "Year of Your Family" by joining local family enrichment company, Familytopia, for a fun and powerful opportunity to create a Family Compass Statement. Every family has a personality, and a set of beliefs and values. The act of articulating these values and committing them to paper can be very powerful. An interactive workshop is scheduled January 23 and 30 from 10 a.m. to 12 p.m. This interactive workshop series includes ways for family members of all ages to feel included.



"Family Compass Statements engage the entire family in identifying what they consider to be important, and provide a road map for how to live and interact with each other and the community," says Familytopia founder Johanna Corcoran, "It is an opportunity for the entire family to connect, while producing a powerful declaration of their values and love."

Familytopia is a Rhode Island based business devoted to providing parents with tools and support to enrich their family time and forge deep connections with their children. Familytopia empowers parents through workshops, events and coaching.

The program fee is \$140 per family. For more info, visit MyFamilytopia.com. See ad, page 46.

**Four Fold Healing Practitioner
Visits Providence**

South County's own Trinity Energetics Practitioner, Danica Connors, will offer services January 1 through February 18 at Body Sense Massage, 14 Bassett Street, in Providence. This is a rare opportunity to experience Shamanic Reiki, aromatherapy, crystal healing, tarot therapy, and the much talked about Four Fold Healing Sessions without the drive to South County. First-time Four Fold Healing clients can take



advantage of a limited-time 30 percent off flyer to be used exclu-

sively at Body Sense found in local shops in the West End, Wickenden Street, Hope Street and Thayer Street. Coupons also available for download at FourFoldHealing.net.

In business for over 16 years, Body Sense is a beautiful facility tucked into the West End of Providence that offers services ranging from multiple types of massage, body wraps, and facials to trigger point therapy and ear candling.

For appointments contact Connors at 781-962-6724, Integrate@FourFoldHealing.net. Visit FourFoldHealing.net.

**BIO-Identical Hormone
& Wellness Consultations**

Benefits - Addressing Symptoms of

- 1. Sleep Disturbances
- 2. Anxiety plus Fatigue
- 3. Depression plus Low Energy
- 4. Low Libido plus PMS
- 5. Hot flashes plus Night Sweats plus Focus plus Memory and More



**Aquidneck Nutrients
& Wellness Center**

Available through Rene St. Laurent, certified Bio-Identical Hormone Consultant, board certified clinical nutritionist, Doctor of Natural Medicines. Registered Pharmacist and newly elected to the Scientific Board of the international and American Association of Clinical Nutritionists.

Affiliated with PharmaHealth Compounding Centers of Massachusetts.

790 AQUIDNECK AVE. MIDDLETOWN, RI

401-324-6167

Renexccn@cox.net

We will work with your physician • for Women and Men

The Rhode Island Spring Flower & Garden Show

New England's Premiere Flower Show

Timeless Gardens

FEBRUARY 18-21, 2010

**RHODE ISLAND CONVENTION CENTER
PROVIDENCE, RHODE ISLAND**

FLOWER SHOW SPEAKERS



SUSIE COELHO
Lifestyle Expert, Television
Personality, Best-Selling Author and
the "embodiment" of inspiration and
motivation.



JULIE MOIR MESSERVY
Inspiring lecturer, award-winning
landscape designer and author, who
demystifies the art of landscape
design.



ROGER SWAIN
TV celebrity, horticultural essayist,
recipient of the American Horticultural
Society Award for Writing and the
Mass Horticultural Society Gold Medal.



LOUIS RAYMOND
Gardener of over 50 years and for
six years the Show Designer for the
former New England Flower Show.

Follow us on



www.flowershow.com



Healing Choices

P.C.



*Offering relief from
Pain, Distress and Fatigue
with Drug-Free Options*

Services include:

Medical Evaluation
and Diagnostic Testing,
Acupuncture, Chiropractic,
Massage Therapy, Sotai (*new*)
Mind Body Medicine, Nutrition,
Homeopathy, Shiatsu, Tai Chi
and Far Infrared Sauna Therapy.

116 EDDIE DOWLING HWY, NORTH SMITHFIELD, RI 02896

Keith W.L. Rafal MD, MPH
*with his expert team offers comprehensive
assessments and interdisciplinary programs.*

401-766-0800

Ext. 5519

FAX **401-765-5904**

www.Healing-Choices.net

newsbriefs



Flower and Garden Show Bloom Under Winter Skies

The 17th annual Rhode Island Spring Flower & Garden Show, "Timeless Gardens" is scheduled February 18-21 at the Rhode Island Convention and Visitor Bureau, 1 Sabin Street in Downtown Providence. Sponsored by the Rhode Island Horticultural Society, the event showcases 30 gardens in a variety of venues and hundreds of vendors.

Lifestyle expert, television personality and best-selling author Susie Coelho is one of many event speakers. Demonstrations, tips and lectures will be given by experts that have traveled far and wide to help gardeners get the most out of their own plants and flowers. Children's activities, including a magic show and face painting, will also be available.

Under the banner of this year's theme, "Timeless Gardens," event goers will enjoy garden atmospheres that showcase the uniqueness of various areas in history, from the 1920s to 1960s. A preview party is scheduled for February 17. Hotel and dining specials are available.

For ticket information, visit FlowerShow.com. or by calling 401-253-0246. See ad page 7.

Cheers to a new year and another chance for us to get it right.

— Oprah Winfrey

Discover a new perspective towards health!

Providence Wholistic Healthcare

Integrative Natural Family Medicine & Acupuncture Clinic

Sheila M. Frodermann, MA, ND, FHANP
Naturopathic Physician

Carol L. Seng, DA, LAc
Doctor of Acupuncture

Naturopathic Medicine & Homeopathy ☯ Five-Element Acupuncture
Chinese Herbs ☯ Nutritional Counseling
Western Herbal Medicine ☯ Bowtech Body Therapy

144 Waterman St. / Providence, RI **401.455.0546** www.ProvidenceWholistic.com

Make your community
a little **GREENER ...**

Support our advertisers

For every \$100 spent
in locally owned businesses,
\$68 returns to
the community

source: the350project.net

Reiki Instructors to Give Talk and Demonstration

Local Reiki Masters Linda Bowers and Bobbie Schaeffer have partnered to share their knowledge and Reiki skills with the community. Two First Degree workshops are scheduled in the coming months at Sunsalutations Yoga Studio in Lincoln and Santosha Yoga Studio in Cranston. Knowledge and compassion are the hallmarks of their teaching style with time dedicated for the student to practice self-treatment,



treating others and additional Reiki techniques. From 1 to 3 p.m. January 31, Bowers and Schaeffer will give a free Reiki talk and demonstration at Sunsalutations, 840 Smithfield Ave., in Lincoln.

Both instructors hold a Reiki Clinic at Santosha Yoga Studio the first Friday of every month, from 5:30 to 7:30 p.m. January's clinic will be held on the 8th to accommodate for New Year's Day conflicts. With a \$5 donation, participants can expect 10-15 minutes of reiki treatment from 2 to 6 practitioners at a time. It's an opportunity for new and experienced Reiki receivers to get treatment.

Contact Schaeffer at 401-781-6868 and ArtSpirit3@cox.net; Contact Bowers at 401-699-2719 and Reiki4AnimalsandYou@cox.net.



Isn't Sales Fun?
UniversityPDC.com



Your Seat Awaits...

Class size is intimate to ensure burstable impact in remapping your sales call... act swiftly...

237 Robinson Street Wakefield, RI 02879
401.284.1511 UniversityPDC.com

Keep your Budget Healthy

Look for our Whole Deal brochure in store for over \$40 in savings!



WHOLE
FOODS
MARKET

University Heights
601 North Main Street
Providence • 621-5990

Waterman Street
261 Waterman Street
Providence • 272-1690

Garden City, Cranston
151 Sockanosset Cross Road
Cranston • 942-7600

WHOLEFOODSMARKET.COM



yoga & PILATES

find
your
center



ALL THAT Matters
yoga + holistic health center

315 Main Street
Wakefield, Rhode Island
782.2126 allthatmatters.com

Celebrate Yoga Day Rhode Island Style

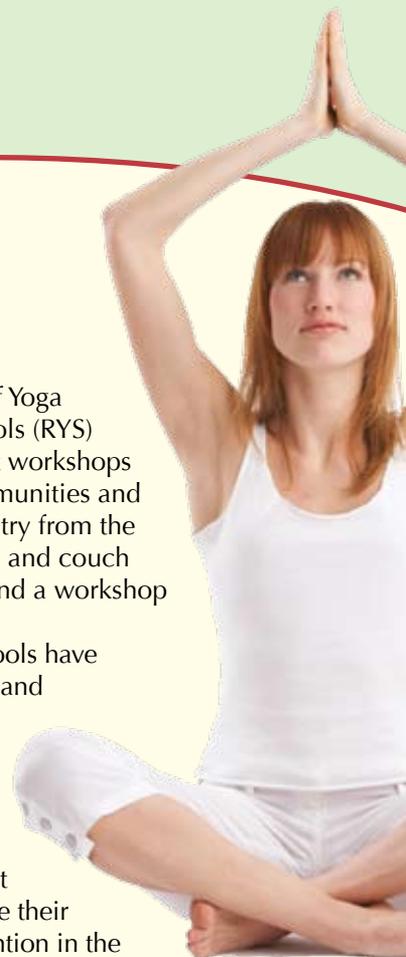
Yoga Day USA is January 23. This year, hundreds of Yoga Alliance Registered Yoga Teachers (RYT) and schools (RYS) throughout the United States will host free or low-cost workshops designed to meet the unique needs of their local communities and change lives. Thousands of Americans across the country from the young and old, flexible and not-so-flexible, to athletes and couch potatoes, and those of every heritage will be able to find a workshop perfect for them.

"For over 10 years Yoga Alliance teachers and schools have been coming together to share the life-changing health and wellness benefits of yoga with their communities," says Yoga Alliance President & CEO R. Mark Davis. "We are thrilled to bring yoga to those who are discovering, rediscovering or continuing a yoga practice."

According to a 2008 Yoga Journal study, 15.8 million Americans practice yoga and 14 million say that a doctor or therapist has recommended yoga to improve their health. Yoga as medical therapy is garnering more attention in the medical community as demonstrated by National Institute of Health's (NIH) first ever Yoga Week which explored the science and practice of yoga.

The benefits of yoga are numerous including: stress management, improvement in heart health, reduction of cholesterol, weight loss and improved circulation. Practicing yoga can help with illnesses ranging from asthma to cancer. Yoga is also known for slowing the signs of aging, decreasing wrinkles, firming skin and reducing oxidative stress.

Yoga Day USA events are currently scheduled for Warwick, Cumberland and East Greenwich, with the possibility of more being added as Yoga Day USA nears.



PILATES BY CITY

BRISTOL

EVOLUTION Bodywork and Nutrition
685 Metacom Ave
EvolutionRI.com • 401-396-9331

Aull Pilates and Movement Studio
259 Thames St.
UltimatePilatesBristol.com
401-253-3811

EAST GREENWICH

Pilates West Bay
5 Division St., Bldg D, 2nd floor
PilatesWestBay.com
401-261-4137

JOHNSTON

Unique Total Body
190 Putnam Pike
UniqueTotalBody.com • 401-233-2348

LINCOLN

Rhode Island Pilates Studio
85 Industrial Circle, Ste 209
RIPilatesStudio.com • 401-335-3099

PAWTUCKET

Jen McWalters Pilates Studio
1005 Main St, Ste 111
PilatesJen.com • 401-475-0084

YOGA BY CITY

BARRINGTON

Synergy Power Yoga
32 Bay Spring Avenue
SynergyPowerYoga.com • 401-289-0966

CHEPACHET

Healing in Harmony Wellness Center
712 Putnam Pike Suites 7&8
HealinginHarmonyWellness.com
401-567-8855

CRANSTON

Dr Lakshyan Schanzer
1215 Reservoir Ave
BodyMindRI.com • 401-369-8115

Iyengar Yoga Source
2170 Broad St
LindaDiarlo.com • 401-461-6665

Santasha Yoga Studio and Holistic Center
14 Bartlett Ave
YogaAtSantasha.com • 401-780-9809

Studio Exhale
1263 Oaklawn Ave
StudioExhale.com • 401-383-0839

CUMBERLAND

The Yoga Studio of Blackstone River Valley
99 Pound Rd at the Zen Center
TheYogaStudioBRV.com • 401-658-4802

Yoga Connect
1226 Mendon Rd
YogaConnectsus.com • 401-333-5007

EAST GREENWICH

Absolute Fitness
2727 South County Trail
AbsolutFit.com • 401-884-0330

CORE Fitness Center
5600 Post Rd
CoreFitness.us • 401-886-4700

Sundance Therapies
410 Main St
SundanceTherapiesRI.com • 401-398-0786

EAST PROVIDENCE

Positive New Beginnings
873 Waterman St
PositiveNewBeginnings.com • 401-432-7195

FOSTER

One Yoga Center
142 A Danielson Pike
Youghoria.biz • 401-368-YOGA

JOHNSTON

Unique Total Body
190 Putnam Pike
UniqueTotalBody.com • 401-233-2348

Yoga with Lora
1665 Hartford Ave, 2nd Floor
Multiple Locations
Yogawithlora.com • 401-829-9148

LINCOLN

Sunsalutations
840 Smithfield Ave, Ste 303
Sunsalutations.org • 401-632-7254

MIDDLETOWN

Innerlight Center for Yoga
850 Aquidneck Ave
InnerLightYoga.com • 401-849-3200

NORTH KINGSTOWN

Deborah DeMarino
401-884-7202
DDeMarino@cox.net

Grace Yoga

35 Weaver Rd
GraceYoga.org • 401-667-2800

PAWTUCKET

Breathing Time Yoga
541 Pawtucket Ave
BreathingTimeYoga.com
401-421-9876

PEACE DALE

Yoga School of South County
Peace Dale Office Building
1058 Kingstown Road
makeitsoyoga.com • 401-782-9511

PORTSMOUTH

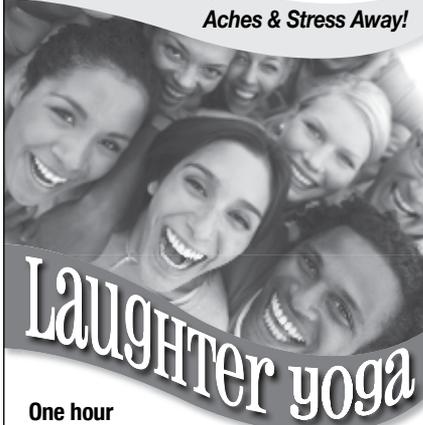
Tenth Gate Center for Yoga and Meditation
1016 East Main Rd
TenthGateYogaCenter.com • 401-683-9642

PROVIDENCE

Eyes of the World Yoga Center
1 Park Row
InnerHappiness.com • 401-295-5002

...continued on page 12

Create Joy While Laughing
Aches & Stress Away!



One hour group sessions of guided interactive laughter and relaxation. No traditional yoga postures.

Group Building, Family Fun, Fundraisers, Senior Groups
Private and Public Sessions Available

Chris Belanger, RYT
*Certified Laughter Yoga Leader
Kripalu Yoga Teacher*

wholeofthemoonyoga.com
401-261-7242

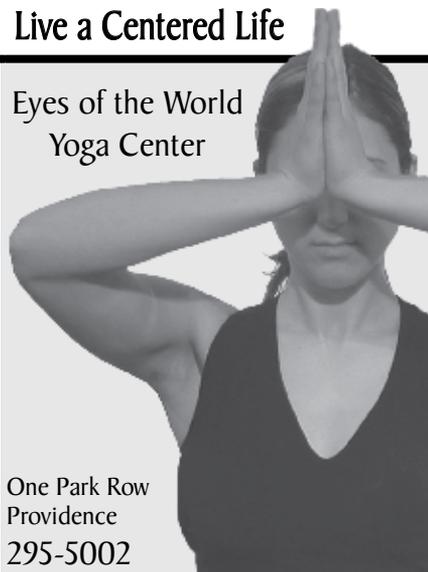
"As soap is to the body, so is laughter to the soul."

Sun salutations can energize and warm you, even on the darkest, coldest winter day.

—Carol Krucoff

Live a Centered Life

Eyes of the World
Yoga Center



One Park Row
Providence
295-5002

www.innerhappiness.com

January Events

9: Chakra and Nutrition Retreat
16/17: Ann Greene and Anusara Yoga
27: 40 Day Program begins
30: An Afternoon of Mindfulness

innerlight
CENTER FOR YOGA & MEDITATION

40+ Classes/Week
in Middletown & Jamestown
www.innerlightyoga.com

200 Hour Yoga Alliance
Teacher Training Program
Begins January 23
Applications being accepted

Experience our renewed studio space. New floor, lighting, paint and more!

Middletown Commons • 849-3200 • 850 Aquidneck Ave., M'town, RI

yoga & PILATES



continued from page 11...

PROVIDENCE

Motion Center for Yoga,
Dance and Massage Therapy
111 Chestnut St
MotionCenter.com • 401-654-6650

WAKEFIELD

All That Matters
315 Main Street
AllThatMatters.com • 401-782-2126

WARREN

The Yoga Loft
16 Cutler St., #106
YogaLoftRI.com • 401-245-0881

WARWICK

The Journey Within
1645 Warwick Ave, Ste 224
BodyinActionRI.com • 401-215-5698

Village Wellness Center
422 Post Rd
VillageWellnessCenter.com • 401-941-2310

West Shore Wellness
2077 West Shore Rd
WestShoreWellness.com • 401-734-9355

Whole of the Moon Yoga
Multiple Locations
Chris Belanger, RYT
WholeoftheMoonYoga.com • 401-261-7242

newsbriefs

Yoga Teacher Training Begins

Applications are being accepted for Innerlight Yoga Teacher Training beginning January 23. These weekend-format programs emphasize the discovery and development of each teacher's unique voice and teaching style, and provide a comprehensive foundation in asana alignment and anatomy, pranayama, meditation, yoga philosophy, teaching methodology, and professional ethics. The program includes progressive teaching practicums and ongoing personal mentoring, giving Innerlight graduates the knowledge and experience they need to begin teaching yoga with confidence.

The program's underlying principle is that teaching yoga is about being in a relationship with yourself, with your students, and with the larger community, says Directors Kim Chandler and Yanna Sahady. Innerlight Center for Yoga and Meditation is a Yoga Alliance registered school and exceeds Yoga Alliance requirements for 200-hour certification.

InnerLight Yoga is located in the Middletown Commons, 850 Aquidneck Avenue, in Middletown. 401-849-3200. Kim@InnerLightYoga.com. InnerLightYoga.com. See ad page 11.

Men Gather for Weekend Getaway

The eighteenth annual Rhode Island Men's Gathering will be held at the University of Rhode Island's W. Alton Jones Campus February 19-21. The winter get-away brings men from different walks of life to gather in a safe, non-competitive, non-religious, trusting environment to relax and explore men's issues. The entire weekend is drug and alcohol free.

Past gatherings have included workshop topics such as Listening Skills, Friendship and Trust, Grieving and Closure, Men at Midlife, Tai Chi, Crafts and Cooking. Other activities include games, drumming session, hiking and a talent show.

"Our intention has been simply to get men of varying ages and backgrounds together in a woodland setting," says organizer Ralph Kreiser. "The format of the weekend is pretty laid back and men repeatedly comment on how they appreciate the chance to make connections with other men."

The 2,300 acre campus offers a quiet setting of forests, ponds, fields and streams with miles of hiking trails. Fees range from \$90 to \$150 for the weekend, and include meals and lodging in bunk style cabins.

Contact Arthur Snow at 401-737-9298. RIMG.biz.



ARE YOU WILLING TO GO
A LITTLE OUT OF YOUR WAY
TO CHANGE YOUR LIFE?

SYNERGY
POWERYOGA

Come for your BODY • Stay for your SOUL.

401.289.0966

www.synergypoweryoga.com

32 Bay Spring Avenue • Barrington, RI 02806



The endorphin release
of a solid workout.

The relaxation of a massage.

The peace of mind
from meditating.

IT'S WORTH THE TRIP

Heavenly Hugs

A Whole-istic approach
to Stress Relief

Complementary Care &

Spiritual Healing
for Inner Peace

Located in Gold Plaza
917A Warwick Avenue
Warwick, RI 02888

Gladys E. Alicea, CRM, ALM
gladys@heavenly-hugs.com
(401) 935-8451

"Wishing you Peace in your Heart
and Freedom for your Soul"

www.heavenly-hugs.com



Literacy Volunteer Training Begins

Literacy Volunteers of Kent County begins a tutor training workshop January 25 from 6 p.m. to 9 p.m. at the Coventry Health & Human Services Building. Other courses continue through February in various locations throughout the county. There is a nominal fee for training materials.

Literacy Volunteers of Kent County is a non-profit organization that trains tutors to teach adults who have Basic Reading or English as a Second Language needs. Volunteers are always needed to tutor our adult learners, and there are always openings in our program for residents who could benefit from assistance.

Call 401-822-9103 or visit CoventryLibrary.org/lva1.htm



Health Fair

Holistic Health Rhode Island will host a health fair and open house 10 a.m. to 5 p.m. January 8 at 5784 Post Road, Suite 5, in East Greenwich. The event host offers presentations from yoga instructors, chiropractors and personal trainers. Estheticians discuss skin care and ingredients in various products.

There will be a World's Fare Chef cooking demonstration, presentation on benefits of massage, acupuncture, thermography, free Reiki and chair massage. The event also includes morning meditation, healthy snacks and door prizes.

For more info, call 401-398-2933 or visit HolisticHealthRI.com. See ad this page.




*a welcoming, comfortable and healing environment
where quality time with patients is our priority*

HERBAL MEDICINE • NUTRITIONAL THERAPY • MAGNETIC THERAPY • ACUPUNCTURE • TUINA • SOTAI • MOXABUSTION • REIKI • MASSAGE THERAPY • PERSONAL CHEF

Holistic Health Rhode Island

offers individualized healthcare tailored to your needs.

By treating both the source of the problem, as well as the symptoms, we are able to return your body to its *natural* state of health.



Jewel Sommerville

DOCTOR OF ACUPUNCTURE

Acupuncture is a non-invasive procedure that effectively treats problems such as IBS, Headaches, Pain, Fertility, Depression and Anxiety

• Combines her training in Japanese and Chinese acupuncture and Chinese Herbal Medicine to assess, diagnose and treat your condition.

Christopher Oliveri, PERSONAL CHEF SERVICES • Liz Smith, REIKI MASTER • Julie Mollo, LICENSED MESSAGE THERAPIST

5784 Post Road, Suite 5, East Greenwich, RI • 401.398.2933 • www.HolisticHealthRI.com

Holistic Spa Services

Massage - Organic Facials - Ayurvedic Treatments

OFFERING SHIRODHARA THERAPY

A one hour deep mind-melting experience where warm oils are gently poured over the forehead. It cleans the mind and the senses.



10% off services purchased in January with this ad

18 Post Road, Warwick, RI
in Historic Pawuxet Village

401-461-3788

innisfreebodyworks.com



Food for THOUGHT

Organic & Natural Products Since 1987

Stay Healthy in 2010!

Up to 30% OFF Supplements in January!

Open Mon-Sat 9-6, Tues until 7. Closed Sunday

140 Pt. Judith Rd., Mariner Sq.
Narragansett 401 789-2445

Yoga Studio Adds Additional Studio, More Classes

Breathing Time Yoga has added an additional studio space at 541 Pawtucket Avenue, in Pawtucket. The studio offers more than 20 regularly scheduled classes a week as well as workshops on topics such as Yoga for Back Care with Karen Lee, and Yoga for Writers with Aggie Stewart. The studio has also added three vinyasa teachers, Lora LoPiccolo, Lisa Golde and Kristen Varadian. These new classes feature a heated room and a flowing sequence of poses—a great workout for high-energy people that de-stresses and relaxes.

“Yoga doesn’t necessarily give you what you need,” says Golde, “It allows you to see that you have everything you need, within you, already.”

LoPiccolo offers a teaching style both dynamic and supportive, yet disciplined. She has been pivotal in helping the studio develop a program that makes yoga affordable for mothers of young children.

For Kristen Varadian, yoga has prompted positive changes in her diet, blood pressure and mental endurance. “A person can expect these measurable benefits from a consistent practice,” she says. “Yoga also teaches patience, deepens a person’s commitment to a healthy lifestyle and gives confidence and courage to try new things.”

For schedule and class descriptions, visit BreathingTimeYoga.com.

January is Thyroid Awareness Month and January 5-11 is National Folic Awareness Week

Yoga’s Mindfulness Helps Control Weight

New, long-term research by the Fred Hutchinson Cancer Research Center shows that middle-aged people who practice yoga gained less weight over a 10-year period than those who did not, independent of other physical activity and changes in dietary habits. The difference is that yoga teaches mindful eating.

The researchers found that people who were aware of why they ate and stopped eating when satisfied weighed less than those who ate without that awareness. Yoga cultivates mindfulness in a number of ways, starting with being able to hold a challenging pose. A practitioner’s ability to be calm and observant during physical discomfort teaches how to maintain calm in other challenging situations as well, such as declining to eat when we’re not hungry or eating extra food when it tastes especially good. Satisfaction also comes in awareness of how food looks, tastes and smells.

The researchers concluded that mindfulness appears to be a state that can augment the usual approaches to weight loss, such as counting calories, limiting portion size and not eating when emotionally upset or depressed. Adding yoga practice to a standard weight-loss program may both make it more effective and promote eating behavior that is healthy and empowering.



Solid K9 Training

Real World At-Home Dog Training

Awaken the true spirit in your dog and live a happier, more fulfilled life together

- Award Winning Intensive Board and Train Program
- Award Winning Canine Massage and Reiki
- Beginner, Advanced and Off Leash Dog Training
- Rehabilitation and Behavior Modification
- Aggressive Dog Specialist with REAL Results
- Licensed-Bonded-Insured-Accredited

Exciting Live Dog Training Seminar

Saturday, January 30, 2010 at 6 pm • Providence Westin

Plus! Catered Meet & Greet Session with Jeff Gellman

Tickets are \$15 each, \$25 per pair



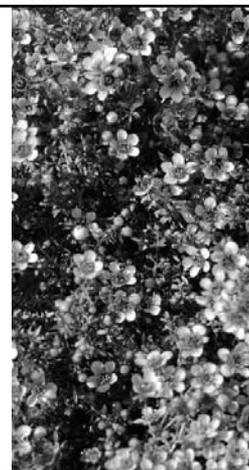
Contact: 401.527.6354

Jeff@SolidK9Training.com

www.SolidK9Training.com

NATURE'S NEW ANTIBIOTIC

Manuka honey, from New Zealand, kills common Staphylococcus bacteria, reports a study published by the Society for General Microbiology. Staphylococcus is responsible for many infections, and scientists now hope to use this honey as a first-line treatment for bacterial infections resistant to antibiotics.



Surfing the Web Boosts Brain Power



Crossword puzzles, move over, because a new study from the University of California attests that “Googling” or otherwise browsing the Internet lights up the brain like a Roman candle. When study participants performed Web searches while undergoing MRI scans, they showed an improved efficiency in cognitive processing and in the

way their brain encodes information. This held true even for middle-aged and older individuals who had minimal computer experience and who performed Internet searches for only a short period of time.

Internet searching, it appears, engages a complicated brain activity that exercises and improves the brain when it comes to language, reading, memory, visual abilities, and reasoning and decision-making processes. The good news is that we now have a new way to keep our brains fired up and that our brains continue to learn and remain sensitive to fresh stimulation at any age.

Source: National Library of Medicine (nlm.nih.gov)

THERAPEUTIC MASSAGE AND DAY SPA

It's Your Body's Symphony



Open 7 Days
A WEEK

Offering an array of outstanding therapies:
 MASSAGE | REFLEXOLOGY
 FACIALS | LA STONE | CUPPING
ItsYourBodysSymphony.com

2051 Plainfield Pike | Johnston, RI | **401-464-6100**

Divinely Touched



Utilizing
 Reconnective Healing & The Reconnection®
A new form of energy-based healing
 Mary has studied with Dr. Eric Pearl, author of **The Reconnection**, published by HayHouse, who has used Reconnective therapy to cure disorders such as: cancer, AIDS, MS & chronic pain (results may vary from patient to patient).

Mary DiSano

401-263-8828 Divinelytouched.com

Personal Narrative Process™

reAwaken, reClaim, reCultivate,
 reVitalize, reEngage in the
 PurposeFull Life Worth Living



Class size is intimate to ensure you gain the most during your Personal Narrative Process™ act swiftly to ensure your seat...classes enrolling in Providence and Wakefield

Visit Universitypdc.com or call
401.284.1511 to find out more...

237 Robinson Street, Wakefield, RI 02879 universitypdc.com

Wellness & Yoga

Open 7 Days
by Appointment Only

- Deep Tissue
- Swedish (Relaxation)
- Neuromuscular
- Hot Stone
- Myofascial Release
- Reflexology
- Shiatsu
- Manual Lymphatic Drainage
- Traditional Thai Massage
- Kinesiotaping
- Facials
- Waxing
- Yoga
- Bellydancing
- Reiki Circle

Village Wellness Center
 Heart in Hand Massage Therapy

422 Post Road / Warwick, Rhode Island 02888
401.941.2310



www.VillageWellnessCenter.com
www.HeartInHandMassage.com



INTEGRATIVE MEDICINE

at Brown by Beth Davis

The concept of integrative medicine is not a new one, but it is one that is gaining momentum thanks to groups such as Integrative Medicine at Brown (IMB). Founded by three local practitioners: Karlo Berger, AOBTA, Julien Ginsberg-Peltz, MD and John McGonigle, MD, Integrative Medicine at Brown is a forum at Brown University for interdisciplinary collaboration in integrative medicine. In other words, bringing experts together to explore new ways to treat the mind, body and spirit – all at the same time.

The forum is designed to bridge the gap between alternative and conventional medicines for the benefit of the patients. “Our health is broad and complex and can be served by multiple modalities,” says Dr. Ginsberg, who is a board certified pediatrician with more than 12 years of experience combined in both allopathic (or conventional) and integrative medicine. “By bringing these professionals together, we believe we can improve patient care and offer

them more choices.”

Sponsored by the Department of Family Medicine at Brown Medical School, Ginsberg says the mission of IMB is to advance the principles and practice of integrative medicine at Brown University, its affiliated hospitals and in the wider community. “We truly hope to create a network of professionals who want to not only understand alternative therapies, but are open to the use of therapies such as acupuncture, massage or herbal medicine, in conjunction with conventional medicine.”

The forum is designed to bridge the gap between alternative and conventional medicines for the benefit of the patients.

“It’s about educating healthcare professionals and the public about the benefits of Western and Eastern practitioners working together effectively,” he says. “To understand that together, we can improve quality of life and make a difference.”

IMB events are open to anyone who wants to attend including healthcare practitioners, researchers and educators of all backgrounds, both conventional and holistic. The inaugural

meeting of IMB was held in December 2009 at Memorial Hospital. The meeting was a great success, with over 50 MDs, osteopaths, chiropractors, acupuncturists, homeopaths, naturopaths, nurses, body workers, reflexologists, nutrition counselors, medical students, energy healers, therapists and many others attending.

Attendees were presented with the case of a man of European descent that is suffering from multiple pathologies including hypertension, overweight, attention problems, depression and anger outbursts. Those in attendance were then asked to discuss how integrative and holistic therapies might work together to create a prudent course of care.

"It was a very energetic discussion and showed just how much intelligence and resources we have in our community," notes Ginsberg.

The next forum will be held Thursday, January 14 at 6:30 p.m. at Memorial Hospital. This time, a chiropractic panel will be the highlight. It is free and open to the public; however, Ginsberg says donations are greatly appreciated to cover costs of the event.

"These forums are a wonderful way for people to realize that no ONE person can treat a patient," comments Ginsberg. "It allows practitioners to realize their limitations, to get multiple angles and perspectives and, most importantly, to be aware of other resources available in the community."

To find out more about upcoming integrative medical events at Brown, share your news and views and take part in online discussions, become a fan of Integrative Medicine at Brown on Facebook.

vegetarian for everyone.
since 1996.



Garden Grille

vegetarian * vegan * raw foods * wine
fresh seasonal cocktails * craft beers

727 East Ave. Pawt. GardenGrilleCafe.com 401.726.2826



SPECTRUM-INDIA

Save BIG with our BLACK FRIDAY PRICES Everyday...SALE!*
on select items...Men's and Women's Clothes (Including Plus Sizes),

Winter Shoes and Boots, Large Variety of Colorful Rain Boots, Robeez Shoes, Belly Dancing Costumes, Woodstock Chimes, Heat and Eat Indian Entrees, Fun Gifts, Incense, Essential Oils, Beanpod Soy Candles, Flameless Scented Candles and Exotic Jewelry

We bring you Beautiful Things at Great Prices!™
BETTER PRICES than in most other stores!

Mon/Tue/Wed 10am-10pm Thurs 10am-11pm Fri/Sat 10am-Midnight Sun Noon-10pm
252 Thayer Street Providence, RI • 421-1010 • SpectrumIndia.com

*Valid through February 28 '10

GUARDING AGAINST AUTISM

How Environmental Toxins May Contribute to Autism Spectrum Disorder

by Brita Belli

When the results of an autism study were published in the journal *Pediatrics* in October 2009, the figures were shocking—one in every 91 U.S. children was reported to have autism. That was up from one in 500 a decade ago, with boys four times as likely to acquire the disorder.

Behaviors of autism include: failure to respond to stimuli or make eye contact; speech delays; compulsive behavior like head-shaking; stacking objects or intense repetition of daily activities; and extreme noise sensitivity.

For years, research into the causes of autism has revolved around genetics. Even as the rate of autism among the nation's children continues to rise at an astonishing 10 to 17 percent a year, research has been slow to shift its focus to other factors—namely, environmental toxins.

The Chemical Connection

New autism research is making the case that environmental toxins such as mercury, lead, polychlorinated biphenyls (PCBs), flame retardants and pharmaceutical drugs—including antidepressants in utero or antibiotics in infancy—may be aggravating a pre-existing genetic condition.

Yet James Adams, head of the Autism/Asperger's Research Program at Arizona State University, remarks that, "There is still extremely little money out there for looking into environmental issues."

Adams' own research has discovered a correlation between heavy metal exposure and autism severity. In one study, Dimercaptosuccinic acid (DMSA), a medication used to treat lead poisoning, was administered to children with autism. The researchers found that children with autism "dumped three times as much mercury as typical children," reports Adams, suggesting that their bodies could not properly excrete the toxin. In another study, the baby teeth of chil-

dren with autism were found to contain twice the mercury as those of typical children.

Adams' findings have also uncovered one common thread in the medical history of children with autism: heavy use of oral antibiotics in infancy. He explains that antibiotics disrupt the gut's good flora, further diminishing the child's ability to excrete toxins. Such treatments are primarily used for recurring ear infections, but as Dr. Jerry Kartzinel reports in his book, *Healing and Preventing Autism* (co-written with celebrity autism treatment advocate Jenny McCarthy), those frequent ear infections are, "the most common marker for immune system dysfunction... in babies and very young children."

A New Approach

A growing number of doctors like Kartzinel and researchers like Adams are subscribing to the protocols set out by Defeat Autism Now! (DAN), a project of the nonprofit Autism Research Institute, which supports a biomedical basis for autism and its treatment. DAN practitioners, according to the group's description, "do not regard psychotropic drugs as the best or only means of treating autistic patients." Instead, they look for triggers that may aggravate a pre-existing genetic condition. These include everything from vac-



cines to environmental toxins, like mercury, in fish, arsenic in drinking water and lead in air pollution; overuse of antibiotics and over-the-counter medicines in early infancy; and a diet heavy in wheat and dairy that contributes to gut inflammation.

This holistic view of autism's causes also extends to the potential range of treatments. These may include chelation therapy (removing heavy metals), gluten- and casein-free diets (removing wheat and dairy), administering supplements with omega-3 fatty acids and/or hyperbaric oxygen therapy (in which oxygen is administered in a pressurized chamber).

"The presumption," advises Richard Lathe, a molecular biologist and author of *Autism, Brain, and Environment*, "is that environmental toxicity has increased enough that, combined with childhood vaccines, [industrial] production and fish consumption, it has led to an increase in total exposure to heavy metals."

Consequently, these concerned researchers are pointing out clear steps that parents can take to minimize their own and their children's toxic exposures, starting by taking precautions during pregnancy, minimizing exposure to mercury by avoiding fish like shark and swordfish and limiting consumption of albacore tuna. Pregnant women, counsels Lathe, should also be sure to take the proper prenatal vitamins, such as calcium, so that the fetus is not drawing minerals from the mother's bones, where heavy metals are stored.

"The body locks heavy metals away in bone and fat," explains Lathe. "During pregnancy, that stuff is recycled [in supplying nourishment] to the child."

It's also important to avoid exposures to toxic chemicals via cleaning products, both during pregnancy and after birth. Homemade substitutes, using ingredients like distilled white vinegar and baking soda, are safe (and cheap) alternatives.

Other chemical culprits? Plastic containers and bath toys can leech chemicals when heated, cleaned or used for teething. Car seats and crib mattresses made with flame retardants, as well as toys with lead paint, carry toxins.

A 2005 study from the nonprofit watchdog Environmental Working Group found an average of 200 industrial chemicals and pollutants in umbilical cord blood samples from 10 babies born in U.S. hospitals around the country. Of these, the report said, "180 cause cancer in humans and animals, 217 are toxic to the brain and nervous system and 208 cause birth defects... in animal tests."

For children who may have an underlying genetic predisposition to autism, the chemical overload starts early. Increasing it through allergy-triggering diets, an overload of antibiotics and/or mercury-containing vaccines could have dangerous, long-lasting consequences. Informed parents know to take precautions early and often.

Resources: Autism Research Institute at DefeatAutismNow.com; Environmental Working Group at ewg.org; Pediatrics published study at <http://pediatrics.aappublications.org/cgi/content/abstract/peds.2009-1522v1>.

Brita Belli is the editor of E – The Environmental Magazine.

DIGITAL PHOTOGRAPHY
LESSONS



Natural
Images by Bourgette

For more information
www.BarbaraBourgette.com
or call
401-374-8424
INDIVIDUALIZED LESSONS FOR INDIVIDUALS!
Barbara Bourgette, photographer

**Gift-giving
greatness.**

Generic gifts got you down? Well, wake up your inner gifting genius! I have gift ideas that are anything but blah. Gifts women adore. Gifts guys gotta have. Any budget. Any occasion. Any time. I'm here to make your life easier! Just ask!

Susan Culbert
Independent Beauty Consultant
www.marykay.com/sculbert
401-578-6595

MARY KAY



REACH A STATE OF *Calm Balance*

**MASSAGE &
Ayurvedic Treatments**

Shirodhara | Abhyanga | Marma
Deep & Relaxation Massage
Hot Stones | Reiki and more

Jan Goldstein NCLMT
9 yrs. Senior MT, Kripalu Yoga Center
Certified in Pancha Karma Body Treatments

NEWPORT, RI **401.847.1371**



**THE GRATEFUL HEART
BOOKSTORE**

Health Related Books
Metaphysical & Spiritual Books
Relaxation Tapes & Video Rentals
Crystals, Jewelry, Candles, Gifts
Kirlian Aura Photos
Aura-Soma Color Bottle Readings

17 W. Main Street ♥ Wickford, RI 02852
Phone: (401)294-3981
<http://www.gratefulheart.com>
Open Sun. & Mon. 12-5 ♥ Tues.-Sat. 10-6

*"An Old House Welcomes
The New Age"*

NATURAL DEFENSE

Top 10 Whole Foods to Counter Aging

by Gary Null

Today's battle against the effects of aging buzzes with hype about acai, goji, noni and mangosteen. But what about the foods most people typically eat?

It turns out that many anti-aging foods can be found in everyday kitchens, and unlike some other solutions, they can keep us looking and feeling younger and improve our all-around health without breaking the budget.

1. Oranges Loaded with antioxidants, oranges are also packed with vitamin C, fiber and folate and significant amounts of vitamins A and B₁, potassium and calcium. According to studies by the Australian research group CSIRO and others, oranges help boost immunity, lower cholesterol and reduce free radical damage and oxidative stress.



2. Blueberries One of the most exciting nutritional properties of blueberries is their abundance of antioxidants called anthocyanins. Studies published in the *Journal of Neuroscience* suggest that these powerful phytonutrients neutralize free radical damage, enhance the health of all body tissues, protect the cardiovascular system, guard the brain against oxidative stress, and improve brain function, including memory.

3. Onions The more pungent the onion, the greater the health benefits. Studies like those from Cornell University have found that high onion consumption lowers blood sugar levels and decreases total cholesterol, while increasing levels of HDL



(good cholesterol). Consequently, onions are beneficial in preventing heart disease and stroke.

4. Garlic Known health benefits of garlic are extensive. *The Journal of Nutritional Biochemistry* reports that garlic inhibits cardiac artery calcification and reduces the amounts of free radicals in the bloodstream, helping to reduce plaque deposits in the arteries. Research by the University of Maryland Medical Center also attests that garlic contains anti-inflammatory compounds that help protect against conditions often associated with aging, like asthma and arthritis.



5. Legumes All types of everyday legumes are an excellent source of cholesterol-lowering fiber and energy-boosting protein and iron. No one bean has an advantage over the others in providing vital nutrients. Lentils are high in fiber and, according to a study published in *Nutrition Reviews*, help to manage blood sugar. Black beans are rich in anthocyanidins. Kidney beans, filled with thiamin, work to improve functioning of neurotransmitters essential for memory, notes the National Institutes on Aging. Green beans are rich in vitamin K, essential to bone support. Garbanzo beans provide high amounts of minerals that aid in metabolizing carbohydrates, fats and proteins and strengthening tooth enamel, as studied by Dr. Lydia Bazzano, a professor at Tulane University School of Public Health and Tropical Medicine. According to research by the National Institutes of Health and others, fiber-rich legumes play an important role in the prevention of gallstones, increased cardiac health, regulation of blood sugar, lowered total cholesterol levels (as well as increasing beneficial HDL cholesterol) and protection from cancers, especially colorectal cancer.



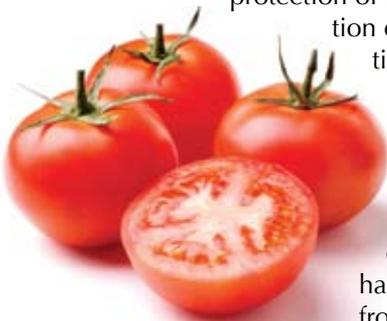
6. Shiitake

Mushrooms These fungi are a good source of iron and lentinan, a polysaccharide that studies at the Iizuka Institute, in Japan, suggest activates our immune system's tumor-fighting T cells.



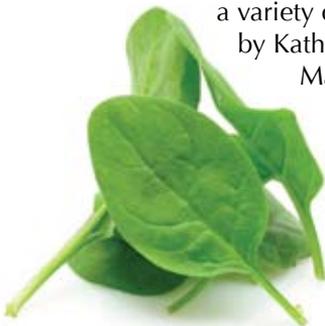
7. Tomatoes

Tomatoes are loaded with healthy vitamins and trace minerals. They are also a good source of lycopene, which studies from the American Association for Cancer Research have linked to the protection of DNA from damage, prevention of heart disease and protection against cancers, including colorectal, breast, endometrial, lung and pancreatic types. Tomatoes are also rich with carotenoids, which research by the Cochrane Hepato-Biliary Group has associated with protection from heart disease and cancer, improved night vision and regulation of blood sugar.



8. Leafy Greens

Calorie-for-calorie, greens are among the most nutrient-packed foods we can eat. Spinach, kale, arugula, Swiss chard, cabbage, collard greens and watercress are all solid sources of powerful nutrients. Eating a variety of leafy greens has been shown by Katherine Tucker, Ph.D., with the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, to help improve bone density (a problem area when aging), increase night vision, lower blood pressure, boost energy, increase circulatory health, protect against macular degeneration, and work to prevent a variety of cancers.



9. Soy

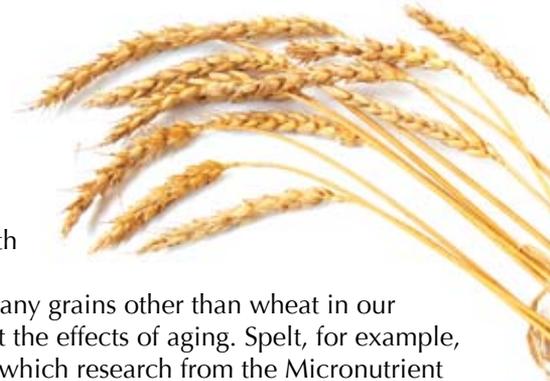
Although soy is a legume, it deserves separate mention, because of its extensive and well-researched health benefits and use in a wide range of



forms. Soy offers a high concentration of molybdenum, a trace mineral that plays a role in three enzyme systems involved in metabolizing carbs, fats and proteins and tryptophan, an amino acid essential for growth and normal metabolism, as well as iron, fiber, phosphorus, omega-3 fatty acids, magnesium, copper, vitamin B₂ and potassium.

10. Whole Grains

While most Americans know that whole-grain breads and pastas are healthier than those made with refined white flour, we might include many grains other than wheat in our diet, in order to fight the effects of aging. Spelt, for example, provides riboflavin, which research from the Micronutrient Information Center with the Linus Pauling Institute shows can promote healthy skin and good vision. Barley can help with sleep regulation. Millet can help reduce the risk of a heart attack and lower blood pressure.



With all these examples of truly good eating right in our own kitchen, there is no reason not to start improving our diet right now to pave the way for a longer, healthier life.

Gary Null has written 70 books, booklets and audio CDs on health and wellness, nutrition and alternative medicine. His syndicated radio talk show, Natural Living with Gary Null, is the longest-running continuously airing health program in America, and now also airs on the Internet. Null owns a dietary supplement company and a health foods store in New York City. For more information visit: GaryNull.com

CLEMENTS' MARKETPLACE

*Natural & Organic
Shopping Inside a
Traditional Supermarket*

2575 East Main Road
Portsmouth, R.I.
401-683-0180

Open Monday - Sunday
7:00 am - 9:00 pm

*Shop with Groceries 2 Go!
Our Home Delivery And
Pick-Up Grocery Service
To Start Shopping Visit
www.clementsmarket.com*



As you begin the New Year and make your usual promise to lose weight and eat healthier, we have all the foods you need to keep that promise!

We offer a great selection of low fat, high in fiber, high in protein and whole grain items in our Natural & Organic department as well as All Natural Beef, Chicken and Pork from our Butcher's Block department and Organic Produce in our Nature's Harvest section.

Make Clements' Marketplace your one-stop-shop on your road to maintaining a healthier lifestyle!

Clip & Save COUPON

**Take \$1.00 OFF
Any Kashi Cereal**

Cashiers Use PLU 730 - Expires 1/31/2010

News and resources to inspire concerned citizens to work together in building a healthier, stronger society that works for all.

Accommodating All

Call to Expand the Meaning of Universal Health Care

Practitioners of alternative therapies intent on influencing the health care reform process continue to petition Congress to think of health care as more than just medical care—and to allow insurance companies to provide coverage for their holistic treatments.

In 2007, a survey of 18 major HMOs and insurance providers revealed signs of progress: 14 of them covered at least 11 of 34 alternative physical therapies, the most common being chiropractic, acupuncture, massage therapy, biofeedback and naturopathy. Coverage varies by state, but experts expect insurance policies will follow demand. Estimates put current annual spending on complementary and alternative therapies at \$33 billion.

President Obama has expressed willingness to at least consider a role for some alternative therapies in universal health care, but has set a tough standard. He told a town meeting in Missouri, “My attitude is that we should do what works... I will let the science guide me.”

Lobby to retain the people’s right to choose their own health care at HealthRevolutionPetition.org. News sources: Time.com; SixWise.com



Bedroom Vroom

New Study Says Dreams Tune Up the Brain

To Freud, dreaming provides a playground for the unconscious mind; to Jung, it is a stage where the psyche’s archetypes act out primal themes. Recent theories hold that dreams help the brain to consolidate emotional memories and to work through current life problems.

Now, in a new paper published in the journal *Natural Reviews Neuroscience*, Dr. J. Allan Hobson, a psychiatrist and longtime sleep researcher at Harvard, argues that the main function of rapid-eye-movement sleep, or REM, when most dreaming occurs, is physiological.

The brain is warming its circuits, anticipating the sights and sounds and emotions of waking, tuning the mind for conscious awareness. “It’s like jogging; the body doesn’t remember every step, but it knows it has exercised. It has been tuned up,” says Hobson. “It’s the same idea here.” The theory might help explain why people forget so many dreams.

Hobson co-authored another paper with Ursula Voss, of J.W. Goethe-University in Frankfurt, in the journal *Sleep*, where scientists found that lucid dreaming, one of many examples of a mixed mental state, has elements of both REM and waking awareness. In a lucid dream, Hobson explains, “You are seeing the split brain in action. This tells me that there are these two systems, and that in fact, they can be running at the same time.”

Professional Assist

Outlook for 2010 Fitness Trends

An American College of Sports Medicine survey published in *ACSM’s Health & Fitness Journal* identifies counseling with an experienced and educated fitness professional as the top fitness trend this year. The

trend’s rise from the third spot, posted in 2007 at the survey’s inception, is likely due to “increased regulation and an influx of specialty certifications and educational programs available” for these professionals.

Strength training surged to second, with programs addressing child obesity in third place. Other 2010 trends include: personal training, core training, fitness programs for older adults, functional fitness, sport-specific training, Pilates and group personal training. The researchers expressed surprise at the move toward group training, suggesting that it may reflect financial considerations for both the trainers and their clients.





Hospital Food
**New Culinary
 Institute Supports
 a Nutrition
 Revolution**

Chef Frank Turner and the first Culinary Institute for Health Care, at Michigan's Henry Ford West Bloomfield Hospital, are proving that hospital food can be healthy, nutritious and tasty. There, they train chefs from around the world

in recipes such as veggie hummus, roasted pears, carrot raisin slaw, maple-glazed spaghetti squash and parsley vinaigrette. Appropriate spices help regulate inflammation and blood sugar. Specialty dishes address dietary needs, from gluten-free and diabetic to cardiovascular issues and food allergies.

Despite three decades of research showing that fresh, well-prepared food is packed with natural disease-fighting nutrients that help speed healing and prevent illness, there's long been a disconnect when it comes to hospital food. A 2003 article in the journal *Nutrition* reported rates of undernourishment in some U.S. hospitals as high as 41 percent, but the tide seems to be turning.

In 2008, Dr. Ronald M. Davis, immediate past president of the American Medical Association, called on hospitals to "buy meat and poultry raised without nontherapeutic antibiotics, use milk produced without recombinant bovine growth hormones and replace unhealthy snacks found in many vending machines with healthy choices." The nonprofit coalition Health Care Without Harm has secured pledges from hospitals in 21 states to serve locally produced organic and chemical-free food. William Notte, past president of the American Society of Healthcare Food Service Administrators, reports that most hospitals now buy fresher and less processed food, because patients are demanding it.

For more information, visit HenryFord.com/foodrevolution.



**We are solely
 supported
 by our
 Advertisers,
 so please
 support them.**



Herbs & Angels
 A New Age Spiritual Experience
 ECLECTIC SPIRITUAL GIFT SHOP

- Practitioner of Reconnective Healing™ & the Reconnection®
- Mediumship and Angel Messages
 - Positive Energy Program
 - Meditation and Seminars
 - New Age Spiritual Gifts

572 Tiogue Avenue (Rt.3) • Coventry, RI 02816 401-828-9959

Green Home Cleaning

- consultations
- assistance
- full service

DEB 401.884.7202

DDemarino1@cox.net




**BULK HERBS, CLASSES, HERBAL PRODUCTS,
 FREE STUDENT CLINIC and more!**

401-270-5223 farmacyherbs.com
 28 Cemetery St, Providence, RI, 02904

Sundays 12am-5pm, Mondays 10am-5pm, Thursdays 10am-5pm, Fridays 10am-5pm

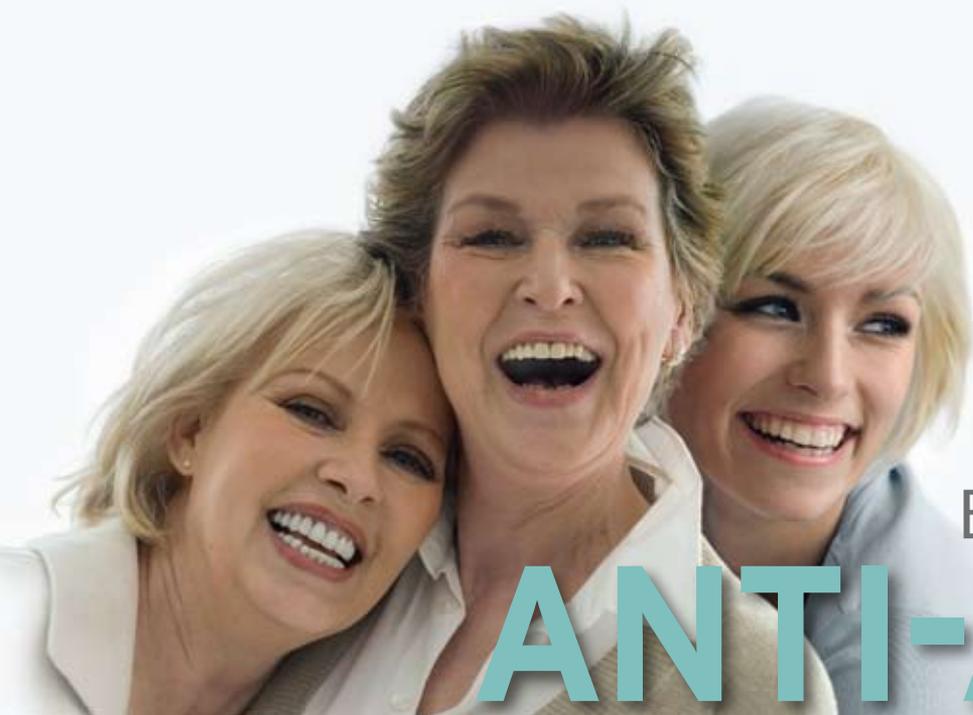
EAT WELL • FEEL GREAT • LIVE IN GOOD HEALTH

Healthy Haven

Gluten Free Food Store
www.healthyhavenRI.com
 80 Main Road, Tiverton, RI 02878

New Arrivals:
 Bob's Red Mill Teff Flour,
 Kinnikinnick Personal Size
 Pizza Crusts,
 Glutino BBQ Chicken Pizza,
 Glutino Chocolate Crème and
 Vanilla Crème Cookies
 and Little Bay Baking
 Hamburg Rolls.

Kathi Thiboutot
401-816-5844



Breakthroughs in ANTI-AGING

Research Helps Us Live Longer and Healthier

by Lisa Marshall

Five hundred years after explorer Ponce de Leon roamed the West Indies and Florida in search of a vigor-restoring “fountain of youth,” we have yet to come up with a way to turn back time. But according to physicians and researchers at the cutting edge of anti-aging research, we’re learning a lot about how to keep the signs of aging at bay.

“We’re seeing a ton of compelling research lately on how to slow down the clock and live better and longer,” says Dr. Andrew Weil, an integrative physician and author of *Healthy Aging: A Lifelong Guide to Your Well-Being*. “Happily, most of us will not have to age the way our parents and grandparents did.”

In the past decade, breakthrough research has radically changed our understanding of why our brain, organs and skin age and what we can do, eat or apply to slow the process. Here’s a look at some of the latest science and the technologies to grow out of it.

“What we have learned in the past few years is that you can literally exercise your brain and add in new circuitry. You can rewire it.”

~ Andrew Carle

ment. One in eight seniors will suffer dementia.

For decades, scientists assumed the brain was “hardwired” by around fifth grade, with a finite number of neural connections that inevitably atrophy over time, stealing our cognitive sharpness. It turns out they were wrong.

“What we have learned in the past few years is that you can literally exercise your brain and add in new circuitry. You can rewire it,” says Professor Andrew Carle, director of the Program in Assisted Living/Senior Housing Administration at George Mason University, in Fairfax, Virginia.

The concept, called neuroplasticity, has spawned a \$265 million brain-game industry, according to consulting firm SharpBrains. More than 700 senior housing facilities now feature computer brain games, and “brain gyms” are popping up in cities nationwide. Such games are typically either downloadable programs for a home computer or a stand-alone game console. They challenge hand-eye coordination, auditory processing, memory and the ability to multitask. Typically, the program adapts as the user plays, throwing in new challenges.

Why not just read a book or do a crossword puzzle? “These are already well-trodden neuronal pathways,” says California neuroscientist Henry Mahncke, Ph.D., vice president of research for brain game pioneer Posit Science. “We know from brain imaging studies that if you have something that you are already good at and you do it, not much new lights up in the brain.”

Workouts for the Aging Brain

Perhaps the greatest fear of an aging Baby Boomer is not flabby abs or wrinkling skin, but rather, the specter of a withering brain. By age 40, reports the Alzheimer’s Association, two-thirds of us experience occasional lapses of memory. By age 65, 20 percent suffer mild cognitive impair-



By contrast, one 2006 study of 2,800 seniors, published in *The Journal of the American Medical Association*, found that those who engaged in a 10-session cognitive training program, with a four-session booster training at 11 and 35 months, had less difficulty with daily living than the control group. More, they still showed heightened cognitive abilities five years later.

A 2009 study, published in the *Journal of the American Geriatrics Society*, showed that 487 seniors who spent an hour a day, for eight weeks, using Posit's brain fitness program performed better on mental acuity tests than the control group.

Just which game is best remains a matter of debate. Current options are on the table at *Dakim.com*, *GamesForTheBrain.com*, *PositScience.com* and *VigorousMind.com*.

"We still haven't had a study comparing this \$500 brain game to this \$100 brain game to having someone who never did crossword puzzles start doing crossword puzzles," relates Carle. His advice: Find a new intellectual challenge that we enjoy enough to do regularly.



"Probably the best single factor in all of this is the extent to which the games get used," he adds.

Anti-aging Supplements

When it comes to the aging of organs, much research in recent years has focused around the free radical theory. In essence, as our body is exposed to

food, air and sun, it throws off toxic byproducts, called free radicals, that eat away at cell walls, causing disease. In our youth, we have a built-in system of antioxidants that mop up free radicals.

In other words, "Like a new car, we have this remarkable array of catalytic converters to clean up the byproducts of burning fuel," explains Joe McCord, Ph.D., a pioneer in antioxidant research from the University of Colorado-Denver. "But as we age, our catalytic converters wear out."

Initially, test tube studies showed that simple, nutritional antioxidants like vitamins C and E could neutralize free radicals. This led to a 21st century boom in single-antioxidant supplements. But it turns out that their effect is minimal, "like a firefighter with one bucket, trying to put out a house fire," McCord says.

Instead, he and others contend, we need to prompt the body to produce more of its own antioxidants. Several nutrients, including sulforaphane from broccoli, curcumin from turmeric, anthocyanins from berries, licorice and shallots, and the herbs milk thistle and ashwaghandha, have been shown to do that. Now, supplement companies are rolling out an array of new products, including Protandim by Life Vantage, a product that came out of McCord's work, and GliSodin, by Isocell, aimed at boosting internal antioxidant production.

One 2006 trial conducted at the University of Colorado showed that when 29 people took Protandim, biochemical markers of oxidative stress declined by 40 percent after one month. Another study, published in the *Proceedings of the*

National Academy of Science in 2007, found that a combination of sulforaphane and curcumin reduced skin cancer in mice.

Meanwhile, researchers are exploring another compound, resveretrol, contained in the skins of red grapes, berries and dark beans, for its ability to slow aging by activating genes called sirtuins.

One 2008 study by the National Institute on Aging found that mice fed resveretrol had better balance and motor coordination, plus bone, heart and eye health. Human trials have been scarce, but several are ongoing. In the meantime, hundreds of resveratrol supplements have hit the market, and some doctors say they are confident in its safety and already taking it themselves.

"Based on the science, I don't think there is a down side," says Pittsburgh neuroscientist and physician Joseph Maroon, author of *The Longevity Factor*, published this year.



Healthy Skin

Dr. Valorie Treloar, a Massachusetts dermatologist, says the antioxidant theory has spurred a host of new topical products, made with everything from marine pine bark and green tea to acai or gogi berry, all potent antioxidants. "One of the advantages to using it topically is that you can get a higher quantity of the active molecule in the skin, assuming it is in a form that penetrates through the epidermis," she explains.

Also, keep an eye out for new topical omega-3 fatty acid and topical probiotics aimed at maintaining a proper microbial balance on the skin.

One of the most radical topical skin care breakthroughs, from NuSkin, is a line of AgeLoc products that not only triple collagen production while dramatically decreasing an age-causing enzyme, but now also act on targeted groups of genes that regulate how we age. In effect, it resets the genes to youthful activity.

Numerous companies are also exploring the "beauty from the inside-out" concept, crafting everything from antioxidant-rich skin health shakes to candy chews made with cocoa antioxidants. One recent study in the *Journal of European Nutrition* found that when women ingested 329 milligrams of cocoa daily, the flow of blood and oxygen to the skin nearly doubled.

"In the past few years, we have seen some really good, well-designed trials showing that internal nutrients can make a difference, too," remarks Alan Logan, a doctor of naturopathy and author of *Your Skin, Younger*.

Weil says he sees the wealth of new anti-aging innovations as intriguing, but notes that one other critical factor for healthy aging often eludes people: To accept growing older and all the wisdom and experience it brings, with optimism, rather than dread.

"The denial of aging is counterproductive," he says. "To age gracefully means to let nature take its course while doing everything in our power to delay and prevent disease."

"To age gracefully means to let nature take its course while doing everything in our power to delay and prevent disease."

~ Dr. Andrew Weil

Coming in February

LAUGH MORE

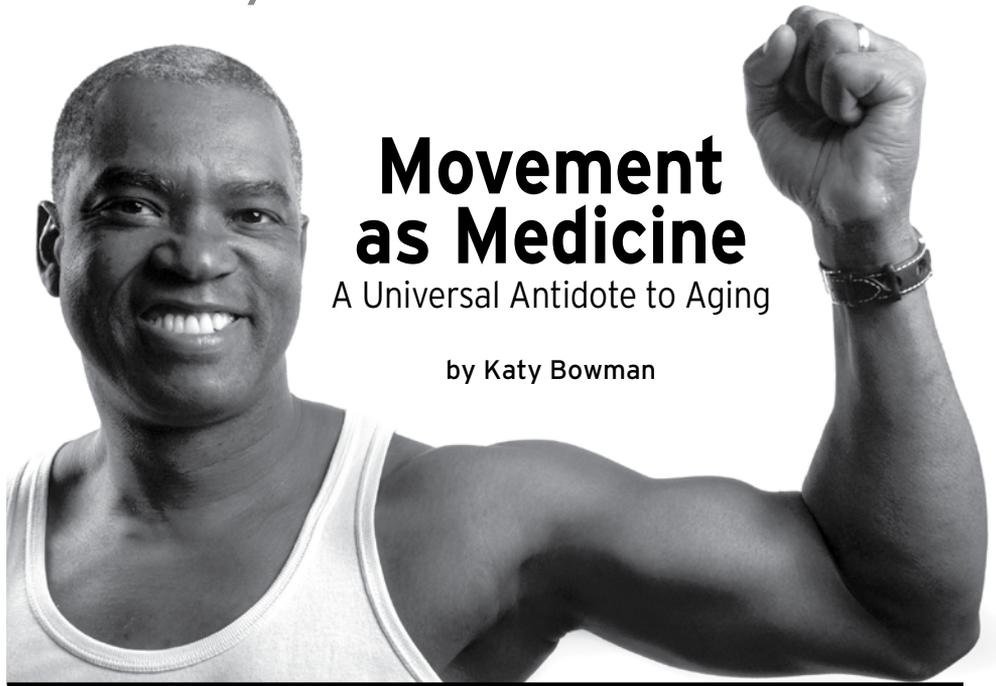


The February issue of *Natural Awakenings* will have everyone smiling and singing, laughing and loving.

Look for our most light-hearted issue ever.

For more information about advertising and how you can participate, call **401-709-2473**

fitbody



Movement as Medicine

A Universal Antidote to Aging

by Katy Bowman

Have you ever compared the benefits of a walk around the park with taking an anti-inflammatory medication? How about correlating a game of hopscotch with high bone density? Many of us are very compliant when following a drug, herbal or vitamin prescription, but when our health care practitioner recommends exercise as a treatment, we too often accept that information with a shrug. It just doesn't seem as critical. Yet, just as chemicals may affect specific body tissues, so do different machines, movements and modes of exercise.

A healthy body is a fine-tuned mechanism, circulating essential blood, lymph and electrical impulses efficiently. While we may accept the belief that our circulation invariably degrades as we get older, it is really that we move less and allow our muscles to tighten. Muscles are the main force generators in the body, supporting the circulation of fluids and affecting the number of calories burned; constriction of muscles contributes to a decrease in both.

Anyone, at any age, can turn to exercise for movement's natural, rich supply of anti-aging properties, but be aware that not all exercise is equal. It is vital that we select the best program for us, one that gives us what we need to

maintain a healthy, youthful body without causing problems like a stressed immune system and degenerating joints.

Anti-aging Prescription

■ **Save your joints and stretch.** Human muscle tissue doesn't change much over a lifetime; an anatomical science journal, *Muscle & Nerve*, reports that under a microscope, scientists can't tell if they are looking at 18- or 80-year-old muscle. What they can see are the effects of inflexibility and tension around the joints that causes them to wear down and age us. The solution is to find a yoga or stretching class or home video and attend to it at least a few minutes every day.

■ **Take a daily walk.** Get those arms swinging and keep your legs extended, in order to stretch behind the knees while walking. Although one long walk is great for endurance, research from the American College of Nutrition shows that two or more shorter walks taken throughout the day may be even better for weight loss, cardiovascular health and overall metabolism.

■ **Use it or lose it.** Preventing the loss of your ability to get down to the floor and then stand back up again. This is a

tough, whole-body, strength generating workout. Repeat it 10 times to feel an instant, healthful increase in body heat and breathing rate.

■ **Choose a lighter activity.** Multiple studies from Medicine and Science in Sports and Exercise show that the many benefits of lighter activity include an improved immune system. According to the American College of Sports Medicine, a correlation exists between heavy exercise and upper respiratory tract infection. Walking is one example of a lighter exercise that meets your whole-body movement needs without compromising health.

■ **Find a good exercise teacher.** A 2009 study published in *Clinical Rehabilitation* that compared the effectiveness of unsupervised versus supervised exercise programs, found more desirable improvements in balance, functional mobility, flexibility and strength in the group that met regularly in a private session or group class format.

■ **Pay attention to alignment.** Just as you wouldn't continue to drive your car around with poor wheel alignment and expect optimum performance, so proper alignment of your skeleton can have an instant impact on the health of all tissues. Find an alignment specialist who can point out a few of your postural anomalies, and work together to improve them.

■ **Minimize exercises that can wear down joints.** Artificial walking patterns caused by treadmills and other cardio machines significantly increase the tension in the joints of the hips and knees. Rather, choose an aesthetically pleasing walking path around the neighborhood or opt for an indoor track or, in inclement weather, the local mall.

■ **Mens sana in corpore sano.** A healthy mind in a healthy body is the goal. According to the Gerontological Society of America, consistent exercise at midlife may reduce the odds of dementia in older adulthood. Make exercise time a daily habit in your own and your family's schedule.

Movement isn't a luxury. The human body requires daily, hourly movement to optimize longevity, as well as youthful strength and flexibility. It doesn't cost much to take a walk or to stretch your arms, legs and spine throughout the day, and the dividends are magnificent. Start by incorporating one "prescribed" anti-aging activity at a time, until you have a rich and well developed habit of taking your "movement vitamins." It is absolutely possible to feel more energetic and vital now than you did 10 years ago, if you choose well.

Katy Bowman, a biomechanics scientist, has a master's degree in kinesiology and is director of the Restorative Exercise Institute in Ventura, CA. She has created the Aligned and Well™ DVD series to educate people about how their bodies work, so they can make informed decisions. Learn more at KatySays.com and RestorativeExercise.com.



Wellcare Collaborative
We Carry AcaiBerri

MAKE A HEALTHY CHOICE

- Affordable High Quality Products
- Monthly Specials
- New Massage/Reflex Clients B2G1F!
(buy 2, get 1 free)

Massage Therapy • Reflexology • Ear Coning
Iris Analysis • Health Consultations

2374 Mendon Rd. (Mendon Plaza), Cumberland RI • 401-405-0819
www.its-my-health.com

POSITIVE NEW

Beginnings



Your Holistic Center
for the Mind, Body
and Spirit

REIKI TREATMENTS
SPIRITUAL COUNSELING
GIFTS & METAPHYSICAL
ITEMS

873 Waterman Ave
East Providence, RI

401.432.7195

www.positivenewbeginnings.com

Organic Skincare, Powered by Nature



Be the first to try award winning Organic skincare products. With 28 years of success in the UK, Neal's Yard Remedies are now in the US.

Call for more info:

Free facials | Earn free product | Ground floor business opportunity

Kerri Bratcher
401-699-9900
kerri31@cox.net

Jen Dowd
401-230-8680
jendowd@cox.net



www.spapartieswithkerri.com



NEW! Cardio Kickboxing Program

For "Curvy" People Low Impact is easier on the joints & knees!
Tuesday & Thursday 6:30-7:30pm
Beginners welcome!

The Martial Arts Complex

118 Littlefield Street, Pawtucket, RI 02861

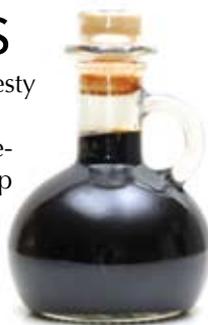
www.martialartscomplex.com 724-2250



Vinegar Slims and Trims

Good old-fashioned vinegar, an indispensable ingredient in zesty salad dressings and tangy pickles, is living up to its age-old reputation in folk medicine as a health promoter. According to researchers with the Central Research Institute of the Mizkan Group Corporation, in Japan, this kitchen staple is a natural fat fighter that might help us control our weight.

The researchers showed that mice fed a high-fat diet and given acetic acid developed up to 10 percent less body fat than the control group; acetic acid is the main component found in all vinegars. The study results also suggested that vinegar slenderizes by turning on genes which produce specific proteins that break down fatty acids in the body, thereby preventing fat accumulation and weight gain.



Source: *Journal of Agricultural and Food Chemistry*, 2009

Natural Pressure Relief



Glutamic acid, the most common amino acid in vegetables, and which accounts for almost a quarter of the protein in vegetables, also helps reduce blood pressure. Eating a vegetable-based diet, suggests a new study published in the *Journal of the American Heart Association*, could help counter the current massive public health problem of high blood pressure, for which diagnosis and drug treatment is often inadequate.

Folic Acid Update

Folic acid, or folate, a B vitamin found in many vegetables and whole grains, is known to reduce neural tube defects in infants when taken during pregnancy. But now, a study at the University of Southern California has discovered that men taking a daily folic acid supplement of 1 milligram ran twice the risk of prostate cancer than those who took a placebo. Many foods are already fortified with folic acid, say experts in a *BMC Public Health* article, and taking the vitamin in supplements may result in “overdosing.”

Source: *BioMed Central*, 2009



Keeping Our Thyroid Healthy

The thyroid, one of the most important glands, influences many body functions, including maintaining energy levels, sleep and metabolism. To function properly, it needs the right nutrients, foremost among which is iodine, a basic building block of thyroid hormones.

According to the Centers for Disease Control and Prevention, iodine deficiency is on the rise in the United States, and choosing foods wisely is crucial. Sea vegetables, such as kelp, wakame and nori, the seaweed used for making sushi, are good sources of iodine and many other key minerals that support thyroid health.

Zinc, iron and copper are essential to producing thyroid hormones, and antioxidants like vitamins A, C and E are necessary for neutralizing physical oxidative stress, a condition that often occurs along with poor thyroid function. Selenium, a trace mineral needed only in tiny amounts, is readily supplied in foods like Brazil nuts, peanuts, fish, eggs, parsley, oats and mushrooms, as well as the noted sea vegetables.

Source: Adapted from *Womento-Women.com*.

WWW.WELLNESS-HERBALS.COM



We offer natural supplements made only from the finest pharmaceutical grade ingredients available.

HERBS & VITAMINS!

FOR WELLNESS!

www.wellness-herbals.com

Weight loss, pain relief, cholesterol, blood pressure, acne, nicotine cravings, general health & more.

WWW.WELLNESS-HERBALS.COM



The Truth is...H1N1 is Here!



Those most at risk, children, elderly and people with compromised immune systems need to be exceptionally careful. The rest of us need to insure our health is optimal. This is where **Shaklee** can make a world of difference. **Shaklee**, the leader in Natural Nutrition for over 50 years, offers patented, proven ways to strengthen your body and especially your immune system.

Please give us a call for a free consultation!

Jeff & Matt St.Germain-Donnelly

Independent Shaklee Consultants

Serving New England since 2005

1-800-554-0031

www.live-life-now.com



ABSOLUTE
FITNESS

After you've tried the rest...join us to be your **ABSOLUTE BEST**

NEW 8 week Personal Challenge

8 one hour small group personal training sessions, with nutritional counseling

Try Kettlebell Class

certified kettlebell personal trainer

Zumba is here!

Hours: Mon-Thurs 5am-9:30pm Fri 5am-8pm
Fall & Winter Hours: Sat 8am-5pm Sun 8am-4pm

- Certified Personal Training Available
 - Heated 60x24 Pool & Spa
 - Free Motion
 - a 45 minute total body workout - we call it **ABSOLUTE BLAST**
 - Steam Rooms for Men & Women
- Come take a tour!**

All New Aerobic Schedule
check it out at absolutefit.com

2727 South County Trail • East Greenwich • 884-0330 Southern RI's Best Full Service Health Club • www.absolutefit.com



How old would you be if you didn't know how old you were?

-Satchel Paige



Let Freedom Clean...
We Clean Green!

EXPERT Area Rug CLEANING

- Free Pick Up • Free Delivery • Free Fringe Clean • Free Sanitizer



Randy Santerre

Get 1 area rug cleaned for FREE

(up to 8x10)

No purchase needed Free pick-up

Urine odor rugs not eligible

401-846-4319

800-369-1006

Check out

NewportFreedom.com

for more offers and information

Wellness Within Counseling Center

Outpatient Therapy with a focus on:

- Depression
- Anxiety/Panic Disorders
- Mood Disorders
- Trauma/PTSD
- Co-Occuring Disorders
- Chemical Dependency/Addictions
- Court Ordered/DWI/DUI
- Toxicology Screens on site
- Phase of Life Problems
- Vocational Counseling

Elisa Robley MA, CAGS, LMHC, LCDP, CCDP-D

Marie Capobianco MA, CAGS, LMHC, LCDP, CCJP, CCDP-D

ADULTS, ADOLESCENTS, INDIVIDUALS & COUPLES

Long & Short Term Therapy

HOURS

M - Th	8 am - 8 pm
Friday	8 am - 5 pm
Saturday	8 am - 5 pm

WE ACCEPT

Most Insurances
Self Pay

900 Reservoir Avenue Cranston, RI • Phone: 401-632-4114 Fax: 401-632-4880



How to Keep a Dog Forever Young

by Debra A. Primovic

To pet lovers, the disparity between human and canine life spans seems unfair. Efforts to help dogs stay healthy not only keeps them around longer, but pays dividends in also keeping them in as youthful shape as possible.

Know When Your Pet is “Old”

According to Dr. Johnny Hoskins, in *Geriatrics and Gerontology of the Dog and Cat*, the canine age that qualifies as senior depends largely on the breed and size. This veterinarian notes that dogs weighing less than 20 pounds are seniors at nine to 13 years, while giant dogs of 90 pounds or more are oldsters between six and nine years. Smaller breeds usually live longer.

Schedule Regular Wellness Exams

Comprehensive geriatric exams help identify early diseases or other problems. Include an evaluation of



the teeth, heart and lungs, abdominal palpation and inspection of the ears and eyes. Monitoring weight, checking for parasites, blood work and urine tests are often recommended. Any symptoms of concern may require additional tests.

Watch for Illness

Because dogs are good at hiding illness until it is too late, regular home exams are vital. Be alert to such things as changes in water consumption, urination patterns and activity levels; poor appetite; weight gain or loss; coughing or difficulty breathing; vomiting or diarrhea; and skin lumps or masses. If you suspect a problem, don't delay—get your vet's evaluation.

Control Your Dog's Weight

Obesity stresses the heart, which can lead to problems in the brain, lungs, liver and kidneys. Over time, life-threatening conditions can develop.

Keep Close Tabs

Outdoor, free-roaming pets generally have shorter lives than indoor animals. Keep dogs on leashes or in fenced yards.

Monitor the Environment

Keep trash and poisons out of a pet's reach. Ingesting even a small amount of toxic substances, such as antifreeze, rat poison or slug bait, can cause serious illness or death.

Provide Good Nutrition

Feed your dog a high-quality, low-fat, high-fiber diet and minimize treats. Discuss the merits of senior-formula food with your vet.

Encourage Daily Exercise

Exercise strengthens joints and muscles, provides mental stimulation and helps maintain a healthy body weight.

Spay or Neuter Your Dog

Spaying and neutering reduce the risk of potential health problems related to the reproductive organs and diminish the desire to wander, which lessens the chance of being hit by cars.



Offer Mental Stimulation

Provide your dog with toys, games and quality time. Most pets are never too old to play, and it's never too late to teach old dogs new tricks.

Following these 10 tips will go far in keeping a well-favored canine companion forever young.

Debra A. Primovic, a doctor of veterinary medicine, also holds a bachelor's of science degree in nursing. She works as a staff veterinarian at the St. Louis Animal Emergency Clinic, in Missouri, and serves as managing editor of PetPlace.com, an online resource for pet health and wellness.

Vel-Pet

Maintain Your
Pets' Well Being—
Naturally!

with Deer Antler Velvet, a powerful, traditional Chinese medicinal tonic, over 2000 years in use

- Safe, natural supplement for animals
- Anti-Inflammatory and Arthritic Joint Support
- Strengthens Bones
- Helps heal hip dysplasia
- Increase energy levels

Call Henry today!

401-738-6084

401-556-2262

Email: GraniteAcres@Verizon.net

Buying Vel-Pet supports a locally sourced and produced product



Make the Connection

Join the online *Natural Awakenings* national directory, filled with natural living business listings from around the country.

REGISTER for your **FREE** business listing. It's easy.

SEARCH for hundreds of green and healthy living companies with products and services good for people and the planet.

FIND local *Natural Awakenings* magazines publishing in communities across America.

Follow your path to well-being... Visit NaturalAwakenings-Mag.com/directory to sign up for your **FREE** listing and to find the resources you need for a truly good life.

natural
awakenings

Sara Ryan, D. Ac.
Doctor of Acupuncture



Acupuncture
& Oriental Medicine

130 Gano Street · Providence, Rhode Island | By appointment only.

Call today (401) 261-6247 or visit www.acupunctureri.com

Acupuncture has been effectively used to increase fertility and for the treatment of back pain, headache, migraine, and sports injuries. Acupuncture provides more than pain relief. It is helpful in treating anxiety, insomnia, digestive problems, abdominal, menstrual cramps, weight control, and much more.

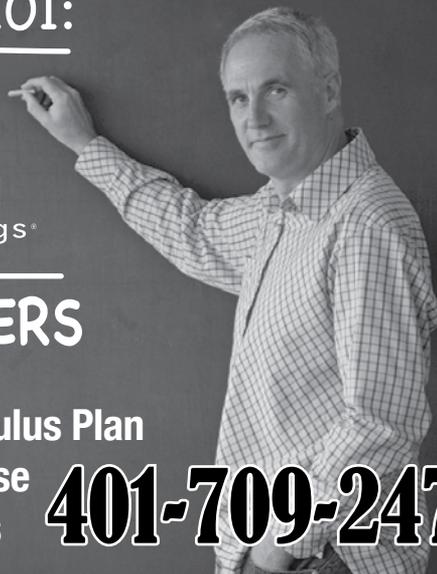
ECONOMICS 101:

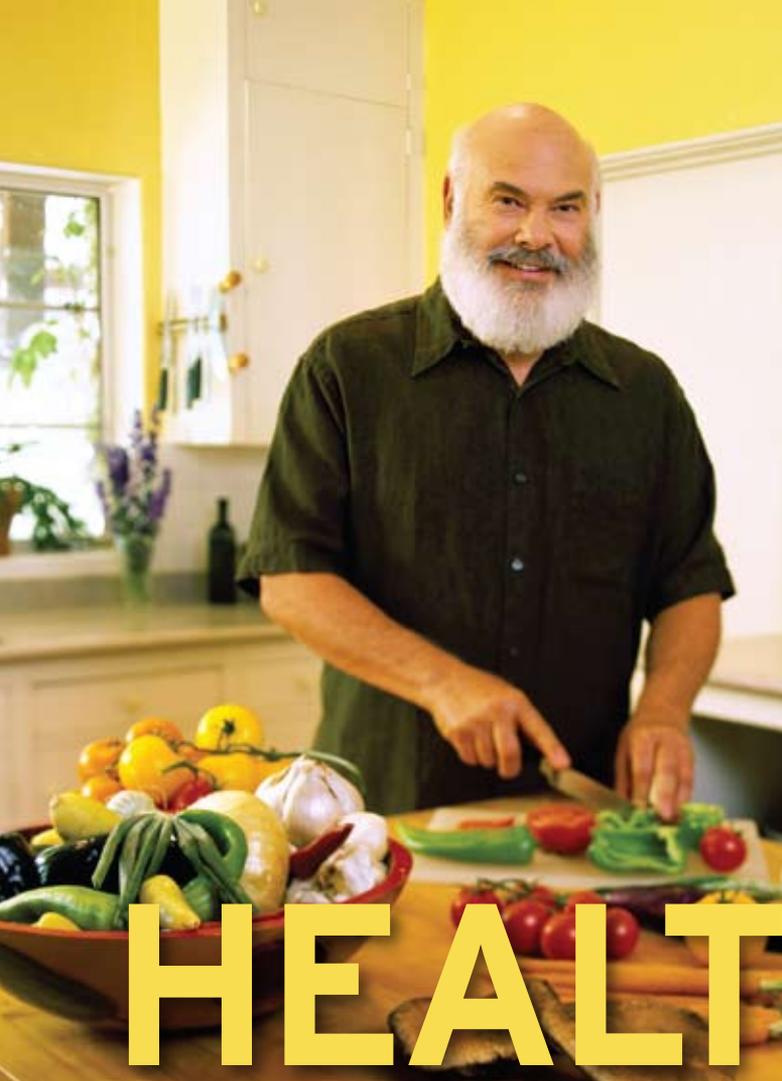
NEW YEAR
+ natural
awakenings®

NEW CUSTOMERS

Create Your OWN Stimulus Plan
With Our Help! Advertise
in Natural Awakenings

401-709-2473





envisioning the future of **HEALTHCARE**

As a tie-dye-clad, free-spirited medical student of the '60s with a fascination for botanical remedies, Chinese medicine and mind-body healing, young Andrew Weil soon became disheartened by the conventional approach to medicine as practiced in the West. "I was dismayed at the lack of connection with the natural world, the complete ignorance about botanicals and the utter absence of interest in any mind-body connection," recalls Dr. Weil, who graduated from Harvard Medical School in 1968 as a medical doctor, with no intention to ever practice medicine. "I left there completely unprepared to help people stay well. I got very discouraged."

Now, 40 years later, this bestselling author, internationally renowned physician and founder of the Arizona Center for Integrative Medicine has channeled his discontent into action. Weil is among those pioneering a burgeoning new kind of medicine that many insist holds the answer to our nation's healthcare woes.

Integrative medicine, a thoughtful blend of conventional medicine, common sense prevention and modalities once dubbed alternative, such as acupuncture, meditation, breath work and dietary supplements, has caught on widely from coast to coast in the past decade, both among consumers and once-skeptical healthcare practitioners. The Association of American Medical Colleges reports that 113 of the nation's 126 medical schools now include discussion of complementary and alternative therapies in conventional

medical courses. Seventy-seven offer standalone electives in such approaches as traditional Chinese medicine and mindfulness-based stress reduction. As of this year, eight major medical schools require that students take part in a 250-hour integrative medicine curriculum as part of their residency. According to the American Hospital Association, 16 percent of hospitals, including medical facilities at Harvard and Duke universities, now feature integrative medicine centers. Of those that don't, 24 percent plan to offer them in the future.

In February 2009, the Institute of Medicine, once leery of all things alternative, held a momentous two-day summit, Integrative Medicine and the Health of the Public, inviting 600 policymakers and practitioners to explore where this new form of medicine is taking us. Days later, a congressional health committee was calling on Weil—once a dark horse among his medical colleagues—for testimony about how to fix the nation's crumbling healthcare system.

His answer: Stop focusing so much on making our current system more accessible via insurance reform, and instead, create a new system.

"What we have is not a healthcare system at all; it is a disease management system," advises Weil. "Making the current system cheaper and more accessible will just spread the dysfunction more widely. What we need is a new kind of medicine."

Integrative, Not Alternative

Mary Guerrero, a medical doctor and director of integrative medicine at the University of Connecticut School of Medicine, stresses that integrative is not just another word for alternative.

"Alternative medicine indicates something to be used in place of.

Integrative is a term that has emerged in the past decade to reflect a bringing together of the best that conventional and alternative medicine have to offer," says Guerrero, who went on to study acupuncture and holistic medicine after completing her conventional medical training in the '80s.

She explains that because one person can't be an expert in everything, integrative medicine hinges on the idea of team care. For instance, a cancer patient might see her specialists for chemotherapy and surgery, and then be referred to an acupuncturist for treatments to help with nausea or pain management, as well as a nutritionist to help her restore lost weight. A patient going into surgery might practice mindfulness-based meditation beforehand, which has been shown to hasten healing times, decrease hospital stays and thus, save money.

"Integrative medicine is team-based, collaborative care," Guerrero explains.

Cardiologist Mimi Guarneri is medical director and founder of the Scripps Center for Integrative Medicine, a multi-disciplinary center that offers care for people with heart disease, pain, weight management needs, cancer, diabetes, stress and women's health issues. She notes that the center receives 3,500 patients a month, many of whom arrive seeking relief from costly drugs or surgeries.

"One patient came to me who had just had a bypass. He was 330 pounds, suffered from sleep apnea and was

diabetic. He had all the risk factors for heart disease," says Guarneri. She enrolled him in a \$2,800, three-month weight loss and exercise program (covered only in part by insurance). "He lost 168 pounds and he went from taking 16 drugs to three. Just with that single individual, the system saved enormous amounts of money."

"No amount of ideological argument ever changed anything. It was when pocketbooks started getting squeezed that people started paying attention. Things are going to get a lot worse, and when they do, the wisdom of what we are doing will become even more apparent."

~ Dr. Andrew Weil

Money Talks

In 1997, after years of quietly teaching and practicing integrative medicine in Arizona, Weil was propelled from relative obscurity to the cover of *Time* magazine. He has since become a go-to resource for both lawmakers and other doctors seeking healthcare advice.

Weil believes that money, or lack thereof, made it happen.

"No amount of ideological argument ever changed anything," he reflects. In this case, "It was when pocketbooks started getting squeezed that people started paying attention. Things are going to get a lot worse, and when they do, the wisdom of what we are doing will become even more apparent."

During congressional testimony before the Senate committee on health, education, labor and pensions last February, Weil joined heart physician and health guru Dr. Dean Ornish and others in rattling off a stunning list of statistics:

The United States currently spends 16 percent of its gross domestic product on health care, more than any other country in the world, yet its health outcomes are ranked 37th in the world by the World Health Organization. In 2006, insurance companies covered 1.3 million coronary angioplasty procedures, at roughly \$48,000 each, and 448,000 coronary bypass operations at a cost of \$99,000. Yet, things like nutrition counseling, exercise programs and stress-reduction classes, which studies show could prevent as much as 90 percent of all heart disease, are typically not covered by insurance.

That, remarks Weil, needs to change, and he's optimistic that it will.

"We need to transform medicine so we are not so dependent on these high-tech expensive solutions for everything," concludes Weil, who outlines his plan in his new book, *Why our Health Matters: A Vision of Medicine That Can Transform the Future*. "We need doctors who know when and when not to use them and who are trained to use other kinds of interventions. That's the great promise of integrative medicine: It can bring effective, lower-cost treatments into the mainstream."

Lisa Marshall is a freelance writer in Colorado; connect at LisaAnnMarshall.com.

Everywhere we turn we hear or read about Bio-identical Hormone Replacement Therapy. BHRT has been readily embraced by women seeking an answer to menopausal symptoms, aging, fatigue, sex drive, memory and mood, and a host of other conditions. While most of us have heard of this practice, very few can define bio-identical hormones.

Bio-identical Hormones

By Dr. Carl Ferreira

Bio-identical hormones are extracted from soy beans or wild Mexican yam. They are then converted in a laboratory to the same chemical structure as human hormones. Therefore, they are not human hormones but powerful chemicals. The dosage, route of administration (oral, sub-lingual, creme) and hormone levels must be monitored closely and regularly to avoid the combination of overdose and progressive deficiency symptoms.

Many holistic practitioners believe in addressing underlying causes, and consider BHRT a fairly crude attempt to offset the decrease in natural hormone levels and/or hormone imbalances. Instead of relying on synthetic compounds with dosages largely adjusted

by trial and error, a more prudent approach is to consider BHRT only after non-hormonal therapies have been shown to be inadequate to address quality of life issues. Whenever possible the best long term, low risk outcome will be accomplished by strengthening and bringing the body's own endocrine glands and feedback mechanisms into equilibrium to optimize hormone output rather than use BHRT.

Bio-identical or otherwise, when hormones are used for treatment they should be in the amounts the body would naturally produce, in the same pattern and time frame it naturally follows,

and administered according to each woman's unique biochemistry. There are several common sense guidelines that should be followed with BHRT.

When using hormones it is vital that the levels stay within the physiological reference ranges. Synthetic hormones are not supplements but chemicals with powerful effects. Too much will cause as many (if not more) problems over time as deficiency of a hormone. While many women can initially feel improvement on BHRT, unless this is carefully monitored and adjusted, this feeling of improvement often doesn't last if the physiologic limits are exceeded.

Therefore even small doses given to a woman who doesn't require it is an overdose. It is always best to use the smallest possible effective dose for the shortest time needed along with natural glandular support to achieve the best long term results. Using hormones can be like using a crutch. Whenever possible the goal should be to assist the healing process, restore optimal function and re-balance the endocrine system.

One can easily see that BHRT is not an avenue that should be taken lightly. It is prudent that anyone who is considering taking BHRT be monitored by a trained practitioner well-versed in functional endocrinology and accurate hormonal testing protocols.

Carl Ferreira, ND maintains a naturopathic and alternative health practice at 1190 Stafford Road, in Fall River, MA (Health-Naturally.info). He is board certified by the American Alternative Medical Association.



Dueling New Year's Lists

by Scott Blum

I was fortunate to spend time with an enigmatic man named Robert during a very special period of my life. Robert taught me many things during our days together, and this time of year reminds me of one particular interaction we had.

"Now that you are becoming more aware," Robert said, "you need to begin to set goals for yourself, so you don't lose the momentum you have built."

"Like New Year's resolutions?" I asked.

"That's an interesting idea," he smirked. "Let's do that."

By then, I was used to his cryptic responses, so I knew something was up because of the way his eyes sparkled as he let out an impish laugh.

"Tonight's assignment is to make two lists," Robert continued. "The first is a list of all the New Year's resolutions you *want* to keep, and the second is a list of all the New Year's resolutions you *will* keep. Write the want list first, and when you have exhausted all of your ideas, then write the second list on another sheet of paper."

That night I went home and spent some time working on the two lists. The want list felt overwhelming at first, but after a while I got into writing all the things I had always wanted to do if the burdens of life hadn't gotten in the way. After nearly an hour, the list swelled to fill the entire page and contained nearly all of my ideas of an ideal life.

The second list was much easier. I was able to quickly commit 10 practical resolutions to paper that I felt would be both realistic and helpful.

The next day, I met Robert in front of the local food co-op, where we seemed to have most of our enlightening conversations. "Tell me about your two lists," Robert said, as the familiar smirk crept onto his face.

"The first list contains all the things I *should* do if I



"What you should or could do with your life no longer matters. The only thing that matters, from this day forward, is what you *must* do."

completely changed my life to be the person I always wanted to be. The second list contains all the things I *could* do, by accepting my current life and taking realistic steps towards the life I want to lead."

"Let me see the second list," he said.

I handed him the second list, and without even looking at it, he ripped the paper into tiny pieces and threw it in the nearby garbage can. His disregard for the effort I had put into the list annoyed me at first, but after I calmed down, I began to think about the first list in a different light. In my heart, I knew the second list was a cop out, and the first list was the only one that really mattered.

"Now, the first list," Robert said, bowing his head and holding out both of his hands.

I purposefully handed him the first list and held his gaze for several seconds, waiting for him to begin reading the page. After an unusually long silence, he began to crumple the paper into a ball and once again tossed it into the can without looking at it.

"What did you do that for?!" I couldn't hide my anger any longer.

Robert began to speak in a quiet and assured voice. "What you should or could do with your life no longer matters. The only thing that matters, from this day forward, is what you *must* do."

He then drew a folded piece of paper from his back pocket and handed it to me. I opened it carefully, and found a single word floating in the middle of the white page: "Love."

Scott Blum is an author and co-founder of DailyOM.com, a source of nondenominational inspirational content and courses by luminaries in their fields. For more information, also visit ScottBlum.net.

Fabulous Fireplace

Keep Heating Dollars from Going Up in Smoke

A crackling fire in the fireplace feels warm and cozy, but traditional wood-burning is a major energy waste. According to the U.S. Department of Energy, a blazing hearth sends as much as 24,000 cubic feet of air per hour up the chimney, along with about 90 percent of the heat produced by the fire and some of the heat produced by the home's furnace.

Fireplaces also generate a lot of air pollution. Wood smoke contains carbon monoxide, nitrogen oxides and fine particulates that can aggravate asthma, allergies and other health conditions.

Several options are available for upgrading the family fireplace, both energy- and pollution-wise, without sacrificing coziness:

■ **Wood stoves.** Units certified by the U.S. Environmental Protection Agency (EPA) generate only two to five grams of particulate matter per hour of operation, compared with 40 to 60 grams

per hour from a conventional fireplace. Current units operate at 80 percent efficiency—similar to other home heating sources. They come as either a freestanding model or a unit that inserts into an existing fireplace; many come with blowers to direct heated air into the living space.

■ **Pellet stoves.** Instead of wood logs, these stoves burn small pellets made from compressed wood and other plant waste, and produce so little pollution that they do not require EPA certification. Pellet stoves do require electricity to feed pellets into the combustion chamber (about 100 kilowatt-hours per month under normal usage), so they will not work during a power outage, unless powered by a separate generator. Like wood stoves, pellet stoves are available as freestanding units or fireplace inserts.

■ **Gas fireplace inserts.** Natural gas or propane-fueled inserts offer the

warmth and ambiance of a fire without the need to load wood or pellets or dispose of ash. Gas inserts are up to 80 percent efficient and generate low levels of pollution.

Other options also exist for enhancing the operation of an existing fireplace and preventing excessive heat loss:

■ **Tempered glass doors.** Installation of airtight hearth doors enables the family to keep both the doors and flue shut when the fireplace is not in use.

■ **Heat-air exchange system.** This improvement blows warm air back into the room, minus the smoke.

■ **Caulking air leaks.** Provides a low-cost barrier to keep air from escaping from around the fireplace doors, flue and chimney.

■ **Lowering the thermostat.** A good rule of thumb is to keep the house between 50 and 55 degrees when the fireplace is in use, and shut doors leading into the room.

■ **Cracking open a window near the fireplace.** Creates a healthier experience by increasing fresh air flow and minimizing smoke inhalation.

Source: Adapted from Union of Concerned Scientists (ucsusa.org).



calendar of events



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

FRIDAY, JANUARY 1

New Year's Day Yoga: ReNew YOU! – 11am-1pm. Come experience the joy of new beginnings as we celebrate the New Year with a special all levels practice. Energizing yoga/meditation class focused on connecting the body and breath and setting intentions for the New Year. \$25. Studio Exhale, 1263 Oaklawn Ave, Cranston. tara@trikulacoaching.com.

2010 New Year's Health & Wellness Celebration – 9am-2pm. Join us for inspiration, renewal, & fun. The Journey Within & B.I.A Fitness will be offering Zumba, Yoga, Weight Training, & Meditation classes in order to kick off 2010 with self care. Stop in for raffles, specials, membership discounts and more! \$5/drop in per class or \$12/ all 4. The Journey Within/B.I.A Fitness, 1639 Warwick Ave, Warwick. 401-732-2899. BIA-Fitness.com.

SATURDAY, JANUARY 2

New Year's Revolution Visualization – 5-6:30pm. Don't just make a New Year resolution this year. Create a New Year's Revolution in 2010. Set goals. Then learn to use visualization to imprint them in a powerful group visualization process. Call to reserve your seat. Free. Hypnotist John Koenig, Tree of Life Wellness Center, 1460 Fall River Ave, Seekonk, MA. 508-336-4242.

SUNDAY, JANUARY 3

Ayurveda Winter Self Care – 2-5pm. Join Diane Finlayson to study and practice seasonal, Ayurvedic, self care practices including: elemental energies of the doshas, Abhyanga self massage techniques, and Picchu for soothing the nervous system. Pre registration encouraged. \$40. One Yoga Center, 142 Danielson Pike, Foster. 401-368-9642. youthoria.biz.

MONDAY, JANUARY 4

5 Secrets to Looking and Feeling Younger – 6-7pm. Presentation educates participants on how the body works, why most diets don't work, how food, water, and medication play a roll in their health and how pain limits a person from achieving their full health potential. Free. Dr. Herbert Curtis Jr., DC, CCRI Lincoln Campus 1762 Louisquisset Pike Lincoln. 401-334-3900. Lincolnchiro.net.

Free Introduction to Mindfulness Based Stress Reduction – 6-7pm. This powerful course encourages you to actively participate in your health & well-being. You'll come away with a strong awareness of the interplay between mind & body in health and disease, which is the basis for preventive medicine. Registration required. Free. Erin Sharaf at Bristol Medical Center. 1180 Hope St Bristol. Sharafel@cox.net.

TUESDAY, JANUARY 5

Pilates Ski Series with Jen Morin – 6:30-7:30pm. Tuesdays 1/5 – 2/9. Get your body in great shape for hitting the slopes! This series will utilize all Pilates apparatus in a combination of Reformer classes & Group Circuit workouts specifically designed to benefit skiers. \$105. Evolution, 685 Metacom Ave, Bristol. 401-396-9331. EvolutionRI.com.

WEDNESDAY, JANUARY 6

Free Introduction to Mindfulness Based Stress Reduction – 6-7pm. This powerful course encourages you to actively participate in your health and well being. You will come away with a strong awareness of the interplay between mind and body in health and disease, which is the basis for preventive medicine. Free. Erin Sharaf at All That Matters. aminfulsolution.com.

Blackstone Valley Culinary Secret Ingredient Food Tour – 6-8pm. Join us at Enn Japanese Cuisine & Sushi Bar in Lincoln where you will meet the chef and learn the art of wrapping sushi. Sit down to authentic Japanese cuisine consisting of soup, salad, and an assortment of sushi rolls. \$19.50. Enn Japanese Restaurant, 600 George Washington Highway, Lincoln. 401-724-2200. tourblackstone.com/restauranttours.com.

THURSDAY, JANUARY 7

New Year's Revolution Visualization – 6:30-8pm. See January 2nd for details. Free. Hypnotist John Koenig, Riverside Branch Library, 475 Bullocks Point Ave, Riverside. 401-433-4877.

FRIDAY, JANUARY 8

Grand Opening – 12-pm. At the Complementary Medicine and Health Center of Rhode Island. Open door invitation to stop in and get a feel for complementary medicine and acupuncture. Free. Complementary Medicine and Health Center, 5835 Post Road, Suite 214, Plaza II, East Greenwich. 401-398-1103. ComplementaryHealthCenter.com.

Guided Meditation for Health – 7-8:30pm. Join us as we transform stress & tension into peace & relaxation. Through gentle Yoga stretches, breathing techniques and visualization, we will dissolve physical discomfort from the body. Finally, we will embark on a healing journey to soothe our souls. \$10. Melissa Sischo, Heavenly Hugs, 917A Warwick Ave., Warwick. Gladys@heavenly-hugs.com. 401-935-8451.

\$ave Time and Ga\$!

Certain events listed in our calendar might be subject to change. Please call in advance to ensure that the event you're interested in is still available.



SATURDAY, JANUARY 9

108 Salutations – 9am-12pm. Join us for the first event of the Rural Yoga Teachers Collaborative. We will teach 9 different styles of Yoga salutations. A continuous flow of postures for all levels. Come for all or part, but please do join us. In kind donation for charity. RYTC members/certified teachers, One Yoga Center, 142A Danielson Pike (Rt. 6), Foster. 401-368-9642. RuralYogaTeachers.com.

Alternative Food Co-Op Free Cooking Demo and Tour – 10-11am. Shop local and learn how to lower your food bill, eat organic, whole foods and conserve natural resources all at the same time. Tour the Co-op and cooking demo on how to cook a whole grain. Sample the grain topped with simple dressing and go home with the recipe. Free. The Alternative Food Co Op, 357 Main St, Wakefield. 401-789-2240. AlternatativeFoodCoop.com.

Reiki I Certification Class – 10am-4pm. Class will include learning the origins of Usui Reiki, the healing benefits attributed to it, and the hand positions used for treatment. Each participant will receive the attunement for level I, time for questions and practice giving and receiving Reiki. \$150, includes certificate. Adriene Smith, RMT, The Wellness Center at Gold Plaza, 917A Warwick Ave, 2nd Floor, Warwick. 401-741-2278. AngelWhispersRI.com.

Winter Renewal Retreat – 1-6pm. An immersion of body and soul to prepare you for the new year. A two-hour Chakra Tuning Sadhana, nutrition & body care, as well as a restorative yoga practice. You will leave with a gift bag full of products, coupons and healthy living information. \$75 by January 2/ \$85 after. Liz Lindh, Patti Confort, & Patti Doyle, Innerlight Yoga, 850 Aquidneck Avenue, Middletown. 401-849-3200. InnerlightYoga.com.

Women's Shamanic Wisdom Group – 3-6pm. Group will meet to journey into the shamanic realms to connect and commune with spirit & the power of female mysteries. The WSW is meant for those who already have the knowledge of journeying into the upper/lower/middle worlds with their guides & totems. donation. Danica Connors, Narragansett. 781-962-6724. fourfoldhealing.net.

The art of medicine consists in amusing the patient while nature cures the disease. — Voltaire

SUNDAY, JANUARY 10

Reiki II Certification Class – 10am-4pm. Advanced techniques will be taught including how to send Reiki to individuals through time and space. After receiving the attunement for level II, you will receive ongoing support and be able to collect a monetary fee for your services. Prerequisite-Reiki I. \$250-includes certificate. Adriene Smith, RMT, The Wellness Center at Gold Plaza, 917A Warwick Ave, 2nd Floor, Warwick. 401-741-2278. AngelWhispersRI.com

Integrated Energy Therapy (IET) Intro and Demonstration – 1-3pm. Looking for a way to feel better? This mini IET class will help open your awareness to what this modern holistic energy therapy can do for you. \$20. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

WEDNESDAY, JANUARY 13

Statewide Green Drinks – 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. Hereshoff Museum, 1 Burnside St, Bristol.

Blackstone Valley Culinary Secret Ingredient Food Tour – 6-8pm. Join us at China Inn in Pawtucket where you will meet the chef and learn how to make a MaiTai, Wonton Soup, and Fried Jumbo Shrimp. Sit down and enjoy an assortment of authentic Chinese cuisine served buffet style. \$19.50. China Inn, 285 Main Street, Pawtucket. 401-724-2200. tourblackstone.com/restauranttours.com.

Drumming – 6:30-8:30pm. The Eastern Medicine Singers will charm you with their drumming and teach you about the various ways the drumming sounds help the body relax. Bring a small drum if you have one. \$20. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Sedona Method Introduction – 6:30-8pm. The Sedona Method is a simple, powerful, easy to learn and use technique to release uncomfortable or unwanted feelings in the moment. Eliminate stress and fears, improve relationships, have radiant health, financial security, inner peace, joy & happiness. Free. Cheryl Wright. 617-448-8749. WrightHereNow.com.

\$1 Movie Night – 7-9pm. Movie Title: "The Compass" Snacks Included. \$1. Holistic Health Rhode Island, 5784 Post Road, Suite 5, East Greenwich. 401-398-2933. HolisticHealthRI.COM.

THURSDAY, JANUARY 14

New England Holistic Chamber Networking – 6-pm. Come and network with like-minded individuals. Bring plenty of business cards. Members/Free, \$10/non members. NEHCC, Center for Preventive Medicine, 191 Nashua St, Providence. 401-427-2233.

Breaking the Habit – 6-7pm. Stop smoking in a healthy and effective way. Natural and safe ways to stop smoking. Call or email to reserve your seat. DrHagenburg@ComplementaryHealthCenter. Free. Complementary Medicine and Health Center, 5835 Post Road, Suite 214, Plaza II, East Greenwich. 401-398-1103. ComplementaryHealthCenter.com.

Integrative Medicine Forum – 6:30-8:30pm. Open to anyone who wants to attend, including health care practitioners, researchers and educators of all backgrounds, both conventional and holistic. Get multiple angles and perspectives and be aware of other resources available in the community. Free. Memorial Hospital, 111 Brewster St, Pawtucket.

Kick In The New Year At Curves For Women--New Year's Resolution Workshop – 7-8pm. Make a New Year's Resolution, Create an Action Plan, and Get Inspired To Reach Your Goal. Registration Required. \$7/members \$8/non-members. Curves For Women Middletown, Presenter Donna McGoff, 936 Aquidneck Ave, Middletown. DMcGoff@cox.net. 401-841-9650.

FRIDAY, JANUARY 15

Early Pregnancy Classes – 7-9pm. January 15th and 29th. The Bradley Method® of Husband-Coached Childbirth offers Early Pregnancy Classes which cover many topics, including: Pregnancy exercises, how to stay healthy and low-risk, normal changes, education (choosing childbirth classes, books to read), and more. \$40. Mimi Desjarlais, 2077 West Shore Road, Warwick. 401-826-2669. westshorewellness.com/earlypregnancyclasses.htm.

SATURDAY, JANUARY 16

Calm Breath, Joyous Mind Meditation – 9-10am. Join us with Pat Higgins as she leads us through this relaxing AM offering. The simple union of breath and mind. Please call to reserve space. \$10. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BIA-Fitness.com.

Meditation Workshop – 11am-12:30pm. Meets 1/16 & 1/23. Explore the art of meditation & learn how meditation supports optimal well-being. Study several techniques to discover which style is best for you. Receive instructions that will support you in developing and maintaining a home practice. \$30 both sessions. Ellen B. Schaeffer, One Yoga Center, 142A Danielson Pike (Rt. 6), Foster. 401-368-9642. youphoria.biz.

Align with the Divine – 1-4pm. Through a variety of asanas you will celebrate your embodiment as a gift and experience the freedom that is your true nature. All levels class. \$60/by 1/10, \$70 after, \$165/all three classes. Ann Greene, Innerlight Yoga, 850 Aquidneck Ave, Middletown. 401-849-3200. InnerlightYoga.com.



Winter Beach Walk – 1-3pm. Join Kimball naturalist Bob Kenney for an afternoon walk along Moonstone Beach. We'll be there on the out-going tide, perfect for some leisurely beach combing and bird watching. Bring your binoculars; we'll have a spotting scope available. Members \$8/adults. \$4/child; non members \$12/adults \$6/child. Audubon Society of RI, Moonstone Beach Rd, South Kingstown. Asri.org.

Partner Yoga – 4:30-5:45pm. Partner Yoga develops our physical, emotional, and spiritual bodies. In practicing, we develop and strengthen trust with one another in a comfortable and fun atmosphere. All levels and duos welcome. Registration required. \$20 per duo. The Journey Within, 1645 Warwick Ave Suite #224, Warwick. 401-215-5698. BIA-Fitness.com .

SUNDAY, JANUARY 17

Awaken the Heart with Anusara Yoga – 9am-12pm. Back-bending poses for experienced students. Class and workshop format. \$60/by 1/10 or \$70/after. Ann Greene, Innerlight Yoga, 850 Aquidneck Ave, Middletown. 401-849-3200. InnerlightYoga.com.

Storytelling Moon Celebration – 1-4pm. Learn why the winter was a time of learning with stories by Niantic Narragansett elder and storyteller Paulla "Sunflower" Dove Jennings and poetry by a Narragansett elder. Plus a special screening of a short film by Wanda Jean Lord. Seasonal refreshments. \$4/adults \$2/children. Tomaquag Indian Memorial Museum, 390 Summit Rd, Exeter. 401-491-9063.

Celiac Support Group of Southeast New England - 1:30-4pm. Informational/open forum meeting on 'Brands'. Share your knowledge on gluten free products and learn about new gluten free products. Product sampling. For more information, contact Kathi Thiboutot. Free. St. Theresa's Church, 265 Stafford Rd, Tiverton. 401-624-8888.

The Healing Power of Anusara Yoga: Therapeutics for the Hips, Pelvis, and Lower Back – 2-5pm. For teachers and students, workshop format. \$60 by 1/10 or \$70/after. Ann Greene, Innerlight Yoga, 850 Aquidneck Ave, Middletown. 401-849-3200. InnerlightYoga.com.

MONDAY, JANUARY 18

Root Cause Analysis for Waist Management – 8am-4:30pm. RIASQ workshop will help to identify the causes of your constant battle with weight & expanding waistline through creativity, fun exercises & provide various tools. \$275. Sheraton, 1850 Post Rd, Warwick. Breakfast & lunch included. Call 949-2917 to register. Diane Stacy. riasq.org.

TUESDAY, JANUARY 19

Natural Approaches to the Prevention and Treatment of Low Back Pain – 6-7pm. Gain an understanding of the types and causes of low back pain and learn safe, natural and effective approaches to preventing and treating low back pain. \$0. Dr. Herbert Curtis Jr., DC, CCRI – Lincoln Campus, 1762 Louisquisset Pike Lincoln 401-334-3900. Lincolnchiro.net.

Free Health Seminar – 7-8pm. With Jewel Somerville, D. Ac., and Jullie Mollo, LMT. Learn how dietary choices impact our health and how to effectively choose supplements. Free. Holistic Health Rhode Island, 5784 Post Road, Suite 5, East Greenwich. 401-398-2933. HolisticHealthRI.com.



**Inner Health
Colon Hydrotherapy**
Cleansing the colon with privacy & dignity

Lori DeLang
I-Act Certified Colon Hydrotherapist
Certified Body Ecologist

First time clients: Save \$10 on first visit

450 Chauncy Street
at Rtes. 95, 495 & 106
Mansfield, MA 02048

Tel.: 508-261-1611
loridelang@comcast.net
InnerHealthofMansfield.com

Open Your Arms to Healing



Reiki • IET® • Ear Candling
Magnified Healing® • Angel Readings

Angel Whispers Rhode Island

The Wellness Center at Gold Plaza
917 A Warwick Ave • Warwick, RI 02888
401-741-2278
adriene@angelwhispersri.com • angelwhispersri.com

Adriene Smith
RMT

Holistic Healing /
Employee Wellness Programs

WEDNESDAY, JANUARY 20

Inversions and Arm Balances – 5:30-7pm. Learning good alignment and balance while upside down illuminates and strengthens our understanding of our daily “upside right” existence. \$12 SK resident/ \$15 non-resident. Yoga School of South County, Peace Dale Office Building, 1058 Kingstown Rd, Peace Dale. 401-782-9511. makeitsoyoga.com.

40 Days to Personal Revolution (Yoga – Meditation – Nutrition) – 6pm. Free Intro talk to get your questions answered. Looking to establish a stronger practice and experience personal change in 2010? Join us in committing to 40 days of yoga, eating healthy and meditating regularly. Free. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Blackstone Valley Culinary Secret Ingredient Food Tour – 6-8pm. Join us at Faial Restaurant & Lounge in Smithfield as the owner, Joe Faria demonstrates how his famous Faial Sauce is made. After the demonstration, enjoy an authentic Portuguese Buffet consisting of Fava Bean Salad, Sauteed Shrimp in Faial Sauce, Cod. \$19.50. Faial Restaurant and Lounge, 970 Douglas Pike, Smithfield. 401-724-2200. tourblackstone.com/restauranttours.com.

The Wednesday Society – 7-8:30pm. 3rd Wednesday. We are women networking with like minded women to support, inspire, motivate and propel one another to ultimate success. It is easier to make positive change when you are supported by a like minded community. Free. Jen Moore, Feels Like Ohm, 115 Washington St, West Warwick. TheWednesdaySociety.com/Home_Page.html.

THURSDAY, JANUARY 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. Free. Deepwater Wind, Temple Downtown (Renaissance Providence), 120 Francis St, Providence. BMott@TheOceanProject.org.

Weight Loss: – 6-7pm. A Healthy guide to redefining your body composition and losing excess fat. Learn diet and healthy methods of weight loss. Call or email to reserve your seat. DrHagenburg@ComplementaryHealthCenter. Free. Complementary Medicine and Health Center, 5835 Post Rd, Suite 214, Plaza II, East Greenwich. 401-398-1103.

Enhancing Love & Relationships with Feng Shui – 6:30-8:30pm. Ready to ignite that romantic spark again, or are you ready to find “the ONE”? This workshop will help evaluate your goals & space from a Feng Shui perspective. We’ll discuss quick & easy “cures” to juice up your love life & enhance your relationships. \$33. Dana Duellman, Heavenly Hugs, 917A Warwick Ave, Warwick. glady@heavenly-hugs.com. 401-935-8451.

RI Holistic Healers Association Meeting – 7-8:30pm. Dave Kane, author of ‘41 Signs of Hope’ will be our presenter. If you are holistically inclined, you are welcome to join us. Hear Dave tell his story of how his son Nicky, who died in the nightclub fire, reminds him that they are eternally connected. Free for members or donation. Positive New Beginnings, 873 Waterman Ave., E. Providence. RIHHA.com.

FRIDAY, JANUARY 22

Prana Flow 200-Hour Yoga Teacher Training with Coral Brown – 4-9pm. One weekend a month (8am – 5pm on Saturdays and Sundays) for 7 months. This foundational teacher training program is appropriate for those looking to deepen their practice as well as committed yoga practitioners interested in becoming teachers. \$2,600. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Gong Bath Meditation – 7:30-9pm. Join us for a healing shower of Gongs~ in this meditation we will relax, refresh and heal to the sound of gongs. In a peaceful, supportive atmosphere you will enjoy the experience. Bring anything you need to be warm and cozy on the floor. \$25/pre-registration or \$30/door. Studio Exhale, 1263 Oaklawn Ave, Cranston. 401-383-0839. StudioExhale.com.

SATURDAY, JANUARY 23

Free Intro Yoga classes – 8am-1:15pm. These 3 classes are designed for new, beginning students who have never been to Eyes of the World. So come check out Yoga and Eyes of the World. 8 – 9:15 am, 10 – 11:15 am., 12 – 1:15 pm. FREE. Eyes Of The World Yoga Center, One Park Row, Providence. 401-295-5002. InnerHappiness.com.

Free Beginners Yoga & Breathing Workshops – Yoga Day U.S.A. – 11:30am-1:30pm. Start the decade with yoga! Yoga will help you stretch & tone your muscles, cultivate concentration & clarity, and encourage peace & self acceptance. Come to one or both sessions! Beginners Yoga 11:30-12:45. Mini Yogic Breathing Workshop 1:00-1:30 pm. Free. Chris Belanger, RYT, Warwick Public Library, 600 Sandy Lane, Warwick. WholeOfTheMoonYoga.com.

New You – 1-5pm. Kick off your New Year right at this workshop. You’ll come away with new excitement for 2010 and sweet, small steps that you can take immediately to create the life you’ve always dreamed of. Call to register. \$50. Karen Hodges, Edward King House, 35 King St, Newport. 401-789-2140. Synthesiscoaching.com.

Express & De-Stress with Rachael Balaban – 1-4pm. Come relieve stress and have fun while exploring the mind body spirit connection using meditation, expressive movement and creative arts processes. \$45. Evolution, 685 Metacom Ave, Bristol. 401-396-9331. EvolutionRI.com.

A Journey to Yourself: Moving from Fear to Faith – 1-5pm. Workshop for Women. Are you ready to embrace your fears, move beyond them and discover what you really want? Learn the Seven Miraculous Tips When Fear Grips. Concordia Center for Spiritual Living. \$45. Pat Hastings, West Shore Road, Warwick. pat@simplyawomanoffaith.com. 401-521-6783.





planning ahead

WEDNESDAY, FEBRUARY 3

Three Part Tarot Card Reading Class – 6:30pm. 2/3, 2/9 and 2/17. With Liz Smith, RM. Learn the fundamental meanings of the Tarot utilizing meditation and telepathic travel. *Rider Waite Deck Required. \$25/per person for each class. Holistic Health Rhode Island, 5784 Post Road, Suite 5, East Greenwich. 401-398-2933. HolisticHealthRI.Com

WEDNESDAY, FEBRUARY 10

\$1 MOVIE NIGHT! – 7-9pm. Movie Title: “Sicko” Snacks Included. \$1. Holistic Health Rhode Island, 5784 Post Road, Suite 5, East Greenwich. 401-398-2933. HolisticHealthRI.com

THURSDAY, FEBRUARY 11

2nd Annual... I HEART PROVIDENCE – 6pm. Join Mike Ritz and approx. 500 others at Providence’s annual lovefest! Live music, diverse attendees, food, cash bars, and a large scale spontaneous attendee-generated art project inside City Hall. Live music from with Miss Wensday and the New Medicinals. Free. After party at Local 121, Providence City Hall, 25 Dorrance St, Providence.

FRIDAY, FEBRUARY 12

Save the Date for Spirituality & the Art of Self-Care – 6-6pm. Mark your calendars for a sweetheart of a retreat! Join Kathy Black & Joanna Meriwether for 24 hours February 12th & 13th to experience a sense of self-love and care that will spill over into all your other relationships! Pre-registration open now. Kathy Black. kathyblackonline@cox.net. 401-286-5259.

SUNDAY, JANUARY 24

Healing Hearts Wellness Expo – 12-4pm. A healing day of demonstrations, free drawings and healthy snacks. Learn about healthy weight loss, Reiki and Reconnective Healing, Reflexology, Zumba, Acupuncture, Hypnotherapy, Spiritual Healing. Free. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423. HealingHeartsRI.com.

Healing Meditations of the Heart – The Buddhist Practice of Tonglen – 1-4pm. This workshop explores the Tibetan Buddhist meditation practice of Tonglen and its powerful potential to heal negative emotional states and transform suffering itself – both our own and that of others. \$45. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Yin Yoga: Relaxing Into Your True Self with Josh Summers – 1-4pm. Through the contemplative practice of Yin Yoga, we will explore the full implications of the word ‘relaxation’. As our guiding intention, relaxation will usher us into and thru points of resistance, opening us to a dimension of authenticity and ease. \$49. Eyes Of The World Yoga Center, One Park Row, Providence. 401-295-5002. InnerHappiness.com.

MONDAY, JANUARY 25

Shamanic Journey Group – 7-8:30pm. Build and maintain your journey practice in this supportive setting. Knowledge of how to journey is required. If you would like to learn the shamanic journey, private instruction is available. Please bring a journal and something to lie on. \$10. Katharine Rossi, Mill at 215 Shady Lea Rd, North Kingstown. info@archofspirit.com. 401-245-0398.

TUESDAY, JANUARY 26

Natural Approaches to the Prevention and Treatment of Low Back Pain – 6-7pm. See January 19th for details. Dr. Herbert Curtis Jr., DC, Central Falls Library, 205 Central StrCentral Falls. 401-334-3900. Lincolnchiro.net.

Channeled Messages for the Soul – 6:30pm. With Roland Comtois, an internationally acclaimed spiritual consultant who has touched millions of lives around the world with his channeled messages of love, light, healing and compassion. \$50. Reservations required. It’s My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

WEDNESDAY, JANUARY 27

New England Holistic Chamber of Commerce – 8-9am. Calling all early birds! Start your day networking with other like minded individuals. Free. NEHCC, Panera Bread, 1000 Bald Hill Rd, Warwick. 401-769-1325 X. NEHolisticChamber.org.

Blackstone Valley Culinary Secret Ingredient Food Tour – 6-8pm. Join us at Spumoni’s Italian Seafood Restaurant in Pawtucket where you will meet the chef and see how Chicken Santorini is prepared. Enjoy a delicious meal of Veal Milanese – veal cutlet with a cream and wine sauce topped with melted cheese. \$19.50. Spumoni’s Italian Seafood Restaurant, 1537 Newport Ave, Pawtucket. 401-724-2200. tourblackstone.com/restauranttours.com.

Mark Your Calendar

SUNDAY, FEB 14 - MAR 2

Integrative Yoga Therapy Teacher Training – 8am-6:30pm. Feb. 14- March 2, 2010 on the beach in Mexico. 200hr. level training. Discover Yoga as a healing art. Develop skills to adapt teaching to all populations. Curriculum covers all aspects of Yoga. Experienced & compassionate teachers. “Live your dream now”!. \$2,300 for program, lodging and food. Ellen Schaeffer & Karen Sandler, One Yoga Center, 142A Danielson Pike (Rt. 6), Foster. 401-368-9642.

Goddess Gathering – 6:30-9:30pm. Join us for an event celebrating women. Share stories, support one another, laugh, and relax. Our theme for January is intentions & healing for 2010. Special Meditations, readings, Reiki, Chair Massage, refreshments and more. Registration required \$15 (readings extra). The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BIA-Fitness.com.

SATURDAY, JANUARY 30

Create your own God Box – 10am-12:30pm. This class is designed for those who are ready to alleviate the burdens of worry and fear. Come create your very own special box and learn how to release your cares to the Universe for inner peace. Materials included. Please reserve your spot by 1/25. \$25. Heavenly Hugs, 917A Warwick Avenue, Warwick. 401-935-8451. Heavenly-Hugs.com.

An Afternoon of Mindfulness – 1-4pm. An afternoon of mindful movement, conscious breathing, sitting & walking meditation, and an introduction to mindful eating. It will be held in Noble Silence, although there will be instructions for each segment of the afternoon, and discussion at closing. \$35/by January 23 or \$40/after. Priscilla Szneke & Elizabeth Bessette, Innerlight Yoga, 850 Aquidneck Ave, Middletown. 401-849-3200. InnerlightYoga.com.

Partner Yoga – 4:30pm. See January 16th description. \$20 per duo. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BIA-Fitness.com.

SUNDAY, JANUARY 31

Free Reiki Talk and Demonstration – 1-3pm. Bobbie Schaeffer and Linda Bowers, Reiki Masters/Teachers, will present a brief explanation of Reiki, the ancient Japanese system of energy healing. They will also demonstrate a Reiki treatment used to gently balance one’s energy field. Free. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. Reiki4animalsandyou@cox.net.

Hasya (Laughter Yoga) – 6:30-7:45pm. Hasya means “laughter.” Yoga means “union.” Hasya Yoga moves us out of our anxious and judging minds and into a state of celebration and wonder. We breathe life into the body. We connect with one another via the universal language of laughter-- Ha Ha Ha!. \$10 donation. Eyes Of The World Yoga Center, One Park Row, Providence. 401-295-5002. InnerHappiness.com.

Mark Your Calendar

Shape Up RI registration begins! – 9am-5pm. Looking to get healthier in 2010? Now through Feb. 8, sign up for Shape Up RI, a 12-week health campaign. Friends, coworkers, family form teams to see who can walk the most steps and lose the most weight. Registration is ongoing; competition begins Feb. 8. \$20. Shape Up RI, 150 Chestnut St., Providence. 401-421-0608. shapeupri.org.

Sunday

Kripalu Yoga – 10-10:45am. A community class emphasizing body and breath awareness. Gentle yoga postures, breathing and relaxation. Certified Instructor: Liz Marsis. Free. Mediator, 50 Rounds Ave, Providence. 401-941-3070.

Vinyasa Flow Yoga – 10-11:15am. Powerful and effective yoga/flow, to enhance circulation, deep breathing, balance and strength. With Nicki Shea. \$60/Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Group Meditation – 10:30-11:30am. Although not a cure itself, meditation can help manage stress, create inner peace, reduce anxiety, improve sleep patterns, awaken intuition & connect to spirit using techniques such as breath control, creative light visualization & sound. Donations welcome. Robert Arnold, Under the Sun, 31B Bridge St., Newport. 401-339-6092. Underthesunec.com.

Meditations for World Peace – 11:30am-12:30pm. Without first developing inner peace, world peace will remain impossible to achieve. Classes include teachings, meditations and discussion. Everyone is welcome. Drop-in to any class. \$8. Providence Meditation Center, 339 Ives St, Providence. MeditationInProvidence.org.

Reiki Clinic – 12-2:30pm. 2nd Sunday. Experience a half hour of Reiki for a love offering that will be given to a local charity. It's My Health donates their space, Reiki practitioners donate their time, clients make a cash donation to benefit a good cause. Must call to schedule your half hour. Donation. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Yoga for Seniors – 12:30-1:15pm. Yoga Chair – For the mature yogi or those individuals healing an injury. The chair is used for extra support and to help with balance. Learn new breathing methods to release tension in the body and to relax the mind. \$11. With Pam, Serenity Yoga, 21 College Hill Rd – lower level, Warwick. 401-615-3433. Serenityyogari.com.

Bring Meditation Into Your Life – 6:30-7:45pm. 1/17, 1/24, 2/7. Join Rebecca Foster & Jenn Thomas for a series of 3 classes exploring the role and practice of meditation in our lives. Have you always wanted to try meditation? Integrate or sustain a regular practice? Come in and Still the Mind \$36/series of 3 or \$16/drop in. Eyes Of The World Yoga Center, One Park Row, Providence. 401-295-5002. InnerHappiness.com.

Monday

Monday Morning Yoga – 9-10am. Enjoy easy asanas (positions) and relaxation (savasana) with a learned instructor Lori Mitre. Walk ins welcomed. Open to the Public. Beginners; please bring a mat. \$5. The Edward King House, 35 King St, Newport. 401-846-7426. TheEdwardKingHouse.com.

Yoga Basics – 9-10:15am. Designed to effortlessly strengthen and tone the body while increasing flexibility and suppleness of the joints. Explore foundational postures through an attention to body alignment and breath awareness. Senior rates available. \$14. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

Childcare Co-op and Yoga for Moms – 9:30-11am. Be at ease knowing your little ones are right next door under the care of another mom & having fun with arts & craft projects designed by Jennifer Neuguth of OOP! Earn free yoga classes by volunteering for childcare. \$68/4 weeks & a \$20 gift certificate from OOP. Breathing Time Yoga, 541 Pawtucket Ave, 2nd Floor, Pawtucket. 401-421-9876. BreathingTimeYoga.com.

All Level Yoga for Women – 10-11:15am. Yoga in the peaceful setting of the Zen Center. Join our popular class running 10+ years! Gentle warm-ups & moderately paced flowing Yoga (Vinyasa) to energize, tone & strengthen the body, & boost the immune system. Class ends with deep relaxation. \$96/8 classes, \$14 drop-in. The Yoga Studio of BlackstoneRiverValley, 99 Pound Rd., Cumberland. 401-658-4802. TheYogaStudioBRV.com.

Noontime Meditation – 12-1pm. 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. MeditationInProvidence.org.

Beginners Yoga Class – 5:15-6:30pm. Introduces the new student to basic postures and a vinyasa flow in which you will learn proper alignment and movement with the breath. Small classes with a lot of individual attention. \$10/6 classes or \$12/drop in. Renee Katz of Healthi Directions, 11 Kenyon Ave, Wakefield. 401-864-0947. HealthiDirections.com.



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

Breathing Meditation – 5:30-7:30pm. Focuses on the Full Wave Breath technique, which is designed to restore your breathing mechanism to its natural open state. \$20/1st class \$15/additional. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.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.

Cardio Gypsy/Creative -Core Fusion – 6-7:30pm. Combination of pilates, belly dance, and free movement. \$20/or \$12/for half. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

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.

Zen Archery – 9-10am. Instruction and practice in Traditional BareBow Archery (Indoor target area) the focus on basics of western Archery USAA. The program incorporates Japanese Kyudo and QiGong into the shooting to develop flow of Qi in the body. \$100/monthly. Martial Arts Complex, 118 Littlefield St, Pawtucket. 401-724-2250. MartialArtsComplex.com.

Beginners Yoga School – 7-8:30pm. Designed to introduce the new student to the essential elements of Yoga practice. Study foundational Yoga poses & modifications for special needs, breath work & meditation/relaxation techniques for alleviating stress. \$50/4 classes. One Yoga Center, 142A Danielson Pike (Rt. 6), Foster. 401-368-9642. youthphoria.biz.

If I'd known I was going to live so long, I'd have taken better care of myself.

— Leon Eldred



Women's Spirituality/Intention Group – 7-9pm. 2nd Monday. Dynamic and powerful group of women coming together to share intentions and dreams. Open to all on the spiritual path who are seeking a deeper connection. \$15. Pat Hastings, Providence. 401-521-6783. SimplyAWomanofFaith.com.

Tuesday

Full Wave Yoga Class – 7-8:30am. A combination of gyrokinesis (spiraling spinal body movements), Vinyasa Flow Yoga, Strengthening and Balancing Postures, connected with powerful breathing exercise. 15 minutes of relaxation/breath meditation at the end of each class to rejuvenate. \$15/drop in, \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.com.

Tuesday Morning Bird Walks – 8-10:30am. The Kimball Advisory Committee will be continuing mid-week bird walks through January 2010. For advanced details email Phil Budlong at pbudlong@cox.net. Free. Audubon Society of RI, Charlestown Mini-Super Route 1-A, 4071 Old Post Rd, Charlestown. Asri.org.

Body Sculpting Class – 9:30-10:30am. Non-impact weights-based exercise class that works every major muscle group. Learn proper techniques and use various equipment to tone, strengthen and define your body. Finish your workout with stretching and flexibility. \$12. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

Weekly Nia Classes – 11:30am-12:30pm. 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/per class. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.org.

Basic Barre Technique – 2-3pm. Anti aging ballet exercises to strengthen, poise, balance and control. 4 classes \$35/members or \$40/non members. The Edward King House, 35 King St, Newport. 401-846-7429. TheEdwardKingHouseSeniorCenter.com.

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. Space is limited – pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, N 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. FrmaryHerbs.com/.

Kids Yoga (ages 5-12) – 4:30-5:15pm. Weekly combo class. See the description of both age groups on Saturday. This class combines both for those who want to take 2 classes per week. Registration required. \$10/class or \$35/January. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BIA-Fitness.com.

Gentle Yoga Class – 5:30-6:30pm. Basic/Gentle Yoga, which offers a wide range of postures with focus on mind-body awareness, posture and alignment, and proper breathing techniques. Modifications will be given. Beginners welcome. \$12/drop-in or 6/weeks \$60. Maureen Mitchell, CYT, 2077 West Shore Rd, Warwick. 401-734-9355. WestShoreWellness.com.

Basic Yoga – 5:45-6:45pm. With Carla Joyce. Mixed levels, beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter.com.

Beginning Level Yoga – 5:45-7pm. Yoga in the peaceful setting of The Zen Center. Now in our 10th year serving Northern RI. Learn basic alignment & breathing techniques. Learn how to safely hold postures, build core strength and move with the breath for a truly enjoyable practice. \$96/8 classes, \$14/drop-in. The Yoga Studio of Blackstone River Valley, 99 Pound Rd., Cumberland. 401-658-4802. TheYogaStudioBRV.com.

Mixed Level Yoga with Meditation – 6-7pm. This class combines several teaching styles and is well rounded for all levels. We will challenge, support, and nurture our minds, bodies, and spirits through yoga postures, breathing techniques, and meditation. Registration Required. \$10/per class or \$80/10 classes. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BIA-Fitness.com.

Cardio Kickboxing for Curvy People – 6:30-7:30pm. Cardio program designed to be low impact on body joints but giving adequate cardio workout using boxing/kicking techniques in concert with music. Class size limited to curvy people only unisex. 18 plus. Beginner class. Pre registration suggested 2x week. \$40/monthly. Martial Arts Complex, 118 Littlefield St, Pawtucket. 401-724-2250. MartialArtsComplex.com.

Learn to Meditate – 6:30-8pm. Resolve to start the New Year learning meditation. Using techniques such as breath control, creative light visualization, & sound, meditating can help manage stress, create inner peace, improve sleep patterns, awaken your intuition & connect to spirit. \$12/ Walk-ins or \$10/on-line. Robert Arnold, Under the Sun, 31B Bridge St., Newport. 401-339-6092. underthesunec.com.

Introductory Amrit Yoga – 7-8pm. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on 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.

RI Sierra Club Monthly Meeting – 7-8pm. 2nd Tuesday. 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.

Yin Yoga (All level) – 7-8:15pm. Yoga in the peaceful setting of the Zen Center. An easy posture flow warm-up combined with deep floor work using Yin Yoga poses to open tight areas, release tension, remove energy blocks & calm the nervous system. No prior experience necessary. \$96/8 classes. The Yoga Studio of BlackstoneRiverValley, 99 Pound Rd., Cumberland. 401-658-4802. TheYogaStudioBRV.com.

4-6 Week Metabolic Type Program – 7-8:30pm. Program includes: A Metabolic Type Test, a complete understanding of your individual nutrient, how to choose them, and how to combine them to improve your health, create new menus and share ideas. \$395. Aubrey Thompson, 464 Maple Ave, Barrington. 401-524-0242. LivingBalance.us.

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.

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

Weight Loss Program with EFT – 7:15-8pm. 2nd and 4th Tuesday. 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.

Beginner Amrit Yoga – 7:30-8:45pm. Integrates joyful inner stillness with effortless outer action in the world. Class is open to beginners of all levels, and to more experienced students who would like to refine their practice. \$18/2 classes. Santosha Yoga Studio, 14 Bartlett Ave., Cranston. 401-780-9809. YogaAtSantosha.com.

Hula Hoop Dance Class – 8-9pm. Teaches the basics of hula-hoop dancing. Hoops provided. With instructor Sasha Gaulin. \$12.. The Spot on Thayer, 286 Thayer St, Providence. TheSpotonThayer.com.

Wednesday

Chair Massage – 10am-12pm. Jenny Rebecca Pendergast will be offering chair massage. The Coop has a great selection of healthy baked goods, tea, and coffee plus vegetarian lunches. \$1 per minute. The Food Coop, 357 Main St, Wakefield.

Whole Foods Waterman St Neighborhood Night – 4:30-6:30pm. Have a taste of something special from every department, with a new theme every week. Free. Whole Foods, 261 Waterman St, Providence. 401-272-1690. WholeFoods.com.



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

Men's Yoga – 6-7pm. With Chris Belanger. Gentle & Relaxing. Beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter.com.

Body Sculpt Class – 6-7pm. Build strength and tone with light weights and low impact, great way to shock the metabolism in a supportive atmosphere without the gym membership. Drop-in welcome. \$13. Studio Exhale, 1263 Oaklawn Ave, Cranston. 401-383-0839. StudioExhale.com.

New Svaroopa Yoga classes – 6-7:30pm. See Tuesday at 4 for details. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, N Providence. 401-742-8020. Lkorb7@aol.com.

Full Wave Yoga Class – 6-7:30pm. See Tuesday at 7am for details. \$15/drop in, \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.com.

Cardio Gypsy/Creative Core Fusion – 6-7:30pm. Combination of pilates, belly dance, and free movement. \$20/or half for \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Family Science Night – 6:30-7:30pm. Last Wednesday. Parents & kids sit down together and perform 3 simple but fun & engaging science experiments. All materials are supplied. Ages 4-12. Pre registration is required. Call to reserve your spot. Free. Pow! Science! 192 Wayland Sq, Providence. 401-432-7040. PowScience.com.

Beginners Yoga – 6:30-8pm. With Dr. Lakshyan Schanzer who has re-opened his office. Visit website for program description. \$100/series of 7, \$20//Drop in. Body Mind RI, 1215 Reservoir Ave, Garden City, Cranston. 401-369-8115. BodyMindRI.com.

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

Vinyasa Yoga – 7-8:15pm. Power and Flow (heated class) – Combination of Power yoga and Vinyasa flair. Challenging both mind and body. Focusing on proper alignment, complex poses and movements made in a rapid pace. Prepare to sweat and detox the body. With Parker. \$13, Serenity Yoga, 21 College Hill Rd – lower level, Warwick. 401-614-3433. Serenityyogari.com.

Meditation Group – 7-8:30pm. Starting January 6. Weekly Meditation with Guided Imagery for relaxation and focus. Please call for more information. \$10. Sharon McMahan, South Kingstown Office Park, 24 Salt Pond Rd, Bldg H Suite 3, Wakefield. 742-2354.



Reiki Circle/Share – 7-9pm. 3rd Wednesday. Gathering of Reiki practitioners for a social and healing session. Practitioners participate in giving and receiving Reiki within an atmosphere of friendship and love. Donation. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Reiki Share/Reiki Exchange in Groton, CT – 7-10pm. 3rd Wednesday. Gathering of Reiki practitioners for a healing/nurturing session includes a healing attunement. Open to people new to Reiki and who want to gain personal understanding/experience. Call to RSVP or visit website. \$10. Lise Bohanon, 20 Central Ave, Groton, CT. 734-417-9755. ReikiandMassageforYOU.com.

Meditation for Beginners – 7:30-8:30pm. Every other Wednesday evening learn to practice meditation in a supportive & comfortable group setting. Experience relaxation, guided and silent meditation. Call to register. Ferncrest Center for Yoga & Health, Cranston. \$15. Kathy Black. kathyblackonline@cox.net. 401-286-5259.

Intro to Meditation & Christian Mysticism – 7:30-9:30pm. Learn the principles of meditation that will allow you to move deeper than the body, beyond thinking and emotions, and into the reality of God's peace and presence within. People of all faiths and traditions are welcome. Reverend Michaela. Free. Centers of Light, Motion Center, 111 Chestnut St, Providence. 857-231-1920. Boston. CentersOfLight.org.

Thursday

Vinyasa Yoga – 9-10am. With Usha Bilotta. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter.com.

Childcare Co-op and Yoga for Moms – 9:30-11am. See Monday at 9:30 for details. Breathing Time Yoga, 541 Pawtucket Ave, 2nd Floor, Pawtucket. 401-421-9876. BreathingTimeYoga.com.

Svaroopa Yoga classes – 9:45-11:15am. See Tuesday at 4pm for details. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, N Providence. 401-742-8020. Lkorb7@aol.com.

Nia Class – 10-11am. Nia is a fitness technique that replaces the idea of punishment with pleasure. Adaptable to every level of fitness, every age and body type. \$4/members/\$8 non members. Smithfield Community Center, One Williams J. Hawkins Jr. Trail, Smithfield. 401-487-6977. NIANow.com.

Meditation – 10-11:30am. A different meditation each week- drum, breath, art or guided meditation. Please bring a journal to record insights. Pre-registration requested. Suggested donation \$10. Katharine Rossi, 578 Wood St, Bristol. info@archeofspirit.com. 401-245-0398.

Gentle Pilates for 55 + – 12-1pm. Includes classical Pilates exercises emphasizing body alignment, breathing, use of core muscles and humor. 4 classes \$35/members, \$40/non members. The Edward King House, 35 King St, Newport. 401-846-7429. TheEdwardKingHouseSeniorCenter.com.



Beginner Iyengar yoga – 5:30-7pm. Strengthen and stretch with focus on alignment. \$5 off first class. \$16/drop in, \$14/student. Motion Center, 111 Chestnut St, Providence. 401-654-6650. MotionCenter.com.

Open Yoga – 5:30-6:45. Suited to the needs of the students. Expect a challenge while covering the basics in a relaxed and comfortable atmosphere. All levels. \$10/Drop in, \$42/6 weeks. Yoga School of South County, 1058 Kingstown Rd, Peace Dale. 401-782-9511. MakeItSoYoga.com.

Drop-in Clay Class – 6-9pm. Students of all levels come in to make works in clay. Assignments will be given to those who want them but independent work is also encouraged. Clay can be purchased for \$1/lb, which includes glazes and firings. \$15/ Drop-in, \$50/4 visits. Mudstone Studios, 30 Cutler St, Warren. MudstoneStudios.com.

Beginner's Yoga Class – 6-7pm. Basic/Gentle Yoga classes, which offer a wide range of postures with focus on mind-body awareness, posture and alignment, and proper breathing techniques. Modifications will be given. \$12/class or \$60/6 week series. Maureen Mitchell, CYT, 2077 West Shore Rd, Warwick. 401-734-9355. WestShoreWellness.com.

Anusara Yoga (mixed level) – 6-7:30pm. Anusara means "flowing with grace" it is heart oriented, spiritually inspiring, and grounded in a set of Universal Principles of Alignment. This uniquely integrated style of hatha yoga blends magically with the human heart and body mechanics. \$13. Studio Exhale, 1263 Oaklawn Ave, Cranston. 401-383-0839. StudioExhale.com.

Zumba – 6:30-7:30pm. Latin-inspired aerobic program that anyone can learn and enjoy. Mixes body sculpting movements with easy to follow dance steps. Maximizes caloric output up to 750 calories per hour with fat burning and total body toning. \$12/class, \$80/package of 8. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

Continuing Level Yoga (Vinyasa Flow) – 6:30-7:45pm. Yoga in the peaceful setting of the Zen Center. Moderate to vigorously paced class which blends Sun Salutations & fluid Tao Yoga posture flows to music for an upbeat, energizing practice. Class ends with deep relaxation. \$96/8 classes, \$14/drop-in. The Yoga Studio of BlackstoneRiverValley, 99 Pound Rd., Cumberland. 401-658-4802. TheYogaStudioBRV.com.

Hatha Yoga Psychology – 6:30-9pm. This course uses beginners to intermediate yoga practice and integrates theory and techniques of wholism as an approach to physical and emotional self-healing. Beginners welcome. With Dr. Lakshyan Schanzer who has re-opened his office. \$125/course, \$40/drop in. Body Mind RI, 1215 Reservoir Ave, Garden City, Cranston. 401-369-8115. BodyMindRI.com.

Mixed Level Yoga with Meditation – 7-8pm. See Tuesday at 6pm for details. Registration required. \$10/class or \$80/10 classes. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BIA-Fitness.com.

Basic Yoga – 7-8:15pm. With Carla Joyce. Mixed levels. Ask about our new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter.com.

Yoga Nidra (Guided Meditation) – 7-8:30pm. 2nd Thursday. Layback and stay awake while specific body and breath visualizations are used to guide you gently and quickly into a deep peaceful meditative state. \$15. Santosha Yoga Studio, 14 Bartlett Ave., Cranston. 401-780-9809. YogaAtSantosha.com.

Gaia's Hearth CUUPS Monthly Meeting – 7-8:30pm. 1st Thursday. We invite anyone interested in becoming part of Rhode Island's only CUUPS (Covenant of the Unitarian Universalist Pagans) to join us. Open to the public and welcomes members of the local RI, MA and CT community, no matter what your level, path or tradition is. Free. First Unitarian Church of Providence, 1 Benevolent St, Providence. GaiasHearth.com.

Wine, Cheese and Chart-Chat – 7-8:30pm. A Providence-based astrology group is now forming. If you have a basic knowledge of astrology and are interested in natal charts, current events, etc. – let's get together for a monthly chart-chat. Please email for more information. Free. Astrological Chart-Chat. h_moreau@hotmail.com.

Reiki Share/Reiki Exchange in Groton, CT – 7-9pm. 3rd Thursday. See Wednesday at 7pm for details. \$10. Lise Bohanon, 20 Central Ave, Groton, CT. 734-417-9755. ReikiandMassageforYOU.com.

Mark Your Calendar

Healing Your Life Workshop Series – 7-9:30pm. Beginning January 7th, five weeks of going deeper into the teaching of Louise Hay & others to discover the truth about ourselves & the power we have to heal old patterns & create new life experiences. Ferncrest Center, Cranston, \$250. Kathy Black. 90 Warwick Ave. kathyblackonline@cox.net. 401-286-5259.

Mixed Level Amrit Yoga – 7:30-8:30pm. See Monday at 6:30pm for details. \$60/Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Meditation Nights (Free event) – 7:30-9pm. Every 1st, 3rd, and 5th Thursday. Meditate and then watch a "movie", the nature of which is personal growth and well-being, or meditation followed by a gong bath or spiritual leaders and teachers from the community and beyond to come and share their insights and wisdom. Free. West Shore Wellness, 2077 West Shore Rd, Unit 3, Warwick. 401-734-9355. WestShoreWellness.com.

Yoga for Back Care – 7:30-9pm. Each student will complete the series with a solid understanding of five gentle yoga practices that stretch and strengthen the low back. This simple sequence was tested in a NIH study and found to be more effective than Physical Therapy. \$75/4-week series *Pre-register. Breathing Time Yoga, 541 Pawtucket Ave, 2nd Floor, Pawtucket. 401-421-9876. breathingtimeyoga.com.



An Evening of Meditation, Silence, Chanting, Inspiration – 7:30-9pm. 1st Thursday Meditating in a group raises the positive effects of meditation beyond what is experienced when meditating alone. Feel a greater sense of connectedness with your inner source. All are welcome. Donation. Jiavanna Skolnik, 2077 West Shore Rd, Warwick. 401-734-9355. WestShoreWellness.com.

Sacred Belly/Tribal Fusion – 7:30-9:30pm. Classic American belly dance and ancient and modern dance fused. \$20/or \$12/for half. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Friday

Sale at The Food Coop in Wakefield – 9am-8pm. 10% off all your purchases when you show your membership card. Not a member? Now is the time to join and take advantage of this monthly offer. You can also become a working member and receive up to 20% discount off all your purchases. Membership/\$48 for a family. The Alternative Food Co Op, 357 Main St, Wakefield.

Reiki Clinic – 5:30-7:30pm. 1st Friday. If you have never experienced the relaxing energy of Reiki, please join us. By donation. Santosha Yoga Studio, 14 Bartlett Ave, Cranston. 401-780-9809. reiki4animalsandyou@cox.net.

Yoga Dance – 6-7pm. Flow with your innate joyfulness rooted in Chakra Energy. Transform yourself to music that will energize and integrate your body, mind and spirit. Free to Y members. Newman YMCA, 472 Taunton Ave, Seekonk, MA. 508-336-7103.

Zumba – 6-7pm. One of a kind explosive combination of latin dance and aerobic exercise. Zumba puts the fun into fitness with its high-energy hip shaking classes. Salsa, Merengue, Belly dance, Samba, Hip hop, Cha Cha, Calypso and more. Call to register. All levels. \$10. B.I.A Fitness, 1639 Warwick Ave, Warwick. 401-732-2899. BIA-Fitness.com.

Hatha Yoga Group – 6:30-7:45pm. Make a commitment to your body, mind, and spirit with Hatha Yoga, taught by Kripalu Certified instructor. Quiet the mind, increase flexibility and strength, relax, restore, and rejuvenate. Free. Dr. Lynda J. Wells, 260B Columbia St., Wakefield. abundance44@verizon.net. 401-789-5185.

Women's Spirituality/Intention Group – 7-9pm. 2nd Friday. See Monday at 7pm for details. \$15. Pat Hastings, Providence. 401-521-6783. SimplyAWomanOffaith.com.

Hawaiian Hula for Exercise – 7:30-8:30pm. Discover an ancient tradition, interpreted for the mainstream. No experience necessary, but those familiar with hula can learn a style rarely seen on the Mainland and work on technique. \$18/2 classes. Santosha Yoga Studio, 14 Bartlett Ave., Cranston. 401-780-9809. YogaAtSantosha.com.

Guided Meditation Nights 1/15 & 1/30 – 7:30-8:30pm. Join us for a relaxing gathering to calm your senses. After a few tension relieving stretches, you will be led through a journey of guided relaxations to soothe your spirit, eliminate stress, achieve a more restful sleep, and nurture your soul. Call to register. \$5/members \$10/non members. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BIA-Fitness.com.

Waves: 5 Rhythms Movement Practice – 7:30-9:30pm. 2nd Friday. Explore the movement maps of the 5 Rhythms: flowing, staccato, chaos, lyrical, and stillness. Come to move, sweat, breathe and dance in a playful and nourishing introduction to a powerful practice. \$18/cash or check. Studio Exhale, 1263 Oaklawn Ave, Cranston. 401-383-0839. StudioExhale.com.

Saturday

Full Wave Yoga Class – 8-9:30am. See Tuesday at 7am for details. \$15/drop in or \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.com.

Yoga Basics – 9-10:15am. See Monday at 9am for details. \$14. Unique Total Body, 190 Putnam Pike, Johnston. 401-233-2348. UniqueTotalBody.com.

Beyond Basics Class – 9-10:15am. Deepen your practice with a vinyasa flow, sun salutations and more advanced postures to connect your body, spirit and mind. Small classes with emphasis on proper alignment and moving with the breath. \$10/6 classes or \$12/drop in. Renee Katz of Healthi Directions, 11 Kenyon Avenue, Wakefield. 401-864-0947. healthidirections.com.

Kripalu Yoga – 9:30-10:30am. With Chris Belanger. Mixed levels, beginners welcome. Ask about new student specials. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter.com.

Nia Class – 9:30-10:30am. See Thursday at 10am for details. \$3/members, \$6/non members. Johnston Community Center, 1291 Hartford Ave, Johnston. 401-487-6977. NIANow.com.

Kids Yoga (ages 5-8) – 9:30-10:15am. Kids lengthen and strengthen their bodies with flowing sequences, balance poses, breathing exercises, and relaxation techniques. In this class games and stories are used to bring FUN onto the mat while encouraging self-confidence. Registration required. \$10/class or \$35/January. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BIA-Fitness.com.

Hatha/Yin Yoga Blend (All Level) – 9:30-10:45am. Yoga in the peaceful setting of the Zen Center. Join us for our most popular class running 10 years +! A blend of posture flows to music & deep floor work to tone, strengthen, release tension, and energize! \$96/8 classes. The Yoga Studio of BlackstoneRiverValley, 99 Pound Rd., Cumberland. 401-658-4802. TheYogaStudioBRV.com.

Beginners Yoga – 9:30-11am. With Dr. Lakshyan Schanzer who has re-opened his office. Visit website for program description. \$100/series of 7, \$20/Drop in. Body Mind RI, 1215 Reservoir Ave, Garden City, Cranston. 401-369-8115. BodyMindRI.com.

Beginners Yoga – 10-11am. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on 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.

Full Wave Yoga Class – 10-11:15am. See Tuesday at 7am for details. \$15/drop in, \$12/series. The Life Breath Institute, 378 Main St, East Greenwich. 401-258-6537. TheLifeBreathInstitute.com.

Metabolic Type Nutrition Classes – 10am-11:30pm. Achieve and maintain your ideal weight, eliminate sugar cravings, enjoy sustained energy and endurance, conquer indigestion, fatigue, and allergies, bolster your immune system, overcome anxiety, depression, and mood swings. Pre-requisite required to join weekly class. \$20. Aubrey Thompson, 464 Maple Ave, Barrington. LivingBalance.us.

Coastal Growers Market – 10am-1pm. Wintertime Farmers Market featuring a variety of locally produced goods, including fruits, vegetables, herbs, cheeses, meats, jams, bakery items, flowers, crafts and gifts. Free. Coastal Growers Market, Lafayette Mill, 650 Ten Rod Rd, North Kingstown. CoastalMarket.org.

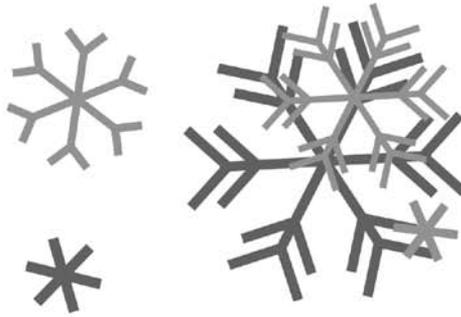
Wintertime Farmers' Market – 10am-2pm. Wintertime Farmers Market featuring a variety of locally produced goods, including vegetables, jams, jellies, artisan breads and pastries, gluten free breads, tortillas, chocolates, fair trade coffee hot or by the pound. Free. Wintertime Farmers Market, 1005 Main St., Pawtucket.

Gentle Prenatal – 10:15-11:15am. Learn how to relax into your transforming body, and deepen your relationship with your baby through breathing and comfortable yoga poses. No experience necessary. \$10/Drop in, \$42/6 weeks. Yoga School of South County, 1058 Kingstown Rd, Peace Dale. 401-782-9511.

Kids Yoga ages 8-12 – 10:30-11:15am. For the older children, we move a bit more into our Yoga. There is still an emphasis on FUN, games are still used as a learning tool and class is suitable for all levels. Confidence and calm are developed, Registration required. \$10/class or \$35/January. The Journey Within, 1645 Warwick Ave Suite 224, Warwick. 401-215-5698. BIA-Fitness.com.

Nia Class – 10:30-11:30am. See Thursday at 10am for details. \$3/members, \$6/non members. Johnston Community Center, 1291 Hartford Ave, Johnston. 401-487-6977. NIANow.com.

Meditation (Instruction/Group Practice) – 10:45-11:30am. Meditation in the peaceful setting of the Zen Center. Learn the simple technique of mindfulness (breath centered) meditation & experience the profound effects of practicing in a group. Sign up for 5 or 10 weeks. \$35/5 weeks, \$60/10 weeks \$7/drop-in. The Yoga Studio of BlackstoneRiverValley, 99 Pound Rd., Cumberland. 401-658-4802. TheYogaStudioBRV.com.



Pre-natal Yoga – 10:45am-12pm. Explore changes and prepare for childbirth in a supportive atmosphere. \$16/drop-in, \$104/8 week series. Motion Center, 111 Chestnut St, Providence. 401-654-6650. MotionCenter.com.

NIA – 9:30-10:30am. 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. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133. TheSpotOnThayer.com.

Zumba Kids – 11:45am-12:30pm. All the Hip hoppin, shakin', groovin' high energy fun of Zumba in a fun atmosphere for kids! All levels and lots of fun. Registration required. \$5/class. B.I.A Fitness, 1639 Warwick Ave, Warwick. 401-732-2899. BIA-Fitness.com.

Parent and Baby Yoga – 12:30-1:30pm. Starting with simple warm-ups and stretches for adults, the class moves into great exercises for parents that give baby a ride play a little peek-a-boo. Babies love it. Moms love it too. Class ends with a little massage for baby and some centering time. \$56/4 classes in 6 wks, Drop-in \$18. Breathing Time Yoga, 541 Pawtucket Ave, 2nd Floor, Pawtucket. 401-421-9876. breathingtimeyoga.com.

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

Grandmother's Empowerment Group – 1-3pm. Usually the 1st Saturday. Meet the Great Council of the Grandmothers: the Grandmothers Empowerment Group. Based on the book A Call to Power: The Grandmothers Speak: finding balance in a chaotic world, by Sharon McErlane. Donation. The Healing Circle, Providence. 508-292-2798. ProvidenceHealingCircle.com.

Learn Meditation – 2-3:30pm. Resolve to start the New Year practicing meditation. Using techniques such as breath control, creative light visualization & sound, meditation can help manage stress, create inner peace, improve sleep patterns, awaken your intuition & connect to spirit. \$12/ walk-ins or \$10/on-line. Robert Arnold, Under The Sun, 31B Bridge Street, Newport. 401-339-6092. underthesunec.com.

Seagrave Observatory Public Night – 8-10pm. Skyscrapers conducts Public Night viewings through a variety of telescopes every clear Saturday Night, weather permitting. The public is invited to attend. For more information see web site. Free. Skyscrapers, 47 Peep Toad Rd, North Scituate. TheSkyScrapers.org.

classifieds

\$1.00 per word. Must be pre-paid. Email listing, including billing contact information by the 15th of month prior to publication to info@rinaturalawakenings.com.

FOR RENT

PROFESSIONAL OFFICE SUITES - Available in Lincoln. Ample parking near Route 95. Various sizes available, H & E included. Call Joseph at 401-632-7255.

SPACIOUS AND TRANQUIL ROOM located at Serenity Yoga Studio in Warwick. All Utilities included and deposit required. \$400 monthly. Contact Pam at 401 615-3433.

HELP WANTED

DISTRIBUTORS – Become an Acaiberri distributor. Health and nutrition interests preferred, but not required. Selling is also a plus. Potential distributors can contact Angelo at 401-497-0740, or email acaiberri@cox.net. Visit acaiberri.com for more information.

TRAVEL AGENT WANTED Earn an Extra \$500-\$1000 a month. For more information visit: <http://smartravel2.traverustravelnetwork.com>. Ask about our promotion: Call Elizabeth at: 401-300-6895.

OPPORTUNITIES

FLEXIBLE HOURS, FUN BUSINESS: NYR Organic, a new home party division of U.K.-based Neal's Yard Remedies, offers award-winning, luxurious organic skin care products and a profitable home-based business opportunity. To learn more contact Kerri at 401-699-9900 or visit spapartieswithkerri.com.

CURRENTLY PUBLISHING NATURAL AWAKENINGS MAGAZINES – Be part of a dynamic franchised publishing network that is helping to transform the way we live and care for ourselves. As a Natural Awakenings publisher, your magazine will help thousands of readers to make positive changes in their lives, while promoting local practitioners and providers of natural, Earth-friendly lifestyles. You will be creating a healthier community while building your own financial security working from your home. Currently for sale: Atlanta, GA; Denver, CO; Mobile, AL; Morris County, NJ; New York City, NY. Call for details 239-530-1377.

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 2 calendars listings a month. Contact Classifieds@RINaturalAwakenings.com.

YOUR CLASSIFIED HERE – For only \$1 per word. Reach readers all over the state. Distribution in over 500 locations. Contact Info@RINaturalAwakenings.com.

GREEN CLEANING

GREEN HOME CLEANING

Deborah DeMarino
401-884-7202 • GreenHomeCleaning@cox.net

Green Home Cleaning has been serving our environment for 15 years effectively and efficiently with full cleaning service. We have expanded our service offerings to include: **FULL SERVICE**- complete home cleaning, **ASSISTANCE** - assisting you while YOU clean your home too and **CONSULTATIONS**- on how to go green. Same hourly rate for all three services. Free estimate with full service. *See ad page 23.*

WOW GREEN

Lisa Kline and Sheri Lough, Distributors
401-497-6380 • cleansafe@cox.net
WowGreen.net/CleanSafe



wowgreen™
Independent Distributor

Let us introduce you to Wow Green! Our cleaning products are 100% SAFE for you, your family, your pets & the environment. Finally, a household line that is tailored to each room in your home that is non toxic-chemical free, effective and affordable. Ask about preferred customer pricing and other ways to save green and earn green. Mention this ad for your Free Wow Green Gift.

Let us introduce you to Wow Green! Our cleaning products are 100% SAFE for you, your family, your pets & the environment.

HEARING SERVICES

GLASS AUDIOLOGY, SERVICING RI

Dr. Jodi Glass
401-575-9951 • GlassAudiology.com



Dr Jodi Glass is an Audiologist with over 30 years of experience testing the hearing of newborns through seniors. She has a reputation of compassion, professionalism and reliability. Now, she is available statewide, to come to YOU for all your hearing and hearing aid needs, and would be honored to hear from you.

HERB FARM

SEVEN ARROWS FARM

346 Oakhill Avenue
Seekonk/Attleboro Townline
508-399-7860
sevenarrowsfarm.com



Extensive Herbal Apothecary includes: Herbs, Teas, Essentials Oils, Hard-to-find ingredients-Butters, Oils, Waxes, Clays, Salts, & much more for natural skin care product-making. Bottles, jars, Mortars & Pestles, Crystals, Gemstones, Crystal Readings. (Call for appointment.) Tea Room. Sit. Relax. Enjoy.

AYURVEDA/MASSAGE

JAN GOLDSTEIN, NCLMT

Newport, RI
401-847-1371

Prepare to be well cared for as you reach a state of calm balance. Traditional ayurvedic body treatments including shirodhara, deep muscle and relaxation massage, reflexology, and so much more.

BOOKSTORE

THE GRATEFUL HEART

17 West Main Street
Wickford, RI 02852
401-294-3981 • GratefulHeart.com



Books on Spirituality, Metaphysics, Psychology, Shamanism, Alternative Healing, Gourmet Vegetarian Cooking, Kirlian Aura Photos. Meaningful jewelry with crystals and gemstones, Angels, Buddhas, Tibetan Singing bowls, Native American sacred herbs, dreamcatchers. Candles, incense, cards and beautiful music on CD. Psychic and Tarot Readings - Call for appointment. *See ad, page 19.*

Books on Spirituality, Metaphysics, Psychology, Shamanism, Alternative Healing, Gourmet Vegetarian Cooking, Kirlian Aura Photos. Meaningful jewelry with crystals and gemstones, Angels, Buddhas, Tibetan Singing bowls, Native American sacred herbs, dreamcatchers. Candles, incense, cards and beautiful music on CD. Psychic and Tarot Readings - Call for appointment. *See ad, page 19.*

COACHES

PERSONAL & PROFESSIONAL DEVELOPMENT

Donna McGoff, Life Coach - Living...ON PURPOSE
401-662-2707 • dmcgoff@cox.net



Harvest the Rewards of Your Rich Life Experiences. Overcome Limiting Beliefs .Set Goals and Reach Them. Harmonize "Wheel of Life". Create Life You Want. Ready for Living...ON PURPOSE? Call Today for Free Half-hour Consultation and Introductory Session

Harvest the Rewards of Your Rich Life Experiences. Overcome Limiting Beliefs .Set Goals and Reach Them. Harmonize "Wheel of Life". Create Life You Want. Ready for Living...ON PURPOSE? Call Today for Free Half-hour Consultation and Introductory Session

COLON HYDROTHERAPY

INNER HEALTH COLON HYDROTHERAPY

Lori DeLang, I-ACT Certified Colon Hydrotherapist
450 Chauncy St., Mansfield, MA
at Rtes. 95, 495 & 106
508-261-1611 • loridelang@comcast.net
InnerHealthofMansfield.com



Cleanse your colon with privacy and dignity, using the premier Angel of Water system. The large intestine (colon) is cleansed by instilling purified water into the lower bowel through a disposable nozzle. The water initiates natural movement of the colon to eliminate waste. You remain in control of the flow of water at all times. Remember: The Road to Good Health is Paved with Good Intestines! *See ad, page 39.*

DEPTH HYPNOSIS

KATHARINE A. ROSSI

401-245-0398
archeofspirit.com
info@archeofspirit.com

Holistic counseling using hypnosis to access the root cause of imbalances and transform your relationship with others and self. Depth Hypnosis works with your inner wisdom to heal and create lasting change. Phone and office sessions available.

DOG TRAINING

SOLID K9 TRAINING

Jeff Gellman
401-527-6354 • SolidK9Training.com



Jeff Gellman, a nationally recognized dog trainer and whisperer, will show you the 4 most important things to get you the most out of your relationship with your dog using his own system of obedience training, behavior modification, household management and exercise. Jeff is a real world at home dog trainer who does not use treats, clickers, choke chains, head halters, punishment or bribery. Based in Providence and traveling nationwide. *See ad page 14.*

FAMILY ENRICHMENT

FAMILYTOPIA

Johanna Corcoran, Family Enrichment Consultant
401-300-9656
Johanna@myfamilytopia.com
myfamilytopia.com



Familytopia offers workshops and resources developed to help you nourish the soul of your family. Available for individual consultations and private group events. Workshops include the following topics: Uncovering Your Child's Birth Story, Family Moments in a Fast-Paced World, Creating a Family Compass Statement, Putting the Great in Grateful, Self-Esteem For Kids, and many others. See our website for complete list. See you in FAMILYTOPIA!

Familytopia offers workshops and resources developed to help you nourish the soul of your family. Available for individual consultations and private group events. Workshops include the following topics: Uncovering Your Child's Birth Story, Family Moments in a Fast-Paced World, Creating a Family Compass Statement, Putting the Great in Grateful, Self-Esteem For Kids, and many others. See our website for complete list. See you in FAMILYTOPIA!

Always laugh
when you can.
It is cheap medicine.

— Lord Byron



We are solely supported by our Advertisers, so please support them.

HYPNOSIS

MARK ASHLEY HYPNOSIS HEALTH & WELLNESS

Consulting Hypnotist, Coach & Motivator
401-623-6709 • markdashley@gmail.com
MarkDashley.com

Motivation by means of hypnosis. Achieve amazing success with weight loss, fitness goals, stress management, insomnia, motivation, procrastination, anxiety, phobias, smoking and compulsive behaviors. Schedule a complimentary wellness consultation including body composition analysis, a \$100 value, with the mention of this ad.

JOHN KOENIG, BOARD CERTIFIED HYPNOTIST

739 Post Rd, Warwick, RI
401-374-1890 • possibilities.nu



Transformational hypnosis for lasting personal change. Smoking cessation. Weight loss. Stress. Pain. Relationships. Career issues. Sports. Goals. Habits. Fears. ADD issues. Confidence. Complementary medical

hypnosis. Affordable. Fast. Effective. Free evaluation if desired. Visit website for free newsletter and information.

INTERFAITH MINISTER

INTERFAITH MINISTER

Rev. Natalia de Rezendes
Slatersville, RI
401-766-8316 • nathalia47@aol.com
OneVoiceCentral.com



Create the Wedding ceremony of your heart's desire with Rev. Natalia! Whether it be traditional or non-traditional or an Interfaith marriage. All types of love unions welcomed! Rev. Natalia co-creates ceremonies with you and enhances the beauty of your traditions: weddings, baby christenings and namings, seasonal healing rituals, memorials and funerals.

NATUROPATHIC PHYSICIANS

KERI LAYTON, N.D.

111 Chestnut St., Providence, RI
Also at All That Matters, Wakefield, RI
401-536-4327 • KLAYTONND.com



Naturopathic medicine at its best. Diet and nutrient therapy, herbal medicine, NAET, homeopathy. Safe and effective treatments for men, women and children of all ages.

NATURE CURES NATUROPATHIC CLINIC

Dr Cathy Picard, N.D.
250 Eddie Dowling Hwy • North Smithfield RI
401-597-0477 • DrCathyPicard.com

Whole-person health care for the entire family using safe and effective natural medicines. Meeting your health care needs with homeopathy, herbal medicine, nutrition and biotherapeutic drainage. Focus includes pediatrics and childhood developmental issues including autism and ADHD.

PROVIDENCE WHOLISTIC HEALTHCARE

Sheila M. Frodermann, MA, ND, FHANP
144 Waterman St., Providence, RI
401-455-0546 • ProvidenceWholistic.com

Holistic family health care: your comprehensive natural medicine clinic offering diet and nutritional counseling, herbal and homeopathic medicines, and acupuncture. Optimize health and wellness naturally! *See ad page 7.*

NUTRITION

ADVANCED NUTRITION AND NATURAL MEDICINE

342 Atwood Avenue
Cranston, RI 02920
401.942.6967 • DrRichardPicard.com



Dr. Richard Picard specializes in developing individualized nutritional programs based on clinical findings and patient profile. If you are tired, fatigued, frequently ill or just not as healthy as you'd like to be, nutrition is one of the best places to start. Dr. Picard has 18 years of clinical experience dealing with weight gain, cholesterol and lipid disorders, diabetes, gastrointestinal disorders and metabolic syndrome.

RECONNECTIVE HEALING

DIVINELY TOUCHED

Mary DiSano, C.R.P.
1542 Main St • West Warwick, RI
Divinelytouched.com



Utilizing Reconnective Healing & The Reconnection®. A new form of energy-based healing, Mary has studied with Dr. Eric Pearl, author of The Reconnection, published by HayHouse, who has use Reconnective therapy to cure disorders such as; cancer, AIDS, MS, & chronic pain (results may vary from patient to patient). *See ad page 15.*

REIKI

REIKI MASTER & TEACHER

Amanda de Rezendes
Slatersville, RI
MoveYourEnergy.com
amanda@moveyourenergy.com



Amanda is a certified Reiki Master available for sessions and training workshops. She brings a compassionate and intuitive understanding to her Reiki practice and works to empower her clients with the knowledge of their own ability for self-healing. Experience this ancient and non-invasive healing art to know your own energy, reduce stress and create balance.

THERAPEUTIC MASSAGE

IT'S YOUR BODY'S SYMPHONY

2051 Plainfield Pike • Johnston RI 02919
401-464-6100 • ItsYourBodysSymphony.com



ITS ALL ABOUT YOU. You deserve the BEST The journey begins. Enter a new plateau @ ITS YOUR BODYS SYMPHONY We offer: A variety of massage therapies including La Stone, Cupping, Thai, Ultimate pumpkin & back facials, Reflexology... We look forward to your arrival. *See ad page 15.*

WELLCARE COLLABORATIVE

IT'S MY HEALTH

Marie Bouvier-Newman
2374 Mendon Rd., Cumberland, RI
401-405-0819 • Its-My-Health.com

We provide much more than products, services and education. We provide the tools you need to optimize your health in a comfortable environment. We care. *See ad on page 27.*

YOGA

CHRIS BELANGER, RYT

401-261-7242
wholeofthemoonyoga@hotmail.com
wholeofthemoonyoga.com

Offering Kripalu Yoga, Laughter Yoga, Yoga in the Park, Men's Yoga, Gentle Yoga & Senior Yoga throughout RI – Classes are suitable for all levels. Explore your body, breath, mind & spirit. Chris is now offering Yoga for Vets - a program to thank vets for their service, while providing a valuable wellness tool for the mind & body. *See ad on page 11.*

YOGA AND HOLISTIC HEALTH CENTER

ALL THAT MATTERS

315 Main Street • Wakefield, RI
401-782-2126 • Info@allthatmatters.com
AllThatMatters.com

Choose from 45 yoga classes each week. Enjoy a variety of therapeutic health services. Experience workshops on yoga, meditation, self-care, self-discovery and the healing arts. *See ad on page 10.*

VOICE COACH

ONE VOICE STUDIO

Natalia de Rezendes, MM New England Conservatory '78
Slatersville, RI
401-323-SONG (7664) NataliaOneVoice.com



Private instruction in Piano and Voice: Classical, Broadway and Commercial Contemporary for Ages 6 to senior citizen. Certified in the LoVetri CCM method.



HOLISTIC & WELLNESS EXPO

Sunday March 28, 2010

10am - 5pm

Twin River Event Center
100 Twin River Rd ~ Lincoln, RI 02865

Exhibitor opportunities available for the following types of businesses: holistic health and wellness, natural and organic foods and eco-conscious green products.

natural
awakenings®
healthy living. healthy planet.



TWIN
RIVER
LINCOLN, RI
SO MUCH. SO CLOSE!



Plan Ahead
events
It's What We Do

Rhode Island's Holistic & Wellness Expo

Please visit DiscoverYouExpo.com

For more information, please contact Susan Lataille at (401) 769- 1325 x11 or info@discoveryyouexpo.com.