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Rhode Island Edition

September 2008

PREMIERE ISSUE



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optimal health for
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SCHOOL**

Local News • Health Briefs • Community Calendar

Natural Awakenings Magazine

Friendly User Guide

Welcome

...to Rhode Island's newest healthy living magazine! We're delighted to be here and want to make it easy for you to use and benefit from this new resource and community builder. From the original artwork selected for our eye-catching cover to the appealing editorial throughout, you've discovered the perfect guide to a healthier and more balanced life for you and your family. Each month Natural Awakenings advertisers and authors provide a helping hand along your personal path to wellness.

Let's get started!

Publisher's Letter - Each month, Publisher Maureen Cary shares her thoughts on the featured monthly topic. She'll share her entertaining and informative perspective with a nod to stories from her own experience. You'll get to know us as we come to know you.

News Briefs - Local and national news keeps you up on cutting-edge perspectives in the fields of natural health, alternative medicine, fitness and related fields. We welcome everyone's contributions of newsworthy information.

Health Briefs - Timely news items introduce and hook you up with the latest treatments and tools for specific health and wellness concerns. Includes practical tips that you can use today to advance a healthy living lifestyle.

Global Briefs - The rain forest is half a world away, yet our health depends on its health. This department keeps you wired with relevant current events and opportunities for action vital to our planet's well-being.

Community Spotlight - Articles packed with insight into local businesses and healing arts practitioners show they can be of service to you and your loved ones. You'll be amazed by the knowledge and expertise right here in Rhode Island!

Interviews - Exclusive interviews with national and local leaders, experts and authors who know how to live well naturally, offer anecdotes, nuggets of wisdom and expert how-to for enhancing life.

Healthy Kids - Our children's health is paramount. This column helps parents and caretakers make wise decisions in protecting your children's health and well-being.

Natural Pet - We love to see our family pets active and thriving. Surprising alternative therapies, nutrition ideas and resources open up new possibilities.

Fit Body - We all know that exercise and physical fitness are essential. The trick is finding the right options for you. We will supply fresh windows of thought that can help get you moving.

Feature Articles - Interesting, informative, often exclusive articles take advantage of *Natural Awakenings'* national scope and local interest in our community. You'll want to read them all.

Calendar of Events - There's so much to do in Rhode Island. Check out the exciting classes, weekend workshops and special events that pop up each month.

Classified Ads - Classifieds are an inexpensive way to let readers know what you have to offer. It's a great source to locate "that's exactly what I need" types

of services, products and opportunities.

Community Resource Guide - Here's a quick reference to the best health and wellness resources in Rhode Island. It's a quick way to find gifts of health and fun for yourself or others.

Display Ads - Our advertisers are the absolute best! They not only make this magazine possible but are the nicest people in town. Please patronize them and tell them you saw their ad in *Natural Awakenings*.

Distribution Locations - Please ask for *Natural Awakenings* at every business you visit and support our distributors with purchases. Our distributors are just as important as our advertisers and readers. All three are essential elements of the wider community we seek to cultivate, grow and weave into a oneness of community for the benefit of all.

Thank you for reading, supporting and contributing to Natural Awakenings. We're glad you've joined us in rousing a real natural awakening of the whole Rhode Island community!

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www.rinaturalawakenings.com

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

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letterfrompublisher



Welcome to the first edition of *Rhode Island Natural Awakenings* magazine, your new, free monthly guide for a healthy, natural and sustainable life.

We are dedicated to providing insights and cutting-edge information on health, wellness, fitness, nutrition, personal growth, creative expression and environmentally friendly living to help you improve the quality of life physically, mentally, emotionally and spiritually. Each month, we will bring you valuable articles by well-known national and local experts. Our calendar connects you with local healthy living events. Free news

briefs enable area businesses to share helpful information with Rhode Island's growing holistic and sustainability-conscious communities.

Healthy living entrepreneur Sharon Bruckman established *Natural Awakenings* in 1994 in Naples, Florida, in response to her local holistic health community's need for an effective way to share information and connect with people searching for alternative therapies. Today, franchise owners publish 60 local editions, reaching more than two million devoted readers, and we're still growing.

It's exciting to bring *Natural Awakenings* to our state. Much of my life has been committed to taking a more Earth-friendly approach to life, whether in tolerance of others' paths, a sensible approach to resources, or more personal choices, such as the foods I eat, my quest for sustained inner peace, and the joy I take in appreciating nature's beautiful day.

A year ago this month, I discovered the tremendous opportunity of *Natural Awakenings* in Orlando, Florida, while visiting my family. I was so struck by the content, layout and message that I immediately knew: This is my calling.

Now, after months of caring preparation, I am happy to share the Rhode Island edition of this amazing magazine, here for you, to keep us all in touch with ways to better our lives and our communities. Our contributors and supporters hope you'll make the most of each month's practical information.

Let this magazine also serve as your primary resource for local practitioners of integrative and alternative wellness and healing arts. I trust that you, too, will regularly enjoy and learn to rely on it. We know you'll support our advertisers when shopping for products and services, as none of this would be possible without them.

This is your magazine, and we value everyone's input. Please keep us informed of what is going on in your community, business and spirited lives. Send local news, stories and events of interest to Info@RINaturalAwakenings.com. You can also visit us on the Web at RINaturalAwakenings.com.

Natural Awakenings readers are renowned for drinking in every page, from cover-to-cover, and acting on their discoveries. So please sit back, relax and enjoy this premier issue, and every month to follow. I look forward hearing your own tales of your journey to sustained health and happiness, and am excited about meeting you.

Welcome to our family.

Peace,

Maureen Cary, Publisher



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is printed on recycled
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newsbriefs

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

Natural Awakenings Launch Party

Natural Awakenings welcomes readers, advertisers and other supporters to join us for our launch party on October 22 from 5 to 8 p.m. at the North End Café (NEC) in North Providence, courtesy of Owner/Chef Paul Jalaf. All are invited to come together and network with like-minded individuals interested in spreading the word about the benefits of natural health, fitness, personal growth, creative expression and sustainability.

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Healthy appetizers and healthy attitudes are on tap. Come celebrate with us at the North End Café with food, fun, and warm appreciation from us, your healthy living, healthy planet magazine. "Plan on meeting new friends and having a good time!" says publisher Maureen Cary.

RSVP to Maureen Cary at 401-709-2473 or MCary@rinaturalawakenings.com. North End Café is located at 1058 Charles St. in North Providence.

Local Nutritionist Elected to International Board

Rene St. Laurent, owner of Aquidneck Nutrients & Wellness Center in Middletown, has been elected to the scientific board of the International and American Association of Clinical Nutritionists (IAACN). He will interact with world-renowned clinicians to help develop cutting-edge protocols to delay or reduce the onset and severity of diseases such as cancer, heart disease, diabetes and neuro-degenerative disorders.

St. Laurent, a doctor of natural medicine, brings 35 years experience as a registered pharmacist, as well as eight years as a board-certified clinical nutritionist, to his new role. One of his tasks will be helping to prepare questions for thousands of nutritionists seeking to pass the Clinical Nutrition Certification Board's intensive three-day exam, in order for them to fulfill required continuing education credits and maintain certification.

The IAACN is a professional association with members in many health care professions. The organization publishes *The Journal of Applied Nutrition*, a leading peer review journal highlighting current nutritional research.

The Aquidneck Nutrients & Wellness Center is located at 790 Aquidneck Ave. in Middletown. Call 401-324-6167.

**You need chaos in your soul
to give birth to a dancing star.**

— Nietzsche



Flags Fly for Peace in Burnside

The Peace Flag Project (PFP) celebrates the International Day of Peace, or Peace Day, September 21, in Burnside Park at Kennedy Plaza, from 3 to 6 p.m. Singers, dancers and storytellers for adults and children will perform at the free event. Attendees also can participate in a walking meditation, slowly and silently passing from Burnside Park past the Wall of Hope, to the WaterPlace Park Basin. Prayers for peace by interfaith clergy close the event.

"I love observing Peace Day," says PFP Director Ginny Fox. "It's wonderful for people all over the world to celebrate peace and think about how to make the planet a more peaceful place—all on the same day."

Thousands of flags created throughout the year by the project will be on display. Inspired by the tradition of Tibetan prayer flags, they express positive wishes from the heart, often for peace, compassion and reconciliation.

Fox observes that creating the flags "puts us in touch with wonderful things we want for ourselves, our families and the local and world community—things we don't often express. As we create flags together, as we talk and act in peace together, we can bring those words to life."

PFP is sponsored by the American Friends Service Committee. Visit ThePeaceFlag-Project.org or email Info@ThePeaceFlag-Project.org.

Co-op Offers Pennywise Prices

With the price of food climbing, buying in bulk makes more sense than ever. Over the past year, the Alternative Food Cooperative in Wakefield has been expanding their bulk and prepared food sections to serve rising numbers of pennywise shoppers seeking all-natural and organic choices.

The co-op's shelves are stocked with staples such as grains, legumes, flours, sweeteners, dried fruits, herbs, nuts and locally produced honey. "We have, for example, more than a dozen different varieties of rice," advises Carol Field, co-op member services coordinator and bulk foods buyer.

The prepared food department is also bigger, notes Field, because, "People don't always have the time to cook nutritious meals." Patrons can eat in or take out prepared soups, vegan and vegetarian sandwiches and wraps, and freshly baked scones, muffins and cookies. Organic fruit smoothies and carrot juice made to order are available, too.

Preorders are available online. The store encourages shoppers to bring their own jars, bottles and bags. They cater small gatherings and take special orders for yummys like vegan cakes.

The Alternative Food Cooperative is located at 357 Main St. in Wakefield. Call 401-789-2240 or visit AlternativeFoodCoop.com.

Fresh Produce & Fine Art Now in Season



The Providence Open Market begins its second season September 6, at its new location in Lippit Park. That's on the east side of Providence, at the juncture of Hope Street and Blackstone Boulevard. The market continues each Saturday through October 25, as the city's only open-air market for handcrafted goods, fine art and fresh produce. The market features different artists every week, in a juried show.

All vendors are reviewed for acceptance. The Open Market continues to accept applications for artisans, antiques and collectible dealers, farmers and prepared food vendors, as well as import goods dealers.

Parking is free. Visit the website and blog at ProvidenceOpenMarket.com. For general inquiries, call 617-481-2257 or email Info@ProvidenceOpenMarket.com.

Advancing Sustainability in Schools

The Apeiron Institute for Sustainable Living will host the Rhode Island Sustainable Schools Summit on September 25, from 9 a.m. to 3 p.m. Attendees will learn about successful school initiatives and discover resources and programs relating to energy efficiency, funding resources, recycling and non-toxic cleaning, and school gardens. The event is cosponsored by the Rhode Island Association of School Committees and High Performance Schools Working Group.

The mission of the Apeiron Institute is to create ecologically healthy communities by bringing sustainable living practices from around the world to Southeast New England. Since launching the Sustainable RI initiative in 2001, Apeiron has developed the annual Sustainable Living Festival and Clean Energy Expo, created a 700-organization directory, established the Rhode Island School Gardens Coalition, and expanded the International Walk to School Day.

To learn more, visit Apeiron.org or call 401-228-7930.



Yoga Students Get with the Program

All That Matters is now enrolling students for its fall teacher certification programs. Training is available in yoga, reflexology, Thai massage and Reiki. Classes are open to new students, as well as practitioners who want to add a new modality to their services.

September also ushers in a new schedule for the yoga center, including Sampler Day, The Yoga Explorer Pass and 40 Days to a Personal Revolution. Also on the agenda, a Whole Foods 101 basic class will familiarize individuals with purchasing and cooking whole grains, beans and a variety of vegetables.

As an additional service, All That Matters has launched Just Ask Us, an advisory staff available to offer direction and support on health-related matters via email and one-on-one sessions.

All That Matters is located at 315 Main St. in Wakefield. Call 401-782-2126 or visit AllThatMatters.com. See ad, page 7.

Put Garbage on a Diet

This month, the University of Rhode Island CELS Outreach Center again presents the RI Master Composter and Recycler Program, at the Roger Williams Park Botanical Center in Providence. Residents can learn to be greener citizens and become part of the solution to one of the state's major environmental problems: solid waste.

The program runs September 3 through October 1; for seven years it has been training volunteers to compost and recycle, and to become advocates within their local community and around the state. Five classes cover the benefits and science of composting and recycling, along with the basic techniques and materials needed to start.

The \$50 fee includes all books and handouts. Students agree to at least 30 hours of volunteer work. Coursework is conducted in partnership with the Rhode Island Resource Recovery Corporation.

For more information, go to URI.edu/cels/ceoc_programs_mcrp.html or call 401-874-4453.

Gluten-Free Store Marks First Anniversary

This month, Healthy Haven Specialty Food Products food store celebrates a year in business offering some 800 products for people susceptible to food allergies. The all gluten-free specialty store is located at 80 Main Road in Tiverton.

"Most people with celiac disease have to go to three to five different stores to find what they need," observes owner Kathi Thiboutot. "It's so time consuming, that I wanted to offer them a store where everything they're looking for is under one roof."

Thiboutot herself was diagnosed with celiac disease 18 years ago. In 1999, she started a local support group that now meets five times a year and offers hands-on cooking classes and discussions led by doctors, vendors and others.

Celebrating the occasion, Little Bay Baking Company of New Hampshire will visit the store September 5 with products made from their prepackaged mixes. On September 6, Good JuJu Bakery of Massachusetts, another dedicated gluten-free company, will provide samples of their readymade breads and muffins.

In addition to gluten-free products, Healthy Haven carries egg-free, dairy-free, vegan, soy-free, Kosher, organic and diabetic foods.

For more information, call 401-816-5844 or visit HealthyHavenRI.com. For information about the Celiac Support Group, call 401-624-8888 or email Thiboutot@KathiT51@hotmail.com.



Fundraiser Tests Participants' Strength

This year's Jet Pull, to benefit the Rhode Island Chapter of the national Multiple Sclerosis Society, is scheduled for September 20. Thirty teams of 20 people will test their strength against a massive FedEx 727 aircraft, pulling it across the tarmac of the T.F. Green Airport to raise money for a good cause. Teams from all across the state will compete to win prizes in the fastest pull, shortest pull, best team spirit and more.

Last year's Jet Pull, the first of its kind, drew 13 teams and raised \$25,000, according to Catie Dussault, director of special events. "This year, our goal is to double that," she says.

Registration fee is \$50 per person. To get involved, visit Eventrtr.NationalMS-Society.org.



Charting Green Territory in Rhode Island

Rhode Island has been stepping up its efforts to implement a chapter of the U.S. Green Building Council. Only four other states in the country do not have a full-fledged chapter, but 350 Rhode Island citizens are moving to change that, says Connie McGreavy, principal of Conserve by Design.

"Rhode Islanders are finally waking up," McGreavy says. "In a short time, we should have a plan suited to our state that addresses the need to implement high performance, green building standards for all development, as well as other sustainable initiatives."

The public is welcome to attend meetings the third Thursday of each month, from 4:30 to 6:30 p.m., at the New England Institute of Technology, 2480 Post Road, in Warwick. Discussion, led by a keynote speaker, will be followed by a question-and-answer session. The next meeting is September 18.

A new local Green Building Council chapter would provide resources for making building projects environmentally friendly, including how to connect with renewable technologies that lower energy use and cut greenhouse gasses. The chapter would also assist people in finding manufacturers of green building products, classes and workshops, and to recognize, as McGreavy says, "when you're being greenwashed."

For local information call 401-862-3158 or email CMcGreavy@ConserveByDesign.com. To learn more about the Council movement, visit USGBC.org.

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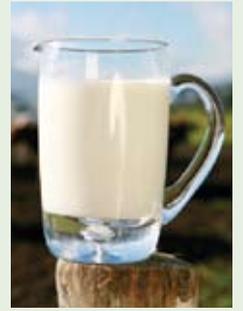
Employees who have more control over their daily work and apply creativity in tackling challenging tasks are healthier than workers who don't, according to a recent study from The University of Texas at Austin (UT). "Creative activity helps people stay healthy," says lead author John Mirowsky, a sociology professor with the Population Research Center at UT, because "it's non-routine, enjoyable and provides opportunity for learning and for solving problems. People who do that kind of work, whether paid or not, feel healthier and have fewer physical problems."

The study evaluated more than 2,500 adults who responded to an initial national telephone survey in 1995 that was followed up in 1998. Questions addressed general health and physical functioning, as well as how individuals spent their time at work and, whether paid or unpaid, it gave them a chance to learn new things or do things they enjoyed.



Organic Milk

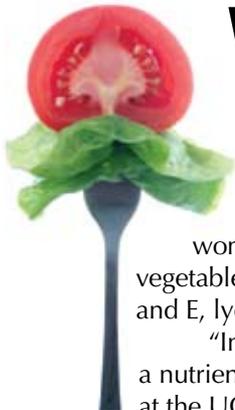
Preliminary evidence from a recent Euro-pean-wide study on Quality Low Input Food (QLIF) has found that levels of antioxidants in milk produced by organically-raised cattle were 50 to 80 percent higher than in normal milk, just as organically-grown wheat, tomatoes, potatoes, cabbage, onions and lettuce delivered 20 to 40 percent more antioxidants than non-organic produce. Higher levels of other nutrients, such as iron, zinc and vitamin E, also showed up in the findings.



With sales of pasteurized organic milk on the upswing, Dr. Joseph Mercola, founder of a natural health website, reports that more local dairies nationwide also are offering unpasteurized, or raw, milk to meet demand. Proponents like raw milk's easy-to-digest amino acids, proteins and enzymes, many of which would be destroyed by pasteurization. Some states have, nevertheless, banned raw milk; for discussion of the issue, start with *RealMilk.com*.

Natural milk activist Rahman Dalrymple notes that, in any case, it's crucial to know the source of the milk: the health of the animals, how they are fed (organic green grass versus starchy grains), where they are confined (clean pastures or manure-laden pens) and how the milk is collected.

Sources: *QLIF.org*, *Mercola.com*, *Raw-Milk-Facts.com*

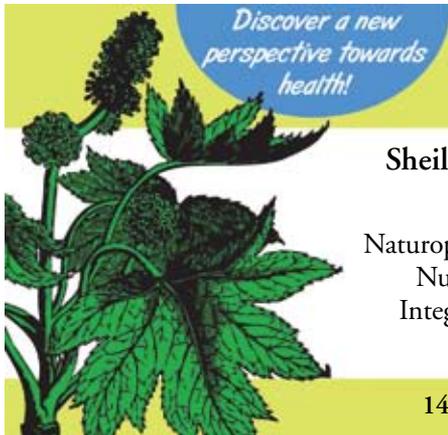


Why Our Body Loves Salad

New UCLA/Louisiana State University research is the first to blunt concerns about the human body's ability to absorb needed nutrients from raw vegetables. Study of 17,500 adult men and women on various diets shows that consumption of salads and raw vegetables correlates with higher concentrations of folic acid, vitamins C and E, lycopene and alpha and beta carotene in the bloodstream.

"Increasing vegetable consumption is a wise strategy for composing a nutrient-rich diet," says Lenore Arab, visiting professor of epidemiology at the UCLA School of Public Health, who co-authored the study. In fact, "our findings suggest that eating just one serving of salad or raw vegetables per day significantly boosts the likelihood of meeting the recommended daily intake of certain nutrients." Researchers used nutritional guidelines from the Food and Nutrition Board of the National Academy of Sciences.

Source: *ScienceDaily.com*



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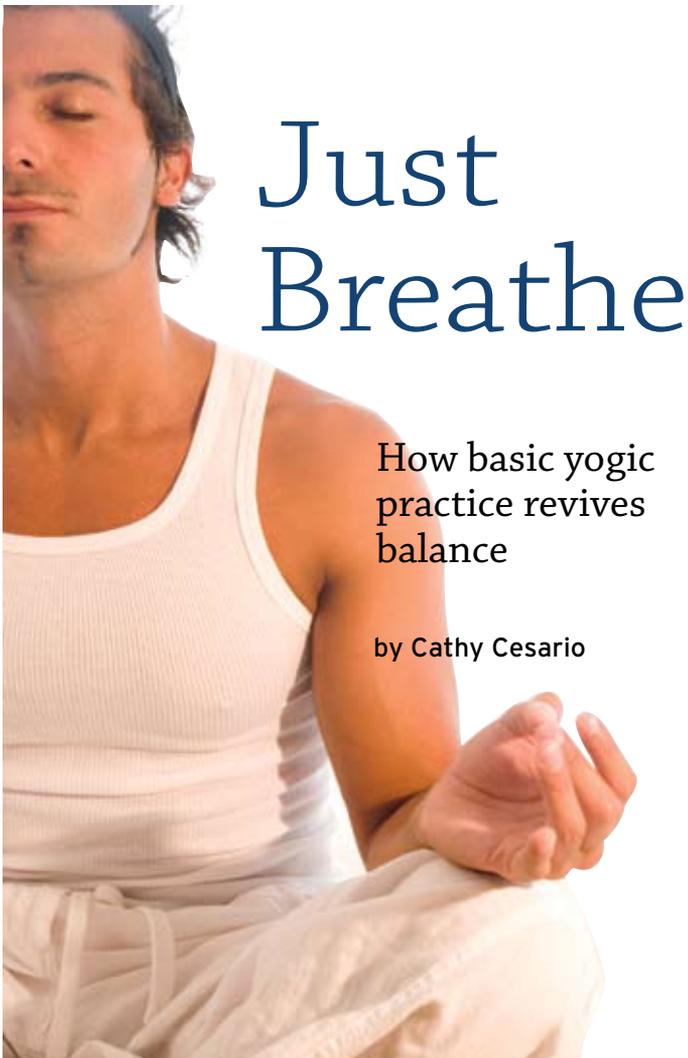
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Just Breathe

How basic yogic practice revives balance

by Cathy Cesario

Just breathe" is a mantra repeatedly heard by any yoga student who has ever stood, sat or reclined on a yoga mat. That's because once embraced and embodied on the mat, this advice engenders slow, steady breaths that slow the heart rate and lower blood pressure. Off the mat, remembering to pause and breathe can stop the fight-or-flight physiological response to stress in less than 30 seconds, says Patricia Brawley, Ph.D., a certified teacher of mindfulness based stress reduction.

Breathing, an automatic body function, may seem like a simple and uncomplicated act, requiring no conscious attention. However, many of us fail to breathe deeply, in a relaxed state, because we have become unconsciously accustomed to habitual levels of stress and agitation. When we remember to breathe with awareness and attention, we become rejuvenated and rebalanced by the energy our bodies receive through oxygenation.

A Simple Practice

Pay attention ~ Attending to the act of breathing helps bring awareness back to the body and its inner sensations. The body responds to the contents of the mind, which is frequently spinning at breakneck speed. Caught up in the trappings of constant mind chatter, we lose touch with the present moment and awareness of being present in the body. By focusing the mind's attention on the breath as it flows in and out of the nostrils, we begin to relax naturally and become absorbed in the now.

Vital Life Force In ~ *Prana* is Sanskrit for breath, vital energy or life force. Ancient yogis believed that we not only receive oxygen when we breathe, but also breathe in the vital energy that enlivens all beings. The function of inhalation is to receive this healing energy of prana, which restores and reconnects the body to the mind.

Tension and Negativity Out ~ In yoga, the function of exhalation is to release what is no longer needed. Deep breathing helps the body let go of tension and negativity. A regular breathing practice that imagines breath as healing energy—by combining conscious body relaxation with an awareness of the sensation and movement of breath—will calm body and mind.

East Meets West ~ The way we think about ourselves and the way we breathe, greatly impact the immune system. Christiane Northrup, renowned physician and author of *Women's Bodies, Women's Wisdom*, affirms that, "Thoughts and beliefs that support self-love and self-worth enhance health and well-being and the lifestyle behaviors that support them." She also confirms that thoughts of anger and

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thoughts of complaining lead to an increase of cortisol, the stress hormone that leads to inflammation, "setting the stage for disease."

Northrup points out that nostril breathing stimulates that part of the nervous system which is in charge of rest and restoration in the body. Steady nostril breathing and positive thoughts can help us feel happier, she claims, and may reduce the risk of disease, possibly lengthening one's lifespan.

Daily Basics

This simple breathing practice can easily be done in the comfort of home:

- Lie in a comfortable place or sit comfortably on the floor or ground.
- Feel the whole body relaxing into the ground.
- Bring awareness to the sensation of the breath flowing in and out of the nostrils. Try not to change the breath

in any way. Rather, observe its feeling and sound.

- Gradually, allow the exhalation to become longer with each breath.
- Visualize the breath as light and healing energy moving in and out of the heart center. On the inhalation, see the body receiving the nourishing energy of *prana* and the heart filling to overflowing with balance and peace. While exhaling, let go of negativity and disease of any kind.

When we focus awareness on our breath, we are witnessing the mystery of being alive in this very moment as the magnificent power of the universe flows through us, bringing health, balance and peace. According to the ancient teachings of yoga, this encounter with our true self, the one manifesting our Divine Source, works to create *samadhi*, a state of ongoing bliss.

Cathy Cesario is an experienced registered yoga teacher with the Yoga Alliance and is the Founder of Spirit Tree Yoga. She directs Spirit Tree Yoga teacher training, and teaches yoga classes at All That Matters in Wakefield, RI. She offers workshops to yoga and business communities, and has a private therapeutic practice that combines yoga, meditation, energy and sound healing. Contact her at SpiritTree111@aim.com or AllThatMatters.com.



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Master the Dream of Your Life

“EVERYTHING WE DO IS BASED ON AGREEMENTS WE HAVE MADE,” says don Miguel Ruiz, “agreements with ourselves, with other people, with God, with life. But the most important agreements are the ones we make with our self. In these agreements we tell our self who we are, how to behave, what is possible, what is impossible.”

In his book, *The Four Agreements*, a *New York Times* bestseller, don Miguel reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. One single agreement is not such a problem, he explains, but we have many agreements that come from fear, deplete our energy and diminish our self-worth. He also defines the solution.

Calling on the wisdom of a family legacy of Toltec teachings, don Miguel points out that when we are ready to change the nature of our agreements, we can effectively adopt four deceptively simple agreements as powerful guiding principles. Practicing these four agreements constitutes a powerful code of conduct that can rapidly transform our life into a new experience of freedom, true happiness and love.

THE FOUR AGREEMENTS

1. Be Impeccable With Your Word

Speak with integrity. Say only what you mean. Avoid using words to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

2. Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3. Don't Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

4. Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance simply do your best, and you will avoid self-judgment, self-abuse and regret.

Visit MiguelRuiz.com for more information.



While We Were Sleeping

Harriet Peck Taylor

Animals have been a guiding force throughout Harriet Peck Taylor's life. She grew up hiking, camping and fishing with her nature-loving dad and watching her artist mom paint magic. Observing North American mammals “is always a thrill,” says Harriet. “Watching them in their natural environment moves me.”

Harriet loves seeing bears, bison and coyotes at play in the wilderness, sliding down a snowfield, kicking up their heels after a storm or dashing about in a game of tag. Family pets were among the first to teach her values of love, loyalty, companionship and responsibility. Thus Harriet's art and stories tend to “portray the lighter side of animal behavior,” capturing their energy amidst changing light and shadows, all of it distilled through imagination.

Wonders of wild places translate beautifully through the artist's fluid hand-painted batik canvases. Layers of translucent dyes sealed with wax preserve their line, clarity and texture. Recently she's also been working in oil pastels, which allows her to work outside her Boulder, Colorado home.

To view more images visit HarrietPeckTaylor.com. She may be reached at hptjessie@hotmail.com or 303-499-9914. Studio art, prints, cards, books and T-shirts are available.

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Algae being harnessed to combat climate change and other eco-woes

Consider the algae. Three years ago, Massachusetts Institute of Technology rocket scientist Isaac Berzin had an idea: use the slimy plants to clean up emissions from power plants. Today, at a power plant next to MIT, tubes of healthy algae slurp up 40 percent of carbon dioxide and 86 percent of nitrous oxide before power-plant emissions are released into the atmosphere. Not only that, but harvested algae will squeeze out a combustible biofuel. The right type of algae can produce 15,000 gallons of biodiesel per acre, compared to soybeans' measly 60 gallons. What to do with the dried algae flakes left over from biodiesel squeezing? Process them into ethanol. And Berzin claims that the whole shebang can make a profit. His company, GreenFuel Technologies, is currently conducting trials and hopes to be in full production by 2009. Not bad for a plant with just one cell.

Sources: The Christian Science Monitor, 01.11.06; grist.org.

21st Century Tutor

Study Foresees Rise in Virtual Schooling

Educators at the Hoover Institute, a conservative think tank at Stanford University, predict that by 2019, half of courses in grades 9 to 12 will be delivered online to homeschools and virtual classrooms. Everything from books and microscopes to radish seeds will arrive via brown trucks. Last year, enrollment in online classes reached the one million mark, 22 times the level of 2000, according to the North American Council for Online Learning.

Online learning is proving more efficient than traditional schooling, enabling teachers to rely on computers for lecturing, so that they can better attend to students' individual tutoring, mentoring and motivational needs. Most states mandate a minimum quantity of hours of instruction. Quality could be better tracked, proponents admit, perhaps by tracking course materials completed.

At Idaho Virtual Academy, for instance, teachers monitor student progress by tracking their performance on quizzes after new lessons. "It's not overly absurd for a kid to show up in a bricks-and-mortar school and do practically nothing," comments Cody Claver, head of the academy. "In our school, it is out of the realm of possibility."

Source: The Christian Science Monitor



PJ Party

Telecommuter Boom

A successful career need not be tied to a time clock, cubicle or suit. About 30 million of us now shun the need to drive to work by operating from a home office. By working our own peak hours we help beat back oil dependency, rush hour snarls and global warming. We collectively keep business humming in the face of serious storms and other emergencies. And we individually save an average \$1,000 in gasoline costs a year while keeping 6,000 pounds of CO₂ out of the atmosphere.

Wireless laptops, cell phones, videoconferencing and other portable technologies make it possible to better balance our personal and professional lives, improve productivity and find satisfaction in work. It means businesses can "homesource" rather than outsource to save on overhead and keep talent onboard. It broadens opportunities for disabled people. Older workers can defer retirement. And rural residents can earn more money.

Managers are finding that excellent work can be done in unlikely places at unconventional times.

Source: The Christian Science Monitor



Coming Together

Turning Point in World Interfaith Dialogue

An historic letter this year from 138 mainstream Muslim leaders to leaders of the world's Christian churches is calling for a new era of peace and understanding. It expresses an urgent desire to defuse tensions between two faiths that together account for more than half of the world's population. In their open letter, "A Common Word Between Us and You," they state their belief that "the future of the world depends on peace between Muslims and Christians."

Representing a global cross-section of all major schools of Islam, these imams, ayatollahs, grand muftis, sheikhs and scholars call for active Muslim-Christian dialogue. The initiative builds on their community's own 2005 Amman Message of internal tolerance. And, perhaps, a 2007 poll of Muslims in six key countries in which a grassroots majority agree that it's possible for the two groups to find common ground. All of it provides a significant counterweight to the voices of radical Islam now on the global stage.

The Muslim leaders are looking for a meeting of major religious leaders based on common ground. In response, top Christian leaders across denominational lines have welcomed the overture.

"The conversation has begun, and emails are flying this way and that," says Rev. Dr. Shanta Premawardhana, head of interfaith relations for the National Council of Churches.

Says Dr. John Esposito, director of the Center for Muslim-Christian Understanding at Georgetown University in Washington: "They're saying, 'Let's look at our scriptures, and the fact that our two traditions share in a common love of God and neighbor, and then let's build from that.' It's brilliant."

Source: The Christian Science Monitor and GlobeScan poll

Community Bull's-eye

Website Links Volunteers and Nonprofits

VolunteerMatch.org headed into 2008, its 10th anniversary year, ranked by *Time* among the magazine's top 10 Web sites. The site regularly welcomes 115,000 visitors a week and has become the preferred volunteer recruiting service for tens of thousands of participating nonprofits.

"Through Volunteer Match, I've been able to experience a world I never knew existed, just outside my back door," says one representative male volunteer from Austin, Texas. "It's

given me the ability to shape the world I live in and to give back..." Signing up for volunteer opportunities by zip code and areas of interest is easy.

Poisonous Plastics

Target Commits to Clean up Shelves

Last year, Target, the fifth-largest U.S. retailer, fired the starting gun on meeting its commitment to eliminate toxic polyvinyl chloride (PVC), commonly known as vinyl, from many of the products it sells by the end of 2008. The company is working with suppliers to systematically reduce its use of PVC in infant products, children's toys, shower curtains and packaging, beginning with its own brands.

"Study after study has found that chemicals in vinyl can cause health problems in children and adults," says Dr. Peter Orris, director of the Occupational Health Services Institute at the University of Illinois, Chicago. "While using PVC products, people may be exposed to toxic additives like phthalates and lead, and when incinerated, PVC is a major contributor to [environmental] dioxin."

Target joined the growing list of companies convinced to clean up their act by a coalition of organizations led by the Center for Health, Environment and Justice. Earlier converts yielding to similar activist pressure include Wal-Mart, Microsoft, Nike, Apple and Johnson & Johnson.



Stop the Insanity

Breaking Old Habits Reaps Healthy Rewards

by Marie Bouvier-Newman

Insanity has been described as doing the same thing over and over again, but expecting a different outcome. In many ways, this is how we approach our health.

Too many of us regularly consume unhealthy foods, remain physically inactive and allow stress to rule our lives. Then, we wonder why we feel so bloated or tired or why we have this or that pain. Eventually, we might even come to consider these symptoms normal, perhaps convincing ourselves they are part of the aging process and are to be expected. Sound familiar?

It's generally accepted that most people's health is largely the result of personal choices. We do, in fact, reap what we sow. The word is out now about how processed or prepared foods, like breads, pastries, packaged frozen meals, prepackaged mixes and fast food generally, contain ingredients that cause more harm than good. They are rife with chemical additives, used as stabilizers, preservatives, colorants and flavors, not to mention their pervasive levels of sugars and salt.

A mounting volume of studies attest that such foods are unhealthy, especially when consumed regularly and in large quantities. Add to this commercial concoction a stressful schedule and perhaps a personal couch potato mentality, and we have a formula for disaster.

To successfully lead a healthful life, we must stop the insanity. So, how do we do it?

Drink plenty of water. Water bathes every cell and is needed for virtually every body function. Eliminate soda and sweet juice drinks, minimize caffeine, and drink good quality, filtered water; daily consumption should equal one half-ounce for every pound of body weight. Drink a glass or two upon awaking, a glass one-half hour before each meal, and a couple more between meals. Fruits and vegetables also contain water, so they count toward the daily requirement. But caffeine and alcohol are diuretics, which flush water from the system; drink an additional glass of water for every cup of coffee and every alcoholic drink consumed. And choose 100-percent juice instead of sweet juice drinks.

Replace fast food with healthy food choices. Preparing fresh organic meals may require more time, cost and conscious effort, but the results are far more appetizing, nutritious and healthful.

Dietary Guidelines for Americans, published by the US Departments of Agriculture and Health and Human Services, recommends that we eat five to nine servings of fruits and vegetables daily. Choose a variety of colors, and opt for raw fruits and raw or steamed fresh veggies, spaced throughout the day. It's easy to select a piece of fruit for breakfast; a tasty soup loaded with vegetables or some steamed vegetables at lunch; another piece of fruit, plus some baby carrots, celery sticks or pepper slices for a mid-afternoon snack; and for dinner, a few steamed veggies and a salad with organic leafy greens (not iceberg lettuce). A simple, refreshing salad dressing of extra virgin olive oil and fresh lemon juice works wonders for our liver.

Whole grains provide a better nutritional balance than white, impoverished grains. Consider brown rice, spelt, oats, wheat berries, millet, barley, quinoa and amaranth. These are inexpensive to buy in bulk,

easy to prepare and refrigerate well, so we can prepare several day's supply at once. Enhance grains' flavors by cooking them in broth and adding sautéed onions, garlic and celery, or perhaps beans, toasted nuts and a dash of soy sauce.

Non-vegetarians are wise to consume grass-fed, free-range meats and poultry, as well as wild-caught fish.

Get moving. Arms and legs are designed to move, and muscles become stronger with resistance. Regular exercise improves cardiovascular fitness and keeps our immune system in good working order, too. Walking, bicycling, gardening, swimming, yoga, and rebounding (jumping on a mini-trampoline) are fun and simple choices for everyone.

Log sufficient ZZZs. Good sleep allows the body to repair and recharge. Individual sleep needs vary, but everyone needs enough to feel invigorated upon awakening. A comfortable bed, a relaxing pre-bedtime routine, an adequate amount of darkness and quiet all are helpful sleep aids. Nutritionists advise that we avoid eating meals or snacks for several hours before bedtime, as the body's digestive processes can interfere with sleep.

Minimize stress. Resign as volunteer of the year and sometimes "just say no". Take time to breathe deeply of fresh air and enjoy the warmth of the sun. Laugh. Most of us take ourselves too seriously, tackle too many responsibilities and, as a result, are far too busy. It helps to make time for something fun, like walking in the woods, fishing, or making time for a relaxing hobby.

Achieving and maintaining good health is not as difficult as it seems. The more we change our way of thinking and commit to making mindful personal choices, the better we become at stopping the insanity and optimizing our health.

Marie Bouvier-Newman is a doctoral candidate in naturopathy at Clayton College of Natural Health and a certified comprehensive iridologist. She owns It's My Health Wellcare Collaborative at 2374 Mendon Rd. in Cumberland. The center offers health products, services, and information for optimizing health. Reach her at 401-405-0819 or Its-My-Health.com.





Twin River Chiropractic

Empowering Patients' Healing Potential

Two doctors dedicated to helping others have forged a partnership in their personal lives and their calling in Smithfield. Dr. Jennifer Smith recently returned to her Rhode Island roots to establish Twin River Chiropractic with her fiancé, Dr. Steven D'Antonio. The couple's knowledge of both traditional and modern adjusting skills allows them to treat a variety of health challenges in their practice. They particularly enjoy empowering their patients by offering customized information and recommending practical steps patients can take to improve and maintain their health.

The two met during their freshman year at Palmer College of Chiropractic in Davenport, Iowa, but each heard the call to practice medicine from different directions. While a college undergraduate, D'Antonio, a Philadelphia native, discovered he was intrigued by health and wellness, but unsure how to pursue those interests. Prior to college, a severe back injury led him to work with a local chiropractor; the experience and the doctor impressed him. "Afterward, it became clear that this was how I would help those around me live a better life," D'Antonio explains.

Smith's mother worked as a chiropractic assistant, but Smith was immersed in graduate school at the University of Rhode Island, studying to become a speech pathologist, before she recognized the need to switch fields. "I finally realized I was meant to be a chiropractor," Smith recalls with a smile, "so I dropped out, and two weeks later, headed to Iowa to attend Palmer."

Smith and D'Antonio embrace a strong understanding of the art, science and philosophy that is chiropractic. Both have taken postgraduate classes

for treatment options such as sports rehabilitation, as well as the gentler Activator, SOT (sacro occipital technique) and B.E.S.T. (bio energetic synchronization technique). Combining these therapies with a complement of adjusting skills, they create individualized care programs suited to each patient's needs and goals.

"We both love chiropractic and working with the power of the body to help people live healthier, more educated and informed lives," Smith enthuses. "We know that when you couple a better functioning body with a more educated mind, miracles in health aren't just possible, they are common."

Smith works with pregnant women and newborns, and assists new mothers in making healthy decisions for themselves and their children. She is a certified International Chiropractic Pediatric Association member and one of the few doctors in the state who is certified in the Webster Technique. She explains that this chiropractic analysis and adjustment for pregnant women helps protect the nerve system and facilitates biomechanical balance in pelvic structures, muscles and ligaments. The technique has been successfully used for 20 years, allowing babies to get into the best possible position for birth.

As a community service, Twin River Chiropractic offers free 30-minute health workshops every Tuesday evening, from 6:30 to 7 p.m. Topics vary.

"Chiropractic is our passion," Smith advises. "We want people to enjoy good health. We like to say: 'Stop surviving—start living.'"

Twin River Chiropractic, located at 305 Farnum Pike in Smithfield, is open Mondays, Wednesdays and Thursdays from 8 a.m. to 12 p.m., Tuesdays from 3 to 6 p.m., and Saturdays by appointment. Call 401-233-2211 or email TwinRiverChiropractic@verizon.net.



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Back to School

Provide Your Child With Optimal Health for Learning.

Prepare your children for the year ahead with the right nutrition, exercise, sleep and after-school activities. | BY C.M. SILVER

As summer fades to a close, Emma Taylor is getting ready to embark on a new journey called kindergarten. The Boulder, Colorado-based 5-year-old has her class supplies ready to go and an outfit already picked out for her first day of school. While Emma looks well-prepared on the outside, her mother is focused on getting her daughter ready on the inside, so that her little one's equally well prepared to tackle the academic and other demands of school.

"Kindergarten is an important time for children," Amanda Taylor says. "I want Emma to be as healthy as possible as she starts this new phase of her life."

Fortunately, parents like Taylor have a wealth of tools available to help ensure that their children—whether they're just starting their academic career or getting ready to graduate—are equipped physically, intellectually and emotionally for the year ahead.

"Parents have a big influence on their children's overall health and wellness," says Dr. Christine Wood, a pediatrician

in Encinitas, California, and author of *How to Get Kids to Eat Great & Love It!* (Griffin Publishing, 2001). "As parents, we have a service to do for our kids if we want them to perform well academically."

The Right Start

Nutrition serves as the cornerstone of a child's health, and a basic thing parents can do to boost their child's ability to concentrate and learn is to start each day with a nutritious, well-balanced breakfast. "Study after study has shown that children do better in school if they've eaten breakfast," says

Nutrition serves as the cornerstone of a child's health.

Dr. David Perlmutter, a board-certified neurologist in Naples, Florida, and author of *Raise a Smarter Child by Kindergarten* (Morgan Road, 2006).

A 1998 study published in the *Archives of Pediatric & Adolescent Medicine* found that elementary and middle-school students who regularly ate breakfast experienced less tardiness and school absence, higher math grades, and fewer incidences of depression, anxiety and hyperactivity. A 1999 State of Minnesota Breakfast Study found that breakfast helped boost children's reading and math scores. In fact, on average the math grades of children who ate breakfast came in nearly a whole letter-grade higher than those of kids who rarely ate breakfast.

Eating a sugary cereal or muffin is better than skipping breakfast altogether, which the American Dietetic Association estimates some 40 percent of school-age girls and 32 percent of school-age boys regularly do. What a child consumes in the morning can have a profound effect on his or her performance throughout the day, says Dr. Keri Marshall, a doctor of naturopathy in Dover, New Hampshire. A morning meal consisting mainly of sugar and simple carbohydrates will send a child's

are just as important for older children and teens. "DHA is fundamental throughout our lifetime—from conception to death," says Perlmutter. "Research has demonstrated that older children with the highest levels of DHA have the least risk for depression and bipolar issues and a dramatic reduction in risk for ADHD," also known as Attention Deficit Hyperactivity Disorder. According to a 1995 study in the *American Journal of Clinical Nutrition*, supplementing a child's diet with omega-3 fats,

"Some hyperactive children benefit from increasing their magnesium intake through supplementation or eating foods rich in magnesium."

Overall Wellness

Kids who must stay at home with a cough or runny nose instead of heading off to school with a healthy glow are automatically at a disadvantage when it comes to learning. Yet another reason for parents to arm kids with a strong immune system able to fight off even the hardest of germs.

Nutrition provides the foundation for immunity. "We know that eating fruits and vegetables rich in antioxidants is helpful in boosting the immune system," says Dr. Tara Skye Goldin, a Boulder-based doctor of naturopathy. She recommends feeding children foods packed with beta-carotene (such as cantaloupe, peaches and apricots), vitamin C (citrus, broccoli and strawberries) and vitamin E (wheat germ, nuts and green leafy vegetables). Avoiding sugar and saturated fats undergirds a healthy constitution, as these foods have been shown to hinder the body's ability to ward off illness.

Supplementing a child's diet with a

"Research has demonstrated that older children with the highest levels of DHA have the least risk for depression and bipolar issues and a dramatic reduction in risk for ADHD."

—David Perlmutter, M.D.

blood glucose and insulin levels on a rollercoaster of spikes and drops, says Marshall, "leaving her feeling jittery, anxious and hungry."

Simply adding a nutritious protein such as eggs, tofu or nut butter can help balance the body's blood sugar and provide a more sustainable source of energy. "A piece of whole wheat toast, an egg and a piece of fruit is a perfect breakfast for any adult or child," notes Marshall. "The idea is to eat a balanced meal that includes about 40 percent carbohydrates, 40 percent protein and 20 percent healthy fats."

Brain Food

Food selection is crucial to youthful learning because the brain requires proper nutrition to work optimally. "A child's brain is very much influenced by nutrition," says Dr. Leo Galland, a New York City physician and author of *Superimmunity for Kids* (Dell, 1989). "The brain consumes a tremendous amount of energy and must be fed."

Again, what families feed a child's brain makes a huge difference. One nutrient particularly beneficial to brain and eye development is docosahexaenoic (DHA), an omega-3 essential fatty acid found in algae and coldwater fish like salmon, sardines and tuna. "The brain and nervous system are still developing at a rapid pace between birth and age seven," observes Marshall. "That's a critical time to get in DHA."

Omega-3 fats, particularly DHA,

including DHA, may reduce a child's risk of developing symptoms associated with ADHD.

Perlmutter recommends giving children ages 2 and older 200 milligrams (mg) of DHA daily. "If a child is having any issues with hyperactivity or difficulty concentrating, I'll increase his or her intake to 300 mg or 400 mg without any reservation," he says. Although DHA can be obtained from eating fish, concerns about mercury, polychlorinated biphenyls (PCBs) and other toxic contamination of seafood have prompted many physicians like Perlmutter to recommend giving children DHA supplements derived either from algae or purified fish oil.

When choosing a fish oil supplement, he advises that parents carefully read the label to be sure the product has been tested for mercury and other contamination. Numerous fish-oil supplements now come in fruit flavors to please the most finicky palates. And a growing number of foods, including eggs, milk and cereal, now come fortified with a vegetarian form of DHA.

Iron and zinc are cited as two other nutrients important to brain development. Galland suggests key sources like egg yolk, green leafy vegetables, poultry (particularly the dark meat), beef and shellfish. Magnesium—a nutrient found in seafood, broccoli and almonds—proves beneficial for its "relaxing effect and a protective effect on the brain and nervous system," he says.





who took daily probiotics supplements for at least three months experienced shorter and less severe colds.

It's been found that exercise and sleep, too, help boost immune function. And it's well-known that frequent hand washing with soap and warm water or a hand sanitizer is an easy way to stop the spread of germs.

Sleep to Learn

Whether a child is 5 or 15 years old, sleep is crucial to his or her ability to perform in school. "Sleep deprivation definitely impairs brain function," says Galland.

Although the amount of sleep needed varies by child, on average school-age kids need at least nine to 11 hours of sleep a night. This requires a regular bedtime—which Marshall recommends be around 8 p.m. for children in kindergarten through fourth grade—plus a schedule with built-in time for homework and other responsibilities during day and evening hours, rather than at night. "It's more important for a child to get the sleep he or she needs than to stay up late to get a school assignment done," Perlmutter says.

Adequate sleep is equally vital to a teenager's health as a toddler's. However, research has shown that because teens have a different circadian rhythm, their bodies naturally prefer to stay up late and then sleep late in the morning. The problem is that school schedules require teens to be in class by 7:30 or 8 a.m., conflicting with this natural sleep cycle. "This is why it's normal for teens to sleep until noon or 1 p.m. on weekends," Goldin says. "They need this extra sleep time to make up for the sleep deficit they experience during the school week."

Social pressures and heavy academic loads are other factors that can prevent older children and teens from getting sufficient sleep. Parents can help by talking with their children regularly and knowing what's going on in their kids' daily lives, so that they can help alleviate stress and identify and solve problems earlier rather than later.

Creating a comfortable sleep environment helps. Studies show that people snooze best when their rooms are cool, dark and quiet. Regular exercise and

good-quality multivitamin will provide an extra line of defense against germs. Children need an array of vitamins and minerals including zinc, iron and vitamin A for optimal immune function, Marshall says. Galland recommends also ingesting 500 mg of vitamin C and 400 IUs of vitamin D daily, especially during cold and flu season. "Vitamin D is particularly important to immune function," he says. In addition to key supplements and eating salmon and other foods rich in vitamin D, a reasonable amount of daily sun exposure will increase a child's vitamin D levels.

Research has shown that omega-3

fats work to strengthen the immune system and protect against many types of disease, including heart disease and stroke. According to Galland, an Italian study found that children daily given ½ teaspoon of flaxseed oil (a rich source of omega-3s) experienced fewer respiratory infections and shorter and less severe infections, as well as fewer missed school days than children in the control group.

Probiotics, which supply the digestive tract with healthy bacteria, help strengthen immunity as well according to a 2005 study published in *Clinical Nutrition*. Study authors found that people

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Children can become anxious and stressed if they become too busy to play because of increased academic and extracurricular activities.

avoiding caffeine after 4 p.m. support children in getting the shuteye they need.

Other sleep problems like chronic snoring and sleep apnea also negatively affect learning and must be dealt with as soon as possible, Wood says. According to a study published in the October 2004 *Journal of Pediatrics*, children with sleep-disordered breathing, including everything from mild snoring to obstructive sleep apnea, scored significantly lower on tests of memory and intelligence than other children their age. Snoring problems affect about 10 percent of children, and have been linked to behavioral problems. Snoring appears to be most harmful to development between ages three and six. Again, best results come with early treatment.

Fit to Learn

Regular exercise benefits children on multiple levels. In addition to improving sleep and overall wellness, exercising decreases the risk of obesity, which can lead to numerous health issues, including cardiovascular disease and Type 2 diabetes.

Wood notes that increased fitness is even linked to higher academic achievement. A 2002 study conducted by the California Department of Education compared the fitness levels of nearly one million fifth, seventh and ninth graders with their standardized test scores and found that higher scores were associated with higher levels of fitness. Another study out of Michigan State and Grand Valley State universities found that middle school students who engage in vigorous physical activity such as playing soccer or skateboarding tend to perform better in school than students who are more sedentary.

Physical activity can help younger children concentrate better. "Walking or riding a bike to school or getting at least some exercise before class begins allows a child to focus better and get some of his antsy energy out," Marshall says.

Just as important as increasing time allocated to physical activity is limiting

the time spent watching TV or playing video games. The National Institute on Media and the Family reports that kids who watch more than three hours of television a day are 50 percent more likely to be obese than kids who watch fewer than two hours. More, a 2004 study published in the *Journal of Pediatrics* found that children who watched the most TV between the ages of one and three were the most likely to develop attention problems by age seven.

Wood recommends limiting a child's time in front of TVs, video games and computers to no more than one hour a day during the school week. It's always a good idea to keep TV out of a child's bedroom.

Play to Learn

Instead of vegging out in front of the tube, kids should be playing outside, Marshall says. Research shows that time spent outside—particularly in natural green settings—prompts physical activity and promotes overall health and well-being, ultimately increasing a child's ability to concentrate.

A 1998 study published in *Environment and Behavior* found that children playing in green outdoor spaces engaged in more play and more creative forms of play than children playing in barren spaces. Another study published in 2001 in the same journal found that children exhibited less ADHD symptoms after playing in such settings. Too, researchers have found that time spent outside in natural environments helps children cope with upsetting events and reduces stress among young people.

Perlmutter observes that in addition to early exposure to musical training, which sets the foundation for math and reading comprehension, creative play is one of his favorite intelligence-boosting activities.

"Creative play paves the way for abstract thinking and development of early language, reading and math skills," he says. It follows that "If a block of wood can represent a spaceship, then the letter L can represent a sound, and the number eight can represent a quantity that is different from the number three."

Whether playtime ends up in or out, it can have a profound effect. A 2006 study published by the *American Academy of Pediatrics* found that unstructured exploratory play contributes to the "cognitive, physical, social and emotional well-being of children." Also, children can become anxious and stressed if they become too busy to play because of increased academic and extracurricular activities.

The key, sums up Goldin, is balance. "Children need unstructured time to process what they are learning," she says. Time with family is equally important because it opens up communication between parents and children and enables parents to set good examples around food choices, exercise and other areas of healthy living.

"Our children look to us," concludes Marshall. "We are their best role models."

C.M. Silver is a freelance writer living in Colorado.





Radiant Tresses

Revitalize your hair with these top ten nutrients.

by Monika Rice

Healthy hair is a beautiful sight to behold on man, woman or child. Beyond being glamorous and sexy, it's a universal sign of youth and vitality. Yet, stress and poor diet can take their toll, rendering hair dull and lifeless, or worse. No one wants hair loss or a thinning crown of glory. Because hair, like every part of the body, requires a daily, synergistic blend of the right vitamins and minerals to remain strong and healthy, proper nutrition is vital. Here, we provide a short list of the 10 key nutrients to healthy hair; most can be found in a good breakfast, lunch and dinner.

Protein ~ Hair's structure consists primarily of protein, which remains forever critical to hair growth. The best sources start with lean fish, poultry and meat and extend to eggs, soy products, nuts and sunflower and pumpkin seeds.

Essential Fatty Acids ~ Good fats, like the oft-recommended omega-3s, are known to keep hair soft and shiny. They come in plant oils, such as olive, wal-

nut and canola oils, walnuts, almonds and flax seed. Certain types of fish, such as salmon, tuna and mackerel, also deliver the beneficial fatty acids.

Magnesium and Calcium ~ These two minerals work together to ensure healthy hair growth. Look to tofu, sesame seeds, chickpeas, dark leafy greens, nuts, wheat germ, cheeses and yogurt as key sources.

Zinc ~ Zinc heals and prevents scalliness of the skin, which benefits the scalp. Best sources include oysters, beef and lamb, whole grains and black-eyed peas.

Iodine ~ This essential mineral helps regulate thyroid hormones, which in turn prevent dry hair and hair loss. Find it in seaweed, fish, garlic and iodized salt.

Vitamin A ~ Vitamin A aids production of healthy sebum in the scalp. Great food sources include eggs, spinach, broccoli, carrots, apricots, milk and cheeses.

Vitamins B₆, B₅, B₁₂ and Folic Acid ~ A range of vitamin Bs abound in bananas, potatoes, beans and lentils, whole grains and brewer's yeast.

Biotin ~ Essential in the production of keratin, this B vitamin may prevent graying and hair loss. Biotin can be found in brewer's yeast, whole grains, egg yolks, rice and milk.

Inositol ~ This lesser-known member of the vitamin B family keeps hair follicles healthy at the cellular level. Main sources are brewer's yeast, whole grains and citrus fruits.

Antioxidants ~ Well-known for a range of virtues, antioxidants also protect hair and scalp from environmental stress. They commonly infuse fruits and vegetables, especially blueberries, strawberries, melons, tomatoes, leafy greens and bell peppers. Here's a rule of thumb: the richer and deeper the color of the fruit or vegetable, the higher its antioxidant content.

Ultimately, our hair reflects the overall condition of our body. Hair thrives best in a healthy and well-nourished environment of good hygiene and good diet.

Sources: *About.com*; *WebMD.com*; *i.Village.com*; *The Right Dose by Patricia Hausman*.

Hair, like every part of the body, requires a daily, synergistic blend of the right vitamins and minerals to remain strong and healthy; proper nutrition is vital.

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Body Wraps

detox, relax or rejuvenate

by Lee Walker



For many people, the idea of wrapping their body in fabric and herbs invokes images of ancient embalming rituals that once prepared Egyptian royalty for the hereafter. But for those who have experienced the benefits of modern-day body wraps, dipped in mixtures of clay, salt, herbs, essential oils and wetting agents, the vision is likely one of radiant health here and now.

Many spas today advertise body wraps for their ability to take off inches and reshape the waist, thighs, abdomen and buttocks. But at the base of this feat is the wrap's capacity to extract toxins from the fluid between fat cells. It works because drawing toxins out through pores in the skin leaves empty pockets between fat cells, which are compressed by the wrapping bandages.

Toxins can accumulate due to age, illness, medication, stress, improper diet, smoking, drinking, weight loss and lack of exercise. "Unfortunately, such toxins cannot be removed by diet or exercise," explains Wendy Robbins, of *FromNature-WithLove.com*. "So, a series of wraps is one of the best ways to periodically relieve the body of this burden." Companies like hers sell body wrapping ingredients and accessories to spas and individuals.

A spa wrap provides nice pampering. But a do-it-yourself wrap at home will work as well, advises Robbins. Repeated use of body wraps, following easy guidelines, makes their healthy benefits available to all.

"The first couple of wraps are just part of the learning curve," notes Robbins. Though a wrap doesn't need to have many ingredients to be effective, she suggests choosing them to fit a purpose—detoxification, relaxation or rejuvenation. Recommended ingredients are available in health food stores or on the Internet. (Google 'body wrap recipes', or 'DIY body wrap' for kits.)

Simple wraps should include two cups of a clay (selected for a particular skin type) plus one cup of either Epsom salt or Dead Sea salt, rich in potassium, magnesium and bromide. More complex wraps add a cup of a nutritious powdered or dried herb and essential oils. For instance, green tea leaf, rich in polyphenols, is used for its powerful antioxidant properties, known to rejuvenate skin.

A dozen different clays, categorized for skin types, all pull oils from the skin and act as detoxifiers and exfoliators. Dead Sea clay, for example, is particularly rich in minerals and suitable for all skin types, while French green clay, also mineral and phytonutrient rich, is not recommended for sensitive or dry skin types. Green illite clay is specifically used for detoxification and exfoliation, but is only suitable for oily skin types. Pink kaolin, on the other hand, is super gentle and suitable for all skin types. Reading descriptions of properties and recommended uses will lead to a wise choice.

Experts write that proper hydration is essential when preparing for a wrap at home or at a spa. Drinking plenty of water before, during and after the application helps boost the detoxification process. Key steps are to:

- Select a room where it's easy to turn up the heat or stay warm and ensure privacy for at least 60 minutes. Choose a spot where it's easy to clean up afterwards.
- Dry brush the skin with a natural bristle body brush; then, take a warm shower to open pores. Avoid shaving before a wrap.
- Boil a half-gallon (64 oz.) of distilled water, remove from heat and place in a stainless steel pot. Add planned ingredients to the water and steep for 10 to 15 minutes.
- Allow the mixture to become cool to the touch before dipping in strips of cotton sheets or six-inch cotton/elastic body wrap bandages, one at a time.
- Wrap the entire body, beginning at the ankles, or choose specific body areas to treat, using mini-wraps. Following a session, unwrap, properly dispose of materials, and take a cool or lukewarm bath. As a final step, take a hot bath two to three days later to open pores and release accumulated toxins from the skin.

Body wraps are good for reducing the appearance of cellulite, which adds to their popularity in swimming suit season. Many spas' cellulite-reducing wraps use seaweed clay to soften and tone skin. Whether we elect to pamper ourselves or have someone else do it, body wraps make a fine addition to any good health regimen.



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Find a Pet with a Mouse Click

Adopting Pets Online

by Lee Walker

We don't need celebrities to make it fashionable, but some public figures like Drew Barrymore are reaching out to adopt pets and letting others know how easy it is to do via the internet. Barrymore and her mixed-breed adult dog Vivian recently appeared on **1-800-Save-a-Pet.com** to share with the world how easy and rewarding it is to find your four-legged soul mate online. It's just one of many not-for-profit sites that offer those with minimal computer skills the opportunity to adopt a best friend or a "purrfectly" lovable sidekick with a click of the mouse.

Adopting pets online isn't new, according to Jim and Ilene Robertson of Naples, Florida. "Since 1996, we've adopted five Siamese cats through **SiameseRescue.org**," says Ilene. First came Friday from Virginia, then littermates Cacey and Lumpy, also from Virginia. Next followed two more littermates from Zephyr Hills, Florida, dubbed The Emperor and Mickey Blue Eyes.

Siamese Rescue requires an application with references, Ilene advises. "The agency told us that they prefer the right placement because there is nothing sadder than placing one and then having to take it back."

Many internet pet adoption services are linked with the nation's largest animal welfare organizations and humane societies as well as thousands of animal rescue groups across the country. Such is the case for **PETS911.com** and **PetFinder.com**, where entering your zip or postal code will access listings for thousands of the area's adoptable pets. Both sites offer visitors the opportunity to choose the closest shelter or rescue group so that pet pickup is convenient.

Reviewing posted photos of available animals makes personalized pet selection fun. Clicking on the photo and then hitting "print" on the display screen makes pictures easy to print out and readily available for adoptive parents to proudly tout. Descriptions accompanying the photos include the animal's age, gender, breed, color and disposition, with helpful comments like "I'm affectionate" or

"walks on a leash." This eliminates much of the guesswork and helps people make good decisions. Frequently sites report "Happy Tails" of heartwarming adoptions.

Most online services go beyond adoption, providing a wealth of advice on care, disaster preparedness, selecting a veterinarian, feeding, training and even how to manage behavioral problems. A few, like **Petfinder.com**, facilitate emailing services among site users, so that adoptive pet owners can trade information and ask and answer personal questions about their pets.

Investing a few online hours to find an adoptable pet can be a potentially life-enriching experience that leads to many happy hours of companionship and enjoyment. Don't expect to pay for an animal through an online adoption service, but do expect to pay a fee for vet services such as blood tests, spaying or neutering, thorough exams, treatment for fleas, ear mites and worms, and dental care. Depending on the service and the adoptive parents' distance from the animal's location, transportation costs can be factored into the final decision to bring the new family member home.

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Happy Trails

Hiking and biking offer economical ways to reconnect with the great outdoors

by Beth Davis

Trails are found in every state, in national forests and parks, Bureau of Land Management designated areas, state and community parks and regional trail systems, as well as the National Trails System. Many resources exist to help us find the right one for an expedition; many are free.

Home to more than 200,000 miles of trails, America offers abundant opportunities for citizens to get out into nature, breathe fresh air, escape daily stress and support overall health. According to a recent study by the Outdoor Industry Association, 76.7 million of us take to these trails on foot, while 85.8 million others travel suitable routes atop two wheels.

Bobbi Sankey, communications manager for the American Hiking Society, a national nonprofit organization dedicated to protecting trails and the whole hiking experience, credits

the pastime's popularity to its flexibility. "The wonderful thing about hiking is that you can choose your challenge," notes Sankey. "Beginners can easily find trails with mild elevation gain and lengths with which they're comfortable; you need not be a long-distance backpacker to be considered a hiker."

In a fast-paced society, getting out on the trail is a good way for anyone to reconnect with the natural environment, relax, slow down and appreciate nature. "It's a good family activity, a great way to introduce kids to nature and a fun outing with friends or a partner," says Sankey.

Trails are found in every state, in national forests and parks, Bureau of Land Management designated areas, state and community parks and regional trail systems, as well as the National Trails System. Many resources exist to help us find the right one for any given expedition; many are free.

National park maps, trail guidebooks and Web sites dedicated to American trails typically describe routes in our own backyards and beyond, including where to call for details or advice and indicating which trails are

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best for hiking, trail running and bicycling, as well as which areas permit trail bikes. Enthusiasts will find maps of more than 43,000 trails at Trails.com, including where to go for mountain biking. Information includes route details and custom maps, plus helpful hints for planning an adventure.

For anyone just getting started, Sankey recommends consulting a local trail guide as the best introduction. Hiking and bicycling both offer an inexpensive way to enjoy a refreshing break from routine.

Whether we're up for a weekend getaway or more serious trek, the following highlights open our eyes to the endless possibilities:

- The American Discovery Trail stretches across 6,800 miles and 15 states, from Delaware to California. It is the only coast-to-coast, non-motorized recreational trail in the country. Linking communities, cities, parks and wilderness, it allows hikers and bikers to partake of anything from a sunny afternoon to a full cross-country adventure.

- The Great Smoky Mountains National Park, in Gatlinburg, Tennessee is the most visited national park in the country. A hiker's paradise, offering 800 miles of maintained trails, the park boasts unspoiled forests similar to those encountered by early settlers. Like many other well-visited trails, guided tours are a common way to learn about the surrounding natural habitat.

- Located in northwestern Wyoming, Grand Teton National Park offers a landscape rich with mountains, lakes and extraordinary wildlife. This granddaddy of a system maintains 200 miles of trails through its picturesque valleys and mountains, tranquil lakes, streams and canyons.

- The Pacific Crest Trail boasts the greatest elevation changes of any of America's national scenic trails. It passes through six of North America's seven ecological zones, including high and low deserts, old-growth forest and arctic-alpine country. Adventurers can start in the desert valleys of Southern California and end in the Pacific Northwest rain forest.

Erik Plakanis is among the nation's caring corps of tour guides who stand

ready to assist visitors in making the most of their outdoor experience. For 10 years, he and his wife, Vesna, have operated A Walk in the Woods in the Great Smoky Mountains National Park.

"We will help you use all of your senses to experience nature in a new way," he explains. "All of our trail programs are interpretive." This particular pair of avid naturalists share their expertise in the medicinal and edible uses of plants. They enjoy providing programs suitable for all ages and skill levels, from nature and birding tours to classes, seminars and overnight adventures.

"Hiking's a wonderful experience, whether you're in it for fitness, exploration, nature appreciation or all three," observes Sankey. "It's a great boost, whatever your level of exertion."

For more information visit NPS.gov, AmericanHiking.org, AWalkInTheWoods.com and Trails.com.

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Pay Attention!

Natural Treatments for ADD/ADHD

by Roon Frost



Experts advise parents to always focus on the positive side of any child's behavior: channel his energy in constructive ways, catch her doing something right and praise her, and make use of individual creativity.

Today's epidemic of attention problems in children have been linked to everything from artificial additives/colors/preservatives in food, food allergies, heavy metal and pesticide exposure, and maternal alcohol use and smoking, to an infant's not crawling enough, celiac disease and genes. More, "Parents and teachers today seem

to believe that any boy who wriggles in his seat and willfully defies his teacher's rules has ADHD [attention deficit hyperactivity disorder]," says Elizabeth J. Roberts, a medical doctor and child psychiatrist in California.

"Well-intentioned but misinformed teachers, parents using the Internet to diagnose their children, and hurried doctors are all part of a complex system that drives the current practice of misdiagnosing and overmedicating children," she notes. Roberts counsels that the solution lies in the practice of good, conscientious medicine that is careful, thorough and patient-centered.

Drug Dangers

Two years ago this month, the U.S. Food and Drug Administration (FDA) called for stronger warning labels for stimulant drugs used to treat common types of attention deficit disorder (ADD). The biggest change applies to amphetamine-containing drugs for ADHD—Adderall and Dexedrine, as well as methylphenidates, such as Concerta and Ritalin.

Although the warning on these drugs is the strongest the FDA can mandate, many experts say it's not strong enough. Stating that "misuse of amphet-

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amines may cause sudden death and serious cardiovascular adverse effects" is misleading, advises Sidney M. Wolfe, a physician associated with the Health Research Group, since it fails to tell patients that they may suffer sudden death even if they use these meds properly but have certain heart conditions.

Despite these concerns, the first long-term study of preschoolers taking Ritalin found benefits, even while it warned of side effects ranging from slowed growth to irritability and insomnia in 40 percent of young children participating. "This is a catastrophe," says Peter Breggin, a medical doctor and New York psychiatrist, who opposes the use of psychiatric drugs for children.

In addition to conducting thorough physical assessments for heart disease, Dr. Wolfe advises monitoring anyone taking these stimulants for aggressive or hostile behavior. Other concerns include seizures and vision problems. Youngsters taking these drugs are also more likely to smoke, research finds, while Ritalin and amphetamines have become commonly abused drugs.

Nutrition Counts

Fortunately, as one recent study suggests, food supplement treatment of ADHD may be of equal efficacy to Ritalin treatment. All children, and especially those with learning difficulties, benefit from a multiple vitamin-mineral supplement with antioxidants, B complex and vitamin C. Other useful supplements to consider are the essential amino acids that support production of the neurotransmitters necessary for optimal brain function, and the essential fatty acids that promote brain development and reduce aggressive/impulsive behavior.

Certified nutritionist Marcia Zimmerman recommends eliminating common allergenic foods, such as dairy and wheat, for a month, then slowly adding back nutritious choices. She also suggests cutting out additives blacklisted on the Feingold diet: artificial colorings, flavorings, sweeteners, preservatives and salicylates. The latter are found in aspirin and many foods, including apples, oranges and plums.

Since protein-rich foods, includ-

ing eggs, fish, lamb, legumes, skinless poultry and tofu, support alertness and concentration, they make good selections for breakfast and lunch. It's better to leave the more relaxing carbohydrates, particularly favorite fruits and vegetables, for dinner or an evening snack. Because certified organic foods are produced without toxic chemicals, they make positive choices for anyone with attention problems.

Complementary Health Aids

Creative educational techniques are important to school success. These may include brief lessons with the child as an active participant, and hands-on direct instruction from computer software. For young children, Montessori teaching methods, which apply a physical, sensory, individualized approach to learning, can be especially beneficial.

Most children diagnosed with ADD or ADHD thrive outdoors. So, making hiking, nature study, skating, skiing, swimming and other noncompetitive activities part of the family routine helps. Biofeedback, massage and yoga also may help these children at different ages and developmental stages.

Experts advise parents to always focus on the positive side of any child's behavior: channel his energy in constructive ways, catch her doing something right and praise her, and make use of individual creativity. Parents of children with attention deficits also need to face their own fears that they are somehow to blame for this disorder—and to give themselves credit for all they do to set clear guidelines, reinforce responsible behavior, foster self-esteem and encourage persistent effort by their child.

Roon Frost is editor in chief of Taste for Life magazine and a contributor to numerous national magazines.



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to create, then
perhaps you
create yourself.

- Carl Gustav Jung

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by Susie Ruth

Recycling discs not only saves energy and water while cutting pollution, it also saves trees.

Now that America has the hang of recycling paper and plastic, it's time to begin recycling our CDs and DVDs. We can do it for free courtesy of The Compact Disc Recycling Center of America. They'll even provide collection boxes suitable for shipping, although any mailing envelope will do. All we pay is the U.S. Post Office media rate to mail them in. Then smile, knowing we've done the right thing for ourselves and our environment.

Launched in 1983 with initial U.S. distribution of 800,000 compact discs, by 1990 worldwide sales of CDs and DVDs had topped 1 billion discs a year. In the 21st century we've upped production to 30 billion discs a year.

Millions of these—unwanted, damaged or obsolete—end up in landfills, or worse, incinerated.

The volume of virgin resource use, manufacturing pollution and waste involved is staggering. Disc materials typically include aluminum from ore, gold, multiple dyes, and acrylic lacquer and polycarbonate made from fossil fuels. Glass, nickel and silver come into play, plus lots of water.

So on Earth Day, 2007, Bruce Bennett, owner of The American Duplication Supply Group, launched the CD Recycling Center and education program. "I think the main reason people are throwing out unwanted CDs and DVDs is that they simply don't know what else to do with them," says Bennett. Now we do.

Incoming discs come from individuals, organizations and companies. Proprietary data discs also are accepted pre-shredded, as long as the material is "clean", not mixed with other materials. Bennett notes that every month about 100,000 pounds of discs become useless. Since its kickoff, the Center has recycled two million

discs, 25 percent from individuals, 75 percent from corporations. It's a promising start.

At the Center, discs are shredded and redistributed for recycling into items ranging from household products and building materials to office equipment and auto parts. "More products are being created and manufactured out of recycled plastics that would previously have been built from tree wood," observes Bennett. So recycling discs not only saves energy and water while cutting pollution, it also saves trees.

Rather than dispose of any disc, Bennett encourages us to consider how to first share, donate or trade it. Rather than build up our own library of entertainment discs, why not borrow from the local library or join a subscription rental program? Minor scratches often can be repaired by rubbing a mild abrasive like toothpaste on the non-label side in a circular motion from the center out. Commercial refinishing is an inexpensive repair alternative.

With proper care, storage and handling, most discs will last for decades, maybe even centuries. The secret is to avoid exposure to extreme conditions, such as high humidity, water, heat, rapid temperature changes and certain types of light, including sunlight.

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calendar of events

NOTE: All Calendar events must be received by September 8th (for the October issue) and adhere to our guidelines. Email info@rinaturalawakenings.com for guidelines and to submit entries.

THURSDAY, SEPTEMBER 4

Evening Paddle – 5:30pm. Held on the lower Woonasquatucket. Start at the landing on South Water Street and paddle up the Woonasquatucket River to near Eagle Street before turning around and heading back down to South Water Street. Some canoes and kayaks available. \$10 suggested donation. Advanced sign-up required: 401-861-9046.

FRIDAY, SEPTEMBER 5

Center for Women & Enterprise Free Information Session – 9-10am. Learn all about CWE and the full range of services provided. Meet the staff and receive literature and a business plan outline to help get started. The women of CWE are changing the world every day find out how. Sessions are free, but please RSVP to attend. Center for Women & Enterprise, 132 George Cohan Blvd, 2nd Floor, Providence. 401-277-0800. Info@CWEPvidence.org. CWEOnline.org.

SUNDAY, SEPTEMBER 7

Just Zoo It! Healthy Kids, Healthy Families – 11am-3pm. Bring the family to Roger Williams Park Zoo to discover fun ways to live a healthy lifestyle and enjoy the wide outside with demonstrations and displays on a variety of outdoor activities and sports. Enjoy samples of kid-friendly healthy snacks. Activities are free with regular zoo admission. Roger Williams Park Zoo, 1000 Elmwood Ave, Providence. 401-785-3510.

Sampler Day: Fall Open House Event – 12-5pm. This festive afternoon offers a taste of upcoming programs, weekly classes, health service treatments and more. Free. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

MONDAY, SEPTEMBER 8

Understanding Fibromyalgia: A Holistic Approach to Chronic Pain and Fatigue – 6:30-7:30pm. People suffering with fibromyalgia need relief from the constant symptoms, pain and fatigue. The health care motivational and keynote speaker, Dr. Curtis, will educate the audience about safe, effective and natural alternative methods for addressing fibromyalgia and chronic pain symptoms. Free. It's My Health, 2374 Mendon Rd, Cumberland. RSVP: 401-405-0819. Its-My-Health.com.

TUESDAY, SEPTEMBER 9

Center for Women & Enterprise: 102 Steps to Starting a Business – 9-11am. For people just starting out or thinking about owning a business, this workshop discusses commitment, risks and rewards, advantages and disadvantages of entrepreneurship. Leave this session with tools, worksheets, and tips to get started. One 2-hour class, \$35/partial scholarships available. Center for Women & Enterprise, 132 George Cohan Blvd, 2nd Floor, Providence. 401-277-0800. Info@CWEPvidence.org. CWEOnline.org.

Stress Management – 6:30-8:30pm. Learn effective techniques for reducing and managing the stress of everyday life. \$25 It's My Health, 2374 Mendon Rd, Cumberland. RSVP: 401-405-0819. Its-My-Health.com.

THURSDAY, SEPTEMBER 11

Evening Paddle – 5:30 pm. Held on the scenic Georgiaville Pond in Smithfield. Put in at the historic Smith-Appleby House and do a two-mile circuit around the pond. Some canoes and kayaks available. \$10 suggested donation. Advanced sign-up required: 401-861-9046.

SATURDAY, SEPTEMBER 13

44th Annual Burrillville Arts & Crafts Festival – 10am-5pm. Sept 13-14. See original artworks, crafts and wares by local area artists and artisans. Food court and live entertainment. Free. Burrillville High School, 425 East Ave (Rt. 107), Harrisville. BurrArts.org.

Family Bay Day – 10am-1pm. Cruises at 10am and 12pm. Explore the bay by boat; collect critters; have fun thru education. \$15/Members, \$20/non-members, \$10/ children 3-12, children under 3 free. Reservations recommended. Save Bay, 100 Save the Bay Dr, Providence. 401-272-3540 x133. SaveBay.com.

Pardon Gray Day – 10am-4pm. Live music, pie contest, great food, hay rides, guided trail and cemetery walks, kids crafts and games, 50/50 raffle, demonstrations, produce market and craft vendors, including Sakonnet Growers Market. Children \$5 for all-day activities. Rain Date September 14. Pardon Gray Preserve, Main Rd, Tiverton. 401-625-1300.

Fifth Annual Hoe Down at Urban Edge Farm – 4-8pm. Southside Community Land Trust (SCLT) hosts a celebration of RI local farmers and producers. Dance to live music, sample the best local beer, wine and foods, and learn more about SCLT's mission of helping grow food. Tickets include dinner, a drink, farm tours, live music, dancing, children's activities, urban growing demonstrations and more. \$20/12 years or older; \$15/students: need student ID; \$5/kids under 12; free/kids under 5. Urban Edge Farm, 31 Pippin Orchard Rd, Cranston. 401-273-9419 x32. SouthsideCLT.org.

WaterFire Providence – Sunset. Fire sculpture installation that centers on a series of 100 bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown Providence. Full Lighting. Waterplace Park, Memorial Blvd, Providence. 401-272-3111. WaterFire.org.

MONDAY, SEPTEMBER 15

Center for Women & Business: Networking – 5-7pm. Each event features a successful entrepreneur who will share her secrets of success. Learn best practices, meet other women in business, share ideas, exchange business cards, and meet business resource providers. Call to reserve a place. \$30 to pre-register, \$35 at the door. Center for Women & Business, 132 George Cohan Blvd, 2nd Floor, Providence. 401-277-0800. Info@CWEPvidence.org. CWEOnline.org.

Natural Solutions to Headache Pain – 6:30-7:30pm Led by Dr Curtis. This presentation is designed to educate the audience about the different types of headaches, what causes them, how to prevent them, and safe, natural and effective alternatives to treating them. Free. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

TUESDAY, SEPTEMBER 16

Freeing the Child Within: Working with Color – 6:30-8:00pm. With Kari Kline. Introductory workshop to unleash one's inner creativity. Each canvas will be a 10" round piece of silk that can later be used as a suncatcher. \$45. It's My Health, 2374 Mendon Rd, Cumberland. RSVP: 401-405-0819. Its-My-Health.com.

WEDNESDAY, SEPTEMBER 17

Sprouting for Health – 6:30-8:30pm. With Marie Bouvier-Newman. Learn about the health benefits and techniques of sprouting seeds for the most nutritious (and cheapest) food grow at home. \$25 (includes sprouting bag and sprouting chart). It's My Health, 2374 Mendon Rd, Cumberland. RSVP: 401-405-0819. Its-my-Health.com.

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THURSDAY, SEPTEMBER 18

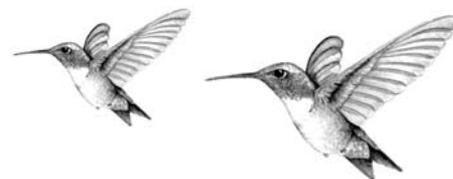
Green Drinks – 5-8pm. RI Environmental Networks' monthly gatherings provide a great opportunity to talk with people in the region who are personally and/or professionally interested and involved in a variety of environmental, conservation, and sustainability issues. Informal/fun time. Free. Firehouse 13.14, Central St, Providence. 401-270-1801.

Rhode Island Holistic Healers Association – 7pm. Guest speaker Jackie Eaton will discuss Tong Ren. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

FRIDAY, SEPTEMBER 19

Spiritual Awakening: Undoing the Ego – 7:30-9pm. Authors of *Undoing the Ego*, Nouk Sanchez and Tomas Viera, share in this life-changing workshop based on their journey with *A Course in Miracles*. \$25. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

WaterFire Providence – Sunset. Fire sculpture installation that centers on a series of 100 bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown Providence. Partial Lighting. Waterplace Park, Memorial Blvd, Providence. 401-272-3111. WaterFire.org.



SATURDAY, SEPTEMBER 20

Fall Family Festival – 10am-5pm. Scarecrow building, kids' crafts, storytelling, local produce, artisans, a Dutch Bulb sale and live music. \$11/adults, \$4/children 6-17, children under 6 free. Green Animals Topiary Garden, 380 Cory's Ln, Portsmouth. 401-847-1000.

WaterFire Providence – Sunset. Fire sculpture installation that centers on a series of 100 bonfires that blaze just above the surface of the three rivers that pass through the middle of downtown Providence. Full Lighting. Waterplace Park, Memorial Blvd, Providence. 401-272-3111. WaterFire.org.

SUNDAY, SEPTEMBER 21

Celiac Support Group – 1:30-4pm. Informational meeting on "Disaster Preparedness". Margo Finnell, a registered dietician and medical advisor to the Cape Cod Celiac Support Group, will discuss what celiac-friendly foods should be packed and ready to go in case of an emergency. Free. St. Theresa's Church, 265 Stafford Rd, Tiverton. Contact Kathi Thiboutot: 401-624-8888 or KathiT51@hotmail.com.

WEDNESDAY, SEPTEMBER 24

The Health Benefits of Juicing – 6:30-8:30pm. With Marie Bouvier-Newman. Gain an appreciation and understanding of the health benefits of juicing. Explore the differences between various types of juicers. Learn simple and diverse recipes and taste some different combinations of fruits and vegetables. \$10. It's My Health, 2374 Mendon Rd, Cumberland. RSVP: 401-405-0819.

40 Days to Personal Revolution – 7:30-8:45pm. Commit to 40 days of yoga, eating healthy, and meditating regularly. \$250 includes unlimited yoga, weekly meetings, 30-minute one-on-one food consultation, other discounts and more. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

THURSDAY, SEPTEMBER 25

Center for Women & Business Open House – 4-7pm. Visit CWE and discover the fall schedule of classes and workshops for aspiring entrepreneurs and those wanting to grow businesses. Free. Center for Women & Business, 132 George Cohan Blvd, 2nd Floor, Providence. 401-277-0800. Info@CWEProvidence.org. CWEOnline.org.

Evening Paddle & Walk – 5:30pm. On Stillwater Pond and Stillwater Trail. Begin just below the dam at Woonasquatucket Reservoir and paddle down to the outlet of Stillwater Pond. Then go for a short walk on the Stillwater Scenic Trail before paddling back to the starting point. Some canoes and kayaks available. \$10 suggested donation. Advanced sign up required: 401-861-9046.

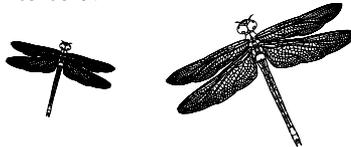
SATURDAY, SEPTEMBER 27

Reproductive Relief Cancer Walk and Wellness Event – 10am-3pm. Raise money and support those affected by reproductive cancers. Walk begins at 10 am. Pampering booths available until 3pm: massage, mini facials, reflexology, reiki, chiropractic, numerology. Also, raffles, retail vendors, food, yoga, and a kids' area. \$25 to walk. Free for survivors. Rhodes on the Pawtuxet, 60 Rhodes Pl, Cranston. Reproductive-Relief.org.

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MONDAY, SEPTEMBER 29

Natural Approaches to the Prevention & Treatment of Low Back Pain – 6:30-7:30pm. Dr. Curtis. This presentation will give a thorough understanding of the types and causes of low back pain and offer safe, natural and effective approaches to preventing, treating or recovering from low back pain. Free. It's My Health, 2374 Mendon Rd, Cumberland. RSVP: 401-405-0819.



When you create
you get a little
endorphin rush.
Why do you think
Einstein looked
like that?

- Robin Williams

ongoing events

tuesday

Aromatherapy Introduction (3-week course) – 6:30-9pm. Sept 23, 30 & Oct 7. Learn how to use essential oils for physical, emotional, and spiritual issues. Taught by David Erwin. \$30/each class or \$75/all 3. It's My Health, 2374 Mendon Rd, Cumberland. RSVP: 401-405-0819. Its-My-Health.com.

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

thursday

Thai Yoga Bodywork Certification Program – Sept 11-12, 8am-4pm. Sept 13-14, 9am-5pm. Sept 15, 8am-4pm. This 5-day intensive training presents the history, philosophy and theory of Thai Yoga Bodywork. \$595. 401-782-2126. AllThatMatters.com.

T'ai Chi (6-week class) – 12-12:45pm. Sept 4-Oct 9. With Kari Kline. T'ai chi is a gentle but mindful modality that relieves stress and promotes full body awareness. \$12 each or \$60 for all. It's My Health, 2374 Mendon Rd, Cumberland. RSVP: 401-405-0819. Its-My-Health.com.

Healing Tools: Working with the Pendulum (4-week class) – Sept 11-Oct 9. 7-9pm. With Sue Corrigan. Working with the pendulum enables the co-creative relationship we have with the Divine to take form for the benefit of others and ourselves. Learn pendulum history, how to establish a relationship with a healing tool, "active" and "passive" use of the pendulum, ceremony/ritual, and use of the pendulum for spiritual growth. \$40. It's My Health, 2374 Mendon Rd, Cumberland. RSVP: 401-405-0819. Its-My-Health.com.

friday

Gong Bath Meditation & Sound Healing Circle – 7:30pm-8:45pm. Experience this extraordinary sound meditation as part of a deep relaxation. \$20. 401-782-2126. AllThatMatters.com.

saturday

Providence Open Market – 11am-5 pm. Open-air market featuring handmade artisan goods and fine art. Free admission and parking. Lipitt Park, east side of Providence. 617-481-2257. ProvidenceOpenMarket.com.



Farmer's Markets

MONDAY

Whole Foods - University Farmers' Market – 3-7pm. June 2 – October 27. 601 North Main St, Providence. 621-5990.

TUESDAY

Woonsocket Farmers' Market – 4-7pm. July 8 – October 28. St. Ann Arts & Cultural Center 82 Cumberland St, Woonsocket. 863-6509.

Blackstone River State Park Farmers' Market – 2-6pm. July 22 to October 28. Visitor Center Route 295 North in Lincoln. 222-2781.

Whole Foods - Garden City Farmers' Market – 3-7pm. June 3 – October 28. 151 Sockanosset Cross Road, Cranston. 621-5990.

Providence / Wickenden Farmers' Market – 2-6pm. June 17 – October 28 Parking Lot of Doyle Realty. 65 Brook St And Alves Way, Providence. 635-4274.

Marina Park Farmers' Market – 2-6pm. May 6 – October 28. Marina Park, South County Hospital exit off Rt. 1. 2 Salt Pond Rd, Wakefield. 295-0912.

WEDNESDAY

Brown University Farmers Market – 11am-2pm. Sept 3-Nov 19. Corner of Thayer and George Streets, Providence. 863-6509.

Aquidneck Growers' Farmers' Market – 2pm-6pm. June 11-October 22. Memorial Blvd and Chapel St, Newport. 848-0099.

Haines State Park Farmers' Market – 2-6pm. May 7 – October 29. Haines Memorial State Park Metropolitan Park Dr And Park Ave East Providence 222-2781.

Whole Foods - Waterman Farmers' Market – 3-7pm. June 4 – October 29. 261 Waterman St Providence 272-1960.

Fruit Hill Farmers Market – 4-6pm. September 3- November. Lot A Rhode Island College 600 Mt Pleasant Ave Providence jenmickz@cox.net.

THURSDAY

Cranston Armory – 4-7pm. June 12 – October 30. Next to Cranston St Armory. Parade and Hudson St, Providence. 863-6509.

Providence / Capital Hill Farmers' Market – 11am-2pm. July 24 – September 25. RI Department of Administration's front lawn Smith & Francis St, Providence. 222-2781.

FRIDAY

Providence/Downtown Farmers' Market – 11am-2pm. June 13 – October 31. Washington St along Burnside Park. Kennedy Plaza & Exchange Terrace, Providence. 863-6509.

Goddard State Park Farmers' Market – 9am-1pm. May 2 – October 31. Goddard State Park 345 Ives Rd, Warwick. 222-2781.

Colt State Park Farmers' Market – 2-6pm. May 2 – October 31. Colt State Park. Hope St and Asylum Rd, Bristol. 222-2781.

Pastore Complex Farmers' Market – 10am-2:30pm. July 25 – September 26. RI Department of Labor and Training 1511 Pontiac Ave, Cranston. 222-2781.

SATURDAY

Providence/Broad St Farmers' Market – 9am – 1pm. July 12 – October 25. Algonquin House 807 Broad St, Providence. 863-6509.

Providence/Hope High School Farmers' Market – 9:30am-12: 30pm. June 7 – November 29. 324 Hope St, Providence. 863-6509.

South Kingstown / URI Farmers' Market – 8:30am – 12:30pm. May 3-October 25. URI, Keaney Sports Complex Parking Lot Keaney Rd And Rt 138, South Kingstown. 295-0912.

Coastal Growers Farmers' Market – 9am-12pm. May 17 – November 8. Casey Farm, 2325 Boston Neck Road, Saunderstown. 295-1030.

Scituate Farmers' Market – 9am-12pm. May 3 – October 25. Village Green, Scituate Art Festival Grounds, West Greenville Rd And Silk Lane, North Scituate. 647-5547.

Pawtuxet Village Farmers' Market – 9am-12pm. May 10 to November 15. Rhodes on the Pawtuxet Parking Lot, 60 Rhodes Pl. Cranston. 751-6038

Burrillville Farmers' Market – 9am-12pm. May 17 – October 11. Levy School. 135 Harrisville Main St, Harrisville. 568-9940.

Sakonnet Growers' Market – 9am – 1pm. July 5 – September 27. Pardon Gray Preserve, Rt. 77 And Lafayette Rd. Tiverton. 624-7490.

Richmond Farmers' Market – 8:30am – 12pm. May 24 – October 25. Richmond Town Hall, 5 Richmond Townhouse Rd, Richmond. 339-4282.

SUNDAY

Pawtucket Farmers Market – 12-3pm. July 13 – October 26. Just south of I-95 exit 29 Broadway & Exchange St, Pawtucket. 863-6509

Fishermen's Memorial State Park Farmers' Market – 9am-1pm. May 4 – October 26. Fishermen's Memorial State Park, 1011 Point Judith Road, Narragansett. 222-2781.

communityresourceguide

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