

Connection – Creativity – Community

FALL 2021

# MIND|BODY|SOUL

## The *Nature* Issue

*"Nature has endless  
resources to heal."*

— Lori Halliday, WiseHorseWoman

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FITNESS

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# Dear Friends

We love this issue because we are getting outdoors, exploring and grounding with Nature.

In this issue you will Wonder to Wander, Learn Places to Heal and Expand, Love Your Body from the Inside Out, Have Fun Exploring the ocean and sailing, and learn a secret or two about sacred trees.

Our hopes are that you will hold this magazine close to use as an inspiration guide and practice manifesting your highest self through journaling.

We are reaching out to artists, healers, entrepreneurs, and leaders in our communities.

We are looking up into the trees and out to the horizon. We are asking, "How can we be more connected?" And, "How can we help Nature and Humanity?"

I'm not better than you and you're not better than me. The only way to thrive is to collaborate. When we get stuck in our own patterns we need to search out and find positive support for what we can do and hold ourselves accountable. Our goal is to offer you some resources to connect with, and grow and nurture your Mind, Body, and Soul.

We are all in this together, Learning to Live Life Gracefully and Gratefully.

Love,

*Cara Moon*



**MIND BODY SOUL**

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published by Soul Stream Media, LLC  
[www.MindBodySoul.media](http://www.MindBodySoul.media)

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University in St. Louis  
**Physicians**

**Living Well Center**



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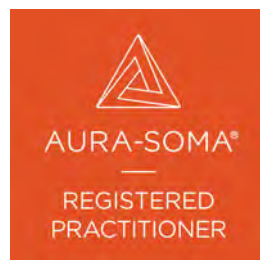
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# ON THE COVER

Lori Halliday, ED



*To Wonder, To Wander, To Choose  
To Be Made Different*

Two tablespoons of olive oil and MORE LOVE!" was my mother's answer for the step-parenting trials I ran into. "Oh honey, it sounds like they need more LOVE," was a primary prescription. This warmth and ebullience were in Teresita's Filipina nature, in spite of the way the cards were stacked against us. While this seemed cliché at the moment, this foundation became the fundament of a life well-loved and well-lived, a potent medicine for generations to come. Heirloom seeds, opportunistic unions, or unimaginable inklings – what kinds of precious Seeds are you holding, waiting to see the light of day? Let's uncover those together.

As a Congruency Coach, I invite you to trust your gut with these questions: "What is calling me?," "What grabs my curiosity?" and "What do I love?" Multifaceted seeds, gems of childhood loves and contemporary wisdom continue to emerge. I have a visceral recollection of silently paddling the canoe, with my big brother Jude at the rudder, in the deep black rivers of Missouri. We leaped from the rocks, swam across lakes, rode the trails, and wandered the lightning bug-filled neighborhoods summer after summer. Time was suspended over those muggy and bold days of our youth. We were awash with books and stories, stacked to the ceiling and devoured in our grandma's house in Kirkwood. Imprinted with the rogue spunk of Tom Sawyer and the joyful strength of Pippi Longstocking, I embarked on a unique path. While I would spend my first decades in cities, my summer loves had imprinted and seeded fields of tenacious daisies for future imminent blooming.

My mother, aunt, and grandmother – brilliant, compassionate, women – shaped a beautiful and chaotic life where we learned how to be brown-bodied people living in a white-centric world. From the beginning, I felt like two spirits in one body. Our lives were a balancing act between grace and scarcity as we learned to be second-class citizens in a first-world country cloaked in otherness and difference. We experienced racial horrors and atrocities in our world and in our home. This is the tenor of the powerful gifts for those who showed up on the scene in 1969 to a world on fire with change, political, artistic, and social tumult.

The fabric of our lives is colored by so many experiences and choices besides our own hearts' desires and yet it is never too late to wonder, to wander, to choose to be made different. My path towards living with horses was anything but direct, and yet I can see the stardust tailings woven in all parts upon reflection. My unwavering love for my daughter, nature, and horses has kept a through-line for my heart's desire to leave the gate open, to linger in nature longer, and to continue to dream. The time

is now for this fundamental inquiry around what we love and where our own personal dreams and freedoms live. My loves stir aliveness, tenacity and grit. What you love will keep you in the game!

As foundational practices in Congruency Coaching, we adopt a radical self-care regime, venture to embrace the shadow, and follow one's own heart's desires. Congruency is not a destination, she is a teacher and a barometer for what is aligned with one's own animal body and consensus. You've likely heard "You can lead a horse to water but you can't make him drink." The deep transformational growth for humans and horses we practice is based on agreement and consent first. Seeking what you love and taking a stand for it

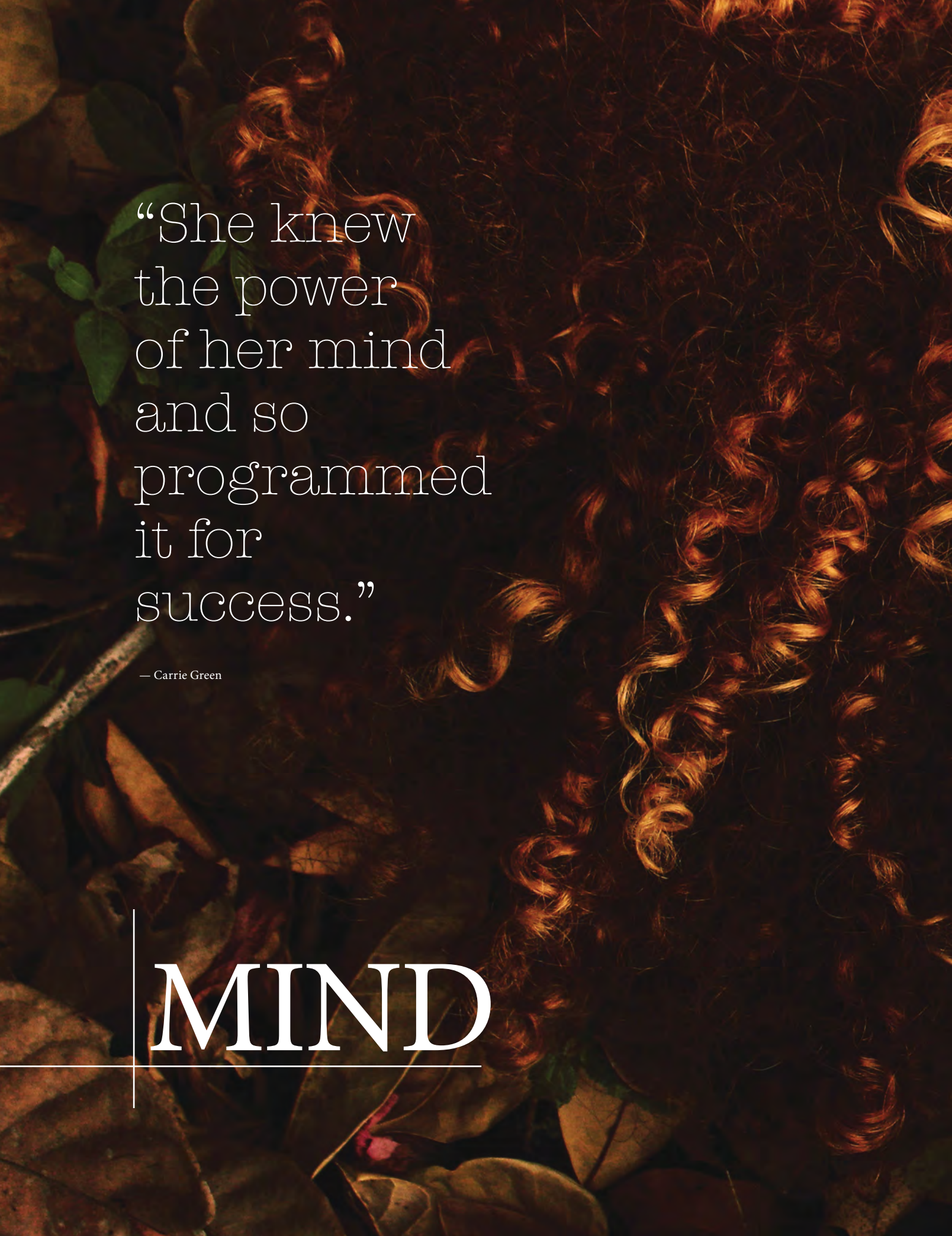
moves mountains. We will need this alignment, resonance, and congruence to make this next quantum leap. What you LOVE, will reveal its beauty and secrets to you.

Wisehorsewoman will navigate and walk with you. The Herd, the Mountain, the Bay will inspire awe for the Journey. We will slow things down, shake it up to see what does work and what does not work, together. The manifestation of freedom, adventure, intimacy, courage, creativity, confidence and pure JOY are seeking you. A powerhouse Coach, nature, and accountability will change your life forever. It's time to amplify your zone of genius and embrace your kryptonite too, unapologetically you. We are deeply worthy of congruent leadership and paying it forward is the paradigm of self love. Step into the light, antlers and crown, pointing gracefully towards the stars. At long last, ME first!

Warmly,

Lori Halliday, ED





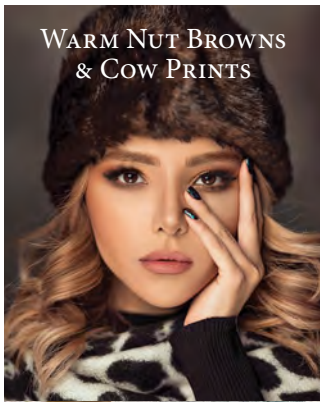
“She knew  
the power  
of her mind  
and so  
programmed  
it for  
success.”

— Carrie Green

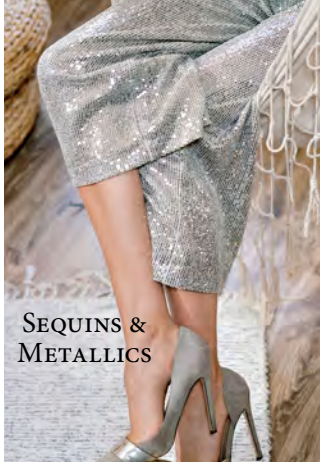
MIND



# Creating Looks &



WARM NUT BROWNS  
& COW PRINTS



SEQUINS &  
METALLICS



LOUD MULTI  
PRINTS



TRENCH  
COATS



ETHEREAL  
GREENS



LOAFERS



ICY NEUTRALS



Danielle Calcara

# Lives That **INSPIRE**



## FALL 2021 TRENDS & STYLE SPOTLIGHT

By DANIELLE CALCARA

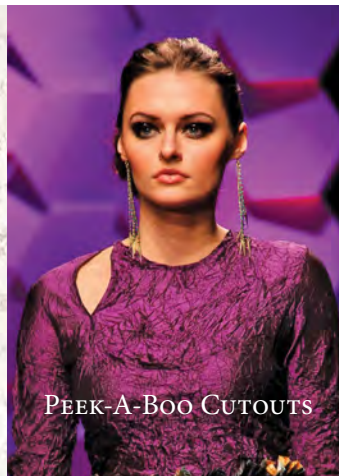
OWNER & HEAD PERSONAL FASHION STYLIST, AESTHETICALLY OBSESSED

**M**y zest for all of life's aesthetics and love of connecting with others, combined with 10+ years of industry experience, are what compelled me to launch Aesthetically Obsessed. There is a power that beautiful aesthetics can provide to each individual that aids in boosting self-confidence. My passion is to help guide you into the most confident and stylish version of **YOU**.

Personal aesthetics represent so much more than what we are putting on our bodies; it's also a feeling. Our style evolves with our life story. What we choose to wear represents how we want to express ourselves. The best part of choosing our own aesthetic, is that we can be chameleons any day of the week. Sometimes choosing your outfit for the day feels like putting on a body of armor. Aesthetics are a beautiful expression of who we are, where we've been, and who we want to be.

As we say farewell to summer, many trends will flow from one season to the next with the addition of colors, and layers. Comfortable basics, such as rib knit tanks and midi dresses, transition well into the autumn season with a few styling alterations. Adding layers and textures to your Fall wardrobe can turn a sultry summer look into a cozier fall vibe. Turn relaxed daytime work-from-home looks into chic evening wear by doubling layered chain-link jewelry and cross-body mini bags to an otherwise matte look. Switch out fresh white sneakers for animal-print chunky loafers, layer over a trench coat, and you'll be headed out the door for dinner with friends. Sherpa fabrics are also a must this season; combine with smooth faux leather pants and booties to create a plush yet sophisticated look. The combinations are endless!

[www.aestheticallyobsessedstl.com](http://www.aestheticallyobsessedstl.com)



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# *Nurture your Mind, Body and Soul:* Make Fitness a Lifestyle.

A woman with long dark hair, wearing a floral dress, is lifting a young boy in a green shirt and jeans. They are in a park with green grass, trees, and a black lamp post. In the foreground, there are white and yellow flowers.

Learn to channel physical energy into soulful pursuits to create a meaningful life, one filled with the sense of purpose, energy, and vitality. Each principle reflecting true health. The mind/body/soul connection teaches that each one of us is blessed with unique talents and special gifts in life, with which we can help to make the world a better place to live.



Tyler & Oriana  
Moebius

# 13 MOONS RANCH

A Unique Event Space in the Great Outdoors



Nestled in the mountains of Carbondale, Colorado, is a beautiful ranch surrounded by wild herbs, community gardens, tepees, wagons, and a super cool event space with garage doors that open up to the mountain air.

Tyler and Oriana Moebius, keepers of 13 Moons Ranch, host Artist and Womens Retreats. 13 Moons Ranch is also home to an herbal apothecary, an Earth Medicine apothecary, events, and workshops.

*Mind Body Soul Magazine* was blessed to celebrate our Premier Summer Issue on this beautiful land, surrounded by friends, family and supporters.

Please enjoy some of the images from our event and other events held at their ranch.

If you ever find your self in this picturesque town of Carbondale, be sure to visit them. Carbondale is 170 miles west of Denver and 30 miles from Aspen, in the heart of Colorado's central Rocky Mountains. You won't be disappointed!

Follow 13 Moons on Facebook and Instagram to learn more about their upcoming events and workshops.

# Come To The Mountains,

**M**ystic Falls, located in Northwest Yellowstone Wyoming, lives up to its name. One can easily adjust the rigor by a shortcut route adjacent through the trail. Or you could choose 5 miles of ascending out and back past the waterfall introduced mid-trail. Hot springs begins your hike and one can stop and admire them more than more densely populated attractions. Enchanting pines tower over you in a narrow path until you reach the awe-inspiring falls. Tall falls, grass punctuated with wildflowers, and mineral dense rocks as the waterfall bed await midway. It feels like Colorado majesty juxtaposed with unique rock formation.

Within Kobey Park Colorado, is region trail Meredith, that sits pretty; approximately 700 feet north of the mountainside. An immersive wild experience, the trails make you feel like a sole traveler. This trail selection includes both Aspen trees, and lush pine surrounding the narrow path. The idealized image of Colorado exists within this secluded trail in the greener Rocky Mountain outskirts. A

sparkling pond welcomes you mid-way along a five mile trek. A perfect respite for meditation and reflection. Mount Sopris peeks between the thickets albeit too camera shy against the vibrant skies. A must-see when visiting Aspen.

Cats Paw Trail exists in St. Francis River near Fredericktown, Missouri. If one wishes to find a Missouri trail reminiscent of Colorado scenery, look no further. Francois Mountains resemble the multilayered mountainous views on Colorado trails. Dense and varied, trees look like a painter's palette in fall. The trail is a flat and easy escape in the countryside. After the trail comes an ultimate reward. The visual splendor minus Johnson Shut-Ins crowds. A winding river with a mining and exploration history, and white water where all kinds of rigor is welcomed. Varied fauna and attractions prove this is the perfect hiking and sightseeing location for a picturesque daytrip. Observe events such as Missouri Whitewater Championships here. No wonder it is named after the giving saint, as its sights are plentiful.

## The Weather's Pine

By: PAIGE SINCLAIR



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



# HIKING DREAM LIST

# PLACES TO HEAL

By STACY OLIVER



## Esalen

Big Sur, CA  
[esalen.org](http://esalen.org)

A holistic learning and retreat center on 120 acres of fertile land with sweeping ocean views, lush gardens, and meandering pathways that offer a beautiful physical grounding for spiritual exploration.

*renew*



## Chopra

[www.chopracenter.com](http://www.chopracenter.com)

The new Chopra currently offers 7 unique destination retreats to help you dive deeper into your self-care practice, create well-being habits, and connect with a devoted community that brings out the best in you. Current retreats are: The Chopra Health Retreat (Carefree, AZ); Meditation Immersion (Maui, Hawaii); Infinite Possibilities (Mont Tremblant, Canada); Well Within (Rancho Palos Verdes, CA); 7 Spiritual Laws (Riviera Maya, Mexico); Silent Awakenings (Yosemite, CA).



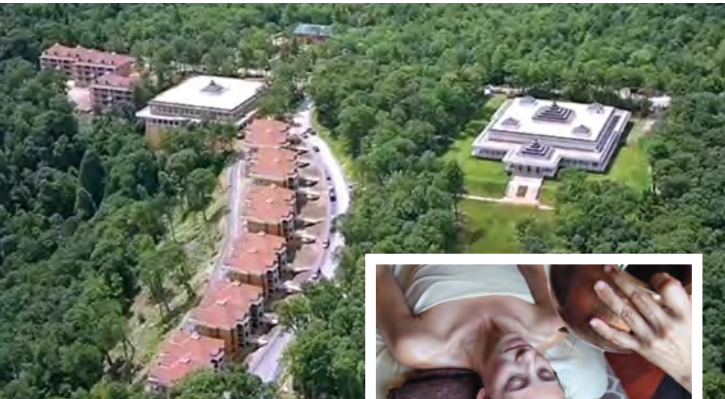
## True Nature Healing Arts

Carbondale, CO  
[truenaturehealingarts.com](http://truenaturehealingarts.com)

Nestled at the base of Mount Sopris, in the heart of the Colorado Rocky Mountains, True Nature Healing Arts is a one-of-a-kind, inspirational sanctuary for connection and self-discovery. The beautifully landscaped and sustainably built development includes a tranquil Peace Garden with a Reflexology Path, Labyrinth, and Zen Garden.

*recharge*

*Treat yourself to a healing holiday. Here are some of Stacy's favorite venues for relaxing and recharging through spiritual healing, fitness, meditation, yoga, and workshops..*



## Art of Living Retreat Center

Boone, NC

[artoflivingretreatcenter.org](http://artoflivingretreatcenter.org)

Watch the sun rise over endless mountaintops, rejuvenate with an Ayurvedic treatment at The Shankara Ayurveda Spa, or feel the quiet of a walk in the forest. The Art of Living Retreat Center supports community groups and solo travelers. This is a place to relax, revive, and dive deep within. A place to be with nature, and delight in the silence.

*relax*



## Rhythmia

Costa Rica

[www.rhythmia.com](http://www.rhythmia.com)

Rhythmia is an all-inclusive, medically licensed luxury resort and wellness retreat in Costa Rica. A team of naturopathic healers, health specialists and spiritual teachers work in tandem to create the most integrative programs in the world to provide each person with the best healing practices for a complete mind, body and spirit renewal.



## The Raj

Fairfield, IA

[www.theraj.com](http://www.theraj.com)

For 25 years The Raj has led the field in Ayurvedic treatments — gaining a reputation as America's premier Ayurveda Health Center. By accepting no more than 15 guests at a time, The Raj is able to maintain a high quality of individualized service and treatment. Located on 100 acres of rolling meadows and woodlands in Iowa's heartland, The Raj offers an ideal environment to transform and rejuvenate.

# AND EXPAND

# step INTO YOUR glow

By TIFFANIE ALBERTSON, PRESIDENT & CEO  
SOLUTIONS FOR LIVING



If beauty comes from within figuratively and literally, why are we spending so much time and money investing in the exterior? That was the question that came to mind when talking about collagen.

This product launched in January of 2021 in North America and has taken the industry by storm. Since Type I collagen makes up 90% of all of the collagen in our body, it makes sense to support it with the best Type I Marine collagen on the planet. Every bottle is made from 100% recyclable glass and contains 5 grams of the most absorbable marine collagen sustainably sourced off the coast of Norway. In addition to perfect bioavailability, it is also loaded with aloe vera, biotin, and zinc to protect cellular health and promote collagen synthesis. This formulation has no preservatives, no added sugars, and is only exposed to oxygen for .15 seconds during bottling, which means zero oxidation.

If all collagen was equal, you should have it, but since there isn't another like this on the market, go for the one that gets results for the most beautiful hair, skin, and nails!

573-645-0712  
Tiffaniealbertson.isagenix.com  
Tiffaniealbertson.com



## BEFORE & AFTER



Results not typical. In a preliminary study, participants experienced a 9.5% reduction in the appearance of wrinkles over 90 days.



*Tiffanie Albertson*

# SubZero Wellness:

## A Hands-On Approach to Wellness

While it was never my intention to be a business owner, I have always tried to operate from a very simple statement, "See needs, meet needs." If you see an opportunity to make a difference, and you can, then you should. This has carried me throughout my career as a physical therapist, massage therapist, and educator to now, business owner.

I felt called to build a bridge between healthcare and holistic. As a physical therapist, it was frustrating to only see patients once damage had already been done. I only treated post-injury or post-surgical. As a massage therapist, I addressed soft tissue as a means of eliminating pain temporarily, but the session did not leave enough time to educate and correct issues that continued to exacerbate the pain or symptoms.

How do we bridge the gap between responsive healthcare and proactive wellness? Enter SubZero Wellness – my hands-on approach to wellness and sports recovery.

In a typical session, we allow time for assessment, treatment, and education, and create a plan specific to each client that allows them to take ownership of their own wellness.

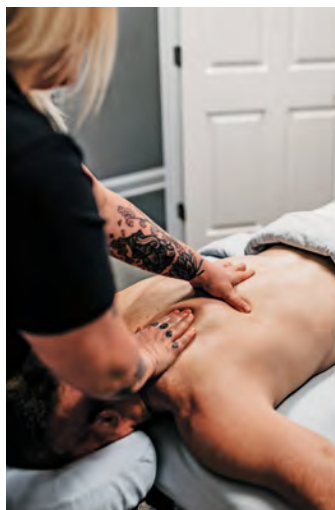
Our wellness studio utilizes several modalities including: red light therapy, infrared saunas, whole body cryotherapy, compression therapy, and bodywork to restore function, encourage healing, and provide a path to a healthier version of themselves.

My team of therapists are skilled in Myofascial release, stretching, deep tissue, manual lymph drainage, energy work and Body Mind Coaching to help bridge the gap between emotional and physical for long lasting results.

At the end of the day, it is our goal to be "difference makers," knowing that our clients being empowered to take control of their own wellness will truly be what makes all the difference.



Megan Sanders MPT, LMT  
Owner SubZero Wellness



*At the end of the day, it is our goal to be  
“difference makers.”*



# MAKING CHOICES

## To Become Your Unlimited Authentic Self

In the chaos of typical life, it's easy to get caught up in the cycle of constantly do-ing—whether it's managing your hectic work/life schedule or shuffling your kids around. By the end of the day, it's no wonder you feel exhausted and drained!

**But what if you could wake up each day feeling excited for life, with endless energy?**

The truth is, your daily energy is as product of your thoughts and feelings. Your energy dictates the choices you make, and therefore the reality you live in. If you're automatically thinking and feeling according to your fears (or what happened in the past), you're creating a reality that's predictable—and draining.

However, if you're feeling passionate about life, and thinking thoughts in alignment with your greatest desires, any outcome is possible.

By **overcoming their current selves**, my clients have landed their dream jobs, 5x-ed their income, stepped away from toxic relationships, manifested their dream car, and most importantly started living with *freedom and passion for each day*.

*That* is living according to the quantum model—becoming so in alignment with feeling good, that you naturally create a life beyond your wildest dreams.

For context, the quantum field is simply the energetic field beyond what we can see. Living in accordance with the quantum model is about tapping into that quantum field, so that you can draw any outcome into the physical, 3D world for you to enjoy and play with.



If you want to change your life using the quantum model, you must start making decisions in alignment with your greatest desires, rather than the story of your past.

**Maximizing your energy on a daily basis:**

On a daily basis, this looks like starting the morning with visualization—clearly deciding how you want to **feel and think** each day. Personally, I take time to visualize my day—before I engage with anything else. It allows me to become the **creator** of my day—rather than falling in to old thought

patterns and actions.

**When you start to feel drained during the day . . .**

Stop, drop, and realign your energy. Take a few minutes to disconnect from every activity, person, or conversation and come back to yourself. This practice is unique to you!

This might look like turning on your favorite music and dancing around the kitchen, going for a walk in nature, laying in the sun, or just getting quiet.

Some days it might take 5 minutes . . . some days longer. Have patience and compassion for yourself, knowing that you are self-nurturing instead of self-medicating.

Above all else, remember that you are the creator of your life. You get to choose where your energy goes and how much power is given to any situation. When you start to value your ENERGY, **anything is possible**.

If you're ready to take the leap into creating a life beyond your wildest dreams using the quantum model, contact me for personal consultations. It's time to start living according your highest potential.

# How do you want to feel today?

Today, you're in charge. You get to feel however you wish.  
Do you want to feel happy? Productive? Creative? Worthy? Grateful?  
They're all possible.

*kind*

*loving*

*optimistic*

*joyful*

“Where you place your attention is where you place your energy.”

— Dr. Joe Dispenza

*generous*

# My Top 10 Personal Goals

What are some things that you've always wanted to do but were afraid of, didn't have the time for, or thought you were too old to try? Maybe you've always wanted to learn how to ride a horse. Well, we say: "GIDDY UP, BABY!"

It's never too late.



This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

*Dream Big!*



Angela Propes  
Owner & Creator

"Every skincare product you see has been hand-created by me from start to finish with the utmost attention to quality and detail."

# Finding *Health & Beauty* in Everyday Life.



Ever since I was a kid I've always had an entrepreneurial spirit, but with travel, marriage, kids, rescue animals, and a day job, I convinced myself I was too busy to pursue running my own business; yet the dream was always lingering in the back of my mind.

As my kids got older and I could carve out more free time I finally quit making excuses, wound up my courage, and took the plunge into the entrepreneurial world in March 2010. I had creative interests in a lot of different areas and wanted a business name that reflected that. My sister, who is a bit of a wordsmith, helped me brainstorm and come up with the name *farragio* for my business. It's a play on the word *farrago*, which means "a mix of things."

My business started out in 2010 as a sewing business making custom totes and personalized embroidered toiletry bags that were very popular as bridal party gifts. I was even featured in publications such as *ALIVE* and *St. Louis Bride & Groom*.

As rewarding as it all was, around 2017 I found that I

was getting burned out and wanted to take *farragio* in a different direction. For a number of years, while running my sewing business, I had been making an all-natural face moisturizer for me and my daughter. On a lark, I shared it with family and friends during Christmas of 2017 and the response was so enthusiastic I knew right away in which direction I wanted to go. My line of *farragio* all-natural skincare products was off and running.

By listening to my customers' skincare needs, and continually doing research, I have expanded my original face moisturizer into a complete line of skincare products made with superior formulas that are vegan, low-to-none on the comedogenic scale, and free of nut-derivatives such as shea and coconut. It is my goal to create skincare that is compatible with multiple skin types.

But the most important part of my business is the personal connections I've made with my customers who have made taking that plunge into the entrepreneurial world so much more rewarding

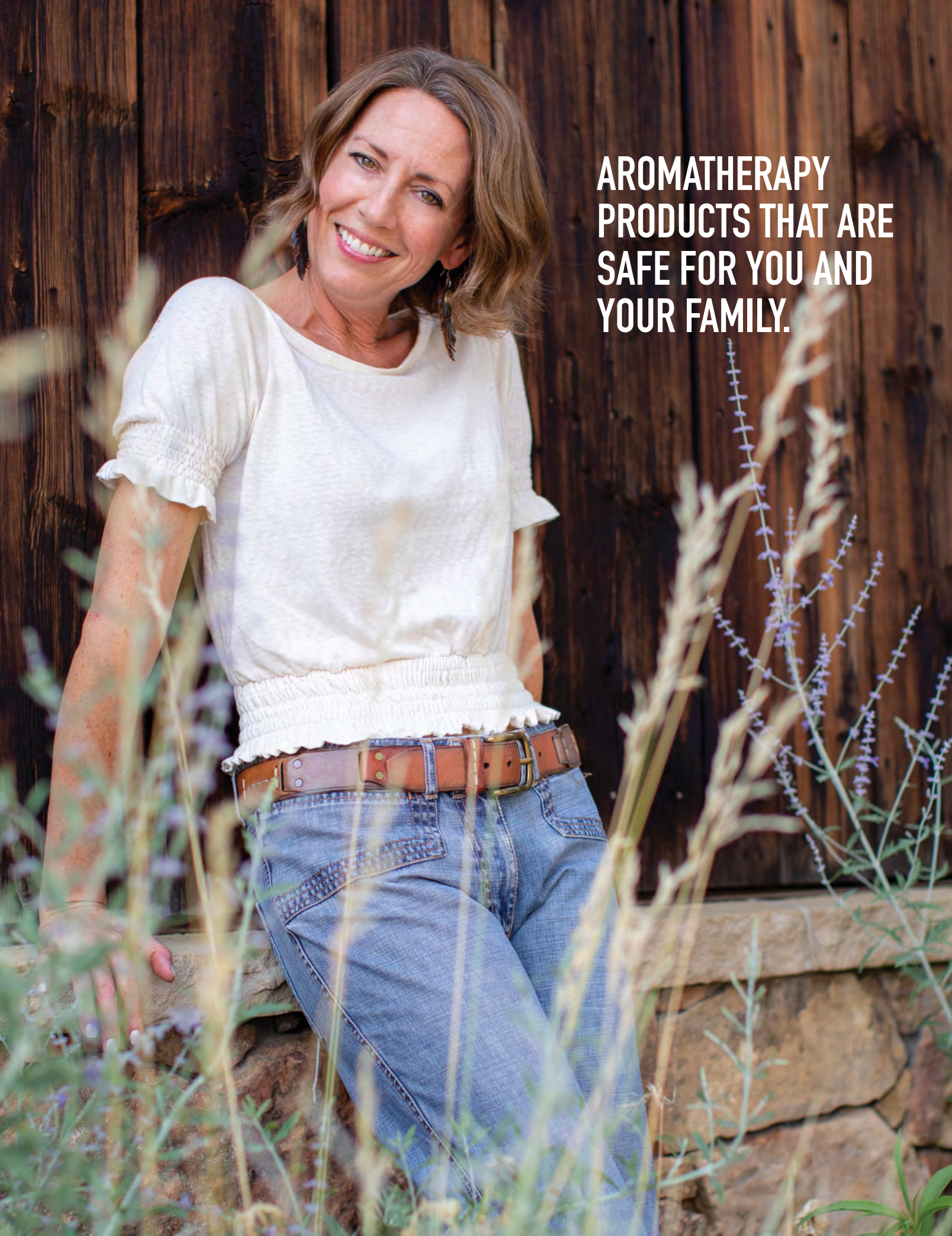


Our complete skincare line

*farragio* vegan products help fight acne and skin imperfections while renewing and revealing healthy, beautiful skin. With ingredients such as kokum butter, cucumber seed oil, vitamin C, and other skin-nourishing ingredients, you know you're getting the best skincare products that are full of nutrients for your skin.



Angela Propes, Owner & Maker |  
farragio.com  
Handcrafted All-Natural Vegan Skincare

A woman with shoulder-length brown hair is smiling and leaning against a rustic wooden fence. She is wearing a white short-sleeved top with a gathered waist and blue jeans with a brown leather belt. In the foreground, there are several stalks of lavender plants with small purple flowers. The background is a dark, textured wooden wall.

**AROMATHERAPY  
PRODUCTS THAT ARE  
SAFE FOR YOU AND  
YOUR FAMILY.**

# KNOW YOUR INGREDIENTS!

I never knew candles could contain harmful chemicals. What I learned changed my entire career path.

It all started with a few bites of shrimp in 2004. I hadn't yet realized I'd become allergic to shellfish as an adult. It wasn't life-threatening, but the swelling, redness, and pain in my lips and face were enough to trigger years of sensitivities to many other products. From lipstick to perfume, I found myself with repeated headaches and allergic reactions to chemicals that doctors couldn't quite pinpoint.

What I discovered is that many ingredients in our everyday products are unregulated and undisclosed, and one of the biggest offenders is fragrance.

Often listed as "fragrance" or "parfum" on ingredients labels, scent is rarely explained. Yet fragrance recipes can contain hundreds of chemicals (some safe, some unsafe, and some untested), all legally permitted to be hidden from ingredients lists. As part of FDA regulations, anything considered a company's trade secret does not have to be disclosed, and "fragrance/parfum" is often a protected trade secret.

The bottom line is that we consumers aren't told what's in our scented products, and if we ask, we're not guaranteed an answer. Further, the fragrance in scented candles, including soy wax candles, is almost never disclosed. When is the last time you saw a full ingredients list on your candle?

As a former engineer and amid a thriving banking career, I decided in 2019 to switch gears completely and launch Aspen Clean Candle to give candle lovers a healthier choice. Women-owned and operated out of the Aspen Valley, our mission is to create beautiful handmade aromatherapy candles, room sprays, and diffuser beads with cleaner and safer scents. Rooted in truth and transparency, we disclose all of our ingredients for each product. We only use American soy wax, pure essential oils, and safe synthetic blends that are free from petroleum, phthalates, artificial colors, carcinogens, hormone disruptors, and all California Proposition 65 chemicals.

We ship nationally from Colorado and can be found at [www.AspenCleanCandle.com](http://www.AspenCleanCandle.com). For every purchase, Aspen Clean Candle donates \$1 to US Veterans organizations.



Jill Kosdrosky  
[AspenCleanCandle.com](http://AspenCleanCandle.com)  
[Jill@AspenCleanCandle.com](mailto:Jill@AspenCleanCandle.com)  
970-379-2417

# EXPLORE MAHNAL

Contemporary brass jewelry handcrafted by Shayba Muhammad  
to inspire intentional living

Mahnal is a collection of contemporary brass jewelry that studies natural forms and elements to inspire contemplation. The artisanal nature of this jewelry is an embrace of living a slower, more intentional lifestyle.

Mahnal sheds light on the gentle, insightful, and poetic beauty of Islam and the Arabic language. Traditionally, Islamic art is used to inspire contemplation. Through stimulating reflective thought, Mahnal creates a pathway towards embracing a slower, more intentional life. Many pieces are named in Arabic, imbuing each piece with a special message or characteristic of empowerment for the wearer.

Mahnal takes inspiration from the places we find most meditative. It explores themes like silhouettes in nature, the repetition of lines in architecture, or how light plays against texture. With each piece's organic imperfections, we're invited to slow down and feel again.


Visit us at [mahnal.com](http://mahnal.com). Schedule an appointment to visit the studio virtually. We'll share what's new, try pieces on for you, or simply answer questions.



*Shayba Muhammad*

*Your beauty is an entry to God, this is jewelry for the journey.*





*"I want women to feel at home with Mahnal. A space of sanctuary. As I design, my hope is to connect a part of my spirit and other women's in a way that creates a bond. A bond of commonality in learning to be gentle with ourselves as we grow from who we were to who we will to become. I started designing as a way to express and share my passions in life after studying design at the Institute of Art in Chicago. I was inspired to explore jewelry as a medium of expression after the transition of my father in 2014. I launched Mahnal full-time in 2018 in my home town of St. Louis, where I continue my mission to inspire and adorn."*

— Shayba Muhammad, Designer

# *Shayba Muhammad's*

## GUIDE TO INTENTIONAL LIVING

We live in a fast paced world that often distracts us from the gift of gratitude. On our path to setting goals and striving for success, we oftentimes miss that which endures. The value of the journey. Take your time, reflect, recount, and breathe life back into how you function. This worksheet is designed to assist you in navigating not away from your aspirations but back to your most intimate inspirations. Sit in a quiet space and go through the list. Revisit and redo monthly or as frequently as your feel is necessary. Reflect on your growth. It's the little things, as they say, that matter most. It's time to slow down and feel again.

### THOUGHT TRACKER

Use this to organize your primary emotional reactions and secondary analytical reflections in sorting out challenging circumstances and situations. Jot down your takeaways on what you learn for future reference.

1. Situation
2. Reactive Thought
3. Reflective Thought
4. Action Step
5. For Future Reference

### WAYS TO USE JOURNALS

Journaling is a great medium for self expression and clearing your mind. Create a sanctuary in which you can be honest with yourself, gain perspective, and do self analysis.

1. Collect Quotes and Affirmations
2. Brainstorm Ideas and Projects
3. Clarify Your Definition of Success
4. Set Goals
5. Track Your Progress

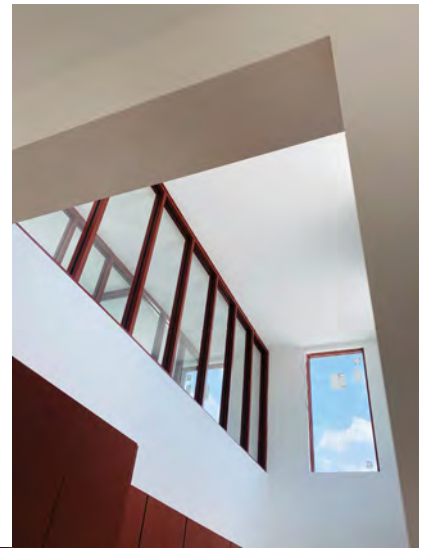
### SELF CARE

These are questions to use for a daily, weekly, or monthly check-in. It's important to revisit goals regularly to keep yourself on track and to refine them as you grow. Use this space to get clear on physical, mental, and emotional goals that you feel will complement a more fruitful quality of life.

1. What makes you feel fulfilled?
2. What makes you feel drained?
3. What daily practices can you implement?
4. What intentions can you set to feel fulfilled?
5. List 5 things that your are grateful for.
6. How can you be more intentional with spending?
7. What changes can you make to support good nutrition, sleep, and overall health?
8. What relationships can you nurture and give more time to?
9. What do you intend to learn?
10. How to you intend to grow?
11. What can you eliminate to better serve your best self?

# ON OLIVE

## A Unique Urban Community



For over twenty years, Emily Rauh Pulitzer envisioned two blocks of Olive, in Grand Center, being developed into a unique architectural place that would represent the best in residential architecture, while serving as a home to owners who deeply enjoy and cherish its special character.

From unprecedented amenities to internationally award-winning architects who have created homes (each with incredibly unique features), every detail of On Olive has been thoughtfully considered.

Wander through the green space on well-articulated paths to enjoy a meditation garden, pocket park, dog park, edible garden, pool, outdoor kitchen and dining area, and architectural artifacts repurposed to find new meaning as sculpture and usable amenities.

"This is a neighborhood that creates a local community nested in the larger city. In a typical urban or suburban block, houses run in repetitive rows. On Olive breaks this monotony by playfully and thoughtfully scattering the houses throughout the block. Each home has 360-degree



views of gardens and access to sunlight. The shared garden spaces of the block's interior become the shared yards, gathering, and play spaces of the neighborhood. Recreational amenities are linked together by a network of footpaths and a lush garden landscape of turf, flowers, ferns, vines, and trees that thrive in St. Louis's climate." *Site Architect – Tatiana Bilbao*

As the focus shifts from community to garden, to home, the developers have brought together five of the

finest international architects working today designing homes for single-family housing within a three-and-one-half acre urban landscape. The seventeen homes are thoughtfully placed throughout the development, comingled with the fascinating mix of gardens, amenities, and sculptural attractions.

Rarely does an opportunity arise to build and shape an entirely new residential single-family urban community. On Olive is that sort of development.

## Thoughtfully designed urban living

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STIX GROUP  
Building Saint Louis

314-456-6733 / LiveOnOlive.com

Dielmann  
Sotheby's  
INTERNATIONAL REALTY

314-725-0009



As the seasons change, so does our menu . . .



We feature fresh juices blends, smoothies,  
and plant based cuisine served up daily  
with **100% LOVE.**



**100% plant-based cuisine**

*Food for the Soul!*

6344 South Rosebury



Clayton, MO 63105



314-725-7333



[seedzcafe.com](http://seedzcafe.com)



Los Alamos  
Full of Life



Esalen



Ojai Valley Inn



Santa Barbara



Ojai



Big Sur



Sycamore Mineral Springs

I would wager that inside every one of us there is a bit of wild that resists the thought of being tamed. A wisp of our primal spark, a white light inner flame, sending smoke signals spiraling up to our ancient spirit guides through the shine of our eyes. Our hearts being the endless prairie where hawks circle above as mustangs gallop boundlessly.

I would also wager that the majority of us have kept our personal gypsy at a safe distance, leaving her just enough space to live in the waiting room of our dreams, periodically checking our security cameras to make sure she's still there, promising her that one day she will be allowed to show up and dance in the moonbeams like the Free Bird that she is.

Deep inside, we connect to an ancient sense of freedom. To our

# COAST OF CALIFORNIA

BY TOVA CELINE

innocence. To unjudged desires and the belief that dreams come true. To believing in our own magic, believing the murmurs of our inner voices, whispers that guide us divinely. To a knowledge that we are unique, a sliver of nature, connected to something far greater than us. We are all diamonds catching light, refracting our beauty for the enhancement of the world we participate in.

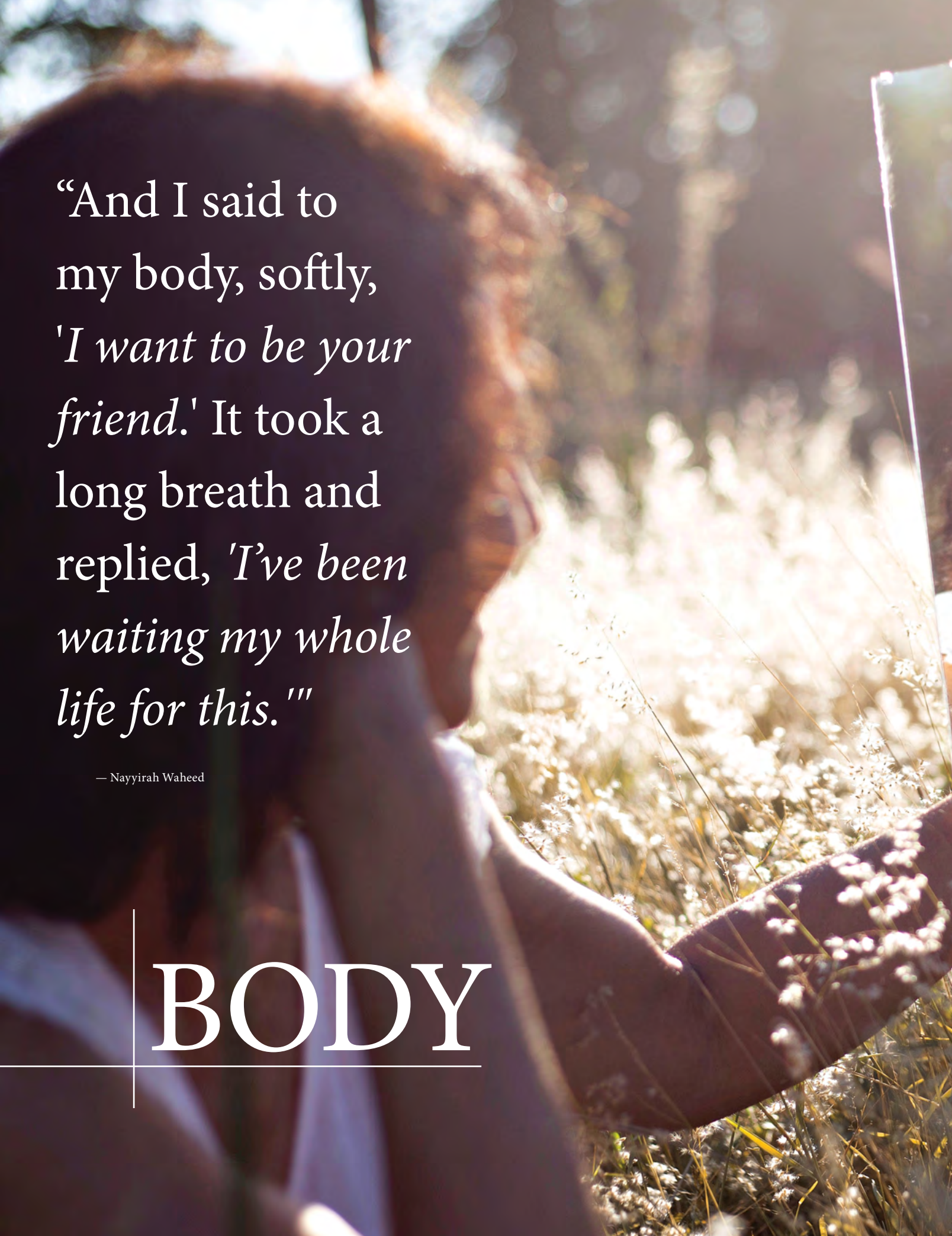
There is an art to balancing earthly matters with celestial visions. Heaven and Earth teetering together in a high wire tightrope act.

Earth represents our bodies, our health, and the tangible world we live in. Heaven is our spirit, our soul,

our dreams, prayers, meditations, thoughts, and emotions.

We are living representations of both qualities connecting, we are the stewards to the planet and ourselves, and our job is to tend to our precious beings with gentle love and tenderness so that we can sustain our nurturing ways for the greater collective.

Creating an actual road map to self love and care is a practical way to start this personal journey, and for this trip, we will trek in California, where local organic delicacies and personal mantras are readily available for those who seek. So hitch your wagon, this adventure is starting . . .

A close-up, profile view of a person with curly hair, looking down at a book they are holding. The background is a field of wildflowers, and the lighting is warm and golden, suggesting late afternoon or early morning. The text is overlaid on the left side of the image.

“And I said to  
my body, softly,  
*'I want to be your  
friend.'* It took a  
long breath and  
replied, *'I've been  
waiting my whole  
life for this.'*”

— Nayyirah Waheed

BODY





*April Abbonizio*

Certified Nutrition Health Coach

# Love Your Body FROM THE INSIDE OUT

*October is Breast Health Awareness month. Take the risk out of prevention.  
Choose thermography! Early detection saves lives!*

BY APRIL ABBONIZIO

**I**magine a breast screening where you don't need radiation or 50 lbs. of pressure, both of which are damaging to cells and breast tissue. Thermography is just that – safe (no radiation), effective and nothing touches you during imaging! Thermography can also detect the beginning of disease YEARS earlier than standard breast screenings.

Thermography is a different kind of test than the standard mammogram, ultrasound and MRI. Thermography is looking at your body at a cellular level. It's watching blood flow (or thermal) patterns. Our patterns should remain constant and symmetric our whole lives. When those

patterns change, it may be a red flag that something may be brewing. Thermal changes show inflammation, which could be a sign of fibrocystic breasts, lymphatic congestion or possible cancer.

Thermography can detect disease so early that it may not even be able to be seen structurally yet! Finding disease this early promotes lesser treatments, better outcomes and ultimately a better quality of life!

Thermography is a great addition to your annual breast screening. It's also way more than just breast screening. I offer a Women's Health Screening, which images everything head to pelvis. Another option is Full Body Imaging – everything

head-to-toes. Thermography is early detection for all kinds of conditions such as thyroid disorder, carotid artery dysfunction (stroke screening), dental issues, kidney, liver, spleen, gall bladder or reproductive organ dysfunction, vascular problems, arthritis and more!

All thermography images are read by medical doctors board certified in Thermology. Your report is sent to you with an option for a free phone consultation to answer any questions and to offer resources and referrals if desired. I am a Certified Integrative Nutrition Health Coach who's greatest desire is to help my patients achieve optimal health.

Midwest Thermography Solutions  
314-882-7529

# *Step into* FALL *with*



## Styling Tips By **SUZANNE SPURGEON**

Working as a stylist Suzanne is very familiar with the seasonal changes in the fashion world.

“Every season we are drawn to certain staples in fashion,” she explained. “In autumn, we gravitate toward warmer hair tones and usually add depth. Keep it simple and chic.”

Less foils and more uniform colors are the way to go. Keep in mind that we are saying goodbye to a laid back summer and heading towards a more polished season.

# *a new* DO!



Blondes are going gold and moving towards a brushed copper/ginger tone. Brunettes are aiming towards mocha or solid raven. If it's time to change your cut, try adding a cropped fringe or sweeping curtain bangs (yes they are still here!). Then add some shaggy layers and you cannot go wrong.

If length is the name of your game, save your hair with extensions. One service can change your color, length, and volume. It's a win!

Last, but not least, don't forget self-care. Our skin requires moisture in the fall and so does your hair.

Suzanne *swears* by Neocutis' Bio Crème Firm Riche for her face. (Looking good Suzanne!) The product is an anti-aging cream providing intense moisture for the upcoming seasons. To add moisture to your locks go for Shu Uemura Essence Absolute Cream or Urban Moisture. Your hair will be left feeling silky and not too heavy.

For questions or appointments contact Suzanne @suzannesurgeonhair or at Studio Branca, 314-596-1222.

# WOMEN AT



Guinevere King

Kim Dumas

*“It’s good for the Mind, Body and Soul.”*

*It all started in 2018. Kim Dumas took some of her closest friends for a sunset sail on San Diego Bay. Something amazing happened that night; laughter, good food and drinks, singing, yoga poses on the bow, and a surreal sunset became the inspiration to start a women’s sailing group in San Diego.*

Kim sprung into action and created a website and a Facebook group where she could share sailing events and opportunities for women in the San Diego area. Over the past 3 years, she has organized a variety of events which have helped get women out sailing: countless sunset sails, day

# THE HELM

sails, catamaran charters, racing clinics, Knotty Girl Happy Hours, a 5-Day Girls' Getaway in the Sea of Cortez, and a hands-on sail on one of the America's Cup boats from 1992.

Sailing has predominately been a man's sport, but according to the ASA (American Sailing Association), one-third of their new students are women. (<https://asa.com/women-on-water/>) More and more women are joining and taking classes and some ultimately purchase a sailboat of their own. Luckily for them, Kim is ready to help them with that dream. Kim is a yacht broker for Denison Yacht Sales and owns her own 30' sailboat which she sails often.

Kim's business partner, Kurt Jerman, owns West Coast Multihulls, a catamaran charter company and ASA sailing school with locations in San Diego, CA, Loreto and La Paz, Mexico, in the Sea of Cortez. Thousands of students have taken the classes at WCM over the past 10 years and a good number of them have purchased their own cat. Some are looking to purchase for their personal use while others purchase with the intention of putting it into the WCM charter fleet to offset the costs of boat ownership. Why do people love sailing catamarans? Just search YouTube for the many adventurous cruising couples and families sailing the world on their cats. It's a whole lifestyle. It's fun. It's adventurous. It's relaxing. It's educational and it requires teamwork. It's good for the Mind, Body and Soul.


Enter Guinevere King, Kim's partner in fun, sailing and business. In fact, Guinevere was on the boat that night when the San Diego Women's Group was inspired. She joined West Coast Multihull's team 2 years ago and is now the General Manager and Director of Sales and Marketing.

More Women's Sailing Charters and events are on the horizon in San Diego and the Sea of Cortez. Check their websites and Facebook pages for updates to plan and sign up for your next sailing adventure with Kim and Guinevere. If you plan on buying, visit Kim at Denison Yacht Sales.



Kim Dumas  
[www.SanDiegoWomenSailing.com](http://www.SanDiegoWomenSailing.com)

Guinevere King  
[www.charter-catamaran.com](http://www.charter-catamaran.com)



A fateful hike in the natural beauty of Zion National Park in 2017 inspired two sisters to create a new kind of skin care company. "We were walking through this incredible landscape and up to our knees in crystal clear water knowing that it was being contaminated with carbon-based sunscreens from all the hikers," says Vicki Summers, co-founder. After a spirited conversation later with her sister, April Bednarski, who holds a PhD in Medicinal Chemistry, Avaisn was born.

"Our vision is to create products that use sustainably-sourced plant and mineral-based ingredients," explains April. "I formulate our products to be food safe – that way you can apply our sunscreen or hand lotion and then turn around and make a snack for your kids and not have to worry." The first product April created, ReCover lotion, is still a customer favorite. A unique blend of shea butter, Arnica montana, aloe, CBD oil and lavender, ReCover is perfect for soothing tired skin. ReCover joins more than a dozen plant-based products at [www.avaisn.com](http://www.avaisn.com) – including their new line of products for the face. "We want everyone to feel great in the skin they are in," says April.

# Feel Great In The Skin You're In

Natural skincare formulated with whole plant essences.



*"I use ReCover every day. It is the reason my cuticles no longer get dry in the winter!" – T. C.*

### ReCover Skin Cream

Formulated to provide intense shea-based moisture and natural, plant-based healing ingredients for dry or weathered skin, sore muscles, and bruises. Ingredients include shea, vitamin C, arnica oil, hyaluronic acid and aloe vera.

Ingredients: water, glycerin, shea butter, cetyl alcohol, stevia, coconut oil, arnica oil, vitamin E, lavender essential oil, vitamin C, hyaluronic acid, ascorbic acid, CBD oil, patchouli, vanilla oleoresin, orange essential oil, titanium oxide.

### LipScreen Lip Balm

This natural lip balm is filled with shea-based moisturizers and non-carbon-based sunscreens to protect lips from the sun. Carbon-based sunscreens have been proven to be unsafe when ingested at high amounts, which is why we created LipScreen. Colored with natural mica and scented with plant essences, our LipScreen balms look and feel great while also protecting the delicate skin of the lips safely. Choose Clear Peppermint, Rosy Grapefruit or Burnt Ginger.

Ingredients: coconut oil, beeswax, shea butter, vitamin E, essential oil, zinc oxide.

*"I've looked for natural sunscreens in lip balms, but they are nearly impossible to find. LipScreens are perfect and the light tint is just enough color for me." – s. o.*



### ReNew Moisturizing Face Serum

A unique blend of Vitamin C, Vitamin E, and Hyaluronic acid, our face serum is 98% oil free. Vitamin C and E work together to boost collagen. Hyaluronic acid has anti-aging and moisturizing properties. Use it at night to treat fine lines and wrinkles while you sleep!

Ingredients: Water, glycerin, cetyl alcohol, vitamin C, hyaluronic acid, stevia, ylang ylang, and orange essential oils (98% oil free).

*"The WakeUp eye cream helps shrink my puffy eyes each morning – and I love the smell of ylang ylang." – L. S.*

Avaisn  
[www.avaisn.com](http://www.avaisn.com)  
[contact@avaisn.com](mailto:contact@avaisn.com)

# A Cool Concept

*An Interview with Nicholas Zotos,  
Owner and Founder of Beets & Bones*

BY CARA MOON

**When did you begin your journey in to healthy food? How did you learn about nutrition and how the body metabolizes food?**



My journey has really been a life-long process. Throughout my youth I suffered from stomach issues, leaky gut, skin issues, low energy, and debilitating angioedema. About 15 years ago, after various tests and different diets, I decided to go gluten-free and eliminate processed foods. The

results were dramatic, but slow: my energy level increased; my stomach issues diminished. It's true: what you put in your body makes a difference. You really are what you eat! I started to balance my diet with more fermented foods, less red meat, and of course, more juice. However I had not yet started Beets & Bones. The idea of bringing a juice business to fruition was still lingering in my mind.

**What are your top 3 GO-TOs for healthy lifestyle?**

1) Daily movement; 10k steps minimum. 2) Drinking water as soon as I awake. 3) Opening the blinds to let the sun shine in! That is invigorating.

**What are your goals, personally and professionally, for the next 5 years?**

5-Year Plan: Secure my daughters into college; continue to better myself; travel to Asia and Australia; continue to grow Beets & Bones.

**Is there a mantra you Live by?**

Live in the moment. The purpose of life is to find your purpose.

Thank you, Nick!

We look forward to meeting up with you again and celebrating the Grand Opening of Beets & Bones in Clayton.

[www.beetsbonesjuice.com](http://www.beetsbonesjuice.com)  
8401 Maryland Avenue / Clayton, MO 63105

*Beets & Bones*

**Bone Broth  
Cold Pressed Juice  
Thoughtful Food  
Adaptogen Smoothies**



**Who is your inspiration?**

My daughters, hands down

**How do you manage to create all this amazing food and balance being a father to two daughters? Do they appreciate the way you eat and enjoy the food you make?**

I've really emphasized the importance of investing in a healthy eating regimen. Both of my daughters are avid athletes and are embracing healthy eating. They enjoy a vegetable-based diet, and help in making food. Just a few days ago we all created Hearts of Palm Tacos with Cassava Tortillas.



# UNRAVELED

A MOTHER AND SON STORY OF  
ADDICTION AND REDEMPTION



LAURA & TOM BOLDT



WITH INTENSE COURAGE AND CANDOR,  
mother and son share their raw journey into  
alcohol and drug addiction  
and the grueling work it takes to get sober  
and remain sober.

[Unraveledthebook.com](http://Unraveledthebook.com)  
For more information.

# EVERYTHING'S BETTER TOGETHER

Running a fitness studio can be HARD!! And for most people running a fitness studio with their spouse could be nearly impossible. Where does life begin and work end? Who has what role and in what situation do those roles come into play? Most people don't even attempt to tackle these difficult questions, but for a select few there is no better option than going into business with the person they trust the most.

Britton Bommarito and Rod Murchison, owners of HOTWORX O'Fallon Missouri, are among those select few. They balance running their business and household together. From the beginning of their marriage in 2005, they have chosen to attack all challenges that faced them together with the idea in mind what is best for our family. Early in their relationship Britton was a restaurant manager and Rod was a high school physical education/health teacher, and football coach. Life was good! They individually advanced in their careers and figured out along the way what worked for them when it came to managing their home. They said the biggest thing for them was to treat everything as "ours." That means one

bank account, no 'that is your job' or 'this is mine', Rod said, "It is important to look at each task and agree who's strengths lie where and who should attack what. If there is a question, refer back to your partner to figure out the best solution for both."

This approach has worked well for Rod and Britton throughout their 21-year relationship. After getting their feet wet as minority owners of a restaurant franchise in 2015, they decided to take the leap and open a HOTWORX in their hometown of O'Fallon, MO, in 2020. HOTWORX is one of the fastest growing fitness franchises in the country and offers a one-of-a-kind workout. At HOTWORX you experience their 3D training method, the combination of Heat, Exercise and Infrared Energy. HOTWORX is a 24-hour studio and features Virtual Instructors who guide you through 30-minute Isometric workouts or 15-minute HIIT workouts. There is no other place where you can get this amount of calorie burn in this amount of time, all while healing your body with the power of infrared.

For more information on HOTWORX, go to [HOTWORX.net](https://www.hotworx.net).





# EARN THE **BURN**

WITH THE FIRST EVER FUSION OF

**HEAT, INFRARED ENERGY, AND EXERCISE**



# CHANGING LIVES ONE CLASS AT A TIME



*Kathi Harmon*



## FUN • ENERGIZING • EMPOWERING

**B**arre Harmony is more than just a Barre Class. The variety of classes available include Bums and Tums, Yoga, Deep Stretch, Meditation, and Cardio Dance with an occasional pop-up, specialty couples' class or community event.

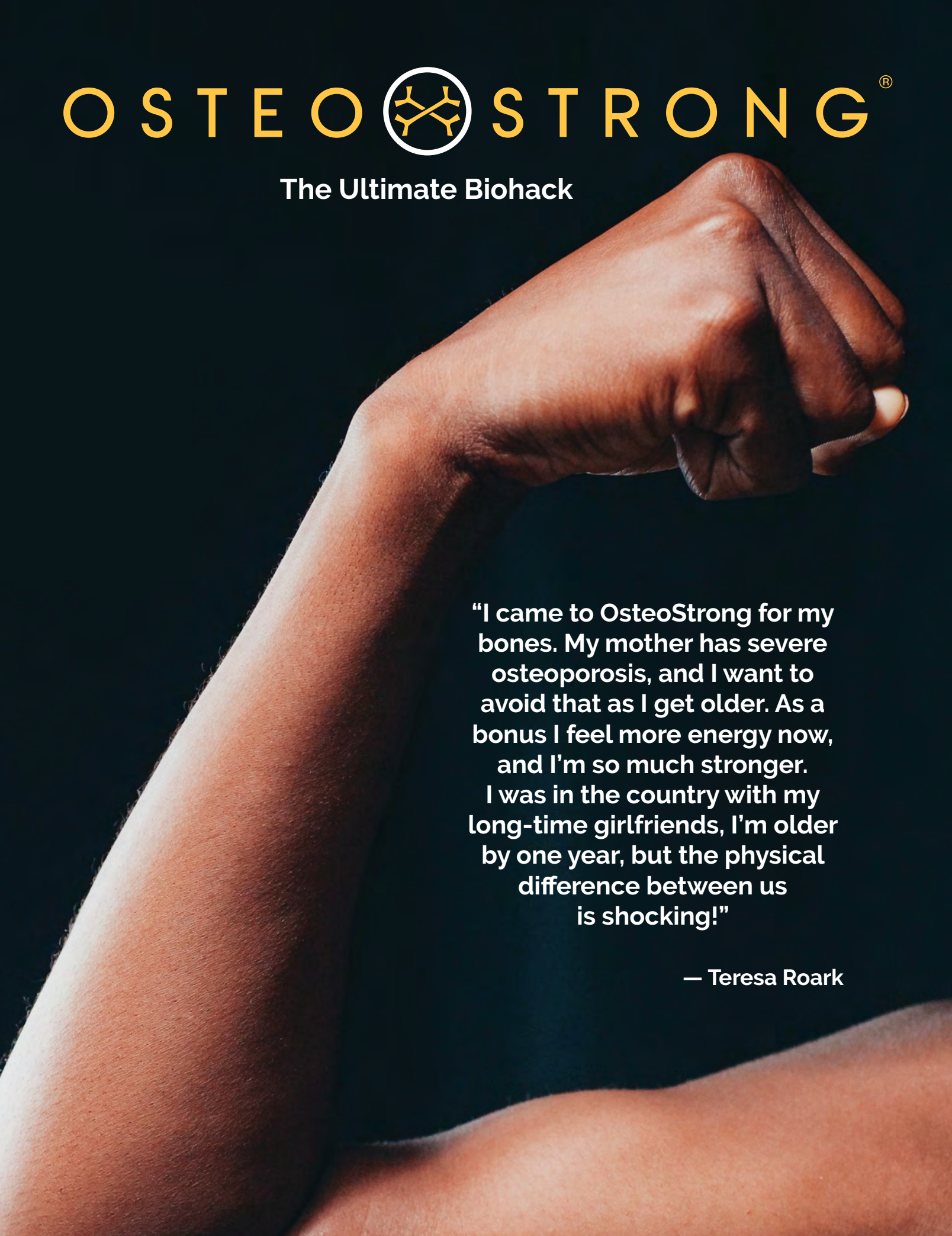
Owner Kathi Harmon understands all too well how important self-care is. She overcame a health scare of her own just weeks before she opened her dream studio. Years of yoga and focused breathing methods got her through this scary time. Her tumor luckily was benign, but she experienced both weight and muscle loss. She knew she had to take things slow because she so badly wanted to be there for her future students. Bringing an exciting new form of exercise to the St. Peters area was also motivating her. She was able to take care of herself and be patient with her body even while prepping for Barre Harmony's grand opening Winter of 2017.

Harmon has succeeded in making her dreams come true while learning she is even stronger within than she ever imagined.



# OSTEO STRONG<sup>®</sup>

The Ultimate Biohack



**"I came to OsteoStrong for my bones. My mother has severe osteoporosis, and I want to avoid that as I get older. As a bonus I feel more energy now, and I'm so much stronger. I was in the country with my long-time girlfriends, I'm older by one year, but the physical difference between us is shocking!"**

**— Teresa Roark**



We've known for over a hundred years that the way to strengthen the skeletal system is by applying pressure, and in 2012 a group of researchers determined the amount that's required to stimulate bone density growth. OsteoStrong uses this research and world-class technology.

In one simple pain- and sweat-free session each week, our system gives members the benefit of high impact force without the risk of high impact activity. Certified Strength Coaches lead members through a series of Robotic Musculoskeletal Strengthening Devices designed to increase skeletal strength, which impacts the entire body.

In just ten minutes, once a week, these sessions help our members get stronger bones, stronger

muscles, improve balance and agility, and greater athletic performance. The Biofeedback on each machine measures strength gains, and members who are monitoring their bone density with their doctor often see increases over time.

One of our greatest joys is having a member share how their life has improved because they joined OsteoStrong. Many members have reduced or completely eliminated joint and back pain. Some start playing sports again, and some have completely reversed their osteoporosis.

The great thing about OsteoStrong is that it works for almost anyone at any age, body style, or physical condition. We have members from 11 to 90 years old, and they all benefit from the same system once a week.

## We're making a difference!



### Visit Us At:

**O'Fallon:**  
636-238-8696  
44 Crossroads Plaza  
O'Fallon, MO 63368

**St. Peters:**  
636-685-0144  
4101 Mexico Rd. Ste A  
St. Peters, MO 63376

Ballwin: 636-697-3902 / Chesterfield: 636-220-8080 / Chesterfield Valley: 314-300-6902 / Clayton: 314-541-5661 / Creve Coeur: 314-300-6902  
Ladue: 314-502-3402 / O'Fallon: 636-238-8696 / St. Peters: 636-685-0144 / Sunset Hills: 314-501-2002 / Telegraph: 314-300-9851



# Katy Bartlett

Master Life Coach

As a child, I told my family that if I had kids, I would adopt because there were so many children in the world who needed a home that it wasn't fair to have my own. Even then I knew somehow that my life was more than just about me, and I was already thinking globally.

I live in one of the most beautiful places on earth: Aspen Colorado. And I want to share with you that my deepest desire is for everyone to feel as blessed and content with their lives as I do. I love where I live and I love what I do! Much of my personal life is spent enjoying the great outdoors.

I am a Master Life Coach, co-owner of a coaching company, and Executive VP of the Luminaries division. I work with people from all over the world. I have co-authored 2 books, *The Luminaries Project*, and *Innovation Secrets*, both out this year. I am also a public speaker and founder and CEO of Pualani Oil Organic Vegan skin care.

One of my missions is to create peace on the planet by teaching self empowerment. For many years I have said, the greatest gift you can give the world is to become the best version of yourself.

Through my extensive travels, and after traveling to India to speak at the Women's Economic and Empowerment Forum, it became very clear to me that on a global level most people struggle with a lack of self worth, which then translates to a lack of self empowerment.

Following that comes poor choices made based on the above. Our inherent need is to be loved and accepted for who we are by others, so we need to begin with ourselves.

My work as a coach is to shift this as quickly as possible so my clients are living the amazing lives they are destined to have. I use a technique called SRT. I discover the emotions that are stored in the subconscious that are not serving my clients and release the triggers that are associated with them so they can shift and soar to their highest achievements!

From all my studies, this has proven to be the most effective and quickest path. It profoundly changed everything about my life and is the reason why I do this work.

When each person on the planet is self empowered, they make better choices, for themselves, their business life, their families, and how they function in society. This shifts the vibration globally.

I know my path; I invite you to think about what your desires are and how you would like your life to shift. What impact are you having in your life? For yourself, your family?

If you are ready to level yourself up, I would be honored to assist you on your journey: [www.katybartlett.com](http://www.katybartlett.com).

*Become the best  
highest version of yourself!*

# *Like Botox in a Bottle!*

Pualani Oil is made with 15 different plant botanicals and essential oils, chock full of rejuvenating nutrients for your skin. A proprietary blend of hazelnut oil, borage seed oil, evening primrose oil, rosemary oil, geranium oil, rosewood oil, rose hip seed oil, frankincense, myrrh, clary sage and other plant botanicals in a jojoba oil base.

Also, new to the line is our divine Foot Scrub! With a luscious sent that will transport you to a luxury spa and moisturizing Jojoba oil to rebalance your skin after the scrub does its work, your feet will be saying "Ahhhh!"



*From youthful skin to maturity . . .*

# *Make Aging Aspirational*



Heather Creech and The Profile Team



## Let's face it, weight loss is hard.

At Profile, we uncover and discover, WHY your body is not releasing.

Our program is designed for success right out of the gate. When you commit to a personalized plan, show up with your coach in person or virtually, females can expect to lose 1-2 pounds a week and males can expect to lose about 2-3 pounds a week.

So, let's get started! Here is a list of some things you can expect:

### 1:1 Coaching

Team up with a real-life coach who will educate, motivate, and support you through every step of your weight loss journey. Our coaches come from a variety of wellness backgrounds, and they must receive and maintain Profile health coach certification. Your coach will help you craft a personalized nutrition and physical activity plan.

### Personalized Plan

Developed by medical experts, your step-by-step nutrition plan is designed to help you lose weight and keep it off with healthy eating habits. Along the way, you'll learn how to make nutritious choices and how you can enjoy food that fuels your body.

### Nutritious, Delicious Food

Our foods are designed to give you the nutrition you need with a taste you'll love. We offer a variety of bars, shakes, entrees, snacks and more to suit your personal tastes and weight loss plan. Our foods are available in store and online for home delivery. We also have a vast library of recipes that you can make on our blog! Healthy eating has never been easier.

### Tracking Success

You're going to love the Profile by Sanford "tech-stack." Between the Journey App, smart scale and 3D body scan you'll be set up for success with the best and brightest in modern technology to track your progress.

### Journey Mapping

Journey mapping is a path of planned, meaningful education to help you learn, grow, and stay engaged on your weight loss journey. With a variety of lifestyle lessons available, your coach can help you select lessons that will have the most impact on you and your life.

[www.profileplan.com](http://www.profileplan.com)

[profile.stlouis@profileplan.com](mailto:profile.stlouis@profileplan.com)

C: 636.299.3531 / O: 636.489.0022

14127 Clayton Road / St. Louis, MO 63017

A portrait of Heather Creech, a woman with long brown hair, smiling. She is wearing a grey short-sleeved button-down shirt with the word "profile" printed on it. The background is a solid dark blue-grey color.

*“Many members  
come to us  
frustrated and  
feel as if they  
have been  
at war with  
themselves.  
We at Profile  
are here to  
make sure  
our members  
never have  
to fight this  
wellness  
battle alone.”*

Heather Creech  
Health Promotion Specialist  
& Coach



# Get Juiced

## Cara and Stacy's Go-To Juice Joints for Healthy Beverages



**Aspen, CO:**

**Jus – [jusaspen.com](http://jusaspen.com)**

Fresh-pressed juices in glass bottles. Cleanse bundles: 1, 3, and 5-day cleanses to reset your digestive system.



**La Jolla, CA:**

**Trilogy Sanctuary Cafe – [www.trilogysanctuary.com](http://www.trilogysanctuary.com)**

Fresh cold-pressed juice and super-food smoothies. 100% organic, vegan, gluten-free food.



**Basalt, CO:**

**CC's Cafe – [facebook.com/ccscoffeshop/](https://www.facebook.com/ccscoffeshop/)**

Green juice. Reviewed as having the best iced almond milk latte in Aspen and surrounding areas.



**San Diego, CA – Encinitas:**

**Swami's Cafe – [swamiscafe.com](http://swamiscafe.com)**

Fresh juices, smoothies, specialty coffees, healthy food, and a friendly, family vibe.



**Carbondale, CO:**

**True Nature Healing Arts – [truenaturehealingarts.com](http://truenaturehealingarts.com)**

Organic cafe with vegan, vegetarian, gluten-free options. Organic teas and smoothies.



**Santa Barbara, CA:**

**Juice Ranch – [juiceranch.com](http://juiceranch.com)**

Raw hyper fresh, cold-pressed organic juice from fruit, veggies, and adaptogenic herbs.



**Clayton, MO:**

**Beets & Bones – [beetsandbonesjuice.com](http://beetsandbonesjuice.com)**

Cold-pressed juice, bone broth, thoughtful food, and adaptogen smoothies.



**St. Charles, MO: Rootbound – [rootboundstl.com](http://rootboundstl.com)**

Plant-based beverages to open the mind, heal the body, and free the spirit. Juices, smoothies, kava, coffee drinks and more.



**Clayton, MO:**

**Seedz Cafe – [seedzcafe.com](http://seedzcafe.com)**

Fresh juices and smoothies. 100% vegan, plant-based cuisine.



**Webster Groves, MO:**

**Juice Bar – [www.ilovejuicebar.com](http://www.ilovejuicebar.com)**

Juice and shots, smoothies, bowls and soups.



## Orange-Cranberry Mimosa

### Ingredients

1/2 c. fresh-squeezed orange juice, plus orange pieces for serving (about 2 oranges)  
1/2 c. fresh cranberry juice  
3 c. seltzer or sparkling wine  
Fresh cranberries, for serving

### Directions

Combine the orange and cranberry juices and refrigerate up to 2 days. To serve, divide among glasses, then top with the seltzer or sparkling wine, if using (about 6 tablespoons per glass). Serve with orange pieces and cranberries, if desired.

# Fall Mocktails & Cocktails

## Mulled Apple Cider

### Ingredients

4 whole cinnamon sticks  
1/8 tsp. ground cloves  
8 whole allspice berries  
Orange peel from 1 orange  
Lemon peel from 1 lemon  
1/2 c. maple syrup  
6 c. unfiltered (fresh squeezed is great) apple juice  
Apple slices and orange twists, for garnish  
1/2 c. dark rum, optional

### Directions

Place the cinnamon sticks, ground cloves, allspice berries, orange peel and lemon peel in a medium saucepan. Pour in the maple syrup and apple juice, then bring to almost a boil. Reduce the heat to low and simmer for 30 minutes. Remove from the heat and serve in mugs with apple slices and orange twists for garnish. Add a splash of rum for an adults-only version! Yum, yum, yum.

## Cranberry Cheer

### Ingredients

1 c. sugar  
2 sticks cinnamon  
2 whole star anise  
3 green cardamom pods  
1 c. fresh cranberries  
6 oz. rye whiskey (such as McKenzie)  
2 oz. fresh lime juice  
Seltzer  
Lime slices

### Directions

In a small pot over medium heat, stir sugar in 1 cup water until dissolved to create simple syrup; reserve 1/4 cup.

Place spices on an 8-inch square of cheesecloth and secure with twine to create a sachet; crush spices lightly. Add sachet and cranberries to simple syrup. Bring to a boil; reduce heat and cook for 3 minutes. Remove from heat and discard sachet.

In a shaker, mix 4 teaspoons cranberry mixture, whiskey, lime juice, simple syrup, and ice. Pour into 4 glasses with ice. Top each with a splash of seltzer; garnish with lime.



# Trees, Nature & You

By CARA MOON

*Trees have an interesting and important role in the physical and spiritual worlds. They have been held sacred in many cultures.*

*There are many reasons why trees are held sacred in many cultures. Beautiful and symbolic, trees are powerful and can influence our spiritual lives. They keep our natural world communicating and vibrating.*

In the natural world, change is intrinsic. Temperature, shifts in sun light, and natural disturbances, like fire, are all part of nature's cycle.

Trees are a source of energy on many levels. They help people and the planet by providing oxygen and shade. They provide shelter and habitats for animals and some bear fruit for human and animal survival.

Did you know trees have their own built-in survival kit? Trees in fire-prone areas develop thicker bark. Some species that regenerate by re-sprouting after they've burned, have an extensive root system. Dormant buds are protected underground, and nutrients stored in the roots allow quick sprouting after the fire. Some pine species develop very thick, hard cones that are literally glued shut with a strong resin. These cones can hang on a pine tree for years, long after the enclosed seeds mature. Only when a fire sweeps through, melting the resin, do these heat-dependent cones open up, releasing seeds.

You can see why trees can also affect our mental, emotional and spiritual bodies of energy. They stand strong for hundred of years and have witnessed many lifetimes. Consider the peace and serenity people feel when they sit under a tree or walk through a forest, breathing in all of the clean potent oxygen they so generously give to us. And what about the feelings of joy and excitement that children feel when climbing a tree? Have you ever read the book *The Giving Tree*? The tree is happy to give and give.

Like all living things, trees have a vibration and an aura. With roots reaching deep into the earth, they communicate with each other on a root level. Their vibrations are slower and more concentrated compared to other living things. They give out an energy vibe of safety, security, stability, trust, and long learned and passed down knowledge. Like a family or tribe, they are connected and communicate with one another.

By coming into contact with a tree you will pick up these vibrations whether you are consciously aware of it or not. You begin to become more centered and grounded, with feelings of peace and love. I think the hippies have it right; I AM happy to be called a "Tree Hugger."


Sharing the beauty of a tree can be very healing and can help you reconnect with your nature. Consider thanking a tree for helping you ground your energy. Not only will you raise your positive vibrations and the tree's, you will also raise the planet's energy.

If you have the opportunity, plant a tree. By doing so, you will not only be giving life to a tree, you will be ensuring the life of the planet.

A tree planted in someone's memory is a living tribute that benefits present and future generations.

Next time you pass by a tree, look up and remember its spiritual power and all the wonderful gifts it gives to humanity and the planet. Share its healing energy, give it a hug, and enjoy all its beauty!





*And then  
she decided  
to Dance  
with her Soul.*

— Monica Martin

SOUL







~xoxoxoxoxoxoxoxoxoxox~

# Wild Wish Living

By CARA MOON

Wild Wishes are different for everyone, but for me, one wish is learning how to connect with myself and rethinking self care by shedding what we don't want, and sharpening what we do, to be present and become more grateful and to become more my authentic Self.

We are all busy in our lives. Everyone has a side hustle for their side hustle. The trick is to look at each and everything we do as a blessing instead of a burden. Start thinking: I get to write an article, I get to help my children with homework, I get to help and spend time with my parents, I get to do my laundry. What blessings can we find in these? Its time to FALL back and FALL into ourselves, to wake up to the Magic and the Miracles that life has to offer and be ready to receive . . .

This Fall I'm going to walk amongst the trees in the forest and stop and look at each one with gratitude, I'm going to see all of them.

I'm going to show up as the person I aspire to be each and every day.

Work towards my greatest goals, even if they seem unattainable.

Be Honest and Genuine, even if the world around me tries to make me doubt myself.

Spend time with my daughters, completely, whole heartedly and focused, giving them all my attention.

~xoxoxoxoxoxoxoxoxoxox~

This will be a hard one: Say what I mean, even if my voice shakes, Be strong and clear with my words.

Surround myself with positive people.

Listen to the way I speak to myself and make sure its loving and kind.

Focus on what I can change. You can't control everything but we can control our choices.

Make GOOD choices, in food, in love, in friends, and in battles.

Engage in more social activities with people I love who support me.

Use rituals to heal and move forward: smudging, candles, prayers, mantras.



~xoxoxoxoxoxoxoxoxox~

*x o x o x o x o x o x x o x o x*

Be a Leader of LOVE.

Enjoy the journey.

Feel all of my feelings.

Be curious. Have Fun and Play.

Know that sometimes it's OK to JUST BE, no guilt.

Own my creative Artist in ME.

# Reclaim my POWER.

Create only Loving relationships.

Spend more time outdoors.

Take deep breaths; belly laugh at least once a day.

This Fall I'm REALLY going to organize my space.

Travel with my honey and my family.

Eat healthy and teach my daughters the importance of putting healthy, nutritious food into their bodies.



*x o x o x o x o x o x x o x o x*

~X O X O X O X O X O X O X O X O X~



Learn something new everyday.

Set Boundaries that reflect self respect.

Its time for all of us to let go of the parts that aren't working in our lives . . . FALL back in to a place of confidence and happiness. Feeling safe, secure, warm and supported.

Sometimes Wild Wishes can be simple, like things that we have forgotten that were important. It's good to be reminded.

Real change requires reflection and FALL is a good time to go inward and transform.

Remember to Stay Strong, Spread Love, Keep it real and Be Kind to yourself and others.

*Cara Moon*



DearDeanna.com

# Dear Deanna

I feel lost, confused and without a compass ever since the beginning of the pandemic. I keep trying to connect through my church, my kids' school, even with my neighbors but I feel so DISConnected.

What can I do?

Signed:

— Michelle D.





*Michelle,*

First, I believe that in recognizing the issue you are at the beginning of real change. Figuring out in today's climate the right answer specifically for yourself, is more personal than ever. Getting to a space where you can sit in calm and reflection and listen to your higher power is a great start. But if you are like me, I can let life get too busy and I leave out room for the solution.

The way I fix that situation is to calendar it. I literally make an appointment with myself. I do not move it, cancel it or change it. It becomes my unconditional do or die since I also believe you have to help yourself before you can be of help to others. That for me includes my husband, children, friends, work. . . anything that comes before time with my creator and reflection for my way to help others each day. During the calendared time I utilize a variety of modalities to set my day up for success. I begin with stretching to move my body and awaken my circulatory system, followed by a period of quiet meditation. I do not get my phone or other electronics prior to this time. I give the time 100% to the natural quiet that our creator longs for with us. When I am finished with meditation, I take a set amount of time and I journal. I have found journaling – actual pen to paper writing – to be one of THE most therapeutic endeavors of my life. It truly allows for the garbage in my brain to come out and for God to talk to my day. I take these three activities as the foundation as I get in some type of exercise.

Recognizing that there is much going on in our current political, cultural and communal climate is a start for many, as it helps to highlight that this feeling of alone and lost is not unique.

Reaching out to trusted confidants helps to strengthen and reinforce our unity to one another and the world as a whole as well. I do this through women's circles, online bible studies, walking groups, and time with family.

Implementing a morning connection with yourself and your creator is a life changing start on the path of enlightenment and oneness with all that is. You will be on the path that brings forth great blessings for you and your community. Blessings and may the light guide your way!

Best,

*Deanna*

P.S. Are you struggling with some of life's questions?

Do you want insight or guidance on next steps in your spiritual journey?

DearDeanna.com is a great place to begin.

Please e-mail questions to [askandanswer@deardeanna.com](mailto:askandanswer@deardeanna.com)

# SACRED SPACE

BY ROBIN HALTERMAN

Raising Salem, my oldest child, is a gift and a privilege. I am by no means implying they (pronoun of choice) are easy, but truly amazing nonetheless. They are one of the most intelligent, creative and wickedly witty humans I have ever met. They are unconventional in many ways, including gender.

They are also one of my greatest teachers. I am unsure of how long they were in the proverbial closet alone. Maybe a lifetime, likely about 14 years. Then, our family was gratefully invited to join them and keep their secrets for about four more years.

Meanwhile, we packed up our belongings and moved from one sacred space into another – Mayberry the perfect, tiny, somewhat conservative neighborhood I had identified as the ideal home to raise babies, into the Central West End where we made shelter for our next adventure.

Salem gently began to open up

to others and we slowly followed their lead, but every bit of my mama-heart burned with the instinct to protect, which translated into the desire to create a home that holds truly safe space – an oasis with room for the entire family and each of their friends to be unique, authentic, to stretch, and ultimately to thrive.

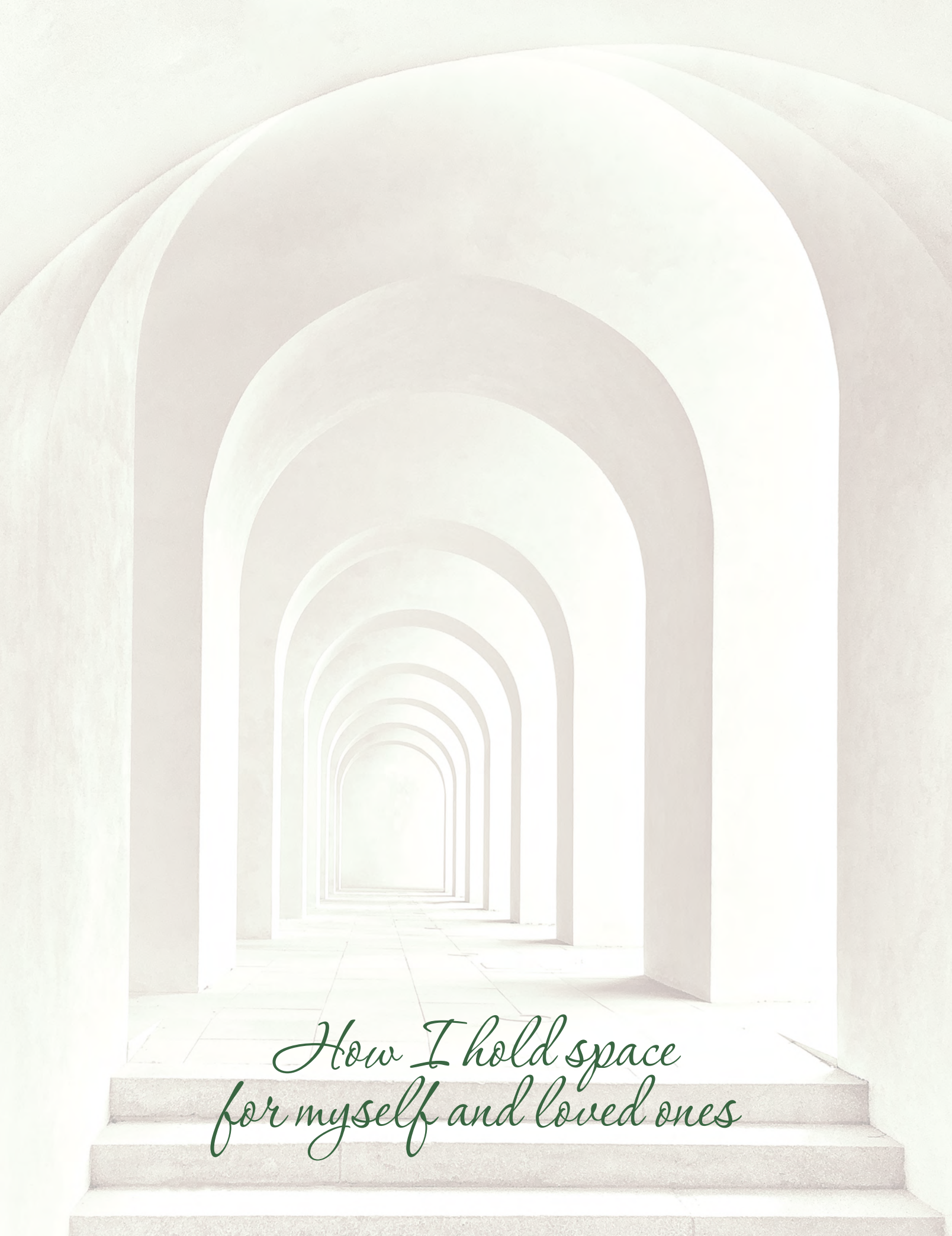
My home became more than just an aesthetic way to express myself and more about walls to hold growth, acceptance and unconditional love.

As a mother of three, there are (many) times that I need to re-center. To recalibrate, I escape to my own sacred space, my garden, and fill up with dirt and flowers so I can return ready, offering all I have to this ever-evolving adventure we call family.

I spent countless hours as a young girl imagining what my own home would look like. Life has offered the opportunity to see that sometimes what matters more is how a home feels. Just like a mother, a home can be trustworthy, and lovingly encourage every person (kitty, chicken, bunny, etc.) who live within on their journey.

*“Home is a feeling, and you’ve curated safety and love! I think it’s so important to hold physical space that represents growth”*

— Al Bastin



*How I hold space  
for myself and loved ones*

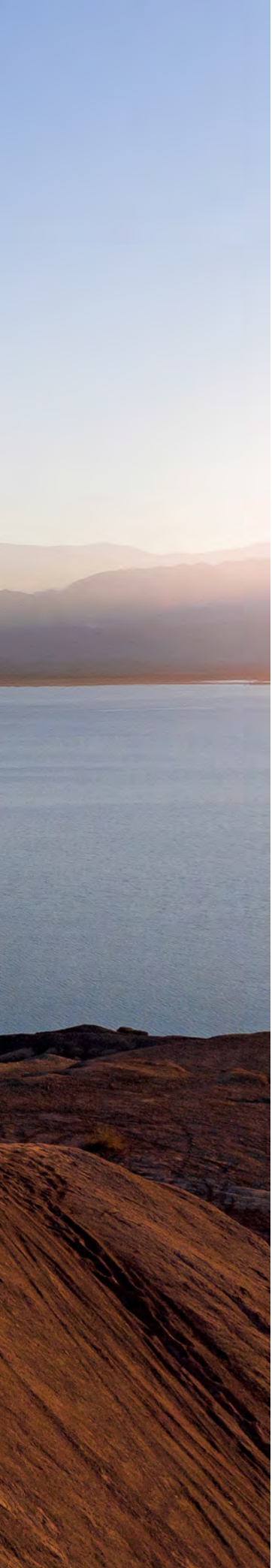
Donald (Truth Paradise) Theiss became a seeker of the truth, struggling with himself and others about what was really true and thought he would never fit in and didn't even want to fit into society because it felt like everyone was lost in some socially fabricated illusion and it felt as if he was on a divergent path from almost everyone he knew. He read *The Way of Zen* by Suzuki and that was the beginning of looking inward to find answers that he had not been able to find externally. He has come to the conclusion that we are all perfect manifestations of the Universal consciousness and our challenge is to accept ourselves completely and let go of the social beliefs into which we were indoctrinated. He believes that begins with self acceptance.

Donald is a gifted counselor and the author of *Being Human in a World of Illusion*. He can be reached at [truthparadise@hotmail.com](mailto:truthparadise@hotmail.com).

A person stands on a large, dark, rounded rock formation in the foreground, looking out over a vast, calm body of water. The water reflects the warm, golden light of the setting or rising sun. In the background, a range of mountains stretches across the horizon under a clear sky. The overall mood is serene and contemplative.

# TRUSTING YOURSELF

BY DONALD (TRUTH PARADISE) THEISS



**T**rusting yourself is allowing your own neurobiological system to guide you. Your system is working perfectly when you tune into it and allow it to guide your actions. You have to tune in, pay attention and follow the energy, the impulses; the vibration your own system is experiencing.

Your system is always responding, giving you sensations, feelings and thoughts, showing you the way to your own fulfillment, guiding your interactions with the world.

Your system guides you situationally with feelings and thoughts, and responses within sensations.

When we tune in to our own responses and allow them to guide us, our lives flow naturally from our own energetic responses.

We are designed by the universe to function perfectly in response to each situation we find ourselves. It seems so obvious and yet that's not what we are trained to do. We are trained to follow ideas, rules and beliefs, and to suppress our own responses, our own sensations, feelings and thoughts, our inner guidance system.

We have been taught to disconnect from our own inner guidance system and to behave according to conceptual ideas about how we should be. So we struggle, trying to be some way we are not, to suppress and hide our own responses. We learn to disconnect from our actual responses and act out patterns of behavior that we learn from the culture around us. To free ourselves, we have to tune into our own internal responses and allow them to guide us.

If you want to live in *harmony* with your own energy, your own responses, your own vibration, then tune in to your own responses and allow them to move you.

You are the only one having your experience and the only one who can tune into it. You are the only one who can allow it to move you in your way being, and to express, fully and freely.

Being how you really are and allowing your self to express fully and freely is the most important thing that we can do. Tuning into ourselves, into our own energy, and allowing it to guide us in every moment of our lives leads us to fulfillment in our lives.

Centering ourselves is essential for us to tune into our own responses. Then we see what they are showing us and leaning towards the messages our own body, mind any visible emotions.

Take time to sit quietly and tune into your own energy. See what it is showing you. You are the only one who can tune into what is going on inside of you, You are the only one who can tune into what your spirit is showing you.

*How do you want to feel in these times of challenge and change?*

*What brings you joy and peace and empowers you?*

*What can you do that can bring you above the clouds and allow you to connect to the beauty that you really are?*



Marilyn Eagen  
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I invite you to stand or sit quietly wherever you are. Now, take a few deep breaths in and out of your mouth, letting go and releasing as you exhale. At the same time, feel the beautiful light of the Sun moving into you, through the top of your head and the center of your heart. Allow this pattern to continue, feeling the Sun fill you with light as you continue to release and let go. Let your entire body continue to receive the Divine Love and Light that the Sun brings to us. Now, move this Light through all of your body and down into the Earth, connecting fully into the energy of Mother Earth. As this Light and Love connects you to the Earth, it also moves back up into your body. This light continues to move up and down your center in a balanced, rhythmic pace. Feel the peace, calm and beauty that this process brings to you as you fill your body with Divine Love and Light, while also being connected to the Earth.

You can still connect to the Sun regardless if there are clouds in the sky, or rain pouring down. The Sun is not gone, it is always there. It is always available and ready to serve. The cloudiness does not prevent you from feeling the sun, so don't allow the divisiveness, challenges and drama get in the way of your peace. You can connect with all of nature beyond those energies.

Now, I invite you to engage in the rest of your day, feeling more centered, more connected and able to do

your work from a different perspective. Even if your work requires being in these polarities, it does not mean that you have to take it on, you have a choice. You can remain uncomfortable or you can choose to move out of it for a moment, and allow some of the drama to dissipate from your field. This results in clarity within you. You can do this anywhere. If it is possible to physically connect to the Earth and Sun outside, the energy can disperse even more easily. If not, this moment of peace can be extremely valuable to help you stay centered and connected to your true self. Connect into Love and Light as that is your Divine inside. As you do so, feel the challenges move into a new perspective, so that higher frequency solutions can find their way to you. Remember that you are nature. You are made from the same light and substances that all of nature is, and you always have a choice to connect to your Source.

Be the Sun. Choose to connect beyond the drama and divisiveness, allow it to fall away as you continue to breathe the Love and Light that is your true nature. When moments occur that you drop back into the drama, just remember who you really are, and that you have the power to connect to your true Beingness. The more you can consciously connect to nature in this way, or other ways that work for you, it becomes easier to let go of the heaviness and see the love and beauty that is your true nature. You've got this!



*Be The Sun!*

BY MARILYN EAGEN

# Is Yoga *Magic* for Mental Health?

By EMILY RAPP

*Just google “benefits of yoga” and in the first few citations you will see, “The Nine Benefits of Yoga,” “The Twenty-Two Benefits of Yoga,” “38 Ways Yoga Can Save Your Life”, etc. Really?*

## THREE WAYS YOGA IMPROVES MENTAL HEALTH:

**1** All exercise is good for your body and mind. Dr. Google will confirm that exercise is near the top on any list for non-pharmaceutical treatments for depression and anxiety. Exercise releases endorphins, thought to be responsible for the euphoric feeling many people experience after exercise.

Yoga can be a particularly good choice of exercise for people with depression or anxiety, because it can be started slowly, even just with breathing (see the next point!), is self-paced, and there are many levels of physical challenge, depending on the style of yoga involved.

**2** Yoga puts a focus on breathing more than many other forms of exercise. Yogic tradition incorporates many specific types of breathing exercises, but all involve either chest breathing or belly breathing. Chest breathing activates the sympathetic nervous system, responsible for the “fight or flight” response, or sometimes useful just for the “I have to get out of bed” response. This can get the body ready for action/physical activity/energizing. In contrast, belly breathing activates the parasympathetic nervous system, the “rest and relax” response, allowing the body to downshift, sending a message to the brain to de-stress. Purposefully belly breathing can help break the stress cycle where stress hormones are constantly being released, leading to inflammation throughout the body. When therapists talk about deep breathing as a calming technique, they are typically recommending belly breathing.

**3** Meditation and mindfulness are often high on any list of strategies to combat depression and anxiety. Yoga is often described as a moving meditation, or moving mindfulness. In most group yoga classes, the instructor works to set a mood that keeps the participants focused in the room, on their body, and on their breathing throughout the class. This breaks the cycle of rumination, worry, and catastrophizing which can be so common in depression and anxiety. Yay! If you do yoga, you will get exercise and meditation together!

What are you waiting for? Yoga is for everybody. Whether through your local yoga studio, gym, DVD or YouTube, there are many ways to get started. Put it on your calendar, commit to a time with a buddy and take that first step.

**Author Bio:** Emily Rapp is a certified yoga instructor with the Original Hot Yoga Association. She teaches classes based in the 26+2 bikram-style tradition, both at the Pure Hot Yoga studio in Richmond Heights, MO ([yogastlouis.com](http://yogastlouis.com)) and via Zoom for her Loosen Up Athletes Zoom studio ([loosenupathletes.com](http://loosenupathletes.com)). She can be reached at [emilyrapp@sbcglobal.net](mailto:emilyrapp@sbcglobal.net) and will help you get started!



agape love

# YOU ARE LIMITLESS

## Welcome to the Center for Spiritual Living



Rev. Dr. Marigene DeRusha

Rev. Marigene is a dynamic spiritual leader dedicated to teaching and practicing spirituality that inspires, educates, and opens people to their full potential. Through Center for Spiritual Living (CSL) she offers classes, events, music and Sunday Celebration – online and in person. CSL is a diverse, “not your usual church” kind of place.

### **WHAT WE BELIEVE**

We believe there are many paths to God! We believe that when you change your thinking you can change your life.

### **LOCATION & SERVICES**

St. Louis, MO 63146, USA  
Sunday Morning (11:00 a.m.)  
Sunday Streaming (11:00 a.m.)  
Video Replay (8:00 p.m.)

### **WATCH LIVE**

We are glad to deliver online live streaming services. Join us live every Sunday at 11:00 a.m.  
[Facebook.com/CSLSTL](https://www.facebook.com/CSLSTL)  
[www.stlouiscsl.org](http://www.stlouiscsl.org)

# Soup for the Soul

## Autumn Squash Recipes

by Seedz Cafe

### VEGAN PUMPKIN SOUP

#### Ingredients:

2 tablespoons extra-virgin olive oil  
1 cup chopped yellow onion  
1 cup chopped celery  
1 tablespoon minced garlic  
1 teaspoon ground turmeric  
1 teaspoon ground cumin  
½ teaspoon ground ginger  
½ teaspoon ground pepper  
1 (15 ounce) can unseasoned pumpkin puree  
3 cups reduced-sodium vegetable broth  
½ teaspoon salt  
¾ cup coarsely chopped unsalted roasted cashews, divided  
¼ cup chopped scallions  
½ teaspoon smoked paprika

#### Directions:

**Step 1:** Heat oil in a large saucepan over medium-high heat. Add onion and celery; cook, stirring occasionally, until softened, about 7 minutes. Add garlic, turmeric, cumin, ginger and pepper; cook, stirring constantly, until fragrant, about 1 minute. Add pumpkin, broth, salt and 1/2 cup cashews. Bring to a boil over high heat. Reduce heat to medium-low to maintain a simmer; cover and simmer until the vegetables are tender and the cashews are soft, about 15 minutes.

**Step 2:** Pour the soup into a blender. Secure the lid on the blender and remove the center piece to allow steam to escape. Place a clean towel over the opening. Process until smooth, about 30 seconds (use caution when blending hot liquids). (Alternatively, process the soup in the pot using an immersion blender on high speed for 1 to 2 minutes.) Ladle the soup evenly into 4 bowls; sprinkle with scallions, paprika and the remaining 1/4 cup cashews.

### VEGAN BUTTERNUT SQUASH SOUP

#### Ingredients:

2 tablespoons avocado oil  
1 cup chopped onion  
1 tablespoon minced garlic  
1 tablespoon minced ginger  
2 tablespoons Thai curry paste  
4 cups low-sodium vegetable broth  
1 small butternut squash (about 2 pounds), peeled and cubed (about 5 cups)  
½ teaspoon salt  
1 (14 ounce) can coconut milk  
1 tablespoon lime juice, plus lime wedges for serving  
Chopped fresh cilantro for garnish

#### Directions:

**Step 1:** Heat oil in a large saucepan over medium heat. Add onion, garlic and ginger; cook, stirring, until starting to soften, about 3 minutes. Add curry paste and cook for another minute. Add broth, squash



and salt; bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally, until the squash is tender, 20 to 25 minutes. Stir in coconut milk and lime juice and cook until heated through, 1 to 2 minutes more. Remove from heat.

Step 2: Puree the soup in the pot using an immersion blender or in batches in a blender. (Use caution when blending hot liquids.) Serve garnished with cilantro and a squeeze of lime, if desired.



# GOOD KARMA

## ELEVATE ST. LOUIS

If you consider yourself successful, chances are, somewhere along your journey there were people who encouraged or pushed you towards your potential. It may have been a parent, a teacher, a relative, or a mentor.

Unfortunately, many of today's urban youth lack this positive guidance. Shortly after the civil unrest in Ferguson, Missouri, school district leaders invited Elevate St. Louis to establish meaningful relationships with its students and create opportunities and experiences that shape them into thriving contributors to their community.

Elevate St. Louis employs a holistic approach to meet each young person's needs. Teacher-Mentors take a long-term relational approach to youth development. They establish relationships with students in our accredited middle and high school classes designed to develop character and life skills. From there, they guide students through deep mentoring experiences after school, on weekends and during the summer. Outdoor adventure pushes students to explore life beyond their comfort zones through new and challenging experiences while developing teamwork and leadership skills.

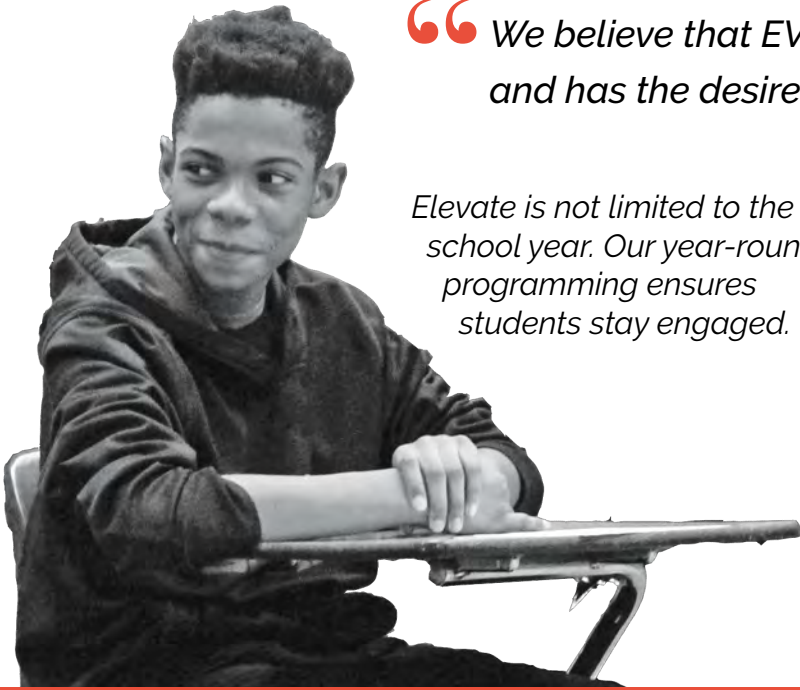
College and career readiness training ensures each student graduates high school with a post-secondary education plan that includes enrolling in higher education or a tech/trade school, joining the military, or securing living-wage employment.

To learn more about Elevate St. Louis, visit [www.elevatestlouis.org](http://www.elevatestlouis.org) or call Frank Bell (Executive Director) at 314-913-4136. You may schedule a video call or in-person meeting to discover how you may invest in a growing movement to raise generations of thriving urban leaders.

### Our Mission

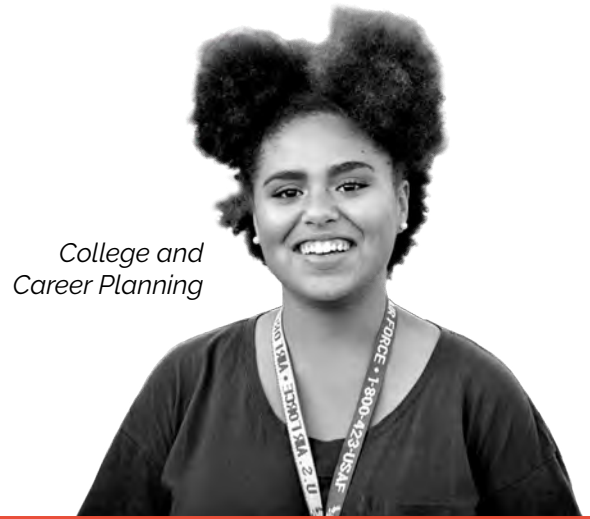
*Building long-term, life-changing relationships with urban youth, equipping them to thrive and contribute to their community.*





“ We believe that *EVERY CHILD* is of great worth and has the desire and potential to succeed. ”

*Elevate is not limited to the school year. Our year-round programming ensures students stay engaged.*

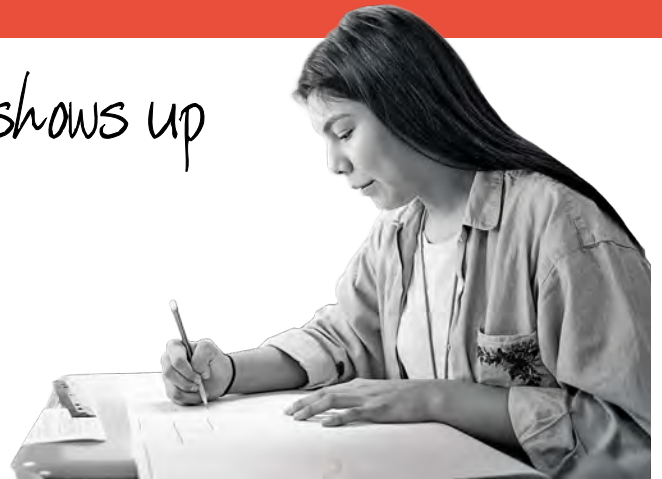


*College and Career Planning*

## NO ONE GETS THERE ALONE

*That's why Elevate shows up*

*Elevate offers meaningful relationships, opportunities, and experiences that shape students into the young adults we know they can become.*



*Accredited Classes*



*Adventure Experiences to Build Teamwork and Leadership Skills*

*Mentorship*

# Heidi Harris



“You are worthy of living the life you dream of, and it begins with putting your well-being first. Give yourself the gift of support and guidance.”

— Heidi Harris, Intuitive Transformation Coach

I'M HEIDI HARRIS, MUSICIAN BY NIGHT, AND INTUITIVE TRANSFORMATION COACH BY DAY. I've spent most of my life in the performing arts, and now I'm also serving others through the healing arts.

On weekends you can find me performing the violin as the Associate Concertmaster of the St. Louis Symphony, and on weekdays I work with clients at DeMun Healing, South River Yoga, and online through Zoom. I support people holistically, Mind, Body, and Soul, just like the name of this magazine!

As an Intuitive Transformation Coach, I combine intuitive guidance, knowledge, and experience to help people find healing and clarity. With healing and clarity comes empowerment, which leads people to make choices that bring them greater happiness, freedom, and success.

Coaching sessions are supported with modalities I use as tools. These tools include:

- **Inner Child Healing:** Processes and heals difficult emotions, and increases mental clarity.
- **Reiki:** Helps integrate emotions, release old thought patterns, and heal physical imbalances.
- **Yoga Therapy:** Calms the nervous system, eases anxiety and stress, and soothes the physical body.



*I offer free Discovery Calls, where we discuss how to work together towards your goals.*

*To contact me or learn about upcoming events and what I offer, visit my website: [www.heidishouseofalchemy.com](http://www.heidishouseofalchemy.com).*

*Follow me on Instagram: @heidishouseofalchemy.*

To discover ways in which you can transform, I invite you to journal or contemplate the following questions:

Are there areas in my life where I feel stuck, and I'm not sure how to move forward?

Are there unresolved issues from my past that hold me back?

Am I experiencing limiting beliefs, including thinking it's too late to make new choices or start over?

# TypOsphere StL

St.Louis, MO Artist, LA Marler (Louise Anne Marler) announces a new cultural arts gallery to the Cherokee Street community. This unique gallery of typewriter antiques and art will open Saturdays, starting October 9, 2021 from 11 a.m. to 5 p.m.

TypOsphere StL is located at 2308 Cherokee Street near the southeast corner of Jefferson on Cherokee, where antique row meets the integrated arts. “This community embraces up-cycling, history, education, creativity, and retro-style, so it is the ideal location for this concept gallery,” said Louise Marler.

Her family-business is a local history story: Three generations of St. Louis typewriter repair and salespeople who collected most of the machines here that can be experienced in fun and inspiring ways with historic and educational information.

This unique cultural art center is designed to be an analog digital-detox room. A place where you can restore your nostalgic comfort of simpler times: writing and typing of poems, songs, letters and cards, then sending and receiving, as central in our culture. Jacqueline Kennedy said, “The written thank you message is a linchpin of civilization.”

TypOsphere StL brings together people across the Midwest region as a unique destination that encourages typing for pleasure, expression, and enlightenment.

Features of this Opening Day Event include:

- Tom Hanks’ autographed typewriter from his famous collection that he recently donated. (Auction forthcoming)
- Evangeline Whitlock, Professor at Webster University, discusses the recent StoryCorps recording of *Typewriters’ Friends in the Pandemic* and her 25 machine donations to this mini museum.



- Ron Thurber, SLU Graduate student, discusses how he scientifically researched and cataloged the collection.
- Lisa Simani discusses the value of collecting inspiring art to have in your home and workspace. Bling your Zoom!
- Reginald Quarles at Teatopia is a neighboring business who will sponsor Tea & Typing monthly.
- Rock Harris, a local collector and IT professional, will discuss

technology now and then. He will also host monthly meetings for the St. Louis Typers’ Union meetups here.

- Contemporary typewriter art exhibit; nationally collected works from LA.
- BYOT – Bring Your Own Typewriter to show and tell your typewriter story.
- WORD Selfie Wall: Post, tag, check-in and enter to WIN.
- Typing: Type a note and mail it. Supplies offered: paper, envelopes, ink ribbons, stamps.

*About the artist and curator:*



LA Marler (Louise Anne Marler) is an American Photo Artist, whose digital photography features vintage machines, including her “Famous TypOwriters” and “camERA Art” collections. Louise is a third generation typewriter collector, who creates mixed-media images from original photography,

graphics and illustrations, fine digital printing and painting and other techniques. Louise has also produced events, and exhibitions nationally.



## Small Town Venue with **BIG CITY** Amenities

**T**he Public School House is the former one-room school house in Cottleville built in 1875 that has been restored and brought back to life. The Public School House team is excited to share this piece of history with the community, making any event a unique experience. From our Holiday Pop-Up Bars to private events, our team can make any experience feel like its your first time walking through our doors.

We opened our doors in December of 2019. What started as a small idea to open as a Christmas Pop-Up bar has spiraled into something larger than life. We often get asked “What is a pop-up bar?” What that means is we are not open to public with regular hours. We run holiday pop-up bars and when we are not open we are running as a private event space. We have created a unique venue perfect for any event. Our indoor space including our main school house room and 4-season room, is perfect for showers, rehearsal dinners, holiday parties, cooperate events, as well as anniversary or birthday parties. We have built our outdoor space complete with a fire place and wedding arbor making it perfect to celebrate all of life’s biggest events.

After we closed the doors on



Toasted Chestnut, our original Christmas Pop-Up Bar in 2019, the community began to ask “What’s next?” With Valentine’s Day right around the corner, “Love Shack,” a Valentine’s Day Pop-Up Bar, was brought to life. Since then we have helped this small town celebrate every holiday including our next one: Ghoul House, a Halloween Pop-Up Bar. We have an incredible team starting with our mixologists creating one-of-a-

kind made from scratch cocktails to our staff bringing our crazy theme decors to life.

The Public School House is located on beautiful and secluded 1.13 acres in downtown Cottleville with the ability to customize any event complete with food, drink, decorating, and entertainment packages available. We look forward to being a part of your next event!



# Steffany Barton<sup>RN</sup>

MEDIUM, INTUITIVE, AUTHOR



Steffany Barton, RN is a medium, intuitive, and modern mystic. She offers private consultations, group sessions, and transformative classes. She has written numerous books and curated three decks of oracle cards. Please visit [www.angelsinsight.com](http://www.angelsinsight.com) to learn more.

During these past months, I've received several questions along the same lines:

"Why is my intuition sometimes crystal clear and other times clear as mud? Am I doing something wrong?"

The good news is that intuition is part of the human experience; we're hard-wired to tune into the subtleties inside. Regardless of our path or our past, we can't lose the connection we share with our soul.

Look up at the moon. Our Earth is locked in rotation with our celestial companion. Where we go, the moon goes too. Yet, some nights the moon seems invisible, shrouded in darkness, millions of miles away. Wait a few evenings, and suddenly, a sliver of light, a crescent sheen, a curve that glows, reminds us that the moon has been there all along.

While full, the moon seems touchable, close, brilliant, clear.

Similarly, our intuition naturally and rhythmically waxes and wanes through phases of our lives. In times when we don't "see" or "hear" messages, we have an opportunity to trust and be still. Those are the moments to wait, rest, take time to breathe.

As this shifts, and it always will, we learn to trust the little nudges and pay attention to the small signs. Gentle messages teach us to stay in the moment and take things one choice at a time. In our culture of extremes and polarities, these tender messages help us stay focused and centered just where we are.

Then, intuitive messages are full, bright, and clear. So we act, choose, and go! The rewards come as we patiently listen, willingly wait, and graciously learn, that we cannot separate ourselves from our intuition. We're locked in.

I encourage you to embrace this. Have faith, hold fast, listen deeply to the small, still voice. Your intuition can only bless you, and you are worthy of love.

## Angels Insight



## **Steffany Barton, RN** **Angel Insight**

Steffany Barton, RN, is a respected and recognized psychic intuitive and spiritualist medium. She has written several books including, *Meet Me on the Other Side* and *Facing Darkness, Finding Light: Life After Suicide*. Her best-selling courses on DailyOm have inspired students around the world. She is available for private consultations and group events. Please visit her website or email for more information:

[www.angelsinsight.com](http://www.angelsinsight.com)  
[Steffany@angelsinsight.com](mailto:Steffany@angelsinsight.com)



## **Laurie Nowling** **Illuminate With Laurie**

Laurie Nowling is an intuitive channel, spiritual life coach and Holy Fire III Reiki Master in Saint Louis, Missouri. As the owner of Illuminate With Laurie, her passion and purpose is to work with others so they can illuminate their own lives with the wisdom and healing energy of spirit.

Laurie Nowling  
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[www.illuminatewithlaurie.com](http://www.illuminatewithlaurie.com)



## **Jacqui Ariana** **Energy | Love | Connect**

Jacqui Ariana is a nationally-known energy intuitive and high performance coach. She assists her clients in upgrading their relationships and career paths to live out their highest potential. Her direct, heartfelt approach helps her clients master decision-making and clarify their purpose moving forward.

[www.jacquiariana.com](http://www.jacquiariana.com)  
[Jacquiariana44@gmail.com](mailto:Jacquiariana44@gmail.com)



## **Suzanne Spurgeon** **Stylist & Beauty Enhancer**

Suzanne is a Senior Stylist at Studio Branca Creve Coeur. She is a certified L'Oreal Professionnel colorist/artist with an emphasis also in weft extensions and cutting. To book an appointment call: Studio Branca 314-469-1222.

Dm Suzanne @suzannespurgeonhair for questions or appointments



# Resources



## **Carlin Wagner** **Theta Healing® Practitioner**

As a therapist and energy healer, I combine counseling and Theta Healing® to help clients shift and release unwanted behaviors, mood states and subconscious life-long patterns that prevent one from living a joyous life. The result is self-love, self-empowerment, and living a life your heart desires.

Carlin Wagner, MSW  
Demun Healing  
314-435-0816



## **Heidi Harris** **Intuitive Transformation Coach**

As an Intuitive Transformation Coach, I guide clients through a 3-step process. With the support of various modalities, we work together to explore and heal the past. Clarity is then gained to transform the present, which leads to the final step in which clients are empowered to manifest the future they want.

[www.heidishouseofalchemy.com](http://www.heidishouseofalchemy.com)  
Instagram: @heidishouseofalchemy



## **April Abbonizio** **Midwest Thermography Solutions**

April is a Certified Advanced Clinical Thermographer and a Certified Integrative Nutrition Health Coach. With a desire to help her patients achieve the best quality of life possible, she offers safe thermal imaging that can detect disease at its earliest stages. She offers report consultations with resources and referrals, so every patient is educated and has the opportunity to achieve optimal health.

257 Lamp & Lantern Village / Town & Country, MO 63017  
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[info@midwesttherm.com](mailto:info@midwesttherm.com) / [www.facebook.com/midwestthermographsolutions](https://www.facebook.com/midwestthermographsolutions)



## **Marilyn Eagen** **The Peace Place**

Marilyn is owner of The Peace Place, a healing arts center. Her business is Harmony Healthcare and she provides individual sessions utilizing hands on and quantum methods. She is a Shaman, Energy Medicine Practitioner, Usui/Holy Fire III Reiki Master Teacher and has been formally trained in many more modalities as she has been practicing for more than twenty years. Marilyn offers groups, classes and outdoor space for ceremonies. The Peace Place has other practitioners who offer their services and classes as well.

Marilyn Eagen of Harmony Healthcare LLC, The Peace Place  
2841 Barrett Station Rd. St. Louis MO 63021



**Deanna Haefner**  
**Transitional Personal Coach**

Deanna is an avid pursuer of knowledge and as such her modalities continue to expand. Providing resources for others looking to begin or enrich their spiritual path and connect with other energy workers. As a Reiki Master, Akashic record, Gene Key, Human Design, Recovery coach – working to expand and hold light is her expertise.

Spiritual Questions or Life advice, send to [askandanswer@deardeanna.com](mailto:askandanswer@deardeanna.com)  
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**Heather Creech**  
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 14127 Clayton Road / St. Louis, MO 63017



**Aspen Clean Candle**  
**Jill Kosdrosky**

Jill Kosdrosky, a former Industrial Engineer and Banking Executive, launched Aspen Clean Candle in 2019 to provide a healthier alternative to mainstream candle chemicals. From the heart of the Rocky Mountains, she combines her love of candlemaking with a mission of ingredient truth and transparency to create beautiful handmade soy candles and home fragrance products with cleaner, safer scents.

[AspenCleanCandle.com](http://AspenCleanCandle.com)  
[Jill@AspenCleanCandle.com](mailto:Jill@AspenCleanCandle.com)  
 970-379-2417



**farragio All-Natural Vegan Skincare**  
**Angela Propes, Owner & Maker**

I started farragio in 2010 with a passion for creating top-quality products. With extensive ongoing research, I have developed my all-natural skincare line with superior formulas that meet and surpass my customers' needs. And just as important to me, is providing top-quality service for my customers that meets and surpasses their expectations.

[farragio.com](http://farragio.com)  
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 @farragio on Instagram  
 @farragiofun on Facebook



## **Amy Katsikas MSN, ACNS-BC**

### **Pure 111 Medical Aesthetics**

Amy Katsikas is a Board Certified Advanced Practice Nurse, an Expert Cosmetic Injector and the Owner/President of Pure 111 Medical Aesthetics. She founded Pure 111 because of her passion for skin health, anti-aging, and the artistry of Aesthetics. The team at Pure 111 perform in-depth consultations with every client, offer immediate options as well as long-term plans to keep clients looking beautiful, youthful and natural.

Pure 111 Medical Aesthetics  
[www.pure111.com](http://www.pure111.com) / [amy@pure111.com](mailto:amy@pure111.com)  
 618-208-1111



## **Dr. Zinia Thomas**

### **Radiance Float + Wellness**

Dr. Zinia Thomas, M.D. is a board certified Child, Adolescent and Adult Psychiatrist. She practices with an Integrative/Functional Medicine approach. In addition to biohacking services, Dr. Zinia has been using CBD, terpenes, essential oils and other natural healing treatments and IV Ketamine for mental health conditions at her primary practice, Radiance Float + Wellness in Brentwood, MO.

1760 S. Brentwood Blvd. / St. Louis, MO 63144  
[www.radiancestl.com](http://www.radiancestl.com) / 314-736-4736  
[www.healthcitymmj.com](http://www.healthcitymmj.com) / 888-420-6665



## **Holli Dobbs, LMT**

### **Therapist SubZero Wellness**

Holli is a body work practitioner with 9 year's experience utilizing myofascial release, trigger point technique and deep tissue work to restore mobility, decrease pain and improve quality of life. She has been a volunteer for over 12 years with Lift for Life Gym and practices "Tikkun olam," or known as in Judaism "repairing the world" one person at a time.

636-778-2233  
[www.subzero-wellness.com](http://www.subzero-wellness.com)  
 703 Long Road Crossing Drive, Suite 5  
 Chesterfield, MO 63005



## **Katy Bartlett**

### **Master Life Coach & CEO of Pulani Oil Organic Vegan Skin Care Line**

Katy is a certified Master Life Coach empowering her clients to realize their greatest potential. She is founder and CEO of Pualani Oil Organic Vegan skin care, co-author of *The Luminaries Project* and *Innovation Secrets*, and a public speaker. Learn how you can live your best life today!

[www.katybartlett.com](http://www.katybartlett.com)  
 970-379-6000  
[katyherbs@msn.com](mailto:katyherbs@msn.com)



## **OsteoStrong** **The Ultimate Biohack**

OsteoStrong® is not a gym, diet, supplement, pharmaceutical, or a medical treatment. OsteoStrong® is a unique place where you can go to improve your overall health by focusing on the one thing we all have in common: a skeletal system. Enjoy: Improved Bone Density • Improved Posture • Improved Balance • Improved Athletic Performance • Less Joint and Back Pain.

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O'Fallon: 44 Crossroads Plaza / O'Fallon MO 63368 / Phone: 636-238-8696  
Email: [ofallon@osteoststrong.me](mailto:ofallon@osteoststrong.me)



## **HotWorx O'Fallon** **Rod Murchison and Britton Bommarito**

HOTWORX offers members unlimited, 24-hour access to a variety of virtually instructed, infrared sauna workouts. Our members achieve their fitness goals with 3D Training: our powerful combination of heat, infrared energy, and exercise.

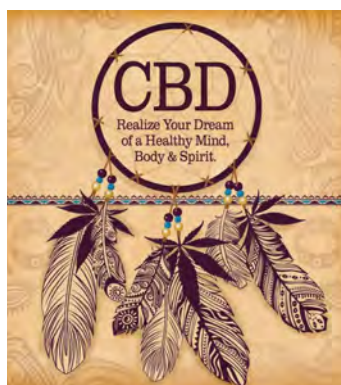
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## **Kathi Harmon** **Barre Harmony**

Barre Harmony offers low-impact barre workouts and rejuvenating yoga classes that will fit all levels of fitness enthusiasts. Committed to creating a judgment-free atmosphere, where you can find a sense of community and develop harmony, both physically and mentally.

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@barreharmony on Facebook and Instagram



## **CBD American Shaman** **Melissa Stewart – Partial Franchise Owner & Certified CBD Consultant**

Certified CBD Consultants – Our goal is to help bring wellness to the World. We are a family-owned, small business franchise guiding individuals to be the best versions of themselves. Only offering premium products that are made with all natural organic full spectrum high quality CBD. We are here to customize your health and wellness journey.

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[dardenneprairieamericanshaman@gmail.com](mailto:dardenneprairieamericanshaman@gmail.com)



## Megan Sanders MPT, LMT

### Owner SubZero Wellness

Megan is the founder and owner of SubZero Wellness, a sports recovery and wellness studio. With over 20 year's experience as a physical therapist and dually licensed in massage, she works with clients to bridge the gap between healthcare and holistic wellness. Her focus is on The Muscle Release Technique which incorporates breath, compression, extension and pressure to release soft tissue, increase range of motion and eliminate pain.

636-778-2233 / [www.subzero-wellness.com](http://www.subzero-wellness.com)  
703 Long Road Crossing Drive, Suite 5 / Chesterfield, MO 63005



## Ann O'Brien

### Ann O'Brien Living

I am a practical spiritual guide and the author of *A Woman's Guide to Conscious Love: Navigating the Play of Feminine and Masculine Energy in Your Relationships*. Since 1999, I have supported thousands worldwide with intuitive reading + healing sessions as well as classes by phone, online and in Colorado.

[www.AnnOBrienLiving.com](http://www.AnnOBrienLiving.com)  
@annobrienliving on Facebook, Instagram and Telegram



## Avaish

### Natural Skin Care

Avaish is a skin care company dedicated to providing natural products to improve and protect skin health. We believe in being in balance with our world. Founded by sisters April Bednarski, PhD and Victoria Summers to help people feel great in the skin they're in.

[www.avaishn.com](http://www.avaishn.com)  
[contact@avaishn.com](mailto:contact@avaishn.com)



## Tiffanie Albertson

### President & CEO of Solutions for Living

As a career dental hygienist and a functional nutritionist, finding health solutions that start from the inside came naturally to me. Type I Marine collagen leads the pack for bioavailability and results. Beauty and health on the outside starts on the inside. Now, just drink it!

573-645-0712  
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