

Connection – Creativity – Community

WINTER 2023

# MIND|BODY|SOUL

SAN DIEGO

## Manifest Issue

DeAnn Dillard

*Rebuilding Wealth & Confidence  
after Divorce*

LEAD WITH  
LOVE

FIT  
OVER 50

DEBORAH KING ENERGY  
HEALING TECHNIQUES

WRITE  
YOUR BOOK



# *A Woman with a Passion for Life*

## *Cinderella de Groot*

C

inderella's journey around the world contributed to the wisdom and skills that made her the woman she is today.

She is known for her resilience and ever positive outlook on life. When life throws her a challenge, she turns it into an exciting experience. At the age of twenty-eight, she left her home country, The Netherlands, and explored for many years various countries around the world.

When hurricane Irma struck the island of Puerto Rico in 2017 she rebuilt her life here in San Diego, California. Two childbirths and a divorce later, she again reinvented her life from scratch and when COVID-19 turned her world upside down, she again reconstructed her career and life.

Having the understanding that we are here on this Earth plane to manifest magnificence and magic is what drives her, even through the darkest times. Her excitement brought her to become the new Publisher of *Mind Body Soul* magazine of San Diego County and together with her husband Jay Jimenez, she is expanding their business called The House of Light, a spiritual center for inner healing.

For her, growth never stops.



*Cinderella de Groot*

PUBLISHER



*For windburned,  
chapped, dry skin and  
even safe for babies*

*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!"



This glorious single ounce of organic, vegan Pualani Oil provides you with a 3-month supply of magic for your skin.



*From youthful skin to maturity . . .*

*Amazing Cold Weather Protection*

Handmade in the USA / Aspen, CO 81621 / [katybartlett.com](http://katybartlett.com) / [katyherbs@msn.com](mailto:katyherbs@msn.com) / 970-379-6000

# Manifest



Whatever you want for 2023, speak it as if you are already living it. Whatever is manifesting in our lives is coming from our current level of consciousness - our vibrational frequency. What we are thinking, believing and speaking, is what we are manifesting.

My experience has been that the more past trauma and emotional baggage I clear through various wellness modalities, the better I feel and a greater quality of life emerges. The more I heal, relax and the more I have fun, the more quickly I attract (manifest) the right people, money and experiences.

This premier Winter issue is full of resources for you to be the best version of you possible. Who do you want to be? Imagine that version of yourself living all the bigger visions you have in order to attract (manifest) from your highest vibration. We hope that this issue helps you connect with and become that higher version of yourself.

Namaste,

*Stacy Oliver*

Introducing MIND BODY SOUL'S  
newest Affiliate Publishers



Cinderella de Groot  
San Diego



Tiffanie & Quinn Albertson  
Aspen / Telluride / Vail

**Elizabeth Berry**

Sales & Account Management  
ElizabethBerry@mindbodysoulmedia

**Tanashé Martin**

Vice President

**Stacy Oliver**

Founder & COO

**Andrea Arena & Jill Rubenacker**

Affiliate Publishers  
St. Louis/Chicago/Detroit

**Tiffanie & Quinn Albertson**

Affiliate Publishers  
Aspen/Vail/Telluride

**Cinderella de Groot**

Affiliate Publisher  
San Diego

**Truth Paradise**

Aspen Area Representative

**Maria Savvenas**

Editor/Proofreader

**Rosanna Cerutti**

Graphic Designer

## Contributing Writers

Tiffanie Albertson

Gabriella Aratow

Diana Beckham

Leanne Bornschlegel

Breakthrough Coaching

Cristina Campbell

Wendy Campbell

Cinderella de Groot

Marilyn Eagen

Melinda Fouts, PhD

Tricia Gray

Deanna Haefner

Donna Lee Humble

Kirsten Incorvaia

Deborah King

Dr. Kristin Krussel

Light of the Moon, Inc.

Logan University Health Centers

Lynn A. Mulholland

Lisette Pedraza

Reboot & Co.

Caroline Ragsdale Reutter

Dr. Yvonne K. Scarlett

Melissa Swank

Donald (Truth Paradise) Theiss

Ruth-Ann Thorn

The DRIP BaR Town & Country Crossing

Amy Van Liew

Ann J. White, M. Ed.

## Contributing Photographers

Natasha McGuire: STL Cover, 2, 22

Kelsey Orcutt: IFC San Diego, 36-37

Stephanie Zettl: 40-41



**MIND BODY SOUL**

[www.MindBodySoul.media](http://www.MindBodySoul.media)

*Mind Body Soul does not endorse any information contained in the articles or advertisements and suggests consulting a healthcare professional before beginning any therapy or medical treatment.*





# Find Your VENUS BLISS at *Aspen Vida Medi Spa*

## VENUS BLISS™ IS COMING TO ASPEN VIDA!

We are thrilled to make this announcement. For years we have held off bringing body contouring systems to our clinic due to problems such as excessive pain, medical complications, and so-so results. Finally, we have found a system that can deliver comfortable, effective and safe body solutions for our clients:

Venus Bliss™ provides safe, comfortable, non-surgical treatments for body fat reduction and is able to:

- Reduce stubborn fat pockets
- Tighten skin anywhere on the body
- Reduce cellulite
- Reduce and smooth out curves

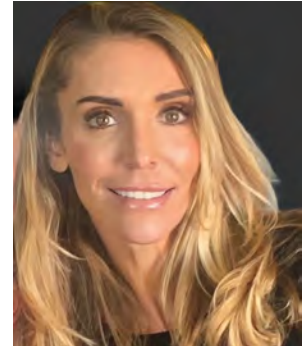
While there's certainly no one-size-fits-all when it comes to reaching your body goals, Venus Bliss™ can help. Using diode laser technology to target fat and complementary radio frequency technology, these treatments work to slim and smooth the body without surgery or lengthy recovery periods. You can enjoy comfortable fat treatments with natural results.

Some conditions can be treated in one day. In fact, Venus Bliss™ Fat Treatments take only 25 minutes and are performed only once a month.

Only need to tighten your skin? Venus Bliss™ has a separate applicator specifically for that purpose. It can tighten skin in many areas including: tummy, thighs, knees, legs, flanks, buttocks, bra line and arms

Venus Bliss™ is ideal for women who experience menopausal weight gain, saggy skin or change in shape. It is also effective for men.

Besides body contouring Aspen Vida offers a full line of spa and laser services as well as IV hydration, Ketamine infusion therapy, hormone therapy and integrative nutrition.



EDEN HENSCHER, OWNER  
ASPEN VIDA MEDI SPA

Eden has shared her passion as an aesthetician for more than 20 years.

She earned her license in 1996 and gained experience at The Peaks Resort in Telluride, CO, and Golden Door Spa.

New opportunities brought her to Aspen where she offered her skills at Remede Spa and O2 Aspen. Eden noticed that spa options in the area specific to skincare were limited and saw an opportunity.

Today, she shares her mastery of the latest beauty trends as the owner of Aspen Vida Medi Spa. Eden oversees the spa and shares her own distinctive services while managing the space for other independent, highly experienced skincare specialists.

Aspen Vida is touted as a wellness center and skincare co-op providing a diverse mix of services under one roof.

Please visit us soon!



420 West Main, Unit 102 / Aspen, CO 81612  
970-429-8350 / [info@aspenvidamedispa.com](mailto:info@aspenvidamedispa.com)  
[www.aspenvidamedispa.com](http://www.aspenvidamedispa.com)





# CONTENTS

---

2 Letter from the Founder



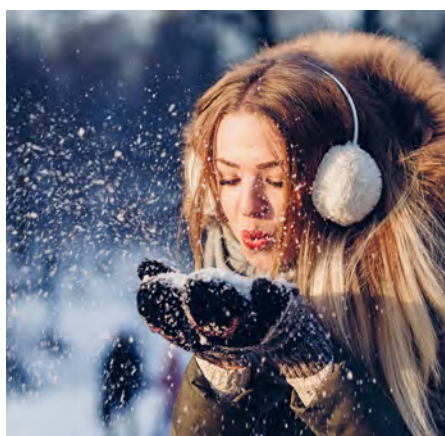
## MIND

- 10 Master Modern Energy Healing Techniques at the Deborah King Center
- 12 If I Could Be a Rose / Donna Lee Humble
- 18 Manifest Magnificence: Create a Family Mission
- 20 Our Illustrious Featured Authors
- 22 An Integrated Approach to Healing / Dr. Kristin Krussel
- 25 Achieving Your Best Self / Lynn A. Mulholland, SHRM-SCP, ICF ACC, ELI-MP
- 26 A New Dream For Life After Divorce...Rebuilding Wealth and Confidence / Kirsten Incorvaia
- 28 The Natural Choice for Your Family's Wellbeing / Logan University Health Centers
- 30 Everyone Has a Story To Tell and It's Time to Tell Yours / Light of the Moon, Inc.



## BODY

- 34 N8iV Beauty / Ruth-Ann Thorn
- 36 Detox Your Mind, Body & Soul with Frog and Plant Medicine / Cinderella de Groot
- 38 Meet Joseph Feret / MBS Interview with Dr. Joe Feret, the "Ski Doc"
- 40 Your Health Truly Is a Gift / Diana Beckham
- 42 Fit Over 50 / Amy Van Liew
- 43 WOOP-ing for Valentine's / Gabriella Aratow
- 44 Reboot Retreat Restore / Reboot & Co.
- 48 Glow! / Tiffanie Albertson
- 50 Glow Up at Twig ...
- 52 Open the Door to Dynamic Health / Cristina Campbell
- 54 Where East Meets West for Optimal Health
- 58 Revive "Down There" / Leanne Bornschlegel
- 60 Feed Your Cells Fuel Your Life / The DRIP BaR Town & Country



## SOUL

- 64 Impostor Syndrome & Self-Doubt / Melinda Fouts, PhD
- 66 Good Vibes Only / Lissette Pedraza
- 68 Breakthrough Coaching: Connecting Mental Health & Physical Fitness
- 70 Dear Deanna / Deanna Haefner
- 72 Individuality in Relationship / Donald (Truth Paradise) Theiss
- 74 Driving Yourself Toward Magnificent / Melissa Swank, MPH, NBC-HWC, RYT-200
- 76 A Zoom Call and a Prayer / Marilyn Eagen
- 78 Carrot Comfort – Carrot Cake Recipe / Caroline Ragsdale Reutter
- 80 Good Karma: Lead With Love / Anne J. White, M. Ed.
- 82 Resources for Your Mind, Body & Soul

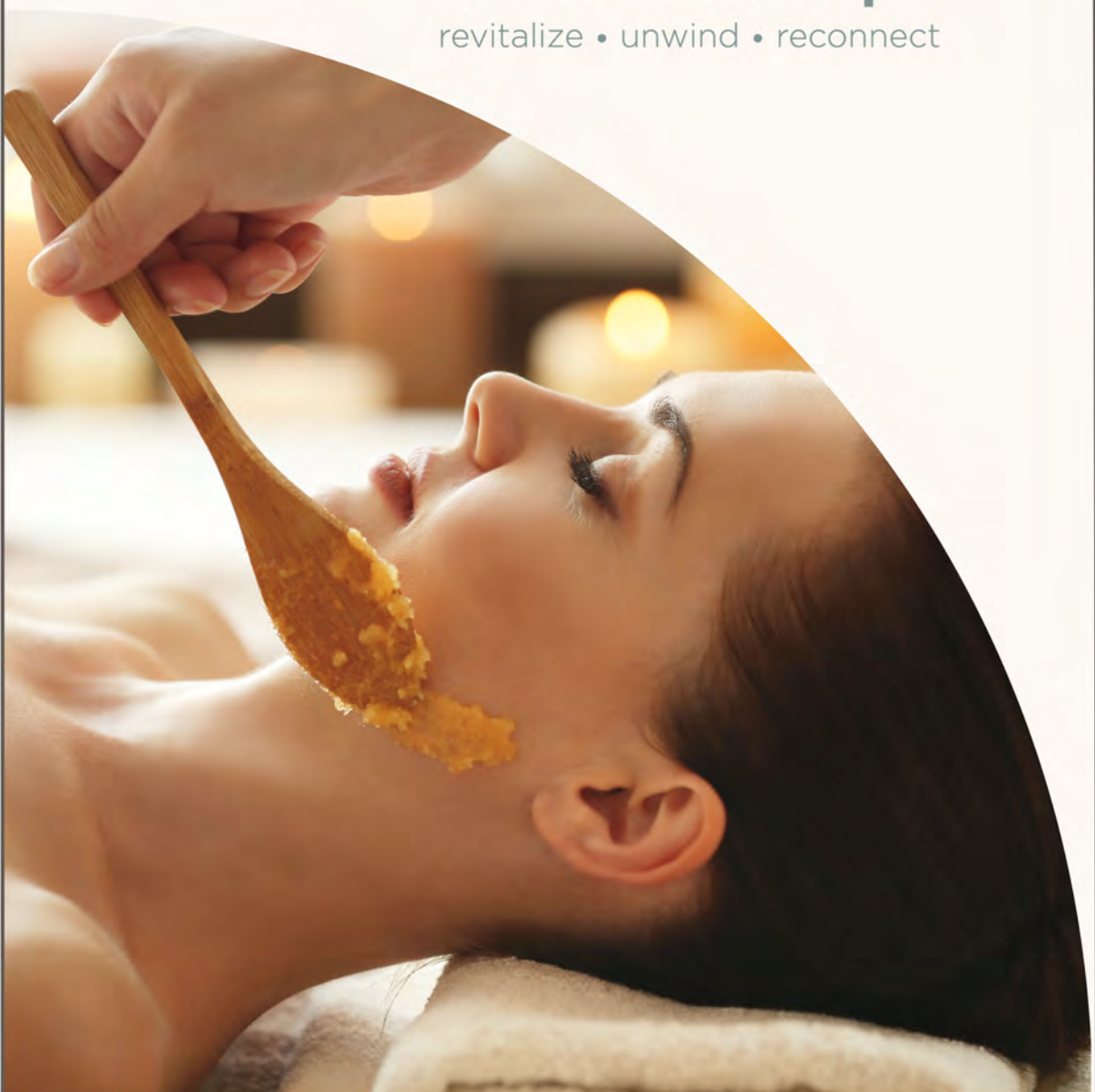


# COMING SOON 2023 GRAND RE-OPENING



Ocean Pearl Spa®

revitalize • unwind • reconnect



5480 GRAND PACIFIC DRIVE, CARLSBAD CALIFORNIA 92008 | 760.827.2700  
OCEANPEARLSPA.COM



# *Manifest a New You*



“The entire Universe is  
conspiring to give you  
everything you want.”

—Abraham-Hicks



# Intentions for the New Year

*What would you like to manifest in this new year? Visualize your intentions; feel them as if they already exist. Then jot them down and after each intention write the words “Or better” because the Universe may have something even better in store for you.*


*Happy Manifesting!*

This image shows a full page of blank, cream-colored paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

A woman with long brown hair, wearing a tan knit beanie and a thick, textured tan coat, is standing in a snowy forest. She is smiling and pulling a thin, dark rope that extends from the right side of the frame. The background is filled with snow-covered branches and trees, creating a soft, wintry atmosphere. The ground is covered in a deep layer of snow.

MIND



A young child is sledding down a snowy slope. The child is wearing a red winter jacket, a pink knit hat with a large pom-pom, and a pink scarf. They are holding onto the sled's handles. The sled is a simple wooden design with runners. The background is a dense forest of trees and bushes, all heavily covered in snow. The ground is a smooth, white expanse of snow. The overall scene is peaceful and captures a classic winter activity.

*“Snowfall rouses your inner child  
to dream and play once more.”*

— Angie Weiland-Crosby





*Deborah King*



# *Master Modern Energy Healing Techniques at the* **DEBORAH KING CENTER**

Healing mind, body, and spirit with the power of energy medicine is time-tested and practiced all over the world. Even people unfamiliar with energy healing engage in energy work without realizing it: we use energy work every time we feel our child's brow to see if he has a temperature, hold our knee if we bang it, comfort a co-worker with a hug if they're down.

Imagine the powerful healing we could achieve if we had a chance to learn some techniques of energy work so that we could tap into the full potential.

## *Clear Your Energetic Chaos*

In a time of increased chaos, we all need a practice that helps us ground ourselves, find clarity, and gain the focus to lead the life we are meant to live.

Renowned spiritual leader and *New York Times* best-selling author Deborah King has created a powerful institution of learning for the field of energy medicine. You can access her training and over four decades of knowledge through online videos, writings, and in-person workshops. Her virtual Center's mission is to empower individuals to heal through ancient teachings and modern techniques. Gain the powerful knowledge to transform your life and the lives of others!

We all are energetic beings. Take that innate understanding to a new level by joining us at the Deborah King Center.

Start by registering for our free "Clearing Energetic Chaos" workshop: [deborahking.com/](http://deborahking.com/)



 *DeborahKing*

*“We are all already energetic beings.”*

# If I Could Be a Rose

BY DONNA LEE HUMBLE

In the wake of the New Year 2023, we may be spinning from unanticipated family bedlam, feeling weary, financially stressed or humbled by the excess weight registering on the scale resulting from the constant barrage of overindulgences.

Winter signals a time of struggle. Plants go dormant. Animals migrate or hibernate, and try as we might to fight it, we tend to move like we're in a sea of molasses. Aligning with the rhythm of nature perfectly, we experience more darkness, cold and inactivity during winter. The very air seems to fill with the heavy unhurried and deliberate energy of resourcefulness, introspection and deep reflection.

And every year most of us resist this necessary period of inner grounding. Winter's darkness may have us questioning our strength, obscuring our imagination and dulling our self-esteem.

What if we could be a rose for an entire winter?

A rose only knows she is a rose. She never questions. "Why fight nature?" she declares.

Imagine the rose's essence. She focuses only on this instant, laced with a rich opportunity to align with the calm that comes with complete certainty. Imagine a miraculous world where she is not forcing every action but is moved from within to act through sheer inspiration. A world beyond seeming chaos where she knows all is well and knows she is loved beyond her wildest dreams. Imagine her world where fearing emotion is a thing of the past, allowing emotion to bubble up and pass through like a magic carpet.

Imagine a world where there is no lack as she receives and gives love to everyone, unconstrained by wavering self-worth or the propensity to judge others. She simply radiates freely with steadfast confidence, grounded in inner light and unspeakable peace.

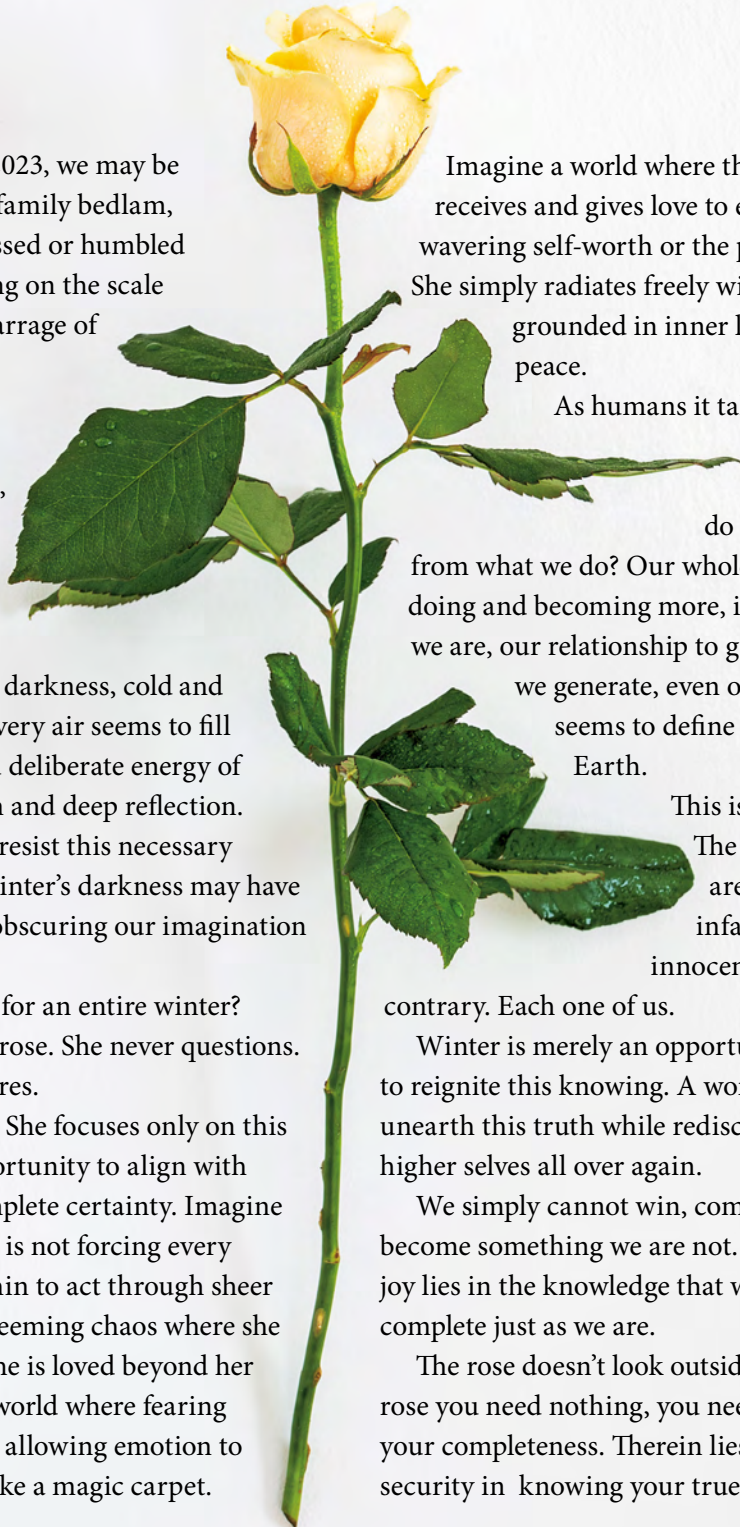
As humans it takes great wisdom to look beyond the identity we assume on Earth. How do we separate who we are from what we do? Our whole lives are geared toward doing and becoming more, in: how we look, how smart we are, our relationship to gravity, how much money we generate, even our state of physical health seems to define us while walking this Earth.

This is an enigmatic realization. The reality is, we, like the rose, are already truly brilliant, infallible and perfectly innocent in spite of thoughts to the contrary. Each one of us.

Winter is merely an opportunity. An opportunity to reignite this knowing. A wonderful opportunity to unearth this truth while rediscovering our beautiful higher selves all over again.

We simply cannot win, competing against ourselves to become something we are not. The bottom line is that real joy lies in the knowledge that we are perfect, whole and complete just as we are.

The rose doesn't look outside herself, and just like the rose you need nothing, you need DO nothing to prove your completeness. Therein lies peace, happiness and the security in knowing your true magnificence.





# EMSCULPT NEO

Only at The Finer Points Spa & Body Esthetics  
in Chesterfield, MO

## Build Confidence in Yourself

Loving ourselves and our bodies is our #1 job because we have to be our own biggest cheerleaders. EMSCULPT NEO is only enhancing your already wonderful self.

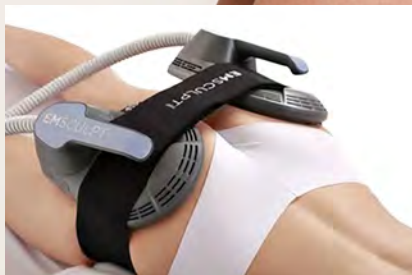
The EMSCULPT NEO is a 30-minute treatment that delivers amazing results. This revolutionary procedure simultaneously delivers heat and magnetic energy resulting in more fat reduction and more muscle growth compared to any single gold standard.

It is FDA approved to treat the abdomen, buttocks, thighs, calves, biceps and triceps. Studies have shown that a 30-minute treatment builds an average of 25% more muscle and burns an average of up to 305 fat!

Book an appointment today and see the difference!



106 Four Seasons Shopping Center, Suite 111  
Chesterfield, Mo 63017  
314-302-1520 / [www.finerbodiesbycryo.com](http://www.finerbodiesbycryo.com)









# WINTERPROOF YOUR SKIN



AMAZING COLD WEATHER PROTECTION.  
GREAT FOR WINDBURNED, CHAPPED, DRY  
SKIN. IT'S EVEN SAFE FOR BABIES.

Like Botox in a bottle, Pualani Oil is made with 15 different plant botanicals and essential oils that are chock full of rejuvenating nutrients for your skin. The proprietary blend contains 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. This glorious single-ounce of organic, vegan Pualani Oil provides you with a 3-month supply of magic for your skin.

Also, try our new divine Foot Scrub! Its luscious scent will transport you to a luxury spa and the moisturizing jojoba oil will rebalance your skin. After the scrub does its work, your feet will be saying “Ahhhhh!” It is available in 4- and 8-ounce sizes and is very concentrated so it lasts a long time.

*From youthful skin to maturity . . .*

Handmade in the USA / Aspen, CO 81621 / [katybartlett.com](http://katybartlett.com) / [katyherbs@msn.com](mailto:katyherbs@msn.com) / 970-379-6000



# Manifesting Magnificence

In 2023 we are letting go of doubts. We are letting go of fears. We are letting go of self-limiting beliefs.

It is said that what you believe is what will happen. The power of words is a beautiful thing and this year we are committing to our goals and speaking them into existence.

Manifesting magnificence is more than saying it once or twice. This is an entire mindset change that needs to be consistent and true. There are always going to be people or things that try to bring you down or get in your way, but this is YOUR journey. It is a new year, and with that comes the power to change your mindset and let go. Whether it is physical or mental health, financial freedom, or success – find YOUR way, and continue pushing until you turn your goals into reality.

This year I AM creating the life of my dreams. Who's with me?

— Quinn Albertson







*When you realize your own magnificence,  
you will only attract magnificence into your life.*

— Anita Moorjani



# Manifest Magnificence: Create a Family Mission

When a famous person's family fights over their estate, often it's front-page news. This elicits responses ranging from sadness to voyeuristic intrigue over the wreckage of a fortune and extraordinary legacy. Research shows that one of the most important differences between families who maintain their wealth and those who don't is communication.<sup>1</sup> The process of crafting a shared mission statement provides a powerful opportunity to come together to discuss: Who are we and what do we value most? What is our place in society and how do we want to be perceived? Where are we going together, what path shall we take and how will we stay engaged and connected along the way? In a Morgan Stanley Campden survey of ultra-high net worth families, two-thirds of the respondents said that they either have a mission statement or plan to create one.<sup>2</sup>

*So, this new year consider following the lead of the magnificently wealthy!*

**The Harmony Family Office at Morgan Stanley Private Wealth Management uses these steps to facilitate a productive and harmonious process:**

## 1. Start With Values

Passing along money is going to happen in some manner at some point, but values and legacy can be lost. In the beginning, rather than focusing on financial assets tell your stories of success as well as resilience. After all, adversity and hardship provide important lessons. Investing in developing your people is just as important, if not more so, than giving them financial benefits. Research shows that the wealth of those who choose to build upon this human capital survives and succeeds well into the future.<sup>1</sup>

## 2. Create a Family Council

Over time your family will expand, and its makeup will change. It's essential to have a structure in place that is firm enough to hold you accountable, but flexible enough to allow the successful integration of new members. For example, as society evolved over centuries incorporating founding

matriarchs' views, as well as successor female members into leadership, was an important and necessary evolution.

## 3. Be Inclusive

Research has also found that the second and third generations of successful families prioritize this inclusivity in their business and family decisions.<sup>1</sup> Engaging with diverging opinions and viewpoints makes the process more complicated. However, great families focus on creating a system of transparency, respect, and engagement between generations.

## 4. Use a Proxy

Many find that these discussions are easier when using a philanthropic device such as a donor advised fund or family foundation. This approach provides a means to discuss not only what societal values your family would like to advance but also provides a means for teaching important lessons such as sustaining wealth, managing budgets, investing prudently, managing risk and balancing privacy with reputation building. These charitable endeavors also require formal rules of engagement which further demonstrate the basics of corporate protocol, accounting, legal, and investment practices.

## 5. Formalize Communication (Lean on What You Know)

Many wealthy families have histories that span centuries. This means that the current members are people that the founders never even met. And that multiplier effect can exaggerate issues of fairness and sustainability. If you have achieved financial success and have a few children, much less a half dozen or more, think about how many people could be sitting down at your holiday table in just two generations. To manage this, many lean on the rules of business that created the wealth. It required structure, regulations, and advisors to survive and thrive. A family council with similar discipline meets regularly, stays connected, and is able to resolve conflict.

<sup>1</sup> The 100 Year Family: Here Are Some Tips for Becoming One. *New York Times* by Paul Sullivan 11/6/2019

<sup>2</sup> Morgan Stanley/Campden Wealth. Family-Decision Making. Ultra-high net worth defined as HHNW of at least \$35 Million

<sup>3</sup> When It Comes to Money; Silence Is Rarely Golden. *New York Times* by Paul Sullivan 11/11/2019





## 6. Rely On Trusted Advisors

As noted in an article by Paul Sullivan: “Talking about money can be one of the most difficult issues families face – whether they have a lot of it or not so much. And the steps that rich families take – or fail to take – can serve as a model, or as a cautionary tale...”<sup>3</sup> We find that the difficult topics become easier when families include relevant professionals in their council meetings. This helps maintain neutrality and leads to more focused discussions.

## 7. Revisit the Mission Regularly

No matter how powerful the discussion that led to the creation of the mission statement, there’s no benefit if it goes in a desk drawer never to be seen again. We suggest that families make the mission statement the centerpiece of a regular meeting, where they ask themselves four questions:

- Does the mission statement we created still reflect our foundational principles?
- If it doesn’t, typically because of changed family circumstances, how do we fix it?

- If it still reflects who we are, have we lived our lives in accordance with it?
- And the most important question: If we haven’t, what do we have to do to get back on track?

This process provides three things:

- A destination: “Where are we going together in life?”
- A flight plan: “How do we get there?”
- A compass: “How do we know if we have veered off course and, if we have, how do we adjust our course to get back on our flight plan?”

## Manifest Magnificence by purposefully focusing on Future Generations

The Harmony Family Office  
a Morgan Stanley Private Wealth Management  
14805 N Outer Forty Rd / Ste 200  
Chesterfield, MO 63017  
314-889-4862  
[advisor.morganstanley.com/the-harmony-family-office](http://advisor.morganstanley.com/the-harmony-family-office)



### Disclosures

The strategies and/or investments discussed in this material may not be appropriate for all investors. The appropriateness of a particular investment or strategy will depend on an investor’s individual circumstances and objectives.

Morgan Stanley Smith Barney LLC (“Morgan Stanley”), its affiliates and Morgan Stanley Financial Advisors or Private Wealth Advisors do not provide tax or legal advice. Clients should consult their tax advisor for matters involving taxation and tax planning and their attorney for matters involving trust and estate planning and other legal matters.

The term “Family Office Resources” is being used as a term of art and not to imply that Morgan Stanley and/or its employees are acting as a family office pursuant to Investment Advisers Act of 1940.

Lifestyle Advisory Services: Products and services are provided by third party service providers, not Morgan Stanley Smith Barney LLC.

Morgan Stanley Smith Barney LLC is a registered Broker/Dealer, Member SIPC, and not a bank. Where appropriate, Morgan Stanley Smith Barney LLC has entered into arrangements with banks and other third parties to assist in offering certain banking related products and services.

Private Wealth Advisor Youngerman has engaged Mind Body Soul Magazine to feature this content.

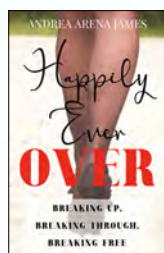
Morgan Stanley Private Wealth Management, a division of Morgan Stanley Smith Barney LLC. Member SIPC. CRC 5269454 12/22



# Our Illustrrious



**ANDREA ARENA**



Great information for anyone going through a breakup with examples that can be applied in many other situations for self-discovery and growth.



**KATY BARTLETT**



Delightful stories that also give children activities that allow them to deal with life in a childlike way.



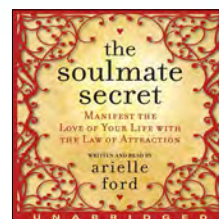
**WENDY CAMPBELL**



Achieve work-life balance with a simple template that any woman can use to overcome the challenges that middle age presents.



**ARIELLE FORD**



Learn to use the law of attraction to deliver your soulmate to your doorstep! Arielle Ford presents a step-by-step guide to finding your own happily ever after.

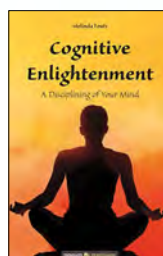




# Featured Authors



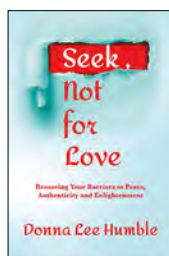
**MELINDA FOUTS**



Learn how we disrupt our inner peace. Develop a daily discipline to control emotional triggers and begin the journey of cognitive enlightenment.



**DONNA LEE HUMBLE**



Explore the challenging segments of your life, discover areas of imbalance and learn a 5-step formula to achieve balance, freeing you live your passion.



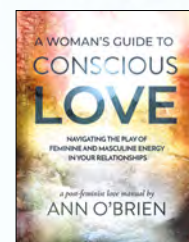
**DEBORAH KING**



Discover how the suppression of painful emotions impacts our health and well-being and learn how each of us can transform our lives.



**ANN O'BRIEN**



Learn how to unleash your feminine creativity and passion, invite the kind of love you desire, communicate effectively with the men in your life and more.







"NO TWO BODIES ARE ALIKE,  
SO I NEVER SAW TREATING  
PATIENTS WITH A ONE-SIZE-  
FITS-ALL APPROACH"



DR. KRISTIN KRUSSEL

## AN INTEGRATED APPROACH TO HEALING

In 2001, the doors opened at the Center for Mind, Body & Spirit. Co-founders Deborah Zorensky, a practicing dietitian, and Linda Duff, an intuitive, saw an opportunity to bring together multiple providers under one roof to address the varied needs of their clients and customers.

Within four years, they moved to larger quarters at 7649 Delmar Boulevard to make room for their growing team of practitioners.

The Center for Mind, Body & Spirit offers mental, physical and spiritual therapies and lifestyle programs catered to each individual. With almost 20 independent practitioners offering unique services under one roof, patients and clients can seek an integrated approach to their care to include chiropractic, acupuncture, astrological consultations, massage, bioenergetics, energy therapy, hypnosis and more.

This approach to holistic healing caught the attention of Dr. Kristin “Kris” Krussel and allowed her to cross paths with Deborah. “Seeing The Center was the first time I experienced a business where so many of my interests and passions intersect,” Dr. Kris says. “I knew I had to be a part of this space.

A licensed chiropractor and fitness professional, Dr. Kris’s goal as a physician is to offer her patients a holistic healing experience beyond spinal adjustments. And so, in 2007, she began offering chiropractic care at The Center and later also became one of the acupuncture practitioners.

Since graduating Logan University

in 2005, Dr. Kris has been providing chiropractic care to patients in the St. Louis area, and she has always sought opportunities to diversify her offerings. In addition to postgraduate coursework at Logan and her acupuncture licensure, she has studied chiropractic neurology, myofascial release, kinesiotaping, corrective exercise prescription, nutrition, female hormone balancing, labor and delivery support, meridian therapy, acupuncture and acupuncture, pediatric chiropractic, and pre- and post-natal chiropractic care, and is currently studying functional medicine.

“No two bodies are alike, so I never saw treating patients with a one-size-fits all approach,” Dr. Kris says. “Humans are beautifully complex, and the process of healing and maintaining health is incredibly personal,” Dr. Kris says. “I see much more progress made when patients are treated as the unique individual they are through a multifaceted approach.”

In 2022, when The Center was ready to change ownership, Dr. Kris stepped in. With so much history with The Center and with values that align to its mission, Dr. Kris felt ready to take on the prospect of running the multifaceted business.

“Each of our independent providers is deeply talented, highly trained, and has a wealth of experience, but what’s most impactful about our work is the integrated approach we take to healing,” says Dr. Kris. She acts as the wellness concierge, learning about a patient or client through the one-on-

one consultations to develop a personalized list of recommendations. “The consultations are a great way for me to help clients reach their goals.” She adds, “It’s the best part of what I do!”

With so many practitioners under one roof, the options for an individual’s healing journey are staggering. Patients and clients can receive a free consultation with Dr. Kris as their guide, giving them a window into what services or support they may be able to receive at The Center and beyond.

The Center also boasts 800 sq/ft of retail space with an exceptionally well-stocked stone and crystal selection rivaling any collection you may find at many local conventions, plus a myriad of gifts, jewelry, healing tools, nutritional supplements, and more.

While Dr. Kris didn’t always see herself as a business owner, she’s glad she was open to the possibility of taking a leading role at The Center. “I have very important shoes to fill and am grateful to those who have forged such a rich path,” she says of this venture. “But I’m confident that all of my experiences throughout my career were exactly what I needed to be able to say ‘yes’ to this opportunity.”

She adds, “It’s such a privilege to be a part of this community. I’m grateful to be able to continue the vision that Deborah’s and her original business partner Linda created more than 23 years ago.”

For a free consultation, contact:  
The Center for Mind, Body & Spirit  
7649 Delmar Blvd, St. Louis MO 63143  
Centerformindbodyspirit.com  
Call or text 314-725-6767





We Specialize in BrainTap Technology to Relax, Reboot and Recharge Your Busy Brain!



**DISCOVER:**  
BETTER SLEEP  
MENTAL CLARITY  
IMPROVED FOCUS  
MIND/BODY BALANCE  
ENHANCED PERFORMANCE

*Dr. Tom Lankering provides chiropractic care specializing in BrainTap Technology treatments. BrainTap is a powerful light and sound brain development tool designed to help you overcome the ill effects of the fight-or-flight response while achieving physical, mental and emotional balance. This technology creates a perfect balance of left/right brain synchronization and relaxed brainwave activity to produce the relaxation response your body needs to get back in balance and reverse the effect of stress on the body.*

### Take Advantage of Our 15-Day Free Trial!

This trial is at no risk and you have no obligation to make a purchase. One time use only.



### HOW BrainTap WORKS

1. Open the BrainTap® Pro app and grab a pair of headphones (or use the BrainTap® Headset for a more immersive experience).
2. Sit back and relax as you listen to your encoded audio session. Embedded signals will guide your brain into a state of deep relaxation and learning. No effort required.
3. Repeat at least 1x daily to promote ongoing healthy brain activity and balance. Enjoy improved clarity, increased productivity, more energy, and faster results.

*Scan this QR code to get your 15-Day Free Trial.*



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

Lankering Chiropractic / 110 Midland Avenue / Basalt, CO 81621 / 970-927-9900



# Achieving Your Best Self

BY LYNN A. MULHOLLAND, SHRM-SCP, ICF ACC, ELI-MP  
OWNER OF TRUE NORTH COACHING



**A**s we enter this new year, a question I've posed to all my new clients – business, leadership, life, and wellness clients, both men and women – is this:

## **What does achieving your best self – Manifesting Magnificence – look like in the new year?**

The answers I've received have taken my breath away with their thoughtfulness and vulnerability, and are 100% inspirational:

*I will stop being afraid of fear but will instead step into it and stare it down and challenge it.*

*I will face my authentic, vulnerable self.*

*I commit to being in integrity with my true self – all parts of it.*

*I will believe in myself, the forces that be, and with the process.*

*I will find my voice and own my accomplishments without apology.*

*I will be intentional with my commitments. Options vs. obligations.*

*I demand to ask for what I really want, and fight for it, without backing down.*

*I will not fear, "what if", or overthink outcomes. If I commit to walking my path of truth, I trust I will wind up in the right destination.*

When asked how creating and stating their vision feels to clients, the common responses are "hopeful" and "energized." Yet, there is a familiar, troubling undercurrent included in the responses. Most clients share the exercise feels all-too familiar. Most have performed this exercise year over year, with the best of intentions. Yet, there has been little to no follow-through, actions, or planning. The result is demotivating.

***Let's flip the script on that today! Grab your pen, and let's get to work.***

1. What does achieving your best self – Manifesting Magnificence – look like in the new year?

---

---

2. Why is this important to you? Specifically, at this time in your life?

---

---

3. When you state this vision out loud, how energized do you feel on a scale of 1 to 10 (with 1 being "blah" and 10 being "extraordinary!")?

---

---

4. What might get in the way of you achieving this goal? What might need to be addressed and/or resolved?

---

---

If you decide this is the year to take your goals and put them into action with accountability, contact me. We can work together to create your personalized vision and action plan.

***Cheers to an amazing year!***

# A New Dream For Life After Divorce... Rebuilding Wealth and Confidence

BY KIRSTEN INCORVAIA

When DeAnn's second marriage fell apart, so did the divine vision of her heart. She went from a homeschooling mom to the newest employee at her neighborhood Starbucks. During this time, she started her Real Estate Licensing course to create a way to provide for herself and her four children. Within a few years, DeAnn remarried and became a licensed real estate agent. But her worst nightmare was still ahead.

During her third marriage, DeAnn and three daughters were abruptly displaced from their family home, and it became clear she was heading toward her third divorce. She had nowhere to go and no one in her corner. "I get a stomach ache just thinking about it," DeAnn admits. "I've been in the worst situation a woman can be in. I don't want anyone to go through that."

Riddled with fear, DeAnn and her girls crashed at a friend's house while DeAnn worked day and night to grow a business that could support her family.

Within a year, DeAnn became known as the go-to-real-estate agent in her Southern California market, and had a new house and Maserati to show for it. She turned the devastation of divorce into a miraculous story of rebuilding her life, career, wealth and confidence. At this time she began to dive hard into her healing journey to help herself, her family and others.

After feeling so alone in her divorces, she committed herself to being the advocate every woman needs when rebuilding life from the ground up. She worked diligently to dive into the education of divorce real estate and assembled a team of service providers with divorce expertise in the legal, financial, real estate and emotional support departments.

This mission is much bigger than real estate transactions. It's about surrounding people with a community of resources to

support their time of transition and healing.

"If I knew then what I know now, divorce wouldn't have been so traumatic for me and my family," DeAnn reflects. "I would have been proactive to get a team in my corner: a coach, therapist, support group, divorce attorney and specialized real estate agent who could come alongside me."

For example, DeAnn had her real estate license at the time she was dividing assets with her ex-husband. However, she wasn't yet trained in the complexities of divorce and all the special programs available. That knowledge would have been the difference between having a safe place to live or being homeless.

"When it comes to divorce, we're dealing with a very different type of transaction. It's a highly emotional, devastating time for the family," DeAnn advises. "Most people hire a friend or relative who may have loyalties on one side, and the other side will not agree to that. It's critical to bring in a neutral party who has command of the divorce real estate space."

DeAnn is now trained in strategic communication, diffusing conflict and helping divorcing couples make business decisions over emotional ones. She is highly skilled in getting the most value with the least amount of time and hassle. And most importantly, DeAnn gracefully navigates urgent pressures such as court orders, division of assets and fast timelines.

"My vision is that my divorcing clients get everything they need out of their real estate transactions. I want to help them create a plan for secure housing and rebuilding wealth through real estate investments. I want to see them surrounded by a team of trusted professionals who hold their hand through every step of the divorce, so they can turn this crisis into a new dream for their life."



DeAnn Dillard / 760-453-0477 / DeAnn@DeAnnDillard.com / DRE #01880867 / North County San Diego



A full-page portrait of DeAnn Dillard, a woman with long, wavy brown hair, smiling at the camera. She is wearing a black long-sleeved button-down shirt and black jeans. Her arms are crossed, and she is wearing several bracelets on her right wrist and a necklace. The background is a blurred outdoor setting with greenery and a blue umbrella.

*DeAnn Dillard*



# The *natural* choice for your family's *wellbeing*



## **MORE THAN A CAREER. IT'S A CALLING.**

For more than 85 years, Logan University Health Centers have served as a valuable resource to the St. Louis community, bringing expert, affordable chiropractic and holistic health care services from three state-of-the-art facilities while serving as a teaching clinic for one of the nation's leading chiropractic colleges.

Today, Logan's highly-skilled doctors and expertly-staffed clinics take a patient-centered approach to health care alongside using a variety of safe and effective chiropractic techniques to enhance function in the joints, support the overall functioning of the nervous system and help address the root cause of their patient's concerns.

## **PROMOTING HEALTH AND IMPROVING LIVES.**

With 3 separate locations around St. Louis, each individual clinic is well equipped with the latest evidence-based technologies and techniques that allow clinicians and student doctors to create a customized plan to help support patients in meeting their health and wellness goals.

*Bringing Expert, Natural Health Care to the St. Louis Community*



# Your Wellness Begins Here

Some of these resources include:

- Chiropractic care
- Acupuncture
- Nutritional counseling
- Lab testing
- Diagnostic imaging
- Therapeutic laser
- Custom foot orthotics
- Electrical stimulation therapy
- Cryotherapy
- Sports injury care
- Sports/Employment physicals
- Therapeutic ultrasound

The depth and breadth of the expertise of clinicians and resources make it possible for Logan Health Centers to assess and treat a wide range of patients with varied health

and wellness needs, moving towards the overall goal of reducing pain and optimizing overall performance.

“Whether you’re a new or existing patient, and whether you are looking to relieve pain, increase mobility, enhance posture and balance, heal injuries or improve athletic performance, we invite you to experience the benefits of chiropractic care for your whole family,” Aimee Jokerst, DC, FIAMA, Director of Logan’s Health Centers.

## ADVANCED AND AFFORDABLE CHIROPRACTIC CARE

In addition to the three Health Centers, Logan provides chiropractic care through a number of integrated

health care organizations such as Affinia Health Care, CareSTL, Mercy Hospital’s JFK Clinic, the John J. Pershing VA Medical Center and the St. Louis Veterans Administration Medical Center. The partnerships with these organizations are important to Logan’s mission of increasing access to quality, affordable care, especially for those who are underserved, underinsured or uninsured.

Logan’s \$10 flat fee at all of their health center locations covers all services performed during most visits. For more information, please visit [www.loganhealthcenters.com](http://www.loganhealthcenters.com) or any of our three locations listed below.



Montgomery Health Center  
1851 Schoettler Rd  
Chesterfield, MO 63017  
636-230-1990

Stephen A. Orthwein Center at Paraquad  
5200 Berthold Ave.  
St. Louis, MO 63110  
314-274-3367

Mid Rivers Health Center  
6131 Mid Rivers Mall Drive  
St. Peters, MO 63304  
636-397-3545

# Everyone has a story to tell *and it's time to tell yours*

BY LIGHT OF THE MOON, INC.

*We all have that story burning inside of us. The one we've been told to write.  
The one we've promised ourselves we would write.*

MAKE 2023 THE YEAR YOU SHARE YOUR STORY WITH THE WORLD.

No matter your genre, we cannot wait to hear your story and help you share it with the world. From publishing packages, to book coaching, and author support—we are here to guide you every step of the way. We are here to empower and equip you with the knowledge it takes to be an independent author.

## *A New Kind of Publishing*

Light of the Moon, Inc. was created around one goal: to empower and support independent authors on their self publishing journey. We offer a full spectrum of services from editing to layout/design, to marketing, and beyond. We build custom packages to fit your individual needs. and, most importantly, our authors keep 100% of the rights to their work.

## *Your Team*



Alyssa Ohnmacht



Olivia Savard

Meet the Mother-Daughter duo behind Light of the Moon, Inc. who set out with the goal to create a company that takes the mystery out of self publishing and empowers authors to share their story.

*We look forward to hearing from you and learning more about your book, vision, and goals!*

With gratitude,

Alyssa and Olivia

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





## Author Affirmations

I am an author. I have a story to tell and the world wants to hear it. My words have an impact on many and my story is important. I am a creative being and my work is meaningful. It feels SO good to be an independently published author.

What story would you tell? In the lines provided below, share what your story would be about.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Ready to commit to yourself and your self publishing journey? Post a photo of your answer to your preferred social media platform and tag us @Lightofthemooninc. Take it a step further and email your response to [hello@lightofthemooninc.com](mailto:hello@lightofthemooninc.com) and schedule a free 30-minute consultation today!

Now that you have affirmed your desire to become an author, we will help you manifest it! We have created an exclusive program for MIND/BODY/SOUL readers that will help you stay on track, stay accountable, and achieve your 2023 author vision!

Join our Author Accountability Program, a monthly service that is tailored to fit your needs as an author. You'll receive:


- Weekly Motivational Check Ins
- Exclusive Facebook Group Access
- One on One Sessions:
  - Initial Meeting to Define your Goals
  - Personalized Monthly Coaching Calls
    - Create Affirmations
    - Track Your Writing Goals
    - Tailored Reminders
    - Build Sustainable Writing Practices

Special

**LIGHT OF THE MOON, INC.**  
**MIND/BODY/SOUL OFFER**

*We are so excited to learn more about your story and offer you personalized support on your self publishing journey! Scan this QR code and access your exclusive program.*



A close-up, low-angle shot of a climber's red jacket and ice axe on a snowy mountain peak. The climber's red jacket is visible on the right side, and a black ice axe is positioned diagonally across the top. The background is a vast, snow-covered mountain range under a clear blue sky. The text is overlaid on the left side of the image.

**"IT'S NOT THE  
MOUNTAIN  
WE CONQUER  
BUT  
OURSELVES."**

— Edmund Hillary

**BODY**







# N8iV BEAUTY

BY RUTH-ANN THORN  
FOUNDER OF N8iV BEAUTY




I am a registered tribal member of the Rincon Band of Luiseño/ Payómkawichum Indians in Southern California. My Elders introduced me to the botanicals and natural ingredients used in ancient times. They taught me Mother Earth's natural approach to skincare. Most importantly, they shared the secret potency of our mighty ancestor, the acorn (kwíila)—the best ingredient with the best nutrients for skin regeneration.

All of our products come straight from the earth and are designed to help your inner beauty shine through. We use organic and natural ingredients sourced from Tribal Land, formulated without parabens, dyes, or harsh chemicals and void of animal testing.

My Ancestors' skincare secrets and wisdom in nature taught me how to nurture and beautify. Their philosophy is derived from the idea that Mother Earth's gifts allow us to enhance beauty, renew skin tone, and most importantly bring balance to the spirit.

As the First People of the Western continent, Luiseño/ Payómkawichum people speak the language of our Plant Ancestors. We understand that acorn (kwíila) oil is the blood (life-force) of the mighty oak. We use this potent ingredient as a source of power for our skin, which infuses our spirit making us shine like stars. The acorn's use in Native/Indigenous medicine dates back over 14,000 years. Our acorn is difficult to source and is only harvested once a year.

We embrace the Native American belief that we can celebrate each other for our uniqueness.

This is our strength. 







# Detox Your Mind, Body & Soul

## *with frog & plant medicine*

BY CINDERELLA DE GROOT



**T**he House of Light organizes retreats in San Diego County where you can heal, expand and detox holistically in a safe and positive environment.

Some of the retreats include Kambo, which is a traditional ritual that uses the secretion of the Amazonian Giant Monkey Frog, to purify the body and treat various health conditions. Many plant medicine advocates believe that Kambo can purify the physical body of toxic substances

as well as purify the mind and spirit of negative energy. It is even said to cure depression, anxiety, infections, migraines, infertility and addictions.

All that is put into the body—all energy and thoughts that are consumed, all that is eaten, all physical activities we engage in—leave traces in us. The body absorbs the elements from its surroundings which affect us physically as well as energetically—mentally, psychologically, and spiritually.





Some elements used in the Kambo ceremonial ritual

This sacred frog medicine is a “guide” showing us the possibilities, but ultimately we are the ones who help those possibilities manifest. This is why a Kambo ceremony is most beneficial when approached with a humble heart, clear intentions, and an open mind. Having a clear intention for experiencing Kambo is important if you wish to gain the depth and transformational power it can have. Prior to the ceremony, it is helpful to consider your intentions wisely.

Our mind is a powerful tool for exploring reality with its full potential sometimes hidden behind layers of decades-long conditioning, life struggles, and emotional buildup. But if you are armed with a strong intention and clear motivations, Kambo can gradually help to reassemble your being as one of full integrity, personal empowerment, and spiritual freedom.

*Take some time to sit quietly and ask yourself some questions:*

- What would you like to change in your life?
- Are there things burdening your mind or spirit that you would like to resolve?
- What do you want to clarify about yourself, your relationships, or your life’s path?

*To take your experience even deeper, you should also know your motivation:*

- What is really behind the changes you want to see?
- What are the patterns or underlying conditions that may be getting in the way of what you are trying to achieve?



Various aspects of the Kambo ceremonial ritual

Instagram: @thehouseoflight\_tribe  
 Website: [www.thehouseoflight.org](http://www.thehouseoflight.org)  
 Email: [thehouseoflight111@gmail.com](mailto:thehouseoflight111@gmail.com)

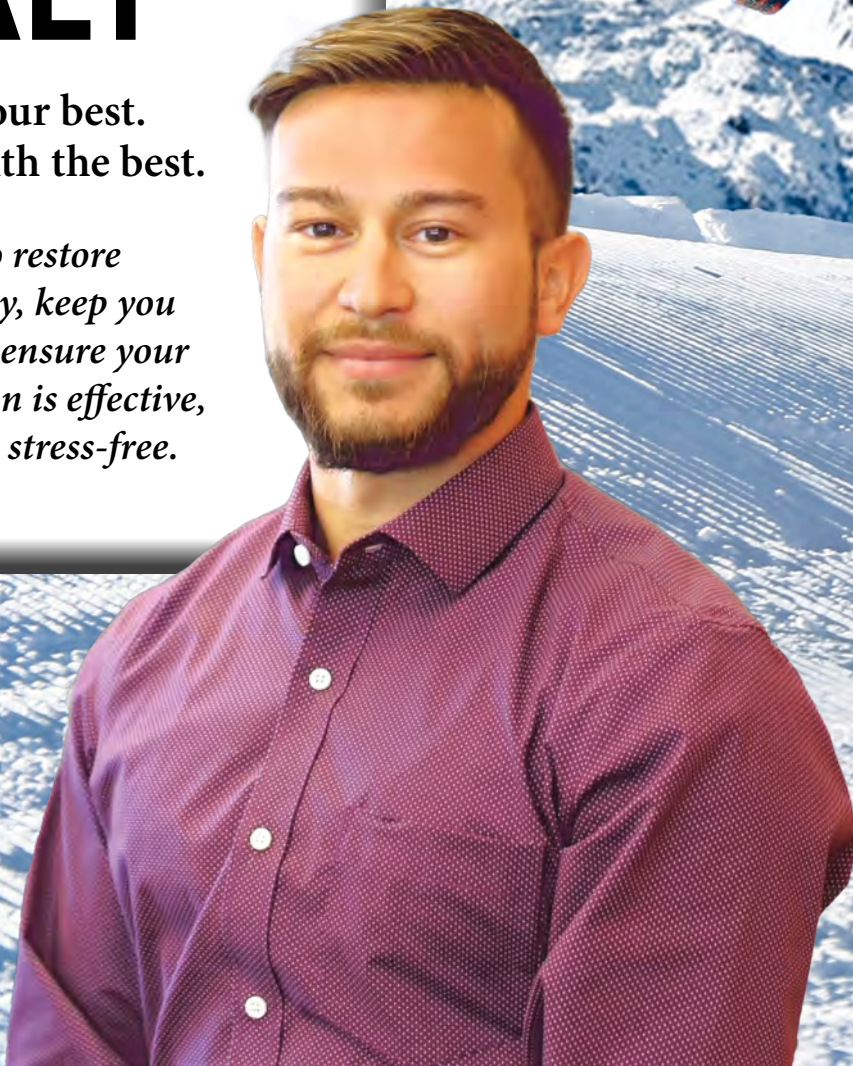




# THE SKI DOC DR. JOE FERET

Perform your best.  
Recover with the best.

*My goal is to restore  
your mobility, keep you  
moving and ensure your  
rehabilitation is effective,  
efficient and stress-free.*







# Meet Joseph Feret

We have the pleasure to introduce Dr. Joe Feret to our MIND BODY SOUL readership. Dr. Feret is a trained Doctor of Chiropractic and Palmer Technique Practitioner located in the Roaring Fork Valley, with offices in Aspen, Basalt and Carbondale, Colorado. His passions are skiing/snowboarding, soccer, mountain biking, and other outdoor adventures. He provides treatment for muscular and skeletal injuries and works to improve functional ability and to eliminate pain.

***Dr. Joe, we are excited to have you with us today. Tell us a little about yourself.***

I am originally from the Philadelphia area, grew up playing all kinds of sports, played soccer at Penn State, and am involved with youth sports locally. I'm an active board member of the Roaring Fork united soccer club and a ski instructor.

An ideal day is serving my patients, from high caliber athletes to families and seniors, but I also enjoy getting into the Colorado wilderness for adventure and sport.

My biggest goal is to get my patients back to their passions so they can lead lives of the highest quality. In order for that to happen, I provide a variety of services to help them go above and beyond their sports injuries and get back into their adventures. I have a recovery area with compression recovery machines to help each person's healing

process. I treat a lot of injuries, whether they are acute or chronic, but I also do a lot of maintenance and preventative care.

***Did sports lead you to chiropractic work or was it the other way around?***

Chiropractic care can help improve athletic performance. It just so happens that I ski/snowboard, hike, bike, and exercise, so that was the icing on the cake. I especially want to work with those who either ski/snowboard, hike, bike and exercise. I understand the activities that people in the valley do so every week can be a new adventure. Chiropractic care vibes well with physically-active people who want to continue to feel and move great. I am not a "spa" type chiropractor. I'm a get-back-to-your-7-Star-Ride chiropractor, golf-at-10K, paddleboard-at-10K, and defending-champs chiropractor. Whatever it is you do, whether it's weekly sport, night skiing, championing, my chiropractic care can help you perform at your athletic best.

***Is there anything else you'd like to add?***

I have a YouTube page (*listed below*) where I try to accomplish similar results. I believe everyone deserves to feel their best. There are tips for stretching as you age, exercising for wellbeing, backpacking tips and other practices to help you reach your athletic best.

“ I can help you recover from the in-between, so the next peak you climb will be your highest one yet. ”

Dr. Joseph Feret  
1117 Village Rd, Carbondale CO 81623  
1460 E Valley Rd, Basalt CO 81621  
970-279-1847  
YouTube: @drjoeperform  
Instagram: @theskidocjoe  
www.rfvchiro.com  
drjoeferetdc@gmail.com



*Hi, I'm Diana Beckham*

*I will give my all to  
supporting your journey  
to a strong, healthy  
body and mind as you  
find your confidence  
through success!*





# YOUR HEALTH TRULY IS A *Gift*

BY DIANA BECKHAM  
CO-FOUNDER AND CEO OF TITANIUM FITNESS  
REGISTERED NURSE, CERTIFIED PERSONAL TRAINER, LONGEVITY COACH

**I**s your New Year's resolution for 2023 to stop lying to yourself about making lifestyle changes? Well, you are one of many who feels that way. Stop and ask yourself two questions: What has happened in the past that prevented me from accomplishing my lifestyle changes? What can I do different this time to accomplish and sustain these lifestyle changes?

Thirty years ago, I learned that my health was indeed a gift and I needed to do everything I can to preserve it. As a teenager, I was diagnosed with a genetic disease that gave me a 100% chance of colon cancer and death in my 20s unless I had preventative surgery to remove my colon before the cancer developed. I made the choice to have the surgery, but I remain at risk for other cancers with this disease. From that day forward, my personal health journey has been proactive.

Fast forward to present day, I chose a career as a nurse, knowing that I was able to connect with and help those suffering from illness, injury or disease, but what I didn't realize was how little I could help patients in the hospital with proactive measures for their health. After years of exercising in gyms and doing bodybuilding competitions, I became interested in personal training and found it very fulfilling to teach individuals how to improve their health with exercise and eating healthy.

That is when Titanium Fitness was born. At Titanium Fitness, our goal is to "meet you where you are" and help you become the "best version of yourself." We ask questions and listen to what you want to accomplish. We collaborate with you and build a plan based upon your answers to those questions. Part of that successful plan is educating you on both the benefits and the challenges that may lie ahead as you begin your "best you" journey.

We would love to have the privilege of becoming your partner to accomplish and sustain your lifestyle goals. Please contact us today!



# Fit Over 50

## 4 Habits Fit Women Make Time For

By AMY VAN LIEW

*Being Fit Over 50 isn't impossible! In fact, it's easier than you think. Here are 4 habits I found that fit women make time for.*

### 1 Fit women don't prioritize exercise over SLEEP!

They strive to get a good night's sleep and don't sacrifice it for a workout. By neglecting sleep in order to fit in that early-morning workout, you're neglecting essential processes that your body needs which can be much worse than skipping a workout.

### 2 Fit women MOVE every day!

We are a nation of sitters; we sit when we eat, we sit all day at work, we sit watching TV. Moving can be as simple as getting off the chair every hour or just parking the car in the farthest space possible. These women know that motion is lotion and rest is rust for our aging bodies!



### 3 Fit women make EXERCISE a priority!

They don't find excuses not to workout. Whether it's a gym class, a YouTube video or following along to one of my Be Healthy Enough Workouts, they have a plan, set up an appointment in their calendar for exercise and it does not get sacrificed to someone else's needs or to work that can wait.

### 4 Fit women prioritize STRENGTH TRAINING in their workouts!

They lift those weights. Strength training has so many benefits; helps us maintain our decreasing muscle mass (which starts to drop in our 30s), can increase our metabolism (so we can lose or maintain our weight), can reduce joint pain, can improve our posture and balance but my overall favorite is that it can help us do all the things we love to do in this later half of life.

## WHY YOU SHOULD JOIN MY FITNESS PROGRAM

### Workouts Designed for Women Over 50!

Because our bodies are different  
Because you know you need to move  
Because those aches and pains are real  
Because you deserve a trainer who gets it

### Workout Online at Home!

It doesn't matter what you wear  
You can do it any time  
Who wants to go to a stinky gym  
It's convenient



Amy Van Liew  
Be Healthy Enough  
760-310-8938  
behealthyenough.com  
amy@behealthyenough.com



# WOOP-ING FOR VALENTINE'S

BY GABRIELLA ARATOW

“Fortunately this is a prize  
we can all take home.”



I've always found sage advice in the adage, "Hope for the best; Prepare for the worst." Now science is proving it to be true.

In her book, *Rethinking Positive Thinking*, Gabrielle Oettingen, Professor of Psychology at NYU (and, incidentally, a German Princess) proves with decades of research that simply visualizing what we want is, in fact, less effective for getting it than also picturing what could go wrong. Professor Oettingen refers to this negative visualization technique as "mental contrasting." As it turns out, only fantasizing about what we desire can be so satisfying it reduces motivation to achieve it in reality. At the same time, using mental contrasting to picture ways our hopes could get derailed, followed by strategizing solutions, forces us to take action

on our goals, as well as prepares us for the hurdles. She says when you have something you want, you should WOOP: Wish-Outcome-Obstacle-Plan.

For the last 8 years I've run a matchmaking service. I think it's fair to say nearly everyone is going for relationship gold—to find a person they are delighted to be with who feels the same about them. Fortunately this is a prize we can all take home. For Valentine's day, I thought it might be beneficial to apply the WOOP strategy to partnership and perhaps a life-changing shift might occur.

First, declare what you want. For me, it's a deep, ever-lasting love. Next, in your mind's-eye, illustrate scenarios of your dream coming true. Third, juxtapose these scenes with alternatives. In mine, I am either alone or with someone who disappoints me. Finally, the important part—make your plan! For example, my method will be to foster larger social circles by doing more volunteer work. And if I do end up solitary, I will always carry a sketchbook to draw interesting things since I'll have the opportunity to stop and focus when I otherwise possibly may not. I am purchasing that sketchbook today.

By performing this mental exercise of WOOP not only are we statistically far more likely to actually manifest our match but we shore-up our ability to be joyful without one. Remember, the ultimate treasure is not another person, but loving your life exactly as it is.







# REBOOT • RETREAT • RESTORE

By REBOOT & Co.

**N**estled on the Gulf Coast in the charming city of Pensacola, Reboot Retreat was born out of a deep desire to escape the everyday grind and recharge the mind, body, and soul. Founders Michael and Addie Murdoch along with their daughter and son, Amanda and Bryce Clayton, dreamed of a luxury retreat that was centered around wellness in their hometown.





“I was inspired to reboot my life when I first attended a wellness retreat in California,” said Addie. “I was returning from a trip to Italy where the food and wine were plentiful. I was so motivated after this wellness retreat that I wanted to do something for my community. After researching the Southeast, we found that there was nothing like it.”

Hosted at the Oyster Bay Hotel in Downtown Pensacola, the retreat is a four-day, three-night curated experience that is carefully designed to improve your health and well-being in the best way possible. Local purveyors and leading community experts band together to deliver plant-based nutrition, rejuvenation, mindful living, and fitness. The retreat is alcohol-, nicotine- and

caffeine-free, helping your body achieve a full detox that can lead to lasting lifestyle changes.

“I always make an effort to participate in a month of sobriety annually, in addition to each of the retreat weekends,” said Bryce. “I have been amazed at how even a small hiatus from drinking has helped clear my skin, reduced brain fog, and eased my anxiety.”

And for the Reboot Retreat founders, balance is the key to sustaining those small changes and finding new ways to challenge yourself.

“Our wish is not to make everyone lead a perfectly healthy lifestyle all the time,” said Addie. “The goal is to make ourselves more aware of our bodies and minds so that we can live an intentional prosperous life.”

*Learn more about the life-changing Reboot Retreat at [rebootandco.com](http://rebootandco.com).*







# Winter Wonder

“The wonder of a single  
snowflake outweighs  
the wisdom of a million  
meteorologists.”

—Francis Bacon



Where do you find wonder?

*Winter can seem bleak with months of cold weather, gray skies and bare trees. But winter is truly a wonderland. Think about the gifts that winter brings: gorgeous snowfalls, warm sweaters, hot cocoa, toasty fireplaces, winter sports, time with family and friends, or time to simply be, dream and reflect. What do you find wonderful, and wonder-full, about winter?*



# GLOW!

BY TIFFANIE ALBERTSON  
PRESIDENT AND CEO SOLUTIONS FOR LIVING

*2023 has arrived, so let's get GLOWING!*

I have enough candles on my cake to know my skin needed some help.

Did you know that after age 25, our body doesn't produce collagen at the rate we need to maintain healthy hair, skin, and nails? Did you know that collagen oxidizes so quickly because it's a fragile protein peptide? Combine those 2 facts and I started to understand why collagen is such a hot topic for healthy aging, and also why other collagen products had left me disappointed.

Enter this Little Bottle of Amazing. It is infused with an innovative blend of marine

collagen peptides and powerful botanicals. COLLAGEN ELIXIR indulges your skin and nourishes it from the inside out. It supplies bioavailable protein collagen for almost 90% of your body's collagen needs. Each bottle provides a therapeutic dose, 5 grams of the most pure collagen and is purposefully bottled in amber glass to protect against UV degradation and oxidation. This means it absorbs. You will see results and you will feel results.

So if letting your light shine means that you fuel the flame from the inside, make sure you are using the very best. You deserve to GLOW. The world needs your light to shine bright!

*Access  
exclusive  
MBS offer  
here!*



[Tiffaniealbertson.isagenix.com/collagen](https://tiffaniealbertson.isagenix.com/collagen)



**"RADIANT,  
GLOWING SKIN  
AND HAIR ARE  
JUST A SIP  
AWAY!"**

A GLOWING DUO  
*Tiffanie Albertson and  
daughter Quinn*





The team at Twig Hair Lounge

# *Glow Up* at Twig...

**A**fter Tricia Gray worked in the corporate beauty industry for 12 years, she had a moment of clarity and realized that her life didn't have to be so stressful. Beginning her journey of self-discovery, she quit her job with no backup and enrolled in a Somatic coaching program. She learned how to

share her gifts of healing with others, watching her clients "Glow Up" as they removed stress and pressure from their lives.

She became passionate about employees in the workplace. She wanted to build a safe, happy, drama-free space for her employees, where they could thrive, feel supported and feel appreciated. By nurturing and coaching her employees, Tricia

has been able to build a business that provides the ultimate guest experience. Employees treated with respect and kindness will treat their guests likewise. We take our time in finding the right people to work here. We want to make sure that each person is a great fit for this team and our guests. The slow process is for all of our benefit. Ultimately, our goal at Twig Hair Lounge is for our guests



Tricia Gray, owner of Twig Hair Lounge

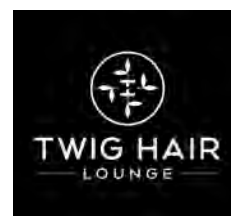
to walk out feeling better than when they walked in. We want our building to be a vortex of self-love and confidence for all that enter.

Tricia understands that walking into a salon where everyone seems way too cool and cliquey can create some anxiety. We are an all-inclusive salon and welcome everyone. We are friendly, approachable and honest in educating you about your hair and its needs, so that you can make the best decision for yourself on your

hair's needs without any pressure. Our main goal is for our guests to feel confident and empowered in their day-to-day life.

Something as simple as a fresh cut, color or blowout can completely change how you feel about yourself. To have everyone in your life drooling over your hair, our Designers are well-trained and the best of the industry. We provide access to in-salon education through Directors, mentors and independent

educators to keep us up-to-date on the latest trends you are looking for. Twig is a Beauty Organization dedicated to helping our guests achieve confidence and self-love through beauty.



760-431-8989  
2653 Gateway Road  
Suite 104  
Carlsbad, CA 92009  
[twighair.com](http://twighair.com)



# OPEN THE DOOR TO DYNAMIC HEALTH

By CRISTINA CAMPBELL

YOUNG LIVING ESSENTIAL OILS ARE KEY TO SUPPORTING DYNAMIC HEALTH AND WELL-BEING. THESE OILS HAVE CHANGED THE LIVES OF MILLIONS AND ARE USED DAILY BY JUST AS MANY. WILL YOU BE NEXT?

Many years ago I was in the U.S. army, stationed in Saudi Arabia for 6 months on the redeployment end of the Gulf War. It was an intriguing, interesting and educational time for me but when I got back to my duty station in England, I began to get sick. I developed a prolific skin rash that would crack, bleed and itch like crazy. I began getting severe migraine headaches. I had restless leg syndrome; my digestive system started shutting down. I was really sick. I suffered with these ailments for about 8 years.

In June 1999 I was at my desk at Scott Air Force Base, now as a government contractor. I was miserable. I was too young to be so sick. I was desperate. I had not prayed in 12 years but I said this prayer: "Lord, I am sick of being sick. Please help me to get better."

About 15 minutes after praying, I went online and Googled something benign, like "healing," and found the Young Living Essential Oils web site. I started reading their list of oils and how they aided the body. For example: Lavender supported the skin; Peppermint supported the digestive system; PanAway supported the muscular-skeletal system. The list went on and on.

Since my digestive system had shut down, I also developed a toenail fungus so I was

interested in oils that would support healthy skin and nails. I learned that Melrose would probably be a good oil to start with to get my nails back in shape.

I found a woman online, Susan Poddish, who held a Gold Rank in the Young Living Essential Oils company. When I contacted her, my list totaled about \$1,000 for all of the oils that I thought I needed. She encouraged me to start with a small set to see if the oils worked, so I purchased a starter kit called the Essential 7. Today the starter kit has 11 oils and a free diffuser but at that time, my kit only had 7 oils.

I started using those oils on a *daily* basis and I think that's the key. I would take an oil, rub a few drops in my hands and breathe it in for emotional support. Many of the oils offer emotional support and that's just what I needed. Rubbing lavender on the bottom of my feet and fluffing my pillow with it helped me sleep better. PanAway rubbed on my hip relieved the discomfort in my muscles. A few drops of Peppermint rubbed on my tummy really helped support my digestive system. I was amazed. From the day I started with my kit, I never had another migraine. Using the oils topically and breathing them in changed my life.





Before the oils, I was spending more than \$600 a month on topical steroids, oral antibiotics, Prednisone and injections. I was pumping a massive amount of drugs into my system and nothing was helping. I had enough. That's when I started to pray.

I began using the oils in December 1999 and had no intention of starting a business with them but by the end of the month, my results had been so phenomenal that I knew I had to start sharing this information with others.

I bought an Essential Oils Desk Reference for about \$40, started reading more about the oils, began adding more oils to my supply and held small classes in my house.

I was in my late 40s when I started using the oils. Today I am 64. At age 55 I quit my job as a government contractor, making good money and began selling Young Living Essential Oils. Today I rank in the top 3% for sales in this 3 billion dollar company.

These oils not only saved my life, they changed it . . . physically, emotionally, spiritually and financially. I believe they can change yours too. Simply open the door and take the first step. I am here to help you.



Cristina Campbell  
618-567-5919  
Ladyoftheoils@gmail.com  
LadyoftheOils.com





# *Where East meets West for optimal health*

Dr. Yvonne K. Scarlett owns and operates Red Lotus Wellness Center in Carlsbad, CA, an integrative medicine clinic that supports the recovery and maintenance of optimal health and wellness.

Dr. Scarlett is an Integrative and Functional Medicine Women's Health specialist, a licensed Primary Care Provider in CA, Board licensed Acupuncturist and Herbalist certified by the California Acupuncture Board, and a Diplomate of Oriental Medicine (Dipl.OM) by the National Certification Commission for Acupuncture, and Oriental Medicine (NCCAOM).

Her struggles with uterine fibroids, fibrocystic breasts, ovarian cysts and autoimmune disorders helped her realize the power of lifestyle changes in creating better health.

During her teenage years and most of her young adult life she suffered with painful menses. The doctors offered birth control pills and other medication to reduce the flow and pain. None asked questions about nutrition or lifestyle. Desperate for a better quality of life, she removed processed, fried, and sugary foods causing her symptoms. Years later she was prescribed stronger prescriptions for her nearly daily migraines which made her feel groggy and disconnected from her body. Later she stumbled on Acupuncture and Chinese medicine and despite being terrified of needles, gave acupuncture a try. Several treatments later, she was no longer suffering from debilitating migraines.

After experiencing the power of lifestyle medicine in her own healing, Dr. Scarlett had an "aha" moment and decided to embark on a new career path, leaving electronic engineering behind, and enrolled in Chinese Medicine School. She studied Chinese Medical Theory, Western,

and Eastern nutrition – using food as medicine, mind body techniques, how toxic exposures and environmental toxins affect body functions, and epigenetics. Dr. Scarlett also completed advanced studies in managing thyroid and brain health in order to become better versed in these areas for her own health and strategic patient care. She believes in the power of the body to heal itself when given the resources it needs.

As a woman, mother, and physician, it became clear to her that women were not truly cared for with conventional medicine alone. This propelled her to undertake advanced studies combining integrative and functional medicine.

Dr. Scarlett has helped thousands of women combining integrative and functional medicine with the full scope of Traditional Chinese Medicine (TCM). Her specialty in Women's Health and her passion in caring for women, were born out of a deep desire to empower, educate and provide tools to guide women on the path to their best health through a patient centered approach.

The tremendous need for her skills and knowledge is evidenced in the better health outcomes and resolutions to health complaints in the lives of her patients.

Dr. Scarlett and her team look forward to meeting you. Her personalized care will help you discover the root cause of health concerns, uncover the hidden triggers, and create a customized care plan to get you back to living your best life on your terms.

When Dr. Scarlett isn't practicing medicine, you can find her on her beach walk, out dancing, gardening, creating some delicious, healthy ethnic dishes, enjoying good wine with friends, and every now and then savoring a delicious gluten-free, vegan lemon cupcake.



“

*I look forward  
to helping you  
on your path to  
optimal health  
and wellness..*

—Dr. Scarlett

”



**RED** LOTUS





# What Makes You Smile?

The image features a festive background of large, overlapping balloons in shades of pink and yellow. Several of the balloons are decorated with simple, hand-drawn smiley faces. In the top-left corner, there is a circular inset showing a close-up of a person's brown, wavy hair. The entire image is overlaid with a series of horizontal grey lines, suggesting it is a template for a document or a page for a child's activity.



# Dr. Erin's SECRETS TO A BRIGHTER SMILE

## 1 develop an oral care ritual

Transform mundane oral care into a self-care ritual to make it an experience. Dr. Erin recommends brushing at least twice daily with an electric toothbrush and toothpaste with fluoride or nano-hydroxyapatite (nHA). Avoid using charcoal or other abrasive toothpastes as they damage enamel over time, making teeth darker. She also recommends flossing (bonus if you add toothpaste on your floss), using a water flosser (to blast out remaining plaque) and tongue scraper daily (to decrease bacteria and freshen breath).

## 2 become water-obsessed

While Dr. Erin will never tell you to not enjoy your favorite beverages, water is the best thing you can drink to keep your teeth healthy and white. Next time you have that cup of coffee or glass of red wine, take a swig of water in between sips and briefly swish around. Water will not only prevent the staining particles from clinging onto your teeth, it will also help neutralize the acidity of the beverage. So make flat water (not sparkling) your BFF. Drink and swish with it frequently to neutralize your oral environment and fight stains.

## 3 chew sugar-free gum

Studies show that cavities are significantly lower in patients that chew sugar-free gum for twenty minutes after meals. Chewing sugar-free gum increases salivary flow by stimulating mechanical and taste receptors in the mouth. Saliva helps wash away food particles as well as dilute and neutralize acids produced by plaque bacteria on teeth, leading to a reduction in cavities and stains.

## 4 drink through a straw

Drinking dark, acidic or sugary liquids through a straw helps decrease the amount and time that these substances have contact with your teeth. For extra credit, try drinking beverages more quickly to reduce the amount of time your oral environment is exposed to a lower pH, therefore decreasing the amount of enamel demineralization (damage).

## 5 fight stains with fruits and veggies

Superfoods may be one of the best (and tastiest) ways to whiten your teeth, naturally. Strawberries, apples and watermelon all contain a lot of malic acid, which helps whiten your smile by removing surface stains and increasing saliva. Other superfoods that help your smile include celery and leafy greens, whose fibrous textures act like a natural toothbrush, exfoliating plaque off your teeth. Dark, leafy greens also contain calcium (counteracts the effects of acids) and an abundance of folic acid (essential to gum tissue cell growth).

## 6 make a date with the dentist

Maintaining excellent oral health is the most important thing you can do to achieve a bright smile. Set a calendar reminder to get regular check-ups and cleanings with your general dentist. Expect to go on average, every six months, but if you have a higher chance of periodontal disease (concerns with your gum tissue) or other general oral health concerns, you may need to be more of a frequent flier and go more often.

## 7 get professional teeth whitening

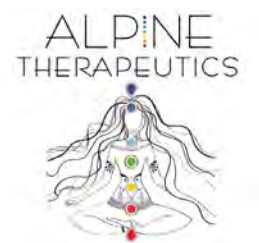
No matter how much you minimize consuming staining foods and beverages or how diligent you are with your oral care, professional teeth whitening is necessary to take your smile to the next level. Whitening treatments are not one-size-fits-all, so it is important to seek customized care. The most ideal whitening treatment is one specific to you, crafted based on your unique smile goals, teeth composition, diet, sensitivity level and lifestyle. There are a multitude of factors that go into a proper diagnosis and customized treatment plan for teeth whitening to ensure the best, most comfortable, beautiful results.

THE ARTIST BEHIND THE SMILES  
ERIN C. FRAUNDORF, DMD, MSD

BOCA-STUDIO.COM  
@BOCA\_STUDIO  
314.907.BOCA [2622]  
9727 CLAYTON ROAD









# REVIVE "DOWN THERE"

BY LEANNE BORNSCHLEGEL  
OWNER OF ALPINE THERAPEUTICS

**H**ave you ever felt hopeless about the conditions experienced by most women at some point in their lives, such as vaginal dryness and discomfort, but rarely seem to get the chance to talk about it? Ever thought it would be impossible to have vaginal rejuvenation without surgery or energy treatments? Have you ever been frustrated or unsure about where to begin to ask for help? Well, help is here, and the solution may be easier than you thought possible! Discover a natural and clinically proven approach with products and treatments that support all things "V".

You treat the skin on your face, why not give some extra TLC to the skin "down there?" The skin between your legs matters! CO2LIFTV is carboxytherapy gel cosmetic treatment for vaginal rejuvenation used to improve vaginal conditions experienced by new mothers, menopausal and perimenopausal women, women who have endured chemotherapy, women who want cosmetic vulva improvement, and women who want to prevent aging "down there."

It is an easy to use, effective, non-hormonal, non-invasive, and painless treatment clinically proven to improve vaginal conditions such as cosmetic concerns, dryness, alleviate discomfort during intercourse, loose skin, problematic urinary function—basically addressing vaginal issues associated with aging, childbearing, or stress. It stimulates collagen and elastin, toning and tightening skin—all with no down time. No

need to visit the doctor for an invasive injection of CO<sub>2</sub> underneath the surface of the skin. CO2LIFTV is a transdermal carboxy therapy gel that is simply applied to the skin and left on for at least 45 minutes (and is gentle enough to leave on overnight), creating CO<sub>2</sub> on the surface of the skin which will then naturally stimulate the oxygen in your body to be delivered directly to the area applied. Results can be felt and seen after just three applications. Treatments can be done in-studio, as well as done at-home.

Treatment kits in a 1-, 3-, or 5-count package are available in stock as well as in the online store, and a membership option is available at [www.alpinespalife.com](http://www.alpinespalife.com) to allow for seamless and discreet monthly delivery of your CO2LIFTV to make it easy to keep up with monthly maintenance for optimal results.

Alpine Therapeutics also offers personal care services such as massage therapy, energy therapy, yoga, skincare, full body waxing, pelvic steam therapy, and spa treatments. Some advanced aesthetic skin care modalities available are CO2LIFT (the "V" version's sister product for dramatic healing of the skin of the face and body), micro and hydrodermabrasion, LED light therapy, microcurrent facial toning, oxygen therapy, and Vaj-acials.

Professional grade skincare products are available for retail on location and in the online store. Stay tuned for yoga and wellness workshops to be coming soon!

Scan the QR Code for a special "V" Day offer.





# Feed your Cells Fuel your Life

## Better health begins with HEALTHY CELLS

Ready to take your healthcare beyond exercise, diet, and traditional medicine? Welcome to The DRIPBaR Town & Country Crossing where we believe preventative wellness is the best way to look and feel your best. Our Town & Country IV drip bar sets the standard in our emerging industry. We help our clients reverse the signs of aging, increase energy, boost immunity and recover when they're not feeling their best.

While locally owned and operated, The DRIPBaR Town & Country Crossing is backed by a national brand that has taken the lead in the IV therapy industry. We offer a safe and sanitary environment, our Drip Specialists are all RNs or NPs, and we mix all our drips to order and never beforehand.

From active athletes to people struggling with chronic illness – and everyone in between – The DRIPBaR offers something for just about everyone.

Here are some reasons why you should make IV drips part of your wellness routine:

- **Give your body the essential nutrients it needs.**

We've all been told to eat our vegetables and take our vitamins but in order for your body to reap the benefits, food and oral supplements must first travel through your digestive system. Only then can they enter your bloodstream. With IV therapy, the nutrients skip past the digestion process and are immediately available to your body. Best of all your body will absorb all that it needs and expel the rest.

- **Decrease or reverse the signs of aging.**

The DRIPBaR offers drips that can lessen the signs of

aging from the inside out. Anti-aging drips flood the body with vitamins and help promote healthy skin, healthy brains, and healthy organs.

- **Accelerate the healing process.**

IV therapy can help those recovering from illness or surgery by providing the body with an extra boost of healing support. Drips containing vitamin C, zinc, and glutathione may help wounds heal faster by repairing damaged cells.

- **Provide your body with a boost of natural energy.**

Drips containing B vitamins and amino acids can help boost your natural energy levels.

- **Help you recover when you're not feeling your best.**

IV drips can help you recover and bounce back faster. IV drips containing sodium chloride can help with dizziness, fatigue, dehydration, and more.

- **Fight certain illnesses and diseases.**

IV drips may help those with various illnesses, including cancer, Crohn's disease, Alzheimer's, cystic fibrosis and more. Many illnesses inhibit the body from absorbing certain vitamins and minerals. IV drips can replace them and help you better manage symptoms.

For more information, schedule a consultation with one of our Drip Concierges. They will walk you through all our drips and shots and learn about what benefits you're looking for.

Today is the day to take a step toward total-body wellness. A better you begins here.

## CHOOSE YOUR AREA OF FOCUS:

*Improving Recovery*

*Boosting Immunity*

*Increasing Energy*

*Anti-Aging*

### BENEFITS OF IV DRIP THERAPY

#### **Feeds Cells More Efficiently**

Intravenous nutrients enter straight into the blood stream instead of the much slower digestive tract.

#### **Supports Organs and Functional Systems**

Optimal nutrient absorption allows organs and drainage pathways to function at a peak level.

#### **Neutralizes Harmful Free Radicals**

Antioxidants provided in drips help the body fight disease and injury by binding to free radicals.

#### **Strengthens the Immune System**

Intravenous antioxidants and nutrients are fully absorbed into the cells to boost the immune system.




The DRIPBaR Town & Country Crossing  
1074 Town and Country Crossing Dr  
Town and Country, MO 63017  
314-742-8663

[www.thedripbar.com/town-and-country-crossing/](http://www.thedripbar.com/town-and-country-crossing/)







"Close your eyes.  
Hear the silent snow.  
Listen to your soul speak."

— Adrienne Posey

SOUL









# Impostor Syndrome & Self-Doubt

BY MELINDA FOUTS, PhD



Have you ever heard of **Impostor Syndrome**? It occurs when outwardly successful people doubt themselves and their accomplishments

Many people suffer from it. Sometimes, only for a short time.

However, many suffer from it their whole lives. So, is self-doubt the work of the devil? Here's how the Impostor Syndrome shows up.

People feel they're not good enough for the position they have achieved in life. They don't think they deserve it. Furthermore, they are sure their success won't last, and they'll never be able to repeat it. It's a constant self-doubt that robs of feeling fulfillment in all they accomplish as they are allowing their inner critic too much space.

Critical inner judging is in the same house as self-doubt. Harshly judging yourself is unfair to you and to others around you. In fact, people who unfairly judge themselves may judge others – family members, friends, and co-workers. My saying is: "The more you judge yourself, the more you are probably judging others."

For some people, there is a whole committee of negative voices in their head that robs them of being in the flow. These voices are judging, being critical, doubting and constantly chattering away at them.

If you have that committee in your head, you need to ignore those voices. They will rob you of your inner peace. ***They'll replace your inner peace with inner suffering.***

And, often, when you are suffering inside, you inflict suffering, intentionally or not, on the people who surround you.

Remember, self-doubt is the ego trying to protect itself. *You need ego to get out of bed in the morning and show up to work. You don't need to let ego dictate your life.*

## If We Doubt Ourselves, We Limit Ourselves

The good news is that when you doubt yourself, there is a way out.

Remember, we all have a higher purpose. We are all here on this planet to accomplish something. Whether that is being a parent, or caretaker, or creator, or leader of men and women . . . we all have something we are destined for. Even if it's small, like being the best breakfast burrito maker in your zip code, do not underestimate the power of what you have to offer.

You may not know what that looks like right now, but it's easy to start investigating your higher purpose. To begin, ask yourself the following questions:

1. What's your philosophy on life?
2. If you were to teach a child one thing, what would it be?
3. What cause or philanthropy are you drawn to?
4. If you could accomplish one thing before you died, what would it be?
5. What do you want your legacy to be?

If you start with these questions then you will be one step closer to finding your higher purpose (HP). In a moment of need, like a Batman signal in the night, that HP could help one *overcome any doubt, fear, and anguish that holds them back.*

The payoff is tremendous and, in some instances, everything is riding upon the ability to tap into one's higher purpose.

More to discuss on the topic. For now, what do you believe is your higher purpose?



Melinda Fouts, PhD  
970-274-3130  
melinda@successstartswithyou.net  
www.successstartswithyou.net  
www.linkedin.com/in/melinda-fouts/



# Manifest Your Magnificence at The Center for Spiritual living

## WHAT IS IT THAT YOU DESIRE TO BRING INTO YOUR LIFE?

Do you believe that you are the creator of your life or do you believe that it is simply happenstance?

Do you know that you are limitless or do you feel bound by circumstance?

The most creative thing that you will ever do is manifest the greatest life that you can live and you achieve that by creating the greatest version of YOU that you can be!

In order to manifest anything, you must be very, very clear on what you want, because it is not until you definitively decide what it is that you want, that you will be able to see what is keeping you from it.

Those limiting beliefs, doubts, the subconscious fear, and the stories that you have told yourself, will come to the surface when you gain that clarity of focus on what you want.

When it's time to step into that greatest version of you and remember your limitless magnificence, join us at The Center for Spiritual Living, Sundays at 11:00 a.m., live or streaming.

### **Affirmation:**

*I recognize my ability to find within, the ideal attributes of how I truly desire to live. I recognize, as I identify with these attributes, that body is an expression of mind. All experience is an expression of mind. I find within myself, how I truly desire to live and who I truly desire to be and I find myself reflected back through harmonious relationships and ideal circumstances. I am thankful that this is so. And so it is.*



Rev. Dr. Marigene DeRusha





# Good Vibes Only

BY LISSETTE PEDRAZA

## *Feeling alone in the world*

Personal growth is often inspired by deep pain. That was certainly the case with me.

As an Aquarius, I'd always been something of a free spirit. Adventure was something I didn't just enjoy — it was something I felt called to. So when choosing a career, I gravitated toward opportunities that would let me explore and connect with different kinds of people.

That's how I ended up joining the military. I wanted to be able to travel and do good in the world, even if it meant delving into painful topics. And I was able to do just that, training in suicide prevention and advocacy.

But being on deployment was also an intensely lonely time. I was isolated, far from home and struggling with depression and anxiety. I was in so much emotional pain that it felt bigger than me — like I was surrounded by bad vibes wherever I went.

Without a personal support system to lean on, I realized that I would have to look after my own mental health.

## *Finding the way forward by tapping into my roots*

In an attempt to heal the pain I was in, I turned to things I could carry with me in spirit, no matter where I was.

First was my mother. She's always been my biggest inspiration and in times of trouble, I constantly ask myself "What would Mom say or do?" I intentionally kept her close to my heart through this time, since we couldn't physically be together.

Second was my culture. My mother raised me in California, but our roots are Mexican. Our approach to healing has always been linked to the wisdom of the earth: precious elements, sacred places, medicinal plants and the natural cycles of the seasons.

I knew that Mom would encourage me to tap into these practices and draw on our rich Latina culture to bring my life into greater balance.





## *Creating a new life with self-care*

So I started to make some major changes, led by one simple mantra: *Good vibes only*.

I started collecting crystals and charging them with the energy I needed: empowerment, happiness, tranquility and clarity. I also started using essential oils and aromatherapy to center and ground myself.

The more I built these practices into my everyday life, the more I began to realize just how powerful self-care can be. My depression and anxiety started to fade and I felt a deeper connection with nature, my purpose and — most importantly — myself.

## *Sharing the love and the good vibes*

Life has changed a lot since then. I'm more focused, driven and joyful than I've ever been.

After experiencing such a transformation, I have made it my mission to share what I've learned and connect with others who can benefit from the healing power of crystals, essential oils and other forms of self-care.

I launched Good Vibes Only by Lizz LLC as a way to spread the message and build a community of

like-minded people who also want to feel good so they can do good in the world.

I invite you to explore my online shop and see what resonates with you. You can also find me on Instagram, where I share self-care tips, resources and give a peek into my personal travels and lifestyle.

Sending you good vibes only,

Lizz

Founder and owner of Good Vibes Only by Lizz, LLC

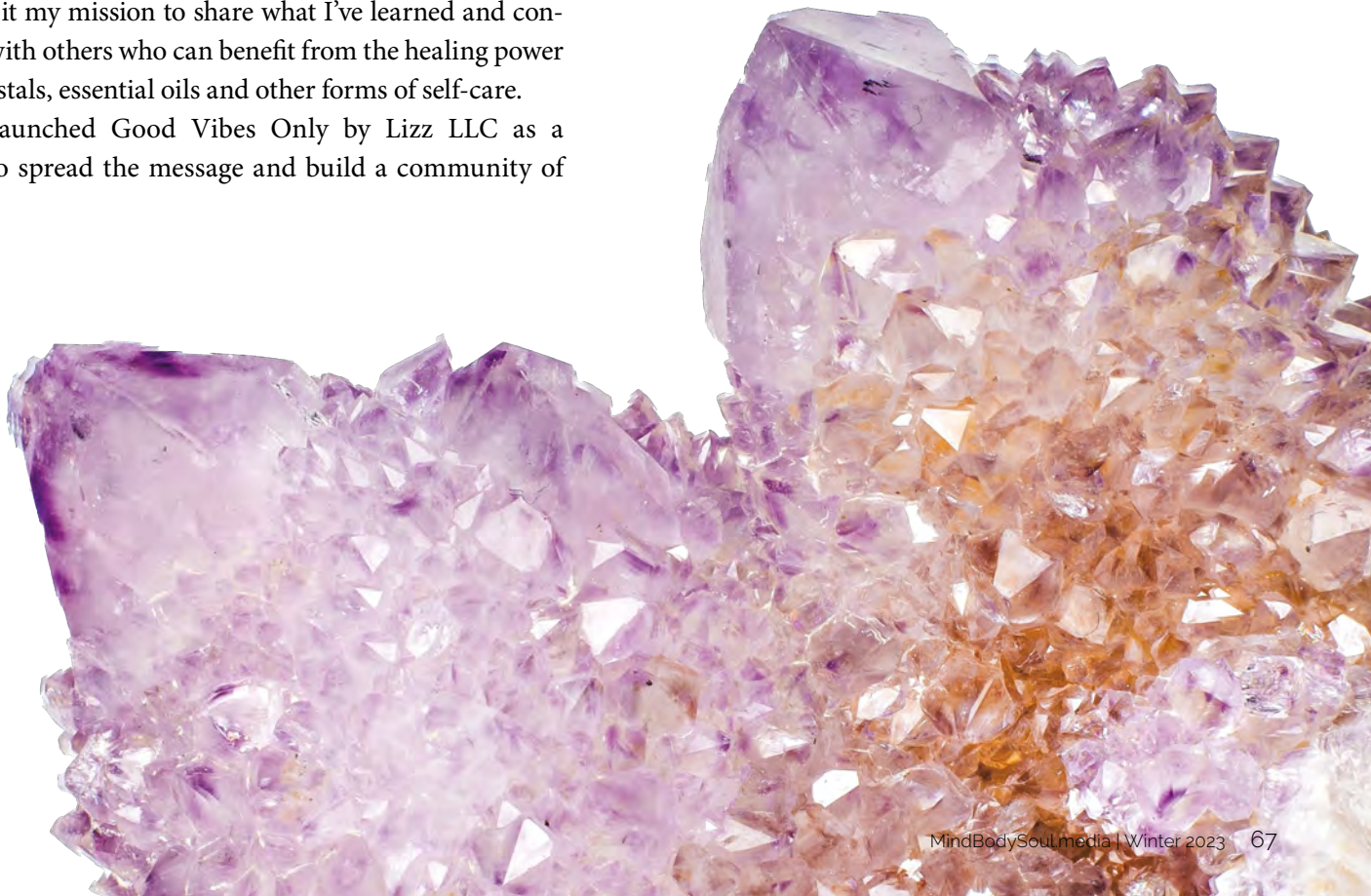
Lisette Pedraza

559-416-3145

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

[admin@goodvibesonlybylizz.com](mailto:admin@goodvibesonlybylizz.com)

[www.instagram.com/goodvibesonlybylizz/](https://www.instagram.com/goodvibesonlybylizz/)





# Breakthrough Coaching

Connecting Mental Health & Physical Fitness





*Nervous system regulation is the foundation of connecting the mind, body, and soul. Imagine being completely transformed mentally, physically, and spiritually. Envision yourself becoming completely fulfilled in every aspect of your life. In collaboration with you, Tristan King and Alexandra Brown promise to deliver all of this and more with their revolutionary coaching program “Breakthrough Coaching.” This is accomplished by not only implementing personalized fitness and nutrition regimens, but also by incorporating coaching that’ll heal trauma and resolve unhelpful behavioral patterns.*



**TRISTAN KING**, founder and CEO of “The King’s Court Fitness Coaching,” claims that fitness is ultimately what saved his life. Throughout his adolescence, King endured physical, sexual, and emotional abuse. Because of this, he started to suffer from depression and

anxiety, and utilized unhealthy coping mechanisms, such as drugs and alcohol.

At the age of 17, King made the decision to enlist in the United States Marine Corps in an effort to escape his troubled childhood. The military helped him become disciplined and gave him a sense of direction. However, he still didn’t feel fulfilled. It wasn’t until he began incorporating a rigorous fitness regimen into his lifestyle that he began his healing and found a sense of purpose. Once he realized how therapeutic fitness was for him, he decided he had found his calling and wanted to help others on their healing journey.

He started “The King’s Court Inc.” in Feb 2021. Since then, he has helped hundreds of people across the world find their passion for fitness, accomplish their fitness goals, and heal from unresolved trauma. He truly feels this is his purpose in life and is looking forward to continue helping people maintain a healthy lifestyle while healing through unresolved trauma with his revamped fitness program.



**ALEXANDRA BROWN** established “Thrive In Life Therapy” in September 2021. Brown’s own life experiences and her journey to healing helped her discover her desire to help others do the same. “Thrive In Life Therapy” is a group practice that was founded in California.

Their mission is to integrate mental health with physical fitness, while utilizing a holistic approach as a method for patients to resolve trauma and cope with PTSD. Brown’s practice embraces the use of trauma-informed care. Encouraging awareness of how trauma is physically stored, “Thrive In Life” employs embodied movement and other “bottom up” approaches to facilitate healing.

King and Brown began collaborating in August 2021 with a similar vision of supporting those healing from trauma, living a healthy lifestyle, and feeling their best physically and emotionally. Given their unique approach to healing, their program truly encompasses the mind, body, and soul connection. They designed their Breakthrough Coaching program utilizing the understanding of how physical health and mental health are mutually exclusive, and the need to integrate both to maximize true healing and overall well-being. This program is derived from a trauma informed lens that uses nervous system regulation to connect the mind, body, and soul. With both of their professional knowledge and experiences, along with a mutual passion to empower others, this program was created with the purpose of giving others the opportunity they deserve to cultivate the life they’ve always envisioned.



# DEAR DEANNA

BY DEANNA HAEFNER

DEARDEANNA.COM



*Dear Deanna,*

I am a small business owner. I have been working one-on-one with customers for over 7 years, but I feel stuck. I like my industry and I want to grow but I don't know where to focus. I would love your thoughts.

Thank you,

*Leslie L.*

*Happy New Year Leslie,*

This question has so many angles to it I will do my best to provide some quick insight. The first thing I would ask you is what are your business and personal goals? As an entrepreneur they are intrinsically intertwined so to make one set without consideration for the other will cause outcomes that may not be in your best interest. I have heard it said, "Failure to plan is planning to fail" and I believe this applies to what you are trying to address.

For me, I look at goal making as a historical form of manifestation. What exactly is manifestation? Shorthand – process of dreaming your creations into life. Here are some tools I use when manifesting:

1. Be clear about what you are creating, if it is a new product/promotion get that into writing. Treat your creation as though there are no limits, be detailed in your description.
2. Visualize what you will feel when you achieve success with this new creation. Think about how fulfilled you will be at the completion of this manifestation. What will you be doing? What is the result of this success?
3. Act as if – This phase requires commitment to behave as though your goal/manifestation has

already completed. Just know resoundingly in your soul it is already done. You simply have to keep doing the actions you have set in motion.

4. Verbalize daily. Set up affirmations as a part of your daily routine. Create sentences that encapsulate your manifestation. Examples may be: I am selling 5 complete programs monthly. I have raving fans for customers, I am creating solutions in my industry, etc. You get the idea. Be personal, get detailed. The universe wants your success more than you do!
5. Create and keep a file of visualization tools. Perhaps it is magazine clippings of what you will do with your realized manifestation, or a place you intend to travel, a car you want to buy or a house you intend to live in. The joy of creation is it is only limited by your imagination.

These are by no means all the wonderful tools to manifesting and realizing your goals, but they are a few to get you started.

Here's to your success in the New Year and beyond.

Blessings,

*Deanna*

If you have questions you would like to ask Deanna simply email [AskandAnswer@DearDeanna.com](mailto:AskandAnswer@DearDeanna.com)



# NICOLE ZAPOLI FITNESS

Private & Group Coaching

**LIVE STRONG. LIVE HEALTHY. LIVE HAPPY**

My NZ Fitness programming is designed to build strength, overall work capacity, and increase lean body mass so that you have the ability to live your strongest, healthiest, happiest life possible. All program designs are derived from 30+ years of experience in training and coaching, including artistic and rhythmic gymnastics, CrossFit Gymnastics, OPEX Fitness, Westside Barbell (powerlifting), Westside Tactical, Waxman's Gym (Olympic weightlifting), and US Olympic strength & conditioning training and coaching methodologies.

My top priority is creating a training protocol that revolves around safety via optimal body mechanics, technique, and building a solid movement foundation. I want my clients progressing across all domains as they continue building their base strength and overall conditioning

**LET'S GET STARTED!**

760-925-1324  
nicolezapoli.com  
nicolezapoli@gmail.com





# *Individuality in Relationship*

BY DONALD (TRUTH PARADISE) THEISS



*Truth Paradise*

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).







We are each who and how we are and although we all want love and acceptance for who and how we are, we also want others to be like us and agree with us, and to see things the way we see things.

This is never going to happen because we are each a unique form of the energy of the universe, in human form and no matter how hard we try or how much we barter with one another, exchanging favors and pretending to see things the same way, we are different and unique.

We are not the same and yet we can learn to dance with one another and as Kahlil Gibran has said, "Let the winds of heaven dance between you."

We can enjoy one another immensely, but we can't control one another and make the other person be like us or agree with us, and we can't be like them or agree with them about their way of being or their way of seeing.

We are unique and must accept our own uniqueness and the uniqueness of others and that is something we don't want to give up. We may get angry if we deny who and how we are and eventually blame the other person for us giving up who and how we are, in order to secure and maintain our relationship and at some point realize we are just different, having our own experience of reality.

Denying our own responses, our own inner experience, doesn't work for very long because at some point we become irritated by our own

denial and blame the other person and argue over who should do the dishes.

Of course, when we are living together, there are household chores that must be handled and we are both being responsible for our own chores but that doesn't mean denying who we are or what our own inner guidance is telling us.

This is simply a part of the dance of relationship, letting the winds of heaven dance between us, sharing the space, dancing together, and blowing one another a kiss as we pass.

We are not here to be the same but we can dance and enjoy our experiences together and that takes accepting our self as we are and accepting others as they are and dancing as well as we can.

It also means being true to our self, and expressing ourself openly, honestly and freely and accepting others in expressing themselves openly and freely.

When we do this, the form of our relationships come from the truth of who we really are and our struggle with ourself calms down and struggling with one another calms down and we can allow our relationships to be as they are.

You are the perfection of the universe in human form, exactly the way you are and so is everyone else, and when you accept this simple fact and be who and how you really are and accept others as they really are the form of your relationships will take form in the process.

Acceptance of yourself as you are is the key.

Donald Glenn Theiss  
truthparadise@hotmail.com





What does it  
mean to manifest  
magnificence?  
Or to become  
the "best version  
of yourself"? ”



We read these tropes – on social media or in self-help books – but do we ever really stop to ask ourselves what they mean for us? It’s easy to go about your day without stopping to consider the simple truth: are you thriving or just surviving? More importantly, if it’s the latter, how do you change in a way that gets you where you want to be?

If you feel lost, hang on. I can help.

Before reading forward, pause and check in with yourself. Imagine existing in your daily life, but instead of following your current routine, you’re living the way you want to be living. What does that look like to you?

Take out a piece of paper and describe that vision. Get specific.

If you just kept reading or your response sounded something like, “I don’t know,” “How do I even answer that?” or even “I don’t feel like doing that right now,” you are not alone. In fact, the majority of my clients start there, too. Changing your current reality means knowing where

you want to go, where you are now, and being ready to create a new path for yourself and for many, that’s a daunting ask. Fortunately, coaching makes this process easier.

How does this work? Let’s use GPS as an example (since none of us can imagine going on a long journey without it!) To use GPS, you enter a destination and like magic, it plots your course. Some apps even generate multiple options, as if saying “There’s no right path — just several ways to get to the same location. How do you want to get there?” Along the way, GPS informs you of barriers, detours, and traffic – in essence, providing guidance and support to ensure you arrive at your intended destination.

When you seek to change your course in life, you use the same process. As your coach, I become your “personal GPS,” helping you identify where you are now, where you’re going, and how to get there in a way that fits your life, lifestyle, and values.

While this sounds simple, wellness journeys, just like



# Driving Yourself Toward Magnificent

BY MELISSA SWANK, MPH, NBC-HWC, RYT-200



road trips, often take time and hit roadblocks or detours that change the trajectory and pace of the process. Consider the last time you wanted to change a habit, like eating healthier or exercising more. How easy was that change? What got in your way? Perhaps your schedule became too full to cook dinner, go grocery shopping, or make lunches. Perhaps other commitments took priority over the gym. As your coach, we work together to both anticipate these hurdles before they occur and manage the moments and circumstances that take you off course, helping you pivot and realign in real life. It's my job to help you create and implement a plan that keeps you working toward your goals while pivoting to deal with set-backs and frustrations along the way.

Even more, coaching acknowledges that wellness goes beyond changing your diet or activity levels. We delve deep to unlock your inherent motivation for creating sustainable change for yourself by including exploration

of mental, physical, emotional, social, environmental, and occupational health. Together, these reflects your personal health and wellness needs, which are as unique as a fingerprint. Just as you would never rely on a friend's medicine cabinet to resolve your all health issues, coaching embraces the individualized path you walk, including the people, goals, and values you prioritize in life.

Now, I invite you to recall vision of yourself that you imagined when you started reading this article. What will it take to get there? Maybe a coach is part of your answer. Perspective, support, accountability, and the proper tools set you up for a successful journey and lasting change. The only thing stopping you from becoming your best self is putting the key in the ignition. If you are ready to discover the magnificence you already embody, let's schedule a discovery call.

The Well Being / St. Louis, MO / 314-954-8338  
[melissa@thewellbeingstl.com](mailto:melissa@thewellbeingstl.com) / [thewellbeingstl.com](http://thewellbeingstl.com)



# A Zoom Call *and a Prayer*

BY MARILYN EAGEN



**A**s I had just started a zoom call that I was hosting, however I was not leading it, someone was knocking on the door of my office that normally no one knocks on, they just walk in. I felt like I needed to answer the door, so I left the zoom call running. There was an 18-year-old girl standing at my door feeling panicked as she had pulled into my driveway with a less than flat tire, literally no tire left, just a rim on a 20-year-old car. She was feeling desperate as she was on her way to Minnesota from Texas, she was totally unaware what it takes to travel that far alone. She had been driving most of the night and still had 8 hours and 53 minutes left to get to her boyfriend's home in Minnesota. Barely enough money to even pay for gas, let alone anything else. I told her to come in and we would figure something out. I needed to take a big breath or two as my cute little office is a house in St. Louis area and at least a mile away from a major highway. However, here was this young woman at my doorstep in a fearful and difficult situation. When I said a prayer to make sure that I was truly living what I believe and teach, I had no idea that I was manifesting this experience to prove to myself that I do!

In the meantime, my zoom meeting continued in another room. I kept them posted as the morning flowed. She said she needed to get the tire replaced for \$100 or less to have enough to make her destination. I asked her if her parents would help her, if we called them. She said no, they kicked her out and her step father had said some very cruel and truly unimaginably mean things to her. Her boyfriend had already given her money to just get there. When I looked more deeply at her, I saw that was not sure that there was anyone in the world who loved her.

She continued to make calls to find a tire and wheel, and I was calling to find a tow truck. Most places the wheel/tire combination was too expensive for her. I had agreed to pay for the tow truck as she panicked at the thought. She called

many places and was waiting for places to return her calls. Between calls, I invited her and her small dog into the back yard to walk the labyrinth and relax a bit, I also chatted with her a moment. As we talked, I told her that the things her step father said to her were really about him, that she deserved to have a beautiful life. A few tears and hugs later, she was walking the labyrinth.

In perfect timing the tow truck arrived, a returned call from a place that had used tires and wheels. The very kind driver talked with them to make sure that had exactly what she needed. He said yes, they have exactly what she needs for exactly \$100, (the same number she had spoken earlier). He also asked her how she ended up at this nice place that was easy for him to load her car and a nice person here to help her. He continued and said that if she was along any road in our county, the patrolman would have called her a tow and if she couldn't pay, they would have impounded her car. She said, "I don't know, I just saw it and pulled in!" with tears. As he was calculating the tow fee, I told her that everyone on the zoom call and I were praying for her, wrapping her up in angels to get her to her destination safely. And our prayers included her creating a happier more pleasant life for herself. I felt safe with her driving off with this special tow truck driver after I paid him in full and gave her a little extra for food on her trip.

After the hour and half experience, all my friends on the zoom and a few that I spoke with donated money. I only ended up paying about \$50 of the original \$210. I didn't ask anyone, they all just volunteered.

This experience was just as much for me as it was for her. By that prayer, I manifested this experience to not judge her and to choose love over fear. We also manifested together a tire and wheel that was affordable for her and the perfect person driving the tow truck. I believe that we are manifesting constantly in our thoughts, prayers and meditations.



A glass jar candle with a white label that reads "MANIFEST AND CHILL" and "410 270 1000000". The candle is surrounded by dried flowers and greenery on a textured surface.

A glass jar candle with a white label that reads "MANIFEST AND CHILL" and "410 270 1000000". The candle is surrounded by dried flowers and greenery on a textured surface.

A glass jar candle with a white label that reads "MANIFEST AND CHILL" and "410 270 1000000". The candle is surrounded by dried flowers and greenery on a textured surface.



# Carrot Comfort

## Carrot Cake with Cream Cheese Icing

### Ingredients

#### Cake:

170 grams brown sugar  
170 grams granulated sugar  
255 grams all-purpose flour  
1-3/4 teaspoons baking soda  
1 tablespoon ground cinnamon  
3/4 teaspoon kosher salt  
6 ounces whole liquid eggs (about 3 large eggs, beaten)  
9 ounces canola oil  
57 grams golden raisins  
1-1/4 pounds shredded fresh carrots

#### Cream Cheese Icing:

18 ounces cream cheese, room temperature  
1-1/2 sticks unsalted butter, room temperature  
1 teaspoon pure vanilla extract  
170 grams confectioner's sugar

### Instructions

**Cake:** Combine brown sugar and granulated sugar in the bowl of a stand mixer. With the paddle attachment, stir together. Add flour, baking soda, cinnamon, salt and mix to incorporate. Slowly add the whole liquid eggs, then the canola oil. Add the golden raisins, making sure there are no clumps. With the mixer running, add the grated carrots, stopping the mixer periodically to scrape the bowl. Once the ingredients are mixed thoroughly, evenly distribute the batter into two 8-inch round pans and bake in a convection oven at 300°F for 33 to 36 minutes. Set aside to cool.

**Icing:** In a clean mixer bowl with the paddle attachment, start the mixer on speed 2 and begin adding cream cheese in small chunks until all is added and creamed. Increase mixer to speed 4. Begin adding butter in chunks; mix to incorporate. Add the vanilla and mix for 30 seconds. Slowly add the sugar and mix to incorporate. Mix all ingredients until icing is smooth and there are no lumps, stopping the mixer periodically to scrape the sides. To assemble, split each layer in half to create four thin layers. Place one layer on a cake stand, cover the top with cream cheese icing, then place another layer over it. Repeat until all four layers are stacked with icing in between them. Ice the entire outside of the cake. Slice and enjoy!

Option: Garnish with walnuts or pecans.

Courtesy of Caroline Ragsdale Reutter of Caroline's Cakes  
<https://food52.com/blog/24291-my-family-recipe-carrot-cake>







# GOOD KARMA



## LEAD WITH LOVE

BY ANNE J. WHITE, M.ED.

EXECUTIVE DIRECTOR | LEAD WITH LOVE

DOCTORAL STUDENT | SPIRITUALITY MIND BODY INSTITUTE | COLUMBIA UNIVERSITY

**P**ace is an active state. So is wellbeing.

Both are essential to the foundation of a healthy, loving world.

Now more than ever, the world is a busy place filled with uncertainty. People of all ages, demographics, and geographies are suffering and struggling. Rapid societal change and adverse life experiences are increasingly resulting in physical and mental health issues. This impacts the way we feel, think, and connect with others, and adversely affects our health and experience in the world.

We focus on three values at Lead with Love: Connection, Wellbeing, and Belonging. We work to build our inner capacity and resilience through stress management techniques, awareness, and self-regulation to feel better, think clearly, and connect to the world around us. This likely is the calling of our time – daily spiritual maintenance and integration. The more we can be in our bodies and aware of our thoughts, the more opportunity we each have to be present, find a heart-centered state of receptivity, and allow our innate wisdom, intuition, and insights to flow. Life indeed unfolds in our moment-by-moment choices

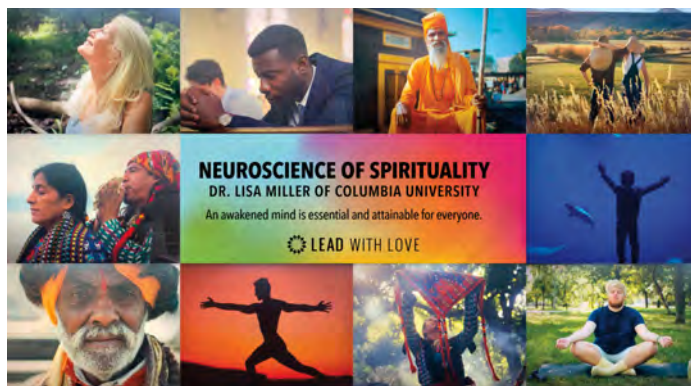
and interactions – the future is built through the present moment.

We are spiritual beings having a human experience – we know this through ancient wisdom and modern science. We are innately interconnected, and part of intelligent loving consciousness that embodies and governs all life. It is embedded as our platform and operating system, and something we can rest in, knowing divine consciousness is within and guiding us along the way. Our individual relationship with the sacred, the divine, intelligent loving consciousness is the foundation of wellbeing, belonging, and connection. That partnership is at the foundation of who we are and how we walk in the world.

We ground our work in spirituality, and work through mind-body medicine to improve how we feel, think, and connect to others. Through practice on and off the mat, in our daily lives, and interactions, we can stabilize and maintain a sense of calm and grounding to build a world grounded in love and belonging. We see, value, appreciate, and celebrate the ways you actively build wellbeing – in yourself, those around you, and the world.

*We believe a world based on love is possible.*

Lead with Love / P.O. Box 4829 / Aspen, CO 81612 / 970-924-0849 / [www.ileadwithlove.org](http://www.ileadwithlove.org) / [hello@ileadwithlove.org](mailto:hello@ileadwithlove.org)



*We believe change starts within.*





## Good Vibes Only by Lizz

As an active member of the military, Lizz Pedraza founded Good Vibes Only by Lizz to share crystals and gemstones as tools for self love and self care *for whatever you're trying to manifest, from love, prosperity to health, crystals are a powerful and ancient tool that can enhance your vision and help you achieve your goals.*

Admin@goodvibesonlybylizz.com  
www.goodvibesonlybylizz.com



## DeAnn Dillard Real Estate

**DeAnn Dillard, Realtor, Southern California/Nationwide Team Leader**

Professionalism, knowledge, integrity and client care are qualities DeAnn brings to any real estate transaction. Through clear, honest and thorough communication, she listens to her clients and dedicates 100% to advocate for them. She prides herself on providing outstanding care and creating a seamless transaction from start to finish.

760-453-0477  
DeAnn@DeAnnDillard.com  
www.deanndillard.com



## Nicole Zapoli Fitness

**Live STRONG. Live HEALTHY. Live HAPPY.**

Nicole is a certified personal trainer and strength and conditioning coach. She offers 1-on-1 in person training, virtual personal training, remote coaching, individually designed programming, customized nutrition, small group functional fitness classes, functional gymnastics workshops, specialty classes, and more. She has more than 20 years coaching experience and holds multiple coach, trainer, and specialty certifications under NASM, CrossFit, OPEX, The Cooper Institute, Movement RX Physical Therapy. Her passion is helping people empower themselves into living strong, healthy, happy lives.

760-925-1324 / www.NicoleZapoli.com / hello@nicolezapoli.com



## Kelsey Orcutt

**Kelsey Orcutt Photos**

Kelsey Orcutt is a commercial and personal brand photographer in San Diego, CA. She works with her clients to craft the story of their brand and find ways to infuse that story into every part of the shoot and the final images.

619- 786-4727  
kelseyorcutt.com  
hello@kelseyorcutt.com  
www.facebook.com/kelseyorcuttphotos  
www.instagram.com/kelseyorcuttphotos



## **Titanium Fitness**

**Diana Beckham, Co-Founder and CEO, Registered Nurse, Certified Personal Trainer, Longevity Coach**

At Titanium Fitness, our goal is to "meet you where you are" and help you become the "best version of yourself." We ask questions and listen to what you want to accomplish. We collaborate with you and build a plan based upon your answers to those questions. We would love to become your partner in helping you accomplish and sustain your lifestyle goals. Please contact us today!

314-603-9139 / 854 Hanley Industrial Court / Brentwood, MO 63144  
titaniumfitnessllc.net@gmail.com / titaniumfitnessllc.net



## **Lynn A. Mulholland, SHRM-SCP, ICF ACC, ELI-MP**

**Owner/CEO, True North Career and Life Transition Coaching**

Lynn is a straight-forward, high-energy coach, known for her ability to have honest (and sometimes tough) conversations to help clients tap into their personal strengths to achieve goals with purpose and passion. For more than 25 years, Lynn was a senior HR executive specializing in talent, leadership, and change management, spending 15 of those years at one of the world's largest financial services companies. Lynn left her corporate role in 2021 to support clients around the world to lead themselves and others with courage, clarity, compassion, vulnerability, and strength.

truenorthstl.com



## **The Finer Points Spa and Body Esthetics**

**Shell-Marie Teahan, Founder/Proprietor**

The Finer Points Spa and Body Esthetics is the highest rated local provider of the new Emsculpt Neo and Cryoskin 4.0. Our services include: Cryoskin Slimming/Toning Treatments, PCA Facials/Chemical Peels, Injectables (Neurotoxins and Dermal Fillers), Eyelash Extensions, Massage Therapy, and our Infrared Sauna. Book an appointment today! You deserve it!

106 Four Seasons Shopping Center, Suite 111  
Chesterfield, Mo 63017  
314-302-1520 / www.finerbodiesbycryo.com



## **Light of the Moon, Inc.**

**Alyssa Ohnmacht & Olivia Savard**

Independently publish your book with Light of the Moon, Inc. We support and guide our authors through the entire self-publishing process, we build custom packages to fit your individual needs, and, most importantly, our authors keep 100% of the rights to their work. It's time to tell your story!

970-456-9364  
www.lightofthemooninc.com  
hello@lightofthemooninc.com  
@lightofthemooninc on Facebook, Instagram, and TikTok





## **The Harmony Family Office at Morgan Stanley Private Wealth Management**

**Kathleen L. Youngerman, CFP®, CPM®**

Managing Director | Private Wealth Advisor | Family Wealth Director | Senior Portfolio Management Director | Alternative Investment Director | Insurance Planning Director | Lending Specialist | Senior Investment Management Consultant | NMLS #1274460

[Kathleen.L.Youngerman@morganstanleypwm.com](mailto:Kathleen.L.Youngerman@morganstanleypwm.com)

<https://advisor.morganstanley.com/the-harmony-family-office>

14805 N Outer Forty Rd / Ste 200 / Chesterfield, MO 63017 / 314-889-4862

CFP Board owns the marks CFP®, CERTIFIED FINANCIAL PLANNER™, and CFP® (with plaque design) in the U.S. Morgan Stanley Private Wealth Management, a division of Morgan Stanley Smith Barney LLC. Member SIPC. CRC 4884295 08/22



## **Rebecca Dutton BSN, RN**

**Founder of Illume Aesthetics | Injector**

Rebecca has a passion for bringing out the natural beauty within every woman. She is a licensed registered nurse with a BSN degree. In 2019, with 27+ years of nursing experience, Rebecca founded Illume Aesthetics. She offers a wide range of aesthetic services including fillers, Botox, SaltFacial, Ultherapy and medical grade skincare. Her clients keep returning as she continues to offer the latest innovations and services. She is dedicated to preserving and enhancing natural beauty so women (and men) can feel their best at any age!

[www.prettyfaces.org](http://www.prettyfaces.org)

636-675-7991

5230 Highway N / Cottleville, MO 63304



## **Reboot & Co.**

**Reboot Retreat**

Reboot Retreat is a four-day, three-night luxury retreat in beautifully scenic Pensacola, Florida that is centered around plant-based nutrition, detox and rejuvenation, mindful living, and fitness. This biannual retreat is featured at the Oyster Bay Hotel in Downtown Pensacola and exclusively features only the finest local purveyors and industry experts. Pensacola was recently voted 1 of the top 10 places to live in Florida by *Forbes* magazine.

970-456-9364 / [rebootandco.com](http://rebootandco.com)

[facebook.com/rebootandco/](https://facebook.com/rebootandco/)

[instagram.com/rebootandco/](https://instagram.com/rebootandco/)



## **Julie Scott**

**Intuitive Life Coach**

As an intuitive healer I combine bodywork, energy work and intuitive guidance, via virtual or in person meetings, to bring new clarity and perspective to life. Together we find spiritual purpose and meaning to your life, and clear the path to journey forward in life with more authenticity and fulfillment.

314-337-3775

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

[Searchlightsoulhealing@protonmail.com](mailto:Searchlightsoulhealing@protonmail.com)



## **Cristina Campbell**

**Founder & CEO of Lady of the Oils™**

Cristina's goal is to teach others how to enhance their health and wellbeing in the five areas of health: physical, intellectual, emotional, spiritual and social. She has 40+ years experience in the field of Alternative Health with degrees in Nutrition and Computer Information Systems. She also holds degrees as a Master Aromatherapist and Certified Holistic Health Consultant from the American College of Health Sciences. She is nationally registered and is a certified Aromatherapist. Cristina has been an independent distributor of Young Living Essential Oils for more than 22 years. She is also a Senior Wellness coach.

618-567-5919 / [Ladyoftheoils@gmail.com](mailto:Ladyoftheoils@gmail.com) / [LadyoftheOils.com](http://LadyoftheOils.com)



## **Candice Claire Oksenhorn**

Candice Claire is a HOLISTIC WELLNESS PRO who is passionate about helping people find more joy, clarity and vibrant energy in their lives. She works intuitively and from a solid foundation in Ayurveda (oldest healing system on the planet), Meditation, Aromatherapy and Nutrition (Knows how to make health taste great!). Candice works in-person, remotely, one-on-one, and with group classes. Chopra Certified Instructor – Meditation & Ayurvedic Lifestyle, Certified Yoga Health Coach (teaching Ayurvedic habits), Wisdom of the Earth Medicinal Aromatherapist. A free 15-minute discovery call is offered to new contacts!

[candice@swansage.com](mailto:candice@swansage.com) / [www.swansage.com](http://www.swansage.com) / 970-948-7525  
IG [Swan Sage\\_Candice Claire](#)



## **Wendy Campbell**

**Owner/Nutrition & Health Specialist/Cryo-Therapist**

Wendy leapt into the wellness industry after her personal journey of knowing that business is only as good as the people involved, including their physical and emotional health. When she moved to Montrose, CO, her 25 years of business experience allowed her to jump right into a new business venture and reach out for the best in business and bring them all together. Wendy is an author, keynote speaker, and women's empowerment powerhouse. Faced with adversity as we all are, her passion is helping women navigate the process of fighting the same battles. She's thankful for lessons learned along the way and finds strength in the women guiding her as well.

[Campbellwendy74@gmail.com](mailto:Campbellwendy74@gmail.com) / 970-729-0239



## **Donna Lee Humble**

**Lifestyle & Wellness Coach**

Author of *Seek, Not for Love*, Creator of the Higher Self Care Series and Holistic Health Practitioner, Donna Lee combines frequency-specific detoxification utilizing Computerized Bioenergetic Testing with Empowering Emotional Release for proactive, holistic-minded women ready to regain better health-vitality, purpose-passion, and inner peace since 2001.

[www.donnaleehumble.com](http://www.donnaleehumble.com)  
[donna@donnaleehumble.com](mailto:donna@donnaleehumble.com)  
970-274-1680 / Glenwood Springs, CO





**Shayba Muhammad**  
**Founder & Designer of Mahnal Jewelry**

I'm honored to be the designer of a collection of jewelry that inspires, adorns, and celebrates the beauty of women. This contemplative brass jewelry offers timeless, heirloom pieces with an experience deeply spiritual to ignite our inner light. Each piece is meaningfully named in Arabic, reminding us of life's beauty.

Mahnal.com  
 872-588-0562  
 IG: @mahnal



**Tricia Gray**  
**Owner Twig Hair Lounge**

With an emphasis on environmental responsibility and continuous training, Twig pioneers to establish a new industry standard. At Twig you can find a collection of hair and body care products that have been researched thoroughly, a passion for our craft and a respect for Mother Nature.

760-431-8989  
 2653 Gateway Road, Suite 104  
 Carlsbad, CA 92009  
 twighair.com / @tricia\_twighairlounge



**Michelle Bryan**  
**Hypnotist/Regression Therapist**

A sleep specialist, Michelle Bryan has a dedicated following of athletes, business professionals and performers who are healthier, more focused and experiencing greater success. Using powerful hypnosis techniques, her clients sleep better, wake up with positive energy to live their best life and with confidence in their ability to achieve goals.

970-948-9065



**The House of Light**  
**Spiritual Center of Inner Healing**

Cinderella de Groot and Jay Jimenez are the founders of The House of Light, Spiritual Center of Inner Healing. They run their activities and family life from out of San Diego county. Their life purpose is to guide others on their journey towards healing and growth.

Instagram: @thehouseoflight\_tribe  
 Website: [www.thehouseoflight.org](http://www.thehouseoflight.org)  
 Email: [thehouseoflight11@gmail.com](mailto:thehouseoflight11@gmail.com)



## **Dr. Angelique Fowler, RMT, KY**

### **Wake Up Reiki, LLC**

Is your soul craving to learn something mysteriously intangible? Metaphysician "Angel" has a unique solution to this question with more than 14 years of practical service experience. Steeped in the mystery teachings of India, she perceives all.

[www.wakeupreiki.com](http://www.wakeupreiki.com)  
 @metaphysicianwakeup  
 970-402-1481



## **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  
[www.midwestthermographsolutions.com](http://www.midwestthermographsolutions.com) / 314-882-7529  
[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.

Harmony Healthcare LLC, The Peace Place / 2841 Barrett Station Rd. St. Louis MO 63021  
[EagenMarilyn@gmail.com](mailto:EagenMarilyn@gmail.com) / Text: 314-330-4156





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

Deanna is an avid pursuer of knowledge and as such her modalities continue to widen. Providing coaching for others looking to expand, heal and enrich their spiritual paths. Deanna specializes in the areas of recovery, divorce healing, intuitive guidance and goal setting. Her current blog DearDeanna is a forum for questioning minds to share information and seek guidance.

Life Questions – [askandanswer@deardeanna.com](mailto:askandanswer@deardeanna.com)  
Divine Edge Consulting & DearDeanna.com / [Deanna@thedivineedge.com](mailto:Deanna@thedivineedge.com)  
314-300-6995



**Megan Hampton and Ryan Butler**  
**Earth Living**

Megan and Ryan are Holistic Practitioners who specialize in Massage and Energy Medicine. They integrate several healing modalities and Earth's teachings in order to empower you to step into health sovereignty and activate your self healing abilities. They offer in person and online 1:1 sessions, classes, and ceremonies.

[www.earthliving.space](http://www.earthliving.space)  
314-675-0568  
[earthliving8@gmail.com](mailto:earthliving8@gmail.com)  
Instagram @medicine.megan



**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)  
[hello@farragio.com](mailto:hello@farragio.com)  
@farragio on Instagram  
@farragiofun on Facebook



**Amy Van Liew**  
**Be Healthy Enough**

Amy is a physical fitness and nutrition coach. She helps women over 50 get and stay in shape with online workouts designed for strength, low impact cardio, Pilates, balance, posture and more. She has earned Personal Training, Group Fitness and Integrative Nutrition certifications with courses in Menopause and Osteoporosis Fitness, Myofascial Release using the MELT Method, Corrective Exercise with The Biomechanics Method and courses in Senior and Midlife Fitness. She recently earned her Pelvis Pro Certification to help women with pelvic health issues.

760-310-8938 / [behealthyenough.com](http://behealthyenough.com) / [amy@behealthyenough.com](mailto:amy@behealthyenough.com)



**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 Pualani 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.

St. Peters: 4101 Mexico Rd. Ste A / St. Peters, MO 63376 / Phone: 636-685-0144  
Email: [stpeterseast@osteoststrong.me](mailto:stpeterseast@osteoststrong.me)  
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.

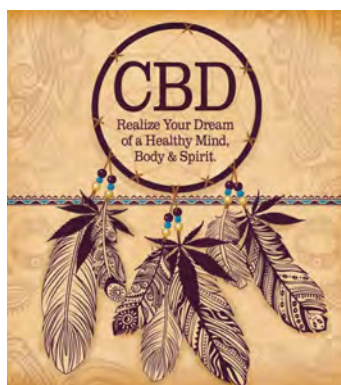
2439 State Hwy K  
O'Fallon, MO 63368  
636-294-1610  
[www.hotworx.net/studio/ofallon](http://www.hotworx.net/studio/ofallon)  
@HOTWORXOfallon on Facebook and Instagram



## **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.

6119 Mid Rivers Mall Dr.  
St. Peters, MO 63304  
636-209-4817  
[www.Barreharmony.com](http://www.Barreharmony.com)  
@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.

636-265-0030  
Dardenne Prairie, MO 63368  
[cbddardenneprairie.com](http://cbddardenneprairie.com)  
[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 two Amazon #1 best-selling books: *A Woman's Guide to Conscious Love* and *Everyone Is Psychic*. Based in Colorado, I offer intuitive reading + healing sessions and classes as well as online intuitive training programs.

[www.AnnOBrienLiving.com](http://www.AnnOBrienLiving.com)  
@annobrienliving on social



## 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  
[Tiffaniealbertson.isagenix.com/collagen](http://Tiffaniealbertson.isagenix.com/collagen)







## Melinda Fouts, PhD

Author of *Cognitive Enlightenment* and an executive coach and psychotherapist with over 20 years experience. I transform leaders through gaining self-awareness, identifying blind spots, improving executive presence, and communications skills. I serve as an executive coach for individuals and corporations for optimizing performance. Those seeking advancement come to me as my skills facilitate moving up.

As your Executive Coach helping you identify your vision, achieve your goals and long-term dreams, we focus on key strategies to help you reach what you pursue. I am precise, challenging and tough!

[melinda@successstartswithyou.net](mailto:melinda@successstartswithyou.net)



## Red Lotus Wellness Center

### Dr. Yvonne K. Scarlett

Dr. Scarlett is an Integrative and Functional Medicine Women's Health specialist, licensed Primary Care Provider in CA, Board licensed Acupuncturist and Herbalist certified by the California Acupuncture Board, and a Diplomate of Oriental Medicine (Dipl.OM) by the National Certification Commission for Acupuncture, and Oriental Medicine (NCCAOM).

760-637-5069

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



## Alena Ahrens

### Founder of Mindful + Pratique

Academic, artist and researcher, Alena founded Mindful + Pratique because she wanted to share creative and inspiring ways to live well. She has pioneered a unique approach to fostering well-being, one that brings together the realms of psychology, mindfulness, and art-making. Using her signature methodology, Symbolic Transformation, individuals are guided through various modalities of awareness, creative expression, and positive psychology to help foster key character strengths that support joy and resilience.

[alena.ahrens@gmail.com](mailto:alena.ahrens@gmail.com)

[www.mindful-pratique.com](http://www.mindful-pratique.com)



## Jo Miller, FDN-P

### Gut + Soul

Jo is a certified Functional Diagnostic Nutrition Practitioner and Pranic Healer. After 30 years climbing the corporate ladder, struggling with chronic illness and finding her own healing path, she switched gears so she can help others ditch their chronic tummy pain, bloating and autoimmune flares, so they can find peace with their bodies and live the life they've been dreaming of. There is an underlying cause, there is hope and there is an answer.

[jo@gutandsoul.com](mailto:jo@gutandsoul.com)

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



## The Vault Luxury Resale

Labels we love: Chanel, Louis Vuitton, Gucci, Prada, Marc Jacobs, Eileen Fisher, Madewell, Vince, Theory, Mara Hoffman, Ulla Johnson and many more.

314-736-6511  
2325 South Brentwood Blvd  
Brentwood, MO 63144  
[www.thevaultluxuryresale.com](http://www.thevaultluxuryresale.com)  
follow us @thevaultluxuryresale



## Deborah LeeAnn Women's Leadership Catalyst

Looking to create impact as a spiritual and confident Leader?

With Embodied Presence and Integral Development, we'll illuminate your brilliance, ignite your vision, and inspire change by blending neuroscience, somatic exercises and transformational leadership development.

Deborah LeeAnn, *Women's Leadership Catalyst*  
Speaker, retreat facilitator, trainer  
<https://www.linkedin.com/in/deborahleeann/>



## Dr. Tom Lankering Lankering Chiropractic

Dr. Tom Lankering is a Brain-based Bio-energetic chiropractor who has been practicing in Aspen, Colorado since 1984. His practice is a holistic approach which includes emotional release, chiropractic, nutrition, detoxification, and brain fitness. He is an author, TV host, and educator.

970-927-9900  
[www.lankeringchiropractic.com](http://www.lankeringchiropractic.com)



## KIS, Keeper Introduction Services Gabriella Aratow

Gabriella Aratow is the owner of KIS, Keeper Introduction Services, a boutique matchmaking firm that can service nearly any single, anywhere. She is currently appearing on The Learning Channel. Enter a free profile in her private network via her website, [keeperintros.com](http://keeperintros.com). To discuss becoming a client, reach out by email at [gaby@keeperintros.com](mailto:gaby@keeperintros.com).

[keeperintros.com](http://keeperintros.com)  
[gaby@keeperintros.com](mailto:gaby@keeperintros.com)





## **BOCA Orthodontic + Whitening Studio** **Dr. Erin C. Fraundorf, The Artist Behind the Smiles**

Invisalign | Braces | Teeth Whitening

Smile Care that's Self Care.

Transform your smile and soul in our zen sanctuary, with the ultimate in personalized care, curated experiences, and exceptional concierge service. Because your smile deserves to be treated like a work of art.

314-907-BOCA [2622]

9727 Clayton Road, Ladue, MO 63124

[www.boca-studio.com](http://www.boca-studio.com) / [boca@boca-studio.com](mailto:boca@boca-studio.com)

connect with us @boca\_\_\_studio @dr.erin.ortho



## **The Well Being**

**Melissa Swank, MPH, NBC-HWC, RYT-200**

The Well Being health and wellness coaching empowers you to create real and sustainable transformations in your life and health. Together, we create and implement changes that support your own goals, your lifestyle, and most importantly, your personal vision of a better self.

314-954-8338

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

[melissa@thewellbeingstl.com](mailto:melissa@thewellbeingstl.com)



## **Alpine Therapeutics**

**Leanne Bornschlegel, Owner**

Alpine Therapeutics is a studio spa and healing sanctuary in Carbondale, CO offering a range of personal care services including therapeutic massage, energy therapy, aesthetic skincare therapy, and treatments that support women's intimate skin health, such as Brazilian wax, Vaj-acials, pelvic steaming, and non-invasive carboxytherapy vaginal rejuvenation treatments. As a licensed aesthetician, massage therapist, Leanne brings heart, experience, and expertise to the massage and skin care table.

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

1111 Village Rd., Suite D / Carbondale, CO / 970-315-0713



## **The DRIPBaR Town & Country Crossing**

Our Town & Country IV drip bar helps our clients reverse the signs of aging, increase energy, boost immunity, and recover when they're not feeling their best. Flexible memberships make it easy to make IV therapy part of your wellness routine. We offer a safe and sanitary environment, our Drip Specialists are all RNs or NPs, and we mix all our drips to order and never beforehand. Take a step today toward total-body wellness!

314-742-8663

[www.thedripbar.com/town-and-country-crossing/](http://www.thedripbar.com/town-and-country-crossing/)

1074 Town and Country Crossing Dr

Town and Country, MO 63017



## HealthSource Chiropractic of Clayton

**Dr. John Groerich DC DIPL. AC**

Dr. Groerich DC is a board certified Chiropractor and a licensed Acupuncturist. He takes pride in treating his patients with compassion and professionalism while believing true wellness goes beyond the health of an individual. His approach of combining Chiropractic adjustments, Acupuncture, Deep Tissue Laser and Progressive Rehab provides long-lasting pain relief.

314-644-2081 / 950 Francis Place, Suite 217 / Clayton, MO 63105

[www.healthsourcechiro.com/clayton](http://www.healthsourcechiro.com/clayton)

[hsclayton@healthsourcechiro.com](mailto:hsclayton@healthsourcechiro.com)



## Logan University Health Centers

Live your best life with advanced, affordable health care from Doctors of Chiropractic at Logan University's Health Centers. For decades, Logan's clinics have helped people of all ages achieve their goals by providing a comprehensive, patient-centered approach to health and wellness. Reach out today to discover the power of chiropractic.

[logan.edu/health-center](http://logan.edu/health-center)

Montgomery Health Center / 1851 Schoettler Rd. / Chesterfield, MO 63017 / 636-230-1990

Mid Rivers Health Center / 6131 Mid Rivers Mall Dr. / St. Peters, MO 63304 / 636-397-3545

Stephen A. Orthwein Center at Paraquad

5200 Berthold Ave. / St. Louis, MO 63110 / 314-274-3367

**LOGAN UNIVERSITY**  
**HEALTH CENTERS**



## Performance and Recovery Clinic

**Dr. Joseph Feret, DC**

Dr. Joe applies the most current Palmer Chiropractic techniques to treat injuries and ailments. Providing wellness practices including exercises and stretches, he teaches his patients to build long-term maintenance and injury prevention. Dr. Joe's clinic is located in the Roaring Fork Valley, near Aspen, CO, caring for top performing athletes and the greater mountain community. Recover with the best to perform your best!

970-279-1847 / [drjoeferetdc@gmail.com](mailto:drjoeferetdc@gmail.com)

YouTube: @drjoepform / Instagram: @theskidocjoe

Facebook: Skidocjoe - Dr. Joe Feret DC / [www.rfvchiro.com](http://www.rfvchiro.com)



## Breakthrough Coaching

**Alexandra Brown & Tristan King**

If I offered to give you YOUR life back and break the chains of your negative patterns so you can regain your true potential, would you take me up on that offer? This "Breakthrough Coaching" program is derived from a trauma informed lens that uses nervous system regulation to connect mind, body, and soul.

Tristan King

619-505-3808

[www.thekingscourt.co](http://www.thekingscourt.co)

[Tristan@thekingscourt.co](mailto:Tristan@thekingscourt.co)



# Publish your own MIND BODY SOUL Magazine

Are you looking for a new career path that makes a positive impact?

Are you a passion-driven individual who can help businesses reach new audiences?

Is having your own business aligned with your own values something you've always desired?

How would it feel to be a purposeful-wellness-ambassador using your strengths for the benefit of your community?

If so, MIND BODY SOUL Magazine affiliate publishing may be just the opportunity for you to own your business, generate wealth and make a positive impact on wellness in your city.

As a MIND BODY SOUL Magazine Affiliate Publisher focused on holistic wellness, you will shape relationships with business owners and share how publishing can elevate their brand, highlight their unique offerings and help build trust in the marketplace. Our mission is to help elevate our readers to their highest potential. We showcase sophisticated resources and top-trending content to help readers embrace Connection, Community, and Creativity.

We would love for you to join us, finding hope and support, and to experience inspiration for your MIND BODY & SOUL during radically transformational times.



TANASHÉ MARTIN  
VICE PRESIDENT

For more information on becoming  
an Affiliate Publisher, contact:

Tanashé Martin at  
[tanashemindbodysoul@gmail.com](mailto:tanashemindbodysoul@gmail.com)



## MIND BODY SOUL

View the latest issues at [mindbodysoul.media/issue](http://mindbodysoul.media/issue)



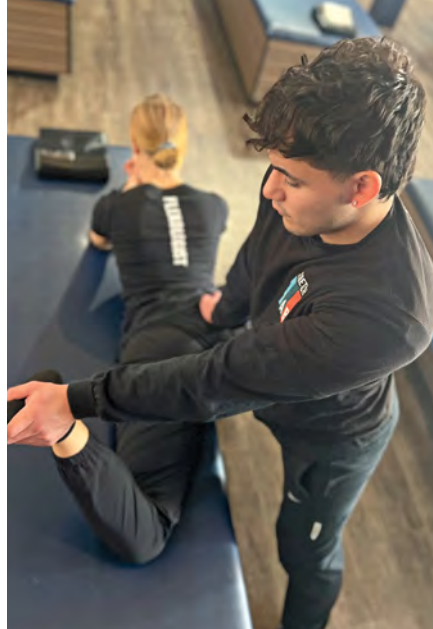


# STRETCH and LIVE LONG

*There's no single reason why people find themselves at StretchLab. Some clients are looking to improve their sports performance, some are looking to decrease joint pain and others simply just want a great stretch. No matter what brings you into StretchLab the benefits of a professional assisted stretching routine are tremendous.*



SHOULDER STRETCH



HIP ROTATION STRETCH



BACK AND SPINE RELIEF STRETCH

## THE BENEFITS OF STRETCHING

### IMPROVE SPORTS PERFORMANCE

Above all else, we celebrate the freedom to move, to participate, and to engage in the life you want to have.

### REDUCE MUSCLE & JOINT PAIN

Stretching helps to alleviate muscle tension, reducing pain in sore areas and joint pain as well as aid in injury and pain prevention.

### INCREASE RANGE OF MOTION & FLEXIBILITY

A proper stretching routine over time increases your range of motion and flexibility making everyday tasks easier and improving your quality of life.

### IMPROVE POSTURE

Proper alignment and balance through stretching helps improve overall posture and allows you to stand taller.

### REDUCE STRESS

Stretching benefits your physical well-being and your mental health, as it allows the blood and oxygen to flow better, improving mental clarity.

**WE Offer  
ONE-ON-ONE STRETCHES  
with Certified Flexologists**

**CALL NOW to book a 50-minute full body stretch for only \$49! (760) 989-4144**



Call: (760) 989-4144  
Website: [www.StretchLab.com](http://www.StretchLab.com)  
Email: [Carlsbad@StretchLab.com](mailto:Carlsbad@StretchLab.com)  
1905 Calle Barcelona Ste 218  
Carlsbad, CA 92009



*Let it glow, let it glow, let it glow!*

*For  
radiant  
skin and  
hair*

**Access  
exclusive  
MBS offer  
here!**



[Tiffaniealbertson.isagenix.com/collagen](http://Tiffaniealbertson.isagenix.com/collagen)