

Connection – Creativity – Community

WINTER 2023

MIND|BODY|SOUL

ST. LOUIS

Manifest Issue

Dr. Kristin Krussel
The Center for Mind Body & Spirit
Continuing the Legacy

LEAD WITH
LOVE

FIT
OVER 50

DEBORAH KING ENERGY
HEALING TECHNIQUES

WRITE
YOUR BOOK

A Message from Andrea Arena

am magnificent.”

One more time, read it, feel it, say it out loud,
“I am MAGNIFICENT!”

Look around you, and you will discover that
the entire manifested world is just solidified
speech.

Similarly, when you look in the mirror, you
will see that you are the manifestation of the
inner dialogue that you have with yourself.

At any given moment in time, you are having
a little talk with yourself.

Ask yourself, “What am I thinking right now?
What is my inner dialogue saying about me?”

You will get a glimpse into the streams of
thought that make up the “you” that is staring
back at you from the mirror.

Perhaps you have forgotten in your busy life that you are a magnificent person.

We have been somewhat misled into thinking about manifesting as “something that we want to get” in our lives – a car, a house, a job, a mate.

Yet the ultimate manifestation is the “You” that you are creating every single day.

This issue invites you to go within and remember that you are the creator of your life and that everything that shows up on your journey is a signpost to point you in the direction of rediscovering your magnificent self!

Here’s to celebrating your magnificent self!



Andrea Arena
PUBLISHER

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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

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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:

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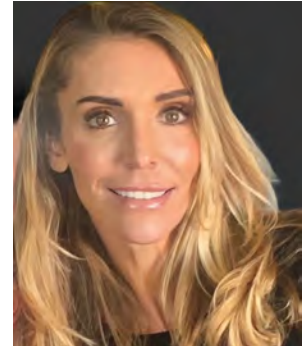
While there's certainly no one-size-fits-all when it comes to reaching your body goals, Venus Bliss™ can help. Using diode laser technology to target fat and complementary radio frequency technology, these treatments work to slim and smooth the body without surgery or lengthy recovery periods. You can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

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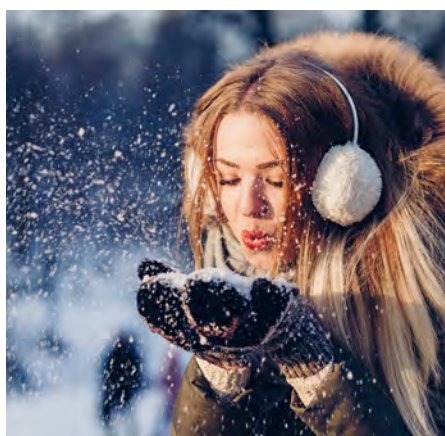
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Manifest a New You



“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!

[illegible]



MIND

A photograph of a young child in a red winter jacket and a pink knit hat with a pom-pom, sitting on a purple sled in a snowy landscape. The child is holding a rope attached to the sled. The background is filled with snow-covered trees and branches, creating a serene winter scene. The ground is covered in a thick layer of snow.

*“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.

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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.

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“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.

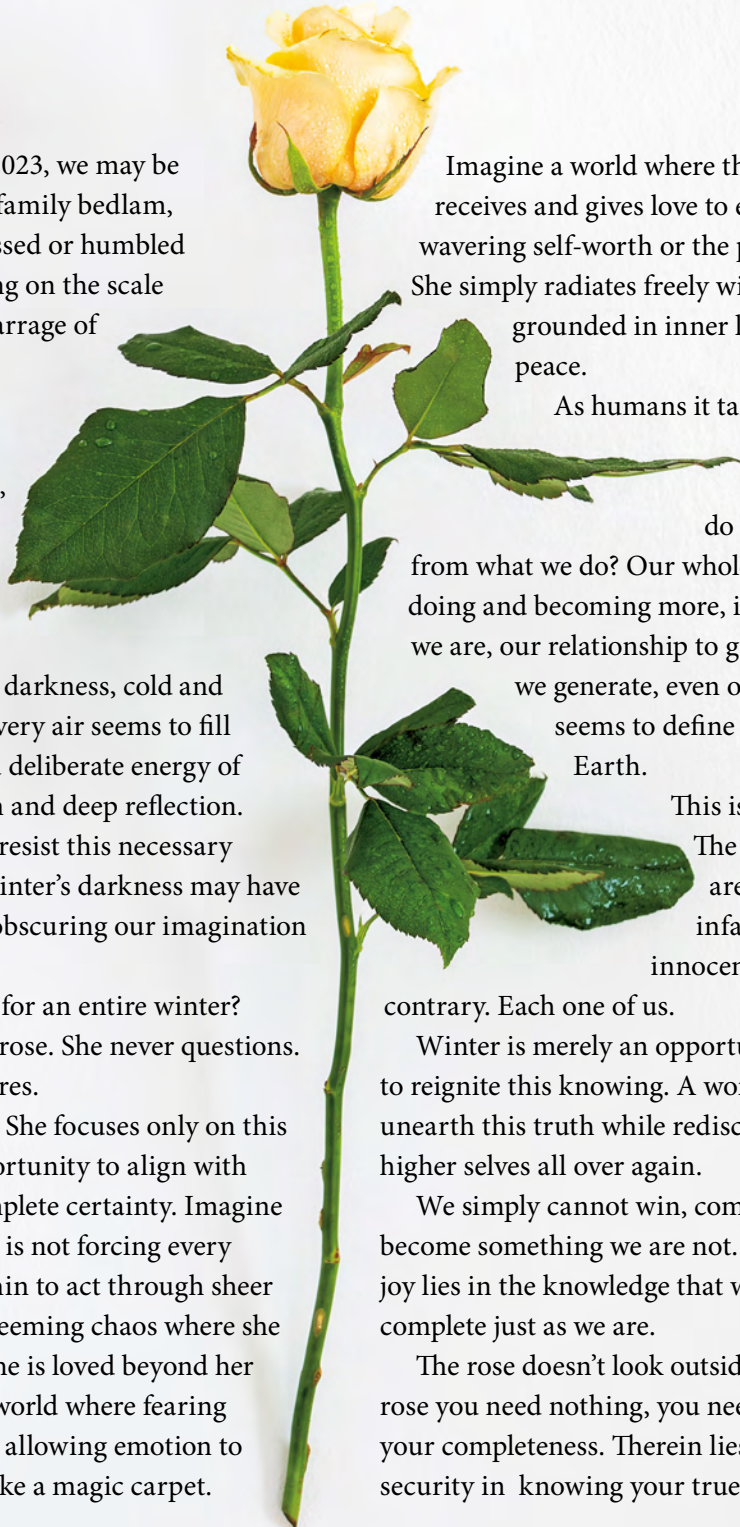
As humans it takes great wisdom to look beyond the identity we assume on Earth. How do we separate who we are from what we do? Our whole lives are geared toward doing and becoming more, in: how we look, how smart we are, our relationship to gravity, how much money we generate, even our state of physical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



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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.¹ 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.²

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.¹

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.¹ 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.

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

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

³ 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...”³ 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

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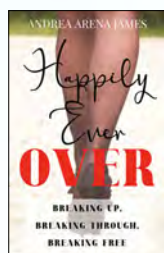
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KATY BARTLETT



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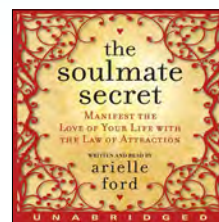
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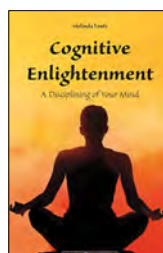
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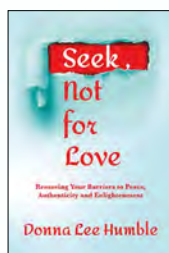
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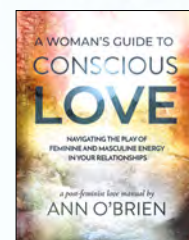
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"NO TWO BODIES ARE ALIKE,
SO I NEVER SAW TREATING
PATIENTS WITH A ONE-SIZE-
FITS-ALL APPROACH"

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
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1. Open the BrainTap® Pro app and grab a pair of headphones (or use the BrainTap® Headset for a more immersive experience).
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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



As 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 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 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



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 single 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 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, snowy mountain landscape under a clear blue sky.

**"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



The 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

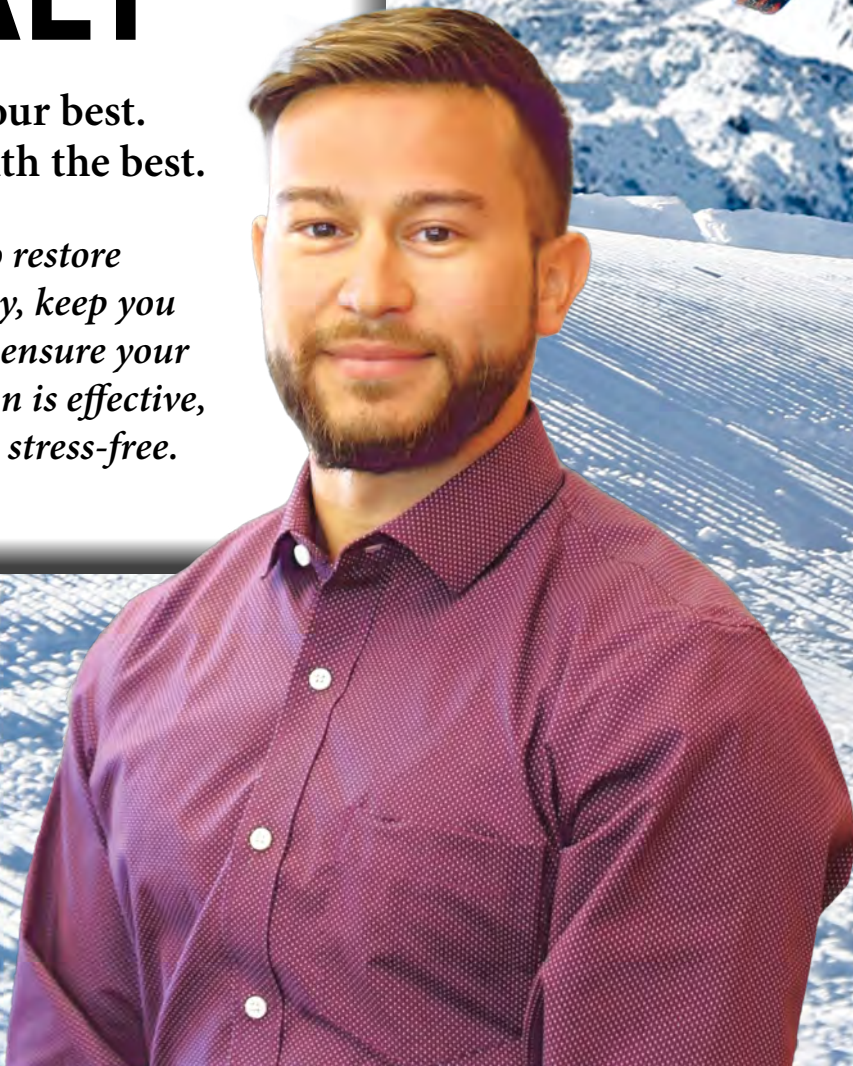
Instagram: @thehouseoflight_tribe
 Website: www.thehouseoflight.org
 Email: thehouseoflight111@gmail.com



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
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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

Is 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.

Nestled 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.





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...

After 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

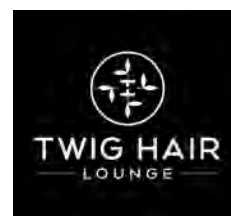
to walk out feeling better than when they walked in. We want our building to be a vortex of self-love and confidence for all that enter.

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.



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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
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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?

This image is a template for a document, likely a notebook or a worksheet. It features a background of large, overlapping balloons in shades of pink and yellow. Many of the balloons have simple, hand-drawn smiley faces. Overlaid on this background are numerous horizontal lines, providing space for writing. In the top-left corner, there is a small, circular inset image showing a close-up of a person's brown, wavy hair.

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.

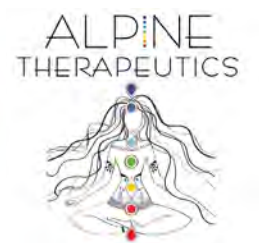
7 get professional teeth whitening

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

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REVIVE "DOWN THERE"

BY LEANNE BORNSCHLEGEL
OWNER OF ALPINE THERAPEUTICS

Have 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 CO₂ 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 CO₂ 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 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/





"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?



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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

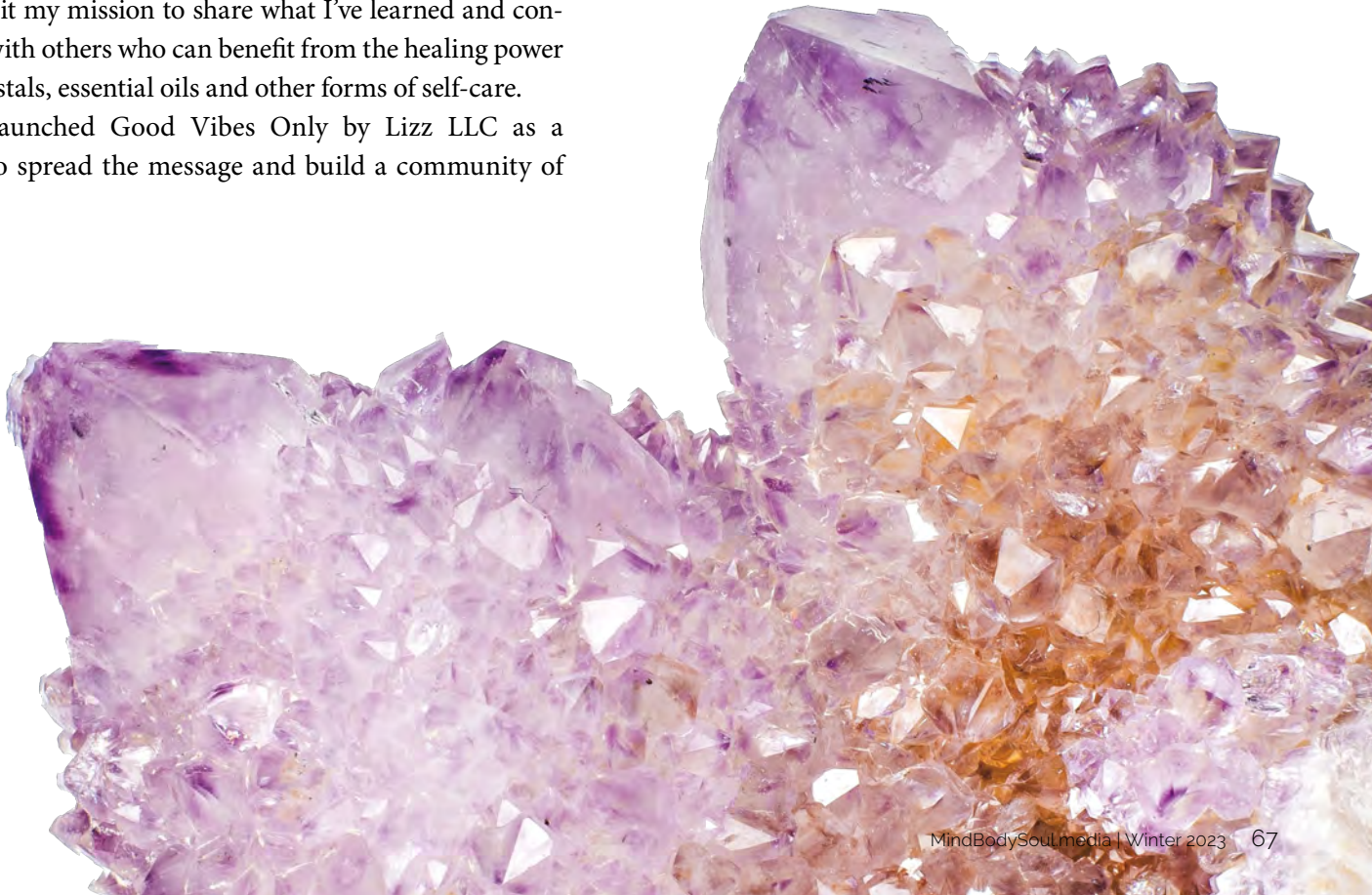
Lisette Pedraza

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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

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.

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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.





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.

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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.

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A Zoom Call *and a Prayer*

BY MARILYN EAGEN



As 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

Pace 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

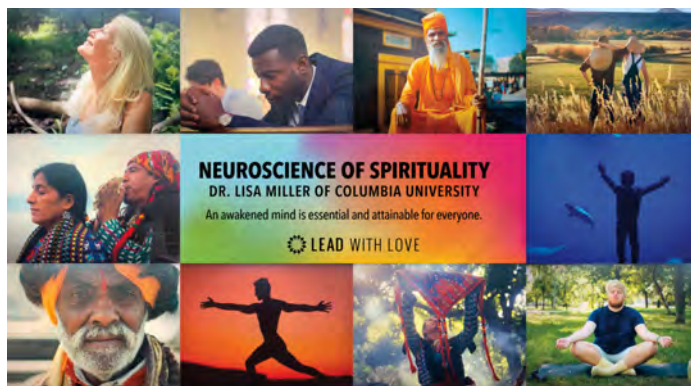
and interactions – the future is built through the present moment.

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.

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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.*

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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.

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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.

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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.

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Titanium Fitness

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

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

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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.

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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!

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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.

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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.

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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!

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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.

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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.

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Resources



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

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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.

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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.

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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.

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April Abbonizio

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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.

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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.

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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.

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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.

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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.

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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.

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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 / 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.

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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.

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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!

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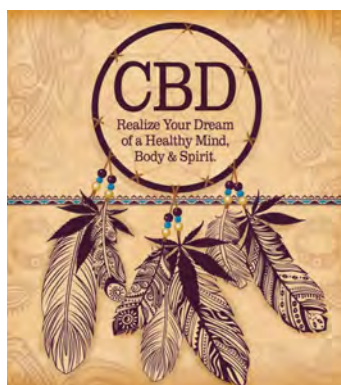
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Megan Sanders MPT, LMT

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.

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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.

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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).

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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.

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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.

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