

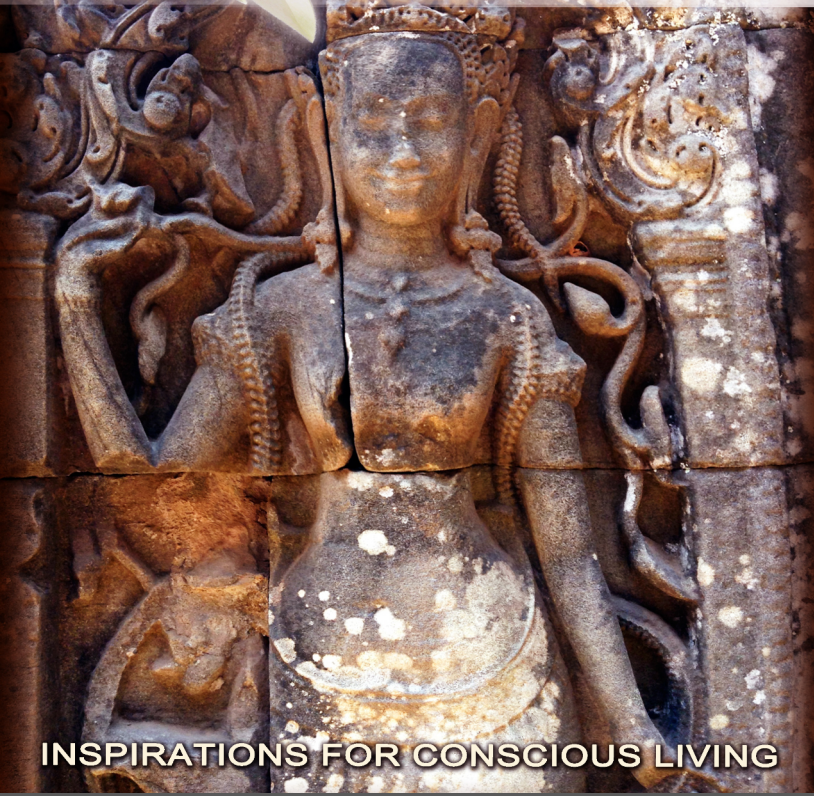


White

SW Florida Edition

Lotus
magazine

FREE
MAY/JUNE 2016



INSPIRATIONS FOR CONSCIOUS LIVING

*Allow every thought, word and action to blossom from the heart
and witness love creating a better world. - OFFERINGS OF SPIRIT*

**Our sorrows and wounds
are healed only when
we touch them with
compassion.**

- BUDDHA



"The Shaman's Whispers"

is a monthly column, offering bits of wisdom inspired by Native American teachings.

This month's wisdom is based on Lakota teachings.

WISDOM

FOR THE MONTHS OF MAY & JUNE

The Shaman's Whispers

*Like the grasses showing
tender faces to each
other, so should we do,
for this was the wish of
the Grandfathers of
the World.*

*The
Shaman
Lady*

Sonia
Dickson

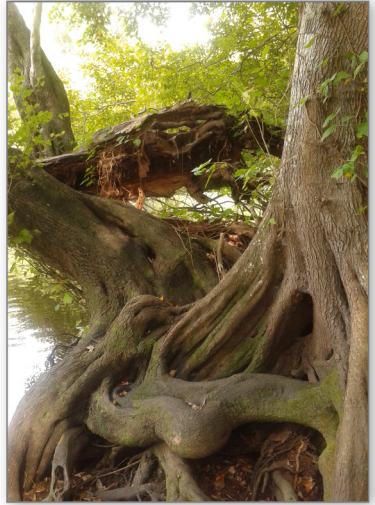


PHOTOGRAPH BY SONIA DICKSON



To be rooted
is perhaps the
most important
and least
recognized
need of the
human **soul**.

- SIMONE WEIL



PHOTOGRAPHY BY ANNA KRECICKI



"We are spiritual beings having a human experience."

- Pierre Teilhard de Chardin

The essence of White Lotus Magazine is to inspire positive thinking, natural health, and personal growth. Our intent is to gather information that can help our readers on their path to wellness, improving not only the physical, but also the emotional and spiritual aspects of their lives.

We attempt to provide guidance for conscious living with useful tips and articles on alternative health modalities, metaphysical topics, nature, exercise, nutrition, green living, and spiritual awareness.

We aspire to assist our readers along their spiritual paths -wherever they might be on their journey-, proposing greater knowledge and understanding of our true nature as energetic beings. We aim to offer insight into the dynamics of personal development with practical applications to our everyday life.

We don't confine our message to specific religious beliefs, practices or traditions. We welcome and accept any ideas that promote a healthy, content, and enlightened lifestyle, regardless of gender, age, race, or religion.

WHITE LOTUS MAGAZINE
is a free monthly publication
serving the SW Florida area.

Available at local health food stores, spiritual & healing centers, and other health-related businesses. (See list on our website) If you'd like copies at your location, please contact us. We welcome your comments and suggestions.

PUBLISHING EDITOR
Anna Krecicki

ASSISTING COPY EDITOR
Carol Glassman

CREATIVE SOURCE
Lisa Pilsner
S.E. Muller

CONTRIBUTING AUTHORS
Angela Passidomo Trafford
Barbara Cook
Bethanny Gonzalez
Carol Glassman
Janet Weisberg
John McMullin & Leigh Randolph
Sayer Ji
Sebastian Mancera & Zan DiCicco
Shemane Nugent

DISTRIBUTION & PR
Guy Cerrito

GRAPHIC DESIGN
Anna Krecicki

WHITE LOTUS
5555 Taylor Rd., Unit C.
Naples, FL 34109

CONTACT US

Ph: 239-687-0667

WhiteLotusMagazine@gmail.com

White Lotus Magazine does not necessarily endorse the views expressed in the articles and advertisements published in it. White Lotus Magazine assumes no responsibility or liability for any claims, conditions, products, services, errors, and/or opinions expressed through articles and advertisements appearing in it. Information is provided for educational purposes only, and is not advice or prescription. Statements have not been evaluated by the Food and Drug Administration; products and services published herein are not intended to diagnose, treat, cure or prevent any disease. Information given is intended for use in conjunction with direction from your physician. If you have or think you have a medical problem, seek qualified professional help immediately. Please check with your primary health care provider before making any changes.

www.WhiteLotusMagazine.com

NOTE *from the Editor*

When I first read Carol Glassman's article *Love, Not Always Many-Splendored* (see page 21) about the possibility of the word "love" being overused, I was thinking: "Oops, guilty as charged." It's not that I don't agree with the article, I absolutely do, since I was raised in a similar way as Carol, in a very respectful and private family with strong moral values -- where we just didn't say "I love you" to each other every five minutes. Not because we aren't an affectionate family, we are, but instead of saying the words repeatedly, my parents have shown us their love mostly through their actions and the way they have always cared for us.

When I came to live in the U.S. about 14 years ago, I was surprised and maybe even disturbed a little by how so many people overuse "I love you" and basically replace "good-bye" with it. Admittedly, I have adapted over the years and being a passionate and overly loving person, adoring so many things in life, I tend to use the verb excessively myself. When I express my love for someone or something, I often catch my friends responding to me with a smile: "Anna, you just love everything and everyone." But in my 'defense', when I say "love", I sincerely mean it.

I have formed this theory, that when I finish a conversation with a loved one over the phone or in person with "I love you", those three words might be the last thing that he or she hears coming from me. If anything were to happen to me or to the other person, I would want them to hear those words and to feel loved. So many times when someone passes away, their family and friends regrettably remember that the last conversation they had was a fight or that the last words uttered to each other were of anger.

Whether we say it often or not, love is in each one of us. It is the core of our being. We might ignore it, deny it, suppress it, misuse it, or try to protect ourselves from it so that we don't get hurt, but it is undeniably part of us. We can tune into that love whenever we choose. We can extend it into all areas of our life. We can choose to let it shape all of our thoughts, actions and decisions. And we can further expand it to all the people around us, to every living being, and to every moment of our life. When all our intentions and actions are motivated by this deep sense of love, we are then able to initiate a shift at a universal level.

- Anna Krecicki

MAY/JUNE



Table of Contents

- 8 ANIMAL SPIRIT GUIDE FOR MAY/JUNE: RACCOON
- 10 HIDDEN SOURCES OF ANXIETY
by John McMullin & Leigh Randolph
- 11 EMOTIONAL RESOLUTION MAY BRING US INNER PEACE
by Angela Passidomo Trafford
- 13 SEPARATION: THE ULTIMATE ILLUSION
by Janet Weisberg
- 14 JUICELATION: ORGANIC COLD PRESSED JUICES FOR YOUR ELATION
by Sebastian Mancera & Zan DiCicco
- 16 COLOR THERAPY: YELLOW
- 19 3 REASONS YOU'RE NOT AS HEALTHY AS YOU THINK YOU ARE
by Shemane Nugent
- 21 LOVE -- NOT ALWAYS MANY-SPLENDORED
by Carol Glassman
- 22 THOUGHT THERAPY
by Barbara Cook
- 24 AMAZING PLACES NEAR & FAR: ANGKOR WAT AND BEYOND PART 1
- 28 CRYSTAL THERAPY: SHUNGITE

30 ESSENTIAL OIL FOR MAY/JUNE: BASIL
by Bethanny Gonzalez

32 ASTRO CALENDAR

35 LOCAL BUSINESS DIRECTORY

44 TURMERIC, POSSIBLY THE MOST IMPORTANT HERB IN THE WORLD
by Sayer Ji

48 THE TREE OF CONSCIOUS LIVING



COVER PHOTO BY SONIA DICKSON



Photos from
Geosim
Images

ANIMAL SPIRIT GUIDE FOR MAY/JUNE:

Raccoon

Raccoons are nocturnal animals, travelling in small groups of one or two families searching for fruits and vegetables, often ransacking garbage pails – which we all may be painfully aware of. Raccoons seem indifferent when caught 'stealing', although if provoked they can become ferocious. They are strong and muscular and can hold their own in nearly all situations, teaching us to do the same. Raccoons often slosh their hands and food in water before eating. As studies indicate, this action gives them a more vivid tactile experience involved with eating and provides precise information on what they are about to eat.

Raccoons are excellent swimmers, though they prefer being up on trees. Up there they are aware of everything around them and see danger a long way off. Raccoons are highly curious – leaving no stone unturned. This has its up and down sides. Following one's curiosity can pave the way for new and exciting things. However, curiosity without caution can often lead to trouble!

The Raccoon's wisdom includes understanding the nature of disguise, dexterity, and secrecy; seeking guidance and confidence; questioning without fear; and balancing curiosity.

"ALL MY RELATIONS"

In North American Indian tradition, all beings in nature - animals, plants, and minerals - are viewed with respect as partners, protectors and helpers. Reconnecting us with Mother Earth and Father Sky, these relations from the natural world share their wisdom to help us to weave together the outer and inner worlds to find balance.

According to the Manataka American Indians, a spirit guide is a divine entity. It can be anything in Creation that speaks to a person through dreams, physical appearance, magnetic resonance (vibration), or by signs, symbols, words, or any other method or means of communication.

American Indians give special recognition to the power of the animal spirits. They call the process of connecting with animal guides and other parts of creation being 'One with Nature'. According to their teachings, you do not choose an animal spirit guide, the spirit guide chooses you. They decide to whom they will reveal themselves and make their friend.

Animal spirit guides are often referred to as animal totems, power animals, and spirit animals. These terms may be interchangeable and describe either a physical or spiritual entity that acts as a guide, messenger or protector.

Discovering your animal spirit guide is a process of paying attention to the spirits around you and following the signs. It is a practice of developing your inner knowledge and spiritual understanding.

The lessons an animal guide could offer are determined by the type of guide it may be. Learning to differentiate between the kinds of totems is important to knowing how to react and the actions you will take when an animal guide makes itself known to you. Based on the Manataka American Indian teachings, there are four basic types of animal guides:

- **A MESSENGER GUIDE** quickly comes into your life and then leaves once a message is understood.
- **A SHADOW ANIMAL GUIDE** is one that invades you with fear. Its purpose is to teach a lesson you have not learned from repeated mistakes because of anger, greed, insecurities, or other negative thoughts. A Shadow Guide will return again and again bearing strong feelings of fear until its message is acted upon or a change in lifestyle or actions are incorporated into your life.
- **A JOURNEY ANIMAL GUIDE** appears at the fork in the road of your life. When a decision is made to follow a certain path in life, the Journey Guide is there to serve as a guide along the way. It represents a path that may take months or years to complete.
- **A LIFE ANIMAL GUIDE** remains a part of you throughout life and reflects your inner spiritual self.

When Raccoon has come into your life:

- You are possibly encouraged to let go of a situation, person, belief or habit.
- It could also mean that you should accept the gifts being offered to you by the universe.
- You may be reminded to leave no stone unturned in your quest for resolution with the current problem you are facing. Take the time to look at the whole picture, the seen and the unseen, to find a solution.
- It might be a sign that eating mainly fruits and vegetables would be beneficial to your health.

If Raccoon is your Animal Guide:

- You are calm and serene under pressure and often calculating in your response to chaos.
- You tend to be both shy and charismatic, and once you get to know people around you, you are a very sociable person.
- You have an insatiable curiosity which can occasionally blind you to the dangers of exploring what you are interested in.
- You thrive on new experiences and new activities.
- You are an excellent problem solver and have a great deal of ingenuity in solving puzzles and mysteries.
- You are very tactile and tend to use your sense of touch before all other senses.

SOURCES:

Animal Speak by Ted Andrews
www.manataka.org
www.shamanicjourney.com/raccoon-power-animal-symbol-of-our-many-masks-dexterity
www.spirit-animals.com/raccoon/
www.animals.howstuffworks.com/mammals/raccoons-wash-food1.htm

OTHER SERVICES:

BIOFEEDBACK

INFRARED SAUNA

VIP LIGHT THERAPY

HONEY DETOX

SALT SCRUB

ENERGY/BODY WORK

DETOX FOOTBATH

John of God CRYSTAL BED

COMPRESSION THERAPY

BIOSTIMULATION

Salt Cave

HALOTHERAPY

A UNIQUE NATURAL THERAPY WHICH
BRINGS THE WISDOM OF NATURE TOGETHER
WITH THE ADVANCEMENTS OF TECHNOLOGY

*Every breath of salty air you take, every precious
microelement of salt you inhale in the salt cave is a bit of an
irreplaceable, natural therapy beneficial for many health conditions.*

ph: 239-403-9170

4962 Tamiami Trail N. Heritage Ct., Naples, FL 34103

www.saltcavenaples.com

HALOTHERAPY *for* PETS

Pets, just like people, can develop respiratory conditions, skin disorders, arthritis and allergies or suffer from pain, stress and depression. Halo therapy can bring safe and effective solutions not only for you, but also for your pet!

▪ ALLERGIES ▪ ARTHRITIS ▪ SKIN DISORDERS ▪ STRESS

The Salt Cave opens its doors to our four-legged friends after hours, offering private sessions for pets by appointment.



**PRIVATE HALOTHERAPY SESSIONS FOR PETS ARE NOW
AVAILABLE AT THE SALT CAVE BY APPOINTMENT!**

JOHN MCMULLIN H.C., CHT
HOLISTIC COACHING
HYPNOTHERAPY
FAMILY CONSTELLATIONS

30+ YEARS EXPERIENCE
AUTHOR/PUBLISHER/WORKSHOPS
LOCAL/GLOBAL PRIVATE SESSIONS
VISIT: SELF.GROWTH.WISDOM.COM
JOURNEYSOFWISDOM.COM
CALL: (614) 975-5433
OR (614) 888-1240

Leigh Randolph, DDS, MS, HC

Holistic Dream Coaching
BioField Scan for Stress Relief
Visionary CranioSacral Work

614.581.8703
JourneywithLeigh@aol.com

Angela Passidomo Trafford
Author, Spiritual Teacher

spiritual counseling
healing journey
intuitive readings

PH: 239-434-0757
Email: apttrafford@aol.com

Hidden Sources of Anxiety

by John McMullin and Leigh Randolph

How often do you feel anxious but can't seem to find reasons for the emotion? We often find ourselves upset about hidden issues to deflect what we are really upset about. One source of hidden anxiety comes from attachment to values learned in our early life that feel incongruent with our values today. Examples include, "Clean your plate. Remember how many starving children have nothing to eat", "Nice people don't get angry", "Mind your manners and don't speak out of turn", "You want to be upset? I'll give you something to be upset about", "Is this the best you could do?", and, "Shame on you".

Another source of anxiety can flow from the DNA of our heritage, genetic propensities, and the energetic connection we have with our ancestors. Overarching cultural beliefs can also bring us anxiety. Still another source of hidden anxiety emerges when we create stress through ownership of a home, participating in a relationship, or even buying something we always longed for. Once we obtain what we desired then we increase our anxiety to possess, maintain and control tangible assets or relationships. When our adult life brings challenges that activate old memories of shame and fear those emotions hide in our subconscious and conflict with our self-defined values of today.

Hidden anxiety is created from the emotional conflict between how we were told to live and how we choose to live. Parts of our ego remain attached to the right or wrong, good or bad messages of our childhood and create many forms of tension. We often experience sleepless nights, increased pulse rate and blood pressure, brain fog, lethargy, and unexplained irritability. Many people attempt to numb out hidden anxiety with drugs, alcohol, food, and other dysfunctional habits. We attempt to treat the symptom rather than the issue of being conflicted with values.

From a holistic perspective we can look inward with the help of a holistic coach or a therapist and discover hidden attachments that still compel us to feel conflicted in our mind and/or heart. We can make anxiety a friend if we allow it to be the messenger of these hidden conflicts. They can motivate us to struggle for the beliefs we once used for connection that now interrupt the flow of self-nurturing. In the process of discovering hidden conflicts we can expand our consciousness and self-forgiveness.

Holistic techniques can include hypnosis, archetypal dreamwork, family constellations, gestalt, and neurolinguistic programming. We can find a template that creates curiosity and courage to face our own creations of doubt, fear, and shame that hurt us emotionally, mentally, physically, spiritually, and intuitively. Some holistic practitioners use intuition for discovery and resolution while other techniques include finding our path through cognitive discoveries.

Once we have discovered our own path of using hidden anxiety as a tool of self-discovery and resolve, we can share our experiences with others and witness the self-empowerment of letting ourselves out of our own prison. When we don't have to carry the energy of conflict we are liberated to feel undefended and embrace life from curiosity rather than fear and shame.

ABOUT THE AUTHORS

John A. McMullin Sr is the founder of Journeys of Wisdom, Inner Achievement Methods and Director of Holistic Coaching Institute. He sees clients and teaches nationally and internationally. He also publishes SelfGrowthWisdom.com.

Leigh Randolph is retired from a career in dentistry and has been fascinated by the world beyond the five senses for decades. That has led her to working with clients and their dreams through Holistic Integrative Dreamwork, as well as scanning the biofield for stress patterns. She is available both locally and globally.

EMOTIONAL RESOLUTION MAY BRING US INNER PEACE

by Angela Passidomo Trafford

Patty came for my help because she was seriously ill with cancer. When we sat alone together, she was weeping with fear. It was not the cancer she was terrified of facing, it was looking within herself. She was afraid of what she might find, afraid a beast may lay lurking within and not an angel. Afraid she would find darkness instead of light. It is everyone's fear. We talked awhile and then I asked her to lie down and close her eyes while I relaxed her with therapeutic touch and a beautiful guided imagery.

As we worked together going deeply within, her inner being traveled back in time to when she was a young woman of 19. Her peaceful face held an awed, quizzical expression as she sought to explore a relationship with John, the only man she had ever loved, and with whom she had parted at that time. As she journeyed into the realization that she had chosen her present wealthy husband over the love of her life for all the wrong reasons, she burst into astonished tears and sobbed uncontrollably. Her marriage did not fulfill the needs of her soul.

"I can't believe this is coming up for me now," she cried, "forty-five years later!"

Though Patty had steeled her will in her early life decision, the past relationship still unconsciously haunted her. Though she took on the role of wife and mother and the years flowed quickly by, she had not forgotten her past love; and had never forgiven herself for leaving him. Though she had physically grown older, the past lived on -- alive and well in her heart. The idealistic young woman, tenderly and passionately in love with a man not her husband, begged for recognition as an ongoing internalized anger manifested now as part of physical illness. Patty's emotional past remained unresolved. Through God's grace, we were able to take the healing journey together and with time and love Patty was able to forgive herself for her decision and come to an acceptance.

When the past remains unresolved, it is amazing how it comes back at the most inopportune moments to haunt us either in the form of illness, addiction, or emotional blocks that keep us stuck spinning our wheels in life, instead of surging forward. The fact is: the body does not lie. We may try to lie to ourselves but life sweeps painfully in cracking through our denial and demanding the truth be known.

Finding the truth means resolution and release from internal bondage. We may cover up our feelings for years remaining in relationships that are stale and dry, jobs we despise, or any other form of self-deception. But we cannot deny our emotions forever. Somehow, some way, the truth will be revealed.

So often we are wronged by others and feel powerless to right the situation. With God's help and our sincere efforts, divine justice prevails. It might take time, but God's justice wins out in the end over any scheme of man. The key is to stay with God and to keep your faith.

Recently I saw a television special regarding innovative amnesty programs in prisons. It seems that victims of crimes cannot find psychological comfort or peace through any therapeutic means. At least one prison has instituted a program by which a victim may face his attacker or the assailant of a loved one in a secure setting and air his feelings and anger. The victim is allowed to ask any question of the assailant in order to bring resolution to his heart.

One man, Lewis, faced the murderer of his beloved and asked how she had died, what she had said, what the killer's motivation had been. He received answers. Then Lewis expressed his painful emotions and with much help, support and God's love was able to resolve his obsession and find inner peace. Upon hearing the truth, Lewis was able to take his power back.

The assailant also is forced to take emotional responsibility for his crime.

It takes courage to heal. We must all at one point in our lives pay the piper and face ourselves. Our inner being is emotional and real and is our living link to God on this Earth. With God in our hearts there is resolution.

The great soul Krishnamurti said, "Love is that which resolves all obstacles."

May we all with God's help find inner peace through an open, honest heart, willing to be set free by the beautiful truth of who we are.

Disclaimer: This article is proposed for informative purposes only. It is not intended to provide medical advice, diagnosis or treatment.

ABOUT THE AUTHOR

Former nationally syndicated columnist Angela Passidomo Trafford is a spiritual teacher and healer who resides in Naples, Florida. She is the author of two books, *The Heroic Path* and *Remembering the Language of God*. You may contact her at aptrafford@aol.com.

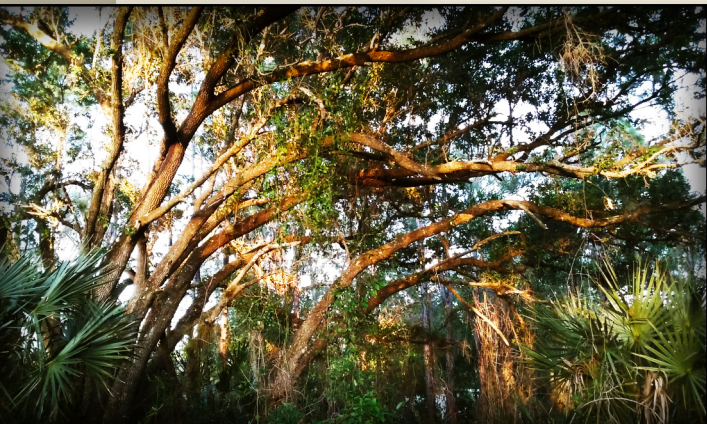


Nature is Life...



*I go to **nature** to be soothed and healed, and to have my senses put in order.*

- JOHN BURROUGHS



PHOTOGRAPHY BY ANNA KRECICKI

SEPARATION: *The Ultimate Illusion*

by Janet Weisberg

Do you feel fully prepared to be living on Earth at this time?

If we're willing to look at our lives through an unfiltered lens, we might recognize that some of the habits we've adopted and are struggling with, often on a daily basis, almost completely detach and desensitize us from Earth/Nature. On average, we spend 95% of our time indoors, experiencing self-induced entrapment through virtual technology which separates us from reality, excessive stress, conflict, judgment, war and too often, living or working in victim/perpetrator environments.

Are you aware of the master system we are endowed with at birth that makes it possible to survive and thrive here and now?

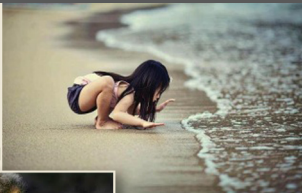
Our most critical loss as a species, living in, on and of Earth, is the suppression of our biologically potent, necessary and reclaimable sensory system. Our 54+ natural senses* are the vehicle that enables us to remember and receive the gifts of Nature that live within and around us. It's simple, for it's already a part of us. We experience reconnection through live interactions that lead to a sense of wonderment, joy, connectivity and love! As part of this profoundly perfect stream of life, our whole sensory system's purpose is, was and will always be, survival and thriving.

Are you ready to remember? Are you ready to wake up?

Our innate sense of being is inclusive, not exclusive, and our return to inclusivity will be gentle, kind and deeply healing. Reclaiming wholeness will come, when we are able to recognize the ways and means by which we have separated from truth and our true nature. Revelation: We've never been separate from nature. We are alive because the elements provide the life support system required. Our biological inheritance has always been available for us to connect and understand what life is and how it's sustained!

Rediscovery and recovery is rightfully ours to accomplish!

NatureConnected experiential learning is designed to "reconnect the dots". Here's the catch: truth can only be revealed in the present moment through reactivation, better known as Action Required! Identifying personal world views and the self discovery of what has been forgotten, is the magic that turns our world "right side up". It's now time to embrace the Truth of Whole that identifies mind, body, spirit and nature as a singular relationship.



Photos from Google Images



Truth: Earth's body is *our* body, Earth's health is *our* health, Earth's life is *our* life.

More Truths:

- Did you know that functioning with a whole brain is a definition of super intelligence?
- The way to achieve this wholeness is by reconnecting our multi-sensory system.
- From a whole perspective we can realize solutions that were unattainable before reconnection.
- Nature is Life and we are a part of its biophilia system; an instinctive bond between human beings and other living systems.
- Wellness is the outcome of reestablishing our ability to feel safe and thrive.
- The most efficient and natural solution to achieve this wellness state is through reconnection as it is wonderfully interactive and brings real balance back into our lives.
- Nature and Nurture are synonymous.
- Caregivers find renewed sustenance through reconnecting with Nature as its ways are perfect, sweet, easy, quick and most effective.

* Science recently confirmed the unified field as a sense, hence, the 54 senses. Read more at www.53senses.com.

ABOUT THE AUTHOR

My life's path and purpose are to speak the truths we've forgotten -- the truths of who we are, why we are here now and how we need to accomplish real change together; and to offer opportunities that let Earth teach and bring communities together to learn and share.

Contact: janet@53senses.com. (c) 239-280-8229

Live Whole & Thrive,

Janet R. Weisberg LLC, B.S Sociology, M.S Applied EcoPsychology, CT Traumatologist, CT Peace Ambassador, Project NatureConnect Educator, Guide and Facilitator, Ph.D of Philosophy Candidate



Juicelation: Organic, Cold Pressed Juices for Your Elation

by Sebastian Mancera and Zan DiCicco

Ditch the coffee and donuts, let us bring you a fresh juice to your office or home to start your day on the right note!

The motto of Juicelation is: "Grown. Pressed. Delivered." Our juices are fresh pressed daily, made from the purest, locally-grown, organic produce available, and delivered to your door for your convenience. Our primary goal is to accompany all our customers on their journey to better health. We believe that juicing is one of the quickest ways of reaching the highest forms of happiness, pride, and health. We created Juicelation to connect people with the healing power of fruits and vegetables. We want to see what your body can do when given the proper tools to heal itself.

Juicelation was born because of the need to define a certain state of elation (utmost happiness) one feels when completely nourishing the body through juicing. Modern food sources are not capable of supplying the body with the essential nutrients necessary for good, long-lasting health. In fact we are overfed, but undernourished. For this reason we have become dedicated to shifting the paradigm. Our goal is to make raw pure nutrients as convenient and available as possible. We are all aware that fruits and vegetables are good for us, but to get the suggested servings of these fruits and vegetables each day can be difficult. Especially for those of us who don't have enough time to source organic fruits and vegetables and prepare them. We believe that everyone should have the opportunity to "juicelate", and feel the amazing health benefits of Mother Nature's finest through juicing.

At Juicelation we believe in the body's natural ability to heal itself! Even with all the constant exposure to toxins we undergo every day, when given the right tools the body is able to repair, cleanse, and regenerate itself at the cellular level! The plant cellulose you ingest from the vegetable juices helps your gut flora to become balanced with good bacteria that feed on the plant cellulose. It takes a large amount of energy to break down the food you eat so abstaining from that allows your body to conserve that energy and put it to good use elsewhere. By flushing your body with fresh nutrients and water you cleanse and help regenerate your liver and kidneys which are essential for helping the body get rid of toxins, as well as sick and diseased cells.



Photo Credit: **Stills by Hernan**





Sebastian Mancera and Zan DiCicco, Founders of Juicelation



JUICÉLATION

Organic Cold Pressed Juice



At Juicelation, we have pure intentions, from our produce to our packaging. We take pride in our products and we want the best for our customers as well as our local and global environment. We believe in operating an eco-conscious and sustainable business, therefore we bid farewell to our plastic bottle option. Plastics (even BPA free plastics) have been known to contain harmful chemicals that may leach into the juice. These chemicals are carcinogenic; disrupting hormones and other body functions, not to mention they accumulate in landfills, are hard to break down, and end up in our atmosphere. For these reasons we have decided to go 100% glass. We've listened to you and made the necessary changes to our bottle to make it user and travel friendly.



After a successful season at local farmers markets and lots of support from their dedicated customers, Juicelation opened a storefront in 2015.

We believe in community. It is our duty to be a local and sustainable business. We team up and support other community oriented businesses to build a better world. By connecting people together in the community we hope to create an elated lifestyle for everyone – quality food, health, and living. Together we can change the world we live in.

We have grown very close to several organic farmers in the area and work with them to provide you with the very best our local environment has to offer.

Our juices are fresh pressed, made in small, handcrafted batches everyday. We never sacrifice quality for profit, that's our guarantee. We create our juices from the purest organic produce available. We use specialized cold pressed juicers to ensure maximum nutritional benefits are extracted. We also deliver to cater to your convenience, home or office: we'll make it happen. Our juice is unpasteurized, unheated, untreated, and chemical free.



We take pride in our process and strive to deliver the purest raw relation. We are fully committed to your highest health. That's why we are 100% cold pressed, customized, and organic! Juicelation is about personalization, with your individual needs in mind. You can order your custom juice or cleanse for next day delivery. You may place your order at www.juicelation.com or by calling (239) 398-0673.



Or come visit our Juice Bar located at 4947 Tamiami Trail N., Suite 104. Naples, FL, 34103 in the Liberty Plaza. Our organic juices, smoothies, salads, RAW food creations, kombucha on tap, cold brewed coffee, and yerba lattes are available daily. You can also find Juicelation at multiple local farmers markets (see list on page 50).



Photos from Google Images

laughter

COLOR THERAPY: **YELLOW**

self-expression

delight

vitality

wisdom

joy

yellow

intellect

sun

courage

willpower

enthusiasm

structure

clarity

BIOLIGHT MEDICINE

THE SCIENCE OF LIGHT MEDICINE

Where Ancient Healing and Today's Medicine Meet



The BioRay Light is safe, effective and timely.

Bringing The Antiquity of Healing Light to the 21st Century



Carmen Topper

BIOLIGHT MEDICINE is the science of health that creates safe solutions for today's ills. We consistently and repeatedly enjoy reversing the body's physical disruptions in health. Whether it be cellular, in the emotional field, or in the physical arena where pain can be the disruptive bandit stealing your joy. The enhanced cellular renewal that Einstein's theory spoke of is here and proven effective. With an 18 year success story, we at Biolight Medicine offer the photo repair (a term Einstein used when referring to the cellular renewal) that you would expect when speaking of Einstein's healing science.

We Create Safe Solutions For Today's Medicine.



Barbara Cook

This month's Focus is on Colitis, IBS and Crohn's Disease, the inflammatory bowel, and sciatica. If your knees are still giving you trouble and you've tried it all and yet the pain remains, this is a non invasive approach with remarkable results!

BARBARA COOK

Photobiotic Specialist

Bio-Molecular Healer and Researcher in
Photobiotics, the Science of Light Medicine

Contact: Biolightm@gmail.com

Call to schedule for private appointments!

239.777.4578

WWW.BIOLIGHTMEDICINE.COM

3 Reasons You're Not as Healthy as You Think You Are

by Shemane Nugent

You workout – or maybe you don't. You eat clean – or maybe you don't. Overall, you think you're pretty healthy, but are you really?

Here are a few simple things you may have overlooked in keeping yourself and your family healthy:

1. Chemicals in your home, car, and work

If you use chemical cleaners, artificially scented candles, and fabric softeners, you increase the risk of your family developing serious illnesses. In the good old days, soaps and cleaners were made with all natural ingredients. Now, unfortunately some of the chemicals in regular cleaning products and fabric softeners have been put on the Environmental Protection Agency's Hazardous Waste list. Chemicals like Ethanol, which can cause flu-like symptoms, and central nervous system disorders; Ethyl Acetate causes headache, nausea and vomiting; and Chloroform, a neurotoxin that causes problems with the liver, kidneys and central nervous system. Do you really want to snuggle up in sheets that have been washed with chemical solvents that can cause harsh side effects? Chemically scented candles have products like benzene, which is a known carcinogen that can actually cause developmental problems and brain damage. No thank you! Ditch the chemicals and opt for healthier choices that may cost a little more, or make your own with essential oils.

2. You're not exercising effectively (or at all)

If you've ever started an exercise program and lost inches and or weight, then suddenly (and sadly) you couldn't lose the last few inches or pounds, your body may have adapted to that physical stress. Try something new and exciting! As we age, it's important to maintain our flexibility and keep our bones strong. If you haven't been involved in an exercise program — it's never too late to start. (Check with your doctor first, of course.) It's important to challenge your muscles in a different way to strengthen them and break through plateaus. Try mixing it up: walk, run, lift weights, try Zumba fitness or aerial yoga, if you haven't already. You just might like it!

3. You're not getting proper nutrition

Work with a trusted doctor to get a nutrition program tailored to your specific needs. Food allergies cause minor or major side effects. Focusing on eating vegetables keeps me healthiest. I also eat lean protein, mostly fish, nuts and grains, but also venison and organic chicken on occasion. I'm on the 80/20 diet. Eighty percent of what I eat is clean, organic and super healthy. No processed foods and very little sauces and dressings. I eat mostly Gluten-Free. Twenty percent of my diet is, well, not so good. I love homemade chocolate chip cookies and natural potato chips. Find out what works best for you and your family to give you the nutrition that fuels your body best.

ABOUT SHEMANE

An ambassador for healthy living, Shemane Nugent has been a group fitness instructor for more than 30 years. She is a best-selling author, award-winning TV producer and host, motivational speaker filmmaker, and is passionate about helping people make a positive impact on their health and overall well-being. She has appeared on MTV, VH1, Discovery, CMT, C-Span, FOX, and many other national television and radio shows.

Shemane began her spiritual journey after discovering her home, which was once featured on MTV Cribs, was contaminated with toxic mold. She developed a life-threatening illness and took a year off from teaching group fitness classes to focus on regaining her health. How she healed herself and her family through alternative remedies like oxygen, infrared sauna and meditation is miraculous!

Shemane obtained a Master's degree in Metaphysics to not only help herself endure the tragedy of losing her home and all her belongings, but to understand the physiological effect negative experiences have on the body. In her new book, "4 Minutes a Day, Rock 'n Roll Your Way to Happy", which became a best-seller the day it launched on amazon.com, she shares her journey.

Shemane was divinely guided to write the book in three days, not just to share her stories of illness to wellness or sadness to happiness but also to be of service. By sharing the tragedies she had encountered in her life—losing her beloved home and becoming deathly ill, she realized she could help prevent others from experiencing such heartbreaks. Once barely able to walk, Shemane has fully recovered and is now an international Zumba® fitness presenter who is on a mission to share her passion for healthy living with others.

Shemane gives daily Periscope broadcasts and blogs weekly at shemaneugent.rockts, sharing her honest views about spirituality, faith, family, fitness, healthy living and her twenty-six year marriage to rock 'n roll legend Ted Nugent. Shemane is also a screenwriter. Her greatest accomplishment, though, is being a mother to her twenty-five year-old son, Rocco.

SHEMANE

Nugent



ORDER SHEMANE'S NEW BOOK ON AMAZON.COM
amazon.com/Minutes-Rock-Roll-Your-Happy/dp/1504326059/




Saraswati Sisters



*hOMemade healing
gemstone jewelry*

*made with
LOVE & intention*

Connect with us online at

 Etsy: SaraswatiSisters  Instagram: Saraswati_Sisters  Facebook: SaraswatiSisters

available locally at:

THOUGHTFUL THREADS LOVE YOGA OLD NAPLES SURF SHOP JUJCELATION WHITE LOTUS STUDIO
GODDESS I AM GENESIS NON-GMO VITAMINS AND MORE FOR GOODNESS SAKE ORGANIC MARKETPLACE, BONITA

LOVE - Not Always Many-Splendored

by Carol Glassman

This is about love. I'm not about to define it or lecture about it, just chat about it generally, and how I feel love is possibly being abused.

"What?" (I can see those eyebrows rising to the hairline now, in possible indignation.) "Love -- abused? How can there ever be too much love? How can it be used incorrectly?"

I know most people are capable of both giving and receiving love in different ways and in different amounts. What moves me to write about 'love abuse', I am pretty sure, is an incident that occurred when I was talking with a mere acquaintance on the phone and instead of saying "Good-bye" when she hung up, she said, "Love ya." I very badly wanted to say, "No, you don't!", but she was already gone. If I had succeeded, no doubt a marathon debate would have followed with no winner.

First of all I'll state clearly, that to some people, "Love ya" and "Love you" are two entirely different animals. The former seems to come out of the mouth of a totally uncommitted person, who might want you to think he or she is being a lot more sincere than he is. I personally don't split hairs on this: just because a person can't look another in the eye and clearly say "you" doesn't let him off my hook. In fact, I find it even 'scummy' and evasive to try to establish a comfortable and convenient distance for the speaker.

"Love you" is not something you have ever heard or will ever hear me say when I finish a telephone conversation. Believe me, it's not that I don't speak with people I love; it somehow strikes me as fake to mention it at the end of a phone call instead of saying "Good-bye". I'm possibly a little 'stingy' with my love, not about feeling it or expressing it -- perhaps 'discriminating' would be a better choice of word. Or perhaps I'm just a more strict advocate of, "Say what you mean, and mean what you say."

Are we all aware of how much people love during a day? They may love hot showers, their designer shoes, coffee for breakfast, the sports cars they drive, the fresh smell of the morning air, their jobs, their pets, their fellow workers and even their mates, parents and offspring, to name just a few. It may not be so important when your children are young but how will they feel later when they understand they evoked the same kind of passion from you as sushi, a latte, or a favorite tie?

I grew up in a family that a lot of people would judge as having an over-developed sense of privacy. If my father asked my mother for an item and she said, "It's in my handbag", my father would bring the handbag to her, he wouldn't go rummaging in it himself. To this day, in the homes of my siblings, I ask before I go into their refrigerators. That may seem a little extreme to you but I don't open closet doors or drawers -- it's just a habit to me. We were raised to be very respectful of each other, each other's possessions, and to keep our private lives strictly private -- never 'washing our laundry' in public. A large part of that, I am sure, includes keeping one's emotions in a 'safe place', especially where love is concerned. We all seem to be able to love each other strongly, unconditionally, and well, but we just don't feel the need to advertise it - we just don't need public approval to validate our feelings. The positive side of this, I guess, is when we state it the recipient knows it comes from a deep place and is quite sincere.

"I love you" isn't just a phrase we toss off every five minutes, when we go out a door or end a telephone call, and especially not when we are likely to be overheard by the anonymous general public.

I have cringed inwardly watching parents drop off their toddlers at nursery school, forcing them to repeat "I love you" before leaving them. The children may eventually say the words just to get off the hook, but how much meaning do you think three words have to a three or four-year old? They may go through life obediently repeating those three little words to parents and then to their own chosen mates, and by then those words will have as much value and depth of meaning as a simple "pass the salt" or "good-bye".

So what's the solution? We are living in a quickly changing world, one where things happen that might not have occurred a few years ago. We are accepting new ways of life every day, along with new ways of doing things and new language to describe our actions. We have to 'go with the flow', be flexible enough to accept changes, and we have to allow for different lifestyles.

I can agree with all of that, but there are just some things that I'd rather not see watered down over time and that, plain and simple, is the uttering of those three little words: I love you.

THOUGHT THERAPY

by Barbara Cook

- The Power of Positive Thinking

*L*ife's tide has destination, just as the river has destination. We cannot push the river but let it flow – through the rough, white water and over the rapids, to the gentle, cool resting waters. If we try to 'push the river', we disallow our very worth from glowing.

We are a rain drop in the river going to the sea. We are separately, yet together, sharing the ride.

If our thoughts and ongoing thinking can manifest into the physical, as we now know, then we shall cultivate our thinking and think only of what we want and never of what we do not want.

The emotional thought is sent off like a rocket to become joy.

By being giving and allowing the good feelings to become our roots for glowing, and as our experiences become enjoyable, we may expect more of what we think of to come. So we shall choose our thoughts and wrap them in emotions of greatness and worth.

We can start by thinking only positive thoughts and deleting all that does not serve our higher good. We can create our thoughts by wishing hard and believing truly in all that was ever said of good. We can count on it as fact that it gives more joy to have a warm heart and good thoughts than all else earth offers. The spirit of goodness lives in us. Cultivate it, feed it, and let it become.

When we are loving all of life and all is good, we often forget to bless others who are in the learning passage of living. Some stumble and perhaps fall. We shall not wish or pray their fate away but ask that they open up to receive what they are resisting. We shall pray that a more graceful awareness comes over them and that the lessons not be harsh.

The harsh lessons may come upon us because we often escape the lesser forms of divine direction set to guide us upward to joy.

If we listened to society and lived in society's consciousness then we would believe all that the media and news articles say about life and how to live it.

When we raise our consciousness and find our bliss in truthful knowing, when we find our discernment and know that we know, we then do not need any authority to tell us how to eat healthy or how to raise our children to be productive. There are many things we do not need to be told when we magnify the spot of light inside our hearts to reflect our higher knowing. It is love, it has only ever been love – and in love is truth. We must find it in ourselves before we can give it to others. How can we love another if we have not yet found it within, where it connects to Source?

Society has led our young to a place of artificial food, artificial love, artificial feelings, and unjustified self-glorification. This disables the heart from knowing the truth, so they take others' truths to be their own. They adopt what they do not take the time to find within themselves. That is why happiness evades them. It is not their truth but that of another.

If anything, what we should know for ourselves is to know love for the sake of loving and that loving others is for our sake. Often we must lead in order to follow. As we lead by example we too become.

Sometimes in the silence more is heard.

ABOUT THE AUTHOR

Barbara Cook is a photobiotic specialist, a bio-molecular healer, and a dedicated researcher in photobiotics, the science of Light Medicine. As a sought-after international lecturer on restoring health, she offers classes, courses, and seminars in the study of Nanotechnology, implementing molecular alignment and restoration of cells for complete physical repair. Contact Barbara at Biolight@gmail.com or at (239) 777-4578.

PHOTOGRAPHY BY SONIA DICKSON



Angkor Wat, Cambodia



Angkor Wat and Beyond [PART 1]

Angkor Wat, built during the early years of the 12th century by Suryavaram II, honors the Hindu god Vishnu and is a symbolic representation of Hindu cosmology.

Consisting of an enormous temple symbolizing the mythic Mount Meru, its five inter-nested rectangular walls and moats represent chains of mountains and the cosmic ocean. The short dimensions of the vast compound are precisely aligned along a north-south axis, while the east-west axis has been deliberately diverted 0.75 degrees south of east and north of west, seemingly in order to give observers a three day anticipation of the spring equinox.

SOURCE:

www.sacredsites.com/asia/cambodia/angkor_wat.html



The structures one sees at Angkor today, more than 100 stone temples in all, are the surviving remains of a grand religious, social and administrative metropolis. Angkor's other buildings - palaces, public buildings, and houses - were built of wood and have long since decayed and disappeared.



PHOTOGRAPHY BY
SONIA DICKSON

AMAZING PLACES

Near & Far



ANGKOR WAT is the largest religious monument in the world, with site measuring 162.6 hectares. The temples of Angkor, built by the Khmer civilization between 802 and 1220 AD, represent one of humankind's most astonishing and enduring architectural achievements. Orthodox archaeologists sometimes interpret the temples of the Angkor complex as tombs of megalomaniacal kings, yet in reality those kings designed and constructed the temples as a form of service to the gods, as well as their own subjects. The temples were places not for the worship of the kings but rather for the worship of god. Precisely aligned with the stars, constructed as vast three dimensional *yantras* (symbolic representation of divinity) and adorned with stunningly beautiful religious art, the Angkor temples were instruments for assisting humans in their realization of the divine.

SOURCE: www.sacredsites.com

PHOTOGRAPHY BY SONIA DICKSON



Sonia
Dickson



There is
a sense
of the
Divine
in all of
nature.

-HINDU THOUGHT



PHOTOGRAPHY BY SONIA DICKSON



Crystal Therapy: SHUNGITE



Shungite is an ancient stone, estimated to be around 2 billion years old. It is a black, lustrous, non-crystalline mineraloid its weight consisting of more than 98 percent of carbon. It looks similar to coal and leaves black dust on the hands when handled.

ATTRIBUTES	Protection, Grounding, Cleansing
ELEMENT	Earth
CHAKRA	Base/Root and Earth Star
MINED IN	Russia

SHUNGITE is the only known natural material to contain fullerenes, which are powerful antioxidants. Fullerenes are a form of carbon molecule that is neither graphite nor diamond. They consist of a spherical, ellipsoid, or cylindrical arrangement of dozens of carbon atoms. Fullerenes in Shungite can purify water and then infuse it with a potent healing vibration.

The energy embodied within this ancient mineral is said to absorb and eliminate anything that is a health hazard to human life. Shungite is believed to carry a multitude of metaphysical properties and potent healing powers.

Shungite is a rare stone that has only been found in one area in Russia, called Zazhoginskoye, near Lake Onega in the Shunga region of Karelia. Since its discovery in the 1700's, amazing results from its use have been recorded. Czar Peter was known to have come to the region to use water that had been infused with this mineral.

The origin of this 2-billion-year-old mineral is clouded in mystery. How it occurred on this planet is unclear. Some say this stone may have been formed in ancient oceans, which were inhabited by a variety of microscopic organisms that no longer live in our oceans. It is believed that when these organisms died, they broke down and became part of the seabed, forming unusual rocks. Other scientists hypothesize that it might have come to earth from outer space on a meteorite.

POSITION

Carry a small piece in your pocket or wear as jewelry for protection. Shungite chips of various sizes can be placed in water bottles and containers to purify your drinking water.

"Shungite is a real miracle. It is a cure of many illnesses and savior of lives."

HEALING

The number of uses for this mineral is quite astonishing. It is known to purify water -- eliminating pollutants such as pesticides and bacteria. Shungite is said to help restore emotional balance and aid the body in its healing by absorbing negative energy output. There have been many documented health benefits associated with drinking water infused with Shungite. Some of these benefits include counteracting insomnia, headaches and effects of stress; being a powerful immune booster; aiding sore throats, cardio-vascular disease, burns, diabetes, arthritis, kidney and liver disorders, chronic fatigue and much more. Shungite is also said to help skin complaints, and water infused with it may be used to cleanse problem areas.

METAPHYSICAL PROPERTIES

Shungite is a strong protecting and grounding stone. It is said to infuse the auric field* with light, and it allows only positive and beneficial energy to reach you. Shungite is a powerful stone to shield you from the electromagnetic radiation given off by electrical equipment, including computers, mobile phones, microwave ovens, and televisions.

It is a stone that has a strong earth connection, and it brings forth the ancient earth energy, providing powerful psychic protection. It is also believed to aid the gift of prophecy. Shungite is beneficial for both the Root and the Earth Star chakras.

NOTE:

Make sure you cleanse Shungite regularly. You can place it on a slab of Selenite or out in the sun to be energized and recharged.

*AURIC FIELD: The subtle biomagnetic sheath that surrounds the physical body, containing information about the person's physical, mental, emotional and spiritual state of being.

"Shungite cures, rescues, purifies, heals, protects, normalizes, restores and even stimulates the growth. Amazing rock: it kills and devours anything that harms people and other living beings, and concentrates and restores all that is good. The scholars who have studied shungite in one voice declare, it is a miracle!"

From the book *Shungite - the stone savior* by A. Doronina

SOURCES:

www.healing-crystals-for-you.com/shungite.html
www.crystalmountain.com.au/shungite.php
www.thebluesun.co.uk/shungite.htm

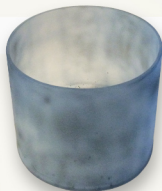
ALCHEMY™ CRYSTAL BOWLS at the White Lotus Studio

In this age of awakening, as our understanding of frequencies expands, we realize that the universe and everything in it resonates with specific vibrations and tones. As we are embracing our innate abilities to tune into the frequencies, we recognize not only the purity and clarity of energy contained in a given frequency, but also how it affects us mentally, emotionally, and spiritually. The crystal bowls are wonderful tools to assist with this process.

The entire human body, down to our very DNA is crystalline in structure, causing it to respond to the extraordinary frequencies associated with quartz crystal. The specific harmonic energy that emanates from the crystal singing bowls is determined not only by the bowl size and shape, but the combining of pure quartz with other elements including precious metals, gems, and minerals. The resulting "alchemy" tones are nothing short of incredible! The Alchemy Crystal Bowls are indeed powerful tools for transformation and healing.

Sound healing through crystal bowl meditation is both a passive and active experience. The passive aspect is that you become more relaxed by lying down and slowing your breath. By doing this, you actively prepare yourself to become the receiver of sound. It is in this place of stillness that you participate by becoming more open and aware of each sound that comes in. Sound helps create the pathway to this state of stillness – a state where genuine healing and enlightenment can take place.

THE SHUNGITE ALCHEMY™ CRYSTAL BOWL



The Shungite Alchemy Crystal Bowl is the ultimate grounding tool. The ancient energy carried by Shungite can help you form a strong connection to the earth. This deep primordial energy is said to evoke ancient spirits, offering powerful spiritual protection.

The sound of the Shungite Bowl fills the heart and the soul with Divine Light. It provides purification and brings about the release of physical, emotional, and spiritual toxins. Quartz crystal infused with Shungite aids physical and spiritual healing because of its ability to absorb and eliminate pollutants and impurities.

The Shungite infused crystal bowl can help remove negative states of being and achieve emotional balance. With intention, this bowl can be a helpful tool for removing negativity; enhancing psychic gifts and visions; and providing protection, nurture, and grounding.

SOURCE: www.crystalsingingbowls.com



ALCHEMY CRYSTAL BOWL SOUND HEALING & CHAKRA BALANCING MEDITATION

Let the healing sound of the crystal bowls touch your soul -- melting your stress away, providing deep relaxation and further expanding your consciousness...

**EVERY 2nd and 4th THURSDAY OF THE MONTH
6:30PM – 7:30PM**

Please bring yoga mat and pillow.
Love offerings are welcome. RSVP. Connie Myers at (239) 404-8892 or conniemyers1@gmail.com.
White Lotus Studio - 5555 Taylor Rd. Unit C. Naples


PRIVATE SESSIONS AVAILABLE BY APPOINTMENT! CALL 239-404-8892

Essential Oil for May/June: *Basil* (*Oscimum basilicum*)

by Bethanny Gonzalez, Certified Aromatherapist

Basil has been widely used since ancient times for various medicinal purposes. It is a popular and versatile herb, extensively used in Ayurvedic medicine and as a natural home remedy to treat nausea, motion sickness, diarrhea, coughs, mucous discharges, constipation, indigestion, certain skin diseases, respiratory problems, and diabetes.

Basil Essential Oil is derived from the leaves, stems, and flowers of the plant through steam distillation. This oil is a good source of Vitamin A, magnesium, potassium, iron, and calcium.



AROMA:	Sweet, spicy, fresh with a balsamic undertone
PROPERTIES:	Refreshing, anti-depressant, stimulating, restorative, antibacterial, and purifying
ELEMENT:	Fire
PLANET:	Mars
CHAKRA:	Third Eye and Heart
SPIRITUAL ASPECTS:	Love, Joy, Protection, Integrity, Trust



Gaia's Healing Gifts
Basil Essential Oil

www.GaiasHealingGifts.com

BENEFITS for Massage & Skin Care

- Enhances the luster of dull-looking skin and hair
- Can be used to treat acne and skin infections
- Reduces inflammation
- Soothes itching from bites and stings

HEALTH BENEFITS

- Provides relief from colds, flu, and fever
- May help with indigestion, constipation, and stomach cramps
- Can be used for asthma, bronchitis, and sinus infections
- Relieves coughs and pains
- Improves blood circulation and metabolism

EMOTIONAL USES

- Beneficial for depression, fatigue, anxiety, and nervous tension
- Provides mental strength and clarity

SPIRITUAL USES

- Assists in enlightenment, awareness, and understanding
- Awakens, cheers, and uplifts, making one aware of reality
- Soothes temper, creating harmony between partners
- Helps to connect with your partner and to be compassionate & understanding
- Balances and harmonizes, allowing the light of the Spirit to illuminate the soul

TIPS:

Give Basil Essential Oil as a gift to bring good luck to a new home. For protection, use 3 to 5 drops of Basil Essential Oil in an aroma lamp. Add 3 to 5 drops to love sachets to draw love to yourself. Sprinkle a drop or two on your wallet to attract the money you need to help support you on your spiritual path.

CAUTION:

May cause sensitivity in some individuals. Only use on skin when well diluted and combined with other soothing oils. Basil essential oil and basil in any other form should be avoided by pregnant, breastfeeding, or nursing women. As with all essential oils, never use undiluted in eyes or mucus membranes. Do not take internally unless working with a qualified and expert practitioner. Keep away from children.

DISCLAIMER: ALL INFORMATION CONTAINED WITHIN THIS PAGE IS FOR REFERENCE PURPOSES ONLY AND IS NOT INTENDED TO SUBSTITUTE THE ADVICE GIVEN BY A PHARMACIST, PHYSICIAN, OR ANY OTHER LICENSED HEALTH-CARE PROFESSIONAL. GAIJA'S HEALING GIFTS PRODUCTS HAVE NOT BEEN EVALUATED BY THE FDA AND ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY HEALTH CONDITION OR DISEASE.

RECIPE

for Massage Blend to stimulate metabolism

2 oz. Coconut Oil
13 drops Basil Essential Oil
13 drops Grapefruit Essential Oil

Blend all ingredients together and place in small container. Massage into abdominal, buttocks and thighs.

With Love and Light,

Bethanny

Gaia's Healing Gifts

Did you know?

Basil is broadly used in cuisines all over the world, but it is especially favored in Mediterranean food. It is the active ingredient of many Italian recipes such as pesto.

THIS ESSENTIAL OIL IS AVAILABLE AT GODDESS I AM HEALING & ART CENTER

Goddess
I AM

HEALING & ARTS
CENTER

239-228-6949

600 Goodlette Rd. N
(Empire Plaza)
Naples, FL 34102

Hours: Tuesday-Saturday 11 am - 5pm
Closed on Sunday, unless we have an event.

A CONSCIOUS LIVING SHOP FEATURING:

Healing Artisan Jewelry

Metaphysical Tools

Inspirational Gifts

Essential Oils

Crystals

Herbs

Soaps

Books

Local Art

Readings

Healings

Meditations

























Classes

and more...



Goddess
I AM

www.GoddessIam.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 MAY DAY  Mercury in Retrograde	2  Mercury in Retrograde	3  Mercury in Retrograde	4  Mercury in Retrograde	5 CINCO DE MAYO  Eta Aquarids Meteor Shower	6   NEW MOON Eta Aquarids Meteor Shower	7  Mercury in Retrograde
8 MOTHER'S DAY  Mercury in Retrograde	9 Rare Transit of Mercury Across the Sun  Mercury in Retrograde	10  Mercury in Retrograde	11  Mercury in Retrograde	12  Mercury in Retrograde	13  Mercury in Retrograde	14  Mercury in Retrograde
15  Mercury in Retrograde	16  Mercury in Retrograde	17  Mercury in Retrograde	18  Mercury in Retrograde	19  Mercury in Retrograde	20  Mercury in Retrograde	21   FULL MOON ARMED FORCES DAY Mercury in Retrograde
22  Mercury in Retrograde	23	24	25	26	27	28
29	30 MEMORIAL DAY	31	BLUE MOON: This rare calendar event only happens once every few years, giving rise to the term, "once in a blue moon." There are normally only three full moons in each season of the year. But since full moons occur every 29.53 days, occasionally a season will contain 4 full moons. The extra full moon of the season is known as a blue moon. Blue moons occur on average once every 2.7 years.			



May 6
NEW MOON



May 21
FULL MOON



April 28 - May 22
MERCURY IN RETROGRADE

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at at 19:29 UTC. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

METAPHYSICAL ASPECTS

The new moon is the symbol of new beginnings. This is a good time to contemplate upon your true motive. Now you can tune into your Soul or Higher Self. Stay calm, and let your Higher Self give you a vision of your true purpose. This is a time to breathe in deeply and move into a calm state of mind. In this state, you can watch your emotions come and go and not be affected by them. In this calmness, you begin to see your life more clearly; you begin to see what is possible.

SOURCE:

www.seasky.org
 www.cafeastrology.com
 www.mindbodygreen.com
 www.wincalendar.com

The Moon will be directly opposite the Earth from the Sun and will be fully illuminated as seen from Earth. This phase occurs at 21:15 UTC. This full moon was known by early Native American tribes as the Full Flower Moon because this was the time of year when spring flowers appeared in abundance. This moon has also been known as the Full Corn Planting Moon and the Milk Moon.

METAPHYSICAL ASPECTS

Since the full moon pours down a tremendous amount of energy, you must be in a calm state of mind to receive a positive effect. Remember that whatever is going on in your body, mind and spirit will be amplified. Refrain from arguing and getting angry. Think positive thoughts. Envision your dreams manifesting. Meditate. Send blessings to people in need. The full moon is the time to stay calm, let things go, breathe deeply through difficult moments and forgive others for their mistakes.

Three, and sometimes four times a year, the planet Mercury appears to be moving backwards in the sky for a period of approximately 3 weeks. Retrograde cycles are essentially illusions that result from our point of view from Earth. Simply because the Earth is also orbiting the Sun at a different speed than the other planets.

METAPHYSICAL ASPECTS

Although it may only be an illusion in the skies, many of us insist that Mercury in retrograde influences our everyday life tremendously. In Astrology, the planet Mercury has rulership over such things as communication, negotiating, buying and selling, information, formal contracts, documents, travel, transportation, and so forth. All of these areas of life can be affected when Mercury is in retrograde. Mercury's retrograde period can cause our plans to go awry. During this time, remain flexible and allow time for extra travel. Decision-making is challenged during Mercury in retrograde. It is not advised

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 NEW MOON	6 RAMADAN (start)	7	8	9	10	11
12	13	14 FLAG DAY	15	16	17	18
19 FATHER'S DAY	20 FULL MOON SUMMER SOLSTICE	21	22	23	24	25
26	27	28	29	30		

to sign contracts, engage in important decision-making, or launch a new business. Delays and challenges are more probable with Mercury in retrograde. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions. It's a time when being careless with money, our personal information, or paperwork can be costly. However, this is an excellent time for organizing and to reflect on the past. We look at the world a little differently and can come up with some very important inner revelations, although, it may be difficult to communicate them under this influence. Mercury in retrograde periods can be times of heightened inner awareness, when meditation, reworking old plans, and reviewing past work are favored. Intuition is high during these periods, and coincidences can be extraordinary. Not everyone feels the effects of Mercury retrograde. Those born with Mercury retrograde in their natal chart, may not notice the effects above.

SOURCE:
cafeastrology.com/mercuryretrograde.html



June 5
NEW MOON

The Moon will be directly between the Earth and the Sun and will not be visible from Earth. This phase occurs at 02:59 UTC. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.



June 20
FULL MOON

The Moon will be located on the opposite side of the Earth as the Sun and its face will be fully illuminated. This phase occurs at 11:02 UTC. This full moon was known by early Native American tribes as the Full Strawberry Moon because it signaled the time of year to gather ripening fruit. This moon has also been known as the Full Rose Moon and the Full Honey Moon.



June 20
SUMMER SOLSTICE

The June solstice (or summer solstice) occurs at 16:38 UTC. The North Pole of the earth will be tilted toward the Sun, which will have reached its northernmost position in the sky and will be directly over the Tropic of Cancer at 23.44 degrees north latitude. This is the first day of summer in the Northern Hemisphere and the first day of winter (winter solstice) in the Southern Hemisphere.

METAPHYSICAL ASPECTS

Summer represents life in full bloom, a time to enjoy ourselves. Spiritual growth is a continual process but summer does represent a period of spiritual flowering. It is generally a time to reap the rewards of accumulated spiritual efforts rather than starting a new flow of energy. Summer Solstice is an excellent time to take a moment to express your gratitude to the Divine for what you have and all that has been done for you.

SOURCE:
www.spiritualarts.org/blog/evolving-your-soul/the-summer-solstice-and-spiritual-development



Samantha Banks
Spiritual Teacher, Intuitive Guide and Coach

- Channeled Readings
- Crystal Healings
- Cord Cuttings
- DNA Activations
- Tarot
- Reiki
- Astral Travel
- Psychic Development
- Shamanic Initiations
- Qabbala

info@mysticsjourney.com 239-272-5168 www.mysticsjourney.com

Guiding you in finding your Light, Wellness & Empowerment

CONTACT ME TODAY FOR A FREE CONSULTATION

LOVE:

the Key to Inner Peace

The most powerful motivating force is love. Love inspires and transforms. To release our judgments, to let go of past events and forgive others, we must feel love not only toward them, but also toward ourselves and all that is around us. This kind of love requires a sense of inner peace. It might be a process within many of us to find this state of calm and contentment, but once we realize that experiencing inner peace comes not by mastering it but by choice, we can stop searching. The potential is already within all of us. To find peace of mind is to be filled with love and light. And that is a choice we all can make for ourselves.

THE NAPLES SCHOOL OF THOUGHT CONSCIOUSNESS

a Place of Benevolent Outcomes



AN INSPIRATIONAL SHOWCASE OF
SPEAKERS, TEACHERS & EDUCATORS
BROUGHT TO YOU BY

BARBARA COOK & ASSOCIATES

The earth is cleansing, hear her speak. Meet Janet Weisberg - Earth Psychology

Barbara Cook is working in the ethers for the planet and for personal adjustments as we enter the new realms of knowing with awareness.

(239) 777-4578

801 Anchor Rode Dr. Suite 203, Naples
REASONABLE FEES FOR PURPOSEFUL LEARNING

THE VARIED TOPICS COVERED INCLUDE:

- Expanding Beliefs
- Reframing Thoughts
- Allowing Your True Image
- Update the Chakra System for the New Paradigm we are in
- Clearing Birth Trauma
- It's a Practice
- Clear Family Lineage

SEE CALENDAR FOR DATES AT
WWW.BIOLIGHTMEDICINE.COM

Pick a subject that resonates with you, and share your interpretations and truths.



A ACUPRESSURE

HOLISTIC HEALING ARTS
Alvina Quatrano, LMT
(732) 266-5276
3323 Olympic Dr., #722 Naples
www.HolisticHealingArts.info

ACUPUNCTURE

ACUPUNCTURE CARE OF NAPLES
(239) 877-2531
501 Goodlette-Frank Rd, Naples
www.napleslacupuncture.net

ACUPUNCTURE CENTER OF NAPLES
Dr. Xiu Qiong Cen, AP, M.D.
(239) 513-9232
5683 Naples Blvd., Naples

ACUPUNCTURE FACELIFT
(239) 430-6800
3811 Airport Rd., Naples
www.DrTemiEvans.com

ALFRED CORMIER, D.O.M.B., B.S.
Doctor of Oriental Medicine
(239) 530-3997
4947 Tamiami Tr. N., #206, Naples, FL
www.proloppuncture.com

DR. HU PAN, A.P.
(239) 821-4482
2670 Horseshoe Dr. N., #202, Naples

Dr. Karen Yale
(239) 947-1177
28315 S. Tamiami Tr. Suite 101. Bonita Sp.

GULF COAST ACUPUNCTURE
(239) 841-6611
1250 Tamiami Tr. N., Naples
www.GulfCoastAcupuncture.com

JOHN E. PATTON, A.P., M.A., LMHC
(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

PATRICIA ACERRA, Lac, Dipl Ac. CChT
(239) 659-9100
2335 Tamiami Tr. N., #303B, Naples
www.HealthAndBeautyClinic.net

ALTERNATIVE MEDICINE

ALTERNATIVE NATURAL HEALTHCARE
(239) 947-6234
16517 Vanderbilt Dr., #3, Bonita Springs
www.alternativenaturalhealthcare.net

DR. JOEL YING, MD
(239) 200-6793
2335 Tamiami Tr. N., #206., Naples
www.JoyHealthWellness.com

JOHN E. PATTON, A.P., M.A., LMHC
HEALING ARTS CENTER
(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

ALTERNATIVE MEDICINE CONT.

INSIGHT TO HEALTH AND WELLNESS
Nancy J. Vance, MD, FAARFM
(239)-261-0074
1500 5th Ave. S., Suite A2-104, Naples
www.Insight2HW.com

SUSAN WINTERS, MMQ (China)
Shamanic Healer
Specializing in the healing arts of Qigong
(239)340-1036
panguswf@gmail.com

ANIMAL HEALTH / PET CARE

NAPLES DOG CENTER & SALON
(239) 530-3647
630 Tamiami Trail N, Naples
www.naplesdogcenter.com

MICHELLE'S PET SITTING
(347) 622-6157
Naples - Bonita Springs
www.michellesspetsitting.com

ANTI-AGING

BRAD FERRINGO, ND HD
Balanced Health Concierge
(239) 248-0455
info@balancedhealthconcierge.com
www.balancedhealthconcierge.com

INSIGHT TO HEALTH AND WELLNESS
Nancy J. Vance, MD, FAARFM
(239)-261-0074
1500 5th Ave. S., Suite A2-104, Naples
www.Insight2HW.com

AROMATHERAPY

GAIA'S HEALING GIFTS (See ad on p.50)
Bethanny Gonzalez
(239) 253-3303
www.gaiahealinggifts.com

ART & JEWELRY

FOUR WINDS GALLERY
(239) 263-7555
40 13th Ave. S., Naples
www.fourwindsnaples.com

GODDESS I AM (See ad on this page)
HEALING & ART CENTER
(239) 228-6949
600 Goodlette Rd, Naples
www.GoddessIAM.com

MEMORIAL GLASS ART AND JEWELRY
BEVERLY'S TROPICAL GLASS DESIGN
(239) 455-3778
4711 Pine Ridge Rd, Naples



READINGS
HEALINGS
CLASSES
EVENTS
MEDITATIONS
GODDESS ACADEMY
PSYCHIC FAIRS

Goddess I AM

(239) 228-6949
600 Goodlette Rd. Naples
www.GoddessIAM.com



**Healing Arts Center
& Yoga Studio**

Promoting Wellness as a Way of Life...

1065 5th Ave N, Naples FL 34102
PH: (239) 262-6828
www.HACNaples.com



Unique in life, Unparalleled in tribute

Memorial Glass Artwork

*Transform the ashes of a
loved one into an everlasting
piece of glass art or jewelry.*



4711 Pine Ridge Rd. Naples, FL 34119
(239) 435-0037 Office
(239) 877-4616 Elissa George/Consultant
(239) 289-5561 Lennart Casperen/Consultant

Local Business Directory

ART & JEWELRY CONT.

ROSEN GALLERY & STUDIOS

(239) 821-1061
North Line Plaza, 2172 J & C Blvd., Naples
www.facebook.com/richardwrosenart

SILVER EAGLE GALLERY

(239) 403-3033
850 5th Ave. S., Naples
www.silvereaglegallery.com

VINO'S PICASSO

(239) 431-8750
2367 Vanderbilt Beach Rd., #805, Naples
(239) 288-6953
15250 S Tamiami Tr., Ft. Myers
www.vinospicasso.com

ASTROLOGY

ANGELIÉA

(239) 289-8602
www.angeliea.com

BOB MULLIGAN

(239) 261-2840
www.theastrologycompany.com

CAROL BELLIS, CSC, CPLC

(508) 728-4680
Bonita Springs
www.CarolBellis.com

PENELOPE SMITH

(239) 403-3061

AYURVEDA

AYURVEDA CLINIC

Christina Carlin
(239) 450-6903
501 Goodlette Rd. N. #A200, Naples

KISHOR'S KITCHEN

Michael Zimbelman
Ayurveda Lifestyle Consultant
(239) 564-0892
1042 Summerfield Dr., Naples
kishorskitchen@aol.com

B BIOFEEDBACK

KELLY BONE, CBS, LSHC

(239) 209-7786
Ft. Myers - Bonita Springs - Naples
www.indigoforwellness.com

LEIGH RANDOLPH, DDS, MS, HC, VCSW

Biofield Scanning for Stress Relief
(614) 581-8703
JourneysofWisdom.com

SALT CAVE

(239) 403-9170
4962 Tamiami Trail N., Naples
www.saltcavenaples.com

BODYWORK

DR. STUART WRIGHT, ND

Certified Advanced Rolfer
(239) 272-6443
Naples - by appointment

JENNIFER HUNLOCK (MA#13379)

(239) 287-9113
Naples/Bonita Springs by appointment

HARMONIZING BODYWORK

Erik Nelson at the Salt Cave
(239) 403-9170
4962 Tamiami Trail N., Naples
www.saltcavenaples.com

LAURA BARNES

Certified Advanced Rolfer
(239) 825-8555
2335 Tamiami Tr. N., #206, Naples

LORRAINE FRONGILLO, CFMW, LMT, MFT

239-841-HEAL (4325)
www.lorrainefrongillo.com

PAULA TERRY, LMT (MA35358)

(239) 821-3088
www.doulalove.org

BOOKS

GODDESS I AM

HEALING & ART CENTER
(239) 228-6949
600 Goodlette Rd. Naples

UNITY OF NAPLES

(239) 775-3009
2000 Unity Way, Naples
www.naplesunity.org

THE MYSTICAL MOON

(239) 301-0655
8951 Bonita Beach Rd, Ste. 255, Bonita
(239) 939-3339
8890 Salrose Lane, Unit 107, Fort Myers
www.TheMysticalMoon.com

USED BOOKS - at the Pine Ridge Road

Farmers Market on Sundays (9am-2pm)
(239) 200-4401
3370 Pine Ridge Rd., Naples
www.naplesmarketplace.net

C CHELATION

CHELATION CENTER OF NAPLES

(239) 594-9355
975 Imperial Golf Course Blvd., #107., Naples

CHINESE ENERGY MEDICINE

SUSAN WINTERS, MMQ (China)

Specializing in the healing arts of Qigong
(239) 340-1036
panguswf@gmail.com

CHIROPRACTORS

CHIRO CARE EXPRESS

(239) 330-3830
15205 Collier Blvd., #105, Naples
www.ChiroCareExpress.com

CHIROPRACTIC PHYSICIANS

Dr. Karen Yale and Dr. Gary Gendron
(239) 947-1177
28315 S. Tamiami Tr., Suite 101., Bonita Sp.

LIVING WELL CHIROPRACTIC

(239) 498-2225
10020 Coconut Rd., #134, Bonita Springs
www.livingwellff.com

NAPLES ABUNDANT HEALTH

CHIROPRACTIC
(239) 287-7450
2310 Immokalee Rd., Naples

NETWORK CHIROPRACTOR

Dr. Michele Pelletiere
(239) 949-1222
9138 Bonita Beach Rd., Bonita Springs

NORTH TRAIL CHIROPRACTIC CLINIC

(239) 261-5222
4530 Tamiami Tr. N., Naples
www.northtrailchiropractic.com

RIEBESSELL CHIROPRACTIC CENTER

Dr. Robert Riebesell & Dr. Brad Fisher
(239) 592-0304
1001 Crosspointe Dr #1, Naples
www.riebesellchiropractic.com

THRIVE CHIROPRACTIC

(239) 325-8226
5644 Tavilla Cir., #104, Naples
www.thrivenaples.com

TOTAL HEALTH OF NAPLES

(239) 260-1426
10661 Airport Pulling Rd. N. #11, Naples
www.totalhealthnaples.com

COLON THERAPY

CLEANSING SPRINGS, INC.

(239) 596-1110
6714 Lone Oak Blvd, Naples
www.Cleansingsprings.com

RB INSTITUTE, INC.

(239) 939-4646
13601 McGregor Blvd., Ft. Myers
www.robynberry.com

CRANIOSACRAL THERAPY

JENNIFER HUNLOCK (MA#: 13379)

(239) 287-9113
Naples/Bonita Springs by appointment

PAULA TERRY, LMT (MA35358)

(239) 821-3088
www.doulalove.org
(See ad on page 51)

CRYSTALS & MINERALS

ALTERED ELEMENTS
(239) 430-0654
532 Park St. Naples

EARTH'S AURA
www.earthsaura.com

GODDESS I AM HEALING & ART CENTER
(239) 228-6949
600 Goodlette Rd. Naples
(See ad on p.31)

INFINITE STONES, LLC
(678) 717-8584
12911 Metro Pkwy., Ft. Myers
www.infinitestonesllc.com

THE MYSTICAL MOON
(239) 301-0655
8951 Bonita Beach Road, Ste. 255, Bonita
(239) 939-3339
8890 Salrose Lane, Unit 107, Fort Myers
www.TheMysticalMoon.com

SALT CAVE
(239) 403-9170
4962 Tamiami Trail N., Naples
www.saltcavenaples.com

SILVER EAGLE GALLERY
(239) 403-3033
850 5th Ave. S., Naples
www.silvereaglegallery.com

SHANGRI-LA SPRINGS Gift Shop
(239) 949-0749
27750 Old U.S. 41 Rd. Bonita Springs
www.shangrilasprings.com

WHITE LOTUS STUDIO
(239) 687-0667
5555 Taylor Rd., Unit C, Naples
(See ad on p.40)

DREAM WORK

LEIGH RANDOLPH, DDS, MS, HC, VCSW
Holistic Dream Coaching
Visionary CranioSacral Work
(614) 581-8703
JourneysOfWisdom.com

DOULA SERVICES

PAULA TERRY, LMT (MA35358)
(239) 821-3088
www.doulalove.org

EAR CANDLING

LISA PILSNER
(239) 298-1545
By appointment at the White Lotus Studio
5555 Taylor Rd., Unit C, Naples
OnTheGoFitness@gmail.com

EDUCATION

EVERGLADES UNIVERSITY
Online Classes
(855) 723-9087
www.evergladesuniversity.edu

HOLISTIC HEALING ARTS
(732) 266-5276
3323 Olympic Dr., #722 Naples
www.HolisticHealingArts.info

ENERGY HEALING

BETH BROWN-RINELLA
(239) 228-6949
GODDESS I AM HEALING & ART CENTER
600 Goodlette Rd. Naples
(See ad on p.31)

BETHANNY GONZALEZ (See ad on p.50)
(239) 253-3303
600 Goodlette Rd. Naples
www.gaiahealinggifts.com

CONCERNED HEALTH ALTERNATIVES
Lynn D. Thomas, R.N., CHL.
(239) 494-1363
Naples
www.HyponosisBasics.com

CORE STAR
Jim Crabtree
(239) 597-7372
www.CoreStarEnergyHealing.com

CSONGOR DANIEL, B.S., L.M.T., C.P.T.
(941) 391-3527
North Port
www.csongordaniel.com

HARMONIZING AMBIENT ENERGY
(239) 910-6576
mariahubbuch@ol.com

HEALING ARTS CENTER
(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

JOHN MCMULLIN, H.C., CHT
(614) 975-5433
Practicing locally and globally
JourneysOfWisdom.com

KATHY HALL
Soul Awakening Energy Healing
www.HiddenWholeness.com

LORRAINE FRONGILLO, CFMW, LMT, MFT
239-841-HEAL (4325)
www.lorrainefrongillo.com

MAUREEN SANDERS
THE HORSE SHAMAN
(239) 253-9008
www.TheHorseShaman.com

NANCY SANTANA
(239) 895-4476
Lehigh Acres
www.nancysantana.com

ENERGY HEALING CONT.

SUKYO MAHIKARI
(239) 300-1633
Naples
www.sukyomahikari.org

ESSENTIAL OILS

CONNIE MYERS (See ad on page 44)
(239) 404-8892
Naples area - by appointment

GAIA'S HEALING GIFTS (See ad on p.50)
Bethanny Gonzalez
(239) 253-3303
www.gaiahealinggifts.com

FARMERS MARKETS

PINE RIDGE ROAD FARMERS MARKET
(239) 200-4401
Sundays, 8AM - 12PM
3370 Pine Ridge Rd., Naples
www.naplesmarketplace.net

THIRD STREET SOUTH FARMERS MARKET
(239) 649-6707
Saturdays, 7:30AM - 11:30PM
245 13th Ave S, Naples
www.thirdstreetsouth.com/farmersmarket

VANDERBILT FARMERS MARKET
(239) 273-2350
Saturdays, 7:30AM - 12PM
2355 Vanderbilt Beach Rd., Naples

FITNESS

EMILIE BROMLEY - A BOUTIQUE FITNESS STUDIO
(239) 404-8127
www.emiliebromley.com

FERRARI FITNESS
(239) 300-0039
431 Bayfront Pl, Naples

GLUTEN FREE FOOD

EPIPHANY
(239) 398-4428
Saturdays at the Vanderbilt Farmers Market
www.epiphanyglutenfree.com

FORGETABOUTIT BAKERY
(239) 250-0842
www.ForgetbouditBakery.com

FOR GODNESS SAKE
(239) 353-7778
7211 Radio Rd, Naples, FL 34104
(239) 992-5838
9118 Bonita Beach Rd, Bonita Springs
www.forgoodnesssake123.com

F

G

Local Business Directory

HEALTH FOOD STORES

FOOD & THOUGHT

(239) 213-2222
2132 Tamiami Tr. N. Naples
www.foodandthought.com

FOR GOODNESS SAKE

(239) 353-7778
7211 Radio Rd. Naples, FL 34104
(239) 992-5838
9118 Bonita Beach Rd. Bonita Springs
www.forgoodnessake123.com

NATURE'S GARDEN

(239) 643-4959
2089 Tamiami Trail N. Naples

HEALTHY DINING

THE CIDER PRESS CAFÉ

(239) 631-2500
1201 Piper Blvd #26, Naples
www.ciderpresscafe.com

FOOD & THOUGHT

(239) 213-2222
2132 Tamiami Tr. N. Naples
www.foodandthought.com

HAPPINESS HEALTHY CAFÉ

(239) 362-2075
3332 Cleveland Ave. Fort Myers
www.happinesshealthycafe1.com

JANE'S GARDEN CAFÉ

1209 3rd Street S. Naples, FL 34102
239.261.2253
JanesNaples.com

KITCHEN 41

(239) 263-8009
2500 Tamiami Tr. N., Naples
www.kitchen41.com

THE LOCAL

(239) 596-3276
5323 Airport Pulling Rd N, Naples
www.thelocalnaples.com

LOVING HUT

(239) 254-9490
975 Pine Ridge Rd., Naples
www.lovinghut.us

M WATERFRONT GRILLE

(239) 263-4421
4300 Gulf Shore Blvd N, Naples
www.mwaterfrontgrille.com

PIZZA FUSION

(239) 262-8111
2146 Tamiami Tr. N., Naples
www.PizzaFusion.com/Naples
(239) 337-7979
12901 McGregor Blvd #5, Fort Myers
www.PizzaFusion.com/FortMyers

THAI BASIL

(239) 262-8777
2616 Tamiami Trail N. Naples
www.thaibasinaples.com

HERBS/ HERBAL MEDICINE

ALFRED CORMIER, D.O.M., B.S.

Doctor of Oriental Medicine
(239) 530-3997
4947 Tamiami Tr. N. #206, Naples, FL
www.prolopuncture.com

CATHY'S HERBS AND BOTANICALS

(239) 595-0586
281 9th St. S., Naples
www.cathysherbsandbotanicals.com

DR. MORSE, N.D., D.Sc., M.H.

(941) 255-1979
Port Charlotte
www.dr.morsesherbalhealthclub.com

GODDESS I AM (See ad on page 31)

HEALING & ART CENTER
(239) 228-6949
600 Goodlette Rd. Naples

HOLISTIC / NATURAL HEALING CENTERS

A HOLISTIC APPROACH CENTER

(239) 243-8423
11615 Chitwood Dr., #120, Fort Myers
www.aholisticapproachcenter.com

AXIS NATURAL MEDICINE

(239) 288-0900
7680 Cambridge Manor Pl., Fort Myers
www.acupunctureclinicfortmyers.com

EYES WIDE OPEN CENTER

(239) 948-9444
202 & 204, 9200 Bonita Beach Rd SE,
Bonita Springs
www.eyeswideopencc.com

HEALING ARTS CENTER

(See ad on back cover)
(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

INSIGHT TO HEALTH AND WELLNESS

Nancy J. Vance, MD, FAARFM
(239)-261-0074
1500 5th Ave. S., Suite A2-104, Naples
www.insight2HW.com

INTEGRATIVE LIFE INSTITUTE

Grace Barr, BA, LMT
(239) 293-7711
958 2nd Ave N, Naples
www.integrativelifeinstitute.com
(See ad on page 39)

INTEGRATIVE MINDFULNESS

(239) 590-9485
3372 Woods Edge Cir. #102, Bonita
Springs
www.integrativemindfulness.net

MONARCH THERAPY LLC

INTEGRATIVE HEALING CENTER
(239) 325-9210
4500 Executive Dr., #100, Naples
www.MonarchTherapy.com

HOLISTIC/NAT. HEALING CENT. CONT.

RB INSTITUTE, INC.

(239) 939-4646
13601 McGregor Blvd., Ft. Myers
www.robynberry.com

SALT CAVE

(239) 403-9170
4962 Tamiami Trail N., Naples
www.saltcavenaples.com

SHANGRI-LA SPRINGS

(239) 949-0749
27750 Old U.S. 41 Rd., Bonita Springs
www.shangrilasprings.com

WELLBRIDGES, INC

(239) 481-5600
9200 Bonita Beach Rd., #113, Bonita Spr.
www.DebPost.com

HOLISTIC / NATURAL HEALTHCARE PRACTITIONER

CAROL L. ROBERTS, M.D., ABIHM

(239) 649-7400
800 Goodlette Rd. N., Naples
www.PearlHealth.com

CHRISTINA CARLIN

(501) 450-6903
501 Goodlette Rd. N. #A200, Naples

DEBORAH J. POST, MSN, ARNP

(239) 481-5600
9200 Bonita Beach Rd., #113, Bonita
www.debpost.com

DR. STUART WRIGHT, ND

(239) 272-6443
Naples – by appointment

GRACE BARR, BA, LMT (See ad on p39)

(239) 293-7711
958 2nd Ave N, Naples
www.integrativelifeinstitute.com

LEORA DAPPEN MS, CNP

(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

NANCY SANTANA

(239) 895-4476
Lehigh Acres
www.nancysantana.com

HOMEOPATHY

BRAD FERRINGO, ND HD

Balanced Health Concierge
(239) 248-0455
info@balancedhealthconcierge.com
www.balancedhealthconcierge.com

DAVID A. DANCU, JD, ND

(239) 434-2497
851 Fifth Ave. N., Suite 303., Naples
DDancu@gmail.com

HOMEOPATHY CONT.

LEIGH RANDOLPH, DDS, MS, HC, VCSW
(614) 581-8703
Cape Coral
JourneysOfWisdom.com
(See ad on page 47)

NEW DAWN EASTERN MEDICINE
(239) 362-0668
16317 Tamiami Trail S, Fort Myers
www.fortmyersacupuncture.com

HYPNOSIS / HYPNOTHERAPY

CAROLYN BEAUCHAMP
Certified Clinical Hypnotherapist
(239) 300-1633
carolynbeauchamp@gmail.com

GODDESS I AM (See ad on page 31)
HEALING & ART CENTER
(239) 228-6949
600 Goodlette Rd, Naples
www.GoddessIAM.com

JOHN MCMULLIN, H.C., CHT
(614) 975-5433
Practicing locally and globally
JourneysOfWisdom.com

LYNN D. THOMAS, R.N., CHT.
(239) 494-1363
www.HypnosisBasics.com

INTUITIVE

ANNE DANCU
Intuitive Medium
(239) 272-2583
HealingWordsCreativeSpirit@gmail.com
www.HealingWordsCreativeSpirit.com

BETH BROWN-RINELLA
(239) 228-6949
GODDESS I AM HEALING & ART CENTER
600 Goodlette Rd, Naples
www.GoddessIAM.com

BETHANNY GONZALEZ (See ad on p50)
(239) 253-3303
600 Goodlette Rd, Naples
www.gaiahealinggifts.com

JOHN MCMULLIN, H.C., CHT
(614) 975-5433
Practicing locally and globally
JourneysOfWisdom.com
(See ad on page 47)

KATHLEEN MCGREGOR
Medium Clairvoyant
(239) 687-8122
kbemcgregor@hotmail.com

SUSANNA TOCCO
Intuitive Readings
(239) 262-0811
1100 6th Ave. S, Suite 229A, Naples
www.SusannaTocco.com

IRIDODOLOGY

DR. MORSE, N.D., D.Sc., M.H.
(941) 255-1979
Fort Charlotte
www.drmosherherbalhealthclub.com

EVERWELL
Cheyne Goulden
(213) 590-0694
Naples - by appointment
www.facebook.com/everwellhealth

SACRED SPIRIT YOGA & WELLNESS
(239) 675-9777
5385 Park Central Ct, Naples
www.sacredspirityoga.com

KINESIOLOGY

GOLDMAN CHIROPRACTIC
(239) 254-0003
1001 Crosspointe Dr., Naples

OLD NAPLES CHIROPRACTIC HEALTH CENTER
(239) 262-0606
689 Tamiami Tr. N., #D, Naples
www.drdebs.com

LIFE COACHING (HOLISTIC)

INNER PEACE RESOLUTIONS, LLC
(239) 537-8248
2900 14TH ST. N., #2, Naples
www.innerpeaceresolution.com

JOHN MCMULLIN, H.C., CHI
(614) 975-5433
Practicing locally and globally
JourneysOfWisdom.com

KEN FRIED
(316) 633-1576
Serving clients locally and globally
www.kentried.me

LEIGH RANDOLPH, DDS, MS, HC, VCSW
(614) 581-8703
Cape Coral
JourneysOfWisdom.com

MEDITATION

GODDESS I AM (See ad on page 31)
HEALING & ART CENTER
(239) 228-6949
600 Goodlette Rd, Naples

INNER PEACE RESOLUTIONS, LLC
(239) 537-8248
2900 14TH ST. N., #2, Naples
www.innerpeaceresolution.com

SHANGRI-LA SPRINGS
(239) 949-0749
27750 Old U.S. 41 Rd, Bonita Springs
www.shangrilasprings.com

METAPHYSICAL CENTERS

ALTERED ELEMENTS
(239) 430-0654
532 Park St, Naples

GODDESS I AM (See ad on page 31)
HEALING & ART CENTER
(239) 228-6949
600 Goodlette Rd, Naples
www.GoddessIAM.com

THE MYSTICAL MOON
(239) 301-0655
8951 Bonita Beach Rd, Ste. 255, Bonita
(239) 939-3339
8890 Salrose Lane, Unit 107, Fort Myers
www.TheMysticalMoon.com

WHITE LOTUS STUDIO
(239) 687-0667
5555 Taylor Rd., Unit C, Naples
(See ad on p40)

Grace
HEALING CENTER
An Integrative Life Institute
ENERGY MEDICINE
MIND BODY SPIRIT
239-293-7711
GRACE BARR, BA, LMT
Integrative Life Guide
958 2nd Ave. N. Naples, FL 34102

WHITE LOTUS STUDIO



5555 Taylor Rd, Unit C, Naples, FL 34109

ZEN LIVING

offering a large
selection of

SELENITE LAMPS

and
so much more...

PH: (239) 687-0667

**CRYSTALS . MINERALS
METAPHYSICAL TOOLS
GEMSTONE JEWELRY . USED BOOKS**

OPEN WED, THURS, FRI, SAT by appointment only!

NATURAL NAIL CARE

LUXE NAIL LOUNGE
(239) 261-5893
2120 Tamiami Tr. N., Naples
www.luxenailsfnaples.com

NATURAL NAIL CARE CLINIC
(239) 254-8788 OR (239) 254-8145
877 91st Ave. N., Naples
www.naplesncc.com

NATURAL MANI/PADI at SASHY HAIRDESIGN CLUB
(239) 331-4100
4951 Tamiami Tr. N., Suite 108, Naples
www.sashyhairdesignclub.com

SALON SHANGRI-LA Organic Salon & Spa
(239) 949-9030
3440 Renaissance Blvd., Ste. 6, Bonita
SalonShangri-La.com

NATUROPATHY

BRAD FERRINGO, ND HD
Balanced Health Concierge
(239) 248-0455
www.balancedhealthconciierge.com

DAVID A. DANCU, JD, ND
(239) 434-2497
851 Fifth Ave. N., Suite 303., Naples
DDancu@gmail.com

DR. MORSE, N.D., D.Sc., M.H.
(941) 255-1979
Port Charlotte
www.dr.morsesherbalhealthclub.com

DR. STUART WRIGHT, ND
(239) 272-6443
Naples - by appointment

NOVELTY / HANDMADE GIFTS

DEAR DIANA Novelty Cards
(239) 263-6682
www.DearDiana.com

GODDESS I AM (See ad on page 31)
HEALING & ART CENTER
(239) 228-6949
600 Goodlette Rd. Naples
www.GoddessIAM.com

PINE RIDGE ROAD FARMERS MARKET
(239) 200-4401
Sundays, 8AM - 12PM
3370 Pine Ridge Rd., Naples
www.naplesmarketplace.net

SHANGRI-LA SPRINGS Gift Shop
(239) 949-0749
27750 Old U.S. 41 Rd. Bonita Springs
www.shangrilasprings.com

WHITE LOTUS STUDIO (See ad on p40)
(239) 687-0667
5555 Taylor Rd., Unif C, Naples

NUTRITION & HEALTH

BRAD FERRINGO, ND HD
Balanced Health Concierge
(239) 248-0455
www.balancedhealthconciierge.com

LEORA DAPPEN MS, CNP
(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

HEALING ARTS CENTER
(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

NUTRITION SPECIALISTS OF FLORIDA
Dr. Gary Gendron
(239) 947-1177
28315 S Tamiami Tr. #101, Bonita Springs
www.doctorgendron.com

ORGANIC/GREEN CLEANING

DIAMOND CLEANERS
100% Organic Garment Cleaner
(239) 254-9914
877 91st Ave. N., Naples
www.diamond-cleaners.com

ECO-GREEN CLEANING SOLUTIONS
(239) 596-9740
5741 Cove Cir., Naples
www.eco-greencleaningsolutions.com

ORGANIC CLOTHING

CASANOVA BOUTIQUE
(239) 450-6844
4370 Gulf Shore Blvd. N. Suite 704
www.casanova-boutique.com

SASSIS ORGANIC CLOTHING
(239) 449-8417
2068 J&C Blvd. Naples
www.sassiscollections.com

THOUGHTFUL THREADS
(239) 434-0469
2142 Tamiami Trail N. Naples
www.thoughtful-threads.com

ORGANIC HAIR CARE

ANDREA'S ORGANIC HAIR STUDIO
(239) 514-4707
6714 Lone Oak Blvd, Naples

IMAGE BY JOE
(239) 682-4668
13040 Livingston Rd. Suite 9, Naples

RAW HAIR ORGANIC SALON
(239) 206-0939
2940 Immokalee Rd. Suite #4, Naples
www.rawhairorganics.com

ORGANIC FARMS

COLLIER FAMILY FARMS
(239) 207-5231
5321 Ave Maria Blvd., Ave Maria
www.collierfamilyfarms.com

OAKES FARMS
(239) 732-0144
2205 Davis Blvd, Naples
www.oakesfarms.com

ORGANIC FOOD / OTHER

FOOD & THOUGHT
(239) 213-2222
2132 Tamiami Tr. N. Naples
www.foodandthought.com

FOR GOODNESS SAKE
(239) 353-7778
7211 Radio Rd, Naples, FL 34104
(239) 992-5838
9118 Bonita Beach Rd. Bonita Springs
www.forgoodnesssake123.com

BODY AND SOUL CAFE
Plant based, Organic, Gluten free
(239) 682-3663
9331 N Tamiami Tr #12, Naples
www.bodyandsoulcafe.com

JOYFUL JUICING
(239) 908-6879
1035 Collier Center Way #10, Naples
joyfuljuicing.com

JUICELATION (See ad on page 50)
239-398-0673
juicelation@gmail.com
www.juicelation.com

ORGANICALLY TWISTED FOOD TRUCK
Marquesa Plaza
13040 Livingston Rd, Naples
www.organicallytwisted.com

PIZZA FUSION
(239) 262-8111
2146 Tamiami Tr. N., Naples
(239) 337-7979
12901 McGregor Blvd #5, Fort Myers
www.PizzaFusion.com

SHANGRI-LA SPRINGS
Organic Lunches
(239) 949-0749
27750 Old U.S. 41 Rd. Bonita Springs
www.shangrilasprings.com

PAIN MANAGEMENT

CSONGOR DANIEL, B.S., L.M.T., C.P.T.
(941) 391-3527
www.csongordaniel.com

MUSCLE ACTIVATION TECHNIQUES
(239) 940-2121
1750 J&C Blvd. #10 Naples
www.NoFadsAllFitness.com

Local Business Directory

PERSONAL TRAINER

ERIC ECCLES
Holistic Fitness Trainer
(239) 398-9123
Naples, Bonita Springs, Estero, Ft. Myers

PILATES / GYROTONIC

GYROTONIC OF NAPLES, LLC
(239) 290-7499
3415 Radio Rd., #104, Naples
www.gyrotonic.com

PILATES ON THE MOVE
(239) 561-0295 OR (239) 910-0638
13010 Metro Pkwy., Fort Myers

PSYCHIC/MEDIUM

CANDYCE STRAFFORD
(239) 949-3387
www.OneWorldOneLight.org

KATHLEEN MCGREGOR
Medium Clairvoyant
(239) 687-8122
kbermcgregor@hotmail.com

JAY HIGGINS
(941) 529-6288
Cape Coral
www.jayhiggins.net

SUSANNA TOCCO
(239) 262-0811
www.SusannaTocco.com

PSYCHOTHERAPY

CONSCIOUS CHOICES
Carol Cirabisi, MS, LMFT, PA
(239) 434-5855
501 Goodlette Rd N Ste C210, Naples
www.consciouschoices.net

JOHN E. PATTON, A.P., M.A., LMHC
Healing Arts Center
(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

MARIE S. WRIGHT, MAPC, LMHC
(239) 529-7919
501 Goodlette Rd. N., #D100, Naples

JILL WHEELER, MA, LMHC, RYT
(239) 595-3199
2335 Tamiami Tr. N., #206, Naples
www.wellfirstinstitute.com

MONARCH THERAPY
(239) 325-9210
843 Myrtle Terrace, Naples, FL
www.monarchtherapy.cals.net

R REIKI

MICHAEL ZIMBLEMAN
Kishor's Kitchen
(239) 564-0892
1042 Summerfield Dr., Naples
kishorskitchen@aol.com

SUSANNA TOCCO
(239) 262-0811
www.SusannaTocco.com

S SKIN CARE

OLIVÉ SKIN CARE
Carolee Dukes
(239) 404-1446
www.oliveskincare.com

ORGANIC SKINCARE & BODYWORX
(239) 514-4494
13240 Tamiami Tr. N., #207, Naples

SKIN...A WELLNESS RETREAT
(239) 250-5812
806 Anchor Rode Dr., Naples
www.TheBeautyOfBeingWell.com

SOUND HEALING

CATHY BLAIR
Singing Bowl Concerts - Privates & Groups
Certified Seraphim Blueprint Teacher
(239) 398-3953
Naples

DANA HOUSE
Quantum Healing - Sacred Sound
(239) 571-5234
www.quantumhealing-acredsound.com
Naples

SPA / DAY SPA

CLOUD9 FLOAT & SPA
(239) 529-3235
1250 9th St. N. Tamiami Tr, Naples
www.cloud9spa-naplesfl.com

EXLIS TRIM AND TONE SPA
(139) 596-5522
1201 Piper Blvd. #20, Naples
www.Trimandtonespa.com

PURELY YOU SPA
Certified Organic Spa
(239) 331-8266
3066 Tamiami Trail N #302, Naples
www.purelyyouspa.com

SPA DE LARISSA
(239) 571-9900
3811 Airport Rd. N., #201B, Naples
www.FacialSpaDelarissa.com

U-TOPIA SPA
(239) 263-3447
4077 Tamiami Tr. N., Suite D103, Naples
www.u-topiaspa.com

SPA/DAY SPA CONT.

THE WOODHOUSE DAY SPA
(239) 403-7727
2059 9th St. N., Naples
naples.woodhousespas.com

SPIRITUAL CENTERS

CENTER FOR SPIRITUAL LIVING
(239) 574-6463
406 SE 24th Ave., Cape Coral
www.cslcapecoral.com

GODDESS I AM HEALING & ART CENTER
(239) 228-6949
600 Goodlette Rd. Naples
www.GoddessAm.com
(See ad on page 31)

HOUSE OF GAIA
(239) 272-6152
1660 Trade Center Way, Naples
www.houseofgaia.org

LIGHT THE WAY SPIRITUAL CENTER
(239) 250-4710
Naples
www.Light-theWay.com

THE MYSTICAL MOON
(239) 301-0655
8951 Bonita Beach Road, Ste. 255, Bonita
(239) 939-3339
8890 Salrose Lane, Unit 107, Fort Myers
www.TheMysticalMoon.com

UNITY OF NAPLES
(239) 775-3009
2000 Unity Way, Naples
www.naplesunity.org

T TAROT READING

BETHANNY GONZALEZ (See ad on p50)
(239) 253-3303
600 Goodlette Rd. Naples
www.gaiasheddinggifts.com

GODDESS I AM HEALING & ART CENTER
(239) 228-6949
600 Goodlette Rd. Naples
www.GoddessAm.com

KATHLEEN MCGREGOR
Medium Clairvoyant
(239) 687-8122
kbermcgregor@hotmail.com

SOULMATE TAROT
(239) 285-5229
www.SoulmateTarot.com

SUSANNA TOCCO
(239) 262-0811
www.SusannaTocco.com

PENELOPE SMITH
(239) 403-3061
Naples

THERAPEUTIC MASSAGE

CHRISTINA MITCHELL, LMT, PFT, MLD, CDP
(239) 293-0960
822 Anchor Rode Dr., Naples
www.bestbodymassage.com

HARMONIZING BODYWORK
ERIK NELSON at the Salt Cave
(239) 403-9170
4962 Tamiami Trail N., Naples
www.saltcavenaples.com

HEALING ARTS CENTER
Brittany Snyder, LMT
(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

HOLISTIC HEALING ARTS
Alvina Quatrano, LMT
(732) 266-5276
3323 Olympic Dr., #722 Naples
www.HolisticHealingArts.info

INSIDE BEAUTY BY LAUREL
(773) 750-9004
999 Trail Terrace Drive, Suite C., Naples

JENNIFER HUNLOCK
(239) 287-9113
Naples/Bonita Springs by appointment
MA#: 13379

KAREN BEATTY, LMT, NC
(239) 269-7788
Naples
www.BalancedEnergyandHealth.com

NAPLES MEDICAL MASSAGE
(239) 248-1281
999 Trail Terrace Drive, Suite C., Naples
www.naplesmedicalmassage.com

WELL BEING MASSAGE THERAPY
(239) 248-5535
971 Michigan Ave., Naples
www.wellbeingmassage.com

WEIGHT LOSS / BODY CONTOUR

CONTOUR BODY WORKS
(239) 489-3063
26381 Tamiami Tr., #36, Bonita Springs
16120 San Carlos Blvd #5, Fort Myers
www.contourbodyworks.com

LEORA DAPPEN MS, CNP
(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

NAPLES NON-SURGICAL BODY SCULPTING
(239) 596-4802
2355 Vanderbilt Beach Rd, #146, Naples
www.naplesnonsurgicalbodysculpting.com

SALT CAVE
(239) 403-9170
4962 Tamiami Trail N., Naples
www.saltcavenaples.com

WELLNESS CENTERS

BRAD FERRINGO, ND HD
Balanced Health Concierge
(239) 248-0455
www.balancedhealthconcierge.com

CLOUD9 FLOAT & SPA
(239) 529-3235
1250 9th St. N., Tamiami Tr, Naples
www.cloud9spa-naplesfl.com

HEALING ARTS CENTER
(See back cover)
1065 5th Ave. N., Naples
www.HACNaples.com

INSIGHT TO HEALTH AND WELLNESS
(239) 261-0074
1500 5th Ave. S., Suite A2-104, Naples
www.Insight2HW.com

INTEGRATIVE LIFE INSTITUTE
(239) 293-7711
958 2nd Ave N, Naples
www.integrativelifeinstitute.com
(See ad on page 39)

NAPLES FAMILY HEALTH & WELLNESS CENTER
(239) 206-3810
970 5th Ave. N., Naples
www.back2healthnaples.com

SACRED SPIRIT YOGA & WELLNESS
(239) 675-9777
5385 Park Central Ct, Naples
www.sacredspirityoga.com

SALT CAVE
(239) 403-9170
4962 Tamiami Trail N., Naples
www.saltcavenaples.com

SHANGRI-LA SPRINGS
(239) 949-0749
27750 Old U.S. 41 Rd, Bonita Springs
www.shangrilasprings.com

YOGA

ASHTANGA YOGA MYSORE PROGRAM
at SHANGRI-LA SPRINGS
(239) 949-0749
27750 Old U.S. 41 Rd, Bonita Springs
www.shangrilasprings.com

BIKRAM YOGA NAPLES
(239) 596-4549
6634 Willow Park Dr #100, Naples
www.bikramyogannaples.com

BKS YOGA STUDIO
(239) 213-9276
2900 Tamiami Trl N, Naples
www.bksyogastudio.com

GREENMONKEY YOGA
(239) 598-1938
6200 Trail Blvd., Naples
www.greenmonkey.com

HEALING ARTS CENTER & YOGA STUDIO
(239) 262-6828
1065 5th Ave. N., Naples
www.HACNaples.com

LO'S YOGA
(239) 877-1293
www.losyogannaples.com
(See ad on page 44)

LOVE YOGA CENTER
(239) 692-9747
4949 Tamiami Trail N #204, Naples
www.loveyogacenter.com

MEREDITH MUSICK, E-RYT, LMT
Master Yoga Teacher
(239) 269-8846
www.meredithmusick.com

MPOWER STUDIO
(239) 249-1304
2800 Davis Blvd., Naples
www.mpowerstudio.com

NAPLES YOGA CENTER
(239) 592-4809
13240 Tamiami Tr. N. #206, Naples
www.naplesyogacenter.com

SOUND HEALING YOGA
at GODDESS I AM
HEALING & ART CENTER
(239) 228-6949
600 Goddette Rd, Naples
www.GoddessIAM.com

YOGA LOFT NAPLES
(239) 260-7725
Mercato, 9123 Strada Pl, Naples
www.yogalofnaples.com

ZERO BALANCING

HOLISTIC HEALING ARTS
Alvina Quatrano, LMT
(732) 266-5276
3323 Olympic Dr., #722 Naples
www.HolisticHealingArts.info

VITAMINS & SUPPLEMENTS

FOOD & THOUGHT
(239) 213-2222
2132 Tamiami Tr. N, Naples
www.foodandthought.com

FOR GOODNESS SAKE
(239) 353-7778
7211 Radio Rd, Naples, FL 34104
(239) 992-5838
9118 Bonita Beach Rd, Bonita Springs
www.forgoodnesssake123.com

GENESIS NON-GMO VITAMINS & MORE
(239) 596-9017
877 91st Ave. N. #4, Naples
www.genesisnongmo.com

SUNSHINE DISCOUNT VITAMINS
(239) 436-6659
2608 Tamiami Tr. N., Naples
www.vitamin-discounts.com

Y

Z

**LO'S
YOGA**

Laura Grabinski
Ph: (239) 877-1293
www.losyoganaples.com

YOUNG LIVING
ESSENTIAL OILS

Connie Myers
ph:(239) 404-8892
conniemyers1@gmail.com
www.youngliving.org/cjmyers63

TRANSFORMATIONAL MUSIC:

Ambient Electronic . Eclectic Acoustic . Alternate Art Pop

ALCHYMIE
BOOK ALCHYMIE FOR YOUR EVENT!
www.alchymiemusic.com

CD'S AVAILABLE AT SELECT LOCATIONS:

Goddess I AM Healing & Art Center
CJ & Hung's House of Bikes & Trikes
Barnes & Noble Booksellers
Shangri-La in Bonita Springs
White Lotus Studio
Food & Thought
Salt Cave

TURMERIC

Possibly the Most Important Herb in the World

SOURCE: www.greenmedinfo.com



EXCERPT FROM
*600 Reasons Turmeric May
Be The World's Most Important Herb* by Sayer Ji

There is a medicinal spice so timelessly interwoven with the origins of human culture and metabolism, so thoroughly supported by modern scientific inquiry, as to be unparalleled in its proven value to human health and well-being.

Indeed, turmeric turns the entire drug-based medical model on its head. Instead of causing far more side effects than therapeutic ones, as is the case for most patented pharmaceutical medications, turmeric possesses hundreds of potential *side benefits*, having been empirically demonstrated to positively modulate over 160 different physiological pathways in the mammalian body.

While no food or herb is right for everyone, and everything has the potential for unintended, adverse side effects, turmeric is truly unique in its exceptionally high margin of safety vis-à-vis the drugs it has been compared with, e.g. hydrocortisone, ibuprofen, chemotherapy agents. Furthermore, nothing within the modern-day pharmaceutical armamentarium comes even remotely close to turmeric's 6,000 year track record of safe use in Ayurvedic medicine.

Despite its vast potential for alleviating human suffering, turmeric will likely never receive the FDA stamp of approval, due to its lack of exclusivity, patentability and therefore profitability. Truth be told, the FDA's "gold standard" for proving the value of a prospective medicinal substance betrays the age old aphorism: "he who owns the gold makes the rules," and unless an investor is willing to risk losing the 800+ million dollars that must be spent upfront, the FDA-required multi-phased double-blind, randomized clinical trials will not occur. For additional details on this rather seedy arrangement read our article on the topic: Why The Law Forbids The Medicinal Use of Natural Substances (www.greenmedinfo.com/blog/why-law-forbids-medicinal-use-natural-substances).

At GreenMedInfo.com, we have reviewed over 5,000 study abstracts from the National Library of Medicine's bibliographic database known as MEDLINE and have discovered over 600 potential health benefits of turmeric, and/or its primary polyphenol known as curcumin. These can be viewed on our turmeric research page which is dedicated to disseminating the research on the topic to a larger audience. (www.greenmedinfo.com/substance/turmeric)

Some of the most amazing demonstrated properties include:

- Destroying Multi-Drug Resistant Cancer
- Destroying Cancer Stem Cells (arguably, the root of all cancer)
- Protecting Against Radiation-Induced Damage
- Reducing Unhealthy Levels of Inflammation
- Protecting Against Heavy Metal Toxicity
- Preventing and Reversing Alzheimer's Disease Associated Pathologies

Again, what is so amazing is not that turmeric may have value in dozens of health conditions simultaneously, or that it may improve conditions that are completely resistant to conventional treatment, but that there are over six hundred additional health conditions it may also be valuable in preventing and/or treating. Consider also the fact that turmeric grows freely on the Earth, and you will understand why its very existence threatens billions of dollars in pharmaceutical industry revenue.

Read full article, at www.greenmedinfo.com/blog/600-reasons-turmeric-may-be-worlds-most-important-herb.

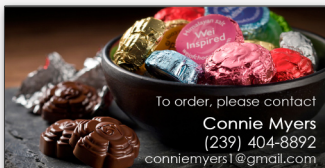


© 2014 GreenMedInfo LLC. This work is reproduced and distributed with the permission of GreenMedInfo LLC. Want to learn more from GreenMedInfo? Sign up for the newsletter at www.greenmedinfo.com/greenmed/newsletter.

Disclaimer: This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of GreenMedInfo or its staff.



SAYER JI is an author, educator, and the founder of GreenMedInfo.com. He also is Steering Committee Member of the Global GMO Free Coalition (GGFC) and an advisory board member of the National Health Federation. He founded Greenmedinfo.com in 2008 in order to provide the world a massive, open-access, evidence-based resource site supporting natural and integrative modalities. It is widely recognized as the most widely referenced health resource of its kind.



To order, please contact

Connie Myers

(239) 404-8892

conniemyers1@gmail.com

wei of chocolate

Clearly not all chocolate is created equal; that's why Wei of Chocolate is designed to actually support your health + wellness!



ORGANIC
FAIR TRADE
VEGAN
GMO FREE
DAIRY FREE
GLUTEN FREE
SOY FREE

Try all the delicious flavors

65 - 80% cacao dark chocolate
with flower essences to balance body + mind



Connie Myers is a proud supporter of
White Lotus Magazine.

A portion of the proceeds from the sale of LOTUS WEI and WEI OF CHOCOLATE products goes towards the printing costs of White Lotus Magazine. Every time you purchase products from Connie, you are helping White Lotus Magazine grow!

LOTUS WEI
TRUE BEAUTY IS HAPPINESS



Lotus Wei
Flower Essences

Connie Myers
(239) 404-8892

conniemyers1@gmail.com



BECOME A CO-CREATOR OF WHITE LOTUS MAGAZINE

I'd like to offer the opportunity to any and all of our readers to be part of White Lotus Magazine and support our mission. With a small contribution each month towards the printing costs, our readers can help build the content and shape each issue. Everyone has something to share. I'd like to invite those who'd like to participate in spreading the word of conscious living and provide them a chance to be heard and recognized.

HELP US GROW THE TREE OF CONSCIOUS LIVING

Each supporter of White Lotus Magazine, whether an individual or business, will be recognized on the Tree of Conscious Living with a named leaf.



GREEN LEAF

The green leaves represent our advertisers, subscribers, contributing authors/photographers, and all of those who have one way or another supported White Lotus Magazine.

Our goal is to fill the Tree of Conscious Living with a multitude of leaves to recognize and honor the growing number of our readers and supporters. At the same time, with the help of our supporters' contributions we'd like to increase the number of copies in order to connect with more people. Our hope is to reach at least 4000 copies in circulation each month raising awareness and spreading the word of conscious living.

If you are inspired by White Lotus Magazine and would like to become our supporter, please visit www.whitelotusmagazine.com/contribute or scan this QR code with your smartphone.



SEE PAGE 48-49

The Tree of CONSCIOUS LIVING



COPPER LEAF

For a \$10 contribution, you will receive 1 copy of the next issue of White Lotus Magazine by mail with a free gift. You will be able to submit quotes, photos, or content ideas to be included in the next issue of the magazine*. Your name will appear on the Tree of Conscious Living on a copper leaf.

You can make a one-time contribution of \$10 or you can help out on a monthly, recurring basis.



SILVER LEAF

For a \$40 contribution, you will receive 2 copies of the next issue of White Lotus Magazine by mail with a free gift. You will be able to submit quotes, photos, content ideas, or a small blurb/poem/song lyrics etc. to be included in the next issue of the magazine*. Your name will appear on the Tree of Conscious Living on a silver leaf.

You can make a one-time contribution of \$40 or you can help out on a monthly, recurring basis.



GOLDEN LEAF

For a \$100 contribution, you will receive 5 copies of the next issue of White Lotus Magazine by mail with a free gift, and the opportunity to become a co-creator of the magazine. You will be able to present a feature of your choice to be included in the next issue of the magazine. It may be a content idea, an article you wish to contribute, a recipe perhaps, a special interest or a particular topic you'd like featured, photos you wish to share, or even a cause, a local business, or a member of the community to introduce to our readers*. Your name will appear on the Tree of Conscious Living on a golden leaf.

You can make a one-time contribution of \$100 or you can help out on a monthly, recurring basis.

**Certain guidelines will apply. We ask you to keep in mind the content and the message of the magazine. Submission deadline is the 15th of each month. All contributed materials will have to be approved before acceptance and will be edited if we find it necessary.*

NEW LEAF

ON *The Tree of* CONSCIOUS LIVING

BECOME A DEDICATED **SUPPORTER** OF WHITE LOTUS MAGAZINE
with a recurring, monthly contribution.



BRASS LEAF

For a small monthly contribution of \$3, you can help us print more copies and allow our message of Conscious Living reach more people. Your name will appear on the *Tree of Conscious Living* (see page 48-49) on a brass leaf. If you wish to use your contribution to guarantee a copy of each following issue of White Lotus Magazine for yourself, we can reserve a copy for you – available for pick-up each month with a FREE gift at the White Lotus Studio (see address and hours on page 40) as soon as the new issue comes out.

*Thank You
for Your Support!*

Go to www.whitelotusmagazine.com/contribute and click on the "Contribute now with PayPal" button. Fill in the Donation amount (\$3.00) and check the box "Make This Recurring (Monthly)". Proceed to check out with PayPal. If you don't have a PayPal account, simply use your credit card or bank account.



The green leaves represent our advertisers, subscribers, contributing authors/photographers, and all of those who have one way or another supported White Lotus Magazine.

\$10

\$40

\$100

The Tree of CONSCIOUS LIVING



\$3

a month

Each leaf of this tree represents an individual or a business that has been a supporter of White Lotus Magazine. See details at www.whitelotusmagazine.com/the-tree-of-conscious-living.

Raise the
Vibration and
Awareness of
Your Body's
Energy Centers
to Facilitate
Healing From
Within...

Offering special Aromatherapy
Sessions with organic Essential Oils
combined with Energy Healing.

Bethanny Gonzalez
Aromatherapist

at Goddess I AM Healing & Arts Center
Located at 600 Goodlette Frank Rd., Naples

Call 239-228-6949 for your appointment

www.GaiasHealingGifts.com



**ORGANIC
JUICE BAR IS
NOW OPEN!!**

JUICÉLATION
Organic Cold Pressed Juice



4947 Tamiami Tr. N. Ste. 104 Naples

ph: 239-398-0673

contact@juicelation.com

www.juicelation.com



**ORGANIC
JUICES**

**ALSO
AVAILABLE AT:**

- **Neighborhood Organics**
2359 Vanderbilt Beach Rd #406, Naples
- **Bikram Yoga Naples**
6634 Willow Park Dr #100, Naples
- **Shangri-La Springs**
27750 Old 41 Rd, Bonita Springs

SATURDAYS

Shoppes at Vanderbilt Farmer's Market 7:30am - 12pm
Third Street South Farmers Market 7:30am - 11:30pm

SUNDAYS

Pine Ridge Road Farmers Market 9am - 2pm

Subscribe to WHITE LOTUS MAGAZINE

1-YEAR SUBSCRIPTION
(INCLUDES 12 MONTHS, 10 ISSUES)

One-time Shipping & Handling Fee: **\$34.95**

To purchase a 1-Year Subscription, go to
www.WhiteLotusMagazine.com/Subscribe

or SCAN QR code:



Sales TAX not included.

ADVERTISING

Promote your business and advertise your services or products in White Lotus Magazine. Utilize our high-quality, full-color pages for your ads to stand out and to be noticed by hundreds of potential customers. Share your news and events with our readers! You can place your specials and discounts in the coupon section. Take advantage of our **FREE Business Directory listing option!** Contact us if you'd like to list your business in this publication of no charge. If you are already listed, but wish to change your information or upgrade to a premium listing, please let us know. For advertisement prices and sizes, visit www.WhiteLotusMagazine.com/Advertising to download our Media Kit. If you have any questions, email us at WhiteLotusMagazine@gmail.com or call 239-687-0667.

SIZE	1 MONTH	3 MONTHS	1 YEAR
FULL PAGE	450	395	325
HALF PAGE	250	225	195
1/3 PAGE	175	160	140
1/4 PAGE	145	135	120
1/8 PAGE	85	80	70
BACK COVER	495	450	395
BUSINESS CARD	60	55	45
		(PER MONTH)	(PER MONTH)
PREMIUM DIRECTORY LISTING			25

"It is only with the heart that one can see rightly; what is essential is invisible to the eye."

- Antoine de Saint-Exupery

239.821.3088

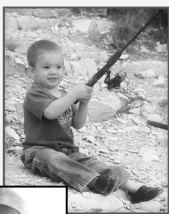
DOULA LOVE



patience



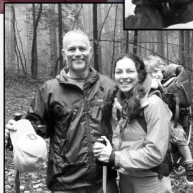
nurture



Paula Terry
Labour Companion



unconditional
love
pride



accomplishment



insight



heart
center.

joy



bliss



trust

continuous
emotional support



DoulaLove.org



Fresh Local Produce and more...

SUNDAYS
8am - 12pm

3370 Pine Ridge Rd. Naples, Fl

at the Marquesa Shopping Plaza
(the corner of Pine Ridge & Livingston)

*Now
OPEN
through
Summer!*

Pine Ridge Road
**FARMERS
MARKET**

*A wide variety of fresh, locally-grown fruits and
vegetables, organic & gourmet foods, jewelry,
and many handmade & fair trade products.*

Pets are welcome!

Ph: 239-200-4401
naplesmarketplace@gmail.com



www.naplesmarketplace.net