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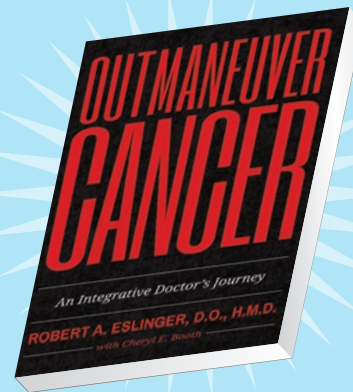
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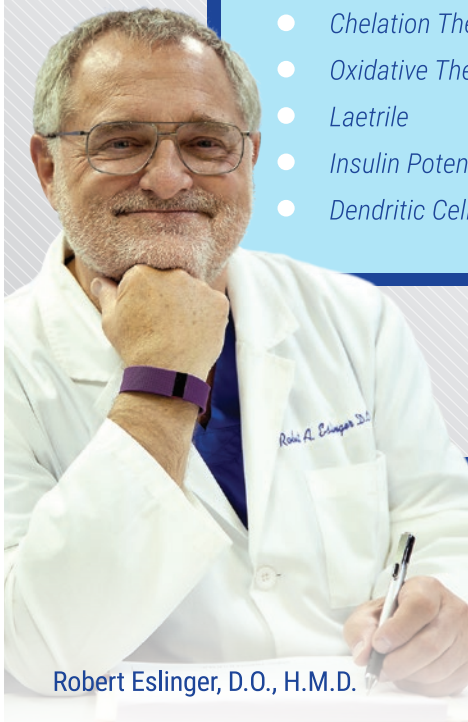
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EDITOR'S NOTE

“April hath put a spirit of youth in everything.”

– William Shakespeare



Happy April, Northern Nevada! The Great Basin is absolutely stunning this time of year – I often find myself walking outside to gaze at the Sierra Nevada’s snow-capped mountains, soak in the sunshine and breathe deep. The brisk spring air calms, refreshes and inspires me – take a few moments out of your day to recognize and appreciate the beauty of our spring season.

The warmer days and brighter evenings offer us the opportunity to get outside, embrace our health and connect with our natural surroundings. When was the last time you enjoyed a stroll alongside the Truckee River, hiked the trails at Bartley Ranch Regional Park or teed off at one of Northern Nevada’s gorgeous golf courses? April offers us the opportunity to free ourselves from winter hibernation habits and get active.

The month of April not only brings us lovely weather, it also brings us a day to celebrate our environment – both globally and locally. Earth Day, celebrated on

April 22, was founded to raise public awareness of air and water pollution, shedding light on the importance of living harmoniously with our environment. What will you do this month – or every day moving forward – to minimize your carbon footprint on our planet? Are you working to eat locally-sourced and organic produce? Are you recycling and using BPA-free and reusable water bottles and containers? There are a plethora of opportunities and solutions to help you lead a healthier and eco-friendly lifestyle – start today!

In honor of Earth Day, we decided to provide you with some helpful tips and tools to lead a healthier, green lifestyle. Pages 21-29 highlight the importance of gardening for your immunity, offer some natural spring cleaning remedies and provide resources to help you recycle and properly dispose of common household items (thanks, Keep Truckee Meadows Beautiful!).

In this issue, we also highlight the benefits of fasting, we discuss thyroid dysfunction and diagnosis, and we offer some tips to help you develop and maintain your exercise routine.

We’re also excited to introduce the first publication with our Healthy Families Corner (page 30) – a section of the magazine, built in partnership with The Nurturing Nest, that is dedicated to providing information for new and expecting families. Keep an eye out for this section in every issue!

Please connect with us if you have questions, comments or ideas. Follow us and engage with our social platforms and content. And, of course, we wish you a bright, active and healthy April.

Cheers,

Gabrielle Irvin

HEALTHY BEGINNINGS

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THYROID AND ITS TREATMENT: THE CLIFFSNOTES® VERSION



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By Martin Rutherford, D.C., C.C.S.T., C.F.M.P.,
and Randall Gates, D.C., D.A.C.N.B.

Over the past year, the emphasis of our series of articles has been on brain function and the fact that brain dysfunction is a core factor in most, if not all, chronic pain syndromes. So why an article on thyroid function? Two reasons – when thyroid function is poor it creates a lack of oxygen and increased inflammation in multiple parts of the brain. Thyroid malfunction is closely linked with multiple brain-related problems. Reason two – there’s been much confusing information out there on thyroid and we’ve had many requests to clear it up, inasmuch as to treat the brain you must be highly conversant in thyroid function and how to correct it. While thyroid dysfunction, its diagnosis and correction is complex, in fact very complex, we offer you here the CliffsNotes® version on this topic, which may answer many of your questions as to why your thyroid is not responding to current treatment.

There are seven major patterns and 22 major biological pathways that must be understood to be able to evaluate and successfully treat thyroid. In this article, we will outline six of the seven major patterns, as I feel it will accomplish in helping you, the reader, to get a valuable and general grasp of this amazingly delicate organ (and why symptoms may not be responding to your present therapy).

Pattern Number One: Decreased T4 Production on Lab Test

This is a true hypothyroid and is highly uncommon, despite the fact that it is the number one most rendered thyroid diagnosis. Only 10 percent of thyroids diagnosed as hypothyroid are actually hypothyroids. When this diagnosis is correct, this is the only diagnosis that responds to medication. Stop and think about that.

Pattern Number Two: Pituitary Hypofunction

The pituitary puts out the thyroid stimulating hormone (TSH), that is the one marker always measured in thyroid lab tests. TSH

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“Only 10 percent of thyroids diagnosed as hypothyroid are actually hypothyroids. When this diagnosis is correct, this is the only diagnosis that responds to medication. Stop and think about that.”

is negatively affected by chronic stress, postpartum depression, inappropriate thyroid medication (see pattern number one, this is very, very common) and too much estrogen. Thus, the pituitary gland stops putting out TSH, which then comes up in the labs as low TSH, which is then misdiagnosed as hyperthyroid. But the patient has hypothyroid symptoms. This finding drives doctors crazy. The solution for this pattern is usually to address the chronic emotional and adrenal stresses that generally accompany life and pregnancy, and to be diligent about discussing your thyroid meds with your doctor when the medications aren't working.

Pattern Number Three: Thyroid Over Conversion

In other words, the inactive T4 hormone that must be changed to active T3 hormone in order to create energy is over converted, and too much T3 is made. This is caused by increased testosterone in a woman caused by PCOS, insulin resistance, poor gut function and chronic stress. Metabolic syndromes and testosterone creams are the cause in men, and in diabetics of both sexes, taking insulin is the culprit. What happens is that the active T3 hormones overwhelm the cells in which T3 helps to make energy. The overwhelmed receptor sites where the cells let T3 enter the cells then become resistant to the T3 hormones. Thus, the T3 doesn't get into the cell and no energy is created and you develop hypothyroid symptoms. The problem is that T4 and TSH are normal on your blood tests and the doctor doesn't know what to do with you. The solution in this case is finding the cause of the inflammation (testosterone creams, metabolic syndromes, insulin resistance, PCOS, poor gut function) and improving antioxidant status.

Pattern Number Four: Too High of Estrogen in Women

Premarin, estrogen creams, HRT, etc. There are proteins that carry the inactive T4 hormone from the thyroid to the liver, small intestines and cells where it is converted into usable T3. When the brain becomes aware that there is too much estrogen in the system, it tells the body to create too many carrier proteins. These carrier proteins then over enthusiastically suck up all T4 and T3 hormones so that not enough gets to the cells. Thus, no energy, hypothyroid symptoms and the diagnostic challenge that your thyroid lab values of TSH, T4 and T3 again read as normal. The treatment – get rid of exogenous estrogen and detox the liver.

Pattern Number Five: Thyroid Under Conversion

The receptor sites mentioned above simply stop working and no thyroid hormone can get into them to create energy. Result: low thyroid symptoms. Cause: adrenal stress (emotional, infections, inflammation, NSAIDs and other medications). The diagnosis of this condition is poor because low T3 doesn't affect TSH and T4 thyroid markers, which are frequently the only markers run. Translation: labs are normal again! Treatment: remove stress, inflammation, infection.

Pattern Number Six: Thyroid Resistance

This is another stress-related pattern in which the pituitary and thyroid glands function normally and make the right amount of thyroid hormones, but the hor-

mones are not getting into the cells to take effect. Symptoms of hypothyroidism appear. Again, elevated levels of the stress hormone cortisol cause the cells to become resistant to thyroid hormones. Managing fight/flight response, adrenals and other causes of stress-related inflammation indicated by increased homocysteine levels is the treatment.

As stated in the first paragraph of this article, we have briefly outlined six of the seven major patterns of the biochemistry, immunology and neurology that cause thyroid symptoms. For the record, the astute diagnostic physician must do a relevant history, full physical exam and then testing to determine the presence of these causes, and this goes even more so for number seven. Number seven is not really a pattern. It's a condition called autoimmunity and is the cause of both Graves' disease and the controversial, complex and omnipresent condition of Hashimoto's thyroiditis. Next month we will discuss these conditions in as much detail as the space allows.

For more information, call Power Health at 775-329-4402 or visit www.PowerHealthNV.com. For a list of Power Health's references, visit www.HBMag.com.

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HOW TO MAKE POSITIVE CHANGES IN YOUR LIFE

By Patrick Hicks, B.S., LMP/LMT

Making positive changes in your life can be difficult. Making lasting positive changes in your life can be harder, but it does not have to be that way.

There are many studies based on the Positive Psychology Model that give us guidance and blueprints on how to enact lasting positive changes in our lives. Most of us know that we need to change some behaviors in our lives to increase our health and wellness. The knowing and doing are two completely different things, and being armed with this knowledge gives us insight on how to bring about lasting positive change.

Why do we want to change? What is our motivation? This is one of the first questions we must explore before we begin our journey to enact change in our lives. "My doctor told me to quit smoking." So, I need to quit smoking. "My wife said that I am overweight." So, I need to lose weight.

These statements reflect External Motivation for change, and have the least amount of chance for success in enacting permanent lasting positive change. When we tap into our Autonomous Motivation we greatly increase our chances for making lasting positive changes in our lives. Simply put, we do not like being told what to do. Nor do we like feeling manipulated into making changes. We must truly want to change. The desire and idea for change must come from within. "I want to quit smoking because I know it's bad for me, and I want to live a long and healthy life so that I can watch my grandkids grow up." "I want to lose weight because I know it is slowing me down, and I want to run and play like I did when I was younger."

"Psychologist Albert Bandura has defined self-efficacy as one's belief in one's ability to succeed in specific situations or accomplish a task. One's sense of self-efficacy can play a major role in how one approaches goals, tasks, and challenges." How do we find self-efficacy? How do we build and nurture it within ourselves? We build it through the successful completion of small goals that we set for ourselves. We reflect on past successes and remember how they made us feel.

"I will not smoke today!" A small goal set with S.M.A.R.T. parameters: (Specific, Measurable, Actionable, Realistic and Time-Bound). Once accomplished, the next goal can be set. "I will not smoke for two days!" Upon completion, the next goal is set and the next, and then the next goal is realized and we are building up our self-efficacy, building the belief in ourselves that we are the masters of our destiny and we control our actions.

"Oh... but what if I break down and have a cigarette and don't make my goal for the day?" Did you fail? No. Did you not reach your goal for the day? Yes. Treat each S.M.A.R.T. goal as an experiment. You broke down and had a cigarette while stuck in traffic. What can we learn from this experiment? Stress triggers old habits. Where did



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the cigarette come from? How can we alter our environment to help us accomplish our goal for the day? Focus on the positives you accomplished and not the negatives. By focusing on what you did right and congratulating yourself makes it easier to move forward toward the completion of your goal. Focusing on the negative will only bog you down and flood your brain with negative emotions. This is not the recipe for change. Numerous studies indicate that negative emotions hamper your ability to make sound decisions. "Negative emotions reduce the brain's ability to learn, to take in new knowledge and skills, by impairing the function of the prefrontal cortex, impairing access to working memory, which is the raw material for creativity. This hampers curiosity, cognitive agility, and creative and strategic thinking." Simply put, beating yourself up makes it harder to change.

So, you want to create lasting positive change in your life. You want to create a healthier and vibrant you. You want wellness. Say it and create it. Write down your wellness vision or draw a picture. However you wish to express it is up to you. But, it is important that you physically plant the seed in your brain. Actions and words create action, and positive words affect you just as negative words affect you. Choose your words and thoughts carefully. Feed yourself positive words and thoughts. Remember past successes and how you achieved them and how they made you feel. Create a positive environment. Make sure you have the materials and people in your life that can help you achieve the change you desire. Think about working with a Certified Health and Wellness Coach to help you succeed. Most importantly, know that you have the power to change. Know that all the knowledge and skills that are required to create a more vibrant and happy you are inside you at this very moment.

You have everything you need to succeed. Change can be difficult. Most things in life that are good and lasting take some hard work and courage. You have that courage. Take small steps toward the bigger picture and you will get there. "My belief in you is stronger than your doubt."

For more information, call Patrick Hicks, owner of Nevada Bodyworks, at 775-453-0099 or visit www.NevadaBodyworks.com. For a list of Patrick's references, visit www.HBMag.com.

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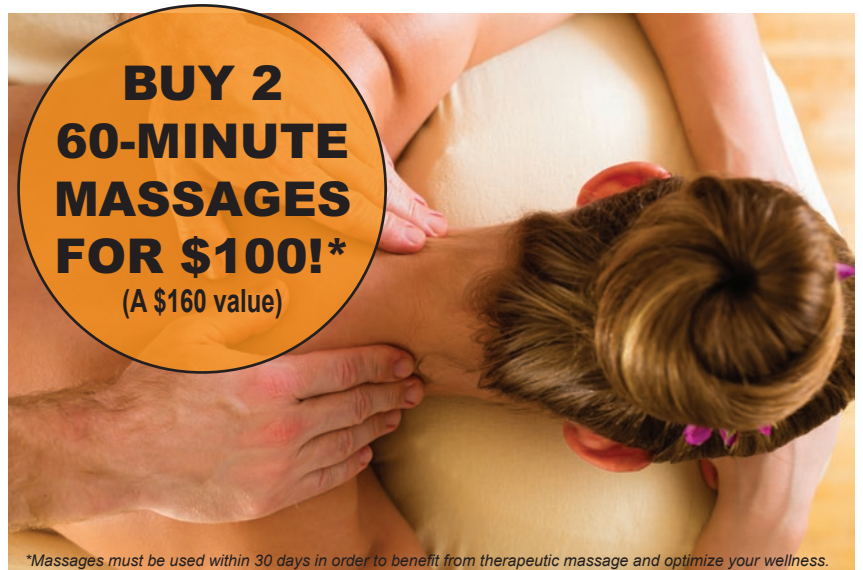
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PATIENT MYSTERIES: CAN DIABETES BE REVERSED?

PART 3: THE MINI-FAST WITH BONE BROTH AND EXERCISE DIET By William Clearfield, D.O.

When medical societies around the world teamed with Big Pharma to tackle the scourge of diabetes, two “truisms” emerged:

1. Diabetes is a chronic, progressive, incurable disease.
2. Lowering blood sugar is the primary goal of therapy.

Neither are true. Eh? How can I make so certain a statement contradicting “medical science” and the hundreds of millions of dollars of research devoted to studying and treating this scourge of modern man?

Common sense, really. When the obesity and diabetes crisis, beginning in the mid-to-late 1980s, bloomed, in large part, due to “expert” recommendations to lower fat intake and replace it with carbohydrates, the result turned our internal milieu into one giant sugar bowl.

Exercise dietary recommendations, and medications, while well-meaning, were for the most part, either too tedious to comply with, ineffective or outright harmful.

In desperation, we Americans head straight to the operating room. Gastric banding and gastric bypass, developed to forcibly limit caloric intake, resulted as function of the law of unintended consequences, in an outright “cure” of the diabetic state in as little as 7 days.¹⁻²



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A study of war-ravaged populations following both world wars saw a reduction in diabetes and heart disease in populations deprived of sugar and foodstuffs as compared to times of economic plenty.³

Patients placed on a specific, calorie and carbohydrate restricted diet experienced a sharp decline in diabetes, cardiac disease and mortality.⁴ The benefits are immediate and well-documented. Concerns about the efficacy and safety are long term and conjectural rather than data driven. Dietary carbohydrate restriction reliably reduces high blood glucose, does not require weight loss (although is still best for weight loss) and leads to the reduction or elimination of medication. It has never shown side effects comparable with those seen in many drugs.⁵

Wait, I thought diabetes was progressive and “incurable?” Per the Americans with Disabilities Act website: “For most people, type 2 diabetes is a progressive disease. Eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.”⁶

And what of the notion that lowering blood sugar, not reducing serum insulin, as we learned in Part 1, is the goal of diabetes therapy?⁷ Tight glycemic control should reduce complications and premature death in diabetics, right? Wrong.

A 2003 study of tight vs. less tight glycemic control was halted after 3.5 years of a proposed 10-year run due to increased deaths in the “tight” glycemic control group.⁸ Caloric restriction normalizes beta cell function, decreases liver and pancreatic fat, and improves hepatic insulin responsiveness resulting in increased insulin suppression of glucose production.⁹

So, our job is clear. If excess carbohydrates and elevated insulin levels result in diabetes, reducing carbohydrates and reducing insulin levels decreases insulin resistance, reverses pancreatic beta cell dysfunction and theoretically relieves one of the burden of diabetes. What say the “experts?” When asked why their outdated advice hasn’t changed, the

American Diabetes Association's Richard Kahn responded: "We need more studies, particularly long-term studies in patients who are really randomized... In the real world, people don't know exactly what they're eating... It's such a difficult topic to study."¹⁰

How do we achieve this in real life?

Introducing the Mini-Fast

Fasting is the willful abstinence or reduction of food, drink or both for a period of time.¹¹ Reducing calories by 30-40 percent is a proven life extender. Fasting increases red blood cells, white blood cells, platelet count and high density lipoprotein cholesterol, the so called "good cholesterol."¹²


In 1916 the Canadian Medical Journal determined that, "temporary periods of under-nutrition are helpful in the treatment of diabetes and will probably be acknowledged by all after these 2 years of experience with fasting. The practice, observed by many clinicians of the old school who advantageously fasted their diabetics one day a week, have given the cue to intermittent fasting."¹³

"The Mini-Fast"

1. Eat 2 meals per day in a continuous 8-hour time period.
2. Fast for 16 hours, if your last meal is dinner at 6 p.m., your next meal is lunch the next day. Thus, we have a 16-hour fast followed by an 8-hour feeding period.
3. 2-3 high-protein, high-fat snacks between meals are permissible.
4. Plan exercise sessions, along with bone broth intake, for the time of the fast. If fasting through breakfast, this is your exercise time. Follow exercise with a cup of bone broth.
5. Hydrate adequately. Acceptable fluids include water, sparkling water, flavored water, preferably with lemon or lime, bone broth, coffee or tea.
6. Review and choose low-glycemic foods (less than 50). See the glycemic index chart.
7. Do not go hungry. Eat until you are full, but do not eat if you are not hungry.
8. No fruit juices, white sugar, artificial sweeteners, diet sodas, dried fruits or dairy except for a limited (1-3 times weekly maximum) amount of Greek yogurt.
9. Make a meal by choosing an item from each of our "Chinese menu" columns (see website).
10. Use flax seeds and plain, unsalted almonds.
11. Watery fruits, while better than a candy bar, are high in natural sugars. Go easy on anything that needs mopping up after you bite into it.
12. Be mindful of sugars in low-fat, low-calorie salad dressings.
13. A food diary improves compliance by 29 percent per the Harvard Medical School.
14. For adult beverages consult the Clearfield Medical Group Adult Beverage Paper.
15. Combine Bragg's Apple Cider Vinegar or Bragg's Liquid Aminos with lemon juice for a high protein, low carbohydrate, sugar-free salad dressing.
16. Do not shy away from plant-based fats (olive oil, coconut oil, avocado oil).
17. Sugar and caffeine cravings can be controlled with L-Tyrosine and L-Glutamine.
18. Salt and carbohydrate cravings amenable to L-Tryptophan and 5 HTP.
19. Fat cravings are susceptible to fish oil and phosphatidylserine.
20. Protein deficiencies and stress can be ameliorated with GABA.

For an illustrated look at the complete fasting plan, a list of the types of foods allowed, the references highlighted in this article and Dr. Clearfield's Grandmother's Bone Broth recipe, visit www.HBMag.com.

For more information, call Clearfield Medical Group at 775-359-1222 or visit www.DrClearfield.net. Next month, we review the "Glycemic Index" diet for those not inclined to fasting to better health.



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SUSTAINABILITY IN EXERCISE

By Jessica Ogan

What is it that inspires someone to not just start a fitness program, but maintain the program for the long term? Most people know the positive benefits of having a fitness routine and many want to have one, yet figuring out how to fit exercise into a busy schedule can be daunting.

A good fitness program should be mentally and physically stimulating. While repetition will produce results, redundancy can be uninspiring. Is it the exercise routine itself that prevents us from achieving our fitness goals, or is it the discouraging, internal dialogue that often occurs?

The dialogue that many people experience when they begin to stray from fitness desires and goals includes: "I can no longer make the time," "I'm too exhausted" or "I don't have the money." Let's face it, what we're lacking is the dedication to persevere, and the foresight to believe in the positive changes that occur throughout our physical and emotional selves. What if we changed the dialogue in a way that cultivated more patience for progress and ultimately commit forevermore to living a healthy life? Here are some thoughts on creating a sustainable fitness routine:

1. Be adaptable and open-minded. Try new things. If you're not sure where to start, consider working with a trainer. A knowledgeable and compassionate trainer should be able to design a program that will be physically and mentally challenging. With this in mind, start slow to develop a solid, balanced foundation. A calculated approach can help reduce the risk of injury. Sample a variety of cardiovascular and strength training



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techniques and keep track of the exercises you dislike the least. A good trainer can provide you with guidance and a clear path toward your goal. They can also show you how to keep it interesting so that you might just start looking forward to your workout.

2. As you develop strength and endurance, pay attention to your body. Depending upon wear and tear, you may notice a nagging shoulder, stiff knee or an achy back. All of these complaints are very common. Whether a lifelong athlete or newcomer to a fitness routine, aging causes our bodies to break down, especially in the absence of stimulation. Now is the time to have the painful areas examined and adapt your training accordingly. Your body may not be able to perform the same exercises as it did during youth. You may need to vary your approach and reconsider training decisions that support a fitness program that is sustainable forevermore.

Challenge yourself within your physical boundaries. Above all, be patient and loving with yourself. Neither our bodies nor our minds are designed to be stagnant. Get up and get moving.

Jessica Ogan is an IFA and NCCPT certified personal trainer at The Change Place in Carson City. She has a passion for both spiritual and physical health, as well as clean, organic eating. Jessica is currently taking new clients. She can be reached at 775-220-7722 or jogan@thechangeplace.net.



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THE IMPORTANCE OF TAKING YOUR SPIRITUAL LIFE SERIOUSLY

By Andy Drymalski, EdD

The night before his first psychotherapy session to address marriage and spirituality issues, a man dreamed:

I am on a sailboat with some other people. We are on the ocean or a very large lake and it has become stormy. The mast on the boat breaks. The next thing I know I am in the water. A rescue helicopter arrives and a lifeguard from it swims toward me to help. Through the use of a rope I am pulled up onto the helicopter and it accelerates toward shore. Shortly, however, it runs out of fuel and descends into the water. I experience all of this without much emotion.

Life is sometimes compared to a boat journey across the ocean. Ego consciousness is like a vessel upon the sea of the unconscious. Our sail catches the wind of the spirit. The breath of nature and God propels us to our destiny, if we do our part. But if the mast is broken, the sail cannot catch the wind. We are dead on the water, disconnected from the power and flow of the psyche.

The mast: centrally located and vertical in orientation. One end pointing downward and the other upward, can be conceived as a bridge between two realms – the material and the spiritual. When we have a living dialogue with our unconscious and the spirit, movement takes place in our life. We are propelled from within and without through conscious relationship between our ego and the forces that transcend it, the psyche. Without this connection, we are adrift and isolated from our deeper self. The dreamer is treading water; the ego is on its own.

Help arrives in the form of a lifeguard and helicopter. A lowered rope, repeating the vertical theme, serves as a conduit of rescue. But, interestingly, the helicopter loses fuel and lands in the water still far from shore. It is fair to ask if it isn't some aspect of the ego, symbolized in the dream by the dreamer himself, which has led to the downfall of both sailboat and helicopter. The dream is similar to the story of Jonah and the whale in the Bible. God asks Jonah to preach to the people of Nineveh, but Jonah doesn't want to. He tries to run from his calling by hitching a ride on a fishing boat to another country. But a fierce storm wells up threatening to capsize the boat and all its crew. The sailors and Jonah draw lots to see who is responsible for God's wrath. The shortest straw is drawn by Jonah, who the sailors then throw overboard. Jonah is swallowed by a whale – giving him time to reflect on his rebellious attitude – and the storm promptly quells.

In this dream it seems that disaster follows the ego. The question is: what is the attitude carried by the dreamer that leads to problems for his personality as a whole? The attitude may not be readily apparent in the dreamer's narration, but is hinted at in the last sentence: "I experienced all of this without much emotion." A normal, and in this case healthy response, would have been fear. After all, death by drowning is an imminent possibility in the dream story. Instead of fear, however, an attitude of indifference seems to prevail. This is important, for it suggests a lack of concern for the dreamer's spiritual life. The dreamer has lost a healthy connection to his psyche. The mast is broken and, thus, his connection to his soul. The shortage of



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fuel in the helicopter also suggests insufficient motivation or desire to save oneself. The dreamer is at risk of going passively, indifferently, to his spiritual drowning.

For more information, contact Dr. Andy Drymalski, Reno and Carson City psychologist, at 775-527-4585 or www.RenoCarsonPsychologist.com. Enjoy his blog at Jungstop.com.

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THE HEALING BENEFITS OF LASER THERAPY

By Dr. Tony C. Jensen



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Do you wear long sleeves, sunscreen and sunglasses to protect yourself from the sun? Despite the highly publicized hazards of sunlight exposure, using sunlight as a healing therapy dates back to ancient civilizations in Egypt, Greece and Rome, when individuals would sunbathe to heal certain conditions.

Today, the sun is not the only source for healing light. Targeted light therapies, such as deep tissue laser therapy, actually amplify the healing potential of light – without the risk of sunburn or skin cancer – to treat a variety of conditions.

Low-powered therapy lasers, also known as cold lasers, have been used in the United States since 2002. Prior to 2002, these cold lasers have been used in Europe and Asia for the past several decades. However, in recent years technological advancements have led to the development of higher-powered deep tissue therapy lasers, which produce even better results than lower-powered cold lasers. Deep tissue therapy lasers have been shown to benefit people with acute and chronic pain and inflammation.

Laser therapy uses a process called photobiomodulation. Photons enter the tissue and interact with the cytochrome c complex within mitochondria. This interaction triggers a biological cascade of events that leads to an increase in cellular metabolism and a decrease in both pain and inflammation. Unlike medications, laser therapy reduces pain without undesirable side effects.

It is also important to point out that patients report long-lasting pain relief. While the number of treatments required may vary depending on the acuity of the condition, many patients experience lasting relief after only a couple treatments.

When treating acute conditions with laser therapy, it is particularly effective when it is administered as soon as possible following injury (assuming there is no active hemorrhaging). The faster the inflammation is reduced and the healing process can begin, the better. In the case of acute injury, laser therapy helps restore the body to normal function quicker.

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“With chronic conditions, deep tissue laser therapy is used most often to help combat persistent pain and inflammation. Most patients typically notice immediate improvements after one treatment.”

With chronic conditions, deep tissue laser therapy is used most often to help combat persistent pain and inflammation. Most patients typically notice immediate improvements after one treatment. However, for maximum benefit, multiple treatments are typically recommended. Most acute symptoms will require about five laser therapy treatments, while chronic conditions can take up to 10 treatments or more for total resolution.

Studies have shown that the following benefits are associated with laser therapy:

- Improves and promotes healing and tissue repair
- Advanced reduction in pain and spasm
- Increases joint flexibility and range of motion
- Reduces symptoms of osteoarthritis
- Improves peripheral microcirculation
- Detoxifies and eliminates trigger points
- Inflammation reduction
- Faster recovery time
- Increased circulation
- Immune stimulation
- Muscle relaxation
- Improved vascular activity
- Accelerated cell reproduction and growth
- Stimulation of nerve regeneration
- Increased metabolic activity
- Faster recovery from nerve injury
- Reduced pain in post-herpetic neuralgia
- Injury healing is faster and of better quality (stronger tissues)

What do you feel when you get laser therapy? Most people feel a soothing warmth when receiving deep tissue laser therapy. It's typically a comfortable, relaxing experience.

LightForce deep tissue therapy lasers have been FDA cleared and clinically proven to help decrease pain and inflammation, and promote healing. LightForce is the brand of laser preferred by professional athletic trainers and the Olympic teams. LightForce Lasers are class IV therapy lasers – meaning they are 150 times more powerful than most class III cold lasers. This increase in power allows for quicker treatment times, and faster results.

So, take the time to enjoy the benefits of deep tissue laser therapy to help you, your loved ones or friends to feel better without the use of as many drugs or possible surgery.

For more information, call Jensen Chiropractic at 775-323-1222 or visit www.AETChiropractic.com. For a list of Dr. Jensen's references, visit www.HBMag.com.

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FLUORIDE ALERT: WATER FLUORIDATION BEING CONSIDERED FOR WASHOE COUNTY

THE \$70 MILLION MISTAKE

By Michael Gerber, M.D., H.M.D.

I first testified against water fluoridation in Marin County, Calif., in 1980. The amount of damning research on fluoride intake has increased exponentially since then.¹ Poor Las Vegas is already suffering from it. If the Legislature passes this bill, it will cost our water district \$70 million to retrofit this mandate and will increase our monthly water bills by 9 percent, according to Truckee Meadows Water Authority officials. Most of this water goes down your toilet and on our lawns. If people want to poison themselves and their children, they may choose to use fluoridated toothpaste and over-the-counter fluoride drops.

The dentists as usual will line up to testify for it, touting data showing that poor children need it to prevent dental cavities. The exact opposite is true. Fluoridated water makes their teeth weaker. Lower socio-economic group children have higher cavity rates because of poor diet and increased exposure to sugar, especially high-fructose corn syrup with genetically modified maize (GMO corn, likely grown with herbicides, which cause cancer). The sugar-flavored juice can be put into baby bottles as a pacifier, and gives the baby cavities in the frontal teeth. Studies find that fluoride in drinking water doesn't reduce cavities.²

Dental Fluorosis Disfigures 41 Percent of Adolescents

Dental fluorosis is caused by exposure to fluoride before the ages of 6-8.¹ It causes unsightly brown and white mottling on teeth, much to the consternation of health-conscious families. This is severe fluorosis. Dentists can repair these teeth by putting expensive jackets on the teeth. Xylitol toothpaste works as well as fluoridated toothpastes to prevent cavities.

It is Not Fluoride That They Put in the Water

It is hydrofluorosilicic acid, which is a byproduct of phosphate fertilizer production, aluminum production, steel production, coal burning and the manufacturing of radioactive materials. It is a protected pollutant. This substance is contaminated with arsenic, a known carcinogen and toxic metal that mobilizes lead from pipes to



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further contaminate the unknowing population. It is not regulated by the Food and Drug Administration and is opposed by scientists at the Environmental Protection Agency (and is totally unregulated). No European countries allow it in their water supplies. Even at 1 mg/L, it is above the toxic levels established by the American Academy of Pediatrics for children one year of age or younger. Much higher levels are found in children who use larger than a pea-sized dose of toothpaste and swallow it.

Economic Motives Behind Water Fluoridation

Historically, fluorine poisoning has been around for centuries and is usually associated with volcanic phenomena or fluorine-bearing waters. After the industrial revolution there came a wholesale pollution of air and countryside with fluorine fumes and fall-out, and fluorine poisoning became an important industrial hazard. There were many sources, including glass, brick, enamel and ceramic tile manufacturing, but the worst offenders were the iron and copper smelters. The first recognized effects were on vegetation. Freiburg smelters in Germany first paid damages to injured neighbors in 1855. In 1893, they paid out 80,000 marks for current injuries and 644,000 marks for permanent relief. Meanwhile, the cattle around Anaconda, Mont., developed what was known as "copper tooth" – remarkably similar to the human disease that

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became famous as “Texas teeth,” “Colorado brown-stain” or “mottled enamels” – and was later identified as fluorine poisoning. Throughout recent history the PHS has shown no interest in fluorine except in water. There is extensive evidence on the motives of the pro-fluoride pushers.⁴

Thyroid Deficiency and Weak Bones Caused by Fluoride

Please look up www.FlourideAlert.org for reasons to avoid fluoridated water. It causes thyroid weakness and goiter, which may or may not show up on blood tests.³ It causes skeletal fluorosis, which creates osteoporosis and osteomalacia, alarming fractures of bones and a debilitating disease. It also damages other hormones, parathyroid hormone and pineal gland, and melatonin regulation.

Fluoridated Communities Have Higher Levels of Diabetes, IQ Decline and ADHD

Recent studies have shown that fluoridation is linked to an increased risk of type 2

diabetes for adults.⁵ It reduces IQ in children by 7 percent⁶ (according to studies by the Harvard School of Public Health) and increases ADHD in fluoridated communities.⁷

“Why are we allowing this well documented health hazard – outlawed in Israel in 2013 – to be dumped into the water we and our children drink?” Please contact info@nevadahomeopathy.org for the names of committee members who will vet this terrible legislation and hopefully soon will have dates of the hearings. Voice your opinions and show up for hearings. This is not a casual issue for the informed water consumer. It increases the health expenses for all and burdens our healthcare givers in Nevada.

For more information, call Gerber Medical Clinic at 775-826-1900 or visit www.GerberMedical.com. For a list of Dr. Gerber’s references, visit www.HBMag.com.

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THE POWER OF THOUGHT IN OUR LIVES

By June Milligan M.Ed., CCHt, PLR

It would have been helpful if we had learned something about the physics of thought as we grew up. As it is, we just sort of bumbled through life, absorbing whatever programming our particular family or culture believed – without ever knowing how the world really works.

In the early 1900s Einstein and his buddies discovered that human thought could change how matter behaves, but they didn't explain those findings in a way that the rest of us could understand. When they were trying to decipher whether light was a particle or a wave, if the physicist who believed it was a wave set up the experiment, it turned out to be a wave. If the scientist who believed it was a particle set up the very same experiment, it turned out to be a particle. This blew them away until they realized that the thoughts, beliefs and expectations of the one who set up the experiment was affecting the outcome. And even though the knowledge (of how much their discovery applies to our everyday lives) is still unknown to most people, scientists today use it to conduct what they call blind, double-blind or triple-blind experiments. That just means that the experiment is set up and even evaluated by people who were not initially aware of what it was supposed to prove, which allows the results to be more valid. The common name for what we're talking about – the physics of thought – is the Law of Attraction. It is inextricably tied to our thoughts and emotions.

In every moment you are broadcasting a very specific vibrational signal that is instantly being understood and answered by this marvelous system. And immediately, your present and future circumstances begin changing in response to the signal you're projecting. Your world, present and future is directly and specifically affected by the signal that you're now transmitting. The personality that is you, who you are right now, is causing a focusing of energy that's very powerful. This energy you're focusing is the same energy that creates worlds. And it is, in this very moment, creating your world.

Three things happen when you think a thought: The first is that the vibrational frequency of that thought, like a radio signal, goes out into this energy soup we live in and attracts back to the people, conditions and situations that match the thought. That thought also brings up an emotion, which drives your words and actions, and your words and actions make up your life.

The second thing that happens when you think a thought is the vibrational frequency of that thought, like a cell phone signal, goes from your conscious mind into your subconscious. The subconscious can't tell the difference between real and pretend, so it thinks that thought you're thinking has actually happened to you today. Even though it happened years ago. Or maybe it's just a fear of what might happen in the future. It still gives you the emotions to match, just like it happened today. Your emotions then drive your words and actions and of course your words and actions make up your life.

The third thing that happens when you think a thought is the vibrational frequency of that thought floods all 50 trillion of your cells and causes that pharmaceutical company inside your body to manufacture chemicals and hormones to match the thought. So if your thoughts are happy and cheerful, your body manufactures endorphins or serotonin. But if your thoughts are negative or worried, your body manufactures cortisol, a major stress hormone.

Whenever you think a negative or worried thought, take action if necessary, then pivot your mind to something juicy and delicious that you'd really love to do. There are several easy ways to consistently be able to get clear, and easily pivot our thoughts. One of them is tapping on your body's meridian points (Emotional Freedom Technique). Another is to use your long leg muscles to reduce stress – running or walking, hiking or biking... all of these are effective in releasing stress from your system. So use the best



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one for the time and place, and watch your stress level recede. And as you consciously control your thoughts, you begin to attract the opportunities, people, situations and conditions that you do want.

Imagine what our world would be like if we had learned this as kids, if we had understood how powerful our thoughts were, how they create our reality. Children would grow up knowing their power to create. Yes, I wish I had known this earlier. It would certainly have been helpful. But this is 2017, and we can start right where we are right now. We can learn some new tools to neutralize our stress, make our lives more meaningful and get more of what we want.

For more information, call June Milligan at 775-786-9111 or visit www.JoyfulChanges.com. For a list of June's references, visit www.HBMag.com.

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ASK THE EXPERT: DO YOU SUFFER FROM FREQUENT HEARTBURN OR GERD?

By Michael Murray, MD, FACS

What Is GERD?

Frequent heartburn, also known as GERD (Gastroesophageal Reflux Disorder) occurs when the one-way valve between the esophagus and stomach loosens and stops functioning properly. This can result in the “reflux” of the stomach’s contents into the esophagus and a sour or bitter liquid feeling in the throat or mouth. Heartburn is described as a fiery feeling in the chest.

What Are the Common Symptoms and Treatments for GERD?

The most common symptom is heartburn, but others include regurgitation, hoarseness, belching, sore throat, asthma-like symptoms, chest pain or discomfort, excessive throat clearing, persistent cough, bloating and burning in the mouth or throat. If left untreated over time, GERD can cause permanent changes to the esophagus lining that can lead to cancer.

In many cases, GERD can be relieved through diet and lifestyle changes. Talk to your doctor about foods to avoid and other prevention measures, such as losing weight, if needed, and waiting a few hours before lying down after meals. If GERD is chronic, medications may be required, often throughout the rest of one’s life.



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Can I Benefit from Therapeutic Intervention?

Surgery may be an option for those who do not respond well to medications, or as an alternative to a lifetime of taking medication.

If you feel you may be a candidate for surgery, talk with your doctor about EsophyX™ Transoral Incisionless Fundoplication (TIF).^{*} This is a minimally invasive surgical procedure that creates an anti-reflux valve where your stomach and esophagus connect. The procedure is performed in under an hour, in most cases, and typically requires just one night in the hospital. Most patients feel fine by the next day. Best of all, after about 4 weeks, many people stop experiencing heartburn completely. There are no incisions, and patients can usually get back to normal activities within days.^{*}

Meet the Expert: Michael Murray, MD, FACS, is a general surgeon and is board certified in anti-reflux surgery, breast and endoscopic surgery, and general surgery. While growing up in Philadelphia, he knew he wanted to become a doctor. After excelling in science, biology and anatomy, Dr. Murray went on to study medicine at Hahnemann School of Medicine in Philadelphia. He completed his residency in general surgery at the Medical College of Pennsylvania, and interned at Allegheny General Hospital in Pittsburgh. He has made Northern Nevada his home for 17 years and enjoys spending much of his free time hunting and enjoying the great outdoors. For an appointment with Dr. Murray, call 775-352-5384.



Michael Murray, MD, FACS

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^{*} Individual results may vary.

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A silhouette of a person standing on a rocky cliff edge, with their arms raised in a 'V' shape. The background is a vibrant sunset over a body of water, with the sun low on the horizon, creating a warm, golden glow.

WHAT IS REGENERATIVE AGRICULTURE?

By Abbey Smith

There is a growing appreciation for farmers and ranchers who recognize that farms are in fact ecosystems (or part of the one ecosystem that connects us all). This leads to a desire to farm and ranch in nature's image instead of with "energy-intensive mechanical and chemical inputs," as stated in a peer-reviewed paper by Timothy Crews of the Land Institute, published in the journal *Agriculture, Ecosystems and Environment*.

The Savory Institute supports and empowers pastoralists globally to use livestock as a land management tool to cover bare land with grasses. Large herds of herbivores mimic herds of the past who roamed over grasslands. All components of the ecosystem evolved together: the soil life, grasses, herbivores and pack-hunting predators. The herd animals allow the covered soil to stay put, instead of washing away. The soil provides homes for communities of microorganisms that continue to build the soil and increase the nutrient density in our food. Allan Savory developed a method of planning grazing to achieve these outcomes, called Holistic Planned Grazing (HPG).

Both the Land Institute and the Savory Institute promote mimicking natural systems in our production of food. They also deeply value the production of food from perennial plants. Most of our food comes from annual plants—these are plants that have a short root system and must be replanted each year (which can mean more plowing, tilling and loss of topsoil). The shallow roots do not hold soil in place.

Perennial systems pull carbon into the ground, giving rise to the term "carbon farming," referring to a practice of farming that builds soil instead of depletes it.

What if we focused on eating food from perennial sources? From carbon farms? Would it help shift agriculture to a practice that works with nature and builds soil through production? The Perennial is a new restaurant in San Francisco asking these questions.



Submitted by Abbey Smith
Produce from our family garden, chickens and home-brewed kombucha.

"The Perennial is championing regenerative agriculture and trying to make those practices a culinary virtue. We're directly engaging hundreds of people a week and introducing them to the idea of carbon farming and perennial grains, and generally that there's an exciting possibility for their eating choices that can go beyond organic and support farmers and ranchers who are actually part of the climate change solution," said Anthony Myint, co-founder of The Perennial.

Examples of perennial foods include grass fed/finished and pastured meats, nuts and fruits from heirloom trees, perennial grains and vegetables grown with cover cropping methods.

Not everyone is ready to create their own carbon farm, but there are ways that each of us can regenerate ourselves, beyond our food choices, so we can thrive:

- Eliminate debt
- Engage in meaningful work that applies your innate talents and passions
- Be energized by the people and places around you
- Connect with nature and community
- Live in a non-toxic environment
- Play
- Eat real, nutrient-dense, local food from perennial sources when possible
- Buy products that regenerate land and empower people through their production
- Plant perennial lawns or replace lawns with planter boxes and garden plots, and grow your own food

A Surprise Valley, Calif., family threw off the shackles of modern middle class life and created a regenerative lifestyle for their young family in a rural community 200 miles north of Reno. Owen Segerstrom and Hannah Curcio relocated to Surprise Valley, built a custom, off-grid home, erected hoop houses, bought hogs and set about creating a self-reliant life.

"We are off-grid with gravity-fed water and solar electric, and we recently completed a passive solar straw bale addition to [our] house," Segerstrom said.

Regenerative living appeals to this family because the status quo seems not only unsustainable, but also absurd.

"Economics have been perverted to an insane degree. Our culture's discourse revolves around indices like the Dow Jones, which at this point is nothing more than a sophisticated computer game. We are literally tracking the activities of an artificial intelligence and reporting on them a measurement of our economic well-being. Madness. Meanwhile, we are losing our topsoil at a terrifying rate. We need a coherent narrative about economies and how they serve people. If we can have this discussion, a land ethic will quickly emerge, because all real wealth comes from the land," Segerstrom said.

Abbey Smith is the Savory Global Network coordinator for the Savory Institute and the co-leader of the Jefferson Center, the Savory Global Hub serving Northern California and Nevada. Learn more at savory.global/network and jeffersonhub.com

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GARDENING FOR YOUR IMMUNITY

By Dr. Cora Ibarra, M.D., H.M.D.



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The garden in our backyard has always been known for cultivating flowers and plants that represent beauty and aesthetics in our households. Recently, a renewed interest in the use of the garden has been unearthed, driven by the demand for an alternative food source in a world filled with artificially-made food choices and chemically-enhanced products.

The art of gardening has caught the nation's attention once again, and be it the older or younger generations, having a garden to plant in, big or small, is becoming mainstream. Here are a few statistics from The National Gardening Association on how the Earth's potential is currently being maximized in these changing times.

1. "35 percent of all households in America, or 42 million households, are growing food at home or in a community garden, up 17 percent in 5 years."
2. "Largest increases in participation seen among younger households – up 63 percent to 13 million since 2008."
3. "2 million more households community garden – up 200 percent since 2008."

Underneath these gardens lie gems in the form of organic fruits and vegetables that are pesticide and herbicide free, reflecting an increasing awareness on how harmful the side effects of these products are to one's own body. Having an accessible and organic garden ensures a healthy food source, which also can be a practical approach on saving money (compared to market prices of organic produce, which are expensive).

These are legitimate reasons why we prefer our food to be "home grown." A deeper reason can be explored in its benefits where it really counts the most: boosting our own immune system. This immune system is the one responsible for keeping us healthy and free from sickness. You would be surprised at how the most common fruits and



vegetables that we grow can serve as basic protection, especially during the cold and flu season. Here are scientific evidences that will prove to us that they stand as our cheap and practical boosters, which are trump cards in our fight against disease and illness.

1. Eating a diet deficient in fruits and vegetables for a duration of just 2 weeks lowers the immune system.
2. Brightly-colored vegetables have been noted to increase interleukin-2, a substance responsible for promoting white cell function in the immune system.
3. Sustained intake of both tomato and carrot juices have been shown to increase tumor necrosis factor-alpha, another substance that regulates the other immune cells.
4. Cruciferous vegetables (cabbage, Brussels sprouts, kale, collards) prevent leaky gut syndrome by lowering gut inflammation, promoting immune defenses, inhibiting bacterial spread and assisting in its repair.
5. There are increased flu-related hospitalizations with low fruit and vegetable consumption.
6. Increased frequency of acquiring colds during pregnancy increases the chance of birth defects such as spinal cord problems, cleft lip and undescended testicles.
7. Damage to a fetus can be attributed to the fever that accompanies the common cold.

8. Moderate decreases of upper respiratory tract infections were noted during pregnancy in relation to consumption of at least 9 servings of fruits and vegetables in one day that are high in nutrients and bioactive compounds.
9. Increases in antibody production in connection with vaccine administration occurred for older individuals who eat vegetables at least 5 times a day. Antibodies are the weapons of our white cells in killing infection.

In conclusion, something as simple as our gardens can contribute greatly to our quest for a healthier well being. Seek knowledge to help you learn how to utilize the fruits and vegetables that you grow in your garden. For optimum health, we sometimes need not look anywhere else other than in our own backyard.

For more information, call Dr. Cora Ibarra at Bio Integrative Health Center International at 775-827-6696 or visit www.BIHCIreno.com. BIHCI can help you maximize the benefits of vegetables and herbs toward specific ailments (cinnamon for controlling blood sugar) or just simply help you maintain overall wellness. In conjunction with this, BIHCI carries organic and GMO-free herb-based remedies, to assure the delivery of quality nutrition to patients, and offers additional immune system support through intravenous vitamin drips that contain all-natural ingredients, which are better absorbed by the body (versus oral intake) and intravenous bio oxidative therapies that promote healthier cells, both of which prevent the invasion of disease causing microorganism. For a list of Dr. Cora Ibarra's references, visit www.HBMag.com.

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*Items marked with an asterisk can be placed in curbside single stream bins or taken to Reno or Sparks recycling centers. Contact Waste Management for additional information. For a more extensive recycling list, visit www.ktmb.org/recycle. Businesses may charge for recycling/disposal services. Please call individual businesses for details.

ILLEGAL DUMPING: Report illegal dumping in your area by calling 775-329-DUMP (3867).

Keep Truckee Meadows Beautiful (KTMB) is a local nonprofit dedicated to creating a cleaner more beautiful region through education and active community involvement since 1989. Our projects focus on beautification, advocacy, cleanups and education. Everything we do from planting flowers in parks, to cleaning up trash along the river and educating school children on the impacts of litter work toward a larger goal of increasing the quality of life for everyone who lives in and visits this area. Litter and blight decrease property values and increase crime rates. In order to safely and enjoyably walk through local parks, bike along the Truckee River or hike in the open spaces, it has to be free of litter, illegal dumping and graffiti. KTMB engages over 5,000 volunteers each year in community projects. Volunteering can not only increase positive outlooks on life in general, but it is a great way to get out, stay active and meet people in your community who care about the same things you do. Our next big volunteer event is KTMB's Great Community Cleanup on Saturday, May 6, 2017. To learn more about KTMB and how to get involved, visit www.ktmb.org.



KEEP TRUCKEE MEADOWS
BEAUTIFUL

LOCAL BUSINESS SPOTLIGHT: DAVIDSON'S ORGANICS



Getty Images

By Healthy Beginnings Staff

What is Davidson's Organics?

Davidson's Organics is the first certified organic, fair trade and specialty tea company in the United States with more than 300 tea varieties. The company was established in 1976 in a small garage in Reno, where it sourced and blended teas and supplied mulling spices to small household customers during the holidays. With family-owned tea gardens in Darjeeling, India, the operation is completely vertically integrated, as it sources, packages and distributes products under one roof. Davidson's is a "seed-to-cup" success story, celebrating internationalism and family tradition across nations. The company is owned by locals Kunall Patel and Promilla Mohan.

Why is Davidson's Organics dedicated to providing organic, biodynamic and fair trade teas?

Organic foods maintain healthy soil and produce a higher plant yield with more nutrients, and organic cultivation is better for wildlife and the environment. In respect to tea, organic cultivation is vital. With many fruits and vegetables, consumers are able to wash off harmful pesticides before consumption. With tea, the first time the leaves are "washed" is when the tea bag is steeped in the tea cup. Therefore, non-organic tea brings pesticides and chemicals directly to the body.

Davidson's places large importance on the environment and on the people who help with the tea process. Davidson's fair trade program supports the health, living and working conditions of tea farmers and their families. Through fair trade purchases,

Davidson's teas directly improve the lives and earning potential of the farmers who tend the teas and botanicals in Davidson's tea blends.

For more information on Davidson's Organics and the company's dedication to eco-friendly, organic and fair trade growing and harvesting, or to peruse Davidson's tea blends, visit www.DavidsonsTeas.com.

Health Benefits of Drinking Tea*

1. Tea may help reduce the risk of heart attack and stroke, as drinking tea may help lower LDL cholesterol levels
2. Tea helps in managing a healthy weight – it's a great no-calorie alternative to water
3. Tea contains active compounds, which can help to lower levels of inflammation and inflammatory reactions
4. Tea contains high levels of antioxidants, which can help to prevent blindness caused by cataracts

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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SUSTAINABLE SOIL FERTILITY FOR HEALTHY GARDENING IN NEVADA

By Farmer Craig Witt, Full Circle Owner, Soil Enthusiast



Submitted by Full Circle Soils & Compost

Spring has sprung and it's about time we get back to gardening here in Northern Nevada. Yes, we know that we're likely still in for that final freeze that always threatens our early starts. However, there's plenty to do before we plant.

The love of gardening has always been about creating your own food and watching the fruits of your labor come from your own backyard to your table. Growing your own food let's you know exactly where your food is coming from, how it is grown and making sure it is healthy and nutritious for you and your family (and occasionally even your neighbors and co-workers). Growing your own food is all about being sustainable!

In Nevada, the overall "growing" part of having your own garden is a little tougher due to our climate. We have a limited growing window that is always plagued with early and late frosts. We also face a challenge with the lack of biology and nutrition in Nevada soil. In this article, we'll chat about a few issues and how you can sustainably overcome obstacles to grow a bountiful garden.

Healthy growing all starts with sustainable soils:

As we discussed in previous articles for Healthy Beginnings Magazine, achieving BIG and nutritious harvests start with what your plants and veggies are growing in, the soil. Nevada soil inherently lacks nutrition and biology. But, you can build nutrition and biology sustainably in your own backyard. For Nevada soil, this means you need patience and a little time. You do not want to over do it all at once. It is in our human nature to think, "If I put on loads of manure, woodchips, straw and other stuff all at once, this has to be good." In reality, it's not! Nevada soil does not have the "digestive capacity" to eat raw materials. You have to "pre-turn" the materials into "food" that our Nevada soil can eat and then provide nutrition directly to the plants. Think of Nevada soil as a fussy baby. You cannot give a baby a raw carrot to eat. You have to cook it, blend it and make it into baby food because they can only handle food that's easy to consume and digest. Nevada soils are the same. Due to our arid climate and lack of biology, you need to give the soil "baby food." The sustainable way of doing this is to give your soil small amounts of properly made compost that has been fully

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broken down by an approved composting program such as the US Compost Council Seal of Testing Assurance. This compost will have been digested by microbes first and put into a form your soil (and plants) can work with. Look to find quality compost made out of recycled materials from your own local area. If the compost is made from local ingredients, it will have a similar biological fingerprint to the native soil. If you are bringing in compost made from organic waste that is from an ecosystem far away (like another state), our soil may find it foreign and might not know what to do with it. Also, you need to watch out for cheap compost that may have harmful materials (like human waste). Many commercial composting companies are making “compost” from “biosolids” or sewage sludge. YUCK!

Let's talk mineral nutrition:

As we discussed in previous articles, organic matter and compost only bring certain food to your soil which then goes on to feed your plants. To create sustainable nutrition for your soil that will then go into your food, you need to give the plants the “stuff” they crave. This is a buffet of minerals and nutrients that need to be added to the compost you apply to your garden. Plants crave calcium, magnesium, sulfur, manganese, boron, iron, copper, nitrogen, phosphorus and other elements. The bigger the buffet, the more choices you're giving your plants. Look for quality compost that is also focusing on macro- and micro-nutrition to bring more overall nutrition to the soil that will then transfer to the plant.

It's about building sustainable ecosystems:

Growing a healthy garden includes sustainable soil food through quality compost and long-term nutrition through minerals; however, it also revolves around building a

sustainable gardening ecosystem. The goal is to create a garden that grows year after year without breaking the bank. After you build a solid soil foundation, it all comes down to how you garden to promote long-term soil nutrition and biology. One idea is the use of cover crops. The air we breathe is 78 percent nitrogen and only 21 percent oxygen. Guess what? You have all the free nitrogen your garden could handle without having to buy any fertilizers. But how do you capture it? The answer is nitrogen-fixing crops. Cornell University has a whole database of information on cover crops, what to plant and when to plant them (<http://covercrops.cals.cornell.edu>). Cover crops can “suppress weeds, protect soil from rain or runoff, improve soil aggregate stability, reduce surface crusting, add active organic matter to soil, break hardpan, fix nitrogen, scavenge soil nitrogen, and suppress soil diseases and pests.” Start using cover crops this year.

Don't kill the worms!

Try out no-till or minimal tillage in your garden. The no. 1 reason for this is worms! Worms are the original composters that eat organic matter in your soil and excrete plant food. You want to build a worm population in your garden and if you rototill you are cutting up those little guys. Also, rototilling can oxidize the nutrients that are stored in your soil and they can evaporate into the atmosphere. Rather than rototill, try using a spading fork to gently break the soil up.

We've shared this information to help you create a more sustainable and nutritious garden this year for your family. Please reach out to us with any questions, tips or tricks at info@fullcirclecompost.com. We are always willing to do our part to help you grow happy, healthy and more sustainably this spring.



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See Our Article in this Magazine



ADDING BIODIVERSITY TO YOUR GARDEN: CONVERT THAT LAWN INTO A HABITAT

By Jana Vanderhaar

Every year, there is an exodus of spiders, birds and bees from our neighbor's yard to ours. That's because pest control companies spray their bushes with pesticides to control the bugs and mow-and-blow landscapers spray herbicides and synthetic fertilizers to make the grass greener. Not us. We use nature to keep our pests under control and make our plants grow healthy. Biodiversity is a top priority in our yard, and our goal is to grow as many plants as possible to encourage bees, butterflies, birds and, yes, arachnids to our garden.

Face it, lawns are biological deserts. The monoculture of grass species in our green outdoor carpet does not support wildlife. In fact, we tend to spend a lot of time and effort trying to make it grow as well as keep weeds and pests out. When we blanket the lawn with these artificial fertilizers and bug killers, we shock the grass into growth spurts and destroy insect, worm and microbe communities that help our plants grow. We end up having to water more and use more chemicals over and over again. That said, our lawn does have some useful functions in the landscape. A lawn is a great extension of your patio or deck and a wonderful place for kids to play. However, your entire landscape does not have to be covered with a sea of bluegrass or fescue.

When taking on the project of reducing your lawn size, there are several things to think about before you start. First, determine the size of lawn you wish to keep. Often, it is most functional to have a patch of lawn with rounded curves as an extension of your outdoor seating area. Second, determine what you would like to convert your lawn into. Can it become a seating space? Will the new area become a garden space for growing some of your favorite vegetables or fruits? Or create a meadow for bees, butterflies and lady bugs.

The process of converting lawn starts with intention. Give yourself some time to ponder what exactly you like to do in the space around your house and then make a list of goals and objectives for your yard. Get some books from the library with ideas. It is always helpful to have a site plan with the footprint of the house and your property outlined on it to scale. Go out and note where existing trees, structures, paths and other permanent items are on the plan. Think of where you would like shade, which views you treasure, where you could use screening and where you could use a windbreak. Also, think of what you will be doing in your garden space and what you would like it to feel like. To give you some ideas of the possibilities for your lawn conversion space, use this list as a guideline:

1. **Build hard surfaces, such as decks, patios, pathways and structures (shed, garage, addition, hot tub).**
2. **Provide a utility area such as a gravel drive for boat/car storage.**



Submitted by Verdant Connections

3. Create garden spaces, such as a:

- Meadow of native and drought-tolerant grasses and wildflowers
- Orchard or vineyard
- Vegetable and herb garden or strawberry patch
- Wildlife and bird garden with food plants, nesting areas and a water source
- Native garden that uses plants that are grow naturally in our area
- Kid's garden with sand, edible plants and herbs, a swing and boulders to climb on
- Rock garden with many drought-tolerant flowering perennials
- Chicken coop and run for fresh eggs

4. Don't forget a spot for a compost and brush pile.

Then take your list of goals and start drawing your ideas on paper. Have your gardener friend over for consultation, or hire a professional to help you with this. Some people like to take flags out into the yard and stake out the ideas spatially. Either way, you will have, at this point, created a master plan for your yard to help you go to the next step – converting your lawn.

There are several ways to convert your lawn. Steer away from using chemicals to kill your lawn, because it poisons your soil and leaves behind an even more desolate situation. Converting your lawn is hard work, but a very rewarding effort: Think of all the water, time, money and chemical exposure savings!

So this year, why not invite nature into your yard by turning to organic gardening practices and planting a variety of flora that will provide a heaven for spiders? They will thank you by eating those pesky flies and mosquitos.

For more information, call Jana Vanderhaar, landscape architect and owner of Verdant Connections, a sustainable landscape design and organic garden consultation firm, at 775-412-8771 or visit www.VerdantConnections.com. For Jana's tips on converting your lawn, or for a list of her references, visit www.HBMag.com.

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SPRING CLEANING, NATURALLY

By Elaine Brooks



What a winter... With rain, snow, wind and floods, Northern Nevada and California have been inundated by Mother Nature's wrath this year. With the winter months behind us, it's now time to get past all the darkness, open up the windows, soak in some sunshine and start our annual spring cleaning.

There's nothing better than eco-friendly cleaning with aroma therapy oils and natural cleaners, as these will not pollute our environment with deadly gases and vapors. When we use essential oils, we can disinfect and clean the air at the same time.

Lemon oil or pine oil mixed with baking soda act as an amazing cleaner for scrubbing and disinfecting any surface, while adding a fresh scent to the air.

Some other great disinfectants include bergamot, cinnamon, clove, eucalyptus, lavender, lime, lemongrass, patchouli, rosemary, sage, tea tree, thyme and one of my favorites, ylang ylang – so good they named it twice.

Along with the emergence of spring comes the inevitable march of the insects. Great and effective oils to use for insect repellents include cedarwood, cinnamon, bay leaves, clove, dill, eucalyptus, geranium, lavender, lemongrass, patchouli, peppermint, rosemary and thyme. Place drops of these oils around your door and windows to repel spiders and ants from entering your home. A quick tip: place bay leaves in your jars of dry goods to help repel bugs in your kitchen cabinets and foodstuffs.

A mixture of cedarwood, eucalyptus, and cinnamon or citronella act as a great combination for ridding areas of mice or rodents, just sprinkle the mixture around areas that the rodents like to gather (I even got rid of some pack rats trying to take up living quarters in my garage).



Getty Images

If the air in your home is stale from being closed up all winter, freshen the air with these combinations: lime, grapefruit, orange and patchouli; orange, lemongrass, grapefruit and cedarwood; or, bergamot, mandarin and clove.

For our dear friends and neighbors that have had water damage, try this helpful mold-busting recipe:

Liquid plant enzymes, 8 oz.; cinnamon, 9 drops; oregano, 9 drops; patchouli, 8 drops; thyme, 10 drops; eucalyptus, 9 drops; tea tree, 10 drops.

Mix, shake well and spray at least once a day (2-3 times a day for more acute situations).

So, this spring, let's move past this long, cold winter and clean and freshen our homes naturally.

For more information, call The Herb Lady at 775-356-1499 or visit www.Herb-Lady.com.

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CLOTH DIAPERS: THE SUSTAINABLE CHOICE FOR YOUR BABY, YOUR POCKETBOOK AND OUR PLANET

By Rachel Ching, LCCE, PCD (DONA), CLE, CPST

11 years ago, when I was pregnant with my first baby, my friend asked me if I was going to use cloth diapers. I am pretty sure my face said it all... No, no way, ew, just no. Fast-forward 2 years, and I was pregnant with my second child and looking over my budget for the new baby. I was thoroughly shocked that we had spent nearly \$2,000 on diapers that were essentially garbage from the moment we used them.

I had a flashback to my friend's previous query and I decided to start looking into cloth diapers. I immersed myself in the cloth diaper world, determined to find the exact right diaper for my babies. I spent several weeks researching brands, and finally settled on one brand. I purchased enough to diaper my toddler full time and dabble in diapering my newborn as well.

A few days later they all arrived in the mail... I quickly learned that it was actually pretty darn easy, even for someone like me who is pretty darn lazy and not a fan of laundry. I felt like such a pioneer. Washing diapers 2-3 times each week and drying them in the sun was a strangely rewarding experience.

The best part about my cloth diapers was that they were perfectly useful for my third baby as well. Not many things are worn daily for several children, constantly pooped on and then passed down to the next baby...

Things I learned along the way that I wish I had known before starting cloth:

- Shop local! When buying from your local cloth diaper store, you will find knowledge about all-things baby and diapers and some things that are super relevant to your local area! Reno has tricky water... and special requirements for our laundry detergents... don't go it alone, we are here to help.
- If you have signed up to have a baby, you have signed up for poop. The ick factor of poop is not diminished when using plastic diapers.
- Don't buy all one type/brand of diaper! You will find you prefer different diapers at different times, and if you over invest in all one type, you may soon realize they are not the perfect fit for you and your baby.
- Prefolds and covers (those totally prehistoric types of diapers) are amazing and everyone should have at least a few.

Diapering basics:

1. Plan on washing your diapers every 2-3 days. Waiting longer between washes can cause diapers to stink. Store dirty diapers in a simple trash can with a lid (no water). It can be lined with a reusable laundry bag, called a pail liner.
2. Exclusively breastfed baby poop is water soluble and can be washed out in your washer. No rinsing necessary. Once any other foods have been introduced, spray or rinse diaper to remove solids in the toilet and toss in the pail.
3. You can wash all types of diapers together. Do not dry the covers on high heat, as the elastic and plastics will wear out.
4. When choosing a laundry detergent and diaper creams, make sure they are cloth diaper safe! Certain additives can cause rashes on your baby or other possible issues with your diapers.
5. Traveling with cloth is simple, just bring a travel sized wet bag with you for dirty diapers.
6. If you have recurring problems, lets figure out the cause! You may need to strip or bleach your diapers and tweak your wash routine.



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Economic and environmental impact:

Did you know?

A disposable diaper may take up to 500 years to decompose. One baby in disposable diapers will use approximately 6,400 diapers and will contribute at least 1 ton of waste to your local landfill. Those diapers are going to cost approximately \$2,300. It's like throwing thousands of dollars into a landfill!

Rachel Ching is a Lamaze childbirth educator, birth and postpartum doula, certified lactation educator and child passenger safety technician. She also owns The Nurturing Nest, an education center for new and expecting parents. For more information, call The Nurturing Nest at 775-825-0800 or visit www.NurturingNestReno.com.

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*Childcare is offered for all classes held Monday through Friday. Please make sure to add your child to the childcare class on our schedule so we have appropriate staffing.

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WHY IS FASTING SO GOOD FOR YOU?

By Robert A. Eslinger, D.O., H.M.D.



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Different forms of fasting have been growing in popularity of late. A growing body of information is showing the health benefits of three kinds of fasting: intermittent, alternate-day and extended fasting.

The benefits of fasting are rooted in getting into a state of nutritional ketosis. This is not the dangerous state of diabetic keto acidosis that some diabetics can get into. Fasting and ketosis go together perfectly, like bacon and eggs. The opposite is true as well, when eating a low-carb, moderate-protein, high-fat diet (a ketogenic diet), it becomes much easier to fast.

It turns out that over 2,000 years ago Hippocrates (widely considered the father of modern medicine) was an advocate of fasting. Interestingly, he was not only an advocate for intermittent fasting, he advocated for eating a high-fat diet!

Fasting has been a part of human society for thousands of years, and there are benefits to it for those who are dealing with certain health issues – in particular, obesity and type 2 diabetes – in today’s world of constant food abundance.

Traditional hunter-gatherer societies virtually never develop obesity or diabetes, even during times of plentiful food. In the pre-agricultural era, it is estimated that animal foods provided about two-thirds of the calories in the human diet. Despite all the modern teeth gnashing about red meat and saturated fats, it seems that our ancestors had little problems from eating them.

Intermittent fasting simply means periods of fasting occurring between periods of normal eating. In years past, fasting for 12 hours was considered normal. Breakfast

was traditionally served at 7 a.m., lunch at 1 p.m. and dinner at 7 p.m. Then it was 12 hours until the next meal at 7a.m. the next day.

16-18 hour fasts incorporate a 6-8 hour window of eating per day. For example, you might fast from 7 p.m. to 11 a.m. the next morning. One of the most popular and efficient ways to forgo breakfast is to use a recipe called “bulletproof coffee.” It consists of your usual 8 ounce coffee with 1 tablespoon of butter or ghee, 1 tablespoon of coconut oil and 1-2 tablespoons of heavy cream. It must be whipped in a blender or with a handheld electric stick blender to emulsify the fats. It results in a creamy, delicious drink loaded with saturated and medium chain fatty acids. For those non-coffee drinkers, this can be done with any kind of tea, such as chai.

Eating this way will help your body switch from burning carbohydrates for energy, to burning ketones. Burning ketones is much more efficient and creates far more energy and less free-radical damage than burning carbohydrates.

Advantages of fasting: it’s simple, it’s free, it’s convenient, it’s powerful, you can enjoy life’s little pleasures, it’s flexible, it’s the only proven way to live longer and, last but not least, it works with any diet. So, what are you waiting for?

For more information, contact Reno Integrative Medical Center, 6110 Plumas St., Ste. B, Reno, at 775-829-1009 or www.RenIntegrative.com. For a list of Dr. Eslinger’s references, visit www.HBMag.com.



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THE STARS AND YOUR HEALTH

By Robert Ayres



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It is an ancient teaching that there is a fundamental connection between the stars and the well-being of the physical body. Manuscripts dating from 500 BC describe how to diagnose and treat illness based upon astrology. Hippocrates, the father of Western medicine, described the correspondence between the stars and planets with the organs and parts of the body.

Astrology had a significant influence on the art of healing from ancient times up through the 1600s. The study of the stars was considered an essential part of a physician's training. This celestial perspective on a person's health began to change in the 1700s as the modern scientific method increasingly grew in influence. Today, astrological principles are again being investigated in the application, treatment and understanding of illness.

The Hermetic axiom of "As above, so below" formed the metaphysical and philosophical basis for connecting the stars and the medical arts. It was understood that the body was the microcosm of the macrocosm of the starry universe. The signs of the zodiac and the planets were intimately involved in the creation and formation of the body.

The creative spiritual hierarchies that express through the signs and the planets constitute forces, principles, ideas and functions that are structured within the cosmos and the human body. In astrological terminology, the signs and the planets rule the various parts of the body and their functions. The wholeness which is the cosmos is replicated in the wholeness of the functioning of the body.

We must remember that the body is the vehicle for the indwelling soul and spirit to express through. The health and well-being of the body provide a strong foundation for a successful and fulfilling life. Listed briefly below are the traditional rulerships of the signs and planets with the corresponding parts of the body:

- **Aries:** Head and brain
- **Taurus:** Neck and throat
- **Gemini:** Shoulders, arms, hands, lungs
- **Cancer:** Stomach and breasts
- **Leo:** Heart and spine
- **Virgo:** Intestines
- **Libra:** Kidneys
- **Scorpio:** Bladder and genitals
- **Sagittarius:** Hips and thighs
- **Capricorn:** Skin, bones, knees
- **Aquarius:** Calves and ankles
- **Pisces:** Feet
- **Sun:** Heart
- **Venus:** Kidneys, thymus
- **Mercury:** Lungs, nerves, thyroid
- **Moon:** Female reproductive organs, lymph
- **Saturn:** Gall bladder, skin, teeth
- **Jupiter:** Liver
- **Mars:** Male reproductive organs, adrenal glands
- **Uranus:** Pituitary gland
- **Neptune:** Pineal gland
- **Pluto:** Kundalini, colon

The above is just a basic listing. Every part and function of the body has its astrological rulership, which results in our bodies being a miniature functioning cosmos of which we are the custodian.


When we examine the natal chart, we are able to determine the inherent strengths and weaknesses of the physical body with which we were born. This is determined by the house and sign placement of the planets and whether aspects to particular planets are positive or negative, harmonious or disharmonious. If the aspects are good, it means the organ is essentially strong and healthy. If the aspect is conflicted, then there will be problems arising with that part of the body and its function. This condition will manifest as a health crisis or disease activated by the ongoing movement of the planets through progressions and transits.

From an evolutionary standpoint, we have not achieved perfected expression. Therefore we are all born with inherent weaknesses in parts of our bodies that will result in health problems. We are the custodians of our bodies and we have a responsibility to care for them in an enlightened manner. One of the more fundamental paradigms of our life here on Earth is that we have come here to heal ourselves. The body is a beautiful and complex creation that must be understood from a holistic perspective with an emphasis on balance and moderation in all things.

Our natal chart represents our karmic inheritance from past lives. If a planet, sign or part of the body is strong or weak, that represents objectively how we have treated that part of our body in past lives. We must remember, though, that every part of the body represents the function of a specific quality of consciousness. The deeper issue is the healing of a pattern of thinking, feeling or action if we are going to truly heal a dysfunctional organ.

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The primary source of disease is on the level of consciousness. This occurs when we fail to positively change negative, self-sabotaging and self-destructive patterns that weaken and damage the part of the body responsible for those activities. To the degree that we change these patterns from a negative to a positive expression, we truly heal ourselves down to the level of our physical body.

Some health issues are considered to be hereditary and are passed down through the generations. It's easy to blame our parents and grandparents for our illness, but that would be an incorrect understanding. We all have our family karma which manifests as specific strengths and weaknesses passed on through a family lineage. But we must remember that we were born into a specific family because of shared tendencies and karma.

The basic principle of relationship is that like attracts like. We are naturally attracted to those that are similar to us, in both positive and negative ways. We must take responsibility for our illness and heal ourselves. The doctor or the healer cannot truly heal us. They can be a catalyst to create healing opportunities but if we do not change the underlying behavior pattern that is the source of the illness, then it is just a matter of time before the dysfunctional condition returns.

An idea that appears in all of the ancient traditions, including the Bible, is that God gave mankind the kingdoms of nature to provide us with the necessary healing remedies. Nature contains a cornucopia of healing remedies that are the basis of all ancient medical systems. The mineral, plant and animal kingdoms provide us with all that is needed to make us healthy. Our present health system has strayed a long way from the foundations of true health. The results are evident in the increasing ill health of society and the exploding cost of health care.

A fundamental teaching of the ancient wisdom is that which is known as the chain of being. This doctrine describes the Supreme Being in manifest expression as twelve-fold in nature. These 12 aspects take form in the 12 signs of the zodiac. These signs embody cosmic laws, principles and functions that are expressed and administered by the various spiritual hierarchies. These principles then become manifest at a lower level of creation in the planets. Then together, the intelligences of the stars and planets manifest these energies and forces in man and nature. They are manifest in the animal, plant and mineral kingdoms.

Every animal, plant and mineral has its astrological correspondence and rulership, which means that it contains those celestial forces and powers within its being. The medical arts of antiquity were aware of this and these principles became the basis of their approach to healing. Every disease can be diagnosed astrologically and the needed natural remedies can be identified and utilized. This is the historical source of herbal medicine. There is also an art and science of mineral, crystal and metallic tincture that is part of this approach. In the shamanistic and Chinese methodologies to healing, various animal parts are utilized. Everything in nature contains potent celestial powers and forces that are made available to humanity for our well-being. In more recent times, additional natural remedies based in the astrological arts are cell salts, Bach flower remedies and homeopathics.

**THIS IS NOT MEANT TO BE TAKEN AS MEDICAL ADVICE.
YOU SHOULD ALWAYS CONSULT YOUR HEALTH CARE PROFESSIONAL.**

Robert Ayres is an internationally known astrologer with 40 years of experience. He can be reached for personal consultations at 530-550-1118 or at his website at www.AstrologicalAlchemy.com.

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The Herb Lady has been in business for more than 30 years. Providing herbs, oils, supplements, teas, and nutritional coaching and information, The Herb Lady will help you on your path to wellness.

Natural Advantage Health Shoppe

1104 California Ave., Reno
775-322-4372 naturaladvantagehealthshoppe.com

Truckee Meadow Herbs

1170 S. Wells Ave., Reno
775-786-8814 truckeemeadowherbs.com

Whole Foods Market Reno

6139 S. Virginia St., Reno
775-852-8023 wholefoodsmarket.com

PET CARE

Adventure Pet

775-742-9378 adventurepet.com

Hammer's Healthy Hounds

4820 Vista Blvd., # 106, Sparks
775-284-3647 hhhounds.com

Holistic Pet Care

6476 Bonde Ln., Reno
775-853-6002 holisticpetdr.com

Pet Play House

2403 E. 4th St., Reno
775-324-0202 petplayhouse.biz

Scraps Dog Company

7675 S. Virginia St., Reno
775-853-3647 scrapsdogcompany.com

REIKI

Angels Among Us Healing Garden

733 S. Virginia St., Reno
775-319-7444 angelsamongus444.com

Reiki House

305 W. Moana Ln., Ste. B3, Reno
775-234-2751 reikihousenevada.com

Reno Tahoe Reiki

1026 W. 1st St., Reno
775-742-6750 renotahoereiki.com

SKIN CARE

Dragonfly Bath & Body

728 S. Virginia St., Reno
775-470-8505 dragonflybath.com

SPAS

Beau Chateau Day Spa

3888 Mayberry Dr., Reno
775-746-4100 www.beauchateaudayspa.com

Dolce Vita Wellness Spa

16640 Wedge Pkwy, Reno
775-772-0032 dolcevitalwellnessspa.com

Essenza Salon and Medi Spa

5255 Vista Blvd., C1, Sparks
775-626-4600 essenzasalonandmedispa.com

Esteem Medical Spa & Salon

6522 S. McCarran Blvd., Ste. A, Reno
775-329-3000 esteemmedicalsapa.net

Pinnacle Wellness Healing Spa

3631 Warren Way, Ste. A, Reno
775-236-3631 pinnaclewellnessreno.com
Pinnacle Wellness Healing Spa is a natural healing health spa. We offer various modalities including Hand Foot Detox, Oxygen Bar, Chi Machine, Far Infrared Sauna and Pod, Vitamin D Bed and more! We also sell salt lamps!

Spavia at the Summit

13925 S. Virginia St., # 206, Reno
775-432-6572 spaviadayspa.com

SPINAL CARE

Sierra Regional Spine Institute

6630A South McCarran Blvd., # 4, Reno
775-828-2873 SierraRegionalSpine.com

SPIRITUAL CENTERS

Center for Transformational Healing

Berna Joy Boettcher, M.S., Ed.D.
Redfield Suites, 219 Redfield Pkwy, # 203, Reno
775-224-5498

Dharmakaya Buddhist Center

6165 Ridgeview Ct., G, Reno
775-232-8067 dharmakayacenter.com

VITAMIN THERAPY

The Shot Spot: A B-12 Bar

615 Sierra Rose Dr., # 4, Reno
775-826-1008 theshotspotb12.com

BeXtreme

980 Caughlin Crossing, #100, Reno
775-746-2899 bextremereno.com

YOGA/PILATES

Body Harmony Pilates

3614 Lakeside Dr., Reno
775-825-8804 bharmoniypilates.com

Midtown Community Yoga

600 S. Virginia St., Reno
775-870-9905 midtowncommunity.yoga

Mind Body & Pilates

615 Sierra Rose Dr., # 2B, Reno
775-745-4151 mindbodyandpilates.com

Pilates Studio of Reno

45 Foothill Rd., # 2, Reno
775-336-4420 pilatesofreno.com

Temple Yoga Reno

190 California Ave., Reno
775-240-8923 templeyogareno.com

Yoga Pod

13981 S. Virginia St., # 402B, Reno
775-420-4363 reno.yogapod.com



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507 Casazza Dr Ste. E,
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LOCAL EVENTS CALENDAR

1
By appointment
Aura Reading \$30
Reno Psychic Institute

2
11 a.m. – 12:15 p.m.
(every Sun)
Spiritual Awakening
Wadsworth Masonic Lodge

3
4 p.m. – 5 p.m.
Tai Chi Class \$0-\$25
Reno Buddhist Center

4
10 a.m.
(every Tues)
The Feldenkrais Method Class
Cardio Kickfit

6 p.m. – 9 p.m.
Listen to Your Inner Voice
\$23-\$45
Heart to Heart School

7 p.m. – 9 p.m.
**Sugar Love University –
CHOC 306**
Sugar Love Chocolates

5
12 p.m. – 1 p.m.
(every Wed)
Walk With A Doc FREE
Aces Ballpark

5
6:30 p.m.
(every Wed)
Essential Oils Class FREE
Join us to learn about the
applications and benefits
of essential oils for
health and wellness.
Experience essential oils
firsthand. Free gifts! For
more information and to
register for a class,
please call Rita Smith
at 775-287-0327.

6
3 p.m. – 4 p.m.
(every Thurs in Reno)
**Center for
Transformational Healing**
Spiritual healings, personal
messages, and short talks.
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significantly improve your
health, happiness, and well-
being. First session free. \$10
per session, 4 for \$35.
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more information, call Joy
Boettcher, M.S., Ed.D. at
775-224-5498.

6
**Benefits of Essential
Oils Class** FREE
Also held on April 18.
Call for time, location
and registration.
775-323-1222
Jensen Chiropractic

7
4:00 p.m.
Sunset Snowshoe Hike \$65
Tahoe Adventure Company

6:30 p.m. – 8:30 p.m.
Wire Wrap Jewelry Class \$25
Materials included
Crystal Cove

8
11 a.m. – 1 p.m.
Drop in Meditation FREE
Dharmakaya Buddhist Center

9
10 a.m. – 2 p.m.
Heels & Hounds \$75
Atlantis Casino Resort Spa

11 a.m. – 12 p.m.
Buddhism in a Nutshell \$10
Suggested donation
Dharmakaya Buddhist Center

10
6:00 p.m.
Full Moon Snowshoe \$65
Tahoe Adventure Company

10
7 p.m. – 9:30 p.m.
**Spirit of Spring Fundraiser
for the Boys and Girls Club**
\$40-\$50
Edgewood Tahoe

11
6 p.m. – 7:30 p.m.
(every Tues)
Yoga Class \$8-\$24
Gerber Medical Clinic

7 p.m.
(every Tues)
**Parents of Special Needs Kids
Support Group** FREE
Sparks Christian Fellowship

12
6 p.m.
(every 2nd and 4th Wed)
PTSD Discussion Group FREE
VFW Post 9211

13
6 p.m.
(every Thurs)
The Feldenkrais Method Class
Reno Buddhist Center

7 p.m. – 9 p.m.
**Easter Workshop:
Naturally Decorated Eggs**
The Basement

14
5:30 p.m. – 6:45 p.m.
(every Fri)
Yoga Class By donation
Gerber Medical Clinic

15
8 a.m. – 11:30 a.m.
Race to End Domestic Violence
Idlewild Park

3 p.m.
(every Sat)
The Feldenkrais Method Class
Cardio Kickfit

**16
Easter**



18
5 p.m. – 7 p.m.
**Healing Clinic;
Energy Healing drop in** FREE
Reno Psychic Institute

**22
Earth Day**



11 a.m. – 5 p.m.
Earth Day at The Village FREE
Squaw Valley

22 – 23
10 a.m. – 4 p.m.
Nevada Women's Expo
The Nevada Women's Expo –
Northern Nevada's premiere
shopping extravaganza
– offers women the best in
business, lifestyle and health
resources. The expo features
hundreds of local and out-of-
state vendors offering unique
products/services, new
companies and local
resources. Indulge yourself
at the Expo. Attend with
friends. Shop around. Try
new things. Learn new
things. Get great deals.
Sample treats.
Grand Sierra Resort
and Casino.

23
10 a.m. – 11 a.m.
(every Sun)
Meditation Service
Reno Meditation Group

23
11 a.m. – 6 p.m.
Reno Earth Day FREE
Idlewild Park

27 – 30
Times vary by day
Reno Jazz Festival \$5-\$30
University of Nevada, Reno

29
10 a.m. – 3 p.m.
South Tahoe Earth Day FREE
Bijou Community Park

1 p.m. – 4 p.m.
Dine the District \$20-\$25
Riverwalk District

29
10 a.m. – 2 p.m.
**Loping Coyote Farms
7th Annual Spring Plant Sale**
Mark your calendars for our
7th Annual LCF Plant Sale!
We will be featuring a wide
variety of plants including:
fruit trees, berries, herbs,
vines, unusual fruits,
medicinal plants, natives,
and pollinators. All plants
have been planted by us and
tested in the Reno area, so
we can share our experience
and find the right plants
to fit your needs. Our full
catalog and order form are
available on our website at
lopingcoyotefarms.com.
Too Soul Tea Co.

29 – 30
10 a.m. – 4 p.m.
Earth Spirit Faire \$0-\$8
Carson City Community
Center Gym

12 p.m. – 8 p.m.
Cinco de Mayo Festival \$5-\$10
Grand Sierra Resort parking lot

30
7 a.m.
**Reno 5000 –
Downtown River Run**
\$95-\$190
Reno Arch in Downtown Reno

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Randall Gates, D.C., DACNB
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- Hashimoto's Thyroiditis
- Insomnia/Lack of Sleep
- Restless Leg Syndrome
- Chronic Sciatica or Leg Pain
- Hand or Foot Pain
- Migraine or Chronic Headaches
- Lyme Disease
- Balance Disorders/Dizziness
- Chronic Fatigue Syndrome
- Numbness/Burning/Tingling
- Fibromyalgia (FMS)
- Hypothyroidism
- Dystonia/Tremor Disorder
- Post Concussion Syndrome
- Diabetic Neuropathy
- Many Other Chronic Conditions



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