

SETTING NEW BENCHMARKS FOR MEN'S HEALTH AROUND THE WORLD

# BEST **HOPEFUL LIFE**

June 2025



The Future of Wellness:  
AN **EXCLUSIVE**  
INTERVIEW WITH  
**DR. ERIC**  
**FETE**  
Visionary  
*of the Year*

AWAKENING  
**ENERGY INTELLIGENCE:**  
THE  
**KEY TO**  
HEALING, MANIFESTATION,  
& INNER BALANCE.

FROM  
**PANIC TO PEACE:**  
NATURAL ANXIETY-REDUCING TACTICS

**REAL MEN**  
**ARE NOT AFRAID**  
TO *CRY*

Mindful Money:  
**HIGH ACHIEVEMENT**  
Through **HIGHER CONSCIOUSNESS**

Rewire Your Reality:

THE  
**21**-DAY MINDSET  
**RESET**

COULD YOU BE **MISTAKING**  
COVERT **NARCISSISM** FOR  
**SELFLESSNESS?**  
HOW **LOVE BOMBING** CREATES A  
**FALSE IMAGE OF CARE**



# Summer Days:

"Find your joy in the sunshine and let it guide you through the summer days."

- Jana Short





**EDITING**

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# Jana Short

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Jana Short is a renowned global influencer & an award winning-mindset coach. She is an NLP, RTT Practitioner, best selling author, public speaker, host of Oh, My Health... There is HOPE! Podcast, and Best Holistic Life magazine editor.

Jana currently works creating online global influencers, teaching her clients to remove blocks holding them back and how to start that love affair with their potential online clients.

She has recently been recognized and featured on the cover of San Francisco Soeish Magazine 2022, Los Angeles Entrepreneur Magazine September 2021 issue as Los Angeles #1 Mindset Coach two years in a row. Monica Garg's "Influential Women of the World-Global Influencers" 2020, Las Vegas Entrepreneurs Magazine "Top 25 Entrepreneurs for 2020" issue, and the cover of December's Best Holistic Life magazine.

Jana is getting the message of hope out into the world in a huge way, changing the world one inspiring story at a time.



Catch Jana on:

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# REWIRE YOUR REALITY: THE 21-DAY MINDSET RESET

BY JANA SHORT

Sarah stood in front of her bathroom mirror, her reflection telling the same old story—another day of just getting by. But this morning was different. She'd finally had enough of living small, of watching opportunities pass by while telling herself, "Maybe someday." That's when she discovered that rewiring her reality wasn't just possible—it was inevitable once she committed to this 21-day journey.

Your brain constantly creates neural pathways, like well-worn trails through a forest. The good news? You can create new paths. Science shows it takes approximately 21 days to form new neural connections strong enough to override old patterns. Ready to blaze your own trail to abundance? Let's begin.

## Week 1: Breaking the Old Code

### Days 1-3: The Awareness Phase

Start by becoming a detective of your thoughts. Keep a small notebook nearby and track every time you encounter a limiting belief. Jennifer, a graphic designer, discovered she was telling herself, "I'm not creative enough," at least twelve times daily. Simply becoming aware of these thoughts reduced their frequency by half within three days.

### Days 4-5: The Pattern Interrupt

When you catch a limiting thought, immediately replace it with its abundant opposite. Instead of "I can't afford it," try "I'm open to creative ways to make this possible." Mark, a school teacher, used this technique to finally launch his weekend photography business, something he'd been putting off for years.

### Days 6-7: The Gratitude Upgrade

Gratitude isn't just about being thankful—it's about training your brain to spot abundance. Each evening, write down three unexpected forms of abundance you discovered that day. Look beyond money: consider time, ideas, connections, or opportunities.

## Week 2: Installing New Software

### Days 8-10: The Vision Immersion

Your brain can't tell the difference between a vividly imagined

experience and a real one. Spend 10 minutes each morning in detailed visualization of your abundant reality. Feel the emotions, hear the conversations, and notice the details. Regina used this technique to manifest her dream job, visualizing everything from her office view to conversations with colleagues before it became reality.

### Days 11-14: The Abundance Actions

Small actions rewire neural pathways faster than thoughts alone. Each day, take one small action that aligns with your abundant vision:

- Organize your workspace as if you're already successful
- Dress for the role you're growing into
- Make one bold request daily
- Share your expertise freely, knowing there's always more where that came from

## Week 3: Upgrading Your Operating System

### Days 15-17: The Connection Revolution

Abundance multiplies through connection. Reach out to three people daily who inspire you or whom you could potentially collaborate with. Lisa, an introvert, started small by commenting meaningfully on LinkedIn posts. Within weeks, she had two new clients and a speaking opportunity.

### Days 18-19: The Abundance Accelerator

Create a daily power hour. Split it into three parts:

- 20 minutes of learning something new
- 20 minutes of creating value for others
- 20 minutes of strategic planning

James used this technique to transform his side hustle into a thriving business within six months.

### Days 20-21: The Integration Phase

The final two days are about cementing your new abundance operating system. Review your journey:

- What limiting beliefs have loosened their grip?
- Which new patterns feel most natural now?
- What unexpected opportunities have appeared?





### Your New Reality Begins Now

Remember Sarah from the beginning? After her 21-day reset, she didn't just see a different reflection—she saw a different world. Her graphic design business doubled, not because she worked twice as hard, but because she finally saw and seized opportunities that had been there all along.

The most powerful part? This is just the beginning. These 21 days are your foundation for a lifetime of expanding possibilities. Your brain is already rewiring itself for abundance as you read these words. The question isn't whether you can create an abundant reality—it's how magnificent you'll allow it to become.

### Making It Stick: Your Daily Success Recipe

#### 1. Morning Power-Up (10 minutes):

- 3 minutes of gratitude
- 4 minutes of visualization
- 3 minutes of affirmation writing

#### 2. Daytime Momentum (spread throughout):

- Pattern interrupt practice
- One bold action
- Connection cultivation

#### 3. Evening Integration (5 minutes):

- Journal three wins
- Set one clear intention for tomorrow
- Celebrate your progress

Remember, you're not just changing your thoughts—you're literally rewiring your brain's neural pathways. Each day of this journey physically transforms your brain's structure, creating new connections that make abundance your default setting.

Michael, who began this process while living in his car and using the local library's resources, often undergoes the most remarkable transformations. Within two months, he had secured a tech job and an apartment and was mentoring others through their own transformations.

Your 21-day journey begins with your next thought. Will it be the old pattern or the first step toward your new reality? As always, the choice is yours.

Pro Tip: Save this article and highlight one key action for each day of your journey. Return to it often—repetition strengthens neural pathways, and every reading will reveal new insights exactly when you need them.

*Jana*  
EDITOR-IN-CHIEF

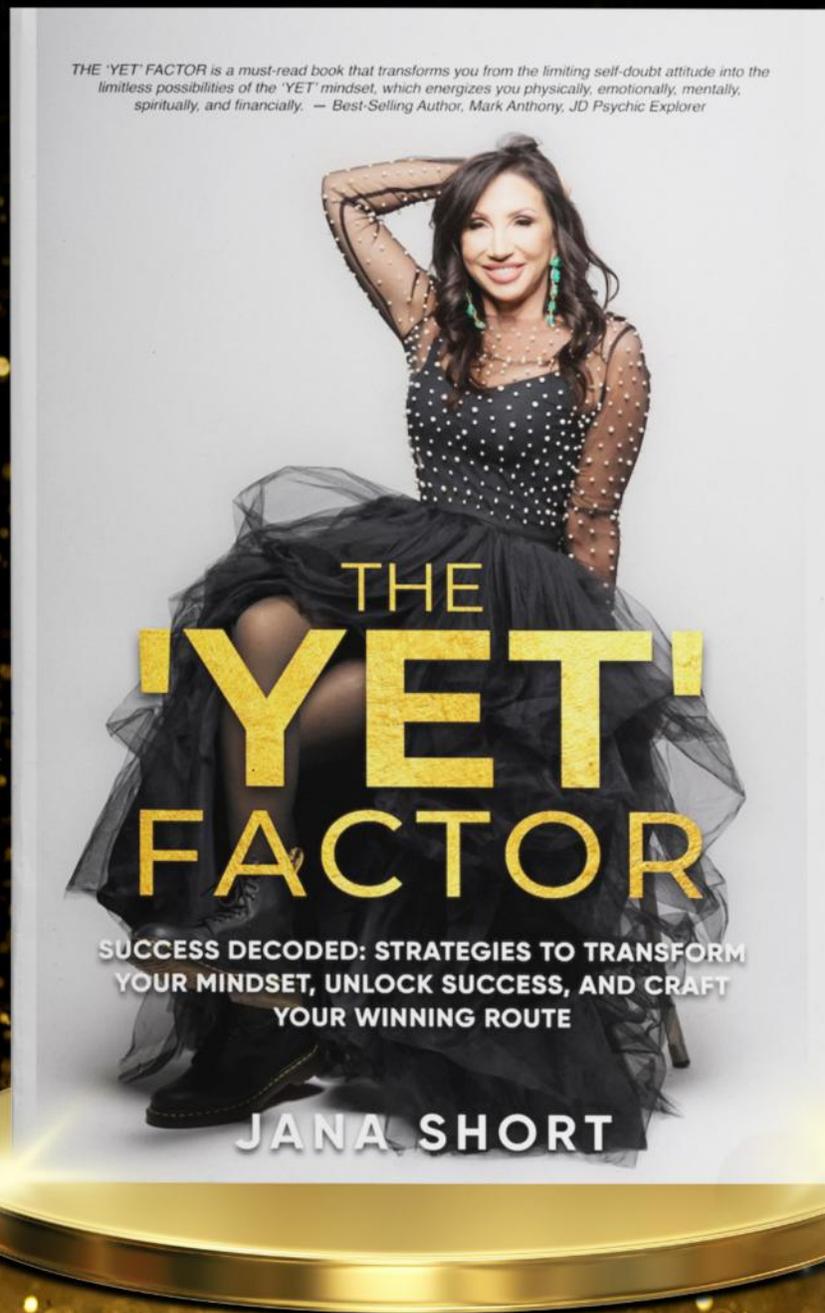
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# FROM PANIC TO PEACE: NATURAL ANXIETY-REDUCING TACTICS

BY DR. DEE

In today's fast-paced world, many individuals find themselves overwhelmed by stress and anxiety, which can take a toll on their mental and physical well-being. While anxiety is a natural response to stress, chronic anxiety can disrupt hormonal balance and contribute to a myriad of health issues. Fortunately, there are natural strategies and techniques that can help you reduce anxiety and cultivate a sense of calm and balance in your life. In this article, we'll explore effective strategies for managing anxiety naturally and promoting overall wellness.

## Understanding Anxiety and Hormonal Imbalance

Anxiety is a common mental health condition characterized by feelings of worry, fear, and apprehension. While occasional anxiety is a normal part of life, chronic anxiety can disrupt hormonal balance, leading to imbalances in stress hormones such as cortisol and adrenaline. Prolonged exposure to high levels of stress hormones can have far-reaching effects on the body, contributing to issues such as insomnia, digestive problems, and weakened immune function.

## Exploring Natural Strategies for Anxiety Relief:

1. **Mindfulness Meditation:** Mindfulness meditation involves bringing your attention to the present moment without judgment. Regular practice of mindfulness meditation can help reduce anxiety, lower cortisol levels, and promote a sense of calm and relaxation.
2. **Deep Breathing Exercises:** Deep breathing exercises such as diaphragmatic breathing or belly breathing can activate the body's relaxation response, reducing anxiety and promoting hormonal balance. Practice deep breathing exercises regularly, especially during times of stress or tension.
3. **Yoga:** Yoga combines physical postures, breathwork, and meditation to promote relaxation and reduce stress. Certain yoga poses, such as forward bends and restorative poses, can help calm the nervous system and alleviate anxiety.
4. **Herbal Remedies:** Certain herbs, such as chamomile, lavender, and passionflower, have been used for centuries to promote relaxation and reduce anxiety. Consider incorporating these herbs into your daily routine through teas, tinctures, or supplements.

5. **Aromatherapy:** Aromatherapy involves using essential oils to promote relaxation and reduce stress. Lavender, bergamot, and frankincense essential oils are known for their calming properties and can be diffused, applied topically, or added to bathwater for anxiety relief.
6. **Exercise:** Regular physical activity, such as walking, jogging, or dancing, can help reduce anxiety by promoting the release of endorphins, the body's natural mood lifters. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
7. **Healthy Lifestyle Habits:** Adopting healthy lifestyle habits such as getting enough sleep, eating a balanced diet, and limiting caffeine and alcohol can help support overall well-being and reduce anxiety.
8. **Seek Support:** Don't hesitate to reach out for support from friends, family, or mental health professionals if you're struggling with anxiety. Talking to someone you trust can provide valuable perspective and support on your wellness journey.

## Empowering Your Journey to Calm

Reducing anxiety naturally is essential for promoting hormonal balance and overall well-being. By incorporating mindfulness meditation, deep breathing exercises, yoga, herbal remedies, aromatherapy, exercise, healthy lifestyle habits, and seeking support into your daily routine, you can cultivate a sense of calm and balance in your life. If you're ready to explore natural strategies for managing anxiety and achieving optimal wellness, consider enrolling in the Balancing Abundance program.

## Get Started Today!

Anxiety can disrupt hormonal balance and contribute to a myriad of health issues, but there are natural strategies and techniques that can help you reduce anxiety and cultivate a sense of calm and balance in your life. The Balancing Abundance program offers comprehensive support and guidance for individuals seeking to manage anxiety naturally and achieve optimal health and vitality.

Visit Ask Dr. Dee to learn more and embark on your journey from chaos to calm today.

Connect with Dr. Dee: <https://bestholisticlife.info/MeetDrDee>



# MINDFUL MONEY: HIGH ACHIEVEMENT THROUGH HIGHER CONSCIOUSNESS

BY MALAYSIA HARRELL

In a world that often equates success with material wealth, mindful money offers a refreshing and transformative perspective. This approach merges financial literacy with spiritual awareness, enabling individuals to achieve high levels of success while maintaining inner peace and purpose. High achievement through higher consciousness involves cultivating a mindset that values prosperity and prioritizes alignment with one's values, purpose, and well-being.

## What Is Mindful Money?

Mindful money is an approach to financial well-being that blends awareness, intentionality, and alignment with one's values. It goes beyond conventional concepts like budgeting or saving, emphasizing the emotional, psychological, and spiritual aspects of money. At its heart, mindful money encourages individuals to examine their relationship with wealth: how they earn, spend, save, and invest. It challenges the idea that financial success is solely about accumulating more, instead focusing on the quality of life that wealth enables. This practice acknowledges that money is a tool—a means to achieve purpose and fulfillment. It shifts the focus from materialism to meaningful living, where financial decisions reflect personal values and long-term goals. By practicing mindful money, individuals gain a deeper understanding of their financial habits and develop a healthier, purpose-driven approach to wealth.

## The Connection Between Consciousness and Achievement

Higher consciousness is a state of heightened awareness where individuals are deeply connected to their inner values and the world around them. This connection plays a transformative role in financial success by encouraging intentional and thoughtful money management. Unlike the autopilot approach of reacting to societal pressures or unconscious habits, mindful money practices promote clarity and purpose. For example, adopting a higher consciousness mindset helps individuals recognize and overcome limiting beliefs about money, such as equating self-worth with financial wealth. It also fosters gratitude, generosity, and an abundance mindset—qualities that lead to empowered financial choices. Instead of hoarding wealth out of fear or scarcity, mindful earners embrace the idea that abundance is not finite, creating space for growth, connection, and joy. This shift enables people to make decisions that enhance both their financial security and overall well-being.

By aligning financial goals with their deeper purpose, individuals are better equipped to challenge societal narratives and create a life of balance and fulfillment. They learn to view financial success not as an isolated pursuit but as an integral part of living in alignment with

their highest values.

## Practical Steps to Achieve High Success Through Mindful Money

Mindful money is most effective when paired with intentional, actionable practices. The first step is cultivating awareness of one's financial habits, emotions, and patterns. By reflecting on questions such as "What does money represent to me?" and "Are my spending habits aligned with my values?" individuals gain clarity about their relationship with wealth. Tracking expenses or maintaining a financial journal can further illuminate areas for improvement and foster accountability.

Defining a financial purpose is equally critical. True success requires clarity about why financial goals matter. Whether it's securing a future for one's family, supporting meaningful causes, or funding personal passions, having a purpose provides motivation and direction. Crafting a financial mission statement that reflects core values can serve as a powerful guide in navigating decisions.

Spending intentionally is another cornerstone of mindful money. Before making purchases, individuals are encouraged to pause, reflect, and assess whether the expense aligns with their priorities. This practice reduces impulsivity and ensures resources are channeled toward what truly matters. Equally important is cultivating gratitude and abundance. A daily gratitude practice, such as reflecting on financial blessings or the experiences money enables, shifts focus from scarcity to fulfillment. This perspective not only enhances emotional well-being but also opens doors to new opportunities. Abundance is not just about having more; it's about appreciating what already exists and fostering generosity through acts of giving, mentoring, or sharing resources. Investing in personal growth is another mindful money principle. Allocating resources toward skills development, education, or wellness yields benefits far beyond financial gain. Personal growth enhances life quality, increases opportunities, and aligns financial success with holistic well-being.

Finally, setting conscious financial goals ensures that ambition is grounded in practicality and purpose. Goals like saving for meaningful experiences or paying off debt become more powerful when rooted in alignment with one's higher consciousness. Additionally, fostering emotional intelligence around money—by addressing feelings like guilt, shame, or fear—paves the way for greater clarity and freedom. Practices like meditation, financial coaching, or therapy can help individuals unpack and heal their money-related emotions, leading to healthier financial habits.

## The Ripple Effect of Mindful Money

The impact of mindful money extends far beyond personal



benefits, creating positive ripple effects within families, communities, and larger systems. Open financial communication strengthens trust and unity in relationships, while intentional spending and investing support ethical businesses and sustainable practices. Generational wealth is another key outcome. By modeling mindful money practices, individuals instill principles of financial literacy, responsibility, and generosity in future generations. This ensures a legacy of well-being and purpose-driven success that transcends material wealth.

Mindful money also amplifies social impact. By prioritizing investments and expenditures that align with ethical and sustainable values, individuals contribute to initiatives that promote equity, fairness, and community well-being. In this way, financial decisions become tools for creating a more just and balanced world.

### **Challenges and How to Overcome Them**

Transitioning to mindful money is not without its challenges. Shifting from a scarcity mindset to one of abundance often requires patience and consistent practice. Societal pressures that glamorize excess or material success can make it difficult to stay grounded in personal values. Balancing material and spiritual goals, too, requires ongoing effort and introspection.

Strategies for overcoming these obstacles include surrounding oneself with

like-minded individuals who support the journey toward mindful wealth. Regularly revisiting a financial mission statement and celebrating progress, no matter how small, also helps maintain focus and motivation. By embracing progress over perfection, individuals can navigate these challenges with resilience and clarity.

### **Conclusion: Redefining Success Through Mindful Money**

Mindful Money offers a transformative approach to achieving success while maintaining balance, purpose, and fulfillment. By integrating financial practices with higher consciousness, individuals redefine wealth as more than material accumulation—it becomes a tool for creating meaningful experiences, fostering relationships, and leaving a positive legacy.

This journey is not about perfection but progress. Each intentional choice, each moment of gratitude, and each step toward alignment with one's values brings individuals closer to true prosperity. Success, in this light, is measured not by possessions but by how one lives, contributes, and uplifts others. Mindful money is an invitation to embrace a life of abundance, purpose, and holistic well-being that inspires personal and collective transformation.

Feel free to contact me directly or book a one-on-one call with me here.

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# AWAKENING ENERGY INTELLIGENCE: THE KEY TO HEALING, MANIFESTATION, AND INNER BALANCE

BY URIEL MAKUMOV

In a world filled with constant distractions, stress, and uncertainty, many seek ways to regain a sense of control, peace, and purpose. The answer often lies in something profound yet overlooked: energy intelligence. This powerful concept has the potential to transform lives by bridging the gap between spiritual wisdom and modern science. Understanding and harnessing energy intelligence can help you heal, manifest your desires, and create lasting inner balance.

## What Is Energy Intelligence?

Energy intelligence is the ability to perceive, understand, and work with the subtle energy fields that shape our lives. Everything in the universe—from the cells in your body to the thoughts you think—is made up of energy. This energy vibrates at different frequencies, influencing your physical health, emotional well-being, relationships, and even your ability to manifest abundance.

Ancient spiritual teachings and modern scientific discoveries align on the idea that energy is the foundation of all existence. Quantum physics demonstrates that energy fields interact with matter, while practices like meditation, chakra healing, and breathwork show how energy can be harnessed for personal transformation. Energy intelligence involves recognizing these fields, understanding their impact, and consciously working to align them with your highest potential.

## The Role of Energy Intelligence in Healing

Energy intelligence plays a critical role in holistic healing. When your energy is balanced and flowing freely, you feel vibrant, focused, and at peace. However, when energy becomes blocked or stagnant, it can manifest as physical illness, emotional distress, or obstacles in your life.

For example, negative experiences such as trauma, unresolved emotions, or toxic environments can disrupt your energy field. These disruptions may show up as chronic fatigue, anxiety, or recurring patterns of self-sabotage. By developing your energy intelligence, you can identify these imbalances and take steps to clear them.

### Practical tools for enhancing energy intelligence include:

- *Chakra Healing*: Balancing the energy centers in your body to restore harmony.
- *Meditation*: Quieting the mind to connect with your inner energy field.
- *Breathwork*: Using intentional breathing techniques to release stored tension and invite flow.
- *Energy Clearing*: Removing negative influences from your aura and environment.

With consistent practice, you can transform your energy field, promoting healing and resilience from within.

## Energy Intelligence and Manifestation

Energy intelligence is also the key to effective manifestation. Manifestation involves aligning your thoughts, emotions, and

actions with your desired outcomes. However, many people struggle to manifest because their energy is out of sync with their intentions.

### **Two core principles govern energy and manifestation:**

- *The Desire to Receive:* This refers to your ability to attract and hold onto positive energy, opportunities, and experiences. It requires an open heart and a mindset of abundance.
- *The Desire to Share:* True abundance comes from sharing your energy and blessings with others.

This creates a feedback loop that amplifies your vibrational frequency and attracts more of what you desire. When your energy is rooted in lack or fear, it creates resistance, making it difficult to manifest your goals. Negative energy intelligence—such as self-doubt, envy, or focusing on scarcity—blocks your ability to align with the flow of abundance.

To awaken positive energy intelligence, shift your focus from what you lack to what you already have. Gratitude is a powerful tool for raising your vibration and opening the door to endless possibilities.

### **Practical Steps to Awaken Your Energy Intelligence**

The good news is that anyone can develop energy intelligence with intention and practice.

#### **Here are some practical steps to help you get started:**

- *Practice Daily Gratitude:* Begin each day by writing down three things you are grateful for. Gratitude shifts your focus from scarcity to abundance, raising your vibrational frequency.
- *Engage in Guided Meditations:* Guided meditations are a powerful way to connect with your inner energy field. They help release subconscious blockages, invite light, and align your intentions with the energy of the universe.
- *Create a Sacred Space:* Designate a quiet area in your home for energy practices. Use crystals, candles, or

soothing music to enhance the energy of the space and promote relaxation.

- *Clear Negative Energy:* Regularly cleanse your energy field using techniques such as smudging with sage, taking salt baths, or practicing energy visualization.
- *Listen to Your Intuition:* Pay attention to the subtle cues your body and mind give you. Your intuition is a direct line to your energy intelligence, guiding you toward alignment and away from imbalance.
- *Set Intentions:* Each morning, set a clear intention for how you want your day to unfold. Intentions act as energetic blueprints, aligning your actions and thoughts with your desired outcomes.
- *Surround Yourself with Positive Energy:* Be mindful of the people, environments, and media you consume. Surrounding yourself with positivity enhances your energy field and protects it from negativity.

### **Conclusion**

Awakening your energy intelligence is not just a skill; it's a way of life. By tapping into the subtle energy fields that shape your reality, you can heal old wounds, manifest your dreams, and cultivate a sense of balance and harmony that transcends challenges.

This journey requires commitment and patience, but the rewards are immeasurable. Imagine a life where you feel deeply connected to yourself, aligned with your purpose, and empowered to create the reality you desire. That life is within your reach, and it begins with awakening your energy intelligence.

If you're ready to embark on this transformative path, explore guided meditations and energy-healing tools designed to support your journey. Visit my website, Energy Luck, or follow me on social media for more insights and resources. Let's work together to unlock the infinite potential within you.

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# RECOVERING EMPATH: HOW TO CARE WITHOUT CARRYING

BY THERESA BYRNE

Most of my life, I've picked up on the energy and felt the feelings of those around me; I just couldn't always translate what I felt. I was an empath. There was even a Star Trek character whose job was using this skill set—an Empath. And if you're an empath, you know exactly what it means: feeling everything—not just your own emotions but the moods, feelings, pain, and struggles of everyone around you. Teaching martial arts classes, I could feel when students were dehydrated or had a pulled muscle.

To be honest, I WISH more people understood that as an empath, you don't ONLY pick up the negatives, although that's often how it feels. Your emotional openness is a whole array—the upsets and happiness and joy of others. It's how it works: picking up feelings is like an antenna or a super sniffer—you pick up everything. Whether or not you like it!

## What It Means to Be an Empath

Empaths are highly sensitive individuals with a deep capacity for feeling, understanding, and translating others' emotions. They are not just kind or compassionate; they experience the emotions of others as if they were their own. They feel their feelings in their own bodies.

### Empaths can often:

- Absorb the emotions of those around them
- Struggle with boundaries because they feel responsible for others' pain
- Experience sensory overload in crowded or emotionally charged environments
- Feel drained after social interactions, even ones that seem positive
- Have strong intuition, often picking up on subtle emotional cues
- Sounds like a superpower, right? In some ways, it is. But like any ability, it can become overwhelming if left unchecked. That's why learning to separate what's yours from what isn't is crucial.

## The Physical Toll of Being an Empath

Empathy doesn't just affect emotions—it can profoundly impact the body. When you're constantly absorbing others' energy, your nervous system stays on high alert.

### This can potentially lead to:

- Chronic stress and burnout
- Adrenal fatigue (your body stays in fight-or-flight mode too often)
- Anxiety and feeling overwhelmed
- Unexplained physical pain or tension (especially in the neck and shoulders)
- Digestive issues (because the gut is the “second brain”)

- Difficulty sleeping due to an overactive mind
- Empaths often don't realize how much of their physical exhaustion stems from emotional overload. It's similar to someone who gets overwhelmed by sounds or smells.

## How My Brain Injury Changed My Empathic Experience

In 2014, I had a life-altering car accident resulting in a traumatic brain injury. Before the accident, I lived in a state of emotional absorption. If someone near me was anxious, I felt it in my body as if it were my own. If they were grieving, I carried their sorrow with me, sometimes without even knowing why I felt heavy. I wanted to help, fix, and solve the feelings.

After my injury, something shifted.

I still picked up on emotions and energy—almost as if I were looking at a movie or picture—and I no longer felt them in my own body. It was like the connection was rewired. Instead of being a sponge, I became an observer. I noticed emotional energy around me, but it no longer seeped into my bones.

At first, this change was unsettling. Had I lost my empathy? Was I becoming numb? But over time, I realized this shift was a GIFT. It allows me to stay present with others' emotions without carrying them as my own burden. It's actually helped my compassion; I no longer feel the need to jump into the well if someone falls in.

## The Path to Recovery: Healthy Empathy vs. Emotional Absorption

If you're an empath struggling to maintain balance, I feel for you! Here are a few practices I was able to glean from my transition. You shouldn't need a TBI to rewire your empath abilities and use them beneficially.

### Separate Yourself.

- Before reacting to a strong emotion, ask: Is this mine?
- If it's not, visualize releasing it or setting it outside of you.

### Boundaries are Your Lifeline.

- It's okay to say no and remove yourself from situations or people.
- You are not responsible for fixing anyone's emotions.
- Allow others to ASK for your help without just jumping in.

### Ground Yourself Daily

- Physical movement (walking, stretching, boxing/martial arts) helps release stored energy.
- Deep breathing and meditation calm the nervous system.
- Sing, dance, laugh, and get playful.



#### **Limit Energy Drains**

- Pay attention to relationships and situations where you are exhausted.
- Protect your peace by choosing where and how you engage.

#### **See Your Empathy as a Skill or Tool, Not an Obligation**

- Being aware of emotions doesn't mean you have to carry them.
- Use your insight wisely, but don't let it consume you.
- "You can care without carrying."

#### **Embrace the Shift**

Being a recovering empath takes practice, and it doesn't mean losing your ability to care—it means caring in a way that doesn't deplete you. That's why learning to separate what's yours from what isn't is crucial.

My brain injury forced me to find a new way to experience the world, one where I could still understand emotions but not become them. While I wouldn't wish a traumatic brain injury on anyone, I do wish more empaths could learn this lesson without a major life-altering event.

Empathy is a beautiful gift, especially when it's handled with care. If you're an empath, know you don't have to suffer under the weight of the world. You can learn to hold space for others without losing yourself in the process. And that's true empowerment.

Connect with Theresa Byrne: <https://bestholisticlife.info/TheresaByrneLink>





# LIVING YOUR BUCKET LIST: THE ART OF TURNING DREAMS INTO REALITY

BY DR. CALI ESTES

We all have a bucket list—that magical collection of dreams, adventures, and experiences we tell ourselves we’ll do “someday.” But how often do we actually make that someday happen? Life moves fast, responsibilities pile up, and before we know it, years have passed without checking off a single thing.

I get it. We get caught up in the daily grind, waiting for the “right time” to do what we truly desire. But here’s the truth: there is no perfect time—only now. And once you start living your bucket list instead of just writing it down, something incredible happens: You feel more alive than ever.

I’ve had the privilege of checking off some amazing bucket list experiences, including one of my personal favorites—a 1950s pin-up photoshoot. I also challenged myself by learning how to ride a horse bareback, an experience that was both exhilarating and terrifying. And for the ultimate adrenaline rush? I stepped on stage at The Comedy Club to do stand-up comedy. Nothing prepares you for the vulnerability of making a room full of strangers laugh!

Beyond personal adventures, I also checked off career milestones I never imagined. I went from appearing live on CNN to discuss my work with the NBA and Lamar Odom to being featured nine times on KTLA TV, where I became a recognized expert in my field. And if that wasn’t surreal enough, I even found myself on the red carpet in LA, surrounded by the glitz and glamour of Hollywood.

Each experience reminded me how powerful it is to actively create these moments instead of just dreaming about them.

Let’s talk about why completing your bucket list is so important and how you can start making your dreams a reality today.

## Why Your Bucket List Matters

A bucket list is more than just a collection of fun ideas; it’s a blueprint for a life well lived. It represents your passions, your inner desires, and the parts of you that often get buried under daily obligations.

**When you actively pursue your dreams, you:**

1. **Feel More Fulfilled**—Checking off an item isn’t just about the experience itself; it’s about proving to yourself that you are capable of making things happen.

2. **Break Free from Routine**—Life shouldn’t be about work, sleep, and repeat. Infusing adventure into your life keeps things exciting and meaningful.
3. **Boost Your Confidence**—Each goal you accomplish reminds you that you are capable of so much more than you think.
4. **Create Memories, Not Regrets**—At the end of your life, you won’t remember the emails you sent or the errands you ran, but you will remember the experiences that set your soul on fire.

## How to Start Living Your Bucket List Today

*So how do you stop dreaming and start doing?*

**Here’s the game plan.**

### 1. Write It Down—and Make It Bold

If you don’t have a physical bucket list, make one today.

Write down every single thing you’ve ever wanted to do—no matter how big, small, or wild it seems. The key is to be bold. Don’t limit yourself by time, money, or logistics. Just dream.

**A few ideas:**

- Travel to Bali and do yoga on the beach
- Get a tattoo that means something deeply personal
- Learn how to surf, skydive, or ballroom dance
- Write a book (or six!)
- Ride a horse bareback just to feel completely free
- Step on stage and try stand-up comedy (if you dare!)
- Walk the red carpet in LA

### 2. Set a Deadline (Yes, Really!)

One of the biggest mistakes people make is keeping their bucket list open-ended. Vague dreams don’t become reality, but goals with deadlines do.

Once you have your list, choose three items that excite you and set a date for each. It doesn’t have to be perfect; just commit.

**For example:**

- “By June, I’ll do a professional pin-up photoshoot.”
- “By the end of the year, I’ll take a cooking class in Italy.”
- “By next summer, I’ll finally skydive.” Having a deadline turns your dream into an actual plan.

### 3. Get Creative with the 'How'

Many people hesitate because they think, "I don't have the time or money to do this right now."

But there's almost always a way to make it work:

- **Travel Hack:** Use credit card points, house-sitting gigs, or group travel discounts.
- **Budget-Friendly Experiences:** Not everything has to cost a fortune—sometimes the best adventures are right in your city.
- **Micro-Experiences:** If a big goal feels overwhelming, break it into smaller steps. Before my pin-up photoshoot, I researched the style, tried vintage outfits, and finally booked a professional shoot. When you get creative, you realize there are more opportunities than obstacles.

### 4. Do It Scared—Perfection is Overrated

One thing I've learned is that waiting until you're "ready" means you'll never do it. Fear and doubt will always creep in.

When I learned to ride a horse bareback, I was nervous at first. There's nothing to hold onto, no saddle to stabilize you—just you, the horse, and trust. But once I embraced it, I felt completely free, like I was tapping into something primal and instinctual

And stepping on stage to do stand-up comedy? That was next-level terrifying. The thought of bombing in front of an audience made me second-guess myself, but once I got that first laugh, I was hooked. The high of making people laugh was pure magic.

Appearing live on CNN to discuss my work with the NBA and Lamar Odom? That was another challenge altogether. Speaking on national television about something so deeply important required confidence and poise. Then, I found myself as a returning guest on KTLA TV—

not once, but nine times. And walking the red carpet in LA? That was a surreal moment where I fully embraced how far I'd come.

**Here's the lesson:** Jump in before you feel ready. The magic happens when you do things outside your comfort zone.

### 5. Share the Experience

Everything is more meaningful when you share it. Whether it's a solo adventure or a group experience, telling others about it makes it real.

- Post about it on social media
- Invite a friend to join you
- Keep a bucket list journal to document your adventures

Sharing your journey inspires others to do the same—and that ripple effect is powerful.

### The Ripple Effect of Living Your Dreams

Once you start actively completing bucket list items, something amazing happens:

- You become more confident.
- You start saying "YES" to life more often.
- You inspire others to follow their own dreams.

And the best part?

The more you do, the more you realize that there's no limit to what's possible. If you've been waiting for a sign to start checking off your bucket list, this is it. Whether it's a photoshoot, a trip, a new skill, or something completely unexpected, just start. You'll never regret the things you do, only the things you don't.

So, what's the first item on your list? Whatever it is—go make it happen. You can find me at the Poker Table next!

Connect with Dr. Cali Estes:

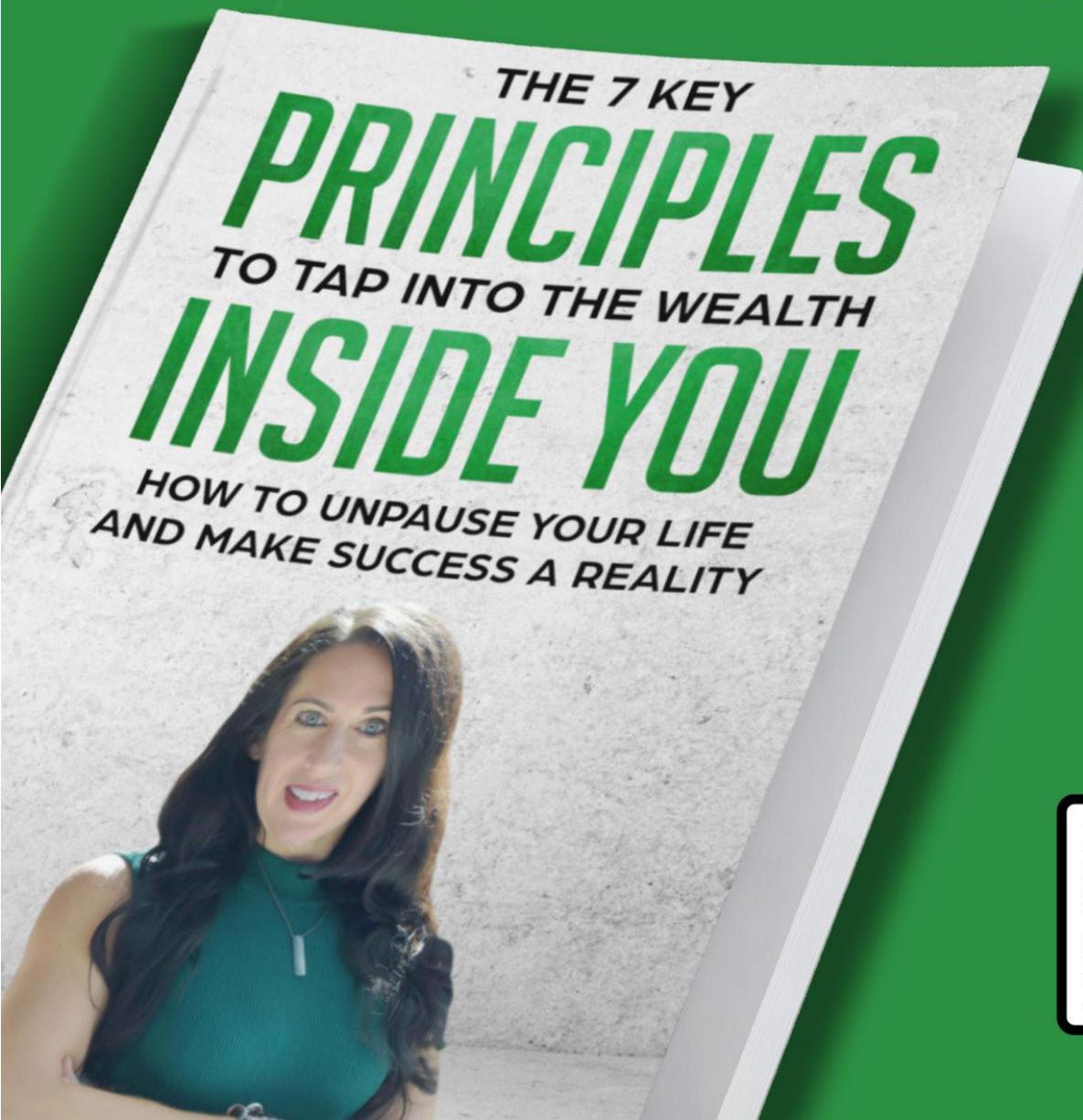
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# *the* 7 KEY PRINCIPLES

TAP INTO THE WEALTH INSIDE YOU

GROW YOUR WEALTH



[bestholisticlife.info/7PrinciplesDrCali](http://bestholisticlife.info/7PrinciplesDrCali)

# REAL MEN ARE NOT AFRAID TO CRY

BY MARK ANTHONY, JD PSYCHIC EXPLORER

Guys, when we were growing up, we all heard someone tell us, “GIRLS CRY, BOYS DON’T” or “REAL MEN DON’T CRY.”

Envision the afternoon of the High School Prom. A group of teenage girls are getting ready together for the big night. One notices a pimple on her face. Horrified tears fill her eyes for fear this hideous blemish will ruin everything. Her friends immediately come to her aid and collectively help her conceal the dreaded zit. Meanwhile, the boys are playing football. One gets tackled and breaks his arm. Despite excruciating pain, he fights tears and would rather die than cry in front of his friends.

Stereotypes notwithstanding, crying is socially acceptable for women because for millennia women have been socialized to embrace and openly express their emotions. Generally speaking, women are better at acknowledging, processing, and expressing their feelings, especially when it comes to grieving the loss of a loved one.

Conversely, men have been taught to suppress their feelings. Historically, the only socially acceptable emotion for men to express in public is anger. Aside from providing a fascinating hypothesis to explain the constant violence which has plagued human history, this stigma toward crying has made it very difficult for men to process and express their feelings. The “real men don’t cry” mindset leaves guys emotionally high and dry when we need to cry, especially when a loved one dies.

Crying is part of our programming and a normal human response to grief. Harvard Health Blog (March 2021) reported American women cry an average of 3.5 times per month, whereas American men cry an average of 1.9 times per month. Yet macho bravado dictates a man must never cry because that makes him appear feminine and weak. But does it?

The bravest and toughest guy I’ve ever known was a US Navy SEAL I called Dad. He taught me many valuable life skills, like how to fix things, situational awareness, self-defense, negotiation tactics, and the importance of education. He also told me, “A real man is never afraid to cry for someone he loves who died.” Dad was right—and the day he died, I definitely followed his advice.

Guys, it’s okay to cry. We have feelings, hearts, and tear ducts for a reason, and never is that more apparent than when someone we love dies. As a psychic medium, I help people cope with grief by facilitating communication between people in our world with their loved ones in spirit.

I’ve worked extensively with grieving men and observed that while men and women feel the pain of loss equally, they tend to grieve differently. The most devastating and painful loss is the death of a child. For parents, the dynamics of grief are especially complex. There’s the way a mother grieves, the way the father grieves and then the way they grieve jointly as parents. Sometimes tension arises because a mother who may be more demonstrative in her grief feels the father isn’t grieving enough because he turns inward and doesn’t want to talk about his feelings. Then if there are surviving children, there’s the way the siblings grieve, which is influenced by the way the parents grieve. The surviving children may feel marginalized because, from their perspective, the parents seem to love the deceased child more than they love the living child or children. These dynamics are further complicated by divorce and/or being part of a blended family. How can this not be overwhelming?

The pain of grief is an immense form of stress. Think of yourself as a can of soda that’s been brutally shaken. This causes a





massive pressure build-up inside of you that negatively impacts your mental, emotional, and physical health. Sometimes you need to pop the top and let out some of the pressure before the can explodes. One of the healthiest ways to do this is to allow yourself to cry.

Several scientific studies conducted at the University of Southern California, St. Paul–Ramsey Medical Center in Minneapolis, and University of Pittsburgh have discovered grief tears are chemically different from regular reflex tears. This is why crying is both healing and healthful.

Reflex tears, which form due to eye irritation, are 98% water, but grief tears contain stress hormones which are excreted from the body through crying. Researchers have found that in addition to shedding stress hormones, grief tears also stimulate the production of endorphins—our body’s natural pain reducer, which takes the edge off the pain of grief. Crying also activates the parasympathetic nervous system (PNS), which helps people relax. That’s why you feel both relieved and exhausted after shedding tears of grief. Your body is naturally purging itself of the chemicals which cause sadness and depression. This is soothing emotionally, mentally, and physically.

Guys—real men cry. I’m not saying you have to cry in public. Instead, find your safe place. Maybe it’s your “Man Cave,” be it a den, garage, or basement. For me, it has always been when I’m alone in nature. For many guys, cars or trucks are a safe place. Try to avoid crying while driving which can distract you and lead to an accident. Instead, park in a secluded spot and let the tears flow. Crying can take several minutes or a few seconds—just let it happen.

At the 2024 Helping Parents Heal Conference at Wild Horse Pass in Arizona, I was honored to be a keynote speaker. Helping Parents Heal is an amazing organization which helps parents coping with the death of a child. A video featuring rock and roll icon and guitar hero Eric Clapton was presented. I’ve always considered Eric Clapton as one of the coolest guys in the world.

Sadly, in 1991, his beloved four-year-old son, Conor, died tragically. Eric Clapton spoke to us not as a celebrity but as a father who lost a son. His sorrow led to him composing the song “Tears in Heaven.” This masterpiece was the soundtrack at the end of the video, which segued into an image of Eric and his son Conor\*. This segment was followed by photos of the deceased children whose grieving parents were in the audience. There wasn’t a dry eye in the house—and this included the fathers.

Through my own tears, I witnessed the magnitude of the healing power of tears upon men.

Grief is a road no one wants to take, but one we’re all forced upon at some point in life. You cannot change the fact someone you love has died, but you can change the way you react to that death. Crying isn’t weakness and real men cry for those they love who’ve died. Grief evokes deep feelings which must be expressed. Some of the greatest works of art, literature, and music were created by men who were expressing their grief. Just like the legendary Eric Clapton wrote the touching lyrics, “Beyond the door, there’s peace, I’m sure. And I know there’ll be no more Tears in Heaven.”

Connect with Mark Anthony:

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Photograph of Eric and Conor Clapton © Richard Young

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# WHY YOU'RE NOT SLEEPING AND WHY MAGNESIUM IS THE FIX YOU DIDN'T KNOW YOU NEEDED

BY BRENDA NECKVATAL

### The Midnight Struggle is Real

Let's talk about something we all wish we had more of—sleep. You know the drill. You finally get into bed, exhausted from a long day, ready to get that eight hours of restorative beauty sleep... and then—BAM!—your brain decides it's time for a midnight highlight reel of every embarrassing thing you've ever done as well as every frustrating moment from yesterday that will roll into tomorrow. Meanwhile, your body is tense, restless, and refusing to cooperate. Tossing, turning, checking the clock, and calculating how much sleep you'll get if you fall asleep right now (spoiler alert: it never helps).

Sound familiar? You're not alone.

### Why Bad Sleep Wrecks More Than Your Mood

We all know that without sleep, everything goes downhill fast. Your brain becomes mushy, your patience dwindles, your skin appears dull and tired due to the detrimental effects of sleep deprivation, and coffee's restorative properties are limited. But here's what most people don't realize—if you're struggling to sleep, your problem might not be stress, too much screen time, or that one afternoon coffee (okay, maybe it is that one). It could actually be a magnesium deficiency.

Yup. That one little mineral that no one ever talks about but is responsible for over 300 functions in your body, including sleep regulation.

### Magnesium: The Sleep Superhero

You're Probably Missing Magnesium is like a chill pill for your nervous system. It helps your body relax, calms your mind, and makes sure your muscles aren't freaking out (hello, restless legs and nighttime cramping). But here's the kicker—most people don't get enough of it.

According to a study published in the Journal of the American Osteopathic Association in 2018, up to 50% of Americans are magnesium deficient. That means half the country is running on low energy, poor sleep, and high stress levels, completely unaware that their bodies are missing a key ingredient.

### What's Stealing Your Sleep Every Night?

Let's break it down. Here's what's actively working against you every night:

1. **Chronic Stress** – Your brain is stuck in overdrive, making it impossible to relax.
2. **Screen Time Before Bed** – Blue light kills melatonin faster than your productivity after lunch.
3. **Poor Sleep Schedule** – Going to bed at a different time every night confuses your body (it's not a fan of unpredictability).
4. **Magnesium Deficiency** – Your muscles won't relax, your nervous system stays hyped up, and your body can't transition into sleep mode properly.

Now, imagine fixing just one of these problems. What if magnesium could help you calm your body, quiet your

mind, and actually fall asleep like a normal human?

*Spoiler alert: It can. And the solution is ridiculously simple.*

### **My Wake-Up Call: A 9-Year Lesson in Sleep Deprivation**

After nine years without a vacation running multiple businesses, I finally took a break and went on a cruise. Sounds great, right? Except the day before I boarded the plane for Florida and actually looked in the mirror, I had a horrifying realization—I looked 10 years older than I am. Stressed. Exhausted. Skin dull as heck. Between lack of sleep, nonstop work stress, and living on fumes, my body was screaming for help. I had started designing a natural skincare line for my Office Spa suite to help people battle stress, so I packed a bottle of my Magnesium Spray and headed for the ship. That first night at the hotel, I used it. Guess what changed when I applied Magnesium Spray to the bottom of my feet? My sleep improved, my stress levels dropped significantly, and over the next week, my skin started glowing again. That's when I connected the dots and found magnesium was the missing piece, along with my irregular sleep patterns.

#### **Why a Spray Works Better Than a Pill?**

Most people think they need to pop a pill to get more magnesium, but your body actually absorbs it best through your skin. That's why I created Magnesium Spray from Office Spa—because getting better sleep shouldn't be complicated.

#### **Here's how it works:**

- Spray on your feet (best results), legs, or anywhere you feel tension before bed.
- Absorbs quickly, with no sticky residue.
- Helps your muscles relax, your nervous system chill out, and your body slip into deep sleep mode—naturally.

*Bonus: Magnesium also helps reduce stress and headaches and even improves skin health.*

### **Sleep Impacts Your Skin More Than You Think**

Here's the kicker—bad sleep doesn't just make you tired. It makes you look tired. Lack of sleep causes inflammation, leading to breakouts, redness, and dull skin. Your skin repairs itself overnight, but if you're tossing and turning, that repair process gets interrupted. Dehydration from poor sleep exaggerates fine lines and wrinkles, making them look worse than they actually are.

So, if you care about your skin, you should care about your sleep. And if you care about your sleep, you should care about magnesium.

Fix Your Sleep, Fix Your Skin—It's That Simple If you're waking up tired, it's time to fix it.

If you feel restless every night, your body is trying to tell you something. If your skin looks dull and stressed, you know what to do.

Magnesium Spray from Office Spa is the easiest, fastest way to start sleeping better tonight. You shouldn't have to wait nine years for a wake-up call.

Connect with Brenda Neckvatal:

<https://bestholisticlife.info/OfficeSpa>

**Office Spa**

# Magnesium Spray

**Tired But Can't Sleep?**

**Meet Your New Nighttime Fix.**

Struggling to fall asleep? Waking up exhausted? Your body is likely starved for magnesium. 50% of Americans are deficient—leading to restless nights, tense muscles, and non-stop overthinking.



- ✓ Relaxes your body & quiets your mind
- ✓ Eases muscle tension & restless legs
- ✓ Promotes deep, uninterrupted sleep

Spray. Absorb. Sleep like you mean it.

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# UNLOCK YOUR BEACH BODY WITH SOUL INTELLIGENCE®: THE ENERGETIC SECRET TO SHEDDING STUBBORN BELLY FAT!

BY KRISTINE GENOVESE

As the sun shines brighter and beach season approaches, many of us start focusing on getting our bodies summer-ready. But what if the key to a healthier, more vibrant body wasn't just about diet and exercise? What if the extra weight around your middle was telling you something deeper?

At Best Holistic Life, we know that true wellness is about integrating mind, body, and soul. The Soul Intelligence® Method helps us uncover the emotional root causes of physical imbalances—weight gain included. By addressing these underlying energetic blocks, we can achieve lasting transformation, both inside and out.

## Your Gut: The Emotional Power Center

Our bodies are more than just physical vessels; they are reflections of our inner world. When we gain weight—especially around the midsection—there's often an energetic or emotional component at play.

**From a holistic perspective, the gut is associated with the third chakra, the solar plexus, which governs:**

- Self-esteem and confidence
- How we present ourselves to the world
- Our ability to process emotions and experiences

If you've ever felt a "gut punch" from bad news or experienced butterflies in your stomach before a big event, you've already felt the powerful connection between emotions and your digestive system.

Many people unconsciously hold onto extra weight in the belly as a form of protection—a shield against criticism, vulnerability, or unresolved emotions. Others may use food as a coping mechanism for stress, sadness, or even boredom.

## Why the Gut Is the Gateway to Healing

Holistic health experts and functional medicine practitioners agree that true health begins in the gut. Even Hippocrates, the father of modern medicine, stated over 2,000 years ago that "all disease begins in the gut."

**Here's why your gut health is crucial to your overall well-being:**

- 80% of the immune system is located in the gut. If your gut lining is compromised, inflammation can spread throughout the body, increasing the risk of chronic conditions like IBS and more.
- The gut produces 90% of the body's serotonin. This "feel-good" neurotransmitter affects your mood, sleep, and overall happiness. An imbalanced gut can lead to anxiety, depression, and cravings for unhealthy foods.
- Your gut microbiome contains 100 trillion microorganisms. These bacteria play a vital role in digestion, metabolism, and even mental clarity. A disrupted gut microbiome has been linked to weight gain, autoimmune disorders, and fatigue.

## The Emotional Weight We Carry

According to *Does Your Body Lie?* by Luis Martins Simoes, stomach issues often stem from difficulties in processing emotions. When we experience intense stress or emotional conflicts, our stomach produces extra gastric acid—leading to issues like heartburn, indigestion, or weight gain.

**Similarly, in *The Secret Language of Your Body*, Inna Segal explains that people with chronic stomach issues often struggle with:**

Fear, worry, and guilt

- Feeling out of control or unheard
- Difficulty expressing emotions
- Holding onto resentment or rejection

**If you've been struggling with stubborn belly fat, ask yourself:**

- What am I holding onto emotionally?
- Where in my life do I feel unsupported or insecure?
- Am I using food to numb or avoid my feelings?



## Belly-Busting Tips for Holistic Weight Loss

It's not just about cutting calories or hitting the gym—it's about addressing the root cause on all levels: physically, emotionally, mentally, and energetically.

### 1. Nourish Your Body with Whole Foods

- Focus on anti-inflammatory foods like lean proteins, leafy greens, and healthy fats.
- Avoid processed foods, dairy, and excess sugar, which contribute to gut imbalances.
- Eat mindfully—slow down, chew thoroughly, and listen to your body's hunger cues.

### 2. Balance Your Gut Microbiome

- Take probiotics to replenish healthy gut bacteria.
- Drink plenty of water to flush out toxins.
- Incorporate fermented foods like sauerkraut, kimchi, and kefir for better digestion.

### 3. Manage Stress & Emotional Triggers

- Practice deep breathing, meditation, or yoga to reduce cortisol levels.
- Keep a journal to track emotional patterns linked to eating habits.
- Try energy healing techniques like the Soul Intelligence Method to clear subconscious blocks.

### 4. Support Your Body with Smart Supplementation

As both the creator of the Soul Intelligence Method® and an executive in a leading nutraceutical company, I've seen firsthand how the right supplements can transform health. Some of my favorite belly-balancing supplements include:

- Digestive enzymes – aid in breaking down food and absorbing nutrients.

- Adaptogens like ashwagandha – help manage stress and cortisol levels.

- Blood sugar stabilizers like chromium and berberine – reduce cravings and prevent energy crashes.

### 5. Shift Your Energy to Release Weight

Emotion = Energy in Motion. When emotions get trapped in the body, they create energy blocks that manifest as disease or dysfunction. By using energetic healing methods like Soul Intelligence®, you can release these trapped emotions, allowing your body to return to its natural, balanced state.

### Your Body Reflects Your Mindset

If you want lasting results, you need to shift your inner dialogue. Instead of focusing on what you don't like about your body, start celebrating it.

Speak kindly to yourself—your body is listening.

Set positive intentions—not just “I want to lose weight,” but “I am healthy, strong, sexy, vibrant.”

Trust the process—healing is a journey, not a quick fix. When you address weight gain holistically—through nutrition, mindset, emotional healing, and energy work—you'll be amazed at how effortlessly your body realigns.

Are you ready to tap into your Soul Intelligence® and get that beach body back—inside and out?

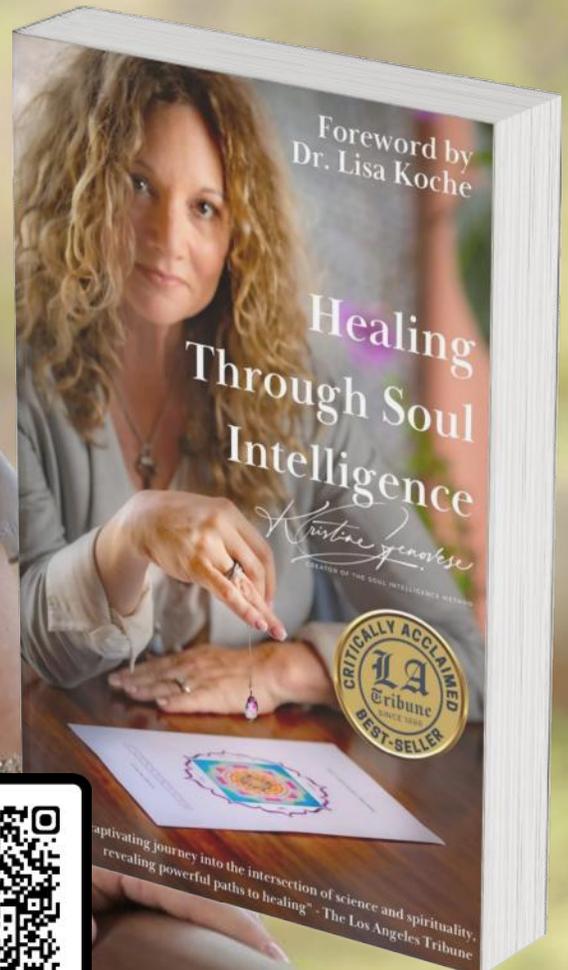
Consider having a Soul Intelligence® coaching session with me so we can explore how to get you back into smoking shape.

Connect with Kristine Genovese:

<https://bestholisticlife.info/KristineGenovese>

## In Healing Through Soul Intelligence(R),

Kristine Genovese reveals a revolutionary approach to healing that taps into the deepest levels of our being. Drawing on her experience in both corporate America and the realms of spiritual growth, Genovese introduces readers to the SOUL INTELLIGENCE(R) Method—a bioenergetic system that bridges science and spirituality to address the root causes of physical, emotional, and energetic imbalances.



“This isn't just another wellness book—it's a paradigm-shifting work that revolutionizes how we approach healing in the 21st century. At a time when humanity seeks to integrate scientific understanding with spiritual wisdom, "Healing Through Soul Intelligence" delivers a comprehensive roadmap for genuine transformation.  
-Jana Short, Editor-in-Chief, Best Holistic Life Publishing House







# HAVE IT ALL WITHOUT OVERDOING IT

BY MARYANNE NICHOLLS

Are your only choices to be an overachiever or to be a boring woman of no account?

Those two stark alternatives are what a lot of us truly believe, deep in our souls, are our only choices. It would be pretty dismal if that were really true. Fortunately it isn't.

We all have our personal stories about how we reached this conclusion; each story uniquely individual, and yet at the same time each carrying a common thread.

Here's one of my stories: It began when I was around 12. Where I grew up, women didn't work outside the home, and for those few who did, most were viewed as lacking having any other choice. People felt sorry for them. My mother was stay-at-home and hated it. She hated housework. She hated being on call all the time as "the mother". She hated having a husband who laid down the house rules that she (and the rest of us) had to follow. She hated all of it, and so did all her female friends.

I saw all this, noticing that most of her friends drank too much, and that too many of them would periodically end up in the hospital psych wards for weeks on end.

By age 12, I vowed I would be independent, that I would never let what ended up happening to them happen to me.

I made my choice.

Your story may be very different. Perhaps you were singled out as a child and made to feel very special, only to discover that you weren't special at all when you entered university. Perhaps you suffered physical abuse as a child and felt driven to rise above all that as an adult. Perhaps it was a combination of several experiences that shaped you into who you are today in your own unique way.

Yet, in each of these stories, the common thread is this: we refused to

accept a life of boredom and mediocrity, and would do whatever we could to not end up there.

## **Enter the overachiever!**

There are a few important things about being an overachiever that I've found in my own life and those who I work with. These women are driven, they are smart, they are ambitious, they are problem-solvers, reliable and loyal.

They also regularly take on too much. They are in a very particular way eternal optimists, have overly flexible boundaries in that they are consistently taking on responsibilities that aren't theirs to take (and that often make them the target if things go wrong), and they almost always serve a supporting role to someone else, even if they're near the top of an organization. Even if – at the same time – they long for their own successful business.

These traits, and many others they possess, are real strengths. Even though these are real strengths, they are also the very ways we sabotage ourselves. One of these strengths that can also cause us pain is having overly flexible (or porous) boundaries.

Boundaries are the limits and rules we set for ourselves within relationships. We establish these limits and rules very early in our lives; they become a part of how we navigate our daily lives. Sometimes, in order to become valued and feel indispensable, we overstep our own boundaries. They become porous. If we don't close those holes it will eventually lead to burnout.

## **Another strength is being the supporting role we so readily fall into in our lives.**

Taking on the supporting role is something we are particularly good at doing. Being supportive helps us get to do the things we want to do without being in the spotlight. Unfortunately, the downside to

avoiding being in the spotlight is we get looked over and sometimes stepped on. Even worse, others who notice that we shy away from taking credit will sometimes take the credit that rightly belongs to us.

**Third and most critical of all our strengths is our drivenness.**

Drivenness is a key to all of the ways we got to where we are now – good and bad. Drive is essential to us: it feels great and motivates us to get up every morning and keep going all day, every day. I’m pretty sure this isn’t a surprise to you: if you’re like me, you pride myself on your drive, and probably openly value it as much as I do. And so we should value it. Having said that, our drive can sometimes lead to burnout, and that’s what I want to talk about here. Drive can be activated, basically, by 2 completely different factors: fear or vision. Fear-based drive is security-driven. Being security-driven can lead to porous boundaries and avoiding the spotlight. Doing something risky feels so unsafe! For example, these days, with everything being so expensive, many people feel trapped in their jobs. They may be afraid of leaving the seeming security of that job, even if it is slowly dragging them down. I understand this because I’ve been there. Recall that my mandate as a child was to gain my independence. For me that was an imperative – a basic life-

or-death imperative. That meant, for me, that any drive with independence as its prime motivation was fear-based.

For the sake of feeling secure, I’d take the higher-paying position, the one with more power, over any position or profession that was less financially rewarding, and I became a full-fledged over-achiever. I eventually found myself in a flat-out crisis.

That crisis scared me enough to wake up to what living driven-by-fear was costing me in time and energy. I found a way to take up my vision once again and gradually move to a full-time career that aligned with my vision.

What can you do to help yourself use your strengths to their greatest advantage? I’ve seen in my own work and working with my clients, that you can release the trauma that causes fear-based drive. The women in my program on Avoiding Burnout are able to do this. They learn to lean on their strength without sabotaging themselves, clearing the way to pursue their vision – their North Star – with increased energy.

It is possible, and it is worth it!

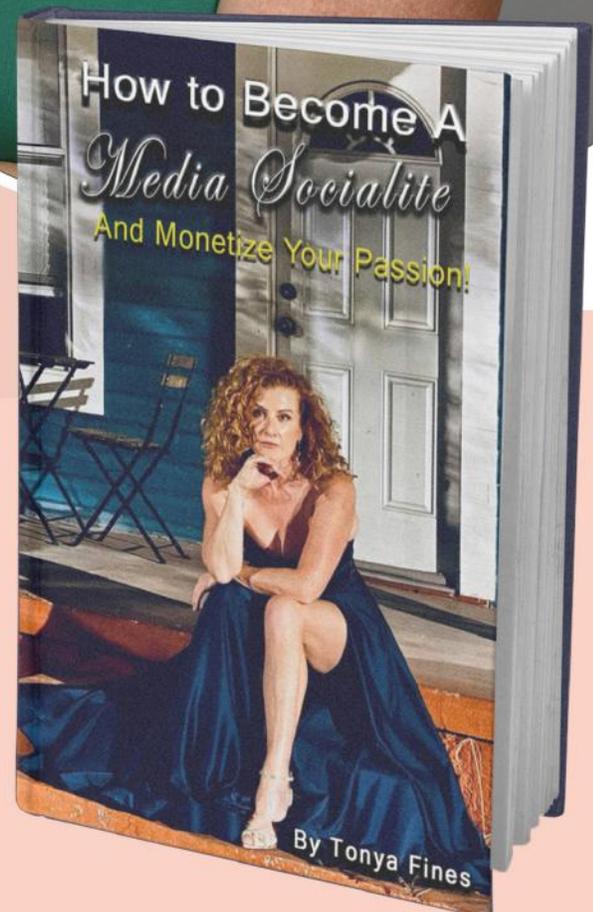
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# FROM FEARFUL TO FEARLESS: HOW STEPPING OUTSIDE YOUR COMFORT ZONE TRANSFORMS YOU

BY VIRGINIA OMAN

All of us want to live a life that is fulfilling and one where we have few regrets when we arrive in our later years. This involves making decisions now about what you want in life, making a plan of action and then GOING FOR IT.

Usually, the part where most people stop is in the “Going for it”. They get jazzed and motivated about their dream goal but don’t take action because they are immobilized by fear caused by self-doubt. Or they make some effort toward the goal but then fade out due to the fear and doubt catching up with them.

In my BHL magazine article, Ticking Clocks and Broken Dreams (Dec 2023) I wrote about the end results when you continuously allow the discomfort of fear and doubt to control you and determine your future. It can be a place of painful regrets and sadness.

## Critical key for success

We always need to remember... WE ARE NOT OUR THOUGHTS. Since our thoughts determine our emotions every second of everyday, it is vital that we make this distinction. Your thoughts are NOT who you are. If you don’t remember this, you will subconsciously identify yourself as being one in the same as your thoughts. Nothing can be more incorrect. Thoughts are just thoughts. They are not YOU.

Remember that the weight of regrets weighs tons compared with the weight of facing whatever fear and doubt that’s inside your head. The wisdom of Jim Rohn says the weight of facing our fear or doubts and taking action regardless, “weighs ounces compared with the weight of regret which weighs TONS”. Think about this.

## Slay the dragon

When you are thinking about a valued goal that you really want, but suddenly get stuck by thoughts of fear or self-doubt, remember you are NOT your thoughts or emotions. Therefore, you are NOT the fear and self-doubt. That is not the core of who you are or who you’ve come to this planet to be.

You are a wondrous, limitless and unique gift of the divine and your birthright IS to live a life of fulfillment and happiness!

## The DANGER of your comfort zone

Your comfort zone is where you play “small”. You stay within the boundary of your self-created fear and doubt and don’t venture out to try what’s been calling inside you. Unfortunately, this is where thousands of people stay the majority of their life. When we hear the phrase “stepping outside your comfort zone” it simply means that you are taking a mental pause to face whatever the fear or self-doubt is in your head. (Maybe take some time to journal about it.) Then ask yourself 2 questions; what has this fear and self-doubt cost me so far in terms of going for my dreams and having a fulfilling life, and what will it cost me if I continue to allow it to control me.?

When you chose to step outside this zone, you are saying to these thoughts...”I hear what you’re trying to convince me of, but I’m not buying it and I’m going for my life’s fulfillment regardless!”

## One small step

It is thru challenge that we grow. So, accept the challenge of stepping outside your comfort zone (which has kept you stifled) and go for the GROWTH. All that’s required is taking one small step at a time. Just one. Do one small thing today that will bring you one step closer to what you want. Then do one small thing tomorrow. Slash through the lies of doubt that try to disrupt you. Just keep going forward. You will quickly start to gain confidence and self-esteem by doing this which will in turn will fuel your forward progression.

Don’t allow fear and or self-doubt to win. DON’T allow them to steal the happiness you deserve and rob you of your dreams. They are not true and they are definitely not the wondrous limitless being that you are!

I’d love to hear from you.

Connect with Virginia: <https://bestholisticlife.info/VirginiaOman>





# THE ABUNDANT WOMAN: THE TRUTH IS ALREADY WITHIN YOU

BY DAWNA CAMPBELL

In a world consumed by scarcity and fear, The Abundant Soul reveals a radical truth: abundance is not something to chase, it is something to remember. The Abundant Soul philosophy is a collective shift that lifts entire communities. When fear and doubt dissolve, we return to our natural frequency: happiness, prosperity, and love.

At its core, The Abundant Soul fuses quantum physics with metaphysical wisdom, demonstrating that abundance is the natural result of energetic mastery, not just luck. Through books, workshops, retreats, and teachings, The Abundant Soul empowers seekers, healers, and leaders alike, igniting a wave of transformation across the world.

**To truly embody abundance, we must first understand the 10 Guiding Principles that share this philosophy.**

## 1. Abundance Is Our Birthright

Abundance is something to be remembered. We were born from abundance, and to abundance, we shall return. The illusion of lack is a conditioned belief reinforced by fear and limitation. The moment you stop searching for abundance and start embracing it, you reclaim the prosperity, joy, and expansion that always was yours.

## 2. Inner Alignment Creates Outer Abundance

The world around you is a mirror of the energy within you. When your mindset is anchored in scarcity, external success will always feel fleeting. When your inner world is calibrated for abundance, your outer reality effortlessly shifts to reflect that. When you become abundance and prosperity, you radiate it.

## 3. Energy Precedes Matter

Science now confirms what ancient wisdom has always taught: our thoughts and emotions shape the energy around us. Just as a radio must be tuned to the right frequency to pick up a signal, we must align our inner state to attract the abundance we desire. You are already a creator. Every moment, your energy is designing your future.

## 4. Emotions Are the Key to Manifestation

Thoughts set the intention, but emotions shape reality. You can visualize wealth all day, but if subconscious guilt, fear, or doubt lingers, abundance remains out of reach. True transformation happens at the subconscious level. Unlike surface-level affirmations, deep reprogramming shifts your energetic blueprint, clearing the path for lasting abundance.

## 5. Scarcity Is an Illusion—Love Is the Truth

Scarcity is not real – it is a collective hallucination, a construct of fear that blinds us to the infinite abundance already present. When you shift from a fear-based mindset to a love-based mindset, the illusion of scarcity dissolves. Opportunities, wealth, and expansion were never missing. They were simply waiting for you to see them. Prosperity was here all along.

## 6. Success Is Energetic Harmony

Success is achieving a harmonious frequency where happiness, prosperity, and love coexist. The wealthiest people aren't always the happiest. But those who live in alignment—who feel peaceful, inspired, and free—carry true success. True wealth is measured by alignment, not accumulation.





### 7. Money Is Energy, and Energy Is Infinite

Money is not currency. It is a form of energy that responds to your vibration. It is neither good nor bad; it is simply a neutral tool for expansion. When you treat money as an extension of your energy, it flows with ease. The moment you release fear around money, you unlock its limitless potential.

### 8. Receiving to Share is the Key to Abundance

The universe thrives on circulation, what flows in must flow out. True prosperity allows abundance to move through you. Next time you receive wealth, love, wisdom, or kindness, ask yourself: How can I let this flow through me? The moment you become a channel instead of a container, abundance multiplies effortlessly.

### 9. Empowering Others Multiplies Impact

Abundance expands the more it is shared. Quantum Physics shows us that energy amplifies when it interacts, multiplying instead of depleting. The most powerful leaders, healers, and visionaries ignite success in others. By empowering those around you, you create a quantum expansion of prosperity that grows at an accelerating rate.

### 10. Trust Is the Bridge to Abundance

The greatest barrier to abundance is fear. The only cure is trust – trust that the universe is supporting you, trust that everything you need is already within you, and trust that when you let go of control, you open the floodgates for miracles.

*Abundance is already here, and the frequency is already in the room. You only have to embrace it.*

### Living as an Abundant Soul

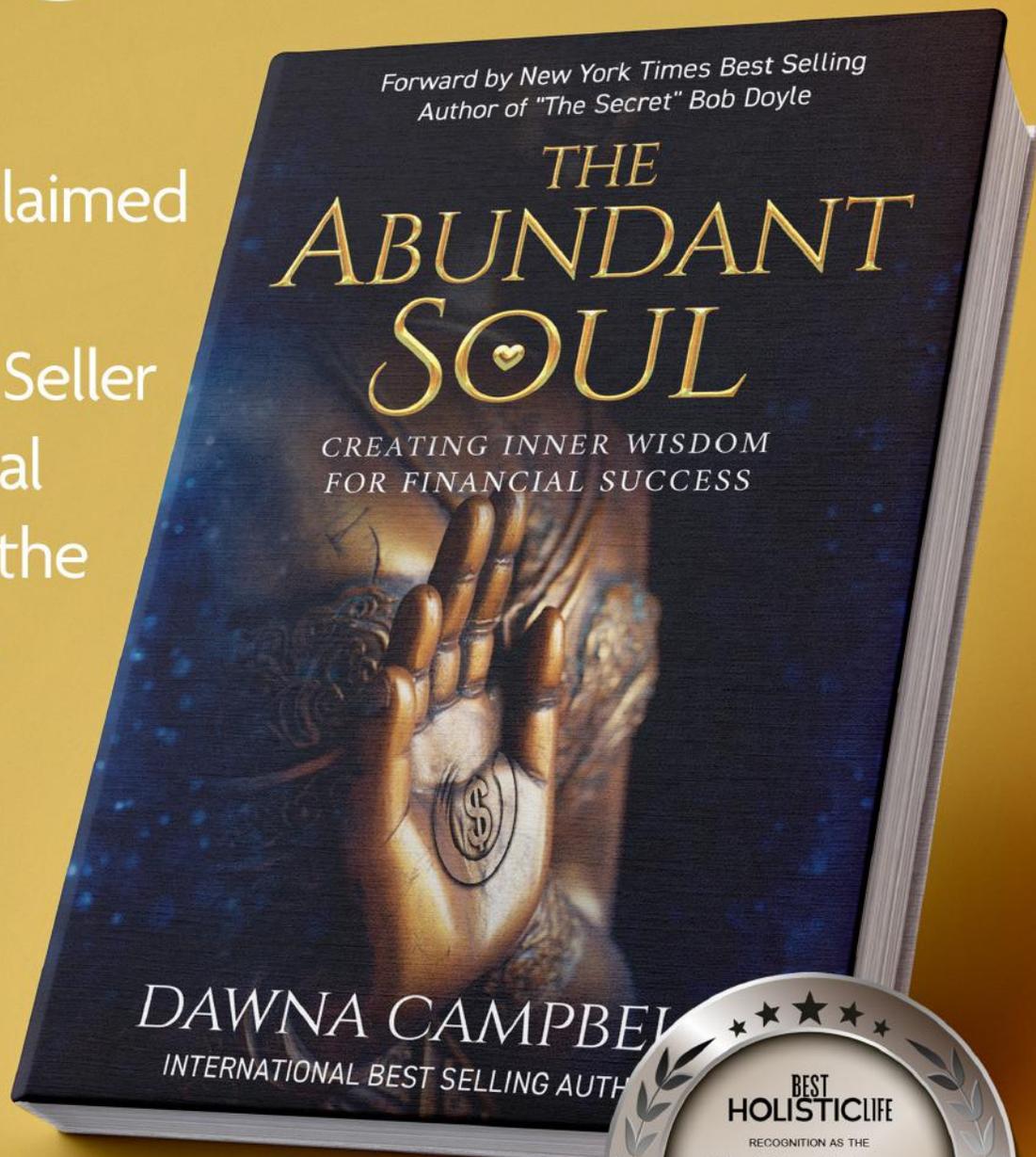
Embracing The Abundant Soul philosophy is not about knowledge; it is an embodiment. It requires releasing old patterns, shifting your vibrational rate, and stepping into a new paradigm of prosperity.

Surround yourself with people, knowledge, and experiences that reinforce limitless potential. Share your gifts freely, knowing that what you give, you amplify. Your soul already knows this truth—abundance is not beyond you. It is within you. The only question left is: Are you ready to step into it? If so, your next step is waiting at our website.

Connect with Dawna: <https://bestholisticlife.info/DawnaCampbell>

# THE ABUNDANT SOUL

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# THE HIDDEN COST OF COMPLAINING AND HOW TO BREAK FREE

BY NATHALIE BOTROS

How often do you catch yourself complaining? Maybe it is about work, your partner, traffic, or feeling tired.

Complaining is so common that most of us do not even realize how much we do it. Studies suggest the average person complains 15 to 30 times a day. You may think you are simply venting and expressing frustration, but complaining is actually a mental habit that rewires your brain to stay stuck in negativity.

Each time you do it, your brain strengthens neural pathways that make negativity a default response. Over time, your mind starts looking for things to be unhappy about, even when nothing is wrong. You might wake up in a good mood, but as soon as something small goes wrong, your brain latches onto it and starts the cycle.

This does not just affect your mindset. Research shows chronic complaining increases stress, weakens the immune system, and even shrinks the hippocampus, the part of the brain responsible for problem-solving and emotional regulation. When complaining becomes a habit, it stops being a release and starts being a trap.

## **The good news? You can break free.**

Breaking the habit of complaining does not mean pretending everything is perfect. It means shifting your focus to solutions, gratitude, and perspective. Here is how to do it.

## **Become Aware of Your Complaints**

The first step to breaking any habit is awareness. Most people do not realize how often they complain. Pay attention to your words for a full day. Notice when you complain, what triggers it, and how it makes you feel. You might find that some complaints are automatic, like sighing about the weather or groaning about work before you even start. If you want to take it further, keep a small tally on your phone or in a notebook. By the end of the day, you will see just how much energy is spent on complaints that do not actually change anything. Awareness is the first step toward shifting your mindset.

## **Flip Complaints into Solutions**

Not all complaints are bad. Sometimes, they highlight something that needs to change. The key is to shift from dwelling on the problem to finding a solution. Instead of saying, “I am so exhausted,” ask yourself, “What can I do to get more rest?” Instead of “My job is so stressful,” reframe it to “What steps can I take to manage my workload better?”

This shift trains your brain to focus on action rather than frustration. It also gives you a sense of control instead of feeling powerless. Problems will always exist, but how you respond determines whether you stay stuck or move forward.



### Set a No-Complaining Challenge

Try going 24 hours without complaining. It sounds simple, but it is harder than you think. If you slip up, do not judge yourself. Just reset and keep going. Once you make it through a full day, try extending it to a week. This challenge forces you to be more intentional with your words. Instead of complaining, you will start looking for different ways to express frustration, find humor in difficult moments, or simply let go of things that are not worth your energy.

### Surround Yourself with Positivity

Your environment influences your mindset more than you realize. If you are constantly surrounded by people who complain, it is easy to fall into the habit. Pay attention to the energy of the people you spend the most time with. Are they solution-oriented, or do they dwell in negativity? If you cannot change your environment, you can change how you respond. When someone starts complaining, gently steer the conversation toward something positive. If a friend constantly vents about their problems without looking for solutions, ask, "What do you think would help?" This helps shift the focus from negativity to action.

### Practice Gratitude as a Habit

Gratitude is the antidote to complaining. When you actively focus on what is good, your brain has less room for negativity. Start small. Each

morning, think of three things you are grateful for. They do not have to be big. A good cup of coffee, a sunny day, or a kind message from a friend all count.

At night, reflect on what went well during your day. Even if the day was stressful, there was always something positive to acknowledge. When you shift your attention to gratitude, you naturally complain less.

I know complaining feels good at the moment, but it keeps you stuck in frustration. Letting go of the habit does not mean ignoring problems. It means choosing to focus on solutions, gratitude, and what you can control.

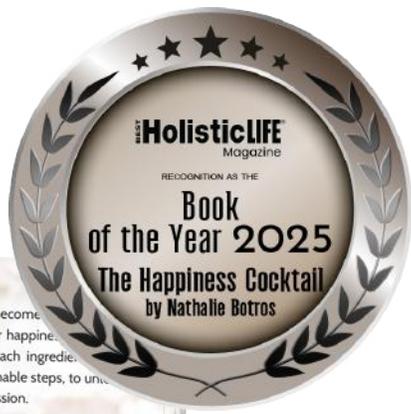
When you stop complaining, you free up mental energy for things that truly matter. You build resilience, improve your mood, and strengthen your ability to handle challenges. Most importantly, you take back control of your happiness instead of waiting for circumstances to change.

If you find yourself trapped in a cycle of negativity, remember that you have the power to shift your focus. If you are struggling to break free from negativity, scan the QR code below for a free 30-minute session where we can work on shifting your mindset together.

Let go of complaints and step into a happier, more empowered life!

Connect with Nathalie Botros:

<https://bestholisticlife.info/TheBonVivantGirl>



Unlock Your Full Happiness Potential and Become True Joy and Hope! This book maximizes your happiness through intentional focus on what you can control. Each ingredient in *Happiness Cocktail* is filled with a series of actionable steps, to unlock your full potential leading to a life filled with passion.

This book includes:

- A step-by-step guide to creating your own
- Practical exercises and tools to cultivate happiness
- Personal anecdotes and stories to inspire a
- Insights from experts and research on happiness
- Strategies for overcoming negative thoughts

Don't wait any longer to unlock your full happiness potential!

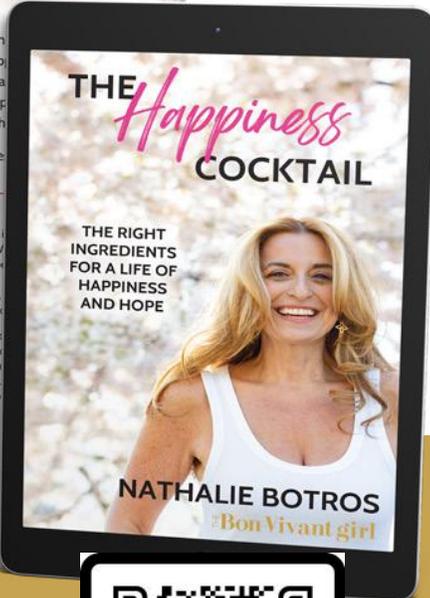
**Nathalie Botros, the Bon-Vivant girl!**

Nathalie Botros, the Bon-Vivant girl! Ambassador around the world. With a background around the world. With a background of spreading joy, Nathalie wears Psychotherapist, Author, Speaker, Coach with a special focus on empowerment.

Her mission hasn't gone unnoticed. She has been crowned Top Happiness Coach and recognized as The Top Woman by Soeileish Magazine. Featured in major media outlets such as Thrive Global, Nathalie graced the covers of Best Holistic Life, and Healthy Life Magazines.

Author of *If You Are What You Eat, Should I Eat A Skinny Girl?* Nathalie's business tips resonate with millions through social media, podcasts, and more.

...happiness one smile at a time.



## Why You Need This Book:

- Proven Strategies:** Incorporate actionable steps and practical exercises into your daily life to boost your happiness and well-being.
- Inspiring Stories:** Motivate yourself with personal anecdotes and success stories from Nathalie's own journey.
- Expert Insights:** Benefit from the latest research and insights from happiness and mental well-being experts.
- Holistic Approach:** Overcome negative thoughts and emotions and cultivate a mindset of positivity and resilience.
- Empowerment:** Take control of your happiness with a step-by-step guide to creating your own personalized Happiness Cocktail.



# HOW TO ACCESS YOUR INNER POWERS

BY DR. RAN ANBAR

You're stronger than you could possibly believe. What exactly do I mean by that? I mean you are capable of harnessing great inner strength to overcome both physical and mental challenges.

As a pediatrician, I've learned that inner powers can help people deal with most life issues—everything from dealing with anxiety to coping with pain, from excelling in sports or academics to overcoming procrastination, from managing pain to getting enough sleep. Inner strength can even help us deal with chronic diseases like asthma, diabetes, hypertension, and heart disease.

## How I Learned about Inner Powers

Years ago, I worked with 17-year-old Paul, a teen who was living with a severe allergy to milk products. At one of our early meetings, Paul told me he'd experienced an asthma attack after just smelling a cheeseburger.

There was no medical reason for this to happen, so I tried an experiment. I asked Paul to imagine eating a cheeseburger, even though he could never eat one in real life.

Paul closed his eyes, inhaled, swallowed, and then began to have a very real asthma attack. I became alarmed and shouted, STOP IT!—breaking his focus and stopping this apparently dangerous event in its tracks.

That was the first time I considered the fact that imagining something happening and physically experiencing it are not very far apart. I remember asking myself, "If you can think your way into illness, can you think your way out?" In many cases, the answer turns out to be Yes!

Paul went on to master the art of using imagery through self-hypnosis, a tool that let him use his imagination to help himself. He learned to keep his allergic reactions and pain at bay. He could stay calm in stressful and frightening situations. He could go to an inner relaxing place at will, spend a minute or two, and come back as restored as if he'd been there all day.

## How Can I Use My Inner Powers?

Whatever challenge you are facing can be dealt with more effectively when your inner powers are engaged.

Here are 3 ways to do this on your own:

**Positive Self-Talk.** This is the act of talking to yourself and telling your brain how it should think, feel, and/or act. Positive messages such as, "I can do this," or, "I want to be able to do this," promote resilience and help you sustain effort that often leads to success. On the other hand, negative messages such as, "I can't do this," can lead you to feel incapable or even give up before you overcome a challenge.

Almost all negative messages can be reframed in a positive light. It is important that the positive message is completely believable to you. Otherwise, it may be accompanied by self-doubt that can negate the power of the message. For instance, "I can do this," may not be fully believable when you're encountering a new challenge. But, "I want to do this," is almost always true—and you can believe it fully.

Positive self-talk can encourage you to remain calm and focused, and it can help you overcome procrastination.



**Self-Calming.** Another way of using inner powers involves self-calming. One way to achieve a calm state is to take a few moments to imagine being in a safe, soothing place. This can be a place you've been, a place you would like to go, or even an imaginary place. To use this tool, imagine what you might perceive in your place with each of your senses. What can you imagine seeing? Hearing? Smelling? Feeling? Tasting? When you think about these sensations, you can activate multiple sites in your brain that will help you achieve calm.

Self-calming is useful for people dealing with stress, including stress caused by chronic illness. In my experience, two thirds of patients with medical illness improve with self-calming as their sole self-help tool. Self-calming also helps improve performance anxiety—so it can help you do better during athletic competitions or while preparing for (or taking) exams.

**Tuning into the Inner Self (the Subconscious).** Your subconscious—the active, wise part of your mind of which you are usually unaware—can be a source of knowledge and strength to help you deal with life stresses. You can learn to interact directly with your subconscious by quieting your mind.

This can be done with self-calming (as described above), meditation, taking a walk in nature, listening to soothing music, or contemplating calming art.

Once your mind is calm, you can ask your subconscious questions about important matters in your life, such as how you can improve your health. As you remain calm, an answer can enter your mind as a thought, an image that you might need to interpret, or a feeling.

### **Where can I Find More Information?**

My new book, *The Life Guide for Teens*, describes more than 100 tools that can be used by people of all ages to access their inner powers and enhance their lives. This book can be of great help for teenagers who deal with anxiety (30% of U.S. teens) or depression (20% of U.S. teens), as well as their families and the 60% of Americans who deal with chronic disease.

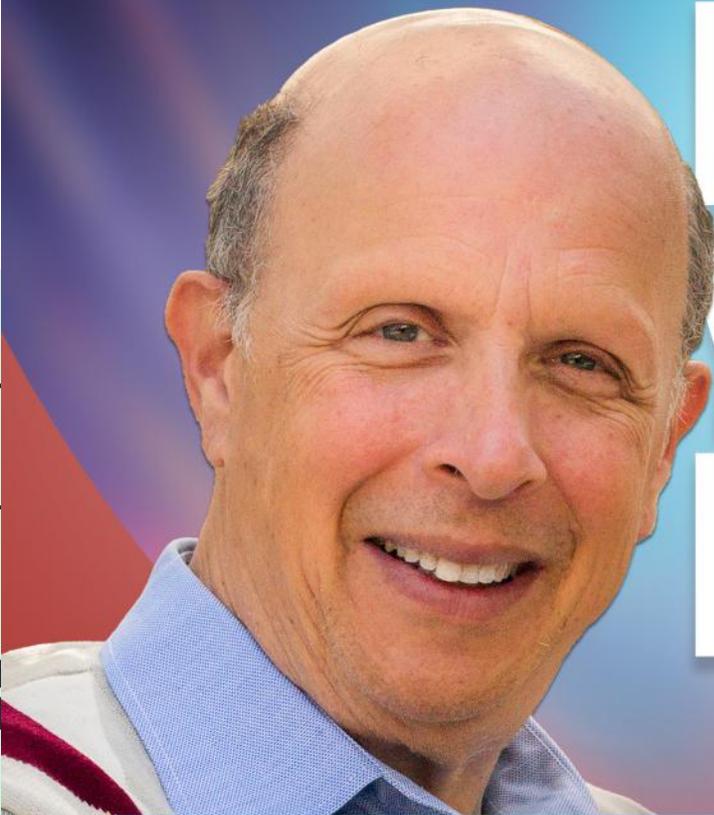
The book was written based on my four decades of experience as a doctor and on what I have learned from treating over 8000 children, adolescents, and young adults.

You can order this book through our website or anywhere books are sold.

Connect with Dr. Ran Anbar:

<https://bestholisticlife.info/TheLifeGuideforTeens>

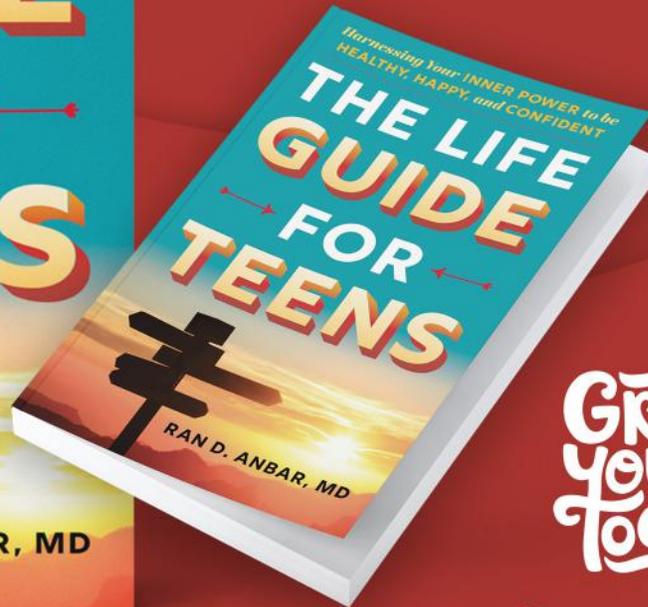
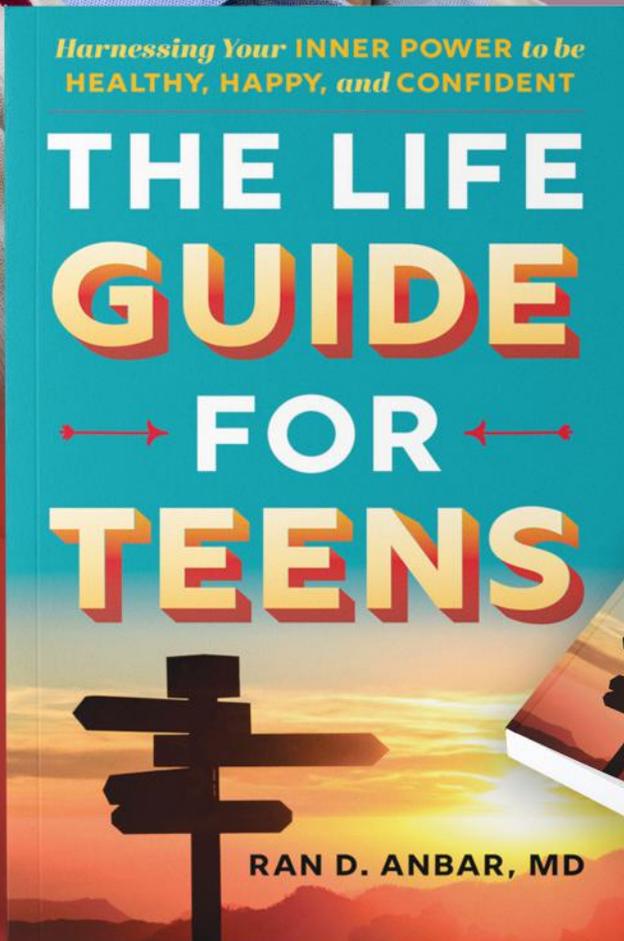




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# FINDING GRATITUDE

BY SIR JAMES GRAY ROBINSON

Many times, we find it difficult to experience the emotion of gratitude. Sometimes, it is because we are under fire, or stress, or can't find the forest for the trees. One of the common mistakes many people make is forgetting to perceive the real gift that many adversities create. We are so trained to see the adversity, inconvenience, or discomfort that we miss the gift. Let me give you some examples.

When the kids wake us up before dawn, we can be grateful that we have been blessed with children to love. Having raised three very independent, mischievous children, I admit that sometimes I was at my wit's end and forgot how blessed I was to be given a family to love. I had to make some hard decisions during their teenage years that involved attitude readjustment, but I never held that against them or needed to remind them of it. I always knew they were God's gift to me, and I know I have the blessing of adults who I respect. However, for some years, it was a struggle.

When I have a sink full of dishes, sometimes it is difficult to remember what a blessing it is to have food to eat. When I can be happy that my sink is full of dishes, I am in a proper state of mind. Often, we talk in terms of vibratory rate, and I know that when I am happy doing cleaning, I am at the right vibratory rate. I can look all around my house to see other examples of this principle. If I had to do laundry, I would be happy if I had clothes to wear. When I clean my house, I can be happy that I have a safe place to live. If I must go shopping, I am happy I have the money to provide for myself and my guests and food and clothing to wear.

Whenever I must clean my bathrooms, I am so happy to have indoor toilets and water. I have spent weeks in the Peruvian jungle, where such luxuries do not exist. While I am helping provide a few areas with clean water and toilets, nothing like we take for granted here. I kiss the bathtub every time I step into it to take a shower. Tears of joy come to my eyes when I have toilet paper to use when I am using that porcelain throne.

When I must get up to go to work, I am happy to have something productive to do. I perceive that alarm as a blessing, as a starting bell for the best day of my life. I look forward to the dawn that I used to

try to hide from behind thick blinds. I don't draw the blinds anymore. When I go to bed sore and tired, I have the satisfaction of knowing I had a demanding day and that I have a body to get sore and tired. When I have nothing to do, I am grateful for the rest. When I have lots to do, I am grateful for the challenge.

The reality is that we oftentimes don't have the proper training to find these rays of sunshine in everyday life. We have watched our parents and peers complain, complain, and complain some more about the tasks of life. It is clearly a discipline sometimes to realize the true gift life gives us every minute of every day. If we are going to enjoy a fulfilled and spectacular life, we must automatically find the blessings and gifts where they are. Until then, we have to use whatever clues, reminders, mantras, and practices are necessary to remind us what life is all about. Post-it notes, reminder lists, and anything necessary to keep our thoughts on the real gift of life are recommended.

What we don't know is that our brains are wired with a "negativity bias," which seeks out problems before it does anything else. This is how our brain evolved to keep us safe. Oftentimes, we perceive a problem when there isn't one because of this negativity bias. When we can master this bias and see life as it really is, we can find gratitude relatively easily.

The ultimate irony is that we are having this discussion at all because everything we experience in life serves to remind us that we are, in fact, alive. If we would approach life with the serious appreciation that life serves to provide, we would never take it for granted. I am grateful for whatever life has given me, for to do otherwise would be to disrespect the most sacred gift we are ever given, that of life.

What many don't understand is gratitude is a superpower. It transcends all negative emotions, such as fear, regret, guilt, anger, and shame. Like magic, gratitude can transform these negative emotions into hope, excitement, confidence, and inspiration. And like a muscle, the more you use it, the stronger it becomes. Don't suppress it; flaunt it. It will transform you into the person you want to be.

Connect with Sir James Gray Robinson:

<https://bestholisticlife.info/SirJamesGrayRobinson>



# CREATING A POWERFUL FUTURE BY STAYING PRESENT: AN EXERCISE IN KARMIC LAW

BY PATTY OLIVER

In the fast-paced world we live in, it's easy to get caught up in past regrets or future anxieties. We replay mistakes, hold onto grudges, and worry about what's to come. But according to the Karmic Law of the Here and Now, the past is only a lesson, and the future is shaped by what we do in the present moment.

## **Understanding the Karmic Law of the Here and Now**

The Karmic Law of the Here and Now teaches us that living in the present moment is the key to unlocking your highest potential. The past no longer exists, and the future is yet to be written. However, our future outcome depends on our present actions. This principle is rooted in mindfulness and awareness. When we dwell in the past, we waste energy on things we can't change. When we obsess over the future, we disconnect from the power of the present and scatter our energy. By embracing the Here and Now, we take control of our thoughts, emotions, and actions, ensuring that what we put into the world aligns with our desires.

## **How the Akashic Records Help Unlock Abundance**

The Akashic Records are a metaphysical database of every soul's journey—past, present, and potential futures. Accessing these records allows you to gain clarity on past karmic influences that might be affecting your ability to live fully in the present. By consulting your Akashic Records, you can identify unresolved patterns and release them, making it easier to align with the Karmic Law of the Here and Now.

## **How to Use Your Akashic Records for Alignment**

### **1. Seek Guidance from the Records**

Your Akashic Records contain insights into past lives and patterns that may be holding you back. Through meditation or a skilled practitioner, you can access this wisdom to better understand what needs to be healed and released. You can discover karmic

patterns that are preventing you from living in the present moment and new action you can take to shift your energy to align with abundance.

### **2. Heal and Release Karmic Baggage**

Most blocks to abundance stem from past karmic debts or unresolved trauma. Understanding the root cause of your karma through your Akashic Record helps you consciously let go of limiting beliefs and embrace new possibilities.

### **How the Karmic Law of the Here and Now Creates Abundance**

Abundance is not just financial wealth. It's an overflow of joy, love, and opportunities. The way we experience abundance in life is deeply connected to our ability to stay present and act with intention. Here's how:

#### **1. Let Go of the Past to Open Space for New Beginnings**

Many people hold onto negative experiences, resentment, or mistakes, creating energetic blockages that prevent abundance from flowing in. The more you cling to old wounds, the less space you have for new opportunities.

#### **2. Embrace Mindfulness to Make Aligned Decisions**

Every decision you make in the present moment influences your future reality. When you are fully aware of your thoughts and actions, you make better choices that lead to prosperity.

#### **3. Gratitude Unlocks the Door to More**

One of the most powerful ways to attract abundance is by appreciating what you already have. Gratitude shifts your energy from lack to sufficiency, making you a magnet for more blessings.

#### **4. Release Fear of the Future and Trust the Process**

Fear creates resistance, and resistance blocks abundance. When you think about all of the "what-ifs," you send a message to the universe that you lack faith in your journey.



### 5. Take Inspired Action in the Present

Abundance doesn't just come from thoughts—it comes from action. The present moment is where action happens, and each step you take now determines what opportunities show up for you later.

#### Living the Karmic Law Every Day

Embracing the Here and Now isn't just about a one-time realization, it's a daily practice. Here are some ways to make it a habit:

- **Morning Mindfulness:** Start your day with a few moments of deep breathing or meditation to set a calm and present mindset.
- **Presence in Conversations:** Truly listen to others instead of thinking about what you'll say next.
- **Mindful Work:** Focus fully on the task at hand rather than multitasking or stressing about deadlines.
- **Evening Reflection:** Before bed, reflect on the day's moments of mindfulness and set an intention to improve tomorrow.

The Karmic Law of the Here and Now is a profound principle that can transform your life. By living in the present, you clear past burdens, reduce future anxieties, and align yourself with the flow of abundance. When you act with awareness, gratitude, and trust, you naturally attract opportunities, love, and success. Remember: The only moment that truly exists is now. Use your Akashic Records to clear past influences, take inspired action, and step fully into abundance today while releasing how it will show up for you!

If you want to learn how to access your own Akashic Record for insight and guidance, I teach you how in my course, "Live a Soul-Powered Life!" I also offer private soul coaching using your Akashic Record to help you create your desired future. Learn more on my website.

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# The Akashic Truth Oracle

An oracle card deck that will connect you to your Akashic Record and reveal your soul's truth!





# WHY MEN SHOULD SUPPORT GENDER EQUALITY—AND HOW THEY CAN HELP

BY URMI HOSSAIN

Gender equality is often seen as a women's issue—a fight for equal pay, better workplace benefits, and fair family roles. But is this just a women's struggle? Or is it something we all need to address together?

In my experience working in a male-dominated industry, I've noticed many men feel that gender equality doesn't concern them. Women often share their feelings and frustrations among themselves, missing out on the support they could get from men. The truth is that gender equality affects everyone—it's not just a women's issue; it's a human issue.

For instance, when we support gender equality, we create workplaces where women feel valued, and families share responsibilities. This ultimately strengthens our economy. Nevertheless, we still need to face the biases that hold women back: the motherhood penalty, the gender pay gap, lack of representation in leadership roles, limited access to venture capital for female entrepreneurs, workplace harassment, and insufficient parental leave policies. These issues impact not just women, but families and our society as a whole.

Countries that prioritize gender equality see real benefits such as economic growth, innovation, and stability. For real change to happen, men need to step up and become allies in this movement.

### Here is how:

#### 1. Men Have The Power to Change

Men often hold powerful positions, which gives them the chance to make a positive impact. Imagine a child growing up in a home where both parents share responsibilities. This child learns that opportunities and duties aren't defined by gender. When fathers engage in parenting, cooking, and supporting their partners, they model equality that shapes the next generation.

A corporate leader can do the same. Think of a CEO who values skills over gender. By promoting a fair workplace, this leader helps women and strengthens the overall company culture.

The outcome is clear: happier employees, better retention rates, and a strong company reputation—a win for everyone involved.

#### 2. Building a Strong Economy Together

As Malala Yousafzai said, "One child, one teacher, one book, one pen can change the world." When women have equal access to education and job opportunities, society thrives. Economies grow, unemployment decreases, and productivity increases. Countries like Iceland, Sweden, and Finland have shown us that closing gender gaps leads to significant benefits. A society that invests in educating, mentoring, and empowering women is not just uplifting individuals—it is building a stronger, more prosperous future for everyone.

#### 3. A Win-Win Situation

Some men worry that gender equality means losing opportunities for themselves. But true equality is about ensuring everyone is recognized for their contributions, regardless of gender. It creates a fairer environment where success is determined by talent and hard work.

When workplaces embrace gender equality, everyone stands to gain. Diverse perspectives enhance creativity and problem-solving, making organizations more innovative and effective. This inclusive atmosphere encourages individuals to express themselves fully, which can lead to greater job satisfaction and employee retention.

#### 4. Changing Outdated Mindsets

For too long, workplaces have operated under the belief that men should be the primary earners while women handle home duties. This outdated thinking causes stress for both men and women. It's time for workplace policies to catch up with the reality of today: promoting flexibility for everyone, implementing fair hiring and promotion systems, and writing better parental leave policies to give men the chance to be present fathers without sacrificing career growth.

#### Actionable Tips To Promote Gender Equality in Your Workplace:

- *Educate Yourself and Others:* Take the initiative to learn about gender issues and share insights with colleagues. Conduct workshops or discussions to raise awareness.
- *Be an Active Ally:* Support your female colleagues by amplifying their voices in meetings and advocating for their ideas. This fosters an inclusive atmosphere.
- *Challenge Stereotypes:* Confront and address stereotypes and biases when you encounter them. Speak out against sexist language or behaviors.
- *Promote Flexible Work Policies:* Encourage your organization to adopt flexible work arrangements that support both men and women in balancing work and family responsibilities.
- *Mentorship Programs:* Participate in or create mentorship programs that pair experienced employees with those seeking guidance, particularly women looking to advance in their careers.
- *Be Mindful of Language:* Use gender-neutral language and avoid using terms that may imply bias or gender roles.
- *Create Safe Spaces:* Foster an environment where all employees feel safe to share their experiences and concerns without fear of retaliation.

Gender equality is not just about women—it's about creating a world where everyone has the freedom to pursue their goals, express their emotions, and balance work and family without outdated expectations holding them back.

Men have a stake in this, too, the sooner they actively participate in the conversation, the sooner we can create a more just, balanced, and prosperous world for all.

Let's champion each other and let's cheer for gender equality.

Connect with Urmi Hossain: <https://bestholisticlife.info/UrmiHossain>

Stephanie Essary 

# MY NEXT CHAPTER: LIVING LIFE IN THE SECOND HALF

BY STEPHANIE ESSARY

## What My 50s Have Taught Me

There was a time when I could not imagine talking about my pain so openly, let alone admitting to my failures. I grew up believing that vulnerability was a weakness and that my worth was determined by what others thought of me. For years, I lived in the shadow of their opinions, letting their approval—or lack of it—define who I was and what I dared to pursue.

If you had asked me even 10 years ago, I would have told you that I was ok. But the truth was, I wasn't living; I was performing. Every decision, every action, every carefully chosen word was a way to keep the peace, avoid judgment, and maintain the illusion that I had it all together.

Now, in my 50s, things are different. I won't lie and say I've completely stopped caring about what others think—old habits die hard, especially for a lifelong people-pleaser. But their opinions no longer have the power to paralyze me. My grandmother used to tell me that someday we all reach an age when you stop giving a fudge about what others think. At the time, I couldn't fathom it. I cared too much about everything—how I looked, what I said, how I was perceived. But now, as I stand firmly in my 50s, I understand what she meant.

## Letting Go of Fear

For me, the shift began slowly, like the first hints of dawn creeping into a dark room. It started in my early 40s. Whether it was hormones or simply the perspective that comes with facing your body's limits, something changed. I began to feel the true weight of all the fear and trauma that I had carried for so long, and for the first time, I allowed myself to set it down.

I stopped obsessing over what others thought of my choices. Instead of second-guessing every decision, I asked myself one simple question: What do I want?

The answer surprised me. I wanted to feel alive, to live fully and unapologetically, without worrying about whether I was doing it "right." I wanted to do things I was certain I was meant to do, like writing, without fear of what others might think of it.

So I started small. I wore clothes that made me happy, even if they didn't fit someone else's idea of what a woman my age should wear. I tried foods I couldn't pronounce, tasted spices I'd never heard of, and discovered flavors I didn't know I loved.

Then I got braver. I went ziplining through the lush forests of Puerto Rico, the wind rushing past me as I soared over green canopies. I booked my first overseas trip, stepping onto the plane with a mixture of excitement and terror. I began saying yes to experiences that once scared me, and in doing so, I found something I hadn't felt in years: joy.

If my 40s were a time of searching, asking questions, and exploring possibilities, my 50s have been about embracing change and accepting the things I couldn't change. I've learned to see my imperfections not as flaws that need to be fixed but as parts of the whole that make me unique. I've stopped striving for perfection and started celebrating the messiness of being human. Of being me.

## A New Relationship with Time

This year, I turn 54. It's an age that feels monumental, not because of the number itself, but because of what it represents.

I've outlived people I loved dearly—I am 37 years older than my sister ever got to be, 22 years older than a beloved uncle, 9 years



older than my father-in-law and sister-in-law, 9 years older than my childhood best friend, my cousin, and just a few years younger than 2 of my favorite aunts lived to be. Each of these losses has left an indelible mark on me. Their lives, and their deaths, serve as a constant reminder of how precious life is and how time is not promised.

It's the one resource we can't replenish, the one thing we can't earn back. I still mourn each of them, both for who they were and for all they longed to be. They had dreams, they had things they wanted to do and places they wanted to go. They've inspired me to love more fiercely, dream more boldly, and live my life more openly.

#### **Giving Back to Myself**

In my 50s, I've learned to approach life with a sense of presence. It's not always easy—my mind has a way of drifting to the past or racing ahead to the future—but I'm trying. I'm learning to savor the moment, to focus on the here and now rather than what was or what might be.

This shift has transformed the way I see myself. My body, for instance, is no longer something I judge harshly, but my relationship with it is still complicated. You cannot have suffered three decades of an eating disorder without it leaving a mark. But I am much kinder to it now. I recognize its limits, listen to its needs, and try to speak to it with love. It still makes me sad to think of how much it suffered at my own hands.

Over the last few years, it has struggled in new ways. Diagnosis of autoimmune and other chronic illnesses have forced me to reassess how I treat myself. I pushed my body hard for years, expecting

it to endure without complaint. And yet, it somehow carried me even under that immense pressure. Through decades of life, through joy and sorrow, through strength and vulnerability, my body kept going even when my spirit felt like it couldn't.

Now, I'm dedicated to giving back to it. I have been focused on taking better care of it. Whether that means eating foods that nourish me, finding movement that feels good, or simply resting when I need to. I'm learning to listen to what my body needs and honor its resilience.

#### **Looking Ahead**

As I move through my 50s and glance toward 60, I feel a renewed sense of purpose. So far, this decade has been a turning point for me. It has been a time of letting go, leaning in, and finding joy in unexpected places. It's taught me that life is not about avoiding pain or hiding from failure but about showing up, even when it's hard.

#### **Especially when it is hard.**

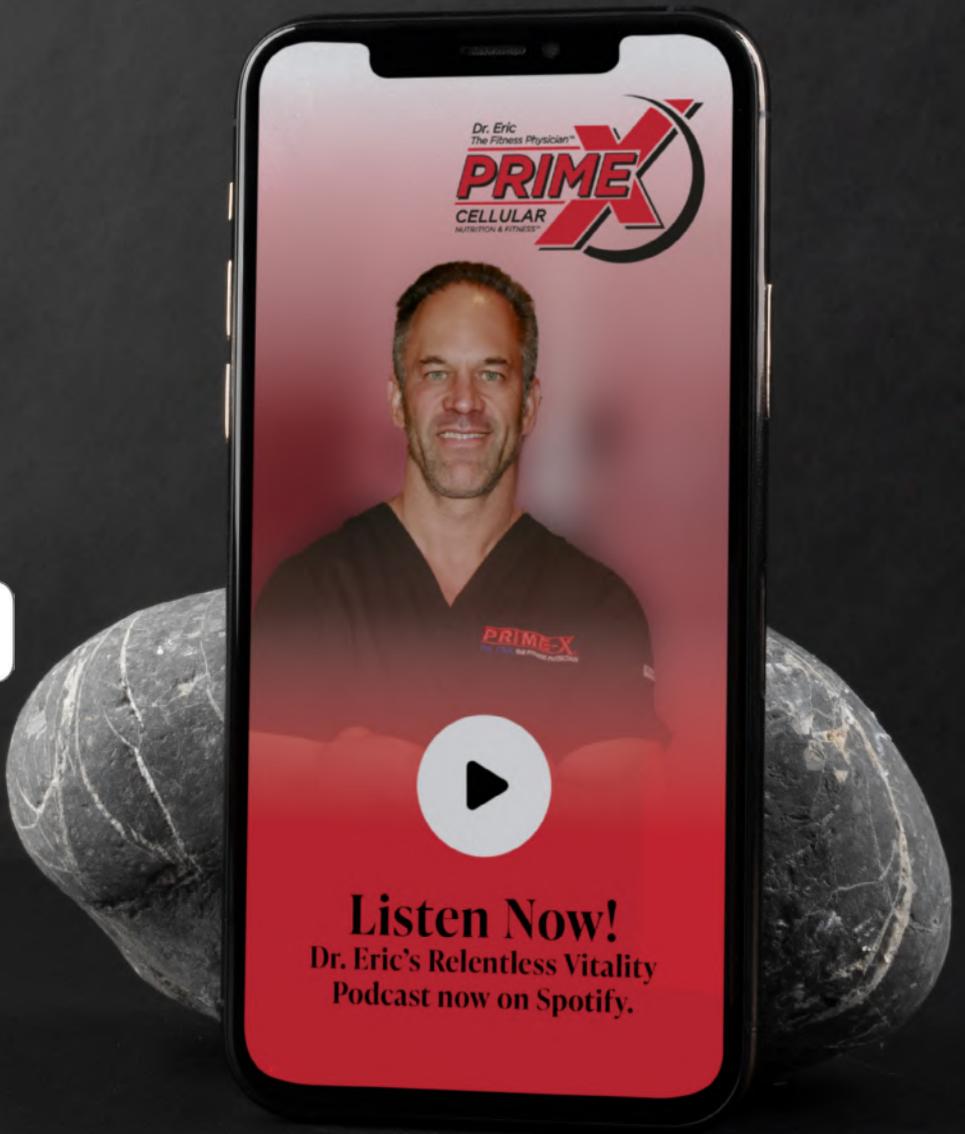
I don't know what the years ahead will bring, but I know this: I am ready to face them with an open heart and a willingness to grow. I am ready to embrace life's messiness, celebrate its beauty, and find meaning in its struggles. I am ready to pursue and achieve the dream I have spent decades hiding from, for fear I might fail. I am ready to live.

So here's to the next chapter—to the lessons yet to be learned, the dreams yet to be realized, and the moments yet to be lived. Here's to living fully, loving deeply, and writing my story my way.

Connect with Stephanie Essary:

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# LEARN HOW TO BEAT THE AGING PROCESS ON THE CELLULAR LEVEL WITH DR. ERIC'S PRIME X CELLULAR NUTRITION INFORMATIVE PODCAST.



The Future of Wellness:  
AN **EXCLUSIVE**  
**INTERVIEW** WITH  
**DR. ERIC**  
**FETE**  
Visionary  
*of the Year*









**From your time in the ER witnessing the devastating effects of poor self-care to founding PrimeX, you've had a transformative journey. What inspired you to pivot from emergency medicine to age management and peak performance, and how has that shaped your mission?**

While I was in the ER, I took care of a lot of things. I loved emergency medicine, especially its acuity. I was able to take care of pretty much anything that walked through the door: traumas, injuries, people dying, minor stuff, urgent care, and a little bit of everything. I learned how to take care of everything.

I saw people at their worst, which was great from learning and from providing care and doing what I wanted to do, which is to help people. I'd save people's lives, help people out of situations, and make a difference. And it felt great. I loved doing that.

Unfortunately, I did see people at their worst, and I saw many that were very sick and very disabled and often at an age when they shouldn't have been. Basically, when you start seeing people in their 30s and younger on a list of medications, and they're overweight, diabetic, and hypertensive for no reason other than just lack of education -just because they didn't know better, they weren't taught, their physicians or their family didn't instruct them, they had a bad lifestyle, whatever the case may be.

I thought, "Man, this all could've been prevented with a proper lifestyle." I mean, I grew up in health and fitness, and I just learned it, but a lot of people

were not that fortunate. This impressed upon me the importance of prevention and proper lifestyle, and that's what really motivated me to get into the preventive side of things, to be proactive with your healthcare and to teach people how to live well and to eat properly, to exercise, to sleep, to take care of their minds, their bodies, their souls. And that's what really motivated me to get into preventive side health and performance optimization, age management, anti-aging, et cetera.

I realized I could really make a difference because so many people are sick nowadays and on medications and having surgeries that are not necessary. Traditional medicine is great for trauma and bad stuff, but it's not very good for nutrition and not good for prevention. And prevention, as I say, is worth a pound of cure and so many of these things can be prevented.

Unfortunately, the traditional medical care system has been corrupted by big pharma and all these other interests, and I think we could live better economically, save a lot of money, and live longer, stronger, and better by taking care of our bodies in a healthy way, by getting back to nature, getting outside, moving, exercising, praying, being with the community, getting off devices, not sitting around, being on social media all day, being active and engaged with other people. Yes, I use natural supplements and hormone optimization and peptides when needed, but I always start with lifestyle, with the free stuff. So that was my motivation to help people live their best lives, save money, save time, and live as well as they could.

**Your motto, 'Learning from the past, living for today, transforming the future,' captures the essence of your approach. How do these principles influence the services and care you provide through PrimeX?**

So this is kind of the essence of my approach and incorporates the answer from my first question, but learning from the past is basically everything that I've learned previously from my medical training, from my world of health and fitness, from being a wrestler, doing martial arts, being encased and enmeshed in science my whole life with learning how to learn, which I got from my parents. They were both teachers. And also to learn from the past, from the stoic philosophy, from all the wise people that lived before us, all the amazing scientists and authors and writers of old. I think we can learn from them. I'm fascinated by just reading the old classics and the brilliance of the writers from all the way back to the 1600s and 1500s. The Greeks, the Romans, were so astute because they sat around and they read and they thought, and they actually wrote philosophy and they just learned.

So they were so wise compared to today. We've been dumbed down by technology, I think. So I think by learning from the past, learning how to connect with ourselves, with nature, and to communicate, to think, and to re-engage with these classics and learn what we can from them.

And then, in terms of the present and the future, obviously, we've got a lot of great things that have been developed with science and technology. Modern medicine and science is advancing rapidly, and we're learning more and more each day. So I think we can learn from that. We can use the technology. We can use the new medications and everything that we're learning and combine that with the lessons of old and transform the future by making it better, by combining the best of both worlds and creating better lives for ourselves and for others.

**Can you explain how addressing these fundamental elements leads to better overall health?**

Well, this is the foundation of my practice. I practice what I call muscle medicine and cellular medicine. Muscle medicine is kind of my trademark Approach that I practice because nobody's really talking about muscle as the organ of longevity. I do. Some of my colleagues and I discuss cellular health and specifically the mitochondria, which are at the center of health because our bodies are made, of course, of millions of cells, and there are millions of mitochondria in each of our cells; more than that actually.

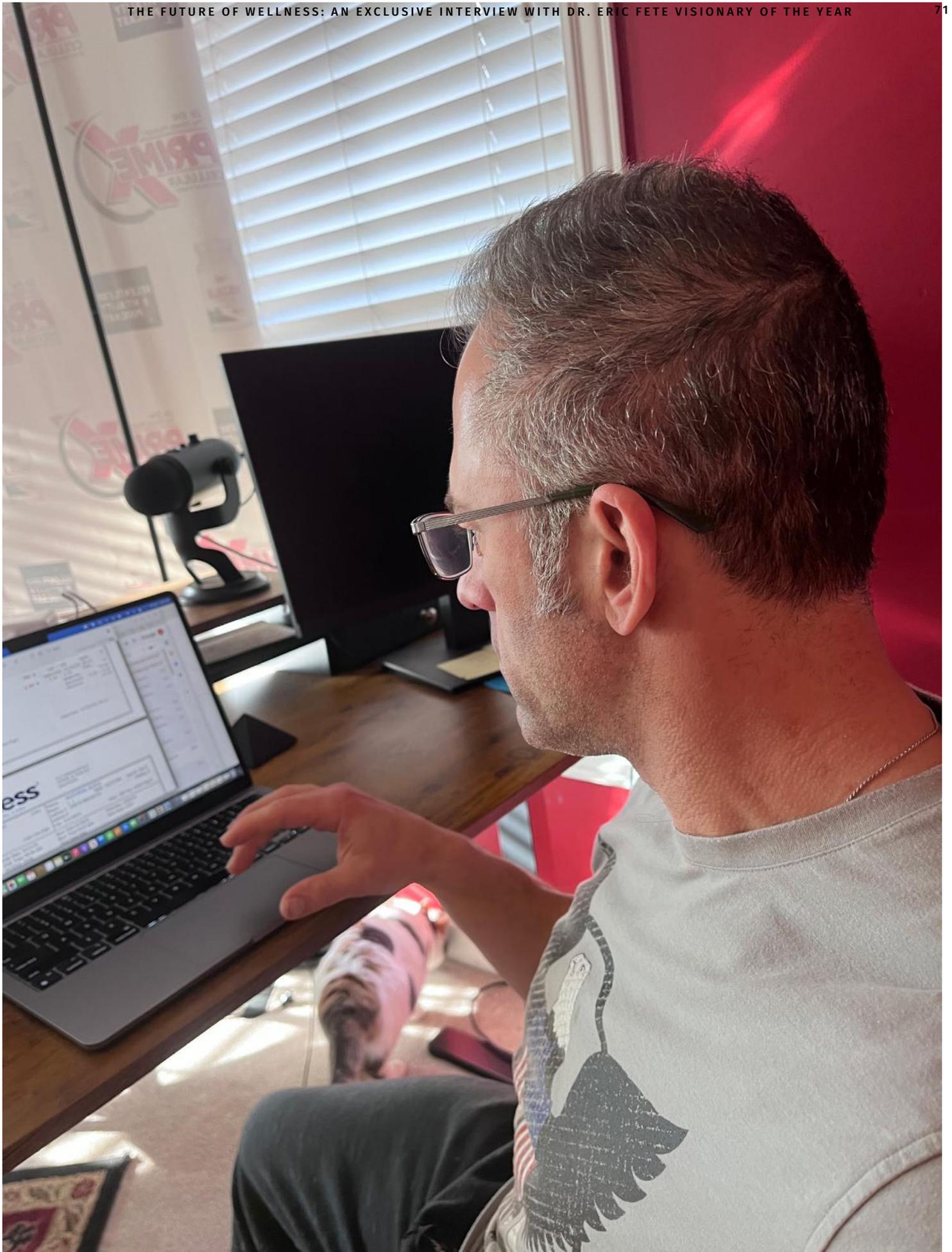
And basically, a lot of what happens in traditional medicine is things kind of get patched up. We're treating symptoms with pills and surgery, kind of covering things up like a band-aid approach, but we have to get to the root of the problem. And anytime there's an issue, a symptom, a problem, a complaint, an abnormality on a blood test, there's an underlying cause for that, and it always starts in the cell.

Oftentimes in the mitochondria, sometimes in other parts of the cell, but something is not working metabolically, and we have to figure out what that is and why it's happening. And if we can fix the cell and we can fix the mitochondria, then the cell heals and takes care of itself.

Our bodies are very intelligent and they will heal themselves if given the proper tools. Once the cell heals, the tissue that it makes up heals. Once the tissue heals, the organ heals, then the body part heals, then the entire body heals. It's a cascading effect. So we have to treat the root cause. And I always use the silly example that if someone has a headache, instead of just taking Motrin all the time, we have to look around and examine the head. Oh, there's a nail sticking out of the head. Let's pull the nail out, and now they won't have pain anymore, right? No need for Motrin. It's a silly example. But it explains getting to the root of the problem.

When people experience fatigue, a drop in function, or weight gain, there's an underlying cause. It may be inflammation, a toxin in their body, an infection, a nutrient deficiency, a hormonal imbalance, stress, lack of sleep, or poor diet. Whatever the cause, we have to find it and then fix it.

And that's when I go to my approach of focusing on treating the cell and, of course, addressing the muscle because muscle is the organ of longevity. Once we get that and tuned up, the metabolism heals, and the body heals, so that's why it's important to get to the root cause.



**With PrimeX's focus on personalized health plans, how do you tailor treatments to meet the unique needs of your clients? Could you share a success story where this approach made a profound difference?**

This kind of goes hand in hand with my last question; yes, my Prime-X cellular and muscle medicine approaches are very personalized. There are no such things as cookie-cutter protocols, and that's a problem with a lot of the age management, anti-aging functional medicine space. There are still a lot of cookie-cutter protocols, and there's no real cookie-cutter approach ever. Everyone is different.

Yes, a lot of people will need, say, a certain diet or maybe hormone therapy with thyroid or testosterone or estrogen, but how will you give it to them? How often do you give it to them, and in what form will you give it to them?

And all the other details are different. Every protocol can be modified for each individual person's metabolism, lifestyle, circadian rhythm, social issues, work, life balance, sleep, and so much more. Genetic factors, nutrient deficiencies, and all these other things come into play. So I really do a deep dive by doing a very detailed assessment by asking lots and lots of questions, really getting to know them and finding out about all these things and much more. Rather than just spitting out protocols, I like to find out what works for them, what they would do, what they don't want to do, find out about their preferences in terms of medication dosages or what they're taking, what they're not eating, what they're not eating, what they may be missing their diet, what they like to do in terms of working out, they don't like to do. Stressors, family issues, preferences, social situations, And so much more.

Then, I do a deep dive in terms of testing. I have a very detailed cellular laboratory assessment that I do, which is very different from a lot of companies. I custom-made it myself to really dig deep and look at inflammatory markers, hormones, and so much more. I can look at hundreds of blood markers in terms of looking inside the cell to see if there are micro-nutrient deficiencies or genetic issues. If we need to, we can do deep dives in terms of gut testing or other advanced tests as well. There's a whole array of these that I can do if necessary. I re-circle with them again and put this plan into action by taking their history and all these tests and creating a very comprehensive personalized plan.

And then you get results because we're treating the true root causes of their issues. And then we bob and weave, and we change, and we can modify the plan as we go as they get better, as they lose weight, et cetera. I had one patient. I'm going to change her name just for the sake of discrepancy. I'll call her Amy, and she was having weight issues, inflammatory issues, gut issues; she had been on a million protocols, a million different diets, et cetera; I finally did a deep dive and really asked her a bunch more questions and testing. the bottom line is I really looked at her gut. Nobody was really doing a really advanced analysis of her gut and we fixed it. We basically went in, looked at her symptoms, did some advanced testing, did some gut analysis and microbiome analysis, put her on a dietary regimen and very specific nutraceutical protocol, and healed her gut. And then, once that was fixed, she got better. She was

able to eat all types of food that she hadn't eaten in years. She was no longer bloated. Her menstrual cycle was regular, becoming more regular. She was starting to put on muscle; she was sleeping better, and her energy was better. then we modified her hormones some more, and on top of that, and then that was the next phase, whereas a lot of people would have just jumped right into that, and it wouldn't have worked.

And now she's healing and putting on more muscle and improving her performance on all levels. Her physical, sexual function, mental function, and emotional capacity is so much better. She healed because we got to the root of the problem, and we fixed it in a sequential fashion, rather than a shotgun approach. She did amazingly well. That's a great story.

**You've spoken about the challenges men face with hormonal imbalances, including andropause. What advice would you give to men experiencing these issues, and how can they regain vitality through your programs?**

This is a great question. I see this all the time with men, and my advice would be to see a specialist like myself. It doesn't have to be me. It can be one of my colleagues. Make sure you're seeing a physician or clinician who's trained in advanced hormonal therapies and not just going to one of these clinics that just crank outpatients for the numbers and just put them on the same protocol. That's not what you want.

Again, like my last question, I answered: You want a personalized approach, and men, if they're having symptoms, they have to get to the root cause. Why do they have symptoms? Did they have an injury? Did they have surgery? Do they have sleep issues or sleep apnea? Do they have a ton of stress, a toxic environment, or do they have relationship issues, they're taking drugs, or they eat a crappy diet, not exercising. And typically, most men, when they have andropause, this is typically what I call grumpy old man syndrome. They're getting down and moody. They're anxious or depressed. They don't feel like doing anything. They don't want to interact with anyone. They don't want to compete. They're tired all the time. They're gaining fat. They're losing muscle. They're losing body hair. They're not thinking or remembering things and have brain fog. They just don't feel well. They have a lack of drive and no interest in sex. No interest in doing anything. They lack motivation, drive, and desire. Maybe they're getting depressed or they're having anxiety. They're not sleeping well. They're feeling tired all the time. They're aching and sore all over. They have erectile dysfunction. These are some of the common symptoms.

Again, it doesn't always mean it's andropause or just testosterone issues. It may be something else. A lot of guys think it's just testosterone, but oftentimes it's other issues. It's cortisol. It's insulin. It's a lifestyle which is huge. So, I always start with lifestyle. So basically, I recommend you see someone who's actually can ask you these questions and get to the root of your problem. Figure out what it is, if it's even the andropause or if it's something else, maybe they have an infection or a nutrient deficiency, and then get some advanced blood tests and get these tests done first. Don't guess, measure, and then you can see what's going on, and then get to the problem and then fix it.

**Your practice supports women through hormonal changes, such as menopause. What misconceptions do women often have about hormone therapy, and how do you help them navigate these life stages with confidence?**

Well, similar to the last question, women are even more complex hormonally and metabolically. So, everything I just mentioned about men is the same with women; they need to meet with someone who asks these tough questions and gets a full comprehensive lab panel to see exactly what's going on.

In terms of misconception, this is huge. There are many, many of them. One is that hormones are very unsafe. They are. In 2002, the WHI study threw hormones under the bus for a while; it put the fear of God in physicians and patients everywhere- people stopped taking hormones for over 10 years. It's called the lost decade.

It was a very error-prone and poor study, which we found out later after it was reanalyzed that there were a lot of deviations, a lot of errors, and a lot of false data, frankly, and poor interpretation, and it was basically a bad study, and it was basically erroneous.

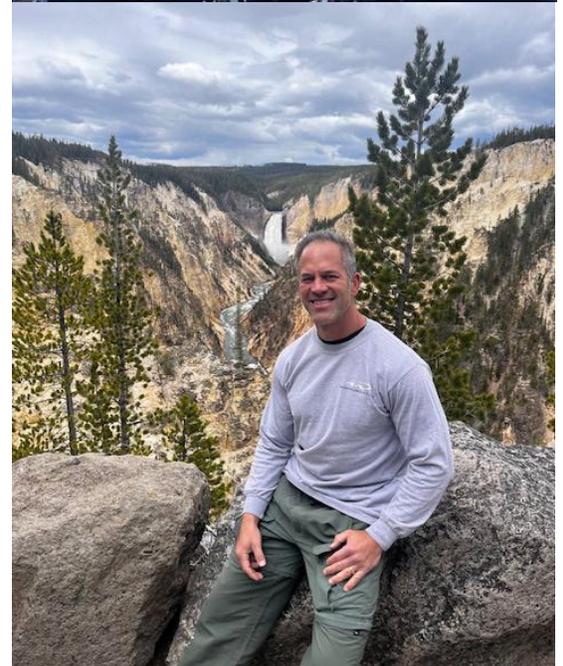
The bottom line is we learned that, and people are slowly discovering this. There are hundreds of new studies to back this up and to prove this, and we're showing over and over again that hormones are incredibly safe and very beneficial for women. The bottom line is that women who optimize their hormones, quite frankly, live longer and have up to 20, 30, or even a 50% decreased risk of heart disease, Alzheimer's, osteoporosis, and breast cancer. Yes, it will reduce your risk of cancer, ovarian cancer, breast cancer, and uterine cancer. It will keep your bones strong and will reduce the risk of heart disease, which is the number one killer of men and women and is often forgotten.

Women often forget that heart disease kills women, too. the number one killer of men and women. Osteoporosis, the risk of injuries and death that come from resulting hip fractures, bone fractures from falling secondary disability, etc., is massively huge, way more than breast cancer death.

Again, it can help breast cancer. So it's a huge misconception that it's not safe, causes cancer, causes all these problems. It's not; it actually prevents them.

The other big misconception is that there are two of them, estradiol and testosterone, which is way too much to discuss here, but oral estradiol is extremely safe for women, not Premarin or Prempro, which are synthetic, but oral, bioidentical estradiol is extremely safe and more effective than the patches and the creams. It has never been shown to cause blood clots, cancer, or heart problems. It actually reduces those risks.

The other one is testosterone. Women forget about it or scared of it. They think they're going to turn into men and grow hair and all this stuff, but if it's done properly, it actually will benefit women; they need testosterone too. And it's being used to help improve all of their symptoms of menopause and perimenopause. They can improve performance, strength, energy, libido, reduce the risk of breast cancer, reduce the risk of osteoporosis, and promote healing. And if it's done properly, so women need testosterone, too. often one of the performing the drops when women go through perimenopause. And when I discuss this with women, I explain it. And then when I put them on protocol, they see the results. They feel better. They look better. The labs are better. They get it. They see it. And they feel so much better.





**The PrimeX VIP Cellular Health Assessment and Program offers an exclusive, comprehensive approach to optimizing health. What makes this program unique, and how does it empower clients to take control of their well-being?**

Yes. So, my new assessment program is kind of what I was alluding to earlier. It's a very detailed deep dive into all these things. I spend hours with my patients reviewing lab tests and doing a very comprehensive assessment. I look at hundreds of lab biomarkers, like a micronutrient test, to see what nutrients they're actually getting into their body. A lot of people eat things and take supplements, but they're not actually getting into the cells. They're not working. We all know this by doing a systemic analysis, going through these tests, seeing what they need, and finding other ways to get these nutrients into their bodies to optimize their performance.

My lab protocol is extremely comprehensive; I look at not just basic labs but inflammatory biomarkers and advanced lipids, above and beyond the ones you are getting at your family practice doctor's office.

In addition to that, when they're in the health assessment program, they have access to me 24/7 for questions and answers. There's an online community because we have a channel, a social media channel, we can all connect and share and help each other as well. And then there's ongoing unlimited protocol modifications, unlimited access to me. It's one-on-one with a board-certified physician that you can reach out to any time to help them with nutrition, fitness, supplementation, lab reviews, hormone optimization, peptide therapy, anti-aging strategies, longevity strategies with nutrients, peptides, prescription medications, lifestyle modification, and so much more.

On top of that, again, when they get on the annual program, they get access to my lifestyle course. I did an eight-week video training on everything related to sleep, stress, energy production, fitness, nutrition, and so much more, so they get access to this as well. I have multiple PDFs and e-books that they get as part of the program, which is all about different things that they can see and learn about in terms of lifestyle, such as a jumpstart guide to help them with nutrition, fitness, planning, nutrition guides, and much more.

So this VIP assessment program is more of a deep dive, extremely comprehensive and ongoing, and it's personalized for them.

**Many people see aging as an inevitable decline, yet your work suggests otherwise. How do you redefine aging, and what steps can individuals take to age gracefully while maintaining vitality and performance?**

Yes, I agree. So basically, aging, chronological age, of course, is going to happen, but physical age can't be slowed. I mean, we haven't yet discovered the fountain of youth or can truly turn back the clock, literally, and make people younger in terms of their biochemistry and everything, unfortunately, but we can slow the process. We can make our tissues healthy and strong, and we can maintain vitality. So again, chronologically, we can age, but we can maintain our cellular performance and our physical health, how we feel. We can improve our lab profile, improve our inflammatory markers, improve our hormones, and we can turn out the clock in terms of how our bodies work at a cellular level in terms of methylation and all these other biochemical pathways.

But basically, with aging, we can still maintain peak performance as long as we want to. Again, a lot of my patients and people are doing things in their 50s, 60s, 70s that heck they couldn't even do in their 30s and 40s. They're lifting weights, running, they're hiking, they're being active, that's the whole point is not just to live longer, but to live better, to improve health span, not just age span.

So people are living their best lives and being active, being competitive, having, walking, enjoying spending time with their family, their kids, their grandkids, being active, hiking, traveling, doing these things. That's healthy aging, and the key is to do these things to optimize their lifestyle, to eat well, to optimize their hormones, the things that I talk about in my programs, and if they do that, if they work and do these things, it can happen. We can improve our performance. Yes, we may not be like we're 18 again, but we can get pretty close and feel better and live a great life!

**Many people see aging as an inevitable decline, yet your work suggests otherwise. How do you redefine aging, and what steps can individuals take to age gracefully while maintaining vitality and performance?**

Yes, peak performance is one of the things that I focus on, and again, it's all about health and performance optimization. And what I really like to talk about is muscle medicine!

Muscle is the organ of longevity, and nobody's really talking about this in the medical space. The muscle is very important for performance mentally and physically because the muscle is not just about looking good; it helps keep us healthy and strong, and it keeps our bones strong. Muscles secrete what is called myokines or little cellular messengers that travel around the body and help the liver heal, help the brain heal, help the bones optimize every function that our body helps our gut to work better to help our digestion, our weight, to make us feel better, energized, vital. Through these biochemical cascades, insulin helps every other part of the body. And, of course, it improves insulin sensitivity, which is massively important for metabolic health today. Insulin resistance, metabolic syndrome, diabetes, and cardiovascular disease are all linked to insulin resistance. So, by improving our insulin sensitivity, we can reduce the risk of these pathologies, keep ourselves strong and healthy, and prevent these diseases from happening. Prevention is key!!

Of course, we'll improve our bone strength and prevent falls, keep us strong and able, so we're not falling and breaking bones and avoiding being in the care center or the hospital being decrepit and dying, which I saw all the time in the emergency department.

It improves our cognitive abilities because the brain, mental function, and physical function work hand in hand. By moving our bodies and keeping them stronger, our brains will become stronger and more powerful. We won't get dementia, and we won't get tired, fatigued, or forgetful, and the brain will help our bodies get stronger. So, they work hand in hand, working together.

So by keeping people performing well by optimizing these nutrients, using some of these advanced and surgical and advanced products like plasmalogens, small molecules, peptides, and hormones can keep the brain healthy and strong and keep it functioning so we can be super sharp in learning and in spreading our wisdom, giving back to others as we get older chronologically and keep our bodies young and strong and vital.

Again, it's about making the body and mind work hand in hand. muscle medicine and cognitive health also go hand in hand. So, by enhancing performance mentally and physically, at the same time, it's a beautiful cycle where we can improve and stay strong and not just keep ourselves better but be able to give back to those around us and help those around us to improve as well.

So, I want to improve the physical and mental performance of my high-performing individuals. The key is that they'll feel better, but my mantra is to Live To Give. I want people to feel good about themselves, help others feel good about themselves, and give back to the world around them!

**Many people feel overwhelmed by improving their health or believe it's too late to make changes. What would you say to someone who feels stuck and unsure of how to begin their wellness journey?**

Yeah, there's a lot there, and I think the biggest step, just like a workout, is just to start with small steps and work with a physician or a clinician like me who can help them guide them to navigate that. What I love to do with my media and my content is just to dumb things down and make things as simple as possible, and it can be very overwhelming in social media, Google- there is information overload.

I think everyone should work with someone like a coach ( a physician or clinician, not a social media "expert") who can guide you through the steps and just take it one step at a time.

Meet with someone like me or one of my colleagues, get some testing done, get some basic blood work, and just start. Just take that first step, start with one thing. Maybe you want to sleep better or want to start moving. Just start with one thing and then build that habit, and then go from there and add the next thing. You don't have to do everything at once; you don't have to do all these protocols and peptides and hormones and exercise and diet and supplements. Just start with one hormone, start with one fitness step, with one nutrient, start with one diet change, and just get started. Then, work with the coach who can help them navigate it.

**As the Fitness Physician of the Year, you've achieved remarkable recognition. What legacy do you hope to leave in health optimization and age management?**

That's a big question. My biggest thing is I just want us to move forward and improve as a people and a society. I love looking back at the wisdom of the ancients. That's why I love Stoic philosophy and reading about the Romans and the Greeks and all the great writers throughout ancient times and the wisdom of old; to read about the shamans and the people using nature, using our bodies, and using natural health. There's a lot of wisdom out there that people wrote about this. Avicenna, shamans, and the Greeks wrote about this.

I think there's so much to be learned about natural health and what our bodies can do, what we can do when we come together as a people, just be living as a community, like the Blue Zones. A lot of it isn't just what they eat, but they have a sense of community, a sense of faith. They have very low stress; they interact, they walk and move all day, they eat well, they interact with each other, they help each other, they build community, they build gardens, and they go to church. So I think if we can... blend all this ancient wisdom and slow down a little bit of society, and then we can blend it with all the new stuff and the technology, which is great but use it the right way.

I think I'm concerned about the AI and all this technology that people get to depend on this and technology. Tech, like anything else, can be used for good or for bad, but I think we have to be very careful.

Technology is fantastic. Everybody's on the phone, and everybody's in front of a computer all day. People are losing the basic ability to communicate, to talk and actually have a conversation with people. We need to get away from the EMF and the Wi-Fi and get outside, get the sun, and get fresh air. I think we need to get back to nature but to get back to what made us humans -getting outside, spending time with people you know, having community and faith, talking, singing and dancing and and telling stories and laughing and traveling and getting in the woods and hiking and exploring and connecting and giving back to other people and helping people out. That's what it's all about!

My mantra is I Live To Give- to help people feel better and feel better about themselves. My mission is to help people feel the best physically, mentally, and emotionally and turn back

the clock and help them. Once they feel better, they'll be able and more willing to help others feel better, too!

If they feel good about themselves, and they can help their family members, their kids, their grandkids, their workers. Their spouses make them feel better, then they can pass it forward!

We can keep passing it forward to other people. We can help everyone feel good and live to give, and then we make this world a better place!!

We have to get back to our roots as a society and help people feel their best, look their best, and then give back. And then we can all share together, Use it as needed but to get away from the tech all the time. We need to get back to just being people and helping loving and growing that's that's what I hope to happen!!





# ARE YOU TAKING CARE OF YOUR BRAIN LIKE YOU DO YOUR BODY?

BY SAM TEJADA

When we talk about health, most people focus on their heart, weight, muscles, or gut. We track our steps, eat the right foods, and supplement to keep our bodies in peak condition. But how often do we think about our brain—the control center of everything we do?

Every decision you make, every challenge you tackle, and every strategy you develop rely on the clarity of your thinking. Your brain, just like any other organ, requires care, the right nutrients, and a proactive approach to function optimally. Yet, cognitive health is often ignored until symptoms like brain fog, forgetfulness, or mental fatigue start creeping in. Then it's suddenly the only thing you can think about.

The good news is that just as you can strengthen your body, you can also enhance your brain's performance. The key is not about working smarter; it's about thinking smarter. And few people actually invest in the one thing that helps them do just that: their mind.

## **Success Begins in the Mind**

The difference between success and missed opportunity often comes down to one thing: mental clarity. In a world where every moment demands your best, staying sharp is more than a goal—it's a necessity. Whether you're an executive making high-stakes decisions, a student balancing deadlines, or simply someone wanting to eliminate brain fog, your mind deserves the same level of attention as your body. Mental sharpness isn't just a concern for older adults—people of all ages experience lapses in focus, memory struggles, and mental fatigue. Stress, poor nutrition, and toxin exposure accelerate cognitive decline, making it harder to stay sharp.



## The Brain-Boosting Strategy

Our brain-boosting strategy isn't just about surviving the demands of life; it's about thriving. Keeping your mind in peak condition starts with:

- **Nutrition & Hydration:** Essential nutrients like Omega-3 fatty acids, B vitamins, and antioxidants are vital. Your brain is also 75% water, and dehydration can quickly diminish cognitive performance.
- **Mental Stimulation:** Like a muscle, your brain gets stronger when you challenge it. Learning new skills, reading, and problem-solving exercises keep your neurons firing.
- **Proper Supplementation:** Our modern lifestyle and the lack of quality ingredients in our food make it difficult to get everything we need from food alone. That's why Liquivida has developed science-backed cognitive enhancement solutions designed to optimize focus, memory, and long-term brain health.

## Elevate Your Brainpower

At Liquivida, we take a proactive approach to cognitive health with our Brain Health Protocol, which is designed to support mental clarity, optimize neurotransmitter function, and promote long-term brain vitality.

Just like you wouldn't run a marathon without conditioning your body, you shouldn't expect peak mental performance without the right support. I never recommend supplementation simply for the sake of supplementing. Our protocols include a required initial consultation, even for existing clients, so that we can ensure the dosing and supplementation are tailored to your body's unique needs. No matter where you choose to go, any wellness consultation should include, at the very least, a conversation to understand your goals and evaluate your needs, and possibly include scans and lab work to determine hormonal imbalances, vitamin deficiencies, or genetic predispositions.

### What's Inside Liquivida's Brain-Boosting Solutions?

- **Synapsin Nasal Spray:** This powerhouse formula contains Rg3, a neuroprotective compound derived from Panax ginseng. Synapsin Nasal Spray supports neuroprotection, enhances mitochondrial function, and helps neurons regenerate. Synapsin nasal spray also contains NR, nicotinamide riboside. It is the precursor of NAD+ and opens

up the pathways in the brain to allow NAD to do its thing. (Dose: 1 spray in each nostril daily.)

- **NAD+ SubQ Injections:** NAD+ is essential for energy metabolism, DNA repair, and cognitive function. This therapy increases brain energy, supports memory retention, and enhances cellular longevity. (Dose: 100 mg injected SubQ 2-3 times per week.)
- **Novos Boost (NMN Supplement):** For sharper thinking and faster processing, this natural compound boosts NAD+ levels, supporting DNA repair, muscle function, metabolism, and aging-related cognitive performance. (Dose: 2 capsules per day, 1-2 times daily.)
- **MCT Oil:** A clean source of fuel for your brain, MCT oil rapidly converts into ketones, providing long-lasting mental energy without the crash. Brain Octane Oil, made by Bulletproof, is a special variation of MCT oil, specific to the C8 molecule. C8 MCT oil is a type of medium-chain triglyceride (MCT) oil that is primarily composed of caprylic acid (C8), a fatty acid extracted from coconut oil, known for its quick absorption and ability to rapidly convert into ketones in the body, making it popular among keto dieters for its potential energy boosting effects; "C8" refers to the eight carbon atoms in the caprylic acid molecule.

Liquivida offers three package levels for brain health in 1-month or 3-month options to provide a structured approach to cognitive enhancement.

## Why This Matters for Your Future

Cognitive function isn't just about avoiding forgetfulness—it's about staying mentally sharp, making better decisions, and optimizing your overall well-being. When you're thinking at your best, you're unstoppable. Whether you're pushing for breakthroughs in your career or striving to maintain mental agility for years to come, the right nutrition, lifestyle, and supplementation can proactively protect and enhance your brain's performance. Take the first step in optimizing your brain health today. Visit our website to explore our brain-boosting solutions and experience what it feels like to unlock your full cognitive potential.

Connect with Sam Tejada:

<https://bestholisticlife.info/RegenerativeBrainHealth>

# A HEALTHY POINT OF VIEW

WITH SAM TEJADA

HOSTED BY:  
**SAM TEJADA**



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# FINDING CLARITY IN THE SLOW JOURNEY OF HEALING

BY AL WYNANT

Hearing your doctor say, “If you had waited another week or two, you wouldn’t have made it,” is a moment that shakes you to your core. It’s a gut punch.

Recovery is a long road, and I’m still on it. I can’t walk normally yet. My 24/7 IV remains hooked up, and I’m adjusting to a new routine of medications and lifestyle changes.

I know others have faced far worse, and I don’t want to sound like I’m complaining. I share my story not for sympathy but in the hope that it may raise awareness and start conversations.

But I am struggling with something. People who survive near-death experiences often talk about gaining clarity, a renewed appreciation for life, and a drive to make every day count. I haven’t felt that shift, and I don’t know why.

*Does it come with time? Or does it never come at all for some?*

A common narrative in books, movies, and even personal testimonials is that a brush with death, or awareness of your own mortality, triggers a sudden and profound shift in perspective. Survivors often claim to experience deep gratitude, renewed purpose, and a sense of spiritual awakening. But what happens when that doesn’t come? What if, instead of clarity, you feel lost, numb, or unchanged?

The truth is that transformation is rarely instant. While some people do have epiphanies in the face of mortality, many others, like myself, find themselves grappling with confusion, exhaustion, and even disillusionment. I did a little research, and there is no “right” way to process a near-death experience. Healing—physically, emotionally, and spiritually—unfolds at its own pace, unique to each individual.

### THE BODY AND MIND IN SURVIVAL MODE

One reason why clarity might not have arrived yet is that your body is still in survival mode. When you endure a life-threatening event, your nervous system is flooded with stress hormones like cortisol and adrenaline. These chemicals help keep you alive in critical moments, but they also take a toll on your mental and emotional state. Even after the immediate danger passes, your body remains on high alert, prioritizing basic survival over deeper introspection.

It's only when your body begins to heal that your mind has the space to process what happened. That clarity you're seeking may come when your system no longer feels like it's fighting for its life.

### THE PRESSURE TO FEEL TRANSFORMED

There is often an unspoken pressure to emerge from a near-death experience as a changed person. Society romanticizes survival stories, expecting individuals to have profound takeaways and an unshakable zest for life. But healing isn't linear, and meaning isn't always immediate.

Instead of forcing yourself to feel something you don't, consider giving yourself permission to simply exist as you are. You don't need to prove anything—not to yourself, not to others, and certainly not to some abstract expectation of post-trauma enlightenment.

### FINDING MEANING IN THE MUNDANE

If grand epiphanies aren't appearing, perhaps the shift comes in smaller, quieter ways. Instead of looking for an overwhelming surge of gratitude, you might notice subtle changes in how you approach life. Maybe you're more patient with yourself. Maybe you savor simple moments more. Maybe your perspective is shifting in ways that don't feel dramatic but are still significant.

Holistic healing encourages us to see beyond the immediate and look at the broader picture. Emotional healing isn't just about dramatic revelations; it's also about the tiny, unnoticed shifts in how we engage with the world.

### EXPLORING DIFFERENT AVENUES OF HEALING

If clarity remains elusive, it might be helpful to actively seek ways to explore your feelings. Some approaches that can help:

#### Journaling:

Writing about your experience, without judgment or expectation, can help uncover emotions that are buried beneath the surface. This is one of my personal favorite tools.

#### Mindfulness and Meditation:

These practices help reconnect the mind and body, easing anxiety and fostering awareness of subtle emotional shifts.

#### Therapy or Coaching:

Speaking with a professional who specializes in trauma or life transitions can provide guidance in making sense of your experience.

#### Community and Connection:

Talking with others who have gone through similar experiences can help normalize feelings of uncertainty and offer new perspectives on healing.

### ACCEPTANCE: THE KEY TO TRANSFORMATION

Perhaps the greatest lesson from this experience isn't about clarity—it's about acceptance. Accepting that healing doesn't follow a set timeline. Accepting that personal growth isn't always dramatic. Accepting that the meaning of survival may not be clear today, next week, or even next year, but that doesn't mean it won't come.

Instead of searching for a singular, defining moment of transformation, consider embracing the journey itself. Maybe the lesson isn't in the sudden shift but in the slow, quiet realization that life continues, moment by moment, breath by breath. That is perhaps the lesson I have learned from researching this topic.

In time, you may look back and realize that the clarity you sought was unfolding all along—just in a way you didn't expect. That is what I am looking forward to discovering, even as I continue my own recovery journey, IV still attached, and steps still unsteady. Maybe, just maybe, the clarity is already there, waiting for me to recognize it.





# BALDILOCKS AND THE THREE HAIRS

BY TONYA FINES

OMG ... utter bliss! Standing under my new rainfall showerhead and the warm water cascading over my body was such a welcome comfort after a long, challenging day! I closed my eyes and let the water take me away ... pretty sure I was standing on the beach in Exumas, Bahamas and then .... something was amiss with this almost perfect moment.

I opened my eyes to see water pooling around my feet and inching its way up towards my ankles. DANG... so much for "end-of-day chill vibes." As I got down on my hands and knees to investigate, I was reminding myself that a clogged drain was not out of the ordinary in my home; however, I was also realizing that the number of times I found myself cleaning the shower drain had drastically increased in the last 2 months.

And thus, the content for my next article was staring me right in the face, much like the mass of slimy, blackened sludge I was pulling from the drain while trying not to gag!

Welcome to another fun chapter of menopausal madness... hair thinning! Can we get a round of applause, please, along with some champagne?

First, let's address the root... pun intended... of the issue, and that is hormones. Specifically estrogen, or more accurately, the lack of it.

## 1. Estrogen: Your Former Best Friend

Estrogen plays a huge role in keeping your hair thick and healthy. It helps extend the hair growth phase (the anagen phase), which just means that your strands stay put longer before naturally shedding. However, when estrogen levels drop during menopause, that growth phase shortens, leading to increased shedding and slower regrowth. Oh GOODY!

## 2. Testosterone: The Sneaky Villain

Now, while estrogen is taking a backseat, testosterone, the hormone that's always been lurking in the background, sees an opportunity to shine. Well DUH! Testosterone converts into dihydrotestosterone (DHT), a hormone that loves to shrink hair follicles, making them produce thinner, weaker hair until, eventually, they stop producing hair altogether. So if you've ever looked at your husband's receding hairline and thought, "Oh, you poor fella," well, guess what! DHT isn't just HIS problem anymore. I like to think of it as us being "supportive team players!"

## 3. Nutrient Absorption Takes a Hit

Menopause can affect your body's ability to absorb key nutrients like iron, biotin, and protein, which are all essential for healthy hair. So, even if you're eating well, your hair might not be getting the nourishment it needs.





#### 4. Stress... The Ultimate Hair Thief

Let's be honest; menopause itself is stressful, right?! Between night sweats, mood swings, weight gain, an unpredictable bladder, and spontaneous flatulence, adding hair loss to the mix is just cruel. But here is what you need to understand: stress increases cortisol levels, which can disrupt hair growth cycles and accelerate shedding. More applause... insert sarcastic tone.

#### 5. Thyroid Troubles & Other Medical Conditions

Hair thinning can also be linked to thyroid imbalances, another common issue during menopause. If you're experiencing extreme hair loss, it's worth checking in with a healthcare provider to rule out underlying conditions like hypothyroidism or anemia.

Now, here is the good news: You're not alone. Nope, we are the "Baldilocks Sisterhood." If you've ever cried while on your hands and knees cleaning the shower drain over lost strands in the shower, then know this: millions of menopausal women are in the same boat. As a matter of fact, a 2022 study published in the *Journal of Menopausal Medicine* found that nearly 50% of women experience significant hair thinning during menopause. That means that in every yoga class, office meeting, or girls' night out, at least half the women are probably also staring at their scalps in horror when they catch their reflection in the unforgiving bathroom lighting. So, are there any strand-saving solutions that actually work for women experiencing menopause? Yes, there are a few things we can do to keep our three remaining hairs thriving. Yes, that was sarcasm, too.

#### Feed Your Follicles

Your hair needs nutrients to grow, so give it the fuel it deserves, like protein and iron-rich foods, biotin, and vitamin B12, as well as collagen.

#### Check Your Shampoo & Styling Routine

If your shampoo bottle reads "volumizing" but makes your hair feel drier than a tumbleweed, it's time for a change. Avoid sulfates and harsh chemicals, opt for shampoos with biotin, keratin, and natural oils, and skip the daily heat styling so that your fragile strands aren't exposed to excessive stress.

#### Scalp Massages & Hair Oils

Massaging your scalp with oils like rosemary, castor, or coconut oil can help stimulate blood flow and hair growth. Plus, it's a great excuse to give yourself a relaxing head massage.

#### 6. Stress Less. I know, I know... easier said than done

Practices like yoga, meditation, and deep breathing exercises can help lower cortisol levels and keep your hair from falling out in stress-induced clumps.

Now, gals, the big takeaway I would really love for you to all get out of this article is this: You are not Baldilocks all alone in the woods. We're all on this menopausal adventure together... three hairs and all!

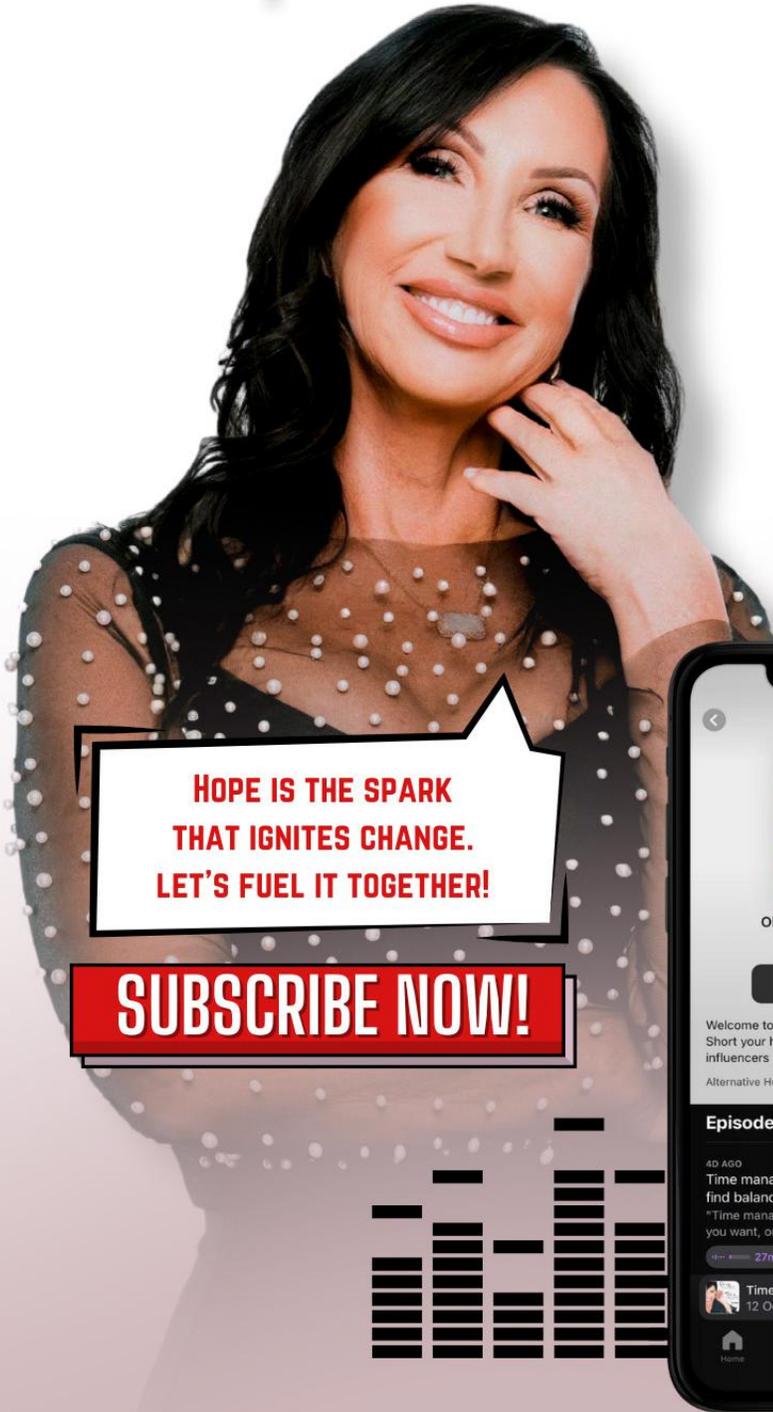
If you'll excuse me, I'm off to massage my scalp and whisper sweet nothings to my remaining strands. Wish me luck.

Connect with Tonya Fines:

<https://bestholisticlife.info/HowtoBecomeaMediaSocialite>

# Oh, my Health... There is Hope!

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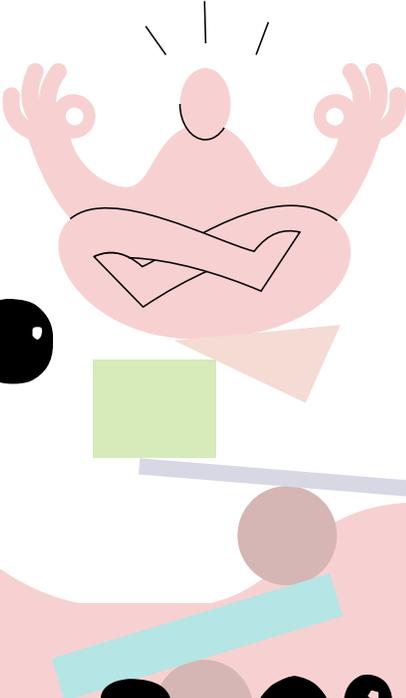
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# ALIGNED

# & ABUNDANT

At the recent EM/POWEREDbyWMN x Florra Aligned + Abundant event, powerful women gathered, and self-love filled the air. It was an inspirational evening of networking, celebrating each other's wins, and sharing all of the most crucial insights when it comes to being a woman in business and harnessing abundance through self-love. EFT Practitioner and THE Manifestation Experience, Jacquelyn Vasquez, led the guests through a powerful 20-minute EFT tapping session to release limiting blocks and welcome in more abundance and recognition of self-worth. The night then led into a truly inspiring panel, moderated by Thuy Ha, founder of Florra - a boutique of natural wellness and self-care products in Campbell, CA, and the venue of choice for the evening. Panelists in attendance were Alena Le Blanc, fashion stylist and founder of Le Blanc Label; Lisa May Francisco, women's empowerment coach and founder of Sacred Femme Alchemy; and Krystal Jugarap, founder of EM/POWEREDbyWMN.

**Some of the key takeaways for the evening were:**

- The more you lean into self-love, the more opportunity you welcome in.
- Self-love is a journey that requires patience, inner work, and hard conversations to rewrite old narratives.
- The community you surround yourself with can make a direct impact on the way you view and value yourself and your wildest dreams. So, surround yourself with those who inspire you to live more, love more, and receive more.
- Entrepreneurship is messy. Give yourself grace, especially when you're a mom.
- 

Connect with Krystal Jugarap:

<https://bestholisticlife.info/EmpoweredbyWMN>



curated  
gift sets



**We asked the women in the EM/POWEREDbyWMN community as both entrepreneurs and moms,**  
*What have been your biggest learning experiences, and what advice can you share with other moms in business who find it challenging juggling it all?*

HERE'S WHAT THEY SAID...



As both an entrepreneur and a mom, my biggest learning experience has been to trust myself. For the longest time, I thought I needed another course, another coach, another program to tell me how to do things "right." But the truth is, I already had the answers within me—I just needed to have faith in myself and take action. I had to allow myself to fail, to make mistakes, and to screw things up quickly so I could learn and grow.

For moms in business who feel overwhelmed juggling it all, my biggest advice is this: failure is not an ugly little word. It's a necessary part of success. The quicker you fail, the quicker you learn. So, stop waiting for perfection and start taking messy action.

And remember, your kids are watching. They're learning resilience, courage, and perseverance from you. If they see you embracing failure as a stepping-stone rather than a stopping point, they'll grow up knowing it's okay to try, fall, and rise again. So, give yourself grace, trust yourself, and know that you are already equipped with everything you need to build the life and business you desire.

- Jacquelyn McDaniel Vasquez, Money Mindset Coach | The Manifestation Experience | Clear Money Blocks

If anything, motherhood has made me even more excited to put myself out there. I believe that when my kids see me live out my passions, it gives them permission to do the same.

The biggest thing I've learned through my motherhood and entrepreneurial journey is to savor the process.

- Pause- savor the win.
- Slow down- savor this moment.
- Reevaluate- savor this opportunity to grow.
- Get curious- savor this moment to learn.
- Create- savor this chance to have fun.
- Don't compare- savor your uniqueness.
- Build- savor your relationships and your community.
- Mess up, savor this occasion to try again.

It all goes hand in hand. Savoring the path of starting and running a business while also savoring sweet (and all the in-between) moments with my children. It's even better when I can intertwine both- when you're the boss, bring your kid to work day can be every day.

It's all about intention, trust, and alignment. Mindfully start the day. Have faith in your ability to lead. Set boundaries around what doesn't vibe with you, your family, or your business.

- Hazel Luna, Artist + Creative Director of Hazel Luna Design





Before motherhood, I'd built two international beauty brands, operated an award-winning day spa, and earned numerous certifications. Choosing to become a mother later in life and career, I've learned that balance is essential at every stage, pre-mommyhood and post-mommyhood alike. Before my little one, balancing work and home meant structuring my days for maximum productivity. Now, "home" has expanded significantly, along with my responsibilities. Delegation and scheduling are my lifelines, allowing me to be present, patient, and fun-loving with my toddler. Still, there are moments when I'm torn between squeezing in that crucial meeting or indulging in a carefree afternoon of cashew ice cream and playground adventures

One constant in my life is my relationship with God. Prayer has always been my foundation, not an afterthought, but the guiding force that shapes everything else. My family now joins me on every business trip, and we dedicate two full days to unplugging, with no meetings, no laptops, and no phones, just us. To all the mamas in business, success and motherhood are not mutually exclusive. Prioritize health, home, and balance as you would a business deal. With faith and intentionality, both roles can thrive beautifully.

- Rasheedah Loharsingh, CEO of Naturals' Republic Inc., founder of CaribbeanCandy Sugaring, Business Coach & Mentor

As both an entrepreneur and a mom, I've learned that no matter how flexible my schedule is and how much I try to be present for my kids, mom guilt always finds a way to creep in. It's easy to feel like I should constantly be doing more. Sometimes, I feel like I'm not doing enough for my business, and other times, I feel like my kids aren't getting enough of my attention. I've had to remind myself that investing time into my business isn't selfish. It's a way of building something meaningful for my family and setting an example for my kids.

I want my children to grow up seeing that it's possible for me to chase my dreams and that women can take up space in the world. Some days, the balance feels seamless, and other times, it feels impossible. I've been trying to focus on "balance" across a week versus a day. Some days are business-heavy, and some days are all about family. Both are great. Prioritizing what truly matters to me, both in business and in motherhood, helps me focus on the things that make the biggest impact right now.

Remember that pursuing your passions doesn't take away from your role as a mother; it enhances it. Your kids are watching, and by following your dreams, you're showing them they can also follow theirs.

- Hilary Ogro Plante, Founder of Momentum Birth Coaching



I was prepping and planning to launch my business for a long time before I was due to give birth to my second child. After she was born, I decided to launch 2 months later and it was the best decision I could have made! There is never a perfect time, and I think if you truly love and are passionate about what you are building, the hard work will be worth it and FEEL worth it.

Also, when you are building something that aligns with your core values, you will naturally meet and surround yourself with like-minded individuals who can relate to what you are doing, which creates a support system. That really helped me in the beginning. I am by no means an expert on juggling being an entrepreneur and a mom because every day has a new challenge, but I have learned so much by just taking it day by day. Plan as much as you can and leave room for that plan to change.

- Lorrin Senstad, Owner of Lo+Co Events and Mom of 2



# FROM BURNOUT TO BREAKTHROUGH: HOW I RECLAIMED MY LIFE AS A MOM AND ENTREPRENEUR

BY TERI DAY

I remember before having my son, I had everything planned out—the kind of mother I would be, the kind of son I would have. My dream was to have one son and one daughter, with my son as the eldest. Well, it didn't turn out that way. Do I have any regrets? Zero. Am I the mother I imagined I would be? No. But he's better than I envisioned. I wouldn't trade him for the world.

What I've learned is that predicting the future is best left to the psychics. Until you're in the situation—whether it's parenting, business, or anything in life—you don't actually know how you will react until you're living it.

Being a single mom and solo entrepreneur can be tricky if you let it be. In the beginning, I found it incredibly difficult. I approached everything from a place of fear and lack. I was burned out and didn't even know it. My relationship with my son was strained, and I couldn't figure out why. Why did we argue all the time? Why wouldn't he confide in me? Why weren't we as close as I thought we should be?

I let my desire to be an entrepreneur rule everything. I told myself I was doing it all for my son. I was building a legacy, so the sacrifice was worth it. I believed that grinding as hard as I could, working late into the night, and putting my busi-

ness first was the right way. Because if I didn't make it, who would take care of him?

**I didn't realize the problem was me.**

I was letting work run my life. Then a series of circumstances shifted everything. I had a long and successful corporate career while trying to build my business when my world turned upside down.

I resigned from my career. It was my choice, but it didn't feel like it. I was at a crossroads, and I had to choose myself. At first, I was terrified. Now, I really needed my business to work. And as a full-time entrepreneur, I had never worked so hard in my life. My executive role had been a breeze compared to building a business alone. So why did I feel lighter?

Without my corporate job, I had more capacity to parent. More patience. More understanding. At first, I didn't quite understand what was happening.

My priorities shifted. I looked at my son and realized I had it all wrong. I needed to be working with him. I needed to be working for myself. Not for the business.

During this time, I found support in the EM/POWEREDby-WMN community—a space for women entrepreneurs led by a fellow mom who understands the challenges of balancing



motherhood and business. Being part of this group reminded me I wasn't alone. I had a place to share struggles and receive support from women who understood.

With this support, I realized the business was working me. I wasn't working the business.

### **So I made a shift—a big one.**

I did a lot of journaling. A ton of work on myself. I shifted my mindset from lack to abundance. I reflected and realized that I've always had what I needed. Even in the hardest times, I had never gone without. I would always have what I needed. And so would my son. So, I made him my priority. Our relationship shifted. We laughed every day. We joked. He enjoys spending time with me. I love spending time with him.

Being an entrepreneur and a single mom is often seen as a challenge. And yes, there are tough moments. But perspective is everything. It's critical to focus on what's working and make adjustments when needed.

The biggest lesson I've learned? If mom's not happy, no one is. My hardest moments as a mother came when I was neglecting myself. I was so focused on everything and everyone else that I forgot my own needs.

I started to fill my cup. I shifted from pouring from an empty cup to pouring from overflow.

When I finally prioritized myself, everything changed. Taking care

of me meant I wasn't depleted. I had more patience, understanding, and love to give, which transformed my relationship with my son. Kids need space to grow, make mistakes, and feel safe. Being present—not just reacting—deepened our bond. Now, I have an amazing relationship with my teenage son.

The same applies to business. Entrepreneurs are full of ideas, so focus is key. I used to think working harder was the answer, but I learned that working strategically was what actually mattered. I started planning everything in 12-week segments, with documented plans and action steps aligned with my end goals. This keeps me focused on what's important and actually gives me more time. More time to focus on myself. More time to be present for my son. More time to build an incredible relationship.

I was living so deeply in fear that I didn't even realize the impact it was having on my life. I knew I was unhappy, but I didn't connect the dots. Don't be like me. Take some time now to stop and review your relationships—with yourself and your loved ones. If things aren't where you want them to be, figure out what's not working. Then, address it.

My business is growing, and I love everything I do because I'm working my business. My business is not working me. And that is a beautiful thing.

Connect with Teri Day: <https://bestholisticlife.info/TeriDay>







# CAN YOU MISTAKE HIDDEN NARCISSISM FOR SELFLESSNESS? WHEN LOVE BOMBING CREATES A FALSE IMAGE OF CARE

BY KATARZYNA 'KASIA' DODD

Covert narcissism has only recently been given its proper name. In the past, the word "narcissist" conjured images of someone obsessed with themselves – a loud, self-assured showman constantly craving the spotlight. That's an overt narcissist – someone perfectly comfortable letting everyone see just how exceptional, superior, and utterly irreplaceable they are. The other type, covert narcissism, flew under the radar because it's not so obvious. A covert narcissist often appears shy, overly sensitive, and reserved. In truth, though, this is simply a different tactic working toward the same goal: grabbing attention, controlling others' behavior, and positioning oneself at the center as someone extraordinarily special.

## **Manipulation Through Compassion and Love**

The covert narcissist's approach to making themselves exceptional is more twisted and operates through different channels. They target areas of human experience involving suffering, sacrifice, helping, pain, rescuing victims, and martyrdom. They skillfully manipulate deeper emotions like compassion and love.

## **What Does the Love Bombing Phase Look Like?**

Early in a relationship, when a covert narcissist deploys their love bombing strategy, they'll seem to understand your every struggle, support you completely, read between the lines to anticipate your needs, surprise you with perfectly chosen gifts, and tell you exactly what you're longing to hear—making you feel like you've struck emotional gold. Meanwhile, the covert narcissist presents themselves as vulnerable and needing

support, sharing their troubles and expecting rescue. They'll shower you with gratitude and compliments, calling you their savior, their only true friend who understands them, the sole person they can trust and who genuinely loves them.

## **Creating Emotional Dependency**

This might seem wonderful at first glance. However, this display of selflessness and concern serves a different purpose: establishing control in the relationship through deep emotional bonding. Pain, tragedy, and suffering touch the deepest parts of our humanity. Our strongest connections form when facing danger, pain, or death. By manipulating these profound emotions, the covert narcissist creates emotional dependency. They continually view you as someone needing their support, which satisfies their need to feel essential, while pretending to be open and accepting your support, pulling you deeper into emotional investment.

## **The Turning Point – Emotional Withdrawal**

Once the bond is secure and your emotional dependency is firmly established, the shocking shift begins. You find yourself convinced you can't survive without their help and support—and that's precisely when they launch the next phase of their narcissistic strategy: emotional withdrawal. With you firmly hooked, they no longer need to make an effort. Now come the demands and complaints. Having embedded their hooks in the deepest aspects of your humanity, they now have direct access to your guilt.

### Escalation of Control and Emotional Exhaustion

Suddenly, from being their best friend and only true love, you become someone who's never enough. They start complaining that they feel terrible around you and blame you for it. They hold you responsible for their moods and how miserable their life with you has become. By targeting your guilt, they force you to give even more to comfort and rescue them. Caught on the hook of emotional dependency, you give and give until you're completely drained. You were enchanted by the incredible chemistry between you, only to be emptied to nothing. Put simply, the covert narcissist is a parasite whose strategy is to daze and lure you in before consuming your essence. They're especially dangerous because of their hidden tactics, and worst of all, despite lacking real empathy, they can convincingly fake it and manipulate with it, accessing the deepest parts of your Self. In reality, you're the only one with genuine empathy in the relationship—they're merely mimicking it like a chameleon.

### How to Distinguish Authentic Kindness from Manipulation?

The fundamental difference between love bombing and true selflessness lies in intention and outcomes. Genuine selflessness doesn't demand repayment, doesn't arrive as an avalanche of praise, and doesn't lead to future demands or guilt trips. If someone seems to become "everything you need" too quickly, consider whether you might be facing manipulation or a trauma bond. To sum up:

#### Characteristics of Love Bombing:

- **Excessive intensity:** Compliments, gifts, surprises, and declarations of love appear at an unnaturally rapid pace.
- **Lack of authenticity:** The narcissist says whatever you want to hear, but their actions often contradict their words.
- **Conditional love:** initial adoration eventually transforms into emotional manipulation and demands.
- **Creating dependency:** By targeting deep levels of human experience, they forge a bond where you believe they're essential to your existence.

- **Their acts of kindness** must be seen, praised, and admired by you. Otherwise, the narcissist feels rejected and wounded.
- **The narcissist doesn't ask what you need:** during the love bombing phase, they accurately intuit your needs, but later, they give only what they deem appropriate. Characteristics of True Selflessness:
- **Stability:** A genuinely caring person shows love and support consistently, not just during the initial "winning you over" phase.
- **No hidden agenda:** Authentic care isn't designed to make you dependent or control you.
- **Respect for boundaries:** someone who loves selflessly doesn't pressure you or make you feel obligated to reciprocate their "sacrifice."
- **Doing good for others** is inherently rewarding and doesn't require an "audience," acknowledgment, praise, or admiration.
- **Giving happens naturally** as part of a balanced exchange, rather than as a strategy for dominance, to feel needed and important.

### How to Recognize You're in a Narcissistic Trap?

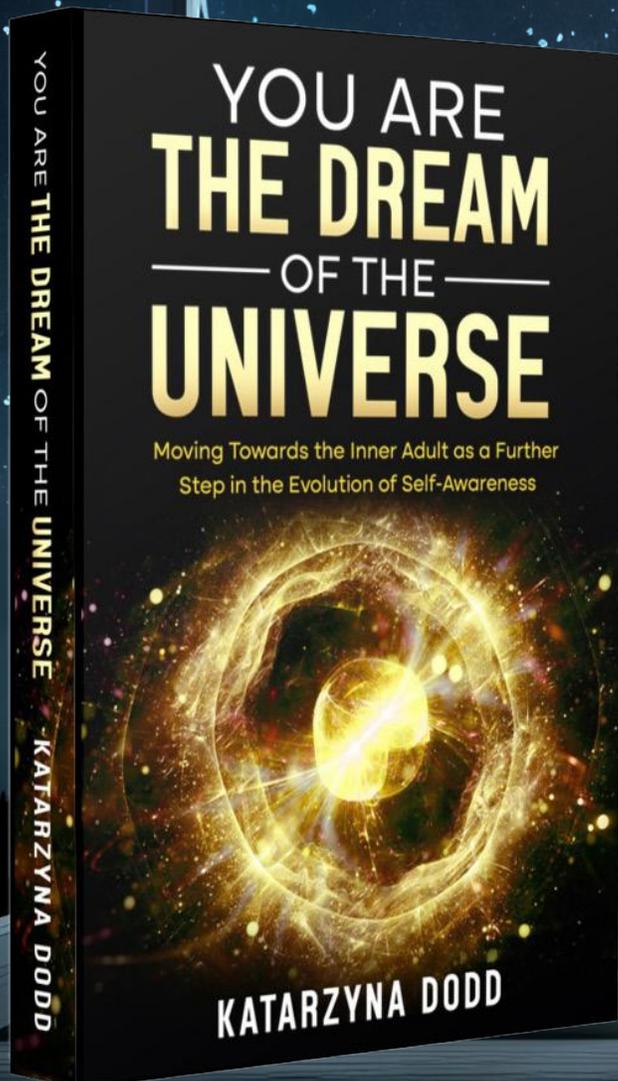
First, consider whether you're an empath, as empaths are particularly vulnerable to covert narcissists' tactics. If you notice the initial euphoria giving way to confusion and helplessness, if you begin feeling that nothing you do is ever enough, if you're blamed for their bad moods, if you're exhausted by constant emotional swings from idealization to criticism, if you're constantly working to keep them happy, and the relationship feels like an endless emotional roller-coaster—stop. Question everything. Get help. Unmask the covert narcissist. Reclaim your independence and freedom.

I invite you to read my upcoming book, *The Chameleon's Game*, about covert narcissism and my experience in a relationship with such a person, scheduled for publication in late 2025.

Connect with Katarzyna 'Kasia' Dodd:

<https://bestholisticlife.info/KatarzynaKasiaDodd>

Take an **UNPRECEDENTED JOURNEY**  
into Your Deep Inner Self in a  
**Revolutionary Look at Self-Awareness.**



Our journey on Earth often looks the same. We are raised, acquire knowledge, and make our way through life striving to find our true nature. Yet that quest for self-awareness can be derailed by unresolved trauma deep within, creating an emotional rift. That feeling of being lost on our inner journey can be masked by passions, daily tasks, or material possessions. You've turned to self-help guides, therapy, and meditation, yet a deeper connection and inner peace seem just out of reach.

In the end, we end up back at ourselves and asking, "Why am I here?" Now, you can begin to answer that question.





# THE MIRACLE OF THE DESERT FOR HEALTHIER, STRONGER HAIR

BY JUDY HAHN

When it comes to hair care, finding the perfect balance between science and nature is the key to achieving strong, healthy, and beautiful hair. With this in mind, Riman has introduced its revolutionary Deserticola haircare line, an innovative collection of products designed to restore and rejuvenate hair from root to tip. Featuring the patented ingredient Deserticola, also known as the "Miracle of the Desert," this line redefines hair care by harnessing nature's power for optimal scalp and hair health.

Although this article may be a little more scientific than usual, I believe that to truly appreciate the benefits of the Deserticola haircare line, it's essential to understand how hair grows and what factors contribute to its health.

What makes Deserticola so special? This unique component boasts a 12-fold increase in a bioactive compound renowned for its scalp-nourishing and hair-strengthening properties. The Deserticola haircare line includes a fortifying shampoo that deeply cleanses while preserving essential moisture, a fast-absorbing water-type treatment that hydrates and repairs hair instantly, and a luxurious hair oil serum to complete your routine with shine, protection, and nourishment. Designed with sustainably harvested, natural, and vegan ingredients, these products are good for all hair types, including color-treated and sensitive scalps. The conditioner, called "water treatment," is a treat to use. Although when it is applied, it is an almost clear liquid, once you begin to massage it in, it becomes creamy and warms the scalp at the same time. I find that this little extra feature of the conditioner adds a unique element to my hair washing ritual as it is almost spa-like in how it makes me feel.

## Understanding Hair Structure and Scalp Health

Your hair consists of two main components: the living part, which is the hair follicle, and the non-living part, which is the hair shaft.

The hair follicle resides within the dermis (the middle of the three layers that make up our skin) and is the foundation of hair health. Inside the follicle, cells constantly produce keratin, which forms the structure of each hair strand. The follicle also contains the bulb, where nutrients from the capillaries (fine blood vessels) fuel hair growth. Additionally, the cells at the base of the follicle deliver vital nutrients and control the growth of the hair while determining the color, shape, and size of the hair follicle. It's amazing that each of our hair follicles is doing this much work just to exist.

The hair shaft, the visible portion of your hair, is composed of tightly packed protein layers that contribute to hair's strength and elasticity.

It consists of three key regions:

- The medulla, the inner portion, contains air spaces and soft keratin.
- The cortex determines the hair's strength and texture.
- The cuticle is the outermost protective layer that maintains hydration and prevents damage.

Just as hair health depends on its internal structure, the scalp plays a critical role in ensuring strong and vibrant hair, meaning that the health of our scalp is integral to the health of our hair. When we think of the microbiome, I think most people think of the gut microbiome, but the fact is there are many microbiomes in the body. The scalp contains a delicate balance of beneficial and harmful bacteria, forming a microbiome that affects everything from oil production to irritation and flak-



ing. When the scalp is imbalanced, it can lead to issues such as dryness, dandruff, excessive oiliness, or weakened hair strands.

### Common Hair and Scalp Concerns

Understanding common hair concerns allows us to see why targeted haircare solutions are essential. Some of the most prevalent hair conditions include:

- **Dryness:** When the scalp fails to produce enough sebum (oil), hair becomes brittle and lacks moisture. This can lead to flaking, irritation, and dull-looking strands.
- **Dandruff:** Caused either by an overly dry scalp or an imbalance in the microbiome, dandruff results in visible flakes and possible discomfort.
- **Oiliness:** The Overproduction of sebum (oil), often triggered by hormonal fluctuations or excessive washing, can weigh hair down and make it appear greasy.
- **Cuticle Damage:** The protective outer layer of the hair shaft can become compromised due to heat styling, chemical treatments, or environmental factors, leading to frizz, breakage, and a rough texture.

#### How the Deserticola Haircare Line Transforms Hair Health

Riman has collaborated with the Korea Research Institute of Bioscience and Biotechnology and has developed the Deserticola haircare line to address these common hair concerns through cutting-edge botanical research. The patented Deserticola extract contains 12 times more concentrated scalp-nourishing and hair-strengthening compound than traditional algae sources, providing enhanced benefits for scalp nourishment, hair fall reduction, and overall hair health.

Additionally, the formulation includes powerful natural extracts grown and produced on Jeju Island, such as Camellia seed and Nettle. These ingredients work synergistically to strengthen the scalp, improve circulation, and supply essential nutrients for stronger, healthier strands.

### The Three-Step System for Optimal Haircare

#### Step 1: Deserticola Fortifying Shampoo

The foundation of any effective haircare routine starts with cleansing. Riman's Deserticola Fortifying Shampoo removes excess oil, product buildup, and impurities without stripping the hair of its natural moisture. Infused with Deserticola extract and nutrient-rich botanical ingredients, this shampoo supports a balanced scalp microbiome while promoting stronger and healthier hair growth.

#### Step 2: Deserticola Water Treatment

Unlike traditional conditioners, this water-type treatment works instantly to hydrate and repair hair. As it comes into contact with water, it transforms into a thicker consistency that penetrates

deep into the hair shaft, strengthening bonds and restoring shine. With the added benefits of Deserticola extract and Nettle, this treatment helps improve hair density and resilience over time.

#### Step 3: Deserticola Hair Oil Serum

The final step in the Deserticola haircare routine is the multi-functional hair oil serum. Designed to provide five key benefits, this luxurious serum:

- Protects hair from heat damage
- Reduces frizz and smoothens the cuticle
- Repairs split ends and strengthens strands
- Enhances volume and body
- Boosts shine for a healthy, radiant finish

Formulated with natural oils and Deserticola's nourishing power, this lightweight serum absorbs quickly, leaving hair silky without feeling greasy or heavy. It is great when I don't want to wash my hair but want to restore the look of freshly washed hair and make sure that the frizz is gone.

### Why Choose Riman's Deserticola Haircare Line?

1. **Patented Deserticola Extract** – Clinically proven to nourish the scalp, reduce hair fall, and promote stronger hair growth.
2. **Scientifically-Backed Formulation** – Developed in collaboration with leading bioscience researchers.
3. **Vegan & Sustainable Ingredients** – Responsibly sourced from Jeju Island for a cleaner, eco-friendly approach to haircare.
4. **Suitable for All Hair Types** – Gentle yet effective, making it ideal for color-treated and sensitive scalps.
5. **Complete Haircare Solution** – A holistic regimen that cleanses, hydrates, strengthens, and protects.

### Elevate Your Haircare Routine Today

Your hair deserves the best, and Riman's Deserticola haircare line delivers a scientifically advanced, nature-powered solution for achieving healthier, stronger, and more beautiful hair. Whether you struggle with dryness, scalp imbalances, or damage from heat styling and environmental factors, this innovative line provides everything you need to restore and maintain optimal hair health. You will also notice that the hair has a fuller appearance and a smoother look to it.

Make the switch today and experience the transformative power of Deserticola. Be sure to experience the full range of Riman's Deserticola haircare products and unlock the secret to naturally radiant, resilient hair.

To learn more about the Deserticola line of hair products and the rest of the Riman Korean personal care and skincare products, visit my link.

Connect with Judy Hahn:

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**Deserticola  
Hair Oil Serum**

HAIR CARE PROGRAM

Functions. + Nourishing  
+ Recovery  
+ Styling

100 mL | 3.38 fl. oz.

**botalab**

**Deserticola  
Shampoo**

HAIR CARE PROGRAM

Functions. + Deep Cleansing  
+ Balancing  
+ Hydrating

500 mL | 16.9 fl. oz.

**botalab**

**Deserticola  
Water Treatment**

HAIR CARE PROGRAM

Functions. + Conditioning  
+ Smoothing  
+ Repairing

300 mL | 10.14 fl. oz.



# HOW MUCH DO YOU LOVE DEEP BLUE?

GET READY TO DISCOVER WHY YOU SHOULD BE STOCKING UP ON THIS EXCELLENT OIL BLEND!

Deep Blue is a unique blend of well-known essential oils that help reduce inflammation, alleviate pain, and reduce muscle and joint soreness. This blend uses wintergreen, camphor, peppermint, ylang-ylang, blue tansy, German blue chamomile, helichrysum, and osmanthus oils. While these oils bring something to the table, we will highlight three heavy hitters associated with this blend.

## Camphor

As a natural analgesic and anti-inflammatory, it makes this oil a no-brainer. Due to its natural pain-relieving properties and ability to improve circulation, it has been shown to be beneficial for individuals dealing with arthritis, rheumatism, muscle aches and pains, sprains, and even bruises.

## Helichrysum

While primarily used to help cleanse the blood and improve circulation. It is a natural antibiotic, anticatarrhal, anticoagulant, antispasmodic, antiviral, expectorant, and mycotic. The body systems most affected by this essential oil are cardiovascular, muscle, and bone.

## Wintergreen

A natural analgesic, anti-inflammatory, antirheumatic, antiseptic, antispasmodic, disinfectant, and diuretic, with bone stimulant and warming properties, it is a must-have for muscle and joint relief. Historically, it has been used for rheumatism, muscular pain, cramps, arthritis, tendonitis, hypertension, and inflammation. All of these come together to make a powerful muscle and joint oil.



## COOLING DEEP BLUE ALOE VERA GEL

### Ingredients:

1/2 cup pure aloe vera gel  
10 drops Deep Blue essential oil blend  
1 tablespoon fractionated coconut oil

### Directions:

In the mixing bowl, add the pure aloe vera gel. If using, add 1 tablespoon of fractionated coconut oil for added moisturization. Stir well to combine. Add 10 drops of Deep Blue essential oil blend to the aloe vera gel mixture. Stir thoroughly to ensure the essential oil is evenly dispersed throughout the gel. Use a spoon or spatula to mix the ingredients thoroughly, ensuring the Deep Blue essential oil is evenly distributed. Once everything is mixed, transfer the Cooling Deep Blue Aloe Vera Gel into a clean, airtight container. A small jar or squeeze bottle works well for easy application..

## DEEP BLUE COOLING BODY SPRAY

### Ingredients:

1/2 cup distilled water  
1 tablespoon witch hazel  
10 drops Deep Blue essential oil blend  
5 drops peppermint essential oil  
5 drops lavender essential oil

### Directions:

In the spray bottle, pour 1/2 cup of distilled water. Add 1 tablespoon of witch hazel to help disperse the essential oils evenly. Add 10 drops of Deep Blue essential oil blend to the bottle. Then, add 5 drops of peppermint essential oil and 5 drops of lavender essential oil. Tightly seal the spray bottle and shake it well to mix the ingredients thoroughly. Label the spray bottle with the name of the body spray and the date it was made.



JANELLE BRULAND

# WHEN POWERING THROUGH MAY BE HOLDING YOU BACK

BY JANELLE BRULAND

For most of my life, I prided myself on my ability to push through anything. Obstacles? Challenges? Bring them on! I was the queen of "powering through," the master of "just get it done." A successful entrepreneur, loving mother, and supportive friend—I looked like I had it all together. But inside was a different story. I had buried past pain deeply inside—some part of me believed that if I just worked harder and stayed strong, I could outrun it.

That all changed on what should have been an ordinary flight home from a relaxing weekend getaway. A close friend and I had spent a couple of perfect days walking along the beach, indulging in good food, and sharing deep, meaningful conversations. When it was time to say goodbye, I felt refreshed and ready to head home.

The first leg of my flight was smooth, with a short layover in Seattle. The final flight to Bellingham was a quick thirty-minute hop—one I had taken countless times. Minutes after takeoff, turbulence hit hard. The plane lurched, and the captain instructed everyone, including the flight attendants, to stay seated. Anxiety built in my chest as the rough air worsened. Every drop and sudden shift sent waves of fear through me. I gripped the armrests, heart racing, while the woman next to me—a calm, off-duty flight attendant—gently

reached up and turned the air vent toward my face. A simple gesture of kindness, but in that moment, it felt like a lifeline. As the storm intensified, the captain eventually announced we'd be returning to Seattle for safety. When the plane finally landed, something inside me broke. I stood in the airport, surrounded by people who seemed fine, while I shook uncontrollably and sobbed in a way I couldn't explain—or stop. What I came to find out was the real turbulence wasn't from the storm in the sky—it was the storm inside me that had finally surfaced. My overwhelming fear and emotion were the result of unaddressed trauma that had been buried for far too long.

As I sought help, I learned how common this hidden pain is—especially among high-achieving leaders who seem to have it all together on the outside. The truth is, countless driven individuals, especially women, are carrying the weight of unresolved trauma, silently impacting their well-being, their relationships, and their ability to live a truly fulfilling life. This realization became the foundation of my book, *Your Way Back to Happy*, where I share my own journey and the tools that helped me—and can help others—break free from the cycle of powering through and start reclaiming their happiness.

## The "Push Through" Trap

For so many, pushing through is your default mode. You're taught to be strong, to persevere, to never give up. And while these qualities are essential for achieving your goals, they can also become a trap, preventing you from acknowledging your pain and seeking the healing you need.

Think about it: Have you ever tried to "push through" a difficult emotion, only to find that it comes back even stronger? Have you ever tried to "fix" a problem by ignoring it, only to have it fester and grow?

That's because healing isn't about willpower or forcing things to happen. It's about creating space for vulnerability, self-compassion, and acceptance. It's about allowing yourself to feel your emotions fully, without judgment or resistance. The push through way of operating isn't sustainable and comes at a cost—your well-being, your relationships, and your inner peace. You may achieve great things on the outside, but on the inside, you're exhausted, depleted, and disconnected from yourself and those you love. Can you relate?

## The Power of Letting Go

What if, instead of forcing things, you allowed them? What if, instead of pushing through, you surrendered? This was a radical shift for me. When my therapist first told me, "Janelle, there are times when your natural tendency to push through is not helpful," I felt like I had been hit with a ton of bricks.

But the more I explored this concept, the more I realized its profound wisdom. Letting go doesn't mean giving up. It doesn't mean becoming passive or weak. It means releasing the need to control, to force, to always be "on." It means creating space for healing, for growth, and for a deeper connection to yourself and the world around you.

### The Importance of Being Present

One of the most powerful ways to shift from a "push through" to an "allow it" approach is to cultivate mindfulness—the practice of paying attention to the present moment without judgment. When you're mindful, you're not dwelling on the past or worrying about the future. You're simply allowing yourself to be present with your thoughts, feelings, and sensations, without trying to change them or push them away.

This can be a challenging practice, especially for those of us who are used to constantly striving and achieving. But the benefits are profound. Mindfulness helps you to reduce stress, regulate your emotions, and cultivate a deeper sense of self-awareness. It helps you bring your nervous system back into harmony, building the capacity to recognize and release stuck emotions that no longer serve you. It also allows you to connect more fully with the world around you and appreciate the simple joys of life.

## Practical Steps to Let Go

Here are a few simple yet powerful ways to get started:

- **Create Space for Stillness.** Set aside time each day for quiet reflection, meditation, or simply being in nature. Allow yourself to disconnect from the demands of your busy life and reconnect with your inner self.
- **Embrace Your Emotions.** Instead of trying to suppress or avoid your emotions, allow yourself to feel them fully. Acknowledge your pain, your sadness, your anger, without judgment. This is an essential step in the healing process.
- **Set Healthy Boundaries.** Instead of pushing through or taking on one more thing, learn to say "no" to commitments that drain your energy. Prioritize activities that nourish your soul. Create boundaries in your relationships to protect your time, your emotional well-being, and your sense of self.

My friend, is there pain in your life that you need to address? Don't let unresolved trauma hold you back from living the full and abundant life you deserve. When you stop powering through and allow, you create space for healing, for growth, and for a deeper connection to yourself and the world around you. You open yourself up to a life of greater peace, joy, and fulfillment.

Connect with Janelle Bruland:

<https://bestholisticlife.info/JanelleBruland>

# Rewrite your story. Reclaim your power.

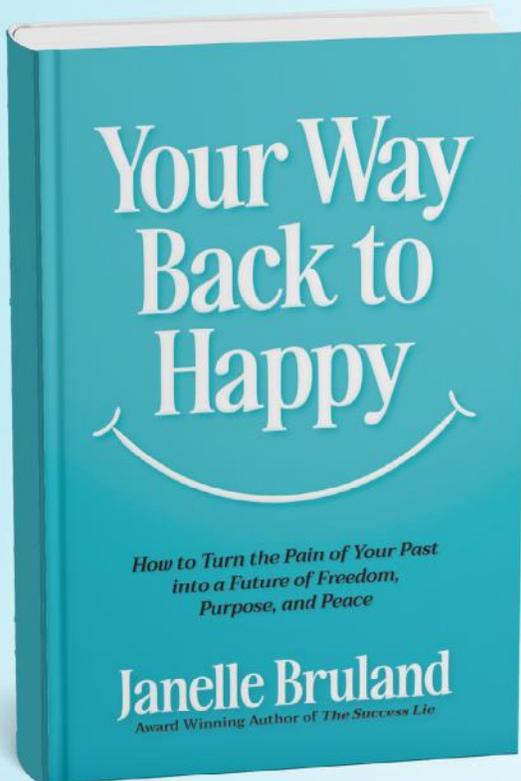
When trauma no longer controls your story, nothing can stop your success. Award-winning business leader and speaker Janelle Bruland shows you how to transform pain into unstoppable momentum.

“

For leaders running on empty, this book offers practical and helpful tools built on trust, purpose, and intentional growth that can help a person move from merely surviving to truly thriving.

————— **Stephen M. R. Covey** —————

*New York Times and #1 Wall Street Journal bestselling author of "The Speed of Trust" and "Trust & Inspire"*



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# COULD ONE PERSON'S CARDIOVASCULAR ROUTINES TRANSFORM PUBLIC HEALTH?

BY DOUGLAS MULHALL

If you look at the preventative measures and therapies for heart disease approved by the FDA over the years, you'll see that virtually none of them focus on types of hidden stress that the American Heart Association has identified as major risks. That may change due to the habits of one person.

Readers of my column will know that the impacts of some cardiovascular disease risk factors on general health are vastly underestimated. The American Heart Association (AHA) has long complained that programs addressing those risk factors are underfunded compared to the costs of cardiovascular disease for the American economy. To be clear, this is about the risk factors themselves. These have impacts far beyond heart disease.

Heavy metals have two types of effects: First, they damage arteries that feed the body with nutrients and oxygen. If those are compromised, they degrade the body's capacity to fight off cancer and infections. The metals themselves also cause cancers and neurological conditions, so it's double jeopardy. In view of this, it's fascinating to see how the personal habits of one person might change how the government approaches these threats to cardiovascular health. Because Secretary of Health and Human Services Robert F. Kennedy is in charge of the world's largest healthcare funding agencies, it's worth exploring how his personal routines emphasize vascular health and how those might affect government policies.

Like the AHA, Kennedy has long argued that more attention

has to be paid to preventative measures for chronic diseases. His personal routines reflect this and offer valuable insights into cardiovascular disease prevention.

The 71-year-old Kennedy maintains an impressive fitness regimen that surpasses many recommended guidelines:

- Daily 3-mile hike with his dogs, combining uphill and downhill terrain
- Four weekly 35-minute high-intensity gym sessions
- Focus on strength training for back, chest, legs, and other muscle groups
- Emphasis on bodyweight exercises (calisthenics)

The routine provides cardiovascular and strength benefits. Regular cardio exercise, like Kennedy's daily hikes, helps improve heart health by strengthening the heart muscle, lowering blood pressure, and improving circulation.

Strength training, which Kennedy performs through weight-lifting and calisthenics, can help reduce body fat, increase muscle mass, and improve overall metabolic health.

Kennedy follows an 18/6 intermittent fasting schedule, eating only within a 6-hour window each day. While research on intermittent fasting's effects on heart health is ongoing, some studies suggest potential benefits:

- Improved insulin sensitivity
- Reduced inflammation
- Lower blood pressure
- Decreased LDL cholesterol and triglycerides



Kennedy's regime extended beyond diet and exercise. He reportedly takes numerous vitamins and nutrients and undergoes physician-guided bioidentical testosterone replacement therapy. While the specifics and efficacy of these practices may vary, they underscore a commitment to overall health and well-being.

Kennedy's personal regime offers a case study in cardiovascular disease prevention. By prioritizing regular exercise, mindful eating, and overall wellness, Kennedy exemplifies many of the lifestyle factors that can contribute to heart health. His commitment to chronic disease prevention through lifestyle and nutrition choices aligns with many established recommendations for maintaining cardiovascular health. As part of this rounded approach, he also advocates for:

- Increased access to organic, healthy foods
- Scrutiny of food additives and environmental toxins
- Emphasis on preventive and holistic health approaches

Kennedy's personal practices also shine a bright light on exposure to toxins such as heavy metals. Kennedy has been a strong supporter of the practice of chelation therapy and has used it himself for removing mercury, a known neurotoxin that contaminates many people.

To understand how Kennedy's approach to this might affect health agency policies and, indeed, your health, it's worth looking at methods of testing for heavy metals, as well as improving the effectiveness and safety of chelation.

- Standard blood tests do not show the heavy metals that reside in your tissue, where levels can be much higher than in blood. For this, something known as a Challenge test is required, but it still needs standardization. So far, health agencies haven't done much about this, but under Kennedy, that might change.

- Oral chelation has been available for years and includes DMSA and nutraceutical-chelator combinations like NanobacTX (see my earlier columns). Oral chelation is more patient-friendly and affordable than IV chelation, which requires frequent clinic visits. Despite published studies showing impacts on cardiovascular risk factors, no large-scale trials have tested oral chelators. Because Kennedy has used chelation himself, he might direct agencies to support such trials.

- Advanced technologies such as Elastrin Therapeutics' nanoparticle/antibody delivery platform show promise in chelating calcification from arteries by targeting something new – damaged elastic fiber in the arteries. Support to move these and other methods from the lab bench to the bedside is required and might be accelerated under Kennedy.

Kennedy's stated goal of getting toxins out of our food and water supply also makes sense, but removing those takes years, and meanwhile, all of us have these contaminants inside us. Will he mandate support for innovative ways of safely removing these metals from the body? The big question is how the new priorities of the National Institutes of Health (NIH) and the FDA might support therapies and prevention that get these metals out of our bodies or reverse the damage that they do.

While we're waiting to see if and when these policy changes might occur, what can we each do today? There is nothing to stop us from educating ourselves about new ways of heavy metals testing, oral chelation, and technologies that are entering clinical trials. All of those are covered in the bestselling book *Discovering the Nature of Longevity*.

Connect with Douglas Mulhall:

<http://bestholisticlife.info/TheNatureofLongevity>

# SOMETHING THAT SILENTLY LIMITS OUR LIVES IS FINALLY BEING OVERCOME.

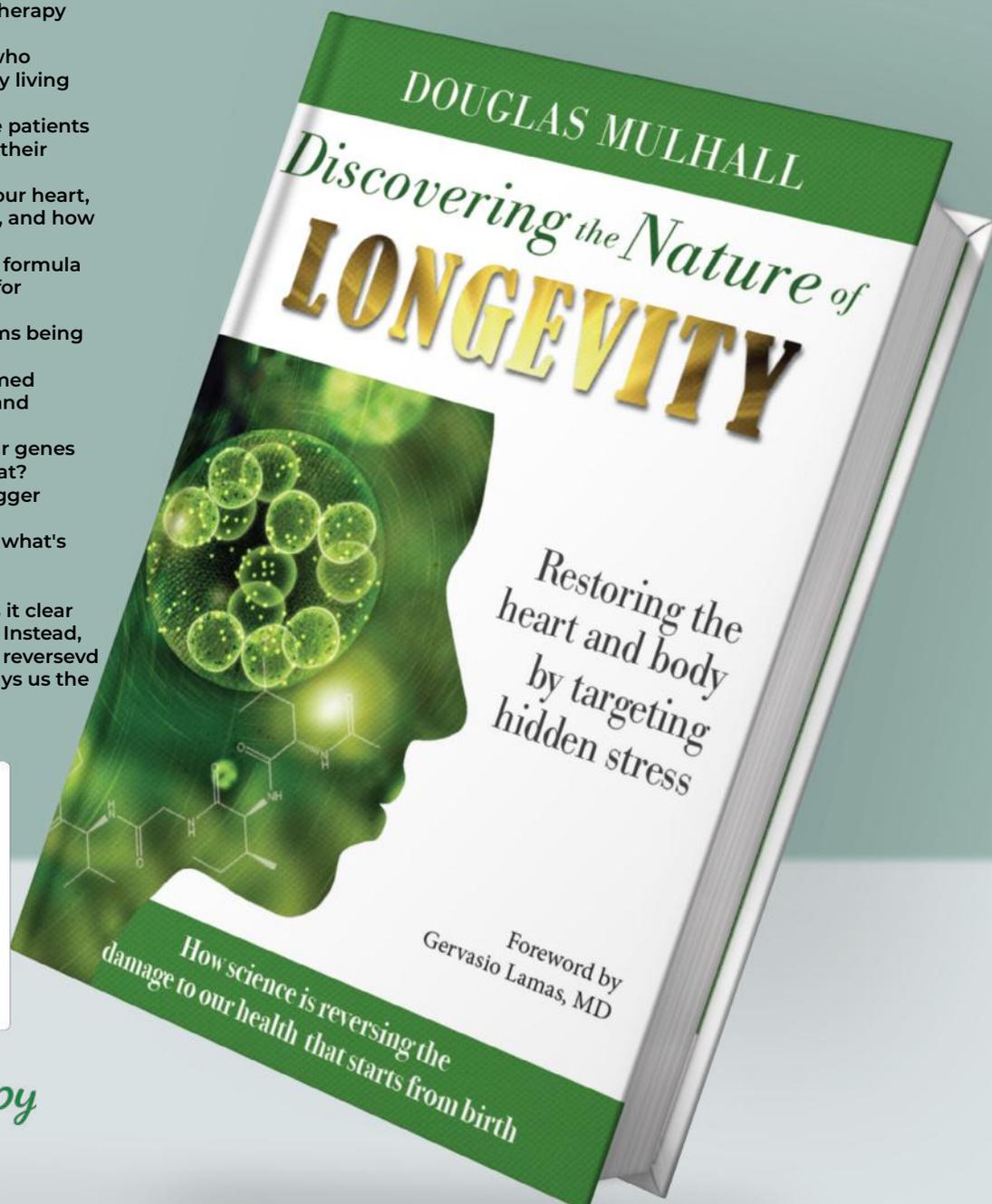
The book answers these questions for popular audiences:

- What is hidden stress?
- How does it limit our healthy lifespan?
- How is the damage being reversed when nutrition, exercise, and standard therapy don't work?
- Why are diabetes heart patients who received a widely available therapy living longer and better?
- How are Peripheral Artery Disease patients being saved from amputations of their limbs?
- Why does the elastic that makes our heart, arteries, and skin flexible degrade, and how is it restored?
- Which vitamins and supplements formula has been improving heart health for decades?
- How are life-threatening aneurysms being repaired?
- What are the trillions of programmed packages in our body that cause and prevent illness?
- How is our environment telling our genes what to do, and can we control that?
- How do our homes and offices trigger hidden stress or prevent it?
- Who is investing in solutions, and what's coming down the pipe?

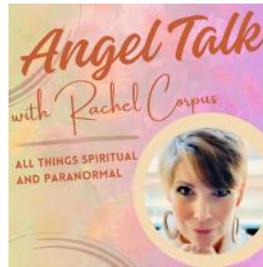
In this book, Douglas Mulhall makes it clear that magical "cures" aren't here yet. Instead, the damage is being prevented and reversevd while cures are being found. This buys us the most important thing: time.



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# ASK THE ANGEL:

## A SACRED GUIDE TO THE SUMMER SOLSTICE

BY RACHEL CORPUS

*Hey Rachel,*

*I've always wanted to celebrate the Summer Solstice, but I'm pretty new to all this spiritual stuff and don't really know where to start.*

*Any advice?*

*Cheers!!*

*Terrance Aberdeen, Scotland*

*Dear Terrance,*

First, I am so excited to be with you on your spiritual quest! How exciting! And CHEERS back to you, my friend! My intention is that this information envelops you and all who read it with love. The Summer Solstice is a profound moment in the cycle of the Earth's journey around the Sun. It occurs when the Earth's axis tilts at its most extreme toward the Sun, casting the Northern Hemisphere into its longest day of the year. The light, in its fullest expression, pours into our world, inviting us to bask in its warmth, power, and infinite potential.

At its core, the Summer Solstice is a moment of alignment. It marks a time when the light of the Sun is most abundant, symbolizing the peak of growth and manifestation. It's as if the universe itself is reminding us of the boundless light within us—our ability to grow, evolve, and shine in the world. The Solstice is not just a physical event; it is a spiritual awakening, a call to remember our inherent connection to the celestial forces that govern our lives. In many traditions, the Summer Solstice is a celebration of the divine light—a reminder that we are all deeply intertwined with

the rhythms of nature and the cosmos. This is a time to honor the energies of the Sun, which nourish all life on Earth, and to reflect on the gifts we've received, as well as the intentions we wish to plant for the next phase of our journey. It's a sacred time to acknowledge the vitality we possess, as well as the limitless potential that lies within us, waiting to be expressed.

Energetically, the Summer Solstice invites us to stand in the full radiance of our own divine nature, just as the Sun does for the Earth. It's a day that encourages us to open to expansion, to think about the seeds we wish to plant for the future, whether in our personal lives, our spiritual practices, or our contributions to the world. It's a day to reconnect with our higher selves, the part of us that is eternally connected to Source energy and is capable of co-creating miracles.

This day also represents balance, for while the Sun's energy is at its peak, the light it brings into the world is balanced by the darkness that follows. This cyclical flow is a reminder that all things—growth, light, shadow—are inextricably linked. The Solstice asks

us to reflect on the interplay of light and dark within us, to honor both our strengths and our vulnerabilities, and to create harmony between them.

On this sacred day, the Angels encourage you to pause and immerse yourself in the beauty of the world around you. Connect with the Earth, allow the Sun to wash over you, and take a moment to feel the expansive energy that flows through the universe. Reflect on your path and embrace the invitation to shine brightly in all that you are.

The Summer Solstice typically occurs on June 21st in the Northern Hemisphere. This is the longest day of the year, when the Sun reaches its highest point in the sky at noon. It marks the official start of summer and the peak of the Sun's power.

In the Southern Hemisphere, the Summer Solstice falls around December 21st.

Here is a Summer Solstice Ritual to align deeply with the cosmic energies of the Solstice, set powerful intentions for growth, and achieve a spiritual balance of light and shadow.

1. *Create a Sacred Space* – Set up an altar (or area) with candles, crystals, and nature offerings.
2. *Invocation* – Call on the Sun's light for growth and renewal. You can also call on Source or God.
3. *Solar Meditation* – Visualize sunlight filling you with energy and clarity.
4. *Set Intentions* – Write down your goals, feeling them manifest.
5. *Honor Light & Shadow* – Use water to symbolize balance and transformation.

Speak to the water, saying: "I welcome both the light and the shadow within me, knowing they each have wisdom to offer. I embrace my full self with love and understanding." Then, gently sprinkle the water around your space, symbolizing the harmony of all aspects of life—joy and struggle, clarity and mystery, action and rest. Allow yourself to feel at peace with this balance, knowing it is part of your journey.

1. *Closing* – Light candles, affirm your inner light, then extinguish them.
2. *Reflect* – Take a moment to rest, meditate, or simply sit in stillness. Allow the energy of the Solstice to settle within you, aligning you with its warmth, wisdom, and renewal.

May this Summer Solstice be a time of deep spiritual renewal, where you awaken to your own limitless potential and align yourself with the sacred energies of the universe.

**Summer Solstice Playlist:**

"*Here Comes the Sun*" by The Beatles

"*Summertime*" by DJ Jazzy Jeff & The Fresh Prince

"*Sunset Lover*" by Petit Biscuit

"*Clouds*" by Alex G (Rachel's Fav)

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<https://bestholisticlife.info/AngelTalkPodcast>







Gluten-Free



Vegan



Dairy-Free

# UNLOCKING NATURE'S PHARMACY: SUMMER HEALING RECIPES



## PEACHY KEEN CREAMSICLES



### Serves 12

- 3 ripe peaches, peeled and diced
- 1 can (13.5 oz) full-fat coconut milk
- 2-3 tablespoons agave nectar
- 1 teaspoon vanilla extract
- Pinch of salt
- Optional: Fresh mint leaves for garnish

### Directions:

In a blender, combine the diced peaches, coconut milk, maple syrup or agave nectar, vanilla extract, and a pinch of salt. Blend until smooth and creamy. Taste the mixture and adjust the sweetness if necessary by adding more maple syrup or agave nectar. Pour the peach mixture into popsicle molds, leaving a little space at the top for expansion. If desired, insert popsicle sticks into the molds. Place the popsicle molds in the freezer and freeze for at least 4-6 hours, or until completely solid. Once the popsicles are frozen, remove them from the molds by running warm water over the outside of the molds for a few seconds. Garnish with fresh mint leaves, if desired. Serve immediately and enjoy these refreshing peaches and cream popsicles!





## BERRY NOURISHED SMOOTHIE



### Serves 2

1 ripe avocado, cubed  
1 cup fresh spinach leaves  
1 cup frozen blueberries  
1 ripe banana  
1 tablespoon flaxseeds  
1 tablespoon hemp seeds  
1 tablespoon chia seeds  
1-2 teaspoons maca powder  
1 1/2 cups unsweetened almond milk  
1 tablespoon agave nectar  
Ice cubes

### Directions:

Ensure all ingredients are washed and prepared as needed. In a blender, combine the avocado, spinach, blueberries, banana, flaxseeds, hemp seeds, chia seeds, maca powder, almond milk, and agave nectar. Blend on high speed until the mixture is smooth and creamy. If desired, add a few ice cubes and blend again until well incorporated. If the smoothie is too thick, add more almond milk, a little at a time, until you reach your desired consistency. Taste the smoothie and adjust the sweetness by adding more maple syrup or agave nectar if desired. Pour the smoothie into glasses and serve immediately. You can garnish with additional blueberries or hemp seeds if desired.







## KICKIN' CHICKEN BUDDHA BOWL



### Serves 4

#### For the Spicy Chicken:

2 boneless, skinless chicken breasts

2 tablespoons olive oil

1 teaspoon paprika

1/2 teaspoon cayenne pepper

1/2 teaspoon garlic powder

Salt and pepper to taste

#### For the Bowl:

1 cup quinoa, rinsed

2 cups vegetable broth

2 cups broccoli florets

1 cup frozen peas, thawed

1 avocado, sliced

1 cup cherry tomatoes, halved

1 can (15 oz) chickpeas, rinsed

2 tablespoons olive oil

Salt and pepper to taste

Optional: sliced green onions, sesame

seeds, lime wedges for garnish

#### Directions:

In a medium saucepan, combine the rinsed quinoa and water or vegetable broth. Bring to a boil, then reduce the heat to low, cover, and simmer for about 15-20 minutes, or until the quinoa is cooked and the liquid is absorbed. Remove from heat and let it sit covered for 5 minutes. Fluff the quinoa with a fork. In a small bowl, mix together the olive oil, paprika, cayenne pepper, garlic powder, salt, and pepper. Rub the spice mixture evenly over both sides of the chicken breasts. Heat a skillet over medium-high heat. Add the chicken

breasts and cook for 6-7 minutes on each side, or until cooked through and no longer pink in the center. Remove from heat and let the chicken rest for a few minutes before slicing it.

Preheat the oven to 400°F (200°C). Place the drained and rinsed chickpeas on a baking sheet lined with parchment paper. Drizzle with olive oil and season with salt and pepper. Toss to coat. Roast the chickpeas in the preheated oven for 20-25 minutes, shaking the pan halfway through, until crispy and golden brown. Steam the broccoli florets until tender, about 5-7 minutes. Alternatively, you can roast them in the oven with a drizzle of olive oil, salt, and pepper for added flavor. In a small bowl, toss the cherry tomatoes with a little olive oil, salt, and pepper. Divide the cooked quinoa among 4 serving bowls. Arrange the cooked chicken slices, steamed broccoli, thawed peas, avocado slices, roasted chickpeas, and cherry tomatoes on top of the quinoa in each bowl. Garnish with sliced green onions, sesame seeds, and lime wedges if desired.



## SIZZLIN' SHROOMWICH



### Serves 4

#### For the BBQ Mushrooms:

16 oz (450g) mushrooms portobello, sliced  
1/2 cup BBQ sauce  
2 tablespoons olive oil  
Salt and pepper to taste

#### For the Apple Cabbage Slaw:

2 cups shredded red cabbage  
1 large apple, julienned  
2 tablespoons vegan mayonnaise  
1 tablespoon apple cider vinegar  
1 teaspoon maple syrup  
Salt and pepper to taste

#### For Serving:

8 slices gluten-free bread or buns  
Optional: fresh cilantro or parsley for garnish

#### Directions:

Heat the olive oil in a large skillet over medium heat. Add the sliced mushrooms and cook until they start to soften, about 5 minutes. Pour the BBQ sauce over the mushrooms and stir well to coat. Cook for another 5-7 minutes, or until the mushrooms are tender and the sauce has thickened. Season with salt and pepper to taste. In a mixing bowl, combine the shredded red cabbage and julienned apple. In a separate small bowl, whisk together the vegan mayonnaise, apple cider vinegar, maple syrup, salt, and pepper. Pour the dressing over the cabbage and apple mixture and toss until well combined. Adjust seasoning to taste. Toast the gluten-free bread slices or buns if desired. Divide the BBQ mushrooms evenly among 4 slices of bread or buns. Top each sandwich with a generous portion of the apple cabbage slaw. Place the remaining slices of bread or buns on top to form sandwiches.







## TANGY PINK POWER SALAD



**Gluten-Free, Vegan, Serves 6**

### For the salad:

- 1 head of pink radicchio, thinly sliced
- 1 large pink grapefruit, sliced
- 1 cup fresh blueberries
- 1/4 cup chopped fresh mint leaves
- 1/4 cup chopped almonds

### For the dressing:

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh grapefruit juice
- 1 tablespoon fresh lemon juice
- 1 tablespoon agave syrup
- Salt and pepper to taste

### Directions:

Wash and dry the pink radicchio leaves. Remove any damaged outer leaves and slice the radicchio thinly. Peel the pink grapefruit and remove the segments, discarding any seeds or pith. Alternatively, you can slice the grapefruit into thin rounds. Rinse the fresh blueberries and pat them dry with a paper towel. In a large mixing bowl, combine the sliced pink radicchio, grapefruit segments, fresh blueberries, and chopped mint leaves. Toss gently to combine. In a small bowl, whisk together the extra-virgin olive oil, fresh grapefruit juice, fresh lemon juice, and maple syrup or agave syrup until well combined. Season the dressing with salt and pepper to taste. Drizzle the prepared dressing over the salad mixture in the large mixing bowl. Toss the salad gently to coat the ingredients evenly with the dressing. Transfer the dressed pink radicchio grapefruit blueberry citrus salad to a serving platter or individual salad bowls. If desired, garnish the salad with chopped almonds or walnuts for added texture and crunch. Serve the salad immediately as a refreshing appetizer or side dish.





## BLAZING WATERMELON GAZPACHO

### Serves 6

6 cups diced seedless watermelon  
1 cucumber, peeled and diced  
1 red bell pepper, seeded and diced  
1 small red onion, diced  
2 cloves garlic, minced  
1 jalapeño pepper, seeded and diced  
2 tablespoons fresh lime juice  
2 tablespoons olive oil  
2 tablespoons chopped fresh cilantro  
1 teaspoon ground cumin  
1/2 teaspoon smoked paprika  
Salt and pepper to taste  
Optional garnish: chopped fresh mint, peppers, cilantro, diced avocado

### Directions:

Dice the watermelon, cucumber, red bell pepper, red onion, and jalapeño pepper. In a blender, combine the diced watermelon, cucumber, red bell pepper, red onion, minced garlic, diced jalapeño pepper, fresh lime juice, olive oil, chopped cilantro, ground cumin, and smoked paprika. Blend until smooth. You may need to blend the soup in batches depending on the size of your blender. Taste the gazpacho and season with salt and pepper as needed. Adjust the seasoning according to your preference. Transfer the blended gazpacho soup to a large bowl or container. Cover and refrigerate for at least 1 hour to chill and allow the flavors to meld together. Stir the chilled gazpacho soup before serving. Ladle the soup into bowls. Garnish with chopped fresh mint or cilantro, diced avocado, if desired. Serve cold and enjoy the refreshing and spicy flavors of the watermelon gazpacho soup!

## NO-BAKE CHOCO-CRUNCH DELIGHT



**Gluten-Free, Vegan, Serves 12**

### For the crust:

2 cups gluten-free Oreo-style cookies  
1/4 cup coconut oil, melted

### For the filling:

2 cups raw cashews, soaked overnight  
1/2 cup coconut cream  
1/4 cup agave syrup  
1/4 cup coconut oil, melted  
1 teaspoon vanilla extract  
2 tablespoons lemon juice  
Pinch of salt

### For the topping:

Gluten-free Oreo-style cookies halved, for garnish

### Directions:

Grease a 9-inch springform pan with coconut oil or line it with parchment paper. In a food processor, pulse the gluten-free Oreo-style cookies until they are finely ground. Add the melted coconut oil to the cookie crumbs and pulse until well combined. Press the mixture evenly into the bottom of the prepared springform pan. Use the back of a spoon or a flat-bottomed glass to press it down firmly. Place the pan in the refrigerator while you prepare the filling. Drain the soaked cashews and rinse them under cold water.

In the same food processor, combine the soaked cashews, coconut cream, maple syrup or agave syrup, melted coconut oil, vanilla extract, lemon juice, and a pinch of salt. Blend until smooth and creamy, scraping down the sides of the food processor as needed. This may take a few minutes to achieve a silky-smooth texture. Remove the crust from the refrigerator and pour the filling over it. Use a spatula to smooth out the top. Tap the pan gently on the counter to remove any air bubbles. If desired, sprinkle crushed gluten-free Oreo-style cookies over the top of the filling for garnish. Cover the pan with plastic wrap or aluminum foil and place it in the refrigerator to set for at least 4 hours, or preferably overnight. Once the cheesecake is set, carefully remove it from the springform pan. Slice into wedges and serve chilled. Enjoy your delicious vegan and gluten-free no-bake Oreo cheesecake!









# BREAKING THE SILENCE: WHY MEN'S MENTAL HEALTH CAN'T WAIT

BY ANDREW MERCEIN

## Why Men's Mental Health Matters

June is Men's Mental Health Month, yet for many men, the topic remains taboo. We live in a world where traditional masculinity is often equated with self-sufficiency, toughness, and emotional stoicism. But the reality is that men are just as susceptible to mental health challenges as anyone else. The difference? They're often less likely to acknowledge it, let alone seek help.

The statistics are alarming. Men are four times as likely to die from suicide as women. They are two to three times more likely to abuse drugs and alcohol. Despite this, women are twice as likely to receive counseling as men.

I know this struggle personally. Even as I've continued to advocate for mental health awareness, I often find myself battling the internalized voices that tell me to "man up" and push through. I'm hesitant to "burden" others with my issues. I feel like I should be able to carry everything on my own. These societal narratives—ingrained from childhood—teach us that admitting vulnerability is a weakness rather than a fundamental part of being human. It's time to rewrite that script.

## The Silent Struggle: What Men Face

Men's mental health is shaped by a variety of factors, many of which are overlooked in broader conversations about well-being.

- **The Burden of "Toughness"** – From an early age, boys are told to be tough. "Suck it up." "Be a man." "Don't be soft." Strength, we're

taught, means never showing pain—whether physical or emotional. But this idea of toughness can be deeply damaging. It keeps men from seeking help, expressing feelings, and even properly processing grief. Take, for example, the loss of a loved one. Many men, when faced with profound grief, feel pressure to keep it together for their families, to "be strong" rather than allow themselves to mourn openly. But grief isn't a test of endurance; it's a natural, necessary process. Suppressing it doesn't make it go away—it only turns it into something heavier, something that resurfaces in unexpected and unhealthy ways.

- **Emotional Suppression** – The phrase "boys don't cry" is drilled into us from a young age, but the truth is, boys don't cry enough. When men suppress emotions, they don't disappear; they manifest in other, often destructive, ways—anger, isolation, substance abuse, or even physical health issues like heart disease.
- **Stigma Around Seeking Help** – Studies show that men are far less likely than women to seek therapy or confide in others about their struggles. Many men don't even have a trusted friend they feel comfortable opening up to about their mental health.
- **Unrecognized Issues** – Certain mental health conditions are mistakenly perceived as "women's issues." For example, eating disorders and body dysmorphia affect millions of men, yet they're rarely talked about in male spaces. This lack of awareness prevents men from recognizing their own struggles and seeking support.



### The Role of Self-Care: Redefining Strength

One of the most powerful shifts men can make is realizing that taking care of themselves is not selfish—it's essential. When men prioritize their well-being, they don't just benefit themselves; they become better partners, fathers, sons, friends, and colleagues.

#### What Does Self-Care Look Like for Men?

1. **Emotional Expression** – Whether it's therapy, journaling, or simply having honest conversations, men need spaces to express what they're feeling.
2. **Physical Health** – Diet and exercise play a massive role in mental well-being. However, exercise shouldn't just be about muscle gain—it should be about stress relief, endurance, and overall vitality.
3. **Rest & Recovery** – Men often push through exhaustion, believing rest is a sign of weakness. In reality, sleep and downtime are crucial for mental resilience.
4. **Healthy Relationships** – Prioritizing friendships and emotional connections is vital. Checking in on the men in your life—and allowing them to check in on you—can be life-changing.

### Men Need Role Models Who Prioritize Mental Health

One of the biggest challenges in shifting the narrative around men's mental health is the lack of visible role models. Too often, we only hear about men's struggles after they've hit a breaking point—when an athlete speaks out about depression or a celebrity dies by suicide. We need more men to normalize prioritizing mental health in everyday life, whether that's setting boundaries at work, practicing mindfulness, or simply admitting

when they're struggling.

If you're a father, brother, coach, teacher, or mentor, your willingness to be vulnerable sends a powerful message to the next generation: It's okay to take care of yourself.

### Reframing Masculinity: The Path Forward

For too long, men have been taught that self-love—or even self-acceptance—is indulgent, that showing any sign of emotional distress is a failure of character. But real strength isn't about suppressing struggles. It's about facing them with honesty and resilience.

Men's mental health isn't just about individual choices—it's about changing cultural expectations. Workplaces, schools, and communities need to create environments where mental health is prioritized for everyone.

This Men's Mental Health Month, let's challenge outdated narratives. Let's encourage more conversations. Let's check in on the men in our lives—not just with a casual "How are you?" but with real, open-ended questions that invite honesty. And most importantly, let's remind each other that being human means having emotions, and taking care of ourselves is one of the most powerful things we can do—not just for us but for everyone around us.

Join Andrew Mercein in destigmatizing the conversation around mental health on "The Way Home," a community dedicated to navigating life's challenges together.

Connect with Andrew Mercein:

<https://bestholisticlife.info/AndrewMercein>

# JANA SHORT



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# THE SUMMER ROADMAP: CREATING JOYFUL MEMORIES WITH YOUR CHILDREN

BY SCOTT GATES

Growing up, we spent lots of summers on the ranch. Not only did we work long, hard days. Pop also made sure we never forgot to play hard! We had camping out, bonfires, ghost stories, games, contests, and my most treasured memories, our adventures exploring new places around the ranch and the worlds we created in our imaginations.

For ex-military and first responders, the transition from structured service to the unpredictability of family life can sometimes feel like stepping into a different world. Duty, discipline, and responsibility have shaped your life, and those values serve you well—but summer vacation brings a different mission.

Your children are home, eager for adventure, and looking to you to be part of their journey. This summer, let's use the power of Neuro-Linguistic Programming (NLP) to shift perspective, open your heart, set free your childlike imagination, and welcome the celebration of family summertime.

## **Your Memories: A Roadmap for Their Future**

Think back to your childhood summers. I remember vividly the scents of fresh-cut grass, bonfires mixed with the ocean's salty breeze, and hot buttered popcorn drifting through the drive-in theater. For a young man like me, that freedom of endless days, the sun's warmth on your face, and the endless places to explore on the ranch are priceless. Building stuff and fixing things, these memories aren't just nostalgic moments; they are the foundation of the stories you tell yourself about joy, connection, and adventure.

In NLP, we understand that the mind creates pathways based on past experiences. If your memories of summer are filled with laughter,

exploration, and family, those positive emotions become the guideposts for your children. But if you associate summer with loneliness or missed opportunities, now is the time to rewrite that script and create a new experience. For instance, you can use anchoring techniques to associate positive emotions with specific activities, or you can use reframing to change your perspective on particular situations.

## **Breaking Barriers:**

### **Shifting from Structure to Spontaneity**

For those who have served in the military or worked as first responders, unpredictability has often meant danger. I understand that I get it a lot from my clients. Yet, with NLP, you can reframe unpredictability as an opportunity for adventure rather than a threat. Instead of focusing on structure and control, try embracing spontaneity. It's the new tactic, unconventional warfare and thinking. Let your children's curiosity and excitement guide your plans this summer, fostering a sense of adventure and open-mindedness.

When they ask, "Can we go to the lake?" or "Let's camp in the backyard!". Take a breath, visualize their joy, and feel and be inspired by their excitement before you say, "No." If there are struggles the family faces, time off, money, or schedule conflicts, lay those out on paper and give them to them like mission parameters. Challenge them, encourage them, and let them try and plan a solution. Tell them, "If you can plan a trip so all these parameters are met, we can go." I promise you will be surprised at what they come up with. Remember that your willingness to engage and compromise builds their confidence in problem-solving and future emotional security.



### Engaging Through Their Eyes

Children see the world through a lens of wonder. NLP encourages us to use reframing techniques to step into another person's perspective—so why not step into theirs? Imagine experiencing summer as if it were your first time. What would that feel like? What would amaze you?

#### Try this NLP exercise:

- Close your eyes and recall a joyful childhood memory from summer.
- See the colors, hear the sounds, and feel the excitement you once had.
- Now, imagine sharing that feeling with your child.
- Open your eyes and look at your children as if you are seeing summer through their perspective.

### Collaboration in Creating Lasting Memories

Your children are not just following in your footsteps and tagging along; they are co-creating their family journey. Trust and encourage them to take a more significant role and be part of the decision-making process this summer. Whether choosing a hiking trail, planning a road trip, or deciding what to cook for dinner, give them a more prominent voice. When they feel involved, they feel valued, and you feel confident in their capabilities.

#### Consider this approach:

- *Create a Summer Adventure Jar:* Write down different activities, and let them draw one each week.
- *Storytelling Nights:* Share your favorite childhood summer stories and let them imagine themselves in your past adventures.
- *Discovery Days:* Choose one day a week to explore a new place neither of you has been to before.

By giving them the power and responsibility to choose, you teach them autonomy while supporting them as a team, and you will strengthen your bond with the person they are becoming.

### The Call to Adventure: Exploring New Paths

The road you take this summer doesn't have to be familiar. Break out of the routine and try something different. A new hobby, a road trip in freedom without a strict itinerary. A spontaneous day of fun. Let your children witness your willingness to embrace the unknown, show them your adaptability and how to compromise, and keep moving forward when things don't go as planned. It will strengthen your connection and bond as a family and model resilience, adaptability, joy, and gratefulness for the opportunity.

#### Final Call to Action: Travel a Road Never Taken

Your children's memories are being written right now, and I can't emphasize enough that YOU are a key part of their story. This summer, be the grown-up who allows the child within you to shine. Share the joy, laughter, and stories of your past, add your perspective from time, and let them see how these memories shaped your life. Let your children lead you to discoveries and perspectives of your own life, and let them choose right now whether they want to follow your example or try something different. Their memories will be built on the roadmaps you help create, fostering a sense of unity and shared experiences.

So, take the road you've never traveled—physically and emotionally. This is a great mindset exercise in empathy and perspective. Explore your summer through your child's eyes; rediscover and embrace the wide-eyed child in you. Let this summer be the one they remember as the time their parent weren't just present, but fully engaged in the adventure of a lifetime.

The journey begins now. Where did they decide you will go? We encourage you to share your experiences, challenges, and successes in creating joyful summer memories with your children. Your story could inspire and support other parents on their journeys.

Connect with Scott Gates:

<https://bestholisticlife.info/ScottGates>







# UNLOCKING SLEEP:

## THE STAGES AND THEIR HIDDEN MEANINGS

BY DR. TAWNIE LOWTHER

If you've ever struggled with concentration, memory, or decision-making after a restless night, you already know firsthand how crucial sleep is for brain function. Quality sleep is essential for "brain plasticity," the brain's ability to grow, adapt, and process new information. Without adequate rest, our ability to retain and recall knowledge diminishes, making it harder to learn and function effectively. Additionally, research suggests that sleep facilitates the removal of harmful waste products from brain cells—an essential process that appears to be less efficient when we are awake. This cleansing mechanism may help prevent cognitive decline and neurodegenerative diseases over time.

Beyond brain health, sleep is deeply connected to overall well-being. Chronic sleep deprivation can lead to serious physical health problems, increasing the risk of high blood pressure, heart disease, and metabolic disorders. It can also exacerbate mental health issues such as depression and anxiety, making emotional regulation more difficult.

Moreover, a lack of sleep weakens the immune system, leaving the body more susceptible to infections and illnesses. Even a single night of insufficient rest can disrupt metabolism, temporarily inducing insulin resistance, a precursor to diabetes. Prioritizing sleep is not just about feeling refreshed—it's a fundamental pillar of long-term health.

When considering the sleep you need, it's common to focus on the number of hours you get. While sleep duration is important, it's only one piece of the puzzle.

Each sleep stage contributes to physical and mental restoration, helping you wake up feeling refreshed. Understanding these cycles also sheds light on how sleep disorders like insomnia and obstructive sleep apnea can disrupt rest and overall health. Sleep is not a continuous, uniform state. Instead, throughout the night, your total sleep consists of multiple cycles, each made up of four distinct stages. These cycles repeat several times, typically ranging from four to six cycles per night.

While the length of each cycle can vary, they generally last around 90 minutes on average. However, factors such as age, lifestyle, and sleep disorders can influence both the duration and quality of these cycles.

Understanding how these cycles function is essential for recognizing the importance of deep, restorative sleep and how disruptions can impact overall health and well-being.

### What Are the Sleep Stages in a Normal Sleep Cycle?

Sleep follows a structured cycle consisting of four distinct stages, divided into non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep. These stages are defined based on brain activity patterns and play a critical role in physical and mental restoration.

## NREM Sleep Patterns

Non-rapid eye movement (NREM) sleep consists of three progressive stages, each becoming deeper and making it more difficult to wake a person.

### Stage 1 (N1)

- The lightest stage of sleep occurs when a person first drifts off.
- Lasts 1 to 7 minutes and serves as a transition between wakefulness and deeper sleep.
- Brain and body activity begin to slow, but brief movements and slight changes in brain activity still occur.
- Easy to wake someone from this stage, but if undisturbed, they quickly move to the next stage.
- As sleep progresses, a person spends less time in N1 with each cycle.

### Stage 2 (N2)

*The body enters a deeper, more relaxed state with:*

- Lower body temperature
- Slower breathing and heart rate
- Relaxed muscles
- Eye movement stops, and brain waves slow overall, but occasional bursts of activity occur, helping the body resist sudden awakenings.
- The first N2 phase lasts about 10 to 25 minutes, gradually increasing in length throughout the night.
- Approximately 50% of total sleep time is spent in this stage.

### Stage 3 (N3 – Deep Sleep)

*Also known as slow-wave sleep (SWS) or delta sleep due to the presence of slow delta brain waves.*

- The most restorative stage of sleep, crucial for:
- Physical recovery and muscle repair
- Immune system strengthening
- Memory consolidation and cognitive function
- Breathing, heart rate, and muscle activity reach their lowest levels.

N3 is most dominant during the first half of the night, lasting 20 to 40 minutes per cycle, but its duration decreases as sleep progresses, making way for longer REM sleep periods.

## REM Sleep Patterns: What Is REM Sleep?

During rapid eye movement (REM) sleep, brain activity significantly increases, closely resembling wakefulness. However, the body undergoes temporary muscle paralysis (atonia), preventing movement—except for the eyes and breathing muscles. The rapid motion of closed eyes during this stage gives REM sleep its name.

### Key Functions of REM Sleep

- Plays a crucial role in memory consolidation, learning, and creativity.
- Supports problem-solving abilities and emotional regulation.
- The stage where most vivid and intense dreams occur, due to heightened brain activity.
- While dreams can happen in any sleep stage, those in REM sleep are more elaborate and memorable.

### Timing and Duration of REM Sleep

- Normally begins about 90 minutes after falling asleep.
- Early REM stages are short, lasting only a few minutes.
- As the night progresses, REM cycles get longer, with the final stage lasting up to an hour.
- On average, REM sleep makes up around 25% of total sleep time in adults.

Sleep is vital for recharging the body and mind, keeping you alert and healthy. It strengthens the immune system and supports overall well-being. Without enough rest, brain function declines, affecting focus, clarity, and memory.

If you or anyone you know struggles with sleep, please contact your local sleep provider or reach out to Sound Sleep Consultants for help.

Connect with Dr. Tawnie Lowther:

<https://bestholisticlife.info/SoundSleepServices>

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Jana Short, editor-in-chief at Best Holistic Life Magazine

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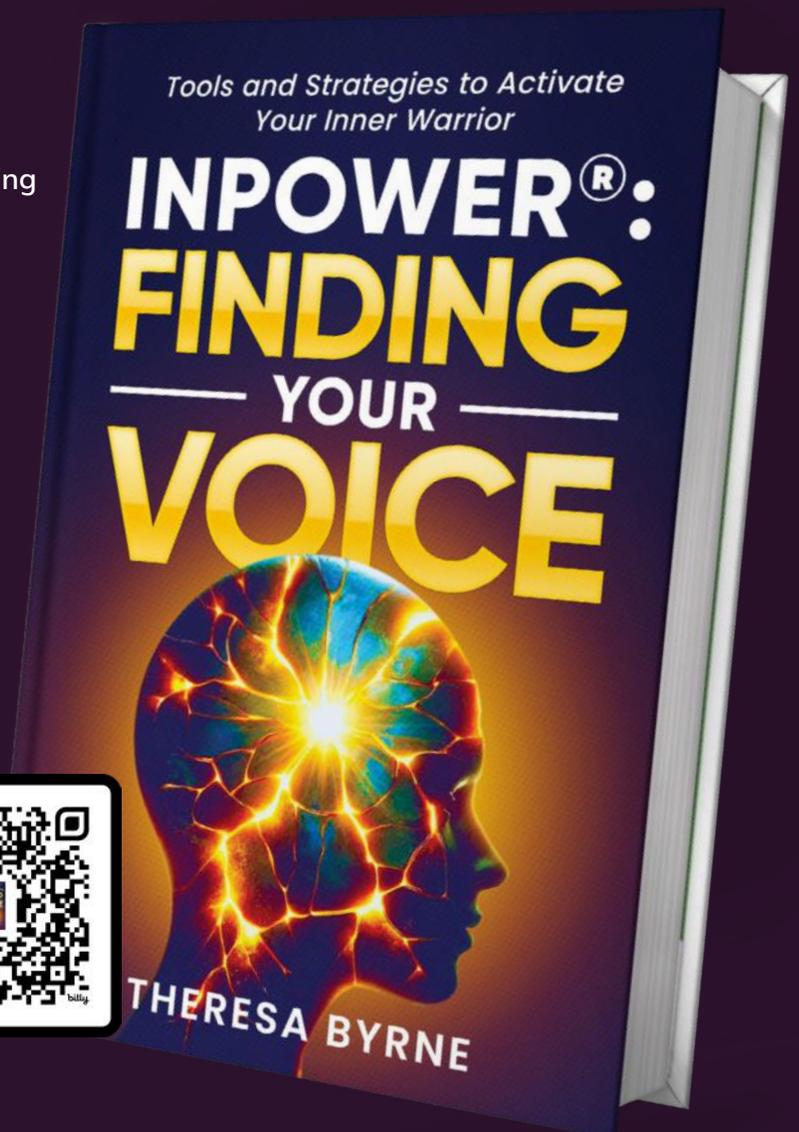
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**Act:** Learn your right actions to move forward

**Be:** Creating who you want to be and allowing space for an "InPowered" life





# WHERE DID YOU GO? THE JOURNEY BACK TO YOUR ESSENTIAL SELF

BY PARINAZ SHAMS

## The Conditioned Self vs. The Root Self

Two identities live within each of us: the first is a collection of expectations, beliefs, and behaviors accumulated over time. It's the resume of accomplishments, the mask crafted to please parents, partners, and society. This self speaks in terms of obligations: "You should work harder," "You should look better," "You should want this life."

*This identity is called the conditioned self.*

Then there is what I call the root self—your essence. While your conditioned self might boast a lengthy list of credentials and achievements, your root self is simple yet powerful.

The root self encompasses the core qualities that have been present since your genesis—your natural character, your authentic values, and your innate strengths. These aren't based on external validation and instead represent who you truly are beneath all the conditioning.

*"The privilege of a lifetime is to become who you truly are." — Carl Jung*

The tragedy of modern life is that many of us have become strangers to our root selves. We excel at meeting others' expectations while neglecting our own fundamental needs.

We perfect the art of external success while our inner lives wither. In the predawn hours, when pretense falls away and we're left with our thoughts, we wonder, "Is this all my life will amount to?"

## The Cost of Disconnection

This disconnection from our essence exacts a heavy toll. No amount of professional achievement, relationship status, or material accumulation can fill the void created by self-abandonment. The emptiness persists because we're attempting to satisfy a spiritual hunger with worldly solutions.

The exhaustion many experience isn't simply physical fatigue—it's the profound weariness that comes from living against your nature. Like a right-handed person forced to write with their left hand, you can do it, but it will never feel effortless or natural.

## The Journey Home

Reconnecting with your root self isn't found in external indulgences or temporary escapes. While self-care practices like spa days and vacations have their place, they don't address the fundamental issue of self-alienation.

The path home is an inner journey requiring different tools—self-awareness,

self-compassion, and courage to face uncomfortable truths. Through contemplative practices, honest self-reflection, and sometimes guided support, we begin to distinguish between the voices of conditioning and the quiet wisdom of our essence.

*"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." — Carl Jung*

The spiritual journey, at least as I guide people along it, is fundamentally about reclaiming your root self. It's about peeling away layers of conditioning to reveal what has always been there—your authentic nature, waiting patiently to be remembered and expressed.

## Why Wholeness Matters

Reconnecting with your root self doesn't just alleviate personal suffering—it transforms how you show up in the world. When you operate from essence rather than conditioning, relationships deepen, work becomes meaningful, and choices align with values rather than expectations.

This wholeness changes everything. You stop seeking external validation because you've found internal acceptance. You make decisions from clarity rather than fear. You stop asking others to make you feel complete because you already are.

## Begin Your Journey Back

Start with this simple practice: For the next week, set aside five minutes each morning to ask yourself, "What would I do today if I were free from others' expectations?" Notice the immediate answer that arises before your conditioned mind begins its familiar arguments.

The distance between your conditioned self and your root self might seem vast, but the journey begins with recognition. In acknowledging the two lives within you, you've already taken the first step home.

## Ready to Reclaim Your Root Self?

You can start this journey from conditioning to essence. Visit my website to learn more. There, you'll find resources, guidance, and support designed to help you reconnect with your authentic self and live from a place of wholeness. Your path back to your root self awaits.

Connect with Parinaz Shams:

<https://bestholisticlife.info/ParinazShams>





# HEALING IN MOTION: WHEN THE BODY KNOWS IT'S TIME TO LET GO.

BY AZLYNN BERRY

## **The Storm Within: Nature's Reflection of Emotional Release.**

The clouds rolled in, masking the bright sun and pushing the heat of the desert to a dropping point. Each breath became cool as the pressure rose around me. It was time to go; I could feel it. The summer rains often came quickly with monsoons and flash floods. Ahead of me was the winding road that would drop in elevation before rising again to meet the highway. Our opportunity to leave was now or wait out the storm predicted for days.

I packed myself into the car and reluctantly towed my cousin behind me. Our argument over when to leave lasted an hour before I won. The rain began to fall with a light drizzle. Soon, we were in the middle of the desert, windshield wipers on high and struggling to see. As the downpour washed away the earth, streams of red clay crossed the road, and our path began to disappear.

I stopped the car, uncertain of where the road was, looking for signs of plants sticking up out of the water. As I looked over the car's edge, all I could see was the sky reflected. We were surrounded by water. The road was gone, and the water calmed into a perfect mirror. It was like standing at the gates of heaven, surrounded by sky. The fear washed away in the beauty, and a once-in-a-lifetime perspective settled into stillness within. The storm broke, the sky opened, and the sun reappeared as the wind stilled. There we were in a perfect mirror as far as the eye could see—heaven above, so as below.

## **When the Body Holds On: The Unseen Weight of Emotional Pain.**

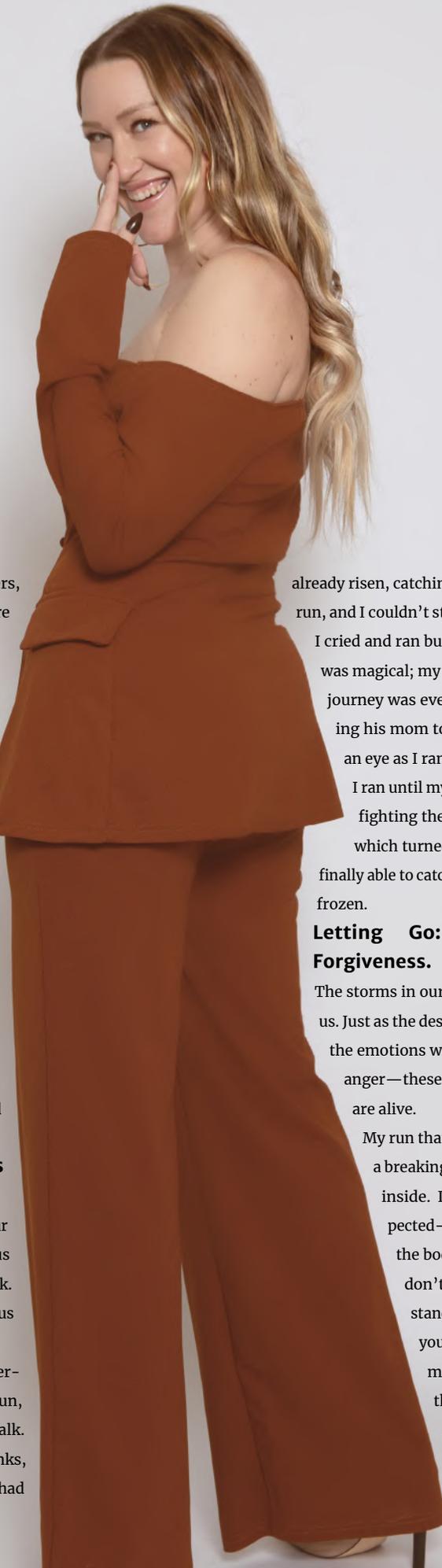
There are times in our lives when it seems to rain. Much like a water-starved desert, our emotions can be that much-needed rain. Clearing out the reflection of the past brings us to the truth of where we are, giving a colorless landscape a burst of color and a vivid new perspective. Even during trying times, what moves us in life is rarely the sunny days.

Life mirrors nature—storms rolling in just when the path ahead seems clear, the pressure rising before the release. As a transformational coach specializing in emotional integration, I've spent years guiding people through internal tempests. My work retrains the body's natural instincts, helping build a new foundation—what I call Emotional Architecture—so emotions no longer feel like something to fear but rather a force that clears the way for healing. This perspective wasn't just something I studied; it was something I lived. As an autoimmune warrior and Neuromuscular therapist working with chronic pain, I've experienced firsthand how trauma embeds itself in the body, shaping our habits, relationships, and even how we breathe. But just as the desert needs the rain, our bodies, too, need release.

## **A Call to Forgive: The Moment That Changed Everything.**

I sat quietly in the church pews, looking upward at the art that surrounded the parishioners. I had made a habit of hiding among the





churchgoers, listening to the chanting and prayers, reveling in the stillness I found in a church where no one knew who I was.

As the preacher spoke, my heart broke into pieces. “Forgive us our trespasses as we forgive those who trespass against us.” I went from silently meditating to hearing a clear command to forgive. I had hardened my heart like the dry desert in need of rain.

An internal voice had grown stronger, fighting for value and worth against those who had turned into ghosts in my life. The death of the love I once had turned into a vacuum of comparison, and there I was trying to outrun the inversion of empathy, taking care of the feelings of those who couldn’t be bothered to return it. The price of people-pleasing, clothed in betrayal, was an all-too-common story. It was time to move on and write a new story, but to do that, the old one had to be committed to the past.

### **Running Toward Release: The Body’s Role in Emotional Healing.**

Sometimes, when we are ready to move forward, our body has its own memory, lingering and pulling us back into the protective instinct that keeps us stuck. Our mind may have moved on, but the subconscious program remains intact.

Later that night, I put on my headphones, an oversized sweatshirt, and my running shoes. I don’t run, but I enjoy solitude and the passing homes as I walk. Yet, as the sun fell, lighting the sky with reds, pinks, and vibrant oranges, Venus chased the moon that had

already risen, catching fire from the sun’s final dance. I started to run, and I couldn’t stop the anger that had been frozen inside me.

I cried and ran but could not outrun what I had held within. It was magical; my body was releasing what had been stuck. My journey was even accompanied by a golden retriever, forcing his mom to wait for me, soon pulling her and keeping an eye as I ran.

I ran until my body was exhausted, my breath lost to tears fighting their way out of the anger. The love I had held, which turned to sadness, stopped negotiating, and I was finally able to catch my breath. I was disappointed but no longer frozen.

### **Letting Go: Finding Freedom Through Forgiveness.**

The storms in our lives are not here to break us but to cleanse us. Just as the desert is shaped by rain, we, too, are sculpted by the emotions we allow ourselves to feel. Forgiveness, grief, anger—these are not signs of weakness but proof that we are alive.

My run that night was more than just movement; it was a breaking open, a surrender to what had been trapped inside. In that release, I found something unexpected—relief, clarity, and the undeniable truth that the body always knows when it’s time to let go. We don’t heal by outrunning the storm. We heal by standing in the rain and letting it wash us clean. If you are ready to explore this path, join me in our monthly Elevation Session to further explore the path to forgiveness and releasing resentment by clicking on this link.

Connect with AzLynn Berry:

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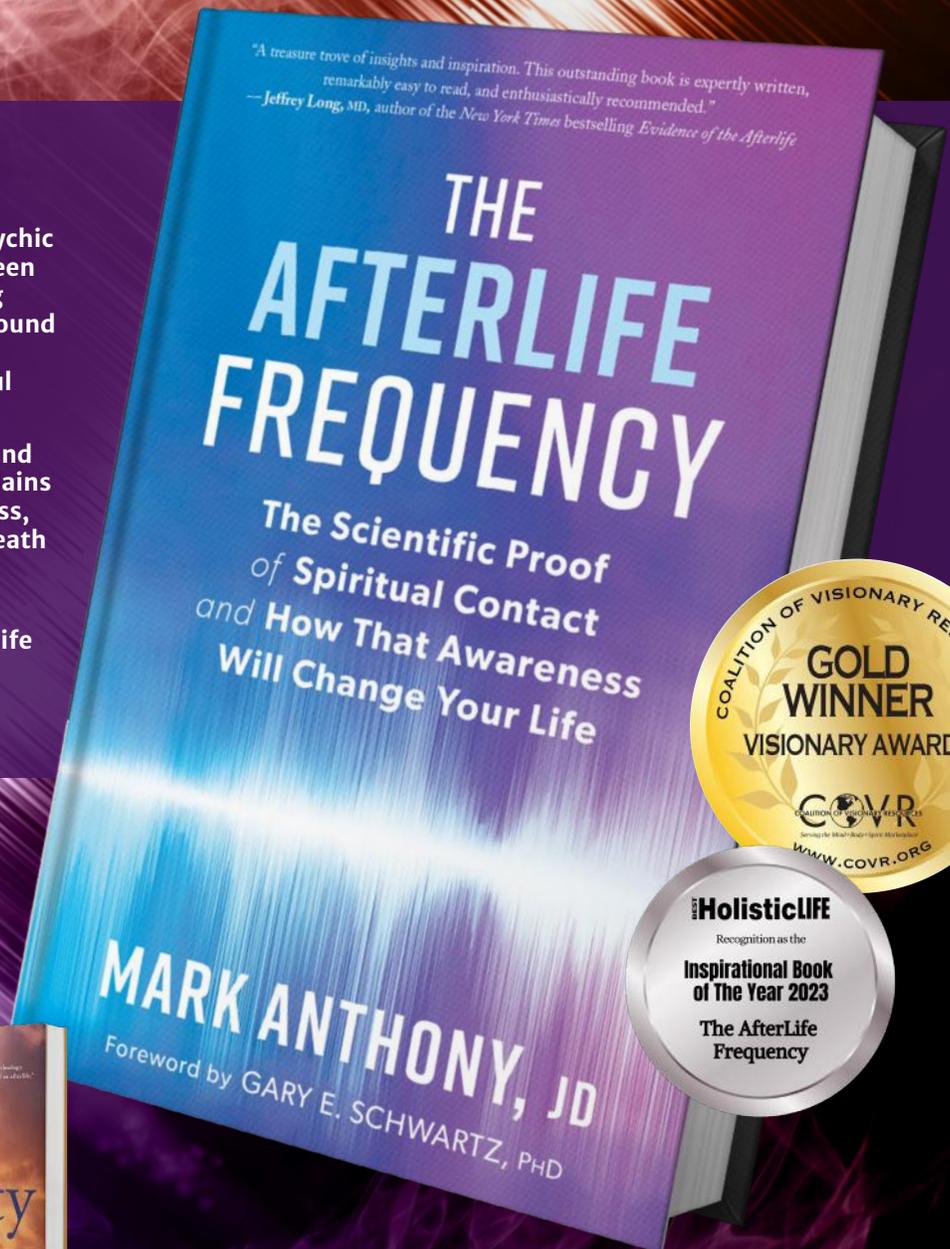
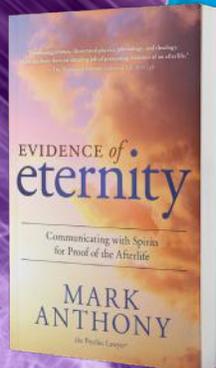
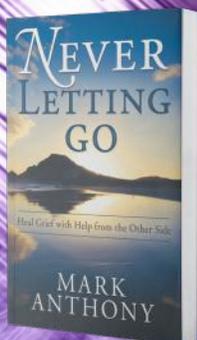
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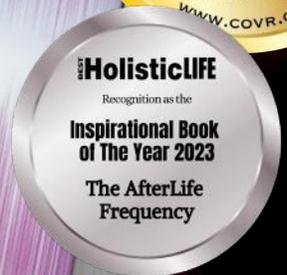


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The Scientific Proof of Spiritual Contact and How That Awareness Will Change Your Life

MARK ANTHONY, JD  
Foreword by GARY E. SCHWARTZ, PHD



MARIA BALTAZZI'S  
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# GRATITUDE REIMAGINED: 6 NEW PRACTICES TO TRY

BY MARIA BALTAZZI PHD, MFA

As you reach the year's halfway point, it is the perfect time to pause and reflect on how far you have come. The first six months have likely brought moments of joy, challenge, growth, and everything in between. The invitation here is to look back with fresh eyes, appreciate what you have experienced and become, and make this gratitude practice different—more profound, meaningful, and deeply connected to your inner journey.

## **Pause and Reflect Without Judgment**

It is easy to measure progress by what you have accomplished, yet reflecting on what is not always visible on a to-do list is just as important. Have you truly acknowledged the small moments of joy—the simple things that make life beautiful? Reflect on the lessons learned and how far you have come. Consider challenges you have faced as inspired moments that guided you.

Gratitude invites you to live in the moment, appreciating your growth. It shifts your focus from what you lack to all that you have already experienced and achieved.

## **Write a Gratitude Letter to Yourself**

We are often happy to thank others, yet when was the last time you showed gratitude to the one person who has been with you through it all—you? Write a gratitude letter to yourself, thanking your past self for all the effort, resilience, and love that has carried you through since January. This letter is about appreciation, not about perfection. Thank yourself for doing your best, even on days when it felt hard.

Recognize the moments when you showed up for yourself, whether it was with courage in the face of fear, compassion during difficult times, or perseverance when you felt like giving up. You have likely been harder on yourself than you realize. Take the time to acknowledge your strength, commitment, and the wisdom you have gained along the way. This letter can serve as a reminder that you are worthy of your own kindness and appreciation.

## **Acknowledge Your Struggles with Appreciation**

This year, so far, may not have gone exactly as planned, and that is okay. However, each challenge you have faced has made you the sum of who you are now. Ask yourself, "What have I learned from this?"

The wisdom gained from hardship is often the kind that sticks with you, teaching you more than success ever could. View your challenges through the lens of gratitude. See them as gifts that have strengthened your foundation. After recognizing the value in your challenges, it is equally important to practice moments of quiet appreciation, grounding yourself in the present.

## **The Power of Silent Appreciation**

Gratitude does not always need to be expressed aloud—it can be a quiet, internal experience. Each day, take a few moments to appreciate something or someone in your life silently. Whether it is the sound of birds chirping outside, a warm cup of coffee, or the presence of someone who brings you

peace, silently acknowledging your blessings helps ground you in the present moment.

You do not need to vocalize your gratitude for it to be powerful. Sometimes, the most profound moments of appreciation come when you feel a deep sense of gratitude without saying a word. Make space for those moments of reflection—they are just as important as any verbal "thank you."

## **Create a Ritual of Appreciation**

As you practice silent appreciation, consider creating a tangible ritual to carry your gratitude into the future. Light a candle, journal about what you are thankful for, or plant a tree to symbolize your growth. This honors your gratitude for the past and prepares you to embrace what comes next—open to new opportunities, learning, and experiences. Let it serve as a symbol that your life is a series of unfolding moments, each one valuable in its own way.

## **Visualize the Next Six Months**

Make the second half of the year about living intentionally. What kind of person do you want to become? What qualities do you want to nurture in yourself? Take a moment to visualize where you would like to be—not just in terms of desires. Define this in the kind of life you wish to create.

Think about how you want to feel. Do you wish to feel more connected to your purpose? More at peace? More present with the people you care about? Visualizing the emotions and experiences you want to cultivate in the year's second half will guide your choices, helping you stay aligned with your deepest values.

## **Be Grateful for What Is to Come**

Gratitude is an ongoing practice. It is not just about what has already happened—it is about what you will create in the future. How you see and appreciate your journey can make all the difference in the world. So, celebrate where you are today and use it to fuel the rest of your year.

Every day is an opportunity to grow and live intentionally. As you move forward, may you carry a deeper appreciation for everything that has shaped you—and everything that is yet to come.

*Part of this article is an excerpt from my next book, "Take a Shot at Abundance."*

My debut book, "Take a Shot at Happiness: How to Write, Direct & Produce the Life You Want," reached Amazon's #1 Bestseller list in the Creativity Self-Help category. It was voted "Best Personal Development Book of the Year 2024" and received the "2025 Leader of the Year" award from this magazine. The book has won twelve prestigious awards, including the Silver Nautilus Book Award and numerous category-winning honors from the NYC Big Book Awards, National Indie Excellence Awards, Best Book Award, and the Independent Press Award. It was also featured in New York's Times Square.

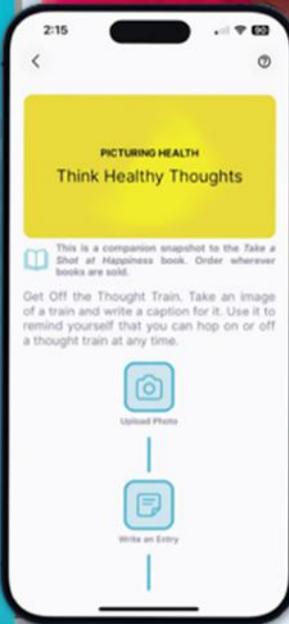
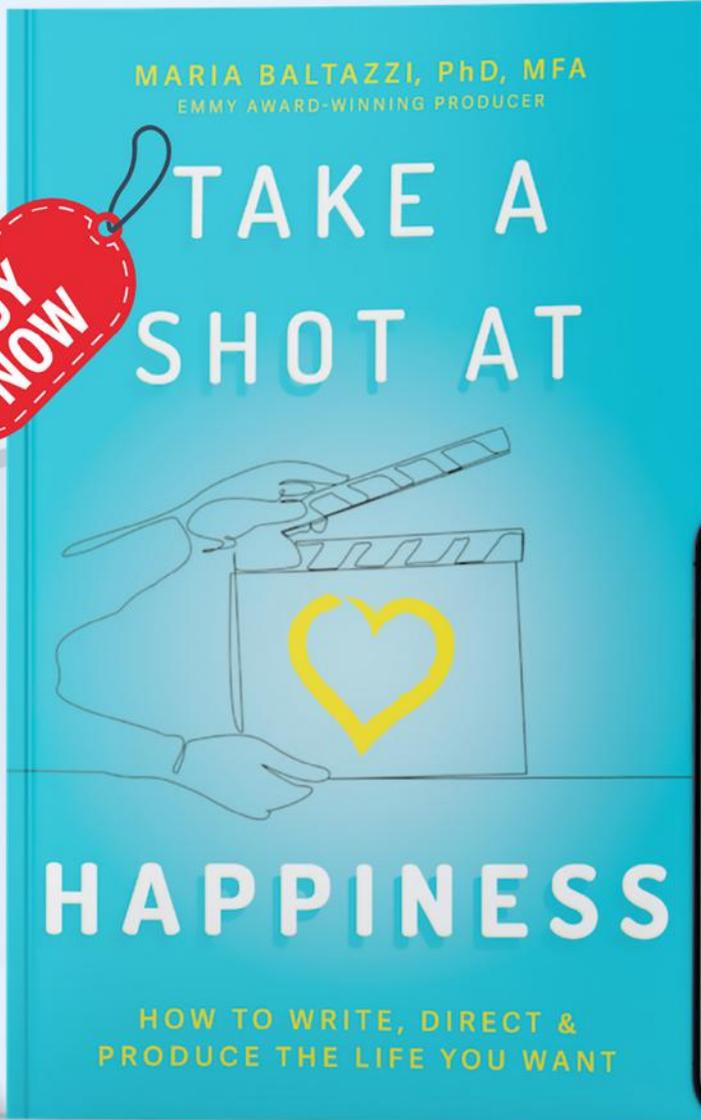
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