

Healthy You

THE CARE AND NURTURING
OF A CHILD'S SELF-WORTH

DR. KELLERMANN:

MEDICINE MAN

Recipes

DELICIOUS PLANT-BASED
DISHES THAT WON'T
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"WHERE'S THE BEEF?"

Pg. 20



BACK FROM
THE BRINK

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FROM THE EDITOR

WELCOME TO THE FIFTH ISSUE OF HEALTHY YOU!

It's hard to believe that this is the fifth issue of this magazine; one that I consider my personal baby because it is so near and dear to my heart. I had always wanted to do a glossy magazine, and one of the things that I love about Nevada County is the wide range of health and wellness options here. I am a fan of both ancient healing traditions and modern science; and our area embraces both in a way seldom seen in other places.

I try out nearly everything that we print in the pages of this magazine. That's a lot of treatments over five years, but well worth the effort and expense. This year, I tried Bowen therapy, sugaring, parenting classes, sound healing, vegan recipes, mindfulness meditation, spiritual crossword puzzles, and from a previous issue, a diet that helped me lose nearly 100 pounds in 2021. My six year old son even tried Kuk Sool Won! So if you're wondering if these are tried and true methods in these pages, I can assure you that I have personally tested nearly all of them and give them my stamp of approval.

The past two years have been difficult on many levels, particularly when it comes to public health. You will see on the cover that we have profiled Dr. Scott Kellermann, who I decided to interview after watching him give an inspiring talk about his work in Uganda; and then get attacked by a group of maskless people who screamed media talking points and repeatedly disproven theories about COVID to a person who is one of the leading infectious disease and vaccine experts in the world. We did not realize what we had in Dr. Kellermann, so I hope you take a few minutes to read about his work on the other side of the globe. Also, I wanted to introduce the community to his successor in a more real and personal

way, so please take a look at the Q&A about Dr. Sherilynn Cooke and remember when you are in public meetings that these people are doing their best, every single day, to ensure that Nevada County is as healthy as possible in every way.

We are all hopeful for a better year in 2022, and the way to make it so is to collaborate and unite for the greater good of all. This starts with you, with me, with all of us. We can change the world one act of kindness at a time. Let's each as individuals be as healthy as we can in body, mind, and spirit, and if we all do that, a healthy community, nation, and world is sure to follow. It starts with us. It starts with you. Join me in being your best self every day.

Let's do this!



Valerie Costa

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ON THE COVER

DR. KELLERMANN RELAXES IN THE SHADE WITH SOME BATWA ELDERS. IN JANUARY, DR. KELLERMANN RETURNED TO AFRICA TO WORK WITH THE EPICENTER FOR EMERGING INFECTIOUS DISEASE INTELLIGENCE AT UC DAVIS STUDYING THE BATS, PRIMATES, MOSQUITOES, AND HUMANS LOOKING FOR VIRUSES THAT COULD BE VIRULENT IN AN ATTEMPT TO HEAD OFF A FUTURE PANDEMIC.

Photo submitted by Dr. Scott Kellermann

Healthy Pregnancy, Healthy Baby

By Karina Gookin, MD

What is prenatal care and why is it important in pregnancy?



Pregnancy can be a very exciting time. It can also be a stressful time filled with overwhelming information and advice for expectant mothers.

As a physician at Chapa-De Indian Health, I am here to support mothers through every step of their pregnancy and beyond. As a mother myself, I love helping patients navigate their pregnancy journey.

There are many kinds of people who may assist you during your pregnancy: doctors, nurse midwives, nurses, health educators, community health workers, social workers, nutritionists, job counselors, Medi-Cal workers, and family planning counselors.

Unfortunately, America's maternal mortality rates are among the highest in the developed world. They are especially high among Black women and Native American women, regardless of their income or education levels.

Compared to urban residents, rural residents also face more severe healthcare barriers, including having to travel longer distances to receive the care that they need.

Babies of mothers who do not receive prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do obtain care.

Recent studies suggest that only 71% of expectant mothers receive prenatal care in the first trimester in Nevada County. For individuals using Medi-Cal, the rate for receiving prenatal care in the first trimester was considerably lower at just over 50%.



KARINA GOOKIN, MD is a physician at Chapa-De Indian Health. She provides compassionate, high-quality adult and pediatric primary care to all people, regardless of their financial situation.

Dr. Gookin attended medical school at UC Irvine School of Medicine and completed her Family Medicine Residency at Methodist Hospital of Sacramento Family Medicine Residency Program. She is board-certified through the American Board of Family Medicine and is passionate about helping serve the underserved in her community. While not at work, she enjoys spending time with family, hiking and running.

Just recently, one of our low-income patients did not have medical coverage when she found out she was pregnant. She visited our team at Chapa-De and we helped her establish pregnancy Medi-Cal to get her care started. It was fortunate we were able to see her right away because she was found to have gestational diabetes. With the help of our whole-person approach and Diabetes Team, she was able to successfully manage her gestational diabetes throughout her pregnancy.

During her pregnancy, this patient was also diagnosed with tuberculosis. With our support, she was able to sign up for full Medi-Cal so she could be seen by an infectious disease specialist to receive her treatment. Chapa-De also assisted her with transportation assistance along the way.

Thanks to essential prenatal care visits, this patient delivered a healthy baby girl late last year. We now care for the entire family, including mother, baby and three older sisters.

It is stories like this and proper education that help to dispel mistruths about the importance of prenatal care. Below are some of the most frequently asked prenatal related questions we are hearing from our patients at Chapa-De.

What is prenatal care and why is it important in pregnancy?

Prenatal care is the healthcare that you receive while pregnant. Prenatal care can help prevent pregnancy-related complications and inform women about important steps that they can take to protect their baby and ensure a healthy pregnancy.



When do I start receiving prenatal care?

You can start receiving prenatal care as soon as you know you are pregnant. If you know you are pregnant or think you might be, contact your medical provider to schedule a visit.

To learn more about Chapa-De Indian Health, please visit www.chapa-de.org.



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How often should I be receiving prenatal care check-ups?

Prenatal care check-ups typically occur once per month or more until your third trimester of pregnancy. As you near the end of pregnancy, you should expect to see your provider twice per month and then weekly in the final weeks. Your doctor might ask you to come in for check-ups more often if you have a high-risk pregnancy.

What happens during prenatal visits?

Prenatal visits with a health-care provider usually include a physical exam, weight checks and the collection of urine or blood samples. Early appointments will evaluate your health history and calculate your due date. Depending

on the stage of pregnancy, health care providers may also perform ultrasounds, measure the growth of your belly, and listen to the fetal heartbeat. Prenatal visits are also a great opportunity to ask questions and share any concerns that you might have.

How do I learn more about prenatal services available to me in Nevada County?

211 Connecting Point is a trusted source for information and connections in Nevada County, Placer County, or the Tahoe/Truckee region. To learn more about local prenatal services, dial 2-1-1 for live, 24/7 connections with a specialist or search the 211 Connecting Point Community Database at www.211connectingpoint.org. *



The Aerial Lab is a circus arts studio and community that offers classes for kids through adults (of all ages!) in aerial silks, trapeze, rope (corde lisse), lyra (aerial hoop), aerial yoga, acrobatics, kids camps and more.

We also feature a talented performance group available for events. Come explore creativity, fitness, flexibility, strength, and the fun challenges this art form offers with us!

Sign up online for a class: theaeriallab.com or email info@theaeriallab.com

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COVID-19 Vaccines and Fertility: What You Need to Know.



Does the COVID-19 vaccine cause infertility?

No, there is no evidence that the COVID-19 vaccine causes infertility.

Should I get the COVID-19 vaccine if I am planning to get pregnant?

Yes, the COVID-19 vaccine is recommended for people who are pregnant, breastfeeding, trying to get pregnant or might become pregnant in the future.



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MODERN MATERNITY CARE OPTIONS

By Leah Laroche-Paperno, LM, CPM

From the moment those two pink lines change the course of life forever, many questions rise to the surface. Studies show that couples spend 528 hours, or 22 round-the-clock days, planning their wedding, but many spend less than an hour choosing their pregnancy healthcare provider and location. This disparity falls short of honoring the truly indelible experience of pregnancy, birth, and parenthood.

To ensure the best experience, start by exploring the resources in your area. Pregnancies fall into two categories, referred to as “low risk” or “high risk”. It is important to consider any pre-existing or pregnancy-related risk factors when assessing your birthing options. While all pregnancies will need access to the most comprehensive resources available, low-risk pregnancies are less likely to experience complications. A high-risk pregnancy is more likely to experience a complication and will want immediate access to high-level medical intervention, such as the hospital. The choices will each have unique benefits and drawbacks.

Hospital Birth

The hospital setting provides the highest level of medical capabilities. As the most common choice, the hospital is often what people will feel most comfortable with at first glance. For high-risk pregnancies, the hospital is often the most obvious care plan.

There are many factors to consider when choosing an OB/GYN and hospital. For example, what are the hospital’s rates of Cesarean birth? While Cesarean can be life-saving, it also comes with risks of its own. A higher rate of Cesarean does not always equal better care. American hospitals have an average Cesarean birth rate of about 31%, while the World Health Organization recommends a Cesarean rate of 10%-15% as being safest for both parents and babies.

Here are some other questions to ask when considering your hospital:

- Does the hospital provide continuous monitoring or intermittent monitoring for baby? Continuous monitoring is ideal for a high-risk labor while intermittent monitoring will be appropriate for a low-risk laboring person and allows more freedom of movement while still being safe.
- What is the rate of epidural anesthesia? Epidurals offer effective pain relief, but carry risks just like any medication. Does the hospital support your choice to give birth naturally?
- Does the hospital have an NICU (neonatal intensive care unit) if your baby needs advanced care?
- What does the nursing staff have to offer? In labor, you’ll spend far more time with your nurse than with your doctor. Even the most dedicated nurses may be caring for multiple patients. Consider hiring a doula to provide continuous support, and/or taking a childbirth education class to be prepared for the medical events and sensations.

If you are considering an unmedicated birth, the hospital may not be your only option. Midwives provide care in the out-of-hospital setting and are available for anyone who is low-risk and wishes to avoid unneeded interventions. Licensed midwives (LM) and certified nurse midwives (CNM) work in home birth practices and free-standing birthing centers. They are considered primary care providers for healthy pregnancies.

The midwifery model is rooted in a holistic approach, with built-in informed choice and advocacy. Prenatal care with midwives mirrors the standard obstetrical schedule of appointments and includes testing such as genetic testing, routine labs and ultrasounds. Midwives assess the growth of the baby as well as monitor the wellbeing of the parent. Each appointment with your midwife should offer individualized support, evidence-based information, and relevant birth and postpartum preparation. An often overlooked aspect of midwifery care is what's offered in the postpartum. Midwives offer multiple appointments after birth for the parent and baby. Your midwife may even come to your home for some of your visits.

Home Birth with a Midwife

Home birth is available in many communities with a licensed midwife or certified nurse midwife. In addition to providing prenatal care, midwives will monitor you and your baby on an evidence-based schedule during labor. This includes maternal vitals, monitoring of the baby, and vaginal exams to assess progress. Some of the more personal benefits of home birth are more privacy, more agency over who attends your birth, and not having to travel further than your own living room. Home birth offers a Cesarean rate well below that of U.S. hospitals, with good outcomes for mothers and babies.

An important question when talking about any birth outside the hospital is, "What happens if there's an emergency?" Midwives

monitor labor in the spirit of facilitating the normal, while catching danger signs early. In this way, they can transition to the planned hospital of choice before an emergency occurs. The hospital transport rate for out-of-hospital birth varies from 10%-25% depending on the practice you choose and your individual risk factors.

Sometimes emergencies arise with no warning. The more common birth emergencies are shoulder dystocia, postpartum hemorrhage, and a baby who needs some assistance breathing. A midwife with a current license will carry medications to stop bleeding, is trained and practiced in the resolution of dystocia, and is certified in neonatal resuscitation, or helping a newborn breathe. Your midwife may also carry urinary catheters, IV fluids, prophylactic antibiotics, oxygen, pulse oximeter, and routine newborn medications.

While all midwives licensed by the Medical Board of California practice under the protocols, guidelines and laws as defined by their respective licensure, each midwife brings their own experience and style to your care.

Birth Center with a Midwife

The idea of birthing at home is not a fit for everyone, however, and you may be left wondering if there are any options between the hospital and the home birth experience. The answer is free-standing birth centers! Unaffiliated with a hospital and usually staffed with licensed and/or nurse midwives, birth centers are a safe option for low-risk birth. A birth

center provides all the benefits of the midwifery model with the advantage of a familiar clinic setting and an intimate group practice style.

A birth center may be right for you if...

- You want close proximity to emergency services
- You lack privacy or space in your home
- The size or location of your home is not ideal or easily accessible in all seasons
- You have other young children at home
- You share your home with extended family or housemates
- You desire to be in a space that is designed and intended for birth

The reasons for transfer to hospital from a birthing center are the same as those that would necessitate a transfer to the hospital from birth at home. Birthing centers will supply the same emergency equipment and medications that

a midwife would offer you at a home birth.

Nevada County is fortunate to have two hospital options; Sierra Nevada Memorial and Tahoe Forest. Nevada County also has an array of licensed midwives offering home birth. A list of home birth midwives can be found at thenest-familyresource.com.

Nevada County is celebrating its fourth year of having its very own free-standing birth center! Mariposa Birth Center (mariposabirth.com) is located in the heart of Nevada City and is staffed by licensed midwives and certified nurse midwives. Mariposa collaborates with lactation consultants, childbirth education services, doulas and other holistic and mainstream medical providers creating a true village of professional support around each and every family through their important birthing journey. ✨



BY LEAH LAROCHE-PATERNO, LM, CPM

Leah is a licensed midwife and the co-owner of Mariposa Birth Center located in Nevada City. Leah is passionate about every birthing person receiving the compassionate, skilled, and empowering maternity care they truly deserve. Leah's midwifery training was through one of the country's busiest birthing centers and MEAC accredited midwifery school in the borderland of El Paso, TX. It was in this unique and intense setting that her deep love of and commitment to informed birth and the midwifery model of care was born. Leah completed her rigorous training and residency at Maternidad La Luz, having attended over 340 births by the time she moved back to her home in the foothills of California. She began working at Mariposa Birth Center in 2019 and became co-owners with midwife Summer Lujan LM/CPM in 2020. As a mother, midwife and community healthcare provider, Leah is honored to serve her community.



The Care and Nurturing of a Child's Self-Worth

By Jinnae Anderson

It can't be underestimated: A child's sense of self-worth sets the foundation for everything they are and everything they do in life. Those with a high self-worth tend to do well in school, attract better friends, make wiser choices regarding alcohol and drugs, and lead more successful lives. They also treat themselves, others, and the environment with respect, impacting the world in a positive way. Most importantly, these children feel happy in themselves.

Sadly, the opposite is also true: Children with low self-worth often manifest behavior that is troublesome, destructive and harmful to themselves, others, and the environment. These children feel unhappy with themselves and their lives.

Building a child's self-worth is a key way to help them manage everything in their lives, including the disruption and uncertainty of the last few years. And yet self-worth isn't something you can hold in your hand or isolate in a test tube. Ask someone to define their self and you get a confused response, because "self" can be comprised of many things: thoughts, body image, culture, personality, job, characteristics, genes, roles in life, and much more. A self is a puzzle made of thousands of pieces that fit together to make a picture.

To understand how to improve the worth a child gives that self, it's important to understand the two terms that combine to create it.

Self-esteem + Self-concept= Self-worth

First, self-esteem refers to the way a person feels about themselves. A child with high self-esteem feels that they deserve to be treated with respect, that they are worth something. This child easily accepts compliments and praise, and won't tolerate misuse. A child with low self-esteem, on the other hand, may feel that they deserve cruelty because they are worth nothing. They reject compliments and struggle to like themselves.

Think of the confident class president versus the child who, convinced they are stupid, barely speaks in class. The feelings drive the way the child interacts with the outside world—and the world, in response, interacts in a similar way toward the child. It's a reciprocal relationship, for better or worse.

The second term, self-concept, is different than self-esteem, but the two are related. Self-concept refers to the way a child thinks about themselves. A child with a positive self-concept thinks they are capable, lovable, and fun to be with. These children can make and keep friends easily. Conversely, a child with a negative self-concept tends to think they are incapable of doing anything right. They can think they are unlovable and a bore. These children find it difficult to make and keep friends because of their negative attitudes and behaviors.

When you blend a child's self-esteem with their self-concept, you get their self-worth: The way they think and feel about themselves. These combine to set the value that they have for themselves.

Creating a Solid Foundation

While the influence of community and school will grow in significance later on, it's the family that has the earliest, longest-lasting, and most profound impact on a child's

self-worth. The initial stages of life are the primary time when relationships and experiences with family members shape and mold the personality and behavior of a child.

Take, for example, the construction of a building. If faulty materials and poor workmanship are used, a building won't have the solid structure it needs to withstand time and weather. A helpful goal for parents is to create a home that maximizes the positive qualities of life and creates a solid foundation of positive self-worth, especially in those early years. To do this, parents can incorporate the following tools and strategies:

- Don't be afraid to let your child struggle, but focus on small challenges that can produce small successes time and time again. For instance, a young child might climb to the top of ladder on a playground or learn to do something around the house. Each minor rising to a challenge adds a new layer of confidence and resilience.
- Rather than use platitudes like "Good job!" which become overused white noise to children, notice successes with the technique of spotlighting: Stop, get on your child's level, and focus on what they did without adding a value judgment. "You climbed all the way up there!" Share in the victory of the moment.



JINNAE ANDERSON

is the Parenting Specialist for the Nevada County Superintendent of Schools. She is currently leading free Nurturing Parenting classes via Zoom. Both a morning and an evening series begin in late March. For more information, contact Jinnæ at janderson@nevco.org or 530.238.5608.

- Attach a feeling to the situation. Ask, “How does it feel to finish that?” and let them experience a sense of triumph and achievement for themselves.
- Parents are often so intent on helping children get rid of all their “bad” qualities that they neglect to comment on the good ones. Make it a point to comment on your child’s strengths and positive behaviors. “I noticed that you shared your toys with sister. You are a giving person.”
- Find a space where you can act like you’re out of earshot but make sure your child can actually hear you. Then praise your child or your child’s behavior, either to another person or on your phone. It can boost a child’s value for themselves to hear you bragging on them when they’re not even “supposed to” have heard it.
- Model self-worth by valuing yourself highly. Show your child what it’s like to stop when you’re tired, to set healthy boundaries, to look after yourself physically, emotionally and spiritually. Children pick up much more through osmosis than we can ever teach them intentionally.
- A child’s feelings and opinions are a part of them as much as your feelings and opinions are a part of you. Honor your child by listening to them and respecting them. If you don’t agree with their ideas you can keep it neutral by responding with, “Thank you for sharing your feelings with me,” or, “It’s good to know what you think about that.”
- These strategies are all small things but, when applied consistently over time, they produce monumental results.
- Self-worth is built step by step, and it never stops being impacted for the positive or negative. No matter where you are on the road to building your child’s (or your own) self-worth, remember that change is an evolutionary process—not a revolutionary one. As a parent or caregiver, you consistently have a unique opportunity to impact and improve your child’s overall intrinsic feeling of worth. Take the opportunity--you’ll be glad you did. ✨

Know the signs of anaphylaxis

By Kathryn Holt

Anaphylaxis defined - The anvil placed above the chest slowly comes down. As the weight increases the rib cage is constricted. At the same time it feels as if hot quicksand is being poured down the throat building layers, coating the sides and solidifying. Instinctively, the reaction is to arch, throwing your head back and placing a hand on your neck – the universal sign, cannot breathe.



Trying to talk is virtually impossible. The voice seems to come from the base of the neck, just above the collar bone, distorted sounding, raspy, guttural and gravelly. You are lucky to get three to five words out. With your head tilted back, you can visibly see your own lips as they swell. Even dried, chapped, or cracked lips appear as if they have been grotesquely filled with a hard plastic volumizer similar to the character Goldie Hawn portrayed years ago in the movie *First Wives Club*. Your lips are bright red, plumped, puffy, and swollen to the point that they feel like they'll explode in a bloody mess.



KATHRYN HOLT is a freelance writer, featured national radio guest, an inspirational/motivational keynote event speaker, grants television interviews on a wide myriad of topics and is a contributor to *The Foothill Weekly*. She can be reached at kathrynholt@att.net.



Swallowing is no longer possible. The weight of the anvil has steadily increased, causing the heart to feel as if it is stammering and struggling under the extreme continuous pressure. The tongue has doubled in size, no longer fitting in the mouth but spilling over the teeth changing the entire structure, thickness, and depth.

Fine digit dexterity or manual manipulation is non-existent, with fingers becoming numb and curling in an uncontrollable manner. Muscles in the legs begin to cramp, no longer capable of carrying weight, collapsing upon standing. The heart is pumping in what feels to be an erratic pattern as the body is shutting down, either conserving or dying. You continue to desperately gasp for the air needed to survive yet to this point so taken for granted.

Eyes begin to dart in what appears to be a R.E.M. state, but the brain is no longer comprehending or registering who is present. The sheer pain starts to turn to euphoric nothingness. The lack of oxygen is wreaking chaos on the all systems, causing complete system failure. In a matter of a few seconds to mere minutes, the body is in full shutdown mode, where one goes from laughing and enjoying life to fighting for the next breath.

Knowing the signs and symptoms can save a life. This is to serve as a "Public Service Announcement" sharing my personal experience on the reality of Anaphylaxis. Recognizing what is happening is paramount to getting the appropriate resources, someone's life may depend on how you respond! I am one of the eight million Americans who carry multiple Epi Pens, children's liquid Benadryl, prednisone, Pepcid and a rescue inhaler. 🌟

KUK SOOL WON

By Tony and Lila Reyna

In today's fast-paced world, many families are seeking a way to slow down and to spend quality time together while being active and healthy. There are few activities that families and couples can do together and receive the same the physical and mental benefits as in Kuk Sool Won.

Kuk Sool Won is a traditional Korean martial art that has a focus on building your mind, body, and spirit. It is a comprehensive martial arts system that includes body conditioning, self defense techniques utilizing joint locks and pressure points, forms, traditional Korean weapons, and internal breathing techniques. Training in Kuk Sool Won helps instill self-confidence, self-discipline, and a calm self-assurance.

The three most important aspects of Kuk Sool Won training are: etiquette, patience, and practice. We believe if you have good etiquette, are patient, and work hard there are few things you won't be able to accomplish in life. Tony Reyna, chief instructor and owner of Gold Country Kuk Sool Won, believes that one of the most important things you can do to be happy and healthy is to be positive. A positive attitude is essential if you are going to have a healthy and happy life. Tony states, "If you do positive things and surround yourself with positive people, you will move in a positive direction."

Another important aspect of the marital art is "Jung shin". This Korean word means to focus your mind, body, spirit on whatever you are doing in a given moment. This can then be applied to school work, sports, career, and family. Along with being positive, this focus helps you to be happy and successful in your daily life. Kuk Sool Won has two types of breathing techniques that are used to help develop this "Jung shin" or focus:

Ki Cho Jah Ki (*wringing out the energy*) This is an external breathing technique used to bring the energy out and to energize you. These techniques will also help you to focus and concentrate while helping tone and strengthen your internal organs.

Ki Cho Jah Ki –
Bring Out Your Energy



In this external breathing technique, expel your air and open fingers wide, bringing your hands in front of your body.



Bring your arms straight out and up to shoulder level, then up to head level while your breath is still expelled.

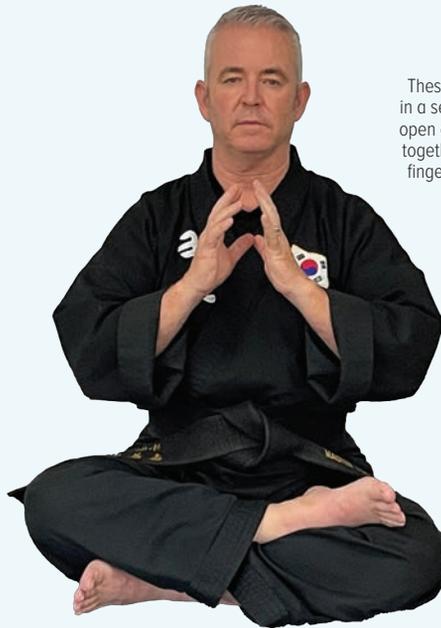


Drop your arms to your side and relax. Breathe in and repeat.



GOLD COUNTRY KUK SOOL WON is owned and operated by husband and wife team, Tony and Lila Reyna. Tony began his training in Kuk Sool Won while serving in the US Air Force. In 1982, he tested for his first-degree black belt in Kunsan, Korea. He is a 7th degree black belt. 2021 marks Tony's 40th year in Kuk Sool Won.

Lila has trained in Kuk Sool Won for 25 years and is currently testing for her 5th degree black belt. She is an award-winning author and founder of Action Awareness Training, specializing in women's personal safety and empowerment.



These exercises are performed in a seated upright posture, eyes open or closed. Bring your hands together at chest level with your fingers open, two inches apart.



Bring your hands over your head with palms facing up and fingers facing each other.

Bring your left hand chest-level and your hold your right hand sideways in front of your left, with fingers open as wide as possible.



Dahn Jahn Ki Bub – Balance Your Energy

In these exercises, breathe in through your nose slowly for three seconds, hold your breath for three seconds, and breathe out through your mouth.

Dahn Jahn Ki Bub
(internal breathing exercises)

When you feel stressed, scattered, or unbalanced, these breathing techniques are designed to help you relax your body and clear your mind.

It is important to balance external and internal breathing training to promote a calm yet alert mind, a strong yet flexible body, and a positive and happy spirit. The goal of martial arts training at Gold Country Kuk Sool Won is to help you become healthier, happier, and to enjoy life to its fullest. ✨

Extend your arms at shoulder level, with palms facing away, and extend your fingers wide. As you continue these internal breathing exercises, visualize your breath like a wave in the ocean: flowing on to the beach, pause, then the wave gently retreats.





MARY CAHILL has lived in Grass Valley since 1981. She is a young senior citizen who is focused on her health. Mary has struggled with her weight since she was 13 years old and has found solace and salvation in TOPS. With two young granddaughters and a precious three-year-old great-niece, Mary's weight is her guiding light to ultimate health. She hopes to live a long, healthy life here in our delightful community.

Food Addiction is Real

Learn to Take Off Pounds Sensibly *By Mary Cahill*

Food is the only addiction or compulsive behavior that can be justified. We must eat. When we first began our relationship with life-sustaining substances, we may have been encouraged or forced to clean our plates and eat it all because there were children starving in a far-away foreign country. Only years later are we able to laugh about the insanity of overeating to save a nation's hungry children 5,901 miles away! Maybe we weren't taught to respond to our innate sense of hunger and stop eating when we were full, but rather made to wait until a certain time to eat. Maybe we were made to eat it all whether we liked it or not, because that was expected. By the time we were on our own, the natural tendency to eat when we were hungry, and only then, was diminished. We ate when we were sad, mad, glad, bored, lonely, angry, happy, celebrating, disappointed, or expected to...but not necessarily when we were hungry.

Some people have developed a relationship with food under the stress of emotional trauma, caregivers who became dictators at the dinner table, or Mother Hubbard cupboards. According to the CDC, the US obesity prevalence was 42.4% in 2017-2018.

Today, according to medpagetoday.com, over 73% of U.S. adults are overweight or obese. Semantic scholar.org claims the research they did proved that participants recruited with friends had greater weight losses at the end of four-month treatment and at month ten follow-up.

According to link.springer.com, "Social support, especially from peers, has been found to contribute to successful weight loss and long-term weight loss maintenance. Peer support groups may represent a particularly effective intervention technique for weight loss."

TOPS

If you're often eating for a reason other than hunger, there is an opportunity to re-program your relationship with food and Take Off Pounds Sensibly (TOPS). This is a plan that has been working worldwide for thousands of folks since 1948. Hundreds of members have met here in Grass Valley since June 18, 1976. TOPS is not a clinic or a diet plan, but a group of supportive members with the same goal in mind, encouraging each other. As we say, "My loss is your loss and your loss is my loss!"

If you're sick and tired of the weight weighing you down, TOPS leaders would like to invite you to our local chapter for a lifetime of encouragement, diet tips, support, challenges both group and personal, and weight loss and exercise suggestions that will help you, once and for all, kick the weight to the curb! TOPS can help you find out what works for you. It's not 'one size fits all,' and they have many success stories to share. Once you've reached your goal weight, you can commit to keeping the weight off with the extended group, Keep Off Pounds Sensibly, for graduated, goal-reaching members.

TOPS meetings are open to anyone who would like to join, and take place Friday mornings; there is a 9:30 a.m. weigh-in and the meeting begins at 10 a.m. TOPS meets at The First Baptist Church at 1866 Ridge Road in the Fellowship Hall, Room 104, directly across from Nevada Union High School. Look for their signs near the door. ✨

If you have any questions, please phone Sharon Rodriguez at (530) 575-9325.

MAKE HEALTHY EATING A HABIT

Benefits of a plant-based diet

by Carrie McDowall



CARRIE MCDOWALL is a freelance writer who now makes her home in Grass Valley. She has been a vegetarian off and on throughout her life and is now exploring the exciting world of Vegan cuisine. She can be reached at carriemct@gmail.com.



CHANDI HOLLIMAN is a personal chef, caterer and baker specializing in vegan delights. She offers online vegan cooking classes through Ananda Sacramento where she currently resides (Anandasacramento.org).

More information on Chandi's vegan classes can be found at anandasacramento.org/vegan-cooking-class/.

New Year's Resolutions... if you are like me, they represent your annual opportunity to prove to yourself your aptitude for failure. Making resolutions also gives you the chance to hone your excuse-making skills:

- Going to walk/go to the gym every day = I got enough exercise for at least the rest of winter digging out from Snowmageddon.
- No more white sugar = There can't be much in DARK chocolate, right?
- No more junk food = Popcorn (with just a "little" butter) is a whole grain.
- Watch less TV = I was without cable or internet for two weeks (also thanks to Snowmageddon) - I am just going to catch up and then I will cut back.

Minus those resolutions that are tough ones seriously necessary for one's long-term survival, such as beating substance abuse, quitting smoking, and being declared morbidly obese by that nice doctor, the consequences of tossing those resolutions out the window lose out to temptation/lethargy sometime before mid-January. It's nearly spring, so my guess is that most resolutions are probably toast.

So this year I did not make any resolutions; nothing to have those post-resolution-failure blues over. So why don't I feel good? Well, maybe it is because I really need to

address some things. Then two friends who don't even know each other, practically on the same day, said they didn't make resolutions this year, either. Instead they were focusing on establishing some new habits. Say whaaat?!

I have beaten a bunch of habits, why on earth would I want more of them? But checking out the definition of "habit" on Dictionary.com it is, "An acquired behavior pattern regularly followed until it has become almost involuntary." Sounds positive, right? Habits don't have to be bad things to overcome? AND nowhere does it say "banned forever". Just do something regularly...not every time or else you have failed.

One of the consequences of holiday celebrations was falling off the vegan wagon (and gaining five pounds). Those cheese balls were just too tempting and I just might have even eaten worse than that. A plant-based diet was actually prescribed for me...and...I failed...miserably...in the face of temptation.

However, if I apply my new understanding of "habits", I can begin again by focusing on recipes with lots of vegetables. Make the "V" word the focus of nearly every meal. There are so many scientifically-proven benefits of a plant-based diet - that's why the doctor has prescribed it for me:

- May lower blood pressure
- May keep your heart healthy
- May prevent or improve Type II Diabetes
- May help to reduce weight
- May reduce cholesterol = stroke risk
- Other studies underway are showing benefits for cancer prevention and better brain function (boy do I need that!)

Besides, I enjoyed all the many vegan recipes out there (now that I have internet again). I had fun creating them...and posting them...and eating them. And I really enjoyed those Zoom cooking classes taught by one of my Ananda friends, Personal Chef Chandi Holliman. So I have reached out to Chandi and have some new recipes to try and to share. ✨



Sushi Bowl with Sweet Sesame Dressing

INGREDIENTS

The bowl

- 1½ cups (278 g) uncooked brown rice, soaked overnight, drained
- 2¼ cups (540 mL) water
- 1½ cups (225 g) frozen shelled edamame beans
- ½ cup (85 g) wakame seaweed salad (swap for nori seaweed sheet)
- 1 cup (70 g) shredded red cabbage
- 1 mango, chopped
- 1 avocado, chopped
- 1 stalk green onion, chopped
- ¼ cucumber, chopped
- ½ small red onion, minced

The dressing

- 2 Tbsp (30 mL) sodium-reduced soy sauce or coconut aminos
- 2 tsp (10 mL) sesame oil
- 2 tsp (10 mL) agave syrup or maple syrup
- 1 lime, juiced
- 1 tsp (3 g) garlic powder
- 1 tsp (2 g) onion powder

Optional garnishes

- fried onions
- toasted sesame seeds
- Air fried tofu

Tip: A ripe mango and the sesame dressing are highly recommended for this recipe. They both offer some intensely delicious flavors and moisture I feel this sushi bowl needs.

Original recipe: <https://www.pickuplimesblog.com/>

Asian Noodles with Spicy Thai Peanut Sauce

Makes 4 servings.

- ¼ cup smooth natural peanut butter
- ¼ cup tamari or soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon Asian Chili paste (can be adjusted for taste, add sparingly first up to 1 tablespoon)
- 3 minced garlic (can be adjusted to taste)
- ½ cup water
- 12 udon noodles
- 1 tablespoons toasted sesame oil
- 1 carrot shredded
- 2 cups cored and finely shredded napa cabbage
- ½ small red pepper, seeded and cut into matchsticks or julienned
- 1 bunch green onions, minced

INSTRUCTIONS

1. In a medium bowl, combine the peanut sauce, tamari, vinegar, chili paste, and garlic, stirring to blend well. Add the water, whisking to make a thick sauce.
2. Cook the noodles in a large pot of boiling water until just tender, 6-8 minutes. Drain and rinse the noodles under cold running water, then transfer to a large serving bowl. Toss with the sesame oil to coat.
3. Add the carrot, cabbage, bell pepper and scallions to the noodles. Add just enough of the peanut sauce to coat tossing gently to combine. Serve at room temp.

Adapted recipe from Vegan Planet



Lemon White Bean and Spinach Soup

Prep Time: 10 mins
Cook Time: 20 mins
Total Time: 30 mins



Servings: 4

White Bean and Spinach Soup is healthy, quick, cozy, and comforting — packed with fresh spinach, carrots, orzo pasta, and hearty cannellini beans — and easy to make in less than 30 minutes.

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 medium carrots peeled and chopped
- 1/2 medium yellow onion chopped
- 3 cloves garlic minced
- 1 teaspoon Italian seasoning
- 6 cups vegetable broth
- ¼ cup white wine (no white wine vinegar)
- 1 cup uncooked orzo
- 2 – 3 cups baby spinach
- 1 (15 ounce) can cannellini beans drained and rinsed
- ¼ cup lemon juice from about medium lemon
- 1 tablespoon chopped fresh Italian parsley (minced) or 1-2 teaspoons dried
- 1/4 teaspoon kosher salt
- 10-12 cranks fresh-ground black pepper

Additional garnishing.

- Optional white cheese shredded lightly for garnish.

INSTRUCTIONS

- Warm olive oil and butter in a large Dutch oven or stockpot over medium-high heat. Add onion and carrots and sauté, stirring frequently, for 4-5 minutes. Add garlic and Italian seasoning. Cook for 30-60 seconds, just until fragrant.
- Deglaze with a light white wine, or lemon juice. Do not use white wine vinegar.
- Stir in broth and bring to a boil. Add orzo, then reduce heat to medium. Simmer for 7-8 minutes, stirring frequently, just until the orzo is tender.
- Stir in the spinach and beans and allow about 1 minute for the spinach to just wilt. Add lemon juice, parsley, salt, and pepper.
- Taste adjust seasoning, lemon juice, serve and enjoy!



NOTES

- Orzo. Check the package directions to verify the correct cooking time for your brand of orzo. You want it to be tender, but not at all over-cooked, so keep a close eye and when in doubt, proceed with the next step of stirring in the spinach and white beans.
- Leftovers? If you are likely to have leftovers, consider cooking the orzo separately and adding it to individual portions as you serve it. This prevents the orzo from soaking up extra broth as the soup sits.
- Seasoning. You may want to add more lemon juice, salt, and/or pepper according to your tastes. Start with the amounts listed here, and add more if desired. ✨

NUTRITION ESTIMATE

Calories: 361kcal, Carbohydrates: 61g, Protein: 14g, Fat: 7g, Saturated Fat: 3g, Cholesterol: 8mg, Sodium: 1622mg, Potassium: 777mg, Fiber: 8g, Sugar: 7g, Vitamin A: 7340IU, Vitamin C: 9mg, Calcium: 126mg, Iron: 4mg

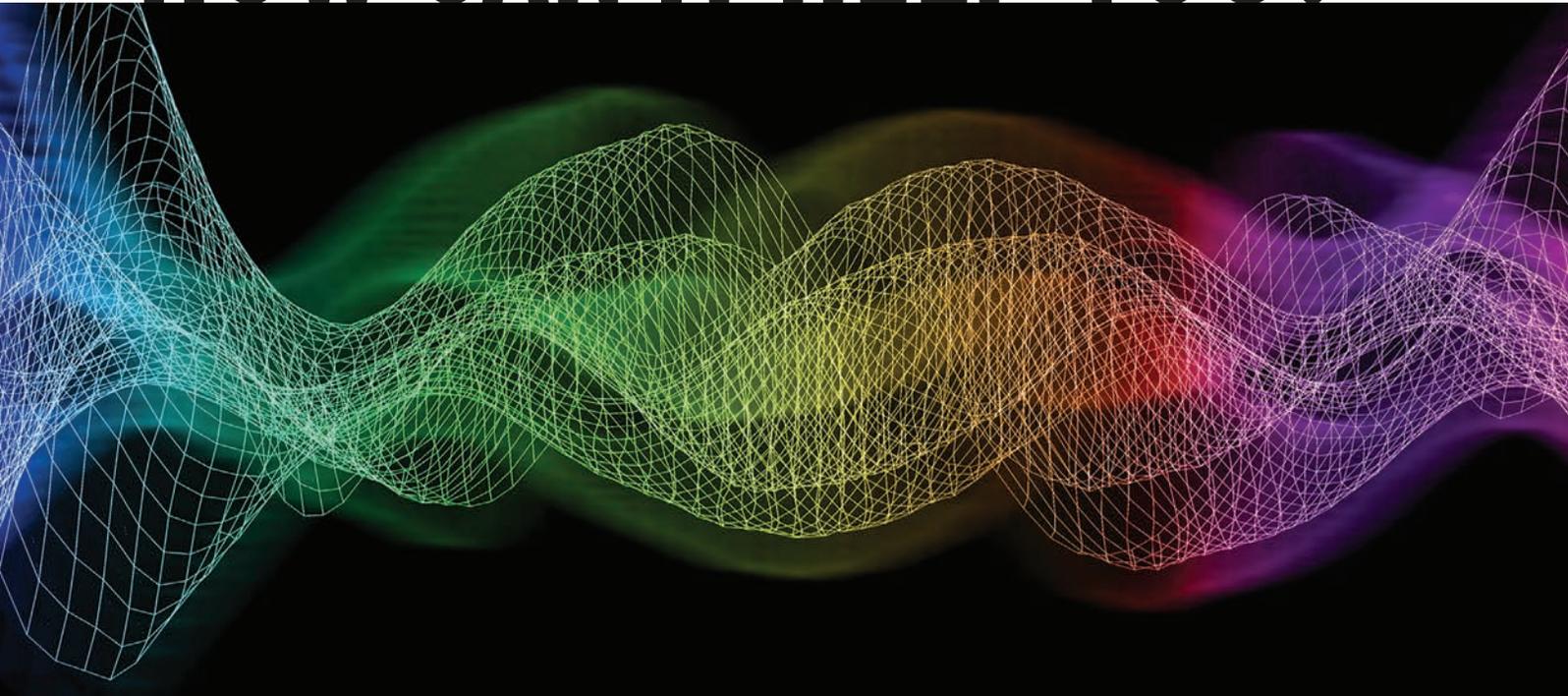
Original recipe by:

www://nourish-and-feta.com

Ingredients and procedures adjusted by:

Chandi Holliman

WHAT IS FREQUENCY ENERGY MEDICINE AND HOW CAN IT HELP YOU?



By Lila Reyna

Frequency Energy Medicine is a natural healing modality that measures and balances the natural frequencies around the human body. Founded by Medical Intuitive Dr. Ondre Seltzer, Frequency Energy Medicine approaches the body as a vibrational energy system rather than solely a biomechanical one, encompassing all three components of wellbeing: the mind, body, and spirit.

Science shows that everything is composed of energy - including the human body. All matter is made up of atoms, which are held together with energy. Energy is often the most influential component of health, intrinsically connected to both the mind and the physical body. However, it is rarely addressed in modern healthcare systems. Energetic factors can often be the root cause or the missing link in unusual, chronic, or recurring symptoms that are not successfully treated with a mechanical approach.

The body is both a receiving and transmitting station for energy, with positive and negative energetic interactions occurring at all times. These interactions can both lower or raise a person's frequency. Frequencies are measured by the number of times an energy wave passes a fixed point per second. Everything in the universe vibrates at its own unique frequency, including the human body and each of its organs.

John Hopkins University determined that the average healthy human body vibrates at about 62-78 Megahertz (MHz). Disease was found to begin when the body falls to 58 MHz, and high receptivity to serious cases such as cancer usually begins when the body falls to 42 MHz.



Like instruments in an orchestra, if a single one falls out of tune or emits an imbalanced frequency, it will cause discord and disruption to the entire orchestra. Such is the case with the body.



LILA REYNA is an award-winning author, Certified ONDRE™ Frequency Energy Medicine Practitioner, and a fourth-degree black belt. Lila founded Reyna Family Wellness Center located in Nevada City, CA, with a passion to share the integral role energy plays in our health, safety, and well-being. Through the center's services offered for the whole family, Lila has dedicated herself to helping others empower themselves to develop powerful life skills for the benefit of their personal wellness, greater self, and quality of life.

The importance of understanding frequencies is made clear with the use of Electrocardiograms, used by doctors to measure the patterns of vibrational energy emitted by the beating heart to determine heart health and function. The heart has its own natural frequency, as does each organ in the body. A healthy liver, for example, measures at about 55-60 MHz, the lungs at 58-65 MHz, and the pancreas at 60-80 MHz. Like instruments in an orchestra, if a single one falls out of tune or emits an imbalanced frequency, it will cause discord and disruption to the entire orchestra. Such is the case with the body.

For continued performance, each instrument must be maintained, cleaned, and re-tuned. This is the role of Frequency Energy Medicine -- its techniques first employed to measure natural bio-frequencies and identify areas of imbalance, then correct or retune those frequencies. It can also be a powerful preventive measure, often identifying and correcting imbalance frequencies before they present physical symptoms.

Dr. Ondre Seltzer emphasizes that Frequency Energy Medicine practitioners are not "healers," but instead facilitators of the healing process. "We assist in the body's ability to self-heal by restoring and enhancing its natural frequencies." Balancing and enhancing these frequencies can improve not only the physical condition, but also enhance happiness, creativity, vitality, and success.

Frequency Energy Medicine can help:

- Identify and treat the underlying cause of unusual, chronic, or recurring symptoms
- Provide natural pain management and relief
- Empower you with the ability to self-heal
- Provide personal guidance and direction
- Increase mental clarity
- Clear negative blocks to enhance health, happiness, and prosperity

In the words of Albert Einstein, "Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. This is not philosophy. This is physics."

The force behind many medical miracles as well as top celebrity careers, Frequency Energy Medicine proves Einstein's point with its 30 years of profound results.

Practitioners are trained by Dr. Ondre or a qualified ONDRE™ instructor and must be certified to practice Frequency Energy Medicine and provide its services. Reyna Family Wellness Center, located in Nevada City, CA, is the first Frequency Energy Medicine certified center, meeting the requirements to offer Frequency Energy Medicine services based on the facility's energetic cleanliness, intention, integrity, and adherence to the Frequency Energy Medicine code of ethics and natural laws of healing.

Dr. Ondre's renowned words encompass the essence of Frequency Energy Medicine: "Change your energy, change your life." For the mind, body, and spirit, Frequency Energy Medicine makes change possible -- creating hope, happiness, and healing for all. ✨

For more information, visit reynafamily-wellness.com.



THE HOLISTIC APPROACH TO HEALTH AND WELLNESS

Bowen Therapy and the Mind Body Connection

By Andi Yablon-Krause

The Holistic approach to health care considers the whole person -- body, mind, spirit, and emotions -- in the quest for optimal health and wellness. This approach focuses on fixing the cause of the condition, not just trying to alleviate symptoms. Holistic health practitioners believe that the whole person is made up of interdependent parts and if one part is not working properly, all the other parts will be affected. Any imbalance whether physical, emotional, or spiritual can affect health negatively. So the key to health and wellness is gaining the proper balance in our lives. Bowen therapy facilitates a whole body process and resets the body's dysfunctional tension patterns and stimulates its innate ability to heal.



What exactly is wellness, anyway? As defined by the World Health Organization, wellness is a state of complete physical, mental, and social wellbeing; not merely the absence of disease or infirmity. Wellness is an active, lifelong process of becoming aware of our choices and making decisions that in turn lead us to living more fulfilling lives. Wellness involves the choices we make and our priorities that determine our lifestyles. It involves being aware of the mind/body connection, and having the ability to express emotions and to find a balanced pace to live within in such a fast-paced world and the ability to establish positive, realistic, hopeful, and healthy thought patterns. Holistic health care is also based on the belief that all people have innate healing abilities and that they have more power than they may realize regarding their own health and wellbeing.

Having choices means that we have a variety of options to live by and select those that seem to be in our best interest and wellbeing.

You must ask yourself this most important question: *“Does my lifestyle support my healing response?”*

If not, ask yourself: *“What is my responsibility in all of this? How can I support my healing response?”*

You must look at all aspects of your life and environment and begin to focus on them individually. All of these factors are equally important to your physical and emotional wellbeing. Nutrition, activity levels, sleep patterns, environmental

factors (negative/positive) and emotional trigger patterns all play important roles in our quest for our bodies to be in a complete state of homeostasis, which refers to any process that living things use to actively maintain fairly stable, steady conditions.

Bowenwork is a light touch therapy of the muscles, tendons, and fascia (connective tissue) that balances tension patterns and utilizes small precise inputs to the fascia, tendons, and nerve bundles over very specific points stimulating the body's own healing abilities. Bowenwork not only affects the musculoskeletal framework but also the internal organs, soft tissue, and nerves resulting in enhanced function of the entire workings of the body. Improved circulation, lymphatic drainage, increased range of motion from old and new injuries, and relief from autoimmune conditions are just a few of the benefits noted from Bowen sessions.

Just some of the conditions helped by Bowen Therapy are:

- Back pain and sciatica
- Digestive and bowel problems, including IBS
- Earache, ear infections, and migraines
- Fibromyalgia, chronic fatigue syndrome
- Knee, ankle, and foot problems
- Menstrual and hormonal irregularities
- Neck/shoulder problems including frozen shoulder
- Groin pain, pelvic tilt, and uneven leg length
- Respiratory problems and hay fever
- RSI, carpal tunnel syndrome, and tennis elbow
- Sports and accident injuries ❁

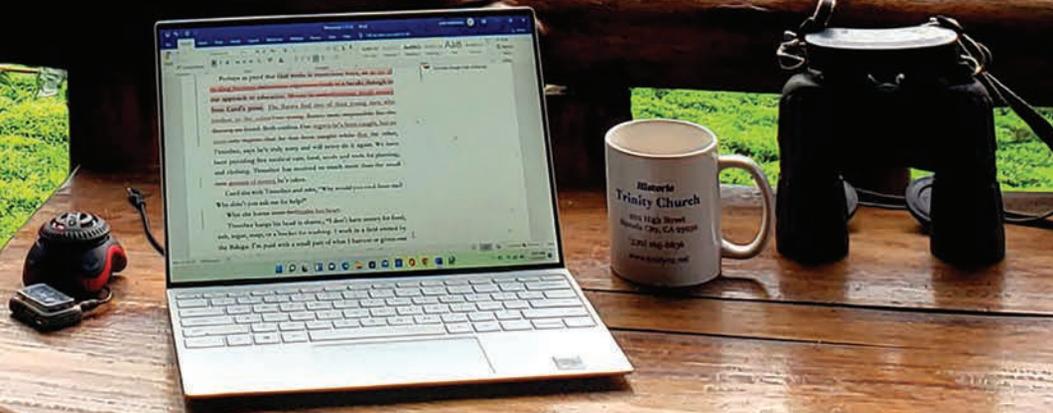


ANDI YABLON KRAUSE is a Bowen therapist residing in Nevada City, California. Her journey into Bowen therapy started when she received a troubling diagnosis for herself. In the quest for pain relief and to retain her mobility she discovered Bowen therapy and its amazing benefits. After extensive training from The American Bowen Academy, which was completed in 2014, she is the only certified Bowen therapist in Nevada county. She is certified in all advanced procedures and is fully committed to helping humans and their pets heal from injuries and chronic conditions. You can contact her at Andi@bowenworkforhealthandwellness.com



DR. KELLERMANN: MEDICINE MAN

BY VALERIE COSTA



After a contentious stint as the Nevada County Public Health Officer during 2021, Dr. Scott Kellermann has returned to the land of his heart; Uganda. It is there that he has spent the past several decades doing the work of his heart and spirit: bringing much-needed medical services to some of the most impoverished people on the planet.

A LIFETIME OF GOOD WORKS

At the age of six, young Scott had a pediatrician who he really liked and said he wanted to be like her, and it was then that he decided to become a doctor. Six years later, he read a passage by Albert Schweitzer that inspired him further. “That quote was: One thing I know; the only ones among you who will be really happy are those who will have sought and found how to serve,” Dr. Kellermann shared. “At 11 or 12 I knew I would end up being a doctor. When I finally got the chance to do it I felt like a kid in a candy store!”

But becoming a doctor wasn't service enough for Dr. Kellermann. He wanted to go where he could do the most good and travel to the remote regions of the world that were lacking in healthcare. In 1977, he, his wife Carol, and their one-year-old son flew to Germany, bought a VW Bus, and spent the next four and a half months driving to Nepal, where the couple stayed for two and a half years and had another child. Dr. Kellermann worked in the hospital and they lived right over the maternity ward, so when it was time for his wife to birth their child she just walked downstairs to do so.

When the Kellermanns returned from Nepal, they made a pact that every summer they would travel some place in the world as a family and work there. Even the kids got involved, and every place they went they had to take on a project to help the local community. For instance, when Dr. Kellermann traveled to Bolivia one summer to do immunizations there, his children started the first ever Little



League in that country, with all of the equipment donated from their friends in Nevada County. Then, Rollins Sporting Goods said that if the boys could establish an actual league they would donate all equipment, and they did.

The summer trips would be six weeks long, with four weeks devoted to work and two to travel. Dr. Kellermann said that his children liked the working portion more than the travel part, because they enjoyed making a difference. Those lessons carried over into adulthood, as now, as adults, one of his sons is a pastor at a local church and the other is a union attorney fighting for workers rights in New York City. Those summer trips changed his children's perspectives in many ways, and shaped them into the people they are today. “Before dinner, my kids would say ‘I'm starving!’ I told them they weren't, and took them to Brazil to work with street kids,” recalled Dr. Kellermann. “It took starving out of their vocabulary.”

COMING HOME

Although Dr. Kellermann specializes in tropical medicine, and Saharan Africa is the source of the vast majority of tropical diseases,

Carol had a great fear of African diseases and was adamant that the family not travel there. But when they received a request to perform a medical survey on the Batwa Pigmies, Carol laid her trepidations aside and agreed to go to Uganda. “My studies determined that the Batwa had huge health challenges, with an under age five mortality of over 30% and a life expectancy of only 28 years, with the annual per capita income being \$25 per year. Carol engaged the Batwa on a deeper level, listening to their stories of living in abject poverty. At dinner one night, Carol mentioned, ‘I feel as if I have come home.’ After another few weeks it was obvious that she was impacted by the Batwa's desperation and mentioned, ‘The Batwa are unlikely to survive without support,’” Dr. Kellermann recalled. Over a quiet family dinner, Carol shocked her husband when she suggested, ‘We should consider selling our possessions and returning to assist these unfortunate people.’ Carol had feared life in sub-Saharan Africa but turned it completely around and became willing to put it all on the line for the Batwa.

The couple did just that, and spent the first three years in

Uganda living in a tent, traveling around learning the language and culture. Dr. Kellermann was having a difficult time making headway with the Batwa and getting them to do simple, life-saving things and could not figure out why. Then, a friend of his from medical school came to visit, and after a month asked if he was having trouble with the Abafumu (witch doctors) of the region. Dr. Kellermann said that he was; that they have bizarre practices where they use incantations and spells, cut kids and pack herbs in there, and burn them over where they think an infection is. “Did you know that 90% of your patients go to Abafumu before they see you?” his friend asked. “You say you can't work with them, I say you can't work without them.”

So he arranged a meeting with the Abafumu, and 50 of them showed up dressed in traditional garb. All had specialties, such as lightning strikes, maternity, etc. Dr. Kellermann asked them if they had trouble working with him, and they told him that they did because they thought he was going to be judgmental. “It took me by surprise, but I said, ‘Yeah, I have been, but if you find me being judgmental call me on it.’ One asked about kushara (cutting) or omurira (burning) or ebino (tooth extraction), and asked what I thought about those practices. I was like a deer in the headlights; if I said they were unconscionable, which I believed, the meeting was over. I stood there dumbfounded. Then an old lady stood up and a deathly silence fell over the room. One said, ‘That's Batusa,’ who I knew by reputation; she was the most powerful Abafumu in the valley, with a curse you would die from. People would come into the hospital withering away and say she cursed them. She walked over slowly to the guy who was wanting the answer, put her hand on his shoulder, pushed him down into his seat, and said, ‘We're going to talk about what we have in common, not our differences. And what we have in common is that we have disease here infecting our children; that's what we need to talk about.’”

The Abafumu agreed to all meet with Dr. Kellermann every two weeks or so, and Dr. Kellermann told them that at the next meeting they were going to distribute mosquito nets to combat the malaria that was ravaging the area; particularly the children. The Abafumu believed that malaria was caused by stan (demon) because kids under the age of five would mostly contract cerebral malaria, which causes seizures, and for them that was an indication of demon possession. Dr. Kellermann took the Abafumu to the hospital and showed them malaria under the microscope and talked about the life cycle of the anopheles mosquito, and the tribal doctors agreed to try the nets. “They said that unless the people pay for them, they won’t accept them. I didn’t want to take money from the poorest people with children dying, so the Abafumu said to do an exchange.



We exchanged 40,000 bed nets, and noticed malaria patients in the clinic dropped from 40% to 2.5%,” Dr. Kellermann beamed. “So the upshot was four or five months later I was walking past a village and noticed a group of elders under a tree chatting. I sat down with them. They said, ‘You seem happy;’ I told them the last few months had been wonderful, that my wife and I were happy, our projects were going well, and my vehicle was running well. They started laughing. They asked, ‘When did this first start happening?’ I carry a journal and pulled it out of my backpack and said it had started about four months prior. They laughed and said, ‘Do you know what happened after the first meeting with Abafumu? They did an all night curse removal ceremony to remove the curse they had put on you because they knew you were not supportive of their practices.’ It made me question some things about how I viewed the Abafumu and the world.”

But the removal of a curse was not the best part of the collaboration. Before the meetings had begun, 56% of tuberculosis patients were able to complete six months of therapy, but once they started working together, 97% were able to complete the therapy. Dr. Kellermann visited villages with the Abafumu and talked about germ theory and diarrhea, and they put in simple rainwater catchments and worked on water and sanitation, and diarrhea, a major killer of kids in the region, dropped 50%. “Simple measures saved many lives due to collaboration,” Dr. Kellermann said. “We saw that happen again with immunizations when Ebola was ravaging Eastern Congo; the first gene-based vaccine was not for Covid, it was for Ebola. We were able to help deliver immunizations in the war torn, rebel-controlled, roadless Congo, and at the end of last year the Ebola epidemic was considered over. Can we not do the same thing in Nevada County with Covid?”

BUILDING A BETTER WORLD

Dr. Kellermann returned to Nevada County from time to time and would give talks at local Rotary clubs, and shortly afterward he had 150-200 Nevada County residents visiting Uganda to help with his efforts. When they began, the region didn't have any facilities, but now through the Kellermanns' efforts through their nonprofit Kellermann Foundation, along with the volunteer support from Rotary and Nevada County citizens, they have a 175 bed hospital, ranked one of the best hospitals in East Africa. Knowing that to be sustainable, the next generation has to be educated, they also built a nursing school, which currently has 400 students and is ranked the #1 nursing school in Uganda. "We start our hospital every day with 45 minutes of singing and dancing and drumming together. We're all on the same team, have the same goals, and everyone is together. Whatever you are doing that day, we support one another. It's very therapeutic, and I talked to SNMH and told them they should begin each day with

singing and dancing. It would be quite a sight and could shift the way we view medical treatment in the US," Dr. Kellermann said.

One of the definitions of poverty is lack of options, and without education one's options are very limited, so the Kellermann Foundation also established three schools, which have a little over 1000 kids attending. They have also trained over 500 people to be village helpers and serve as their eyes, ears, and feet on the ground. Each helper is responsible for 20-25 households. If a mother is having problems in pregnancy they let the doctors know, they make sure that people are taking their medicine, and if kids are having problems or illness they are referred. "We have worked together collaboratively to make real change," Dr. Kellermann mused. "The people who came over from Nevada County to help with our efforts, their lives were transformed. They saw kids with no toys, but the kids were happy. In the face of poverty and hardship, they wake and go to bed with the sounds of drumming and

singing. I dream about it when I'm away. When we first came to see the Batwa, they were down and they lacked pride in themselves; now they are extricating themselves from poverty with income generation and women's health and land and farming. They are now proud to be Batwa!"

SHAPING THE FUTURE

In January, Dr. Kellermann returned to Africa to work with the Epicenter for Emerging Infectious Disease Intelligence at UC Davis studying the bats, primates, mosquitoes, and humans looking for viruses that could be virulent in an attempt to head off a future pandemic. In a conversation with NIH early in the pandemic, Dr. Kellermann was asked about the healthcare delivery system in Africa, and he told them about their collaborative efforts. One of the members asked why are we not doing that in America? Why are we not watching out for each other? Why, indeed.

"The one thing I've learned through this whole experience is

that without collaboration and collegiality you will lose your joy. It's hard, solo work, but with it, there's an African expression, shared joy is doubled joy, shared grief is half grief. Never has that been more apparent than in my work in Sub Saharan Africa and my job as Public Health Officer for Nevada County," Dr. Kellermann said. "Just have respect for your fellow man and love your neighbor. How do we appeal to our better angels? We have far more in common than we have differences, and if we focus on that it's the way through this. If we squabble about issues without seeking compromise, there's no coming back."

Dr. Kellermann invites anyone who is interested in changing their perspective on the world, or in serving humanity, to come to Africa to help in their efforts. It's about \$3,000 for the experience of a lifetime, in one of the most beautiful places on earth; a journey that will leave you forever changed for the better. He has also written a book called *The Gift of Africa* which will be published this year. ✨



To learn more about Dr. Kellermann's efforts in Uganda and to find out how you can be a part of it, visit Kellermannfoundation.org.

MEET DR. SHERILYNN E. COOKE

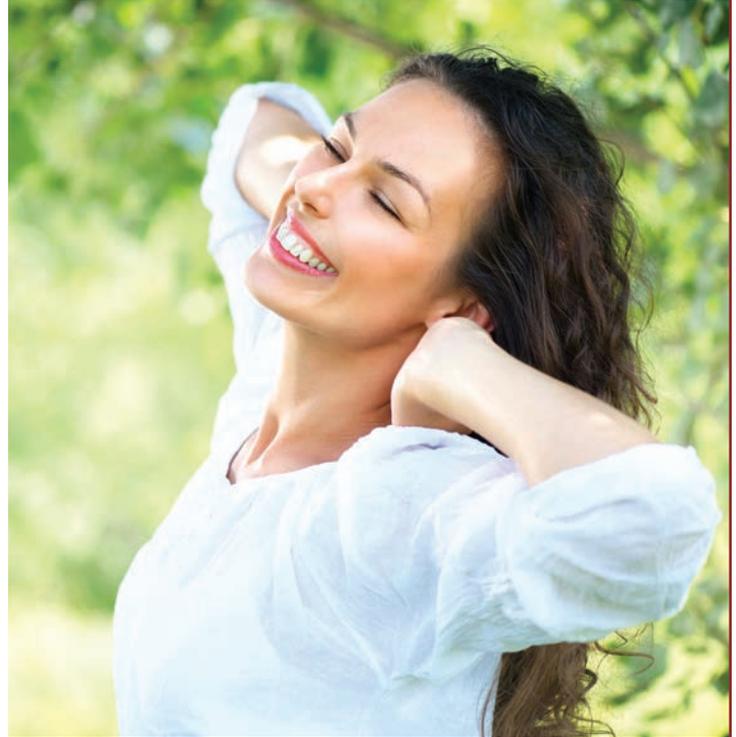


On **January 1, 2022**, Dr. Sherilynn Cooke became the new Nevada County Director of Public Health, replacing Dr. Scott Kellermann. We thought it would be a great idea to learn something about our new Director of Public Health, who will serve in this role through at least June 30, 2023.

BODY LOGIC PHYSICAL THERAPY

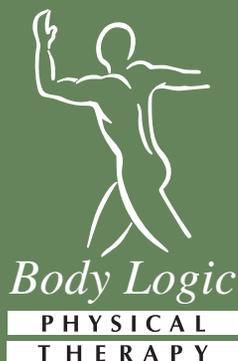
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Where did you grow up?

Tell us a little about your childhood.

I was born in Los Angeles and grew up in Compton, California. I am from a large family. I have three sisters and a brother, so we had a very busy household. My community was unique in that we were a small neighborhood with large lots and rural zoning within an urban area. We, and many other neighbors, had horses and other farm animals as well as gardens in our backyard. I raised and showed beef cattle through our local 4-H club and used to barrel race and compete in Gymkhanas as well as swim competitively as a child.

Did you always want to work in the medical field? What inspired you to do so?

Initially, I planned to become an equine veterinarian. During college, I became more concerned with human health issues and changed my major from Animal Science-Pre-Veterinary Medicine and graduated with a degree in Biology-Pre-Med.

Where did you go to college? Medical school?

I graduated from Cal Poly Pomona and then attended UCLA, where I completed a Master's in Public Health with a focus on Behavioral Science and Health Education. I worked for nine years for the County of San Diego Departments of Health Services and Social Services, and I returned to school and completed my Doctor of Medicine at Stanford University.

Tell us about your first job in medicine.

After completing medical school, I did my internship and residency in Internal Medicine at Alameda County Medical Center - Highland Hospital, which is a very busy County hospital. After residency, I spent over 20 years at Kaiser Martinez in Contra Costa County as a primary care physician.

What do you hope to accomplish as the Nevada County Public Health Officer?

Nevada County is a wonderful community, yet, like all communities, it does have some public health challenges. The role of the Public Health Officer is to protect the health of the community as a whole. My immediate focus is to minimize the negative health impacts of COVID-19, which is the biggest current threat to the health of residents of Nevada County as well as the entire country. I plan to listen to community members' concerns in order to address health concerns in the best interest of the whole community.

What issues do you see as unique to our area?

Nevada County is very diverse with rural agricultural communities, recreational areas, as well as more urban areas. All of these communities will share some common health concerns, but also specific concerns due to geography, differences in population, and how people live. Some of these unique issues will require different approaches tailored to the community.

What is your communication style?

My communication style is collaborative, and I like to listen and find common ground whenever possible.

Do you have a family?

I have a very large extended family, but my immediate family, whom I live with, are all furry. I have two cats, two dogs, and three horses.

What do you love most about Nevada County?

Nevada County is physically beautiful with the mountains, rivers, and the valley areas, but what I love the most is getting to know the people of the County who so far have been very warm and welcoming.

Tell us something interesting about you.

I have been an equestrian my entire life; I am an avid trail rider and have competed in team penning and sorting. I also have bred three generations of Arabians. One fun fact is that I began team penning on my Arabian, while most team penners ride Quarter Horses or Paint Horses. While most of my time competing has been spent in the Central Valley, I did compete years ago in Grass Valley. I hope to get back to competing regularly again once the pandemic is controlled. 🌟



What I love the most is getting to know the people of Nevada County who so far have been very warm and welcoming.

Gimme Some Sugar

Body sugaring is a modern hair removal method with ancient roots

By Kelly Marie

Nicks and razor burn from shaving is quickly becoming a thing of the past as people are starting to ditch the razor and turning to a professional for help with hair removal in general, and especially for sensitive areas. Body sugaring is a modern method of hair removal that is shockingly gentle to the skin.

Most people upon their first time being sugared say something like, “I’m not even red, just little pink, I was expecting it to hurt significantly more.” This is a common response to body sugaring (done correctly).

Body sugaring may seem like a new thing; however, it’s more like a modernized blast from the past. Body sugaring is one of the oldest methods of hair removal. Body sugaring is known to have originated in the Middle East, and has roots in ancient Egypt.

Don’t get me wrong, I believe waxing still has its place, and I currently offer waxing too, but body sugaring is especially incredible for sensitive skin or those prone to ingrown hairs or for those wanting hair reduction while also saving time with their daily hygiene routine.

Body sugaring, especially for sensitive areas (like the bikini area) is becoming even more popular than waxing, as it has superior advantages for the skin in areas prone



to ingrown hairs. It’s often all natural, consisting of water, sugar, and lemon. It’s super gentle, as it is only warmed to body temperature and only adheres to dead skin cells and not live skin cells, which leads to less skin irritation and less trauma to the skin.

With proper home care from a trained sugaring artist, shorter hair can often be removed than what’s required for successful extraction than waxing requires.

While this craft may look easy to the untrained eye, it’s an art that takes time to master. Body sugaring requires a molding process to extract the hair quickly and efficiently. In my opinion after 15 years of experience performing this service, sugaring can be more labor-intensive for the aestheticians (in certain areas) than waxing. However, proper training will help minimize service times as well as discomfort for clients, so make sure you pick a provider who has

been educated well enough to offer clients the best experience possible.

This perfect flick (meaning extraction of the hair) comes with continual training and years of dedication that it takes to master this art. This effortless-looking flick can take years for some artists to perfect. When you find the right sugaring artist, you are in for a treat.

Happy sugaring! ✨



KELLY is the owner of Hot Wax Studio in Nevada City and a 15 year hair removal veteran. She is also a Certified Sugaring educator who continually educates herself on best practices. To learn more, or to book an appointment, visit hotwaxstudio.com.

BACK FROM THE BRINK

A tale of survival

By Tara Coyote

My life has been a jagged, winding road. I'm grateful for every growth opportunity that comes my way.

I was fortunate to live in the Nevada City/Grass Valley area for seven years. I truly enjoyed the artistic, diverse and aware community nestled in the Sierra Nevada Mountains. I moved to the area in 2012 after a heartbreaking incident, which led me to seek redemption and healing near the mineral-studded banks of the Yuba River. I was not disappointed. Moving to the Twin Cities area was truly one of the best decisions I made in my life.



TARA COYOTE has been journeying with late stage breast cancer for five years now. She recently published the Amazon bestseller *Grace, Grit & Gratitude: A Cancer Thriver's Journey from Hospice to Full Recovery with the Healing Power of Horses* (<https://amzn.to/3IEJua3>). Tara Coyote is the founder of Wind Horse Sanctuary in Kaua'i, Hawaii and a certified Eponaquest 'Equine Facilitated Learning' instructor, life coach, workshop leader, writer and dancer. You can find her happily scooping horse manure on her tropical home!

I ran an Equine Facilitated Learning center, called Wind Horse Sanctuary, on the outskirts of Nevada City. For five years, I would lead small workshops, private sessions and 'Grief Rituals with Horses'. It was a tremendous honor to be with the public in this capacity, within the framework of healing with horses. I continued on with this lifestyle, until a dramatic life incident totally knocked me off of my tracks.

My best friend of nineteen years had tragically died from leukemia a few years after I moved to Nevada City. She was forty-six years old. I was deeply grateful to have my horses, community, business and the gold speckled hills to carry me through the profound grief I experienced after her death. One year after she died, I was diagnosed with stage 3 breast cancer. In September 2016, I was initiated into a tribe of thrivers.

The diagnosis taught me many valuable lessons while walking on the precipice of death.

Due to the trauma around my best friend's illness, I chose a 100% non-toxic path of healing cancer. I boldly rejected what the local hospital had prescribed for treatment: chemotherapy, surgery, and radiation. In the course of my best friend's illness, I had already spent months in the hospital attending to her. The memories of being with her during her decline were fresh. I chose my own path of healing that was in alignment with what I needed.

I was determined to heal naturally. I experimented with almost every possible form of natural healing from giving myself CBD injections in my breast, poisonous frog venom, and guzzling degusting liquid that tasted like dirty socks from China. It was normal to in-

gest handfuls of pills at every meal. It was necessary to do constant fundraisers to raise money for the plethora of expensive medicines I needed. I became comfortable with learning how to ask for and receive help, which was a huge lesson for my independent soul! Life continued on like this for 2.5 years in a somewhat sustainable manner, until another disturbing event knocked me off my tracks.

Due to an unfortunate circumstance, I was forced to sell the ranch and business that I had worked so hard to create. The stress of seeing my life being completely uprooted coinciding with the cancer spreading throughout my body was unbearable. The cancer progressed to stage 4. As an army of friends helped me pack up my life and sell off my precious goods, I started feeling the effects of my body breaking down from cancer. Scared for my life and de-

termined to find my way through the quagmire of the situation, I decided to move back home to Kaua'i, Hawaii, where my father's side of my family is from.

With two horses and one blue-eyed Australian Shepherd, my partner and I moved 2,500 miles away to an off the grid yurt on land that had been in my family for a century. When I arrived back home in Kaua'i in the winter of 2019, I was physically in a bad state. The breast cancer had spread to my lungs, liver, spine, hip, and adrenal glands. I could not have a conversation, as I was coughing so much from the cancer in my lungs. I could not lay down to sleep at night. I was walking with a cane as my left hip was breaking. I was referred to Hospice. I was dying.

I had to make a decision. It was necessary to face my extreme terror of chemotherapy or die.



The mind is meant to be questioned and belief systems can be changed. I chose life.

For nine months I did heavy doses of chemotherapy combined with natural medicine to keep my immune system strong. I was whittled down to a skeleton after losing twenty pounds. I ended up in the hospital and almost died a few times. Fate threw me for a loop when I broke my left hip due to bone metastasis and had to have emergency double hip surgery. It was the icing on the cake when

two weeks after breaking my hip, my partner and I broke up.

I faced the fire and found my way through. It was the toughest challenge of my life to be so close to death and find my way back to life again. I attribute a huge part of my healing and being able to navigate the challenges due to my nurturing relationship with my horses.

I finished treatment in February 2020 with wonderful news! The tumors had shrunk throughout my body!

Since that time, the tumors have continued to shrink, my bones are growing back, and my blood tests continue to be normal! I am incredibly grateful to be alive after such an intense journey.

I am very aware of how fragile life is. Living with a life-threatening diagnosis has not been easy, but I have learned the most valuable gift. I now understand that every moment I'm alive is precious. I know that as deeply as I'm challenged, I will in turn

be gifted with incredibly valuable insights.

It's usually the most difficult moments that grow us and stretch us to new levels of awareness. Diamonds are birthed under vigorous pressure.

I share my story in my recently released Amazon bestseller: *Grace, Grit & Gratitude: A Cancer Thriver's Journey from Hospice to Full Recovery with the Healing Power of Horses.* ✨



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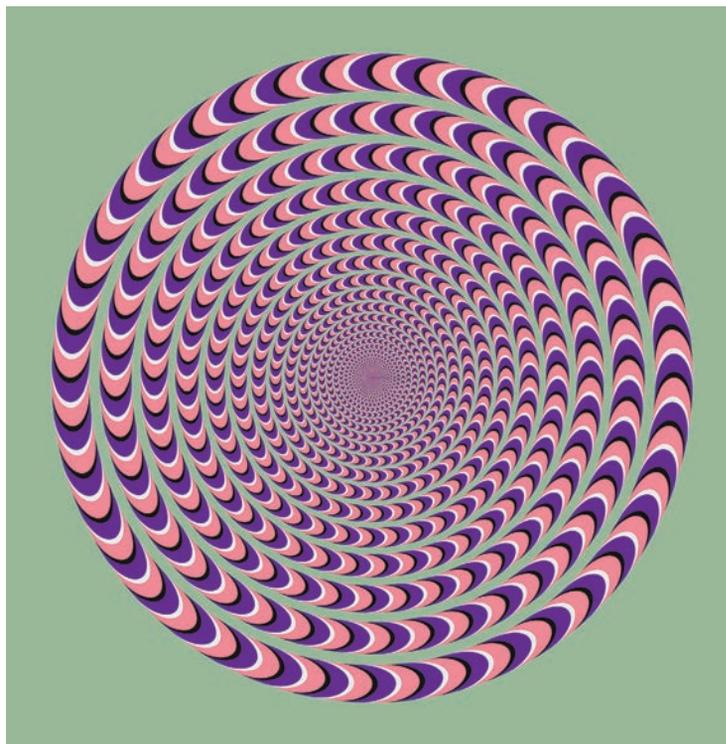
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“Being” Aware is the First Step Forward

By Lisa Boulton



LISA BOULTON is the owner of Healing Light Hypnosis, and first became interested in hypnotherapy when she was diagnosed with breast cancer in 2009. She was taught how to use self-hypnosis to reduce stress and improve healing. It worked so well she decided to write a children's book called *Toby Bear and The Healing Light* for kids who were coping with cancer. Since her teenage years, Lisa had suffered off and on with lower back pain; she had seen numerous doctors and all helped, but they all took several days to a couple weeks for the pain to subside. After one hypnotherapy session the pain was gone almost instantly. Not all pain in the body is from physical trauma, it can also be caused by mental trauma from experiences in the past. After these experiences Lisa decided to become a hypnotherapist so she could help others on their healing journey. She earned her credentials from The International Hypnosis Federation in Los Angeles as a clinical hypnotherapist. She continues to study the latest developments, and techniques through courses, conventions and yearly retreats. Lisa's passion is in helping others to understand their own personal wisdom, release inner conflicts and move forward with passion and joy. Lisa was a peer navigator at Sierra Nevada Memorial Hospital for newly diagnosed breast cancer patients and a spiritual care volunteer for hospital patients. She has also spoken to various organizations and taught hypnotherapy at a symposium for women at Sierra College.

Self-guided meditation and hypnosis yields peace of mind

In a post-pandemic world, not seen in a generation, and certainly never felt in our time of a crazy-fast internet, we must find a way to move forward and maintain our health. We must filter through what can seem to be the most difficult processes, long held beliefs, and even our understanding of what community really means on a day to day basis. Those we loved, things that we held so dear, systems we've counted on, all are a changing landscape in one way or another.

The best thing we can hold on to in these turbulent times is our sense of self. There is strength within when all else fails or changes. Human beings are resilient. Place the emphasis on “beings”; if we do that, we can weather it all. If we know we can go within and get in touch with that “being”, the eternal “I Am”, “being” your intuitive self, even if only for a moment, we can find peace. The best way to go within is generally found in a quiet moment. Some people do this with yoga, some do it with meditation, and others choose to walk outside, breathe in the smells and hear the sounds of nature. All are excellent ways to reconnect with ourselves and our true human-being-ness. My favorite is guided meditation using self-hypnosis. With self-hypnosis you can unscramble thoughts, calm down, and begin to focus. That little voice darting around in your head and demanding your attention can rest for a moment, and a moment may be all you need to regain mental balance. The “guiding” part gives your mind something to tune into instead of the chatter. If you can't go to your hypnotherapist, you can do self-hypnosis.

How to do self-hypnosis

Here's how it works... find a comfortable place to sit or lie down and do three slow deep breaths, focus on those breaths. Then imagine a light shining down on your head and shoulders, a beautiful light, use your imagination here, visualize it or feel it, like something you've seen in a picture, perhaps like a shaft of light in the forest coming through the trees and that shaft of light is falling on you. Imagine it's filtering into you, filling every space and relaxing all of your muscles as it moves through them. Keep that mental picture going, and fill every space in your body until you reach the fingertips and toes. If that little voice comes back just tell it (in a kind way) that you will talk to it later, and continue your focus on your light. Float there in that light for as long as you can, then when you are ready, bring your attention back to the room you are in and back to your own body awareness. For an even deeper guided meditation, one that assists you in resolving issues in your life, you can visit your favorite hypnotherapist. The job of a hypnotherapist is to assist you on your intuitive subconscious journey where thoughts reside and issues are resolved and finally released.

If you do these self-guided meditations, connecting with your own “being”, or sense of self, daily, you will find that things in your life flow much better, thoughts can clear a bit more, and your sense of strength and energy will return. The more you do it, the better you will become at mindfulness and meditation, and it becomes a familiar place, one you can return to any time you wish. You will create an inner calm in this crazy-fast post-pandemic world. And that's a very special place, so find it and own it! You deserve it! ✨

Learn more at HealingLightHypnotherapy.com.



TAMING OUR MONKEY MIND

By Darity Wesley

Quite often, in conversations over the years, I found myself referring to the monkey mind. “Oh that’s the crazy monkey mind!” “Gotta stop that monkey mind!” I mean, everyone has one after all, and yet I found there were lots of people who were not familiar with the term or how useful it can be to tame and train that monkey mind.

I have been using the term for years and thought it was some 1960s pop-psychology buzzword that everyone knew. Not so! It wasn’t until I was writing a chapter about it in my book, *How to Be the REAL You*, that I Googled “Monkey Mind.”

What is the Monkey Mind?

Well, color me surprised! I discovered that the concept of the monkey mind goes back over 2,500 years! The use of the term monkey mind is attributed to Zen Buddhists who referred to the constant chatter of the mind as the mind of a monkey. The term was first used by Buddha to describe the human mind as a bunch of drunken monkeys. Jumping around, screeching, chattering, and endlessly going on and on.

Buddha said that we all have a monkey mind. He said the mind is just like a monkey, swinging through a forest wilderness. It grabs one branch, then lets go of it. It grabs another branch, then lets go of that. It grabs another one, lets go of that. Well, that is how the monkey mind works, that is for sure!

I've been using the term to describe the non-rational part of ourselves. Yet it is really way more than that. Once we think about it, and listen to ourselves, we can identify it. It really is the typical mind chatter: things to do, fears to fear, childhood dramas to relive, making judgmental comments about ourselves and others, creating catastrophic what-if scenarios, or coulda, woulda, shoulda fantasies.

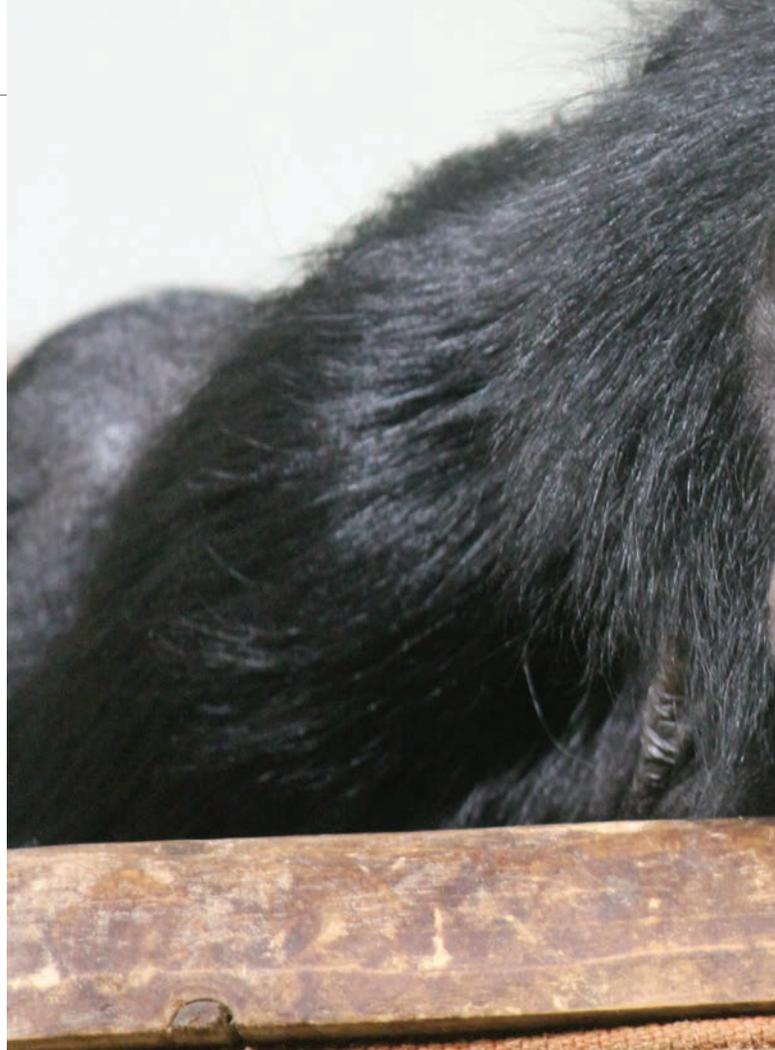
The monkey mind is also our inner critic. It is the voice that tells us that we can't do anything right. It sits in judgment and tells us that we don't think. Or that we are stupid, or useless, or unlovable. I am sure you know what I am talking about. It also creates false thoughts and insists on being heard.

If you can believe it, humans have around 50,000 separate thoughts each day. Think about it. And, how many are on the same topic? Things like: What will happen if I lose my job? Do I have enough money? Is my partner unhappy



DARITY WESLEY, best-selling author, lawyer, speaker, conscious deathing advocate, and Wisdom Sharer has travelled the spiritual, metaphysical, and personal development paths for many decades. She is an extraordinary, powerful, and committed resource for evolving consciousness, coherence, love, and stepping into the New Reality. Her award-winning books, *You Can Transform Your Life* and *How to Be the REAL You*, along with her Word Search Puzzle Book: *The Word Search Oracle*, are available on Amazon.

Please subscribe to her mailing list to receive a free monthly issue of Wisdom for the New Reality, which is emailed each month to her international community. You can sign up at DarityWesley.com. She is also available for one on one discussions about taming and training that monkey mind. Various organizations and taught hypnotherapy at a symposium for women at Sierra College.



in the relationship? Does so and so really like me? What do I do about...?

It takes a lot of self-control to shut our monkey mind down. But we can; I promise you! If we want to get anything done, our challenge is to shut down the monkey mind for a while. It is amazing to me, when I look back, before learning how to tame my monkey mind, what I used to allow it to do to me. Oh yeah. Glad to be past that. It does try to reassert itself occasionally, but with the arrows I now have in my quiver, I can shoot it down pretty quickly.

That being said, we only want to shoot it down, we do not want to get rid of it. Oh no! It is very useful. I love my monkey mind. In our busy lives, it's our monkey mind that keeps on top of things for us. It usually keeps us on time, on schedule, reminds us what needs to be done. It does have its practical applications.

So, what can we do? We can tame or train our monkey mind. Yes, we can!

Taming the Monkey Mind

The untrained or untamed monkey mind can, especially when running free, cause us untold amounts of mental, emotional, and spiritual suffering. More and more people have become aware of the need to quiet the monkey mind.

So, how do we do that?

We need to keep a leash on it. Okay, how do we do that?

Well, first we understand that the future is uncertain. None of us really knows what is coming. But when we are concerned or anxious or fearful about what is going to happen next, we lose the ability to be in the present moment. To really love the journey of life that we are taking, we need to stay in the NOW.

My favorite refrain to the monkey mind, when I find it off in the future or the past, is: "Hey, hey, get back here ... Be here now, right where we are, doing what we are doing!" It works and I usually laugh at and with myself. But it feels good!

Second, we have to have the desire to put an end to the monkey mind running wild. With that desire in place, when we find our monkey mind in full swing, we stop and listen to what it is saying.

Sometimes the monkey mind just needs to be heard. And sometimes reassured that everything is fine. Other times we have to be adamant and just say ... stop! Sometimes more than once. I do this a lot when I find my monkey mind judging, criticizing, or making stuff up. I just yell Stop! Inside my head, of course. But, just between us, if I am alone, I may let my inside voice come out and yell, SHUT UP!!!



The concept of the monkey mind goes back over 2,500 years! The use of the term monkey mind is attributed to Zen Buddhists who referred to the constant chatter of the mind as the mind of a monkey.

Or, depending on its craziness: SHUT THE BLANK UP!!! Now, I don't do that on a regular basis. People may get concerned about me, you know?

Another technique we can use to interrupt the monkey mind is to repeat a mantra. This can be used to distract it and quiet it down. Here are a few mantra examples I like to use: May Peace Prevail on Earth, Love and Trust, Be Here Now.

The Benefits of Taming the Monkey Mind

Understanding the monkey mind supports us in becoming our true selves. The monkey mind is running wild in so many lives and taming is not hard. It just takes practice.

The practice of taming our monkey mind has lots and lots of benefits. For one, we will feel so much better. More balanced. Less anxious. Happier. We will become calmer people. We will begin to understand that we don't need to react when our buttons get pushed and can instead take the time to respond as we wish.

The monkey mind tends to be reactive, to lash out abruptly and emotionally without thinking. And it doesn't feel good. We do not need to do that any longer! When we become friends with our monkey mind, we become free. Live Free! ✨



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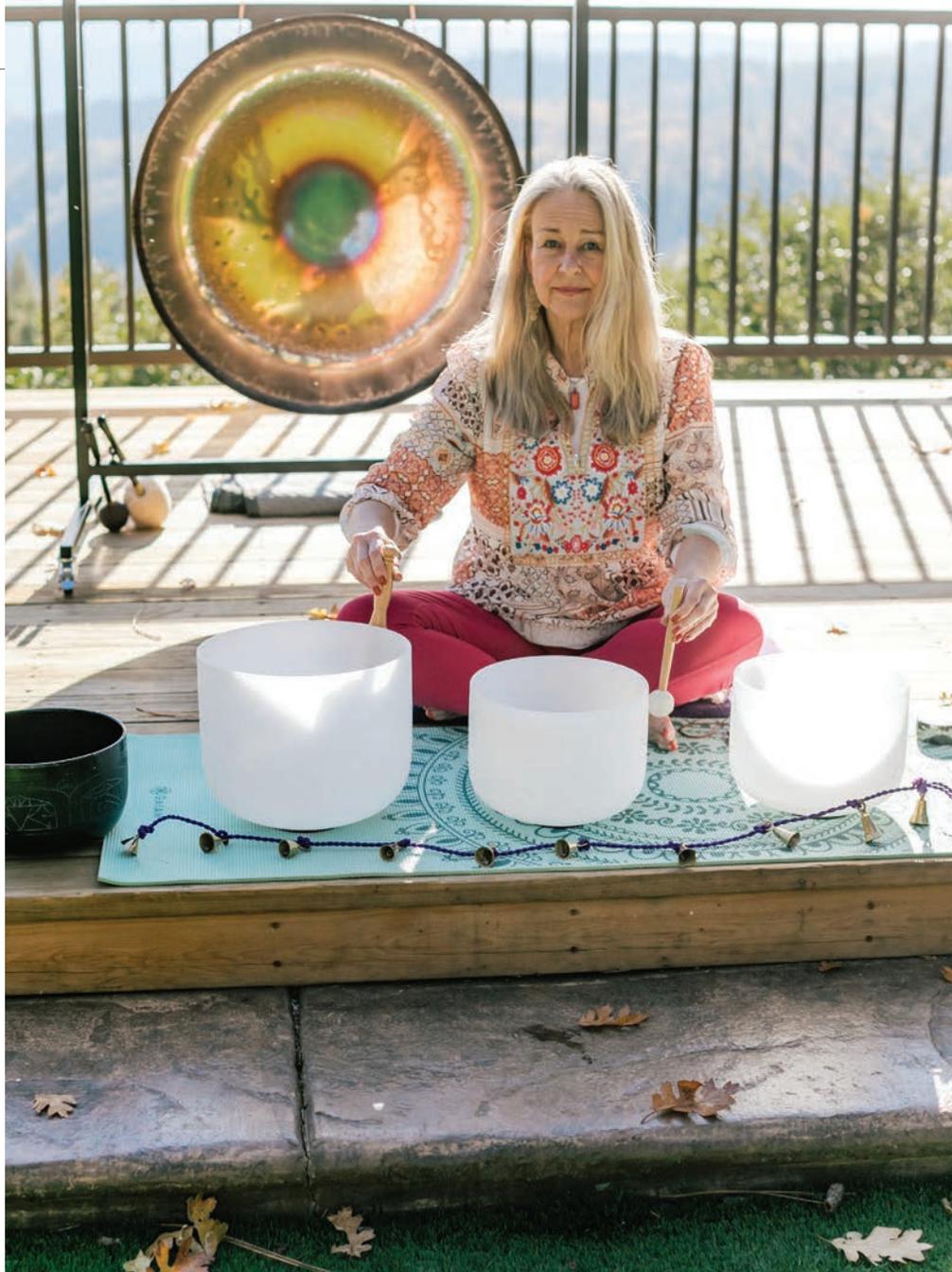
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Spreading HOPE in our Community



GOOD VIBRATIONS

By Kimberly Steele

Sound Healing has a myriad of benefits

There is a myth in our Western culture that Sound Healing is some sort of “WOO WOO” new age phenomena and ask, “Why should I waste my valuable time?”

Good question. Why should you?

Sound Healing is growing in reputation in our Western culture as a preventative, complimentary therapy to allopathic medicine, largely by word of mouth from those that have experienced the benefits. While Sound Healing is

not a quick fix for serious illnesses, there are multitudes of neuroscientific studies being done at universities around the world on how sound improves mood, sleep, and memory, reduces pain and inflammation, stress, and hypertension, and strengthens the immune and central nervous systems.

What makes sound therapy difficult to understand is that it is not visible or tangible like allopathic medicine, where you can see and swallow a pill to treat the symptoms of some underlying disease or discomfort. Sound uses an invisible system, often referred to as “vibrational medicine,” to communicate with the cells in the body, and until you try and personally feel it, you cannot fully understand it.

From a scientific perspective, Quantum Physics tells us that all matter in the Universe consists of atoms and bonds in continual vibration and states of attraction. Regardless of whether we see or hear it moving, all matter has this vibration, including the Earth, our bodies, and our cellular make up. When vibrating in resonance, our cells are in a healthy state of harmony, balance, and homeostasis. However, toxic emotions such as stress, anger, worry, and fear can lead to a loss of cellular resonance, as can other factors such as poor diet and lifestyle, environmental toxins, and some believe Wi-Fi devices can have the same effect. This loss of cellular resonance has a proven correlation to inflammation leading to adverse quality of life, chronic disease, and sometimes even early death.



KIMBERLY STEELE

is a Holistic Wellness Practitioner offering a variety of services to lift one up wherever they are on their journey. She offers both private and group Sound Healing Therapies. Group Sound Baths are held from 6-7 p.m. each Thursday, and 4:30-5:30 p.m. each Sunday. You can also book your own private Sound Bath on a day and time that works best for you and your party. Visit tranquilitycenter.net for a detailed description of Kimberly's services and reach out to her at (530) 298-7455 for more information or to book a sound therapy service. If you are not sure which therapy to start with, the "Full Works" provides many of Kimberly's most valued services in one 2-hour session. Or, ask Kimberly about a 30-minute Vibroacoustic Sound Table session – great for reducing stress, pain, and inflammation and simply feel amazing as if you are getting a massage from the inside out. Kimberly has two Vibroacoustic Sound Tables so you can come and share the experience with someone special. Finally, for chronic conditions, ask Kimberly about her 30-minute therapy sessions using the FDA-approved AMI-750 medical device that speaks the language of the cells and brings the body back to its natural resonance with sound and vibration.

Sound Healing Therapy, through various notes and harmonics, overtones and undertones, and binaural beats can detoxify, hydrate, and energize the cells while also inducing a state of deep relaxation and cellular resonance. Once the body's cells are back in a resonant form of communication, the body is able to go about healing itself. It is well worth the time to watch a three-minute video on YouTube called "Live Blood Results after a 20 minute Gong Meditation" to visualize and understand this concept.

Sound is deeply rooted in all ancient cultures and used around the world to promote a deeper sense of calm and inner peace or higher states of consciousness. Sound has such a healthy and beneficial effect on the mind because sound frequencies entrain the brain to cycle through five different

brain wave frequencies. The five brain waves in order of highest frequency to lowest are: gamma, beta, alpha, theta, and delta. Our brain's ability to transition through various brain wave frequencies plays a large role in how successful we are at managing stress, focusing on tasks, and getting a good night's sleep. If one of the five types of brain waves is either over-produced or under-produced in our brain, it can cause problems. For this reason, there is no single brain wave that is "better" or more "optimal" than the others. Each serves a purpose to help us cope with various situations – whether it is to help us process and learn new information or help us calm down after a long stressful day. Therefore, we can conclude that sound healing therapy benefits the whole person - their physical, mental, and emotional wellbeing.

Sound Healing Therapy can be experienced with a sound practitioner in either a private therapy setting or in a group therapy setting, also known as a Sound Bath. There are many variations in these experiences depending on the practitioner you work with and what tools and instruments they use. Sound Bath group therapies tend to take place at a wellness center or yoga studio where you come prepared to lie comfortably for up to an hour as the Sound Practitioner plays specific instruments such as singing bowls, gongs, bells, chimes, drums, didgeridoo, flute, and more. The sounds and vibrations of these instruments wash over your body like waves as you deeply relax and restore the body. Every once in a while you may doze off, which is fine, too, as your cells still receive what they need for healing. 🌟



THE POWER OF PRAYER

Do you believe in the power of prayer?

Research has repeatedly shown it's real. Many of us have been inspired to pray for, hold loving space for, or send energy to others and situations as a way to help each other. Have you ever wondered if your prayers, good wishes, kind thoughts, and best intentions had any real, measurable, and noticeable impact on a situation?

Prayer, prayer always changes reality, let us not forget that. It either changes things or changes our hearts, but it always changes. —Pope Francis

Author Janette Stuart was traveler on the journey through cancer who healed herself through the power of prayer. She says:

So many people are supporting me in the most important of ways by sending love and light and healing prayers my way. I have people that pray for me daily, and I can feel the love. People really do want to help and asking for their support in this way is a benefit to the giver and receiver.

So how do prayer and loving intention work?

Prayer is as real as the force of gravity. It can reach a realm where rea-



son is too feeble to enter. It can work miracles. Its magnanimous efficacy is indescribable. Its potency can be hardly comprehended without actual experience. —Swami Sivananda

Some of us approach life from the spiritual perspective that God by every name we call Him (Her/Them/It) is in some way omnipresent and/or omnipotent. Others prefer the more scientific approach of oneness, resonance, and the unified field, and that we are all connected through subtle energies. Regardless of our particular persuasion, most of us can agree that our loving intentions that some call prayer travel beyond time and space. They can be received by others. Do they go to another realm? Is it Divine? Is it potential? Each person must answer these questions for themselves, or even whether the questions are valid. Belief

systems vary. May the Force be with you.

The oneness just means one thing...that the oneness, beyond space and time, is another domain of reality.... The oneness is causally potent because this oneness chooses out of the potentiality what becomes actuality. —Dr. Amit Goswami, quantum physicist

No matter how we perceive it, our lives are influenced by our intentions. In intention, the individual is the creator. In prayer, the Divine field cocreates by responding to a direct communication from the individual in words and feelings. Both work.

In the beginning was the Word, and the Word was with God, and the Word was God. —John 1:1

When someone prays for us or sends loving energy to us, we are able to receive the love because it is sent to our energetic home address which has a specific, unique frequency. It's like how our devices and computers receive and send information, or how we can tune into a radio station for our favorite music.

What can you do when you feel like you want help? Pray or send love. The exact words of what you call it don't matter. We're talking energy here. Say what resonates with you and your belief system. It's powerful. It makes a difference. You make a difference.

What's the best way to pray/send love? Whatever feels right to you. If you're experienced with prayer, or beaming, or whatever you call it, use that. Want to experiment with a different form? Here's a simple method that many find works.



This is a chapter excerpted from San Juan Ridge resident **CRISTINA SMITH'S** *Inspired Wisdom Word Search: Yoga for the Brain* featuring 60 contributing authors, including several from Nevada County. Get your free puzzle book sample at www.YogaForTheBrain.com

Close your eyes. Put your hand over your heart.

Notice the beat of your heart. Inhale. Exhale. (This may feel stupid but give it a chance.) Inhale. Exhale.

Send love from your heart to a situation or a person with no opinion or expectation of what the outcome will be. Give space for God/the Universe/the Potentiality to have a better idea/the perfect solution/answer. Say please and thank you as you commune. Open your eyes when done.

Our positive intentions and loving prayers matter. Energy flows where attention goes. Our thoughts, words, and deeds matter. You matter. What you do matters. Who you are matters. We all matter.

As we intertwine our energy fields with love, caring, and compassion, we not only make a difference in others' lives and help out our friends and loved ones but also make a difference in our own.

Sending you kind intentions of much love and many blessings. Thank you for being you! ✨

Enjoy this Yoga for the Brain word search puzzle you can do as a kind of a prayer, created from this article.

Here's how to play. Find all of the words hidden in the grid, which may be forwards, backwards or diagonal and share letter with other words. Next copy down the remaining letters not used in found words from the top left to the bottom right of the puzzle on the blanks below. They will reveal a secret wisdom message for you.

T H A L C N K W O R D S L Y O
 U P F O A A R C R E A T O R S
 H A O R I U R T R A E H V E N
 S U B T L E T I D O G G E Y G
 R Y B L E S S I N G S U C A G
 Y E O I U N E R R G B O R R N
 D G T N R S T U I I M H O P I
 E K R T A G E I O P P T F N M
 E H I E A T W N A Y L S S I A
 D I L N N M I S I L K P G A E
 S P Y T D E S R E V I N U R B
 H T O I W I D I T R I T A B H
 T H G O O P O W E R E D Y H W
 O R A N L D M D E I F I N U T

- | | | |
|------------|--------------|-----------|
| BEAMING | GOD | PRAYER |
| BLESSINGS | HEART | SPIRITUAL |
| BRAIN | INSPIRED | SUBTLE |
| CARING | INTENTION | THANK YOU |
| COMPASSION | KIND | THOUGHTS |
| CREATOR | LOVE | UNIFIED |
| DEEDS | MATTER | UNIVERSE |
| DIVINE | PLEASE | WISDOM |
| ENERGY | POTENTIALITY | WORDS |
| FORCE | POWER | YOGA |

SECRET MESSAGE

ANSWER ON PG. 48

STOP PUNISHING YOUR PARENTS

It's an inside job. Stop punishing your parents, or anyone for that matter.

By Susan Bridgit Cooper



As my loving, caring friend Jane laid next to her dying mother, she tearfully shared with me, “I am so grateful that we managed to have a close relationship. She left our family when I was five, didn’t raise us kids, drank heavily and could get real nasty. Unlike others in our family, I forgave her and accept her as she is and we’ve been able to have a beautiful relationship.”

In having a relationship with her mom, she learned that many of the stories that she had held against her mom actually weren’t true. She shared how the judgment towards her mother dissipated as she learned to see her mother with compassion and as a person.

She knew that holding a grudge would only cause further pain and suffering to herself and her family lineage. Jane recognized that if she didn’t heal the broken feelings, her children could carry on the dysfunction.



SUSAN BRIDGIT COOPER is a Soul-Centered Life and Business Coach who supports people in creating the life they want on the inside and out. Let her guide you on a journey of creating what you want. Contact her for a complimentary consultation at SusanBridgitCooper@gmail.com or 530.308.1737.

Jane cried as she remembered how sad her childhood friend was when the girl's mother passed away. With tears in her eyes, she mumbled, "I thought my friend was lucky, because she felt sad. I just felt numb when I thought of my mom, because mom wasn't there and when she was, it was trouble."

Over time, Jane learned to feel compassion instead of anger. She knew her mother lived with deep grief and loneliness. Jane realized that her mom had acted out of pain and not because she didn't love her family. Unfortunately, her mother became the black sheep of the family and everyone blamed her for their problems. Blaming her was easier than dealing with their own issues.

Jane's sister had chosen not to speak to their mother in over a decade. The mother didn't understand why the daughter wouldn't talk to her, and she worried how her death would affect her daughter. The mother knew pain and didn't want her daughter to carry this trait.

Jeff Grabmeier of *Ohio State News* writes that a study of more than 1,000 mothers show that their adult children don't generally agree on the reasons for their rift. Understanding the reason for the problem isn't necessary. The key is to recognize that healing is an inside job and we can't change another person. Cutting off the other may seem like an easy solution, but it could cause more grief than healing; especially if this person is a family member.

Below are five things to consider in your relationship with your parents:

- Your parents did the best job they could. If they could have done better, they would have.
- You can't change them, you can only change yourself.
- You can have boundaries even if you have contact with them.
- You can create healing instead of suffering.
- Your strength is not in your ability to close off and resist. Your strength is in your ability to love and accept.

The real issue isn't what someone did to you, but how you feel on the inside and how you react. We tend to blame others for our negative feelings. "I'm upset because she did so and so." Or, "If only that person

were different, life would be better." Yet, it's fully possible to see upset as an opportunity for inner healing and to feel love instead of resentment. We all want to feel harmony and each of us needs to have a method to find that within ourselves.

Have a process to assist your own healing. Do your best not to purge your negative emotions onto someone else. Take time to gain clarity about the situation from a loving place. If someone tries to make you feel bad by expressing negative emotions, put up an imaginary protective shield around you. Allow their words to bounce off the shield. If you have been triggered, there is healing available for you.

Bring more harmony into your life by using the acronym HALT as your process. Find Harmony thru Acceptance, Love and Trust. Halt the critic, the judger, and the negative one. Jane has found this acronym very useful. Sometimes she simply sings the word "harmony". Other times she goes through the process of accepting, loving, and trusting.

- **Harmony** – What does harmony feel like for you? Sit quietly and sense it. Experience harmony so you can practice it when needed. Imagine you are in harmony with yourself and others. Take an upset moment and turn it into a moment of harmony.
- **Acceptance** – State the facts about the situation neutrally to yourself. What is actually happening? Without judgment it is easier to be in acceptance of what is. Judgment causes suffering.
- **Love** – Sense the loving essence in yourself and others. It is always available. Go deeper than the judgment and pain. Send loving thoughts to all.
- **Trust** – Trust that everything is unfolding exactly as it is supposed to. Although something may feel wrong, we don't know the outcome. We often try to control, thinking we know best, but we don't. How often has something felt wrong and it turned out well?

When we transition, the truth of the loving almost always shines through. When we live our lives from this loving place, we can live a more fulfilling path. Don't wait until it is too late.

Tears ran down Jane's cheeks, "I'm so glad that I learned to love my mother and dared to have a relationship with her. What if I hadn't?"

Jane smiled reflecting over how happy her mother was in her later years. Their conversations and loving relationship helped them both to let go of resentment, anger, and pain. Although her mother would have valued talking to her other daughter again, she accepted that she couldn't force anyone to have a relationship with her. She had peace in loving and trusting that all was well. Perhaps most importantly, she felt loved and not alone by those who could see her sweetness. ✨

Learn more at bridginglight.net.

Happy at Home

Seniors and their caregivers embrace in-home care

By *Kristen Bardwell*

As former First Lady and well-known Senior Advocate, Rosalyn Carter once said, “There are only four kinds of people in the world - those who have been caregivers, those who are caregivers, those who will be caregivers, and those who will need caregivers.”

According to The National Alliance for Caregiving (NAC), 53 million Americans are providing unpaid care. Family caregivers now make up more than one in five Americans. The need for respite for these family caregivers is more important than ever. Coordinating these efforts between family members and friends can be exhausting and overwhelming leading to stress, self-neglect,

and health-related issues for the caregivers themselves. This is where a professional In-Home Care Company can help.

Today in the United States, the home care industry is one of the fastest growing health care sectors. Every day, patients and their families are recognizing the benefits of in-home care. There are some important advantages to making sure you or your loved one can experience in-home care, instead of care elsewhere, such as nursing homes or assisted living communities. Seniors having the opportunity to “age in place” among their friends, family, and familiar surroundings typically feel more secure and happy, which boosts their physical health and overall well-being.



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KRISTEN BARDWELL is the Director and Co-Founder of Pawnie's Home Care located in Grass Valley. Caring for her senior community has been her passion and life work for over two decades.

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GENERAC

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What are some of the key advantages of aging in place?

• **Comfort and Familiarity**

While assisted living and long-term care facilities do a wonderful job at providing a comfortable space to their residents, as the saying goes, there's no place like home. We spend most of our lives building our homes where we have created memories with loved ones over the years. By being able to receive care in their own homes, seniors can retain those memories along with the comfort of sleeping in their own beds, sitting in their favorite chair, using their own facilities, and continuing their daily routines as they always have. Being able to stay in a familiar setting can be beneficial for those suffering from Alzheimer's and dementia as they will be more aware of the home they've lived in longest.

• **Independence and Control**

Losing one's independence is one of the most difficult factors of aging. When you spend your entire life making choices for yourself and directing your own path, you do not just hit a point where it is easy to hand the reigns over to someone else. One of the largest advantages that in-home care can provide is the ability to retain independence and control over daily routines. Most in-home care companies provide customized care plans based on how each individual chooses to spend their day. They can do what they want and have meals when they want. Additionally, if they can no longer drive themselves, caregivers can provide transportation to ensure that they can still get out to go where they choose to go and be active members of their own community.

• **One-on-One Care and Companionship**

Seniors often experience social isolation and feelings of loneliness, which can have a serious effect on their mental and physical health. Having a one-on-one caregiver can provide a familiar face, friendly conversation, and a meaningful human connection. It also means that all needs are being met with direct and consistent attention. Caregivers develop relationships with clients, and these friendships have a positive effect on their overall health and wellbeing.

Economical and Enduring

There is often a misconceived notion that in-home care is the least affordable choice and that it cannot sustain one for the duration. While some seniors do require 24/7 care, there are many that can suffice with as little as four hours a day. This can make in-home care extremely cost-effective comparably. Care is set up around the most challenging areas of the day, leaving out care when it is not strictly needed. Some of the most tiring and difficult tasks can be handled at set times, and nutritious meals can be prepared ahead of time by the caregiver and left to be heated. Modern day technology has given us many great tools to assist seniors at home as their conditions progress. Recliners that lift to a standing position, assistive mobility devices, remote monitoring systems, and even talking pill dispensers that remind someone that their medications are due. The gadgets are endless these days! A quality Home Care company will anticipate their client's needs as they age and adapt the care plan to fit, allowing one to spend the rest of their life in their own home.

Even with these advantages, in-home care may still seem unobtainable to some. The costs of aging, no matter where, can feel astronomical any way you slice it. There are many options to help fund your care at home. A lot of seniors do not realize that their Long-Term Care policy will cover in-home care. Veterans and their widows are often eligible as well for aid and attendance or homemaker benefits. For anyone who meets the minimum income requirements, there can be help from state and federally funded programs. Seeking counsel from a reputable source can help steer you in the right direction for what suits you and your financial situation best.

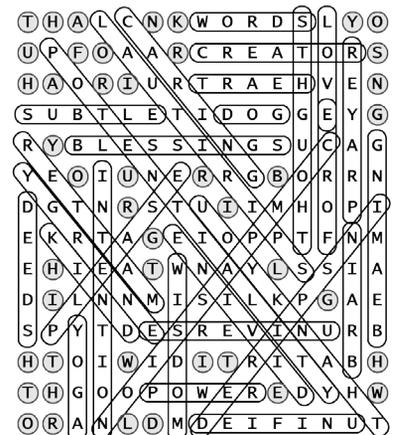
Being educated on the benefits of in-home care can help you and your loved one make an informed decision when it comes to choosing the right company. Also seek outside recommendations. A neighbor, friend, or health care provider will often be knowledgeable of the different options in your area. Above all, ask questions. Conduct a thorough interview of the company you choose and make sure it is a good fit for you and your family. At the end of the day, in-home care is what most seniors desire. It can offer a real, viable option to keep dignity and worth intact throughout the aging process. ✨



According to The National Alliance for Caregiving (NAC), 53 million Americans are providing unpaid care. Family caregivers now make up more than one in five Americans.



ANSWER GUIDE FROM PG. 43



A Pilgrimage

By CMA Medeiros



My fifty-ish years of life experience have taught me that loss is an integral part of life.

Starting at the age of two, I lost my home, friends, family, and familiar places when I moved twenty-six times. I lost my normal when my parents joined a religious sect, and I lost my parents when I proposed to and married a young man to escape the sect's rigid rules. I almost lost my life at gunpoint, and I lost my husband because he held the gun. I lost trust in humans. I lost the chance of bearing my own children. I lost four grandparents, my mom, and an aunt due to cancer, heart issues, and dementia. I'm sure there is more loss to come.



CMA MEDEIROS has found a way to lighten up from the emotional baggage that comes from loss using the Grief Recovery Method®. She was so impressed by its long-term skill building and practical approach that she certified to teach it to groups and individuals. She also teaches for sponsors including Hospice of the Foothills in Nevada County and Community Wellness Centres across the border in Québec (Yay for Zoom!).

Growing up in snowy regions deepened her love for breathing in cool fresh snowflake tickled air and honed her skills to efficiently peel off the once-warm-now-soggy-heavy layers when coming in from the outdoors. This notion has expanded into a deep respect for guiding and witnessing individuals in grief recovery peel away that which weighs them down so that they can reclaim their bearable being of lightness from the “insight out.”

GLOSS OVER LOSS

When I moved back into Mom and Dad’s house after my divorce, none of us discussed what had happened. The notion to keep calm and carry on carries over to dealing with loss and grief. People don’t know what to say or do when they face someone who has suffered a loss, and people who have suffered a loss often don’t know what to say or do, either!

There are conventional strategies to gloss over loss and avoid dealing with emotional pain. One way is to get busy, such as working or getting involved in other people’s lives or exercising or being a couch potato. One can replace the loss with something (i.e., hobbies, substances) or someone, or simply isolate. I have often wondered whether my moving across three continents was a way to replace my losses with new adventures and to grieve alone for an extended time before new friends and local favorites came into play.

Another strategy I fell into was to pretend that “I’m fine!” which doesn’t really mean I’m fine; rather it means I don’t want to go there. I believe that

society’s take on grief means it is more normal and natural to avoid our feelings than it is to face grief, which is a normal and natural emotional response to loss. It’s topsy turvy!

Over the course of a lifetime, as new losses appear, other losses simply fall away like objects in the rear-view mirror of a moving vehicle. It’s the objects in the side-view mirror that count, because they are much closer than they appear. These close-up losses create thoughts that keep on showing up; thoughts that create a sinking in the heart, a blow in the gut, and a shiver on the skin. These emotion-laden responses that won’t go away can sure weigh a person down.

LIFE IS A PILGRIMAGE THROUGH LOSS AND GRIEF

Life is very much a journey. Who knew my propensity for heavy baggage while traveling was a metaphor for my packing heavy grief? Only recently did I get that I was also carrying a backpack weighed down by emotional impacts of different or better yesterdays or tomorrows that will not happen or are not likely to happen moving forward. Each



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small, medium, and large lost chance for something better was a pebble, rock, or boulder in my backpack of life; and I could not let them go. I carried them to protect myself from feeling the pain again. I carried them because I didn't know who I would be if I let them go.

WHEN ROCKS ARE PEARLS OF WISDOM

The weight of my unresolved grief resulted in a backpack so heavy that I had lost my "joie de vivre." I didn't look forward to whatever would appear around the bend. Instead, I planned, and prepared for the worst.

I was surprised (ugh) that the grief I felt from Mom's death would be usurped by a heavier grief when Dad welcomed "the new love of his life." Our routines for keeping in touch changed, the frequency of our visits changed, and his attitude towards me changed. All these changes made me feel lonely, sad, and alienated.

Recently, we returned to a great beach that offers sunrises on the left side of the shore and sunsets on the right side. Last year I carried every pebble, rock, and boulder that had accumulated since they had become a thriving couple. I ignored my grief and expressed a disingenuous "I'm fine!" attitude.

A while back, I remember walking the Donner Pass train tunnels with a friend who suggested that we walk in silence and that I go ahead of her. The solitary walk became so dark as I went deeper into the tunnel. I kept moving, anxious to get to the end of what seemed to be an endless path. For the year since that first visit at the beach, I had been walking through the dark, cold, and scary tunnel of stuffed and unexpressed emotions weighing me down. Even my back hurt for real!

This year, I let go of the different and better future I had hoped for for me and my dad. I arrived at the beach with a lighter backpack. I walked along the shore with Dad and admitted I was afraid he would abandon me so he could focus fully on his current life, filled with a happiness I haven't seen him enjoy in a long time.

He pulled me in close and said that was never going to happen. He said his life is full because he's got his two favorite women in it. Because I addressed the emotional weight in my backpack, I noticed that pining for his love had completely dissipated in the ocean breeze. Weeks after our time together I bear no heaviness, no desire for something different than what is, here and now. And I get to freely love this amazing woman Dad welcomed into his – no -- our lives.

Completing the grief caused by my dad's new life felt a lot like when I saw the end of that train tunnel. I saw the light, and because my backpack was lighter, I added a pep to my step to reach the warmth, the thrill of having made it all the way through.

Working through my grief towards relief meant the rocks in my backpack were actually pearls of wisdom. I chose to see what I was carrying, to unstuff the backpack and to let things go. As I keep journeying through life, I know loss and grief will arise, and I know now that I don't have to carry it all. What a trip! ✨



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