

# Our Commitment:

To live in awareness that we are all links in the chain of life on this sacred Earth, and to honor our relationship of mutual reliance among human beings, our Earth, and all living creatures.



# Publisher's Note

Welcome to the January – June issue of SWFL Naturally. This issue's articles are about how you can take baby steps in your own life to reclaim it thru connecting with nature to heal your soul, choosing specific foods to enhance your health as well stopping a giant like Monsanto from taking control over our seed supply, farmers and inevitably your health. Also, read how to create an awe-inspiring lawn environment on a shoestring so that you and the animals both love your living space. Best of all, these resources are in your community, not online or across the country. They are here, where you can support them and, in turn, they support you as well by growing our community's economy.

These past six months I have been going to less “green” business events and more “home schooling” events, but the message seems to be the same; “How to find balance in this ever changing environment to maintain our sense of family & community?”

Each issue we try to take a global issue and bring it down to our local level with our articles while we continually reach out to local businesses asking them for their support thru an ad in the directory. We frequent local establishments understanding that they are the engine that keeps our local economy going, instead of shopping online with large companies that may spend our money in unforeseen and even undesirable ways. We continually ask you to shop local and let them know that SWFL Naturally encouraged you to support them. This way they can see firsthand that their support with us is worthwhile, and building local connections with customers like you. We ask you to support the local Farmers Markets instead of the common supermarkets because those are your neighbors. They are supporting their families with a second job to keep the roof over their heads, PLUS it is their passion where their true spirit soars.....we believe that the culmination of these small steps collectively makes a difference.

Maybe there is something small you can do today to help make a change. Using herbs rather than pharmaceutical drugs; buying organic produce or local; consuming less; buying second hand; planting a garden; recycling; going to a local protest or rally; spending a couple hours at a food kitchen, pet rescue or homeless shelter with your family; walking or bicycling rather than driving – these are just a few, small individual acts which collectively, truly have the power to change the future of our community and in turn the planet. Let us raise the vibration of our community to healing and growth not just of ourselves & families but of the environment and businesses.

Thank You,  
*Lynda J. Mastronardo*  
Publisher



Megan DiPiero  
Photography

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*When making your choices for dining or purchasing food for your family - think local!*

We have several choices in this directory for local choices for a healthier eats. Buying local is a perfect way to help our local businesses and growers! Why not check out a farmer's market or a local restaurant this weekend?



### Meet the Cover Artist

Jacquie moved to southwest Florida in November 2009. After leaving her friends and family in search of new horizons she picked up photography as way to fill her time and to honor her passion and curiosity about nature. To Jacquie, Florida was like living on the moon. Everything was new and Florida was such a wondrous landscape with new discoveries around every corner! Jacquie is working on turning her passion for nature and photography into a full time endeavor.

Please visit her website: [jacquieroecker.com](http://jacquieroecker.com)

Tell them you found them in SWFL Naturally

# About SWFL Naturally

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SWFL Naturally  
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## About Natural Life Inc.'s SWFL Naturally

Publishing this directory is more than just a business to us. We are trying to sustain a local economy with businesses that are helping to create a new consciousness by offering products and services that are life-sustaining. We hope you will join us by supporting our advertisers. **Please let them know you learned about them in SWFL Naturally.**

Want to be a part of the next issue of SWFL Naturally?

We would love to include you!  
Call 239-541-1735 or e-mail advertising@swflnaturally.com

**July - December Advertising Deadline:**  
**Wednesday, May 14, 2014**

### Distribution:

Interested in carrying SWFL Naturally for your customers? It's free, just call **239-541-1735** or e-mail [info@SWFLNaturally.com](mailto:info@SWFLNaturally.com)

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## Natural Food Restaurants, Take-Out & Deli Guide

## Gluten-Free Restaurants - Lee County



### Happiness Healthy Cafe

Delicious Indian  
Cuisine for Carnivores,  
Vegetarians & Vegans, Paninis,  
Wraps or Naanwiches, Smoothies

Offering Lunch & Dinner  
Delivery \* Free Wi-Fi \* Kid Friendly  
Private Parties

Mon - Sat 10:30 a.m. to 8:30 p.m.  
Sun 11:00 a.m. to 6:00 p.m.  
3332 Cleveland Avenue, Ft. Myers  
**239-362-2075**  
[www.happinesshealthycafe.com](http://www.happinesshealthycafe.com)

### Happiness Healthy Cafe

3332 Cleveland Avenue, Ft. Myers

239-362-2075

[www.happinesshealthycafe.com](http://www.happinesshealthycafe.com)

Monday - Saturday 10:30 am - 8:30 pm  
Sunday 11:00 am - 6:00 pm

A Café with a mission providing their guests with a fresh, tasty and healthy alternative to typically unhealthy fast food! Have lunch and treat your taste buds to something different because their meals will exceed your expectations!

Panini's, Wraps, Naanwich, Soup, Fresh Fruit Smoothies and Indian Cuisine.... Whether you're

looking for a refreshing mid-afternoon smoothie or a hearty meal, every item on the menu is as good for the body as it is for the taste buds.

Try a chicken pesto or turkey club Panini or a Tandoori Naanwich or Spicy Black Bean Naanwich, don't forget to ask what the soup of the day is – whatever your choice know that it is made fresh. Lunch menu is under \$10 ~ Dinner combo's range from \$12 - \$14 for Vegetarian or Non-Vegetarian and you won't be leaving hungry! Indian cuisine for carnivores, vegetarians & vegans alike and at a price to be unmatched! *Please see display ad above.*

### For Goodness Sake Café

9118 Bonita Beach Road, Bonita Springs  
239-992-5838

Café Hours:  
Monday - Friday, Closed Saturday & Sunday  
10:00 am – 2:00 pm  
(7211 Radio Road, Naples -No café available)

Your neighborhood is a little healthier with this tucked-away café . Indoor or seasonal outdoor seating with free WiFi. A refreshing blend of your favorite organic fruit, juices, and power-packed super foods. Also offering an array of fruit and protein smoothies, and wheat juice, where they are freshly squeezed for optimum vitamin content.

Explore sandwiches and wraps on sprouted grain bread and tortillas. Wheat-free options also available! Delight in your choice of veggie hummus, organic egg salad or roasted turkey, natural chicken and tuna salad, organic field green salads, soups, and bagel melts.

For Goodness Sake is a full-service natural food store, so pick up just what you need for dinner while grabbing breakfast or lunch. Have a health question? The knowledgeable staff is always happy to help. Also the home location for the Healthy lecture series with Sayer Ji. Designed to keep your body, taste buds and wallet happy, stop in and let us exceed your expectations.



Tell them you found them in SWFL Naturally!

# Restaurants - Lee County

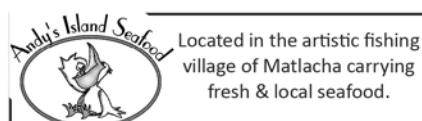
## A Table Apart

4295 Bonita Beach Road, Bonita Springs  
239-221-8540 [www.ATableApart.com](http://www.ATableApart.com)  
Open Tues - Sat 5:00 pm – 9:00 pm

Chef Jeff Acol has lived his whole life with a profound love for the ocean. So much so that his restaurant serves ONLY seafood that is not considered overfished or containing high levels of mercury.

More than sustainable seafood, the ever changing menu starts off with delectable options of bruschetta, chicken liver pate and Thai fried calamari. Using organics as much as possible, feast on a mixed greens salad or Poached Asian Pear salad with spiced pecans, maybe try their Caesar with homemade croutons.

Innovative fresh entrees from the earth include Char Grilled Pork Chop with Apple Cider Bourbon, Chicken Breast Herb Roasted or Asian Glazed New Zealand Rack of Lamb. Prefer something from the sea....Blackened Organic Salmon & Citrus Salmon Ceviche, Day Boat Sustainable Scallops or maybe try simply grilled fish of the day. Vegans & vegetarians are welcome also, there are many options plus give 24 hours notice and have something special prepared. There is a surprise waiting for you inside this unassuming building – beautifully presented food that is good for your soul as well as the environment! *Please see display ad above.*



Located in the artistic fishing village of Matlacha carrying fresh & local seafood.

We don't use chemicals or preservatives on our products!

Monthly Charity Cooking Classes

Look for our Mobile Fish and Seafood Market in Captiva, Ft. Myers & the Sanibel Farmers Markets.

Hours: Tuesday - Saturday 10 a.m. - 6 p.m.  
Sunday 10 a.m. - 4 p.m.

**239-283-2525** *We Ship too!*  
[www.andysislandseafood.com](http://www.andysislandseafood.com)



make a new delicious seafood dish while supporting a good cause locally, private cooking classes available too. They're Green! Andy's Island Seafood has joined the Seafood Choices Alliance, working to make seafood environmentally and economically sustainable. Not sure what sustainable seafood is, check out the *Natural Living Tip* on page 50.

Look for their Mobile Fish and Seafood Market "The Turquoise Truck" at the Island Store in Captiva, the GreenMarket at Alliance for the Arts in Ft. Myers and the Sanibel Farmers Market.  
Best of Gulf Shore Life 2012 and Best of Pine Island past 7 years



GLOBAL CUISINE

Global fair with Pan Asian-French influences. Excellent sauces & always-fresh meats, fish & vegetarian/vegan options.

Bonita Springs' best kept secret!

Make a reservation or you just might miss out!

**239-221-8540**

4295 Bonita Beach Road, Bonita Springs  
[www.ATableApart.com](http://www.ATableApart.com)

# Serving Lee & Collier County

## FreshFit Foods

Naples & Ft. Myers Pick Up Locations  
239-595-2503  
[www.FreshFitNaples.com](http://www.FreshFitNaples.com)  
[www.facebook.com/freshfitfoods](http://www.facebook.com/freshfitfoods)

Their mission is to make healthy eating affordable, convenient and delicious. The menu is one that encompasses non-processed, fresh, seasonal and local ingredients that nourish your body.



"Making healthy eating affordable, convenient & delicious"

Fresh Fit Foods is a local catering company that specializes in gluten and dairy free meal plans for individuals and families conveniently available for pickup at locations throughout Naples and Ft. Myers.

The menu consist of 48 dishes prepared from scratch spread across a 6-week cycle menu. Fresh Fit Foods experienced chefs focus on utilizing lean proteins and the freshest produce possible in all of their meals.

**239-595-2503**

[www.Freshfitnaples.com](http://www.Freshfitnaples.com) Contact Chad today!

FreshFit Foods is a catering company that specializes in gluten and dairy free meal plans that are available for pick-up at locations every Monday and Wednesday throughout Naples and Ft. Myers. Chad O'Connor, the CEO and Executive Chef has degrees in both Nutrition & Culinary Arts.

Using only the freshest ingredients and making everything on their menu from scratch the current menu consist of 48 different dishes spread across a 6-week cycle menu. In addition to their standard meal plan they also offer dinner only, lunch only, 'athlete' portions and family style meal plans for busy families of 3 or more.

Please visit [www.freshfitnaples](http://www.freshfitnaples) to look at their meal plan options and full catering menu. Feel free to call or email Chad at [chad@freshfitnaples.com](mailto:chad@freshfitnaples.com) to learn more about their product and pickup locations. *Please see display ad above.*

# Restaurants - Collier County

## Food & Thought

2132 Tamiami Trail N., Naples

239-213-2222

Monday - Saturday, Closed Sunday

Breakfast - 7:00 am - 10:30 am

Lunch - 11:30 am - 2:30 pm

Dinner - 5:00 pm - 8:00 pm

At Food & Thought, we take pride in the fact that all of our food is 100% certified organic and made from scratch. We use the highest quality ingredients, never taking shortcuts in preparing our food. There are no pots or pans made from aluminum or Teflon in our kitchen.

A minimal amount of our costs go towards rent, fancy table clothes or advertising. We chose to spend our money on 100% organic food. No restaurant in Florida has a higher food cost ratio than Food & Thought. We are very proud of the value we offer our customers.



**FOOD & THOUGHT**

100% ORGANIC FARM MARKET

EST. 2004

[www.foodandthought.com](http://www.foodandthought.com)

PH: (239) 213 - 2222

Our full service grocery store is also 100% organic, carrying many products from our own certified organic garden with the healthiest alternatives, vitamins and supplements available. *Please see display ad above.*

Tell them you found them in SWFL Naturally!

# Monterey Bay Aquarium

## Consumer Seafood Guide for the Southeast Region

The Monterey Bay Aquarium Seafood Watch® program helps consumers and businesses make choices for healthy oceans. Their recommendations indicate which seafood items are "Best Choices", "Good Alternatives", or which ones you should "Avoid."

**Why Do Your Seafood Choices Matter?** Worldwide, the demand for seafood is increasing. Yet many populations of the large fish we enjoy eating are overfished and, in the U.S., we import over 90% of our seafood to meet the demand. Destructive fishing and fish farming practices only add to the problem. By purchasing fish caught or farmed using environmentally friendly practices, you're supporting healthy, abundant oceans.

**Learn More** In addition to the recommendations on this guide, we have hundreds more available from our scientists. To see the complete and most up-to-date list visit us online at [seafoodwatch.org](http://seafoodwatch.org), on our free app, our mobile site or on Facebook or Twitter.

### You Can Make A Difference

Support ocean-friendly seafood in three easy steps:

1. Purchase seafood from the green list or, if unavailable, the yellow list. Or look for the Marine Stewardship Council blue eco-label in stores and restaurants.
2. When you buy seafood, ask "Do you sell sustainable seafood?"
3. Tell your friends about Seafood Watch. The more people that ask for ocean-friendly seafood, the better!

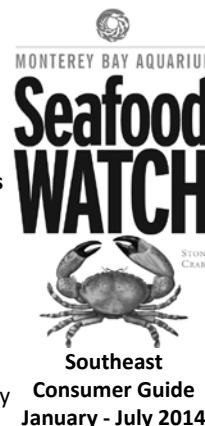
**Best Choices** are well managed, caught or farmed in environmentally responsible ways.

**Good Alternatives** are an option, but there some concerns with how they are caught or farmed.

**Avoid** Overfished, or strong concerns with how they are caught or farmed.

BEST CHOICES
Abalone
Arctic Char (farmed)
Bass: Striped (US hook & line, farmed)
Catfish (US)
Clams, Mussels, Oysters
Cod: Pacific (US hook & line, longline & trap)
Crab: Dungeness & Stone (US)
Crawfish/Crayfish (US farmed)
Halibut (US Pacific)
Mahi Mahi (US Atlantic, troll, pole)
Mullet: Striped (US wild)
Salmon (AK)
Sardines: Pacific (Canada & US)
Scallops (farmed)
Tilapia (Ecuador & US)
Trout: Rainbow (US farmed)
Tuna: Albacore/White canned (Canada & US troll, pole)
Tuna: Skipjack/Light canned (FAD-free, US troll, pole)
Tuna: Yellowfin (US troll, pole)
Wreckfish (US)

GOOD ALTERNATIVES
Crab: Blue & King (US)
Flounders, Soles (US)
Grouper: Red (US Gulf of Mexico)
Lobster (Bahamas & US)
Mahi Mahi (Ecuador & US)
Monkfish (US)
Pompano (US wild)
Porgy: Red (US)
Salmon (CA, OR & WA wild)
Scallops (wild)
Shrimp (Canada & US wild)
Snapper: Red (US)
Squid (US)
Swordfish (US)
Tilapia (China & Taiwan)
Tuna: Albacore/White canned (US longline)
Tuna: Skipjack/Light canned (imported troll, pole and US longline)
Tuna: Yellowfin (imported troll, pole and US longline)
Wahoo (US)
Yellowtail: California



# Do You Know the Dirty Dozen?

### Why Should You Care About Pesticides?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

### What's the Difference?

EWG research has found that people who eat five fruits and vegetables a day from the Dirty Dozen™ list consume an average of 10 pesticides a day. Those who eat from the 15 least contaminated conventionally-grown fruits and vegetables ingest fewer than 2 pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

### Will Washing & Peeling Help?

The data used to create these lists is based on produce tested as it is typically eaten (meaning washed, rinsed or peeled, depending on the type of produce). Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach:

eat a varied diet, rinse all produce and buy organic when possible.

### How Was This Guide Developed?

EWG analysts have developed the Guide based on data from nearly 89,000 tests for pesticide residues in produce conducted between 2000 and 2008 and collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. You can find a detailed description of the criteria EWG used to develop these rankings and the complete list of fruits and vegetables tested at their dedicated website, [www.foodnews.org](http://www.foodnews.org).

**EWG'S SHOPPER'S GUIDE TO PESTICIDES™**

<b>DIRTY DOZEN™</b>	<b>CLEAN 15™</b>
<i>Buy These Organic</i>	<i>Lowest in Pesticides</i>
<b>WORST</b>	<b>BEST</b>
1. Apples	1. Asparagus
2. Celery	2. Avocado
3. Cherry tomatoes	3. Cabbage
4. Hot Peppers	4. Cantaloupe (Domestic)
5. Cucumbers	5. Sweet Corn
6. Grapes	6. Eggplant
7. Sweet Bell Peppers	7. Grapefruit
8. Nectarines (Imported)	8. Kiwi
9. Peaches	9. Mangos
10. Potatoes	10. Mushrooms
11. Spinach	11. Onions
12. Strawberries	12. Pineapples
	13. Sweet Peas
	14. Sweet Potatoes
	15. Papayas

**E ENVIRONMENTAL WORKING GROUP**  
[www.foodnews.org](http://www.foodnews.org)

Learn more at [FoodNews.org](http://FoodNews.org)

SWFL Naturally brings you new lists every six months or as they become available from FoodNews.org

Tell them you found them in SWFL Naturally

Key: CA = California, OR = Oregon, WA = Washington, US Mid-Atlantic = North Carolina to New York, US Southeast = Texas to South Carolina.

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©. All rights reserved.

# Local Angles

## Florida in Crisis

By: Sue Scott

Many Floridians are transplants from another area, and do not understand our unique climate and soils. They are often convinced that "nothing grows here" without benefit of manmade chemicals even though our state has been lush, and beautiful for thousands of years without any "help" from humans. Our beautiful state and regional parks in the middle of a drought are proof of how amazingly well our native trees, shrubs and wildflowers are doing!

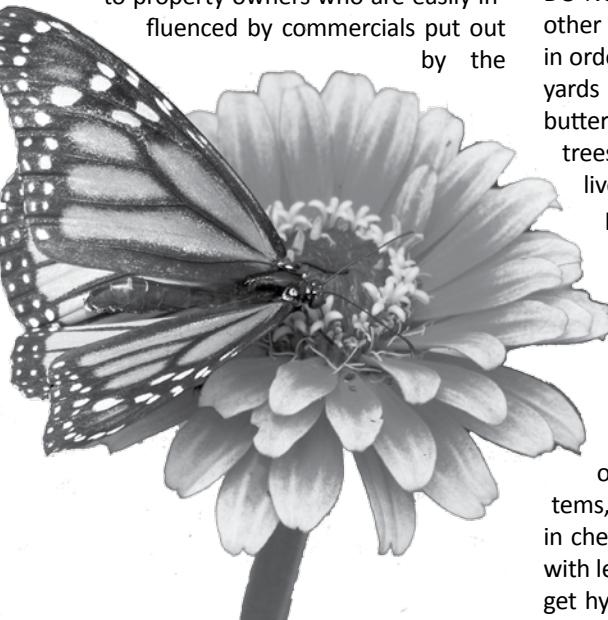
Florida is dying a slow agonizing death due to the extreme overuse of fertilizers and pesticides in backyards and business locations all over the state. Although many communities have instituted fertilizer ordinances, the indiscriminate use of deadly chemicals continues, mostly due to property owners who are easily influenced by commercials put out by the

chemical companies on gardening shows.

Air and water quality, the health of our rivers and estuaries, and our families and pets depend on how we behave in our home landscapes. I believe the paradigm of what makes a socially acceptable yard is changing: shifting toward a more naturalistic landscape that reflects the natural history of where we live. It's time for all of us, no matter where we are to embrace and protect our local natural resources and do what we can in our yards to ensure the continued survival of plants and wildlife native to our region.

The Back Ten Feet (of any typical property) is a starting point for converting water wasteful, boring, unproductive turf grass yards into drought tolerant, wildlife friendly, interesting and storm protective landscapes. In The Back Ten Feet, we DO NOT use fertilizers, pesticides or any other man-made chemicals or additives, in order to keep our water clean and our yards safe for children, pets, birds and butterflies. We use flowers, shrubs and trees NATIVE to the region where we live, and we purchase those NATIVE plants from LOCAL native nurseries, in order to ensure the plants we buy are grown in our region and come from stock that is NOT treated with harmful pesticides.

In The Back Ten Feet, we learn that by providing a balance in our yards that mimics natural systems, insects and other bugs are kept in check naturally, and that a few plants with leaves that are chewed is nothing to get hysterical about, natives are MEANT



## Environment

to be eaten. In fact, wherever you live, NATIVE shrubs and trees are utilized by native butterflies as larval host plants, and spraying with pesticides puts their species' very existence at risk. In The Back Ten Feet, we make a commitment to treating other life forms with respect and care, and we enjoy knowing we have company, that we are not alone. The Back Ten Feet landscapes are filled with the songs of birds, humming of native bees and other bugs. Native plants are judged to be beautiful not by the size of their blooms, but how much food, shelter and nesting sites they provide.

And finally, The Back Ten Feet is a starting point for communities to create greenways throughout their neighborhoods, using only about \$150 per yard for native plants, free mulch from local tree trimmers, and NO money or labor from their local governments. Imagine if just half the property owners in our communities created back ten feet landscapes in their yards and business sites: cooler, cleaner, living landscapes with minimal work and investment.



Source: homedesigning.us

We are at a crossroads. We can decide to really know what is going on, learn the hard truths and decide to take real action to protect our natural resources, and in effect, our very lives or we can simply put our heads in the sand until it is all destroyed. Our choice. What do you intend to do.

**For information on how to go "Back Ten Feet" on your property please contact Sue Scott at [backtenfeet@gmail.com](mailto:backtenfeet@gmail.com).**

She provides property owners in Florida with a sustainable approach to gardening/landscaping with a focus on the use of appropriate native plants; understand they can have a beautiful yard without pesticides or fertilizers while providing a home, food and nesting sites for suburban and urban wildlife, a place for cleaning storm water runoff, and cooling greenways throughout their neighborhoods.leaf

# Local Angles

## The Truth About GMO's

By: George S. Howell III

Recently we are hearing more and more about Genetically Modified Organisms (GMO's) in relation to our food industry. GMO's are not the hybridized breeding of say...two types of tomatoes. That type of hybrid breeding has been taking place by farmers and by nature for thousands of years. GMO's are created in a laboratory by taking genetic code from one species and inserting it into a totally different species, often with unseen damage to the new host's genetics. These Genetically Engineered (GE) plants were introduced, and patented mostly by companies that also produce pesticides and herbicides (weed killers). The new GMO seeds were engineered to withstand these herbicides and allow farmers to freely apply the chemical to their crops without harming the plants they are trying to grow. Other GMO plants were engineered to produce their own pesticide. YES THAT IS CORRECT! These plants self-produce a pesticide to deter and even kill pests that would eat them! In theory GMO's seem to have a positive purpose, however, the health concerns, environmental damage, economic distress for small farmers, and eventual "arms race" against pests and weeds turns out to be one of the largest health and environmental hazards in the world today.

### A brief history of GMO's and our food system:

**1994** – The first genetically engineered food was introduced to the public. Grocery stores begin selling the Flavr Savr



## Food & Health

tomato, designed to ripen slowly and survive lengthy shipping practices.

**1996** – The first "super weeds" are reported which could withstand the herbicides used on GMO crops.

**1997** – The European Union rules in favor of mandatory labeling for all GMO food, including livestock feed.

**2003** – Pests resistant to GMO pesticides are found feeding on GMO crops designed to repel them in the southern United States. In less than 10 years pests are becoming immune to the genetically engineered trait.

**2011** – Bt-toxins (pesticides produced by GE plants themselves) are found in the bloodstream of pregnant women and studies show evidence that the toxin is passed along to fetuses.

### The science:

Former research scientist for the Scotland Rowett Research Institute, and leading lectins and plant genetic modification expert, Arpad Pusztai was commissioned to study GMO's in the late 90's. He initially believed in the promise of GMO's, and conducted the very first independent study of GE crops. He was shocked at the results of his research. Rats fed GE potatoes had stunted growth,

including organ sizes, and very compromised immune systems compared to rats fed regular potatoes. Further, there was intestinal damage to the rats fed GE potatoes that could potentially lead to problems such as cancer. Some of these discrepancies showed up as early as 10 days. Later independent studies confirmed Pusztai's results.

After making his results public, he and the Rowett Institute received immense pressure from the industrial sector as well as the government. Subsequently Pusztai was suspended and his contract was not renewed. The Rowett Institute later released a follow up review of his work stating that regular potatoes were not an appropriate control group and that the data did not support his findings. The political influence of the large companies responsible for creating GMO's had become so strong it has since trumped the health and well-being of the world.

The practically endless financial resources of the chemical giants producing GMO's continues to hijack the food system in the U.S.A. Their money and lobbyist have held control over politicians at the highest level for over a decade. Technical experts for the Food and Drug Administration originally recommended long-term health studies for genetically modified foods as they were "significantly different" and posed different risks than conventional foods. However, the official FDA policy statement said the exact opposite, and supported President George Bush's executive order that GM foods were "substantially equivalent" to other foods and needed no government regulation. There are no safety studies to these foods whatsoever! In fact, current President Barack Obama recently appointed

the former vice-president of Monsanto as the head of food safety with the FDA! Truly, these companies, especially Monsanto, have a vice-like grip on both political parties in our country. The FDA is run at almost all levels by people with highly conflicting interests (do your own research as it is very obvious and easy to find, and I am constrained by the space allotted to this article).

When scientific research suggests health problems arise from consuming GM foods, those studies are squelched. The only voices that support the safety of GMO's are the FDA and the companies creating them. Further, the only studies our government considers when making policy on GMO's are organized by the GMO producers themselves! As the old saying goes..."the last person you should trust about something you are going to buy is the person selling it to you..."

### Health problems:

As much as the food giants would like you to believe otherwise, there are serious health related issues associated with GE foods. Manufacturing companies promote their herbicides such as Glyphosate (used in Round Up) as quickly biodegradable since it has low acute toxicity (amount needed to cause death). However, commercial herbicides containing it are combined with other chemicals that make it 3 times more toxic. A report from the Environmental Protection Agency stated that Glyphosate is "extremely persistent under typical application," and studies from Sweden show one application can last up to 3 years. As the herbicide does break down, it leaves other toxic residues that are continually absorbed by plants. Studies have shown that plants seeded months after herbicidal applications still absorbed the harmful chemicals for us



Source: www.rodalenews.com

Tell them you found them in SWFL Naturally!

to consume. Further studies in Sweden have linked exposure to Glyphosate to Hairy Cell Leukemia and Non-Hodgkin's Lymphoma. Both of these cancer types were very rare, although Non-Hodgkin's Lymphoma is the most rapidly increasing cancer in the US, rising by 73% since 1973. Further studies have also found higher rates of Parkinson's disease in farmers who use herbicides.

Extreme amounts of herbicides and pesticides used on the crops are not only dangerous to the farmers applying them on a regular basis; they also affect the people eating them. Many of these chemicals are designed to be absorbed by the plant. In the case of pesticides, they are absorbed and transferred throughout the plant so that pests feeding on the plant ingest them and die. Interested in eating those plants yourself? Herbicides can act similarly by being absorbed by the plant until it spreads throughout and kills it. GE plants are designed to survive this process and live while weeds are killed by it. Just because the plant lives does not mean you are not ingesting residues from the herbicide yourself. Further, some plants are engineered to produce pesticides themselves. We as consumers then eat those plants and wonder why gastrointestinal health problems have skyrocketed since the introduction to GMO's into our food system!

GE plants also have unseen, and unstudied changes from the genetic engineering itself. When genetic markers are changed by adding foreign DNA sequences, it also changes nearby DNA code which can have unseen consequences. During this process, "promoters" are used that act as switches to turn on the transplanted gene. This practice can permanently "turn on" (or block) other natural genes in the plant, caus-

ing overproduction of allergens, toxins, carcinogens, and enzymes that prohibit hormone production or changes that prevent fetal development. It is also possible that these implanted genetic markers can be transferred permanently to our own bodies. Consider this: corn varieties have been engineered to produce their own BT-toxin. These DNA sequences could potentially be transferred to bacteria living in our digestive system (transgenes have been shown to transfer to gut bacteria and proliferate), making our intestinal flora pesticide factories within us!

Further, Antibiotic Resister Marker (ARM) genes are attached to transgenes before they are inserted, enabling cells to survive antibiotic treatments. If these ARM markers are transferred to our own gut or mouth bacteria they could possibly contribute to antibiotic-resistant super diseases. There has been no research to prove whether this is happening or not. The FDA is not looking and the agriculture giants certainly are not either. These changes need to be studied long term (by someone other than the companies selling them!) before we know exactly what we are eating.

Why is it so easy for these companies to hide these health problems from the public? Most of the health problems associated with GE foods take time to affect consumers. Without proper, unbiased laboratory science, it is difficult to prove that your cancer, immune deficiency, or gastrointestinal problem was directly associated with GE foods eaten over several years. The industry suggests that millions of people have eaten GE foods for years without getting sick. Truth is, large scale health epidemics in this country could already be caused by these products. Without labels on GMO products, it is virtually impossible

to trace illness to specific sources. Long-term health problems can be blamed on anything, especially when our government and regulatory agencies support the industries claim of safety. Since the FDA did not demand long-term studies of GMO's, we as consumers are actually the guinea pigs for this experiment. Unfortunately there is no proper science that can be done to "prove" the results without proper control groups and data collection.

#### **Environmental damage:**

Glyphosate and other herbicidal compounds have a vast web of negative impacts on our environment. Scientific studies have shown that beneficial insects are reduced by 50 to 80 percent with exposure to Glyphosate residues. Bees and predator insects that naturally keep pests at bay are often affected at higher rates by chemicals than pests themselves. It is also very toxic to fish and even more so to smaller aquatic organisms that are important parts of the food chain within our waters. It is essential that these herbicides are not used near waterways or drainage systems. Glyphosate is also destructive to soil life. Arthropods, earthworms, and micro-organisms such as nitrogen-fixing bacteria and fungi build healthy soil systems for plants by managing organic material and making it readily available to plant's roots. These organisms are mostly destroyed by herbicides making plants totally dependent on mass-scale fertilizing routines, and increasing their susceptibility to disease. The synthetic fertilizers cause further damage by running into our waterways and creating algae blooms and further disrupt the natural balance of the ecosystem (If you haven't heard of Red Tide algae blooms you probably haven't been in south Florida for long!). In contrast, farmers that use organic methods actually build soil health and create an

ecosystem to help crops survive a wide variety of environmental impacts. In addition there are zero adverse effects to the world around them, or to the consumers. In fact, studies show that crops grown with organic methods produce better in years of drought. Strange that our government subsidizes farms using synthetic fertilizers and pesticides, while forcing small organic farmers to pay a fee to be licensed as organic!

The bottom line is that agriculture giants like Monsanto cannot, and have not proven that GE foods are safe for our health. In contrast, several legitimate scientific studies have shown there are multiple health problems associated with the farming and consumption of GMO's. Unfortunately, we all know money has corrupted many areas of politics within our government. The giants within the food industry have bought influence at the highest levels, and over both predominate political parties. We as consumers need to demand transparency from the government, but most importantly VOTE WITH OUR DOLLARS! Eventually we can solve the problem through capitalism. If we spend our money on organic, non-GMO products, the companies producing them will thrive while the GMO industry will fail. Education is the key. It is easy for people to remain in a "bliss of ignorance" out of convenience. However the more we understand about the food we eat, the harder some of it is to put into our mouths!

*"You cannot insert a gene you took from a bacteria into a seed and call it life. You haven't created life, instead you have polluted it." ~ Vandana Shiva* 

# Local Angles

## Feeding Your Soul

By: Rev. Renee Bledsoe,  
Church of Spiritual Light

*"Ordinary riches can be stolen, real riches cannot. In your soul are infinitely precious things that cannot be taken from you." ~ Oscar Wilde*

The feeding of our soul is as important to our health and well-being, as the feeding of our body. Yet, many feel out of touch with their soul, barely acknowledging its existence, or all too often selling it off one piece at a time. One of the most powerful ways to get back in touch with our soul is to reconnect to our heart, and the people, places, things and feelings that bring us joy. Essentially, what we truly love is leading us to our soul. As we uncover the true desires of our heart and soul, and take those desires seriously, we start to bridge the gap between head and heart, and begin to make that heart connection a way of life.

Exploring the relationship between body-mind, and heart-soul can lead us to a greater understanding of what may at first appear to be conflicting needs and desires, as we experience the duality of surviving versus thriving. As we learn how to balance the needs of the body with the desires of the heart and soul, we come to see that it is less about balancing, and more about dancing. We find that though it appears that our mind may be doing the leading, in truth, if we actually want to be where we have lead ourselves, then it is our heart and soul whose sometimes subtle cues we must read, protect, and allow to take the lead. It is in this way that the mind becomes in service to the



## Spirituality

soul, and we start to realize our higher, and often hidden purpose.

As we learn to give our heart and soul more weight in the decisions we make about how we will live our life, we find that we have a more profound experience of life. In Native American culture this is called, Walking The Beauty Way. Conversely, as we ignore the calls of the soul too long, the soul will come stalking us, and get our attention one way or another. Just as we experience physical hunger pains when we do not eat, so too, does the soul experience pain if we do not listen to its stirrings. If we start to tend, care and feed our soul, our lives will become enriched with all the priceless intangibles of life that cannot be bought, such as love, peace, joy and true abundance. This is a process that builds in us a trust for the great mystery that is our own soul, as well as a delight in the interconnection of all other souls and everything in creation.

We are coming into a time of harmonization of the Feminine and Masculine forces within. Although we may think we have learned about these forces by observing the interaction between men and women, it really has little to do with men and women per se, for this applies to us all equally. Quite simply, it means that we are now going to be integrating our body-mind with our heart-soul, bringing positive intangibles back into play in our everyday lives. It means that we will use what we have created during this particularly intellectually driven, mind identified time in history to help us bring back the magic, and the things that really bring us meaning, such as, joy, peace,

harmony, serenity, fun, community, creativity, inspiration, connections, co-operation, bliss and love. This can only lead us to more of what our heart of hearts is really craving; deeper, more loving, soul connected relationships.

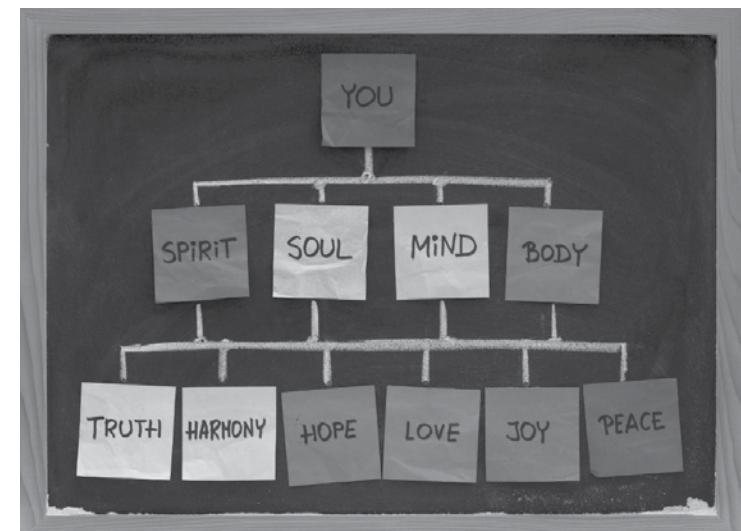
We sit on the brink of a great golden age that is coming in waves onto the planet. This has already been quietly building behind the scenes, little by little as more people have made the courageous choices to follow the instruction of their soul, and pursue their dreams. Many decided to go with the soul after realizing that what was once thought was "secure" in life, wasn't secure at all. Real security is brought about through the assurance that what we are creating is something that truly matters to us, and pays dividends of intrinsic soul satisfaction all the time, not just in our bank account, but within our heart. When we are inwardly fulfilled in our own actions, success is sure to follow outwardly.

The time is upon us to re-focus our intentions around our soul's desires, with no more settling, fear, or doubt. Technology has made it possible for us to communicate, showing us the real-

ity of the interconnected web of souls. We've finally cleared the way, as we've purified our intentions, and opened our hearts. We are phasing out of anonymity and into intimacy, which is critical to the discovery and care of the soul, which in this observable universe wants nothing more than to be seen, acknowledged and revealed. It has never been a better time to follow the pursuits of the soul, to nurture and feed this limitless and mysterious aspect of ourselves, and see where it leads us both individually and collectively. This is the soul's journey.

For more information on Church of Spiritual Light in Fort Myers contact Renee at (239) 560-6314 or info@churchofspirituallight.org

Church of Spiritual Light is an all faith, spiritual community. Our mission is to provide a place where people who wish to truly connect with the divinity within themselves, within others and All That Is can gather together and celebrate the sacredness of life through pure spiritual connection, meditation, ritual, prayer and song, embracing and entering into the Mystery. 



Source: www.successfulculture.com



## Let Your Voice Be Heard

### EcoSpirituality: Healing Your Soul thru the Environment

*With Mother of God House of Prayer in Alva and Happahatchee Center in Estero*

In the world we live in today it often seems we can't get away from the noise of technology. Between the emails, text messages, TVs blaring, phone calls, among all the other environmental noise (airplanes overhead, traffic, other people talking on cell phones, etc...) it often feels there is no place or time for us to simply hear our own thoughts or the yearnings of our heart and soul. However, if we slow down and take



Photo credit: Nikkita Henkell

the time to look, there are places and communities of people to help us reconnect.

Richard Louv and many other contemporary writers and researchers, have identified what they call "nature deficit disorder." They find that levels of anxiety and depression are greatly increased in people with little connection to the natural world. Many modern therapies include time in nature. From a spiritual perspective, writers like Thomas Merton, Thomas Berry, Mary Evelyn Tucker, among dozens of others have acknowledged the essential human need for time in nature to heal and nourish our souls. The pace of the natural world IS the pace of life (not the pace of the technopolized world). Only by spending time in nature can we reconnect to this saner, healthier pace. The firmness of the Earth grounds us, the warmth from the Sun invigorates us, the movement of water connects us to the natural flow of life, and the wind breathes spirit into our being. The natural world inspires a sense of awe and wonder that connects us to the divine. It is through this experience that we nurture a spirit of stewardship in ourselves that returns us to our everyday lives renewed, and restored.

There are also legitimate scientific reasons why going outside and be-

ing in nature is good for us. A few are: Vitamin D absorption facilitated by the sun; breathing air with increased oxygen (thanks to the plants working with you creating balance in the air you breath), and not being subjected to increased levels of electro-magnetic energy, which creates a buzz all of its own.

Fortunately, southwest Florida has wonderful places to help you reconnect with the natural world. Mother of God House of Prayer in Alva (see ad page 60) recognizes the pulls of the modern world and offers a place where people can come and reconnect with the natural world. It is a place where they can stop acting like "human doings"

and return to their essential nature as "human beings." They also offer retreats, special programs and events, as well as spiritual direction. Upcoming events, programs, and services are frequently updated on their website.

Happahatchee Center in Estero (see ad page 62), is also a special place offering a breathtaking natural forest setting with activities reflecting love, peace, and a sense of tranquility that is challenging to find in an environment increasingly covered by concrete and asphalt. Happahatchee offers several types of classes for yoga, Tai Chi, drumming, meditation, art and much more. Check their website calendar for upcoming workshops and classes.



Source: sheknows.com

# Calendar

## ONGOING MONDAY

### Beachcombing & Shelling - Barefoot Beach

#### Preserve

10:00 am January 3 thru April

Cost: Free

Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples

Barefoot Beach Preserve: Mondays and Fridays at 10 a.m. January through April. What do wrack lines, jellies, blue buttons, beach-hoppers, ghosts, sea pork, and beans have in common? Come find out at this lecture on Beachcombing & Shelling. Meet at the Learning Center at Barefoot Beach Preserve.

### Storytime With Miss Dawn

10:00 – 11:00 am

Eco Baby & Home

2355 Vanderbilt Beach Road, Suite 150

Naples

Kim Meador 239-596-2661

Miss Dawn will be reading to the little ones and she also brings her basket of goodies to play dress up too! This is a FREE event.

*Please see display ad on page 57.*

## ONGOING TUESDAY

### Beyond Basics (all levels)

7:30 – 8:30 am

Yoga Bird Studio

1400 Colonial Blvd #61, Ft. Myers

Universallyoga Inc.

Instructor Sally Ingalls 239-851-1051

This class will explore more subtle aspects of aligning the body as well as breathing and meditation techniques that help you begin to develop your own rich, full practice of yoga.

*Please see display ad on page 64.*

### Core Vinyasa Yoga (all levels)

7:30 – 8:30 am

Yoga Bird Studio

1400 Colonial Blvd #61, Ft. Myers

Universallyoga Inc.

Instructor Sally Ingalls 239-851-1051

The word "vinyasa" means "breath synchronized by movement," and this type of yoga is sometimes called "vinyasa flow".

*Please see display ad on page 64.*



### Yoga with Deb Z

10:00 - 11:30 am

Earth & Spirit Garden Gallery

5425 Maria Dr., St. James City

Diane Lampitt 239-282-1025

Enjoy this spirit-filled enriching yoga practice held in the midst of a magical outdoor setting with Deb Z! *Please see display ad on page 48.*

### Yoga Classes with Marketa & Rich

Monday – Saturday – 4:00 – 5:30 pm

Earth & Spirit Garden Gallery

5425 Maria Dr., St. James City

Diane Lampitt 239-282-1025

Yoga outside can help to remind you a breeze can deepen your breathing, the warm sun can deepen poses by making muscles more pliable, and a ladybug can invite you to focus on something small and still.

*Please see display ad on page 48.*

### Cloth Diapering 101

10:30 – 11:30 am

Eco Baby and Home, Naples

Kim Meador 239-596-2661

Kim@EcoBabyandHome.com

Come learn about the various brands and styles of diapers. How they are good for you, your baby, the planet and what to do with the poop! *Please see display ad on page 57.*

### Transformational Meditation

2:00 – 3:00 pm

CasaShanti

1569 Cranford Avenue, Ft. Myers

Zachari VanDyne 239-560-5224

Your vibration is your Divine Signature, your Soul Essence. All welcome to join and experience tapping into your soul.

*Please see display ad on page 58.*

## Dates Worth Mentioning...

### JANUARY

- 1/1 - New Years Day  
New Moon ○
- 1/8 - First Quarter ▷
- 1/16 - Full (Wolf) Moon ●
- 1/20 - Martin Luther King Day
- 1/24 - Last Quarter ☽
- 1/30 - New Moon ○
- 1/31 - Chinese New Year

### FEBRUARY

- 2/1 - National Freedom Day
- 2/2 - Groundhog Day
- 2/4 - Rosa Parks Day
- 2/6 - First Quarter ▷
- 2/6 - Mercury Retrograde
- 2/14 - Valentine's Day  
Full (Snow) Moon ●
- 2/17 - President's Day
- 2/22 - Last Quarter ☽
- 2/28 - Mercury Turns Direct

### MARCH

- 3/1 - New Moon ○
- 3/5 - Ash Wednesday
- 3/8 - First Quarter ▷
- 3/9 - Day Light Savings
- 3/16 - Full (Worm) Moon ●
- 3/17 - St. Patrick's Day
- 3/20 - Spring Equinox
- 3/24 - Last Quarter ☽
- 3/30 - New Moon ○



Why not grab a copy  
for a friend? Spread the word!

### APRIL

- 4/7 - First Quarter ▷
- 4/13 - Palm Sunday
- 4/15 - Passover  
Tax Day
- 4/15 - Full (Pink) Moon ●
- 4/18 - Good Friday
- 4/20 - Easter
- 4/22 - Earth Day  
Last Quarter ☽
- 4/25 - Arbor Day
- 4/29 - New Moon ○

### MAY

- 5/1 - Betrane
- 5/7 - First Quarter ▷
- 5/11 - Mother's Day
- 5/14 - Full (Flower) Moon ●
- 5/17 - Armed Forces Day
- 5/21 - Last Quarter ☽
- 5/26 - Memorial Day
- 5/28 - New Moon ○

### JUNE

- 6/5 - First Quarter ▷
- 6/7 - Mercury Retrograde
- 6/13 - Full (Strawberry) Moon ●
- 6/14 - Flag Day
- 6/15 - Father's Day
- 6/19 - Last Quarter ☽
- 6/21 - Summer Solstice
- 6/27 - New Moon ○

## **Surfside Farmers Market**

Ongoing Tuesday Year Round

3:00 – 8:00 pm

NW corner of Veteran's Pkwy & Surfside Blvd.

Cape Coral Chamber of Commerce

239-549-6900

Shop the freshest in local produce, breads, cheeses, microgreens, and so much more. This is a year round market being brought to you by the Cape Coral Chamber of Commerce. **SWFL Naturally is a proud sponsor of this market.** Please see display ad on page 49.

## **Gluten Intolerance Group of Southwest Florida**

6:00 – 7:00 pm

The Skinny Pantry Health Diet & Specialty Food Store

14261 S Tamiami Trl, Suite 17, Ft. Myers

Terry Foster 239-935-5093

This monthly meeting is an opportunity to review label reading, swap recipes, learn about new products. Feel free to bring labels you have questions about. If you have a gluten-free item you would like to discuss with the group, we will have some time for "show and tell". Show and Tell items can be anything pertaining to "gluten-free" – magazine, book, recipe, GF food product you liked, app for your Smartphone, website, etc.

Please see display ad on page 54.

## **Reiki Share**

6:30 – 7:30 pm

Church Of Spiritual Light

1939 Park Meadows Dr. #1, Ft. Myers

Renee Bledsoe 239-560-6314

Open to the public ~ Great way to get a taste of reiki and energy work. \$5 donation. Please see article under Local Angles Spirituality.

**JOIN US EVERY  
WEDNESDAY @ 9PM EST**

**IN LA KESH**

**DNA  
ACTIVATION  
SESSIONS**  
**GROUP SESSION IN THE  
COMFORT OF YOUR OWN HOME  
VIA TELE-CONFERENCE**

VISIT [WWW.DNAREPLICATE.COM](http://WWW.DNAREPLICATE.COM) TO LEARN MORE

## **ONGOING WEDNESDAY**

### **Exploring Coastal Habitats – Barefoot Beach Preserve**

9:00 am January 8 - April  
Cost: Free

Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Enjoy a guided walk to the estuary and along a sandy trail to the beach. Explore one of the most productive ecosystems in nature and the unique coastal habitats at the Preserve.

### **Qi-Gong**

10:00 - 11:30 am  
Earth & Spirit Garden Gallery  
5425 Maria Dr., St. James City  
Lee Tapping 239-283-7678  
Qi-Gong Practice with Lee Tapager will resume in January 2014 on Wednesday's until April \$15 per session.  
Please see display ad on page 48.



### **DNA Activation Conference Call**

9:00 – 10:00 pm  
DNA Replicate "Our limitations are our greatest illusion."  
Shaman LaOta Rassoull  
[www.dnareplicate.com](http://www.dnareplicate.com)  
By changing the information caused by traumas to information about infinite possibilities, a person's life experience is changed from one of fear and limitation to ultimate freedom and potential. Please see display ad below.

## **ONGOING THURSDAY**

### **Yoga with Deb Z**

10:00 - 11:30 am  
Earth & Spirit Garden Gallery  
5425 Maria Dr., St. James City  
Diane Lampitt 239-282-1025  
Enjoy this spirit-filled enriching yoga practice held in the midst of a magical outdoor setting with Deb Z! Please see display ad on page 48.



### **High Tea Thursdays**

Noon – 4:00 pm  
Earth & Spirit Garden Gallery  
5425 Maria Dr., St. James City  
Diane Lampitt 239-282-1025  
Enjoy an old-fashioned High Tea experience in the gardens of Earth & Spirit Garden Gallery with a Pine Island "twist!". High Tea consists of flavored Teas, homemade mango bread with cream cheese, scones, homemade jams & jellies, veggies and dip, shortbread cookies dipped in dark chocolate.  
Please see display ad on page 48.

### **Djembe Drum Class**

5:30 – 6:30 pm  
Light the Way Spiritual Center  
5600 Trail Blvd, Suite 15, Naples  
Julio Nava jcjnavas@yahoo.com  
Learn hand techniques, posture, the various instruments, and basic rhythms. Any age can drum!



## **ONGOING FRIDAY**

### **Lakes Park Farmer's Market**

9:00 am - 1:00 pm  
7330 Gladiolus Drive, Ft. Myers  
Fridays - Nov. 1 - April 25  
It's the best thing growing. Please see display ad on page 49.

## **Peace and Harmony Gentle Yoga**

9:00 – 10:00 am  
Happehatchee Center  
8791 Corkscrew Rd., Estero  
Stephen Orsillo 239-992-5455  
Connect with your natural state of inner peace and harmony through gentle movement, breath work and meditation. A perfect class for beginners and for those who want to enjoy yoga at a gentle pace. Please see display ad on page 62.

### **QUIET PRAYER TIME**

9:00 - 10:30 am & 11:00 am - 12:30 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614  
[www.MOGHOP.com](http://www.MOGHOP.com)  
For being constantly awake to God's Loving Presence, prayer is essential. This weekly group offers opportunities for supporting each other as we learn and practice together. You may attend either or both of the 90-minute sessions. Cost: Donation. Please see display ad on page 60.



### **ZUMBA!**

9:00 - 10:00 am  
Earth & Spirit Garden Gallery  
5425 Maria Dr., St. James City  
Diane Lampitt 239-282-1025  
This fun class is lead by certified instructor, Alysa M. First class is free. \$5 per session after that. Please see display ad on page 48.



Interested in carrying  
SWFL Naturally for  
your customers?

Call 239-541-1735 or e-mail  
[advertising@swflnaturally.com](mailto:advertising@swflnaturally.com)

## **Beachcombing & Shelling - Barefoot Beach Preserve**

Fridays at 10:00 am January 3 thru April

Cost: Free

Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples

Barefoot Beach Preserve: Mondays and Fridays at 10 a.m. January through April. What do wrack lines, jellies, blue buttons, beach-hoppers, ghosts, sea pork, and beans have in common? Come find out at this lecture on Beachcombing & Shelling. Meet at the Learning Center at Barefoot Beach Preserve.

## **Yin Nature Yoga**

10:30 – 11:30 am

Happehatchee Center

8791 Corkscrew Rd., Estero

Stephen Orsillo 239-992-5455

Explore your Yin nature in this gentle, yet intensive yoga practice. Cultivate a more meditative practice and balance our busy, "yang" like life with this balancing, insightful practice. Journey inward to discover your holding patterns and experience a gentle release.

*Please see display ad on page 62.*



## **Farmers Market @ Collier County Government Complex**

11:00 am - 2:00 pm, Year-round

Front parking lot of Facilities Mgmt Bldg

A year round market highlighting local vendors in the area selling produce & products made in our area.

## **Qi-Gong Lunch**

11:45 am – 12:45 pm

Happehatchee Center

8791 Corkscrew Rd., Estero

Stephen Orsillo 239-992-5455

Experience Qigong in nature with Denise. Living Qi Gong's mission is to raise the individual and global vibrations of healing, service and connection through the teachings and practices of Qigong breathing, graceful movements, healing foods, meditative visualizations, breath work and global healing meditations that enhance health, well-being, longevity and peace. No previous experience needed.

*Please see display ad on page 62.*

## **Nature's Powerhouse Powerful Yoga Practice**

Noon – 1:00 pm

Happehatchee Center

8791 Corkscrew Rd., Estero

Stephen Orsillo 239-992-5455

A powerful practice featuring sun salutations, standing poses that anchor in the power of the sacred space we are so privileged to share. A part of the class will be devoted to 'workshopping' arm balances or inversions. *Please see display ad on page 62.*

## **Shoppes At Vanderbilt Farmers Market**

Noon – 4:00 pm

2355 Vanderbilt Beach Road, Naples

Laura Sloat 239-273-2350

North Naples only INDOOR Market & Emporium at the Shoppes at Vanderbilt. Fresh fruits & vegetables, baked goods, seafood, honey, prepared foods, local artisans, wears & so much more...something for everyone! *Please see display ad on page 50.*

## **Happe Hour All Levels Yoga**

5:00 – 6:00 pm

Happehatchee Center

8791 Corkscrew Rd., Estero

Stephen Orsillo 239-992-5455

Retreat to nature after a long day or week. A great transition to get your weekend off to a grounded, energized start. *Please see display ad on page 62.*

## **Fish Taco Friday**

6:00 – 9:00 pm

Andy's Island Seafood

4330 Pine Island Road, Matlacha

Brian Urso 239-283-2525

Enjoyed the outside dining, cool breeze off the water and the sunset with some fish tacos. *Please see display ad on page 6.*



## **Kirtan! An Evening of Ecstatic Chanting**

7:00 – 9:00 pm

Center for Spiritual Living Cape Coral

406 SE 24th Avenue, Cape Coral

Rev. Emile Gauvrea

Join in easy to learn chants mostly from yoga traditions. Experience a spiritual practice that is both meditative and joyous! No experience necessary, just an open heart. *Please see display ad on page 62.*

## **ONGOING SATURDAY**

### **Bonita Springs Farmer's Market**

7:00 am - Noon

Promenade on 41 near Bonita Bay

Saturdays, October thru May.

### **Cape Coral Farmer's Market**

8:00 am - 1:00 pm, October 19 - May 10

Club Square Downtown

SE 47th Terr. & SE 10th Pl.

Your Saturday destination for fresh, locally grown produce, native plants, Gulf-fresh seafood, just-baked breads & pastries and so much more! Listen to live music and entertainment plus informative community presentations while you pick up your weekly needs. We invite you to make this your "Saturday Morning Destination!" *Please see display ad on page 49.*

### **Shoppes At Vanderbilt Farmers Market**

8:00 am – 2:00 pm

2355 Vanderbilt Beach Road, Naples

Laura Sloat 239-273-2350

North Naples only INDOOR Market & Emporium at the Shoppes at Vanderbilt. Fresh fruits & vegetables, baked goods, seafood, honey, prepared foods, local artisans, wears & so much more...something for everyone! *Please see display ad on page 50.*

### **Alliance for the Arts Green Market**

9:00 am - 1:00 pm, Year-round

10091 McGregor Blvd., Ft. Myers

An exclusive selection of locally grown, caught and cultivated foods and other products available to sample and purchase. *Please see listing under Farmer's Markets.*

### **Guided Nature Walk – Barefoot Beach Preserve**

Saturdays at 9:00 am January 4 - April

Cost: Free

Sponsored by Friends of Barefoot Beach Preserve.

505 Barefoot Beach Blvd., Naples

Enjoy a guided walk along the boardwalk through a maritime forest and coastal strand. More than a nature walk, it's an educational experience! Learn the importance of barrier islands, how our ancestors used Florida's state tree and native plant communities on

barrier islands of Southwest Florida. Program sponsored by Friends of Barefoot Beach Preserve.

### **River Flow Energized All Levels Yoga**

9:00 – 10:00 am

Happehatchee Center

8791 Corkscrew Rd., Estero

Stephen Orsillo 239-992-5455

Inspired by the current of the beautiful Estero River, this practice alternates between more vigorous movement connected to breath and longer holds to build strength. Inversions that change our own inner flow and variations may be explored. *Please see display ad on page 62.*

### **Peace and Harmony Gentle Yoga**

10:30 – 11:30 am

Happehatchee Center

8791 Corkscrew Rd., Estero

Stephen Orsillo 239-992-5455

Connect with your natural state of inner peace and harmony through gentle movement, breath work and meditation. A perfect class for beginners and for those who want to enjoy yoga at a gentle pace. *Please see display ad on page 62.*

### **Tai Chi for Mind, Body & Spirit**

11:45 am

Happehatchee Center

8791 Corkscrew Rd., Estero

Stephen Orsillo 239-992-5455

Tai Chi is a type of low impact, weight bearing and aerobic, yet relaxing exercise integrating the mind and body. *Please see display ad on page 62.*

### **Samada Meditation**

Noon – 1:30 pm

Happehatchee Center

8791 Corkscrew Rd., Estero

Stephen Orsillo 239-992-5455

Soul meditation classes are focused on a variety of subjects such as relief from pain, improving relationships, finding true happiness, overcoming addictions, visiting other dimensions (spiritual world) and improving psychic abilities. Each meditation, no matter the subject is designed to strengthen your mental powers by way of the sixth sense (your soul). *Please see display ad on page 62.*



## **Engaging the Rhythms Beginner Drum Class**

3:30 – 4:30 pm  
Happehatchee Center  
8791 Corkscrew Rd., Estero  
Stephen Orsillo 239-992-5455

Opening up and sharing the way of the drum. Come Play! Everyone is Welcome. We can layer the different skill levels so all can enjoy. The focus is learning to be comfortable with your drum. Please bring your drum if you have one, if not, a few loaners available.

*Please see display ad on page 62.*

## **Vanderbilt Beach Drum Circle**

4:30 pm to dark  
We drum at the ocean/sunset at Vanderbilt Beach

This is a low key drum circle it offers equality because we are all ages, all colors, and one Voice; the community most important...Have a great time and Fun!

## **It's Your Road - Take it Back**



Cycling Savvy will announce upcoming cycling events on their website or check SWFL Naturally's facebook page or [www.swflnaturally.com](http://www.swflnaturally.com) for announcements.

## **ONGOING SUNDAY**

### **Sanibel Island Farmer's Market**

8:00 am - 1:00 pm  
Located at City Hall next to Library & B.I.G. Arts Sundays, November 3 - April 27  
It's the best thing growing. *Please see display ad on page 49.*



Interested in carrying SWFL Naturally for your customers?

Call 239-541-1735 or e-mail [advertising@swflnaturally.com](mailto:advertising@swflnaturally.com)

### **Sunday Celebration**

10:30 am  
406 SE 24th Avenue, Cape Coral  
Center for Spiritual Living 239-789-5353  
Each week feel the love, rock to the music, catch the word, be inspired, connect and celebrate. Your children will also thrive in our youth program. *Please see display ad on page 62.*

## **ONGOING MONTHLY**

### **Birthing From Within® Childbirth Classes**

Call for Schedule  
Mindful Birth Services and Doula Care

239-560-2403

Even if you believe birth is a natural process, in this class you will learn what you can do to help yourself through labor. You will learn skills and tools that you can immediately use to have a more satisfying birth. *Please see display ad on page 57.*

*Tuesdays*

### **Renaissance School Weekly School Tour**

9:30 am  
37 Barkley Circle, Ft. Myers  
Kathy Leitch, Head of School  
239-275-2022  
[admin@montessorichild.org](mailto:admin@montessorichild.org)

"Education must no longer be merely the imparting of knowledge, but must take a new path, seeking the release of human potential" -Dr. Maria Montessori. Renaissance School envisions a community that embraces timeless values, awakens the human spirit and ignites a lifelong love of learning. Come see just how good a school can be! *Please see display ad on page 41.*

### **2nd Tuesday of the Month**

#### **Green Drinks**

6:00 - 7:00 pm  
Spirit of Bacchus, Ft. Myers  
Have a "green" business? Come to the Green Drink's Networking event and meet some more local green businesses that could possibly be your next customer or refer you to your next customer!

### **2nd Tuesday of the Month**

#### **La Leche League Mother-to-Mother Support**

10:00 am  
Summit Church Activity Room  
19601 Ben Hill Griffin Blvd., Ft. Myers  
Michelle 239-498-3095  
[mykookamanga@gmail.com](mailto:mykookamanga@gmail.com)  
Mtgs feature open-ended discussions about the practical, physical, and psychological aspects of breastfeeding and related aspects of parenting. Mtgs are based on four topics: Advantages of Breastfeeding, Baby Arrives/

First Weeks, Art of Breastfeeding/Avoiding Difficulties and Nutrition and Weaning; discussions are never the same. A great time to get out with your baby & other young children. Healthy children always welcome.

*3rd Tuesdays*

### **Natural Parenting and Baby Wearing**

#### **Get Together**

3:30 – 4:30 pm  
Eco Baby and Home, Naples  
Kim Meador 239-596-2661  
[Kim@EcoBabyandHome.com](mailto:Kim@EcoBabyandHome.com)

Meet other naturalminded moms & dads as we discuss topics ranging from vaccines, circumcision, cosleeping, holistic treatments, cloth diapering, babywearing and other aspects generally associated with "attachment parenting". *Please see display ad on page 57.*

### *1st Thursday of the Month*

#### **La Leche League Mother-to-Mother Support**

7:00 pm  
St. Hilary's Episcopal Church, Corner of Colonial & McGregor Blvd., Ft. Myers  
Kathy, 239-834-8390 Jerri, 239-454-1350  
Mtgs feature open-ended discussions about the practical, physical, and psychological aspects of breastfeeding and related aspects of parenting. Mtgs are based on four topics: Advantages of Breastfeeding, Baby Arrives/First Weeks, Art of Breastfeeding/Avoiding Difficulties and Nutrition and Weaning; discussions are never the same. A great time to get out with your baby & other young children. Healthy children always welcome.

### *2nd Thursday of the Month*

#### **Birth Circle**

6:00 – 7:00 pm  
The Skinny Pantry

14261 S Tamiami Trl, Suite 17, Ft. Myers  
Chapter Leaders: 772-497-6324  
[SWFLbirthnetwork.org](http://SWFLbirthnetwork.org)

A nonjudgmental forum to share experiences, ask questions, connect with the community, or just to listen and be a part of the experience. This is a meeting to find caring support, sound guidance, help with informed decision making, evidence-based information, and a safe place for encouragement, healing and connection. *Please see display ad on page 41.*

### *2nd Thursday of the Month*

#### **Naples Sustainable Business Network**

5:15 – 6:45 pm  
Locations vary  
NPower Naples 239-234-4558  
Each month's event will feature one of our Green Businesses of Naples as well as Hors d'oeuvres and door prizes.

### *3rd Thursday*

#### **Lehigh Acres Edible Garden Exchange**

5:30 – 7:00 pm  
55 Homestead Road, South, Lehigh Acres  
Karen Harty, Moderator 239-206-3373  
[ilovelehighacres@gmail.com](mailto:ilovelehighacres@gmail.com)  
From bugs to humidity to sand to heat. Chat here. Learn here. Share with us your excess seeds, cuttings, best veggie dishes and drinks, or just volunteer to clean up.



### *1st Friday of the Month*

#### **Express Your Spirit: A Make And Take Studio**

7:00 – 8:30 pm  
Noon – 4:00 pm  
Earth & Spirit Garden Gallery  
5425 Maria Dr, St. James City  
Diane Lampitt 239-282-1025  
The focus is not on the final product, but on the process of creation itself. Tap into your creative energy – enjoy the interactions of a creative community. - come be surprised by what we can create together.  
*Please see display ad on page 48.*

### *Last Friday of the Month*

#### **SWFL Pathways Connect**

Starting at 6:00 pm  
Mama's Chiropractic Clinic  
Cape Coral 239-549-MAMA (6262)  
Parents, take this opportunity to meet like-minded community members and utilize these groups to build social and health connections. Participation at Pathways Connect Gathering Groups does not require membership or fees of any kind... ever. Come, take some time out of your day to nourish and expand your parenting options. *Please see display ad on next page.*



**Meetings last Friday of the month  
Starting at 6:00 pm  
Mama's Chiropractic Clinic**

Seeking a community of parents devoted to exploring the many challenges of raising healthy children?

Come find your tribe at this monthly gathering that supports conscious parenting and natural lifestyles.

**For more information call  
239-549-MAMA (6262)**

*1st Saturday of the Month*

### **Really Really Free Market Naples**

Noon - 4:00 pm

Fleischmann Park, Naples  
[www.reallyreallyfree.org](http://www.reallyreallyfree.org)

A really, really free market is like a giant pot-luck made up of useable items, skills, ideas, smiles, talents, friendship, excitement, discussions and many other things that we as a community can come together and share. Really really free means 100% free and non-commercial, organized by participants just like you. No Money \* No Barter \* No Trade \* Everything is FREE.



*3rd Saturday of the Month*

### **La Leche League Mother-to-Mother Support**

10:00 am

East Lee County Library,  
881 Gunnery Rd. N., Lehigh Acres  
Maria 239-823-8219  
[krmathman@embarqmail.com](mailto:krmathman@embarqmail.com)

Mtg feature open-ended discussions about the practical, physical, and psychological aspects of breastfeeding and related aspects of parenting. Mtgs are based on four topics: Advantages of Breastfeeding, Baby Arrives/First Weeks, Art of Breastfeeding/Avoiding Difficulties and Nutrition and Weaning; discussions are never the same. A great time to get out with your baby & other young children. Healthy children always welcome.



## **JANUARY 2014**

January 4

### **Barefoot Beach Preserve Lecture Series**

#### **Feature: Bird Behavior – Jack Berninger**

10:00 -11:00 am

[www.fobbp.org](http://www.fobbp.org)

Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

January 4

### **Green Flea Market**

10:00 am – 2:00 pm

Earth & Spirit Garden Gallery  
5425 Maria Dr, St. James City

Diane Lampitt 239-282-1025

Community Flea & Garden Market featuring recycled treasures, locally grown veggies, mango smoothies, music and down to earth fun! Local vendors must pre-register. Recycle, ReUse & RePurpose. *Please see display ad on page 48.*

January 4

### **Union with the Lord through Passage**

#### **Meditation Facilitated by Joe Groch**

10 AM – 3 PM

Mother of God House of Prayer

17880 Cypress Creek Rd., Alva

Katie O'Connor 239-728-3614

[www.MOGHOP.com](http://www.MOGHOP.com)

Passage meditation is an ancient, systematic method of prayer that is transformative and helps us bring our meditation into the world. Why not make it your spiritual practice for the New Year? Brown Bag lunch. Beverages

provided. Cost: \$25.00 *Please see display ad on page 60.*

January 4

### **Jung and Christianity: The Challenge of Reconciliation Facilitated by Sharon Rooks and Rev. Ed Winsor**

9:30 – 11:30 am

Mother of God House of Prayer Off site in Fort Myers. Call for directions

Katie O'Connor

239-728-3614

[www.MOGHOP.com](http://www.MOGHOP.com)

Fr. Edward Winsor and Dr. Sharon Rooks will co-facilitate a discussion of "Jung and Christianity: The Challenge of Reconciliation" by Wallace B. Clift. Cost: \$15.00 per session.

*Please see display ad on page 60.*

January 8

### **Richard Rohr DVD Series Facilitated by Sr. Carol Beavers**

9:30 – 11:30 am

Mother of God House of Prayer

17880 Cypress Creek Rd., Alva

Katie O'Connor

239-728-3614

[www.MOGHOP.com](http://www.MOGHOP.com)

Richard Rohr is a forward thinking Franciscan priest whose message is rooted in the Gospel of Jesus. His gift is articulating to our minds what we already know in our heart. Cost: \$15.00 per session.

*Please see display ad on page 60.*

January 8

### **Common Drugs Everyone Thinks Are Harmless**

6:30 – 8:00 pm

Food & Thought, 600 Goodlette Rd. N.

(Empire Plaza)

Deborah Post

239-481-5600

[www.DebPost.com](http://www.DebPost.com)

Discussion of drugs that are in your bathroom cabinet and people think are benign but are they? *Please see display ad on page 52.*

January 10

### **Happe Art & Soul**

1:00 - 4:00 pm

Happehatchee Center

8791 Corkscrew Rd., Estero

Stephen Orsillo

239-992-5455

Art is a language and as you open your heart and eyes to the Beauty of Happehatchee this

class will help you to develop your ability to hear and express your own deep inner voice thru the Artist Way.

*Please see display ad on page 62.*

January 10

### **Quiet Prayer Time - Facilitated by Rich Byrne and Sr. Carol Beavers**

9:00-10:30 am & 11:00 am -12:30 pm

Mother of God House of Prayer

17880 Cypress Creek Rd., Alva

Katie O'Connor

239-728-3614

[www.MOGHOP.com](http://www.MOGHOP.com)

For being constantly awake to God's Loving Presence, prayer is essential. This weekly group offers opportunities for supporting each other as we learn and practice together. You may attend either or both of the 90-minute sessions. Cost: Donation *Please see display ad on page 60.*

January 11

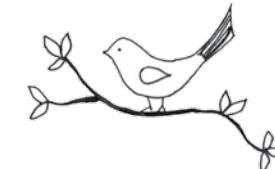
### **Barefoot Beach Preserve Lecture Series**

#### **Feature: Plover Lover: Ecology, Behavior, Migration - Dr. Jerry Jackson**

10:00 -11:00 am

[www.fobbp.org](http://www.fobbp.org)

Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.



January 11

### **Transpersonal and Spiritual Psychology**

1:00 - 5:00 pm

Happehatchee Center

8791 Corkscrew Rd., Estero

Stephen Orsillo

239-992-5455

What is transpersonal and spiritual psychology and what does it have to teach us? Dr. Harris Friedman will explore these and other questions related to the interface of psychology and spirituality. Partial and full scholarships available. *Please see display ad on page 62.*

January 11

**Sexuality And Spirituality - Facilitated by Rich Byrne**

10:00 am - 3:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614

www.MOGHOP.com  
Sexual and spiritual energies are necessarily interactive within and around our body/mind/spirit. During the day we will be working with practices from various traditions that help us awaken to, balance and integrate these powerful energies. Brown Bag lunch. Beverages provided. Cost: \$25.00.  
*Please see display ad on page 60.*

January 15

**The Liver - The Master Filter**

6:30 – 8:00 pm  
Food & Thought, 600 Goodlette Rd. N.  
(Empire Plaza)  
Deborah Post 239-481-5600  
www.DebPost.com  
The liver is the gateway to the body and in this chemical age its detoxification systems are easily overloaded. Thousands of chemicals are added to food and over 700 have been identified in drinking water. Creative Scripts Compounding Pharmacy Lecture Series \$20 per topic. *Please see display ad on page 52.*

January 16

**Grow Heirloom Tomatoes in SW Florida**

55 Homestead Road South, Lehigh Acres  
5:30 – 7:30 pm  
Karen Harty 239-206-3373  
The meeting starts promptly at 5:30 pm at Veterans Park Recreational Bldg. A once-in-a-lifetime membership fee to Veterans Park of \$10 per person is required. There is no fee for the Lehigh Acres Edible Garden Exchange, however we do ask that you share something at the meeting.

January 18

**Barefoot Beach Preserve Lecture Series**

**Feature: SOS! Save Our Sharks – Cheryl Black**  
10:00 -11:00 am  
www.fobbp.org  
Program Cost: Free (There is an entrance fee into the park for those who do not have a

current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

January 18

**Day of Reflection: Kingdom Living Facilitated by Marilyn Bowman and Walter Fohs**

10:00 am – 3:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd. Alva  
Katie O'Connor 239-728-3614  
www.MOGHOP.com  
Using the Beatitudes in Mt. 5: 3-12, we will reflect on Jesus' mission and our mission to bring about kingdom living in our world today. Brown bag lunch. Beverages provided. Cost: \$25.00. *Please see display ad on page 60.*

January 22

**Sleep So Wonderful But What Really Happens When We Don't Sleep?**

6:30 – 8:00 pm  
Food & Thought, 600 Goodlette Rd. N.  
(Empire Plaza)  
Deborah Post 239-481-5600  
www.DebPost.com  
*Please see display ad on page 52.*

January 25

**Barefoot Beach Preserve Lecture Series**  
**Feature: Plover Lover: The Ins & Outs of Florida Wildlife Commission - Brian Beringer**

10:00 - 11:00 am  
www.fobbp.org  
Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

January 25

**Sixth Annual Spirituality Conference**

9:00 am – 4:00 pm  
Mother of God House of Prayer Off site in Fort Myers. Call for directions  
Katie O'Connor 239-728-3614  
www.MOGHOP.com  
Keynote speaker Sr. Rita Woelcke, a Sister

of St. Joseph from Philadelphia, will Awaken us to Spirit and Awaken us to Action through the lens of the Spirituality of the Sisters of St. Joseph, a spirituality for our times. There will also be several workshops on related topics. Call for further info. Cost: \$40.00 if pre-registered, \$50.00 at the door. *Please see display ad on page 60.*

## FEBRUARY 2014

February 1

**Barefoot Beach Preserve Lecture Series**

**Feature: Insect Structures, Photography - Susan Snyder**

10:00 - 11:00 am  
www.fobbp.org  
Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

February 1

**Green Flea Market**

10:00 am – 2:00 pm  
Earth & Spirit Garden Gallery  
5425 Maria Dr., St. James City  
Diane Lampitt 239-282-1025  
Community Flea & Garden Market featuring recycled treasures, locally grown veggies, mango smoothies, music and down to earth fun! Local vendors must pre-register. Recycle, ReUse & RePurpose. *Please see display ad on page 48.*

February 5

**Richard Rohr DVD Series Facilitated by Sr. Carol Beavers**

9:30 – 11:30 am  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614  
www.MOGHOP.com  
Richard Rohr is a forward thinking Franciscan priest whose message is rooted in the Gospel of Jesus. His gift is articulating to our minds what we already know in our heart. Cost: \$15.00 per session.  
*Please see display ad on page 60.*

February 8

**Barefoot Beach Preserve Lecture Series**

**Feature: Bats of Florida – Allyson Webb**

10:00 - 11:00 am  
www.fobbp.org  
Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

February 8

**Women in Recovery: Walking Hand in Hand with the Spirit of the Universe Facilitated by Marian O'Grady**

10:00 am – 3:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614  
www.MOGHOP.com  
“We begin to feel the nearness of our Creator. We feel we are walking hand in hand with the Spirit of the Universe” (Big Book). Join us for a day of reflection on walking hand in hand with the Spirit who invites us “to feel the nearness of our Creator.” Brown bag lunch. Beverages provided. Cost: \$25.00. *Please see display ad on page 60.*



February 8

**The Journey of the Mystic Warrior: Native American Wisdom, Ceremony and Medicine**

Facilitated by Carla Palmer (Part 1 of 3)

10:00 am – 3:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614  
www.MOGHOP.com  
In this three-part series, Native spiritual practices that lead to healing and spiritual growth will be woven together with the teachings of many spiritual masters. Brown Bag lunch. Beverages provided. Cost: \$75.00 for series or \$25.00/session.  
*Please see display ad on page 60.*

February 8

**Introduction To The Enneagram- Facilitated by Rich Byrne**

10:00 am - 3:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614  
[www.MOGHOP.com](http://www.MOGHOP.com)

"We cannot understand God more deeply than we understand ourselves." The Enneagram opens a window into the secrets of the Self, providing union with God and others. This workshop will present the nine Enneagram types so that one will have a clear understanding of this ancient system for spiritual growth. Brown bag lunch. Beverages provided. Cost: \$25.00.

*Please see display ad on page 60.*

February 12

**The Gut / Digestive System - The Body Battery and Putting it all Together**

6:30 – 8:00 pm  
Food & Thought, 600 Goodlette Rd. N. (Empire Plaza)  
Deborah Post 239-481-5600  
[www.DebPost.com](http://www.DebPost.com)  
Have you been listening to your gut? Understand how the gut communicates with you. Creative Scripts Compounding Pharmacy Lecture Series \$20 per topic.  
*Please see display ad on page 52.*



February 15

**Barefoot Beach Preserve Lecture Series**

**Feature: Climate Change in Big Cypress -**

**Lisa Andrews**

10:00 - 11:00 am  
[www.fobbp.org](http://www.fobbp.org)

Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

February 15

**Day of Reflection: Being Connected to the Fullness of God Facilitated by Carol Beevers, SSJ, Walter Fohs and Marilyn Bowman**

10:00 am – 3:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd. Alva  
Katie O'Connor 239-728-3614  
[www.MOGHOP.com](http://www.MOGHOP.com)

The story of the Vine and the Branches found in Jn.5: 1-9 reminds us of our need to grow in connectedness with God, self, others and all of creation. Brown bag lunch. Beverages provided. Cost: \$25.00.

*Please see display ad on page 60.*

February 20

**Soil and Irrigation by Dr. Kelly Moran of UFL**

55 Homestead Road South, Lehigh Acres  
5:30 – 7:30 pm  
Karen Harty 239-206-3373

The meeting starts promptly at 5:30 pm at Veterans Park Recreational Bldg. A once-in-a-lifetime membership fee to Veterans Park of \$10 per person is required. There is no fee for the Lehigh Acres Edible Garden Exchange, however we do ask that you share something at the meeting.

February 22

**Barefoot Beach Preserve Lecture Series**  
**Feature: Snakes Of Florida, Including Pythons – Mike Knight**

10:00 - 11:00 am  
[www.fobbp.org](http://www.fobbp.org)

Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

February 22

**Burrowing Owl Festival**

10:00 am – 4:00 pm  
Rotary Park  
5505 Rose Garden Rd., Cape Coral  
Honey Archey 239-549-4606  
Cape Coral Florida is home to Florida's largest population of the Burrowing Owl. Lectures about the Burrowing Owl and other nature

orientated topics, nature hikes to observe the varied habitats and wildlife at Rotary Park, guided bus tours to observe the Burrowing Owl habitats, as well as dozens of local artists showing and selling nature related arts and crafts. *Please see display ad on page 47.*

## MARCH 2014

March 1

**Barefoot Beach Preserve Lecture Series**

**Feature: Butterflies – Christine Cook**

10:00 -11:00 am  
[www.fobbp.org](http://www.fobbp.org)

Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

March 1

**Green Flea Market**

10:00 am – 2:00 pm  
Earth & Spirit Garden Gallery  
5425 Maria Dr., St. James City

Diane Lampitt 239-282-1025  
Community Flea & Garden Market featuring recycled treasures, locally grown veggies, mango smoothies, music and down to earth fun! Local vendors must pre-register. Recycle, ReUse & RePurpose. *Please see display ad on page 48.*

March 1

**The Journey of the Mystic Warrior: Native American Wisdom, Ceremony and Medicine Facilitated by Carla Palmer (Part 2 of 3)**

10:00 am – 3:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva

Katie O'Connor 239-728-3614  
[www.MOGHOP.com](http://www.MOGHOP.com)

Part two of three-part series, Native spiritual practices that lead to healing and spiritual growth will be woven together with the teachings of many spiritual masters. Brown Bag lunch. Beverages provided. Cost: \$75.00 for series or \$25.00/session.

*Please see display ad on page 60.*

March 1

**Spirituality of Dreams Facilitated by Sharon Rooks, PH. D.**

10:00 am – 3:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614  
[www.MOGHOP.com](http://www.MOGHOP.com)

Working with dreams awakens us to our mind, body, and soul truth of experience thus enriching our daily contemplative and active spiritual practices. Come share your dreams in this spiritual setting. Brown bag lunch. Beverages provided. Cost: \$25.00.  
*Please see display ad on page 60.*

March 1

**Customer Appreciate Day**

11:00 am – 4:00 pm  
**Octagon Wildlife Sanctuary**  
41660 Horseshoe Road, Punta Gorda  
239-543-1130

Free Entrance All Day Long!  
Bring your family and friends and visit Cinnamon, Lilly, Sneakers, Zulu and company. It will be a fun-filled day with games, raffles, things to see and awesome photo opportunities.  
*Please see display ad on page 46.*

March 5

**Richard Rohr DVD Series Facilitated by Sr. Carol Beavers**

9:30 – 11:30 am  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614  
[www.MOGHOP.com](http://www.MOGHOP.com)

Richard Rohr is a forward thinking Franciscan priest whose message is rooted in the Gospel of Jesus. His gift is articulating to our minds what we already know in our heart. Cost: \$15.00 per session.

*Please see display ad on page 60.*

March 8

**Barefoot Beach Preserve Lecture Series**  
**Feature: Theory of Everything – Jack Beringer**

10:00 -11:00 am  
[www.fobbp.org](http://www.fobbp.org)  
Program Cost: Free (There is an entrance fee into the park for those who do not have

a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

March 8  
**Spa for the Soul**  
9:00 am to 5:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614  
www.MOGHOP.com  
Join with like-minded women to be renewed in Body, Mind and Spirit! Learn and experience ways to care for yourselves through yoga, crystal bowl meditation and other modalities. Cost: \$40.00 if pre-registered, \$50.00 at the door. Lunch included. Limited to 25 participants.  
Please see display ad on page 60.

March 12  
**The Body Fantastic - Pushing our Limits**  
6:30 – 8:00 pm  
Food & Thought, 600 Goodlette Rd. N.  
(Empire Plaza)  
Deborah Post 239-481-5600  
www.DebPost.com  
Revealing the human body in ways never seen before. Journey to a hidden world beneath the skin. Creative Scripts Compounding Pharmacy Lecture Series \$20 per topic.  
Please see display ad on page 52.



March 15  
**Barefoot Beach Preserve Lecture Series**  
**Feature: Catching & Eating Blue Crabs – Eric Prevatt (to be confirmed)**  
10:00 - 11:00 am  
www.fobbp.org  
Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

March 15  
**Day of Reflection: The Love Of the Prodigal Father Facilitated by Carol Beevers, Facilitated by Carol Beevers, SSJ, Walter Fohs and Marilyn Bowman**  
10:00 am – 3:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614  
www.MOGHOP.com  
Don't you mean the "Parable of the Prodigal Son" you say? Join us today as we spend time with Lk.15: 11-32 exploring the extravagant love of the "Prodigal Father." Brown bag lunch. Beverages provided. Cost: \$25.00  
Please see display ad on page 60.

March 22  
**Barefoot Beach Preserve Lecture Series**  
**Feature: Naples Zoo and Gardens Past, Present & Future - Jack Mulvena**  
10:00 - 11:00 am  
www.fobbp.org  
Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

March 22  
**The Enneagram And Spirituality- Facilitated by Rich Byrne**  
10:00 am – 3:00 pm  
Mother of God House of Prayer  
17880 Cypress Creek Rd., Alva  
Katie O'Connor 239-728-3614  
www.MOGHOP.com  
After reviewing the Enneagram's nine ways of being, we will examine the Spirituality of the Enneagram focusing on the "Holy Virtues" and "Holy Ideas" of this ancient system of spiritual growth. Participants will be given practices in prayer and meditation for greater wholeness and holiness. Brown bag lunch. Beverages provided. Cost: \$25.00.  
Please see display ad on page 60.

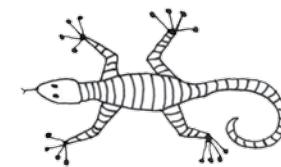


March 22  
**6th Annual GreenFest Edison State College Collier Campus**  
7007 Lely Cultural Pkwy., Naples  
10:00 am – 3:00 pm  
Kirk Otto 239-732-3743  
Kirk.Otto@Edison.edu  
Come see the local businesses showcasing sustainable solutions! Food, prizes, music, children's activities. Admission is FREE! Learn all the latest about "Green" living and respecting our environment.  
Please see display ad below.



## APRIL 2014

April 2  
**Richard Rohr DVD Series: Facilitated by Sr. Carol Beavers**  
9:30 – 11:30 am  
Mother of God House of Prayer  
17880 Cypress Creek Rd. Alva  
Katie O'Connor 239-728-3614  
www.MOGHOP.com  
Richard Rohr is a forward thinking Franciscan priest whose message is rooted in the Gospel of Jesus. His gift is articulating to our minds what we already know in our heart. Cost: \$15.00 per session.  
Please see display ad on page 60.



April 5  
**Barefoot Beach Preserve Lecture Series**  
**Feature: Exploring Barefoot Beach Natural Environment – Gary Schmelz. Walk at Barefoot Beach to follow lecture.**  
10:00 -11:00 am  
www.fobbp.org  
Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

March 29  
**Barefoot Beach Preserve Lecture Series**  
**Feature: Beer Worms, Square Grouper & Indians Maureen Sullivan-Hartung**  
10:00 -11:00 am  
www.fobbp.org  
Program Cost: Free (There is an entrance fee into the park for those who do not have a current Collier County park permit.) Sponsored by Friends of Barefoot Beach Preserve. 505 Barefoot Beach Blvd., Naples Barefoot Beach Preserve Learning Center.

April 5  
**Green Flea Market**  
10:00 am – 2:00 pm  
Earth & Spirit Garden Gallery  
5425 Maria Dr., St. James City  
Diane Lampitt 239-282-1025  
Community Flea & Garden Market featuring recycled treasures, locally grown veggies, mango smoothies, music and down to earth fun! Local vendors must pre-register. Recycle, ReUse & RePurpose. Please see display ad on page 48.

Tell them you found them in SWFL Naturally!

April 5

**The Journey of the Mystic Warrior: Native American Wisdom, Ceremony and Medicine Facilitated by Carla Palmer (Part 3 of 3)**

10:00 am – 3:00 pm

Mother of God House of Prayer

17880 Cypress Creek Rd. Alva

Katie O'Connor

239.728.3614

[www.MOGHOP.com](http://www.MOGHOP.com)

Part three of three-part series Native spiritual practices that lead to healing and spiritual growth will be woven together with the teachings of many spiritual masters. Brown Bag lunch. Beverages provided. Cost: \$25.00/ session. *Please see display ad on page 60.*

April 12

**GAC (Bay Days)**

Students and concerned citizens of all types and ages make this contribution to their community to prevent contamination to wildlife and to maintain our pristine beaches. Volunteers Needed! Teams or Individuals can call, visit our website at [www.keepcollierbeautiful.com](http://www.keepcollierbeautiful.com).

April 12

**13th Annual Earth Day Festival**

10:00 am – 6:00 pm

Riverside Park in Bonita Springs

Bobbie Lee Gruninger 239-777-0186

Honoring Mother Earth with Environmental Presentations, Free Kayak Rides, Exhibits, Music, Drum Circle, Raffle, Kids Activities, Food & Artist Sponsored by Sierra Club and *naturally*

April 12

**Earth Day Trash Bash (a.k.a. Great American Clean Up)**

9:00 am – Noon

Several Locations Around Lee County

Visit [www.KLCB.org](http://www.KLCB.org)

Trish Fancher, 239-334-3488

or [klcb32@cs.com](mailto:klcb32@cs.com)

Great American Clean Up is the nation's largest organized annual clean up & beautification event. It encourages citizens to get involved in their own communities. Lee County residents and visitors are invited to make a difference in their environment by

cleaning up their own neighborhoods and communities.

April 12

**Day of Reflection: The Humility of Discipleship Facilitated by Carol Beevers, SSJ, Walter Fohs and Marilyn Bowman**

10:00 am – 3:00 pm

Mother of God House of Prayer

17880 Cypress Creek Rd., Alva

Katie O'Connor

239-728-3614

[www.MOGHOP.com](http://www.MOGHOP.com)

Let us together learn from Jesus, the loving servant, about the humility of discipleship as demonstrated in Jn.13: 1-17. Brown bag lunch. Beverages provided. Cost: \$25.00.

*Please see display ad on page 60.*

April 17

**Citrus by Dr. Mongi Zekri**

55 Homestead Road South, Lehigh Acres

5:30 – 7:30 pm

Karen Harty 239-206-3373

The meeting starts promptly at 5:30 pm at Veterans Park Recreational Bldg. A once-in-a-lifetime membership fee to Veterans Park of \$10 per person is required. There is no fee for the Lehigh Acres Edible Garden Exchange, however we do ask that you share something at the meeting.



April 19

**Earth Day Celebration at the J.N. "Ding" Darling National Wildlife Refuge**

10:00 am – 3:00 pm

J.N. "Ding" Darling National Wildlife Refuge Educational Center, 1 Wildlife Drive, Sanibel FREE \* \$5 car/\$1 hiking/biking fee may be waived).

Becky Wolf, Refuge Ranger

239-472-1100 ext 236

Join J.N. "Ding" Darling National Wildlife Refuge staff and volunteers as they celebrate Earth Day. FREE Family fun activities will be hosted at the Educational Center. For a complete list of earth day events, visit their webpage or on Facebook.

April 19

**Conservancy of SWFL Earth Day**

Celebrate the 50th anniversary of Conservancy of Southwest Florida at our Earth Day Festival!

1495 Smith Preserve Way, Naples

We'll have guest speakers, live music, festival food, exhibitors, crafts, interactive programs, boat rides and more! Free off-site parking will be available with shuttle service. Call 239-430-2466 for more information.

April 22

**Earth Day at Rookery Bay**

9:00 am - 4:00 pm

Rookery Bay National Estuarine Research Reserve 239-530-5940

300 Tower Road, Naples, FL 34113

In celebration of Earth Day, the Rookery Bay Environmental Learning Center offers "buy one, get one free admission" and will be showing a selection of Earth Day films. Higher price prevails. Cannot be combined with other offers.



April 26

**5th Annual Earth Day Festival**

10:00 am – 4:00 pm

Earth & Spirit Garden Gallery

5425 Maria Dr., St. James City

Diane Lampitt 239-282-1025

Live Music, Food, Mango Smoothies, Artist Demonstrations, Speakers, Kids Activities, Peace Pole Community Project, Native Plant Sale, Fair Trade Gifts, Silent Auction to benefit the Calusa Land Trust, and much more! *Please see display ad on page 48.*

April 26

**Great Cloth Diaper Change**

Parents around the world will be changing their child's cloth diaper at the same time to try to BREAK the Guinness World Records(TM) for most cloth diapers changed at one time! This event is happening to spread awareness of modern cloth diapers for TODAY's parents!! Help SWFL go down in history and spread cloth diaper awareness!

Contact Kim Meador at 239-596-2661

## MAY 2014

May 3

**World Labyrinth Day**

Earth & Spirit Garden Gallery

5425 Maria Dr., St. James City

Diane Lampitt 239-282-1025

Join us to be part of a rolling wave of peaceful energy. World Labyrinth Day, a project of The Labyrinth Society, is a day designed to bring people all over the world together in celebration of the labyrinth as a symbol and a tool for healing and peace. *Please see display ad on page 48.*

May 3

**Green Flea Market**

10:00 am – 2:00 pm

Earth & Spirit Garden Gallery

5425 Maria Dr., St. James City

Diane Lampitt 239-282-1025

Community Flea & Garden Market featuring recycled treasures, locally grown veggies, mango smoothies, music and down to earth fun! Local vendors must pre-register. Recycle, ReUse & RePurpose. *Please see display ad on page 48.*

May 7

**Richard Rohr DVD Series Facilitated by Sr. Carol Beavers**

9:30 – 11:30 am

Mother of God House of Prayer

17880 Cypress Creek Rd., Alva

Katie O'Connor 239-728-3614

[www.MOGHOP.com](http://www.MOGHOP.com)

Richard Rohr is a forward thinking Franciscan priest whose message is rooted in the Gospel of Jesus. His gift is articulating to our minds what we already know in our heart. Cost: \$15.00 per session.

*Please see display ad on page 60.*



May 17

**Day of Reflection: You are the Salt of the Earth and the Light of the World** Facilitated by Carol Beevers, SSJ, Walter Fohs and Marilyn Bowman

10:00 am – 3:00 pm

Mother of God House of Prayer

17880 Cypress Creek Rd., Alva

Katie O'Connor 239-728-3614

www.MOGHOP.com

Today we will break open the metaphors of salt and light in Mt.5: 13-16 to reflect on our call to be salt and light for the world. Brown bag lunch. Beverages provided. Cost: \$25.00.

Please see display ad on page 60.

## JUNE 2014

June 4

**Richard Rohr DVD Series** Facilitated by Sr. Carol Beevers

9:30 – 11:30 am

Mother of God House of Prayer

17880 Cypress Creek Rd., Alva

Katie O'Connor 239-728-3614

www.MOGHOP.com

Richard Rohr is a forward thinking Franciscan priest whose message is rooted in the Gospel of Jesus. His gift is articulating to our minds what we already know in our heart. Cost: \$15.00 per session.

Please see display ad on page 60.



June 7

**Green Flea Market**

10:00 am – 2:00 pm

Earth & Spirit Garden Gallery

5425 Maria Dr., St. James City

Diane Lampitt 239-282-1025

Community Flea & Garden Market featuring recycled treasures, locally grown veggies, mango smoothies, music and down to earth fun! Local vendors must pre-register. Recycle, ReUse & RePurpose. Please see display ad on page 48.

June 21

**Day of Reflection: The Meaning of Community and Service** Facilitated by Carol Beevers, SSJ, Walter Fohs and Marilyn Bowman

10:00 am – 3:00 pm

Mother of God House of Prayer

17880 Cypress Creek Rd., Alva

Katie O'Connor 239-728-3614

www.MOGHOP.com

We will use Paul's description of the early Christian community in Acts 2: 42-47 as a model of life-giving community and service for the common good. Beverages provided. Cost: \$25.00.

Please see display ad on page 60.

## 7th Annual Peace Day in the Park

A day of celebrating Peace.  
And Helping it grow.  
An event in honor of the International Day of Peace.  
Peace starts with us.

In our hearts, our homes and our neighborhoods.  
A free event for the Whole family even your pets!

Sunday, September 21st  
at Jaycee Park in  
Cape Coral • 10 a.m. - 5 p.m.

For more information contact Zachari VanDyne,  
**239-560-5224** or email [sfwl4peace@email.com](mailto:sfwl4peace@email.com)  
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Please see Glossary Definition

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### ACUPUNCTURE - BEAUTY

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## NATURAL LIVING

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For more information: [www.fsec.ucf.edu/en](http://www.fsec.ucf.edu/en)  
[www.solarenergy.org](http://www.solarenergy.org)

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[www.FortMyersAcupuncture.com](http://www.FortMyersAcupuncture.com)

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~Lao Tse

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Serving Naples & Ft. Myers. 239-596-2661

Please see display ad on page 57.

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239-443-9028

Baby Soap \* Baby Bath & Shampoo

Baby Balm \* Baby Lotion

Please see display ad on page 60.

### BEAUTY

### NYR Organic

239-443-9028

Homegrown, plant based products to enhance your natural glow.

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### AIR CONDITIONING

### FAFCO Solar

Solar Items installed by quality locals!

Go to [www.FafcoSolar.com](http://www.FafcoSolar.com) 239-574-1500

Please see display ad on page 61.

Tell them you found them in SWFL Naturally!

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Local raw honey still has all the beneficial compounds and superb taste that are lost during heat pasteurization used by the largest companies. Bees collect pollen from local plants, including those that might cause your allergies. Eating a spoonful of local raw honey can help your body build resistance to them similar to a vaccine but with no side effects. Raw honey also contains antioxidants, vitamins and minerals. It further acts as a cough suppressant, topical salve, and aids digestion as it contains enzymes. Local honey farms are much less likely to feed high fructose corn syrup to their bees, a practice that possibly contributes to colony collapse due to it breaking down into chemicals that can harm the bees and humans. Some honey sold in supermarkets also has high fructose corn syrup added directly to it after processing, making it more of a product "derived from honey" than honey itself.

NEVER GIVE ANY TYPE OF HONEY TO CHILDREN UNDER 12 MONTHS OLD!



These local bee farmers support sustainable, responsible harvesting of honey:

Council Farms, Keith Councill  
239-839-4479  
[www.swbees.com](http://www.swbees.com)

Curtis Honey  
863-675-2187  
[www.CurtisHoney.com](http://www.CurtisHoney.com)

Walker Honey Farms  
239-543-8071  
[www.walkerfarmshoney.com](http://www.walkerfarmshoney.com)



### BIRTHING

#### Mindful Birth Services and Doula Care

Have a more satisfying birth! Doula Services & Childbirth Ed 239-560-2403  
Please see display ad on page 57.

### BODYWORK

Healing Thru Bodywork 239-826-6960  
Elemental Body Wisdom Bodywork & Coaching following nature's rhythms to guide & align.

Please see display ad on page 52 & listing under Massage.

### BOOKSTORES

Center for Spiritual Living  
Metaphysical books to guide your journey  
Special orders are possible. 239-574-6463  
Please see display ad on page 62.

*Unrest of spirit is a mark of life; one problem after another presents itself and in the solving of them we can find our greatest pleasure.*  
~Kal Menninger

### BUSINESS OPPORTUNITIES

#### NYR Organic

239-443-9028  
Be your own boss, take control of your future with 30 yr. successful company.  
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#### Well Advised Health & Wellness

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Please see listing under Vitamins & Supplements



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Please see display ad on page 64.

B

C

### CHILDBIRTH EDUCATION

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Please see display ad on page 57.

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The gold standard in early childhood music education. Ft Myers & Cape classes  
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C

## Is your care provider Mother-Friendly?

Southwest Florida BirthNetwork  
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Know Your Options, Birth Your Way.

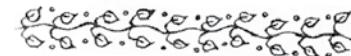
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Join today at: [www.swflbirthnetwork.org](http://www.swflbirthnetwork.org)



Call 239-541-1735 or visit  
[www.swflnaturally.com](http://www.swflnaturally.com) today!



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### CHILDREN'S HEALTH CARE & SERVICES

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## COSMETICS - DOULA

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[www.BikeWalkLee.org](http://www.BikeWalkLee.org) 239-334-6417

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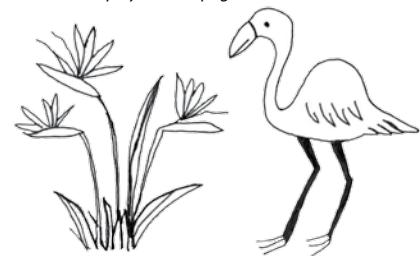
Mercury Free & Mercury Safe  
Mark Corke DDS 239-936-5442

Please see display ad on page 45.

#### Mark L. Stites, DDS

SWFL resource for holistic dentistry with over 25 yrs experience. 239-263-2636

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See also "Colon Hydrotherapy"

#### RB Institute, Inc.

Concerned about constipation, bloating, weight gain, parasites, etc? 239-939-4646

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  - Oxygen Therapy
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  - Far Infrared Sauna
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- ...to detox your body for optimal health.

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#### RB Institute, Inc.

C. Robyn Berry, LMT, CCT, CRR, CDLT  
[www.RobynBerry.com](http://www.RobynBerry.com) MM7376, MA018351, CRR1148, CE9985423

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See also "Psychology, Counseling & Therapy"

**A HOLISTIC APPROACH CENTER** 239-243-8423

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Please see listing under Non-Profit Organizations.



### CRANIOSACRAL THERAPY

Please see Glossary Definition

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- Do you want to conserve as much tooth structure as possible?
- Do you think your root canals could be harmful to you?
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- Do you want your mouth to be as healthy as it can possibly be?
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## No mind No body needs mercury!



**Mark Corke DDS**

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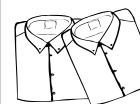
1550 Matthew Drive, Ft. Myers

**239-936-5442**

[www.fortmyerslaserdentist.com](http://www.fortmyerslaserdentist.com)

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Professional wet cleaning is a non-toxic, water-based alternative to dry cleaning. It leaves garments looking immaculate, smelling fresh, and feeling soft. Using water, biodegradable soap and conditioners in a computer-controlled washing machine, wet cleaning gently removes dirt from garments as delicate as wool, silk, angora, cashmere, linen, suede, leather and even beaded gowns.

Dry cleaning uses perchloroethylene (perc) to dissolve dirt in clothes. Perc is classified as a hazardous air pollutant and probably a carcinogen. It's regulated by OSHA and must be disposed of as hazardous waste. DO you really want this stuff next to your skin?

Encourage your local cleaners to provide wet cleaning services.

[www.cnt.org/wetcleaning](http://www.cnt.org/wetcleaning)

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A safe haven for abused, neglected & abandoned exotic type animals.

*Please display ad on page 46.* 239-543-1130



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...eco-tours  
...birdwatching**



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Ft. Myers Beach 239-220-0525

Explore Four Mile Cove Ecological mangrove tunnels and wildlife along the river by kayak for an up close encounter with the nature of the preserve.



### Kayak Shack Outpost

Kayak rentals are open:  
November thru May • Weekends only  
8am-4pm

**Weekends:** 239.574.7395

**Weekdays:** 239.549.4606

Single & Tandem Kayaks available call for pricing.



For more than 30 yrs, Octagon Wildlife, a not for profit, has rescued over a thousand animals from zoos, circuses, private owners & confiscation due to neglect or abuse.

Teaching kids and adults about the residents to better understand them as well as their own uniqueness, intelligence, and purpose in the world we live in.

Come out & visit us. Learn what we are doing and see our magnificent animals in a serene environment.

Guided Tours: Schedule a group visit to the Sanctuary!  
Weekday Visit: 48 hr notice requested  
Saturday & Sunday: 11 a.m. - 4 p.m. • no appt

**239.543.1130**

[www.OctagonWildlife.org](http://www.OctagonWildlife.org) • Punta Gorda, FL



### The Florida Society for Ethical Eco-tourism

A non-profit educational organization incorporated to establish and maintain a professional code of eco-tourism ethics, and encourage awareness of Florida's natural history through our Certification/Recognition Program for ecotour providers. <http://floridasee.org/>  
P.O. Box 62203 Ft Myers 239-432-2163

### ELECTRIC

#### FAFCO Solar

Solar Items installed by quality locals!  
Go to [www.FafcoSolar.com](http://www.FafcoSolar.com). 239-574-1500  
*Please see display ad on page 61.*

### ENERGY HEALING

#### A HOLISTIC APPROACH CENTER 239-243-8423

Quantum Energetics restores disrupted energy patterns to a healthy state.  
*Please see display ad on page 52.*

#### DNA Replicate [www.dnareplicate.com](http://www.dnareplicate.com)

Updating the DNA with new beliefs enables transformation from within the body.  
*Please see display ad on page 22.*

#### Healing Thru Bodywork

Connect to nature to balance body, mind and spirit. 239-541-6960

*Please see display ad on page 52.*

### ENVIRONMENTAL CENTERS

#### Rotary Park Environmental Center

5505 Rose Garden Road, Cape Coral  
Offering Nature for All Ages 239-549-4606  
*Please see display ad on next page.*

#### Four Mile Cove Ecological Preserve

SE 23rd Terrace, Cape Coral  
Offering Nature for All Ages 239-549-4606  
*Please see display ad on next page.*

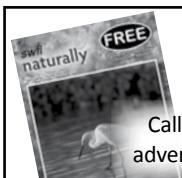
#### Sirenia Vista

239-573-3128  
Corner of Ceitus Pkwy & Old Burnt Store Rd.  
Offering Nature for All Ages  
*Please see display ad on next page.*

#### Yellow Fever Creek Preserve 239-549-4606

NE 24th Ave & Del Prado Boulevard  
Offering Nature for All Ages

*Please see display ad on next page.*



Interested in carrying  
SWFL Naturally for  
your customers?

Call 239-541-1735 or e-mail  
[advertising@swflnaturally.com](mailto:advertising@swflnaturally.com)

## ENVIRONMENTAL ORGANIZATIONS - FACIALS

### Explore Cape Coral's Environmental Parks

Eco Tours  
Kayaking  
Hiking  
Environmental Education Programs  
Nature Camps  
Butterfly House  
Gardening Classes  
Sustainable Landscaping Classes  
Native Plant Sales

Yoga  
Free Nature Seminars  
Native Plant Gardens  
Dog Park  
Dog Obedience Classes  
Nature Trails  
Wildlife Viewing  
Bird Watching  
Purple Martin School



### Special Events

Burrowing Owl Festival  
Fossil Show  
Just For Fun Dog Show  
Mangrove Gathering  
Native Plant Sales  
Tropical Plant Sale  
Camp Out  
Star Party

**Cape Coral Environmental Recreation**  
5505 Rose Garden Road  
Cape Coral, Florida 33914  
(239) 549-4606  
Fax 239-549-4903  
Email: [RotaryParkInfo@CapeCoral.net](mailto:RotaryParkInfo@CapeCoral.net)

**Cape Coral Environmental Parks**  
Rotary Park  
Four Mile Cove Ecological Preserve  
Sirenia Vista  
Yellow Fever Creek Preserve



### ENVIRONMENTAL ORGANIZATIONS

#### Sierra Club - Fort Myers Office

Works with individuals & groups on water quality issues like nutrient pollution and transportation issues that reduce our dependence on oil and promote alternatives like public transit, bicycling, etc.

1415 Dean St. Ste. 100 239-313-7202



**Do you need to be held accountable?**

**Do you need motivation?**

**Would you like to meet fun people?**

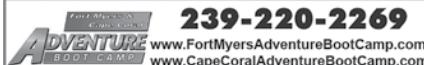
A four-week outdoor program of fitness instruction, nutritional counseling & motivational training. Designed for all women of ages & fitness levels. Work at your own fitness level and never feel left out.

**Some results to expect:**

- 100% gain in self-confidence
- 5-12 lbs. of weight loss
- 3-5% reduction in body fat

**Be inspired & have fun while participating in a fantastic workout.**

Coach Sue Meredith, CPT, BMS, Cert ABC Trainer



**239-220-2269**

[www.FortMyersAdventureBootCamp.com](http://www.FortMyersAdventureBootCamp.com)  
[www.CapeCoralAdventureBootCamp.com](http://www.CapeCoralAdventureBootCamp.com)

*Tell them you found them in SWFL Naturally*

### EXERCISE & MOVEMENT THERAPY

See also "Alexander Technique, Feldenkrais Method, Tai Chi & Yoga"

#### Fort Myers/Cape Coral Adventure Boot Camp

Be inspired while losing weight & body fat~Nutritional Counseling. 239-220-2269

*Please see display ad on this page.*

### It's Your Road - Take it Back

Cycling Savvy will announce upcoming cycling events on their website or check SWFL Naturally's facebook page or [www.swflnaturally.com](http://www.swflnaturally.com) for announcements.

### FACIALS

#### New Dawn Eastern Medicine

We use Eminence organic skin care.  
Facials, peels, waxing & more 239-362-0668  
*Please see display ad on page 39.*

#### NYR Organic

239-443-9028  
Includes: Cleaners, Toners, Scrubs, Masks, Moisturizers, Eyes, Special Treatments.  
*Please see display ad on page 60.*

## FAIR TRADE STORES & PRODUCTS - FARMER'S MARKETS

### FAIR TRADE STORES & PRODUCTS

#### Earth & Spirit Garden Gallery

A Gallery w/a vision-honoring dignity of workers by offering Fair Trade. 239-282-1025  
Please see display ad on this page.

#### Market Earth 239-226-0006

Supporting the artisan spirit through local artists, fair trade partners & recyclers.

Please see display ad on this page.



Our products are recycled, handmade, fair trade, organic and eco-friendly. Everything here is a Gift within a Gift!

- Home Décor      • Apparel
  - Jewelry            • Candles
  - Handbags          • Accessories
- and more!

### 15% Off

(with mention of this ad)

1518 Hendry St., Ft. Myers  
(Between First St. and Main St.)

**239.226.0006**

[www.marketearth.net](http://www.marketearth.net)



Open Late on Art and Music Walk Nights



A Gallery making a difference...with Fair Trade  
**Supporting People & Planet**

Jewelry • Clothing • Accessories • Home Goods  
Coffee/Tea • Gifts • Artwork ...*and so much more!*

**New Studio!**  
Yoga - Workshops - Events

Green Flea & Artisan Market held  
the 1st Saturday of the month!

5425 Maria Drive • St. James City

**239-282-1025**

Wednesday thru Sunday 10 am - 4 pm  
October thru June



Visit our website for directions and event schedule.  
[www.earthandspiritgardengallery.com](http://www.earthandspiritgardengallery.com)

## FARMER'S MARKETS

### Bonita Springs Farm Fresh Market

At the Promenade: 26811 S. Bay Drive Open Saturdays, Through May, 7:00 am to Noon.

### Cape Coral Farmer's Market

Location Club Square Downtown Cape Coral Saturdays, October 19 - May 10.

Please see display ad on this page.



### CAPE COMMUNITY MARKETS



For More Information Call 239.549.6900



**Fridays**

**Nov. 1 - April 25**

**9 am to 1 pm**

**It's the Best Thing Growing!**

Fresh Produce - Baked Goods  
Cheese - Seafood - Nuts - Honey  
Jams - Salsa - Coffees - Crafts  
Soaps - Plants/Flowers - and more!

Ready to Eat Foods

Join Us For Breakfast or Lunch • Free Parking

**7330 Gladiolus Drive, Ft. Myers**

Brought to you by Local Roots, LLC

### Lakes Park Farmer's Market

Fridays, Nov. 1 - April 25 9:00 am til 1:00 pm  
7330 Gladiolus Drive, Ft. Myers.

Please see display ad above.



**Sundays**

**Nov. 3 - April 27**

**8 a.m. to 1 p.m.**

### It's the Best Thing Growing!

Local Fruits & Veggies • Seafood  
Breads • Cheeses • Soups Pastas  
Organics • Jams • Nuts • Honey • Salsa  
Flowers and more!

Located at City Hall Next to Library and B.I.G. Arts

Brought to you by Local Roots, LLC



For More Information Call 239.549.6900

## FARMER'S MARKETS - GARDEN CENTERS

**SHOPS AT VANDERBILT  
INDOOR FARMER'S MARKET**  
North Naples' best market offering the biggest selection of local market vendors.  
Fresh Vegetables & Seafood, Baked Goods, Plants, and more!  
Local Artisans and Business Owners gather every Friday noon - 6 pm and Saturday 9 am - 4 pm at the Shoppes at Vanderbilt.  
(Located at the NW corner of Airport Pulling and Vanderbilt Beach Road in Naples.)  
2355 Vanderbilt Beach Rd.  
239-273-2350



**Fresh Goodness Locally Grown**

- Fruits
- Vegetables
- Lettuce
- Peppers
- Tomatoes
- Beets
- and much more
- Local Raw Honey

Tours Available By Appointment

**BUCKINGHAM FARMS**  
Fresh as you Wish

12931 Orange River Blvd.  
Fort Myers, FL 33905  
239.206.2303

[www.facebook.com/BuckinghamFarms](http://www.facebook.com/BuckinghamFarms)

**Sanibel Island Farmer's Market**  
Sundays, Nov. 3 - April 27 from 8 am til 1 pm Located at City Hall, next to Library  
*Please see display ad on previous page.*

**Shoppes at Vanderbilt Farmers Market**  
ONLY mkt offering an indoor Local Business Emporium & an outdoor Farmer's Market  
*Please see display ad on this page.*

### Surfside Farmers Market

NW corner of Veteran's Pkwy & Surfside Blvd  
Tuesday's 3:00 – 8:00 pm year round  
*Please see display ad on previous page.*

### FARMS/ORGANIC

#### Buckingham Farms 239-206-2303

Committed to growing fresh produce.  
Visit us at our Hydroponic Farm.  
*Please see display ad on this page.*

#### Venus Veggies 863-465-2319

Certified USDA Organic by QCS  
Wide range of Produce & Herbs in season.  
*Please see listing under Organic Produce.*

### FISH & SEAFOOD

**NATURAL LIVING**



**Sustainable Seafood**

#### Fishing facts:

Fisheries throw away 25% of their catch, including those unintentionally caught, like dolphins, whales, sea turtles, seals and seabirds. Trawling methods use to catch shrimp can kill 10 pounds of other animals per pound of shrimp.

Farmed fish are typically raised by 1,000s in net pens, creating tons of feces in a limited area. To control the spread of disease, fish are given antibiotics and other drugs, which may leak into the environment and create resistant strains of disease vectors.

Standard farming practices include the use of fishmeal contaminated with toxins like PCB, a carcinogen, and the intentional fattening of fish – fat stores PCB. Farm raised salmon, for example, has been shown to contain less Omega-3 fatty acids and 5 to 10 times more PCBs than wild salmon.

#### For more information:

- Lee County Seafood Savvy Coalition (239) 246-6810
- [www.montereybayaquarium.com/cr/seafoodwatch.asp](http://www.montereybayaquarium.com/cr/seafoodwatch.asp)



### GARDEN CENTERS

#### Earth & Spirit Garden Gallery

Native Plants, Landscape Svcs Avail. for every budget ~ Local Growers. 239-282-1025  
*Please see display ad on page 48.*

## GIFT STORES & IDEAS - HOLISTIC HEALTH CENTERS

### GIFT STORES & IDEAS

**Market Earth** 239-226-0006  
Supporting the artisan spirit through local artists, fair trade partners & recyclers.  
*Please see display ad on page 48.*

### GRAPHIC DESIGN

**Happy Dog Studio**  
Your small business solution for graphic design, marketing and more. 239-877-7852  
*Please see display ad on this page.*

### HAIR CARE & PRODUCTS

**Andrea's Organic Hair Studio & Day Spa**  
Only Green Conscious Cert. Salon.  
*Please see display ad on this page.* 239-514-4707

#### Neff Studio Salon

Complimentary hand, arm & scalp massage w/each experience. 239-574-1790  
*Please see display ad on this page.*

### Andrea's Organic Hair Studio & Day Spa

A place that is safe & gentle for your hair, your body & the environment

#### Organic Hair Care:

All products Certified Organic

#### Also offering:

Skin Care and Facials • Massage •  
Organic Plant-Based Tanning • Body Wraps  
Chemical Free Mani & Pedi and more!

239-514-4707

MM 27522 [www.naplesorganichairstudio.com](http://www.naplesorganichairstudio.com)

### HENNA/MENDI

#### Mindful Birth Services and Doula Care

Perfect for Mother Blessings, Blessing Ways or Baby Showers 239-560-2403  
*Please see display ad on page 57.*

#### Zachari VanDyne

Ancient Art ~ Organic - Lasting 1-3 weeks.  
Great fun for celebrations. 239-560-5224  
*Please see display ad on page 58.*

### HOLISTIC HEALTH CENTERS

Please see Glossary Definition

#### A HOLISTIC APPROACH CENTER 239-243-8423

Offering natural healthcare approach for body, mind and spirit wellness.  
*Please see display ad on page 52.*

#### Natures Cycles & Healing Thru Bodywork

Connect with nature to balance your body mind & spirit, nurturing your inner peace.  
*Please see display ad on page 52.*



**HAPPY DOG Studio**  
Graphic Design designed for your Small Business!

happydogstudio@gmail.com 239-877-7852 [www.myhappydogstudio.com](http://www.myhappydogstudio.com)

*Tell them you found them in SWFL Naturally*

## HOLISTIC HEALTH CENTERS - HYPNOTHERAPY/HYPNOSIS



Natural Healthcare Approach  
for Mind – Body – Spirit Wellness

Offering tailored programs including:  
Quantum Energetics Structured Therapy  
Cranio-Sacral Therapy & Hypnotherapy  
Counseling – Couples/Individual  
Full Spectrum Infrared Sauna  
Therapeutic Massage

11615 Chitwood Dr. Ste 120, Ft. Myers  
**239-243-8423**  
www.AHolisticApproachCenter.com

*Healing thru Bodywork*  
Dolores J. Gozzi, LMT (MA37360)

*Earth Medicine Practitioner*

Connect to nature to balance your body, mind & spirit.  
Empowerment through programs of healing, spiritual awareness, personal development & community

8192 College Parkway, Suite B36, Ft. Myers  
**Say Yes to Yourself, call 239.826.6960**  
www.naturescycles.com

### New Dawn Eastern Medicine

Educating & empowering you to take part in your own healing. 239-362-0668

Please see display ad on page 39.



Receive updates on our advertisers!

Events - specials - etc.



## HOLISTIC HEALTH PRACTITIONER

**Salt Cave** 239-403-9170  
Come visit to detoxify your body, take your life into your own hands. Naples.

Please see display ad on this page.

Rid your body of hard to reach toxins

Also natural treatments with beneficial effects for:  
Immune Deficiencies  
Allergies/Asthma  
Psoriasis/Eczema/Dermal Infections  
Stress/Exhaustion  
Respiratory Diseases  
84 minerals & trace elements to maximize your healing call  
**239.403.9170**  
www.saltcave.us

## COMPREHENSIVE INTEGRATED HEALTH CARE

Deborah J. Post, MSN, ARNP

Offering 30 yrs exp. in individualized care for adults & children. Combining approaches for fully integrated health care.

Bio-Identical Hormones  
Digestive Disorders  
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**WELLBRIDGES, INC.**  
17595 Tamiami Tr. S., Ft. Myers  
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**Wellbridges, Inc.** 239-481-5600  
Work together to achieve maximal individual learning & approaches to your health.

Please see display ad above.

## HOMEOPATHY

Please see Glossary Definition

### New Dawn Eastern Medicine

Gentle & effective remedies for a range of chronic & acute conditions. 239-362-0668

Please see display ad on page 39.

• • • • • • • • • • • • • • • • • • •

## HYPNOTHERAPY/HYPNOSIS

Please see Glossary Definition

**A HOLISTIC APPROACH CENTER** 239-243-8423  
Clinical Hypnotherapist offers hypnosis and Rapid Resolution Therapy.

Please see display ad on this page.

## New Dawn Eastern Medicine

Renew your commitment, Imagine your Potential. Free consultation 239-362-0668  
Please see display ad on page 39.

## IRIDOLOGY

Please see Glossary Definition

### Zachari VanDyne

Your eyes tell a medical story. I use my Intuitiveness as well. 239-560-5224

Please see display ad on page 58.

## KINESIOLOGY

### Goldman Chiropractic and Acupuncture

Also incorporating Massage, Nutrition & Exercise. Feel Your Best! 239-254-0003

Please see display ad on page 42.

## LIGHTING

### FACFO Solar

Solar Items installed by quality locals!  
Go to [www.FafcoSolar.com](http://www.FafcoSolar.com). 239-574-1500  
Please see display ad on page 61.

## LYMPHATIC DRAINAGE

Please see Glossary Definition

### Healing Thru Bodywork

239-826-6960

Stimulate the flow of lymph from the affected area & strengthens immune system.  
Please see display ad on previous page & listing under Massage.

### Inner Connections Physical Therapy

Stimulate your immune system and aid the body's cleansing process. 239-398-3154

Please see display ad on page 57.



**Pamper Yourself!**  
**Christar's Hands Massage**

\*Deep Tissue or Relaxation Massage Therapy  
\*Cellulite Reducing Bodywork  
\*Hot Stone Therapy  
\*dōTERRA Aroma Touch  
\*Energy Balancing  
\*On-Site Chair Massage

Ft. Myers or House Calls  
**239.560.4016**  
[www.Christarhands.com](http://www.Christarhands.com)

Introduce your body to vitality & energy

Tell them you found them in SWFL Naturally

## HYPNOTHERAPY/HYPNOSIS - MASSAGE

### RB Institute, Inc.

Cleansing, detoxification & rejuvenation to support the immune system. 239-939-4646

Please see display ad on page 43.

Change in the world happens one dynamic step at a time. As you change or renew your life the entire universe is changed!

~Rev. Emile Gauvreau,  
Center for Spirituality

## MASSAGE

**Publisher's Note:** All massage therapists in SWFL Naturally are serious massage professionals. Their services are not of a sexual nature.

### Christar's Hand Massage

Gently alleviate many stress & pain related challenges. 239-560-4016

Please see display ad on this page.

### Goldman Chiropractic and Acupuncture

Also incorporating Massage, Nutrition & Exercise. Feel Your Best! 239-254-0003

Please see display ad on page 42.

### Healing thru Bodywork

Dolores J. Gozzi, LMT (MA37360)  
Massage: Swedish, Therapeutic, Sports, Thai Yoga, Stone, Medical Reflexology \* Reiki \* Meditation Lymphatic Drainage \*\*Check Calendar for Goddess Retreat Weekends\*\* [www.naturescycles.com](http://www.naturescycles.com) Say Yes to Yourself, call 239-826-6960 Please see display ad on page 52..

## MEDITATION - NATURAL FOOD STORES

### MEDITATION

**Francesca Simonelli, Certified Yoga Teacher**  
All Levels \* Enjoyable practice to reduce stress & enrich your life. 917-687-1420  
*Please see display ad on page 64.*

**Zachari VanDyne** 239-560-5224  
You will remember what your basic nature is thru breath - easy & effortless.  
*Please see display ad on page 58.*

### MUSIC



**Music Together is the Gold Standard in Early Childhood Music Education**

Children, ages 0-5 learn with their parents or caregivers in a family-oriented, developmentally appropriate musical environment.

Ft. Myers & Cape Coral  
[www.familymusictime.com](http://www.familymusictime.com)

**239-671-5693**



- Whole Foods Market – Naples**  
Celebrate the joy of eating & living well!  
Cooking classes, store tours, & more.  
*Please see display ad on back cover.*
- Wynn's Family Market** 239-261-7157  
Meeting the needs of the community by now offering many organic products.  
*Please see display ad on next page.*



Offering solutions to dietary challenges  
It's about what you *can* eat...

**HEALTHY GROCERY & WELLNESS CENTER**  

- The Best in Low Carb, Gluten Free and Specialty Foods
- Food Intolerance Testing and Specialist
- Vitamins and Supplements, Wellness Scan, Weight Loss
- Certified Nutritional and Health Counselor
- And More

**WE'VE MOVED!**  
14261 S. Tamiami Trl., Suite 17,  
Fort Myers FL 33912  
(The Park Shops at Andrea Lane)

**239-935-5093**

2nd location for product & drop off for **ecobaby & home**  
(2355 Vanderbilt Beach Rd. Suite 150,  
Naples • 239-596-2661)

**theskinnypantry.com**

CHECK OUR WEBSITE FOR CLASSES AND EVENTS



## NATURAL FOOD STORES - NUTRITION

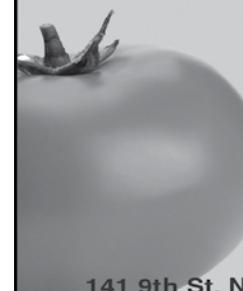
*Family owned and a Naples tradition for 73 years, shopping at Wynn's guarantees you warm, friendly service and delicious, impeccable gourmet food in an upscale atmosphere!*

**Wynn's**

**a market of fine foods**

**Come talk to Chef Annie** and let her make your small get-together something your friends will talk about for weeks!

**Need a special gift?** Our gift team will create the perfect basket for that special occasion!



We have the **finest fruits and vegetables** - many locally grown and organic; the **finest butcher shop** in Naples - now carrying not only Angus Certified, but also grass fed, Kobe and Wagyu beef; an extensive and well known **wine selection**. We are continually expanding our gluten-free offerings and our customers love it!

**Our store is a mix of the brands you know and love along with organic, natural and imported selections. Come in and see why Wynn's is an Old Naples tradition!**

**We offer personalized home delivery service!**  
141 9th St. North • Naples • 239-261-7157 • [WynnsOnline.com](http://WynnsOnline.com)

### NON-PROFIT ORGANIZATIONS

#### The Shelter for Abused Women & Children

Programs and services to meet the immediate and long-term needs of victims of domestic violence: emergency shelter; on-site kennel; safety planning & counseling; legal assistance; prevention programs and more.

[www.naplesshelter.org](http://www.naplesshelter.org)

**Outreach Office:** 239-657-5700  
Confidential 24-hour crisis line:  
**Naples & Immokalee:** 239-775-1101

### NUTRITION

**America Water Wellness/Kangen Water®**  
Deeply Hydrates, Clean, Refreshing  
with Antioxidants. 239-443-9028  
*Please see display ad on next page.*

**Fit Fresh Foods** 239-595-2503  
Healthy, affordable and convenient meals at pick-up locations in Naples and Ft. Myers  
*Please see display ad in the Restaurant Guide.*

### Goldman Chiropractic and Acupuncture

Also incorporating Massage, Nutrition & Exercise. Feel Your Best! 239-254-0003  
*Please see display ad on page 42.*

### RB Institute, Inc.

Individualized Programs Made Easy to Support Your Health. 239-939-4646  
*Please see display ad on page 43.*

### The Skinny Pantry

Take the guess work out of what your Body needs with Zyro Wellness Scan.  
*Please see display ad on page 54.*

### WellBridges Inc.

Integrative Medical Approach utilizing Medicinal herbology, nutritional & health education  
*Please see display ad on page 52.*



### Wynn's Family Market

239-261-7157  
Meeting the needs of the community by now offering many organic products.  
*Please see display ad on this page.*

*Tell them you found them in SWFL Naturally!*

**KANGEN WATER®**  
change your water - change your life

Clean, Crisp, Ionized, Alkaline, Antioxidant Water that Hydrates as it refreshes. Balance your Body pH & obtain optimum health.

Change Your Water, Change Your Life, call **239.443.9028** today.

**Gloria Aparicio**  
Enagic Independent Distributor  
[FIND OUT MORE TODAY!](#)

**ORGANIC PRODUCE**

Please see Glossary Definition

**Venus Veggies**

Wide range of Organic Produce & Herbs in Season.  
Certified USDA Organic by QCS  
We are the people in green. Find us at Cape Coral, Lakes Park & Sanibel's Farmers Market + more. 863-465-2319

**PAIN MANAGEMENT**

**Inner Connections Physical Therapy**  
Experience a gentle, effective & natural approach to pain relief. 239-398-3154

Please see display ad on page 57.

**PALMISTRY**

Please see Glossary Definition

**Zachari VanDyne** 239-560-5224  
Your personal blue print to your physical & where your potential lies.

Please see display ad on page 58.

**PARENTING**

**Renaissance School** 239-275-2022  
Redirecting Children's Behavior: A Positive Parent Course from Infant to Adolescent.  
Please see display ad on page 41.

**PAST LIFE THERAPY**

**Zachari VanDyne** 239-560-5224  
Understand where you come from to better understand where you are & can go.  
Please see display ad on page 58.

**PEST CONTROL**

**FLORIDA'S #1 SELLING NO-SEE-UM & NATURAL INSECT REPELLENT**

**Repels:**

- No-See-Ums
- Biting Midges
- Mosquitoes
- Black Flies
- Sand Flies
- & Other Biting Insects

• 100% natural ingredients  
• No DEET or harmful chemicals  
• Kid friendly & parent approved  
• Smells great

**No Mo-Skeeto Available January 2014!**

**WWW.NONOSEEUM.COM**  
CREATED ON SANIBEL ISLAND FOR EXTREME BUG SITUATIONS

**SWFL Naturally in your car...  
your earthly-friendly directory on wheels!**

**PHOTOGRAPHY****Meet the Cover Artist**

Jacquie moved to southwest Florida in November 2009. After leaving her friends and family in search of new horizons she picked up photography as way to fill her time and to honor her passion and curiosity about nature. To Jacqueline, Florida was like living on the moon. Everything was new and Florida was such a wondrous landscape with new discoveries around every corner! Jacqueline is working on turning her passion for nature and photography into a full time endeavor.

Please visit her website: [jacquieroeker.com](#)**PHYSICAL THERAPY****Inner Connections Physical Therapy**

Gentle, profound bodywork allowing your body to self-correct. 239-398-3154

Please see display ad below.

Connecting Awareness, Body Functions & Optimal Health

 **Inner Connections**

TMJ • Headaches • Immune Disorders  
Neck & Back Pain • Restrictive Motion

**Inner Connections Physical Therapy****239.398.3154**

Contact us today to experience our healing treatments

Fred Stahlman, PT, CST-D  
Ft. Myers location  
PT21158 [www.innerconnectionspt.com](#)

**POOL & SPA****FAFCO Solar**

Solar Items installed by quality locals!

Go to [www.FafcoSolar.com](#). 239-574-1500

Please see display ad on page 61.

**PREGNANCY****EcoBaby & Home**

We do the dirty work so you don't have to!  
Serving Naples & Ft. Myers. 239-596-2661

Please see display ad on this page.

**ecobaby**  
& home

Southwest Florida's earth friendly, eco-boutique where you will find natural living products for your home, body & baby.

**Products include:**

Reusable cloth diapers, Reusable Swim Diapers, Baby Wraps & Carriers as well as the largest selection of healing Baltic Amber in the area.

**Located at** The Mommy Shop at The Shoppes at Vanderbilt, 2355 Vanderbilt Beach Rd., Suite 150, Naples

2nd location for product and drop off: The Skinny Pantry, The Park Shops at Andrea Lane 14261 S Tamiami Trl., Suite 17, Ft. Myers

**239-596-2661**[www.ecobabyandhome.com](#)**Mama's Chiropractic Clinic**

Our goal is safer, more comfortable births. 239-549-MAMA (6262)

Please see display ad on next page.

**MINDFUL BIRTH SERVICES**  
And Doula Care

Supporting mothers & couples on their journey through pregnancy & birth

**Offering:**

- Doula Services
- Birthing from Within® Childbirth Classes
- Birth Classes & Workshops
- Individual & Group Classes

Christine Ghali

**239-560-2403**[www.mindfulbirthservices.com](#)

**Mama's Chiropractic**

Partnering with families to build stronger bodies, quicker minds, & loving relationships.

We will be guided on our co-operative health journey by 6 core principles:

- Eat Well
- Play Often
- Learn Every Day
- Get Adjusted
- Be Respectful
- Rest

**Dr. John Edwards, Chiropractic Physician**  
Facilitator of Pathways Connect Gathering Group last Friday of the month in Ft. Myers.

**(239) 549-MAMA (6262)**

3108 Del Prado Blvd S Unit 6, Cape Coral ● [www.mamaschiropractic.com](http://www.mamaschiropractic.com)

A family chiropractic practice with a special focus on the needs of expectant moms and children.

Partnering with families to build stronger bodies, quicker minds, & loving relationships.

We will be guided on our co-operative health journey by 6 core principles:

- Eat Well
- Play Often
- Learn Every Day
- Get Adjusted
- Be Respectful
- Rest

#### Mindful Birth Services and Doula Care

Have a more satisfying birth! Doula Services & Childbirth Ed. 239-560-2403  
*Please display ad on previous page.*

**NYR Organic** 239-443-9028  
Mother's Balm and Massage Oil to soothe your body & soul during your pregnancy.  
*Please see display ad on page 60.*



#### PRODUCE - ORGANIC/LOCAL

**Venus Veggies** 863-465-2319  
Certified USDA Organic by QCS  
Wide range of Produce & Herbs in season.  
*Please see listing under Organic Produce.*

#### PSYCHIC

Please see Glossary Definition

**Zachari VanDyne**  
Mixing Eastern & Western philosophies, experience the difference! 239-560-5224  
*Please see display ad on this page.*

Find...  
enlightenment  
clarity  
empowerment

with the services of

*Zachari VanDyne*

Intuitive . Coach . Tarot  
Energy Healing . Palmistry

**239.560.5224**

**MysticPeaceSeeker.com**

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Dedicated to  
Preserving Our Natural Resources  
Common Recyclable Items



- All plastics #1 through #7.
- Plastic bags.
- Aluminum and steel/tin food and beverage cans.
- Clear, green, and brown glass bottles and jars.

(Recyclables should be disposed of loosely in the recycling cart and should not be placed in bags.)

- Clean newspaper including inserts.
- Cardboard and packing boxes clean and dry (flatten to no larger than 3"x3")
- Egg cartons and food trays.
- Classroom and office papers, unwanted junk mail, catalogs, magazines and phone books.

The items listed below are not recyclable in your curbside recycling cart but may be taken to a recycling center.

Aerosols cans, cleaning products, cooking oils, electronics, fertilizers, fluorescent bulbs, gasoline, latex paints, medications, medical sharps, propane tanks, rechargeable batteries, scrap metals, and used motor oils and filters.

**Naples Recycling Drop-off Center**  
2640 Enterprise Ave, West (off Airport Rd.)  
239-643-3099

Tuesday - Saturday, 8:30 am - 4:30 pm

**Marco Island Recycling Drop-off Centers**  
9900 Chaimer Drive  
239-252-5133

Tuesday - Saturday, 8:30 am - 11:00 am  
& Noon - 4:30 pm

**North Collier Recycling Drop-off Center**  
9950 Goodlette-Frank Road N.  
239-252-8617

Tuesday - Saturday, 8:30 am - 11:00 am  
& Noon - 4:30 pm

**Immokalee Transfer Station**  
700 Stockade Road  
239-252-4125

Tuesday - Saturday, 8:30 am - 11:30 am  
& 12:30 pm - 4:00 pm (No Medications)

**Collier County Landfill and Hazardous Materials Collection Center**  
3730 White Lake Blvd.  
239-252-8489

Monday - Saturday, 7:00 am - 5:00 pm

For information call **239-252-2380** or visit [www.coliergov.net/recycles](http://www.coliergov.net/recycles)

Tell them you found them in SWFL Naturally!

## REIKI - SOLAR ENERGY

### REIKI

Please see Glossary Definition

**Healing Thru Bodywork** 239-826-6960

Still & focused, energy flows to you in an amount you need to bring balance.

Please see display ad on page 52 & listing under Massage.

### RETREAT & RETREAT CENTERS

#### Mother of God House of Prayer

Charming 5 bedroom Center on 10 serene acres awaits your retreats. 239-728-3614

Please see display ad below.

*Retreat... Reflect... Renew*



**Mother of God House of Prayer**  
Retreat Center

- Retreats
- Classes
- Facility Rental
- Workshops
- Labyrinth

*Find peace at Alva's Best Kept Secret.*

**(239) 728-3614**

17880 Cypress Creek Road, Alva  
[www.mogshop.com](http://www.mogshop.com)

 Find us on Facebook

### SCHOOLS & EDUCATION CENTERS

Renaissance School 239-275-2022

Nurturing curious, creative and gifted Thinkers. A School as unique as your child.  
Please see display ad on page 41..

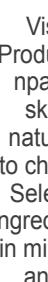
### SKIN & BODY CARE

**NYR Organic** 239-443-9028

Homegrown, plant based products to enhance your natural glow.

Please see display ad on page 60.

 Visit the website of the Natural Products Association (NPA) at [www.npainfo.org](http://www.npainfo.org) to see if your favorite skin care product has received natural certification. Also, be sure to check a product's ingredients list.

 Select products with recognizable ingredients you can pronounce (keep in mind that sometimes the name of an herb may be listed in Latin).

[www.SWFLNaturally.com](http://www.SWFLNaturally.com)

**Check your calendar for items to promote such as:**

**Classes**  
**Events**  
**Workshops**  
**Expos**

Then call **239-541-1735** or visit [www.swflnaturally.com/calendar](http://www.swflnaturally.com/calendar) for more information.



Enhance Your Natural Beauty with NYR Organic Skin & Body Care Products



**Offering Products for:** Face, Cosmetics, Body, Bath & Shower, Hair, Mother & Baby, Men & Sun Care

Formulations **MUST** benefit mind, body, & well-being, use potent herbs, oils, & extracts. Products are certified CarbonNeutral®

**Switch to Organic and enjoy safe cosmetics too!**

Gloria Aparicio

**239-443-9028**

[www.us.nyroorganic.com/shop/ecommom](http://www.us.nyroorganic.com/shop/ecommom)

### SOLAR ENERGY

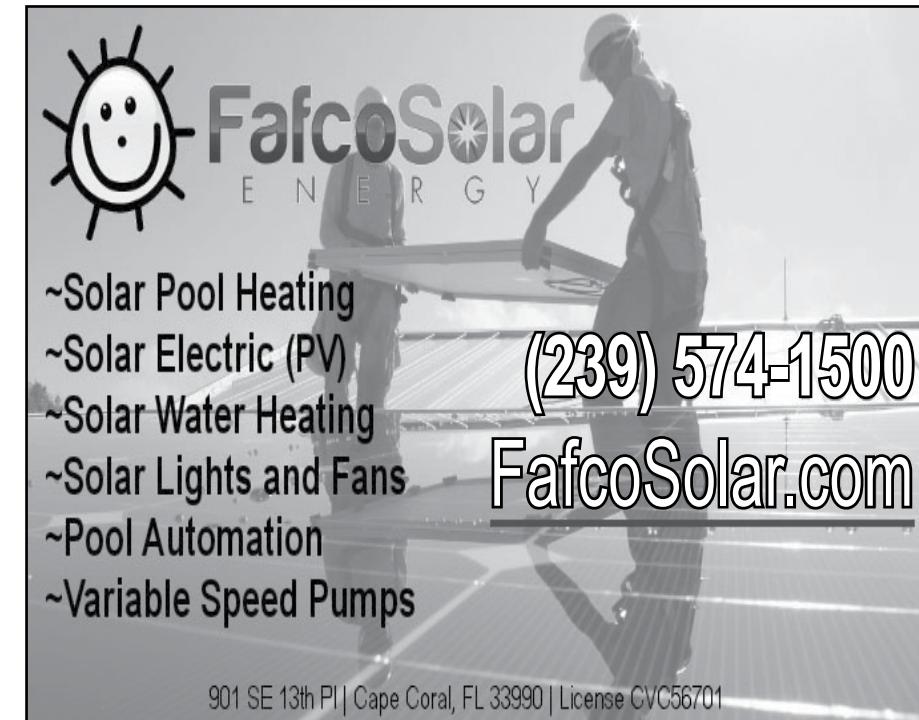
Please see Glossary Definition

#### FAFCO Solar

Solar Items installed by quality locals! Go to [www.FafcoSolar.com](http://www.FafcoSolar.com). 239-574-1500

Please see display ad on next page.

## SOLAR - SPIRITUAL GROUPS & CENTERS



**Fafco Solar**  
ENERGY

~Solar Pool Heating  
~Solar Electric (PV)  
~Solar Water Heating  
~Solar Lights and Fans  
~Pool Automation  
~Variable Speed Pumps

901 SE 13th PI | Cape Coral, FL 33990 | License CVC56701

### SPACE RENTAL

#### Mother of God House of Prayer

Serene space available, up to 40 pp for mindful, staff, group events. 239-728-3614  
Please see display ad on page 60.



**Spiritual Communities Network**

honoring the uniqueness in the oneness

[www.SpiritualCommunityNetwork.com](http://www.SpiritualCommunityNetwork.com)

### SPIRITUAL COUNSELING

#### Center for Spiritual Living

We are here to assist in YOUR unfoldment to become all that you can be. 239-574-6463  
Please see display ad on next page.

**In The Spirit Coaching** 239-849-1490

Programs to encompass body, soul & mind by using energy levels/thought vibration.

Please see display ad on page 42.

### SPIRITUAL GROUPS & CENTERS

#### Center for Spiritual Living

Join us in celebrating the expression of the divine, demonstrating itself in you.  
Please see display ad on page 62.

#### Happehatchee Center

A Sanctuary for Peace & Healing  
Estero 239-992-5455  
Please see display ad on next page.

Tell them you found them in SWFL Naturally!

**Connect with a spiritual community that's helping to create a world that works for everyone...**



We recognize the eternal, universal nature of everyone and everything. Wherever you are on your spiritual path you are welcome at the Center for Spiritual Living.

It is time to hang out with people that lift you up and encourage you, please join us.

**Sundays:** Meditation at 10am; Spiritual Celebration at 10:30am  
Offering an atmosphere of exchange, sharing and expanding one's understanding and "relationship" to Consciousness

Join us on our Meetup page, Center of Spiritual Living Cape Coral for classes, workshops and special programs.



"Change in the world happens one dynamic step at a time. As you change or renew your life the entire universe is changed!" **Reverend Emilie Gauvreau**

*We Care*  
406 SE 24th Avenue, just off Hancock Bridge Pkwy • Cape Coral  
**239.574.6463**  
[centerforspirituallivingcc.com](http://centerforspirituallivingcc.com)

Come join us in Celebrating Our Selves & Nature. We offer classes in Movement & Meditation, Workshops in Sustainability & Self-empowerment, Monthly Healing Circles, & Themed Drum Circles. See our website for full schedule & upcoming events. Open Fri- Sat 9-5

**Happehatchee Center**  
a Sanctuary for Peace & Healing  
8791 Corkscrew Rd. Estero, FL  
(239) 992-5455  
[www.happehatchee.org](http://www.happehatchee.org)

## THERMOGRAPHY

See also "Women's Healthcare & Services"  
Please see Glossary Definition

**Be Well Digital Infrared Thermal Imaging**  
Detects concerns with breast, vascular health, pain & injuries. 239-254-0540  
Please see display ad on next page.

**Suncoast Thermal Imaging**  
No Radiation \* No Compression  
Breast Health Screening. 239-540-1002  
Please see display ad on page 64.



## VETERINARIANS

**Affectionately Pets House Calls**  
Gentle care provided conveniently in your pet's home. Veterinary chiropractic, homeopathy, clinical nutrition, herbs & conventional therapies are used in an integrative manner to best serve your pet's health needs.  
[www.affectionatelypets.com](http://www.affectionatelypets.com) 239-454-PETS (7387)

## WATER PRODUCTS & SERVICES

**America Water Wellness/Kangen Water®**  
Deeply Hydrates, Clean, Refreshing with Antioxidants. 239-443-9028  
Please see display ad on page 56.

## WEIGHT LOSS MANAGEMENT

**Fort Myers/Cape Coral Adventure Boot Camp**  
Be inspired while losing weight & body fat~Nutritional Counseling. 239-220-2269  
Please see display ad on page 47.

**The Skinny Pantry** 239-935-5093  
Offering mystic weight loss patches as Seen on ABC & NBC ~ Ft. Myers  
Please see display ad on page 54.

## VITAMINS & SUPPLEMENTS

**The Skinny Pantry** 239-935-5093  
Take the guess work out of what your body needs with Zyro Wellness Scan ~Ft. Myers  
Please see display ad on page 54.

## Well Advised Health & Wellness

Certified Health Coach specializing in highest quality, best rated health products used by elite athletes, recommended by physicians & trusted by health minded people. "The first wealth is health." ~ Emerson  
[www.yes4health.com](http://www.yes4health.com) 877-459-4228

## Wynne's Family Market

Full line to meet your needs plus all-natural Gluten Free vitamins. 239-261-7157  
Please see display ad on page 55.

## WOMEN'S HEALTHCARE & SERVICES

**Be Well Digital Infrared Thermal Imaging**  
Detects concerns with breast, vascular health, pain & injuries. 239-254-0540  
Please see display below.

*Be Well*  
**DIGITAL INFRARED  
THERMAL IMAGING**

*DITI is a SAFE, affordable, clinical test of physiology studying your unique thermal patterns, detecting changes in:*

**Vascular health** (carotid, DVT, coronary, peripheral),  
**Breast health, Inflammation, Pain, Injury to nerve and soft tissue, and much more.**

**Safe!**  
**Breast Screening**  
*Earliest Detection of Breast disease!*

*Thermal Imaging is ideal for... Breast implants, dense breast tissue, and young women with family history for the earliest detection of physiological and vascular changes. May be used in conjunction with mammography*

*Offices in Fort Myers, Bonita Springs & Naples  
Call or email to set up an appt:*

**239.250.9312**  
**jo@bwDITI.com**  
**www.bwDITI.com**

*Tell them you found them in SWFL Naturally*

## WOMEN'S HEALTHCARE & SERVICES - YOGA

Suncoast Thermal Imaging

No Radiation \* No Compression

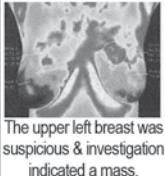
Breast Health Screening. 239-540-1002

Please see display ad below.

## BREAST CANCER

Words NO ONE should EVER hear!

Dramatically increase your chances of detecting cancer or abnormalities in the earliest stage.



The upper left breast was suspicious & investigation indicated a mass.

### SUNCOAST THERMAL IMAGING

1718 Cape Coral Pkwy. E. • Cape Coral

239-540-1002

Kimberly Lemons, CCT • lemons2860@aol.com

Wellbridges, Inc. 239-481-5600

Bio-identical Hormone Evaluation & Balance for both Males & Females.

Please see display ad on page 52.



## WORSHIP

Center for Spiritual Living 239-574-6463

Sunday inspirational & dynamic gatherings.

Sharing New Thought-Ancient Wisdom principle.

Please see display ad on page 62.

## YOGA

### Earth & Spirit Garden Gallery

Monthly Yoga retreat in a tranquil native landscape outdoor setting. 239-282-1025

Please see display ad on page 48.

### Little Namaste Kids & Baby Yoga Studio

Imaginative yoga designed especially for kids and babies.

Our classes encourage movement of the body and mind simultaneously which create healthy, relaxed, and self-confident children. Classes for babies 4wks-3yrs and children 3-12 yrs.

3046 Del Prado Boulevard South, Suite 2B, Cape Coral  
www.littlenamaste.com 239-288-1058

W  
Y

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Your Truth, Your Path, Your Tribe

### Y.O.G.A.

Your Omnipresent Guidance Awaits...

Let me show you the way



Return to Your Center, Your Self, Your Inner Sanctuary

### Francesca Simonelli

Certified Yoga Teacher,  
Healing Facilitator & Spiritual Guide  
Meditation, Yoga,  
Empowerment Workshops & Retreats

917-687-1420

TribeOfSisters@aol.com  
DivineFreedomYoga@gmail.com

### Francesca Simonelli, Certified Yoga Teacher

All Levels \* Classes or Private Instruction  
Cape Coral/Ft. Myers 917-687-1420

Please see display ad above.



### UNIVERSALLYOGA, Inc.

"Yoga is a way to exercise one's mind & body regardless of age or physical abilities."



All level Yoga & Meditation  
Private & Group

Core Strength Vinyasa Yoga  
Integrated Therapeutic Yoga  
Women's Cancer Survivor Yoga

Empowering Yourself Through Yoga  
www.universallyoga.com



### UNIVERSALLYOGA, Inc.

Sally G. Ingalls, E-RYT (Registered Yoga Teacher) Yoga Life Coach. 239-851-1051  
Please see display ad above.

# Glossary

## Description of modalities and Earth friendly practices

### A Course in Miracles

A self study spiritual curriculum that teaches the way to universal love through forgiveness. FOR MORE INFORMATION: A Course In Miracles - Foundation of Inner Peace, A Talk Given On A Course In Miracles - Kenneth Wapnick, Awaken From The Dream - Gloria & Kenneth Wapnick.

### Acupressure

An ancient healing art that uses finger pressure on key points of the skin to stimulate the body's natural self-curable abilities. Similar to acupuncture, pressing these points releases muscular tension and promotes the circulation of blood and the body's life force to aid healing. FOR MORE INFORMATION: Acupressure's Potent Points - Michael Reed Gach, PhD.

### Acupuncture

Developed in China almost 6,000 years ago, acupuncture is the procedure of inserting and manipulating needles into various points on the body to relieve pain or for therapeutic purposes. FOR MORE INFORMATION: Acupuncture - Felix Mann; The Complete Book of Acupuncture - Dr. Stephen Chang

### Aquifer

An underground layer of rock or sediment yielding water that may supply wells or springs.

### Aromatherapy

An ancient healing art currently growing in popularity. Aromatherapy uses essential oils extracted from herbs and flowers, which have been revived and verified by scientific research. Applied to the skin or inhaled, each oil or combination of oils addresses a specific emotional disorder, organ dysfunction, skin problem, etc. etc. etc. Aromatherapy also includes principles of massage, diet and an understanding of the psychological factors of illness. FOR MORE INFORMATION: The Art of Aromatherapy - Robert Tisserand; The Aromatherapy Book - Jeanne Rose

### Art Therapy

A type of therapy which uses the creation of art to improve physical, mental, emotional, or spiritual well-being. FOR MORE INFORMATION: The Creative Journal - Lucia Cappachione

### Astrology

Astrology is a group of systems, traditions, and beliefs which hold that the relative positions of celestial bodies and related details can provide information about personality, human affairs, and other terrestrial matters. FOR MORE INFORMATION: Astrology, Psychology & the Four Elements - Stephen Arroyo; The Practice and Profession of Astrology - Stephen Arroyo

### Ayurveda

India's traditional, natural system of medicine that has been practiced for more than 5,000 years. Ayurveda provides an integrated approach to preventing and treating illness through lifestyle interventions and natural therapies. Ayurvedic theory states that all disease begins with an imbalance or stress in the individual's consciousness. Lifestyle interventions are a major ayurvedic preventive and therapeutic approach. FOR MORE INFORMATION: Ayurveda: The Science of Self-Healing - Dr. Lad; Yoga of Herbs - Dr. Lad & Dr. Frawley; Ayurvedic Healing - Dr. Frawley

### Bau-Biologie

A German word meaning "building biology". Bau-Biologie indicates the holistic interaction between living things and man-made structures. It promotes buildings that have a low impact on the environment, and contribute to the occupant's health and well being. FOR MORE INFORMATION: <http://buildingbiology.net>

### Best Management Practice

A management strategy often associated with agriculture that is accepted to be a practical means of preventing or reducing erosion, and pollution in ground and surface waters.

### Bio-Region

A natural region characterized by its flora, fauna, and environmental conditions, ground and surface waters.

### Biodegradable

A material that will decompose naturally in a relatively short amount of time.

### Bioenergetics

A system of therapy that exercises designed to re-

lease chronic muscle tensions and the emotions associated with them.

#### Biofeedback

A training technique to consciously regulate normal body functions such as heart rate, breathing, brain activity levels and body temperature. This technique helps to change physical responses to stress as well as enhance overall health. Training is guided by both a trained practitioner and simple electronic devices that monitor body functions and provide feedback.

#### Biological Diversity

The variation of life forms within a given area. Biodiversity often refers to the health of an ecosystem or geographical area, by assessing its diversity of species and genetics within species.

#### Blood/Live Cell Analysis

The use of high-resolution dark field microscopy to observe live blood cells in vitro. It is promoted by some alternative medicine practitioners, who assert that it can diagnose a range of diseases. FOR MORE INFORMATION: Enzyme Nutrition – Dr. Edward Howell; Food Combining for Health – Doris Grant & Jean Joice

#### Breathwork

A general term for a variety of techniques that use patterned breathing to promote physical, mental, and/or spiritual well-being.

#### Buddhism

The teaching of Buddha that life is permeated with suffering caused by desire, that suffering ceases when desire ceases, and that enlightenment obtained through right conduct and wisdom and meditation releases one from desire and suffering and rebirth. FOR MORE INFORMATION: It's Easier Than You Think – Sylvia Boorstein; Teachings of the Buddha – Jack Kornfield

#### Carbon Footprint

The total amount of carbon dioxide and other greenhouse gases emitted over the full life cycle of a product or service.

#### Chakras

Energy centers in the body which are best cleansed, opened, and balanced. Too much or too little energy in one chakra can be the cause health problems or frustrations in everyday life. FOR MORE INFORMATION: The Chakras – C.W. Leadbeater; Wheels of Life – Anodea Judith; Hands of Light – Barbara Brennan

#### Chelation

The use of a medication or herbal substances to inactivate toxic substances, usually heavy metals, in the body.

#### Chinese Medicine

Also known as Traditional Chinese Medicine (TCM), includes a range of traditional medicine practices originating in China such as acupuncture, herbal medicine, massage, heat therapy, and nutritional and lifestyle counseling that treat a broad range of chronic and acute illnesses. FOR MORE INFORMATION: The Web That Has No Weaver - Ted J. Kaptchuk

#### Chiropractic

The chiropractic system is based on the premise that the spine is literally the backbone of human health. Misalignment of the vertebrae caused by poor posture or trauma result in pressure on the spinal nerve roots, which may lead to diminished function and illness. The chiropractor seeks to analyze and correct these misalignments through spinal manipulation or adjustments.

#### Colon Health Care

Also known as "colonic" is an internal bath used to wash away toxic waste from the colon with pressurized water. Colon Health Care can be used to treat a variety of illnesses as well as general health balance. FOR MORE INFORMATION: Colon Health Handbook: New Health through Colon - R. Grey; Tissue Cleansing Through Bowel Management – Bernard Jensen

#### Community Supported Agriculture (CSA)

When a community of individuals supports a local farm operation financially. The "share holders" share in the risks of the farm as far as good or bad seasons, but also share in the harvest at a much cheaper rate than buying food from stores or farmer's markets.

#### Compost

A product acquired through the decomposition of plants, animal waste, and other organic matter used to fertilize soil and improve its structure and ability to hold water.

#### Conservation

The preservation and careful management of the environment and natural resources.

#### Cool Coating

According to the Environmental Protection Agency, cool roof coatings are white liquids applied over an existing low-sloped roof structure to achieve energy savings, an extended life span and protection from weathering and ultraviolet radiation.

#### CranoSacral Therapy

A specialized technique of applying gentle pressure to cranial bones, spinal cord, and other areas of the central nervous system aimed at free-

ing the flow of cerebrospinal fluid. It is used to treat chronic pain, migraine headaches, TMJ, and a range of other conditions. FOR MORE INFORMATION: The Compilation of W.G. Sutherland's Lectures and Writings – A.S. Sutherland & A.L. Wales; CranoSacral Therapy – J.E. Upledger

#### Crystal Therapy

The use of crystals in alternative medicine to attempt healing through the crystal's energies which are claimed to be able to tune into the body's fluctuating vibrations. FOR MORE INFORMATION: Crystal Enlightenment – Katrina Raphaell

#### Deep Emotional Release Bodywork

Series of techniques focusing on energy centers of the body. It works to clear negative emotional patterns and blocked energy from the subconscious mind and the body.

#### Deep-Tissue Bodywork

A variety of techniques that focus on restoring the body's connective tissues and muscles to their natural, resilient state, allowing freer and easier movement. FOR MORE INFORMATION: Jobs Body – Deane Juhan

#### Dreamwork

Aims at exploring the various images and emotions that a dream presents and evokes with the purpose of healing or self-development. FOR MORE INFORMATION: All About Dreams – Gayle Delaney; Dreamwork: Techniques for Discovering the Creative Power in Dreams – Jeremy Taylor

#### Ear Candling

A healing technique using a hollow ear candle, which is inserted into the outer ear canal and lit to create a warm vacuum effect which draws out excess earwax and other debris. Removal of this unnecessary accumulation can result in improved hearing capability, relief of sinus irritations, buzzing and other noises, relief of dizziness and itching, and regulation of pressure in cases of sinusitis, headaches, and migraines. FOR MORE INFORMATION: Candling – Anne Tatum

#### Eco-spirituality

The deep connection to Self, Others, Spirit and Earth that heals and empowers all of our relationships. Ecopsychology connects psychology and ecology. The political and practical implications are to show humans ways of healing alienation.

#### Ecosystem

A system formed by the interaction of a community of organisms with their physical environment.

#### Ecotourism

Responsible travel to natural areas that conserves the environment and improves the well-being of local people. Travel targets areas where the flora, fauna, and geological features are the main attraction. Ecotourism usually promotes the environment with minimal impact on it. FOR MORE INFORMATION: www.ecotourism.org

#### EMDR

Eye Movement Desensitization and Reprocessing is a method of therapy that uses carefully guided repetitive eye movements, similar to those of REM or dream sleep, to help access and process information stored in the body/mind. E.M.D.R. is used for a variety of purposes, usually to lessen the amount of therapeutic time needed to process and resolve traumatic memories. FOR MORE INFORMATION: E.M.D.R: Basic Principles, Practices and Procedures – Francine Shaperio, Ph.D.; Emotional Healing at Warp Speed – David Grand, Ph.D.

#### Endangered

Classification given to a plant or animal in danger of extinction within the foreseeable future.

#### Energy Balancing

A technique that involves clearing and charging of the seven major chakras and auric levels. A powerful current of healing energy comes through the therapist's hands to heal areas of injury and illness. FOR MORE INFORMATION: Hands of Light – Barbara Ann Brennan; Human Energy Systems – Jack Schwartz

#### Energy Efficient

A term used to describe property or products that exhibit special features designed to save electrical and heat power – for example special light fixtures or double-insulated windows.

#### Energy Medicine

Energy medicine involves therapies that affect subtle energy fields or "life force" that defy measurement. Therapists aim to work with this subtle energy, and use it to effect changes in the physical body and influence health.

#### Energy Star

A joint program through the U.S. Environmental Protection Agency and the U.S. Department of Energy that sets energy efficiency guidelines for products, homes and businesses. FOR MORE INFORMATION: www.energystar.gov

#### Environmental Medicine

Focuses on causes for illnesses that stem from dietary and environmental allergies or contaminants. Factors such as dust, mold, chemicals, and foods can cause a wide variety of health problems.

**Estuary**

A semi-enclosed tidal body of water and land where an ocean's salt water mixes with fresh water from rivers or streams.

**Ethical**

Pertaining to or dealing with morals or the principles of morality; pertaining to right and wrong in conduct.

**Ethnobotany**

The scientific study of the relationship between humans and plants, especially the uses different cultures have for plants.

**Fair Trade**

In alternative approach to domestic and international trade. Fair trade strives to improve the lives and communities of disadvantaged artisans and farmers around the world. These goods are purchased at above-market rates from producers who pay workers fairly and use environmentally friendly practices where possible.

**Feldenkrais Method**

Employs exercises intended to increase the body's range of movement, reduce stress, improve posture and flexibility, and allow functioning with greater comfort. FOR MORE INFORMATION: Awareness Through Movement The Potent Self - Moshe Feldenkrais

**Feng Shui**

Ancient Chinese art of orienting objects and towns to promote a healthy flow of chi. FOR MORE INFORMATION: Interior Design with Feng Shui – Sarah Rossbach

**Florida Friendly Landscaping**

Describes landscaping practices that help to preserve Florida's natural resources and protect the environment. FOR MORE INFORMATION: <http://fyn.ifas.ufl.edu>

**Flotation**

Uses a flotation tank filled with about a foot of therapeutic, salt-saturated water. The tank is usually within a sound and light proof chamber, allowing the patient to escape outside stimuli and float weightlessly on the surface of the super-dense solution. Flotation is a very unique and effective way to reduce stress and enhance concentration. FOR MORE INFORMATION: The Book of Floating – Michael Hutchinson

**Flower Essences**

Flower essences are herbal infusions made from the flowering part of the plant, which uniquely address emotional and mental aspects of wellness. FOR MORE INFORMATION: The Bach Flower Rem-

edies – Dr. Edward Bach Healing Center; Flower Essences and Vibrational Healing – by Gurudas

**Gray Water**

Waste water from sinks, showers, bathtubs, and washers (not toilets), that can be recycled for irrigation.

**Green Building**

Also known as sustainable building or environmental building. The definition varies depending on the agency or group. Generally it means to construct a building to the highest environmental standards by minimizing the use of energy, water and materials. FOR MORE INFORMATION: <http://www.usgbc.org>

**Green Washing**

A term playing off "whitewash" that is used to describe projects that are labeled as energy-efficient and sustainable when they're really not. It's also a term sometimes used to describe the distribution of misleading information by business or an organization to conceal its abuse of the environment.

**Guided Imagery**

This relaxation and stress-reduction technique uses positive thoughts and images to relieve pain, slow the heart rate, and stimulate the body's healing responses. FOR MORE INFORMATION: Healing Yourself: A Step by Step Program for Better Health Through Imagery – Martin L. Rossman, M.D.

**Hazardous Waste**

Any waste material that is potentially dangerous, often including things that are explosive, ignitable, radioactive, toxic or corrosive.

**Healing Touch**

An energy based therapeutic approach to healing. HT uses touch to influence the energy system thus affecting physical, emotional, mental and spiritual health and healing. The goal in HT is to restore harmony and balance in the energy system to help the person to self heal.

**Heavy Metals**

A general term for metals with high atomic mass such as arsenic, lead, mercury, copper, zinc and cadmium. These metals can be toxic to plants from soil, and to animals consuming or living in water, when concentrations are higher than naturally occurring levels.

**Herbalists/Herbology**

Therapeutic user or use of plants, and is the most ancient form of health care known to humankind. An herb is a plant or plant part valued for its medicinal, savory or aromatic qualities. Herb plants produce and contain a variety of chemical

substances that act upon the body. FOR MORE INFORMATION: School of Natural Healing – John R. Christopher; The Way of Herbs – Michael Tierra

**Herbicides**

A chemical that kills plants or inhibits their growth.

**Holistic Medicine**

A personal and comprehensive approach to natural health by addressing not only physical health, but also the emotional, spiritual, social, and mental well-being of the person.

**Holographic Repatterning**

A theory used to identify the core reason for any issue a person wants to resolve, and through repatterning and self-healing avenues, removes the unconscious patterns and energy constrictions of the issue from their mind, body, and emotions. FOR MORE INFORMATION: The Holotropic Mind – Stanislav Grof, M.D. & Christina Grof

**Homeopathy**

A method of treating diseases with diluted remedies that would, in larger amounts, cause effects similar to the symptoms being treated. FOR MORE INFORMATION: Consumers Guide To Homeopathy – Dana Ullman; Everybody's Guide To Homeopathic Medicines – Cummings & Ullman

**Hormone Replacement Therapy (HRT)**

The use of synthetic hormones to replace those the body is unable to produce, usually after menopause or cancer treatment. FOR MORE INFORMATION: Hormone Replacement Therapy Yes or No? – Betty Kamen

**Horticulture**

The cultivation of plants.

**Hydroperiod**

The period of time which a wetland is covered by water.

**Hypnotherapy**

Therapy which employs hypnosis, often used for the treatment of illnesses and emotional problems.

**Insecticides**

A chemical used to kill insects.

**Integrated pest management**

A sustainable approach to pest management in a way that minimizes economic, health, and environmental risks.

**Invasive Exotics**

Non-indigenous plants or animals that adversely affect the habitats they invade. FOR MORE INFORMATION: <http://www.fleppc.org/>

**Iridology**

A practice in which patterns, colors and other characteristics of the iris are examined to determine a patient's state of health and the presence of disease. FOR MORE INFORMATION: Iridology Simplified – Dr. Bernard Jensen; Visions of Health (Understanding Iridology) – Jensen & Bodeen

**Laying on of Hands**

A method of healing by touching a person with the hands or palms. Usually as a form of religious or spiritual faith.

**LEED**

A certification program through the U.S Green Building Council that stands for Leadership in Energy and Environmental Design. The nationwide program provides guidelines for residential and commercial construction projects to follow to determine if a project is green. FOR MORE INFORMATION: [www.usgbc.org](http://www.usgbc.org).

**Living Foods**

Foods that are uncooked, unprocessed, and usually organic. Also known as Raw Foods. FOR MORE INFORMATION: Rebuild Your Health - Dr. Ann Wigmore; The Wheatgrass Book – Dr. Ann Wigmore

**Lymphatic Drainage**

Therapeutic massage technique intended to increase circulation and drain trapped water and toxins from the body through the lymphatic system using delicate, wavelike movements on the face and neck or entire body. Used to reduce swelling, detoxify, regenerate tissue, and relieve pain and stress.

**Macrobiotics**

A lifestyle and dietary practice involving the balancing of yin and yang energies of foods to promote healthier and longer life. The diet consists of mostly whole grains, soups, vegetables, beans, and other supplementary foods. FOR MORE INFORMATION: Recalled by Life - Anthony Satillaro, M.D.

**Magnetics**

Also known as Magnetic Field Therapy, or Biomagnetic Therapy. Generally used for pain control and to stimulate bone growth after a fracture. Magnetic fields promote blood flow and thus the amount of oxygen to the subject area, enhancing the healing process.

**Meditation**

A holistic discipline by which the practitioner attempts to get beyond the reflexive, "thinking" mind into a deeper state of relaxation or awareness. Usually meditation is used to focus on a subject or series of subjects of a deep or abstruse nature. FOR MORE INFORMATION: The Art of Meditation - Joel Gold-

smith; Theory and Practice of Meditation - Edited by Rudolph Ballentine

## Midwives

A person with training and professional experience who provides care to women during pregnancy and through labor and delivery. Midwives usually take a holistic and woman-focused approach to pregnancy and childbirth; many work with the backup support of a medical doctor. FOR MORE INFORMATION: Spiritual Midwifery – Ina Mae Gaskin

## Mind Body Medicine

Holistic approach that focuses on the connection between mind, body and spirit. It works under the idea that the mind can affect bodily functions and health.

## Movement Therapy

A broad range of movement approaches used to promote physical, mental, emotional, and spiritual well-being. Motions such as dancing are even used to achieve specific results.

## Mulch

A protective covering of natural or synthetic material that is spread on the ground around plants to prevent weed growth and evaporation, control soil temperature, enrich the soil, and prevent the dispersal of pathogens.

## Naturopath

Doctor who uses natural remedies such as herbs and foods rather than surgery or synthetic drugs.

## Network Spinal Analysis

Network Spinal Analysis is a holistic approach that corrects spinal tension and misalignment by utilizing a sequence of spinal evaluations and gentle adjusting techniques. FOR MORE INFORMATION: The 12 Stages of Healing - Donald Epstein

## Neuro-Linguistic Programming (NLP)

A set of rules and techniques used to determine the thinking patterns of a person by analyzing eye movement, breathing, and other body language. By altering unconscious negative, harmful patterns, and through the use of visualization, practitioners can help modify behavior, achieve self improvement, self management, and therapeutically to help with phobias, learning disabilities, addictive behavior as well as development of more desirable, constructive behavioral patterns. FOR MORE INFORMATION: Tranceformations – J. Grinder & R. Bandler

## Non-point source pollutants

Pollutants from many diffuse sources. As the runoff from rainfall or snowmelt moves over and through the ground, it picks up and carries natural and man-made pollutants, finally depositing them

into lakes, rivers, wetlands, coastal waters, and underground sources of drinking water.

## Numerology

A practice based on the assertion by Pythagoras that all things can be expressed in numerical terms. By reducing things to numbers, usually a person's name and birth date, their true nature and prospects for the future can be determined.

## Organic

Derived from, or grown through naturally occurring substances or practices. Often refers to foods and fertilizers, but can also be associated with many household products, clothes and more.

## Osteopathic Physician

Focuses on the nervous, musculature, and skeletal systems emphasizing normal body mechanics and manipulation to correct physical problems. FOR MORE INFORMATION: Dr. Fulford's Touch of Life – Robert C. Fulford, DO

## Past Life Therapy

Form of therapy in which an individual is taken back, often by hypnosis, to past lives in order to heal and resolve situations in their current life. FOR MORE INFORMATION: Other Lives, Other Selves – Roger Woolger

## Permaculture

A system of sustainable agriculture that renews natural resources and enriches local ecosystems. FOR MORE INFORMATION: Permaculture: A Designer's Manual by Bill Mollison (1992) – Tagari Publications

## Permeable

A substance that allows water or gas to pass through it.

## Pesticides

A chemical or biological substance used to kill or contain the activities of pests such as insects or rodents.

## Phosphates

Natural minerals containing phosphorus and are important to the maintenance of life. They are also used in washing detergents and fertilizers, and the residues from these can cause harmful algae blooms upon entering water systems such as lakes, rivers, and oceans.

## Photovoltaic

Ability to generate electricity directly by using natural sunlight.

## Physical Therapy

Therapy that uses physical means such as exercise, massage, controlled movement, and application

of heat to treat an ailment or disease. FOR MORE INFORMATION: The American Physical Therapy Association Book of Body Maintenance and Repair – Marily Moffat, Steve Vickery

## Polarity Therapy

Therapy that uses pressure points, stretching, diet and exercise to balance the body's energy flow. FOR MORE INFORMATION: Your Healing Hands: The Polarity Experience – Richard Gordon

## Post-consumer waste

Materials that can usually be recycled after they have been used and discarded.

## Prescribed burns

An intentional fire for the purpose of specific forest or landscaping management. Often used to rid areas of extra foliage or debris in order to prevent forest fires or promote growth of different plants.

## Qi Gong

An ancient Chinese healing practice using slow movements, breathing, posture, and meditation to improve the circulation of qi (vital energy) within the body. FOR MORE INFORMATION: QiGong Therapy: The Chinese Art of Healing with Energy – Master Tzu Kuo Shih

## Rebirthing

A type of therapy that uses breathing exercises to relieve or remember past experiences, including child birth, in order to let go of anxiety and emotional tension that may be stored in the body due to these experiences. FOR MORE INFORMATION: Rebirthing in the New Age - Leonard Orr & Sondra Ray

## Recyclable

Capable of being used again. Often refers to consumer products that can be used to make the same or other products without using further virgin resources.

## Reflexology

A holistic healing practice that uses massage or gentle pressure to specific reflex points in the feet, and sometimes hands or head, to achieve a beneficial effect in other parts of the body. FOR MORE INFORMATION: The Complete Guide to Foot Reflexology – Kevin & Barbara Kurz; Feet First – Laura Norman

## Reiki

Japanese healing technique in which practitioners channel healing energies to specific areas of the body through their hands. FOR MORE INFORMATION: The Reiki Touch – Judy-Carol Stewart

## Renewable Energy

Energy obtained from sources that are essentially inexhaustible, unlike fossil fuels. For example

both wind and solar energy would be considered renewable.

## Retention Pond

A pond or area where excess storm water runoff can be contained to prevent flooding, downstream erosion and pollution.

## Retreat

A retreat is a time to come away from your ordinary activities, to rest, pray, and to renew your spirit. In a directed retreat you meet with a spiritual companion once each day who listens to your experiences and offers guidance for the day's prayer. A private retreat is a period of silent days similar to the directed retreat, except that in a private retreat there is no meeting with a spiritual companion.

## Rolfing

A type of therapy that uses a form of deep tissue massage to rebalance and realign parts of the body to their natural posture, creating the correct balance against the Earth's gravity.

## Rookery

A breeding area for birds or other animals.

## Rubenfeld Synergy Method

Therapy which uses movement, gentle touch, and imagination to access emotions and memories locked within to address physical or emotional problems. FOR MORE INFORMATION: The Listening Hand – Ilana Rubenfeld

## Shades of Green

A term used by the officials in the green industry to describe the varying levels of sustainability achieved in residential and commercial projects. For example, a home with only some energy-efficient features and attributes would make it a lighter shade of green than one that is energy-efficient from its light fixtures to its carbon footprint.

## Shamanic Healing

Shamanic healers use an altered state of consciousness in order to act as a conductor of healing energy from the spiritual realm. Shamanic healing is used to treat a wide range of emotional and physical illnesses. FOR MORE INFORMATION: The Way of the Shaman – Michael Harner; Riding the Spirit Wind: Stories in Shamanic Healing – John G. Myerson & Robert K. Greenebaum

## Sheetflow

Water runoff from rainstorms which travels across land as a flood until it empties into a river or stream. Often occurs when rain amounts exceed storm sewer or roadside ditch capacity.

**Smart Growth**

Describes environmentally sensitive land development that takes into account minimizing dependence on auto transportation and reducing air pollution.

**Solar Energy**

Energy from the sun that has been converted into thermal or electrical energy. FOR MORE INFORMATION: American Solar Energy Society – [www.ases.org](http://www.ases.org)

**Spiritual Healing**

Is based on intuitive insight and knowledge of universal laws along with use of basic psychological precepts. Karmic ties and belief systems can explain how and why we find ourselves in difficult situations. FOR MORE INFORMATION: Hands of Light – Barbara Ann Brennan

**Structural Integration**

A type of therapy which manipulates deep tissue in order to bring the major segments of the body into a better vertical alignment with gravity. FOR MORE INFORMATION: Rolfing and Physical Reality & The Integration of Human Structures – Ida P. Rolf

**Sustainable**

Able to be sustained for an indefinite period without damaging the environment, or without depleting a resource.

**Tai Chi**

An ancient form of martial arts believed to be over 6,000 years old. It uses slow meditative physical movements believed to facilitate the flow of Qi (life force) in the body, promoting good health and vitality. FOR MORE INFORMATION: Tai Chi: The Supreme Ultimate – Lawrence Galante; T'ai Chi Chuan for Health and Self-defense – T.T. Liang

**Thermography**

A diagnostic technique using infrared readings from a thermograph to detect temperature variations in different parts of the body. Thermography can be helpful in detecting tumors and studying blood flow. FOR MORE INFORMATION: Dr. Love's Breast Book – Susan M. Love, M.D.

**Toxic**

Any substance that can cause death, abnormalities, disease, mutations, or reproductive malfunctions in an organism.

**Turbidity**

A measure of water cloudiness caused by suspended solids.

**Vermicompost**

Highly nutritious plant food produced by using

worms in the decomposition of organic matter.

**VOC**

Stands for volatile organic compounds that are carcinogens found in paint, finishes, synthetic foams, fabrics and stains. Most labels should indicate if something has low or zero VOC.

**Watershed**

The entire geographical area drained by a river and its tributaries; an area characterized by all runoff being conveyed to the same outlet.

**Wind Energy**

The conversion of the wind into a useful form of energy, such as using wind turbines to create electricity, wind mills for mechanical power, or sails to propel ships. FOR MORE INFORMATION: Wind Power, Revised Edition – Paul Gipe

**Xeriscape**

Is the practice of installing native plants that do not require extra watering or the use of pesticides to flourish.

**Yoga**

An ancient Indian discipline that combines breathing exercises, physical postures, and meditation to improve physical and mental health. It has been practiced for more than 5,000 years. FOR MORE INFORMATION: Integral Hatha Yoga – Satchidananda; Kundalini Yoga: For Body, Mind and Beyond – Ravi Singh; Hatha Yoga Manual I - Samskrti & Veda; Light on Yoga – B.K.S. Iyengar

**Zero Balancing**

A hands on body work method that aims to balance body energy with body structure. Zero Balance is often achieved by joint work and long stretches leaving you more relaxed and moving freely. FOR MORE INFORMATION: Inner Bridges: A Guide to Energy Movement and Body Structure – Fritz Frederick Smith, M.D.; Soul Return, Integrating Body, Psyche & Spirit – Aminah Raheem, Ph.D.

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