



Being Alive

Evolutions in Being P.O. Box 4008 Chelmsford, MA. 01824 Eibeing.com 978-256-0438

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*Pollinator Plants:
Northeast Region*

Pollinator Plants: Northeast Region

Providing wildflower-rich habitat is the most significant action you can take to support pollinators. Adult bees, butterflies, and other pollinators require nectar as their primary food source, and female bees collect pollen as food for their offspring. Native plants, which are adapted to local soils and climates, are usually the best sources of nectar and pollen for native pollinators. Incorporating native wildflowers, shrubs, and trees into any landscape promotes local biological diversity and provides shelter and food for a diversity of wildlife. Most natives require minimal irrigation, flourish without fertilizers, and are unlikely to become weedy.

This fact sheet features regionally native plants that are highly attractive to pollinators and are well-suited for small-scale plantings in gardens, urban greenspaces, and farm field borders, and on business and school campuses.

<https://xerces.org/publications/plant-lists/pollinator-plants-northeast-region>

*A Young Man Asked
a 100 year old
Veteran to go to
Disneyland with him*

It's A Lesson in Kindness

You're never too old for a day of joy.

Isaiah Garza took a 100-year-old veteran to Disneyland for a day of joy.

Isaiah Garza knows a thing or two about struggle. Having lived in poverty and been in and out of homelessness growing up, the Los Angeles-based designer, entrepreneur, philanthropist and public speaker hasn't traveled an easy road, but has always [felt compelled](#) to make life better for others and inspire future generations.

Thanks to [Rihanna being photographed](#) wearing one of his jewelry designs on the cover of a French magazine, Garza has gotten to fulfill his dream. His successful design business has enabled him to spend a chunk of his money and time making people's days a little brighter and sharing the effects of simple, kind and generous acts [on social media](#).

For example, Garza recently invited a 100-year-old veteran he bumped into to spend a day with him [at Disneyland](#). The man uses a walker, and most people probably wouldn't think to ask [a centenarian](#) with mobility challenges if they want to go to a theme park, but the day they had together speaks to the power of reaching out without assumptions about limitations.

Garza's video begins with him approaching the gentleman as he's out for a walk.

"I'm sorry to bother you," Garza says, "but I've had a really rough day. I just wanted to see if you would be willing to go to Disneyland with me today?"

Right off the bat, the ask is a [lesson in kindness](#). Garza isn't saying, "Here, let me do this nice thing for you," but rather he's asking the gentleman to do *him* a favor by accompanying him.

The man's surprised reaction was understandable, but he said yes. What do you have to lose at 100? What followed was a delightful day for both of them as the man got to experience a day of Disney magic, which somehow always manages to work no matter what your age.

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When the man tells Garza, "I thought my life was over," it's clear how much this day meant to him. When we're young, we're often so busy that we don't recognize that not everyone lives like we do. Older people often get lonely and can easily be overlooked by society, and Garza approaching this man with a Disney day invitation let him know he wasn't forgotten.

It also told him that he was seen as a full human with agency and capacity. Not many people see an old man with a walker and think, "I bet he'd like to go spend a day at Disneyland," but look how happy it made him. Assumptions about what people who are older or people with mobility issues can do—or what they might want to do—can cause us to miss out on mutually enjoyable experiences. Perhaps not everyone this gentleman's age would enjoy something as energy-filled as a day at Disney, but you never know, and it certainly doesn't hurt to ask.

Imagine if each of us reached out to an elderly neighbor and invited them to do something fun with us. It doesn't have to be a full day at a theme park—it could be a museum tour, a walk in the park, a coffee, a movie date and so on. Just the simple act of reaching out to let them know they are remembered and valued can make a big difference, but taking the time to share some joy together can be life-changing.

Garza's kind and thoughtful approach is one we can all learn from and emulate. Thanks for showing us that it doesn't take an enormous amount of effort to make the lives of those around us a whole lot richer and brighter.

You're Not Broken: People have Experiences with Intrusive Thoughts to Help Normalize Them

'I was today years old when I realized there was a word for this.'

People share experiences with intrusive thoughts.

When I was younger I used to think I was dying or that I would get kidnapped by a random stranger, but I kept it to myself because I thought something was wrong with me. I thought that telling people would confirm this fear, so I kept it inside my entire life until I was an adult and learned it was part of ADHD and other disorders, such as OCD and PTSD. But it doesn't have to be part of a disorder at all—a [vast amount](#) of people just have [intrusive thoughts](#), and a Twitter user, [Laura Gastón](#), is trying to normalize them for others.

Gastón tweeted that parents should talk to their children about intrusive thoughts and normalize them so children aren't afraid that they're broken. The response to her series of tweets was [overwhelming](#), with more than 144,000 likes and 19,000 retweets. People chimed in with their own stories of intrusive thoughts and the stigma attached to them. One Twitter user was told that they were possessed and their parents sought spiritual counsel to help them. But [intrusive thoughts](#) aren't a spiritual attack, they don't even have to be [negative thoughts](#). [Intrusive thoughts](#) are simply thoughts that pop into your head with no reason or logical connection to what is currently happening.

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The name for the phenomenon sounds scarier than it actually is. It may help to think of the thoughts as a pop-up on an online article you're reading. There you are scrolling along, really invested in this article and an ad for teeth whitening strips is suddenly obscuring half the page, so you find the camouflaged "X" and close it out. But somehow before you make it to the bottom of the page, there's that dang pop-up again. That's what it's like to have an intrusive thought most of the time. It's not always scary, it's not all-consuming, it's just there.

There are some [intrusive thoughts](#) that are distressing, especially if it's a new thought. Often the thoughts that cause the most distress are the intrusive thoughts around hurting a child or doing something illegal. Having an intrusive thought that is concerning doesn't mean you're going to act on it. Our brains think [thousands of thoughts](#) daily and most of the time we are unaware of all of the activity because we're focused on one particular thing, but then we have a pop-up.

You could be struggling with finances in general but at the moment you're working on a collage of sea turtles with your 9-year-old, next thing you know you have an intrusive thought about robbing a bank. Are you going to rob a bank? No, because you're not a bank robber. Well, most people are not bank robbers so having the fleeting thought isn't going to make you become one. It might make you think you've lost it for a few minutes, but it's a completely normal [human experience](#). Intrusive thoughts, not robbing banks.

[Kids have intrusive thoughts](#) as well, and it seems from the Twitter thread, that sometimes they're [dismissed by parents](#). Anna tweeted, "yes. I had severe intrusive thoughts in childhood, starting before age 7-8. I told my parents & asked for help but they refused. It was terrifying. I had no idea what was happening." She went on to say that she was diagnosed with OCD as an adult and is currently in therapy.

Another user, Benjamin tweeted, "I was today years old when I learned that there is a word for this. I have a few of these that come in ebbs and flows over the years - at least since early elementary age. Literally have just ignored it and tried to move on 🙄 Kinda relieving to know others experience this."

Alicia explained that as a teen she contemplated suicide. "My intrusive thoughts made me fear for the safety of others and I felt the only solace was my passing. I cried tears of joy upon learning they happened to a lot of people."

The responses to the tweet go on and on with people sharing their experiences with intrusive thoughts and some sharing ways they have learned to cope with them. What it all comes down to in the end is that these thoughts are much more common that people realize and it should absolutely be talked about more. No person deserves to walk around assuming they're somehow broken for having a [human experience](#).

NEW USA STUDY, ULTRA PROCESSED FOODS, & CANCER , DIABETES ONE of THE BIG CAUSES

What are Ultra Processed foods?

<https://www.medrxiv.org/content/10.1101/2022.04.23.22274217v1.full.pdf>

Artichoke Nutrition Facts

Artichokes pack a powerful nutritional punch. In addition to being a [rich source](#) of phytochemicals and antioxidants, artichokes also provide magnesium, potassium, niacin, and folate. Your average artichoke contains almost six grams of fiber, some of which comes in the form of the fabulous prebiotic fiber called inulin.

[Inulin](#) is a big deal because it directly feeds and supports the growth and maintenance of colonies of beneficial gut bacteria. It also [increases](#) your body's absorption of certain nutrients, including calcium.

Artichokes have [strong antioxidant properties](#). These are attributed in part to a plant metabolite known as [caffeoylquinic acid](#) (which works in part by stimulating your liver to produce bile), as well as [flavonoids](#) such as luteolin (which has nothing to do with medieval guitars) and [glycosides](#) (compounds in which one or more sugars are combined with nonsugar molecules).

Artichoke nutrition for 1 large fresh artichoke: 76 calories, 17g carbs, 5g protein, 9g fiber, 152mg sodium, 599mg potassium ([USDA](#))

Nonalcoholic Fatty Liver Disease

Artichoke leaf extract (ALE), a supplement derived (can you guess?) from artichoke leaves, has been shown to improve liver function in both [humans](#) and [mice](#) with nonalcoholic fatty liver disease (NAFLD). (Our view on the use of animals in medical research is [here](#).) The human study followed 100 people with NAFLD for 2 months – half took 600 mg of ALE daily, while the other half got a placebo. The ALE recipients experienced significantly better liver function and a healthier lipid panel than the control group.

Digestion

The prebiotics in artichokes can aid in digestion. A 2015 study out of Argentina [found](#) that powdered artichoke fed beneficial strains of Lactobacillus and Bifidobacterium. A [2020 study](#) simulated the human gut microbiome ecosystem in a test tube, and determined that a compound made from artichokes called artichoke aqueous dry extract (AADE) increased the population of beneficial bifidobacteria by 2,500%.

Cancer

There's been a lot of interest in artichoke's potential role as a cancer fighter. A 2015 study [showed](#) that some polyphenols from the edible parts of the artichoke were able to induce apoptosis (self-destruction) in a line of human breast cancer cells. Egyptian researchers in 2020 [found](#) that an extract of artichoke, including the leaves, was able to kill mouth cancer cells.

ALE has been shown to induce apoptosis in certain [colon cancer](#) cell strains, and an isolated compound from artichoke leaves, [cynaropicrin](#), has been found to slow the proliferation of thyroid cancer.

Cardiovascular Disease

An unhealthy ratio of LDL ("bad") to HDL ("good") cholesterol is a significant precursor and presumed cause of much cardiovascular disease. ALE was one of a number of plant-derived foods [found](#) to increase the concentrations of good cholesterol in people with mildly high cholesterol. A 2013 study out of Italy [showed](#) that ALE not only increased HDL cholesterol in overweight adults but also lowered LDL and total cholesterol compared to those in the placebo group. And a systematic review and meta-analysis of multiple studies, [published in 2021](#), concluded that artichoke supplementation may significantly reduce blood pressure.

Metabolic Health

Artichokes appear to benefit metabolic health by aiding the body in metabolizing fat for energy, rather than storing it in adipose tissue. A 2018 mouse study [found](#) that a couple of different artichoke extracts, including one with luteolin, prevented insulin resistance and inflammation even in animals who were being fed an unnaturally high-fat diet.

Skin Health

It turns out that artichoke, a vegetable named for the scales of a fish, may do wonders for your skin. Italian researchers in 2018 [found](#) that artichoke polyphenols blended into a cosmetic cream produced antiaging effects by improving the integrity and function of skin cells.

*Mass General
Brigham agrees
to Slash Millions
of Dollars in
Spending*

"We are Resolute in Doing our Part to Lower the Cost of Health Care in Massachusetts, Without Impacting our Ability to Provide Patient Care."

By Jessica Bartlett, The Boston Globe

September 23, 2022

Mass General Brigham has said it will reduce its total medical spending by \$127.8 million annually, nearly doubling its commitment to reduce its spending after months of discussions with a state watchdog agency.

The filing is part of the hospital's "performance improvement plan," which was required by the state's Health Policy Commission after what it said were years of spending above acceptable levels. MGB is the first health system to be required to file such a plan, which will still need to be approved by commissioners, likely at a meeting on Sept. 27. Approval will put to the test the state's main mechanism to hold providers accountable for ever-increasing health care costs.

Cashew Nutrition Facts

Facts

Cashews are a good source of [plant-based protein](#). They're also pretty high in fat, providing a [mix](#) of saturated and unsaturated fats. And like other plant-based sources of fat, cashews [reduce your risk of premature death](#) when you substitute them for animal-based fats.

Cashews are about the micronutrients as much as the macros. They're a [good source](#) of vitamin K and B vitamins, as well as important minerals like iron, magnesium, phosphorus, zinc, copper, and manganese. They're also a decent source of the elusive mineral selenium. And in a victory for those of us who prefer roasted nuts (and drupes!) to raw ones, it appears that roasting cashews actually increases their [antioxidant power](#).

Cashews also contain so-called "antinutrients" like [lectins](#), [phytates](#), and [oxalates](#), which, despite what some wellness influencers claim, are not a problem for most people. If you want to maximize mineral absorption, you can neutralize the effect of these compounds by soaking your cashews for a few hours, or eating them with [allium vegetables](#) (such as onions and garlic) or foods containing vitamin C.

If you're looking to lose weight, keep in mind that the high-fat content of cashews, coupled with their very low water content, means they are high in [calories](#). In fact, an ounce of cashews delivers a whopping 155 calories, which comes out to almost 2,500 calories per pound. And given that they're often roasted and salted to make them even more delicious, they're pretty darn easy to overeat.

Health Benefits of Cashews

What do we know about how eating cashews can support your health?

Cashews and Heart Health

For starters, cashews appear to promote cardiovascular health. A 2017 study of American adults with high LDL ("bad") cholesterol [found](#) that when they ate more cashews, their LDL levels dropped while their HDL ("good") cholesterol remained constant.

In an [Iranian study](#) of type 2 diabetics published in 2019, one group was asked to consume 10% of their calories from cashews. The control group ate the same number of calories, but without the cashews. The cashew group didn't gain weight but did see their cholesterol shift to a much more favorable ratio of "good" to "bad" cholesterol.

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Cashews and Bone Health

The nutrients in cashews, and particularly the minerals [magnesium and copper](#), appear to support bone and joint health, too. Male rats with chemically-induced osteoarthritis (ugh – our view on the use of animals in medical research is [here](#)) who were fed cashew nuts demonstrated fewer and less severe “pain-like behaviors” and had improved pain-related biomarkers.

Are Cashews Good for Your Brain?

Also thanks to their tryptophan content, cashews may protect the brain and nervous system from the effects of aging – specifically, they may [slow cognitive decline](#).

Cashews and Depression

Cashews may also help enhance your mood, and not just because they’re so darn yummy. They’re one of the richest sources of the amino acid [tryptophan](#), a precursor to the neurotransmitter [serotonin](#) – one of the body’s endogenous antidepressants. The magnesium in cashews also fights depression and anxiety through its positive effects on the nervous system. It’s also crucial for maintaining stable blood sugar levels (which are also relevant to your mood).

What About Cashew Allergies?

Tree nuts represent one of the seven [major allergenic food categories](#). Despite not being true tree nuts, cashews can still be potent allergens, causing severe reactions in susceptible people that can persist long-term, compared with some other food allergies. Both [children](#) and adults can be affected.

While the prevalence of cashew allergy appears to be increasing, it’s still relatively uncommon. A 2021 study of over 500 children with food allergies found that just over 3% of them showed [sensitivity to cashews](#). The percentage among the general population is likely far lower.

With a couple of exceptions, cashews are good for the people eating them. But what about their effects on the planet and agricultural workers?

https://foodrevolution.org/blog/are-cashews-healthy-ethical-sustainable/?utm_source=sfmc&utm_medium=email&utm_campaign=blog-2022&utm_content=cashews-article&j=161534&sfmc_sub=17605609&l=137_HTML&u=2072982&mid=514008241&jb=555

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God

GOD

I learned this from someone, my aunt, my mother a nun when I was very little and I took it to heart.

God is Everything....<https://www.youtube.com/watch?v=tJYrSEJw3Ao>

Click to watch just 15 minutes.

I was so young when I first learned it, I asked the teacher, whoever it was "even this cookie is God?" And they were smart enough to say yes.

This was at least 55 years ago and it has been a foundational thought ever since. Here I discover it again. If everything is God, and we are one, the rest should be easy.

Heaven is attainable and immediate as is hell, but what allows to be, to live in the former (heaven) as much as we possibly can? To be or not to be has always been a question?

BRAIN FOG

Worst Foods for Brain Fog

Here are some of the ways diet can contribute to brain fog, as well as some tips on how you can optimize with better choices.

- **Too many simple, refined, and processed carbs:** Foods like pastries, cookies, crackers, and white bread/grains can throw your blood glucose out of whack. Instead, choose foods rich in fiber to reduce sugar cravings, and opt for low-glycemic fruits like berries.
- **Too much caffeine:** This is especially true if consumed in combination with refined sugars, flavorings, and processed creams. Focus on tapping into your body intelligence to choose foods that bring you sustained energy.
- **Alcohol, especially in excess:** While low to moderate [alcohol consumption](#) may be fine in some cases, it is best to examine this choice on an individual basis – perhaps with the help of a doctor or mental health professional. If you notice that you crave alcohol, or ever drink more than you intended, it might be time to reconsider your relationship with drinking. You probably know this already, but it bears repeating: excessive alcohol consumption is literally poison for your brain.
- **Foods that trigger unknown [allergies](#):** If you have chronic fatigue, joint aches, muscle pains, headaches, memory problems, or other persistent brain fog symptoms, this is something that certainly warrants a thorough medical evaluation and your doctor may need to check some blood work.
- **Foods that trigger undiagnosed digestive troubles, including SIBO, ulcerative colitis, or Crohn's disease:** Common trigger foods for digestive issues include dairy, fried or processed foods, sugar, refined grains (especially ultra-processed wheat), carbonated sodas, caffeine, and alcohol. Large meals can also disrupt your gut-brain balance – it's best to listen to your body's needs and eat in a way that leaves you feeling nourished and not sluggish.

Top 5 Food Tips For Getting Rid of Brain Fog

On the other hand, nutritional psychiatry teaches us that we can take advantage of the properties of brain foods to boost our energy and clarity. The following pearls of advice are my fundamentals when it comes to optimizing cognition.

1. Beat brain fog with colorful fruits and veggies.

Fiber-rich, plant-based foods are packed with antioxidants, polyphenols, flavanols, vitamins, and minerals that help [reduce inflammation](#) in the brain and resist the effects of oxidative stress (the kind that damages cells, and even leads to premature aging). These superfoods can help improve focus, reduce fatigue, and enhance cognition for optimal performance.

I encourage you to try this out as a game with your family and friends: see how many new colors you can add in a day or a week to enhance the biodiversity in your diet. And another plus – eating the rainbow has also been linked to improved [gut health](#)!

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2. Cook with herbs and spices.

[Cooking with herbs and spices](#) adds a delicious punch of brain-boosting molecules to food! For example, turmeric has an active ingredient called [curcumin](#) which has [potent anti-inflammatory](#) and antioxidant properties supporting positive moods and sharper focus. When you add turmeric with a pinch of black pepper to your cooking, the black pepper enhances curcumin absorption twentyfold. It's also easy to add a teaspoon (with a pinch of black pepper!) to a warm tea, nourishing soup, or fresh smoothie.

For an antioxidant treat, check out my [mood-boosting golden milk recipe](#):

3. Follow your body intelligence surrounding caffeine and alcohol.

https://foodrevolution.org/blog/how-to-get-rid-of-brain-fog-symptoms/?j=162412&sfmc_sub=17605609&l=137_HTML&u=2086515&mid=514008241&jb=553

What is Vitamin A?

[Vitamin A](#) is, along with [vitamin D](#), [vitamin E](#), and [vitamin K](#), a fat-soluble vitamin. It accumulates and is stored in the body (organs and tissues) for later use, which is important because this feature of such vitamins means it's possible to get too much of them. This contrasts with water-soluble vitamins like [vitamin C](#) and the [B vitamins](#), which the body excretes once it has used all it needs.

Vitamin A has [antioxidant](#) properties (you'll learn why I didn't write "is an antioxidant" below), and is also important for healthy vision, growth, cell division, reproduction, cellular health, and immunity. It originates in a wide array of plant foods, such as leafy green vegetables and orange and yellow fruits and veggies.

While vitamin A is found in a wide array of animal-derived foods, like [eggs](#), [meat](#) (especially liver), and [dairy](#), these sources come with ethical, environmental, and health concerns. Fortunately, you don't need to consume any animal-based foods to get all the vitamin A you need. Plants have got you covered.

Bearing in mind that the recommended adult dose is 900 mcg for men and 700 mcg for women, check out how easy it is to reach those amounts by eating a varied (and delicious) plant-based diet:

- [Carrots](#): 1 medium carrot (509 mcg)
- [Spinach](#): 1 cup leaves (141 mcg)
- Cantaloupe: 1 cup cubed (270 mcg)
- [Mango](#): 1 cup diced (89.1 mcg)

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- [Sweet potatoes](#): 1 medium without skin (1,190 mcg – ding ding ding we have a winner!)
- Kale: 1 cup (50.6 mcg)
- [Pumpkin](#): ½ cup canned (955 mcg)
- [Collard greens](#): 1 cup raw (90.4 mcg)
- Red, orange, and yellow bell peppers: 1 medium sweet red pepper (187 mcg)
- Papaya: 1 small (73.8 mcg)

https://foodrevolution.org/blog/vitamin-a-benefits-side-effects-best-sources/?utm_source=sfmc&utm_medium=email&utm_campaign=blo-2022&utm_content=-vitamin-a-article&j=160135&sfmc_sub=60681478&l=137_HTML&u=2046129&mid=514008241&jb=1082

Why Are Insects Important?

At this point, you might be thinking, “Why is this a problem? Insects are annoying!” It’s not like windshield splatter is the highlight of anyone’s summer vacation. Will anyone miss mosquitoes? What’s the big deal?

It turns out that the demise of insects is a very big deal indeed. First, without insects, entire ecosystems would literally [collapse](#). Many insects consume other insects (including those that eat the plants we like to cultivate, and those that spread disease to mammals). Also, many insects are food for larger animals, including most birds, freshwater fish, frogs, and lizards. Without these insects to eat, entire vertebrate species would starve and die off. And humans would discover that we can’t go it alone.

There’s another reason why insects are so important: they pollinate roughly three-quarters of the crops we grow, including most of our fruits and vegetables. Millions, and perhaps even billions more people worldwide would starve without insects’ contribution to our food production.

And that’s not just a future scenario. We’re already seeing the impact of reduced pollinator populations on crop yields. A [2020 Royal Society study](#) examined seven crops grown in 13 states across America. Five of them, including [apples, blueberries, and cherries](#), produced reduced yields due to a lack of native bees.

Like Joni Mitchell sang in her 1970 hit, “[Big Yellow Taxi](#),” “You don’t know what you’ve got ‘til it’s gone.” Now that pollinators are disappearing, the agricultural industry is beginning to quantify the loss in financial terms. It turns out that **bees, wasps, butterflies, and other pollinators are performing free labor that’s worth up to [half a trillion dollars](#) to crop producers and consumers around the world.** Honey bees alone contribute around [\\$217 billion](#) to the global economy. When they can’t show up for work because they’re, well, [dead](#), entire agricultural economies are at risk of collapse.

Insects also pollinate the large majority of wildflowers. In fact, roughly 87% of all plant species [require pollination](#), most of it delivered by insects.

And let's not forget aquatic insects, which play critical roles in both saltwater and freshwater ecosystems. In addition to their role as food for the next rung on the food ladder, many of them [purify water](#), so much so that the presence of certain insects serves as an indicator of water quality.

4. Plant Pollinator-Friendly Plants and Trees

We can also [act](#) on a smaller scale, as individuals, families, and communities. If you can, plant native species, especially wildflowers, in your garden. The Xerces Society for Invertebrate Preservation shares lists of pollinator-friendly [native plants by region](#). And here's a [list of wildflowers](#) that can support bees and butterflies.

If you have a lawn, consider converting some of it to a garden or “micro-meadow” – or at the very least, [mow less often](#). Mowing can kill insects living in the grass or soil. And letting your grass grow a couple of inches between mowing can save on your water bill and can also give “weed flowers” like clover and dandelions a chance to feed beneficial insects.

If you have some garden space that gets sufficient sun, plant [trees with blossoms](#) that attract pollinators. Fruit trees such as apple, cherry, and plum will attract bees.

If your community currently has zoning regulations forbidding any of these changes, you might have to become a bit of an educator and activist to help your neighbors understand what's at stake, and why changing their aesthetics is so important. For inspiration, check out this [2016 TED Talk](#) by “Gangsta Gardener” Ron Finley, who took on the Los Angeles zoning board to fight for his right to grow food in his backyard and on sidewalk medians in his South Central LA neighborhood.

GET ALL THE INFO HERE: https://foodrevolution.org/blog/insect-apocalypse/?utm_source=sfmc&utm_medium=email&utm_campaign=blog-2022&utm_content=decline-of-insects-article&j=160674&sfmc_sub=17605609&l=137_HTML&u=2057387&mid=514008241&jb=555

EDGAR CAYCE PODCASTS

Parenting today can feel like an uncharted path, full of new unexpected twists and turns. This podcast is a space to exhale, to join a loving space where we bring the wholeness of our human experience to our parenting.

This podcast is two experienced moms with a background in health and wellness having authentic candid conversations about all that informs our parenting- science, spirituality, emotions, intuition, somatics.

We are growing and learning together alongside our kids. Each episode will dive into specific challenges parents face today. Together, we'll explore how to navigate the world of parenting in these challenging times.

<https://www.edgarcayce.org/family-section/listen/creating-calm/>

Tuesday, September 27

"The healing must come from within - that is, life force - or cell units - must build within, or from within, in such a way and manner as to bring *resuscitating* life energy through the whole system."

ECRL 5440-1

Thursday, September 29

"Yet there is the healing of the physical, there is the healing of the mental, there is the correct direction from the spirit. Coordinate these and you'll be whole!"

Edgar Cayce reading 2528-2

Thursday, October 13

"Contentment, peace, harmony, glory, love, beauty, is from *within*; and is like a growth that makes for that activity, that expression, that will bring growth, understanding, environments, and necessary influences."

ECRL 165-21

Sunday, October 16

"Keep the heart singing. Keep the face toward the light, keeping self in attune to that Oneness wherein all power, and all force, is at the command of the individual in applying those forces known within self to meet the needs of each and every condition."

ECRL 39-4

Friday, October 21

"Do take plenty of time for rest...take time to work, to think, to make contacts for a social life and for recreation."

Edgar Cayce reading 3624-1

Sunday, October 23

"Rise and pray - facing east! You will be surprised at how much peace and harmony will come into your soul."

ECRL 3509-1

Evolutions in Being

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