

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

LOCAL FOOD

From the
Urban Garden

Hearty Helpings

Six Powerhouse
Foods for Kids

Trash to Treasure

What Recyclables
Turn Into

The Healing Power of SILENCE



GREEN

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Saving Face with Cosmetic Homeopathy

Help is here for those who have used or thought about Botox® and fillers to combat the effects of sun damage and aging. Dr. Lorri Beauchamp, acupuncturist and Oriental Medicine specialist at Alternative Medicine Center, Fort Lauderdale, asks, "Why risk injecting toxins and chemicals into your system when you can address skin care and anti-aging in a health-conscious way?"

She invites men and women to experience the benefits of smoothing fine lines and complexion tones and reducing pore appearance and dark circles with mesotherapy. Similar to an acupuncture "skin prick", she injects natural agents like collagen, elastin and hyaluronic acid into the skin surface, which nurture and hydrate with no side effects or toxicity—plus, they encourage the body to produce more of its own nutrients. A series of therapeutic treatments generally produce more dramatic results over time, but can be better than a "quick fix" using toxins or temporary chemicals.

"Mesotherapy is the best method I have found to restore damaged or aged skin," says Beauchamp. "A gradual improvement and healing will occur over time with a seasonal touch up—much better than pumping skin up unnaturally with toxins that obviously change your appearance.

Alternative Medicine Center is located at 2640 East Oakland Park Blvd., Fort Lauderdale, 954-486-4000. See ad this page.

Gluten-free, Dairy-free Bagels!

Fans of Belly Hugs' gluten-free, dairy-free, preservative-free and kosher baked goodies are in for a delicious new treat. Now, along with their muffins, cakes, mini-pound cakes, cookies, breads, pizza and waffles, come fresh, soft and delicious bagels. Made with 100 percent organic ingredients, these New York style bagels, lovingly made by hand, come in plain and raisin cinnamon flavors. Now you can enjoy healthy bagels in the morning that are easily digestible and that are good for you. Don't deprive yourself anymore! Enjoy Belly Hugs new gluten-free bagels and know you are enjoying the most nutritious, tastiest bagels available. We bake our bagels fresh on Thursday, Friday, and Sunday.



These and all of Belly Hugs delicious products are made fresh and guaranteed to ship within 24 hours of your order.

Belly Hugs is located at 6678 Stirling Road, Hollywood, Phone 954-322-8291, Fax 954-322-8445, BellyHugs.com. Store hours are Monday to Friday, 9 a.m. to 6 p.m.; Sunday 10 a.m. to 4 p.m.; closed on Saturday. See ad page 34.

Natural Pain Relief by Hand

Have you tried treatment after treatment and yet your pain won't go away? Is your pain keeping you from doing the things you want to do? Is it keeping you from getting a sound sleep? Are you

feeling hopeless?

Physical Therapy Wellness Institute has special programs where you can expect results typically from the very first session. They use advanced hands-on techniques that are gentle and unique to your individual needs. Their programs are tailored for those who have been suffering for years from all types of chronic pain and dysfunctions. When all other therapies have failed, they give you hope. Their holistic approach targets the root of your problem to give you fast recovery and long lasting relief.



Physical Therapy Wellness can help you become pain free from conditions such as Sciatica; Headaches; Chronic Back Pain/Neck Pain; Pelvic Pain; Joint Pain and Stiffness; TMJ (jaw pain); Frozen Shoulder; Post Surgical Dysfunction; Tinnitus (ringing in the ears); Arthritis; Carpal Tunnel Syndrome; Balance Problems; Urinary and Bowel Incontinence; Parkinson's Disease; Poor Posture; Multiple Sclerosis; Difficulty Walking; and Fibromyalgia.

Physical Therapy Wellness Institute is located at 23 East Acre Drive, Plantation, 954-642-2444. For testimonials from happy clients, visit PTWellnessInstitute.com. See ad page 58.

HOMEPATHIC COLLAGEN INJECTIONS

Dr. Lorri Beauchamp, DOM, FABORM
Licensed Acupuncturist & Herbalist, Fellow,
American Board of Reproductive Medicine

Alternative Medicine Center
Acupuncture • Herbs • Nutrition
2640 East Oakland Park Boulevard
Fort Lauderdale FL 33306
954.486.4000

ALTERNATIVE MEDICINE CENTER