

Month	Feature	Food	Recipe	Herb	V and S	Therapy
May 2012	Summer Sun	Oranges	Orange Coconut Creamsicle	Aloe	Vitamin D	Skin Brushing
Jun 2012	Bugs of Summer Naturally - Natural Insect Repellents	Super food - Garlic	Summer Pesto	Calendula	Thiamine B1	Walking Meditation
Jul 2012	Picnic Your Way to Better Health	Raw Food	Summer Salad with Mint	Peppermint	Vitamin E	Nutritional Counseling
Aug 2012	Immune Boosting Foods	Stevia	Oatmeal Apple Muffins	Cinnamon	Vitamin C	Essential Oils
Sep 2012	Eating Healthy on the Go	Smoothies	Power bars	Spirulina	Protein Powder	Conscious Breath
Special Feature	West Nile Virus					
Oct 2012	Reclaiming Vitality	Kale	Kale chips	Holy Basil - Tulsi	B-Complex	Dance Therapy
Nov 2012	Cholesterol and You	Oat Bran	Oat Bran Muffins	Alfalfa	CoQ10	Yoga
Dec 2012	Healthy Alternatives to Top 3 Holiday Gifts	Nuts & Seeds	Healthy Trail Mix	Ginger	Selenium	Gratitude Journaling
Jan 2013	Making big changes in small steps	Seaweed	Seaweed Salad	Wheat Grass	Trace Minerals	Mineral Baths
Feb 2013	Healing Power of Love	Chocolate	Truffles	Ginseng	Magnesium	Hug Therapy
Mar 2013	Happy Gut, Healthy Body	Yogurt	Yogurt Parfait	Slippery Elm	Probiotic	Abdominal Massage
Apr 2013	Spring Clean Inside & Out	Green's Drink	Green's Drink Recipe	Dandelion	Glutathione	Saunas
May 2013	Seasonal Allergies	Blueberries	Mixed Berry Salad	Stinging Nettle	Quercitin	Neti Pot
Jun 2013	Summer Sun, Naturally	Papaya	Hawaiian Popsicles	Turmeric	A Sunny Trio: Vitamins C, D and E	Skin Wraps
Jul 2013	GMO 101	Lime	Guacamole:	Cilantro	Multiple Vitamin Formulas	Colon Hydrotherapy
Aug 2013	Osteoporosis	Salmon	Herbed Salmon	Horsetail	Bone Healthy Supplements	Resistance Exercise
Sep 2013	Flu Vaccines	Amaranth	Easy Amaranth Bread recipe	Ashwaganda	Zinc	Constitutional Hydrotherapy
Oct 2013	Sweeten up Without Ruining Your Life	Molasses	Gingerbread	Stevia	EFA	Aroma Therapy
Nov 2013	Indulge Without the Bulge	Pumpkin	Pumpkin puree soup	Green Tea	Irvingia - African mango	Walking Meditation
Dec 2013	Holidays the Healthy Homemade Way	Cranberries	Cranberry & Fresh Pear Cobbler	Glycyrrhiza glabra	Digestive Enzymes	Cranial Sacral Therapy
Jan 2014	5 Ways to Block Winter Dryness Blues	Oats	Oatmeal	Hibiscus	Vitamin A	Steaming
Feb 2014	Love Yourself to Health	Garlic	Easy Roasted Garlic	Hawthorn	Lipoic Acid	Positive Affirmations
Mar 2014	Organic 101	Leafy Greens	Super Green Soup	Burdock	NAC - n acetylcysteine	Castor Oil Packs

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Apr 2014	8 Easy Ways to Detox Your Home	Legumes	Pasta Fagioli	Butterbur	Bromelain	Air Therapy
May 2014	Smart Shopper's Guide to Farmers Markets	Tomatoes	Salsa	Basil	Lycopene	Gardening Therapy
Jun 2014	EMF - Adapting Biology to New Exposures	Salt	Herbed Salts	Lemon Verbena	Iodine	Grounding
Special Feature	Garden Hose Dangers					
Jul 2014	Your Ticket to a Safe and Healthy Summer - protect your self from sun	Watermelon	No Bake Watermelon Cake	Tour of Mints	Bioflavonoids	Mudding
Aug 2014	A Healthy Lymphatic System for a Healthy You	Beets	Chocolate Beet Cake	Cleavers (Galium aparine)	Electrolytes	Lymphatic Massage and Drainage
Sep 2014	Don't Let Accumulative Toxins Hamper Your Health	Cabbage	Sauteed Cabbage	Cilantro	Fiber	Enemas at Home
Oct 2014	Sprouting	Sunflower sprouts	sprouted salad	Fennel	Protein powder	Flower essence therapy
Nov 2014	Stop Metabolic Syndrome before it Starts	Whole Grains	5 seed Crackers & Hummus	Gymnema	Supplements for Healthy Blood Sugar	Walking For Health
Dec 2014	Adrenal Health	Swiss Chard	Swiss Chard w/ Chick Peas & Couscous	Eleutherococcus senticosus	Ginseng	Stress Management
Jan 2015	Evolve to Better Health in 2015, Guaranteed	The healthiest food is home cooked food.	Wholesome (simple) Veggie Soup	Medicinal Herbs, The Fresher the Better and Sourcing clean	What Wikipedia won't tell you about Supplements	The Power of Gratitude
Feb 2015	Seasonal Affective Disorder (SAD)	Crimini Mushrooms	Barley & Mushroom Soup	Tarragon	Vitamin D	Phototherapy/ Winter sunbathing
Mar 2015	Mercurial World	Fish for Your Health	Mussels cooked in white wine and garlic	parsley	Chlorella	The Science of Bathing
Apr 2015	What your BM Reveal about your Health	Fermented foods	Homemade Kimchi	Tonifying Colon: Triphala	Probiotics	Colon hydrotherapy
May 2015	Oral Hygiene & the Health of the Body	Foods for Healthy Teeth	Slow Cooker Bone Broth	Neem bark	macro and micro minerals	Oil pulling
Jun 2015	Secrets for Sexy Healthy Men	Red Meat the Healthy Way	Simple Grilled Venison Burgers	Herbs for Boosting Libido	Ho sho wu: tonic herb (mushroom)	Hiking
Jul 2015	The Butterfly Inside You: Thyroid	Brazil nut	Brazil Nut Butter	Melissa officinalis - Lemon balm	Vitamins for healthy hair skin and nails	Thyroid Reflexology
Aug 2015	The Healthy Child: The Healthiest Kid on the Block	The Power of juicing	Green Superhero Juice and Pink Glow Juice	Kid Safe Herbals	Children's supplements	It's Time to Play - Playing as a Family
Sep 2015	Natural Ways to Treat Colds and Flu	Eating Well for Super Immunity in the Winter	Immunity Boosting "Better than Chicken Soup"	Elderberry	Zinc	magic socks
Oct 2015	Don't Let Food Labels Give You Indigestion	Pumpkin	Spiced Pumpkin Bread	What's Really in Your Herbal Remedy?	What Do You Really Know About Your Dietary	Cupping
Nov 2015	Yoga for Your Plate: Mindful Eating	Egg Alternatives	Cranberry Orange Biscotti	Holy Basil - Tulsi	Digestive Enzymes	Essential Oils to Rejuvenate Energy Levels
Dec 2015	Sleep: Essential for Mind-Body Health	The Power of Sweet Potato	Simple Baked Sweet Potato	Soothing Herbs for Restful Sleep: Lavender, Chamomile,	Calcium Essential for Strong Bones, Sound Sleep	Natural Therapies for a Good Night's Sleep
Special Feature	Energy Medicine					
Jan 2016	Earth-Friendly 2016 Diet Resolutions	Reduce Your Food-Print & Save Money	Veggie Lasagna with Bechamel Sauce	Clear Your Mind with Sage	Boost for the Brain? Bacopa monnieri (Brahmi, water	Meditate: It Does A Brain Good!

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Feb 2016	Secrets to a Healthy Heart	Mighty Pomegranate	Winter Pear, Pomegranate & Spinach Salad	Garlic: Good for Your Heart	Hawthorn	The 15-minute Cure to Lower Blood Pressure, Reduce Stress
Mar 2016	Detoxing: Strengthening Your Body's Defense Team	Go Wild with Dandelion Greens	Dandelion Salad Recipe with Fresh Goat Cheese & Apples	Milk Thistle (Silybum marianum)	Detox Tea	Massage Supports Your Body's Natural Detox
Apr 2016	GMOs in Your Food: The Facts You Need to Know	Wherever You Shop: Say NO to GMO Foods!	Kitchari: An Ayurvedic Healing Stew	Greater Celandine (Chelidonium majus)	Amla: Indian Gooseberry (Emblica officinalis)	What Can You Expect from Ayurvedic Medicine?
May 2016	Can You Rev-up Your Metabolism?	Can Red Hot Chili Peppers Help You Lose Weight?	Vegan Stuffed Poblano Peppers	Cayenne (Capsicum annum)	L-Carnitine and Energy for Exercise	When Life Heats Up, Chill out with Yoga
Jun 2016	Bio-identical Hormone Replacement, Is It Right For You	Flaxseed	Gluten-free flaxseed apple muffins	Black cohosh	Could DIM protect against cancer?	Acupuncture
Jul 2016	Nurturing Your Child's Emotional Intelligence	Awesome Avocado	Vegan Avocado Chocolate Mousse	Rose Hips for Wellness	Beta-carotene	Homeopathy
Aug 2016	5 Natural Ways to Lift Your Libido	The Fig	Roasted Fig and Goat Cheese	Boost your Mojo with Maca Root	Enhance Sexuality with Yohimbe	Sex Therapy
Sep 2016	Food and You - Body-Mind Connection	Eggplant	Eggplant Caponata	Soothe Emotional Angst Motherwort	Oat	Mind-Body Food Journal
Oct 2016	Breast Health - Bust Musts	Broccoli	Broccoli with Orichetti	Green Tea	Red Clover	Thermography
Nov 2016	Simple Guidelines for Preventing and Managing Diabetes	Lentils	Wild Salmon with Lentils	Bitter Melon	Alpha-lipoic acid, Chromium and Vanadium	Contrast Hydrotherapy
Dec 2016	GERD	Ginger	Ginger drops	Cumin	Glutamine	Chiropractic
Jan 2017	Brain Fitness	Rainbow Trout: Good for Your Body & Your Brain	Tomato Parsley Trout	Ginkgo Gets Your Mind In Gear (Ginkgo Biloba)	Essential Fatty Acids (EFAs) – Essential to Brain Health	Neurofeedback
Feb 2017	You're Sweet Enough Without the Added Sugar	Dates: An Ancient Treat for Modern Times	Date Paste: The Ultimate All Natural Sweetener	Nature's Sweet Herb: Cinnamon (Cinnamomum	Selenium: A Critical Mineral	Healthy Eating Through Cognitive-Behavioral Therapy
Mar 2017	Prevent & Treat Colds Naturally	Fennel adds Healthy Flavor to Your Cooking	Warm Whole-Grain Salad With Fennel, Arugula, Prosciutto, and	Fight Cough and Cold With Osha Root Extract	Can You 'Bee' Healthy with Royal Jelly?	Eustachian Tube Massage
Apr 2017	Prevent & Reduce Back Pain Naturally	Improve Your Health With Collard Greens	Sauteed Collards and Spinach	Reduce Pain & Inflammation with Devil's Claw	Magnesium: A Multi-faceted Nutrient	Soothe Back Pain with Restorative Yoga
May 2017	H2O: Elixir of Health and Vitality	Chia Seeds: Tiny Powerhouse	Peach-Spinach Chia Smoothie	Stinging Nettle (<i>Urtica dioica</i>)	Trace Minerals: Essential to a Healthy Body	Health Benefits of Filtered Water
Jun 2017	The ADHD – Diet Connection	Quinoa: Supergrain / Superfood	Quinoa Pudding (dairy-free)	Relax With Lavender (<i>Lavandula angustifolia</i>)	Probiotics: Manage Food Allergies and Enhance	Food Allergens: Testing How the Body Responds
Jul 2017	Keep Your Immune System in Peak Condition	Fabulous Fungi? The Nutritional Benefits of	Organic Wild Mushroom Risotto	Astragalus (<i>Astragalus</i> spp.)	Medicinal Mushroom Blend	Can the Tunes on Your iPod Boost Your Immunity?
Aug 2017	Infertility and Natural Medicine	Brussel Sprouts	Crispy Brussels Sprouts & Seven Ways to Love 'Em!	Women's Fertility Herb: True Unicorn (<i>Aletris farinosa</i>)	Calcium-D-Glucarate	Pelvic Muscle Training
Sep 2017	Natural Approaches to Urinary Tract Health	Darker Berries have Exceptional Health Benefits	Berry-Fennel-Ginger Herbal Tea	Maintain Your Health With Buchu (<i>Barosma betulina</i> ,	D-Mannose for Chronic Urinary Tract Infections	Soothing Sitz Bath
Oct 2017	The Network that Fuels Your Entire Body	Tasty Turmeric	Zesty Heart Healthy Salad Dressing	Enhance Your Health With Bilberry (<i>Vaccinium myrtillus</i>)	Boost Blood Vessel Health with Bioflavonoids	Move that Body: The Benefits of Aerobic Exercise
Nov 2017	Respiratory Health & the Power of the Lungs	Acorn squash	Acorn squash soup	Eucalyptus (Aromatherapy)	Glutathione	Mustard chest pack
Dec 2017	Taking Care of Your Liver for Optimal Health	Cauliflower	Cauliflower Steaks with Ginger, Turmeric, and Cumin	Schisandra chinensis	B complex, esp. B12	Castor Oil Pack
Jan 2018	The Secrets to Bouncing Back from Adversity	Spaghetti Squash: Tasty & Good For You	Mediterranean Spaghetti Squash	Wild Oat to the Rescue!	Restoring Rhythm with Panax Ginseng	Reduce Stress with Mindfulness

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Feb 2018	Depression in Men: Facing the Facts	Go Nuts for Pistachios!	Pistachio Crusted Rack Of Lamb	Saint John's Wort (Hypericum perforatum)	SAM-e: Natural Support for Healthy Brain Chemistry	Homeopathy and Depression
Mar 2018	Natural Solutions for Polycystic Ovarian Syndrome	The Antioxidant Power of Green Tea (Camellia sinensis)	Green Tea, Lime & Avocado Smoothie	Support for Menstrual Difficulties with Chaste Tree	Chromium: an Important Mineral for Health	Create a Health Shift with Intermittent Fasting
Special Feature	Holistic Approaches to Living With Asthma					
Apr 2018	Your Healthy, Happy Child	The Power of Pecans	Pecan Nut Butter	Elderberry: Medicinal Elixir for the Whole Family	Zinc: Essential for Every Body	Kids And Yoga: Discover the Many Benefits
May 2018	When Your Body Goes Against the Grain: Celiac Disease & Gluten	Delicious Gluten-Free Pasta – Finally!	Gluten-Free Zucchini Pasta Primavera	Heal Thy Gut with Marshmallow Root	Gut Protection with L- Glutamine	Tips & Tools for Easy, Delicious Gluten-Free Living
Jun 2018	Holistic Approaches to Protecting the Brain from Alzheimer's Disease	Hemp Seeds Nourish Brain Health	Raw Tabuoli & Hemp Seed Salad	Boosting Brain Resilience with Ginkgo & Bacopa	Protecting Brain Health with Essential Fatty Acids (EFAs)	Improving Lives with Cognitive Stimulation Therapy for
Jul 2018	Healing Rheumatoid Arthritis with Natural Medicine	The Red Bell of the Ball!	Roasted Red Peppers Stuffed with Kale & Rice	The Anti-inflammatory Power of Cat's Claw	Fight Joint Inflammation with Turmeric	Cold Laser Therapy for Pain Management
Aug 2018	When the Skin Erupts: Healing Eczema and Psoriasis	Cherries on Top for Fighting Inflammation	Calendula Salve	Gentle, Effective Skin Healer: Calendula	The Power of Vitamin D	Herbal Skin Salves
Sep 2018	Tips for Going Vegetarian	Surprise Your Taste Buds with Sunchokes	Roasted Sunchokes with Garlic	Got Sprouts? Health Benefits of Alfalfa	May the Force 'B' With You, Vegetarian!	Why is Nutrient Assessment Important?
Oct 2018	Supplemental Knowledge: Should You Take Nutritional Supplements?	Turnip Greens: A Powerhouse for Good Health	Turnip Green Soup	Calcium Does a Body Good	Think IRON for SuperPower	Nutrient IV Therapy: Don't Believe the Hype
Nov 2018	Take A Holistic Approach to Antibiotic Resistance	Apple Cider Vinegar: A News-Worthy Remedy	Garlic Oxymel	The Antimicrobial Power of Desert Parsley	Taking an Antibiotic? How Probiotics can Help	Exploring Natural Antibiotics
Dec 2018	Mindful Gift Giving: Tips for the Holiday Season	Holiday Digestive Support: Ginger	Gingerbread	Peppermint for Home and Health during the Holidays	Digestive Enzymes	Doing Good for Others is Good for Your Health
Jan 2019	Make a Change for Better Health in the New Year	Awesome Arugula	Arugula, Apple & Pecan Salad	Lemongrass: A Mind-Body Herb	Co-enzyme Q10: Vital to Energy Production in the Body	So Many Apps, So Little Time: Which Fitness & Diet App is Best
Feb 2019	Naturopathic Approaches to Fever	Broth: Health Benefits Approved by Mom	Bieler's Broth	Ease Cold Symptoms with Echinacea	Skip the Gatorade and Make Your Own Electrolyte Drink	Hydrotherapy Home Remedies for Fever
Mar 2019	A Holistic Approach to Multiple Sclerosis	Oh, Pineapple!	Pineapple relish	Black Currant	The Power of Potassium for Muscle and Nerve Function	Ah, The Health Benefits of a Good Stretch
Apr 2019	Digestive Distress: Holistic Approaches to Irritable Bowel	Fermented Foods	Fermented Veggie Medley	Soothe Digestive Irritation with Slippery Elm (Ulmus rubra)	Aloe Vera Benefits the Gut	FODMAP Diet for IBS
May 2019	Digital Devices & the Health of Your Eyes	That's One Powerful (Sweet) Potato!	An Exotic Twist on Sweet Potato Pancakes	Bilberry: Not Just Another Blue Berry	Vitamin A for Eye Health	Yoga Eyes and You
Jun 2019	Move Well, Move Often - It May Save Your Life	Water - hydration	Herbal tea	Equisetum	Glucosamine	Biomechanical Physical Therapy
Jul 2019	Listen when the Body Talks	Poultry	Slow Cooker Chicken	Thyme	Good Basic MultiVitamin	Symptom Journal
Aug 2019	Earaches and Infections	Garlic	Ear Drops DIY	Mullein	NAC - n acetylcysteine	Contrast Hydro and ETM
Sep 2019	Healthy pregnancy and Tips for Eating Well	with Feature	Homemade chocolate	Herbs Contraindicated in Pregnancy	Folic acid	Tips for staying fit through pregnancy
Oct 2019	Thermography	Cabbage	Parmesean Garlic Cabbage	Green Tea	Fermented Wheat Germ	Breast self exam
Nov 2019	GERD in Kids	Eating Dairy Free	Dairy-free ice cream	Ginger	Papaya	Abdominal massage (self)
Dec 2019	Holidays the Healthy Homemade Way	Ancient grains	Creamy Chicken and Kamut Casserole	Phytonutrients	Vitamin C	Cranial Sacral

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Jan 2020	Creating Health in 2020	Bitter Greens	Green Winter Salad	Eleutherococcus	Ashwagandha (Withania somnifera)	Diet Diary
Feb 2020	5 Things You Should Know About Nutrition Research	Coconut oil: good or bad and Rice re: arsenic	Black bean and avocado brownies	Herbs and research	Vitamin D and research	No therapy bc there are 2 foods this month
Mar 2020	Exercise as Medicine	Dates (potassium)	Date and Pistachio Granola	Maca	Magnesium	Saunas
Apr 2020	Organic gardening w/ schematic	Onion	Spinach and onion pizza	Basil	Phytonutrients	Canning / Preserving
May 2020	Seasonal Allergies	Watercress	Gingery Watercress w/ Shitake Mushrooms	Moringa Oleifera	Pycnogenol	Magic socks
Jun 2020	Microbiome: new research	Nuts (fiber, healthy fats, low sugar)	Nut Milks with recipe	Cinnamon	N-acetyl Glucosamine	Fecal Microbiota Transplantation (FMT)
Jul 2020	Candidiasis	Radish	Garlic Roasted Radishes	Oregano oil	Caprylic acid	Hyperbaric Oxygen Therapy
Aug 2020	Gallbladder: overview	Beets	Beet Salad	Turmeric	Ox bile	Manipulative Therapy
Sep 2020	Advocating for a sustainable food system	Green peas	Garbanzo Vegetable Green Curry	Sustainable use of herbs	Benefits of whole food supplements	Reading as therapy.
Special Feature	Covid-19					
Oct 2020	Osteoarthritis	Bone Broth	Bone Broth	Wild Blueberry (Vaccinium angustifolium)	Glycosaminoglycans (GAGs)	Mudding
Nov 2020	Renal	Protein	Protein Bowls the Kidney Friendly way!	Milk thistle	Resveratrol	TCM approach to kidney health
Dec 2020	Conscious Relationships	Persimmon	Autumn Salad with Persimmon	Passionflower	Vitamin E	Journaling
Jan 2021	Navigating a virtual world	Walnut	Brain Snack Trail Mix	California Poppy	Antioxidants - Vitamins A, C, and E and the mineral selenium	Eye exercises to relieve strain
Feb 2021	Global Warming and What it Means for Human Health	Kelp	Kelp Broccoli Stir Fry	Spearmint	Colloidal Minerals	Dance Therapy
Mar 2021	Adrenal fatigue/insufficiency What is the difference?	Black currant	Black Currant overnight oats	Holy Basil	Rehmannia	Constitutional Hydrotherapy
Apr 2021	Toxic Mold Syndrome	Egg	Quiche	Chlorophyll - blue green algae	Phosphatidylcholine	Nutrient IVs - pro
May 2021	Fats you should love and carbs you shouldn't	EVOO	Homemade Plant-based Butter	Coriander	Lecithin	Myofascial Release
Jun 2021	Nature Deficit Disorder	Apricots	Apricot-Date Bars	Stinging nettle (allergies)	Children's MVI	Outdoor Circuit Training
Jul 2021	Vitamin D and me	Portobello Mushrooms	Portobello Mushroom Burgers	Celery (<i>Apium graveolens</i>)	Vitamin D	Sunbathing: Necessary! How to do it Safely.
Aug 2021	Plant based diet	Beans	Spicy Chili Bean cakes	catnip	Nutritional Yeast	Overview of Chronometer (chronometer.com)
Sep 2021	Holistic pet care	The Grain-Free Food Debate: Good, Bad or Indifferent?	Fido's Homemade & Healthy Dog Treats with Sweet Potato	Herbs and Pets: Don't Put Your Pet's Health at Risk	Pets Can Benefit from Vitamin Supplementation	A Holistic First Aid Kit for Pets
Oct 2021	Acne	Raw foods	Glowing Skin Smoothies	Burdock (Liver)	Probiotics	Face Masks
Nov 2021	Why do some people get sick and others don't?	Carrot	No Bake Carrot Cake Truffles	Astragalus (Immune)	Cod liver oil	Bowen

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Dec 2021	Understanding and Aligning Core Values as a Family	Cooking as a Family	Pizza Party!	Honeysuckle	Flower Essences: Star Of Bethlehem	Identifying Family Core Values
Jan 2022	Benefits of Fasting	Celery	Veggie Soup	Andrographis	L-Tyrosine	Enemas
Feb 2022	Anxiety	Pasta	Pasta Primavera	Kava	Rescue Remedy	Alternate Nostril Breathing
Mar 2022	Sacred Geometry and The Innate Healing Ability of the Body	Okra	Veggie Saute	Skullcap	Trace minerals	Yoga pose: The Lotus Pose
Apr 2022	Regenerative Agriculture	Composting	Homemade Sauerkraut	Rosemary	Bee Pollen	Carrot Poultice
May 2022	Teenagers - their health and the future of our planet	Tofu and Tempeh	Tofu Lettuce Wraps	Calendula	Saffron	The Power of Volunteerism
Jun 2022	Pyrrole Disease (The Mauve Factor)	Lamb	Lamb Kabobs with Tzaziki	Cumin	Glutathione	Wet Sheet Wrap
Jul 2022	Cannabinoids - 101	Honey	Lavender Infused Honey	Jamaican Dogwood	Devils Claw	TENS Machine
Aug 2022	Screen time a Healthier Way	Cashews	Cashew Recipe	Bilberry	Sage	The Science of 20/20/20
Sep 2022	The Wilderness	Morel Mushrooms	Morel recipe	Herb App - Seek	Arnica	Equine Therapy
Oct 2022	The Healing Power of Sound: The Solfeggio Frequencies	Spirulina	Spirulina Banana Whip	Dill	Uva ursi	Binaural Beats
Nov 2022	Lyme Disease	Curries	Vegetable Keto Curry	Oregano	Magnesium	Salt Baths
Dec 2022	The Science of Grounding	Kiwi	Kiwi recipes	Rose Water and Oil	Spore based probiotics	Barefoot
Jan 2023	Organize/Feng Shui	Peppermint	Peppermint brownies (GF)	Herbs for Prosperity and Good Luck	L-theanine	Flotation Tanks
Feb 2023	Heart Health—coronary calcium scan aka cholesterol test	Prunes	Easy prune oatmeal squares	Guggul	Fish oil (omega-3s)	Cycling
Mar 2023	Seasonal Affective Disorder (SAD) Winter Blues—help with seasonal	Asparagus	Oven baked asparagus	lemon balm tea ~July 2015, <i>Melissa officinalis</i> - <i>Lemon balm</i>	Rhodiola	Eye movement desensitization and reprocessing (EMDR)
Apr 2023	Gardening Herbs for Health	Caraway Seeds	Caraway Rye Bread	Dandelion	Bentonite Clay	Skin brushing? May 2012
May 2023	Gingivitis	Keifer	Green goddess dressing	Hibiscus (vitamin C) ~Jan. 2014	Collagen	Ozone in Dental Applications
Jun 2023	Headaches	Artichoke	Artichoke Pizza	Feverfew	CoQ10 (Coenzyme Q)	Vitamin Drip/IV Therapy
Jul 2023	Electrolytes - Are They In You? (pickle juice)	Plantain	Tostones with garlic dipping sauce	Raspberry Leaf	Sole	Mentalization-Based Therapy
Aug 2023	Brain Health in Your Elder Years	Cherries	Cherry almond protein shake	Lion's Mane Mushrooms	Phosphatidylserine	neurofeedback ~Jan. 2017
Sep 2023	Pain in the Foot (Plantar Fasciitis)	Spinach	Sweet potato and spinach frittata	Gotu kola - most spiritual herb in India...	Bromelain	IASTM, stretches to soothe foot pain
Oct 2023	Menopause	Blackstrap Molasses	Black Bean Chili	Licorice	Boron	managing hormones with acupuncture
Nov 2023	Glycemic Index (blood sugar)	Coconut	Coconut Clusters	Fenugreek	Berberines	Aromatherapy

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Dec 2023	Paleo Eating - Not Just for Cave People	Chickpea	Mediterranean Chickpea Salad	Thyme	Healthy Cooking Oils	Water walking
Special Feature	Modeling Mindfulness—Build the Habit in Your Children	Getting your kids to eat their greens!	Kid friendly recipe with hidden greens	Herbal teas for kids; chamomile, peppermint,	Multi-vitamins for children (what should you look for?)	Outdoor meditation/grounding
Jan 2024	New Year's resolutions: healthier you at every weight	Blood orange	Blood orange tonic water	Green coffee bean extract: research says yes, or no?	Manganese	HIIT training
Feb 2024	STI's	Chocolate	Chocolate fondue	Damiana	Zinc	Peat baths (german peat company)
Mar 2024	connective tissues: care and illnesses	Pecans	Pecan pie	Schisandra chinensis	Gelatin	Chiropractic
Apr 2024	Spring clean your home green! (natural cleaners, laundry	Rhubarb	Strawberry rhubarb pancakes	Rosemary	Fulvic acid	Health benefits of pets/fish/volunteering at pet
May 2024	Osteoporosis	Almonds	Homemade almond milk	Comfrey	Strontium	walking with or without the weights
Jun 2024	Testosterone: what men need to know (morning weight lifting)	Pumpkin seeds	Chocolate Chunk—Pumpkin Seed Cookies	Saw palmetto (Serenoa repens)	B Vitamins	Testicular self exam
Jul 2024	Air Quality Alert!! What you need to know for lung health	Blueberries	Lemon-blueberry protein muffins	Panax ginseng	Selenium	Halotherapy
Aug 2024	Healthy Skin (topical)	Cucumber	Cool cucumber soup	Aloe vera	Bioavailability of mineral supplements	Grounding/earthing mats
Sep 2024	Yoga	Tomatoes	Pineapple salsa	Patchouli	Protein powder	TCM Ear Seeds
Oct 2024	Motivate yourself into the cold months	Apple	Slow-cooker apple butter	Yarrow / golden seal	Copper	Motivational Interviewing
Nov 2024	Veteran's Health	Fish	Fish Tacos	Boswellia	MSM	Acupuncture: manage pain with needles
Dec 2024	Hunting for Health	Venison	Arroser Venison Backstrap	Bay leaf	Iron	Wim Hof Method
Jan 2025	Biohacking--small incremental changes made for better health	Quinoa	One-Pot Quinoa & Lentils	Cilantro	Salt	Intermittent Fasting
Feb 2025	Relationship Health	Avocado	Raw Avocado Key Lime Bars	Catnip	Avena sativa?	Love Therapy
Mar 2025	Vegetable and Herb Companion Gardening--Get Ready Early!	Bell Peppers	Marinated Red Bell Peppers with Garlic and Marjoram	Marjoram	Carotenoids	Horticultural Therapy
Apr 2025	Stress Awareness and Management (national stress awareness month)	Shallots	Cordyceps with Linguine, Shallots, Watercress and Chives	Cordyceps	Folate	Vagus Nerve Stimulation
May 2025	SIBO	Low-FODMAP Diet	Low FODMAP Greek Meatballs with Creamy Cucumber Dill Sauce	Marshmallow Root	Fiber Supplements: What's Good, What's Not	Comprehensive Food Sensitivity Test
Jun 2025	Fitness Tech Trends	Greek Yogurt	Homemade Greek Yogurt	Meadowsweet	Probiotics	Tech Therapy--improve relationship with technology
Jul 2025	Sun Sickness--How much sun is too much? (EZ Water)	Pomegranate	Pomegranate-Bulgur Salad	Lavender	Vitamin D	Hydrosol