

Greetings!

This journal gives you insights and expert advice from providers of holistic products and services in Florida. We encourage you to check out the many [holistic events](#) happening in the community and connect with holistic professionals through our [online directory](#).

Enjoy the December issue of the quarterly journal!

Sincerely,



Deserie Valloreo
Founder, Holistic Network of Florida

'Tis The Season



Anthony J. Adams
DDS PA

In my first year of dental school, I read a book, "The Mouth: a microscope of the body". Now, many years later, scientific study after scientific study affirms that one cannot ignore the systemic relationship between oral health and whole body health. The inverse is also true. One cannot optimize whole body health while ignoring the oral cavity or the dental materials used to treat the mouth....

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Control Your Insulin, Control Your Weight



Les Cole, MD

Our Paleolithic ancestor's genes grew up with the world, when we were dependent on what we could hunt or gather for food. At that time there wasn't growing or shipping of food. They relied on animals, roots, leaves and during one season of the year fruit and vegetables that developed from the blossoms of plants. These blossoming fruit and vegetables became ripe and therefore sweet with sugar during the season before it got cold and plant growth and animal populations diminished, thus depleting the food chain. How long the cold season lasted and thus how the depleted food

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- 10 Keys to Fitness Success
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HOLISTIC CALENDAR

[De-stressing with the Primary Circle](#)

12/12/2016 7:00 PM *
BORN2FLY Academy, 4554 Central Avenue, Suite G1 St Petersburg, FL

[FullMoon Cherokee Fire Ceremony](#)

12/13/2016 6:30 PM * South St. Petersburg

[Free Webinar - Ignite Your Spiritual Brand](#)

12/13/2016 7:00 PM *
Google Hangout

[Herb Open House](#)

12/14/2016 6:30 PM * South St Petersburg

[Clinical Chinese Herbal Medicine 2 Year Training](#)

12/17/2016 10:00 AM *
Acupuncture & Herbal Therapies, 222 2nd St N, St Petersburg, FL 33701

[Western Herbalism 101](#)

12/17/2016 10:00 AM *
South Saint Petersburg

[Full Exposure \(A Portrait Photo Party\)](#)

12/17/2016 6:00 PM * Greye Matter Creative Studio, 4554 Central Avenue. Suite H, Saint Petersburg, Florida 33711

[Traditions Herb Open House for the Holidays](#)

chain became determined the survival of not just individual Paleoliths but also the species as a whole. For this reason Paleoliths whose metabolism could convert this rich source of sugar into a storage form of energy had the greatest chance for survival during the cold season...

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10 Keys to Fitness Success



Nic Alonso

We all have heard how important fitness is for our health and well-being, but why is it so hard to have fitness success? Many of us feel disappointed in our ability to maintain an exercise routine, or maybe we do keep a routine and aren't seeing the results we hope to achieve. Let's check out some key factors of fitness success... (for this article "fitness success" will refer to physical well-being and reaching physical goals you set)...

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Why Diets Don't Work



Lynne Wadsworth

Does this sound familiar? You hear about this wonderful diet that will guarantee weight-loss, so you try it, only to gain even more weight back once you've lost it? Well, here's why "diets" don't work... Don't feel bad. You are not alone. Just because a diet works for one person, does not mean that it will work for you. Diets are destined to fail, and it should come as no surprise. After all, the word "die" is within the word "diet". That should be your first sign. You want to live your life. Here are the top 5 reasons that diets are doomed to fail...

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The Joy of the Moment



Michael Whalen MA_
LMHC

As a holistic practitioner, I believe that health and wellbeing are the result of the inter-relationship of our mind-body-spirit, our relationship to one another, our fellow creatures and planet Earth. I further believe that we should take responsibility for the health of our mind, as well as our body and spirit.

The exciting news is that we now know that we have the power to train our minds and to shape our brains for wellbeing. We are no longer trapped in the circumstances or our lives. We can develop resilience, outlook, attention and generosity; the essential elements of wellbeing. Wellbeing is a trainable skill and mindfulness training develops all the elements of wellbeing...

12/20/2016 6:30 PM * South
St Petersburg

[Pop-up Crystals Shop](#)

12/22/2016 9:30 AM *
Traditions School of Herbal
Studies, 222 2nd St. N St.
Petersburg, FL 33701

[Edible & Medicinal Herb Walk](#)

12/29/2016 10:00 AM * Boyd
Hill Nature Preserve, 1131
Country Club Way S St.
Petersburg, FL 33705

Are you a Holistic Professional?

If you offer a natural approach that takes the entire person into account - mind, body and spirit, then we want to include you in our community of like-minded providers.

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We Believe in...

HONESTY
HIGH QUALITY
and **LONG-TERM**
FRIENDSHIP

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The Coach's Corner by Barry Foster



Barry Foster CRC CPBA

Hello, and welcome back to the Coach's Corner where we will continue to explore tips, strategies, and practical advice to assist and guide you in growing personally, professionally, and building/improving your business/practice.

As we discussed in my last Coach's Corner I'll be sharing with you the ABC's of personal, professional, and business development, over the next few months.

"A" is for ATTITUDE. A positive attitude! A magnetic attitude! A MOJO-filled attitude!!

"B" is for BELIEFS. An acceptance that a statement is true or that something exists even if it hasn't been seen or proven to exist - faith, trust, reliance, confidence

"C" is for CULTURE. Your personal habits, routines, customs. A way of life.

Today we'll focus on "Attitude". A positive attitude! A magnetic attitude! A MOJO-filled attitude!!

"Mojo" is a term I use a lot. A real lot. No, constantly! Some folks know me as the "MOJO Man".

If you're not familiar with the term, "MOJO", it's the positive spirit, the energy, the burning enthusiasm we have within us that everyone can see and feel when they meet us...

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MEMBER EVENTS

[Tampa Meeting](#)

01/02/2017 11:30 AM *
Egoscue Tampa, 300 S Hyde Park Ave, Suite 110, Tampa, FL

[Clearwater Meeting](#)

01/03/2017 11:30 AM *
Synergy Spine Center, 1831 N Belcher Rd, C-1

[St Petersburg Meeting](#)

01/05/2017 11:30 AM *
Acupuncture & Herbal Therapies, 222 2nd St N

[Orlando Meeting](#)

01/19/2017 11:30 AM *
Pammie's Sammies, 5907 Turkey Lake Rd, Ste 100, Orlando, Florida 32819

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