

Greetings!

As a subscriber to the HOLISTIC JOURNAL OF FLORIDA you benefit from receiving insights, education and expert advice from holistic professionals in your community.

In addition, 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 September issue of the quarterly journal!

Sincerely,



Deserie Valloreo
Founder, Holistic Network of Florida

Hypothyroidism



Anthony J. Adams
DDS PA

There has never been a nation with better potential for good health than the United States of America, yet the statistics for heart disease, diabetes, stroke, cancer, obesity, infertility, and Alzheimer's disease show large increases over a generation ago. Add to that the highest costs for medical care in the world, coupled with the highest consumption of pharmaceutical drugs in history of the world.

Maybe we need a different perspective...

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Intravenous Light Therapy (ILP)



Les Cole, MD

Light (therapy) is well known for 3 benefits to human health. It is best known as the source of vitamin D from being out in the sun. It is also used as therapy for many skin diseases and in treating seasonal affective disorder (a form of depression during cloudy months). But another

important human health benefit, so surprisingly obvious, that you rarely think about it is your vision. And your circadian

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[Enlightenment for the Newly Awakened!\(session 1 of 3\)](#)

09/11/2016 3:00 PM * Rev Serena's 2422 Pier Drive, Ruskin, Florida 33570 in the Riverside Golf and Boating Resort.

[5K Beer Run](#)

[Fun](#) 09/17/2016 8:00 AM * Custom Movement, 3641 Tyrone Blvd N Suite 2 St Petersburg, FL

[September 2016 Quarterly Meet & Greet - Tampa Bay](#) 09/29/2016

7:00 PM * Pure Zen Center, 5915 Memorial Highway, Unit 120 Tampa, FL 33615

[Sensory Kids Class](#)

11/05/2016 9:30 AM * The Sanctuary in Oviedo, FL

Are you a Holistic Professional?

If you offer a natural

rhythm (or wake/sleep cycle) is also light dependent. And here's one that nobody thinks about. Remember in science class when you learned about it...maybe not. Light is the source for all biological energy on earth! ...

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Are You Emotionally Deprived?



Dina Hansen
NHD

Over the years I've learned a thing or two about behavior, self-esteem and how we think. Not only as a Doctor of Natural Health and Mindful Self-C.A.R.E Coach, but in my personal experiences as well. And what I've learned is that **over giving can often be a sign of feeling deprived. A signal that certain needs aren't being met.** Emotions are not being expressed. A void of some kind is being left empty, exposed and unfulfilled. We feel unconsciously vulnerable and it doesn't feel safe. In fact you may be busy filling your days or your families days with things to do, places to be, activities to participate in, social engagements to keep and so much more, all in an unconscious attempt to fulfill that craving for a deeper connection, a closer bond, a sense of belonging and being loved...

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Moment of Stillness with Chonteau



Chonteau McElvin

Everyday we have the opportunity to stop, take a breath and be still. Everyday we have the opportunity to be grateful for what is. Watch this video and join me as I take a moment of stillness to breathe and just BE.



The Coach's Corner by Barry Foster



Barry Foster CRC CPBA

Hello and welcome to the Coaches Corner! Where we will explore tips, strategies, and practical advice to assist and guide you in growing personally, professionally, and GROW your business/practice.

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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HIGH QUALITY
and LONG-TERM
FRIENDSHIP**

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This column will always be about your "MOJO"!! "MOJO" is the positive attitude one has burning inside them that others can feel and want around them! People want to do business with people who have their "MOJO ON"!! So a good way to "engage" clients is to be positively attractive. High energy, enthusiastic, a big warm, welcoming smile, and a friendly, will-do mindset, are the spices people want and are looking for in a service and/or product provider.

We must be 100% ... "and then some", on the inside, before we can engage and be 100% ... "and then some", on the outside.

So "how do we get to be 100% on the inside"??

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