

Natural Awakenings Launches New Health Network

Natural Awakenings Corp., whose signature Natural Awakenings magazines support sustainable, healthy living, is launching an innovative, cost-saving health network. The new Natural Awakenings Network (NAN) will allow members to obtain discounts on products and services focused on wellness and natural, healthy lifestyles.

NAN's extensive network will encompass practitioners of alternative and



complementary medicine, including chiropractic, acupuncture, body therapies and energy work, as well as health and fitness clubs, health food stores, yoga centers, bookstores, spas and vegetarian/healthy restaurants.

Members will enjoy discounts ranging from 5 to 50 percent on products and services offered through NAN providers and can choose individual or family coverage. Additional benefits include a NAN Provider

newsbriefs

Directory and newsletter, access to NAN's website and free Consultation Line, and discounts on workshops and special events.

Company founder and CEO Sharon Bruckman says, "We rejoice that the wellness revolution is in full swing, propelled by the kind of people who read our magazines and website. Natural Awakenings Network is our next step in helping people map out alternate routes to healthier, happier, longer lives." For more information call 954.630.1610.

Local Author's Message of Hope for 2011

South Florida resident Linda Carol believed for a long time that the universe responded to her thoughts by placing people and events in her life for a purpose. And that's exactly what happened one magical summer day when she had an amazing encounter with more than 30 wild dolphins. Afterward, she pulled herself onto a small deserted beach to rest, with her toes in the water as she relaxed in the surf. Suddenly,

she felt something in the sand and, to her disbelief, it was a perfectly shaped white coral heart with hot pink dots.

She took the heart home and has cherished it ever since. She knows this heart was sent to her like a message in a bottle and the message is one of hope. "The ocean has given us love and nourished us and now it is time for us to do the same. There is still time. It's not too late," she says.



Following this transformative event, she wrote a 3-book series of inspirational essays called *Life... Make*


it Simple. A portion of the proceeds will be donated to support dolphin and whale rescue and rehabilitation. For more information, visit her web site www.Life-MakeItSimple.com or email her at Linda@lifemakeitsimple.com. See ad page 30.

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Paying it Forward: Toy Drive to Benefit Big Mama

On December 4th, Dr. Elizabeth King, International Holistic Center Founder and CEO, and her husband John Weaver, Real Estate Investment Consultant and executive board



Dr. Elizabeth King, Big Mama, Mr. John Weaver

member of the Central Beach Alliance association (CBA), hosted in their home the Tenth Annual Holiday Celebration and Toy Drive to benefit Big Mama's Team of Life. Team of Life is a local non-profit charity that focuses on bringing families together.

Guests stopped by the couple's home to share holiday cheer and place toys under the Christmas tree in support of this worthwhile cause. Public officials, business owners, colleagues, fellow

residents, friends and family were instrumental in collecting over 600 toys during the 12 hour open house festivities.

The couple, along with other volunteers, also helped Big Mama distribute over 5,000

toys collected to underprivileged children during the holiday season. "We love Big Mama because she helps children and families right here in our own backyard," stated Mr. Weaver. The couple has been a major supporter of Big Mama's grass-root organization for over 12 years. "We believe that it is important to pay it forward," added Dr. King.

For more information, call 954.903.9426 or visit www.IHCHHealthFusion.com. See ad page 27.