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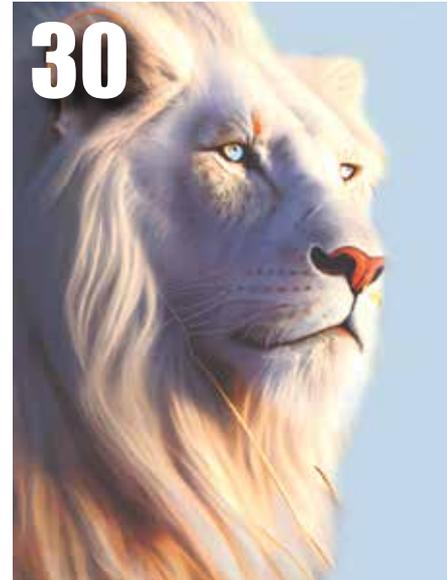
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LETTER FROM THE PUBLISHER



Dear Readers,

As we approach the winter holidays and the brink of a new year, I wanted to take a moment to extend my warmest wishes to each and every one of you. Your continued support and loyalty mean the world to me, and I am genuinely grateful to have you as part of our community.

In this winter edition, we have some great articles lined up for you. Dr. Mike from Carolina Spine & Health shares invaluable tips on Shoulder Stretches on *p.13*, while LivingWell Integrative Healthcare dives into Hashimoto's disorder as our Therapy Spotlight on *p.14*. For those seeking budget-friendly dating ideas, our resident writer, Kay Lucas, has you covered with her article on Dating on a Dime on *p.20*.

I'm also thrilled to share a special announcement with you. Starting Monday, January 15th, I will be launching the Locally Grown Nation Podcast. It's a project close to my heart, and I can't wait to share insightful discussions with you.

Once again, thank you for your unwavering support. May your holidays be filled with joy, laughter, and cherished moments with loved ones. Here's to a Blessed and joyful new year!

Warmest regards, *Linda*

LocallyGrown

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Article Submissions

Locally Grown welcomes story ideas! If you have a story idea or a photo essay you would like to share, please submit via email to: Publisher@LocallyGrownGreenville.com.

Only feature stories and photo essays about people, places or things in the Upstate, and especially Greenville County will be considered.



About Our Local Cover



Capturing the essence of familial warmth and togetherness, our Winter 2024 cover features Greenville Realtor® Kiersten Bell-Cox, along with her husband Andy, their three delightful children, and their faithful companion, Ozzy. Photographer Chelsey Ashford skillfully framed this heartwarming scene in the expansive backyard of their Greenville residence. The image beautifully portrays the joy and unity that define this close-knit family, inviting readers to share in their cherished moments of happiness.

**Cover photo:
Chelsey Ashford
Photography**

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Community NEWS



Customer Appreciation Holiday Celebration at Wellness Centers

Get ready for a festive evening at Pure on Main and Pure Health & Wellness Spa this holiday season! Join us for an evening of delectable hors d'oeuvres, refreshing kombucha, and sparkling champagne. Plus, enjoy incredible discounts including 25% off all store items, along with a range of healthy gift ideas and gift certificates for services like massage, colon hydrotherapy, foot baths, aesthetics, and more, ensuring a healthy start to the new year!

Mark your calendars for these special evenings from 4:30-7pm. The Celebration at Pure on Main in downtown Greenville will be on Wednesday, December 13th, and the Celebration at Pure Health & Wellness Spa in downtown Greer will be on Thursday, December 14th.

Both locations are proudly owned and operated by Betsy Exton, a certified Colon Hydrotherapist with over 25 years of experience in digestive system care. Exton emphasizes, "We're dedicated to guiding individuals towards whole-body wellness naturally, recommending plant-based vitamins, supplements, and a range of alternative health spa therapies that promote healing, nourishment, cleansing, and rejuvenation."

Save the dates for these exciting and health-full events!

For more information or to book your next appointment, visit: PureOnMain.com, or call Pure on Main, located at 233 N. Main St. Ste #105 in Greenville, at 864-991-2726 or Pure Health & Wellness Spa, located at 108 Cannon St. in Greer, at 864-655-5079. See ad, page 13.



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Connie Casebolt, MD

Dr. Casebolt, a pioneer in integrative healthcare, introduces a breakthrough in pelvic floor treatment with the BTL EMSELLA™ chair at Forum Health Greenville. As we age, weakened pelvic floor muscles due to factors like childbirth and hormonal changes can lead to discomfort and frustration.

This innovative chair addresses issues such as leaks, vaginal laxity, and incontinence, offering hope and relief to many.

The BTL EMSELLA™ chair is not limited to women; men dealing with incontinence and erectile dysfunction can also benefit from this remarkable technology. Dr. Casebolt's expertise in sexual health, hormone therapy, pain management, and aesthetics is renowned internationally. Her approach combines modern medicine with time-tested natural remedies to treat the whole person, focusing on vitality and balance.

Dr. Casebolt shares, "Integrative healthcare is the art of combining the best of traditional medicine with holistic practices. It's a personalized journey toward pleasure, intimacy, confidence, and wellness." Her book, *Wellness by Design*, endorsed by prominent figures like Ellen Degeneres, Jimmy Kimmel, and Suzanne Somers, dispels common health myths.

For those seeking treatment at Forum Health, mentioning this article entitles *Locally Grown* readers to a complimentary consultation with Dr. Casebolt and a 20% discount on the first treatment in a package purchase.

Forum Health Greenville is located at 850 S. Pleasantburg Dr. #103, in Greenville. For more information, call 864-539-4446 or visit: ForumHealthGreenville.com. See ad, page 12.

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2024 Veggie Garden Workshop Series Announced



Front Yard Foods is thrilled to announce the return of their popular 3-class gardening workshop series for the third consecutive year. The workshops will run from February to April 2024, offering multiple dates each month for every class. While each class can be taken individually, it is highly recommended to

attend all three for a comprehensive learning experience.

The first class, "Getting Started," will cover essential topics such as seed starting and choosing the perfect spot for your garden. The second class, "Soil and Beginning Composting," delves into the crucial role of soil in successful gardening. The third and final class, "Maintaining and Harvesting Your Garden," will provide valuable insights on mulching, managing weeds and pests, and, of course, the gratifying process of harvesting your homegrown produce.

Laura Fernandez, owner and instructor of Front Yard Foods, emphasizes, "This is a fundamentals course, ideal for beginners, but also a valuable opportunity for seasoned gardeners to expand their knowledge."

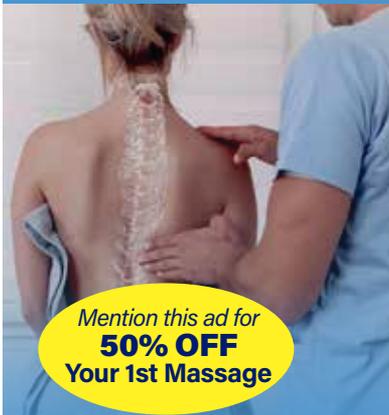
Participants will receive comprehensive course materials, including notebooks, handouts, and a Clyde's Garden Planner. Each class is available at a cost of \$65, while an all-inclusive package for all three classes is offered at a discounted rate of \$175.

Front Yard Foods is dedicated to empowering individuals to grow their own food, right in their front yards. With years of experience and a passion for gardening, Laura Fernandez offers expert guidance and valuable insights to both beginners and experienced gardeners alike.

For more information, or to sign-up for the course, visit: FrontYardFoods.com or email Laura@FrontYardFoods.com. See ad, page 23.

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Dr. Michael R. Robles, DC





Kiersten Bell, Realtor®

Realtor® Moves to New Company and Grows Team

Real estate professional Kiersten Bell, celebrates a remarkable 18-year journey in the industry, culminating into the establishment of Kiersten Bell + Co. at Berkshire Hathaway C Dan Joyner Real Estate in Midtown, Greenville. Formerly of Coldwell Banker Caine Co., for over a decade, Bell is collaborating with a dynamic team for unprecedented growth. Ashley Metcalf, Executive Realtor Associate; Charles Hayes, in-house General Contractor/Acquisitions Partner; Hunter Hurst, in-house New Construction Specialist; and Tiffany Hudson, Client Concierge Coordinator, are set to redefine client experiences. Bell affirms, “We’re thrilled to elevate our concierge services and community impact with this talented team. The future looks bright!”

To contact Kiersten Bell and the Kiersten Bell+Co Team, call: 864-894-2144 or visit: GreenvilleRealEstateMom.com. See ad, page 17.

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At a rate of \$45 per hour, Wellgizer provides many wellness solutions. To express gratitude for their service, veterans and first responders sessions are always free, and private overnight stays are available for those seeking an extended experience.

The EE System at Wellgizer has a diverse range of benefits, including enhanced wellbeing, improved sleep, mental clarity, pain relief, and support for individuals struggling with depression. These positive outcomes have been attested by numerous satisfied clients.

Co-Owner Ivey Sumrel, in collaboration with Denise Ritacco, expressed their shared vision: "We believe this technology is a gift from above, allowing us to create a nurturing space for people and animals alike to rediscover balance in their lives, gently and with kindness."

Wellgizer of Greer is located at 225 Circle Rd. in Greer. For more information, call 864-607-4447 or visit: Wellgizer-Greer.com. See ad, page 9.

Mobile IV Hydration Service Premieres in the Upstate



Gabriel Abrams, RN

As the winter season approaches, staying healthy is more important than ever. That's why Elite Mobile IV is here to provide a much-needed boost of immune support and hydration right when you need it.

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IV is focused on prevention. Abrams emphasizes, "We understand that many people can't afford to get sick during this busy season. Whether you're running a company, juggling a demanding job, making holiday plans, or managing a hectic semester, we're here to help you stay on your feet and fortify your immune system—all from the comfort of your own home."

For a limited time, first-time clients can enjoy a \$30 discount on their initial IV session by using the code "LOCAL." Additionally, there's an exclusive 50% discount for each additional person included in the booking.

Don't let the winter blues get you down. Contact Elite Mobile IV today and give your body the wellness boost it deserves!

For more information, or to book your appointment, call: 864-735-0747 or visit: EliteMobileIV.com. See ad, page 7.

Local Restaurant Chain Makes the Switch to Healthier Cooking Oil



In an effort to prioritize customer well-being, Tropical Grille, a beloved local restaurant chain with twelve thriving locations, has made a significant culinary enhancement. Branch Manager Katie Boyce proudly announces the switch from soy-based oil to heart-healthy avocado oil.

Boasting a commitment to guest satisfaction and health, Boyce states, "We've observed an uptick in soy-based allergy concerns among our patrons. Moreover, extensive research underscores avocado oil as a superior, health-conscious choice."

Since its inception in 2010, Tropical Grille has passionately shared cherished Cuban culinary traditions. Their menu, a fusion of childhood favorites, offers fast, nutritious, and budget-friendly options. "Your Healthy Alternative" epitomizes their dedication to fresh, homemade fare.

With a promise to create a homely atmosphere, Tropical Grille's dynamic team ensures each guest feels cherished. Experience the unforgettable blend of Cuban and Latin-inspired flavors at Tropical Grille!

For more information, please contact the Verdae Blvd. location at 864-203-7188 or visit EatTG.com.

Non-Toxic Nail Studio Has Coconut Mask CBD Pedi's.



As the winter chill sets in, it's time to give your feet some extra love and care. Freecoat Nails invites you to unwind and rejuvenate with their exclusive "Chill Vibes" CBD pedicure featuring Mazz Hanna products.

After the hustle and bustle of the holiday season, indulge in an "extra coat" pedicure that includes a nourishing coconut mask (a perfect alternative to paraffin), cozy heated booties, and an extended, soothing massage. Laura Stout, owner of Freecoat Nails, recommends their quick-drying Dazzle Dry polish, ensuring you can slip into your favorite boots or workout shoes just five minutes after your pedicure. Plus, it's easy to remove with regular polish remover.

Freecoat Nails is conveniently located at 1445 Augusta St. in Greenville. Use code INTRO25 for an exclusive 25% off your first service. To schedule an appointment, call or text 864-528-7951, or visit: [FreecoatNails.com/book](https://www.FreecoatNails.com/book). See ad, page 19.

Safer Dental Floss Available at Holistic Dentist Office



Palmer Distinctive Dentistry is excited to introduce a safer alternative to traditional dental floss. Dr. Tung's Smart Floss is now included in their guest take-home bags, and patients can also purchase packages of this innovative floss

directly from their office.

Did you know that traditional floss contains Teflon? Dr. Tung's Smart Floss, on the other hand, expands between teeth to remove up to 55% more plaque. It's gentle on fingers and gums, thanks to its soft texture. Plus, it's coated with a natural vegetable/beeswax and boasts a delightful cardamom flavor. Importantly, it's free from PTFE and PFAS, ensuring a safer flossing experience.

Dr. Debra Adams, DMD, one of three holistic dentists at Palmer Distinctive Dentistry, emphasizes, "We're committed to providing biocompatible options for your health. Discovering and sharing products like *Smart Floss* is our way of ensuring you're not exposing your body to unnecessary toxins."

During your cleanings, their team is pleased to offer complimentary samples of Dr. Tung's Smart Floss. Larger packages are also available for purchase in their office.

Visit Palmer Distinctive Dentistry at 134 Milestone Way in Greenville, or call 864-879-6494 for more information. Learn more at [PalmerDMD.com](https://www.PalmerDMD.com). See ad, inside back cover.

Tune in, and Turn on Podcast Debut in Mid-January 2024



Locally Grown Magazine owner and publisher, Linda Craig, is thrilled to announce the launch of "Locally Grown Nation" podcast in mid-January 2024. This podcast promises to be a delightful

exploration of the stories behind our cherished local businesses.

Craig, host of the show, expresses her excitement, saying, "I'm looking forward to delving into the journeys of our local businesses – their beginnings, challenges, and successes." The podcast will provide listeners with an insider's perspective on the entrepreneurs who shape our communities.

"Locally Grown Nation" is on a mission to nurture resilient, healthy, and self-reliant communities, starting with Greenville County. The show aims to highlight the contributions of local businesses and their dedication to the communities they serve.

Stay tuned for the launch of "Locally Grown Nation" in January 2024, and get ready to be inspired by our local entrepreneurs.

For more information, or to support this venture, visit: [LocallyGrownGreenville.com](https://www.LocallyGrownGreenville.com). See ad, page 9.

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Forum Health



Lindsey Wasson, NP-C

Nurse Practitioner Joins Integrative Practice in Easley

LivingWell Integrative Healthcare is thrilled to announce the newest addition to its team, Lindsey Wasson, an experienced Nurse Practitioner (NP-C). With six years of service at St. Francis Hospital and over five years as an inpatient urology nurse practitioner, she brings a wealth of expertise to her new role.

At LivingWell, Lindsey's focus and specialty lie in treating conditions such as anxiety, depression, Hashimoto's autoimmune thyroiditis, and overall women's and men's hormonal health. She firmly believes in the importance of addressing patients as a whole, delving deeper into their stories to identify the root of the problem.

"We know that all hormones must be in balance for the patient to feel their best," says Wasson. "By identifying those needs and focusing on whole-body wellness, we can truly help patients live their lives to the fullest."

LivingWell prioritizes whole body wellness and personalized care. Their team of experts is committed to empowering individuals to lead healthy and fulfilling lives.

LivingWell Integrative Healthcare is located at 838 Powdersville Rd. Suite G in Easley. For more information, call 864-850-9988 or visit: LivingWellHealthcare.com. See ad, page 14.

Winter Warm-Up:

SHOULDER STRETCHES TO BEAT THE CHILL

As winter's cold embrace tightens its grip, many people find themselves battling more than just frosty temperatures. The drop in temperature can lead to stiff and achy shoulders, making everyday activities a bit more challenging. Fortunately, a few simple shoulder stretches can help alleviate this discomfort, keeping you agile and pain-free during the winter season.

Shoulder Rolls:

Start with an easy and effective exercise to loosen up those tense shoulder muscles. Stand or sit up straight, inhale, and then slowly roll your shoulders forward and upward as if you're trying to touch your ears with them. Exhale as you roll your shoulders back and down. Do this for 10-15 repetitions. Shoulder rolls are an excellent way to combat the tension that builds up in the shoulders, especially when hunched over a computer or bracing against the cold.

Arm Across Chest Stretch:

This stretch is perfect for targeting the shoulder and upper back muscles. Raise your right arm parallel to the floor, and then bring it across your chest. Use your left hand to gently pull your right arm closer to your chest. Hold for 15-20 seconds and switch sides. This stretch can help relieve tension and increase shoulder flexibility.

Neck Tilt Stretches:

Tilting your neck to the side is a simple yet effective way to relieve tension in your neck and shoulders. While sitting or standing, slowly tilt your head to the left, bringing your left ear closer to your left shoulder. Hold for 15-20 seconds and then switch to the right side. This stretch is particularly helpful for those who suffer from winter-related tension headaches.

Doorway Stretch:

Find a door frame or corner where you can stretch your chest and shoulders. Place your hands on either side of the frame at shoulder height, and gently lean forward until you feel a stretch in your chest and shoulders. Hold for 15-20 seconds. This stretch helps counteract the forward shoulder posture that often accompanies the winter hunch.

These shoulder stretches can be done almost anywhere, making them the perfect

antidote to the winter stiffness that tends to creep in during the colder months. Remember to warm up a bit before attempting these stretches and breathe deeply to enhance their effectiveness.

By incorporating these stretches into your daily routine, you can keep your shoulders supple and pain-free throughout the winter. Say goodbye to the winter chill and hello to a more flexible, comfortable season. Your shoulders will thank you. - Dr. Mike - Carolina Spine & Health. See ad, page 8.

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Hashi-what-o's???

by Kay Lucas



Have you noticed more and more people talking about autoimmune conditions? For some reason, they are on the rise. One such condition getting recognized is Hashimoto's.

"Hashimoto's is an autoimmune condition where the immune system views the thyroid as the enemy," says Cheryl Middleton, PA, of LivingWell Integrated Healthcare in Easley.

Colleague Lindsey Wasson, NP-C, adds, "It is the most common autoimmune condition, affecting one in five women."

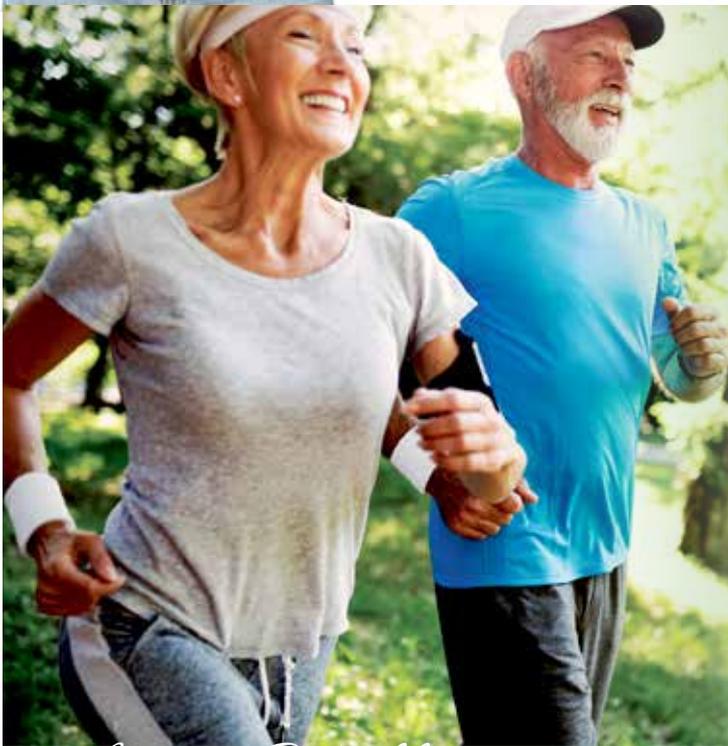
Because Hashimoto's mimics both hyperthyroidism and hypothyroidism, you can experience heart palpitations, sleep disturbances, fatigue, dry skin/hair, weight gain, etc. A simple blood test, called an antibody test, can confirm a diagnosis.

"I cannot tell you the number of times I have heard, 'I know I have Hashimoto's, but the endocrinologist said right now your thyroid looks fine, so come back and see me when it crashes,'" says Middleton. "There are several things you can do: herbal, supplemental, dietary; you don't have to wait until it dies, and then you are on medicine forever."

Wasson points out, "And you can reverse Hashimoto's, although you will still technically always have it"

"LDN (Low Dose Naltrexone) is the newer kid on the block for all autoimmune conditions. We are seeing some reversal—which is exciting! LDN comes with its own issues; it's a compound, not cheap, and once you are on it, you will be on it FOREVER. But if you want to reverse an autoimmune condition, that's one of your big tools," Middleton explains. "LDN has a lot of positives with very little negatives."

Regarding herbs, supplements, and medicines to use, Wasson and Middleton highly recommend getting a panel done before you start using them. That way, you can compare what is working. "Another important fact is that when I've seen patients with Hashimoto's that have been put on Synthroid automatically, then their T4 [the main thyroid hormone test] comes back



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so high, they don't need the synthetic medicine," Wasson states. "It's actually making them feel worse."

One big step someone with Hashimoto's should take is to completely eliminate gluten. "Modern-day gluten (wheat, rye, and barley) has been altered greatly and now resembles thyroid tissue, causing the autoimmune response to be heightened," says Middleton. With gluten resembling the thyroid tissue, your body attacks it – and a little bit will go a long way. A small amount can set you back for months. Even if you have been food allergy tested, and gluten doesn't show in your results, you must avoid it.

Why are Hashimoto's and its autoimmune brethren on the rise? Most likely, several things are to blame, but there are three leading suspects: environmental toxins, gut health, and heavy metal toxicity. Wasson suggests, "I think you are hearing about this all of a sudden because of the integrative approach. Your family doctor isn't going to check antibodies."

If left untreated, Hashimoto's can lead to a coma or heart problems that may result in death. But, with treatment, the prognosis is good. The conventional medical approach to treating Hashimoto's is to check your TSH and T4 levels every year until your thyroid crashes. Then, your doctor will prescribe medication that you will be on for the rest of your life. However, the integrative approach to treatment is to check a full thyroid panel, including TSH, free T4, total T4, free T3, total T3, reverse T3, and TPO antibodies, to see how it is functioning overall. If normal, your practitioner will work with you on your diet and add supplements to slow down the course of Hashimoto's.

LivingWell Integrative Healthcare is the area's pioneer of bioidentical hormone replacement therapy, and also offers adrenal stress testing, men's and women's intimate health, guided weight loss management, and in-house thermography. Recently celebrating their 17th anniversary, LivingWell is one of the oldest integrative healthcare practices in the Upstate.

LivingWell Integrative Healthcare is located at 838 Powdersville Road, suite G, in Easley. For more information, call 864-850-9988 or visit: LivingWellHealthcare.com. See ad, page 14.

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Embrace Nature's Harmony: Refreshing Your Space with Organic Elegance

by *Kiersten Bell-Cox*

In this fast-paced world we inhabit, finding solace within the confines of our homes and our offices has become more crucial than ever. As we seek to create sanctuaries that resonate with tranquility, the principles of natural and organic living have become increasingly influential. Refreshing your space is not just about aesthetics; it's a holistic approach to infusing your environment with the rejuvenating essence of nature.

*Go back to the simple principles we were raised with...
Reduce, Reuse and Recycle to Refresh your space...*

Step One: Craft an organic living/work space using reclaimed wood, bamboo, and sustainable recycled materials. Opt for multipurpose furniture to declutter your space, reduce stress, and enhance functionality and aesthetics. Incorporate handcrafted, unique items for a personalized touch, fostering a sustainable haven that reflects your style and values.

My Spin: I love surrounding my desk with a small assortment of creations from my kids, and trinkets found on our walks. It creates a personalized, peaceful workspace, complemented by a photograph of one of my favorite places. I keep a throw blanket draped over the back of my office chair to add coziness, and there's a fluffy footstool to rest my feet during lengthy conference calls.

Step Two: Incorporate indoor plants to breathe life into your surroundings. Beyond their aesthetic appeal, plants contribute to improved air quality, creating a healthier, more vibrant living environment. Choose low-maintenance varieties like snake plants or pothos to effortlessly integrate nature into your space.

My Spin: My home and office are both mini jungles, blending vibrant plant life and organic elements for a harmonious and refreshing environment. My top plant picks are Snake plants, Money plants, and Aloe vera. Snake plants create a serene ambiance with minimal care. Money plants encourage growth with little sprouts, spreading good vibes. Aloe vera, known for its healing properties, adds a touch of natural wellness to your space.

Step Three: Lighting plays a pivotal role in shaping the ambiance of a space. Embrace the warmth of natural light whenever possible, strategically placing mirrors to amplify its effects. Choose energy-efficient, warm light bulbs to reduce electricity consumption while providing a soft, inviting glow.

My Spin: To brighten my windowless office, I use eco-friendly, daylight bulbs that promote plant growth. The combination of these bulbs and plants creates a nurturing and cheerful indoor environment.

As you illuminate your surroundings, remember that light is not merely functional; it's an essential element in creating a nurturing, inviting atmosphere.

Step Four: Your textiles create your ambiance for daily routines. A truly refreshed space goes beyond aesthetics; it nurtures your well-being. Incorporate mindful practices into your daily routine by creating dedicated spaces for meditation, yoga, or reading. Choose organic and toxin-free textiles for cushions, throws, and bedding, enhancing your space with the purity of natural fibers.

My Spin: In our family, the kids' chill space is a heap of oversized pillows and an assortment of cozy blankets. It's a mix of comfort, meaning, and a touch of flair, providing a relaxed atmosphere with a focus on safety.

Quick Tips for Big Changes

1. Swap Accessories: Often easily overlooked...update the look of your space by swapping out accessories like throw pillows, rugs, and curtains for fresh, on-trend options.

Ex: For a big change with a small price: Swap those curtains! No budget...get creative and swap with a friend.

2. Reorganize Furniture: Give your room a new feel by reorganizing furniture. Experiment with different layouts to discover a more functional and visually appealing arrangement.

Ex: Big change with sweat equity. Simply moving a chair or removing that old bookshelf can make a big difference in the feng shui and flow of your space.

3. Change Wall Art: Switch up your wall art or create a gallery wall for an instant decor makeover. Consider rotating art pieces for a dynamic look.

Ex: Support local and infuse your space: I love supporting local artists, and one of my favorites offers handmade wooden frames with interchangeable art canvases—keeping my space constantly inspired! LovellaByDesign

As we seek solace within our sanctuaries, each element chosen reflects not just aesthetics but values, contributing to a sustainable haven. This journey toward organic elegance is an ongoing commitment, a dance between simplicity and vibrancy, as we curate spaces that nurture both our well-being and the environment. So, let's continue these mindful steps, acknowledging the impact of simple changes, the revitalizing power of nature, and the joy in creating spaces that resonate with our essence.

Kiersten is a wife, mom of three, and full-time Realtor®. When she's not running her business, or running around with the kids, you'll find her grabbing a 1/2 hour here and there for self-care in her sauna, or wrapped up in a blanket on the couch bingeing Outlander before she falls asleep!

To have Kiersten help you sell or buy real estate, call: 864-894-2144 or visit: GreenvilleRealEstateMom.com.

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The Natural Health Skeptic

What are Energy Enhancement Systems (EES)?

by Krissy Bunner

I had never heard of Energy Enhancement Systems (EES) until a recent visit to ReGenerate Wellness Center in Greenville. Making an appointment was easy and efficient. Upon my arrival, I was met by Elizabeth and Josh, the owners. I had several questions, and they took the time to teach me as much as I wanted to know about the process and technology.

Introductory sessions are typically scheduled for 2 hours so that is what I chose. The ambiance is soothing and zen-like. The aesthetics was clean and set the tone for healing. Eye masks, which are available for purchase if you need one, are highly recommended. I learned your eyes account for about 90% of your brain's activity, so closing the eyes helps your body focus elsewhere. I was given a sheet to wrap up in and a bottle of water. The EES room was set up for about eight people. Josh helped my dog and I into a recliner type lounge chair. Yes, my 14-year-old dog, Dexter, joined me. Our pets' cells need energy resorted just like humans do. I settled into my crisp clean sheet, and began enjoying the sounds. Soon I entered a relaxing sleep. I think Dexter did too.

Josh gently woke me up when the ses-

sion was over. He had kindly asked before it began if I had any other commitments that day. I had been asleep for over two hours. I noticed a lot of tingling sensations just beneath my skin.

As we quietly left the EES room, I noticed others had joined while I was sleep-

ing. Some had blankets and pillows with them. Everyone leaves their electronics, including cell phones, in cubbies outside of the energy room.

I asked Elizabeth about the tingling I experienced during the session. She explained that it is quite a common sensation for many people. It is the body's cells healing. I learned as we age, our cells lose energy which leads to chronic diseases, brain fog, and a whole variety of health-related issues. Additionally, radiation, chronic stress, and environmental toxins such as heavy metals, pesticides, and pollutants can damage our cells. It's important to take care of ourselves on a cellular level, healing from the inside out. As the Albert Einstein quote on the wall at ReGenerate Wellness Center says, "Future medicine will be the medicine of frequencies."

There are multiple success stories about the effectiveness of EES including lowering blood sugar, pain reduction/elimination, increased energy, even recovery from chronic and debilitating disease. To get these types of successes, multiple sessions are needed. Elizabeth and Josh are passionate about their work to help and heal others in a holistic manner. They are happy to take the time to learn about their client's current state and their desired outcomes. They then customize plans to





fit each individual. Overnight sessions are even available using air mattresses.

A detoxifying bath is recommended within 24 hours of an ESS session. It includes two cups of Redmond Real Salt, two cups of Bob's Red Mill Baking Soda (both can be purchased at Re-Generate), and one cup of Mule Team Borax. The bath felt like a perfect way to finish the energy regeneration process.

I was truly refreshed and energized. I also felt a sense of clarity and focus.

I was eager to learn more about this amazing treatment. It is often referred to as a Healing Energy Spa. The body wants to and can heal itself. The goal of EES is to support the body's natural healing process. The EE systems were created by Dr. Sandra Rose Michael in 1996. Until recently, over 90% of the EE systems were owned by wealthy individuals for private use in their homes. Now, there are EES healing centers all over the world. Thanks to Elizabeth and Josh's passion for holistic wellbeing and health, we have EES right here in Greenville!

ReGenerate Wellness Center is located at 2084 Woodruff Rd., Ste. A, in Greenville. For more information, call 864-887-2617 or visit: ReGenerateYourWellness.com. See ad, page 11.

Krissy is a lifelong learner. She enjoys clean cooking, herb and flower gardening, reading, and most of all, her dog. She has traveled to 28 countries and 47 states enjoying various cultures, food, and experiences. She is relatively new to holistic health and excited to learn all about it with Locally Grown Magazine.

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Dating On a Dime



by Kay Lucas

With the cost of living on the rise, we have all had to reevaluate and make cutbacks here and there. Dating may seem like a frivolous expense, yet it is important in a relationship. Whether it is your first date or you have been married for decades, having fun together is what builds and strengthens your bond.

Dinner and a Movie

These days, the classic dinner and a movie date can set you back a couple hundred dollars. There are ways to curb that price point. Matinees are generally cheaper than evening tickets, and Camelot Theaters (just off Laurens Rd.) charges a bit less than Regal Cinemas.

Happy Hours often have special deals on drinks and appetizers. There is no need for reservations at that nice restaurant when you choose to sit at the bar. Enjoy a “Beginnings and Ends” meal of appetizers and desserts from the same kitchen that serves

the fine dining experience.

Stay-in dating can be fun, too. We’ve all heard “Netflix and chill,” but there are many streaming options, or dig out an old DVD. Add an activity such as a puzzle or diamond art to work on together as you watch a movie at home.

Speaking of DVDs, have a “Retro Night” by dusting off those old vinyls or CDs and reminisce about your younger days. You just might learn something you never knew (or forgot) about your partner.

Create the Date

Another fun retro idea is Pinky’s Revenge at Taylors Mill. A \$15 wristband gets you in the door and access to old arcade games that you used to pump quarter after quarter to play. There are a few games that cost extra, but most are free with your cover charge. They also get live bands in and have food and drinks available to purchase.

Love to eat but don’t know how to cook? There are online cooking classes—you can even find some for free! Keep in mind that you will need to do more prep work—aka

grocery shopping ahead of time.

Other special date ideas that may pique your artistic side include the paint-your-own pottery places or a wine-and-design type of canvas painting class.

Nature Lovers

Of course, there are numerous parks to walk and picnic in. Swamp Rabbit Trail and Paris Mountain State Park are perfect for hiking. The Upstate has beautiful views of and from the Blue Ridge Mountains. Have you checked out any local vineyards? Many have outdoor entertainment.

We are truly blessed to live in an area with so many choices. There are more hidden gems out there. Go find some. And don’t be afraid to get an Attraction coupon book, to save a little here and there on all sorts of local businesses in Greenville County.

Kay Lucas is a local romance novelist, massage therapist, wife, and mother of four. When she doesn’t have her nose stuck in a book, she loves to dance while cooking and tend to her many fur and feathered friends.

Keep your cool!

Tips to stay cool and calm during stressful moments

It's cold outside! Do you feel like you're staying cool? How about emotionally? When life gets frustrating, we can choose to let the frustration grow, or we can manage that undesired emotion and move forward from it.

Check out these tips for dealing with frustrating situations and moments!



Take a break



When a constructive conversation is turning into an argument or there is clear aggravation, press the invisible pause button.



You can say something like, "This conversation is no longer productive. We'll finish talking about this when we're both calm enough."



Find a solution



Once you've cooled off, think of actions to resolve whatever set you off. Weigh out the pros and cons of each, and make a choice.



If it's a conflict with someone else, practice seeing their perspective. Think about what might have driven their actions, even if you disagree.



Notice changes



When you're getting upset, note the physiological changes happening - your heartrate, body temperature, etc.



When this happens, make the choice to practice calming techniques. Or, notice what happens if you don't.



Be a role model



If you don't want to be yelled at, don't yell at others. If you want respect, show others respect.



People in your life see how you act, and whether or not it's intentional, they pick up those attitudes. Show them how to treat you.

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From the Comfort of Your Home

by Kay Lucas

There are many reasons why you don't want to leave the house when you aren't feeling your best. That's why mobile IV therapy is becoming more and more popular. But what about after hours? Or if you don't live in a well-populated part of Greenville County? Elite Mobile IV has you covered.

Irina Abrams, FNP, has made Elite Mobile IV available to most of the counties in the Upstate, with plans of expanding into North Carolina. Plus, they offer after-hours appointments until 10:00 PM, hoping to expand to 24-hour coverage. Best of all, you don't need to plan days in advance; once you call or book online, they can be at your door within two hours!

The most common conditions patients receive treatment for are dehydration and nausea. For obvious reasons, if

you are afraid of losing your lunch, you definitely don't want to make a trip to a doctor's office. And, if you aren't able to keep food or water down, oral medication isn't going to stay put, either. Therefore, IV meds in your home are your best option.

This service is excellent for someone who can't afford to be sick. When you need to replenish what you have lost from extreme exercise, hangover, or illness, the team at Elite Mobile IV is ready to help.

Often, you may know what is wrong, like dehydration, food poisoning, or a recurring condition. However, after an evaluation with a family nurse practitioner on the team, you can be diagnosed and prescribed the medication you need.

Gabriel Abrams, RN, tells me what he enjoys about his job. "I give IV therapy [in people's homes] to hydrate them and give them essential vitamins and minerals to help our patients feel better.

This service takes the load off the ER and urgent care, not to mention it will save money for those with high deductibles or those without healthcare."

Elite Mobile IV also offers a TeleMed weight loss program using Semaglutide.

Semaglutide is a once-a-week injectable medication that works by helping with insulin resistance. It offers a safer alternative to earlier medical options by supporting your metabolism with fewer side effects.

It is even known to help with metabolic headaches and is rumored to change an individual's affinity for alcohol.

"In our program, we see people losing anywhere from one pound to six pounds per week. It's easy weight loss because it gets rid of the cravings," Irina Abrams boasts. "By slowly releasing your food, you feel fuller longer."

To get started in this weight loss program, you will begin with a discovery call. This is a risk-free call to evaluate if you are a candidate who can use Semaglutide; there are some people with contraindications. While Semaglutide is not a cure for faulty metabolism, there is no limit to how long it can be used.

Elite Mobile IV only works with compounding pharmacies that are FDA-approved. All their products are guaranteed to be clean, effective, undiluted, and formulated just for you!

For more information or to schedule IV therapy, call 864-735-0747 or visit: EliteMobileIV.com. To contact Elite Mobile IV for weight loss, call 888-244-0028. See ad, page 7.





“Warm Hugs and Essential Oils: Winter Aromatherapy Bliss”

When I think about winter, several things come to mind. Cozy fires, a hot cup of tea, and snow angels. Here are aromatherapy diffuser recipes that bring peace and joy to my days...

Christmas Tree Spice

- 4 drops pine
- 3 drops black spruce
- 1 drop ginger
- 2 drops cinnamon bark

Sweet Mint

- 4 drops peppermint
- 3 drops bergamot
- 2 drops cypress

Orange Cinnamon Spice

- 3 drops orange
- 2 drops cinnamon bark
- 1 drop cardamom
- 1 drop clove

Try these and let me know what you think. Enjoy the Holiday! - Sandy Teska - Essentially Sandy - *See ad, page 25.*

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REVIVING THE MIND:

Harnessing the Power of Lion's Mane for Enhanced Cognitive Wellness and Brain Health

hericenones, which have been linked to significant neuroprotective effects. Studies suggest that Lion's Mane may support the production of nerve growth factors (NGFs) in the brain. NGFs play a crucial role in the growth, maintenance, and regeneration of nerve cells, promoting optimal brain health.

Enhancing Cognitive Function

One of the most captivating aspects of the Lion's Mane mushroom is its potential to enhance cognitive function. Research has indicated that Lion's Mane may help improve memory, focus, and mental clarity. By promoting the synthesis of crucial neurotransmitters like acetylcholine, Lion's Mane helps enhance overall cognitive performance, making it an intriguing natural alternative for individuals seeking mental edge and clarity.

Protecting Against Age-Related Cognitive Decline

As we age, cognitive decline becomes a concern for many. However, emerging studies on Lion's Mane suggest that its consumption may help mitigate age-related decline. The mushroom's neuroprotective properties, along with its ability to stimulate nerve growth and combat oxidative stress, make it a valuable ally in maintain-

ing cognitive vitality and reducing the risk of age-related neurodegenerative disorders.

Incorporating Lion's Mane into Your Routine

Lion's Mane can be enjoyed in various forms, including fresh, dried, powdered, or as an extract, among others. (We recommend adding it to your coffee or favorite morning beverage to help you start your day focused and alert!)

The Lion's Mane mushroom stands as a fascinating natural remedy with immense potential for supporting our body, enhancing cognitive wellness and brain health. From boosting memory and focus to protecting against age-related cognitive decline and helping to alleviate symptoms of anxiety, the benefits of Lion's Mane are worth exploring. While further research is necessary, incorporating this magnificent mushroom into our routines may offer a holistic approach to nurturing and optimizing our mental faculties, ultimately supporting a healthier, sharper mind throughout our lives.

The Joi Center is now located inside 2084 Woodruff Rd, Ste A in Greenville. For more information, and our apothecary hours call: 864-887-2617 or visit: JoiCenter.com. See ad, page 23.

By: Leila Scogin, C. N. H. P.
The Joi Center

In the world of natural remedies and holistic wellness, there are countless wonders to explore. One such marvel is the Lion's Mane mushroom (*Hericium erinaceus*), a unique and captivating fungus with remarkable benefits for cognitive wellness and brain health. Known for its distinctive appearance and potent medicinal properties, Lion's Mane has been revered for centuries in traditional Chinese medicine. In this article, we delve into the fascinating realm of Lion's Mane and explore its potential to enhance our mental faculties and promote overall brain health.

Lion's Mane: A Brief Overview

The Lion's Mane mushroom is characterized by its cascading white tendrils that resemble a lion's mane, hence its name. It is widely distributed across North America, Europe, and Asia. Beyond culinary use, Lion's Mane has gained recognition for its numerous health benefits, particularly in supporting cognitive functions.

Boosting Brain Health with Lion's Mane

Lion's Mane mushroom is rich in bioactive compounds, including erinacines and



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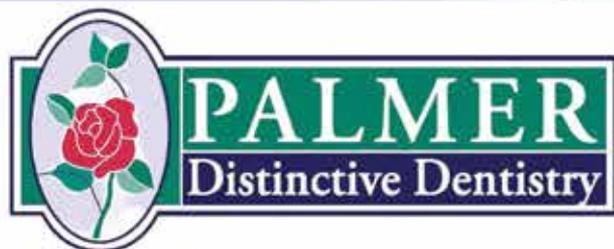


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