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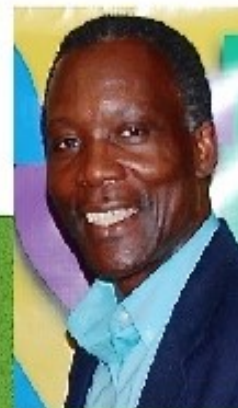
**Celebrating
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Survivorship
Through
Leaps &
Bounds!**



September/October/November 2020



**EATING HEALTHY with VEGAN
CHEF SANDI MORAIS
co-Host LOUIS WITTER**



**An interview with
MEA ALLMAN
A BREAST CANCER
SURVIVOR'S- JOURNEY TO HEALTH**

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Mea Allman

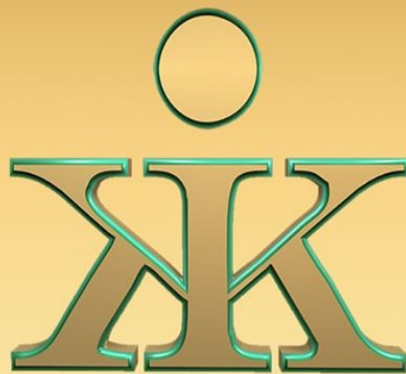


EMBRACING MY SURVIVORSHIP & COUNTING MY BLESSINGS....

Welcome to another edition of KUOMagazine.com. As a certified life coach and health/nutritional life coach my mission to bring awareness to several causes as part of my "Ribbons of Survivors 365." In this issue we touch on several causes from bullying, diabetes, domestic violence, suicide awareness, and breast cancer, just to name a few. I'm very excited to finally grace the front cover of my magazine to share my survivorship of Breast Cancer and brands I have created, which has been a long time coming. I would especially like to say thank you to African Fashion Designer, Agnes Weinert, Founder of Camerica Creations who designed my beautiful dress you see on the front cover. You truly made me feel like a #Queen. Thank you so much Ria Mali for doing such an amazing job with my makeup/photography and suicide awareness of about your brother.

I would also, like to thank our featured guests; Carla Lewis (Founder of Kids Conquering Sickle Cell Disease Foundation), Award-winning Chef Noel Cunningham, Grief Recovery Specialist Dr. Donald Tate, Fashion Model Bo's Dora Milaje, Mark Hulsewe (Advocate Bullying), Paul Anthony Sutherland (CEO & Founder Nature's Essentials), Soul Therapist/ Author Leonard Burg for being a part of this issue. And to my amazing team of journalists, we did another amazing job again. Thank you to all my readers, community partners/sponsors for always supporting KUOMagazine.com. Until the next special edition in December 2020, please continue to stay safe, wear your mask, and take all the necessary precautions to keep your immune system strong during this pandemic time. Blessings!

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by: Noreen Monticeux

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Cancer is a word that sparks fear and nervousness, in the hearts and minds of those who hear that they have it and those who are friends and love ones. Cancer is described as an invasive growth or tumor. It can be characterized as a person or a growth that may become malignant and metastasize within a person. I will be talking about the one on the inside that causes sickness and despair. Cancer refers to a large number of diseases characterized by the development of abnormal cells that infiltrate and destroy normal body tissue.

I have family members who have survived this abnormality in their body, it takes a fighter, one who can persevere and endure pain and hurt. There is a lot of medicines, therapy some with chemo and radiation. Think of how a person must suffer the ordeal of abnormality on the inside and abnormally put different chemo, radiation, and medicines in you to combat the disease that has attacked your body. There are stages to cancer which is a baseline to explain the seriousness of the disease within. Even with hearing the name it doesn't necessarily mean a death sentence. I remember when the doctor told my wife she had cancer. I was despondent not knowing what was going to transpire, but I know my wife, she is a fighter. There was no way she was going to accept this diagnosis without a fight.

First, we need to know the options. Our belief in God lead us, but the Bible says, "Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought," We wanted to be specific in what we prayed to God about. Just as there are stages to cancer there are stages to your faith. When there is an abnormality that comes against whether internally or externally, know there is a greater power that can combat any abnormality that is not meant to be in you. Greater he that is in you, I believe there is an overcoming. Your belief in God and an excellent medical team and a wonderful support system, you can proudly believe without equivocation and start quoting John 11:4. Be Blessed, to all survivors, you are God's miracles and examples that God can and will.



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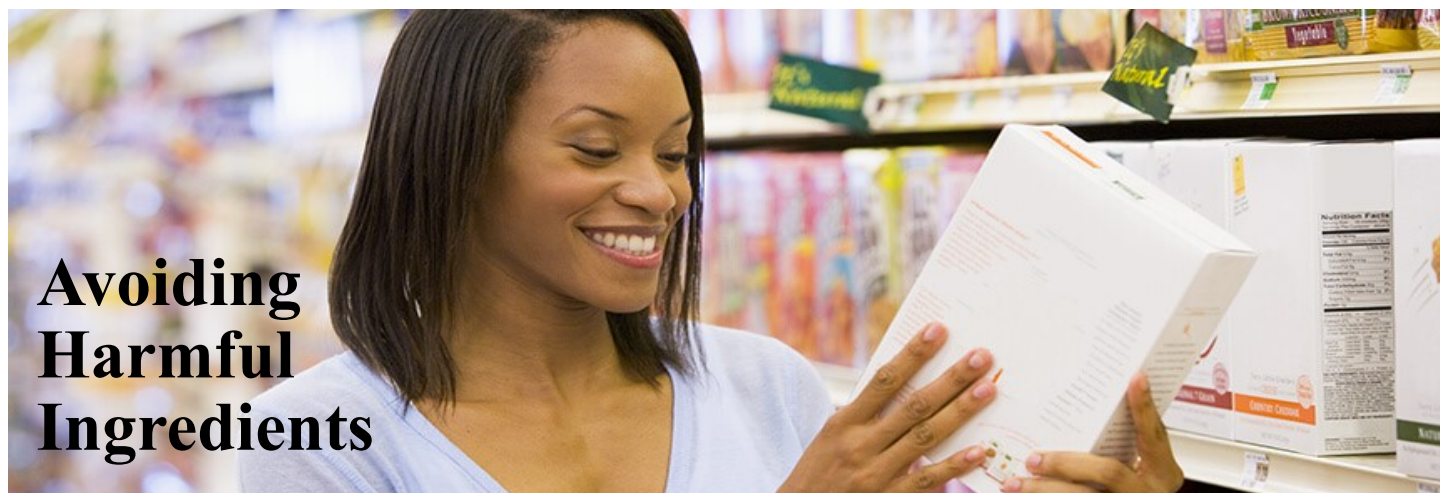


KUOMagazine's





BEAUTY 411: SKIN CARE *with Ria Mali*



Avoiding Harmful Ingredients

You can **Avoid Harmful Chemicals** by going over this list of harmful ingredients. If you use any products that contain it, please use sparingly. A label saying Natural doesn't mean it's free from these things. The same way you look at food labels, you should do the same for your beauty/toiletry products. There are thousands of chemicals in your products, many of which are being absorbed into your body. This industry is highly unregulated. You will be surprised how many things we love to eat and use on our face, hair and body has these ingredients that I will list. If you continue to use them just use a minimum amount. Dangerous ingredients can cause diseases.

BHA and BHT

Coal tar dyes: p-phenylenediamine and colors listed as "CI" followed by a five-digit number

DEA-related ingredients, Dibutyl phthalate, Formaldehyde-releasing preservatives, Parabens, Phthalates, Parfum (a.k.a. fragrance), PEG compounds, Petrolatum, Siloxanes, Sodium laureth sulfate, Triclosan, phenoxyethanol

Toluene: A petrochemical derived from petroleum or coal tar sources. You may see it on labels listed as benzene, toluol, phenylmethane, methylbenzene, Propellant, Propylene glycol

Sunscreen chemicals: These chemicals function as a sunscreen agent, to absorb ultraviolet light. These chemicals are endocrine disruptors and are believed to be easily absorbed into the body. They may also cause cellular damage and cancer in the body. Common names are benzophenone,

PABA, avobenzone, homosalate and ethoxycinnmate. They can be found in sunscreen products.

- There are of course more chemical names, but I wanted to give you at least a start so you can look out for and/or minimize.

It's impossible to avoid every single synthetic chemical, but you can do your part in limiting the amount of toxins your body is exposed to. Be sure to: eat clean, avoid chemical-laden processed foods, drink plenty of filtered water and look for products that are certified organic if you want to avoid these toxic chemicals. Educate yourself and do your research before you buy. Think of something you absolutely love, and the time and energy you apply to it. Use the same when it comes to your health. You have one life to live and one body. If you don't take care of yourself, you may pay for it later.

Continues on page 9

Great website to check on hazardous chemicals in your products are:

<https://www.health.harvard.edu/blog/common-food-additives-and-chemicals-harmful-to-children-2018072414326>
<https://www.ewg.org/skindeep>
<https://www.edf.org>
<https://food.unl.edu/chemical-hazards>
<https://www.shape.com/healthy-eating/diet-tips/9-common-foods-contain-toxic-ingredients>
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<https://www.statefoodsafety.com/Resources/Resources/training-tip-chemical-hazards>
<https://oehha.ca.gov/proposition-65/proposition-65-list>

Lastly, Many claims about harmful effects of food "toxins" are not supported by science. However, there are several that may actually be harmful, especially in high amounts. That being said, minimizing your exposure to these harmful chemicals would be best. As far as food- Limit cooking sprays That have propellant and stick with avocado oil, coconut oil and olive oil. And Stick to whole, single-ingredient foods as much as possible.

*If you're interested in a wellness consultation, or if you have any questions, feel free to email Ria at riamali@icloud.com

Ria Mixon, KUOMagazine's Beauty 411/Fitness Journalist

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BEAUTY 411: HAIR CARE

with Jamee' G



NATURAL HAIR & NATURAL REMEDIES: When dealing with some illness you may experience hair loss. Let's talk about natural hair and natural remedies to keep your hair follicles strong and fight against hair loss. First thing first; "Consult with your doctor when taking prescribed medication. Some essential oils could cause life threatening side effects when used with prescribed medicine." With that being said if you are not taking medication, essential oils can play a major role in bringing your hair back to life (*not real life, I mean healthy, because did you know that hair dyes once it comes from under your scalp*). If you are dealing with an illness that is causing your hair to fall out here are a few natural hair care tips that can help you out.

TIPS:

- Please go easy on your hair! This means no pulling, no braids, and no ponytails!
- Stay away from shampoos that contain strong fragrances, alcohol, or salicylic acid.
- Wash your hair with cold water. This stops the blood flow to that area allowing hair follicle to regenerate on its own.
- Don't color, perm, or chemically straighten your hair. Also avoid use of rollers, curling irons, or straightening irons.
- Don't dry your hair with hair dryer. Air dry your hair. To avoid tugging and extra heat.
- Sleep with a silk cap and or silk pillowcase.
- Remember that hair growth is a process that can take up to 6 years if hair follicle is damaged.

NATURAL REMEDIES:

- Castor oil aids in the thickening of the hair.
- Peppermint oil widens blood vessels and increases circulation to follicles.
- Rosemary oil is known for cell rejuvenation and hair growth.
- Aloe vera keeps your hair hydrated and moisturized.
- Take biotin (supports a healthy metabolism which aids in healthy hair).
- Eat garlic boost collagen production that helps stimulate hair growth.
- Drink minimum 6 glasses daily of water.

NOTE: Remember your hair will grow back it just takes time. Be patient and be consistent.

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Bo's Dora Milaje



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BEAUTY 411 #FashionModels with Model Bo's Dora Milaje

An extraordinary runway model talent graces our presence for this issue of KUOMagazine. An IT professional and cyber security analyst with a doctorate in business administration, Dr. Bonita “Bo” Best, a native of Tampa, Florida, is one of the most recognized fashion models in Central Florida for many reasons. Simply put, she does it all... From runway, high fashion, swimwear and lingerie, to cosplay, casualwear, cultural and ethnic apparel from varied nationalities - and she wears them, walks them and shoots them all in excellence. There’s no wonder why top photographers like Wilfredo Montalvo from STUDIO 305 ORLANDO call her first for their top photo shoot projects. We were fortunate to catch up with Bo (who is now living in Rockville, MD) to ask her a few questions for future aspiring “baddies” like herself.

KUOM: With having an advanced degree in business administration and being a tech professional, what piqued your interest in modeling? Since elementary, I've always had an interest in modeling. However, I felt that designers, agents, and other industry experts would not consider me as a model because I was height-challenged; I am 5'6" who wears tall heels daily (giggle). Given that the fashion industry is evolving for models, it inspired me to pursue this deep-rooted desire when the opportunity presented itself to me at the age of 48. In March 2018, I walked into my desire and became a model. Unfortunately, I was not able to pursue modeling full-time as I had secretly fantasized about as a youth because at the age of 48 I had financial obligations that require on-time payments.

Therefore, I continue to work my full-time job while freelancing as a model (and actor) until an amazing opportunity presents itself that will enable me to pursue modeling full-time, and transition to my second career. Freelancing enables me to keep up with my adulthood responsibilities as well as meet talented fashion designers, visionary curators, skillful make-up artists, skilled photographers, and beautiful models; and see amazing venues. As a seasoned professional, I felt that I could leverage my academic and corporate skills to make them for me as a model. For instance:

1. **Researching Skills:** To discover the types of modeling based upon my assets and learn about the business behind the fashion industry.
2. **Professionalism:** To network with nice and honest people, build a team, exchange knowledge with peers, obtain recommendations from others for opportunities, secure paid and unpaid with exposure gigs, and open doors to non-modeling opportunities.
3. **Assertiveness:** To apply to opportunity and ask questions.
4. **Quick Study:** Able to hit the ground running and being creatively resourceful.
5. **Technologist:** Be able to cyber aware and safe while surfing the Internet, using social networking sites, and responding to messages (telephone, email, and social media). Also, I am able to help others combat phishing and other social engineering scams.



Continues on page 14

6. Presentation and Communication Skills: Be able to effectively communicate with talent agents, curators, designers, and photographers is vitally important. I know my abilities and skills best, so I present myself accordingly during castings (virtual and in-person) and during shows/events.

KUOM: We've seen you do everything from local and national shows and you absolutely killed it at NYFW last year. But what was your most challenging modeling endeavor? Thank you; I appreciate the compliment. I am grateful and feel blessed to have the opportunity to pursue my childhood dream to model. From my Uncle Gene telling me to keep my back against the wall and walk with my head up high with books on my head, my Daddy telling me to live up to my name, to my family being supportive of my unconventional ways, I was posed to become a fashion model. Later in my early-30s, my daughter voluntold me to model in one of her summer camps events and enjoyed it so much that I considered contacting a local talent agency. When I made an appointment to visit a DC-based talent agency; the agent did not think I would have a marketable look and to grow my hair because being bald isn't what their clients liked. Even with all of this support from my family, I still thought the type of modeling I would be able to do was surrounding being a model citizen like my parents and do my part within the community. The most challenging modeling endeavor for me was at the very beginning in my late-40s was overthinking castings and talking myself out of opportunities. For instance, when I saw the female height requirement of 5'8" or 5'9" barefoot and/or age range between 18 and 28 I would not apply or appear. However, later, I would see diversity on the runway or at a photo shoot, which empowered me to 'get out of my head' and pursue modeling wholeheartedly without building my own glass ceiling. So, I got out of my own way by reaching out to the agents, curators, or designers to inquire if they will consider me if I attend the casting since my height and age does not match their requirements. Thus far, my height and age have not stopped me from working as a model.

KUOM: You obviously have the look and the natural talent to rock any runway. What drives your passion for fashion and modeling? Fashion enables me to express myself without using words; I like pieces that complement my body type, personality, and are timeless. I admire designers who have a creative mind and are able to turn their vision/concept into something special (i.e., from dress form-to-runway). As a trained IT project manager, I can imagine all the behind the scenes planning and coordination involved to prepare for a successful 'go live'/launch day/show time, so I admire the production team and curators who tirelessly work to have a venue ready for us to display the designers' garments and accessories, show the makeup artists' artistry, and give the audience an experience. I'm always honored to wear a piece that has so much love, sweat, tears and passion behind it. Most pieces I've worn for designers have had a story behind them, which inspires me to promote them beyond the runway whenever possible. When a designer selects me for the first time, I am beyond elated and believe that they have no idea that they are getting more than just a model walking down the runway. In fact, these designers also get an advocate and promoter well after the fashion show ends because they trusted me enough to represent their brand (even for 20 seconds on the runway) so my thought is to let me *pay it forward*. For many designers, I help promote their designs and brand because I believe in them and enjoy helping people, as it is my purpose in life (i.e., my life purpose is "helping people help themselves"). The designers who trust me with their vision on the runway, I want them to know that I'm taking care of their "baby" as little or as much as they like (within reason, of course J). Yes, helping designers and others can be taxing especially since many models are not paid for the hours spent preparing for and being in the show. However, for me, it's self-gratifying to me, aligns with my belief to treat people who you want to be treated, and fits within my purpose in life. Modeling is fun, serves as an outlet from my day-to-day work, helps me work on my introverted ways, holds me accountable for my health/well-being, and empowers me to see how far I can go with modeling since it's been a lifelong desire to become a model.

KUOM: What's next for Dr. Bonita "Bo" Best in the World of Fashion, Beauty & Modeling? Next for me in the world of fashion, beauty and modeling involves with me continuing to build my brand, becoming a model coach and a secret weapon for parents of young models, becoming a commercial and glamour model so I can transition to my second career, developing tool to fill a gap in the fashion industry (and to help models too), taking some acting lessons, continuing to serve as Virginia Cathey Collections' Brand Ambassador and member of the Black Mystique Models, and continuing to walk for other designers on the runway (with a goal of expanding beyond the USA borders). Although I want to transition to my second career, I still want to continue helping people, small businesses, and schools combat phishing attacks as well as increase awareness on best practices and tips for protecting their digital life. Lastly, I will continue to help people get to their finish line academically, professionally, and personally speaking.

Continues on page 15

KUOM: What's next for Dr. Bonita "Bo" Best in the World of Fashion, Beauty & Modeling? Next for me in the world of fashion, beauty and modeling involves with me continuing to build my brand, becoming a model coach and a secret weapon for parents of young models, becoming a commercial and glamour model so I can transition to my second career, developing tool to fill a gap in the fashion industry (and to help models too), taking some acting lessons, continuing to serve as Virginia Cathey Collections' Brand Ambassador and member of the Black Mystique Models, and continuing to walk for other designers on the runway (with a goal of expanding beyond the USA borders). Although I want to transition to my second career, I still want to continue helping people, small businesses, and schools combat phishing attacks as well as increase awareness on best practices and tips for protecting their digital life. Lastly, I will continue to help people get to their finish line academically, professionally, and personally speaking.

KUOM: What would you like to say to all the young, aspiring models out there who want to get started in the fashion industry? Research the various types of modeling and try everything first unless you truly know what you want to do; identify some models that you want to learn from then follow them on social media; and learn the lingo. Be patient with the process because there's a lot of waiting around ranging from go-sees, model calls, photoshoots, to fashion show. Make use of the "gift of time", bring a book, homework, smartphone, portable charger, earphones, and/or tablet. Always be ready! Meaning keep a model kit ready (black attire that fits your body in a flattering way, heels (for ladies), dress shoes (for men), cover for changing in/out of clothes since the backstage is usually coed, comp cards, basic makeup to create a natural look in case of emerging situations (men need press power to reduce shine and smooth out skin), and wipes (trust me, you'll thank me later). For castings and shows, bring your own beverage and snacks in case nothing is available, have special dietary needs or you don't have time to enjoy the provided goodies. To build a portfolio and increase your confidence, take advantage of trade for print (TFP) opportunities; I've met new and published photographers as well as models through these TFP meet ups. Listen to your parents/guardians, model coach, agent (if you have one), curators, production team and designers; take notes and then follow the directions. Exercise and stretch frequently because your body are an asset -- walking, wall sits, squats, planks, jumping jacks, and pushups are my regular go-to exercise because it doesn't require a gym membership and I can do anywhere. Drink water regularly as it helps with your skin. Before the castings or shows, try to get a good night so you can look refresh and have energy. Leverage social media to identify local photographers, makeup artists, TFP events, and castings. If you decide to be represented by an agency, search for an agency that will work hard in your behalf (you too have to work hard and follow through), doesn't require you to pay an upfront fee, and have good references. Lastly, you are in control of your destiny so don't limit yourself and I look forward to seeing you on the runway or a casting. All your readers can stay connected with me on Facebook at <https://www.facebook.com/bo.best.545> and on Instagram at <https://www.instagram.com/boknowalot>

Written by Lance Stephens, KUOMagazine's Fashion/Historian Journalist

Founder/CEO HakatRe Enterprises® Fashion Designer, Artist, Musician, Historian. Pharaoh of Fashion®

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Love & Relationships

with Ronnie Walker

Love and Domestic Abuse Survivors in our Communities!

I was going to start this article by sharing startling statistics about domestic violence in the black community, but I decided against it because one case alone is far too many. Learning the one you love is a survivor of domestic violence is intense. It takes you through a range of emotions that starts with pure anger and ends in joy that she survived. It makes you question how someone could want to hurt another human being, especially if you claim to care them and they are expressing love towards you.

I can remember clearly in two different relationships when I learned that she is a survivor of domestic violence. The experience was shared right after what we both expressed was an incredible moment between us. It started with her saying "Ronnie, can I share something with you?" The story that followed in both instances were painful to hear. To look at the tears running down her face while recalling the stories mentally took me places that makes me wish I had superpowers to erase not only the memory but the ability for any man or woman to ever think of such a thing.

And while it's easy for someone that has never suffered the verbal and physical abuse of another person they care for by saying something along the lines of "Why not just leave?" I can promise you, it's much deeper than that. We must honor and support their courage to share. Men are also the victims of domestic violence. Many women are surprised to learn this at some point in their relationship. To hear the stories the man they share a life with is just as painful. While I was grateful to learn more of the journey of this beautiful, giving woman with me, I could not help but wonder how many more men and woman have experienced this and what could I do to increase the awareness of something that needs to be eradicated for good. There are men and women all around us that are suffering at the hands of people they care for and are living in quiet desperation. Let's lift up the voices of the survivors and become familiar with the resources available and share them in the event those that are in need have access.

Continue to love on those that have the courage to share their journey and see to it you provide an environment and energy of encouragement and love as it is not an easy path for some men and women to share.

Master Coach Ronnie Walker

KUOMagazine's Love & Relationship Journalist

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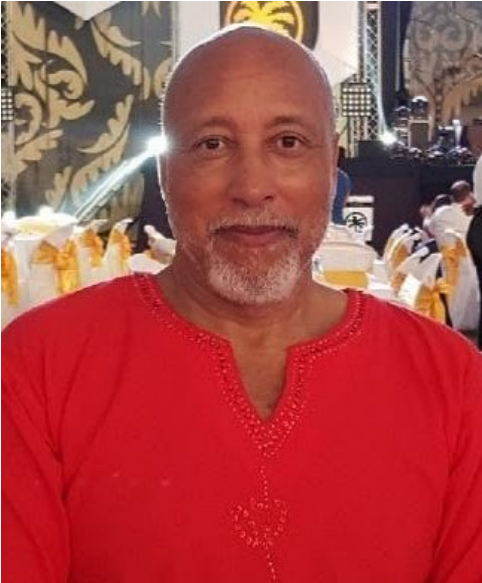
Inspiring Authors

with Muriel Bissainthe & Ruby Mabry



Author Leonard Burg, Soul Therapist/Psycho-Spiritual Coach & Consultant/Holistic Educator

Over the last 44 years, Len Burg has worked professionally as a *Holistic Health Educator, Community Activist, and Higher Education Administrator*. He is the founder and president of *Innerspire Therapeutics, Inc.* We help individuals and organizations unmask and breakthrough hidden inner obstacles that impede progress and success towards well-being and fulfillment, within the self, relationships, at work and in society. His spiritual and holistic work has carried him from Harlem, NY – where he directed several community organizations - to Europe, Uganda East Africa, India, and South America, where he has **organized and supported international initiatives**.



Mr. Burg **graduated with distinction** from Pace University in New York City, earning a *B.A. in Psychology and Journalism*, with a Certificate in *Hands-on Project Management*. Most important, Leonard has learned at the feet of several living saints and diverse spiritual teachers around the world, promoting the universal brotherhood of man. They see and practice “religion” not as organizations and buildings made of brick and mortar, but as a fundamental process inherent within all human beings, irrespective of sectarian religious beliefs, affiliations

or cultural traditions. Additionally, Leonard Burg is also Dean of “*Empowering and Inspiring the mind Body and Soul Cluster* of KweliWorks.” Over the last 44 years, Len Burg has worked professionally as a Holistic Health Educator, Community Activist, and Higher Education Administrator. He is founder and president of Innerspire Therapeutics, Inc. It helps individuals and organizations unmask/break through hidden inner obstacles that impede progress and success towards peace, well-being and fulfillment, within self, relationships, at work and in society.

His spiritual and holistic work has carried him from Harlem, NY – where he directed several community organizations - to Europe, Uganda East Africa, India and South America, where he has organized and supported international initiatives. In his healing work, Mr. Burg has specialized in helping individuals and organizations transition into healthier lifestyles. He has pioneered ‘Soul Therapy’ – a form of psycho-spiritual coaching and counseling which uproots the emotional/mental patterns and ideas at the root of physical and psychical symptoms. In doing so, he incorporates, 1. The Science of the Soul, a scientific approach to spirituality; and 2. the methodology of “Analytical Trilogy”, a novel, consciousness-raising form of psycho-socio therapy that combines psychology, philosophy/science and metaphysics.

Mr. Burg is also a Certified Teacher of the basic principles of the Psycho-therapeutic technique of “Analytical Trilogy”, accredited by the, “Faculdade Trilogical, Keppe & Pacheco” – (The Keppe & Pacheco college in Cambuquira Brazil). Both Soul Therapy and Analytical Trilogy are complementary to and supportive of other alternative and conventional methods of healing, that help people commit to well-being regimens and lifestyles. Len is currently President of Stop The Destruction Of The World North America, an affiliate of the International Society Of Analytical Trilogy. He has twice presented papers and lectured at its international psychotherapy conferences in Brazil and organized panel presentations at the Internationally Renowned Left Forum in New York City in 2013, 2015 and 2016. From 2018-2019 Burg initiated specialty holistic coaching for entrepreneur clients starting or developing their businesses., as Vice President of Holistic Lifestyles & Well - Being for Greenlight Corporation (www.Greenlightsvs.com).

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Mr. Burg has also given meditation instruction as a co-founder, VP, International Coordination Liaison, and United Nations Rep for A Centre for the World Religions, the USA branch of a non-sectarian organization promoting interfaith unity and cooperation. In 2002 he negotiated its NGO status with the ECOSOC section of the UN. For 16 years Mr. Burg served at Pace University in New York City, working his way up to Project & Operations Coordinator in its Division for Student Success—responsible for research and projects enhancing student retention. He served on its Peace Advisory Board and coordinated/ facilitated workshops in Global Citizenship and Justice as part of a university-wide campaign to incorporate these themes into its curricula and student affairs activities.

Mr. Burg graduated with distinction from Pace University, earning a B.A. in Psychology and Journalism, with a Certificate in Hands-on Project Management. Most important, Leonard has learned at the feet of several living saints, indigenous healers and diverse spiritual teachers around the world, promoting the universal brotherhood of man. They see healing as body/mind/ spirit well-being, and “religion” not just organizations, and buildings made of brick and mortar, but as a fundamental process inherent within all human beings, irrespective of sectarian beliefs, affiliations or cultural traditions.

WRITINGS BY LEN BURG:

- <https://drive.google.com/drive/folders/0B-ZndfH8neOYWmdZSVdHUkFvQzA?usp=sharing>
- “Profit by Consciousness of Spirituality in the Workplace”, in the bestselling book, ["The Better Business Book, volume 2"](#), published by Authors Unite, 2017

Written by Leonard Burg

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Celebrating Our Ribbons of Survivors 365

Embracing Her Survivorship Through Leaps & Bounds!

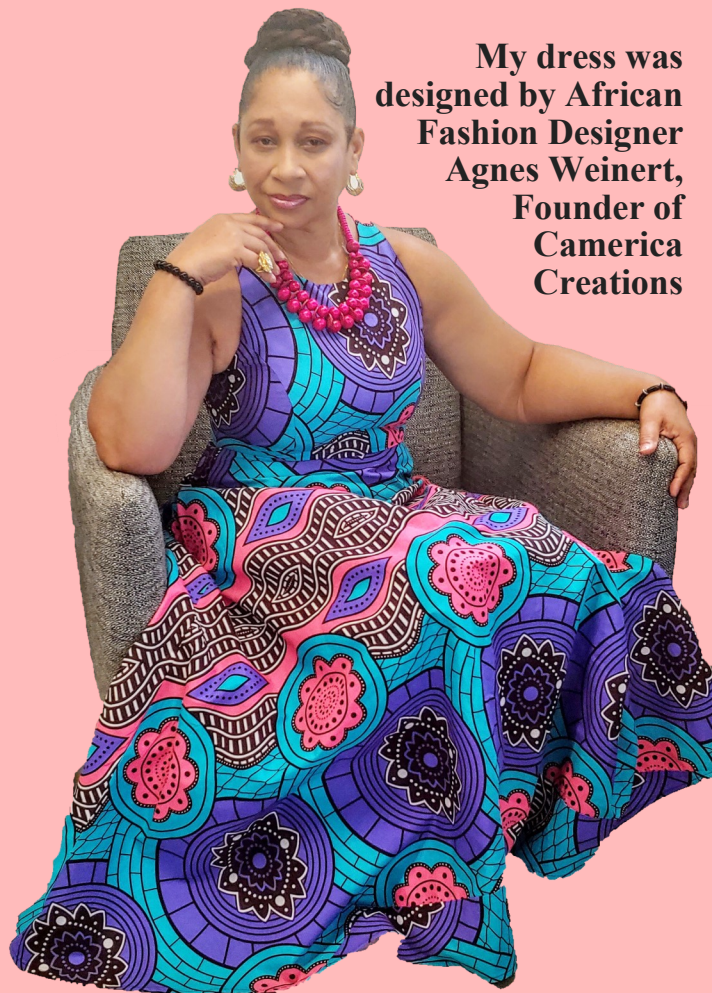
Michelle "Lady Mea" Allman" (born Jamaican), KUOMagazine's Founder/Editor-In-Chief, Men & Women of Kulture 365 and Ribbons of Survivors 365. Mea shares an up close and personal story of a strong, fearless, and an amazing woman that has overcome leaps and bounds of Breast Cancer, Domestic Violence and Bullying. So, sit back and get a snack for this exclusive story of such an amazing, Caribbean woman that doesn't let anything, or anyone stop her from achieving her goals.

KUOM: Let's go back 21 years ago from when you were diagnosed with Breast Cancer. Can you share your experience of being missed diagnosed when your cancer was initially detected? How did you react to hearing the news and what stage were you diagnosed? In 1999, I was diagnosed with endometriosis and after several attempts of surgery/treatments to correct the problem, I made the decision to have a full hysterectomy. I was experiencing hot flashes and started taking hormone's (estrogen & progesterone). Six months later I developed a lump in my left underarm. My primary doctor said it probably was a swollen lymph node from using deodorant that might have caused the irritation. Even though I stop using deodorant, the lump did not go away for two weeks. I returned back to my doctor and a mammogram was scheduled, because I also felt a lump in my breast. The mammogram came back with no evidence that suggested anything was wrong. Something in my gut was telling me something was wrong. My previous boss had mentioned if your gut is telling you something is wrong. Then 9 times out of 10, something may be wrong. So, he gave me the number to his surgeon to scheduled an appointment.

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Mea's Survivorship story continues

The surgeon looked at my mammogram films and didn't see any indication to be alarmed other than the lump in my breast. He scheduled a biopsy just to make sure, which came back positive for cancer. Hearing the words of being "You Have Breast Cancer," was frightening, and over-whelming. In my mind I thought this was my death sentence. Then next thought in my mind was Ok, Mea it's time to regroup. I then asked my doctor for a moment alone as I look up in the ceiling to say, Lord, we need to have a serious talk. I don't come to you as often as I should, but this was not the discussion we had about my journey I'm not prepared to take right now. My life was just staring, and my kids were still too young to understand what mommy is going through or losing their mom. I then look at the doctor and ask, am I going to die and how much time do I have. He looked at me with a serious look and said we won't know how bad until we do surgery. So, let's not get ahead of ourselves or think the worse. Together we will get through this, and please don't worry. What use to be beautiful dreams at night, became an ongoing nightmare of voices "***You have Breast Cancer***" repeatedly. I was beginning to wonder if this broken record would stop playing in my head. After my surgery, I was told what cause my cancer to progress so fast after my hysterectomy was the fact I took hormone's (estrogen & progesterone), because I had Hormone Receptor-Positive Breast Cancer (PR-Positive). I was diagnosed with stage II Breast Cancer and my tumor had hormone receptors.



My dress was designed by African Fashion Designer Agnes Weinert, Founder of Camerica Creations

Note: *Most breast cancers -- That means the cancer cells grow in response to the hormone estrogen. About 65% of these are also "PR-positive." They grow in response to another hormone, progesterone. If your breast cancer has a significant number of receptors for either estrogen or progesterone, it's considered hormone-receptor positive.*

Source: <https://www.cancer.org/search.html?q=Hormone+Receptor-Positive+Breast+Cancer+>

KUOM: Is there a family history of cancer? OMG.....Lord yes, my oldest sister had Non-Hodgkin's Lymphoma cancer, and four of my aunts had Breast & Stomach cancer and other relatives with Leukemia, Lung Cancer. Whom all lost their battle to cancer.

KUOM: What type of surgery/cancer treatments did you received? I had a left radical mastectomy on the left side and a lumpectomy on the right side, followed by chemo and radiation therapy. A year after my treatments I had reconstructive breast surgery.

KUOM: What are some things that helped ease your chemo side effects? After your side effects from chemo, were there any other illnesses you experienced? I was extremely sick during chemo treatments that I could not eat anything and lost a lot of weight. My mom bought a juicer and would juice (carrots, celery, beets all together), as well as smoothies with ensure, fruits, ice cream and add protein powder. She would give me nutmeg to place in my mount that would help me from being so nauseous. My mom would also brew some ginger tea. As for illnesses I've experienced, that would be a year later after my first mammogram, which lead to a chronic illness today called Lymphedema with Cellulitis (*it is a sudden, non-contagious infection of the skin, characterized by redness, swelling and heat accompanied by pain and tenderness and high fever*). I have been battling this for the past 21 years, which caused ongoing infections in my left arm, and resulting a in 3-4

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Mea's Survivorship story continues

days of hospitalization with intravenous antibiotics. But, in the last year in and half, it has gotten better because I started to notice after drinking a home remedy I would brew together of fresh lemon sliced, garlic, ginger, lemongrass and sliced oranges) in a big pot and boil for 10-15 minutes and drink twice a day (morning & before bedtime) to help build up my Immune system. I found that the beneficial combination helped my Lymphatic system, but I continued to take precautions in staying away from anyone who maybe under the weather, because of my Autoimmune Disorder. Other health conditions That I have endured were Anemia, Autoimmune Disorder, Degenerative Disc Disease DDD (L5-S1), Gastroesophageal Reflux Disease, Chronic Fibromyalgia, Chronic Insomnia, Hypokalemia (low potassium), Hypothyroidism (underactive thyroid), Osteoporosis (knee), Rheumatoid Arthritis, Restless Leg Syndrome. Regardless of these conditions, I continue to remain positive and maintain my daily routine, with a healthier mindset approach. I also have a port in my upper right side of my chest, because I don't have good veins in my right arm and my left arm is off limits, because of the lymphedema. (photo credit Mea Allman)



Source: <https://www.lymphoedema.org/cellulitis/about-cellulitis>

KUOM: What's the biggest challenge you faced in order to heal, and what did you do to meet the challenge. Honestly, I felt like damage goods after having surgery...For about 6-months I wouldn't look in the mirror, because I didn't wanted to see my bald head or having just one breast. I felt very ashamed and less of a woman and especially hated the women I saw as if it was someone else. This is something most women often feel having breast cancer. My surgeon's nurse helped me to cope by saying; once you have the courage to stand in front of the mirror naked and don't move until you accept the person you see that's looking back at you. Remember, regardless of what body part or hair you've lost, you were born a woman and you are still a woman. You're also alive and no longer have cancer and isn't that something to be happy about. So, finally I took her advised and took a good look at myself in seeing I'm still beautiful, strong amazing woman I've always been. I would also put up positive sticky notes on my bathroom mirror to remind me each day how beautiful I am. I have them in a book, which I read time from time positive affirmations, because of those moments when I need a quick pick me up.

THE BIRTH OF YOUR MAGAZINE:

KUOM: Now moving forward to 2007 after having Breast Cancer, you created Karibbean Under One Magazine—KUOMagazine.com. What inspired you to create this magazine? How did you come up with the name? It was after being a part of the Orlando Carnival Association, when asking a few individuals a little about their culture. I realized by their response that many who wore their clothing to represent their island/country, wasn't knowledgeable what the colors in the flag stood for or the national symbols. So, I thought to myself how can I bring more awareness and educate on the many cultures we have within my community & worldwide. So, I created KUOMagazine with that mission and vision. As for the name, I remember brainstorming with a good friend of mine Henry, and I was telling him I needed a name for my magazine, but I wanted it to represent many cultures under one umbrella. He kept saying repeat what you just said, but leave out the words (**cultures & to be & umbrella**), and there's the name of your magazine. So, the birth of Karibbean Under One Magazine was born. For those that don't know me, my trademark is always spelling my C's with K. {Laughing}. To the left is my first printed copy of KUOMagazine.



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KUOM: You took 4 years off from 2010 in publishing KUOMagazine to continue your health-related illnesses from your Breast Cancer. How did you find the strength to break through some of the negative thoughts you had about feeling less of a woman and start to love yourself as a whole person again? George Bernard Shaw once quoted, *“life isn't about finding yourself. Life is about creating yourself.”* I was dealing with being in and out of the hospital, feeling depressed, and just trying to heal as a whole in loving myself from head to foot. It just seemed as if my life was so consumed with doctors and hospitals. When you're dealing with depression, these five S's....**Self-Acceptance, Self-Awareness, Self-Conscious, Self-Esteem and Self-Worth**, which truly effects our mind, body, and spirit from functioning daily. I started therapy and became conscious of those feelings and how it was affecting me. I was able to start loving and creating a better Mea from within. We first have to get to the root of the problem to move forward to heal and not sweep it under the rug, because it will eventually eat you up inside and lead to suicide or more health issues.

RIBBONS OF SURVIVORS 365:

KUOM: Mea you are truly a survivor and a warrior. Most people would quit their jobs or businesses but, now you created Ribbons of Survivors 365. What kept you motivated to say there's more work to do other than KUOMagazine? {Laugh} Being a 21-year Breast Cancer Survivor, I found it very helpful and therapeutic to share my story, and what I experienced. I wanted to become an advocate to help others like myself. I would give my time to help them both physically, mentally, and emotionally. I consider this my way of giving back to my cancer, chronic illness/conditions community and my brothers and sisters that are survivors. As you may noticed each of my brand names always have the number (365), because I celebrate life 365 and I love honoring survivors so that they can get back their voice, hear the most touching stories of other survivors and warriors that are still fighting their battle with ongoing illnesses. They are all my Ribbons of Survivors 365 who stand in their **FAITH**, in their **TRUTH**, in their **KULTURE**, and in all that they do 365! **HEAR THEM ROAR!!**

KUOM: Based on your experience, what's the profile of a woman who is able to survive and thrive in spite of breast Cancer? Surviving cancer is anything but easy. But, through my own breast cancer battles, those who are impacted by cancer, the word means many things to many people. Not sure if there's a certain profile, but what I can say is that **SURVIVING is the first key. We have a strength like no other to fighter this battle** of cancer, even on days when we are weak. Life is something precious, so we have to find something to focus on to find us strength. My focus was on my children, because I knew they needed their mom and I couldn't bear to leave them at that young age. Now, speaking of **STRIVING**, that's when we become true warriors on a mission to survive. As a cancer survivor everything is a battle from keeping a positive mindset to educating ourselves on ways to stay healthy. We no longer allow cancer to determine how we live our lives to achieve our goals. So, I guess the profile would be combining Surviving & Striving as our power source, and not let cancer be our kryptonite {Laughing}.



KUOM: What advice would you offer someone who has been diagnosed/battling cancer? Definitely do your research about the type of cancer your have, because these are questions you'll need to ask your doctor. I can't stress enough about **“Self-Care,”** because it's so important when it comes to your skin, eating a nutritional diet in building your immune system to prevent infections. I would also recommend seeing a nutritionist who specializes with cancer patients, because a healthy diet helps your body function at its best. It also helps you to keep up your strength, energy level and your defenses against infections. A healthy diet can also prevent body tissue from breaking down and build new tissues. Find a support group as a way to cope with what you are feeling and try to keep a positive circle of family/friends to help you stay positive during your treatment. Most important, don't ever give up on those bad days, because it shall pass, and you'll rise from it. I am a testimony that, there is a wonderful and an amazing life after cancer.

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KUOM: You created Ribbons of Survivors 365, why now Men & Women of Kulture and why were you bullied? {A funny story} Years ago, I was given the name Brain, because of this cartoon show called "Binky & The Brain. Brain was the one that was always looking to take over the world {Laughing}. So, here I go again in 2016, my next take over was Women of Kulture. I was discriminated because of my culture and bullied in school by kids that didn't understand this mixed Caribbean/Canadian girl. I was constantly bullied because of my cultural (Jamaican/Canadian accent). Everyday they teased me saying "what's your ethnic background, because you're not black or white, and why do you speak like that." The list just went on and on, which lead me to cry and doubt who my mom raised me to be in being proud of my culture and love who I am. Later in years I experienced the same situation working around a non Caribbean environment. By attending cultural events I ask a few women if they experienced what I did, and the answer was yes. They would shun



away from speaking with their accent, because of the constant questions about their culture and was treated differently. My mission and vision of "Men & Women of Kulture was to celebrate various cultures and the positive things they were doing within their community, by sharing their accomplishments, and personal stories of battles/obstacles they've overcome. In 2018, I shifted to rebranding to Women of Kulture 365, because like me I celebrate my culture every day of the year. I also host an Annual "Kings & Queens Edition" Men & Women Empowerment Luncheon," to honor 6-8 men & women from various cultures, while enjoying a delicious lunch with their family and friends. This truly becomes a Brotherhood & Sisterhood affair. This year I will officially launch my Young Men & Women of Kulture 365 to celebrate the positive things our youths are doing in their community and in school. I also do a empowerment luncheon for my Ribbons of Survivors 365 as well.

KUOM: What's the one piece of advice that you learned from your parents or any adult influence that you still use to this very day? My late mother always raised me to be proud of who I am, where I came from. And would also say; *"anything your mind can conceive, you will achieve."* The word "can't" is never a part of my vocabulary. But, more of all be true to yourself and others.

KUOM: You are also a survivor of Domestic Violence and how did you recover from that experience? I was in a relationship with someone who was abusive. But, I had the strength to make the final decision to walk away and leave that relationship permanently. I guess the values my mother instilled in me to be independent and strong, truly gave me the courage and strength and realized this type of relations was not healthy. There are 1 in 4 women and 1 in 7 men who will experience severe physical violence and 1 in 10 women in the United States will be raped by an intimate partner in their lifetime. This is a topic that needs to be address and bring awareness, not just in the month of October, but 365. As part of my Ribbons of Survivors 365, I am dedicated to share these stories of survivors and remember the ones we've lost. Often times we are standing or sitting among those who are victims and can't walk away for whatever reason. My prayers go out to all of them and that there will be **"NO MORE SILENCE."** The Statistics about Domestic Violence. On average, nearly **20 people per minute** are victims of physical violence by an intimate partner in the United States. During one year, this equates to more than 10 million women and men. **1 in 3 women and 1 in 4 men** have experienced [some form of] physical violence by an intimate partner within their lifetime.

KUOM: If you had an opportunity today, what would you say to your younger self? {Laughing} I would say; Self, no matter what obstacles or storms that blows your way or causes you pain, two words to remember is **"Forgive"** & **"Thank you."** Those are life lessons of people who might hurt you for whatever reason that you'll discover many gifts within yourself to be better than you were and bounce back a stronger person. So, forgive them and thank them, because many blessings will come to you 10 folds over. Trust me I know, lol.

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KUOM: What's the next chapter for Mea or Lady Brain, lol? {laugh}, you got jokes. Well for one I have accomplished my Certification as a Professional Life Coach, and I just completed my certification of a Health & Nutrition Life Coach to enhance my advocacy with my brands. I am looking forward to when this pandemic is over to travel in being a worldwide Motivational Speaking and a Health Advocate. I would like to finish writing my book in 2021, and to become a best-selling author, for now {LOL}. My brain is always coming up with something, so you will just have to keep reading KUOMagazine or follow me on my social media to see more to come of Lady Mea/The Brain!

KUOM: Today, what have you learned about yourself that you were not conscious of before getting Cancer? I come to realize my purpose in life is to be a Health Advocate, and Life Coach, which I have been doing for many years ago before getting my certifications. I believe that if never had cancer my path would totally be different. Sharing my story of battling this disease has been therapeutic and healing for me. I embrace my survivorship of breast cancer; because I'm assisting others that are going through challenges in life by helping to coach and educate them of the various cancer, chronic illnesses/conditions to cope physically, mentally, and emotionally in their daily lives. Help them to know their options and guiding them to a renewed life's journey of happiness. I truly believe we are our own health advocate; it's our body and we have to protect it as much as possible. My #1 Rule for me, is getting yearly checkups, educating myself, changing my eating habits, exercising as often as I can, and most of all, having Faith and a Positive mindset. Remember, cancer chooses us, but we embrace the journey and fight back stronger.

Bonus: Describe Mea Allman in three words? Authentic, Integrity & Selflessness

KUOM: Do you have any final words you would like to share? Yes, please keep in mind that each women responds to hearing you have Cancer differently. It brings their life to a different pattern, which he/she will have to redesign how their new journey will become. A few tips for early prevention is that knowledge is power to live longer and healthy. Remember, get your annual mammogram and do self-examination at home. Studies have shown that if you're 20-39 years old or 40 or older. All women can get breast cancer. Many breast cancers can be treated successfully, but the chances for success in treatment are highest when cancers are found early. We may not know how to prevent your chance of having cancer, but we do know how to find it earlier when the chance for this treatment is the greatest. Find ways to embrace your survivorship after cancer, by just start living, and do the things you've always wanted to do and worry less. Giving yourself the mental & physical makeover (self-care). Most of all be good to yourself and love all their flaws, because you are a perfect creation of GOD. My mom always says, "Prevention is better than cure." Love the body you're in and take good care of it like your it's your best friend.



Special thank you to everyone who made this issue a very special issue for me. If you would like to share your story, please feel free to contact me at email iamkuomagazine@gmail.com. Stay connected with me on my following links below.

Written Collaboration by Dr. Donald Tate, Koogie, Lenny Burg, Ria Mali, Ronyai Hawkins, Sandi Morais

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BREAST CANCER

AWARENESS MONTH

Bringing Awareness & Sharing Stories of Warriors!

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Healing Isn't Pretty.. But Necessary!

First off, I wanted to take a moment to say thank you to our extended family. Those who have been following and enjoying the content that the writers and myself at KUOMagazine are producing to bring awareness. In honor of this edition's topics I'm gonna let you all in a little bit more as I share about my personal struggles and triumphs within my journey. As a survivor of bullying I can recall the different levels of abuse I suffered from my father's and mother's side of the family while sojourning through my coming of age process. I grew up in a tribe full of clergymen but behind the Sunday morning sermons and after service dinners many of them had alter egos laced with demented, egotistical, controlling attitudes along with predatory spirits. Organized religion became my taskmaster as I was discovering the power of poetry at the age of 12 thanks to my mother. I realized that I had multiple gifts within the performing arts and all I wanted to do was share it with my father and other family members. The results that I received from them was ridicule, neglect, jealousy, verbal, emotional, mental, and spiritual abuse. A son who was seeking validation from his father as a sign of approval was only reciprocated with hatred. As I grew into my gift and doing spoken word I was receiving statements like, "You know you're not supposed to be out on a Sunday night!!!" "That's not of God," or "that's junk." These comments and some even worse caused me to move into depression town and live there in silence for ten years. An honor roll student athlete as well you would think family would be more supportive, but in this case they were not. Religion almost killed my spirit to create. Killed my drive and I was on the verge of giving everything up. Also, to add more insult to injury I was thrown into adult like situations by being touched inappropriately at the ages of 10 and 15 years old. However, that's not the end of this story and yes my friend there are a turn of events.



My healing journey started four years ago when I decided to write a letter to my father and uncle thanks to having counseling sessions. I never gave up poetry or my gifts. I realized that writing became my superpower which I highly recommend to those who are reading this story. I begin to confide in my counselor and therapist. In 2016, an old friend of mine took me to a film festival and I discovered there were other creatives like myself who wanted to use their gifts to bring change to the world. There was a resurgence in my spirit and in that moment I realized that I was appointed to be the game changer in my family. I was called to break that vicious, poisonous cycle that kept popping up in each generation. I used a variety of tools to help me along the way to heal. From exercising, walking, running, connecting to nature, prayer, meditation, journaling, counseling sessions, writing a monologue and more help me to face my triggers and uproot generational issues that were laying doormat in my soul for years finally set me free. I even went to my father and asked him questions. Even though I never received any answers I'm coming to understand that I must forgive and move on because it's not me who is hurting. If you peel back the layers the bully is usually broken and victimized through a series of events. Someone in their family dished the same measure of pain to him or her as well. The internal work is NEVER easy and no it's not pretty. You will fall on your face several times and feel like a failure. Nevertheless, don't give up. Face your greatest fears and demons if you want to move forward in life. If you truly want to see change do the internal work. No matter how long it takes, do it to become a better you. Do it to get free. I also recommend fasting as well. Yes, I have a long way to go but the key thing is start today and God will meet you right where you are. Thank you for reading and please share. Blessings.



Written by Ronyai Hawkins, KUOMagazine's Men of Kulture 365 Journalist

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**FEVER
FLU AND COUGH
FATIGUE &
CONFUSION
BLUISH LIPS OR FACE
DIFFICULTY IN
BREATHING
PERSISTENT PAIN
OR PRESSURE IN
THE CHEST**

DEFEAT

COVID 19

SPREAD THE WORD

PREVENTION IS THE BEST REMEDY

- **WASH HANDS REGULARLY**
- **DRINK PLENTY OF WATER**
- **AVOID PUBLIC PLACES**
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Welcome to Greater Level Of Wellness (G.L.O.W.) *Healthy Living with Dr. Pat Smith*



Living well with Diabetes

The American Diabetes Association along with other Health Organization have designated November as National **Diabetes Awareness Month**. This is a time when communities across the country team up to bring a more intense attention to **diabetes**. This year's focus is on the link between diabetes and cardiovascular disease. **According to current research, Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes.** This is because over time, high blood glucose from diabetes can damage the blood vessels and the nerves that control the heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke. The slogan for this year's National Diabetes Awareness Month is: we "Take Diabetes to Heart: Linking Diabetes and Cardiovascular Disease." To reduce your risk of cardiovascular related diseases:

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits - be more physically active
- Learn ways to manage stress.
- Take medicines as prescribed by your doctor and **Be cautious about the use of certain food item that are marketed as: "healthy", Agave syrup is one such example.**

Is agave healthier than regular sugar?

Dr. Pat Smith, Registered Dietitian and Licensed Nutritionist cautions the use of agave syrup by those who are diagnosed with diabetes. Did you know that many of the sugars on the market that are sold as being "healthy" for you, can be very harmful to your health? It can be even worse if you are diagnosed with diabetes. Foods with a higher glycemic index (GI) can cause sudden spikes in the glucose of the blood and may affect one's health in a negative way. Glucose is found naturally in many starchy and sugary foods. A large intake of sugary foods, even if it is found naturally in foods, can cause a sudden rise in blood glucose. Agave is a plant that is mostly grown in the desert and it is harvested to make mostly tequila syrup. Agave was previously believed to have healing properties. The agave plant provides a good substitute for regular sugar, however, because it is much sweeter than sugar, Diabetics must be cautious when using it. Unlike glucose however, fructose does not rapidly raise blood sugar or insulin levels in the short term. This is why high fructose sweeteners are often marketed as "healthy" or "diabetes friendly." Agave nectar in its natural unrefined state, has a very low GI — primarily because almost all of the sugar in it is fructose. It has very little glucose, at least compared with regular sugar. Agave nectar, in its unrefined state, is low in glucose and therefore doesn't spike blood sugar levels much. This gives the sweetener a low glycemic index rating.



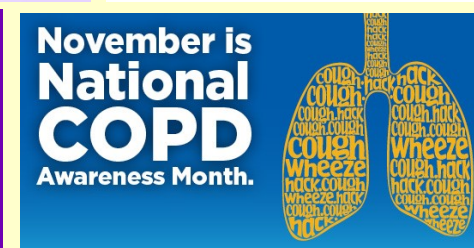
Most of the agave sweeteners that are sold on the market is generally made by treating sugars with heat and enzymes which destroys most of its potentially beneficial health effects. The end product is usually a highly refined sugary unhealthy syrup. Processed Agave syrup/nectar is not a healthful replacement for table sugar. While it is less harmful and more natural, people who are closely managing

blood glucose should be very careful when using agave. The high fructose content can reduce insulin sensitivity and may worsen liver health. Agave is also a higher-calorie sweetener than table sugar. If you must add extra sweetness to your diet, agave nectar might not be the best alternative.

Continues on page 33

Website: <https://www.healthline.com/nutrition/har>
Source: <https://www.niddk.nih.gov/.../partne.../national-diabetes-month...>
Source: (NIDDK), Part of the National Institutes of Health
Website: [National Institute of Diabetes and Digestive and Kidney Diseases](#)
(NIDDK), part of the National Institutes of Health.

National Health Awareness (Sept./Oct./Nov. 2020)



Men & Women of Kulture 365



Traditional Medicine with Natures Essentials

Traditional Medicine not only heals our bodies, but it also promotes skin wellness. With so many readily available commercial skin care products today, it's easy to be confused about how best to care for our skin.



Moisturizers full of petrochemicals and other unpronounceable ingredients can actually exacerbate skin conditions like eczema, psoriasis, etc. Quite literally, the skin consumes what is applied to it, and distributes residual amounts into the body, which is why the quality of the products we use on it; is very important to our overall health. Our skin is the body's largest organ, working in tandem with the liver and lymphatic system to assist the body with functions like elimination of toxins, maintenance of temperature and preserving the integrity of our internal environment. This issue's Traditional Medicine interview is all about Nature's Essentials, a wonderful, natural skincare line. We are chatting with Paul Anthony Sutherland, the CEO and founder. Paul believes that Traditional Medicine "is the original method of healing, using plant matter in various forms to attain homeostasis. When the body is dis-eased, an element in the system is out of harmony. The goal of true traditional healing is to bring the body back into harmony."

When asked how this philosophy applies to his products, he replies: "This path to wellness is vitally linked with Nature's Essentials primary mission; to "change lives one drop at a time" using all-natural products to meet various needs." He further states..."I test all herbs on myself first to attest to their efficacy prior to suggesting their usage to others."

KUOM: Paul, was the My Everything Oil your original product, and what was your motivation for creating it? My Everything was the first item I produced. I am naturally curious. So, my curiosity led me to experiment with essential oils after learning more about their properties in 2012. Initially, I was curious about how well hair would grow utilizing an oil blend. And in 2013 My Everything was born.

KUOM: Tell us a bit about the founding of Nature's Essentials. Did it begin after you realized how popular your oil was becoming with your customers? I actually founded the company before I had any customers. I ran a few successful tests with friends and family. After I got the feedback I needed, I was ready to start selling. The popularity and resulting sales boom followed maybe a year later.

KUOM: You are known for using top quality, natural and organic ingredients in your products, give us an idea about the level of research and strategizing it took to produce the formula and source the ingredients for the My Everything Oil. I've never thought about how much time, energy, and planning it takes to produce any of my formulas. I enjoy the process, so it doesn't occur to me. I would say on the whole, research, procurement, strategy, and development takes anywhere from 2 to 4 weeks.



Continues on page 35

KUOM: What was your childhood like in Jamaica and when did you arrive in the states? And do you credit your Jamaican background as having inspired your passion for herbs and natural remedies? I was actually born in the United States. From 2 months up to the age of 15, I had the opportunity to visit my paternal grandparents in Jamaica every summer, for a few months. My grandmother was a nurse and an herbalist. I was able to glean a lot from her. My grandfather was a farmer and carpenter. When he'd take me out to his cow pasture, he'd teach me about some of the plants and animals that we'd encounter. Back in the US, I'd learn a bit from my father, mother, maternal grandmother, and family-friends in our tightly knit, Jamaican community. Outside of that, I'd read to expand on what I'd been taught. I test all herbs on myself first to attest to their efficacy prior to suggesting their usage to others.

KUOM: Can you tell the readers about the wonderful range of products the business has expanded to include, and where they can be purchased? I started with My Everything and am now selling 6 other products. I sell Ghanaian-made black soap, Jamaican Black Castor Oil (Currently out of stock), a shampoo/beard wash, that doubles as a body wash, a lavender myrrh body balm, and a chocolate-mint body balm. All of the products are available on our website; www.naturesessentialoils.net. As far as brick and mortar goes, you can also purchase My Everything and the Lavender/Myrrh balm from Three Masks Inc (1023 W. Colonial Dr.)



Bamboo Fiber, Charcoal Infused Floss



KUOM: Is there a product from your line that you would recommend rejuvenating the skin of survivors of cancer and other diseases? Sure! For cancer survivors first off, I'd suggest using only the most natural products. Avoid using anything that includes ingredients that you cannot pronounce (loads of chemicals and highly processed). From my line, I'd suggest, the African Black Soap, My Everything, and our My Serenity body balm. Not only are they healing, they smell great!!

KUOM: In closing, how do you personally include Traditional Medicine practices in your everyday life, and would you encourage others to do the same and why? Upon waking, I do deep breathe exercises, drink water, and consume a homemade roots tonic. If I am feeling under the weather or feel like I may be coming down with something, I'll visit my garden, get the herbs that I need, make a tea or tonic, then I'm good to go. I'd encourage those who are seeking healing to seek a more natural approach. Most times the natural method takes a little longer, but the effects are longer lasting. Side-effects are minimal if any at all. The goal is to heal the body, not just place a band-aid on it, and vegetation is the perfect fit for the job. Deep breathing, physical exercise, sunshine, rest, proper nutrition, and positive relationships all contribute to our healing, so I include them in my arsenal of traditional medicine.

On behalf of KUOMagazine.com and myself, I would like to thank Paul Sutherland for sharing his inspirational Traditional Medicine story with us. We encourage our readers to reach out to him through the following links:
Facebook: <https://www.facebook.com/naturesessentialsoils>
Instagram: https://www.instagram.com/natures_essential_oils
Website: <http://www.naturesessentialoils.net/>

Coach Dawn Hewitt, CHHC, KUOMagazine's Traditional Medicine Journalist
Certified Holistic Health Coach (CHHC)

Facebook: <https://www.facebook.com/dawn.hewitt1>

Instagram: <https://www.instagram.com/dawnsheren>



My Serenity Body Balm

Greater Level of Wellness (G.L.O.W.)

September is Suicide Prevention Awareness Month

In this issue of KUOMagazine our Journalist Ria Mali shares a personal story about the lost of her brother Efren. She mentions It took me decades to stop feeling guilty of what a relative of mine did to himself. My relative committed suicide. I live with that loss every day. Some days it consumes me and some days I speak positive affirmations to myself and scriptures. The guilty part that I use to feel was more so about me wishing I noticed some signs. There were some. I just never thought it would come to suicide. Some people won't show any signs. They can also come from different backgrounds and upbringing. There's not a day that goes by that I don't think about my brother. Very painful to live with.

To my brother, Efren (Jr/Junny) You will Forever continue to be in my heart. I miss you dearly. Continue to Rest. Love your little sister

Warning Signs

The warning signs of suicide are indicators that a person may be in acute danger and may urgently need help.



- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself.
- Talking about feeling hopeless or having no purpose.
- Talking about feeling trapped or being in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated, or reckless.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge; and Displaying extreme mood swings.

Sometimes we can get caught up in our lives and not notice others or maybe it's you just needed an ear to listen. Needing to just talk. Get help or help someone get help. Today.

National Suicide Prevention Lifeline

Hours: Available 24 hours. Languages: English, Spanish

Contact: 1-800-273-8255

Website: <https://suicidepreventionlifeline.org/talk-to-someone-now>

Your call is confidential.

Written by Ria Mixon, KUOMagazine's Beauty 411/Fitness Journalist

Facebook: <https://www.facebook.com/wellnessmattersnationwide>

Instagram: <https://www.instagram.com/riamali>

Websites:

<https://beautyandwellnessmatters.com>

<https://riamali.com>

<https://Riamalifitness.com>

<https://recipesfortheskin.blogspot.com>

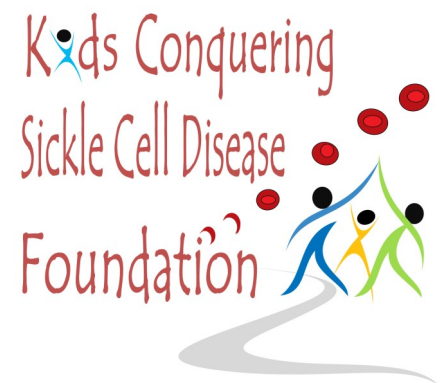
Impacting Lives, Empowering Families and Giving **Hope!**

September is Sickle Cell Awareness Month. We wanted to bring attention to one of our dear friend Carla Lewis, who the Founder of Kids Conquering Sickle Cell Disease Foundation (*Kids Conquering Sickle Cell Disease Foundation is a nonprofit 501c 3 organization dedicated to provide awareness, education and support services to our community impacted by sickle cell and other life threatening blood disorders.*), started in 2004 as a support group at Arnold Palmer Children's Hospital established by our dedicated founder, Carla Lewis. To meet the growing demands of community, our foundation established as a nonprofit organization in October 2014. In 2001 upon relocating to Orlando, Florida, Carla and Delaun Lewis learned they were expecting a baby. Their hearts filled with joy as they prepared to welcome their newborn to the family. Two weeks after their son's birth they received newborn screening results with concerning presence of the sickle cell hemoglobin gene. Upon results of follow up tests, their son Shamar was diagnosis with sickle cell disease. Carla had very little knowledge about sickle cell. She was determined to learn everything possible to assure the best quality care for their son. Without hesitation Carla looked for resources & families to learn about sickle cell. She realized health professionals & families lacked educational & supportive resources. Carla Lewis established a support group that planned educational fun events, hospital visits and provided awareness bridging a gap in the community.




Today Kids Conquering SCD Foundation, Inc. is an achieved vision to further provide education & needed services to children, families, & the community. Our organization is a officially established 501 c 3 non-profit organization. We exist so children & families that strive to fight challenges associated with this serious life-threatening disease are empowered with hope, resources & support. We join the fight against sickle cell and other hemoglobin disorders by assuring that children are not alone by providing hope & help to strive with our support.

The have several programs available such as: *The Young Adult Sickle Cell Alliance, COVID-19 Resources, Emerging Adult Program & Young Adult Resources, etc.* The Mission of Kids Conquering SCD Foundation, Inc., is to dedicate with compassion to provide education, awareness, advocacy and outreach to improve the quality of life for individuals and families living with sickle cell disease and other hemoglobin disorders. More information, please visit at <http://kidsconqueringscd.org/>



Below are some Sickle Cell Warriors who share their stories of hope and courage, please visit: <http://kidsconqueringscd.org/programs/warrior-stories/> to many more stories of other warriors.

Kids Conquering Sickle Cell Disease Foundation
Presents




WARRIOR
STORIES of HOPE
FEATURING
DAYSHANA

"I have been a licensed cosmetologist going on 11 yrs. I am also the mother to my amazing son."

Defining Strength, Inspiration & Hope!
TO READ MORE VISIT:
[HTTP://KIDSCONQUERINGS CD.ORG/PROGRAMS/WARRIOR-STORIES](http://kidsconqueringscd.org/programs/warrior-stories)
[WWW.KIDSCONQUERINGS CD.ORG](http://www.kidsconqueringscd.org)

Kids Conquering Sickle Cell Disease Foundation
Presents

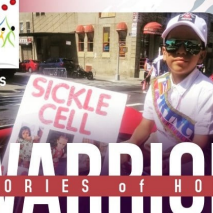


WARRIOR
STORIES of HOPE
FEATURING
DeMitrus

"I fight hospital stays & when I am discharged home having to cook, clean, & take care of myself weak with no energy, still finding a way always made me Stronger!"

Defining Strength, Inspiration & Hope!
TO READ MORE VISIT:
[HTTP://KIDSCONQUERINGS CD.ORG/PROGRAMS/WARRIOR-STORIES](http://kidsconqueringscd.org/programs/warrior-stories)
[WWW.KIDSCONQUERINGS CD.ORG](http://www.kidsconqueringscd.org)

Kids Conquering Sickle Cell Disease Foundation
Presents




WARRIOR
STORIES of HOPE
FEATURING
Joey

"One of the greatest challenges our son, Joey has endured with complications of sickle cell disease was not being able to run around & play with his friends."

Defining Strength, Inspiration & Hope!
TO READ MORE VISIT:
[HTTP://KIDSCONQUERINGS CD.ORG/PROGRAMS/WARRIOR-STORIES](http://kidsconqueringscd.org/programs/warrior-stories)
[WWW.KIDSCONQUERINGS CD.ORG](http://www.kidsconqueringscd.org)

Kids Conquering Sickle Cell Disease Foundation
Presents



WARRIOR
STORIES of HOPE
FEATURING
Kay-Diene

"One of my biggest accomplishments is being cured of sickle cell disease!"

Defining Strength, Inspiration & Hope!
TO READ MORE VISIT:
[HTTP://KIDSCONQUERINGS CD.ORG/PROGRAMS/WARRIOR-STORIES](http://kidsconqueringscd.org/programs/warrior-stories)
[WWW.KIDSCONQUERINGS CD.ORG](http://www.kidsconqueringscd.org)

Overcoming Bullying To Giving Back!

October is Bullying Awareness Month and KUOMagazine is honored to have Mark Hulsewe share his story of being bullied and giving back to bring awareness and to inspire others. Mark overcame bullying and severe depression as a child was one of the most difficult experiences of my life. Although no one ever physically hit



me, kids used hateful words that ripped my mental health apart. I was an extremely tall, skinny and socially awkward kid. So often I was told that it's just words, but people don't understand the impact words have on the mind. At one point I almost committed suicide when I was nine years old. My mind absorbed all of the negative energy and my behavior followed the negative belief system others instilled in me. I didn't enjoy life, hated going to school, and developed very poor social skills. This carried on throughout Elementary, Middle School, High School, and College. I didn't realize my subconscious mind was programmed for failure from childhood. It was reading the book "The Power of your Subconscious Mind." that changed my life. I had to reprogram my belief system. This was done through affirmations, meditation, reading, and mindfulness exercises. Once I changed my inner belief system I was able to create a new life. I had the confidence to pursue my dreams. I auditioned for Chewbacca during Star Wars Weekends and found my purpose. That is to bring joy and happiness to others.

From there I was able to become a Stunt Actor for Disney, joined a television series with Tyler Perry, and recently got a part in a movie with one of my heroes Dwayne Johnson. I am living out my dream. Never in a million years did I think this was possible, but it was because I was able to take control and redirect my life. My mission to help others realize their dreams. That they also can take control of their life. I want my story to be an example of what's possible. Bullies behave the way they do because of their own insecurities. If you focus on yourself and your growth, you can achieve anything you want to in life. Your mindset is your only limitation. The greatest feeling in life is the gift of giving back. For me, raising others up by sharing my story has been my top priority. I met Sean Roberts from Amrak and was given the opportunity to do so. His entire mission is to teach kids that their lives matter. So it seemed like destiny that we met and he gave me a platform to share my story. We were invited to speak at a private school in Tampa. After the speech was given, multiple students approached us sharing how much we impacted them in a positive way. This is what life is about. Impacting others, we are one large community. When we raise each other up we raise up humanity as a whole. I am very grateful for Sean and Amrak and the impact he will have in the world. We also finished wrapping a movie called "My new family" that addresses racism and discrimination that continues to permeate our culture. Too often bad things happen because good people do nothing, I am happy to partner with Sean in our global mission and effort to bring light and add value to those that need it the most.



On behalf of KUOMagazine we want to say thank you to Sean Robert (Founder of AMRAK) and Mark Hulsewe for sharing story of being a true warrior and courage in making a difference. Stay connect with Mark on Facebook <https://www.facebook.com/mark.hulsewe> and Sean Roberts online at Amrak209@icloud.com or <https://www.amrakantibully.org>

Written by Mark Hulsewe

Photo Credit: Mark Hulsewe & AMRAK



Yelling... a scream... a cry out... objects shattering... a hard shove... a slap... a gut-wrenching plea for help... a fall...a kick or a punch to the body... another frantic plea for help... but when it's over, the abuser says tenderly, "I'm sorry. I didn't mean it. You know I love you, Baby!" or "See what you made me do? Why did you make me do that? You know. It's your own fault." This is a normal occurrence many children witness daily throughout the United States. Statistics show that 2-4 million women are abused each year. According to the FBI, a woman is battered every 15 seconds. In the time it will take you to read this short article, over 100 women will have been harmed or killed! And women and children are not the only ones being abused today. Abuse data exists for men as well. All of it needs to stop. Even today many women spouses observe the unwritten rule: "What happens in this house stays in this house." The spouse routinely explains bruises, slips, trips, and falls, as her being just plain clumsy or having accidents. In the past, when a victim reveal being hit, even her best friend would ask: "What did you do?" Thankfully, times have changed, but not for all abused persons.

HURT PEOPLE END UP HURTING PEOPLE

Many children grow up making an effort to not become what they have seen; however, too many end up repeating the only behavior they've ever known. When many children are beaten by a parent they are often told: "I'm only doing this because I love you." Many young children grow up confused, thinking that to receive physical abuse is to be shown love, and they will stay in an abusive relationship because of what they've seen their mothers endure. They won't report abuse, seek resources or other supports that are readily available because they feel getting hit is how their mate or parent shows their love. Abused females, and even males, may experience, guilt, shame and embarrassment, anger and fear when faced with the decision to leave their abusers. A primary consideration for women is that most often, the abuser provides the primary financial support in the home. So, an abused spouse faces the prospect of homelessness, on top of the physical and mental abuse already endured. Studies reveal that half the homeless women and children in this country are fleeing domestic violence. They also show this problem is further complicated by the fact that women face a greater risk of assault when they threaten to leave their abusive partners or report them to authorities. Additionally, and maybe more tragic is the reality that abusers tend to abuse their children as well as their mates or partners. I have a close friend I'll call Benita. When I met Benita, there was some permanent swelling in her face; she explains this was due to nerve damage under her left eye. Actually, her eye was almost destroyed after her abuser beat her in the face for seven hours. She had neither the strength, nor the will to flee because she believed he would surely kill her.

She volunteered that when she was 18 years old, she was thrown headfirst into a pile of bricks when she was out with friends as a crowd watched. No one helped her, but all stood around and watched like it was the neighborhood entertainment. She was even beaten when she was pregnant. Her abuser always ended the torture by blaming Benita for provoking the pain, and she always tried to "do better" to avoid another beating. Predictably, she was always unsuccessful. Benita's empowering moment (her epiphany) came while watching *Oprah*, whose topic that day was "Domestic Violence." Benita was in shock as she listened to other women reporting their stories, and the stories of women who died at the hands of their abusers. On the show she watched the clip of a child recording his mother's beating.

Continues on page 40

Tears poured down Benita's face and her body trembled when she heard Oprah say, **"THIS IS NOT LOVE! GET OUT NOW!!"** Benita realized in an instant that she was not alone, that real help was available, and that she was not at fault. At the end of the show, several numbers came across the screen and Benita wrote them all down. She called and a caring person connected her to the local agency for abused women. Benita's next call was to her mother, saying with resolve, *"Mommy, I want to come home."* If anyone reading this article is in Benita's *old* situation, we join Oprah in saying loudly and clearly, **"GET OUT NOW! THIS IS NOT LOVE!!"** There's real help available, just a phone call away. I highly recommend grief counseling before, during, and after you take the life-changing step to leave – to change your circumstance and maybe that of your children.



The danger of remaining in a toxic environment is that you will develop a co-dependency based on a distorted reality and come to believe that you are not worthy and there is no way out. The road to escape and recovery begins with the belief that escape and recovery is possible. Most importantly, the realization that you are worthy of a better life and future. To change your circumstance, you must first empower yourself by changing your enabling beliefs, attitudes, and behaviors. One of the important benefits of good counseling is it provide you with the reality checks needed to effect change. I specialize in grief recovery and helping my clients find a "new normal" - a healthy way of thinking and living rather than a slow way of dying. Free your mind and your butt will follow.

Dr. Tate is a Grief Recovery Specialist® and founder of Dr. Donald Tate & Associates. He offers a Grief Recovery Program® and is passionate about helping others incorporate a deeper self-awareness into their daily lives. Contact Dr. Tate at (571) 969-7766 or visit the website at ww.releasehthegrief.com.

Written by *Donald 'Dr. D.' Tate*

Email: donalddtate2@gmail.com

Website: <https://drdtate.com/about-dr-tate>



A New Direction Awaits You

I grew up in Eatonville, a small town in Central Florida. Like many children, I was a victim of emotional, verbal/physical abuse and bullying. One day, I told my mother about a particular instance of harsh verbal and physical abuse by my classmates, and I expected her to do something immediately to stop it. Instead, she shocked me with this statement: "If they're not talking about you, you're not doing something right." It dawned on me later that she was dealing with a higher truth...bullies never die. They just grew up and became our bosses, co-workers and even our spouses and children. It's up to us on how we deal with them! My life's passion has become my career choice, and I am here to educate and help others cope with physical and emotional challenges that they are currently encountering.

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A CHAMPION'S GUIDE TO TONED ABS AND A FIRM REAR END

Wellness Chefs

KUOMagazine.com Cooking with Chef Noel Cunningham



Chef Noel Cunningham is a Jamaican- Canadian award-winning Chef, Author, Food Writer, and Culinary Consultant, who shares a special interview with us and a delicious recipe.

Welcome To Our Wellness Chefs

Noel Cunningham

A Jamaican-Canadian Award-Winning Chef, Author, Food Writer, and Culinary Consultant!



Chef Noel Cunningham (born Jamaican, W.I.), one of Jamaica's most recognized and celebrated young chefs socially known as Chef Cunny. Chef Noel is the dynamic force behind his catering company, Cuisine by Noel. Recipe contributor to the Jamaica Gleaner, Cooking Sense Magazine, The Jamaican Eats Magazine, and food expert at Toronto Caribbean Newspaper. Chef Noel was born and raised in Kingston, Jamaica, who was influenced at a young age by his mother Jennifer Laidley and Aunt Miriam Reid, who is a professional chef and baker. His culinary journey began in high school when he did Food and Nutrition, which developed his love for the Culinary Arts. Chef Noel continued his education at Runaway Bay HEART Hotel and Training Institute in Jamaica. He has been working in the hospitality industry since the age of nineteen in some of the leading Hotels, in the island's tourist mecca as a Certified Chef De Partie, which propelled him onto the "Culinary Catwalk."



Despite working as the head chef for several acclaimed restaurants in Jamaica, it was at Mantra, at age 21 where he truly honed his skill as Head chef/restaurant manager. It wouldn't be long before Chef Noel made a name for himself in Jamaica. I have been following Chef Noel on Instagram for some time and fell in love with his delicious cuisines. Being a Jamaican-Canadian as well, it was an honor to feature Chef Noel in this Sept./Oct./Nov. 2020 issue of KUOMagazine.com.

KUOM: When did you realized that you wanted to become a chef? I wanted to become a chef when I was in High school. I was awarded top performer twice for food and nutrition. By this, I realized it's what I really love and was good at it.

KUOM: What was your first memory of your love for cooking? My first memory for my love for cooking I would say it was during my work experience at Soldier Camp in Jamaica. The Soldier that was in charge would take us under a tree every day after the lunch shift and teach us culinary terms and he would give us in-depth knowledge on the industry, and I think that was it. After that, I started experimenting more.

KUOM: Where do you draw your creative inspiration from when preparing a recipe? I draw my creative inspiration from different cultures, mixing modern technique with traditional dishes and just doing things my way.

KUOM: What have you learn during your culinary training/techniques that you're still implementing today as a chef? I learn so much about time management and as a chef it is very important to manage your time. The importance of health safety and sanitization. That's, not something you take for granted.

Continues on page 44

KUOM: What recipe has been your most challenging? Oh lord lol, I stay away from those challenges; they are a few that are labor intensive, takes time or need more space. I can't point on a specific now, but they are some that I need to challenge. I haven't come across many challenging ingredients as a chef once you understand cooking techniques and methods of cooking as well as flavors it easy to use any ingredients.

KUOM: What 4 ingredients are a must-have in your kitchen? And what has been your most challenging ingredients to work with? My Chef Noel's Jerk Marinade is a must-have, Pasta because it's easy to cook on a day when I can't do too much. Some Seafood, Salmon, Snapper or Shrimp and my Jamaican Ackee.

KUOM: As a professional chef, do you cook by taste or measurement? These days I cook my measurement if it's a recipe I want to blog, but cooking for myself or at home, I cook by taste for sure.

KUOM: As most people are shifting towards an alternative plant-based society, what foods you suggest to vegan/vegetarian who are experiencing a deficiency in O-Mega 3, 6 & 9 and Vitamin D, etc.? Get lots of Spinach, Broccoli, Avocado and Kidney, Chia Seeds, Brussel Sprouts & Beans in your diet.

KUOM: Do you foresee yourself as a master chef? And if so, how are you preparing yourself? Not really that's a lot of stress and expectation the higher you go, more pressure.

KUOM: If you could prepare a meal for anyone, who would it be and what would you make? I would definitely cook for Oprah Winfrey. I would keep it simple and make her a Jamaican fusion dish. Warm things up with a fire-roasted pumpkin, coconut bisque with scotch bonnet - herb oil and coconut foam, Escovitch Fish with my Bammy bites to start. Then a stuffed jerk chicken supreme with sweet potato puree sautéed veggies and my 876-Signature cocktail.

KUOM: OMG, now that's making my mouth water. What has been your funny kitchen incident? I was working at Hedonism Hotel and the sous chef told a staff member to make meatloaf and she started getting mad that they trying to pressure her because it's late and now she will have to go and make bread dough plus make the filling. She was thinking of something totally different. It was just the regular meatloaf in a loaf thin. That was a funny moment.

BONUS - Finally, what advice would you give someone that wants to become a chef? Make sure you are serious and dedicated it takes passion to stay in this business, you won't become rich overnight like a food network star but that's where you should aim. Read a lot, stay up to date with trends and what's happening in the industry. Network and make sure you find a mentor or a role model.

On behalf of KUOMagazine, we want to thank Chef Noel for this special interview and his delicious recipe of Blackened Salmon and Coconut Lemon Quinoa with Pineapple Salsa on page 40. Stay connected with Chef Noel on all her social media/website links below and to purchase his book call "Cuisine by Noel." Also, watch a video that was taken at James Beard House 2018 on: <https://youtu.be/biKeSI3hdxw>

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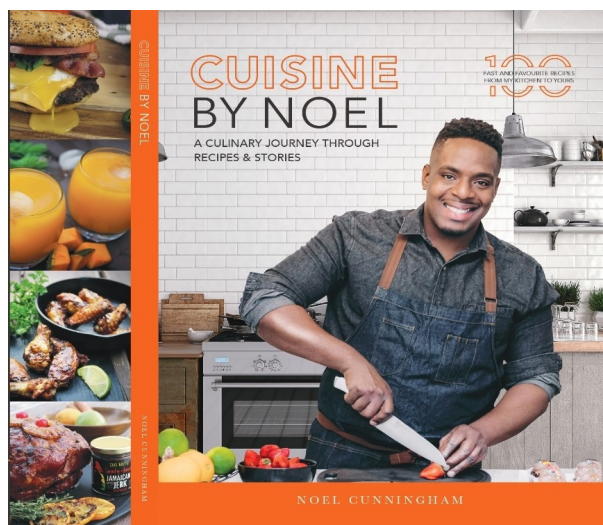
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Blackened Salmon & Coconut Lemon Quinoa with Pineapple Salsa

Ingredients:

3 6-oz. salmon fillets
salt & pepper to taste
1 tsp. cayenne pepper
½ tsp ginger powder

Salsa

1/2 diced pineapple
1/4 diced red onion
½ diced green peppers
½ diced red peppers
2 tbsp. extra-virgin olive oil
1 tbsp. chopped fresh parsley
salt and pepper to taste
1 tsp. lime juice

Quinoa

1 cup quinoa
1 cup water
1 cup coconut milk
1tbsp lemon juice
2 tsp lemon zest

Method:

Step 1. Place all ingredients for the quinoa in a pot and bring to a boil. Reduce to a simmer, cover and cook until all the liquid is absorbed. (about 15 mins)

Step 2. While the quinoa is cooking combine all the ingredients for the salsa, season to taste with lime juice, salt and put aside.

Step 3. Marinate salmon with spices and set aside. In a heated skillet cook salmon on both sides for 5 to 6 minutes per side until cook through and enjoy.

Recipe by Chef Noel Cunningham

Photo Credit: <http://cuisinebynoel.com>

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Wellness Chefs

Celebrity Vegan Chef, Sandi Morais



CASHEW PARFAIT FRUIT BOWL

Berries are loaded with vitamins, minerals, fiber and antioxidants. They are great for snacks, making smoothies or a delicious dessert. Dragon fruit and kiwi are also a good source of fiber and vitamin C. My Cashew Parfait Fruit Bowl recipe is a wonderful way to enjoy the health benefits of berries, kiwi and dragon fruit. The Cashew Parfait Fruit Bowl can be made for Breakfast, Snack or Dessert.



Serves:2

Prep time: 10 minutes

Total time: 10 minutes

Ingredients: Cashew Cream

1/2 cup water

3/4 cup raw unsalted cashew nuts (soaked for 10 minutes)

4-5 pitted dates

Ingredients: Fruit Bowl

2 kiwis (peeled & sliced)

1/2 cup organic strawberries

1/2 cup organic raspberries

1/2 cup organic blueberries

1 small dragon fruit (peeled & sliced) (optional)

Method:

Step 1. Drain off the water from the cashew nuts and discard the water.

Step 2. Put 1/2 cup of water into your Vitamix or high-speed blender. Add cashew nuts and dates. Blend to a smooth creamy texture. If the cream is too thick you can add a little more water.

Step 3. Put dragon fruit slices, kiwi slices and berries into a bowl. Add cashew cream and enjoy. You can add chopped nuts if you desire.

Note: You can also add different fruits of your choice.

Recipes by Celebrity Vegan Chef Sandi Morais

KUOMagazine's Wellness Chefs / Snack It Up Journalist

Photo Credit: **Philip Michael Thomas** and courtesy of Vegantuneupcafe.com

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