

HEALTHY LIVING HEALTHY PLANET

# natural awakenings

feel good • live simply • laugh more

## Express Yourself

How to Live an  
Inspired Life

## Functional Medicine

Addressing the Root  
Cause of Disease

## Microchips for Pets

Get a Big  
Paws Up

## The Electric Vehicle Revolution Has Arrived

North Texans Get On Board

FREE



EVERY ISSUE IS  
A GREEN ISSUE

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