



**Vitality**  
Natural Health &  
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## March 2022 Vitalit-E-News References

### **Sacred Geometry: Understanding the Interconnectedness of Nature and Health Resources:**

To explore this topic further, please visit this resource that introduces the use of Sacred Geometry and higher-order mathematics in art and music:

After Skool. "Hidden Mathematics - Randall Carson - Ancient Knowledge of Space, Time and Cosmic Cycles." Online video clip, YouTube. December 8, 2020. <https://www.youtube.com/watch?v=R7oyZGW99os> (Carson is a master builder and architectural designer, teacher, geometrician, geomythologist, geological explorer and renegade scholar. To take a deep dive into Sacred Geometry, also see: Sacred Geometry International videos and resources, <https://sacredgeometryinternational.com>)

SpeedMath. "Sacred Geometry: Flower of Life." Online video clip, YouTube. September 12, 2019. <https://www.youtube.com/watch?v=t7DByMi3Ezs>

After Skool. "The Patterns of Creation: Drawing Sacred Geometry." Online video clip, YouTube. March 6, 2018. <https://www.youtube.com/watch?v=7CQmUMDxXjl>

TheGeometryCode.com. <https://www.geometrycode.com/sacred-geometry/>

DestinationDuluxe.com: "The Healing Benefits of Sacred Geometry." <https://destinationdeluxe.com/sacred-geometry-explained-healing-benefits/>

CosmicCuts.com: "Healing with Sacred Geometry." January 26, 2021. <https://cosmiccuts.com/blogs/healing-stones-blog/healing-with-sacred-geometry>

Mozart utilized a geometric property called the Golden Ratio (a ratio equal to 1.618) to create balance in the number of bars in different sections of his piano sonatas. [http://fibonaccifacts.blogspot.com/2014/11/mozart-and-golden-ratio\\_2.html](http://fibonaccifacts.blogspot.com/2014/11/mozart-and-golden-ratio_2.html)

Fibonacci Sequence: A short, basic video showing math in the world around us. <https://www.youtube.com/watch?v=ihxJN6ZC9HE>

### **Oh, Green Eggs and OKRA!**

Well+Good.com. "7 Health Benefits of Okra According to an RD." Accessed 4 Jan 2022. <https://www.wellandgood.com/benefits-of-okra/>

MedicalNewsToday.com. "Benefits and Uses of Okra." Accessed 5 Jan 2022. <https://www.medicalnewstoday.com/articles/311977>



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### **Fantastic Five-Ingredient Chinese Stir-Fry, featuring Okra!**

Recipe Source: Omnivores Cookbook <https://omnivorescookbook.com/recipes/four-ingredient-okra-stir-fry/>

### **Skullcap Herb Soothes Tension and Supports Wellness**

NeuropathyHelp.com. "9 Scientific Benefits of Skullcap for Neuropathy & Nerve Pain Relief." Accessed 5 Jan 2022.  
<https://neuropathyhelp.co/skullcap-for-neuropathy-nerve-pain/>

MountSinai.org. "Herb Library: Skullcap." <https://www.mountsinai.org/health-library/herb/skullcap>

### **Every Body Needs Trace Minerals**

McCormick, D. B. "Vitamin/Trace Mineral Supplements for the Elderly." *Advances in Nutrition* 3.6 (2012): 822–824. PMC.  
Abstract. (March 2, 2017). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3648707/pdf/822.pdf>

ConcenTrace Minerals Product Information: ConcenTrace® Trace Mineral Drops ([traceminerals.com](http://traceminerals.com))

Davis, D.R. "Declining Fruit and Vegetable Nutrient Composition: What Is the Evidence?" *Hortscience*. 44.1 (2009): 15-19. Print.

Welch, R.M., and R.D. Graham. "Breeding for Micronutrients in Staple Food Crops from a Human Nutrition Perspective." *Journal of Experimental Botany*. 55.396 (2004): 353-64. Print.

### **Lotus Pose: Grounding and Expansion for Mind-Body-Spirit**

FlowerGlossary.com. "Lotus Flower: Meaning and Care." Accessed 5 January 2022: <https://www.flowerglossary.com/lotus-flowers-meaning/>

Yoga Journal.com. "Lotus Pose: How to Practice Padmasana." Accessed 5 January 2022:  
<https://www.yogajournal.com/poses/types/seated/lotus-pose/>