

Everything Organic: A Store Rooted in Purpose

By Jerelyn Callwood

When sisters Xhanae and Xyla Barry embarked on their journey to launch Everything Organic, they weren't just starting a business; they were crafting a meaningful solution born from their own experiences. Xhanae's path took a pivotal turn when she faced a challenging skin condition known as hidradenitis suppurativa, which necessitated a strict, allergen-sensitive diet. While living in the U.S. offered her some manageable options, returning to the British Virgin Islands in 2020 unveiled considerable obstacles due to limited choices and skyrocketing costs—she found herself spending over \$500 a month on imported health foods.

Driven by her own struggles and a desire to help others, Xhanae made a courageous decision: "I thought, if it's hard for me, it



must be hard for someone else," she shared. This insight ignited the idea for a health food store, which became a reality as an online venture in January 2021. By October 2023, the enthusiastic response from the community led to the opening of a physical storefront where customers could explore, read labels, and connect with the products they chose to consume.

Everything Organic stands for more than just organic products; it's a vibrant hub for the allergic community. "We are here for those who are gluten-free, dairy-free, sugar-conscious, and vegan—it's all about giving options," emphasized Xhanae.

The store boasts an impressive selection of dry, chilled, and frozen foods, featuring dairy alternatives and even healthier sweet treats, such as Unreal's versions of Snickers and M&M's.



One fan favourite is Poppi, a delightful fizzy soda alternative made with apple cider vinegar that has captured the hearts of many customers.

Xhanae envisions the store as a catalyst for inclusivity in local dining. "Since we're a tourist destination, offering gluten-free and plant-based choices is beneficial for both locals and visitors." This commitment to inclusivity is at the very core of Everything Organic's mission.

For anyone navigating a special diet, Xhanae has empowering advice: "Don't limit yourself! You may be surprised at what your body truly craves. Explore alternatives, read the ingredients, and discover new favourites!"

Everything Organic is more than just a store; it's a vibrant movement advocating for awareness, inclusion, and healthier living—one label at a time. By choosing Everything Organic, you're not simply making a purchase; you're becoming part of a dynamic community dedicated to promoting better health and a more inclusive world. Join us on this exciting journey!

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Clean Environments Fuel Healthy Living



Did you know that a clean environment is not just a backdrop but a powerful tool for promoting vibrant and healthy living? It has a tremendous impact on our physical, mental, and emotional well-being, giving us the power to shape our quality of life. When we look at our community, this empowerment is more important than ever, as it significantly enhances our sense of control and capability.

To start, clean air is so crucial for our overall health. Pollution in our environment, as well as certain household products, can lead to respiratory issues and contribute to conditions such as asthma and lung disease. By regularly cleaning our indoor spaces and reducing the use of harmful chemicals, we can significantly improve our air quality. Additionally, adding a few plants to your home not only brightens up the space but also helps purify the air and create a serene atmosphere for you to enjoy.

A clean home plays a crucial role in maintaining our well-being. Dust, mould, and bacteria find their way into unclean areas, which can lead to allergies and infections. By keeping our surfaces clean, practising good hand hygiene, and creating a hygienic living environment, we significantly lower the chances of getting sick. Organising areas like kitchens and bathrooms also helps prevent the multiplication of harmful germs, thereby promoting overall wellness.

And let's not forget about the positive impact of cleanliness on our mental health! A tidy, clutter-free space is not just about appearance, it's about promoting a sense of peace and control, helping to reduce stress and anxiety. An organised home can boost productivity, encourage relaxation, and make us feel truly comfortable and at ease.

On a community level, maintaining a clean environment benefits everyone! Responsible waste management keeps our parks and streets clean and beautiful, leading to healthier neighbourhoods. Cleaner cities often enjoy lower disease transmission rates and residents who feel happier and more connected.

Ultimately, fostering a clean environment is about much more than just appearance; it's about our responsibility for a joyful and healthy life. By actively promoting cleanliness in our homes, workplaces, and communities, we create environments that foster better physical health, mental clarity, and an enhanced quality of life. A clean environment truly is the cornerstone of vibrant living!

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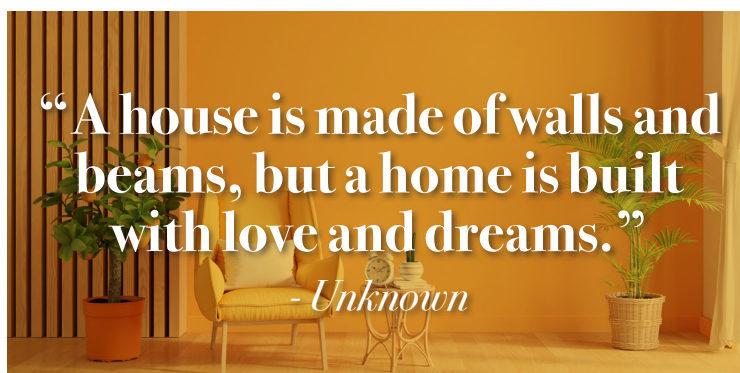


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- Unknown



How to Take Care of Yourself Without Going Broke



Let me guess—you're tired. And not just sleepy. I mean soul-tired. The kind of tired where even your tired is tired. You're a single parent trying to stretch 24 hours into 48 while keeping small humans alive, your boss happy, and your sanity intact. And somewhere between the PTA meeting and reheating yesterday's dinner, someone told you to "take care of yourself." Cute.

But here's the problem: Self-care sounds like spa days, green juices, and yoga retreats. Your wallet says otherwise. So, how do you actually practice self-care on a budget for single parents? Pull up a chair while we break it down for you.

1. Redefine What Self-Care Really Means

Newsflash: Self-care isn't a luxury. It's survival. You don't need a 90-minute massage to feel human again. Sometimes self-care on a budget for single parents means drinking a glass of water before coffee, taking three deep breaths before responding to your toddler's 14th "Mommy?", or turning your phone off at 8 PM.

Self-care is setting boundaries, even if that means saying no to Cousin Cheryl's 5-hour WhatsApp voice note rant. You're not selfish. You're sacred. Solomon didn't say "guard your heart" for decoration.

2. Create a "Sanity Space" at Home

You don't need a resort; you need a corner. Clear out that chair in the living room or a spot in your bedroom. Make it your mini haven. Light a candle. Open your Bible. Breathe. Even five minutes in a sacred space can restore more peace than an overpriced smoothie.

3. Use What You Already Have

You've got more tools than you think. YouTube is filled with free 10-minute workouts and meditations. Your phone has a notes app—use it to brain dump. A friend who makes you laugh? That's free therapy. Don't overlook the divine in your daily life.

4. Meal Prep Like a BVI Queen (or King)

Eating well doesn't have to cost a fortune. Plan simple meals. Cook once, eat twice. Get familiar with local markets and farmers—they're cheaper and fresher than supermarkets. Think ground provisions, lentils, bananas, bush tea. Wellness starts with what you put on your plate. Yes, even self-care on a budget can taste delicious.

5. Ask for Help (Without Apology)

This is your permission slip: You don't have to do it all. You are not less because you need rest. Ask a friend to watch the kids so you can nap. Accept the help that your pride keeps declining. Even Moses had Aaron. Single parents are strong—but strength also means knowing when to lean.

Protect Your Peace Like It's Pay Day

Self-care on a budget for single parents isn't something you earn; it's something you deserve. It's something you claim. Without guilt. Without excuses. Because the best version of you isn't the one barely hanging on—it's the one who stopped, breathed, and said, "I matter, too."

And if anyone tries to tell you that self-care is selfish? Politely bless and block. You've got peace to protect and purpose to pursue.



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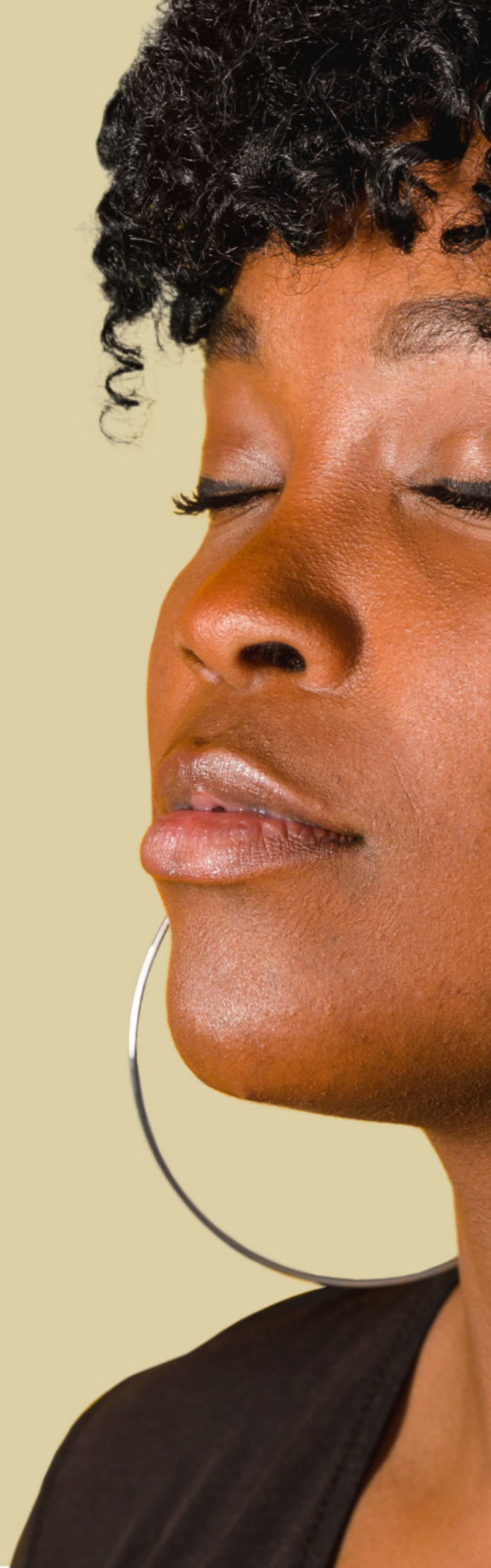
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Drift Into Bliss: Discover Ocean Spa BVI

Would you like to escape the hustle and bustle of everyday life? Imagine a place where time slows, stress melts away, and every breath brings a sense of calm—introducing Ocean Spa BVI — a floating sanctuary that not only relaxes your mind but also rejuvenates your body, all in the heart of paradise.

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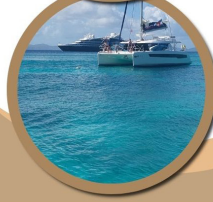


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Measles Is on the Rise – Is Your Child Immunised?



As parents, our top priority is keeping our kids happy, healthy, and safe. Lately, health officials have noticed an uptick in measles cases in several areas, which is something to be aware of. Measles is a highly contagious virus that can sometimes lead to serious complications—but the good news is that it's preventable. Let's talk about what you can do to protect your child.

What You Should Know About Measles

Measles isn't just a harmless childhood illness. It can affect both kids and adults and, in some cases, lead to serious health problems like pneumonia or brain inflammation (encephalitis). The virus spreads through tiny droplets in the air when someone with measles coughs or sneezes—and it can hang around in the air for up to two hours!

Symptoms typically begin with a high fever, often as high as 104 to 105°F, followed by a runny nose, cough, and red eyes. A few days later, a rash appears, starting on the face and then spreading to the rest of the body. The rash usually lasts about 5 to 6 days. While many children recover without issues, some may need medical attention.

Vaccination: The Best Protection

The most effective way to guard against measles is through vaccination. The MMR vaccine (which protects against measles, mumps, and rubella) is both safe and highly effective. It's important to note that not vaccinating your child can put them at

risk of serious health complications, including pneumonia and encephalitis. Children typically receive their first dose between 12 and 15 months of age and a second dose between 4 and 6 years of age.

If you're unsure whether your child is up to date on their vaccines, a quick call to your paediatrician can help you determine the next steps. It's never too late to catch up.

Healthy Habits Matter, Too

In addition to vaccinations, teaching children good hygiene habits can go a long way in protecting their health. By encouraging them to wash their hands regularly—especially after being in public places or around someone who is not feeling well—you're taking proactive steps to keep them safe.

If your child starts showing any signs of measles, such as a fever or rash, it's best to keep them home from school or daycare and consult with your healthcare provider for guidance.

Staying Ahead of Measles

With measles making a comeback in some areas, it's more important than ever for parents to stay informed and take simple steps to protect their families. Keeping vaccinations up to date and promoting healthy habits can make a significant difference. With a bit of preparation, you, as a parent, can play a crucial role in keeping your child—and your community—safe and healthy.

Sweet Poison: The Bitter Truth About Refined Sugar

By Nature's Way



"Eat honey, my son, for it is good," says Proverbs 24:13 — yet just a chapter later, we're warned, "It is not good to eat too much honey" (Proverbs 25:27). These ancient truths ring louder today as the BVI faces an alarming health crisis — over 40 deaths in just three months, many whispering the same cause: stress.

Stress is not just a feeling; it's a full-body attack. Our immune systems, the internal soldiers that fight off invaders, are surrendering. Phagocytes — cells that destroy harmful bacteria — lose their ability to function effectively in a sugary environment. Just six teaspoons of refined sugar reduces their effectiveness

by nearly 30%. At 18 teaspoons, they can destroy only one bacterium. With weakened defences, illness flourishes. And sugar does more damage than we realise. It depletes vital B vitamins, such as B5 and B6, which support our nerves.

Other adverse effects of refined sugar:

- Raises insulin levels and contributes to the development of obesity and diabetes
- Robs us of essential minerals like calcium
- Disrupts hormone balance (adrenal fatigue due to excessive stimulation)
- Paralyzes the immune system
- Can lead to food allergies by compromising the function of enzymes
- Can lead to chronic conditions, including diabetes, hypoglycemia, cardiovascular disease, mineral deficiencies, gallstones, and behavioural problems.
- Increased risk of cancer

Refined sugar isn't just empty calories — it's a threat to our long-term health. Take a look at the table below, which provides a snapshot of "empty" calories.

SWEET TEASPOONS OF SUGAR

Banana Split	25
Fruit Pie	10
Doughnuts	6
Soft drink (8 oz)	5
Chocolate Candy	4
Ice cream	4
Jelly or jam	3

Did you know that it takes 12 stalks of sugarcane to make 1 tsp of sugar?

In 1905, people consumed 20 teaspoons of sugar per day. By 1991, that number had more than doubled to 43. Now, in times of heightened stress, it's up to us to make better choices.

Support your body. Replace sugary treats with natural options,

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such as fresh fruit, dried fruit, smoothies, or desserts sweetened with applesauce or juice concentrates. These nourish your body while satisfying cravings — without the sugar crash or immune system toll — and pave the way for a healthier future.

In these challenging times, we can't control all stress, but we can choose what we put on our plates. Let's sweeten life the natural way — and give our bodies a fighting chance. Remember, it's always a good idea to consult a healthcare professional for personalised advice on managing stress and sugar intake.

RECIPE FOR A SWEET TOOTH

INGREDIENTS

1/2 cup almond nuts
1/4 cup walnuts
1/2 cup dates
1 cup shredded unsweetened coconut flakes.

DIRECTIONS

Remove seed from dates. Put all the ingredients in a food processor and combine until a large ball forms. Remove the mixture from the food processor and form it into small balls. Roll the balls in coconut flakes.

Consume as is or refrigerate for 30 minutes to allow it to firm up. Enjoy



Coping with Arthritis: Wellness Tips for a Healthier Life



Living with arthritis can be challenging, but adopting small daily habits can help ease pain and improve overall quality of life. Here are key health and wellness tips to help manage symptoms:

1. Stay Active:

Low-impact exercises, such as walking, swimming, and yoga, improve joint flexibility and reduce stiffness. Aim for at least 30 minutes of movement most days, but always listen to your body.

2. Maintain a Healthy Weight:

Excess weight places additional stress on joints, particularly the knees, hips, and spine. Even modest weight loss can reduce pain and slow joint damage.

3. Eat Anti-Inflammatory Foods:

Incorporate omega-3-rich fish (like salmon), colourful fruits and vegetables, whole grains, nuts, and olive oil into your meals. Avoid processed foods and added sugars, as they may trigger inflammation.

4. Prioritize Joint Care:

Use assistive devices when needed, avoid repetitive motions, and practice good posture. Applying hot or cold packs can also help reduce pain and swelling.

5. Manage Stress:

Chronic pain and stress often go hand-in-hand. Deep breathing, meditation, and engaging in enjoyable activities can help ease mental tension.

6. Get Enough Sleep:

Quality rest helps reduce pain sensitivity and promotes healing. Establish a calming bedtime routine and limit screen time before sleep.

7. Work with Your Healthcare Team:

Regular check-ups, medication management, and physical therapy can provide personalised relief strategies.

Small, consistent steps can empower you to live well with arthritis—mind, body, and spirit.



Breaking the Silence: A Movement for Maternal Mental Health in the BVI

In the heart of the British Virgin Islands, a quiet yet powerful movement is growing—one founded on compassion, lived experience, and the belief that no mother should suffer in silence. The British Virgin Islands Maternal Mental Health Initiative (BVIMMHI), established in April 2024 by Mrs. Sade Fonseca-Smith, emerged from a deeply personal journey. After experiencing firsthand the lack of maternal mental health support, Fonseca-Smith set out to create the very resource she once needed.

Today, BVIMMHI is a nonprofit organisation led by a collective of mothers, healthcare professionals, mental health advocates, and community members who are dedicated to enhancing maternal mental wellness. Their shared mission is to ensure that every mother in the BVI feels seen, heard, and supported—before, during, and after pregnancy.

At the heart of BVIMMHI is a simple but powerful philosophy: Happy Mommy, Happy Baby. This motto reflects the organisation's deep understanding that a mother's mental health directly impacts her child, her family, and, by extension, society as a whole. When mothers thrive, communities thrive.

Too often, mothers in the BVI and similar communities face Perinatal Mood and Anxiety Disorders (PMADs)—a range of mental health conditions, including postpartum depression, anxiety, OCD, bipolar disorder, and trauma-related disorders. These can begin during pregnancy or after childbirth and are frequently triggered by hormonal changes, nutrient deficiencies, stress, trauma, and lack of support. Despite their prevalence, these issues are commonly dismissed or misunderstood, particularly in Caribbean and Black communities where stigma remains strong.

BVIMMHI was founded to break this silence. It aims to raise awareness, offer direct support, and advocate for systemic change. Through partnerships with local organisations, healthcare providers, and media platforms, the initiative is working to destigmatise maternal mental health and ensure mothers have access to the resources they need.

In May 2025, the organisation led its first "Paint the Town Green" campaign to honour World Maternal Mental Health Day. Community members were encouraged to wear green—the colour for maternal mental health awareness—to decorate spaces and share messages of solidarity across social media. With visual displays, digital billboards, and green t-shirt campaigns, the initiative brought maternal mental health into public focus, fostering a sense of unity and hope.

Looking ahead, BVIMMHI plans to expand its outreach, provide training for healthcare professionals, and establish a comprehensive referral network that includes OB-GYNs, doulas, midwives, lactation consultants, nutritionists, yoga instructors, and other relevant professionals. The organisation also aims to ensure that no mother leaves the hospital without the feminine care items she needs to recover, both physically and emotionally.

This will be achieved through partnerships with BVI Health Services Authority and local businesses to provide care packages, as well as through educational programs to equip mothers with the knowledge and resources they need for postpartum recovery.

BVIMMHI invites individuals, businesses, healthcare professionals, and policymakers to join in its mission. Whether through donating essential products, offering services, or spreading awareness, everyone has a role to play in supporting maternal mental health. Your involvement can make a significant impact and empower you to be part of the solution.

This is more than a nonprofit. It is a movement to break the silence, bridge the gap, and build a culture of care. Because when mothers are supported, the entire community is stronger.

To learn more or to contribute, contact (284) 547-5441.



Breathe Better: How Houseplants Can Freshen Up Your Home

Let's face it—our homes can sometimes be filled with stuff we don't see, like pollutants and toxins from cleaning products, furniture, and even the air outside. That's where houseplants come in. These little green buddies don't just look good—they help clean the air and make your space feel more relaxing and alive.

With just a few plants, you can turn your home into a cosy, green retreat that supports your health and boosts your mood. And the best part? These plants are easy to care for, even for beginners. Let's explore some of the best options to get started.

Top Houseplants That Clean Your Air (and Look Great Doing It)

First up: the **Snake Plant**. It's the low-maintenance friend of the plant world. You can forget to water it for weeks, and it'll still be doing its thing—removing nasty stuff like formaldehyde and benzene from the air. Plus, its tall, edgy leaves are super stylish.

Next, meet the **Peace Lily**. It's lovely with its white flowers, and it's a natural air purifier, especially effective at removing mould spores and ammonia. It thrives in shady spots, making it perfect for low-light rooms.

Then there's the **Spider Plant**—cute, tough, and great for beginners. It soaks up substances like carbon monoxide and xylene and produces adorable baby spiderlings that you can repot and grow. Great for kitchens, garages, or any spot that needs a little extra love.

And don't sleep on **Aloe Vera**. Not only does it help remove harmful chemicals like formaldehyde from the air, but it also has that soothing gel inside the leaves that's perfect for sunburns, scrapes, or a little DIY skincare. It thrives in bright sunlight and requires minimal watering—a total win-win.

And here's the cool part: having plants around isn't just about cleaner air. They help lower stress, lift your mood, and even improve your focus. Taking care of them can be a peaceful little routine that gives you a break from screens and stress.

The Bottom Line: Go Green, Feel Good

Adding houseplants to your space is an easy way to make your home healthier and more inviting. These air-purifying champions not only clean the air but also lower stress, lift your mood and improve your focus. So go ahead—bring a bit of nature indoors and enjoy the good vibes!

Spider Plant



Snake Plant



Peace Lily



Aloe Vera



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