

As a Ghostwriter, I create content and images for newsletters, blogs, press releases, and social media posts for companies and professionals...Business Start-Ups, Speakers, Doctors, Chiropractors, Realtors, Wedding Planners, Massage Therapists, Politicians, Web Masters, Buddhist temple, Vegan Company, Church, Baseball Team, Maui Democrats, Mermaids, Spas, and Senior Homes...

Legalize the Dream!

3 simple steps to your marriage license

A Hawaiian marriage license is very easy to obtain. People can land at the airport, pick up their license, and meet me at the beach for their wedding. Easy! But there are over 400 weddings every month on Maui, so the first step is crucial!

1. Call to make an appointment to meet with the licensing agent, because these agents are very busy.

➤ If you're staying near the Kihei/Southside area, call Cynthia Wolfe at 808-875-8459

➤ For the Lahaina/West area call Sherrilynn Takushi at 808-276-6919

2. Step two is easy as well. Fill out the marriage license application (and pay the \$60 fee) online at the state's website at this address:

<https://emrs.ehawaii.gov/emrs/public/home.html?isMarriageAppUrl=false&isCivilUnionAppUrl=false>

3. When you arrive on the island, go to your marriage license appointment. It only takes 15 to 20 minutes for them to verify your IDs, print out the marriage license application, have you sign it and go over the details with you.

➤ If you have been divorced 30 days or less, you'll need to bring your divorce decree.

➤ If you live in a country that requires an Apostille (like Italy, Germany, or Austria), let the agent know this, and they will give you some additional paperwork.

Hawaii makes it really easy to get married (not even a requirement for witnesses); and getting married on Maui is a dream come true...and the perfect way to start your journey through life together, filled with Aloha. All you have to do is legalize it first.

We at Maui Wedding Adventures are so excited to be a part of your special day!

Active bodies need supple spines.

Since coming to Maui, I've noticed (how can I not?) that everyone seems to be moving more. People are out early in the morning walking their dogs or themselves. They hike...everywhere. They surf and paddle board and snorkel every day, swimming with turtles and dolphins and whales. The aquatic centers are filled with lappers or those doing water aerobics. They golf. They zipline. They paraglide. People here do all the outdoor activities (year round) and still hit the gym for yoga, Pilates, weight training. Kids are into tai chi and ballet. Grownups dance the weekend away.

So, as you can imagine, I see a few with injuries - the weekend warriors, the twisted ankle or tendon, the backaches. Seems I'm always tweaking athletes...and non-athletes.

Yes, spines need space. They need movement. Subluxations restrict spines, cut off nerve health, can lead to chronic problems. These can happen whether you're active or not...heck, sitting all day may be even worse for a body.

Chiropractic is a natural health care method that stresses the importance of keeping all systems of the body functioning efficiently. It can help both the sedentary to live better and athletes to enjoy peak performance, reduced injury risks and a faster recovery. By restoring proper alignment to the spinal joints, we restore normal nerve transmission and help heal vital structures of the body.

So you can get back out and play!

With passion and purpose, Dr. Katie

Are you as worried as I am about GMOs? (genetically modified organisms)

The science is finally catching up and helps to explain why currently 26 countries around the world ban the growing of GMOs, and 65 countries require labeling of genetically modified foods.

Are GMOs safe? The American Academy of Environmental Medicine doesn't think so. The Academy reports that "Several animal studies indicate serious health risks associated with GM food," including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system. The AAEM asked physicians to advise patients to avoid GM foods.¹

Dr. Mercola thinks GMOs can never be safe, and here's a very reasoned explanation why:

<http://articles.mercola.com/sites/articles/archive/2013/08/06/genetic-modification.aspx>

For some it's the GMOs themselves, for others it's the extensive spraying of pesticides and herbicides that leach into ground water and destroy millions of acres of farmlands, kill off bees and butterflies...and possibly humans caught up in this grand experiment.

The World Health Organization recently caused a ruckus within the biotech world as it declared glyphosate 'probably carcinogenic'. The makers of this chemical death will have to answer for three more herbicides the WHO has now classified as cancer-causing and which are used generously with GMO crops.

Read more²

Leading indicators show the rise of a number of illnesses in the US, and disease in America is off the charts since introduction of GMOs and their increased use of toxins.³ Is this just coincidental? Note: This isn't happening in countries that have banned GMOs.

Unlike most other developed countries – such as 28 nations in the European Union, Japan, Australia, Brazil, Russia and even China – the U.S. has no laws requiring labeling of genetically modified foods.

Some farmers, counties, and states have attempted to rectify this, but millions have been poured into campaigns and legal delays by the GMO corporations to obscure the facts and deny people their rights and choices, including here on Maui, where a referendum passed last fall to place a moratorium on the growing of GMOs until they are proven safe. (Hawaii is the seed capital for Monsanto and Syngenta's crops). The vote has not yet been enacted due to delays by our own Council as well as lawsuits and counter-suits by Monsanto.

So until our government stands up against the chemical companies, who profit greatly from GMOs, we need to do what's best for our families. I encourage you to educate yourself then take action. You and your children are at risk. Buy certified organic and non-GMO foods.

With passion and purpose, Dr. Katie

Mitigating the Effects of Cane Burning

With the horrific toxic dump of cane smoke the other day, just as our keikis were going to school (massive burn only 200 feet from Kamali'i Elementary), many patients have asked how they can mitigate the effects of the poisonous smoke HC&S is still allowed to spread on Maui (heavy pesticide residue, plastic pipes, etc.). Much of the damage is lung related: asthma, lung difficulties and cancer, other non-specific toxic loads. We feel strongly that this practice is criminal and should stop. All residents and visitors on Maui should enjoy clean soil, water, and air.

But in the meantime we can do a few things to help:

1. Be sure to drink plenty of pure water and eat healthy organic fruits, vegetables, and protein sources.
2. Make sure your spine is in its best health, allowing you to function at your optimum, inside and out. A healthy body fights disease and toxic overloads.
3. Use essential oils like Young Living's Purification in your diffuser, then take deep, slow breaths of fresh and diffused air to help the lungs. Drop some Lemon oil in your water bottle, and maybe rub some Frankincense or Juva Cleanse lightly on your wet body after a shower in the morning.
4. No herb is more beneficial cleansing environmental pollution than Milk Thistle. It will cleanse and support your liver. I also recommend the product Ultra Clear by Metagenics, Everyone on Maui should be pumping themselves with precursors of glutathione, which is needed for liver detox.
5. Take Action!! Keep a journal of when the smoke is intolerable or how you or your family is suffering, and help with collective efforts to require our State Department of Health to uphold the law. Call the Director of Health, Virginia Pressler, M.D. at (808) 586-4410 to report.

With passion and purpose, Dr. Katie

¹ <http://www.responsibletechnology.org/gmo-dangers>

² <http://naturalsociety.com/who-biotech-classifies-lindane-ddt-carcinogenic-humans/#ixzz3eQUKaOYT>

³ <https://www.popularresistance.org/dramatic-correlation-shown-between-gmos-and-22-diseases/>

A TRIP TO TWIN FALLS (pics attached)

Little road trips are among the most fun things to do here on Maui. Whether it's a drive up North or a fun day in Hana, I love finding new ways to explore our island.

So how about a trip to TWIN FALLS?

It's best to be on the road early...or just after commuter traffic. If you're in Wailea or Kihei, head from the Southside down the Pi'ilani Highway, passing the subdivisions of Kihei, and on to the cross-island road (311

- Mokulele Highway) that leads past miles of sugar cane. Passing through Kahului, turn right at Dairy Road, then right on the Hana Highway. Soon you'll pass Baldwin Beach and move slowly into Paia behind the traffic bottleneck, emerging on the other side. Paia's a great stop for eating or shopping...but maybe on the way back.

Just outside of Paia, don't forget to stop for a few minutes to watch surfers and take photos at Ho'okipa, windsurfing capitol of the world. Wind is usually better at the west end and surf better on the east side. For bystanders and photographers...it's all there. Pull off at the Lookout, and enjoy a little fresh coconut juice while watching the surfers.

Back on the highway in about five miles you'll pass a sign that says you're officially on the road to Hana. Then in about five more miles, you'll see a small hand-painted plaque on the right that announces: "Twin Falls." The land is a family-owned, bio-diverse farm - Waialele Farm, so please respect the aina, stay on the paths, and carry out your trash.

You can park just adjacent to the small farm stand and souvenir hut. Hiking up to the falls (stay to the left at the intersection) only takes about fifteen minutes and is a comfortable walk for the whole family. When you arrive you'll know why this landmark is on every tourist's map. What's lovelier than a waterfall? Stay. Enjoy. Rejuvenate. Take photos.

There's a great stop on the way back - another pool, which is much larger with various levels of rock encircling it and a rope swing on the far side. It will be on your right, heading back to the parking lot. Don't forget to pick up some fresh tropical fruits at the farm stand for the trip home...or on to Hana. What are your favorite Maui road trips?

With Passion and Purpose, Dr. Katie

MANA FOODS

You're probably already a fan, but for those of you who haven't yet discovered Maui's best organic option (after organic, locally-grown direct from the farmers), Mana Foods in sunny Paia is a must. Health-conscious souls from Willie Nelson to Woody Harrelson can be found among the aisles...along with your best friends...and the very healthiest nutrition options. Parking can be difficult - as it is everywhere in Paia, but persevere...or go mornings. It's well worth the trip and the parking hell.

Founded 32 years ago, this wonderful grocery employs 130 workers who are charged weekly with "making things better" and "making them cheaper" - which accounts for its superior savings over all other health food shops (and traditional grocery stores) on Maui.

Produce is sourced 90% organic, with half of that produced locally. The beauty and supplement room is where I find both organic cosmetics and personal hygiene items as well as well-sourced earth-friendly supplements. Their coffee, grain, bean, seed and other bulk bins at the back bring prices down even more. Alongside its fabulous hot and cold organic choices, the deli features fully biodegradable utensils and containers, and Mana's commitment to sustainability includes LED lights and compost and recycling practices.

The newest kid in the Mana family is their vegan restaurant, Maka, just up the street on Baldwin and open for breakfast, lunch, and dinner. Fresh juices and smoothies, salads, wraps, and sandwiches, raw deserts - these are just a few of the delicious offerings, fusing raw and vegan foods. Give Maka a try for a meal that tastes great and feels good.

At Mana, their mantra, "wholesome food at honest prices", is a daily practice that includes diversity, selection, quality, and value...along with nourishment, wellness, and longevity - things I treasure in my life and practice. All are cornerstones of Mana's culture. Readers of Maui News voted Mana the Best Health Food Store of 2014...and for many years. Ditto for Maui Time. It's got my vote too!

With Passion and purpose, Dr. Katie

BEACHES!

I'm a fan. Whether swimming, picnicking with the family, having a good snorkel, or taking great shots of incredible sunsets, I'm a fan. Beaches are good for both body and soul and help us feel young and younger. Today I thought I'd feature two of Maui's best 'off the tourist map' beaches: Baby Beach and Charlie Young - northside and southside.

Baby Beach lies at the west end of Baldwin Beach, five miles East of the Dairy Road intersection in Kahului and minutes West of the charming plantation town of Paia. This sweet section of coastline lies on the Kahului-side of Baldwin, is protected and family friendly. At Baby Beach, coral makatea separates an azure sea from blonde sand, creating a channel, which is safe, shallow, and perfect for swimmers. It's also fun for the keiki, so bring your children. Bring a picnic, sunscreen, daydreams.

Oh and bring your legs, cause there's probably no better beach walk than that from Baby Beach to the

far East end of Baldwin...and back.

Another great swimming beach, Charlie Young, lies at the north end of the 3 Kams in sunny Kihei. Also good for paddle-boarding, fishing, and volleyball, this sumptuous stretch of golden sand is perfect in the morning, before trade winds pick up...when Charlie Young (namesake who lived above the beach) joined in. Not as well known by tourists, this is a favorite of locals.

Parking is tight and amenities (showers, bathrooms, etc.) are minimal or non-existent, but for a mellow Maui morning, either of these will do just fine for the young and young at heart. And both are a good Rx from Dr. Katie :-)

With passion and purpose, Dr. Katie

A GREAT INVESTMENT YOU WON'T FIND ON WALL STREET ~ YOU!

Take stock of your portfolio. How's it been performing? Seriously, how's your body? Do you sit too much at work? Overwork it on the weekends? Are you trying to ignore the leftover nagging from a recent injury?

A visit to your favorite Maui chiropractor will

- help alleviate pain
- jump start your nervous system
- get you moving in the right direction
- tune you up for a healthy lifestyle...
- and reward you for years to come

Just call me for additional insight and information.

With Passion and Purpose, Dr. Katie

Paia Fish Market in Kihei?

Yep, read that right. One of the island's most popular fresh fish joints has opened a second location in Kihei, right across Kihei Road from Kalama Beach Park. With the same menu in the Southside location as Paia (why mess with a good thing), hungry locals and tourists are treated to some of the freshest fish on island, along with soda, beer, or wine. After ordering inside, simply find table space at any of the outdoor tables, and the waitress will find you in a few minutes.

Like a good fish and chips? - this is the spot. Fish tacos crank your chain? - try theirs. And then there's my personal favorite - Ono burger (with fries). They also have chicken and veggie options, seafood pasta, calamari, etc...so whatever you're jonesing for, give Paia Fish Market Southside a try. Lunch or dinner. It might be one of your favorites too.

Classic Melting Hot Chocolate Soufflé (served with ice cream and raspberry sauce)

Ingredients for Soufflé:

1 cup sugar

3 tbsp. cornstarch

4 eggs plus 4 egg yolks

12 tbsp. butter

8 oz. semisweet dark chocolate (make sure to use a good quality variety)

Method:

In a mixing bowl, combine sugar and cornstarch. In a separate bowl, mix eggs and yolks together. In a saucepan, bring butter to a simmer, then add the chocolate. Mix until the chocolate is smooth and begins to simmer along the edges. Combine this chocolate mixture with the sugar and cornstarch and mix thoroughly. Add eggs and mix at low speed until sugar is dissolved and mixture is smooth. Refrigerate overnight in a bowl. Preheat oven to 375°. Line 4 metal soufflé rings with parchment paper and coat with non-stick spray. On a baking sheet, place each ring on a square of parchment paper. Fill 2/3 of each ring with the filling. Bake for 28-30 minutes. Remove the baking sheet. While holding each mold with tongs, slide a metal spatula underneath and transfer to a plate. Gently lift the mold off, remove the paper and serve with ice cream.

Ingredients for Raspberry Sauce:

1 pound frozen raspberries

1/4 cup sugar

Method:

1. Place raspberries, and sugar in a sauce pot and bring to a boil.
2. Puree mixture using a blender then strain to remove all the seeds.
3. Place strained mixture back on stove and bring back to boil.
4. Chill for use

Things to do on Maui when it Rains:

- ✓ Duck into the fabulous aquarium at Maui Ocean Center in Ma'alaea
<http://www.mauiocenter.com>
 - ✓ Drive to Paia and mix with the locals at the Paia Fish Market
<http://www.paiafishmarket.com>
 - ✓ How about a shopping spree at the fabulous Queen K?
<http://www.queenkaahumanucenter.com>
 - ✓ Enjoy a \$3 happy hour maitai and watch surfing on the big screen at Three's
<http://threesbarandgrill.com>
 - ✓ Take in a double feature at the Regal Maui Mall Megaplex
 - ✓ Must be time for some pampering...try a Spa Day at the incomparable Grand Wailea:
<http://www.grandwailea.com/spa/>
 - ✓ Sugar Museum: <http://www.sugarmuseum.com>
 - ✓ Head to Hilo Hatties and shop for your friends and family back home:
<http://www.hilohattie.com>
 - ✓ Grab your snorkel or dive gear and head under...discover a world without rain.
 - ✓ Drive across the island...usually if it's raining where you are, it's not elsewhere.
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Ten ways you know you're an islander:

For those of us lucky enough to live on Maui, some kama'aina some not yet, these are clear signals you have arrived. And you might have some ideas of your own.

1. You're always looking for a green flash
2. The best sandwich is a fish taco
3. We don't have 4 seasons, we have mango season, whale season, jacaranda season...
4. When someone talks about 'the needle', it has nothing to do with sewing
5. Ditto 'jaws'
6. You know which part of the island to head to for first/second/third/fourth Friday celebrations
7. You know how to say "humuhumunukunukuāpua'a"...and you know what it is
8. You can name at least 10 different beaches
9. They're not thongs, they're 'slippahs'
10. Aloha works for everything - hello, goodbye, love you...

What are some ways YOU know you're an islander? Let me know in the comments.

Facebook blasts -

Red Carpet Realtor

1. Oscars weekend!!

Celebrate what many celebrities know - Maui no ka oi (Maui is the best) - with your very own island investment. Whether you seek a 2nd home, a rental investment, or your dream retirement, NOW is the time to jump into the Maui market.

Contact Maui's red carpet realtor and star in your own movie. Take a peek: <http://www.kathryntubman.com>

2. Featured Beachfront!

Luxury 2 bedroom/2 bath, 1,600 square foot beautifully-furnished condo in premier, gated community. Huge ocean views with path to swimming pool, tennis court, and sandy beach. Minutes to fine dining, exclusive shopping, and top rated golf courses. Excellent as 2nd home, rental investment, or fantastic retirement.

\$2,395,000. Call today!!

<http://maui.paragonrels.com/publink/default.aspx?GUID=fbf7dee3-8d24-49e8-a1e1-52c95c593c1c&Report=Yes>

Like and share.

3. It's Aloha Friday - Join us at Azeka for Kihei 4th Friday - entertainment, crafts fair, food court, and friends...one of the many things we love about south Maui

4. Can you afford not to have experience on your side?

<http://www.realtor.com/advice/why-you-should-use-realtor/>

5. Millennials love Maui!

And why not? They can stay connected anywhere in the world...and live in paradise. Fast beating out boomers as homebuyers, they are all tech-savvy and eager to work with switched-on real estate professionals to close the deal. <http://www.businessinsider.com/how-millennials-are-changing-the-real-estate-business-2015-3>

6. Golf Heaven

Maui features some of the best golf in the world...with views of mountains and whales. What are you waiting for? Grab your clubs!

7. Cold weather got you down?

Head for sunny Maui, take a peek at some fabulous properties, and let me buy you lunch - just like and share this post, then msg me your arrival date and contact info.

8. PUT PARADISE IN YOUR PORTFOLIO!

With interest rates so low, rentals sky high, and great properties available, you might want to re-consider investing on Maui. Call today for insight and information:

9. BEACHFRONT & BEAUTIFUL!!

Just listed 2 bedroom, 2 bathroom condo is upgraded, designer furnished and priced to sell at only \$750,000 fs. (sunset & ocean views)

Click below to preview, then call or message me today to see this great investment

10. Happy Aloha Friday! Come on down to Azeka for Fourth Friday with music, food, crafts, friends... See you there!