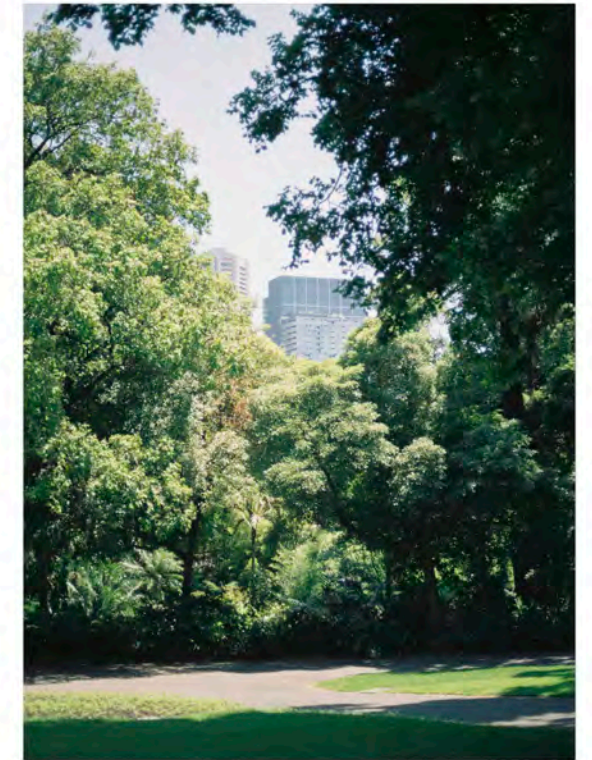


THE ETERNAL SUMMER



AUGUST 2020

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Passion Corner

Hello & Welcome

Hi! We are fluxus! A brand that produces content that revolves around sustainability, mindfulness, and encouraging creativity. Created by two sisters, Fluxus became our passion project and an outlet for creativity.

We offer a source of inspiration and guidance for those looking to improve their lifestyle by becoming more reflective

Fluxus is the Latin word for flux, a word that means 'a constant state of change'. Our magazine currently revolves around the changing of seasons, and we believe that humans are made to constantly evolve and change. We hope that after reading our magazines, you'll find your growth towards a deeper understanding of yourself is a change that you'll cherish.

The name of this issue was inspired by Nikole's year-and-a-half long summer, as she switched hemispheres and avoided winter all of 2019.

We are so glad that you decided to read our first ever issue. We are so happy to see this little project of ours come to life. If you have any questions or feedback, we would love to hear from you on Instagram @fluxusmagazine or through email at fluxusbrands@gmail.com

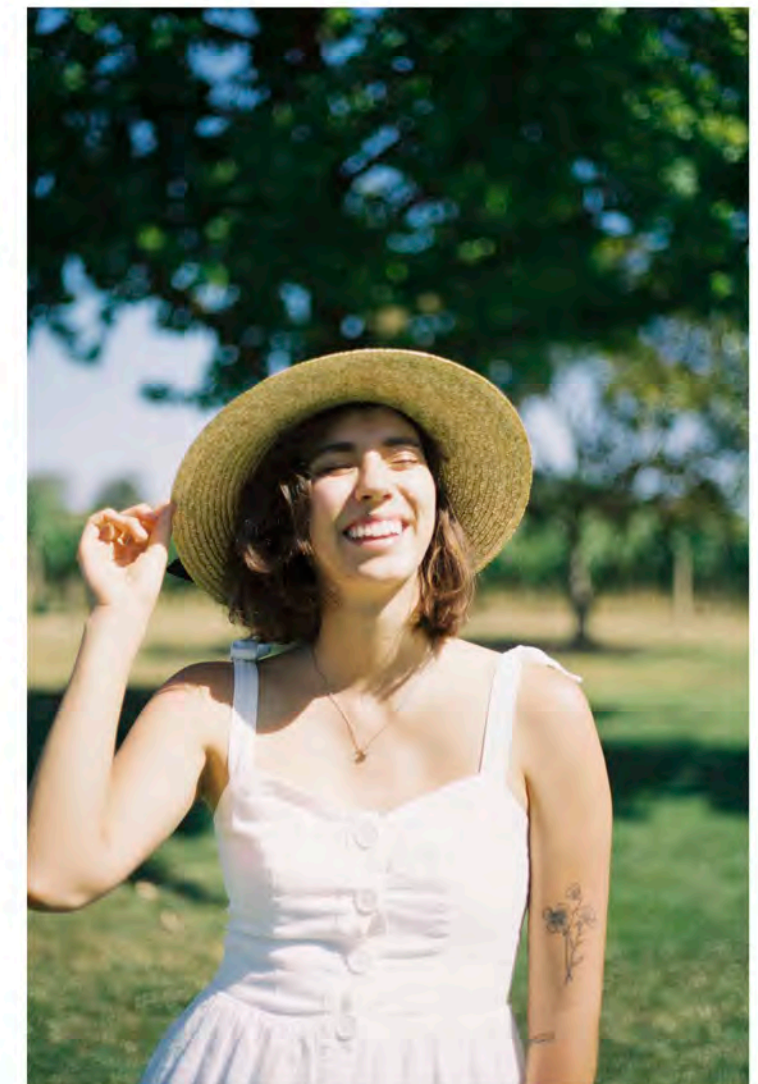
Happy reading!

Ren & Nikole Wells
Co-Creators



Hey I'm Ren! I'm 20 years old and am a senior in college studying Interior Design. My favorite color is yellow and I'm an ambitious virgo. I love all things surrounding health, nature, yoga, and design. My sister, Nikole, and I have enjoyed working together creatively to bring this magazine to life. We're so excited to finally share this with all of you!

Hi! I'm Nikole, I'm 22 years old and I currently study Graphic Design (but I also spent 3 semesters studying Literary and Cultural Analysis). My passions include supporting small artists (and creating art myself), finding inspiration in books, photographs and nature, & dogs. My favorite color is glacier blue. I have the same birthday as Taylor Swift, so that means I'm a Sagittarius. While my temper isn't that of a fire sign, my drive to pick up my life and move every year is very sag of me. My sister and I have been working hard on creating this magazine, and we're so excited to be able to share it with you!





THE IMPORTANCE OF HAVING A MORNING ROUTINE

Summertime, the weekend of the seasons. Summer is that time of the year where (some of us) get to sleep in and spend the days in the sun without a care in the world. The world seems to slow down in the sun and the rush to get in deadlines for the holidays or the new year are a distant memory. With the sun setting later and longer days, most of us are inclined to stay up later (and sleep in longer too). No matter what time you end up waking up during the summer months, it is still important to have a consistent morning routine, even if the only thing on your to do list is to spend the day by the pool.

The alarm goes off, and after hitting snooze a few times, you finally roll over and grab your phone for your first task of the day: catching up on all your social media platforms. Maybe you spend 15 minutes or even an hour just scrolling through other people's lives as you give your body time to wake up. You get up out of your bed, groggy, probably still thinking about what Sarah posted or about how Tim is on vacation for the fourth time this year, and in your zombie state you shuffle over to make yourself some coffee so you can function for the rest of the day. Sound like your mornings? Feeling called out? Don't worry, we've all been there and I even catch myself starting my days off focusing on other people's instagram pictures instead of assessing how I feel after I wake up. Those days when I wake up and don't take the time to do something for myself always end up being the hardest, and that's because what you do in the morning really sets the tone for the rest of your day. This article isn't

going to tell you the perfect morning routine, because everyone's ideal morning routine varies based on what you want to accomplish.

One of the benefits of having a morning routine and waking up at a consistent time is that it can help improve your physical and mental health. Your morning routine can be the time that you intentionally set aside time to work on your mental or physical health. You can do this by making time to go to the gym, doing yoga, meditating etc., and by doing this first thing in the morning, you're bound to feel more energized and feel a sense of accomplishment before you even officially start your day. No matter how long you have for your mornings, whether it's 20 minutes or 2 hours, it is super beneficial to take a few minutes to still your mind and reflect on how you feel and what you want your day to be like. I know that actually waking up and then getting out of bed is probably the hardest part of any morning routine, but by having something to look forward to, almost as a reward to yourself for not hitting snooze 7 times, you're more likely to get up and then be immediately rewarded and therefore happier in the early morning.

Another benefit of having a morning routine is that they increase productivity and confidence. Research has shown that the most successful people all have morning routines, and while you don't have to wake up at 4 am like Steve Jobs did to be successful, morning routines are super beneficial. I am personally a HUGE fan of lists. While you don't have to go overboard and make lists of everything from

what you could get your dog for Christmas to your top ten summer songs like I do, making daily to do lists can help you structure your days better. Setting aside time in the morning to write out what you want to accomplish that day can lower stress as you already have a game plan for the day, and it can help you get those things checked off because you've written them out. I often feel overwhelmed and feel like I have too many things to do, but writing down all of my pending to-dos that are floating around in my head makes them seem much more manageable, and I feel like I'm able to jump on it and get them done easier. Starting off your day already knowing what you are aiming to accomplish increases your confidence, and you aren't stressed trying to remember everything you have to do.

Lastly, morning routines can help set the tone for the rest of your day. Do you sometimes feel like you woke up on the wrong side of the bed? We all wake up sometimes feeling a bit off, and this feeling usually stays with us for most of the day. Having a morning routine can help in these instances. For me, I find that my dreams affect how I wake up feeling, so if I wake up feeling a bit strange, I'll usually use my morning meditation time to analyze what part of my dream upset me or see if my dream unveiled something that I didn't realize I was struggling with/feeling. Adding in mindful time to your morning routine can give you a chance to assess how you feel, so you are better prepared to tackle the day emotionally. Just taking a minute to acknowledge how you feel that day is so impactful and can help tremendously.



SUMMER CRYSTALS

We've decided to share some of our favorite crystals for the summer time with you!

citrine: power of sun

warmth, joy, happiness

natural birthstone of those born in
beginning of summer

neg energy into positivity

new experiences, adventures



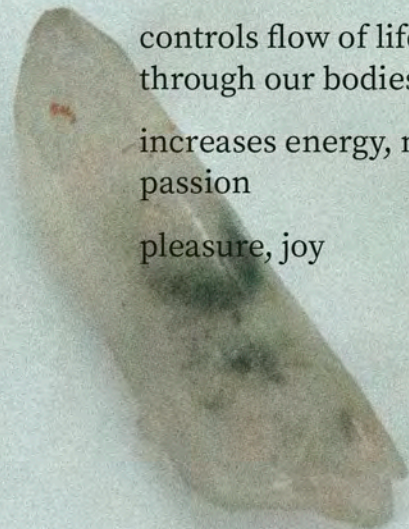
carnelian: ancient Egyptians called this
stone the setting sun

sacral chakra

controls flow of life force energy
through our bodies

increases energy, motivation,
passion

pleasure, joy



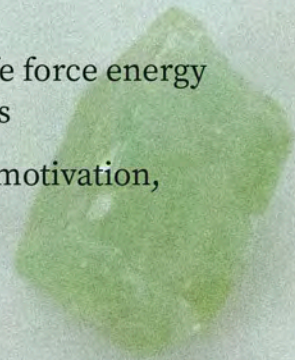
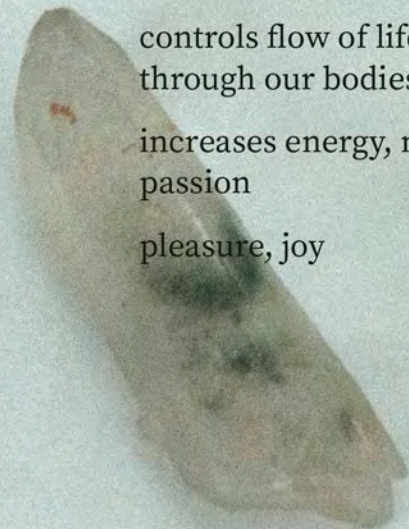
sunstone: connected to sun

ancients believed sunstone was part
of the sun and fell to earth during
the full solar eclipse

carries energy of Egyptian sun god,
Ra

brings energy to all of life on earth

joy, freedom, personal power



selenite: "moon" in greek

clears negative energy

improves clarity and focus



clear quartz: harmony

regulates energy

cleanses

aids in concentration and memory



green calcite: connection and balance

releases stress

encourages forgiveness and
compassion

rose quartz: stone of universal love

restores trust and harmony

encourages unconditional love

purifies and opens heart

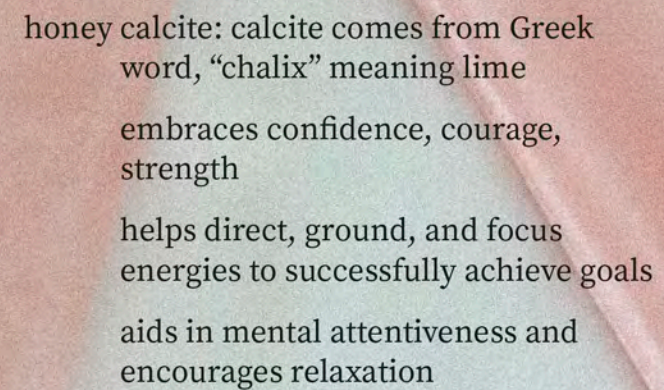
promotes love

honey calcite: calcite comes from Greek
word, "chalix" meaning lime

embraces confidence, courage,
strength

helps direct, ground, and focus
energies to successfully achieve goals

aids in mental attentiveness and
encourages relaxation



phantom quartz: phases of growth
clarify to your journey
relieves stress and anxiety
grounds the body to the earth

peridot: visionary stone
health, wealth, protection
alleviates depression, anger, fear,
jealousy, anxiety
connects us to our destinies, purpose
of existence
warm, friendly

aquamarine: energy of the sea
calming, soothing
tranquil
creative

ocean jasper: detoxification
patience
help circular breathing during
meditation



MEDITATION

I'm very much a virgo when it comes to my ambition and the fact that I am always overthinking the smallest things and stressing myself out about anything. To relax my mind, I often turn to my meditation practice. If I could only use one word to describe what meditation is, I would use the word, mindfulness. Meditation helps train your mind to become more aware of your surroundings and your inner thoughts as well. Why is this important? Mindfulness can help us regulate our own emotions, stress, and attention.

So, how do you meditate?

Meditation usually begins by letting your body find a comfortable seat or position, closing your eyes, calming your mind, and bringing awareness to your breath. It is important to understand that meditation is not about stopping your thoughts, but rather cultivating awareness for when your mind wanders. As you continue with your meditation practice, you will notice that your mind becomes more comfortable with stillness.

There are various “types” of meditation.

I will list a few of my personal favorites:

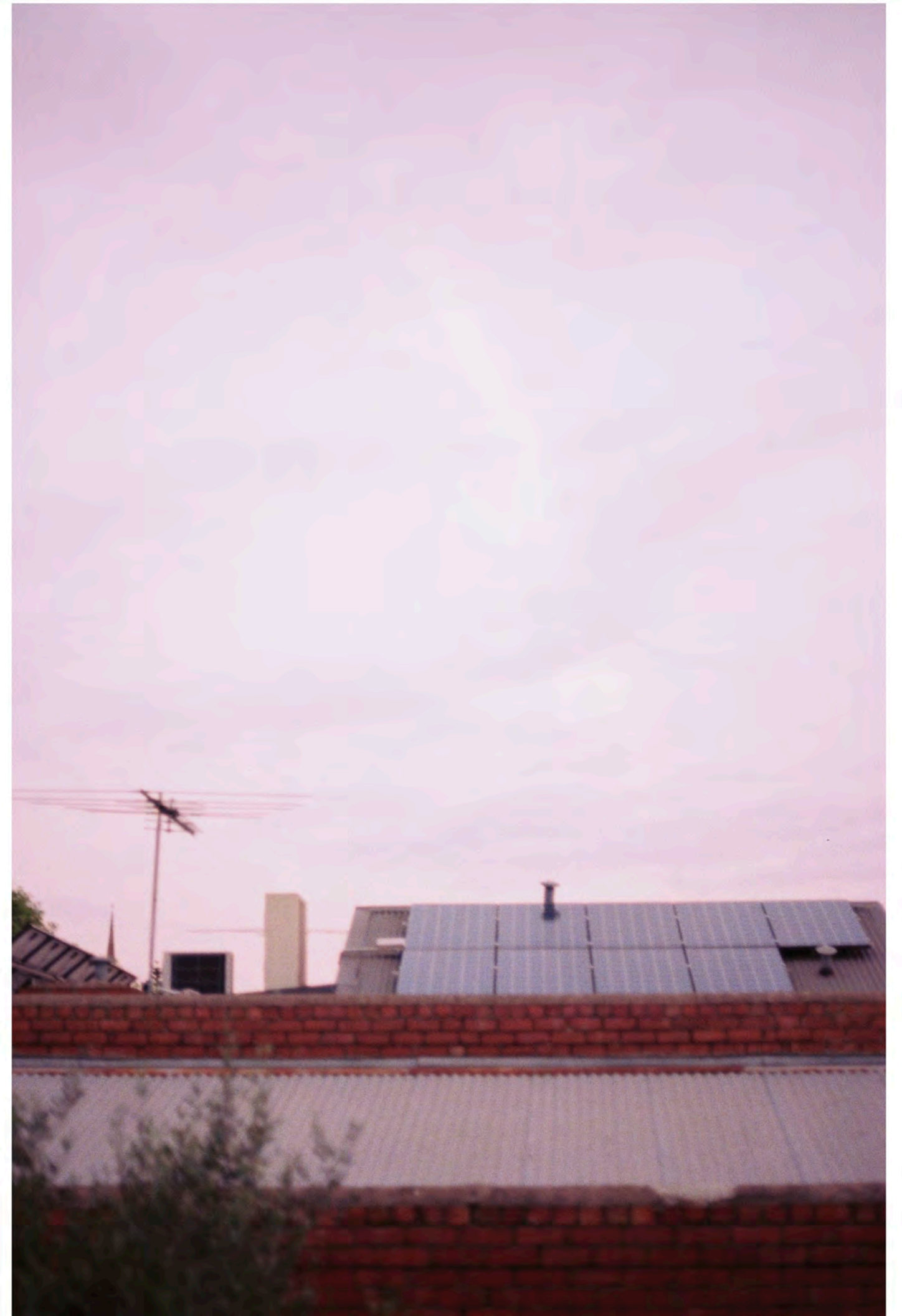
Zen Meditation: Sit upright and follow your breath; focus on your breath entering and exiting your body, and how your belly moves. Zen Meditation focuses on practicing being present and alert. **Mantra Meditation:** Similar to Zen Meditation, Mantra Meditation focuses on quieting your mind. However, instead of focusing solely on your breath, you focus on a mantra. Your mantra can be anything you want it to be: a syllable, word, or phrase. **Yoga Meditation:** Most yoga practices end in Savasana/Shavasana or Corpse Pose. The pose is simply explained: lay on your back and close your eyes letting your limbs relax. Position your palms up towards the ceiling or sky for receiving and position your palms down on the ground for grounding. This pose allows you to relax the body and the mind simultaneously. **Chakra Meditation:** This meditation targets the body’s chakras, or centers of energy. This specific meditation helps us bring balance back to our bodies.



Beginner’s Guided Meditation:

Are you new to meditation? Not sure how to get started? Below is a beginner’s guided meditation. Try this guided meditation out for yourself and remember to note how you feel afterwards. If you need help continuing your practice, I’d recommend finding a good guided meditation app or just search around on Google!

Silently count each breath: One (1): Inhale / Two (2): Exhale / Three (3): Next Inhale Continue up to 10, and then repeat. *When your mind wanders, acknowledge the thoughts and let them pass. Bring your focus back to your breath. Once you are ready to wrap up your meditation practice, start bringing awareness back to your body by making small movements (wiggling your fingers, toes, etc.), and slowly open your eyes. Remember to note how you feel mentally and physically.



REFLECTIONS ON MY CHILDHOOD SUMMERS



My childhood summers were... Carefree. Hot. Boring. These are the words that come to mind when I reflect upon my summers as a child. I'm looking for a word similar to 'divided', but it's not quite that. Bicultural perhaps? I don't know, maybe it will come to me later. I spent my summer months splitting my time between my hometown in South Carolina and Costa Rica. I have to confess something that I hope my mom doesn't read (but I think she already knew), I didn't like

Costa Rica as a kid. I would spend three weeks cooped up in my grandparents house (and then one week cooped up in a hotel room), unable to play outside with the neighborhood kids or ride my bike around unattended. The cities in Costa Rica aren't safe, especially for little American girls. I was aware of this and never made arguments for what I wasn't allowed out. My typical day in Cartago, Costa Rica looked like this. Being woken up by my parents or grandparents talking loudly in the kitchen

(you should know, most Latinos don't have an inside voice). I get up, I either eat the typical Costa Rican breakfast of rice, beans and eggs that my mom made me or I start making cereal before she can protest. I then alternate between using my grandparents shitty WiFi to play webkinz or some other online games, watching tv shows that are badly dubbed in Spanish (occasionally my grandfather would switch it to the original English for us, but we could never figure out how to do that ourselves), or going to swing on the hammock. The latter was hard because I didn't like being on the hammock with other people, and having two younger siblings that wanted to do everything you do, meant anytime they saw me on the hammock, they had to jump on it too. If I got lucky that day, I might be able to go to the panadería across the street (accompanied by an adult of course) or we might take a group trip to the local mall. My siblings and I eventually learned not to complain about how bored we were because our parents' solution for boredom was school. That's right, my parents sent my siblings and me to school in Costa Rica for our summer break. As much as 12 year old Nikole would hate to admit it, I actually enjoyed it. Going to school in a (semi) foreign country would become a bit of a theme in my life. I was able to make friends my own age (my only friends had been cousins and family friends who were all younger than me) and it was kinda fun. I didn't have to take tests or do homework, and even if I did, it was just for fun as I didn't get graded for it.

The other half of my summers at home I found slightly more exciting. I was on a swim team growing up and while I wasn't the best swimmer, I loved being in the water. More than this, I lived for swim meets. More specifically, I loved writing 'eat my bubbles' on my teammates, eating

candy after I swam, and the chants we would do during our relay races. Dividing my time at home and in Costa Rica often meant I would miss a lot of the swim meets (another reason I resented going to my grandparents' home). Other than the swim practices and meets, I spent most days indoors avoiding the horrible heat that South Carolina summers entail. I would occasionally go out and ride my bike around to go get a slushie, do gymnastics with my siblings in the backyard, or play at the neighbors house.

After a true reflection on my childhood summers, I am struck by how much time I actually had on my hands. As an adult, my biggest source of stress is the feeling of not having enough time to do everything I want to do. My summers felt as though they lasted years, and I rarely had a day where I didn't feel bored at some point. I had a happy childhood, and as much as part of me wishes I could view the world through my simplistic childhood lense and feel a lack of anxiety, I do not long for my childhood summers. I write this now as someone who struggles with stress and time management, but I also write this as someone who has seen the complexities of the world, and has learned and grown from it. I write this as someone who has goals and aspirations, something I didn't have over a decade ago. As much as I think people romanticize the past (which I am very much guilty of), it does nothing to linger on those times and wish for them now. I am very grateful for my childhood experiences and I now see how privileged I was to split my summers between two cultures. There is no greater lesson to be learned here, I only offer a reflection upon my own summers as a child. I can only offer encouragement and hope that you, dear reader, take some time to reflect upon your own summer as a kid.

SUNRISE YOGA FLOW

During this short sunrise yoga flow, try to focus on connecting your breath to your movement. Before you begin your flow, you will need to know what the sun salutation is.

Sun Salutation

Inhale: rise up, arms overhead, slight backbend

Exhale: forward fold

Inhale: halfway lift, flat back (hands may rest above knees)

Exhale: step back to plank position, lower down - chaturanga

Inhale: upward facing dog

Exhale: downward facing dog

Stay for the Inhale

Exhale: bend your knees, look forward, step or jump to the top of your mat

Ok! Let's flow!

Begin in any comfortable seated position with one hand over your heart and the other over your belly. Close your eyes. Set an intention for today's flow. Inhale joy, love, positivity. Exhale any negativity. Stay here for as long as you need.

Inhale: still seated, reach both hands above your head.

Exhale: right arm places on the ground, left arm reaches over to the right for a side body stretch.

Inhale: both hands above your head.



Exhale: left arm places on the ground, right arm reaches over to the left for side body stretch.

Make your way to downward facing dog.

Complete 3-5 Sun Salutations following the pace of your own breath.

Meet your breath in downward facing dog.

Inhale: right leg rises

Exhale: bend your leg, open your hip

Inhale: leg straightens

Exhale: step through to low lunge

Inhale: twist: left hand stays planted, right arm reaches up

Exhale: low lunge

Inhale: both arms rise

Exhale: twist: right arm reaches back, left arm forward – both in line with your shoulders

Inhale arms rise

Exhale: warrior 2

Inhale: peaceful warrior

Exhale: rainbow warrior

Inhale: warrior 2

Exhale: warrior 3, right leg rises

Inhale: hold warrior 3

Exhale: feet together, forward fold

Inhale: halfway lift, flat back

Exhale: feet step back to plank position, chaturanga

Inhale: upward facing dog

Exhale: downward facing dog
 Stay for your Inhale and Exhale
 Inhale: left leg rises
 Exhale: bend your leg, open your hip
 Inhale: leg straightens
 Exhale: step through to low lunge
 Inhale: twist: right hand stays planted, left arm reaches up
 Exhale: low lunge
 Inhale: both arms rise
 Exhale: twist: left arm reaches back, right arm forward – both in line with your shoulders
 Inhale arms rise
 Exhale: warrior 2
 Inhale: peaceful warrior
 Exhale: rainbow warrior
 Inhale: warrior 2
 Exhale: warrior 3, right leg rises
 Inhale: hold warrior 3
 Exhale: feet together, forward fold
 Inhale: halfway lift, flat back
 Exhale: feet step back to plank position, chaturanga
 Inhale: upward facing dog
 Exhale: downward facing dog
 Inhale: drop to your knees
 Exhale: child's pose
 Come back to the intention that you made at the beginning of your flow

Make your way to your back
 Exhale: take an inversion - happy baby, shoulder stand, waterfall
 Take a few breaths here
 When you're ready, Exhale, Savasana
 Take your time here
 When you're ready, start to bring life into your body – wiggle your toes, fingers – take a full body stretch
 Roll onto one side
 Make your way to a comfortable seat
 Place one hand on your heart, and the other on your belly – be aware of your belly as it fills up with breath
 Bring your hands to prayer at heart center
 Thank you for virtually sharing your practice with me today, Namaste



MEAL PREP



Personally, when it comes to meal prepping, I find I'm laziest during the summer and during other holidays/breaks. Maybe it's because I know I have more time to actually make my meals and feel like I don't need to meal prep, but I always end up snacking more and neglecting eating full meals. Have no fear, this will not be your fate! For I have prepared the ideal (in my personal opinion) summer meal prep.

Let's start with the most important meal of the day; Breakfast. Who doesn't love a good açaí bowl, especially during the summer months.

Start by making the base, for this you'll need three large frozen bananas, six packs of frozen açaí purée, and half a cup of water. Blend together then store and use over a period of a few days.

Next up, we'll want to make the granola to add to the açaí goodness we just blended up. For this you'll need:

- 4 cups rolled oats
- ½ cup of cut almonds
- ½ cup of chopped pecans
- ¼ cup of flax seeds

- ¼ cup of chia seeds
- ½ cup of honey or agave
- ¼ teaspoon of salt
- ½ teaspoon of cinnamon
- ⅓ cup of olive oil

Mix everything then place the mixture evenly onto the baking sheet and bake for 30 mins at 350 F (stir every 10 mins). Put this into a big jar and use for a few days. Pro tip, don't mix the açaí and granola until you're ready to eat it, otherwise the granola will get soggy and you'll lose that yummy crunch to it. When you're ready to eat it, mix the two together in a bowl and add fresh cut berries to top it off.

(Recipe inspired by Living Healthy with Chocolate on YT)

Our morning snack doesn't require much prep, unless you like eating horse carrots

instead of baby carrots or pre-cut ones. It's as simple and delicious as eating carrots and dipping them in some hummus (my current fav is roasted red pepper hummus that I bought at my local grocery store).

For lunchtime we'll be prepping a Fresh Poke Bowl so delicious it'll make your family members jealous of your lunch.

Start by cutting up one large sweet potato into 1 inch cubes and bake for 40 mins at 350 F

Make 3 cups of rice

Cook 3 portions of tofu, adding any spices you desire (I like salt, pepper, turmeric, paprika and a bit of cumin)

Wash two handfuls of spinach and divide between three containers

Put one cup of rice into each tupperware

Divide up baked potato into three and place ⅓ into each





Same with cooked tofu

Cut up 1 bell pepper and divide the slices up

Add ½ cup of washed canned corn to each

Add in ½ cup of edamame beans

Seal and keep these three containers in the fridge to eat over the next few days. This is usually consumed cold or at room temp so no need to heat it up!

For afternoon snacks I personally typically crave something sweet so I'll usually cut up an apple and eat it with peanut butter or have somewatermelon or a mandarin, easy enough!

Last but certainly not least, dinner!

Start by dicing two onions

Mince three cloves of garlic

Splice up 4 cups of mushrooms

Chop ¼ cup of sun dried tomatoes

Add onions and garlic into a pot with olive oil

Let cook for a few mins

Then add two cups of boiling water, one can of coconut milk and four cups of dry pasta

Add in mushrooms and two teaspoons of nutritional yeast (or if you're not vegan, you can add a cup of your favorite shredded cheese), one teaspoon of paprika, the sun dried tomatoes, some salt and pepper

Bring to boil then let simmer for 15 mins, stirring every few mins.

Add in a few handfuls of spinach

Divide into three different containers and store in the fridge.

When you are ready to eat it, warm it up either on the stove or in the microwave, add fresh basil and a bit of lemon juice on top and voila!

(Recipe inspired by Pick Up Limes on YT)

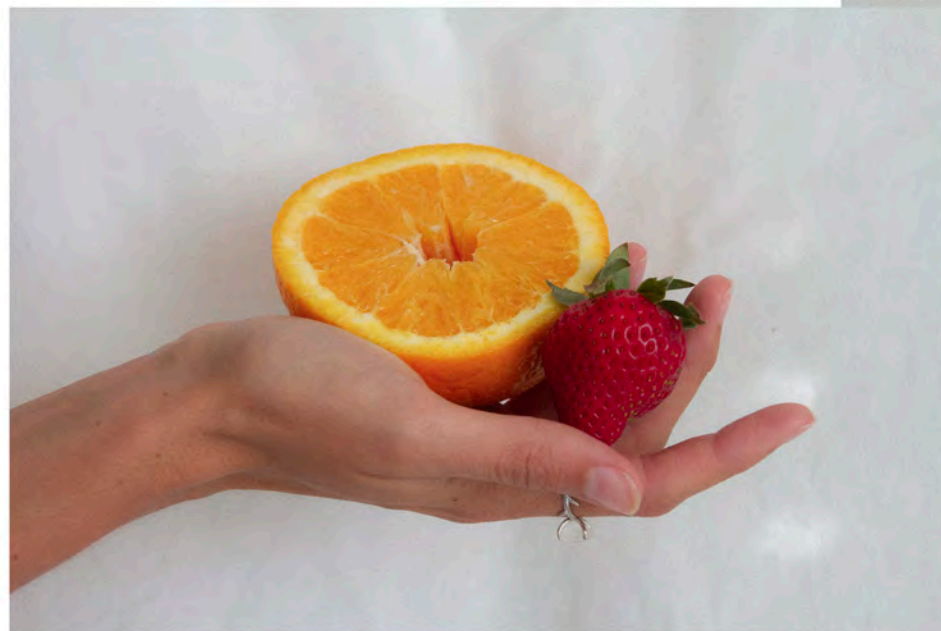
EATING SEASONALLY FOR SUMMER

When I first heard the phrase 'seasonal eating', I thought it was a new diet trend. Turns out, it has little in common with veganism and intermittent fasting. So what is seasonal eating anyway? Well if you hadn't already gathered that by the name, seasonal eating means eating fruits and vegetables that are in season. Sounds pretty obvious, aren't we already doing that. The short answer is no. With GMOs and technologically advanced farming methods, we are able to stock grocery stores with produce that is out of season (or ship it in from across the globe where it is in season). Growing up, I didn't understand why watermelon was always better in the summer or why I couldn't get some fruits in the winter. Now that I'm older and (somewhat) have a grasp on how farming works, I understand that produce has optimal times of year when it grows best. Okay that's cool and all but why is this important? Well I'm glad you asked dear reader. The first (obvious) reason to eat seasonally is that the produce will be better. No one likes peaches that are out of season, and nothing is sadder than biting into a strawberry and expecting it to be delicious only to be underwhelmed. When you buy fruit that is out of season, it's likely that the produce has been modified to be grown during its off season, or it was picked before it reached its peak ripeness. It's also common for produce to be imported from another country since it's out of season in your current country. International produce and even fruits and veggies that cross state lines usually have to be wrapped in plastic to keep them fresh and clean during their transportation. It's hard to get that farm-to-table freshness you want in produce when it's taken a few days or even a week to reach your dinner table. So what produce is in season right now? Luckily for you, I've compiled a list of (a few, but not all) produce that is in season for summer. Let's start with fruit. Berries, berries, berries. Raspberries, strawberries, blackberries and blueberries are all in season during summer. Add them to a smoothie or use them as the perfect topping to granola and yogurt, they are so full of antioxidants and are so good for you! Yummy fruit like apples (I like mine with peanut butter), cantaloupe, honey dew melon, watermelon, cherries, mangoes (add lime juice, salt and paprika and you'll thank me later), and peaches are all great snacks on hot summer days. Last but not least, bananas!! You can add bananas to almost anything, pancakes, cereal, or an ice cream sundae!! Now to give vegetables some of the spotlight. Carrots and celery were a staple childhood snack for me during the summer and I used to enjoy them with ranch dressing (although I much prefer to dip them in hummus now). Speaking of hummus, beets are another summer veggie and beet hummus is both colorful and delicious. Other veggies like eggplant, summer squash, zucchini and bell peppers are delicious to roast in the oven and eat together. Haven't gotten enough summer

food inspiration? Try whipping up smashed avocado mixed with garlic, a bit of olive oil and salt and top it with some slices of tomato. For added protein, add some eggs from your local farmers market or tofu. (P.S. avocado, garlic and tomatoes are all summer produce!) For added sustainability and to boost your local economy, why not shop at a farmers market near you! Especially during the summer months when it's nice to be outside, a weekly trip to the farmers market is fun and helps out the local community. Just remember to bring your reusable produce bags!

VEGAN SNACKS

Here's a little collage of some vegan snack inspiration for those who eat with their eyes



FOODS TO IMPROVE GUT HEALTH

As someone who has a love hate relationship with their gut, I have many-a-times googled “foods to help gut health”, but have always come up unsure of how to incorporate the foods into my meals. So I’ve compiled a list of some foods that will boost your gut health, and ideas on how to incorporate these spices and foods into your meals and every day consumption.

Yogurt

This one is fairly easy to incorporate into your meals. Adding yogurt to your smoothies or even having some with granola and fruit is a great breakfast or snack idea.

Almonds

A lot of sites recommended adding chopped almonds into salads, and if that floats your boat, then great! I personally am not the biggest salad fan, and I usually just snack on almonds and other nuts when I’m hungry but that’s kinda lame. A super easy way to incorporate more almonds into your diet is by making your own almond milk. It’s actually quite simple, soak 1 cup of almonds overnight and then blend the soaked almonds with 2 cups of fresh water, strain the almond meal and add sweetener like honey or maple syrup if desired. Voila! Homemade almond milk so you can feel like you’ve got your life under control.

Miso

I personally cannot go into a Japanese

restaurant without getting miso soup, and it’s very easy to make your own miso soup (depending on how far into it you go). A lot of grocery stores have miso paste that you can add to water to create the broth, and then simply add tofu, scallions, seaweed, and any other ingredients of your choosing.

Sauerkraut

Okay, this is one of the foods that not only did I not know how to incorporate it into my diet, but I also didn’t even know what it was! Turns out, it’s basically German sour cabbage that’s been fermented (I know, sounds kind of gross). After some searching on Google, it would seem that most people prefer to eat it as a topping on a sandwich, burger or hotdog. And if you don’t like the flavor, there’s nothing a little ketchup can’t fix.

Sourdough

I wouldn’t consider myself a big bread person, but whenever I do buy myself a loaf, you better believe it’s sourdough. I personally like to make my own avocado toast by toasting (duh) sourdough then adding mashed avocado and scrambled eggs (or tofu) on top. If you want to spice this up even more, try adding a bit of shredded sauerkraut on top.

Olive Oil

I would definitely say that olive oil is my oil of choice whenever I cook, but how else can you incorporate this oil into your life other

than the obvious? Well have you tried putting it on your face? I know I know, putting something on your body isn't the same as ingesting it directly, but the things you put on your skin still gets absorbed into your system. People have used olive oil as a cleanser and moisturizer for a long time, so if you're feeling DIY-y, maybe give it a go!

Bananas

There is an endless list of ways to incorporate bananas into your diet. You can add it to your smoothies, to your breakfast bowls, as a snack (preferably with peanut butter), you can even make banana bread or banana pancakes. Go bananas with it!

Ginger

I used to live in Amsterdam, and in every cafe I went to, fresh ginger tea was always available. It's as simple as cutting up fresh ginger (no peeling required), and just adding hot water and honey to sweeten it. Not into the taste of ginger on its own? A little grated ginger adds yummy flavor (and goodness) to the top of any stir fry or soup.

Garlic

My sister and mom went through a period where they would eat raw garlic in the morning for its health benefits, and while this is a good option, I personally never wanted to do this. I prefer garlic on garlic bread, homemade chili, stir fry, and even in guacamole!

Tempeh

I have to be honest, I wasn't sure what tempeh was until a few months ago and had only tried it once or twice. I personally have loved adding it to curry and Mexican style meals in place of meat. Even if you're not a vegan, I would highly recommend adding this food into your meals weekly.

Life is all about balance, and while it would help your gut to incorporate these

goodies into your meals, it's also important to remember to eat enough leafy greens and fresh fruit as well. Consuming a range of healthy food helps balance and improve immune systems. I've also personally found a probiotic drink every morning really helps my bowels. As a closing disclaimer, I am not a nutritionist, these are just tips that have helped my gut, but not all guts are the same! It's important to listen to your own body and work out what your gut needs!

SMOOTHIE RECIPES

Smoothies are a go to snack/meal for me during the summer time. All other times of the year I enjoy a cooked meal served warm, but during those hot months I only crave anything containing ice. That being said, here are five recipes of my favorite smoothies.

GREEN MATCHA

This smoothie is a STAPLE 'meal' for me and probably my go to on this list

Ingredients:

1 cup of milk (your preference, I use almond)

1 banana

1 scoop of vanilla protein powder

1-2 handfuls of spinach

½ to 1 teaspoon of matcha powder (depending on how much you like the taste of matcha)

Add ½ a tablespoon of vanilla extract or honey to sweeten

Add a handful of ice cubes and then blend that sh*t

Optional: I like to add a dash of cinnamon or a handful of blueberries just to mix things up or if I'm feeling low on antioxidants that day

CHUNKY MONKEY

This is for those who like their smoothies to taste more like milkshakes

Ingredients:

1 cup of milk or yogurt (your choice, vanilla yogurt makes the smoothie a bit thicker)

1 banana



1 scoop of chocolate protein powder
 2 tablespoons of peanut butter
 1 teaspoon of chia seeds
 1 teaspoon of cinnamon
 3 medjoul dates
 Handful of ice and BOOM, deliciousness is served

ICED TURMERIC

I LOVE LOVE LOVE tumeric lattes, but during those summer months I opt for the cooler version which I like to make in the blender

1 cup of milk of choice
 1 teaspoon of turmeric powder
 ½ teaspoon of cinnamon
 ½ teaspoon of ginger
 1 teaspoon of honey or agave
 1 handful of ice (also optional to add the ice in after, I prefer mine blended with ice)

Optional:

Add ½ a banana to add some texture

VITAMIN C

Honestly reminds me of those Orange Creamsicles I always had as a kid, but make it healthier!

Ingredients:

½ cup of orange juice
 ½ cup of plain Greek yogurt
 ½ cup of strawberries
 ½ a banana
 1 peeled orange
 ½ tablespoon of grated ginger
 1 handful of ice cubes

If you have one of those popsicle molds, you can freeze this smoothie and make it into a yummy popsicle.

TROPICAL VIBES

Last but not least, this is the smoothie I like to have while I pretend that I'm somewhere tropical and not at the neighborhood pool

Ingredients:

½ of a mango cut up
 1 orange, peeled
 ½ cup of pineapple slices
 1 cup of coconut milk (or coconut yogurt)
 1 banana

1 handful of ice cubes

Optional: listen to Margaritaville by Jimmy Buffett to drown out the noise of kids screaming while sipping and pretending you're on a white sand beach. Ahh. Paradise has never been so cheap.



HOW TO MAKE THE MOST OF YOUR SUMMER WARDROBE

Growing up, summers were the time of the year where I got to refresh my wardrobe. No school meant more time to go through my closet and sort and go out shopping. For most people, the start of each season brings about a change of wardrobe and a feeling of the need to get new items of clothing to replace last year's trends. I definitely spent my allowance on fast fashion when I was young, I didn't have the mentality that I do now around the idea of quality over quantity. While it makes sense that I don't still have pieces of clothing from when I was fourteen, as I've reached my twenties and my style (and size) has stopped fluctuating, it's wise for me to look into investing in the longevity of the things I put on my body.

I won't get into why fast fashion is so harmful for the environment and workers who make the pieces, but as a starting point, fast fashion is bad. It's generally cheap and made to last a

few months, not a few years. So, how do you make the most out of your summer wardrobe?

Step 1: Envision the kind of wardrobe you want. Make a Pinterest board for it. Save pictures on Instagram of clothing brands you love or influencers whose style you would love to steal. Then work towards it. Maybe you want items in a specific color palette or you want to embody a specific style, then buy things in that realm. If you want a neutral summer look, don't buy a bright red floral dress.



Step 2: Marie Kondo the sh*t out of your closet. Haven't worn an item in six months and don't plan on wearing it in the next six? Give it to a friend who would wear it, sell it on Facebook or Instagram or donate it! There is no use in keeping clothes you aren't going to wear, but also don't throw out everything

only to fill your closet up again with MORE clothes that you won't wear, be strategic.

Step 3: Buy pieces that make you excited to put them on!! I know this may sound obvious, but if you're on the fence about whether or not you like an item of clothing in a store, just don't get it. Really reflect on what you're buying. Do you see yourself wearing that piece next summer? Unless you're thrift shopping, don't be afraid to leave the item and come back to it in a few days after you've thought about how much you really want that piece.

Step 4: Less is more. As someone who picks up and moves countries on every year or so, I've perfected knowing what clothes I actually wear on a weekly basis. Fill your closet with items you know you want to wear, and wear pretty often. By limiting your options in clothes, it saves time in the morning when getting ready. It also limits you picking the 'wrong' outfit, since you've got a theme and know that you like all the options in your closet.

Step 5: I cannot stress this enough, but be practical when choosing your aesthetic. It's easy to look at Instagram models and wish you had their wardrobe of Fashion

Nova and high heels, but if you're a jeans and t-shirt kinda gal, then as High School Musical once said, 'you gotta stick to the status quo'. What's the use of buying nice and pretty clothing that you'll never wear? On that same note, know your climate. If you live in an area that gets boiling hot during the summer, maybe don't buy clothes for a cropped sweater and jeans look. Clothes are a way to express yourself, but we also have to be in them for most of the day, so buy things you'll be comfortable wearing (both physically and mentally).



Step 6: Get out and rock it! Don't be afraid of judgment or weird looks, if you love your clothes, then that's all that matters.

SUSTAINABLE BEACH BAG

Between 4.8 and 12.7 million tons of plastic end up in the ocean each year. Read that again and let it sink in. The little things help – don't ever discredit your intentions and actions to minimize waste! I love beach trips during the summer, and it's important to take action now to help maintain the beautiful beaches to ensure that we'll still love our beach trips in the years to come. I've put together a small list of what to pack in your beach bag for a sustainable trip.

Pack these items for a more sustainable trip to the beach:

Nourishment:

Reusable Water Bottle/Jug

Leave behind those one-time-use plastic water bottles, and find yourself a cute reusable water bottle! In addition to minimizing waste, canteen's normally keep water cold for 24 hours! Okay, does anyone else hate drinking warm water when they're hot? We all need some refreshingly cold water for our beach trips.

Bamboo/Metal Straws & Cutlery

Picnic on the beach?! Yes please! Bring your own cutlery to make sure you're not having to use any one-time-use plastic utensils from a nearby food stand.

Reusable Bags, Cloth Bags, Etc. for Food/ Snacks

Okay guys, we all know why this is the more sustainable option. But why else should you bring a reusable bag for your food or snacks? Ever tried bringing fruit to the beach in a plastic bag? Not as fun once the container starts to condensate. Want to document your beach trip? Find a cute reusable bag that'll add beauty to your photo!

Protection:

Reef Friendly Sunscreen

Researchers have found that small amounts of sunscreen that contain oxybenzone breaks down coral by bleaching it and often killing it. Make sure you're reading the ingredients on your sunscreen and choose one that will protect both you and our precious coral reefs.

Hat

Of course, a hat is a necessity for keeping your face protected from overexposure to the sun! Just make sure you don't accidentally lose it in the wind!

Sunglasses

Sunglasses help prevent damage that can be caused to the eyes by the sun's UV rays. They also prevent you from having to squint – no need to worry about those little wrinkles! Just make sure you don't leave your sunnies on the beach by accident ;)

Beauty:

Detangling Bamboo Wet Brush

Does anyone else's hair get super tangled after being on the beach for .2 seconds? Invest in a bamboo brush! In addition to minimizing waste, bamboo brushes have durable wooden bristles that are gentle on the hair. Another reason to love wooden bristles is they don't produce static!

Entertainment

Solar Powered Bluetooth Wireless Speaker

The beach is the perfect place to use your solar powered Bluetooth speaker. Bring your music, podcasts, audio



books, etc. to your beach day and let it soak up some energy from the sun.

Book

Grab a good read for your beach trip to read while you lay out on the sand!

Phone, Earphones

Opt for more intimate experience with your music, podcast, audio book, etc. with your phone and earphones rather than

your Bluetooth speaker. I love Apple Air Pods and definitely recommend them.

Waste

Garbage Bag for Your Own Waste & for the Super Eco Babe, a Bag to Collect Trash Off the Beach

Lastly, bring your own bag for any waste you might have or find! Let's keep our precious beaches clean!

UV PROTECTION

We don't want to bore you with statistics on people with skin diseases from overexposure to the sun, but we do want to take a minute to remind you of the importance of UV protection (year-round, but specifically in the summer when our bodies are typically more exposed). Sun exposure is the number 1 factor behind wrinkles (besides aging), so if you want your skin to look youthful for longer, consider adding SPF infused face products to your summer daily routine. I promise that you can still get that summer tan without long term damage to your skin. We usually use Sun Bum's sunscreen (non sponsored of course), because they're vegan, cruelty free and contain natural ingredients, but grab whatever sunscreen is available to you. Stay safe out there!



GROW YOUR OWN GARDEN

Why do it? Want to indulge yourself into a new sustainable practice that yields nourishment? Growing your own fruits and vegetables is a great way to achieve this.

Crops are either considered “warm-season” or “cool-season” depending on the weather they need to grow. Warm-season crops thrive in warmer weather, especially the summertime, hence the name “warm-season” crops. Maintaining a summer garden is beneficial for the environment, but also for us as individuals!

Convenience

Growing your own summer garden provides you with an easier source of fruits and vegetables, and gives you the opportunity to incorporate your fresh home-grown crops into your home cooked meals, while promoting healthy eating.

Ensure Organic Food

In addition to the incorporation of healthy foods into your diet, this also provides you with the security of knowing exactly what has gone into the foods that you’re putting into your body. Commercial farming emits harmful chemicals into the air and also into the soil and water. Additionally, some farming techniques include using large amounts of pesticides and synthetic fertilizers to grow crops, which then fills the earth and the foods we consume with these harmful chemicals. Some of the chemicals used in food production have been proven to cause cancer and other diseases. Growing your own crops can give you peace of mind in knowing exactly what

has gone into what you’re feeding your body.

Sustainability – Reduce Plastic Waste

Growing your own crops rather than spending money on plastic-packaged vegetables and fruits helps shave some money off your food bill while reducing plastic waste. Not only is it convenient for you to have your crops in your own backyard or patio, but it also reduces burning fossil fuels and the pollution released into the air, caused by the transportation of goods.

Mental Benefits

In addition to the sustainable and physical health benefits, it can also be mentally beneficial. Cultivating your own garden can improve your mood; Growing a garden will force you to be outdoors, allowing an opportunity for your mood to be boosted and anxiety to be relieved as these are side effects of being outside.

How to do it?

Have I convinced you to start growing your own summer garden?

Before you start, here are some helpful tips to make sure your garden can thrive.

Before planting, test your soil to determine if it is high in alkaline content or if it is acidic. An easy way to test this is to buy an inexpensive test kit online or at a plant nursery. Knowledge about your garden soil’s ph allows you to add compost and fertilizer if needed to adjust it.

Mimicking nature is important when creating ground for your garden. Adding natural materials such as mulch, grass, and

dry leaves can help the soil hold moisture and nutrients needed to grow a healthy garden.

Composting can also beneficially impact your garden.

This reduces waste and acts as a natural fertilizer, creating a richer soil that produces healthier crops.

Gathering kitchen scraps and green waste from the yard after mowing and trimming is one of the best and easiest ways to compost.

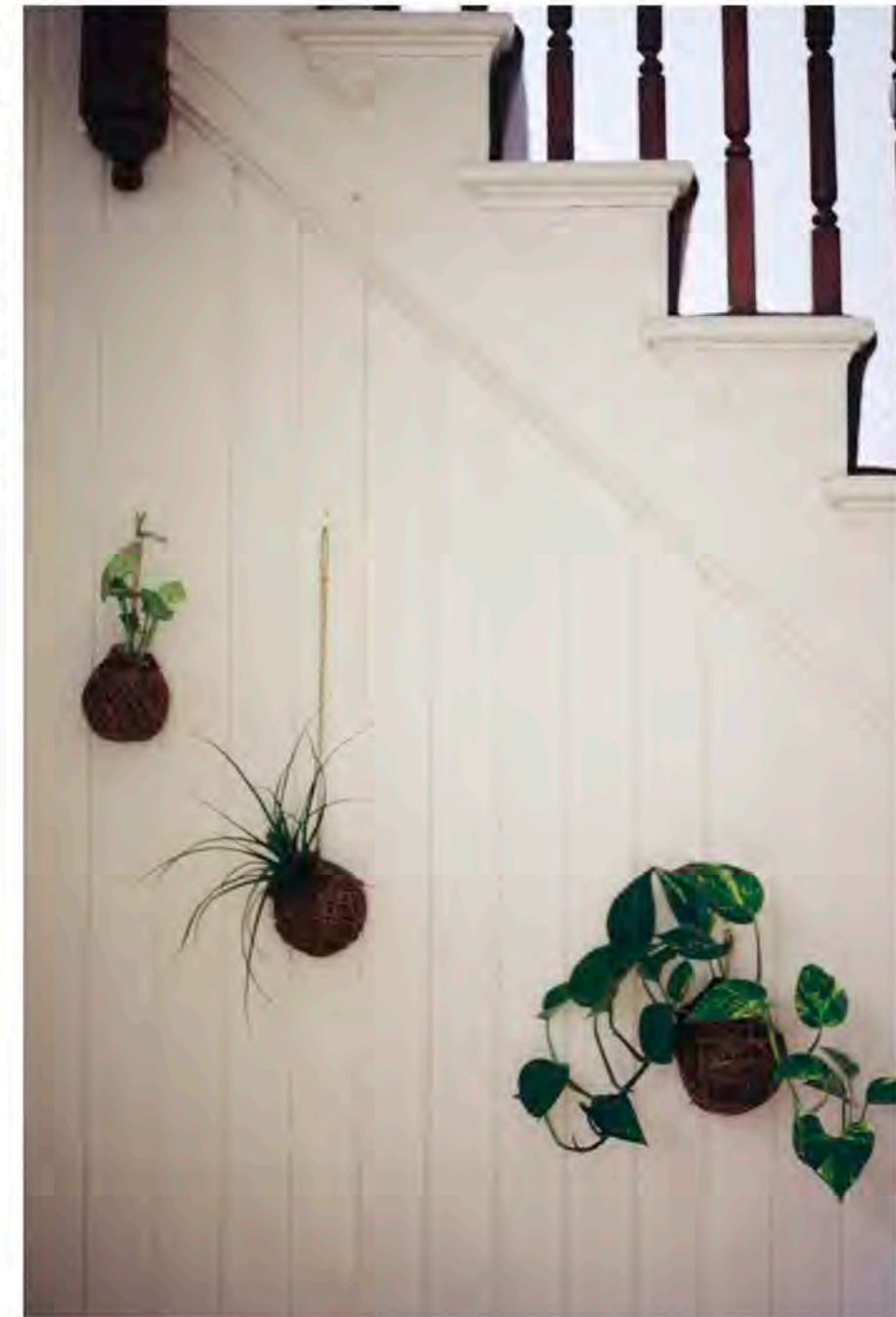
Fruits and vegetables can be planted alongside flowers and herbs as a natural form of protection from pests. This technique can also act as a way to enrich the

flavor of the produce. As an example, planting tomatoes with basil results in a more flavorful tomato. In addition, the basil provides protection for the tomatoes from insects.

Using clean rainwater for the garden is ideal to promote healthy growth and to avoid contaminating the soil.

Rainwater can be collected through rain barrels or other containers. Doing this can help decrease the need to rely on municipal water supplies, while also reducing the possibility of soil erosion.

If you opt to use your city’s water, consider ways to gather gray water such as placing buckets in the shower to conserve water and money!





SUMMER PLAYLIST

	Passenger Side	Smallpools
	How To Fly	Sticky Fingers
	Way It Goes	Hippo Campus
	Floats My Boat	Aer
	Daft Pretty Boys	Bad Suns
	Two High	Moon Taxi
	Sun Hands	Local Natives
	Nevermind	Dennis Lloyd
	Malibu 1992	COIN
	July	Noah Cyrus
	Watermelon Sugar	Harry Styles
	if we never met	John K
	Robbery	Lime Cordiale
	Summer Of '69	Bryan Adams
	Greek Tragedy	The Wombats

INDOOR PLANTS FOR THE SUMMER

Summer Aesthetic

Looking for plants to match your summer vibe?

Get yourself some succulent and cacti babies. These plants thrive off sunlight and minimal water. Another great plant to nurture inside is an aloe vera; Similarly, these beauties also thrive in some sun light and minimal water. The added bonus

of growing your own aloe is the ability to use her for your summer sunburns! Break off a leaf (close to the stem), slice off both ends, trim off the spiny edges and you've got natural aloe vera gel ready to be used!

Practicality and Health

Looking for plants to healthily improve the indoor air quality of your home, office, etc. this summer?

Below is a list of some plant friends that effectively remove toxins from the air, therefore improving the air quality.



Spider Plants (chlorophytum comosum)

This easy-to-grow plant has leaves that love to twist, adding another texture to your room. Pot these plant friends in a hanging basket or on a table surface and let them pull pollution out of your air!

Golden Pothos (epipremnum aureum)

One of my personal favorite plants! Pothos plants are great at

cleaning the air while being aesthetic in a space. I potted my pothos and hung her from the ceiling to add beauty to a corner.

Bamboo (bambusoideae)

According to NASA, these beautiful plant friends can help filter formaldehyde, xylene, and toluene from the air!

Snake Plant (sansevieria trifasciata)

This trendy plant adds to modern and contemporary aesthetics! It also requires minimal care, while cleansing the air from 4

out of 5 of the major indoor air contaminants.

Ficus (ficus benjamina)

The Ficus, also known as a Fig Tree, offers beauty to a space while filtering toxins from the air.

Fiddle Leaf Fig (ficus lyrata)

This casual plant has air purifying qualities thanks to its broad leaves. A bonus is that it also helps control humidity, so if you live in an area that has humid summers like me, this plant baby is a must!

Moth Orchid (phalaenopsis)

These beauties act as natural air filters. Be careful not to overwater your orchid (about every 10 days) and keep her happy so that she can do her job!

Corn Plant (dracaena fragrans)

I myself have a corn plant! These plant friends are a great way to fill an empty corner while they work to remove harmful chemicals released by household items.



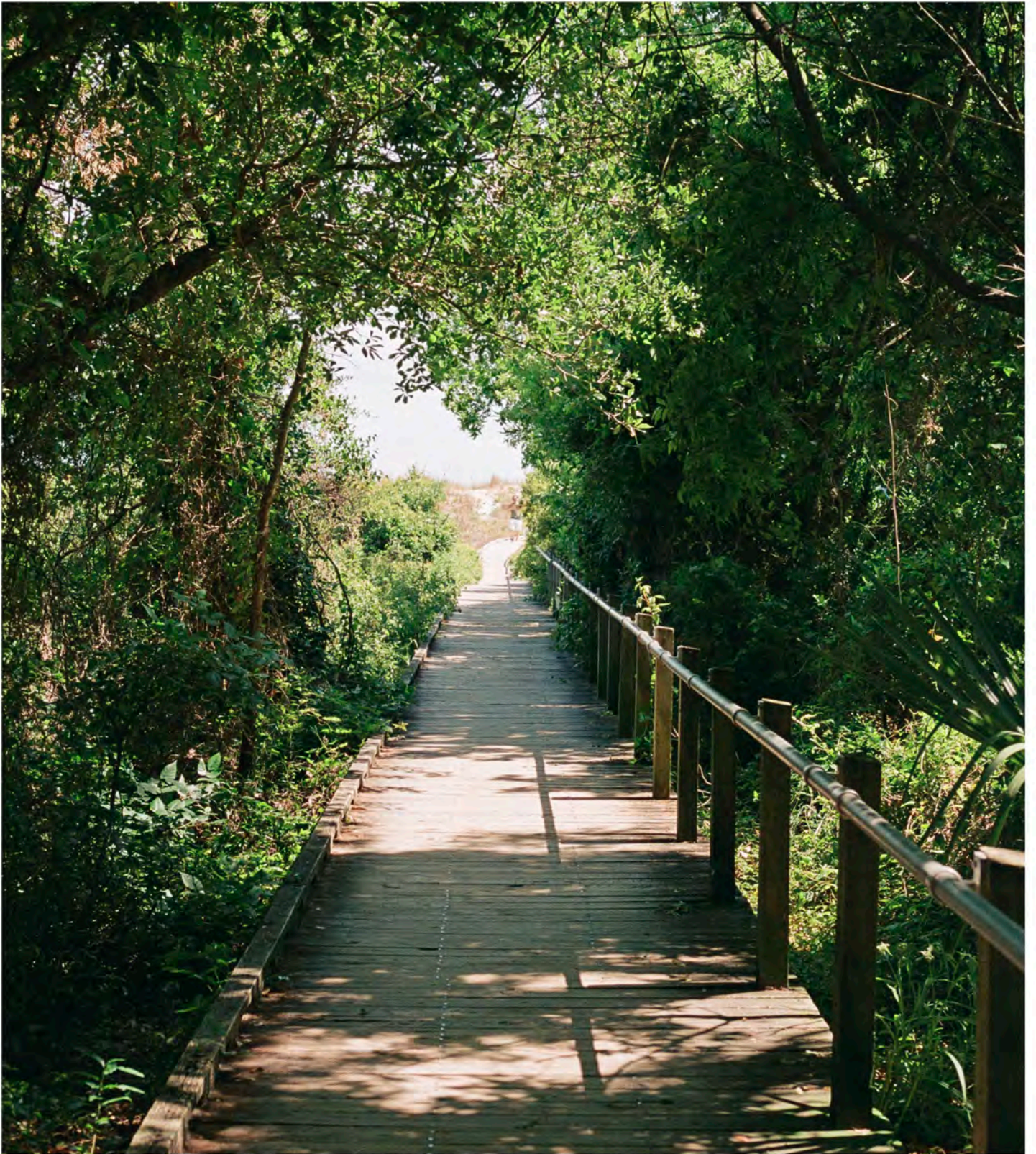
PASSION CORNER

In each of our magazines we like to dedicate the last page as a space for one of our writers to write about something they are passionate about, whether or not it fits with the theme of the edition



At the time I'm writing this, Netflix just recently came out with their newest documentary titled "Tiger King". Don't worry, if you still somehow haven't seen it, this article contains no spoilers, but it did reinvigorate my loathing of people who abuse or take advantage of animals and the documentary added more fuel to my passion of conservation. I have always loved animals. As a child, it was my dream to become a veterinarian until I found out it was a part of the job that I would have to put animals down. I have always had a respect and love for the creatures we share the earth with and I, as a principle, don't trust anyone that doesn't like dogs or cats. I have never come to terms with the fact that there are people out there that hurt (and even enjoy hurting) animals. The human ego has never failed to shock me. The fact that we have wiped out entire species and destroyed habitats and ecosystems just to fuel our capitalist greed. The fact that we see the land as something that we can exploit, bleed dry then throw away and dump our garbage on. The fact that we see animals as objects we can do with as we please, kill for sport, put in chains and call it education, and raise them in cages for slaughter has always disgusted me. I've struggled with feeling sad that I can't do anything to make all of this animal pain and abuse stop, but I have to make myself realize that while I cannot stop all of it, I can stop indirectly supporting it. I don't buy products that have been tested on animals, I don't eat meat very often,

and when I do eat meat or buy eggs I make sure that it comes from cage free animals. I carry around a reusable water bottle, reusable bamboo utensils and a straw, as I live on the coast and unfortunately some of our single use plastics end up in the oceans and on the beach. During these summer months, it's a reminder to myself and to others of some things we can all do to help keep our wildlife happy and safe. If you travel abroad this summer, DON'T pay to take photos with animals. These animals are often mistreated and have been beaten or drugged into submission. DO go and visit animal sanctuaries. Do your research, and make sure you are supporting people who genuinely help animals and are working to expand conservation. When you hit up the beach, DON'T leave any trash behind. Seriously, like don't litter. DO bring reusable items and by sunscreen that is cruelty free! Ask for drinks without straws, it's such a small thing but it can still make a difference to an animal. DO visit national parks, vote with your money and show your local government that you value your local trails and wildlife conservation parks. Together, we can make a difference, no matter how small that impact is.



We want to thank you from the bottom of our hearts for taking time to read this thing we have created, this truly is a passion project for us. If you want to keep up with us, make sure to follow [@fluxusmagazine](#) on Instagram!