



LIVING WELL. ARTFULLY. CLEVERLY.

Newsletter

Copy
of Past
Edition

July 31, 2024, Edition

Dear Friend,

Welcome to the fifth edition of the LWAC newsletter. It is hard to believe that July is over and as we move into August, we grow closer to the fall collection. I am so excited about the collection because it gives me the opportunity to create, which is my favorite thing to do. As we continue to grow, I want to welcome all of the new customers that have joined the Arthealthnut.com community.



Thank you so much for spreading the word, and the kind engagement on social media. In this edition, we continue to share more artwork, and share insights that those who live well can appreciate.

In this edition, we continue to explore the intriguing life of wellness and optimism.

- Art Spotlight: "Cauliflower Park"
- Wellness Quote of the week
- Wellness on my Mind - The Harmonious health benefits of Music
- Vintage Kevin: "On the Edge of Emotion" from 1994
- Grateful and Kind Regards (testimonial)
- It's Giving Culture: Iconic Cafes around the world
- "Healthy is Sexy": Inspiration on canvas
- What's New

With gratitude,

A handwritten signature in black ink that reads "Kevin".

Kevin Whitehurst
CEO and Founder of [Arthealthnut](https://Arthealthnut.com)

Art Spotlight

Cauliflower Park



featuring Aaron, Robert, and Benjamin

"Cauliflower Park" is a vivid painting featuring three men dressed in colorful suits, standing side by side against a vibrant backdrop. Each man sports a different style of hat: the man on the left wears a black fedora, the middleman a black flat cap, and the man on the right a black newsboy cap. Behind them, a lush garden filled with green foliage and colorful flowers stretches out, framed by whimsical white trees disguised as cauliflower. The scene is both striking and whimsical, blending formal attire with a playful, natural setting. The vibrant colors combined with the formal attire and park theme make this artwork intriguing and will transform any room.

With its subtle blend of whimsy and refinement, "Cauliflower Park" captures the essence of a life well-lived, where every moment is infused with joy and vitality.

The tagline, "Look the way you feel, that kind of wealth is real," encapsulates the spirit of this piece, where true wealth lies not in material possessions, but in the priceless treasures of health and happiness.

The soul is the fast track to wellness.

—Kevin Keith Whitehurst

Wellness on My Mind

The Harmonious Health Benefits of Music



As a lifelong music lover, music has been a constant companion in my journey, shaping my experiences and emotions. My passion for music is a family trait—my mother, father, and sisters are all singers, and our home was always filled with melodies. Friends often describe me as an upbeat and cheerful person, and I believe music plays a significant role in sustaining my positive energy. Today, I'm excited to share some fascinating insights into the health benefits of music, supported by credible studies from renowned organizations.

American Music Therapy Association (AMTA)

The AMTA champions the therapeutic use of music to address physical, emotional, cognitive, and social needs. Research supported by AMTA reveals that music therapy can significantly reduce anxiety and depression, uplift moods, enhance cognitive function, and alleviate pain in clinical settings. The AMTA advocates for evidence-based practices and collaborates with researchers to advance our understanding of music's therapeutic power.

The British Association for Music Therapy (BAMT)

BAMT emphasizes the effectiveness of music therapy in improving communication, emotional expression, and overall quality of life for individuals with mental health conditions, learning disabilities, and neurological disorders. By promoting the integration of music therapy into healthcare and educational settings, BAMT contributes to a deeper understanding of how music interventions support health and well-being.

National Institutes of Health (NIH)

NIH-funded studies have delved into the physiological effects of music, examining its impact on stress hormones, heart rate, and immune function. Findings suggest that listening to music can reduce stress, lower blood pressure, and enhance recovery from surgery or illness. The NIH supports a wide range of research related to health and wellness, providing scientific evidence on music's profound effects on the body and mind.

World Health Organization (WHO)

The WHO acknowledges music as a vital component in promoting mental health, social cohesion, and community resilience. Recognized as a cultural determinant of health, music enhances emotional well-being and fosters a sense of belonging and identity. The WHO collaborates with global partners to integrate music and arts-based interventions into public health strategies, highlighting their positive impact on health outcomes.

The collective research from these organizations underscores the transformative potential of music in various health contexts. Incorporating music interventions into healthcare practices not only enhances patient care but also enriches overall health and well-being. As we continue to explore the symbiotic relationship between music and health, let us embrace the melodies that bring harmony to our lives.

VintageExpressionism

On the Edge of Emotion

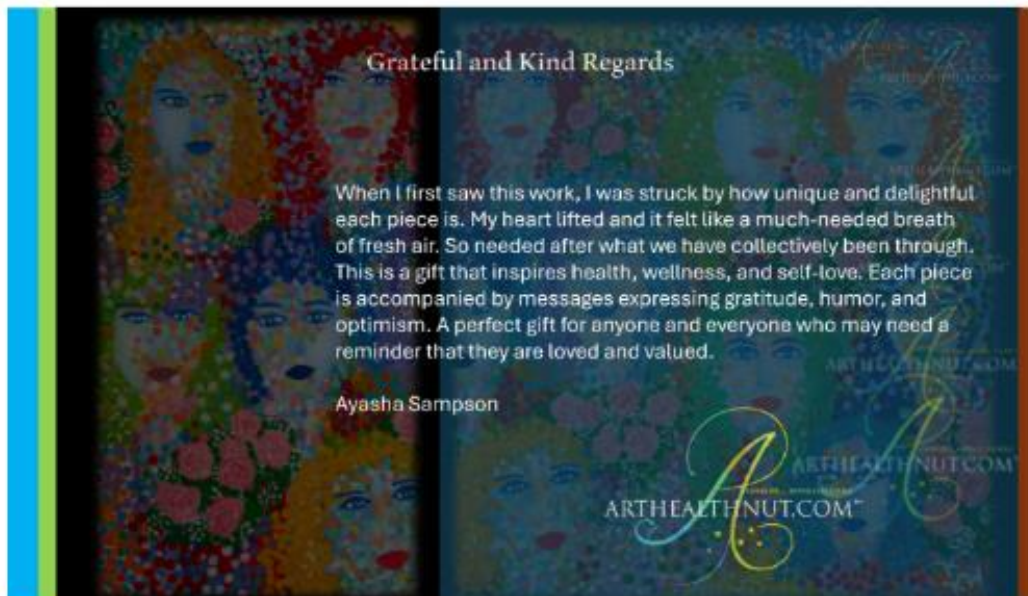
In this edition of our bi-weekly newsletter, I am excited to feature another captivating piece of my vintage art. This piece, named "On the Edge of Emotion" was painted in 1994. This artwork, with its bold strokes and evocative imagery, is a testament to the raw power of human expression.

At first glance, the painting seems chaotic, with overlapping faces and abstract forms. However, a closer inspection reveals a meticulously organized composition. The central figure, with wide eyes and an open mouth, appears to be in a state of shock or awe, anchoring the viewer's gaze. Surrounding this figure are various other faces, each exhibiting a range of emotions from joy to sorrow, curiosity to contemplation. The interplay of these emotions creates a dynamic visual experience, inviting viewers to reflect on their own emotional journeys.

I employed a combination of bold, gestural lines and delicate, intricate details to bring this piece to life. The thick, black lines define the contours of the faces, while finer details within these lines add depth and complexity. This technique not only captures the essence of each emotion but also creates a sense of movement and fluidity, as if the emotions are continuously evolving.

Stay tuned for more intriguing vintage art in our upcoming newsletters.





Grateful and Kind Regards

When I first saw this work, I was struck by how unique and delightful each piece is. My heart lifted and it felt like a much-needed breath of fresh air. So needed after what we have collectively been through. This is a gift that inspires health, wellness, and self-love. Each piece is accompanied by messages expressing gratitude, humor, and optimism. A perfect gift for anyone and everyone who may need a reminder that they are loved and valued.

Ayasha Sampson



It's Giving Culture Iconic Cafés Around the World



In this bi-weekly edition of our newsletter, I'm thrilled to explore the world's most iconic cafés, each with their unique charm, cultural significance, and delightful offerings. These establishments are more than just places to grab a coffee; they are vibrant cultural landmarks that attract art lovers, history buffs, and coffee aficionados alike.

Café de Flore, Paris, France

Established in the 18th century, Café de Flore is a cornerstone of Parisian culture, celebrated for its rich literary and artistic history. Since its opening in 1887 on the Boulevard Saint-Germain, this café has been a hub for intellectuals and artists, giving birth to movements such as Dadaism, Surrealism, and Existentialism. Its esteemed patrons include Picasso, Giacometti, and Hemingway. Today, Café de Flore continues to support and inspire artists, maintaining its status as a cultural beacon in Paris.

Café Central, Vienna, Austria

Dating back to the 19th century, Café Central is a magnificent café renowned for its grand architecture and historic ambiance. Located within the Palais Ferstel, it has served as a meeting place for intellectuals and revolutionaries. With its Viennese coffee culture, classic dishes, and exquisite pastries, Café Central offers a luxurious experience steeped in history. Its Mediterranean-inspired Arkadenhof provides a perfect setting for both formal and casual gatherings.

Café Tortoni, Buenos Aires, Argentina

Founded in 1858, Café Tortoni is a symbol of Buenos Aires' cultural heritage. Its elegant Art Nouveau decor and live tango performances create an enchanting atmosphere. The café doubles as a museum, displaying over 100 artworks that capture its rich history. Café Tortoni is a must-visit for those looking to immerse themselves in Argentine culture while enjoying traditional pastries and a vibrant artistic ambiance.

Blue Bottle Coffee, Various Locations (San Francisco, New York, Tokyo)

Blue Bottle Coffee has made a name for itself with its dedication to quality and sustainability. Known for its minimalist design and meticulous brewing methods, Blue Bottle sources its beans from sustainable farms and offers artisanal blends that delight coffee enthusiasts. Originally founded in Oakland, California, Blue Bottle has expanded globally, continuing to set standards in the third wave coffee movement.

Antico Caffè Greco, Rome, Italy

Established in 1760, Antico Caffè Greco is Rome's oldest café, revered for its ornate interiors and historical artifacts. Located near the Spanish Steps, it has welcomed countless luminaries, including Casanova. The café's nine rooms house an invaluable artistic heritage, making it a sanctuary for writers, artists, and intellectuals. Sipping coffee at Caffè Greco is like stepping back in time, experiencing centuries of history and creativity.

Monmouth Coffee Company, London, UK

Monmouth Coffee Company is celebrated for its specialty coffee, sourced from single farms and roasted on-site. Founded in 1978, it has built a loyal following through its commitment to quality, freshness, and ethical sourcing. Monmouth's locations in Covent Garden and Borough Market offer a cozy yet vibrant atmosphere, perfect for coffee connoisseurs seeking a taste of expertly crafted brews.

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Café du Monde, New Orleans, USA

Nestled in the heart of the French Quarter, Café du Monde is famous for its beignets and chicory coffee. Established in 1862, it exudes a lively, welcoming atmosphere with its iconic green and white awnings. Open 24/7, except on Christmas Day and during hurricanes, Café du Monde is a beloved institution where locals and tourists gather to enjoy a quintessential New Orleans experience.

Timbertrain Coffee Roasters, Vancouver, Canada

Founded in 2011, Timbertrain Coffee Roasters is known for its precision in coffee roasting and commitment to sustainability. With a focus on building long-term relationships from sourcing to serving, Timbertrain offers an exceptional coffee experience. Its three locations in Vancouver serve as community hubs where customers can savor quality coffee in a warm, inviting setting.

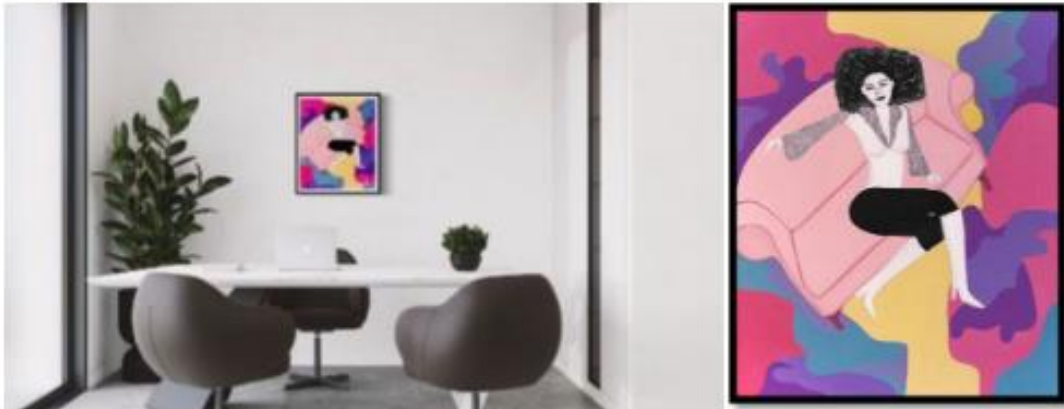
The Allure of Iconic Cafés

What makes these cafés stand out? Their cultural and historical significance, unique ambiance, high-quality coffee and food, and commitment to community and innovation. Each café offers a distinct experience, inviting patrons to indulge in the rich tapestry of local culture and culinary excellence. Whether you're an art lover, a history enthusiast, or simply a coffee aficionado, these iconic cafés promise a memorable and enriching experience.

Inspiration on Canvas

Healthy is Sexy





Soft and elegant, this piece of artwork is the ultimate portrayal of sexiness in the world of health and wellness. Indulge in the allure of "Healthy is Sexy," where vitality, confidence, and charisma converge in a captivating celebration of physical and emotional well-being. In this mesmerizing painting, Destiny radiates with an irresistible glow, her vibrant presence a testament to the transformative power of self-care and self-love. "Healthy is Sexy" invites you to embrace your inner radiance and embrace the joy of living in a body that feels vibrant and alive. Against a backdrop of soft pastels and bold contrasts, this painting captures the essence of sensuality and self-assurance. This piece will match the essence of your sensuality and self-assurance and serve as a reminder that true beauty radiates from within and self-love is the ultimate aphrodisiac.

What's New

As we edge closer to the fall, the new collection will be ready to launch. Stay tuned for previews of the collection in future editions. Also, mark your calendars! 2025 Calendars will be on sale in September as well. Don't forget you can take advantage of summer discounts on all art prints and merchandise. I would love to hear from you, please send feedback on the newsletter and anything you would like to see from Arthealthnut.com.

We invite you to join us on our social media platforms

