

20 Years of Natural Hong Kong

A collection of essays and photographs by Kinzie



HK heartbeat
natural life in the fast lane



The natural network

Connecting Hong Kong since 2001 ... naturally

To mark the end of my weekly essay, I am publishing a special collection from the archives. This is something members have requested for years. The time is now.

Twenty Years of Natural Hong Kong will be available in digital format (HK\$288) with a hard copy version (HK\$888) and branded editions available for company orders.

Special pre-launch member rate: **HK\$188 digital** | **HK\$688 print**

Digital edition release date: **28 January 2022**

The hybrid publication will feature my favorites along with those chosen by members.

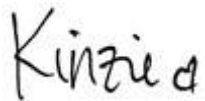
This new project will be funded by advance copy sales with easy payment options to reduce online fees.

Starting on 22 October 2001 when we were largely invisible and continuing until 23 December 2021, I shared weekly insights with our growing network of regular people pursuing natural life in the fast lane.

From what I've witnessed over these many moons, I believe our planet is ready for less stress and more balance. It will be great for the next 20 years to be easier than the last twenty.

Let's see how far we've come and create the future of our dreams.

Naturally,

A handwritten signature in black ink that reads "Kinzie". The letters are cursive and slightly slanted to the right.

Founder/Manager

HK heartbeat is a privately managed community of individual customers, independent professionals, commercial businesses and social organizations exploring clean, green, healthy products and services with full-service integrated communications programs and access to collaborative online resources including digital and printed publications promoting personal wellness, social action and holistic commerce.

Free Community Membership and Public Resources

Email : weekly newsletter: upcoming events, member news, fresh insights

Print : Natural Hong Kong (free mini-guides) and The heartbeat directory (retail)

Website : heartbeat.com.hk – calendar, directory, market; listings, posts, features

Social media : discussion groups and campaigns on Facebook, Instagram and Twitter

“A worthwhile endeavor” Community Business

“We are excited by the concept of HK heartbeat, with the building of natural links to offer opportunities for the sharing of fine ideas and passions. The beating heart is our most precious common denominator and reminds us of the many other important attributes we share. We clearly see the evidence and desire amongst Heartbeat members and readers to join and participate in healthy lifestyle options. And just as the best foods are cultivated from the most fertile of soils, which, incidentally, experienced gardeners describe as soils in good heart; in the same way we see that the members and readers of Heartbeat are able to find such fulfillment in a genuine culture of sharing”. David Sanders (The Green Patch)

Hong Kong’s original natural network

Since 2001, HK heartbeat has service the Hong Kong community with authentic content and connections for clean, green, healthy products, services and programs. All materials are designed to reach an English and ESL (English as a second language) audience to serve the growing demand for healthy living, sustainability and social responsibility.

“A fantastic resource” – AsiaSpa

Action | Active Wear | Allergy Care | Animal Welfare & Wildlife Protection | Architects | Aromatherapy | Beauty & Skin Care | Bodywork | Books, Music & Video Business & Wholesale | Catering | Children & Families | Chiropractic Care | Clean Air & Water | Clothing & Sustainable Fashion | Coaches | Colonics | Conservation Counselling & Psychologists | Creative Expression | Culture & Heritage | Dance | Dentists | Drumming | Eastern Therapies | Energy Healing | Environment | Events & Conferences | Exercise | Family Services | Farms & Gardening | Feng Shui | Food Preparation | Foot Care | Gardening | Groups & Gatherings | Hair Salons | Health Care Products | Health Foods | Holidays | Holistic Medical Doctors | Home & Office | Home Furnishings | Homeopath & Naturopaths | Hypnotherapy | Integrative Therapies | Intuitive Arts | Jewelry & Crystals | Kinesiology | Kitchenware | Lifestyle Shops | Marine Protection | Maternity, Baby & Child Care Shops & Services | Mindfulness & Meditation | Natural Health | Nei Gong | Nutrition | Osteopaths | Personal Care & Cosmetics | Personal Growth | Pest Management | Pilates | Urban Planning & Development | Professional Training | Readings | Recycle | Renewal Retreats | Residences | Resources | Restaurants & Cafés | Schools | Seminars | Social Welfare | Spa & Beauty | Specialty Foods & Products | Groceries | Tai Chi | Time Out | Vegan & Veggie Dining | Venues | Veterinary Services | Volunteer Agencies | Wellness Centres | Wine & Beers | Workshops & Courses | Yoga Teachers & Studios | Zero Waste ...

Share the love.

"For many years, HK heartbeat has been my go-to source for reliable information about events, companies, products and services to do with healing, wellness, spirituality and conscious living in Hong Kong." Kay Ross

"Thank you for starting this wonderful and much-needed community." David Yeung, Founder, Green Common

"I enjoy reading your newsletters. Thanks you for your ongoing efforts to making HK ever more environmentally conscious" Angela Bussinger (joined 23 Oct 2001)

"Kinzie you are one of our precious pioneers in The HK...!! Keep up the good service you have been doing us for 17 years ... " Bobsy, Founder, Mana!

"Keep up with the great work that heartbeat is doing, it's fantastic! Much love." Eve

"What a labour of love this has been for you ... how pioneering it was when you started it." Hersha Harilela Chellaram

"Love what you are doing at HK heartbeat; HK definitely needs more passionate individuals like you." Michelle Lau

"I am a big fan of HK Heartbeat!" Mey Jen Tillyer, Oasis Dance Centre

"I have enjoyed being with you all these years. It is good to know that you are there. I can't imagine Hong Kong without you!" Christel Wilk, Tian Yan Nei Gong Centre

"I am glad to see you are still around and clearly successful in what you do. You must feel proud of your contribution to the healing and health scene in Hong Kong." Catriona Rogers

"Thank you for pouring your heart out to create something useful and meaningful for the community!" Cherie

"hk heartbeat is really such a treasure, very useful, thanks." Adele Leung

"i always feel touched by your words ... and through your pictures i see 'my' hongkong ... precious moments" Lina Klaus

"HK heartbeat was a market first in Hong Kong and has done a fantastic job in providing a one stop platform that connects sustainable and organically focused businesses to ecologically concerned individuals in Hong Kong. Sustainability here is now hot, but it has taken many years to embed it into Hong Kong psyche and HK heartbeat's newsletter has helped with that." Ciara Shannon

"You made it easy for us." Lisa Christensen, Ecozine

"I always read your newsletter." Paul Wouters, ecover

"This may well help each of us to find ways to become healthier, wiser and happier." Christine Loh

"We thank HK heartbeat for providing such a fresh approach and for introducing all natural products and services available in the city yet awaiting to be discovered by all Hong Kong people. HK Heartbeat helps to ease time and effort to pursue a healthy mindful lifestyle. Always looking forward to regular newsletter which keeps us up to date of what is new and natural in our beautiful always changing city." Sanja Dujic

"Among all the online directories, HK heartbeat is your best bet when you are looking for authentic, natural, kind-to-the-planet products, services and happenings in our city". Kumi Masunaga (Drum Jam)

"Thank you for all the hard-work and insistence, look forward to your continuous contribution with excellence and wish you all the best for the successful mission and vision. I have no reservation to recommend the Heartbeat to anyone for it is one of the best in town. It is of great pleasure to have the HK Heartbeat in Hong Kong." Kim Chau (Encore International)

"HK heartbeat publications work and have been as much informative as inspiring. I often forward to friends." Charles D'Haussy (CleanTuesday Asia)

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