

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

Onward & UPWARD

Rising Above
Adversity

Meditation that Works

Tips for Finding
the Right Practice

Heart-Happy Valentine Dinner

Looking Good

How Teens Can Learn
to Love Themselves

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SOME OF THE IMPORTANT AREAS OF FOCUS INCLUDE

The Brain and the Gut/Brain Axis -----

The development and performance of the brain is intricately linked to the metabolic, neuro-chemical and hormonal pathways of the body.

A healthy brain and gut provides for well-functioning central nervous and immune system. Benefits include coordinated gait and movement, balance, clear thought, a good night's sleep, mobility, resilience from pain and adaptive response to change, hormonal balance, anger control and more.

Hormonal Balance and Thyroid -----

In functional endocrinology, we want to look at more than serum concentrations in the blood because the value of these markers to evaluate hormone levels is negligible. In fact, they are only used for dosing.

Women have a complicated system that can be triggered at any significant stage in their hormonal development or maturity, which does not mean that men are immune. Only that many symptoms from constipation, to weight gain, to chronic pain and tenderness, to mood swings can be attributed to thyroid and hormone function.

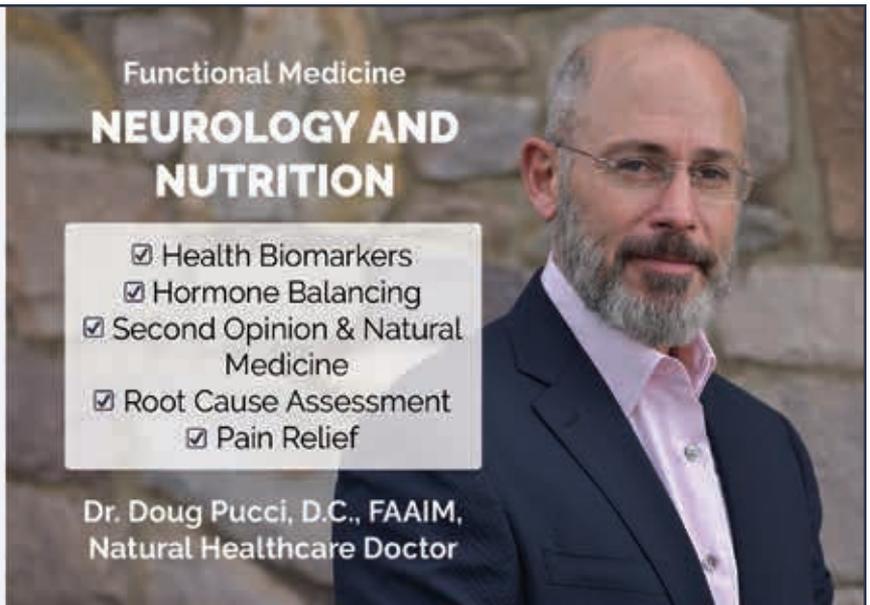
The Body -----

Disease processes begin at the cellular level when energy production fails and good cells die faster than can be replaced. Coupled with this is the depletion of our healthy micro biome and the insurgence of pathogens that compromise immunity and lead to all kinds of sensitivities and intolerances.

Evaluating the way environmental factors, toxins and nutrient insufficiencies contribute can point the way to reversing the damage.

Contact information

Dr. Doug Pucci is located in Oradell, NJ. Contact him at (201) 261-5430 or GetWell-Now.com



Functional Medicine
NEUROLOGY AND NUTRITION

- Health Biomarkers
- Hormone Balancing
- Second Opinion & Natural Medicine
- Root Cause Assessment
- Pain Relief

Dr. Doug Pucci, D.C., FAAIM, Natural Healthcare Doctor

To receive my Special Promotional Offer of a 2-Visit Functional Baseline, please call (201) 261-5430.

Oradell, NJ - If you're like the rest of my patients, you probably know this simple truth by now: Routine medicine does not work for you. When you visit a doctor's office, your complaints fall on deaf ears. You have heard every one of these excuses from your doctor:

- Your symptoms are a condition of growing older (so live with it);
- The treatment cycle worked, when it clearly did not;
- Your lab tests are normal
- Or, whatever you're feeling is all in your head.

The striking difference between me and every other doctor you'll meet is my functional philosophy. I use a "test, treat and re-test" model, meaning that my complete analysis is happening right in front of you.

HERE'S WHAT OUR PATIENTS ARE SAYING

"I started seeing Dr. Pucci, after being diagnosed with Hashimoto's Thyroiditis. He educated and worked with me on how to calm my system down naturally. Within a year, I felt like I did when I was in my twenties (maybe better)."

"I highly recommend Dr Pucci to my friends, my family and my community. His treatments dramatically improved my health

even in areas where I didn't know I was weak."

"Dr. Pucci and his staff are amazing. They listen to your concerns and really provide a level of care that you will not receive with a traditional doctor's visit."

"Dr. Pucci's treatments, out of the box thinking, methodology, and extensive knowledge in functional medicine has changed my life over the past two years."

"Dr. Pucci truly listens and WANTS to know everything that affects (me). His treatments have healed me from joint pain and autoimmune conditions and set me on a path to continuing better health."

SPECIAL PROMOTIONAL OFFER

Here's what's included in your two 90 minute face-to-face sessions with Dr Pucci:

- Functional analysis of existing labs and health records
- Complete blood and hormone workup
- Preliminary brain-body evaluation whether for pain, fatigue, dizziness or brain fog
- A Root Cause assessment with remedies and nutritional support

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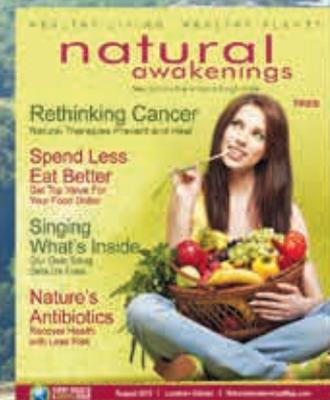
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pat@naturalawakeningsnj.com

Natural Awakening Readers... Looking for a More Natural Approach for Your Dentistry?

Choosing a new dentist can be a real challenge.

How do you know who is really a holistic dentist? Here are several things to look out for, when choosing...

- They **DON'T** use mercury containing fillings because mercury is one of the most toxic substances known to man.
- They **DON'T** remove mercury fillings without protection because inhaled mercury vapors can be easily absorbed by the body.
- They **DON'T** recommend Root Canals because they harbor bacteria and toxins.
- They **DON'T** use conventional standards for their cleanings because tap water and chemicals are full of toxic substances.
- They **DON'T** use fluoride because it has been shown to be a neurotoxin.
- They **DON'T** use metal in their restorations because many people have metal allergies and sensitivities.
- They **DON'T** treat sensitive patients without biocompatibility testing because allergic reactions and systemic reactions can occur which burdens the body.

**We at the Holistic Dental Center, strive to give our patients a "True" Holistic Dental Experience...
Even Holistic Practitioners become our patients!**

Dr. Glenn Gero, Naturopathic Physician:

"I was seeing a dentist for over 30 years and when I was invited to try Dr. Gashinsky for the first time I was so impressed with the office." "The best dental experience I have ever had in my life."

Lisa Mack, Certified Thermographic Technician:

"What I see in my Thermography, I see inflammation in the mouth, how important it is, you see the bacteria draining down into the lymphatic system and from there I always refer patients back to Dr. G... Why? Because Dr. G can test that bacteria to see exactly what it is so from there he can help you. I am also a patient of Dr G's and I absolutely love coming here, the one thing that I love about here is that when you walk in here it's like you're family. They are very caring and very loving and when you walk out of here you feel like you've been well taken care of..."

Nancy Barrett, Certified Holistic Manual Lymphatic Therapist:

"Every health problem begins in the mouth... I am also a patient of Dr. Gashinsky and the reason I go holistic is because I understand that every health problem begins with your mouth..." "...I love the staff I love also the cleanings that they do here and I am also very aware of the benefits of going holistic. I really highly recommend Dr. G and his staff!"

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letter from publisher



Pat and I owned a restaurant in Parsippany for a number of years until we sold it in 2015. The Saint Valentine's Day holiday was always the busiest night of the year... lots of couples made dinner reservations to celebrate their love for each other. We noticed that the happiest couples were typically very involved in conversation during their visit. They had a particular chemistry that kept them engaged and happy. The happiest of these couples were quick to laugh and joke around with each other. Those couples were our favorites, as they would also engage with me and Pat and staff in the same manner.

Why doesn't everyone approach their relationship and life in general in a way that's light and fun? Well, if what I mentioned in the above paragraph resembles love, then what keeps us from feeling good must be fear, and if you've been reading these letters each month, then you already know that fear is a future concept. It's simply a concern that a particular circumstance will produce an undesirable or unwanted outcome.

From my personal experience, it appears that much turmoil arises in relationships because one or both partners possess a fear that their needs won't be met by the other. Expectations and even unmet demands tend to throw a monkey wrench into the works. I find it interesting that people often peg their happiness on what the other is doing or not doing. How did we all deal with expectations when we were single? Well, it was our own job to meet our needs and expectations. Aha! So, why does the game change when we hook up with someone? It shouldn't.

A friend of mine periodically reminds me, "We are the protectors of each other's solitude." That means give me some damn space to be myself. We are sovereign beings here to co-create reality. If you choose to control or try to control others, well, that's a game that usually doesn't end well. Instead, I propose that we all simply uplift our mates this Valentine's Day. One fellow thinker, observer, optimist and defender of the heart has the right idea with the prose below. Ladies, replace the word her with him.

Elevate her.
Take her ideas to new heights.
Let brilliance cast light upon beauty,
lifting her spirit to the place it desires.
Levitate her love above the common
because try as they will,
the darkness in others can't steal her shine
if they cannot reach her sky.

~Stephen L. Lizotte
@LizotteStephen

Jerry & Pat Hocek, Publishers

Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.



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To advertise with Natural Awakenings or request a media kit, please contact us at 201-781-5577 or email Publisher@NaturalAwakeningsNNJ.com. Deadline for ads: the 15th of the month.

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Email articles, news items and ideas to: Publisher@NaturalAwakeningsNNJ.com. Deadline for editorial: the 10th of the month.

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Email Calendar Events to: Publisher@NaturalAwakeningsNNJ.com. Deadline for calendar: the 10th of the month.

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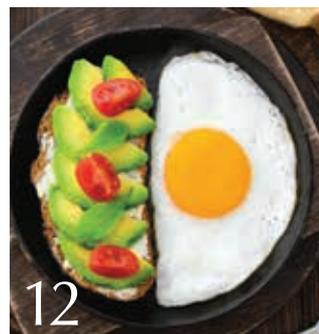
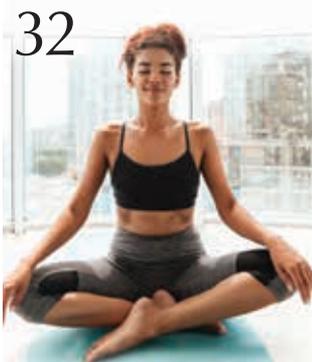
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news briefs

Mini-Retreat for Teens and Parents at Ramapo College

The Krame Center for Contemplative Studies and Mindful Living at Ramapo College of New Jersey is conducting a Learning to Let Go parallel mini-retreat for teens from 13 to 16 years old, those from 12 to 18, and parents of teens from 10 a.m. to 1 p.m., February 24. Mini-retreat participants will learn simple and practical mindfulness activities.



Teens have many stressors, and how they meet the inevitable ups and downs determines their effect on them. They will learn how to handle stress, focus in school, deal with emotions and practice being kind to themselves and others. Parenting a teen can be stressful, as well.

Instructors Beth Sandweiss and Arlene Gordon are both Mindfulness-Based Stress Reduction instructors and professionals that work with teens individually and in groups.

Cost is \$30. Location: 505 Ramapo Valley Rd., Mahwah, N.J For more information or to register (required), visit Tinyurl.com/mindrets.

Thriving in Transitional Times Community Discussion Group

Sheryl Brian, owner of Vista Natural Wellness Center, in Oakland, is hosting a series of monthly community discussion events beginning from 7 to 9 p.m., February 22, to focus on how to thrive in transitional times while avoiding the trap of fear and anxiety as we move through an era of great change.



Participants will have the opportunity to engage with others on topics such as staying centered through personal and societal turbulence, resolving past traumas, letting go of disempowering behavior patterns, embracing new beginnings while transitioning through divorce, effective holistic health practices and more.

“For too long, evolution has whisked by us as if we were just passive observers; now, the time has arrived for humanity to collectively energize the process. Everything is about to change. A new future is evolving,” says Brian. “We can choose to move intelligently and consciously into the changes that have already begun, or we can do nothing and be pulled kicking and screaming into them. The choice is ours. One way or another, we will participate, and need to stop waiting for someone else to fix everything. There is no one else. There’s only us. We are the system, and we’re the ones that have to change.”

Admission: Cash donations accepted at the event. Location: 191 Ramapo Valley Rd., in Oakland, NJ. For more information, call 201-644-0840 or visit VistaNaturalWellness.com. See ad, page 10.

What if Change Could be Easy? Are You Willing to Give it a Try?

Discover Life Changing ACCESS BARS® Sessions



The Bars are 32 points on the head that when lightly touched releases old energies that keep you stuck in many areas of your life, allowing for tremendous and easy change.

Interested in learning how to give ACCESS BARS®?

Attend a class:
Saturday, Feb. 24th, 2018, 9-5pm
22 Madison Ave., Paramus, NJ
NCBTMB/CEU's for Massage Therapists

Theresa Obsuth
BARS Facilitator • Paramus • NJ
201-655-3836

Step into the power of who you truly are, call for your session today!

AccessConsciousness.com

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Holistic Cooking Class with Christine Okezie

Natural foods chef Christine Okezie will present a cooking class lecture, Mediterranean Diet for Cardiac Health, from 6:30 to 8:30 p.m., February 8, in Ridgewood.



There are many studies that have now shown that the Mediterranean diet can result in weight loss and help prevent heart attacks, strokes, Type 2 diabetes and premature death. Okezie will guide the audience on the best way they can implement a Mediterranean diet into their daily lives. Overall, it's a lifestyle centered on whole, natural foods, including vegetables, fruits, whole grains and healthy fats like avocados, nuts, seeds and olive oil.

Throughout this evening, Okezie will answer health questions and provide guidance on making satisfying, flavor-filled meals.

Cost is \$70. Location: 1200 E. Ridgewood Ave. For more information or to register (required), call Ellen Mangano at 201-389-0075, email emangan@valleyhealth.com or visit YourDeliciousBalance.com. See ad, page 20.

Saving Endangered Species at Botanical Garden

The Bergen County Audubon Society will present a lecture, Audubon: Endangered Species – From Exploitation to Conservation, at 1 p.m., February 25, at the New Jersey Botanical Garden, in Ringwood.

Throughout the day, visitors and presenters will discuss the many species of birds that have been exploited and became endangered. This indoor program will also cover the conservation efforts involved in protecting and helping them make a remarkable comeback.



Admission is free. Snow cancels the event. Location: 2 Morris Rd. (meet at the carriage house). For more information, call Don Torino at 201-230-4983 or email GreatAuk4@gmail.com.

Free Guided Meditation with The Art of Living

The Art of Living will hold a guided meditation session from 10 to 11 a.m., February 17, at the Ridgfield Park Library. Participants will engage in light yoga that can be done in either a chair or on the floor. Many relaxing breathing techniques will be practiced throughout the session.

This program is open to those 13 or older—BYO mat. The Art of Living is an educational and humanitarian movement engaged in stress-management and service initiatives.

Location: 107 Cedar St. For more information or to register (required), call 201-641-0689 or visit RidgfieldParkPublicLibrary.org.



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People choose to experience a Quantum Healing Hypnotherapy session for many reasons, these are some of the more common ones:

- Get Answers About Unexplainable Experiences
- Spiritual Guidance for Self or Loved Ones
- Connect With Your Higher Self for Healing Purposes
- Understand Your Life Purpose and Take Charge
- Curious about Past Lives

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**VISTA NATURAL
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news briefs

Free Vitality Workshops at Body & Brain

Body & Brain Yoga - Tai Chi of Wyckoff and Ramsey are holding free wellness workshops based on founder Ilchi Lee's vibrant new book, *I've Decided to Live 120*

Years. They will discuss key principles of longevity and introduce highly effective wellness lifestyle habits. For better vitality, there is physical training, breath work and energy meditation, plus tips for a healthy diet and good sleep. To attend this two-hour workshop RSVP by calling the center. Dates in Wyckoff are 2 p.m., February 10 and 17. Dates in Ramsey are 9:30 a.m., February 8 and 22.

Body & Brain offers restorative yoga, tai chi, and meditation for group and private classes. Instruction focuses on strengthening the physical body and opening the mind and heart for the rich experiences of inner healing.

Admission is free. Locations: Wyckoff Body & Brain, 525 Cedar Hill Ave., 2nd fl., Wyckoff, 201-444-6020. Ramsey Body & Brain, 495 N. Franklin Tpke., Ramsey, 201-962-8383. For more information, visit Bodynbrain.com.

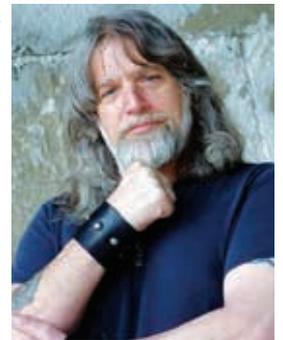


Communicating Beyond Normal Means with Hercules Invictus

The Cresskill Public Library will host a lecture, *Communicating with the Beyond*, with Hercules Invictus, from 7 to 8 p.m., February 15, in Cresskill.

Throughout this evening, he will invite the audience to share their experiences and beliefs about their spiritual nature. Invictus has been exploring the fringes of reality throughout his life and has been sharing his experiences publicly for more than four decades.

Invictus is the founder of the Regional Folklore Society of Northeastern Pennsylvania and the Center for the Study of Living Myth, in New Jersey.



Hercules Invictus

Admission is free. Location: 53 Union Ave. For more information or to register, call 201-567-3521, email crescirc@bccls.org or visit Cresskill.bccls.org.

Half an hour's meditation
each day is essential,
except when you are busy.
Then a full hour is needed.
~Saint Francis de Sales

Free Bhagavad Gita Classes

The *Bhagavad Gita*, written more than 5,000 years ago, and the most well-known and widely read of all Vedic literature, will be the subject of study from 7 to 9 p.m. on the second and fourth Friday of



the month, starting in February. Classes are current held in the Waldwick and Wyckoff area. They include a short kirtan (musical chanting) and end with a vegetarian dinner.

Included in the curriculum of numerous yoga teacher training programs, the *Bhagavad Gita* comprises 700 verses which reveal the eternal principles of love. Secular, logical and eye-opening, the book's timeless wisdom is as relevant today as it was centuries ago. Classes delve into the concepts of time, nature karma, and love.

Admission is free. For more information, contact Gopal Agrawal at 201-926-9079 or Gopal_agrawal@yahoo.com.

Learn Access Bars in Paramus

Those that would like to know how to release thoughts that don't work with ease and bring greater possibilities into their life, and also give this opportunity to others, may attend Access Bars classes from 9 a.m. to 5 p.m., February 24, in Paramus.



There are 32 points on the head which, when gently touched, effortlessly and easily release thoughts, ideas and attitudes that keeps people in limitation. Access Bars releases the thoughts that don't work and brings greater possibilities to one's life.

Participants in this class will learn how to administer this dynamic, hands-on body process and receive two sessions during the class. No prerequisites are required, just a willingness to learn something that will greatly benefit them and those with which they share Access Bars. At the completion of the class, participants receive a certificate of completion and will be qualified to give Access Bars to their family, friends or clients. Providers of other therapies can include Access Bars to their present modalities and licensed massage therapists can earn NCBTMB continuing education units.

Location: Advanced Medical Center, 22 Madison Ave., Paramus, NJ. For more information, call 201-655-3836 or visit AccessConsciousness.com. See ad, page 8.

Tired of being tired? Get sick often? Are you or someone you care about feeling stressed lately?

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When: Every Wednesday night (7:30-9:30)

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MASTER CHOW KOK SUI
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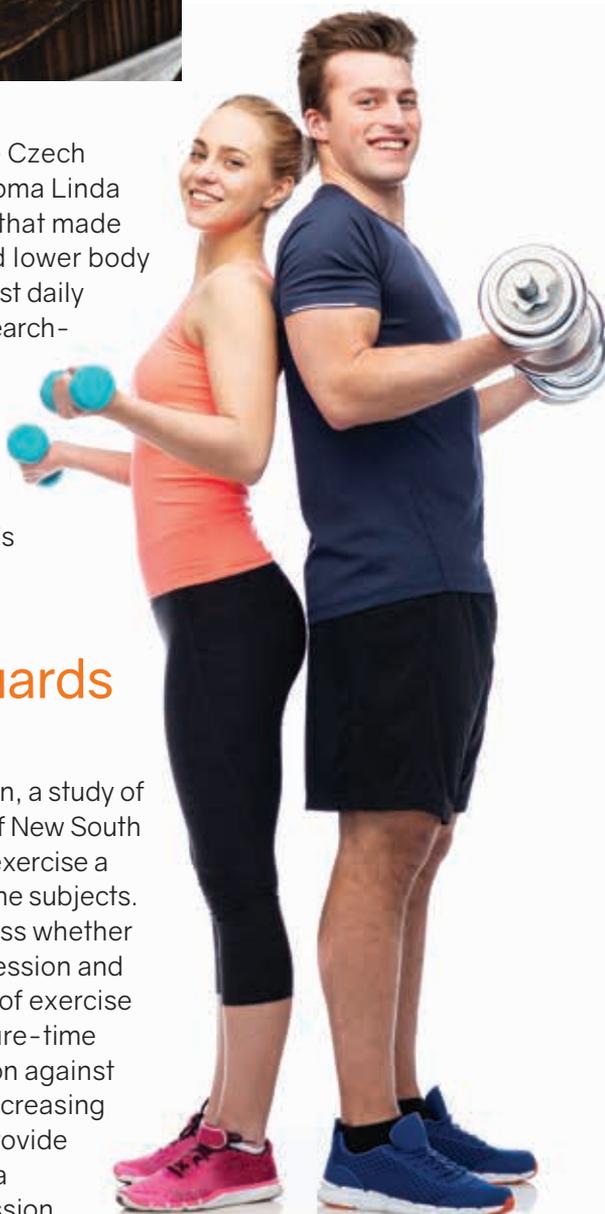
BIG BREAKFAST, LOWER BODY MASS

A study of more than 50,000 people in the Czech Republic by the Seventh-Day Adventist Loma Linda University, in California, found that those that made breakfast their largest meal of the day had lower body mass index (BMI) levels. Lunch as the largest daily meal showed the next best results. The researchers concluded that timing and frequency of meals play a role in predicting weight loss or gain. The two factors associated with higher BMI were eating more than three meals a day (snacks were counted as extra meals) and making dinner the day's largest meal.

Moderate Exercise Guards Against Depression

In Exercise and the Prevention of Depression, a study of 33,908 adults in Norway by the University of New South Wales, researchers found that one hour of exercise a week reduced depression in 12 percent of the subjects.

The purpose of the study was to address whether exercise protects against new-onset depression and anxiety and if so, the intensity and amount of exercise required. They concluded that regular leisure-time exercise of any intensity provides protection against future depression, but not anxiety. Thus, increasing the population of people exercising may provide public mental health benefits and prevent a substantial number of new cases of depression.



Zinc Inhibits Throat Cancer

Research from the University of Texas at Arlington reported in *The FASEB Journal*, published by the Federation of American Societies for Experimental Biology, has found that zinc supplements can inhibit or slow the growth of esophageal cancer cells. The research also found that zinc deficiency is common among throat cancer patients. Zinc-rich foods include spinach, flax seeds, beef, pumpkin seeds and seafood such as shrimp and oysters.



Chocolate and Olive Oil Help Heart Health

Cardiologist Rossella Di Stefano, with the University of Pisa, in Italy, led a study of 26 people and determined that eating a combination of dark chocolate and olive oil improved cholesterol levels and blood pressure after 28 days. She says, "Fruits and vegetables exert their protective effects through plant polyphenols found in cocoa, olive oil and apples. We found that eating small, daily portions of dark chocolate with added natural polyphenols from extra-virgin olive oil was associated with an improved cardiovascular risk profile. Our study suggests that extra virgin olive oil might be a good food additive to help preserve our 'repairing cells'."

Antidepressants in Pregnancy Linked to Autism



A study by the University of Bristol, England, of 254,610 young people from Stockholm showed that children born to mothers taking antidepressants during pregnancy had more than a 4 percent risk of autism, compared to less than a 3 percent risk in children born to mothers with psychiatric conditions not on antidepressants. Depression is common in women of childbearing age, with 3 to 8 percent of pregnant European women prescribed antidepressants. But with 95 percent of them bearing children without autism, the risks and benefits must be carefully weighed, say researchers.

Mindfulness Reduces Alcohol Cravings

In a randomized, double-blind experiment published in the *International Journal of Neuropsychopharmacology*, University College London researchers found that among 68 heavy drinkers, just 11 minutes of recorded mindfulness training reduced drinking. Subjects were closely matched with an active control group that was taught relaxation techniques. Seven days later, the mindfulness group on average drank 9.3 fewer units of alcohol, roughly equal to three pints of beer, while the relaxation group showed no drop in alcohol consumption.



THIRD-PERSON SELF-TALK AIDS IN EMOTIONAL CONTROL

As reported in *Scientific Reports*, two studies of 37 and 52 people at Michigan State University have discovered that talking to ourselves in the third person using statements like, “Why is John upset?” instead of, “Why am I upset?” can help improve our ability to control our emotions.

Everyone occasionally engages in internal monologue, an inner voice that guides our moment-to-moment reflections. Now, scientists believe that the language used in the process influences actions differently. The premise is that third-person self-talk leads us to think about ourselves similarly to how we think about others, which provides the psychological distance needed to facilitate self-control.

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Yes to Yarn

Popular Needlework Crafts Go Green

Whether for function, decoration or personal gifting, the skillful hobbies of yarn arts such as knitting, quilting, weaving, stitching, sewing, crocheting and macramé are going strong. The difference these days is that doing it eco-responsibly is enhancing the process.

“More people are making and hand-dyeing



their own yarn,” says blogger Ann Budd (AnnBuddKnits.com), of Boulder, Colorado, former editor of *Interweave Knits* magazine and author of *Knitting Green*. “The results are beautiful with different color combinations, and even striping.”

Also, more yarn is American-sourced. “Shearing and dyeing are done here to cut down on the overall carbon footprint,” explains Budd, who conducts workshops for shops and clubs, plus two annual learning retreats. This year’s are in Savannah, Georgia, from April 26 to 29, and in Sturgeon Bay, Wisconsin, from September 20 to 23.

GreenAmerica.org suggests Green Mountain Spinnery (Spinnery.com) as a U.S. source of certified organic, natural fiber yarns processed without toxic oils, chemicals or dyes; Ecobutterfly Organics (Ecobutterfly.com), for vegan-friendly, fair trade and botanically dyed organic cotton yarns and fiber, recycled glass beads, buttons and kits; and Organic Cotton Plus (OrganicCottonPlus.com), offering certified organic woven and knit fabrics, hemp and hemp-blended fabrics, threads, ribbons and vegetable-based dyes.

Interweave (Interweave.com), a craft magazine publisher, provides video and online education. Learn how to avoid potential hand and arm pain from repetitive motions with the new book *Knitting Comfortably: The Ergonomics of Handknitting* (ErgoIKnit.com) by San Francisco physical therapist and needlework teacher Carson Demers.

For many needlework fans, charitable volunteering keeps their fingers flying. Members of the nonprofit Mittens for Detroit (MittensForDetroit.org) make mittens, gloves, hats and lapghans for children and adults in need. Donna Davis, of Roswell, New Mexico, has knitted hats for African newborns, wool items for Eastern European orphans and scarves for American artists. Learn more at KnittingForCharity.org.



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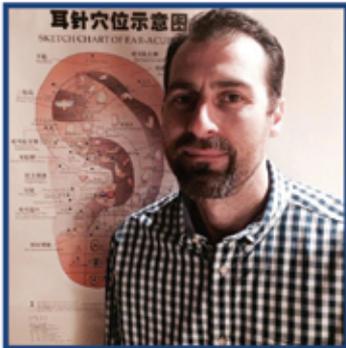
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Range Brutality

Shooting Wild Horses and Burros

As we went to press, the fate of 90,000 wild horses and burros depended on Congressional action, as the U.S. Senate and House were hammering out differences in the delayed 2018 spending bill. The Senate version vowed to fund “humane and viable options” to the animal euthanasia allowed in the House bill.

Last October, the National Wild Horse and Burro Advisory Board recommended that the U.S. Bureau of Land Management (BLM) achieve its on-range population goal of 26,715 wild horses and burros while also phasing out the use of long-term holding facilities within three years.

Killing tens of thousands of healthy animals would “be a betrayal of millions of taxpayers that want wild horses protected as intended in the 1971 Wild Free-Roaming Horses and Burros Act,” says Neda DeMayo, president of Return to Freedom Wild Horse Conservation. BLM has been tasked by Congress with the responsibility of protecting wild horses and other wildlife.

The agency has balked at using affordable fertility control, despite ample evidence that it’s a more than 90 percent safe and effective means of population control, critics charge. Instead, it spends 65 percent of its annual budget in capturing, removing and warehousing animals.



Renewable Payoff

Germany Undergoes an Energy Renaissance

Last May, Germany’s renewable energy mix of solar, wind, hydropower and biomass generated so much power for a few hours that customers actually got paid for using electricity. The country’s renewable power sources generate 88 percent of total electricity demand, and growing wind power assets alone are expected to make the phenomenon a regular occurrence. When this happens, commercial producers either close power stations to reduce the electricity supply or pay consumers to take it off the grid.

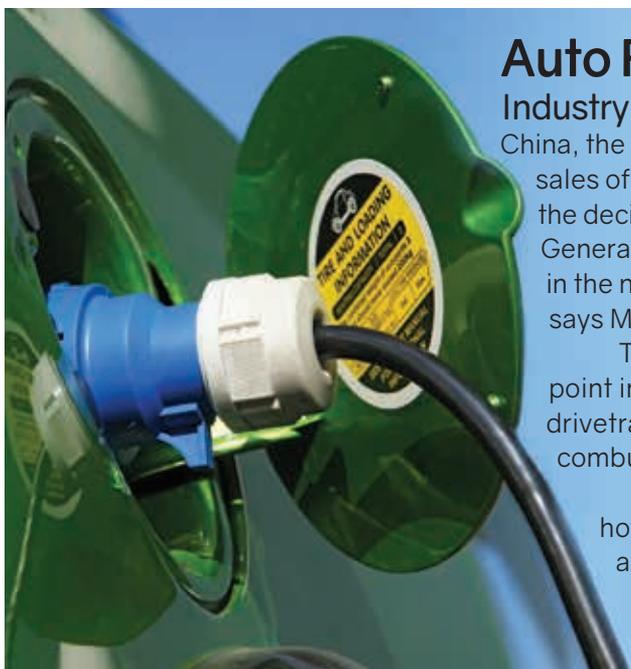
Auto Revolution

Industry Revs Up for Electric Car Future

China, the world’s largest car market, is planning to stop production and sales of traditional energy vehicles in favor of electric vehicles (EV), and the decision has sped up competitive development by U.S. automakers. General Motors is promising to launch at least 20 new electric vehicles in the next six years. “General Motors believes the future is all-electric,” says Mark Reuss, the company’s head of product development.

The falling cost of lithium-ion batteries also brings a tipping point into view, observers say. By 2025 it’s possible that electric drivetrains will have no cost disadvantage compared with internal combustion engines.

Technology is fast resetting the outlook for what cars can do, how consumers use them and how much an EV will cost. Tesla, Ford and Japanese and European companies are also responding to what’s being called both “the age of electricity”, and “the age of personalized transportation”.





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Sealife Sanctuary Greenpeace Lobbies to Create Huge Antarctic Preserve

The South Pole is Earth's last uninhabited outpost, and Greenpeace seeks to establish an Antarctic sanctuary of almost three-quarters of a million square miles in the Weddell Sea adjacent to the vast continent that would protect whales, penguins and other wildlife.

The nonprofit has called for governments to show greater vision and ambition. Frida Bengtsson, head of the Greenpeace Antarctic campaign, states, "Over the next 12 months, we have an opportunity to make history: to create an Antarctic Ocean sanctuary which would be the largest protected area on Earth." She notes that it would also ensure healthier oceans that soak up carbon dioxide to moderate climate change.

The proposal, submitted by the European Union and promoted by the German government, will be considered in October by the governmental bodies responsible for managing the Antarctic marine environment. It follows the successful adoption of the Ross Sea sanctuary in 2016.

Bureaucratic Bungle

Monsanto Still Gaming the System

Monsanto, the company that makes the controversial weed killer Roundup, is setting farmer against farmer and state against state with its newest product, dicamba. Amid claims and counterclaims over effectiveness and safety of crops and humans, the debate is shedding new light on how new agricultural products are introduced, tested and regulated. One major difference with dicamba is the gaseous vaporization it uses to treat crops, causing the poison to spread onto neighboring plants via wind. Brad Williams, a Missouri farmer, says that leaves on trees were "so deformed you couldn't even really identify the differences between them."

The manufacturer claims that proper usage protocols are not being followed. Some farmers agree, while others report crop damage and human health issues. One pivotal point of debate is which federal and state agencies have jurisdiction and the power to set enforceable guidelines. At stake are millions of acres that have already been sprayed, along with the future of non-GMO farms inadvertently contaminated by the dicamba sprayed on genetically modified crops that need the poison to survive.



Bottle Buyback

Britain May Charge Deposit to Reduce Bottle Litter

Britain only recycled 57 percent of the plastic bottles that were sold there in 2016, and is considering charging a deposit fee to reduce litter. Scotland is also introducing a deposit return policy for cans and bottles. Denmark recycles 90 percent and South Australia 80 percent by using deposits as an incentive.

UK Environment Secretary Michael Gove says that almost 8 million tons of plastic are dumped into the world's oceans each year, with up to 80 percent washing out to sea from land. Gove is consulting with the industry to determine the advantages and disadvantages of different types of reward and return systems for plastic, metal and glass drinks containers. Britain's decision to charge a deposit for each plastic bag in 2015 has slashed usage.



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How to Interview A Potential New Doctor

by Dana Ferwerda

Finding the right doctor can be a daunting task. There are so many in and out of network, those that we are referred to and those that we stick with because we are not sure how to find the right one for us. If we are interested in looking for a doctor that has a broader scope of practice and mindset toward a holistic approach, but with the requisite medical background, knowing the right questions to ask before we get started can help weed out practitioners that are not in alignment with our goals. Preparing our thoughts about what we truly are looking for in a practitioner can set the intention and keep us on track to finding the right doctor.

The first priority is understand that we have the right to interview doctors before making a decision to team up with them. It up to us to do our own due diligence. They will be the cornerstone of our health and wellness team, and we may need to meet and rule out a few. Here are some questions to consider when interviewing a potential doctor.



■ What is their knowledge of our ailments? What success and track record do they have with clearing up our particular issues?

■ If all of our testing and blood work comes back normal and within range, but we are still having symptoms of ailment, what would the practitioner do? We want a doctor that can think outside the box for solutions.

■ Do they consult with other practitioners? A good practitioner will be humble enough to say that they are not sure of a solution and that another doctor may have specific knowledge suited to assisting us in our healing.

■ If we were unable to be this doctor's patient, is there someone they would recommend? This question is always subjective because the person we are asking may be looking for completely different qualities and traits in a practitioner themselves.

■ Do they include, encourage or refer their patients to seek out alternative healing practices? One way to heal does not fit all people. Sometimes we need a combination of healing modalities to achieve ultimate wellness. If a doctor thinks that there is only one way or that they are the only person who can help us, it may be a red flag for their willingness to search for a solution to our illness.

■ Do they consider nutrition and supplements in their health plan? Food has been know to help assist, cure and reduce symptoms of all types of ailments. Have they received specific nutritional training? Most medical schools don't offer it.

■ Will they take the time to be interviewed? If they are too busy to chat, then they may be too busy to listen to our ailments. This can be a red flag, as we would appreciate a doctor that takes their time with their patients to understand their concerns.

■ Do they consider our own personal assessment of our health? A good doctor will take into account our personal experience and understanding about our health.

We have every right to switch doctors. We do not have to be stuck with a practitioner that is not providing us relief, treating us as an individual or moving us towards our wellness goals. We must take charge of and be our own advocates on our wellness journey. If a change needs to be made, then do it. It will only open up new possibilities for moving forward on our wellness journey.

Dana Ferwerda is a health coach and advocate and owner of Zen Theory Nutrition. For more information, call 201-515-5125 or email Dana@ZenTheoryNutrition.com. See ad, page 10.



Gut Bacteria and Rheumatoid Arthritis

by Douglas J. Pucci

Rheumatoid arthritis (RA) is a painful swelling of the joints that can also result in bone loss. RA is also one of the myriad autoimmune diseases that rheumatologists and the overall medical community are now realizing has an important connection to poor gut health. It is believed that a proliferation of a particular bacteria, *Prevotella copri*, in people with RA can either trigger inflammation in the joints or displace bacteria that act as anti-inflammatory agents.

In a study reported and partially funded by the National Institutes of Health, the gut bacteria of 114 individuals, both healthy people and participants with early-onset RA or psoriatic arthritis, was tested. Fully three-quarters of the participants with early-onset RA and 38 percent of those with psoriatic arthritis were found to have *Prevotella copri* in their microbiome and that increased levels of *P. copri* “correlated with reductions in several groups of beneficial microbes.” Additionally, two separate studies published by immunologist Veena Taneja, Ph.D. at the Mayo Clinic, indicated that gut bacteria may even be able to prevent RA or predict a susceptibility to the disorder, both of which offer a chance at staving off the condition before it even starts.

An imbalance or lack of diversity in the body’s microbiome, the good and bad bacteria living in our intestinal tract, directly affects immune system health and quite often is at the root of a wide range of chronic ailments, including RA. A look through past research will find a connection between gut health and hormone function, thyroid disease, skin disorders and many other autoimmune diseases, too.

Leaky gut syndrome may also be a culprit. When bacteria, food and allergens pass through perforations in the intestinal lining of a person with leaky gut, they can cause an autoimmune response that then creates joint inflammation.

More than 1.5 million Americans suffer from RA, and the possibility that the condition is largely a result of a bacterial overgrowth is actually news, and is especially helpful for anyone that takes early steps to restore gut health. A gut microbiome that lacks

diversity, while not ideal for a host of reasons, does offer hope that balance can be restored. By introducing new, good bacteria, it is theorized that patients can decrease disease progression and lessen RA symptoms. This is the goal. It requires that one be tested by a functional medicine doctor that can rule out leaky gut and assess for other deficiencies. Probiotics are not a one-size-fits all solution, and more needs to be considered; allergies, food sensitivities and patient health history are among the important factors in finding the correct course of action for getting one’s microbiome back into balance.

In the meantime, there are some dietary changes to help get started on a positive course. Replace foods that are highly processed, contain high amounts of sodium and sugar like fast foods with healthier options: fermented foods like fermented vegetables, high-fiber foods including fresh fruits and veggies, and anti-inflammatory foods higher in omega-3s such as walnuts, salmon, grass-fed beef and others are all good choices. Organic foods are always the best option whenever possible, and always read labels carefully for added sugars, chemicals and ingredients that may turn a potentially good selection into an undesirable one.

A healthy gut has its own rewards - as the immune system gets stronger, other health issues lessen or clear up, as well. It’s never too early or too late to build a better gut microbiome.

For appointments, call 201-261-5430. Hear Dr. Pucci’s interview podcast at PlanetNJ.com or visit GetWell-Now.com and request an information packet. See ad, page 3.



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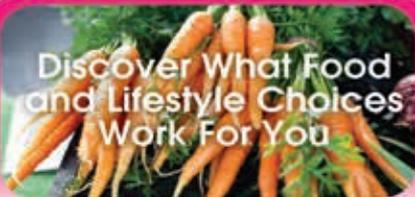
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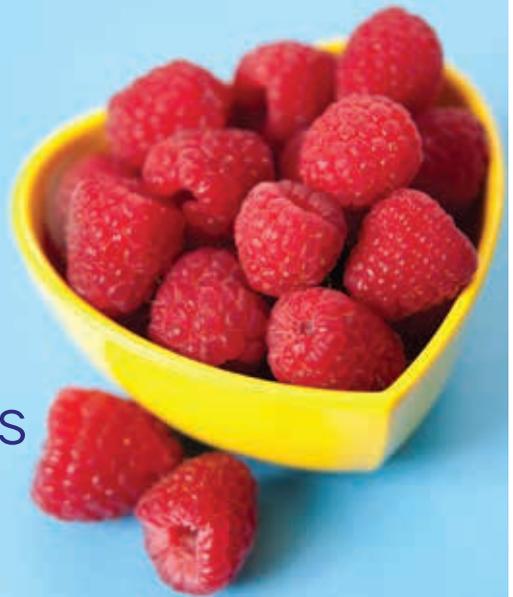
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Foods Our Heart Will Love

Top 10 Heart Healthy Choices

by Judith Fertig



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“How do I love thee? Let me count the ways.” Elizabeth Barrett Browning once penned this unforgettable line to her husband and fellow poet, Robert Browning.

Let us also count the ways to improve our loved ones' heart health: Lower blood pressure. Modulate irregular heartbeats. Avoid plaque build-up in arteries. Improve blood flow to the heart.

We can love our hearts with 10 superfoods that just might make perfect ingredients for a Valentine's Day meal, starting with dark chocolate.

1 Cocoa powder. Cacao's flavanols lower blood pressure, reduce the risk of stroke and act as antioxidants to prevent inflammation. Dr. JoAnn E. Manson, a physician, doctor of public health and professor of medicine at Harvard Medical School affiliate Brigham and Women's Hospital, in Cambridge, Massachusetts, confirms, “Between 400 and 900 milligrams (mg) a day of cocoa flavanols may favorably affect several mechanisms and pathways related to cardiovascular disease prevention.”

Not all chocolate is created equal. Manson recommends chocolate with cocoa or cacao as the first ingredient, not sugar. She



and her colleagues are currently conducting the Cocoa Supplement and Multivitamin Outcomes Study, a large-scale, randomized study of 18,000 U.S. men and women testing the benefits of ingesting 600 mg per day of cocoa flavanols.

2 Raspberries. Just one-half cup of berries

a day can provide plenty of phytonutrients and antioxidants for decreasing inflammation and preventing heart disease, says Wendy Bazilian, a doctor of public health and registered dietitian in San Diego, and author of *The SuperFoodsRx Diet: Lose Weight with the Power of SuperNutrients*. “Whirl them into a breakfast smoothie, add them to a green salad or combine them with dark chocolate for a tasty, heart-healthy dessert,” she advises.



3 Salmon. Full of omega-3

fatty acids, wild-caught salmon (about two six-ounce weekly servings) helps reduce systemic inflammation and risk of developing atherosclerosis, hypertension and stroke, according to Dr. Josh Axe, of Nashville, Tennessee. Beyond prevention, omega-3s in oily fish are also



widely known to treat atherosclerosis, normalize heart rhythms and help lower blood pressure, cholesterol and triglyceride levels, as well as significantly lower the risk of stroke.

4 Pumpkin seeds. High in magnesium—about 764 mg per cup—roasted pumpkin seeds, or *pepitas*, top the list of heart-healthy nuts and seeds. Magnesium is an important electrolyte that helps the heart fire on all cylinders and not skip a beat. Improvements in lipid profiles can occur with a daily intake of 365 mg, or about a half-cup, of pepitas. Enjoy roasted pumpkin seeds as a snack



or scatter them in a salad, bowl of chili or soup for a delicious crunch.

5 Avocados. Fresh avocados supply magnesium, plus they're a good source of potassium, another electrolyte the heart needs for optimum functioning. "You probably know bananas and citrus fruits



are top sources of potassium, but I like avocados because they also supply healthy fats," says Dr. Stephen T. Sinatra, a board-certified cardiologist with the HeartMD Institute, in Manchester, Connecticut.

6 Almonds. Sinatra recommends a handful of almonds a day to raise HDL, a form of "good" cholesterol he likens to a "lipid garbage truck" that picks up oxidized "bad" LDL in the bloodstream and carries it to the liver for processing.



7 Extra-Virgin Olive Oil. Cold-pressed extra-virgin olive oil with a high phenol content can help lower blood pressure (via



about two tablespoons daily), make more efficient and protective HDL cholesterol, and protect the inner lining of arteries.

8 Beet Juice.

A 2015 study in the journal *Hypertension* found that two daily eight-ounce glasses of beet juice can help reduce high blood pressure. Beets contain a natural dietary nitrate found in previous studies to lower high blood pressure. Enjoy beet juice in smoothies, as a tart drink known as a "shrub" (beet juice with raspberry vinegar) or in soups like borscht.



9 Garlic. Allicin, the sulfur compound that gives garlic its distinctive aroma, helps keep blood thin and



flowing optimally, says Sinatra. The freshest chopped garlic offers the best benefits, according to a study from the University of Connecticut School of Medicine.

10 Pomegranate. Drinking about one cup of pomegranate juice a day for three months can improve blood flow to the heart, reports a study in the *American Journal of Cardiology*.



The ultimate reason of all to keep our hearts in good working order was voiced by Helen Keller: "The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

Judith Fertig writes cookbooks and foodie fiction from Overland Park, KS (JudithFertig.com).

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RISING ABOVE ADVERSITY

How to Strengthen Your Resilience Muscle

by April Thompson

At one time or another, an estimated 70 percent of people experience a life-altering traumatic event, and most grow stronger from surviving it, according to decades of research by leading institutions like Harvard and Yale universities and the University of Pennsylvania. We can prepare now for life's inevitable hurdles and setbacks by developing the skills and tools of resilience.

“It’s an incredibly hopeful message: We can go through the most terrible things imaginable and still get through to a better place,” says David B. Feldman, associate professor of counseling psychology at California’s Santa Clara University and co-author with Lee Daniel Kravetz of *Supersurvivors: The Surprising Link Between Suffering and Success*.

Such researchers have found that, like elastic stretched beyond its normal limits, people often don’t just bounce back to their old form, but stretch and expand in new ways. The pair conducted in-depth case studies of survivors of extreme traumatic experiences that went on to do bold things. Just one case in point: After losing a leg in a car accident, college basketball player Casey Pieretti reinvented himself as a successful Hollywood stuntman.

According to many studies, 60 to 80 percent of people grow in some way from personal trauma, known as “post-traumatic growth,” according to Feldman. “It can be as simple as appreciating each day more. It can mean deepening relationships. It may result in a renewed sense of spirituality. Or, it might take one’s life in a dramatically different direction,” he says.

Ila Eckhoff, a financial executive in New York City, has experienced more than her share of challenges: developing cerebral palsy as a toddler, enduring

12 childhood surgeries, losing her mother at age 11 and four years ago, her husband. “All of the struggles and losses brought me here, now,” says Eckhoff. “Nobody ever said life was easy. We have greater appreciation for the things that we had to struggle to achieve.”

Choosing self-directedness instead of self-pity in the face of challenges differentiates those that thrive from those that merely survive, observes Catherine Morisset, a life coach from Ottawa, Canada, who specializes in resilience. “It’s taking responsibility for life and managing the way you want to live it. We all have choices, even in the face of difficulty,” she says.

Mastering an Optimal Outlook

“Challenges don’t define you. How you respond does,” remarks Doug Hensch, an executive coach and author of *Positively Resilient: 5½ Secrets to Beat Stress, Overcome Obstacles,*



and *Defeat Anxiety*. He attests that having a growth mindset is vital, focusing on strengths without disregarding areas needing improvement.

Maintaining a balanced outlook that's realistic, yet positive, enables individuals to move on from trauma. For supersurvivors, being pragmatic serves them far better than a false sense of optimism about bad situations, Feldman found, saying, "They grieved losses, but thought realistically about what to do next."

"Optimism in the best sense is focusing on the positive without denying the negative, while focusing on what's in your control," notes Hensch.

Martin Seligman, known as the "father of positive psychology", found that when people take setbacks personally, viewing them as permanent, pervasive and personal, they develop a sense of learned helplessness that inhibits growth and happiness. "It's important not to 'catastrophize' or generalize a failure and extend it to other areas of life," says Dr. Steven M. Southwick, a professor of psychiatry at Yale University School of Medicine who focuses on post-traumatic stress disorder and resilience.

Make Caring Connections

Social networks are critical in the face of challenges, resilience experts agree. "When we are wronged or feel unsafe, it's natural to withdraw when we should do the opposite," says Feldman. "It's also not the number of friends you have, or even how much time you spend with them, that matters. All you need is at least one person you can count on."

"We are built to be connected with others. It has a significant impact in regulating stress," says Southwick, a co-author of *Resilience: The Science of Mastering Life's Greatest Challenges*, from West Haven, Connecticut. Over the past two decades, Southwick and his colleagues have studied three groups that have come through harrowing events: being Vietnam War prisoners, Special

Forces instructors and civilians. They found people that rebounded strongly often shared common attributes, including embracing a spiritual outlook and social network.

In 2013, Damon Redd, of Boulder, Colorado, awoke to a severe flooding event, with his home and business buried under five feet of mud and water that nearly wiped out his clothing business,

Kind Design, overnight.

"It was the hardest thing I've ever gone through, to lose everything I had built. It also gave me a new perspective on what's important. It made me aware that you can replace physical things, but you can't replace memories. My mind was blown away by the support I received."

Redd ended up paying forward the kindness. "We cleaned and repaired 1,500 pairs of gloves in our inventory that were damaged that day, and are donating

them to search-and-rescue teams and ski patrols. The more good you do, the more good other people will do," Redd professes.

Altruism and owning a moral code is another common characteristic of resilient individuals, according to Southwick. Having a purpose is a huge indicator of whether a person will rise to the occasion. "You can endure almost anything if you have a mission, or believe what you are doing has meaning. It gives you great strength," he says.

In 2016, Bobbi Huffman lost her high school sweetheart and husband to suicide a few days before Valentine's Day. As she began to process the tragedy, she saw two choices ahead: "Drop into a deep depression and give up or focus on our deep love for one another, get into therapy, and make a difference by inspiring, encouraging and helping others," says Huffman.

She chose the latter, asking for professional help and signing up for the 16-mile Overnight Walk for Suicide Prevention, in New York City. "Getting into the best shape of my life at age 50 became my passion. As I walked through the night, I reflected on our beautiful memories as a

Parents do a disservice to their kids when they try to remove adversity from their lives. When little things go wrong, rather than rush to fix it, let the kids figure out a solution. They'll realize it's not the end of the world.

~Doug Hensch

RESILIENCE RESOURCES

Helpful Organizations

OptionB.org provides a supportive space online for survivors of trauma and adversity to share stories, connect with others and get help from experts.

LearningConnection.Stanford.edu/Resilience-Project normalizes setbacks and failures as part and parcel of professional and personal growth, and provides Stanford University students and faculty a platform to swap stories and coping strategies.

Resilience.Education.UTexas.edu conveys an interactive e-learning platform developed by the University of Texas at Austin to foster a better understanding of resilience and develop related skills.

Films and Books

Charged: The Eduardo Garcia Story documents the journey of chef and outdoorsman Eduardo Garcia, whose life changed irrevocably when he was jolted with 2,400 volts of electricity while hiking in Montana. Garcia lost his hand, ribs and muscle mass, but survived the injury with the help of his former partner, and became an athlete and speaker for the Challenged Athletes Foundation.

Unbroken depicts the life of Olympian and war hero Louis Zamperini, who survived 47 days on a raft after a near-fatal plane crash in World War II, only to be captured by the Japanese Navy and sent to a prisoner-of-war camp. The film is based on the non-fiction book of the same name by Laura Hillenbrand, herself the survivor of a disabling chronic illness.

The 33 tells the true tale of 33 miners trapped inside a mine in San Jose, Chile, for more than two months, the longest such entrapment in history. All were rescued alive.

Wild is based on Cheryl Strayed's memoir of her solo hike of 1,000-plus miles on the Pacific Crest Trail without any training, following the loss of her mother and marriage.



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couple. It was an amazing, healing experience,” reflects Huffman.

Forgiveness—whether for others or ourself—is another key to help us move forward, reports Feldman. “Often, people can get stuck in blame, but resentment keeps people shackled to the past. If and when a person is ready to forgive, widespread research indicates that it can lead to better health outcomes.”

Strengthening Our Resilience Muscle

Experts point out that there isn’t any one perfect formula or single must-have trait for building resilience, and none we can’t develop. Learning a skill like mindfulness is an easy place to start.

“Resilient people don’t try to avoid stress, but learn how to manage and master it,” says Southwick. “Mindfulness meditation requires practice, but through it, you can learn to regulate emotions and relax the nervous system.”

Eckhoff practices mindfulness several times a day with a one-minute gratitude meditation. “I have five things I am most grateful for. I close my eyes, take a deep breath and say them. It brings me focus, reduces stress and reminds me of how lucky I am,” she says.

Morisset suggests making incremental changes to strengthen our resilience muscles. “Success builds success and failure builds failure, so do something you know you can accomplish and build on that,” she counsels.

Writing can also be a good coping tool, according to Hensch. “Just write about your emotions. It’s amazing how much you can learn about yourself and how calming it can be.”

Good times are the best times to begin “resilience training” notes Hensch. “I sought out a therapist once I had turned the corner after my divorce and was dating someone and my business was taking off. It was precisely because I knew something else would likely happen, and I wanted to be better prepared for it,” he recalls.

Applying positive self-talk when something blindsides us helps, as does not expecting to handle things perfectly. “There’s nothing wrong with just staying afloat when you’re in the middle of trauma or adversity. One key to happiness in life is just managing expectations. It’s okay to be anxious, sad and worried at times—in fact, it’s healthy,” says Hensch.

Hardships are just that: hard. However, with time and experience, resilient individuals come to trust their ability to get through them, large and small. “Resiliency is not about how you bounce back from a single traumatic event; it’s how you respond every day to the challenges that life presents,” Eckhoff has learned. “Repetitive use of this ‘muscle’ builds strength and enables you to do more and sometimes, the impossible.”

Connect with April Thompson, in Washington, D.C., at AprilWrites.com.



Step into Living Courageously

by Vladimir Gashinsky

When life becomes difficult, it can be scary taking the first step to find the courage to do something about the challenge at hand. We often feel like running when life become too challenging. Fear can make us shy away from taking chances or grabbing an opportunity. It can also make us slow to act because we may fail or believe that it won't work out anyway.

Fear is not always a bad thing—it keeps us safe by warning us of danger—but it can also become a virus that eats away at our determination, goals and dreams, even our will to live. That type of fear can be toxic and eventually defeat us. Unfortunately, trying to control fear doesn't often work and only fuels anxiety. Here are some pointers on dealing with fear.

Identify the fear. Recognition is the most fundamental step to self-betterment. If we know what we're afraid of, we can do something about it, and that's the start of living courageously.

Define core values. Identify what we hold dear and what gives meaning and direction to our lives. Such values can include love, belonging, achieving goals or a moral compass. Adhering to core values provides the confidence to say no to fear and yes to life. If we know who we are and what is important to us, then we know where we are going in life.

Associate with positive people. It's wise to phase out the people that try to put us down, are negative about life and don't believe in us.

Live in the present. Fear is powerful because it lives in our imagination and is largely based on past experiences. It causes us to predict a future that doesn't exist. This is what keeps us stuck. To break the grip of fear, focus on what is "now"—the present moment. Experiencing the now actually prepares us for the future. This is the essence of mindfulness, which means "paying attention in a particular way; on purpose, in the present moment and non-judgmental manner."

Meditation helps increase mindfulness and a sense of the present. There are many meditation techniques. It is up to us to find those that we most resonate with and provide the most benefit.

Consistency is key. The more we practice these concepts, the more they become instilled within us. Stay focused and live the life we were born to live—courageously.

Vladimir Gashinsky, DDS, provides holistic and biological dentistry at Holistic Dental Center, located at 91 Millburn Ave., Millburn, NJ. For information, call 973-457-4688 or visit HolisticDentalCenterNJ.com. See ad, page 5.

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SLEEP PEACEFULLY

Eliminate Allergens in the Bedroom

by Brielle Bleeker

Chemicals are everywhere and can be difficult to avoid, but when it comes to creating a toxic-free environment in the home, the bedroom is a great place to start. Surprisingly, there are far too many toxins taking up space in what should be the peaceful and relaxing haven of the home. A simple way to start is to replace pillows, pillowcases and sheets with those made of organic material. It is a common misconception that cotton is a better choice than synthetic materials; cotton farming uses more pesticides and insecticides than any other area of agricultural production. Organic cotton, hemp and wool are better options to search for when looking to purchase new bedding.

Trying to overhaul the closet with an entirely new wardrobe made of organic materials can present quite a challenge. An easier option is to avoid buying clothing that is wrinkle-free and stain-resistant. Synthetic fabrics contain perfluorochemicals (PFC) which are absorbed through the skin and can be harsh to breathe in. It is also important to keep the inside of the home shoe-less. Leaving shoes at the door can help keep dirt, pesticides, animal droppings and chemicals out of the home and bedroom.

When it comes to decorating the bedroom, choose non-volatile organic compound (VOC) paint. VOC can cause breathing issues and headaches and contributes to air pollution. Wall-to-wall carpeting or area rugs can be a health hazard, too. Dust and dirt can settle deep in the rug fibers and harbor allergens. Natural wood floors or tile are a better option with less risk of causing irritation and affecting allergies.

Another area of the bedroom where dust and other allergens can be found is curtains and lampshades that collect dust and dirt and can be a hidden source responsible for breathing issues and skin irritation. While wooden blinds need to be dusted frequently, they do not hold the same amount of allergens as those made of fabric.

Furniture made of particle board should be removed from the home. It contains formaldehyde, a known carcinogen that has been directly linked to several types of cancer and is known to cause nausea, headaches and allergies.

Perhaps the largest change to create a healthier environment in the bedroom is purchasing a new organic mattress. According to celebrity naturopath Dr. Josh Axe, "Getting sufficient, high-quality sleep

Perhaps the largest change to create a healthier environment in the bedroom is purchasing a new organic mattress.

is one of the best things you can do for your health. Sleep allows the body to reset after a long day, balances hormones and helps control stress." While this can also be the most costly step in creating a healthier environment in the bedroom, it can also be the most beneficial.

Conventional mattresses are manufactured with harmful ingredients including flame retardants, boric acid, formaldehyde, synthetic latex and more. Dave Spittal, owner of Healthy Choice Organic Mattress, says, "A healthy mattress is essential to your health and well-being. You spend one-third of your life on your mattress." When sleeping on a traditional mattress, toxins and chemicals are consistently being absorbed through the skin and taken in through breathing night after night. In addition, these mattresses aren't as comfortable as we would think, potentially leading to a lot of tossing and turning and restless sleeping. Not only can standard mattresses be harmful to our health, but they can also have a negative impact on the environment. Most mattresses are not biodegradable because of the chemicals they contain, and the addition of these mattresses to landfills every year increases pollution.

Organic mattresses offer a healthier option to sleeping and maintaining a healthy bedroom. Free of chemicals and manufactured using high-quality, natural materials, they benefit not only our health, but the environment, too. Longer-lasting than standard mattresses, organic mattresses offer a long-term solution to creating a healthier sleep environment.

Healthy Choice Organic Mattress is located at 14 Wilsey Square, in Ridgewood. For more information, call 201-857-3245 or visit hcmattress.com. See ad, page 15.

Brielle Bleeker is a writer for Natural Awakenings magazine.

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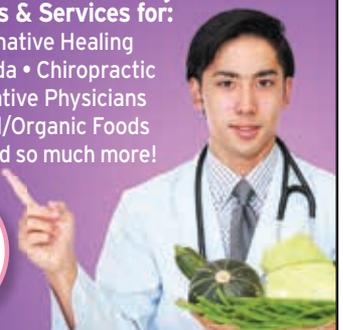


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Mark Rosenfeld's Secrets for Successful Love Matches

by Alison James

Australian author, speaker and dating coach Mark Rosenfeld knows firsthand the challenges of navigating romantic relationships. After struggling with shyness, he took on a confidence-boosting job as an exotic dancer in 2011, working with men at both ends of the assertiveness spectrum. In this milieu, he gained a better understanding of men's thoughts and actions related to women. Through his career as a dancer while in his own satisfying relationship, Rosenfeld also personally communicated with about 50,000 women, many of which opened up about their own trials and tribulations with dating.

A resident of Brisbane, Rosenfeld launched the website *MakeHimYours.com.au* in 2014, sharing what he's learned in order to help women stop experiencing frustrations in dating and start attracting healthy, happy relationships. He's also participated in the conversation at The Good Men Project on what enlightened masculinity means in the 21st century.

What are the greatest misconceptions women have about men?

Both genders face significant, yet different, challenges, and so believe the other gender has it easier. Men want to feel cared for and heard. Many are terrified to approach a woman; they fear rejection or not being a good enough provider. Often, when a woman perceives that a man needs space, it's his fears and insecurities that are keeping him from deeper intimacy.

What mistakes do women make in the courtship phase?

Women often get ahead of themselves in the dating stage, instead of taking enough time to let things unfold. I tell women



to slow down and date multiple men to counter that tendency. It's also good to "widen the funnel" and date different types of men, especially if you seem to attract the so-called "wrong" type. Keep deep emotions and commitments out of the courtship phase, while you discover who someone is and if they are right for you.

Why do both genders need to nurture their feminine energy?

As a man, I can spend too much time on my masculine energy and be too logical and focused on end results. I can lose a sense of self, presence and connection with the present moment. Meditation is one entry point; I find practicing a martial art is grounding, as is spending quality time with a woman. If an individual spends too much time in either energy, imbalance occurs; everyone has to find their own equilibrium.

What are good ways to practice self-care while seeking and sustaining a relationship?

Find activities in your day that make you feel nurtured, happy and good about your-

self. Take care of your health, home and friendships. Exercise some independence. Make your life fulfilling, so that men want to be part of your exciting days.

How can we best navigate the world of online dating and other means of meeting potential mates?

It starts with your mindset. If you think you will be on a dating site for three weeks and find a mate, don't bother. Be prepared to engage for a minimum of six to 12 months. Consider bad dates as reasons to laugh.

Think of it as "online introducing". It's up to you to quickly get past the chat stage to real communication and real dates. Online potential mates don't have a "vibe" for you like they do in person. I suggest talking with prospects on the phone and keeping first dates short. Keep an open mind to recognize prospects you might otherwise overlook.

Online dating is a supplement, not a substitute, for meeting compatible men or women in real life. You should be tapping networks of friends, family and colleagues to make connections, as well as being open to meeting potential mates at public events.

Which signs indicate that a dating prospect wants to pursue a genuine relationship?

Emotional momentum, combined with consistency, is an important sign. Anyone can put in effort for a little while; but do they periodically disappear? No one wants someone they feel a connection with to physically or emotionally wander away, or risk the object of their affection thinking they aren't interested. Make sure they are reciprocating the effort you put in.

Prioritizing is another sign; a person will find a way to see someone they care about. A key third sign is integration. They will want to respectfully integrate you into their world more and more, introducing you to friends, family and work colleagues.

Look for this overall pattern to continue over time. It's vital to let people prove themselves with their actions.

Alison James is a freelance writer in Washington, D.C.

SELF-LOVE

by Charlie Chaplin

As I began to love myself, I found that anguish and emotional suffering are only warning signs that I was living against my own truth.

Today, I know, this is **AUTHENTICITY**.

As I began to love myself, I understood how much it can offend somebody as I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me.

Today I call it **RESPECT**.

As I began to love myself, I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow.

Today I call it **MATURITY**.

As I began to love myself, I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm.

Today I call it **SELF-CONFIDENCE**.

As I began to love myself, I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm.



Today I call it **SIMPLICITY**.

As I began to love myself, I freed myself of anything that is no good for my health—food, people, things, situations and everything that drew me down and away from myself. At first I called this attitude a healthy egoism.

Today I know it is **LOVE OF ONESELF**.

As I began to love myself, I quit trying to always be right, and ever since, I was wrong less of the time.

Today I discovered that is **MODESTY**.

As I began to love myself, I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening.

Today I live each day, day by day, and I call it **FULFILLMENT**.

As I began to love myself, I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally.

Today I call this connection **WISDOM OF THE HEART**.

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born.

Today I know that is **LIFE**.

Chaplin's World museum, in Switzerland, opened in 2016 (ChaplinsWorld.com/en).



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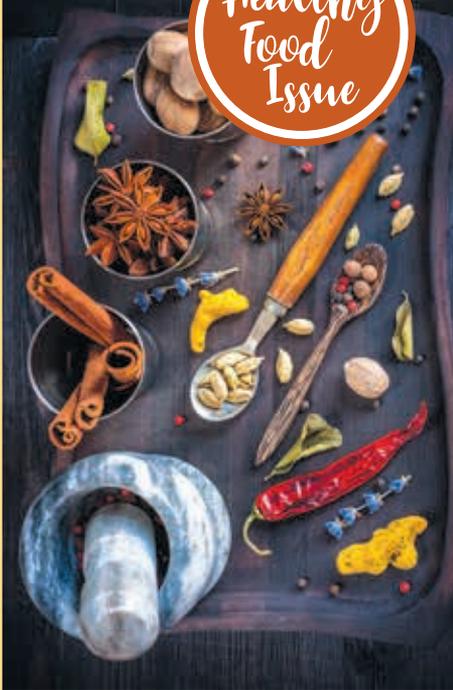
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healthy kids

Banishing Body-Image Blues

How Teens Can Learn to Love Their Looks

by Amber Lanier Nagle

Many young women don't feel comfortable in their own skin. A 21st-century global study sponsored by Unilever's Dove brand found that 90 percent of girls from 15 to 17 years old wanted to change at least one aspect of their physical appearance, especially their body weight. University of Minnesota research following adolescents for 10 years showed that about half of the female participants had dieted in the previous year, twice the number of males.

Tracy Anderson, a mother of two and fitness expert, has spent the last 18 years working with women seeking balance in their bodies. In her recent book, *Total Teen: Tracy Anderson's Guide to Health, Happiness, and Ruling Your World*, she observes, "Teens are depleted from comparing themselves to the shapes of others and from scolding themselves: 'I should be thinner, I should be able to fit in those pants, I should be in better shape.' But looking good on the outside must start with feeling good on the inside."

Monitor Thoughts

Anderson believes we feel most happy and fulfilled and accomplish

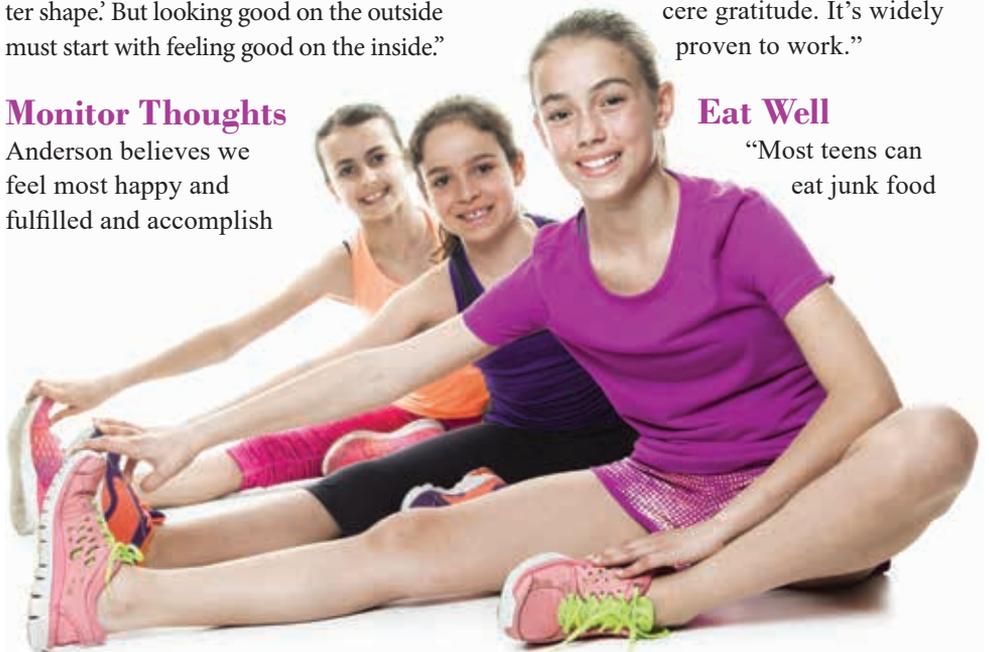
the most when our minds are calm, clear and alert.

"If young women learn to connect with their mind, identify when their thoughts are anxious or stressed, and practice conscious breathing and meditating to regain a calm, centered state, they'll be able to rebalance themselves for the rest of their lives," she says. "By keeping a thought journal for a while and noticing when their thoughts have negative undertones, they can retrain their attitude."

Live a complaint-free day once each week. Every time a negative thought pops up, expel it and focus on a positive aspect of the idea or experience. Also invest a few moments each day feeling thankful for successful aspects of life. "After a while, these exercises become habitual," says Anderson. "Happy, high-achieving people fill their minds with positive, uplifting thoughts, affirmations and sincere gratitude. It's widely proven to work."

Eat Well

"Most teens can eat junk food



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all day long and still wake up the next morning ready to take on the world,” Anderson says. But such an unhealthy routine “shapes eating patterns for the rest of their lives, eventually catching up with them.”

She strongly believes every young woman should routinely ask herself, “Is this real food?”

“A potato is a real food, or whole food, but instant mashed potatoes are processed. A fresh ear of corn is a whole food; corn chips are processed. If you want to feel strong and healthy and look great, eat whole foods,” says Anderson.

Also, note how the body responds to eating specific foods. Here again, a journal can help. “Jot down how a food made you feel after 15 minutes, an hour and two hours. Are you alert or sluggish? What signals are your stomach and brain sending? It’s useful information to make better ongoing food choices,” Anderson advises. She also advocates drinking plenty of water

and eating organic foods when possible, and warns teens against skipping meals or snacks when their developing bodies feel the need for fuel.

Move More

For some teens, exercise movements don’t feel comfortable or natural, which hinders them from doing healthful exercise. “I’ve found that if a young woman practices exercises for a while privately, she’ll become more comfortable and confident over time,” says Anderson. “It’s like learning a foreign language, musical instrument or any skill. You master the basics first and build on them. With practice, you start feeling more at ease.”

In her book, Anderson offers many step-by-step, illustrated workout moves designed to daily tone arms, legs and abs, and increase strength and flexibility. Many incorporate fun dance components that work well with music.

“Regular exercise releases endor-

phins—the hormones that make us feel happier and better about ourselves,” she says. “For young women navigating the emotional ups and downs associated with menstrual cycles and puberty, exercise can be a lifesaver.” Whether it’s yoga, walking, martial arts, dancing, hiking, biking, horseback riding, climbing, skiing, gymnastics or tennis, teens need to find “some kind of movement and activity to become part of their everyday life.”

A University of Wisconsin meta-analysis of 77 studies examining women’s body images suggests body dissatisfaction is a risk factor for eating disorders and a significant predictor of low self-esteem, depression and obesity. Helping young women build, strengthen or regain their positive body image and self-esteem works to empower a new generation and enables them to enjoy happier, healthier lives.

Amber Lanier Nagle is a freelance writer in Northwest Georgia (AmberNagle.com).

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MEDITATION THAT WORKS

Tips for Finding the Right Practice

by April Thompson

More Americans than ever before are seeking the benefits of meditation, which notably improves mental, physical and spiritual health. Choosing from its many styles and traditions can be daunting for a new meditator, as is figuring out how to incorporate such a practice into a busy life.

Universal Appeal

“Meditation is for people of all spiritual backgrounds. As a tool to develop awareness, it can enhance what you already

believe and practice,” assures Diana Lang, the Los Angeles author of *Opening to Meditation: A Gentle, Guided Approach* and a spiritual counselor who has taught meditation for 37 years.

For Jackie Trottmann, a Christian author from St. Louis, Missouri, there is no contradiction between a meditation practice and her faith; rather, they complement one another. For her, “Prayer is like talking to God, whereas meditation is listening to God. Before I came to meditation, I had been doing all the talking.”

Meditation experts say our ever-present breath is a sound foundation for a meditation practice, as well as an easy place to start.

She came to meditation during a trying period working in sales and marketing. “When a friend gave me a meditation CD, I popped it in after a stressful conference call and felt instantly calmed. Ten years later, meditation has gone beyond quieting the mind; it’s sunk into my heart and spirit,” says Trottmann, who went on to publish her own CDs at *GuidedChristianMeditation.com*.

“I came to meditation tired of habitual suffering and stress, and wanting to be happier,” says Bill Scheinman, a coach in Mindfulness-Based Stress Reduction (MBSR), which he refers to as “mindfulness practice without the Buddhist jargon.” The Oakland, California, instructor has taught mindfulness in settings ranging from corporations to prisons, drawing from a range of meditative disciplines and 23 years of intensive practice.

Begin Modestly

“Millions are seeking more mindfulness through meditation, but don’t know how to go about it,” says Sean Fargo, a Berkeley, California, meditation instructor and former Buddhist monk. “The key is to take baby steps, like going to the gym for the first time. Start by practicing a few minutes a day; just pay attention to something such as the sensations of breathing, without judgment.”

“Having taught meditation to tens of thousands of people, I would say the most common issue is that beginning meditators don’t think they’re doing it right. It’s important not to judge yourself or have loaded expectations about the experience,” notes Lang. She suggests starting wherever we are right now, adding, “Whatever book, class or teacher you first stumble upon is a clue.” But that doesn’t call for rigidly adhering to a particular type of meditation forever.

Assess Benefits

“Shop around and try different things, but at some point, you will begin to discover

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what works for you,” advises Scheinman.

In trying to decide which meditation practice is right for us, “Go with what feels juicy,” says Fargo, who founded *MindfulnessExercises.com*, offering 1,500 free mindfulness meditations, worksheets and talks. “You’re more likely to do what feels alive and enlivening.”

The act of meditating can be uncomfortable, but the challenges are part of its power. Scheinman remarks. “If you establish a daily practice, eventually, you will become more clear-headed, kinder and happier. That’s how you know your practice is working—not how you feel during meditation itself.” Consistency is key. It’s not effective to only meditate when you feel good, he says.

Overview of Options

Mindfulness practices go by many names, from *vipassana* to MBSR, and can be done sitting or walking, but all are focused on cultivating moment-to-moment awareness. “Mindfulness is about being aware: deliberately paying attention to body sensations, thoughts and emotions. Focused attention is on the body, heart and mind,” explains Scheinman.

Guided visualization differs from most forms of meditation in that the meditator is intentionally creating a mental image, typically one of a peaceful, beautiful place. Typically, the goal of a guided visualization is deep relaxation and stress reduction.

Mantra meditations involve continuous repetition of a word, phrase or sound, drawing spiritual power from the sound’s vibration, as well as its meaning. Many mantras are uttered in a tradition’s native language, such as *shanti*, meaning peace in Sanskrit. Teachers like Lang prefer to use mantras in English that meditators can more easily grasp, such as, “Love is the way.”

Breathing meditation. Meditation experts say our ever-present breath is a sound foundation for a meditation practice, as well as an easy place to start. “Tapping into the power of our breath is vital; it cleanses our system,” says Trottmann.

Connect with April Thompson, in Washington, D.C., at *AprilWrites.com*.

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Do-Good Dogs Do Almost Anything

Service Animals Train to Help People in Need

by Sandra Murphy

Service dogs help an aging population live full lives in spite of limitations, no matter the size, age or breed of dog. Plus, hundreds of thousands of canines make living with disabilities both possible and more pleasant.

The Rules

“Service dogs don’t eat on duty, and should be on the floor, not put in a handbag or shopping cart,” advises Maggie Sims, project manager for the Rocky Mountain Americans with Disabilities Act Center, in Colorado Springs. “If the dog disrupts business, the person can be asked to remove the animal and then return. Emotional-support dogs are not provided for by the disabilities act, because the dog does not perform a specific task.

“We get calls from people concerned about fake service dogs when owners try to bring them into places where pets generally aren’t allowed. Usually, they’re the ones that behave badly,” Sims says. Service animals are not required to wear a special vest or have documentation.

Educating the Public

A motorcycle accident left Matthew Smith dependent on using a wheelchair or crutches. An administrator at Comcast Cable, in Baltimore, Maryland, Smith relies on his pit bull, Jericho, to fetch dropped items, open doors and help him maintain balance. “Gravity is my specialty,” he jokes. “If I fall, he braces me so I can get up. Moving about stresses my shoulders, so Jericho pulls the wheelchair on days when I’m in pain.”

Although working service dogs should not be petted or approached, Smith tells Jericho, “Go say ‘Hi,’” if someone asks to approach him. “Pit bulls have an undeserved bad reputation, so I’ll take a minute to let people meet him to change that perception. When Jericho is the subject of conversation, it also takes the spotlight off of me,” he says.

Jericho was trained by Apryl Lea, a certified assistance dog trainer for the Animal Farm Foundation’s Assistance Dog Program, in Kingston, New York. She explains, “The pit bulls I train are from shelters, and must be good with people and other

animals and be comfortable in social settings that match the person's lifestyle."

Overcoming Obstacles

"When a counter is too high, a service dog can pass money to the cashier. Dogs will pull a rope to open a heavy door. In the event of seizures or fainting, our dogs react based on location; at home, they find another family member, but in public, will stay with their person," Lea says.

The muscles of a patient with Parkinson's disease may freeze while walking. Dogs brace against a resulting fall or touch the person to help unfreeze the muscles. Tethered to an autistic child, the dog provides distraction from repetitive behaviors like flapping hands or crying, while keeping the child in a safe area. Some dogs are trained to track the child, as well, in case of escape. Likewise, dogs can give Alzheimer's disease patients a bit of freedom without getting lost.

Sounding Alerts

Hearing dogs alert their hearing-impaired person to the sound of a doorbell or ringing phone. In the car, they'll nudge the driver with a paw if they hear a siren.

Riley the Chihuahua's job is caring for Jennifer Wise, an aromatherapist and owner of Enchanted Essence, in Toledo, Ohio. Wise has a neurological disease that affects her legs and makes

When someone brings a dog into a place of business, we can legally ask only two short questions: "Is this animal needed for a disability?" and "What tasks has the animal been trained to do in relation to the disability?"

her prone to falls. "Riley's trained to bark for help if I am unable to get up," she explains. "If barking fails, he'll grab someone's pant leg or shoelaces and pull in my direction. He's small, but determined."

Michelle Renard, a stay-at-home mom in Woodstock, Georgia, relies on Mossy, a goldendoodle trained by Canine Assistants, in nearby Alpharetta, to detect high- and low-blood sugar levels. "She's never wrong," says Renard.

Comfort and Joy

Linda Blick, president and co-founder of Tails of Hope Foundation, in Orange County, New York, observes, "A veteran with post-traumatic stress disorder may not show outward symptoms, but have anxiety. Dogs are trained to turn on the lights, lick their person's face or apply reassuring pressure by lying across their person's chest to bring them out of night terrors.

"One of our veterans was so uncomfortable in public, it was difficult for him to even speak to the veterinarian about his dog's torn knee ligament," Blick explains. "For the sake of the dog, he managed to discuss care, a big step for him."

As Sims states, "True service dogs literally give people with disabilities their lives back."

Connect with freelance writer Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

Service Dog Resources

TO CONTACT AMERICANS WITH DISABILITIES ACT CENTERS:

Ten centers serve the U.S. and calls are directed to the one closest to the caller. Call 800-949-4232 or visit adata.org.

TO SUPPORT THE TAILS OF HOPE FOUNDATION:

This nonprofit provides critical and life-saving help to veterans, first responders and search-and-rescue teams. Operating on donations, it covers the cost of purchasing a trained dog, as well as lifetime veterinary care when necessary. TailsOfHope.org

LEARN ABOUT DOGS TRAINED FOR SPECIAL CONDITIONS:

Parkinson's disease – Davis Phinney Foundation at Tinyurl.com/HelpingPawForParkinsons

Disabled children – 4PawsForAbility.org

Alzheimer's disease/dementia – Rover.com/canine-caregivers-dementia-alzheimers

Sight-impaired – GuideDogs.org

SAMPLE SERVICE-DOG VIDEOS:

A pit bull-lab mix that saves a veteran having a seizure: Tinyurl.com/DogSavesVeteran

A pug that helps a veteran with post-traumatic stress: Tinyurl.com/DogCalmsPTSD



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Be On the Ball

Putting Extra Fun into Fitness

by Marlaina Donato

Their playful appearance as a beach ball look-alike makes exercise balls welcome props in home workouts, gyms and yoga studios. “They’re a fun training tool for every age, from children to maturing Baby Boomers,” says Dennis Fuchs, CEO of TheraGear, in Sumas, Washington. “Exercise balls are affordable and offer many benefits, from enhanced mobility to reduced risk of injury and increased athletic performance.”

Originally developed by Italian plastic manufacturer Aquilino Cosani in 1963 as a toy called the Gymnastik and then used by British and Swiss physical therapists to help orthopedic patients, the ball has since come a long way to serve fitness needs. Also known as Swiss, stability, balance, physio- and Pilates balls, this colorful piece of equipment can range in size from 14 to 34 inches to be appropriate for a user’s height (Tinyurl.com/RightSizeExerciseBall).

Core Strength Without Strain

Stability balls are recommended by fitness trainers and chiropractors for their ability to build core strength and increase flexibility of pelvic muscles without putting unnecessary strain on the back. “The core is a series of muscles used in almost all functional movement; tailored exercises focus both on abdominal and back strength and pelvic and hip stability,” explains Linnea Pond, an exercise instructor at the Pocono Family YMCA, in Stroudsburg, Pennsylvania.

Using an exercise ball also promotes full body conditioning. “Swiss ball training connects the brain with stabilizer muscles, improving gross motor skills and upper body strength, as well,” Fuchs elaborates. “These versatile training balls help equip an individual to handle the functional demands of sports and everyday life.”

Recovery from Injury and Illness

Exercise balls are used in occupational therapy for stroke patients and others recovering from injury. “A stroke deadens part of the brain, and to regain movement in an affected arm or leg, an unaffected part of the brain must take over the lost function. The goal of the therapist is to establish new neural pathways through

repetition and visual reinforcement. We have patients do simple exercises with the ball hundreds of times so these pathways start to form,” explains Bob Schrupp, a physical therapist and founder of Therapy Network, in Winona, Minnesota.

One goal for physical and occupational therapists is to help clients perform rehabilitation exercises that also motivate them to continue exercising. While the ball is an excellent tool in clinical settings, Schrupp cautions, “After a stroke, or if you’re older or in poor health, it’s always best to check with your doctor or physical therapist to determine if stability ball exercises are appropriate.”

Pregnant Women and Senior Fitness

Balance balls, when used properly, can offer a safe way for pregnant women, children and seniors to stay fit. Exercising with a ball can help older individuals increase flexibility, especially in the hips, with cardiac strengthening as a bonus.

Pregnant women can safely increase and maintain abdominal strength as the baby grows, and in doing so, care for muscles that will help them through labor. “Pregnancy can throw a woman off balance, and a growing baby puts pressure on internal organs. Pressing the back on a stability ball against a wall offers support for squats. Sitting on a ball helps maintain good posture and pelvic mobility, and reduces low back pain,” explains Pond.

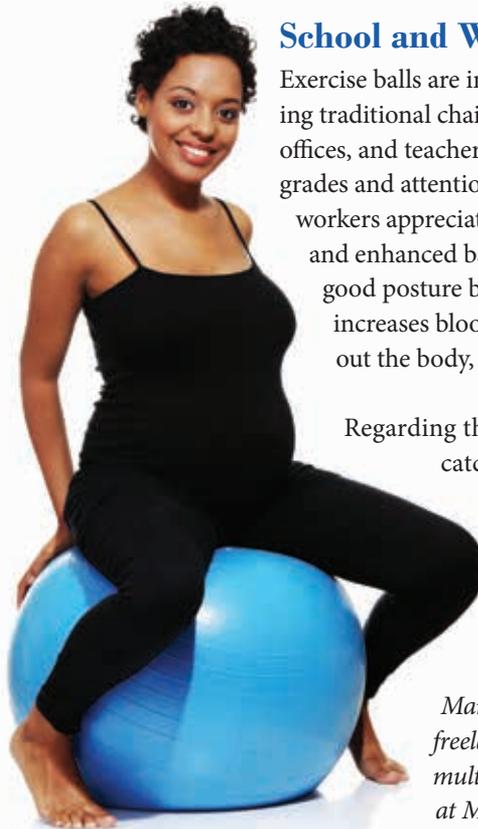
Incorporating the ball into yoga or Pilates routines prompts different muscles into action because it calls on the body’s learned ability to sense and respond to movement, termed proprioception. Pond says, “Proprioception is challenged just from sitting on the ball; there are immediate physical adjustments made to maintain posture and stability. In yoga, the ball is another tool to increase flexibility and balance.”

School and Workplace

Exercise balls are increasingly replacing traditional chairs in classrooms and offices, and teachers are reporting better grades and attention span as a result, while workers appreciate better-toned muscles and enhanced balance. Maintaining good posture by sitting on the ball also increases blood circulation throughout the body, including the brain.

Regarding the equipment’s eye-catching appearance,

Schrupp sees a helpful bonus: “The ball is a big, colorful reminder to perform your exercises.”



Marlaina Donato is a freelance writer, author and multimedia artist. Connect at MarlainaDonato.com.

calendar of events

SATURDAY, FEBRUARY 3

Valentine's Day Bean Bag Toss: DIY for Kids – 9am-12pm. Score points with your little ones and have them build a Valentine's Day bean bag toss in this hands-on workshop. You and your child construct the game the whole family will enjoy, then your child can decorate it with paint and stickers. Children get to keep their project, receive a certificate of achievement, a workshop apron, and a commemorative pin. Children must be accompanied by a parent or adult and must be present in the store at all times. Free. All Hudson County Home Depots: Jersey City, Secaucus, North Bergen. 800-466-3337. HomeDepot.com.

SAT Language Arts Prep – Sat, Feb 3-Mar 3. 9:30-11:30pm. Students will develop test-taking skills and improve SAT scores with this intensive SAT Language Arts test preparation program. Pre and post tests will be used to measure progress. Additional test taking tips will be provided, along with test samples from actual SAT exams. \$175; students will need to purchase the College Board SAT textbook. Hudson County Community College, 25 Journal Square, Jersey City. 201-360-4246/201-360-4224.

Old Closter Dock Road Hike – 10am-12pm. Winter history hike with Eric Nelsen, to explore part of the riverfront settlement known in the nineteenth century as Closter Landing, is about 3 miles, takes roughly 2 hours and is rated Moderate in difficulty. Guided hikes are held drizzle or shine – heavy precipitation or icy trail conditions may cancel. Free. Park Headquarters, Alpine Park Entrance, Exit 2, Palisades Interstate Parkway, Alpine Approach Rd, Alpine. Info, check conditions: 201-768-1360 x 108. NJPalisades.org.

Full Moon Hike and Owl Prowl – 5-6:30pm. New Jersey is teeming with night life; owls are some of the stars of the night. After a short introduction to these raptors and a visit from a live owl, the group will go outside in search of nocturnal feathered friends. Families and children 5+; children must be accompanied by an adult. \$10, \$5/member. Visitor Center, Tenafly Nature Center, 313 Hudson Ave, Tenafly. 201-568-6093.

SUNDAY, FEBRUARY 4

Maple Sugaring – Feb 4, 11, 18, 25. 12:30-1:30pm, 2-3pm, 3:30-4:30pm. All ages welcome. Learn to identify a maple tree; the history of syrup making; how to gather sap. The group will tap a tree and boil down sap to make fresh, warm maple syrup for all to taste. Children must be accompanied by an adult. Rain or shine. Dress warmly; the program will take place indoors and outdoors. Space is limited; pre-registration required. No strollers. \$30/adult and child pair, \$10/adult, \$15/member pair, \$5/adult member. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

Sunday Afternoon Concert Series – 2pm. All Seasons Chamber Players presents *A Musical Offering*, music for harpsichord, flute and strings. Music by Ibert, Kreisler, Marcello and J.S. Bach. Guest artist Joel Rudin, viola. Free. Upper Saddle River Library, 245 Lake St, Upper Saddle River. 201-327-2583. AllSeasonsChamberPlayers.org.

The Marriage Cure – 2-3:30pm. A comic journey, from young love to courtship and marriage, through scenes and songs by some of our most popular authors; w/Tony Carlin and Susan Knight. Free; no tickets required; seats are first-come. Winter Room, Mahwah Public Library, 100 Ridge Rd,



Mahwah. Denise Laude: 201-529-7323 x 227. MahwahLibrary.org.

WEDNESDAY, FEBRUARY 7

The William D. McDowell Observatory – Feb 7, 14, 21, 28. 7-10pm. View constellations, planets and other celestial objects through a research grade telescope, with a 20-inch mirror, housed beneath a six-meter retractable dome. The powerful instrument can capture objects millions of light years away. Children must be accompanied by an adult. Entry is on a first-come basis. In order to Feb the telescope, visitors must be able to climb 25 steps in a spiral formation. DeKorte Park, One DeKorte Park Plaza, Lyndhurst. 201-460-8300. NJSEA.com.

THURSDAY, FEBRUARY 8

Longevity, Vitality Workshop – Feb 8, 22. 9:30-11:30am. Workshop, based on Body & Brain founder Ilchi Lee's new book *I've Decided to Live 120 Years*, will discuss key principles of longevity and introduce some effective wellness life-habits. It will include light physical training, breath work and energy meditation. Experience increased vitality, a clearer mind and better sleep. Free. Ramsey Body & Brain, 495 N Franklin Turnpike, Ramsey. RSVP: 201-962-8383. BodyNBrain.com/Ramsey.

Lecture: NJ in the Heyday of Immigration – 7:30-9pm. Part of the Mahwah Museum lecture series, John A. Gronbeck-Tedesco, Associate Professor and Conveener of American Studies at Ramapo College speaks on *New Jersey in the Heyday of Immigration, 1880-1924*. Refreshments served afterwards. \$3, free/museum members. Ramapo Reformed Church, 100 Island Rd, Mahwah. 201-512-0099. MahwahMuseum.org.

FRIDAY, FEBRUARY 9

When Harry Met Sally: Staged Reading – Feb 9-11. Fri & Sat, 8pm; Sun, 3pm. The story follows the title characters through twelve years of chance encounters in New York City, and raises the question "Can men and women ever just be friends?" From \$20. The George Frey Center for Arts and Recreation, Fair Lawn Recreation Center, 10-10 20th St, Fair Lawn. PioneerProductionsCompany.org.

SATURDAY, FEBRUARY 10

Cupid's Chase 5K – 8am, registration; 10am, race. Runners, walkers and rollers (baby strollers and wheelchairs) are invited to help raise funds to make a difference in the lives of people with disabilities by participating in this annual 5K. Finisher medals while supplies last. Glen Rock Pool, 390 Doremus Ave, Glen Rock. 201-797-0692. CupidsChase@comop.org.

Yoga Nidra – 11:30am-1pm. Experience the sounds of the Himalayan Singing Bowls and the guided

imagery led by instructor Mary Ann Gebhardt. Lie down (or sit) and relax; a wonderful way to reduce stress. Hot tea will be served afterwards. \$25; register in advance, space limited. Vista Natural Wellness Center 191 Ramapo Valley Rd, Oakland. 201-644-0840. VistaNaturalWellness.com.

Natural Sweethearts – 12-1:30pm. Adults and families with children 4+ meet live animals to learn about their sweethearts, make animal valentines and decorate a cookie during this Valentine's Day program. Children must be accompanied by an adult. In case of inclement weather, the program will be held under cover. Space is limited and pre-registration is required. \$12, \$8/members. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

Longevity, Vitality Workshop – Feb 10, 17. 2-4pm. Workshop, based on Body & Brain founder Ilchi Lee's new book *I've Decided to Live 120 Years*, will discuss key principles of longevity and introduce some effective wellness life-habits. It will include light physical training, breath work and energy meditation. Experience increased vitality, a clearer mind and better sleep. Free. Wyckoff Body & Brain, 525 Cedar Hill Ave, 2nd Fl, Wyckoff. RSVP: 201-444-6020. BodyNBrain.com/Wyckoff.

Valentine's Dinner Cruise – Feb 10, 14, 17. Boarding 6:30pm; cruise 7-10pm. Private table with incredible views. Dinner buffet and champagne toast; a rose per couple. Take pictures of Lady Liberty and the Brooklyn Bridge while you dine, then head topside for nighttime shots of the iconic NYC skyline from boat's rooftop lounge. Dance floor with a professional DJ spinning romantic ballads. From \$100. Spirit Cruises New Jersey Dock, Lincoln Harbor Marina, 1500 Harbor Blvd, Weehawken. 855-273-9140.

SUNDAY, FEBRUARY 11

Dr Dubious Dixieland Jazz Band – 2-3:30pm. From classic traditional hot jazz to swing, this group does it all. Since 1998, Doctor Dubious has performed in the New Orleans and Chicago styles in the tri-state area. In case of inclement weather, call about any library closing. Free, no tickets required; seats are first-come. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. Denise Laude: 201-529-7323 x 227. MahwahLibrary.org.

Music on a Sunday Afternoon: David Glukh Duo, Klezmer – 3-4pm. Sponsored by The Friends of the Teaneck Public Library. Refreshments and an opportunity to meet the performers follow the program. Free; first-come seating available at 2:30. Teaneck Public Library, 840 Teaneck Rd, Teaneck. 201-837-4171. Teaneck.org.

MONDAY, FEBRUARY 12

Romance in the Kitchen – 7-9pm. Working alongside your Valentine, instructors will walk you through a culinary celebration of Valentine's Day. At the end of class, you'll enjoy a meal you will love because you created it together. \$50. Ridgewood Culinary Studio, 223 Chestnut St, Ridgewood. 201-447-2665. RidgewoodCulinaryStudio.com.

THURSDAY, FEBRUARY 15

Historical Society Lecture Series – 7:30pm. Evelyn McDowell, PhD, presents a program on the creation of a new lineage society for descendants of enslaved people in colonial America, called Sons & Daughters of the United States Middle Passage. Refreshments follow. Steuben House, 1209 Main St, River Edge. 201-343-9492. BergenCountyHistory.org.

FRIDAY, FEBRUARY 16

The Robber Bridegroom: Old Library Theater – Feb 16-18, 23-25. Fri & Sat, 8pm; Sun, 2pm. Set in eighteenth-century Mississippi, the show follows a rascally robber of the woods, as he courts the only daughter of the richest planter in the country. Throw in an evil stepmother, her pea-brained henchman and a talking head-in-a-trunk for a country romp. Tickets from \$15. Fair Lawn Recreation Center, 10-10 20th Street in Fair Lawn. OldLibraryTheatre.net. 973-OLT-4420.

SATURDAY, FEBRUARY 17

Bird Count at Tenafly Nature Center – 10-11:30am. Adults and families (children 10+) are invited to the Great Backyard Bird Count. This citizen science project tallies birds who winter at TNC. An environmental educator will review key bird identification marks, then the group will observe birds on the trails and at feeders. Children must be accompanied by an adult. Bring binoculars if you have them; if not we can loan you a pair. Rain or shine. Visitor Center, Tenafly Nature Center, 313 Hudson Ave, Tenafly. 201-568-6093.

SUNDAY, FEBRUARY 18

Adelphi Chamber Ensemble at Mahwah – 2pm. Sylvia Rubin on violin, Kyle Anderson on French horn and Wayne Weng on piano perform Brahms' *Trio for Horn, Violin and Piano in E flat major, Op. 40*. Charles Yassky on clarinet, Claire Kapilow and Sylvia Rubin on violin, Andy Kim on cello and Heather Wallace on viola perform Brahms' *Quintet for Clarinet and Strings in B minor, Op. 115*. Free. Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323.

WEDNESDAY, FEBRUARY 21

The William D. McDowell Observatory – Feb 21, 28. 7pm. See Feb 7 listing. In order to access the telescope, visitors must be able to climb 25 steps in a spiral formation. DeKorte Park, One DeKorte Park Plaza, Lyndhurst. 201-460-8300. NJSEA.com.

Bergen Historical Society Docent & Interpretation Meeting – 7:30pm. Program for anyone interested in volunteering at Historic New Bridge Landing. A panel of BCHS historians will debunk the myths and misunderstandings of American history that are so often repeated, sometimes for generations, in museums, books, and classrooms. Hear the real stories (often more interesting than the myth) and don't further the fakery. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739. BergenCountyHistory.org.

THURSDAY, FEBRUARY 22

Community Discussion Group: Thriving in Transitional Times – 7-9pm. This series of monthly community discussion events will focus on how to thrive in transitional times while avoiding the trap of fear and anxiety. Discussion topics such as staying centered through personal and societal turbulence, resolving past traumas, letting go of disempowering behavior patterns, effective holistic health practices and more. Donations. Vista Natural Wellness Center 191 Ramapo Valley Rd, Oakland. 201-644-0840. VistaNaturalWellness.com.

FRIDAY, FEBRUARY 23

Model Aeronautics Expo – Feb 23, 24, 25. Fri, Sat, 10am-5pm; Sun, 10am-4pm. Hundreds of exhibitors and aviation and aerospace experts will greet the youngsters and enthusiasts attending the Expo. It will offer the latest products in radio-controlled model aviation, demonstrations, interactive dis-



plays, and exploration of the intricacies of flying model airplanes, helicopters, rockets, gliders and more. Single day ticket: \$15/non-member, \$5/12-18 yrs, free/under 12. Meadowlands Exposition Center, Harmon Meadow, Secaucus. 765-287-1256 x 272. AMAExpo.com/ama-expo-east/.

SATURDAY, FEBRUARY 24

Turtle Dance Music – 1pm & 3pm. One of the Kidz Cabaret series, Turtle Dance Music aims to spark children's curiosity and imaginations through interactive, inclusive musical performances that use a wide range of instruments, stuffed animals, games and technology. The sensory-friendly performance is geared for Pre-K, grades K-5 and also students on the Autism Spectrum. \$19. Bergen Performing Arts Center, 30 North Van Brunt St, Englewood. 201-227-1030. BergenPAC.org.

SUNDAY, FEBRUARY 25

Washington's Birthday Celebration – 1-5pm. General Washington made his headquarters in the Zabriskie-Steuben House when Continental troops encamped between Van Saun Park and Soldier Hill Road. A country ball upon the anniversary of Washington's birthday features 18th century dancing and hot cider and crullers served in the restored tavern in the Campbell-Christie House. Re-enactors from the 3rd New Jersey Regiment will demonstrate military life. Activities for children include soldier

ongoing events

NOTE: All calendar events must be received by the 12th of the month prior to publication and adhere to our guidelines. Advertisers are entitled to up to five event listings, all others are \$35-40 each and must be prepaid, unless the event is free. Email Publisher@NaturalAwakeningsNNJ.com for guidelines and to submit entries.

sunday

African Dance: Family Dance – 2:45-3:30pm. High-energy, traditional West African dance. The Family Dance class is a multi-level class free to any adults and children who come together to dance as a family. Center for Modern Dance Education, 84 Euclid Ave, Hackensack. 201-342-2989.

monday

Jazzercise Classes – 9:30am, 4:30pm, and 5:45pm. \$20, monthly rates available. The Armenian Presbyterian Church, 140 Forest Ave, Paramus. Info: 201-988-7707. ParamusJazzercise@gmail.com.

Parent & Preschooler Play Group – 10-11:30am. Playmates for one's children and coffee break/friendship for parents. St Luke's Family Ministry, Ho-Ho-Kus. 201-444-0272.

drills, paper dolls and a scavenger hunt. Historic New Bridge Landing, 1201-1209 Main St, River Edge. 201-343-9492. BergenCountyHistory.org.

A Musical Offering: Concert – 3pm. The All Seasons Chamber Players present music for harpsichord, flute and strings by Ibert, Kreisler, Marcello and JS Bach. Guest artist Eric Clark on harpsichord Reception follows. \$10/suggested donation, \$8/seniors and students. Art Center of Northern New Jersey, 250 Center St, New Milford. 201-599-2992. AllSeasonsChamberPlayers.org.

plan ahead

THURSDAY, MARCH 1

Worm Moon Hike – 7pm. The January full moon is known by this Algonquin Indian name given it because at this Moon, the ground begins to soften enough for earthworms to reappear, inviting the return of robins and migrating birds. Christina Fehre will lead a night hike that will traverse about 3 miles in about 1.5 hours, over moderate hiking trails. Bring a flashlight and dress for the weather. Guided hikes are held drizzle or shine – heavy precipitation or icy trail conditions may cancel. Free. Palisades Interstate Park, State Line Lookout, unnumbered exit about 2 miles north of Exit 2, Alpine. Info, check conditions: 201-768-1360 x 108. NJPalisades.org.

SUNDAY, MARCH 4

Adelphi Chamber Ensemble at Teaneck – 3pm. Sylvia Rubin on violin, Kyle Anderson on French horn and Wayne Weng on piano perform Brahms' *Trio for Horn, Violin and Piano in E flat major, Op. 40*. Charles Yassky on clarinet, Claire Kapilow and Sylvia Rubin on violin, Andy Kim on cello and Heather Wallace on viola perform Brahms' *Quintet for Clarinet and Strings in B minor, Op. 115*. Free. Auditorium, Teaneck Public Library, 80 Teaneck Rd, Teaneck. 201-837-4171. Teaneck.org.

Day Meditation – 1:10-1:45pm. Partially guided meditation. Learn to meditate or expand your current practice. No experience necessary. Free. Krame Center, Ansifield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For information or to register: TinyURL.com/Ramcolag.

Crafternoon: Grades 2-6 – 3:30-4:30pm. Who doesn't love a good make-and-take? This new take on arts and crafts explores different crafts every week. No registration is required but supplies are limited on a first come, first serve basis. Free. Johnson Public Library, Hackensack Meeting Room, 274 Main St, Hackensack. 201-343-4169 x 14. Hackensack.BCCLS.org.

Code Breakers – 2:30-5pm. Teens and "tweens" in grades 5-12 can stop by the Teen Department to try and break a special, fun "emoji" code and decipher the message (new code each week) for a treat. Mahwah Public Library, 100 Ridge Rd, Mahwah. Denise Jukiewicz: 201-529-7323 X 224. Mahwah.BCCLS.org.

Kahoot It! – 3-4pm. Grades 5up play a few rounds of the online quiz game called Kahoot. The first place of each round gets a prize. Players can use smartphones and the library computers to participate. Sign-up can be done at the Teen Services Desk, Mahwah Public Library, 100 Ridge Rd, Mahwah. Denise Jukniewicz: 201-529-7323 x 224. Mahwah.BCCLS.org.

Once Upon a Craft: Grades K-2 – 3:30-4:30pm. Come merge story-telling with crafts at this new program for younger kids! No registration is required but supplies are limited on a first come, first serve basis. Free. Johnson Public Library, Children's Room, 274 Main St, Hackensack. 201-343-4169 x 14. Hackensack.BCCLS.org.

You Pick It! Teen Movie – 3:30-5pm. Grades 5-12 can drop in and be able to pick what they'll watch from a selection of popular movies that the Teen Department staff have on hand. Free. The Octagon, Mahwah Public Library, 100 Ridge Rd, Mahwah. Denise Jukniewicz: 201-529-7323 x 224. Mahwah.BCCLS.org.

American Mahjong – 4-6pm. Games are friendly and totally stress free for entertainment only. Beginners and experienced players are welcome to come but the game isn't taught. Free. All Purpose Rm, Dixon Homestead Library, 180 Washington Ave, Dumont. 201-384-2030.

Environmental Justice Green Drinks Hackensack – 7-9pm. 2nd Mon. Conversation, problem-solving, knowledge sharing for green and sustainable living, community issues, business practices, urban farming, food waste, climate change, flooding. Free. Pay for what you order. Villa de Columbia, 12 Mercer St, Hackensack. 862-203-8814. EJGreenDrinks.org.

Mediumship/Spiritual Support Group – 7-9pm. 3rd Mon. You are not alone in the way you are feeling. Learn to use the tools you need to re-create your world your way. Learn to meet the challenges in life in new and productive ways. Meetings are always held in an environment of truth, love, and intense passion for your soul \$5. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999.

tuesday

Nurtured Parent Support Group – 10am-12pm. Whether you are the parent of a child or parenting the child within, The Nurtured Parent assists adults seeking a safe environment to share and heal from the debilitating effects of unhealthy relationships. Learn the tools needed to gain the confidence to become deliberate creators. Free. Center for Hope and Safety, 12 Overlook Ave, Rochelle Park. NurturedParent.org.

Family Movie Afternoon – 1:30-4pm. Have a stress free afternoon watching movies with the family. Call to check what movie is playing each week. Old Auditorium, Dumont Library, 180 Washington Ave, Dumont. 201-384-2030. Dumont.BCCLS.org.

Teen Tuesday – 3:15-4:30pm. Movies, trivia, board games, video games: all teen Tuesday events are free and open to students in grades 7-12. Advanced sign up is never required and weekly attendance isn't necessary. You can come any time that you are available. Free. Johnson Public Library, 274 Main St, Hackensack. Keri Adams: 201-343-4169 x 30. Hackensack.BCCLS.org.

American Mahjong – 4-6pm. Games are friendly and totally stress free for entertainment only. Beginners and experienced players are welcome to come



but the game isn't taught. Free. All Purpose Rm, Dixon Homestead Library, 180 Washington Ave, Dumont. 201-384-2030.

Knitting & Crocheting Club – 6:45-7:45pm. 1st & 3rd Tue. Come get crafty. Crochet and knit with a fun group. This is a drop-in event welcome to all skill levels. No registration necessary. Dixon Homestead Library North, 180 Washington Ave, Dumont. 201-384-2030. Dumont.BCCLS.org.

Meditation Group – 7pm. 1st Tue. With Sharon Sillen. KG Divine, 530 High Mountain Ave, North Haledon. 973-865-1976.

Tarot Study Group – 7-9pm. 4th Tue. For tarot card readers looking to meet other readers to share, learn and practice. All levels of readers are welcome. Also guest readers demonstrate their style of reading. \$20. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999.

Ridgewood Toastmasters – 7:30pm. 2nd and 4th Tue. Toastmasters International encourages the art of public speaking and develops leadership skills. Unitarian Society of Ridgewood, Fellowship Room, 113 Cottage Place, Ridgewood.

Drop-In Meditation – 7:30-8:30pm. Meditation has been known to reduce stress, relieve pain, and recharge mind and body. Come in comfortable clothes. Drop in on as many sessions as you like. With Leena and Nirmal Mukhi, who have 12 years of experience practicing Sahaja meditation. Free. Seats are available on a first come basis. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323. Mahwah.BCCLS.org.

Holistic Yoga – 7:30-8:45pm. Holistic yoga classes emphasizing gentle flow and coordinated breath with movements. All levels are welcome. \$10. Advance Medical Care Center, lower level, 22 Madison Ave, Paramus. Info: 201-741-1198. Tatyana: YogaSteps@yahoo.com.

wednesday

Twin Mothers Club Meeting – 4th Wed. The Unitarian Society of Ridgewood, 113 Cottage Pl, Ridgewood. 201-669-8251.

Holy Cross Cemetery Mass of Remembrance – 9:30am. 1st Wed. The ministry of Catholic Cemeteries provides for the spiritual needs of families through such activities as Masses celebrated in memory of deceased loved ones. Chapel Mausoleum, 340 Ridge Rd, North Arlington. 888-467-8903.

Maryrest Cemetery Mass of Remembrance – 9:30am. 1st Wed. The ministry of Catholic Cemeteries provides for the spiritual needs of families through such activities as Masses celebrated in memory of deceased loved ones. Chapel Mausoleum, 770 Darlington Ave, Mahwah. 888-489-9095.

Talmud Study – 9:30am. *Keys to Joy and Wisdom* with Rabbi Herschel Grossman. Free. Kaplan JCC, 411 E Clinton Ave, Tenafly. 201-569-7900. JCCOTP.org.

Adult Coloring Club – 11am-12pm. Registration is required due to space limitations but no need to attend on a regular basis. The library will supply the space to relax and de-stress, coloring pages, the coloring pencils and crayons, and the refreshments. Free. Closter Public Library Central Library, 280 High St, Closter. 201-768-4197. Closter.BCCLS.org.

Coloring for Relaxation – 1:30-3:20pm. Hands on coloring, Color yourself calm. Light refreshments. Free drop in. Dixon Homestead Library North, 180 Washington Ave, Dumont. 201-384-2030. Dumont.BCCLS.org.

Adult Book Club – 4pm. 3rd Wed. Led by club member Sylva Crump. Check website for date changes and book for the month. Free. Closter Public Library Central Library, 280 High St, Closter. 201-768-4197. Closter.BCCLS.org.

Early Literacy: 3 & 4 Year Olds – 4:30-5:30pm. A great way to instill a love of reading and learning in a young child. A certified teacher teaches important sight words to begin the journey in discovering books. Free. Story Tower, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323 x 230. Mahwah.BCCLS.org.

Evening Meditation – 5:30-6:30pm. Partially guided meditation. Learn to meditate or expand your current practice. No experience necessary. Free. Krame Center, Ansifield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For information or to register: TinyURL.com/Ramcolag.

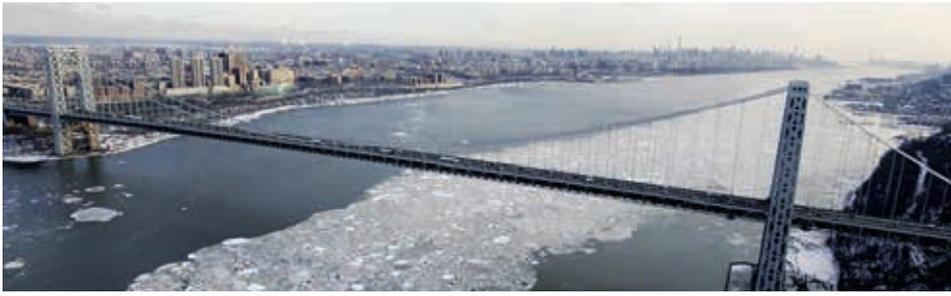
The Womb Happy Hour Radio Show – 6-7pm. Lorraine Giordano, founder of a company dedicated to helping women lead more healthful lives, hosts a live Internet talk radio show that gets beyond taboos about the vagina. VoiceAmerica.com.

Green Drinks Conversation: Ramsey-Mahwah – 6-9pm. 1st Wed. Informal social engagement provides a framework established without agenda or motives other than spreading sustainable consciousness throughout our local communities. Upstairs at The Station, 5 W Main St, Ramsey. 201-327-9748. BradysAtTheStation.net.

Adult Coloring Club – 6:30-7:30pm. Registration is required due to space limitations but no need to attend on a regular basis. The library will supply the space to relax and de-stress, coloring pages, the coloring pencils and crayons, and the refreshments. Free. Closter Public Library Central Library, 280 High St, Closter. 201-768-4197. Closter.BCCLS.org.

Guided Meditation Class – 7pm. Give your soul time for your being. Let Mary Lou take you on a journey. \$10. KG Divine Wellness and Beauty, 530 High Mountain Road, North Haledon. For details: Anita 973-304-1046.

QiGong – 7pm. Spend some time using Qigong, a method of building, balancing and refining your energy and awareness. KG Divine Wellness and Beauty, 530 High Mountain Road, North Haledon. For details: Anita 973-304-1046.



Hatha Yoga – 7-8pm. Move in and out of poses with the rhythmic flow of breath. Through concentration based on breath awareness, you are guided into finding increased endurance, flexibility, circulation and strength. \$20/drop in, \$150/10-class pass. Vista Natural Wellness Center, 191 Ramapo Valley Road, Oakland. 201-644-0840.

Mediumship/Spiritual Support Group – 7-9pm. 2nd Thu. You are not alone in the way you are feeling. Learn to use the tools you need to re-create your world your way. Learn to meet the challenges in life in new and productive ways. Meetings are always held in an environment of truth, love, and intense passion for your soul. \$5. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999.

Meditation Group – 8pm. 2nd Wed. Host: Sharon Sillen. Sponsored by Metaphysical Center of NJ. Donations accepted. Yogacentric, 238 Colfax Ave, Clifton. 973-865-1976.

thursday

Feldenkrais Awareness Through Movement Classes – 9:30-10:30am. Feldenkrais is a powerful approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility. Developed by Dr. Moshe Feldenkrais, the method has helped millions of people worldwide. Nenriki Therapy Boutique, 169 Paris Ave, Northvale. Register: NenrikiTherapy.com.

Citizenship Class – 10-11am. Topics discussed in citizenship class: Civics questions, reading vocabulary, writing vocabulary. Classes are free to all and no registration required. Must have some literacy skills to take the class. Free. Johnson Public Library 274 Main St, Hackensack. Michelle Ferreira: 201-343-4169 x 34. JohnsonLib.org.

Clear Your Stress: Conversation and Guided Clearing Meditation – 10:30-11:30am. Using visualizations along with guided meditations and crystal bowls we clear the accumulated stress, therefore clearing the self; w/Lois Kramer-Perez. No meditation experience required. \$20. Rte 4 & Rte 17, Paramus. Details: 201-906-5767. Lois@LoisKramerPerez.com.

Thursday Morning Movie – 10:30am-12:30pm. Popular, often first-run films selected for their wide appeal to an adult audience. Movie snacks and drinks are served. This program is free and no tickets are necessary. Seats are first-come. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323 x 230. Mahwah.BCCLS.org.

Inspect Your Gadget – 11am-12pm. Have a smartphone or an eReader and don't know how to use it? Trying to save pictures on your tablet? Bring your device, appropriate cords and user manual if you have it, and come to the library! No preregistration necessary. Hackensack Library, 274 Main St, Hackensack. 201-343-4169.

Senior's Strength Training Workshop – Feb 22 thru Mar 29. 12-1pm. Exercises to keep you strong with Russell Jones, senior and strength athlete, and Jane DoCampo, certified back care specialist and yoga therapist. Improve your mobility, bone density, balance and strength. My Back and Body Clinic, Woodcliff Lake. 201-951-3754. MyBackAndBodyClinic.com.

Day Meditation – 1:10-1:45pm. Partially guided meditation. Learn to meditate or expand your current practice. No experience necessary. Free. Krame Center, Ansfield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For information or to register: TinyURL.com/Ramcolag.

Thursday Movie Matinee – 2-5pm. Popular, often first-run films selected for their wide appeal to an adult audience. Movie snacks and drinks are served. This program is free and no tickets are necessary. Seats are first-come. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323 x 230. Mahwah.BCCLS.org.

Teen Time – 3:30-4:30pm. 2nd Thur. The programs are different each month, but they are guaranteed to be fun or your money back. Free. Friends Room, Tenafly Public Library, 100 Riveredge Rd, Tenafly. 201-568-8680. TenfCirc@bccls.org.

Thursday Lego Club – 4-5pm. 2nd Thu. For kids ages 6 and up. After a story time, everyone builds with Legos something based on the story time theme. BYOB (bring your own blocks) to the meeting. Registration is required. Free. Teaneck Public Library, 840 Teaneck Rd, Teaneck. RSVP: 201-837-4171. Teaneck.bccls.org.

Argentine Tango Classes – 8:30-9:30pm. Two teachers with 25 years of experience. Beginners welcome. \$20/drop in. Center for Modern Dance, 84 Euclid Ave, Hackensack. 201-342-2989. CMDE.org.

friday

Jazzercise Classes – 9:30am. \$20, monthly rates available. The Armenian Presbyterian Church, 140 Forest Ave, Paramus. 201-988-7707. Paramus-Jazzercise@gmail.com.

Visiting Nurse & Blood Pressure Clinic – 10am-12pm. Blood pressure and general health information with the visiting nurse. No appointment required. Tenafly Public Library, Friends Room, 100 River Edge Rd, Tenafly. 201-568-8680.

ESL Conversation Group – Through Mar 23. 1-2pm. The practice group is open to anyone who would like to improve their English skills by actively participating in group conversation led by a trained tutor. No preregistration necessary. Free. Mayor Lizette Parker Memorial Rm, Teaneck Public Library, 840 Teaneck Rd, Teaneck. 201-837-4171. Teaneck.org.

Bhagavad Gita Classes and Vegetarian Dinner – 7-9pm. 2nd and 4th Fri. Learn the most famous Vedic book. Secular, logical, eye-opening, the Gita teaches the eternal principles of love. Written 5000 years ago, this knowledge is relevant for modern life. Info: Gopal_Agrawal@yahoo.com or 201-926-9079.

saturday

Jazzercise Classes – 8:20 & 9:30am. \$20, monthly rates available. The Armenian Presbyterian Church, 140 Forest Ave, Paramus. 201-988-7707. Paramus-Jazzercise@gmail.com.

Workout Group – 9am. Free. Crossfit Rising, 38 N St, Bergenfield. 201-674-0419. CrossfitPony@yahoo.com. CrossfitRising.com.

Feldenkrais Awareness Through Movement Classes – Begins Jan 13. 9:30-10:30am. Feldenkrais is a powerful approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility. For more information see website. \$20/ drop-in, \$150/10 class pass. Vista Natural Wellness Center 191 Ramapo Valley Rd, Oakland. 201-644-0840. VistaNaturalWellness.com.

Crafty Saturday Morning – 11am-12pm. 3rd Sat. A time for the whole family to work on creative projects together. Projects and materials will change, but supplies will always be aimed at children ages 6+ or younger with caregivers. Caregivers are encouraged to be part of the crafting and welcome to use the supplies. Children over 6 may attend and craft independently. Free. Children's Room, Tenafly Public Library, 100 Riveredge Rd, Tenafly. 201-568-8680. TenfCirc@bccls.org.

Nature Story Time – 11:30am-12:15pm. 3rd Sat. Children ages 3-7 will enjoy a nature-themed story and a visit from one of Center's Animal Ambassadors. Learn how it came to TNC. A new story and animal each month: includes snakes, frogs, turtles, owls, hawk, etc. Children must be accompanied by an adult. Visitor Center, Tenafly Nature Center, Tenafly Nature Center, 313 Hudson Ave, Tenafly.

Pelvic Floor Rehab – Feb 24 thru Mar 31. 2:30-3:30pm. This series will help you identify and strengthen muscle groups essential to improve bladder leakage and organ prolapse. Learn how to continue this work on your own. My Back and Body Clinic, Woodcliff Lake. 201-951-3754. MyBackAndBodyClinic.com.

Knit One, Drop In – 3pm. 4th Sat. With Carolyn Epstein. Beginner or advanced knitters. Crocheters welcome. Instruction to get started. Begin with simple baby hats and scarves. Finished projects can be donated to Save the Children or U.S. Troops. Bring size 8 knitting needles. Yarn to get started provided. Free. Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323. Mahwah.BCCLS.org.

Meditation/Healing Circle Group – 4-5:30pm. Healing meditations and energy work designed to help you with chakra balancing, healing, relaxation and stress management. \$5. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999.

Meditation/Healing Circle Group – 6:30-8pm. Healing meditations and energy work designed to help chakra balancing, healing, relaxation and stress management. \$5. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999.

community resource guide

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in the Community Resource Guide, email Publisher@NaturalAwakeningsNJ.com to request our media kit.

ASTROLOGY

WHITE WIZARD ASTROLOGY

Northern New Jersey
908-268-6674
cmtnarow3@yahoo.com



We are not our stories, nor our pasts, our wounds or our weaknesses. While those are aspects of our lives, we are beings of light, on earth in these bodies and circumstances for a purpose. I've helped people reconnect to their luminous

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LeslieLobell.com



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GERTI SCHOEN,

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Certified Couples Counselor
Ridgewood, NJ • 917-607-4525
Gerti@GertiSchoen.net • GertiSchoen.net



Are you feeling disconnected from your own inner strength? Do you find that relationships can be frustrating or painful? I specialize in relationship counseling, small group work, anxiety and trauma resolution. Using effective tools such as energy psychology, breath work, meditation, psychodynamic psychotherapy, tapping, dream interpretation and shamanic journeying, I help adults and couples create the life they want.

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Terry Obsuth
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Paramus, NJ
201-655-3836
AccessConsciousness.com



Where have you made fitting into forms and structures more valuable than you and your awareness? What if you could live from you authenticity and be a true expression of who and what you truly are? Access Bars is a gentle touch energetic process

that allows you to release limiting thoughts, beliefs, judgments and attitudes, thereby, supporting you in generating greater possibilities. What would it take for you take a step toward having more clarity, peace and joy in your life? As an experienced holistic practitioner, I offer private sessions and Access Bars classes. *See ad, page 8.*

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PranicHealingUSA@gmail.com
PranicHealingUSA.com



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body, accelerating the rate at which the body heals the physical as well as the psyche. Training, certification and classes as well as healing services with the prime objective of promoting physical, emotional, mental and spiritual well-being. Healing and meditation every Wednesday night open to those looking to relieve their stress from home or at work. *See ad, page 11.*

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problem and not just the symptoms. He seeks to improve his patients' quality of life through holistic dental care that respects and honors the body. *See ad, page 5.*

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Intuitive Practitioner, Meditative Clearing & Feng Shui
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techniques that help clients sharpen their awareness, clarity and empowerment through *feng shui*, personal meditative clearing, and environmental space clearing. Each of these services can provide anchors for creating change from the inside out. Let's get started! *See ad, page 33.*

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natural ways to strengthen the immune system. The Kambo peptides cover a wide range of medical uses such as Alzheimer's and Parkinson's, anxiety and depression, migraines, blood circulation problems, vascular insufficiency, organ diseases, skin and eyes issues, cancer, fertility problems in women, AIDS, candida, hepatitis, herpes, pain, skin issues and more.



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DAVID BARTKY

Certified Law Of Attraction Life Coach,
Certified Consulting Hypnotist
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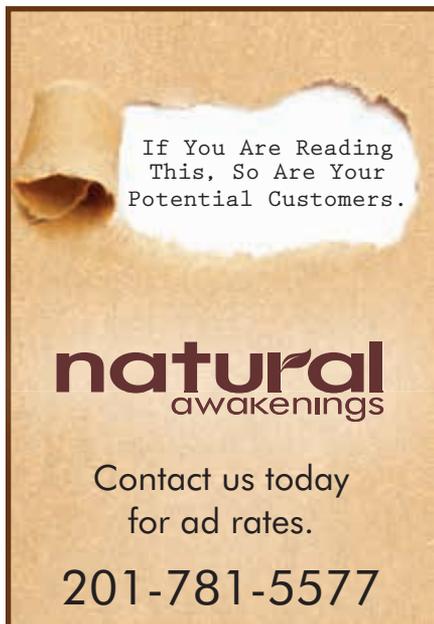
Are you ready to start attracting at you want, instead of what you don't want, in all areas of your life? I am an experienced and certified Law of Attraction life coach, and I can help you do that. Once you start living your life from a Law of Attraction point-of-view it only gets better. I am also a certified Consulting Hypnotist. Hypnosis is great for stress reduction, sleep issues, fear of public speaking/performing, smoking cessation, etc. I am also certified in Thinner Band Hypnosis for extreme weight loss.

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Andrea P. Arroyo, Certified Life Coach
201-290-1644 • OneWordCoach@gmail.com
OneWordCoach.com



At One Word at a Time Coaching, the focus is to bring forth the solution that is already within you. There are words, thoughts and beliefs that keep you locked into fears that hamper your forward progress in life. This can keep you locked into patterns that no longer serve you and keep you from the happiness you deserve. Together, we will work to allow you to overcome any limiting beliefs so you can live a life of freedom, happiness peace and growth. Offering a complimentary mini-consultation. I specialize in family counseling, drug/alcohol abuse and sexual trauma.

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Clinical Nutritionist Dian Freeman has a private practice in Morristown. She teaches a six-month nutritional certification course and has certified over 700 graduates in Holistic Health over the last 14 years. She also practices frequency biofeedback, teaches one-day classes and lectures widely. Dian is currently finishing her doctorate in Medical Humanities at Drew University, Madison, NJ. She may be reached at 973-267-4816 or Dian2@WellnessSimplified.com. See ad, page 33.

DANA FERWERDA

Zen Theory Nutrition
201-515-5125 • Dana@ZenTheoryNutrition.com
ZenTheoryNutrition.com



Dana Ferwerda is an Integrative Health Coach. She started Zen Theory Nutrition to assist clients in finding their personal path to health. Dana has 23 years in the health and fitness field, various dietary theories, more than 10 years working with autoimmune disorders, and incorporates the emotional aspect of health and wellness with her clients. See ad, page 10.

CHRISTINE M. OKEZIE

Natural Foods Chef & Holistic Health Coach
201-889-5001
Christine@YourDeliciousBalance.com
YourDeliciousBalance.com



Christine Okezie is a Natural Foods Chef and Certified Holistic Health Counselor. She is a graduate of NYC's Natural Gourmet Institute for Health and Culinary Arts, an accredited chef-training program focused on health supportive whole foods cuisine. Okezie received her nutrition training at the Institute for Integrative Nutrition, the world's largest nutrition school at the forefront of the health and wellness movement. She is a board-certified member of the American Association of Drugless Practitioners. In her private practice, Okezie leads cooking classes and wellness workshops. She counsels women and their families about food, health and nourishment. See ad, page 20.



SCHOOL

EASTERN SCHOOL OF ACUPUNCTURE

Kelly Williams
427 Bloomfield Ave, Ste 301,
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KWilliams@EasternSchool.com
EasternSchool.com



The Eastern School is committed to maintaining the highest standards of educational excellence. The School's priority is educating highly qualified acupuncturists, capable of working in clinics, hospitals and private practices. Master's-level diplomas in Acupuncture and Traditional Herbal Medicine spring and fall registration available; Community Education and Continuing Education programs are also available. Please call or check our website for current events. Our student clinic offers affordable acupuncture treatments available to the public.

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You know you're in love when you can't fall asleep
because reality is finally better than your dreams.

~Dr. Seuss

classifieds

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OPPORTUNITIES

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