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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](http://GetWell-Now.com)**

## **Functional Medicine NEUROLOGY AND NUTRITION**

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- ☑ Second Opinion & Natural Medicine
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- ☑ Pain Relief

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Natural Healthcare Doctor**

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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:

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- 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."

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## **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**

I have breakfast at least once a week at the Maywood Pancake House. They serve a pretty decent gluten-free toast. I usually sit at the counter that faces a large, muted flat screen television running captions. I personally haven't subscribed to any network or cable TV in quite a while. I subsist just fine on streaming movies and shows. My first inclination here is to passively complain about the news media... how contrived and overly dramatic it all is.

However, I'll assume that most of our readers are already aware of that.

I must confess that I never had much interest in media drama because I can be highly adept at generating my own drama without any outside help. I don't even slow down to rubberneck while passing an accident. My parents were hard-working, young immigrants that escaped Communist Czechoslovakia. They were 24 years old when they fled with hope for a better life in America.

Years later, during one of my visits to the old country, I took a cold, hard look at the charming environments of my parents' respective home towns. I couldn't imagine what they thought and felt after arriving in the U.S. a month earlier as they rented their no-frills railroad apartment in a fairly distressed neighborhood in Jersey City. I couldn't imagine doing this at age 24 with a 2-year old in tow—me.

Needless to say, my parents had a lot to deal with as they made their way in a new world. With all this on their plate, I recall that gaining their attention usually came at a premium. I typically had to act out in unfavorable ways in order to sometimes simply be seen and heard. This is what children do. They are quick to figure out how to influence their environment by whatever means necessary in order to have their needs met.

Unfortunately, this pattern carried over into adulthood, and my life has not been uneventful, to say the least. Last April, I was presented with circumstances that made me much more aware of my attraction to drama. However, it took almost an entire year to become vigilant and disciplined enough to start clearing this pattern.

I sometimes do a little research before I write these letters. This month, I came across an interesting article on the *Psychology Today* website titled *Excessive Attention Seeking and Drama Addiction*. You can access it by pointing your browser here: [Tinyurl.com/dramaadd](http://Tinyurl.com/dramaadd).

Author Billi Gordon, Ph.D., believes that the addiction is well-rooted in our physiology. He writes, "Excessive attention seeking is not a character flaw. It is a brain wiring response to early developmental trauma caused by neglect. The developing brain observes its environment and wires itself accordingly to survive in that world that it presumes will be like those experiences. Newborns are extremely dependent on getting their mother's attention for survival. The more their needs are neglected during early development, the more the child equates getting attention with survival and safety. In turn, the more he or she develops the belief system that it is necessary to go to whatever lengths to get attention."

So now I have an excuse! Happy Earth Day,

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](mailto: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](mailto:Publisher@NaturalAwakeningsNNJ.com). Deadline for editorial: the 10th of the month.

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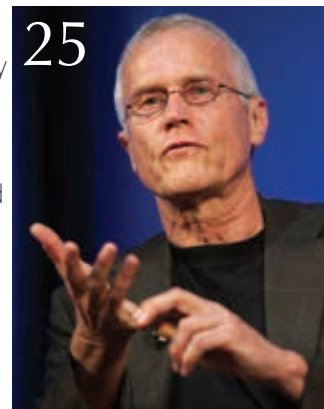
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## news briefs

### Kicking Sugar Lecture at the Cresskill Library



Certified Health Coach and Juice Specialist Stacy Budkofsky will host a lecture on how to keep sugar out of our daily diet, from 6:30 to 7:30 p.m., April 26, at the Cresskill Public Library. Budkofsky is the owner of Health Compass, LLC, and a member of the

American Association of Drugless Practitioners.

Sugar is contained in a vast amount of food products, and the amount that the typical American consumes is sabotaging their health in ways they don't even realize. Participants will learn how sugar effects the body, weed it from their diets and kick it out of their meals without losing the sweetness in their lives.

*Location: 53 Union Ave. For more information or to reserve a seat, call 201-567-3521, email [crescirc@bccls.org](mailto:crescirc@bccls.org) or visit [Cresskill.bccls.org](http://Cresskill.bccls.org).*

### Journaling to Celebrate Women's Radiance and Body Acceptance

With all that women do as nurturers, providers of solutions, parents, educators, dedicated partners and more, journaling can be used to anchor a variety of needs. There will be two workshops, one to celebrate the radiance within, and one to deconstruct women's reflections and ideas about their own bodies on April 28 at Berkeley College, in Paramus.



At the Radiance Series: A Journaling Workshop for Women, with facilitator Ayesha Gallion, from 11 a.m. to 1 p.m., rediscover the radiance within while infusing music, aromatherapy and even candlelight into journaling practices.

In the Body Perspective and Appreciation workshop, from 2 to 4 p.m., attendees are invited to critique social and cultural expectations related to how women's bodies should be presented, utilized and internalized. This will involve discussion and journal writing. While some women may choose to share insight on their own bodily experiences, this is not a requirement.

*Cost is \$25 per workshop. Location: Berkeley College, Rm. 124, 64 E. Midland Ave., Paramus. For more information, call 973-280-8117 or visit [ayeshajgallion.com/distinguishedarchives](http://ayeshajgallion.com/distinguishedarchives).*

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### Plant a Butterfly Garden at the Botanical Garden



The Bergen County Audubon Society will present a class in Butterfly and Pollinator Garden Planting from 1 to 3 p.m., April 28, at the New Jersey Botanical Garden, in Ringwood. This

garden will be planted with varieties such as milkweed and goldenrod that attract many different pollinators throughout the day.

Participants will also learn educational lessons on the best ways to plant a butterfly garden and how to keep it environmentally friendly. Volunteers should wear sturdy shoes and clothing that can get dirty, and bring in gloves if possible.

*Admission is free. Location: 2 Morris Rd. (meet at the carriage house). For more information, call 917-962-9534 or visit [njbg.org](http://njbg.org).*



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## news briefs

### 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., April 14, 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](http://AccessConsciousness.com). See ad, page 15.*

### Compost Bin and Rain Barrel Sale

The Passaic County Office of Solid Waste and Recycling is sponsoring a compost bin and rain barrel sale day and education program at the Ringwood Public Library parking lot from 9 a.m. to 1:30 p.m., April 28. It is recommended to buy the compost bin and rain barrel beforehand to pick up at the event. Those purchasing a compost bin will also receive a free kitchen scrap bucket.



Composting is nature's way of recycling—it can turn vegetative kitchen scraps, coffee grinds, tea bags, grass clippings, brown leaves and dead garden plants into rich organic compost. This compost can be used in vegetable and flower gardens while keeping all of the unwanted material out of the landfill.

*Cost is \$55 for compost bins and \$65 for rain barrels. Location: 30 Cannici Dr., Ringwood. For more information or to purchase compost bins and rain barrels, call 973-305- 5738 or visit [PassaicComposterSale.ecwid.com](http://PassaicComposterSale.ecwid.com).*

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## 2018 Girlfriends Getaway on Lake George

The ninth annual Bolton Landing Chamber of Commerce Girlfriends Getaway will take place from May 11 through 13 in Bolton Landing, New York, at the Sagamore Resort, on Lake George. This weekend is the perfect for women that would like to relax, refresh and reconnect, including moms, daughters, best friends and college alumni—some even come alone. On Friday, guests will be greeted with a welcome bag and hear from guest speakers, followed by a reception/dance party with complimentary hors d'oeuvres, wine tastings and door prizes.

More than 16 workshops, classes and activities allow participants to make their own agenda on Saturday. Admission includes a gourmet lunch at The Sagamore, and nearby shops put on a lively fashion show. Sunday's offerings include a morning meditation, a three-hour spiritual workshop and a boat cruise on Lake George. The resort offers discounted room rates and spa treatments throughout the weekend for all attendees. Local shops and restaurants offer shopping and dining specials.

*Location: 110 Sagamore Rd., Bolton Landing, NY. For tickets, call 518-644-3831 or visit [GirlfriendsGetawayBolton.com](http://GirlfriendsGetawayBolton.com). See ad, page 9.*

thrive

## Grand Opening of Hasbrouck Heights Wellness Center

The new Healing 4 The Soul Wellness Center is holding a grand opening event at 199-B Boulevard, in Hasbrouck Heights, from noon to 5 p.m., April 7. The center provides spiritual guidance sessions, private or group therapeutic yoga classes, decadent gluten- and dairy-free baked goods, a wide variety of wellness healthcare products, ionic foot baths, crystal and chakra bowl balancing, plus a full line of flower essences, NET remedies and Law Of Attraction sprays.

Owner Dawn Pikowski works with clients as a spiritual advisor and energy healing practitioner to assist them to move beyond limitations and obstacles and develop a more harmonious life. Some of the areas that cause disharmony include stress, anxiety, addictions, lifestyle changes, relationship issues, depression, family dynamics and loss. All of these situations can be manageable with proper guidance, insight and the tools needed for moving beyond the challenges.

*For more information, call 201-288-0011, email [DawnPikowski@msn.com](mailto:DawnPikowski@msn.com), or visit [Healing4TheSoul.com](http://Healing4TheSoul.com). See ad, page 8.*



(L to R): Michael Pikowski, Renee Pikowski and Dawn Pikowski

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## earth day events



# PLASTICS WARS

## Celebrate Earth Day Locally and Globally

**E**arth Day, on April 22, will serve again as a galvanizing force on ways to save our planet. With the theme of End Plastic Pollution, the Earth Day Network (EDN) is setting a specific focus this year on the importance of reducing the use of plastics and finding more Earth-friendly alternatives ([EarthDay.org](http://EarthDay.org)).

The nonprofit notes that of the approximately 300 million tons of plastic annually produced to make bags, bottles, packages and other commodities worldwide, only about 10 percent is successfully recycled and reused. The rest ends up in landfills or as litter, leaching dangerous chemicals into soil and water, endangering humans and wildlife alike.

EDN asks everyone to pledge to switch to sustainable alternatives, subscribe to its newsletter, spread the word via social media, educate and mobilize citizens to demand action, and donate to

support the adoption of a global framework to regulate plastic pollution that will engage individuals, companies and governments worldwide.

Further, EDN is extending people's ability to take personal responsibility by self-rating and guiding their involvement via practical toolkits. "People can create and follow a plan to reduce their plastic footprint and also share that data to help others via the Billion Acts of Green online campaign," says Valeria Merino, vice president of Global Earth Day, adding that participants will be able to create an ongoing record and track their commitments. The initiative is also providing materials, tips on organizing cleanup events and social media tie-ins.

Help Northern New Jersey celebrate and forward progress in sustainability efforts by participating in these local Earth Day 2018 events.

### Bergen Zoo Party for the Planet

**10 a.m. to 4 p.m., April 15**

Bergen County Zoo, 216 Forest Ave., Paramus

There will be many exhibitors will be on hand at this free event throughout the zoo. There will also be a special program in the Education Center to discover ways to connect to your local environment on Earth Day. Learn about eco-friendly products, programs and services available in your area. All children will receive a party for the planet passport. Get the passport stamped by the exhibitors and get a free prize from the zoo.

*For more information, call 201-262-3771.*

### Northern Valley Earth Fair

**11 a.m. to 4 p.m., April 21**

Northern Valley Regional Demarest High School, 150 Knickerbocker Rd., Demarest

Featured Activities at this free earth fair will include food trucks, organic vendors, bee-keeping, children activities, presentations by the Tenafly Nature Center, environmental vendors, music and other events. *For more information, visit [nv-earth-fair.org](http://nv-earth-fair.org).*

### City Green Earth Day Festival

**10 a.m. to 2 p.m., April 21**

171 Grove St., Clifton

This Earth Day festival will provide opportunities for families and community members to experience a full day at the City Green Farm Eco-Center on Grove Street, in Clifton. Attendees will enjoy an open workshop environment with information on composting, building garden beds, and environmentally friendly property features, as well as kid-friendly events and information on programs here at the City Green.

*For more information, call 973-869-4086 or visit [CityGreenOnline.org](http://CityGreenOnline.org).*

### Franklin Lakes Earth Day Cleanup

**9 a.m. to noon April 21, rain date is April 22.**

Cleanup will be taking part in my sites such as McBride Field, Parsons Pond Park, Pulis Avenue Field and Shadow Ridge Road. Residents are encouraged to help clean up their neighborhood on Earth Day. Students are also encouraged to do so as well, due to some incentives. All K-8 students that partake will receive a homework pass from their school

This video post went viral:  
[Tinyurl.com/  
PlasticizedSeaLife](https://tinyurl.com/PlasticizedSeaLife)



principal. Online registration is required to get a homework pass. All local high school students that clean up will get community service hours. Online registration is needed for that, as well.

*For more information, visit [FranklinLakes.org](http://FranklinLakes.org).*

### **Bogota Beautiful Fourth Annual Earth Day Volunteer Event**

**10 a.m. to 2 p.m., April 21**

Bogota Recreation Center, 162 W. Main St., Bogota

This cleanup will involve cleaning up around the town of Bogota. Free lunch for all volunteers. Please bring a rake and a pair of working gloves, as there is a limited quantity.

*For more information or to register, call 201-338-0875 or visit [BogotaBeautiful.com](http://BogotaBeautiful.com).*

### **Secaucus Town-Wide Earth Day Cleanup**

**9:30 a.m. to 1:30 p.m., April 22, rain or shine**

Mill Creek Marsh, 3 Mill Creek Dr., Secaucus

Participants will be provided pickup sticks, bags, gloves, water and snacks. Wear clothes to get dirty. No open-toed shoes, sneakers or boots only. Bring a reusable water bottle.

*Groups RSVP to [lkramer@secaucus.net](mailto:lkramer@secaucus.net). For more information, call 201-330-2000, ext. 3060, or visit [SecaucusNJ.gov](http://SecaucusNJ.gov).*

### **Earth Day Fair and Market**

**10 a.m. to 4 p.m., April 22**

Beechwood Park, 380 Hillsdale Ave., Hillsdale

The event will include more than 150 local and handmade vendors, rides and games, arts and crafts, as well as food trucks and live music. There will be programs all day, including a reptile show from Outraghiss Pets, birds from the Tenaflly Nature Preserve, Bees from MEVO and live butterflies with Butterfly Rick and much more for the whole family.

*For more information, call 201-470-4483 or visit [TheBHiveSalon.com](http://TheBHiveSalon.com).*

### **Montvale Earth Day Cleanup**

**9 a.m. to noon., April 28**

Red shed near the field on Memorial Dr., Montvale

The Environmental Commission invite residents to the eighth annual Montvale Cleanup Event in honor of Earth Day. Residents will clean up local areas. A light breakfast will be served.

*For more information, call 201-391-5700 ext. 27 or email Robert Hanrahan at [rhanrahan@montvaleboro.org](mailto:rhanrahan@montvaleboro.org).*

### **Secaucus Eighth Annual Green Festival**

**11 a.m. to 4 p.m., May 5**

5000 Riverside Station Blvd., Secaucus

The free festival will have environmental activities for children, music, pontoon boat rides, live animals, hourly educational presentations and more than 50 food and green product vendors.

*For more information, call Lynn Kramer at 201-330-2000, ext.3060 or visit [SecaucusNJ.gov](http://SecaucusNJ.gov).*

### **Ridgefield Park Earth Day Celebration and Fair**

**10 a.m. to 3 p.m., May 19**

DPW, 24 Industrial Ave., Ridgefield Park

There will be educational displays on gardening, storm water runoff and the environment. The whole community is welcome to see the joys of keeping our environment clean.

*For more information, call 201-641-4950 or visit [RidgefieldPark.org](http://RidgefieldPark.org).*

### **Earth Fest Overpeck 2018**

**1 p.m. to 5 p.m., May 20**

Overpeck County Park, 40 Fort Lee Rd., Leonia

Join Bergen County Parks and Hackensack Riverkeeper as they celebrate the beauty of our Earth, the importance of clean water and a healthy environment at the fifth annual Bergen County Parks EarthFest Overpeck. Also turn ordinary household waste into a craft of distinction in the annual Recycled Regatta.

*For more information, call 201-968-0808.*

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## Whole Grains Help Us Eat Less

When overweight adults exchange refined grain products such as white bread and pasta for whole-grain equivalents, they tend to feel full sooner, eat less, lose weight and experience a reduction in inflammation, the journal *Gut* reports. Researchers from Denmark's National Food Institute and the University of Copenhagen studying 50 adults at risk for Type 2 diabetes and cardiovascular disease found that test volunteers realized these benefits by eating whole grains, and rye in particular.



DenyaDraws/Shutterstock.com

## Herbs Ease Polycystic Ovary Symptoms

Ingesting a combination of five herbs while making healthy lifestyle changes significantly reduced symptoms of polycystic ovary syndrome in a recent Australian study of 122 women published in *Phytotherapy Research*. The herbs were *Cinnamomum verum* (cinnamon), *Glycyrrhiza glabra* (licorice), *Hypericum perforatum* (St. John's wort), *Paeonia lactiflora* (peony) and *Tribulus terrestris* (tribulus).

Menstrual cycles returned to normal duration for 55 percent of the women, and significant improvements occurred in body mass index, pregnancy rates, hormones, insulin sensitivity and blood pressure. Subjects also exhibited less depression, anxiety and stress.



## High-Fat Diet Risks Multiple Sclerosis Relapse

A high-fat diet increases the risk of relapse of multiple sclerosis in children by as much as 56 percent, reports *The Journal of Neurology, Neurosurgery, and Psychiatry*. A multi-university study of 219 children also found that each 10 percent increase in saturated fat as a share of total calories tripled the risk of relapse. Inversely, each additional cup of vegetables per week cut the risk of the disease by 50 percent.

ZenFruitGraphics/Shutterstock.com

## FRUIT PESTICIDES LOWER FERTILITY IN WOMEN

A Harvard study of 325 women undergoing fertility treatments found that those consuming the most produce high in pesticide residues, such as strawberries, spinach and grapes, were 18 percent less likely to become pregnant and 26 percent less likely to have a live birth compared to women eating the least amount of pesticide-laden produce. Study co-author Dr. Jorge Chavarro suggests that women trying to conceive should eat organic produce or low-pesticide choices like avocados, onions and oranges.



All kind of people/Shutterstock.com



## How to Keep a Healthy Home

Many American homes don't meet basic healthy homes principles: dry, clean, ventilated, free from pests and contaminants, well-maintained and safe. This is costing our country billions of dollars annually in housing-related healthcare costs for asthma, lead-based paint poisoning and injury, as well as lost productivity.



Besides the physical health toll an at-risk home can have on its inhabitants, including thousands of unnecessary emergency visits annually due to accidents and illness, the monetary costs of unhealthy homes are enormous. On the other hand, the remedies to create and keep a healthy home are cheap and effective. Here are a few tips.

Recent research has revealed that a chemical commonly used in air fresheners, toilet deodorizers and moth-balls may negatively affect lung function, particularly in people that have asthma or other lung disorders. If we want aromatherapy at home, a better way to achieve it is via a diffuser that heats and volatilizes essential oils.

We can make our own green, safer cleaning products. Tackle almost any cleaning dilemma with combinations of three key ingredients; baking soda, white vinegar and liquid soap. Read labels of cleaning products, avoid fragrances and antimicrobial products. Old-fashioned soap and water is still the healthiest cleaning method.

Bring green plants into a home, especially varieties that filter indoor pollutants. According to the Foliage for Clean Air Council, these include Gerbera daisies, Boston ferns, English ivy, chrysanthemums, areca palms, spider plants and golden pothos. The Council recommends two plants for every 100 square feet.

Clean out the clutter. A low-maintenance home is refreshing after a day of hectic meetings, errands and chores. Fewer items can mean less frustration. Create an atmosphere of love.

Safely store and properly label products, keep poisons out of the reach of children, secure loose rugs and items that can fall and keep children's play areas free from hard or sharp surfaces. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand.

Keep the home dry. Prevent water from entering through leaks in roofing systems. Prevent rainwater from entering the home due to poor drainage around the outside and check interior plumbing for any leaks. Fix moist and molds; they can ruin a home and our health.

*Vladimir Gashinsky, DDS, provides holistic and biological dentistry at Holistic Dental Center, located at 91 Millburn Ave., in Millburn, NJ. For more information, call 973-457-4688 or visit [HolisticDentalCenterNJ.com](http://HolisticDentalCenterNJ.com). See ad, page 4.*

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## Flame Retardant Effects on Pregnancy

by Brielle Bleeker

Many people are unaware of the toxins lurking in their home that can have damaging effects on our health. Pregnant women are even more susceptible to harm caused by flame retardants, chemicals that are added to materials to slow the spread of fire. They are widely used in everything from carpeting to sofas, mattresses and some clothing, making exposure difficult to avoid. Despite many manufacturers phasing out or banning these chemicals altogether, it is still difficult to live without with them.

Several recent studies have shown a clear connection between exposure to flame retardants dur-

ing pregnancy and thyroid hormone issues, resulting in smaller fetuses and lower IQ in children. Many experts believe that the flame retardant chemicals can alter the hormone balance in pregnant women, leading to abnormal brain development in children. Polybrominated diphenyl ethers (PBDE) are a particular concern because they can leach out of the foam and find their way into air, dust and more. Add flame retardants to a variety of other daily chemical exposures, and the risk of damaging health increases.

According to Juleen Lam, an associate research scientist at the

University of California San Francisco Program on Reproductive Health and the Environment, "An average 3.7-point decrease in IQ from chemicals might not sound like much, but on a population-wide level, it means more children that could require early interventions and families that can face personal long-term economic burdens." Researchers have also found that pregnant women in California have much higher PBDE levels than other pregnant women around the world, due in part to California's previous flammability standards that paved the way for widespread use of the chemicals in bedding and other furniture."

One way to reduce exposure to these hazardous materials is to replace the furniture containing these toxic additives. Mattresses are known to have a high level of flame retardants in the polyurethane foam. In fact, nearly 90 percent of traditional innerspring polyurethane mattresses on the market today contain highly toxic chemicals because of the low cost to manufacture them.

Organic mattresses are a healthier choice because they are made with natural materials. Dave Spittal, owner of Healthy Choice Organic Mattress, says that a considerable percentage of his customers are expecting and new mothers that wish to provide the healthiest start for their baby's life, stating, "Healthy Choice provides standard adult-sized mattresses, as well as children's and crib mattresses." Doing research and being aware of chemicals that should be avoided can help pave the way for a healthy pregnancy and a healthy baby, void of the toxins found in flame retardants."

*Healthy Choice Organic Mattress is located at 14 Wilsey Square, in Ridgewood. For more information, call 201-857-3245 or visit [hcmattress.com](http://hcmattress.com). See ad, page 5.*

*Brielle Bleeker is a writer for Natural Awakenings magazine.*

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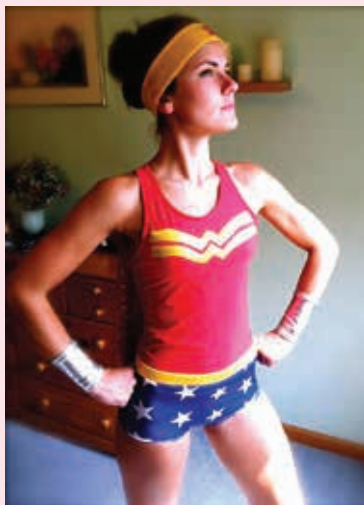
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## therapy brief

# Embracing Self-Empowerment and Connection to Community



Modern women face many challenges. They are expected to look attractive, be excellent mothers, manage the social activities of the family, be emotionally mature and have a career that provides financial independence. Although women often attempt to live up to these expectations, however unrealistic they may be, the pressure can easily manifest in mental health challenges. Women experience depression at twice the rate than men, especially in the 25 to 44 age group, according to the nonprofit organization Mental Health America.

This statistic drives home the fact that it is important for women to practice self-care, take time to engage in enjoyable activities and form close community connections. Many women crave strong relationships and emotional bonds through friendships, but between child care and other family obligations, there typically isn't time to concentrate on their own needs in the service of others.

The real task is inner transformation and self-empowerment. True power is not power over others, but the ability to tap into our own inner resources and strength and act from a place of internal coherence and a sense of agency. At times, it can simply be about firmly saying no to what's not working in an emotionally grounded manner.

The first task is to become aware of giving away our power, as in when we fall into a state of helplessness, dependency, hostility or feeling bad about ourselves. Misguided beliefs, which are never really true, lead us to give up our own power and perhaps look to others to do it for us or hide in a safe place where no one can hurt us. True power means taking responsibility for our faults and mistakes, and for showing just how much we are capable of. It simply means to fully step into our own authentic self, without all the self-doubt.

We live in a culture in which we blame others for what's wrong, but we can't control what other people do. We can, however, start to take charge of our own lives. It begins by reminding ourselves of our value and the myriad ways we already make a difference.

*Gerti Schoen is a licensed psychotherapist and certified relationship counselor in Ridgewood that empowers women through community group events. For more information or to register for an event, call 917-607-4525, email [Gerti@GertiSchoen.net](mailto:Gerti@GertiSchoen.net) or visit [GertiSchoen.net](http://GertiSchoen.net). See ad, page 32.*

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### 'Sink' Setback

#### Tropical Forests Releasing Excess Carbon

A study published in the journal *Science* found that forests across Asia, Latin America and Africa release 468 tons of carbon per year, equivalent to nearly 10 percent of the annual U.S. carbon footprint. Thus, tropical forests may no longer be acting as carbon sinks and could be releasing more carbon than they store.

Lead author Alessandro Baccini, with the Woods Hole Research Center, in Massachusetts, says, "These findings provide the world with a wake-up call on forests. If we're to keep global temperatures from rising to dangerous levels, we need to drastically reduce emissions and greatly increase forests' ability to absorb and store carbon."

Researchers think nearly 70 percent of this loss of carbon storage capacity is caused by small-scale degradation from logging, drought and wildfire. Researchers say that policies to curb deforestation, reduce degradation and restore the integrity of the land could turn forests back into carbon sinks.

### Distributed Power

#### Energy Users Control Own Supplies

Some municipalities spend between 20 and 40 percent of their annual budgets on the energy needed to operate wastewater treatment plants. The city of Thousand Oaks, California, has transformed their biggest energy user into an energy generator. Across the U.S., energy users of all sizes are taking control of their power supply and relieving stress from the grid. That's the idea behind distributed energy. Atlantic Re:think and Siemens have partnered to explore this burgeoning energy revolution. View a video at [Tinyurl.com/TheThousandOaksSolution](http://Tinyurl.com/TheThousandOaksSolution).

### Clear Gain

#### Window-Like Solar Cells Could Power 40 Percent of U.S. Needs

Solar energy is now the cheapest form of new energy in dozens of countries, with record-setting solar farms being built worldwide. Researchers have been investigating ways to make transparent solar panels that resemble glass that could be used as window panels at the same time as converting the light that shines on them into electricity.

"Highly transparent solar cells represent the wave of the future for new solar applications," explains materials scientist Richard Lunt, Ph.D., from Michigan State University. "We analyzed their potential and show that by harvesting only invisible light, these devices have the potential of generating a similar amount of electricity as rooftop solar while providing additional functionality to enhance the efficiency of buildings, automobiles and mobile electronics."

As reported in *Nature Energy*, his team has developed a transparent, luminescent, solar concentrator that looks like clear glass, covered in small, organic molecules adept at capturing only ultraviolet and near-infrared wavelengths of light. The visible light that enables human vision isn't obstructed, so we can see through the cell. If scaled up to cover the billions of square feet of glass surfaces throughout the U.S., it could potentially supply about 40 percent of our country's energy needs.

### Scientists' Security

#### France Welcomes Beleaguered

#### Climate Researchers

French President Emmanuel Macron awarded 18 climate scientists from the U.S. and elsewhere millions of euros in grants to relocate to his country for the rest of Donald Trump's presidential term. Macron's "Make Our Planet Great Again" grants are meant to counter Trump's intent on the climate change front following his declaration to withdraw the U.S. from the Paris climate accord.

One winner, Camille Parmesan, of the University of Texas at Austin, who is working at an experimental ecology station in the Pyrenees charting how human-made climate change is affecting wildlife, says that in the U.S., "You are having to hide what you do."





# Hormonal Imbalances

## Important Consequences to Understand

by Doug Pucci

Throughout women's reproductive years, hormones play a crucial role in cycle regulation. But that's not where the story ends; hormonal imbalances affect every tissue and organ in the body, including the brain, and the consequences continue into the menopausal years and beyond. Because hormones impact so many things at all phases of life for both women and men, both physical and psychological consequences can result from hormonal problems.

Many symptoms of imbalanced hormones are either accepted as normal by those experiencing these problems or approached by conventional medicine as isolated issues, thereby missing the root cause and merely treating symptoms. Psychological symptoms may be treated unnecessarily with antidepressants, anti-anxiety medications or other potentially

dangerous and addictive drugs, giving either temporary relief or having no effect at all. Likewise, physical symptoms may be addressed with medications or physical therapy, which again can result in temporary improvements or no improvements. In fact, the number of symptoms may increase or existing symptoms may become worse.

Just some of the physical symptoms of a hormonal imbalance include heavy menstruation, acne, migraines, fatigue, how and where body fat is stored, infertility, changes in hair, skin or nails and decreased libido. A few of the known psychological symptoms of hormonal imbalances include depression, mood swings, panic attacks, lack of focus and excessive stress or worrying.

A functional medicine doctor can pinpoint which hormones are out of whack through detailed, comprehensive testing

that most conventional doctors don't do. This in-depth level of testing is necessary because the causes behind every hormonal imbalance are different and specific to each person; therefore, there is no one-size-fits-all solution to restoring this delicate balance.

The two most common types of hormonal imbalances are estrogen dominance and low testosterone, but there are other hormones to consider as well, including cortisol, insulin, melatonin and thyroid. These imbalances can come about in several ways, such as medications and environmental influences to processed foods, chronic stress, toxins like heavy metals and chemicals, incorrect exercising, weight-loss dieting and poor food choices.

Underlying health issues, either known or undiagnosed, can also play a contributing role in the problem. Considering all these influences, it's little wonder why slapping a broad hormonal imbalance label on patients and treating everyone generically with hormone replacement therapy pills, birth control pills and other such solutions doesn't work.

Only with a multifaceted approach to the accompanying and underlying issues, as well as the specific imbalanced hormones, can the issue be regulated and symptoms permanently relieved. When the tissues and organs are healed and protected, we typically feel and see a world of difference.

*For questions or appointments, call 201-261-5430. To learn more, visit [PlanetNJ.com](http://PlanetNJ.com) to listen to Dr. Doug Pucci's podcast interview, or visit [GetWell-Now.com](http://GetWell-Now.com). See ad, page 3.*



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# Healthy House

## Easy Ways to Green It Up

by Avery Mack

**L**iving green isn't difficult or expensive. Start small, one room at a time.

### In the Kitchen

Defrosting trays have been available for a while, and although they aren't a miracle solution, they are eco-friendly and easy to clean; thawing most meats, seafood and vegetables usually takes just 30 to 60 minutes. It's one way to avoid using the microwave.

Most cutting boards of sustainable bamboo or cork originate in China, creating a big carbon footprint. Glass boards are breakable and hard on knives. Consider planet-friendly boards made of recycled cardboard and food-grade plastic combined with flax husks.

A countertop convection oven set about 25 degrees lower circulates heated air to cook food 25 to 30 percent faster and more evenly than a conventional oven; it uses less energy and has fewer emissions. Foods come out crispier, which also makes for great veggie chips. A conventional oven is still best for soufflés, breads or cakes that rise as they bake.

Replace chemical-coated nonstick pans, disposable parchment paper and aluminum foil with reusable, eco-friendly, U.S. Food and Drug Administration-approved silicone mats. They are easy to clean, affordable and available in many sizes and shapes.

Run the dishwasher when full and at night. Off-peak hours won't cut the electric bill, but are more efficient for the power plant, reducing its energy footprint.



Skip the garbage disposal to save water and energy. Use food waste for plant-nurturing compost. Plastics numbered 1, 3, 6 or 7 are prone to leaching into food or drinks. Recycle or repurpose those already on hand to store craft items, small toys or office supplies.

### On the Floor

Keep floors clean and healthy by leaving shoes at the door. They track in dirt, pesticides, chemicals, pet waste and leaked fluids from vehicles. Slippers or socks with a grip sole keep feet warm and prevent falls.

Bamboo flooring is sustainable and eco-friendly, but is also shipped from China. Using local products reduces shipping costs, supports American businesses and can give the home a unique design. "Logs salvaged from the bottom of the Penobscot River turn into flooring, ceilings and accent walls," advises Tom Shafer, co-owner of Maine Heritage Timber, in Millinocket. "The cold temperature preserves the wood and gives it a natural patina. It's now available in peel-and-stick, affordable planks called timberchic. Planks have an eco-friendly, UV-cured finish."

For more flooring tips, see [Tinyurl.com/Eco-FriendlyFloors](http://Tinyurl.com/Eco-FriendlyFloors).

### In the Bathroom

Instead of air freshener sprays, hang pet- and child-safe plants.

Use fast-drying towels up to four times before washing. Hand towels see more frequent use, so change every other day. Longer wear makeup stays longer on a washcloth; to prevent reintroducing germs to the face, use a facecloth only once.

All-natural cleaning products are easy to find or make. For some tips, see [Tinyurl.com/LovelyEcoLoo](http://Tinyurl.com/LovelyEcoLoo).

### In the Bedroom

From sheets and bedding to a fluffy robe, choose eco-friendly organic cotton in white, or colored with environmentally safe, non-metallic dyes.

Blue light from a smartphone, computer, tablet or TV can foster sleeplessness. "I keep all devices out of my bedroom and block all unnatural light," says Leslie Fischer, an eco-minded mom and entrepreneur in Chicago, who reviews mattresses for adults and babies at [SustainableSlumber.com](http://SustainableSlumber.com). "I sleep on a fantastic mattress that won't fill my room with pollution."

A good pillow is a necessity. Citrus Sleep rates the Top Ten Eco Options at [Tinyurl.com/NaturalPillowPicks](http://Tinyurl.com/NaturalPillowPicks).

Mattresses should be replaced every eight years. In the U.S., an average of 50,000 end up in landfills each day. California law requires manufacturers to create a statewide recycling program for mattresses and box springs. An \$11 recycling fee, collected upon each sale, funds the Bye Bye Mattress program. Connecticut and Rhode Island also recycle them. "An alternative is extending mattress use with a topper," says Omar Alchaboun, founder of topper-maker Kloudes, in Los Angeles.

### What and Where to Recycle

Find out where and what to recycle at [Earth911.com](http://Earth911.com). Enter the item and a zip code or call 1-800-cleanup.

Going green is money-saving, environmentally wise and coming of age, which makes eco-friendly products easier to access. Earth Day is a perfect time to make simple changes that can have long-lasting and far-reaching results.

Connect with the freelance writer via [AveryMack@mindspring.com](mailto:AveryMack@mindspring.com).



## Expert Spring Cleaning Required for Holistic Computer Care

by Maria Karameros

When the winter weather dies down, many people rummage through the garage for unwanted items or give the car a coat of wax, but most do not include computers in their spring cleaning routine, despite being such an integral part of our daily life. Ignoring the maintenance of computers is not just bad for their longevity, but also for the mental health of their owners, as computer problems are often stressful.

It takes 1.5 tons of water, 48 pounds of chemicals and 530 pounds of fossil fuels to produce just one desktop computer and monitor. Tech experts say the average lifespan of a computer is three to five years, which means that many of them meet their demise every day. The U.S. Environmental Agency says that 142,000 are disposed of daily, with only a 38 percent recycling rate.

Those that lack the time or confidence to perform their own computer maintenance can employ the services of a local computer vendor. C-Tech in Rochelle Park, formerly Crescentech, has been serving the community since 1988, outlasting corporate computer superstores such as CompUSA and Computer City. President Mohamed Rustom believes their secret to longevity is perhaps the personalized service they provide. The C-Tech staff knows most of their customers by name. CEOs of local corporations and housewives are treated with the same level of customer service and appreciation.

According to tech experts, the number one killer of computers is dust. As it collects, airflow is restricted and the heat generated by the delicate internal components gets trapped, resulting in overheating. Having the computer in a tight space or otherwise obstructing ventilation ports is another cause of overheating. Canned air products are a popular answer for dusty computers, but can be bad for the environment and health, as they may contain toxic ingredients such as ethylene glycol, a toxin found in antifreeze.

A more efficient and Earth-friendly solution is to use a vacuum with attachments such as a brush or crevice tool. Some models are made especially for computers. These can be used gently on a laptop or the inside of a desktop's case. If opening the case is too difficult, the vacuum can still be used on the front and rear vents to remove dust. Finish off cleaning either by wiping with a slightly dampened microfiber cloth. For safety, power down and unplug any device before cleaning.

After cleaning, make note of the virtual clutter lurking on the hard drive. This includes unnecessary programs and files, which influence how efficiently a computer runs, particularly if the hard drive is at over 80 percent of capacity. A slow computer with a lack of drive space is enough to make some frustrated people even buy a new computer. A simpler and more sustainable solution is to clean up the software registry and uninstall unused programs.

When buying a computer, consider if the portability of a laptop is necessary. Laptops are at the lower end of the average lifespan because of battery issues and vulnerability to overheating. Some batteries should be fully drained/charged while others may not, so refer to the product manual. Make sure they are disposed of properly, because most contain toxic material. Due to their modular nature, desktop computers are easier to upgrade and less susceptible to becoming obsolete. This can raise their lifespan to as long as seven years.

*C-Tech is located at 5 Overlook Ave., in Rochelle Park. For more information, call 201-368-3454 or visit [Crescentech.net](http://Crescentech.net).*

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# Healthy Climate, Healthy People

## Why a Warming Planet is Harming Our Health

by Lisa Marshall

Samantha Ahdoot's son Isaac was 9 years old when he collapsed from the heat while playing clarinet at band camp. It had been a record-hot summer following a mild winter and early spring, and Dr. Ahdoot, an Alexandria, Virginia, pediatrician, had already noticed a string of unusual cases: A toddler had contracted Lyme disease in the once tick-free region of Northern Maine. A teenager had suffered an asthma attack in February, a full month before she usually started taking allergy medicine. A displaced grade-schooler from out of town arrived traumatized after fleeing a hurricane-ravaged home with her family. But it wasn't until she saw her son laying on a gurney in the emergency room with an IV in his arm that she fully connected the dots.

"I was aware that the weather had changed a lot since I was kid. But it really didn't hit home until that day that climate change could affect my health and the health of my children personally," recalls Ahdoot. "I realized it would be a betrayal of my duty as a pediatrician to sit back and do nothing about it."

### Health Care Alert

Ahdoot, now a vocal climate change activist, is among a growing number of healthcare professionals that have begun to reframe climate change not as a concern for elsewhere or the future, but as a pressing U.S. public

health issue today. In one recent survey of 1,200 allergists, 48 percent said climate change is already affecting their patients a "great deal" or a "moderate amount." In another survey of lung specialists, 77 percent said they were seeing patient symptoms grow more severe due to worsening climate-related air quality.

In a sweeping review published last October in *The Lancet* medical journal, a team of healthcare professionals proclaimed that the human symptoms of climate change are "unequivocal and potentially irreversible," noting that since 2000, the number of people in the United States exposed to heat waves annually has risen by about 14.5 million, and the number of natural disasters annually has increased 46 percent.

The U.S. Centers for Disease Control and Prevention has also begun to weigh in with a Climate-Ready States and Cities Initiative to help local health departments brace for everything from the hazardous air quality associated with more forest fires to the spread of vector-borne diseases like Zika and West Nile as the range and season of mosquitoes and ticks expands.

Meanwhile, groups like the newly formed and expansive Medical Society Consortium on Climate & Health, to which Ahdoot belongs, are being proactive. Its doctors are greening their offices, swapping cars for bikes, buses or carpooling, lobbying lawmakers and encouraging their patients to undertake measures to prevent the problem from worsening. In the process, they say, they might even improve their own health.

"We want the public to understand that climate change is not just about polar bears or receding glaciers in the Arctic, but also about our children and our health here and now," says Ahdoot.



## Flora and Fauna Issues

During the past century, average temperatures have increased between 1.3 and 1.9 degrees Fahrenheit, with annual increases accelerating in recent years as 2012, 2015, 2016 and 2017 all set records for ambient heat. Such rising temperatures, combined with increased rain and record-high atmospheric carbon dioxide levels, can have a significant impact on plants—both those that irritate or nourish us, says Howard Frumkin, a medical doctor who co-authored the *Lancet* report and teaches environmental and occupational health sciences at the University of Washington, in Seattle.

Wild, allergy-inducing plants like ragweed and poison ivy are flourishing. Poison ivy is growing faster, larger and more toxic as excess carbon prompts it to produce more of its rash-inducing compound, urushiol. “We are seeing the season for ragweed productivity expanding, with pollen levels rising higher and earlier and lasting longer by several weeks,” advises Frumkin. In 2016, residents of Minneapolis, Minnesota, endured a ragweed season that was 21 days longer than in 1990. Other, desirable crops, like grains, do worse in hotter carbon-rich climates, producing less protein and other nutrients, Frumkin notes.

Meanwhile, bugs are thriving, with longer seasons and wider ranges in which to reproduce. Mosquitoes’ capacity to transmit dengue fever—the world’s fastest-growing mosquito-borne illness—has risen by 11 percent since 1950, more than half of that just since 1990, according to the *Lancet* report. Further, the tick that carries Lyme disease is now present in 46 percent of U.S. counties, up from 30 percent in 1998. “My physician colleagues used to treat two or three cases a month during tick season,” says Dr. Nitin Damle, a physician at South County Internal Medicine, in Wakefield, Rhode Island.



# Five Steps to Take Today

**1 Swap tailpipes for pedals:** Bike or walk instead of driving, especially for distances of less than two miles, which comprise 40 percent of all car trips. A study in the journal *Environmental Health Perspectives* found that if everyone did this in just 11 cities in the Midwest, not only would carbon dioxide (CO<sub>2</sub>) emissions fall, but it would extend 1,300 lives and save \$8 billion in healthcare costs due to better air quality and less sedentary lifestyles.

**2 Eat less red meat:** Producing red meat results in five times more climate-warming emissions per calorie than chicken, pork, dairy or eggs, according to a study in the *Proceedings of the National Academy of Science*. It also creates 11 times more emissions than the production of potatoes, wheat or rice. Eating less red meat can also decrease an individual’s risk of certain cancers.

**3 Encourage hospitals and doctors’ offices to go green:** The healthcare system is responsible

for about 10 percent of all greenhouse gas emissions, according to a recent study by researchers at the Yale School of Medicine, in New Haven, Connecticut. Boston-area hospitals recently slashed their overall emissions by 29 percent in five years.

**4 Plant more trees:** As they grow, trees remove carbon dioxide from the air. Being around green space has also been shown to boost mental and cognitive health.

**5 Show compassion:** Americans, per capita, emit six times more CO<sub>2</sub> than the global average, according to research by Jonathan Patz, a medical doctor who directs the Global Health Institute at the University of Wisconsin-Madison. In a TED Talk, he observed that U.S. lower-income populations and those in developing countries are often hit hardest by gaseous emissions. “Those most vulnerable to the health impacts of climate change are often the least responsible,” he says. “Doing something about this is a matter of compassion.”

“Now each of us sees 40 to 50 new cases each season.”

## Heat Pollution

Rising heat can also aggravate lung conditions because it promotes the production of ozone, a major lung irritant. With prolonged heat often come wildfires. When one burned for three months in North Carolina in a recent summer, researchers discovered that residents of counties affected by the smoke plume showed a 50 percent increase in emergency trips due to respiratory illness.

Like Isaac, more kids are ending up in hospitals due to soaring temperatures, with U.S. emergency room visits for heat illnesses up by 133 percent between 1997 and 2006. Ahdoot recalls a young football player from Arkansas that showed signs of weakness and fatigue during practice, but wasn’t treated right away. He ended

up with heat stroke, kidney failure and pulmonary edema and ultimately required kidney dialysis. “Every summer now, I see the impacts of increasing temperatures and heat waves on kids,” she says.

Climate change can also impact mental health, according to a recent review by the American Psychological Association. Exposure to natural disasters can lead to post-traumatic stress disorder. Plus, according to research institutions including the University of California, San Diego, and Iowa State University, chronic heat, especially at night, can interfere with sleep and even lead to aggressive behavior.

Then there’s the worry about what to do about it, and whether it will be enough. “When you talk with people about what is affecting them, climate is definitely one of the things stressing them out,” says Thomas Doherty, Psy.D., a psychologist





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in Portland, Oregon. “There’s a sense of mystery and powerlessness around it that weighs on people.”

## Fresh Perspective, New Hope

Mona Sarfaty, a family physician who is now director of the Medical Society Consortium on Climate & Health, attests that 69 percent of Americans are aware that climate change is occurring, and more than half agree that human activities are at least partly to blame. Yet only a third believe it could ever harm them personally. “So much of the early focus was on the receding glaciers and the penguins,” she says. “People today still think it will affect ‘those other people over there,’ but not them.”

She agrees with the recent focus on imminent health issues, and is encouraged that a growing number of healthcare professionals feel it’s their duty to inform their patients about climate change to mobilize action. “When you talk about climate change not only in terms of the health impact it has on individuals and families, but also in terms of the real-time benefits of taking action against it, people are a lot more interested in doing something,” says Sarfaty.

For instance, shifting to clean energy sources like wind and solar instead of coal can effect better air quality and easier breathing now. Cycling or walking to work rather than driving can reduce carbon emissions, boost feel-good brain chemicals and keep weight in check. Writing letters to editors or attending rallies to urge lawmakers to pass climate-friendly policies can not only fend off the anxiety and depression that comes with feeling helpless, but also effect real change.

Ahdoot is taking these steps now. She has solar panels on her roof, is assisting the local hospital to reduce its carbon footprint, takes public transportation to work and encourages her kids to walk whenever possible. “I don’t feel powerless at all. I feel empowered and optimistic,” she says. “The more we know, the more we are moved to act. We can all do something small every day to protect our climate.”

*Lisa Marshall is a freelance health writer in Boulder, CO. Connect at [LisaAnnMarshall.com](http://LisaAnnMarshall.com).*

# Paul Hawken Shares a Plan to Reverse Global Warming

by Linda Sechrist

For author Paul Hawken, a leading environmental entrepreneur working with a coalition of research fellows, advisors and expert reviewers, the climate goal is drawdown, or reversing global warming—the point in atmospheric time when the concentration of greenhouse gases peaks and begins to decline on a year-to-year basis. Hawken edited *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*, a compendium of the 100 most substantive solutions that already exist.

## Why is drawdown the goal?

If we don't name the goal, we are unlikely to achieve it. To date, language like mitigation, stabilization and reduction has been used to address climate change. These goals are not particularly ambitious and will do little to preserve civilization. Those verbs are about slowing the amount of released gases, but do not reverse them. If you are going the wrong way down a road which heads straight over a cliff, slowing down is not a helpful goal. We need to turn around, and that is what drawdown research is all about.

## Why and how did you do the research?

We wanted to know if it was game over with respect to global warming, or could we reverse the buildup of greenhouse gases with techniques and practices already underway? We gathered a qualified and diverse group of 70 researchers from around the world to identify, research and model the 100 most substantive existing solutions. They modeled the impact the solutions will have if they continue to scale in a rigorous, but reasonable way, and what the cost and profits would be. All carbon data was based on peer-reviewed science. Economic data came from respected international institutions like the World Bank. The goal of the



book was to present the findings and describe the solutions in ways that fascinated and informed, accompanied by images that enlivened and inspired.

## What are the top 10 solutions?

The top 10 solutions, in order, are: refrigerant management, wind turbines, reduced food waste, plant-rich diet, tropical forests protection, educating girls, family planning, solar farms, silvopasture—the intentional combination of trees, forage plants and livestock as an integrated, intensively managed system—and rooftop solar. All 100 are listed at [Drawdown.org/solutions-summary-by-rank](http://Drawdown.org/solutions-summary-by-rank).

## Did any of the solutions surprise you?

None of the solutions surprised us, but their rankings did. For example, educating girls, number six, has a dramatic bearing on global warming. Women with more years of education have fewer, healthier, children and actively manage their reproductive health. Educated females realize higher wages and greater upward mobility, contributing to economic growth. Educa-

tion is the most powerful lever available for breaking the cycle of intergenerational poverty while mitigating emissions by curbing population growth.

Ranked seventh, family planning, particularly in low-income countries, impacts world population. For women to have children by choice rather than chance and to plan their family size and spacing is a matter of autonomy and dignity.

Together, these two solutions would account for significant reduction in greenhouse gases by 2050. The United Nations estimates a difference between the high and median population projections in 2050 of 10.8 billion versus 9.7 billion. The difference is almost entirely determined by availability of family planning.

## Are you optimistic about achieving the goal?

*Drawdown* is not about optimism, hope or pessimism. It is a reality project. The science on climate change is amazing, if not stunning. It is the best problem statement humanity has ever created, which I see as a gift, not a curse. Global warming is feedback from the atmosphere. The Earth is a system, and any system that does not incorporate feedback fails. It holds true for our body, ecosystems, social systems and economic systems. The knowledge of global warming and its potential impacts is creating huge breakthroughs in energy, transport, agriculture, housing, urbanization and materials. If it wasn't for the science of climate change, we would be destroying our planet faster than we already are.

Focusing repeatedly on the problem does not solve the problem. Diagnosis is not prognosis unless we give up. The science of what will happen if we do not act has been here for a long time. What *Drawdown* points out is that humanity is on the case. The plan we refer to in the book's subtitle is not our plan; we found a plan being activated by the collective intelligence of humanity. This is a different story than one of gloom and doom. It is a story of innovation, creativity and generosity—that is who we are.

*Linda Sechrist is a senior staff writer for Natural Awakenings.*





# Changing Our Diet to Cool the Climate

## Good Food Choices Enable Global Health

by Judith Fertig

**T**hree years ago, the *New York Times* added a new word to the world's food vocabulary:

**Climatarian** (n.) A diet whose primary goal is to reverse climate change. This includes eating locally produced food (to reduce energy spent in transportation), choosing pork and poultry instead of beef and lamb (to limit gas emissions), and using every part of ingredients (apple cores, cheese rinds, etc.) to limit food waste.

Changing our food choices to support this model can have a ripple effect. Researchers at the University of California, Santa Barbara, in a 2017 study published in the journal *Climatic Change*, looked at how diets impact personal health, the healthcare system and climate. They found that adopting a more plant-based diet reduces the relative risk of coronary heart disease, colorectal cancer and Type 2 diabetes by 20 to 40 percent. National annual health care costs could

drop from \$93 billion to \$77 billion. Direct greenhouse gas emissions could annually drop 489 to 1,821 pounds per person.

Such an approach involves considering the related water usage, greenhouse gas emissions and carbon footprint—the energy required to cultivate, harvest and transport food—plus processing associated food waste. Here are some top choices.

### Foods that Go Easy on Water

Hydroponic greens are hands-down winners. The Shelton Family Farm, near Whittier, North Carolina, weekly produces 10,000 to 12,000 heads of hydroponically grown Bibb lettuce. The controlled environment and carefully engineered nutrient delivery systems maximize all resources.

"It's an enclosed system that runs 24/7, and it's highly efficient from a water-usage standpoint because we recycle the water," says William Shelton Jr., a fourth-generation family farmer. "The only water that's actually consumed is what's taken up and transpired through the plants." In a moderate climate, energy costs to recycle the water and keep the plants at an even temperature are moderate, as well.

Dry-tilled heirloom tomatoes, okra, melons and quinoa are drought-tolerant and only use available rainfall.

### Foods that Go Easy on Greenhouse Gases

Plants beat meat. "Livestock farming produces from 20 to 50 percent of all manmade greenhouse gas emissions," says nutritionist and climate activist Jane Richards, of GreenEatz, in Mountain View, California. "You can reduce your footprint by a quarter by cutting down on red meats such as beef and lamb."

An exception is the vegetarian staple of rice. According to researchers at Project Drawdown, a climate solutions organization in Sausalito, California, rice cultivation is responsible for at least 10 percent of agricultural greenhouse gas emissions and up to 19 percent of global methane emissions. New farming techniques, like mid-season draining of the rice paddies, could cut methane emissions by at least 35 percent.

Richards notes, "Meat, cheese and eggs have the highest carbon footprint;

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fruit, vegetables, beans and nuts, much lower. The carbon footprint of a vegetarian diet is about half that of a meat-lover's diet."

Root crops such as carrots, radishes, potatoes and beets have a lower carbon footprint than above-ground plants due to less food waste. A beautiful beet is easier to grow than a bell pepper that blemishes more easily.

Seasonal, regional fruit, vegetables, herbs and honey have a lighter carbon impact because they are transported shorter distances. Usually what grows best in a region and is consumed locally is also best for the climate.

Foods naturally suited to their environment grow and taste better, and are packed with more nutrients, reports Sustainable Table, an educational nonprofit that builds healthy communities through sustainable eating habits (*SustainableTable.org*).

## Hopeful Developments

New agricultural developments can also benefit our climate environment. According to Project Drawdown research, perennial grains and cereals could be pivotal in reaching soil, carbon and energy targets.

The Land Institute, in Salina, Kansas, has been working with the Rodale Institute, in Berks County, Pennsylvania, to develop a perennial wheat that would not have to be planted from seed each year. This would save soil, carbon and both human and machine energy.

Kernza, a new perennial grain proven to prosper in natural grasslands like the Great Plains, is not yet widely distributed. Maria Speck, author of *Simply Ancient Grains*, advises, "With up to 15-foot-long roots, it can be harvested for five years and uses less fertilizer than conventional wheat. Kernza tastes almost like a cross between rice and wheat—sweet, grassy, mesmerizing."

Michael Pollan, author of *Food Rules: An Eater's Manual* and creator of the film *Food, Inc.*, suggests we keep it simple: "Eat food, not too much, mostly plants." Climate-tarians would add another guideline—eat as locally as possible.

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



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# INTO THE WOODS

## Nature Helps Kids Build Skills and Character

by April Thompson

**A** movement is afoot to get kids grounded in nature. Wilderness awareness programs, also known as primitive skills or Earth-based education, teach life-changing survival skills that build courage, compassion and camaraderie.

“We help youth experience a true aliveness in nature. Kids gain knowledge of the outdoors and increase awareness, confidence and self-reliance, while having fun, positive experiences,” says Dave Scott, founder of the Earth Native Wilderness School ([EarthNativeSchool.com](http://EarthNativeSchool.com)), in Bas-

throp, Texas. They often go on to enthusiastically share what they’ve learned about natural flora and fauna with their families.

### Experiential Learning

Youth engaged with organizations like this one enjoy gaining nature-oriented survival skills, such as making bows, baskets, shelters and fire. “By making a bow out of a particular type of tree, children discover what type of habitat the tree prefers and how to harvest it sustainably. Indigenous skills like animal tracking also help them relate to wildlife and

develop empathy for animals,” says Scott.

“When you learn to trust rather than fear nature, you’re more likely to take care of it,” adds Rick Berry, founder of 4 Elements Earth Education ([4eee.org](http://4eee.org)), a Nevada City, California, nonprofit that helps kids and adults connect with planet Earth via immersion in nature. Leaving room for spontaneity and improvisation is important.

While infusing indigenous knowledge into their curriculum, wilderness programs emphasize universal principles such as deep understanding of local environments and life’s interconnectedness. “Fire making is for everybody. Shelter making is for everybody. We are all caretakers of the land,” says Berry.

Physical and other challenges, such as walking blindfolded through the woods, heighten sensory perception while building confidence. “The landscape is a great teacher with its uneven ground and obstacles, posing an opportunity to learn agility, practice balance and ultimately, expand awareness,” says Simon Abramson, associate director of Wild Earth ([WildEarth.org](http://WildEarth.org)), in High Falls, New York.

Nature-immersion programs like Wild Earth’s further help kids sharpen their observation skills through activities like learning to identify birdsongs and trees. During a popular activity called “sit spot,” children learn to sit quietly, listen and observe from a specific location they may revisit over the course of a day or year to witness nature’s varied beauty. Another time, they may try “foxwalking,” creeping silently and slowly, or test their “owl vision,” using peripheral vision. For younger kids, instructors may incorporate such skills into a game like “coyote or rabbit,” where by staying still, they can avoid detection by a predator.

Kids learn to listen both to nature and their own inner voice, which can be challenging in the midst of dominating peers and authority figures. “We build on the tradition of vision quest, in taking time to get quiet in nature and hear what the heart is saying,” says Berry.

Activities may be patterned after natural cycles of the seasons, the four directions and diurnal rhythms. On a bright morning, emphasis is on high-energy, outward-facing activities; day’s end brings a pause to reflect, glean and share what participants have made and learned.

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## Lasting Life Lessons

Mother Nature's lessons can be hard-earned, but the outdoor trials that kids experience are often their most honored and memorable moments. Whether youths try out a wilderness program for a season or stay on for years, Earth-based learning can have an enduring impact.

They help foster healthy relationships not only with the Earth, but with other people, according to Samuel Bowman, a program coordinator with the Wilderness Awareness School (*WildernessAwareness.org*), in Duvall, Washington. Team-driven activities like building a communal shelter can help kids learn how to work through conflict, listen to

others and appreciate differences.

"The kids that have come through our programs prove to be creative problem-solvers prepared to handle just about anything. They have focus and commitment, and tend to be service oriented," observes Abramson, noting that 60 percent of their instructors are alumni.

"Thinking back on kids we've worked with, you can often see their wilderness journey reflected in their paths as adults, how they are making choices with their heart and pursuing their passions," concludes Berry.

Connect with April Thompson, in Washington, D.C., at [AprilWrites.com](http://AprilWrites.com).

## More Wilderness Resources

These resources will help parents and educators connect with quality, nature-based learning.

### *Coyote's Guide to Connecting with Nature*

(*CoyotesGuide.com*) is an inspirational publication for teachers, mentors and parents based on ancient worldwide cultural wisdom, including mythic animal stories, nature-based ceremonies and survival tools.

**The Tracker School** (*TrackerSchool.com*), founded by wilderness expert Tom Brown in 1978, offers 75 classes on wilderness survival skills and a list of tracker clubs and affiliates across North America and beyond. *Tom Brown's Field Guide to Nature and Survival for Children* is another respected resource.



### Children & Nature

**Network** (*ChildrenAndNature.org*) connects children, families and communities with nature through evidence-based resources and tools, broad-based collaboration and grassroots leadership. This

international initiative was co-founded by Richard Louv, renowned author of *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*.

**Earth Skills Alliance** (*EarthSkillsAlliance.com*) is a collective of youth program leaders dedicated to Earth skills instruction. Its annual conference and other platforms share best practices and experiences.

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## practitioner profile

# Dawn Pikowski

## Healing 4 the Soul

by Renee Pikowski

**D**awn Pikowski, the founder of Healing 4 The Soul, in Hasbrouck Heights, is a spiritual advisor, Pranic healer, yoga instructor, energy worker and ordained minister. She is vibrant, charismatic, empathetic, willing and able to access a higher power in order to facilitate the natural healing ability of the body, mind and soul.

At Healing 4 the Soul, she creates an atmosphere conducive to restorative healing by offering spiritual advising sessions, Pranic healing, chakra balancing, crystal bowl healing and mediumship. As a result, clients begin to feel empowered and are able to better recognize the potential to heal the emotional component behind a situation. Spiritual advising sessions are designed to assist the individual and improve family dynamics and marriage bonding, as well.

Over time, Pikowski discovered the correlation of how disease creates disease in the body. In her personal life, she had asthma for more than 17 years and 38 life-threatening anaphylactic attacks that required immediate medical attention. This motivated her to embark on her own personal journey in an effort to understand how to address this situation and find a solution.

In those years, she sought out advice from both traditional and alternative medical practitioners, only to realize that she had to first uncover the emotional component behind the illness. She also incorporates essential oils and flower essences to aid in healing misaligned cellular memories due to compounded trauma of her soul's journey through time. Pikowski has not had an attack in 18 years after she sought out alternative therapies and a career shift from Wall Street to becoming a spiritual advisor.

Pikowski's holistic approach to wellness is designed to return the body and mind to a state of symmetry, where outside stressors no longer disrupt the individual. During sessions, she incorporates a blend of calming and effective modalities. Pikowski intro-



Dawn Pikowski

duces crystal bowl healing, past-life regression, NET remedies aligning the meridians of the body, flower essences addressing emotional triggers, and assists to raise her clients' frequency to cope with their unique spiritual journey.

Pikowski has certifications in Pranic Healing, Advanced Pranic Healing and Pranic Psychotherapy from the Institute for Inner Studies. Her personal meditation practice awakened her passion for teaching gentle yoga, as well as facilitating spiritual mediation for groups and individuals. Pikowski received teacher training certification in gentle and restorative yoga at Yoga Synthesis. Her personal search led her to become an ordained minister of the Universal Life Church. Her spiritual advising sessions stem from the collection of knowledge and training that eventually led her to open a wellness center.

*Healing 4 The Soul is located at 199-B Blvd., in Hasbrouck Heights. For additional information, call 201-288-0011 or visit [Healing4TheSoul.com](http://Healing4TheSoul.com). See ad, page 8.*

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healing ways

In all things  
of nature, there  
is something of  
the marvelous.

~Aristotle

# Touching the Earth

## The Healing Powers of Going Barefoot

by Martin Zucker

**M**elanie Monteith, of San Diego, California, was diagnosed with multiple sclerosis at age 24 and plagued by symptoms for 14 years. Simple daily tasks became challenging. She relied on walking aids and walls to keep from falling. Eventually, she quit her job. Every day tested her survival skills. Then, in late 2017, Monteith tried grounding and it changed her life.

Grounding, also called Earthing, refers to the discovery of major health benefits from sustained contact with the Earth's natural and subtle electric charge. Recent research published in the *Journal of Inflammation, Integrative Medicine: A Clinician's*

*Journal, Neonatology and Health* indicates that grounding stabilizes the physiology in many ways, drains the body of inflammation, pain and stress, and generates greater well-being.

Grounding can be as simple as going barefoot in nature, including the backyard, for 30 to 60 minutes once or twice a day on surfaces like grass, soil, gravel, stone and sand. If this isn't practical, special grounding mats and pads are available online for convenient indoor use while sitting or sleeping; people with compromised health often benefit from more time being grounded.

The activity restores a primordial electric connection with the Earth that has been lost with modern lifestyles. We wear shoes with insulating, synthetic soles and live and work elevated above the ground. These overlooked lifestyle factors may contribute to increasing global rates of chronic illnesses. Grounding revitalizes us, akin to charging a weak battery, because our bodies operate electrically and our movements and thoughts are based on electrical signals. We are bioelectric beings.

Eighteen years of grounding research in a variety of indoor settings, plus grassroots feedback from around the world, clearly show that our bodies operate more effectively when grounded. We sleep better, have less pain, more energy and even look better. Here are some of the documented benefits.

### Reduction of chronic inflammation

"Inflammation is intimately linked to most chronic and aging-related diseases," says Gaétan Chevalier, Ph.D., a visiting scholar at the University of California, San Diego, who has conducted multiple grounding studies. "Grounding seems to be nature's way to reduce inflammation."

### Enhanced blood flow

Thick, sludgy blood is a common feature of diabetes and cardiovascular disorders. Several grounding studies have demonstrated a significant decrease in blood viscosity and enhanced blood flow. "Grounding represents a potent circulation booster; a simple, yet profound preventive and therapeutic strategy," says integrative cardiologist Dr. Stephen T. Sinatra, of Manchester, Connecticut, co-author of the book *Earthing: The Most Important Health Discovery Ever!*

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## Decreased stress

Tracy Latz, a medical doctor and integrative psychiatrist in Mooresville, North Carolina, has found, “Patients with anxiety issues, including post-traumatic stress disorder, generalized anxiety disorder, panic disorder and depression, often benefit from grounding.”



## Improved vagus nerve function

The vagus nerve connects with and regulates key organs, including the lungs, heart and intestines. In one study, doctors at the Penn State Children’s Hospital, in Hershey, Pennsylvania, grounded hospitalized premature infants and documented improved vagal function that could potentially boost resilience and reduce complications. “These babies have a lot of health challenges,” observes Dr. Charles Palmer, former chief of the center’s division of newborn medicine. “It seems that they are more relaxed when grounded.” More research is needed.

Within a few months of grounding both day and night, Monteith’s disease symptoms receded dramatically. Her balance and stability improved when standing and walking. She sleeps more deeply and has more energy. An eye issue for which there is no drug subsided. She says her health continues to improve and she looks forward to living each day.

Troy Baker, a recovery consultant for special populations and chief program officer of the nonprofit Adapt Functional Movement Center, in Carlsbad, California, who has been overseeing Monteith’s exercise training schedule, has observed a reduction in the effects of multiple sclerosis since she started grounding. “Her body is more fluid, not as stiff. She moves much better, with increased energy and stamina.”

*For more information on grounding, visit [EarthingInstitute.net](http://EarthingInstitute.net).*

*Martin Zucker, a former Associated Press correspondent, has written about alternative medicine for 40 years and is co-author of the book [Earthing](#).*

## inspiration



# INDIGENOUS WISDOM

## Elders Urge Us to Reimagine Life

by Anita Sanchez

**F**irst, 27 indigenous elders from 23 North American tribes, two African tribes, a Tibetan Buddhist and a Sami from Finland gathered at Turtle Mountain, in Dunseith, North Dakota, in 1994. Recently, 13 elders from 10 tribes from Russia, Columbia, South Africa and the U.S. gathered in Kauai, Hawaii. Other such gatherings, too, are participating in a shared prophecy supporting world salvation.

They offer humanity four sacred gifts of wisdom rooted in their life experiences. This is our invitation to receive them.

### Power to Forgive the Unforgivable

Forgiveness is releasing ourselves from the prison of pain, hurt or mistreatment. It takes courage and self-love to do this. The reward of this act is freedom to use our energy to create what is life-giving to our self and the lives of those we touch.

### Power of Unity

This is a time for us all to become and remain united and steadfast, repairing the world from the misuse of power and greed. When we choose to stand in the circle of unity, there is strength. Each of us has an important part to play in the circle of life to sustain precious relationships among people, Earth and spirit for ourselves, our children and future generations.

### Power of Healing

Indigenous elders tailor their healing practices to the whole human being, using good medicine, defined as anything or anyone that brings into positive alignment the spiritual, mental, emotional and physical levels. Healing can take many forms, based on tradition, the healer, patient and nature, yet four basic elements or practices are consistent: listening, supportive relationships, unconditional love and committing to creative, positive action.

### Power of Hope

Hope springs from the choice to tap into an infinite energy source. It may not be understood by modern science, but indigenous wisdom keepers behold an inner certainty of something bigger than us all. When we open ourselves to hope, it is possible to release the pressure and desire to try to know something about everything, and instead free our imagination to create expansive possibilities.

*Anita Sanchez, Ph.D., is a transformational leadership consultant, speaker, coach and author of the new book, [The Four Sacred Gifts: Indigenous Wisdom for Modern Times](#), from which this was adapted. For videos and a song, visit [FourSacredGifts.com](http://FourSacredGifts.com).*





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# Nature's Remedies

## How Animals Self-Medicate

by Sandra Murphy

Every species embodies a solution to some environmental challenge, and some of these solutions are breathtaking in their elegance.

~Linda Bender, *Animal Wisdom: Learning from the Spiritual Lives of Animals*

From birds and elephants to dolphins, animals, whether by instinct or learned behavior, have discovered ways to cope with parasites, pests, aches and pains. This science of self-medication is called zoopharmacognosy (zoo for animal, *pharma* for drug and *cognosy* for knowing). At home, a dog or cat that eats grass is practicing it to eliminate parasites or hairballs.

Donald Brightsmith, Ph.D., of Texas A&M University, directs the Tambopata Macaw Project in the lowlands of southeastern Peru, studying the many macaws and other parrots that gather clay to eat as a supplement. First thought to help remove toxins from their bodies, clay adds needed sodium to their diet, researchers now believe.

A pregnant elephant in Kenya's Tsavo

Park was observed by ecologist Holly Dublin, Ph.D., to travel miles to find a tree not normally eaten. Four days later, the elephant gave birth. Dublin discovered that Kenyan women make a drink from the same leaves and bark to induce labor.

While studying Bornean orangutans (*Pongo pygmaeus*) in the Sabangau peat swamp forest in Central Kalimantan, Indonesia, primatologist Helen Morrogh-Bernard, Ph.D., of the University of Exeter, UK, observed an orangutan chew the leaves of a plant that were not part of its usual diet until it formed a lather. The orangutan spit out the leaves and used the lather much like humans apply a topical pain reliever.

While animals have been known to eat certain plants when ill, hers may be the first sighting of an animal creating a salve.

Nearby villagers grind the leaves to make a balm for sore muscles and inflammation. Morrogh-Bernard believes humans learned this topical application from apes and passed it down through the generations.

In the Red Sea, bottlenose dolphins rub against bush-like gorgonian corals covered by an outer layer of antimicrobial mucus that may protect them from infection, according to dolphin researcher Angela Ziltener, of the University of Zürich, Switzerland.

"It's amazing how much we've learned, but forgotten," says Ira Pastor, CEO at Bioquark Inc., in Philadelphia, a life sciences company developing biologic products to regenerate and repair human organs and tissues. "We live with other organisms which from a health and wellness perspective are much further advanced than humans. No other species tries to cure with any single solution. Nature employs multiple options. We're not appropriately imitating nature yet. We need to do more."

Cindy Engel, Ph.D., of Suffolk,

**We feel the answers  
for the future will be  
found in the past, not in  
chemical factories.**

~Ira Pastor

England, author of *Wild Health: Lessons in Natural Wellness from the Animal Kingdom*, says, "Animals rely on plants to provide them with the essentials of life, making their health intimately dependent on plant chemistry to provide everything they need to grow, repair damage and reproduce."

She continues, "Wild animals carry diseases that affect livestock and humans. It's sensible to explore why they're successful in fending off the worst effects in order to find ways to improve our own health, instead of just trying to eradicate the disease. We can learn from behavioral self-help strategies animals employ." Accomplishing this is more difficult than ever, she believes, because today's severely shrink-

ing habitat makes it hard to find truly wild animals and plants.

"Over the last 100 years, we've done a horrible disservice to all life by destroying habitat and exploring only a small percentage of what nature has to offer," agrees Pastor. "As patents expire, pharma has to change. It's important to develop botanicals. We're advised to vary our diet and exercise, yet take the same dose of the same pill daily. We've studied dead organisms under microscopes, but living organisms, even as small as microbes, can communicate helpful positive reactions."

Western medicine has strayed from what nature offers to keep us healthy. Now is the time to take care of both the planet and all living beings on it. "We've discarded thousands of years of evidence," says Pastor. "We cannot destroy the bounty of possibilities."

Connect with freelance writer Sandra Murphy at [StLouisFreelanceWriter@mindspring.com](mailto:StLouisFreelanceWriter@mindspring.com).

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# calendar of events

## WEDNESDAY, APRIL 4

**Hypnosis for Weight Loss** – 7-8:30pm. Experience a relaxing hypnosis session using guided imagery and suggestions to support healthy eating results; learn self-hypnosis techniques to support the new behavior. Each participant will receive the recording of the class session; w/Lois Kramer-Perez. Registration required. Ridgewood HS, 627 East Ridgewood Ave, Ridgewood. 201-670-2777.

**Women's Bike Maintenance Basics** – 7-8:30pm. This class is an informative presentation to familiarize you with different parts of a bike while showing how to lube a chain, fix a flat tire and manage other minor adjustments to keep your bike running smoothly and out of the shop. Note that this is a demonstration class; please do not bring your bike. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

**The William D. McDowell Observatory** – Apr 4, 11, 18, 25. 8-10:30pm. Confirm dates and viewing schedule on website. 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 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.

## THURSDAY, APRIL 5

**NJCU Jazz Ensemble: Swing Time** – 7pm & 9pm. Master teacher and saxophonist Ronald Carter leads the NJCU Jazz Ensemble in an evening of greatest hits of the Big Band Era, featuring the swinging music of Basie, Ellington, and Thad Jones/Mel Lewis. Carter comes to the NJCU campus for a three-day residency culminating in this concert. Free with RSVP. NJCU, West Side Theatre, 285 West Side Ave, Jersey City. 201-377-5105. NJCU.edu/arts.

## SATURDAY, APRIL 7

**Running Weekend Meetup** – 9am. Enter Liberty Park via Jersey Ave, run on the gravel path of the Grove of Remembrance, along the Freedom way, pass the interpretive center to the parking lot and picnic area at the end. Then run back along the waterfront with the Statue of Liberty and the awesome view of Manhattan skyline. Total 6.75+ miles: MapMyRun.com/routes/view/121385245. Liberty Park, Jersey City. MeetUp.com/JCRunners.

**Lost Brook Trail Race** – 9-11am. Discover the natural terrain of the preserve. Experience sections of the trail as you navigate roots, rocks and streams, through nearly 400 acres of wetlands and hardwood forest. All proceeds will support TNC's mission to protect open space on and off the trails and to provide environmental education programs. Rain or shine. Space is limited and pre-registration is required. \$40/10 miler, \$35/5 miler. Tenaflly Nature Center, Visitor Center, 313 Hudson Ave, Tenaflly. 201-568-6093.

**Window Birdhouse: DIY for Kids** – 9am-12pm. Encourage a love for nature in a hands-on workshop where your child can build a window birdhouse. Your young birdwatcher can observe birds' behaviors like building a nest and watching eggs hatch without the need for expensive equipment. Once



your birdhouse is built, 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 Bergen County Home Depots: Paramus, Hackensack, Mahwah, etc. 800-466-3337. HomeDepot.com.

**SAT Language Arts Prep** – 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.

## markyourcalendar

### SATURDAY, APRIL 7

**Wellness Center Grand Opening** – 12-5pm. Healing 4 The Soul Wellness Center is hosting a grand open house. Offering spiritual guidance sessions, private or group therapeutic yoga classes, decadent gluten and dairy-free baked goods, a large variety of wellness healthcare products, ionic foot baths, crystal and chakra bowl balancing, a full line of Flower Essences, NET remedies, and law of attraction sprays. Join us to celebrate. 199-B Boulevard, Hasbrouck Heights. 201-288-0011. Healing4TheSoul.com.

**Prenatal Classes** – Apr 7, 14, 21, 28. 1-4pm. For the northern New Jersey community, a childbirth education class that provides detailed information on what to expect during the birthing process as well as breathing and relaxation techniques. Classes are taught by experienced and certified instructors. Information on newborn care is also presented by a board certified pediatrician. Free. Riverside Medical Group, 1st Floor, 724 10th St, Secaucus. RSVP: 201-552-2333. RiversideMedGroup.com/Prenatal-Classes/.

**Introduction to Crystals** – 2pm. Learn how crystals come to emit energy, and how to choose, set intentions and care for your crystals. \$20. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings.com.

## SUNDAY, APRIL 8

**Gallery Talk: Joyce Kilmer** – 1:15-2pm. Linda Amagasu presents a talk about Joyce Kilmer's life growing up, those who influenced him, his education and work history as well as his life in Mahwah. This talk will take place in the upstairs gallery of the Mahwah Museum. Free with museum admission; seating is limited; advanced reservations

are recommended. Mahwah Museum, 201 Franklin Turnpike, Mahwah. RSVP: 201-512-0099. MahwahMuseum.org.

**Classical, Romantical And Jazzical** – 3pm. The All Seasons Chamber Players present music of Debussy *Piano Trio*; Reichtman Selections from *Jazzicals for Piano Trio*; Schubert *Introduction and Variations on Trockne Blumen for Flute and Piano*; Smetana *Moldau*, arranged for piano trio. Free. Auditorium, Teaneck Public Library, 840 Teaneck Rd, Teaneck. 201-837-4171. Teaneck.org.

## SATURDAY, APRIL 14

**Learn Access Bars in Paramus** – 9am-5pm. For those who would like to know how to release thoughts that don't work with ease, bring greater possibilities into their life, and give this opportunity to others. Participants learn to give this dynamic, hands-on body process and receive two sessions. No prerequisites. Providers of other therapies can add Access Bars to their modalities. NCBTMB CEU's for massage therapists. Advanced Medical Care Center, 22 Madison Ave, Paramus. RSVP: 201-655-3836.

**Sound and Vibrational Healing** – 11:30am-12:30pm. With Mary Ann Gebhardt. Experience the deep rich tones of the Himalayan singing bowls and learn how they promote relaxation and are used in sound vibrational healing. \$25; call to reserve space. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. 201-644 0840. VistaNaturalWellness.com.

**Introduction to Meditation** – 2pm. Learn about the different types of meditations, the benefits and how to begin meditating, followed by a 10-15min guided meditation. Dress comfortably, chairs available if you prefer. \$10. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings.com.

## TUESDAY, APRIL 17

**Hiking Basics** – 7-8:30pm. Learn about the basics of hiking. In this program, REI experts will share tips and tricks on all aspects of hiking. Learn about trip planning, essential items, equipment, safety precautions, along with local resources and places to go. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

## WEDNESDAY, APRIL 18

**Bike Maintenance Basics: Level 1** – 7-8:30pm. Learn how to lube a chain, fix a flat tire in record time, and make other minor adjustments to your bicycle that will keep you riding smoothly and prolong your bike's life. No experience necessary! Note that this is a demonstration class; please do not bring your bike. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

**Fun with Crystals Class** – 7-8:30pm. Take a journey of all things crystal, from using them for meditation and manifestation to understanding about and crystal clearing. Each participant receives a crystal plus a personal message; w/Lois Kramer-Perez. Registration required. Ridgewood HS, 627 East Ridgewood Ave, Ridgewood. 201-670-2777.

**Bergen Historical Society: Docent & Interpretation Meeting** – 7:30pm. For anyone interested in volunteering at Historic New Bridge Landing events as a docent, greeter, operations personnel or living-history interpreter in period dress. The School of Historical Interpretation helps hone communication skills, familiarize volunteers with Bergen's unique history, provides insight into the material culture of the past and trains volunteers in historical presenta-

tion. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739.

## SATURDAY, APRIL 21

**Earth Day 5K Run/Walk** – Registration, 7:30-9:30am; race 10am. T-shirts to all pre-registrants and post-registrants while supplies last. Trophies and medals in many categories. Post-race refreshments at the Earth Day Fair, featuring the Earth Day Kid's Kingdom. Race starts in the south field adjacent to the ferry parking lot. Run through scenic Liberty State Park along the Hudson River waterfront as a US-ATF-NJ certified competitor, or walk to benefit the Friends of Liberty State Park. In honor of Earth Day, consider using public transportation: Take bus, ferry or rail to Liberty State Park Light Rail Station. \$25. 200 Morris Pesin Dr, Jersey City. Recycle@hcia.org. RunSignUp.com/Race/NJ/JerseyCity/EarthDay5K.

**Earth Day at Liberty State Park** – 10am-4pm. The 25th year of one of the largest Earth Day celebrations in the Garden State, with Lady Liberty as the backdrop. Adults, teens and kids are welcome at this litter free and carbon neutral event filled with nonstop entertainment, nonstop educational fun and a 5K Race/Walk and Kids Fun Run. More than 100 vendors and activities intended to inspire awareness and appreciation of Mother Earth and the world around us. Amusements and lots of activities for the whole family. Kids are invited to visit the Wishing Trees to make a pledge to perform one act that can lead the way to make our Hudson municipalities greener. Free. In honor of Earth Day, consider using public transportation: Take bus, ferry or rail to Liberty State Park Light Rail Station. Liberty State Park, 299 Morris Pesin Dr, Jersey City. 732-255-1844.

## SUNDAY, APRIL 22

**Primitive Fire Making** – 10am-12pm. This earth day learn one of humankind's oldest survival skills, fire by friction. This difficult to master skill has been invaluable throughout history and by learning this technique you are continuing the tradition as old as human history. Program is intended for adults AND children. This is not a drop-off program. In the event of rain this program will be rescheduled. \$50/every participant, \$40/every member participant. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093.

**Journey to Wellness Continues** – 2-5pm. Sheryl Brian shares experiences of healing and thriving cancer-free from stage 4 non-Hodgkin's lymphoma diagnosis. Discussion of healing, food as medicine, exercise and attitude. A vegan meal from appetizers to dessert will be served by Chef Ali Senatore. \$50. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. 201-644-0840. VistaNaturalWellness.com.

**Sunday Afternoon Concert** – 3:30pm. The All Seasons Chamber Players present music of Debussy *Piano Trio*; Rechtman Selections from *Jazzicals for Piano Trio*; Schubert *Introduction and Variations on Trockne Blumen for Flute and Piano*; Smetana *Moldau*, arranged for piano trio. Meet-the-Artists reception. Central Unitarian Church, 156 Forest Ave, Paramus. 201-262-6300. AllSeasonsChamberPlayers.org.

## WEDNESDAY, APRIL 25

**Map & Compass Navigation: Basics Class** – 6:30-8:30pm. Learn the parts of a compass, how to read a topographic map and how to use them in tandem; how to pinpoint your location and navigate by following a bearing. Maps and compasses provided, but bring your own if you prefer. This class may



include a portion held outdoors, please dress accordingly. \$50, \$30/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

## SATURDAY, APRIL 28

**K9s For Kula** – Registration 8am. Race Start 9am. 5K and 1 Mile race with dogs through the trails of Campgaw Mountain Reservation to benefit the Kula for Karma Foundation. Dogs must remain on a six foot long leash at all times. This is a mixed terrain course which may feature unpredictable conditions, loose rocks, hidden obstacles, holes, roots, fallen trees, and unforeseeable obstacles. Campgaw Mountain Reservation, Mahwah. KulaForKarma.org.

## markyourcalendar

### SATURDAY, APRIL 28

**Journaling Workshops for Women** – 11am-1pm & 2-4pm. The Radiance Series: 11am-1pm. Rediscover the radiance within as you infuse music, aromatherapy, and even candlelight into your journaling practices. Body Perspective and Appreciation: 2-4pm. Join a discussion about how women's bodies are celebrated and critiqued while using journaling as an anchor to reflect on your own experiences with your body. \$25/per session. Berkeley College, Rm 124, 64 E Midland Ave, Paramus. AyeshaJGallion.com/DistinguishedArchives.

**Story Pirates: Greatest Hits** – 1pm & 3pm. One of the sensory-friendly Kidz Cabaret Series. Story Pirates celebrates the words and ideas of young people. They believe kids have the best ideas, so they turn their original stories into musicals featuring professional actors. Their Greatest Hits performance is a sketch comedy musical based on stories written by kids from around the country, plus a segment that's entirely improvised with suggestions from kids in the audience. \$19. Bergen Performing Arts Center, 30 North Van Brunt St, Englewood. 201-227-1030. BergenPAC.org.

**Understanding Reiki** – 2pm. Learn what reiki is, how it works, and the benefits it can have. \$10. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings.com.

## SUNDAY, APRIL 29

**Visitors Day at Greenbrook Sanctuary** – 12-3pm. Open-house day for non-members to learn about Greenbrook Sanctuary and its programs. The 165-acre woodland preserve on top of the Palisades in Tenafly and Alpine is managed and maintained for the use of members by the Palisades Nature Association, a non-profit organization founded in 1946. Free. Greenbrook Sanctuary, NJ Palisades, east off Route 9W in Tenafly. Info: 201-784-0484.

**Classical Favorites For Flute And Strings** – 7pm. Music by Ibert, Kreisler, Marcello and J.S.

Bach. Guest artist: Joel Rudin, viola. Program in memory of Benjamin Saul Fialkoff. Free. Maurice M. Pine Free Public Library, 10-01 Fair Lawn Avenue, Fair Lawn. 201-796-3400. AllSeasonsChamberPlayers.org.

**Full Moon Hike** – 7-9pm. This 2-hr adults-only walk by moonlight through the Lost Brook Preserve is approx 1.5 miles, with a quiet rest stop at the Purple and Allison Trail crossing. The hike encourages reflection and connection with nature while experiencing the trails in a new way. Pre-registration required. Bring a flashlight. Inclement weather postpones the program. \$10, \$5/members. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093.

**Pink Moon Beach Fire** – 7-10pm. Algonquin Indians called the April full moon the Pink Moon because it heralded the appearance of the moss pink, one of the first spring flowers. The staff of Palisades will host an informal program and riverside fire on one of the old bathing beaches on the Hudson; bring a chair or blanket and your own refreshments. Guitars or other instruments are welcome. The fire will be too large and hot for marshmallows, but a smaller fire will be set up for s'mores. Free. Alpine Pavilion at Alpine Picnic Area and Boat Basin, Alpine entrance at Alpine Approach Road, off U.S. Route 9W about half a mile north of Closter Dock Road, Alpine. Info, check conditions: 201-768-1360 x 108. NJPalisades.org.

## MONDAY, APRIL 30

**West Point Band** – 7pm. The West Point Band traces its history to the American Revolution and, since then, it has evolved into one of the most impressive and versatile performing groups in the world. The program features military marches, selections from Mussorgsky's *Pictures at an Exhibition*, and a medley from *Les Miserables*. Free with RSVP. Hepburn Hall, Margaret Williams Theatre, 2039 Kennedy Blvd, Jersey City. 201-200-3151. NJCU.edu/arts.

## plan ahead

## WEDNESDAY, MAY 2

**Ride New Jersey: Local Mountain Biking Trails and Tips** – 7-8:30pm. A class on three local MTB Parks. Each park, within a two-hour driving distance, offers a different experience: Six Mile, Lewis Morris, and Jungle Habitat. An REI Instructor will explore the different characteristics of each park, as well as the difference between riding cross-country vs. all mountain, and what you will need to be prepared for your next MTB outing. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

## SATURDAY, MAY 12

**We Consciousness: Channeling Wayne Dyer** – 1-4pm. Program with psychic medium Karen Noé and the late Dr Wayne Dyer's daughter Saje Dyer. Noé has consistently received profound and specific messages from Dyer, who comes through singularly, but also with a group of other beings called the We Consciousness. Noé and Ms Dyer will talk about these messages, part of the new book *We Consciousness – 33 Profound Truths for Inner and Outer Peace*. \$55, \$50/members. Central Unitarian Church, 156 Forest Ave, Paramus. MetaphysicalCenterOfNewJersey.org.



## CONNECT WITH OUR READERS! THREE-MONTH EDITORIAL PLANNING CALENDAR

MAY

### Choose Natural Care First

plus: Personalized  
Medicine

Our Readers  
are Seeking:  
Integrative Physicians  
& Alternative Healing  
Providers & Services



JUNE

### Livable Communities

plus: Natural Beauty

Our Readers are Seeking:  
Home & Garden  
Improvement  
Products &  
Services &  
Natural  
Beauty  
Aids



JULY

### Farmers Rooted In Health

plus: Anti-Inflammatory Diets

Our Readers  
are Seeking:  
Healthy food  
production and  
diet choices



Contact us to learn about marketing  
opportunities and become  
a member of the *Natural Awakenings*  
community at:

**201-781-5577**

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## 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](mailto:Publisher@NaturalAwakeningsNNJ.com) for guidelines and to submit entries.

## sunday

**Zen Meditation Morning Program** – Zen Buddhist Liturgy 8:15-9am. Meditation 9-10:30am followed by a talk. Informal tea and conversation 11am. To introduce meditation and Zen to anyone interested. Silence and stillness brings focused awareness. Call ahead the first time. Donations welcome. Zen Garland NY-NJ Sangha, Ramsey Body & Brain, 495 N Franklin Turnpike, Ramsey. Susan Eiori Bruce: 201-248-0632. [ZenGarland.org/About-Us/Contact-Us](http://ZenGarland.org/About-Us/Contact-Us).

**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](mailto:ParamusJazzercise@gmail.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](http://TinyURL.com/Ramcolag).

**Code Breakers** – 2:30-5pm. Teens and “twens” 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](http://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 Jukiewicz: 201-529-7323 x 224. [Mahwah.BCCLS.org](http://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](http://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.

**Citizenship Class** – 4:30-5:30pm. 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,

Hackensack Meeting Room, 274 Main St, Hackensack. 201-343-4169 x 14. [Hackensack.BCCLS.org](http://Hackensack.BCCLS.org).

**Meditation on Twin Hearts** – 7-8pm. An advanced meditation technique aimed at achieving illumination, and a form of “world service” by being a channel to bless every being on earth with loving kindness. The Center for Pranic Healing, 420 Valley Brook Ave, Lyndhurst. 201-896-8500. [PranicHealingUSA.com](http://PranicHealingUSA.com).

**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](http://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](http://NurturedParent.org).

**Beginners’ Yoga** – 11am. Designed as an introduction to the practice of yoga that focuses on developing proper and safe alignment for foundational poses at a beginners pace. Space limited. Earth’s Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. [EarthsHealings.com](http://EarthsHealings.com).

**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](http://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](http://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.

**Group Meditation** – 6pm. Join the group in a beautiful, newly-remodeled space. Earth’s Heal-

ings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

**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.

**Welcome the Dawn** – 6-7am. Men of all ages meet to welcome the dawn with coffee, prayer, laughter and fellowship, and discover the joy of sharing their faith. The group meets in The House of Divine Mercy (the white house across from the rectory). St. Luke's Church, 340 North Franklin Turnpike, Ho-Ho-Kus. 201-444-0272.

**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. JCCOT.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.

**Group Meditation** – 11am. Join the group in a beautiful, newly-remodeled space. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

**ESL Conversation Class** – 12:30-1:30pm. ESL conversation classes are offered to those who are in a high intermediate to advanced English level. This class is designed to help get comfortable speaking English in a social setting by learning new vocabulary and pronunciation. Free. Johnson Public Library, Hackensack Meeting Room, 274 Main St, Hackensack. 201-343-4169 x 34. Hackensack.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.

**Beginners' Yoga** – 5:30pm. Designed as an introduction to the practice of yoga that focuses on developing proper and safe alignment for foundational poses at a beginners pace. Space limited. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

**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 and Healing Night** – 7:30-9:30pm. The evening begins with the Meditation on Twin Hearts. Then receive a complimentary Pranik Healing, a simple yet powerful and pain-free healing modality. The Center for Pranik Healing, 420 Valley Brook Ave, Lyndhurst. 201-896-8500. PranikHealingUSA.com.

**Meditation Group** – 8pm. 2nd Wed. This is true group work. No experience is necessary. Contact the host to say you are coming. Host: Sharon Sillen. Sponsored by Metaphysical Center of NJ. Donations accepted. Yogacentric, 238 Colfax Ave, Clifton. 973-865-1976.

## thursday

**Zen Morning & Evening Meditation** – 8:30-10am. Sit for 25 minutes, walk 5 minutes for 3 periods. Befriend one another in this simple activity of stillness and silence. Complete your day at Community Meditation 7-8:30pm. Informal discussion follows. Call ahead the first time. Donations welcome. Zen Garland NY-NJ Sangha, Ramsey Body & Brain, 495 N Franklin Turnpike, Ramsey. Susan Eiori Bruce: 201-248-0632. ZenGarland.org/About-Us/Contact-Us.

**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 smart-phone 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.

**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, Tenaflly Public Library, 100 Riveredge Rd, Tenaflly. 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.

**Group Meditation** – 6pm. Join the group in a beautiful, newly-remodeled space. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

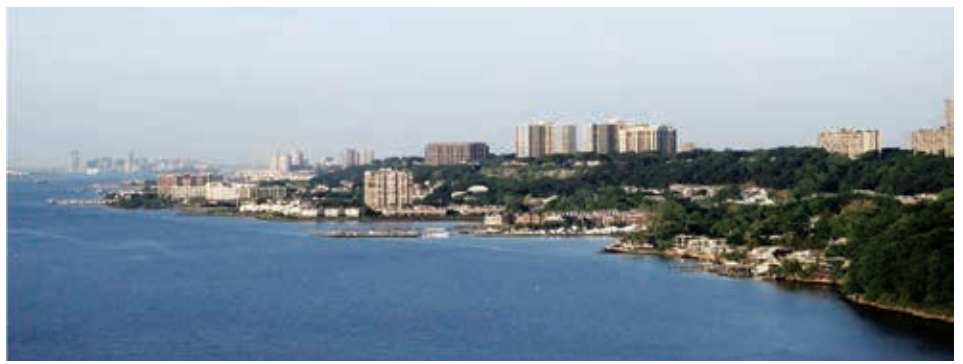
**Beginners' Yoga** – 7:15pm. Designed as an introduction to the practice of yoga that focuses on developing proper and safe alignment for foundational poses at a beginners pace. Space limited. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

**Spiritual Book Club** – 8-10pm. 1st & 3rd Thur. The group chooses a book they will read together at each meeting and discuss it; followed by dessert and coffee. People usually bring a dessert to share. Free. Charlie LoBello, 374 Harding Ave, Lyndhurst. 201-926-0075.

**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. Tenaflly Public Library, Friends Room, 100 River Edge Rd, Tenaflly. 201-568-8680.

**Group Meditation** – 11am. Join the group in a beautiful, newly-remodeled space. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

**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.

**Be Light Be Golden Beginner/Intermediate Yoga** – 9-10:15am. Some of the benefits of breathing exercises, sun salutations, and yoga postures followed by a relaxation/meditation (traditional hatha yoga) are; increased flexibility, toning of muscles, improved posture, relaxation, peace and calmness. For all levels. \$18/drop in, \$150/10-class pass. The Center for Pranik Healing, 420 Valley Brook Ave, Lyndhurst. 201-896-8500. PranikHealingUSA.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.

**Beginners' Yoga** – 11am. Designed as an introduction to the practice of yoga that focuses on

developing proper and safe alignment for foundational poses at a beginners pace. Space limited. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

**Crafty Saturday Morning** – 11am-noon. 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, Tenaflly Public Library, 100 Riveredge Rd, Tenaflly. 201-568-8680. TenfCirc@bccls.org.

**Meditation on Twin Hearts** – 11am-noon. An advanced meditation technique aimed at achieving illumination, and a form of "world service" by being a channel to bless every being on earth with loving kindness. The Center for Pranik Healing, 420 Valley Brook Ave, Lyndhurst. 201-896-8500. PranikHealingUSA.com.

**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, Tenaflly Nature Center, Tenaflly Nature Center, 313 Hudson Ave, Tenaflly.

**Pelvic Floor Rehab** – 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@NaturalAwakeningsNNJ.com](mailto:Publisher@NaturalAwakeningsNNJ.com) to request our media kit.

### ASTROLOGY

#### WHITE WIZARD ASTROLOGY

Northern New Jersey  
908-268-6674  
[cmtarnow3@yahoo.com](mailto:cmtarnow3@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 selves with personalized, compassionate astrology readings. I will help you remember your gifts, work through blocks and remap your future to passionately pursue your highest goals. Sessions conducted in person, on the phone or via Skype.

### COUNSELING & PSYCHOTHERAPY

**LESLIE KAREN LOBELL, MA, LPC**  
Pompton Plains (Rte 23) & Montclair  
908-577-0053 • [Info@LeslieLobell.com](mailto:Info@LeslieLobell.com)  
[LeslieLobell.com](http://LeslieLobell.com)



Do you suffer from anxiety or stress? Do you want to lose weight, stop smoking, gain self-confidence or change a habit? Do you need support and guidance through a life or career transition? Are you ready to achieve your goals, pursue your dreams, and actualize your potential? You can create the life you desire... I can help you make it happen. Using proven techniques such as Holistic Psychotherapy, Clinical Hypnosis, Stress Reduction and Dream Interpretation, I help teens and adults create happier, healthier, more peaceful and fulfilling lives. Allow me to assist you. *See ad, page 16.*

**GERTI SCHOEN,**  
Licensed Psychotherapist  
Certified Couples Counselor  
Ridgewood, NJ • 917-607-4525  
[Gerti@GertiSchoen.net](mailto:Gerti@GertiSchoen.net) • [GertiSchoen.net](http://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. *See ad, page 32.*

### ENERGY HEALING

#### ACCESS CONSCIOUSNESS

Terry Obsuth  
Access BARS Facilitator  
Paramus, NJ  
201-655-3836  
[AccessConsciousness.com](http://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 15.*

### HEALING CENTERS

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201-291-0401 • [DoctorFinn.com](http://DoctorFinn.com)



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Health Through Energy  
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877-787-3792 • fax 201-896-8501  
[PranicHealingUSA@gmail.com](mailto:PranicHealingUSA@gmail.com)  
[PranicHealingUSA.com](http://PranicHealingUSA.com)



A comprehensive method designed to cleanse and renew the energy system which permeates the physical 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 35.*

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#### VLADIMIR GASHINSKY, DDS

91 Millburn Ave, Millburn  
973-457-4688  
[HolisticDentalCenterNJ.com](http://HolisticDentalCenterNJ.com)



We focus on performing holistic dental care that is good for the body as well as the teeth and gums. We put an emphasis on a more natural or holistic approach to dentistry. As a holistic dentist, Dr. Gashinsky treats the cause of the 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 4.*

### INTUITIVE PRACTITIONER MEDITATIVE CLEARING & FENG SHUI

#### LOIS KRAMER-PEREZ

Intuitive Practitioner, Meditative Clearing & Feng Shui  
201-906-5767 • Fax 201-265-6037  
[LoisKramerPerez.com](http://LoisKramerPerez.com)



"If we want to make changes in our lives, we must start from within." Are you ready? Through her own journey of self-discovery, Lois has embraced diverse energy modalities as a way of life, and she wants to share them. Lois has developed simple, effective 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 28.*

### KAMBO PRACTITIONER

#### WARRIOR WAY HEALING

[WarriorWayHealing.com](http://WarriorWayHealing.com)  
201-663-5916  
[WarriorWayHealing@gmail.com](mailto:WarriorWayHealing@gmail.com)



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## LIFE COACH

### DAVID BARTKY

Certified Law Of Attraction Life Coach,  
Certified Consulting Hypnotist  
973-444-7301 • LifeCoachDavid.com



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.

### ONE WORD AT A TIME COACHING

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.

## NUTRITION & WELLNESS COUNSELING

### DIAN'S WELLNESS SIMPLIFIED

Dian Freeman, MA, MHHC  
Private Nutritional Consultations,  
Classes, Nutritional Certification Course  
Morristown, NJ  
973-267-4816 • WellnessSimplified.com



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 9.

### 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 32.

### 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 sup-

portive 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 17.

## PHYSICAL REHABILITATION

### MY BACK AND BODY CLINIC

Jane DoCampo 201-951-3754  
Russell Jones 201-572-3887  
577 Chestnut Ridge Rd, Woodcliff Lake, NJ  
MyBackAndBodyClinic.com



Jane DoCampo, certified yoga therapist and scoliosis and back care specialist, and Russell Jones, rehabilitative personal trainer and ARPwave therapist, offer private and

small group back care classes to improve back pain, scoliosis and postural problems, and rehabilitative personal training for those with repetitive injuries and people in pain who want to work out but don't know what to do. The ARPwave System allows for rapid recovery from sports injuries and a return to activity stronger than when you left. Their newest classes are Senior Balance to improve balance and functional movement and Pelvic Floor Rehab for bladder leakage and organ prolapse.

## REIKI

### REIKI & YOU

Florentina Galla, MS, RDH, CNW  
Master Reiki Usui HF, Author  
300 Winston Dr, Cliffside Park, NJ  
201-314-3783 • GallaWellness.com



As an experienced holistic dental hygienist for more than 20 years, working one-on-one with patients, I have developed a great understanding of Chi energy that allows me to use my gentle and safe use of Reiki on my clients. By use of

hands over the client's body, together with Chakra healing stones and specific Reiki symbols, clients experience a peaceful and relaxing feeling, their muscle relax, and increased blood flow to treated areas, thus allowing the healing process. Clients are reporting better sleep, more energy and reduced stress. Muscle testing is often use to recognize imbalances.

## SCHOOL

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Kelly Williams  
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KWilliams@EasternSchool.com  
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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 diplo-

mas 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.

### RAMAPO COLLEGE YOGA CERTIFICATION

Rosa Mulryan  
505 Ramapo Valley Rd, Mahwah, NJ  
201-684-7370 • cipl@Ramapo.edu  
Ramapo.edu/cipl/yoga



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studies, anatomy and physiology, weekend intensive programs, 80 hours of yoga technique courses (which are offered throughout the week) and 3 workshops. Want to deepen your practice? The 100-hour yoga studies program provides a broad foundation of yoga theory and practice. For a certificate, complete the Psychology of Yoga course, 45 hours of yoga technique and 3 workshops. Ramapo is a Yoga Alliance-registered school.



Service to others is the rent you pay for your room here on Earth.

~Muhammad Ali

## classifieds

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**KOMBUCHA BREW-IT-YOURSELF KIT** – Kombucha tea is known as the immortal health elixir by Chinese people and originated in the Far East more than 2,000 years ago. Kombucha contains high levels of beneficial acid, probiotics, amino acids and enzymes. Gut health is in the forefront of today's medical news. Get your Kombucha kit today and get healthy. Contact Angelica at 973-495-8390 or [TranscendedLight@gmail.com](mailto:TranscendedLight@gmail.com).

### OPPORTUNITIES

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