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SOME OF THE IMPORTANT AREAS OF FOCUS INCLUDE

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

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

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

Hormonal Balance and Thyroid -----

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

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

The Body -----

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

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

Contact information

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

Functional Medicine **NEUROLOGY AND NUTRITION**

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

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

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

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

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

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

HERE'S WHAT OUR PATIENTS ARE SAYING

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

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

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

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

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

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

SPECIAL PROMOTIONAL OFFER

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

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

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

Choosing a new dentist can be a real challenge.

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

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

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

Dr. Glenn Gero, Naturopathic Physician:

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

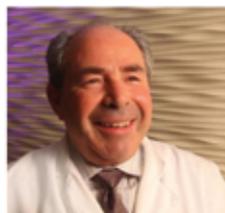
Lisa Mack, Certified Thermographic Technician:

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

Nancy Barrett, Certified Holistic Manual Lymphatic Therapist:

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

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Online mattress businesses are antithetical to sustainability.

10% to 20% of all mattresses sold online are returned and consequently make a round trip across the country because they do not meet customers' expectations. These mattresses are often far less comfortable and supportive than advertised. Some even emit a noxious chemical smell. So what happens to these millions of returned and used mattresses? Some get recycled and a scant few get donated to charities. The rest get thrown away and end up in a landfill. To make matters worse, almost all online mattresses are made using cheap polyurethane foam. This material is a crude oil-based chemical laden foam. Some mattresses claim to be more "eco-friendly". They are made with "natural latex" and contain 20% synthetic latex which is processed with toxic chemicals. Either way, landfills are exploding with mattresses that stay there for thousands of years.

At Healthy Choice our return rate is almost Zero.

Our customers love our mattresses. Healthy Choice mattresses are incredibly comfortable and supportive. Our retail shops are staffed with helpful mattress experts who have decades of experience and training. This custom personalized experience in a Healthy Choice showroom may seem as if it is from a bygone era. We will work with you to find the perfect and most comfortable bed. A by product of this fantastic customer experience is that almost every mattress we sell works beautifully for you and will be enjoyed for at least 25 years.

All Healthy Choice mattresses are biodegradable.

Our mattresses do not contain any petroleum based products. We do not use any polyurethane foam, polyester fiber, chemical glues, toxic flame retardants or any percentage of synthetic blended latex. We only use natural and organic materials like 98% pure Talalay rubber (the other 2% is fatty acids and soaps, no chemicals), certified organic wool and certified organic cotton. You can sleep easy knowing that after many years of enjoying your chemical free mattress, it won't burden a landfill because its biodegradable.

Online mattresses are not sustainable – they travel thousands of miles before they arrive in your home.

Many online mattresses are made in China. Some are made in Canada and a few are made in the United States. There's no doubt that every mattress sold online travels many more miles, using exponentially more carbon based fuel, than locally made mattresses.

Healthy Choice Mattresses are made and delivered locally.

The primary ingredient in our mattresses is 98% pure Talalay rubber. The actual rubber sap comes from Sri Lanka. We process it and make it into cushioning material in Shelton, CT. This material travels 13 miles to our mattress manufacturing plant. There the layers of Talalay are bonded together and fitted with our beautiful organic cotton and wool quilted cover. The finished mattress is then delivered and locally installed within the tri-state area. It is safe to say that our mattresses travel fewer miles than any other mattress sold in the US.

Destroying Main Street and local jobs is not sustainable!

An important aspect of sustainability is supporting local communities and maintaining local economies. It is no secret that Main Street retail and local manufacturing have been under extreme pressure from technological and global economic trends. Buying a mattress from a giant online company that manufactures in China and ships mattresses via UPS will hasten the shuttering of Main Street retail shops and will cause the destruction of local manufacturing jobs.

An important aspect of sustainability is maintaining a healthy local economy.

Everything we sell at Healthy Choice Organic Mattress including our mattresses, adjustable beds, pillows, blankets, sheets, comforters, mattress protectors, etc., are all made in the United States. No other mattress company we know can make this claim. Our mattresses are made right here in Connecticut and our beautiful "Main Street" showrooms are an integral part of every community in which we operate.

Cheap online mattresses don't last.

Shipping a quality mattress across the country costs between \$500 to \$1000 dollars. To reduce this cost, online companies make their mattresses shippable via UPS. To do so, they manufacture their mattresses using cheap foams that can be compressed. These foam beds are rolled and packed into a UPS friendly box. They are sold unassembled and shipped in pieces for you put together. The useful life of UPS boxed online mattress ends up being only about 5 to 8 years. Replacing a mattress every few years and throwing the old one away is far from sustainable.

Quality Healthy Choice Mattresses can not be shipped by UPS.

It's widely known that our mattresses are designed to be incredibly comfortable, chemical free and environmentally friendly. They are fully manufactured which means there are no parts for you to put together. We use only the highest quality and most durable natural materials. You can not roll pack our high quality mattresses into a UPS friendly box. In fact, our main mattress ingredient of 98% pure natural rubber Talalay is at least 20 times more resilient than any polyurethane foam, including Memory Foam. Mattresses made with this pure rubber are known to last for 30 or 40 years without indenting or sagging. Because we are confident our mattresses will maintain their incredible comfort and support we proudly include an industry leading 25-year manufacturer's warranty.



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letter from publisher


I'm in an interesting position. Aside from the need to adhere to a layout and print deadline once a month, my lifestyle is pretty footloose and fancy-free. I've also been single for a while now, and that certainly supports more freedom. I'm also fairly busy, but I don't have any type of set routine on most days, so I tend to operate to a good extent on

pure intuition and awareness. This has allowed me the opportunity to develop a new manner of relating to my reality.

Once I cleared enough of my baggage, I began seeing that everything is here to support me, guide me, teach me or show me something, and there are also events that occur simply for the sake of pure experience. This is an excellent attitude to adopt. Once we do enough good internal work, we are then aware enough to see why certain potentially undesirable circumstances continue to reoccur in our lives.

These are the patterns that we may eventually recognize so that we can change the behavior that attracts the unwanted circumstances. Issues that we need to address may be easy to recognize, because they are typically rooted in some type of conflicting experience. Just as the squeaky wheel gets the grease, a disturbance is simply a notice informing you that a particular situation or area of your life requires attention and change.

Relationships can have a way of driving people into counseling or therapy. This is favorable because if you're doing therapy right, it provides a framework to get honest with yourself... to see yourself past the veil of your ego, fears and desires. If you have an effective therapist and are willing to do the good work, the rewards can be life-changing. On the flip side, avoiding what's at the core of your issues will perpetuate the patterns that are now active in your life, hence Albert Einstein's proverb; "The definition of insanity is doing the same thing over and over again, but expecting different results."

The unwise look to blame and often subscribe to a victim mentality. The wise will "improvise, adapt and overcome", as the Marines are trained to do. The latter approach tends to neutralize all forms of excuses and leaves you with no direction to move but forward past your challenges. Oohrah!

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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Discover New Sources of Happiness



When we are young, we tend to think that wealth, prestige, and possessing beautiful things may bring us happiness, but then we must create true happiness from within. Body & Brain Yoga/Tai Chi Wyckoff will facilitate a workshop,

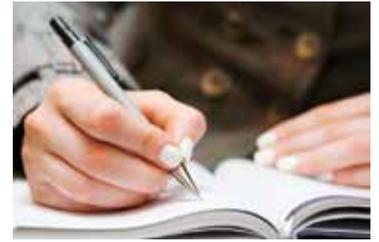
Discover New Sources of Happiness, from 9 a.m. to 1 p.m., May 6, to discover how to create a life of health, happiness and peace without depending on external circumstances. Participants will explore concepts of self-creation as discussed in the book *I've Decided to Live 120 Years*, by Body & Brain Yoga/Tai Chi founder and bestselling author Ilchi Lee.

We cannot know how long we will live, but at age 60, if we made a plan to live another 60 years, we might do things differently. The workshop will explore this topic deeply, and focus on three choices that could bring happiness and a sense of fulfillment to our lives: awakening to our true nature; living a life of creation; and working to benefit others.

Cost is \$95. Location: 525 Cedar Hill Ave., 2nd fl., Wyckoff. For reservations, call 201-444-6020. For more information, visit BodynBrain.com/Wyckoff.

Journaling Helps to Decompress

Two workshops on May 12 at Berkeley College will appeal to people that are always busy. In Journaling for Live Wires and People Who Can't Sit Still, from 2 to 4 p.m., those that tend to shy away from activities that integrate more stillness than dynamic activity are invited to enjoy guided prompts that will serve to replenish their energy.



Participants will receive tips on how to embrace being busy by necessity or choice, by adding small rituals that afford them solace within their active and purposeful lifestyles.

In the Journaling for Teachers workshop, from 11 a.m. to 1p.m., educators explore journaling prompts pertinent to their teaching and leadership experiences, followed by honest discussion in a judgment-free zone.

Questions about presence in the classroom and time management while teaching will be answered with the intent of ending the school year with a sharper vision for the next academic year.

Cost is \$25 per workshop. Location: Rm. 124, 64 E. Midland Ave., Paramus. For more information, call 973-280-8117 or visit Tinyurl.com/ayesga.

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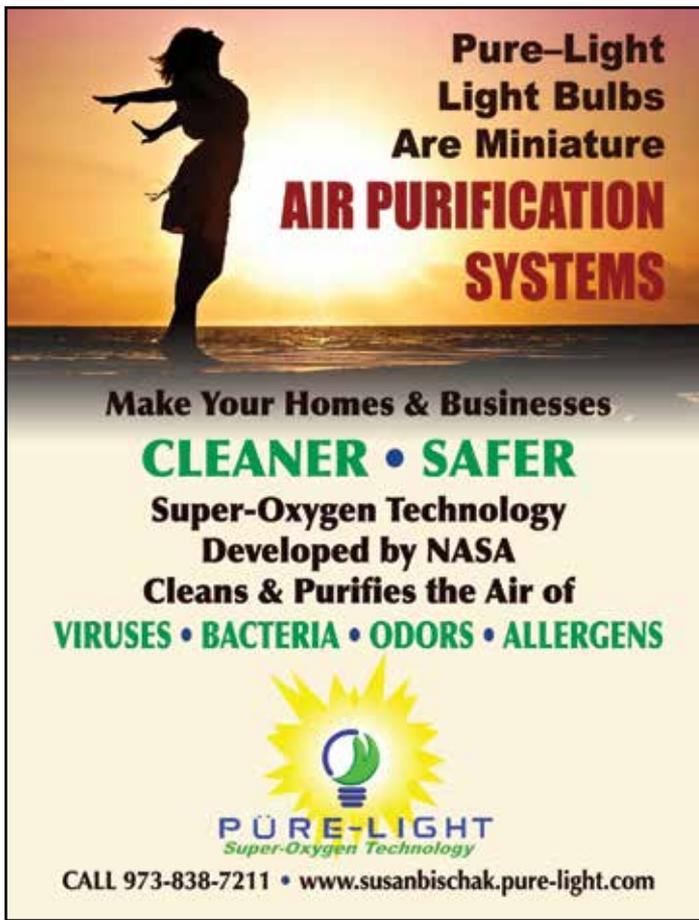
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news briefs

Fundraiser for Underprivileged Women and Children

Chiropractic Doctor Victoria Dubin Master, owner of Full Life Chiropractic, in Haworth, is holding a Mother's Day Weekend from 10 a.m. to 1 p.m., May 12. She says, "Moms are superwomen. They do so much for family, children and everyone around them. This Mother's Day, we want them to put them and their wellness first."



Dr. Victoria Dubin Master

Moms can relax and enjoy free mini services, healthy refreshments, enter raffles and treat themselves and their loved ones to unique health-centered gifts made by local artisans. Services include mini massages, reiki sessions, holistic facials, intuitive healing sessions, medical qigong and more.

With a \$1,000 goal, the beneficiary is Oasis, A Haven for Women and Children, which provides hot meals, daycare centers, adult education, after-school care, life skills and social services to underprivileged women and children in Paterson. Their services have been changing the protectory of women and their family's lives in a deeply profound way for more than 20 years.

Cost is \$10. Location: 153 Madison Ave., Haworth, NJ. For tickets, visit Tinyurl.com/mdcevent. For more information, visit Full-LifeChiropractic.com.

Free Yoga Classes at Pascack Brook Park



Free yoga classes will be offered from 5:30 to 6:30 p.m., May 2, 9, 16, 23 and 30, at Pascack Brook County Park, in Westwood. This event is co-sponsored by the Bergen County Department of Health Servicesm, Community Health

Improvement Partnership of Bergen County and Hackensack Meridian Health as part of the Get Fit Bergen initiative to get county citizens to embrace a healthier lifestyle.

Yoga, widely practiced for health and relaxation, is a spiritual and ascetic discipline that includes breath control, simple meditation and the adoption of specific bodily postures.

Admission is free. Location: 150 Emerson Rd. For more information or to register (required), call 201-634-2693, email Marla Klein at mklein@co.bergen.nj.us or visit HealthyBergen.org.

Second Annual Bergen County Care Fair

Bergen County will hold the annual Care fair from noon to 4 p.m.,



May 6, at Fairleigh Dickinson University Rothman Center, in Hackensack, a larger venue with more exhibitors to introduce residents to more healthy living solutions.

The Fair is a one-stop source to help Bergen residents cut through the health care and support system maze, learn about options and connect with the providers and resources they need. The Fair is for families, children, seniors, veterans, all income levels, those with disabilities, special needs, mental health and those with chronic disease challenges.

Admission is free. Location: 100 University Plaza Dr.. For more information, call 201-336-7240 or email Info@BergenCareFair.org.

Program on How to Let Go of Secrets at Ho-Ho-Kus Library



The Ho-Ho-Kus Library will host Letting Go of Secrets: The Path of Ease to a Successful Happy Life, from 7 to

8 p.m., May 15, at the Worth-Pinkham Memorial Library, in Ho-Ho-Kus. on the Based on the different levels of consciousness and emotional states of being of the clinically proven Map of Consciousness as outlined by Dr. David Hawkins in *Power vs. Force*, participants will learn the easy ways to let go of negativity and how they can add more positive energy to their life.

Our level of consciousness affects everything in our life, including success and happiness. The program illustrates how negative energies of fear, anger and grief hold us back and drain our energy.

Admission is free. Location: 91 Warren Ave. For more information or to register (required), call 201-445-8078 or visit HoHoKus.bccls.org.

Learn Access Bars in Paramus

The Access Bars class from 9 a.m. to 5 p.m., May 12, is a one-day session to learn this innovative process that can create greater ease with everything and bring more joy into life through greater awareness.



The Bars are 32 points on the head that when gently touched, effortlessly and easily release thoughts, ideas, decisions, beliefs and attitudes that keep us in limitation. Access Bars releases thoughts that don't work and brings greater possibilities into life. This process is excellent for releasing stress, anxiety, obsessive thinking and behaviors and much more.

Participants will learn how to administer this dynamic, hands-on body process and give and receive two sessions during the class. No prerequisites are required, just a willingness to learn something that will greatly benefit them and those they share Access Bars with. Graduates receive a certificate of completion and will be qualified to give Access Bars to their family, children, friends or clients. Imagine what would it be like if everyone around us were calm and at ease.

Providers of other therapies can introduce Access Bars into their practice. Licensed massage therapists can earn NCBTMB-approved CEUs.

Location: Advanced Medical Center, Paramus, NJ. For more information, call 201-655-3836 or visit Access-Consciousness.com. See ad, page 31.

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Eye Contact Syncs Baby and Adult Brainwaves



When an adult looks into the eyes of a baby, a synchronization of brain waves occurs that could indicate an intention to communicate, concludes a Cambridge University study of 36 infants. This coordinating supports the baby's early learning and communication skills,

according to the researchers. The effect, which researchers measured via electroencephalogram (EEG)-wired skullcaps, was strongest with eye-to-eye contact and weaker when the adult's head was turned away. The more vocalizations—little sounds—the baby made, the greater their brainwaves synchronized with the adult.

New Guidelines Lower the Bar for Risky Blood Pressure

New guidelines that change the criteria for healthy blood pressure mean that nearly half of U.S. adults are now considered to have high blood pressure. The American College of Cardiology and the American Heart Association have redefined the condition as being 130/80 instead of 140/90, a change considered by critics as overly beneficial to pharmaceutical companies. This criteria includes 80 percent of people over 65, triples the diagnosis for men under 45 and doubles it for women younger than 45.



The revised guidelines encourage adopting lifestyle strategies in early stages of rising blood pressure like exercise, diet, weight loss and smoking cessation.

Evidence-based alternative methods noted in a Canadian study include coenzyme Q10, dark chocolate, qigong, slow breathing, Transcendental Meditation and vitamin D.



U.S. Midlife Women Choosing Natural Health Care

In a survey of 171 midlife American women, more than 80 percent reported using complementary and alternative medicine, Albert Einstein College of Medicine researchers discovered. The most common choice was herbal teas, followed by women's vitamins, flaxseed, glucosamine and soy supplements. Only 34 percent of the non-Hispanic white women and 14 percent of the Hispanic women discussed it with their doctors.

Young Women Outdo Male Peers in Oxygen Uptake

Young women process oxygen about 30 percent faster and more efficiently than men when they begin exercising, according to a new study from Canada's University of Waterloo. The ability to extract oxygen from the blood is an important fitness marker, which the researchers tested by having 18 young men and women exercise on treadmills. The women's superior results indicate they are naturally less prone to muscle fatigue and poor performance. "The findings are contrary to the popular assumption that men's bodies are more naturally athletic," observes lead author Thomas Beltrame, Ph.D. Previous research had found that older men and male children tend to have faster oxygen uptake than women.

The Future of Light is Here

by Susan Bischak

The International Space Station (ISS) was launched on November 20, 1998. It circles the Earth every 90 minutes at a speed of 17,500 miles per hour. Electrolysis creates oxygen for ISS inhabitants using an electrical current generated by the station's solar panels, splitting water molecules into hydrogen and oxygen gas. They must clean that air, not just from stale odors, but also bacteria and viruses that would continue to multiply and threaten the health of those onboard.



NASA developed a super-oxygen technology to clean the air. As light passes through a non-toxic titanium dioxide coating, a photocatalytic action creates excited electrons that combine with water molecules in the air and turn them into superoxide and hydroxyl ion molecules that naturally attack bacteria and viruses, plus volatile organic compounds (VOC) like formaldehyde, benzene and carbon monoxide. VOCs dissolve into harmless water and carbon dioxide. On a daily basis, white blood cells called phagocytes produce superoxide to kill invading pathogens in our bodies. Sunlight interacts with water molecules in the air, effectively eliminating bacteria and viruses. This technology operates without the use of filters and requires very little electricity.

Indoor home and commercial air environments are considered to be some of the most polluted. Chemicals from cleaning products, rugs and furniture, as well as dust, molds, mildew, fungus, germs, smoke, pet and cooking odors pervade the air. Energy conservation methods effectively seal heat in our homes while also sealing in the same bad air. Super oxygen technology has been proven to discourage 99.9 percent of harmful and deadly bacteria and viruses and break down carbon monoxide, benzene, methane and formaldehyde.

Pure-Light bulbs use this NASA technology that they adapted for home and commercial use. Each bulb is also a full-spectrum light source, bringing the light of the sun into indoor environments. Seasonal effective disorder is a common problem when the days become short and our biological reaction is a depressed mood. Full-spectrum lighting, mimicking sunlight, is a known solution to make people happier. Indoor plants thrive best with super-oxygen, full-spectrum lighting, and pets seem to like it, too.

Susan Bischak is a certified clinical thermographer and spirit communicator. For more information, visit SusanBischak.pure-light.com. See ad, page 10.

The heart of a mother is a deep abyss at the bottom of which you will always find forgiveness.

~Honore de Balzac

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health briefs

A Weight-Loss Program Tailored to Individual DNA

The gym may offer dumbbells, yoga mats and protein shakes, but what it doesn't have is a unique, easy to use way to take an actual look into the genes and DNA that make people go to the gym in the first place.



Rather than a cookie-cutter workout and diet regimen that may or may not work for all body types, the Institute for Medical Weight Loss and Nutrition, located in Hawthorne, New Jersey, has created and implemented a simple program that focuses on the specific chemistry of an individual body. With this information, a weight-loss solution can be shaped exclusively for each person.

With a quick swab of the cheek and about two weeks for analysis, the collected DNA sample is able to help determine the best methods for weight loss are for an individual. Jennifer B. Katafigiotis, director of nutrition education, works one-on-one with those seeking better options for their diets and ultimately for their overall health. "It's an incredible tool, because then you know how you have to change your diet, based on your own personal results," says Katafigiotis.

The DNA diet takes a close look at the genes specifically related to a person's diet and exercise. Looking at metabolic rate, what diseases to which they may be predisposed and other risk factors are all part of the path that leads to the best diet plan for a client. While one person may need a reduced fat diet with high-intensity workouts, another may fit better with more protein and Omega-3 and other fatty acids.

Current research and input from nutritionists, behavioral counselors and physicians have achieved successful results. According to statistics compiled by the Robert Wood Johnson Foundation and the Trust for America's Health, adult obesity rates rose in six states in 2013: Alaska, Idaho, Delaware, Tennessee, Wyoming and New Jersey. While obesity rates in general are starting to slow around the country, it is still a widespread epidemic, and one that Katafigiotis and her staff hope to overcome.

The Institute for Medical Weight Loss and Nutrition is located at 484 Lafayette Ave., in Hawthorne, NJ. For more information, call 973-427-2600 or visit GetHealthyNJ.org. See ad, page 31.

Waterborne Drugs Meds in Urban Streams Drive Microbial Resistance



A new study published in the journal *Ecosphere* confirms that in urban streams, persistent pharmaceutical pollution can cause aquatic microbial communities to become resistant to drugs. Researchers evaluated the presence of pharmaceuticals, including painkillers,

stimulants, antihistamines and antibiotics, in four streams in Baltimore, Maryland. Then they measured the microbial response to drug exposure. Selected study sites represented a gradient of development from suburban to urban.

Emma Rosi, an aquatic ecologist at the Cary Institute of Ecosystem Studies and lead author on the study, explains, "Wastewater treatment facilities are not equipped to remove many pharmaceutical compounds. We were interested in how stream microorganisms, which perform key ecosystem services like removing nutrients and breaking down leaf litter, respond to pharmaceutical pollution. When we expose streams to pharmaceutical pollution, we are unwittingly altering their microbial communities, yet little is known about what this means for ecological function and water quality."



Women Warriors Africans Unite to Save Rhinos

The Black Mamba Anti-Poaching Unit aims not only to protect rhinoceroses in South Africa by patrolling the Balule Nature Reserve, in Greater Kruger National Park, but to also be a role model in their communities. It's the first majority-female, anti-poaching unit in the country.

Founded in 2013 by Transfrontier Africa NPC to protect the Olifants West Region of Balule, the Black Mambas were invited within a year to expand into other regions, and now protect all boundaries of the reserve.

These 32 young women and two men want their communities to understand that the benefits are greater through rhino conservation rather than poaching, as they address the local social and moral decay that results from poaching. Their concern is also for their children's sake because the sham economy has corrupted morals and brought narcotics into their communities. To make a donation, visit BlackMambas.org.

Helping Hands

Recycled Plastic Transforms into Prosthetics

The emerging technology of three-dimensional (3-D) printing can benefit the world in many ways.

Re:Purpose for Good, in Australia, creates robotically 3-D printed prosthetic devices from recycled plastic and e-waste. It's difficult to customize prosthetics, so more invasive surgery is often needed to make standard sizes fit the patient. Other companies produce 3-D printed prosthetic hands and arms, but Re:Purpose for Good customizes both hands and feet at a much lower cost.



The company's robotics and prosthetics engineer Gerardo Montoya, who had been working on 3-D printing prosthetics for children in Mexico, merged the idea with a desire to do something about the 8 million tons of plastic entering the oceans. Along with plastic waste, they also use e-waste such as discarded smartphones that have all the circuitry and microprocessors needed for advanced features. The company even plans to teach their prosthetic-making process to children as part of their science, technology, engineering, arts and mathematics (STEAM) curriculum, so they can learn 3-D printing skills. They're making it open source so more people can get involved without patent restrictions.

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Eco-Upgrades for America's Landmarks

Monuments and Parks Adopt Sustainable Practices

by Avery Mack

More U.S. landmarks are now highlighting eco-friendly practices, demonstrating that history can be preserved while incorporating sustainability.

Space Needle, Seattle

Built in 1962, the Space Needle is undergoing a \$100 million makeover. The observation deck will soon feature improved views through glass instead of cage-like barriers. Restaurant patrons will enjoy a first-of-its-kind rotating glass floor. Other eco-updates and upgrades include improved accessibility, internal systems, materials, elevators, paint, and seismic protection along its legs. Because the flame at the needle's top consumed enough gas to heat 125 homes, it was replaced in 2000 with a flagpole mast, a beacon for aviators. When the rehab is completed in June, the structure will qualify for Leadership in Energy and Environmental Design (LEED) Silver Certification.

Golden Gate National Recreation Area, Alcatraz Island, California

A pioneer in hybrid ferries, Alcatraz Cruises combines solar, wind and diesel power to transport visitors. Captured rain freshens park gardens and salt water flushes toilets. In 2013, solar energy produced what would have otherwise necessitated 31,900 gallons of fossil fuel and 325 metric tons of carbon dioxide emissions.

Iolani Palace, Honolulu

Updated lighting units with a life expectancy of 25 years enhance the Iolani Palace facade and provide a 77 percent energy savings, partly through an "instant on" feature instead of power-up lights.

Grand Canyon National Park, Arizona

New buildings are LEED certified and shuttle buses are fueled by compressed natural gas. In 2010, a Climate Action Plan

introduced green office practices, conversion to solar water heaters in National Park Service residences and increased composting to reduce greenhouse gas emissions from internal operations by 30 percent by 2020. The park is unique in its composting program for mule waste.

Walking Mountains Science Center, Avon, Colorado

Using both passive and active solar energy, ground-source heat pumps, vegetated roofs and sustainable building materials, Walking Mountains is the first science center in Colorado to achieve LEED Platinum Certification, exceeding requirements. Collectively, three of its buildings use half the energy of an average school building. Straw bale construction in some building walls provides sound-deadening insulation suited to a dry climate.

Gateway Arch National Park, St. Louis

St. Louis' CityArchRiver initiative raised a mile-long waterfront by 30 inches to reduce flood days by 67 percent without causing flooding downstream. "Spent grain donated by the neighboring Anheuser-Busch Brewery fertilizes our 4,200 trees," says Eric Moraczewski, executive director of the Gateway Arch National Park Foundation. In another innovation, "To aerate the soil without damaging historic relics,

radishes were planted throughout the park, allowing rainwater to seep deeper," he explains. "As radishes decay, nutrients are added to the soil."

Liberty Bell, Philadelphia, and Ground Zero Museum, New York City

"The area housing the Liberty Bell is limited. We installed our ActivePure technology that reduces 99 percent of surface microorganisms and 90 percent of airborne microorganisms," says Kevin Hickey, president of Aerus, LLC, in Dallas. "It keeps germs from spreading in crowded situations."

ActivePure is also in place at the Ground Zero Museum. "The nature of the artifacts often caused itchy eyes and coughs," Hickey recalls. "We donated freestanding units and saw improved air quality the next day."

Empire State Building, New York City

The iconic historic structure is the tallest LEED-certified building in the U.S. It's also the most photographed building in the world, according to Cornell University researchers in Ithaca, New York. All 6,514 windows were refurbished to be four times more energy efficient than before, reusing 96 percent of the original glass and frames.



Statue of Liberty, New York City

Cooking oils are repurposed as bio-diesel fuel here, annually diverting an average of 10 tons of waste from landfills. More than 6,000 pounds of coffee grounds from serving visitors and staff are composted. Lady Liberty has been 100 percent carbon neutral for 12 years.

South Carolina Aquarium, Charleston

Since 2001, the Aquarium has recycled everything from cardboard and paper to wine corks and ink cartridges. Charleston Harbor water fills the saltwater fish tanks, and landscaping using less-thirsty native plants reduces freshwater use.

While enjoying visits to America's landmarks, it's gratifying to realize so many are adopting eco-friendly measures.

Connect with the freelance writer via AveryMack@mindspring.com.

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CRAZY-GOOD CONDIMENTS DIY Versions Add Zest and Nutrients

by Judith Fertig

While not essential to every dish or meal, condiments provide extra flavoring, final flourishes and added enjoyment to any dish. Such meal accompaniments range from vinegars to spreads and sauces, finishing spice mixtures and natural salts.

America's previous king of condiments was ketchup. Today, according to a 2017 poll from *TheDailyMeal.com*, it stands behind mayonnaise and mustard with soy and hot sauce rounding out the top five (generic product ranking at *Tinyurl.com/Top20Condiments*).

We often take familiar condiments for granted, yet a look at their ingredients can be startling. Many prominently include processed corn syrup and other sugars, sodium, gluten, monosodium glutamate (MSG), artificial flavors and unpronounceable preservatives, according to Dana Angelo White, a registered dietitian in Fairfield, Connecticut.

Homemade versions of condiments provide a happy alternative. They not only taste great, but can be good for us. "Certain condiments add more to your meals than flavor—some actually improve your health," says White. The potassium in homemade mustard is good for the digestive system through stimulating the flow of saliva, suggests a study in the *Indian Journal of Medical Research*. Homemade ketchup made with small cooked tomatoes is rich in lycopene, a nutrient that protects

heart health, according to research published in the *American Journal of Clinical Nutrition*. White's fresh-made "THE Green Sauce," full of vitamin-rich avocado and cilantro, is replete with antioxidants (*Tinyurl.com/TheGreenSauceRecipe*).

Better Basics Ketchup

Heather McClees, a plant-based nutritionist in South Carolina who blogs at One Green Planet, once loved commercial ketchup; then she read the labels. "Most ketchup is made of tomato concentrates, sugars, including high-fructose corn syrup, cane sugar, agave nectar, coconut nectar/syrup, brown rice syrup, cane juice and cane crystals, vinegar, "spices" that is likely code for MSG, water and refined salt. All of this makes ketchup addicting," she says.

"While you could pay for pricey organic ketchup and condiments that come without added sugars, you can save money by spending five minutes in the kitchen to make your own." Find a recipe at *Tinyurl.com/HealthyKetchupRecipe*.

Mustard

Serious Eats food writer Joshua Bousel uses only six ingredients to make a deliciously easy Grainy Mustard: yellow and brown mustard seeds, dry white wine, white wine vinegar, kosher salt and an optional pinch of brown sugar. Learn how at *Tinyurl.com/WholeGrainDijonRecipe*.

Mayonnaise and Ranch Dressing

Eschewing eggs, J. Kenji Lopez-Alt, of San Mateo, California, uses aquafaba, the starchy liquid in a can of chickpeas, for a plant-based twist on emulsified mayonnaise. Find it at *Tinyurl.com/AquafabaMayoRecipe*.

In her Mebane, North Carolina, kitchen, Kim Campbell, author of *The Plant-Pure Kitchen*, makes a plant-based ranch dressing with tofu for body and nutritional yeast, herbs and lemon juice to achieve the characteristic flavor. Find it at *Tinyurl.com/HealthyRanchDressing*.

More Exotic Condiments Pomegranate Molasses

Sweet and tart pomegranate molasses can be used like vinegar in salad dressings, as a marinade ingredient or as syrup over pancakes and waffles. Angela Buchanan, aka Angela Cooks, a professor at the University of Colorado, in Boulder, who blogs at *SeasonalAndSavory.com*, follows the Whole30 program, which bars sugar. Because she also likes Middle-Eastern food, Buchanan experimented and created her recipe for Pomegranate Molasses without added sugar (*Tinyurl.com/PomegranateMolassesRecipe*).

Superfood Popcorn Seasoning

Green popcorn is fun. With a spirulina powder, garlic powder, sea salt and cayenne pepper spice mix, even a movie snack can be healthy. "Spirulina is one of the most potent of all superfoods. Available in a powder form, it's a blue-green algae that provides protein, B vitamins and iron. It's used as a natural energizer, digestive aid and detoxifier," says Tara Milhern, a holistic health coach in New York City. She also likes it sprinkled on baked potatoes or vegetables as a finishing flavor. See *Tinyurl.com/HealthyPopcornSeasoning*.

Without preservatives, homemade healthy condiments don't last as long as commercial versions. McClees advises, "I store mine in a glass mason jar for one week in the fridge. I choose a half-pint-size jar, since the less empty space there is at the top of the jar, the longer it keeps."

Natural Awakenings recommends using organic, non-GMO (genetically modified) and non-bromated ingredients whenever possible.

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

DIY Condiment Recipes



Plant-Based Ranch Dressing

“Ranch dressing can be dairy-free and made with tofu, making it plant-based and oil-free,” says Kim Campbell.

Yields: about 2 cups

2 lb tofu, about 2 (14-oz) packages
 1½ Tbsp fresh parsley, chopped
 ¾ cup onion, finely chopped
 2 cloves garlic
 3 Tbsp distilled white vinegar
 2 Tbsp agave syrup
 1 Tbsp lemon juice
 1 tsp nutritional yeast
 1 tsp dry mustard
 ¼ tsp paprika
 ½ tsp celery seeds
 1 Tbsp dried chives
 ¾ cup filtered water

Blend all ingredients in a food processor until smooth.

Courtesy of Kim Campbell, from the T. Colin Campbell Center for Nutrition Studies at NutritionStudies.org

THE Green Sauce

“This sauce is a salad dressing, dipping sauce or sandwich spread,” says nutrition expert Dana Angelo White. “After tasting it, you’ll be putting it on everything.”

Yields: about 2 cups

1 avocado, peeled and seeded
 Juice of 2 limes
 2 cups fresh cilantro (leaves and stems)
 1 jalapeno pepper
 2 Tbsp white vinegar
 1 Tbsp honey
 1 tsp kosher salt
 ¼ white onion
 1 cup filtered water

Combine ingredients in a blender and blend until smooth.

Taste for seasoning and adjust as needed.

If mixture appears too thick, add a little more water.

Courtesy of Registered Dietitian Dana Angelo White



Pomegranate Molasses

It takes about an hour to cook down, but homemade unsweetened pomegranate molasses is worth the time, advises Angela Cooks.

Yields: 1 cup

32 oz unsweetened organic pomegranate juice

Fill a saucepan with the juice and bring it to a low boil.

Reduce the heat so the liquid will stay at a low boil, and let the juice cook down to a scant cup of thick, syrupy liquid. This takes about an hour; note that it will thicken more once it is cooled.

Once arriving at a desired thickness while cooking, let it cool completely.

Transfer the pomegranate molasses to a glass jar to store in the refrigerator where it will keep well for a few months.

Courtesy of Angela Cooks, who blogs at SeasonalAndSavory.com.

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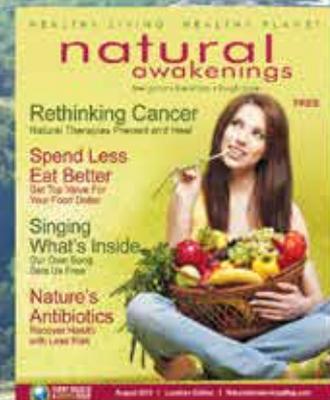
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Men Have Hormone Imbalances, Too

by Doug Pucci

When people think of hormonal imbalances, they usually assume women are the sufferers. But an increasing number of men now have hormone imbalances, as well; the most typical being high estrogen and low testosterone.

Today's lifestyles and environmental toxins, including hormones in some of the foods we eat, are major contributors to hormonal imbalances. Because of this, hormonal changes that normally wouldn't occur until mid-life are being seen in younger men (and young women, too) under the age of 35, and sometimes even in the teen years.

Some of the factors that contribute to hormone imbalances include: high carbohydrate diets, diets high in processed foods, chronic stress, which leads to adrenal fatigue, environmental chemicals, chemicals in personal care products,

plastics, being overweight and overdoing endurance or cardio exercises.

Many men brush aside the symptoms of hormonal imbalances, accepting them as a "new normal" and not realizing they're telling them that something is wrong. While it's true that men's testosterone levels decrease one percent per year after age 40, it's the ratio of testosterone to estrogen that can get out of sync. In addition, hormonal imbalances typically don't occur in isolation; hormones comprise a complex network that impacts upon and is impacted by other systems and organs in the body.

Here are some of the more common symptoms; those experiencing even just a couple of them should be tested: depression or anxiety, trouble sleeping, moodiness, low libido, night sweats, fatigue, poor energy, infertility, muscle weakness, trouble recov-

ering from exertion or exercise and gaining weight in the breast, abdomen, or hip areas.

While a hormonal imbalance can be high estrogen and low testosterone, there are a myriad other possible contributing or overlapping health factors, including adrenal fatigue, thyroid problems, hypoglycemia and more, so there is no one single solution for every person. Products advertised to correct hormone imbalances or articles giving general advice could make matters worse by increasing the levels of a hormone we already have too much of, or by worsening a contributing health issue we're unaware of.

We can, however, begin improving our overall health by adopting a healthier lifestyle: learning stress-reduction techniques, eliminating processed foods and added sugars, and getting regular exercise are all a good start on the journey toward optimal health.

A functional medicine doctor will do a comprehensive hormone test to find out exactly what's out of whack and by how much. These tests are far more in-depth than the standard hormone tests given by conventional physicians, allowing the treatment to be customized to finely target specific issues. As each issue causing the imbalance is corrected, treatment will be modified and adjusted until the hormonal balance is restored. Patients will be surprised at the positive changes they see in many different aspects of health.

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



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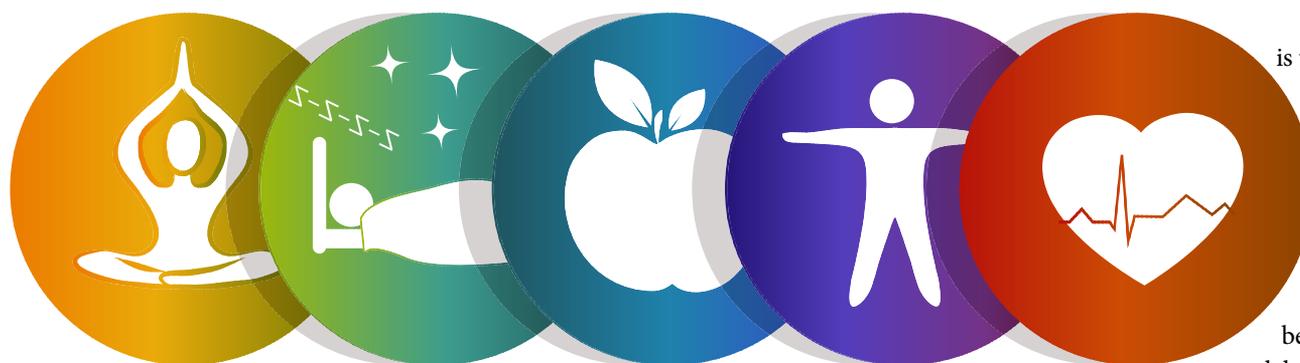
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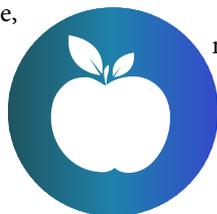
Natural Approaches Resolve Major Illnesses

by Linda Sechrist



Although natural health enthusiasts may recognize alternative healing modalities as a preferred approach to treatment, in the face of major health issues, even they tend to join the crowd that's turning first to conventional medicine.

Thus, many gentler modalities described in *The Encyclopedia of Natural Medicine*, co-authored by doctors of naturopathy Michael T. Murray and Joseph Pizzorno, remain largely untapped resources. Ignored because they are unsupported by traditional science-based medicine, holistic measures such as acupuncture, energy medicine, essential oils, herbs, detoxification, health-promoting diets, homeopathy, prayer and meditation, supplementation, yoga, massage and naturopathy are sacrificed in favor of often painful medical procedures and prescription drugs which can't claim to permanently cure anything and can have many harmful side effects.



Lack of Awareness

"A patient that dabbles in holistic medicine for minor health issues such as indigestion, headache or insomnia often turns to conventional methods after receiving a serious diagnosis such as diabetes, heart disease or cancer because they are scared," observes holistic physician Dr. Wendy Warner, medical director of Medicine in Balance, in Langhorne, Pennsylvania. The co-author of *Boosting Your Immunity for Dummies* suggests that relatively few people turn to natural solutions for both preventive and therapeutic measures because they're unaware they exist.

Integrative oncologists and endocrinologists that are aware of the benefits of natural complementary methods are scarce. Relatively few conventional doctors are educated in functional medicine. "Yet complementary modalities such as acupuncture, massage and some essential oils can support the immune system and help an individual deal with stress experienced from coping with their illness," says Warner.

Outside Pressure

Rob Wergin, an experienced energy medicine practitioner, speaks from experience regarding clients that consult him for life-threatening diagnoses. "When I see them, they're desperate and have exhausted all conventional methods. I'm their last-ditch effort," remarks Wergin. The most frequent reason he hears is, "My family, friends and doctor told me not to waste my money on charlatans."

"People find it challenging to put faith in natural methods and are nervous about going against a doctor's advice until they feel or see positive results; even these may not provide sufficient motivation to continue with alternative treatments," he says.

"I believe this is the result of the influence of pharmaceutical ads promising results, the medical community's belief in proof solely through

clinical trials, websites like *Quackwatch.com* and well-meaning friends insisting that the conventional route is the only way to go. It's sad to see the gravity of these influences pulling clients back into solely believing in the Western model of medicine," says Wergin.

Ann Lee, a doctor of naturopathy, acupuncturist and founder of the Health for Life Clinic, Inc., in Lancaster, Pennsylvania, notes, "This mindset continues to get reinforced by insurance companies that do not cover alternatives. Paying out of pocket for medical expenses also influences a patient's choices."

Kelly Noonan-Gores and Adam Schomer, director and producer, respectively, of the documentary film *HEAL*, suggest that unconscious conditioning plays the biggest role in an individual's choices. "We are deeply conditioned to view medical specialists and prestigious medical institutions as the ones with all the answers. Sometimes they do and sometimes they



don't," says Noonan-Gores, who intends to have her film awaken viewers to the possibilities of alternative paths of healing. As just one other example noted in the film, thousands have used the Emotional Freedom Technique (EFT), tapping on their body to help release the trauma and stress often associated with illness.



"Before, I wasn't familiar with EFT, which I continue to use and benefit from. However, despite everything I've learned, I can't give up on all Western medicine, put my faith in alternatives and let my intuition and faith guide me to healing. It's easier to be skeptical than to have faith," Lee says.

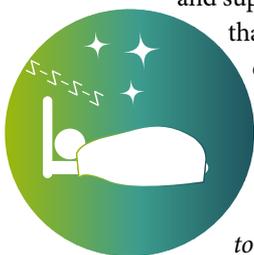
Resistance to Change

"The conventional medical community wants to maintain the model in which they have heavily invested centuries of time, energy and money. Patients that investigate integrative and complementary medicine may resist hearing that in order to get well, they might need to change their worldview and lifestyle, take a leave of absence from their job, develop a spiritual practice, exercise or maybe even leave a toxic relationship," says Schomer.

"Conventional medicine says take this pill and keep living your life the same way," says Schomer. "We are not demonizing doctors, pharmaceuticals or the medical system. We simply believe that individuals are more empowered to heal when they take control of their health."

Eva Lee, a resident of Los Angeles featured in the documentary, suffers from a rare and unpredictable form of blistering skin inflammation. "I've tested negative for faulty genes and all sorts of rare viruses and bacteria, which helped point me towards holistic methods. So far, following the directives of Dr. Mark Emerson, a chiropractor specializing in nutrition, in Maui, Hawaii, who I met while filming, has helped my body become healthier and deal with inflammation levels that rapidly reduced as soon as I detoxed and eliminated meat and dairy from my diet," says Lee. Still, it's hard for her to accept that her condition could be due to the type of stress and suppressed emotions

that Anthony William explores in his book *Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal*.



Quiet Role Models

Sheila Tucker, a resident of Navarre, Florida, has been a registered nurse for 20 years, practicing in hospital settings such as critical care, emergency and administration. "I know and understand doctors, surgeries and pharmaceutical treatments and hospitals," says Tucker, who recalls that throughout her life she was taught to believe in a system that suddenly stopped working for her.

"In 2014, I was dying from a rare autoimmune condition, requiring full-time care, and planning my funeral. Doctors had tried everything, yet my health continued to decline. When I saw a friend's Facebook posts about her use of essential oils, I was curious, but reluctant to reach out, and didn't want anyone to know that I called her for advice," recalls Tucker.

"Shortly after my friend arrived with her oils, my husband came home with our daughter, who had strep throat and a fever. She made us promise to use selected oils through the night and prayed with us." Tucker attributes the miracle of her daughter's turnaround the next morning to shifting her paradigm and opening her up to believing in the healing power of essential oils.

Thanks to her friend and role model, Tucker learned how to use therapeutic-grade oils, supplements and a healthy diet to cleanse her body of the heavy toxic load accumulated from several years of expensive drug treatments. Today, she is a healthy and enthusiastic advocate, and her personal results opened the eyes of her physician to the point where she also shifted her own philosophy of healing.

Tucker now offers educational classes in her office and online through her

website *FloridaOilsRN.com* that reaches hundreds of individuals worldwide. She advises, "Reach out to people that you see are having positive results with a different healing system than yours. Ask them to show, help and teach you. I've seen many people restored to health by using methods that science is only beginning to understand."

It's a Marathon

"Outside of any dominant paradigm, it's easier to cast suspicion than to make curious inquiry and, over time, working within a dominant worldview creates polarity, the antithesis of 'wholism.' An inclusive approach integrates all medical and complementary approaches, as well as interaction with the natural world," says Patrick Hanaway, a family physician and founder of Family to Family Medicine, in Asheville, North Carolina.

Hanaway, the former director of medical education for the Institute for Functional Medicine and the first medical director at

the Cleveland Clinic Center for Functional Medicine, explains,

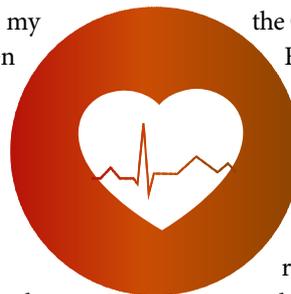
"Doctors have a rigorous job filled with responsibility. Change is difficult and investigating vastly different ways of practicing medicine requires a degree of curiosity and openness. I am heartened by

thought leaders and heads of top medical schools who are presently opening up to functional medicine, natural medicine and complementary approaches."

"The paradigm shift we are ushering in has been 50 years in the making," assesses Hanaway. "Some medical professionals are immersed in a polar view of right and wrong, offering personal attacks and disparaging comments to maintain control of the dialogue. This is not appreciated by patients who look to the doctor as a teacher—the Latin *docere* means to teach.

"The movement to change medicine and the cultural paradigm of healing is a marathon, not a sprint, and those of us involved are prepared to stay the course."

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at LindaSechrist.com.



KELLY NOONAN-GORES ON HOW WE SHAPE OUR HEALTH

by April Thompson

After Los Angeles native Kelly Noonan-Gores spent 20 years in front of the camera as an actress, she turned her talents to producing award-winning films like *Tooken*, *Beneath* and *Take a Seat*. She considers her latest, the documentary *HEAL* (HealDocumentary.com), to be her ultimate achievement. "I included as many inspiring stories of healing change as possible to expand viewers' beliefs in what's possible, to alter the narrative around mystery illnesses being incurable or cancer equaling death," says Noonan-Gores.



When she was prescribed Prilosec for acid reflux at age 28, Noonan-Gores decided she was too young and otherwise healthy to become dependent on it. By taking an integrative nutrition course, she realized the possibilities of alternative healing methods, catalyzing an ongoing exploration into optimizing life and health through the powers of mind, body and spirit. "We are not the passive victims of faulty genes; our lifestyle choices, thoughts, and beliefs shape our health," says Noonan-Gores, a longtime practitioner of yoga and meditation.

HEAL features uplifting interviews with the scientists, visionaries and healers that inspired her, including Deepak Chopra, Bruce Lipton, Marianne William-

son and patients diagnosed with diverse ailments that sought different healing modalities to take their health into their own hands.

What are some common elements in the stories of patients featured in HEAL?

One common thread revolves around our subconscious programming. From the time we're born, we are downloading "programs" or belief systems from society, parents, teachers and whoever and whatever else is in our environment. Many have learned through their own healing journeys of negative belief systems running their lives; each one had to become aware of these beliefs in order to change.

Another is that when events are too painful, we consciously suppress or unconsciously repress them, and that trauma stays in our cells and might manifest in disease. To move that stuck energy, we must heal that emotional trauma to allow physical ailments to transform.

A third theme is understanding how stress affects our lives and immune systems, and doing things to manage or mitigate it through tools like meditation or breath work. Some of the patients worked with spiritual psychologists using Emotional Freedom Techniques to release past stress held in their body, shifting beliefs to a trusting, non-victim place.

Dietary shifts also made a difference. In acute healing, we realize the effect of different foods which can reduce or exacerbate inflammation.

Which messages in how the body and mind collaborate to promote healing are audiences keying in on?

Visualization is a powerful and widespread tool in healing; we can use imagination to reframe and tell a different story. Research has shown that visualizations can affect brain chemistry and lessen side effects.

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what we want to happen, increasing the likelihood it will occur.

What role do faith and belief systems play in the healing journey?

It all comes down to what we believe. If you believe in and expect an effect, like what we see with a placebo, the brain will create and release natural chemicals that might be prompted by a targeted drug. Believing you are a victim of genes and circumstance induces stress, whereas having faith in a loving universe produces greater ease.

How do emotions influence health and healing?

Gregg Braden and Joe Dispenza, interviewed in *HEAL*, discuss how rage, jealousy, trauma and fear put the body in a stress response and create inflammation and other detrimental effects. But love, kindness, joy, gratitude and compassion release healing hormones and neurochemicals like oxytocin, serotonin and dopamine. It's empowering to know that when negative emotions arise, you can become aware of and release them, then pivot to focus on gratitude or do something that cultivates joy. It's a moment-by-moment choice.

Healthy people require a healthy planet; how can we apply these same principles to bring our world back into balance?

The more conscious we become, the more we treat ourselves, others and our Earth with compassion. As more people awaken and demand a different response, the paradigm will shift. Health care will have to change as we apply the power in our hearts and minds. Our bodies are a microcosm of the universe; the planet can heal itself and thrive as we remove the toxins and become fully aware of what we are putting in the air, water and soil.

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

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PERSONALIZED HEALTH CARE

Functional Medicine Leads the Way

by Linda Sechrist

Historical Overview

During the last 25 years, a less drug-based grassroots model for dealing with chronic illnesses in the U.S. has emerged. First labeled holistic, the movement gained momentum as alternative approaches morphed into being considered complementary to conventional medicine, warranting studies by the National Institutes of

Health. Responding to public interest, an integrative model of care that focuses on the whole person has taken root in medical institutions such as the Cleveland Clinic, in Ohio.

The latest evolution to a systems-oriented, patient-focused clinical model of functional medicine, which seeks to address causes of illness, rather than

simply treat symptoms, has been garnering increasing interest by the public and pioneering medical professionals. It's now maturing into personalized functional medicine.

New Standard of Care

One of the best-prepared, traditionally trained medical professionals in explaining this approach is Jeffrey S. Bland, Ph.D., recognized as the father of functional medicine, and author of *The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer and Happier Life*. He co-founded, with his wife, Susan, the Institute for Functional Medicine, in Washington, which provides a system geared to understanding the complexity of chronic illness and design individualized programs for more effective healing.

"Medical science didn't have the advanced technology 25 years ago to perform the research that now helps us better understand the complexity of chronic illness, as well as our present ecological view of the body. Today we're examining how all the networks of our biology intersect in a dynamic process that creates health when in balance or disease when out of balance," attests Bland, whose career has focused on searching for a unifying principle behind all healing that can be used to discern the best possible therapy for specific individuals.

Incorporating what he learned from Linus Pauling, Ph.D., two-time Nobel Prize laureate, and Lee Hood, M.D., Ph.D., as well as systems biology and practicing lifestyle medicine, Bland founded the nonprofit Personalized Lifestyle Medicine Institute (*PLMInstitute.org*) in 2012. Seeking to transform the entire medical approach to chronic illness, the Seattle-based organization is a virtual and onsite hub for health professionals, researchers, educators and the public to share ideas and converse about how personalized functional medicine can be delivered to everyone as an improved standard of care.

Role of Genetics

The National Human Genome Research Institute, in Bethesda, Maryland, maintains that an evolved approach to

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medicine starts with using an individual's genetic profile to determine the best path to preventing, diagnosing and treating diseases. By 2003, scientists had delivered the first essentially complete sequence and map of all the genes in the human body.

Three decades ago, the medical fraternity had few reliable explanations for the origins of chronic health issues. Today, accepted factors include predispositions for a specific disease related to an individual's genome, along with contemporary epigenetic influences such as nutrition, environment and lifestyle. None of these elements, however, necessarily define our destiny.

"This genomic personalized medicine approach is creating friends among all healing arts practitioners because it facilitates our using information to design a less-toxic environment, lifestyle, diet and treatment to meet an individual's specific needs and particular circumstances that led to a disease," says Bland.

"Diseases are only names assigned to a collection of symptoms," says Bland. "They don't indicate how the individual became afflicted. If 10 patients with Type 2 diabetes each had epigenetic variations that triggered getting the condition, it would be unwise to treat them all the same; it's far better to treat those factors that specifically led to the disease."

Addressing the concern that genetic test results might be used to deny someone health insurance, Bland notes, "This is a significant misunderstanding about genetic testing. Our genes don't tell us how we are going to die. They tell us how we should live. Understanding how our genes can help us live to 100 is a model of enlightenment. Those that practice this systems biology approach are counting on functional personalized medicine becoming the updated standard of care."

Physicians often offer genetic testing services. At-home DNA testing can be done using a saliva collection kit mailed to a laboratory, offering both ancestry and health information that must be interpreted by an informed professional.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at LindaSechrist.com.



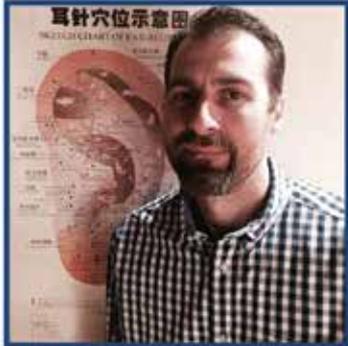
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Moving Through MENOPAUSE

Exercising Reduces Symptoms

by Marlaina Donato

Transitioning through menopause and the years of perimenopausal hormone fluctuation leading up to the finale can be physically and emotionally challenging for many women. Consistently following a healthy diet and positive lifestyle are important, and health researchers, doctors and midlife women can attest to the multidimensional benefits of exercise. Perks may include reduction of menopausal discomfort, better brain function, stronger bones and reversal of estrogen dominance syndrome that can set the stage for fibroids, cystic breasts, cancer, migraines and weight gain.

Get Moving

Studies of 3,500 women in South and Central America have shown that a more active life reduces hot flashes and night sweats. The results, published in *Menopause*, the journal of the North American Menopause Society, reveal that sedentary individuals often experience increased intensity of related symptoms like insomnia and irritability. Aerobic exercise such as regular walking, hiking, swimming or biking might also help the brain produce neurochemicals that are compromised when estrogen levels drop.

Sue Markovitch, author and owner of Clear Rock Fitness, in Columbus, Ohio, recommends aerobic exercise. “I believe our bodies were made to move. One of the amazing gifts of fitness is it’s truly never too late. When we incorporate daily movement in our lives, all the other systems in the body will work more according to plan. Simply taking a daily walk helps balance brain chemistry,” says Markovitch, who specializes in improving fitness levels for women over 40. “Walking is fitness magic, whether it’s on a treadmill, outside or in the pool. Get your heart rate into an aerobic zone, preferably for 30 to 45 minutes. I’ve heard testimony

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after testimony of improved sleep, less back or joint pain and better mood." She also suggests adding a few weekly sessions of resistance training to daily walks.

Most health professionals agree that balance is the key. Jeanne D. Andrus, a menopause expert and author of *I Just Want to Be ME Again*, in Covington, Louisiana, recommends cardio, resistance training and exercise that increases flexibility and core strength. "For a beginner, this may include two to four days of walking, one to three days of strength training and one to three days of yoga or Pilates, with the goal being three and a half hours of activity per week."

Of course, all of these need to be at appropriate levels for the woman's condition and goals," advises Andrus.

According to studies led by Helen Jones, Ph.D., from the Research Institute for Sport and Exercise Sciences at Liverpool John Moores University, UK, three, 30-to-45-minute aerobic sessions a week reduced hot flashes and yielded the most significant results.

Go Easy

While some conventional approaches suggest vigorous exercise, many holistic professionals caution against extremes. "It's important to individualize, and in my ongoing research it's clear that the high-intensity strength and sculpting approach so often promoted and perceived as necessary to maintain shape, weight and health is a myth," says Dr. Eden Fromberg, an obstetrician, gynecologist and founder of Holistic Gynecology New York, in Manhattan.

Instead, Fromberg recommends an integrated approach to exercise that supports connective tissue and joints. While some

forms of exercise including yoga are perceived as gentler than others, she warns against an all-or-nothing strategy, noting, "Intense, deep stretching and joint-straining may cause injury more easily during hormonal transition."

Andrus concurs, "If high cortisol levels are involved and accompanied by insomnia, stress placed on the body by rigorous exercise will increase these levels and actually lower available energy." She also advises adopting a non-aggressive approach for osteoporosis. "Weight-bearing exercise is a must, but if bone loss is already present, start much more gradually to ensure that bones are protected."

Lighten Up

Exercise can be more enjoyable than doing chores. Recreational activities such as dancing, biking or hopping on the swings at the playground are fun ways to do something good for both body and spirit.

Menopause can be a time for personal expansion and an invitation for self-care that might have been neglected or postponed. Fromberg believes we can all revitalize our resources at any stage of life, and the years surrounding menopause call for us to tune into ourselves even more. "What seems like a disruption is an opportunity to listen deeply and reimagine and reorganize one's life on physical, emotional and spiritual levels."

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

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An Accurate Look at Hormone Replacement Therapy

by Charles Mok

In the 1980s and 1990s, the number one prescription medication in the U.S. was the estrogen-based menopausal treatment Premarin. For decades, women with symptoms of menopause found improved quality of life with hormone replacement.

In 2002, everything changed. A specific drug called Prempro, a combination of a synthetic estrogen and a synthetic progestin, was found to cause an increased risk of breast cancer in women taking it over long periods of time. The result of these findings was widespread reduction of the use of hormone replacement and the common but misinformed belief that

hormone replacement therapy was unsafe.

At the time, there were substantial flaws in the original interpretation of the study's results. Most importantly, discussions over the results made no distinction between the synthetic and natural forms of hormone treatment.

Around this same time, another hormone was being assessed for use in menopausal women with sexual disorders: testosterone. While perhaps surprising, it is important to understand that testosterone is the dominant hormone in women. In fact, women have about 20 times more testosterone than estrogen. All estrogen in women is synthesized from testosterone

or a testosterone-like hormone. Without testosterone, there is no estrogen. In the early 2000s, the medical community knew that testosterone could be used to improve sexual disorders in women; but we were quite unclear on how dominant of a hormone testosterone was.

So in 2004, researchers in Australia studied the effects of adding testosterone pellets to conventional hormone replacement therapy. A testosterone pellet is testosterone compressed into a tiny grain of rice-like pellet that is inserted painlessly underneath the skin.

In this study, researchers noted remarkably reduced incidences of breast cancer in women taking testosterone in addition to conventional hormone replacement therapy, when compared to women taking conventional hormone therapy alone or taking no hormone replacement therapy at all. The study revealed that testosterone can suppress breast cell proliferation and the presence of breast cancer. Additionally, testosterone was found to improve the common symptoms of menopause.

A 10-year study done in the U.S. reported similar results in 2013. Preliminary findings showed that using testosterone alone, without any other hormone placement therapy, not only improved all symptoms of menopause in women, but also resulted in a substantial reduction in expected breast cancer rates.

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According to the study, use of testosterone pellets without estrogen or progesterone significantly improved patients' quality of life and all symptoms related to menopause, including hot flashes, sleep disorder, depression, irritability, anxiety, physical or mental exhaustion, sexual and bladder problems, vaginal dryness, and joint and muscular discomfort. Relief of these symptoms was achieved without any major adverse drug effects, and most significantly, women experienced 50 to 70 percent reduction in expected rates of breast cancer.

Most recently, in early 2017, a case report evaluated the response of a breast cancer (stage II) that was treated for roughly one-and-a-half months with testosterone, prior to any chemotherapy treatments. In a very short period of time the cancerous tumor shrunk by approximately 50 percent. When chemotherapy was added, the tumor disappeared completely, and a follow-up surgery failed to find any residual tumor.

For 15 years, study after study has shown that testosterone replacement can safely relieve symptoms of menopause in women and reduce their chances of breast cancer. Moreover, there is evidence that expected rates of breast cancer recurrence with testosterone replacement are substantially lower than traditional chemotherapy.

Despite the facts, testosterone replacement for women continues to be misunderstood. The simple truth is: there are ways for doctors and health-care providers to use hormone replacement therapy to not only safely manage menopause, but reduce the numerous health risks associated with aging. It is time for all women to understand their options when it comes to seizing control of their quality of life.

Locally, Dr. Susan Matos-Cloke is a certified Sotopelle-trained natural hormone specialist and a 30-year board-certified internist. She has helped hundreds of women and men regain their health and well-being by replenishing their bodies with 100 percent natural hormones. Matos-Cloke's therapy is designed to help individuals be happier and healthier with an improved quality of life and sense of well-being. As we age, our hormone levels decline. This decline coincides with a decrease in our body functions and quality of life. Nothing reverses aging, however, replacing deficient hormones can slow down the process and help us maintain our good health. Restoring hormones to youthful levels is the only strategy to regain what nature has taken away.

Dr. Susan Matos-Cloke owns and operates Advanced Hormone Solutions, located at 122 E. Ridgewood Ave., in Paramus. She provides both men and women with consultations to discuss treatment options and their efficacy, answer questions and cover treatment payment options. To make an appointment, call 201-225-2525, email Appointments@ahsclinics.com or visit AdvancedHormoneSolutions.com. See ad, page 17.

Dr. Charles Mok is a physician, business leader, speaker, and author of Testosterone: Strong Enough for a Man, Made for a Woman. Learn more at drcharlesmok.com.

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KID TALK

How to Communicate with a Child

by Amber Lanier Nagle

Dudley Evenson didn't set out to devise a strategy to foster constructive, nurturing communications between parents and their offspring. Yet as she and her husband, Dean, raised their three children decades ago, timeless guiding principles emerged.

"We were like other parents—learning and growing along with our children," says Evenson, a certified professional life coach, musician and co-founder of the instrumental recording label Soundings of the Planet (*Soundings.com*), in Bellingham, Washington. "Then, in the early 1980s, I met Joshua Halpern, who wanted to include our perspectives and techniques in his book, *Children of the Dawn: Visions of the New Family*."

So she shared her way of cultivating kind, caring and empathetic youngsters that has worked for two generations of her family: "Our role is not to impose our beliefs on children and grandchildren, but to guide and help them develop their dreams, visions, paths and passions." Other experts agree.

Stay Clear. Evenson contends that children are often mirrors of the surrounding moods and attitudes, so our example is paramount. "Children absorb our feelings and emotions," says Melanie Hogin, a social worker who counsels foster families in greater Nashville. "Transference" is its textbook term. Stay calm and clear when you are around children, and keep the lines of communication open."

Be Consistent. Evenson maintains, "Mom and Dad or the primary parental figures should try to establish a unified, mutually supportive program."

"Consistency is one of the cornerstones of effective parent-

ing," says Dana Cooley-Keith, with 20 years of experience working with families in crisis in Northwest Georgia. "Even if it's hard, it's particularly important for divorced parents to be consistent and on the same page. Otherwise, it creates stress for the entire family, adding more confusion to a child's life when the noncustodial parent allows something the custodial parent doesn't."

Be positive, honest, flexible, reasonable and understanding. "It is key to explain things to children and to listen to them," says Evenson's daughter, Cristen Olsen, of Seattle, who raised her daughter using her family's guiding principles, and now uses them as a nanny. "It helps them learn how to process situations and find their own resolutions to difficult problems."

Olsen says she becomes a mediator when the siblings she cares for don't agree. "We solve the problem together by hearing all sides, talking through the issues and reaching for understanding. Many times, the kids come up with their own solutions."

Provide meaningful boundaries and restrictions. Kids typically push to find their limits. "Establish limits and boundaries when children are young," says Cooley-Keith. "They will be more accepting of rules if you establish them earlier, rather than later. Most often, boundaries provide security for kids."

Accept their point of view. Evenson always encouraged her children to voice their opinions. "This is a great point," says Hogin. "For children to learn to have opinions and speak out, we must value what they say. We don't have to agree with everything they say, but should listen and encourage them to find their voice and use their words."

Trust children. "Believe in them," affirms Evenson. "Be on their side. Let them feel your support and love."

Don't nag. "We all want children to develop their own sense of responsibility," Olsen says. "I find making strong eye contact reinforces my words, so I don't have to nag or repeat myself often."

Be available, rather than putting kids on the spot in public. "If you correct or redirect a child in front of others, they will probably be focused on being embarrassed and fail to understand the lesson or reasoning a parent is trying to project," says Hogin. "Taking a step back and working out an issue one-on-one is usually more appropriate and effective."

Maintain good habits. Evenson emphasizes the character strength that comes from observing and practicing good habits and healthy lifestyles that avoids gossip and incorporates creative exploration of life. This includes "Doing everything in love," she notes. Such all-encompassing love balances love for our own children with love for all children and respect for all life.

Be patient with yourself. "No one is perfect," Evenson remarks. "Just do your best. Guide, console and discipline while keeping a sense of humor."

Connect with the freelance writer at AmberNagle.com.

Pillow Self-Talk

Three Questions to Ponder Before Sleeping

by Krista O'Reilly Davi-Digui

Asking ourself three purposeful questions before retiring each night can help us rest content knowing that although we may not have lived our day perfectly, we did live it well.

1 What are three things I am grateful for?

It's possible to live with eyes and heart wide open to the amazing beauty of each day, to receive it as a gift, rather than a guarantee. By looking, we can find gifts even amid uncertainty, struggle, pain or loss. In those times when we find ourselves fighting for gratitude, know that the grace found in thankfulness for even tiny blessings sustains us and builds resilience to walk through the storm and emerge intact.

Reading *One Thousand Gifts*, by Ann Voskamp, or *A Simple Act of Gratitude*, by John Kralik, may help inspire us to get started. With practice, expressing gratitude will come easily, like breathing or laughing with children.

2 What are two things I did well today?

Speaking words of life about ourselves, noticing what we do well and where we shine, may meet internal resistance. It seems second nature, especially for women, to see our own struggles or shortcomings, but not our beauty or all the ways we show up to serve others and use our strengths.

Deepening the roots of self-awareness and self-compassion that permit us to accept that we are good enough enables us to step out in calm confidence.

3 What is one thing I would do differently?

Some nights we may find that given the chance, we wouldn't have done one thing differently that day. More often we can identify something: a word spoken in impatience, spending too much time on the phone, being distracted from what's important to us, procrastinating out of fear, or even forgetting to properly nourish ourselves. Instead of criticizing, the goal is to notice how we could better live fully aligned to our bigger goals and established values.

Moment by moment, we can choose a growth mindset. We can learn to be as gentle with ourselves, as compassionate and forgiving, as we are with our children or spouse. We become aware that we get to choose who and how we want to be and that tomorrow is a new gift, a brand-new opportunity to more fully be our best self.

Asking and answering these three purposeful questions may take five to 20 minutes. If we're tempted to rush through it, remember that the resulting clarity and peace is worth the time invested.

Krista O'Reilly Davi-Digui is a holistic nutrition and joyful living educator. She writes at ALifeInProgress.ca, from which this was adapted.

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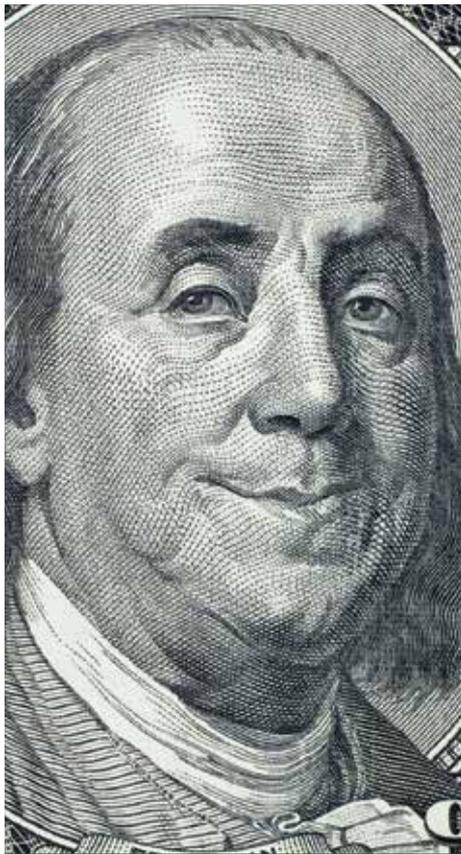
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Five Reasons to Love a Cat

They Bring Health and Happiness Home

by Sandra Murphy



MirasWonderland/Shutterstock.com

As beloved and compatible pets, indoor cats provide emotional, mental and physical benefits.

Time spent with cats is never wasted.

~Sigmund Freud

nature and make friends. At home, a cat's hunting skill and human creativity can be tapped using do-it-yourself treat dispensers

and toys or inventive games.

Companionship

Loneliness is never a problem with a cat around. "Cats need to be fed, have litter changed and be brushed," says Lisa Bahar, a therapist and clinical counselor at Lisa Bahar Marriage and Family Therapy, in Newport Beach, California. "Being comforted by a cat helps with depression and isolation."

While at Indiana University Bloomington Media School, Jessica Gall Myrick, Ph.D., now associate professor at Donald P. Bellisario College of Communications at Pennsylvania State University, in University Park, discovered watching cat videos isn't just fun, but a way to feel more energetic and positive. With some 94 million YouTube tales of cat adventures online, there's no lack of available mood boosters.

Exercise

Some cats enjoy leashed walks, presenting opportunities to mindfully enjoy

Improved Health

Talking to kitty can make a bad day better. A lap cat prompts enforced timeouts and excuses to nap. Petting reduces tension and stress. Aimee Gilbreath, executive director of the Michelson Found Animals Foundation, in Los Angeles, points to a study from Life Sciences Research Institute, in Pretoria, South Africa, showing, "Simply petting a cat can reduce stress-related cortisol, while increasing serotonin and oxytocin."

The Second National Health and Nutrition Examination Study Mortality Follow-up concluded that having a cat lowers risk of myocardial infarction (heart attack) and cardiovascular disease including strokes, making cats a novel path to a healthier heart.

When researchers reporting in the *Journal of the Acoustical Society of America* measured the purring sound of domestic

I have lived with several Zen masters—all of them cats.

~Eckhart Tolle



Sharing cat responsibilities tightened family bonds.

Cats like routine, especially for meals, making them good pets for Alzheimer's patients that may lose track of time.

Many people like the added warmth of a nearby sleeping cat at night. Fifteen minutes of exercise, followed by a snack, will put kitty on the owner's sleep schedule.

Cats are Low-Maintenance

Overall, cats are self-sufficient animals, requiring only love, food and a spotless litter box. Self-cleaning, most cats don't require regular trips to the groomer for haircuts and a bath. Scratching posts keep nails short. A snack, playtime or welcoming puddle of sunshine persuades kitty that it's naptime.

"In rescue, we say dogs are toddlers and cats are teenagers.



Cats live without constant oversight," says jme Thomas, co-founder of Motley Zoo Animal Rescue, in Redmond, Washington. "They're good pets for busy people. Adopt two at the same time so they bond and aren't lonely."

Cats are Eco-Friendly

A New Zealand study reports that cats have a lower carbon footprint than dogs, comparing dogs to a Hummer and cats to a Volkswagen Golf. Dogs eat more beef, incurring red meat's huge footprint. "Because cats eat less than most dogs overall, it saves money, too,"

says Gilbreath.

Everyone needs someone to care for and love. With about 77 million cats living in U.S. households and more in shelters or rescues, there's plenty of people- and planet-friendly love to be found.

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

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calendar of events

TUESDAY, MAY 1

Light Workers Earth Healing Meditation – 7pm. Meditate to send healing energy of love and light for peace to illuminate our planet both at home and globally. A clearing exercise connecting to mother earth, then connect to 5th dimensional energy of divine love and invoke and connect to the archangels. \$20. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999.

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.

The William D. McDowell Observatory – May 2, 9, 16, 23, 30. 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, MAY 3

Annual Herb Sale – May 3-5. 9am-8 pm; Sat, 9am-2pm. Pots of unusual, organic herbs and a selection of heirloom vegetables are available for purchase. Visit the History Center's several historic buildings while you are there. Crane House & Historic YWCA, 110 Orange Rd, Montclair.

SATURDAY, MAY 5

Windmill Planter: DIY for Kids – 9am-12pm. Discuss the benefits of non-polluting sustainable energy in a hands-on workshop where you and your child can build a model windmill that holds a beautiful seasonal flower or low maintenance herb just in time for Mother's Day. Once your planter 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 Hudson County Home Depots: Jersey City, Secaucus, North Bergen, etc. 800-466-3337. HomeDepot.com.

Nutritional Muscle Testing – 11am-3:30pm. Muscle testing, applied kinesiology, uses the body as a dowsing tool. Learn the points on the body that reflect nutritional and health status. In nutrition it is a tool illustrating the need for compliance to a program. \$75, \$50/students of Dian's Six Month Nutritional Certification. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973 267-4816.

Prenatal Classes – May 5, 12, 19, 26. 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 Aromatherapy and Safety of Essential Oils – 3-5pm. What are essential oils and from where do they come? If used inappropriately they can be dangerous to health. Thus, you need to educate yourself. Learn with Rosa Ilic. This is an educational workshop not a sales presentation. Rosa is not affiliated with any essential oil company. \$25. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. 201-644-0840. VistaNaturalWellness.com

Eco-Cruise: Meadowlands Discovery – 3-5:30pm. An excursion through the tidal reaches of the Hackensack River and the Meadowlands. The shallow draft boats are able to visit numerous wetlands, including the Sawmill Creek Wildlife Management Area – *The Jewel of the Meadowlands* – home to shorebirds, waterfowl, herons, raptors, muskrats and more. Narrated by a licensed Captain, birds, wildlife and the region's history are some of the topics covered. Suggested donations: \$20, \$10/child under 13; no children under age 4; reservations required. Laurel Hill Park, Laurel Hill Rd, Secaucus. RSVP: 201-968-0808.

SUNDAY, MAY 6

Rock the River: Palisades Races – The most scenic races anywhere. The half marathon is a challenging but rewarding race along Henry Hudson Drive - one of the nation's first recognized scenic roads - as you ascend then descend the cliffs. The 5K has elevation changes of just over 200 feet. The 6K takes Long Path up the cliffs, across the ridgeline, then back down to the river. Proceeds from the races support the Palisades and the Parks. Ross Dock, Palisades Interstate Park, Fort Lee. 845-786-2701 x 252. RockTheRiverRace.com.

Wellness Workshop – 9am-1pm. Based on Ilchi Lee's new book *I've Decided to Live 120 Years*. \$95. Body & Brain Yoga/Tai Chi Wyckoff, 525 Cedar Hill Ave, 2nd Fl (above Chase Bank), Wyckoff. 201-444-6020. BodyNBrain.com/Wyckoff.

Sunday Afternoon Concert – 3pm. The All Seasons Chamber Players present *Dancing On Air*: music for flute and strings by Mozart, Bach and Dvorak, and solo pieces for cello. Guest artist:

Joel Rudin, viola. Free. Ridgefield Public Library, 527 Morse Ave, Ridgefield. 201-941-0192. AllSeasonsChamberPlayers.org.

Guided Nature Walk – 3-4pm. Enjoy the season with a guided walk along one of the Center's trails with an environmental educator. Whether a first time visitor or a regular on the trails, participants will enjoy different sensory experiences in the forest. All ages welcome; an adult must accompany children; no strollers please. Inclement weather postpones the program. \$6, \$3/members, children under 2. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093.

TUESDAY, MAY 8

Meditation Series with Lois – May 8, 15, 22, 29. 11am-12pm or 6:15-7:15pm. Meditation is a way to touch our inner essence. When we feel inner peace, we enjoy being ourselves. Explore different methods to begin your meditation practice using breath, mantras, guided imagery, tingsha bells and crystal bowls. No experience needed, Registration required. Body Image Boutique, 96 E Allendale Ave, Saddle River. 201-708-8448.

Aura Workshop – 6-8pm. Learn about the aura, what it does, and how to sense or see the aura. Topics include colors, shape, and dimensions of the aura; how to interpret and best ways to see or sense the auric field. \$50, \$35/students of Dian's Six Month Nutritional Certification. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973 267-4816.

Holistic Chamber of Commerce Millburn Chapter Meeting – 6-8pm. You are invited to join the group. Cost: \$15/at the door, \$10/members; non-members may attend one meeting before joining. Info: 973-218-5219. HolisticChamberOfCommerce.com/NJ-Millburn.

THURSDAY, MAY 10

Card & Chart Readings – 10am-5pm. Michael Ziakowski offers guidance from the stars, planets, your higher self, tarot, guardian angels, spirit guides and loved ones from the other side who want to help you on your journey. \$65/30-min card reading, \$75/30-min chart reading. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973 267-4816.

Lecture: The Les Paul I Knew – 7:30pm. Michael Braunstein, executive director of the Les Paul Foundation, offers his unique perspective on Les Paul as a successful musician, innovated engineer and creative marketer; a wealth of knowledge beyond the music. Refreshments will be served afterwards. \$3, free/members. Ramapo Reformed Church, 100 Island Rd, Mahwah. RSVP: 201-512-0099. MahwahMuseum.org.

FRIDAY, MAY 11

Bohemian Symphony Gala – 7:30pm. The Adelphi Orchestra presents a program including: Dvorak's *Carnival Overture, Op 92*; Mahler's *Rückert-Lieder*; Tchaikovsky's *Symphony #5 in E minor, Op 64*; and Saint-Saëns' *Introduction and Rondo capriccioso in A minor, Op 28*. Conductor, Richard Owen and performers baritone Andrew Cummings and Nathan Meltzer, violin. Funding in part by the New Jersey State Council on the Arts/Department of State, River Dell Regional Middle School, River Edge. 201-477-0406. AdelphiOrchestra.org.

SATURDAY, MAY 12

Access Bars Class – 9am-5pm. Learn to give and receive the Access Bars, a noninvasive, gentle, energy body process for dynamic change, which involves touching 32 points on the head that start to clear limitations you have about various areas of your life, creating more, peace, awareness and possibilities. Pre-registration required. Theresa Obsuth, 22 Madison Ave, Paramus. 201-655-3836. Access-Consciousness.com.

The Giant Stairs Guided Hike and Scramble – 10am-2pm. Be prompt, be prepared; this loop hike descends the Palisades cliffs, follows a challenging, rocky path along the Hudson River, passes a scenic waterfall, and climbs to reach a panoramic viewpoint over the river. It's a challenging 4 mile, 3.5 hour scramble for experienced hikers. Bring lunch. Free. State Line Lookout, entrance on PIP northbound between Exits 2 and 4. Info, RSVP, Christina Fehre: 201-615-9226. NJPalisades.org.

markyourcalendar

SATURDAY, MAY 12

Journaling Workshops – 11am-1pm & 2-4pm.

Journaling for Educators: 11am-1 pm.; Educators reflect on needs as leaders and masters of content. The discussion, led by a certified educator, will be anchored by educator-centric journaling prompts. *Journaling for Busy People Who Can't Sit Still*: 2-4pm. Learn to integrate moments of solace into your busy life. For creatives, type A personalities, and perfectionists. \$25/per session. Berkeley College, Rm 124, 64 E Midland Ave, Paramus. Tinyurl.com/ayesga.

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, students. Central Unitarian Church, 156 Forest Ave, Paramus. MetaphysicalCenterOfNewJersey.org.

Intro to Crystals – 2pm. Learn how crystals come to emit energy and how to choose, set intentions and care for your crystals. \$20; please register. Earths Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings@gmail.com. EarthsHealings.com.

Seasonal Scavenger Hunt – 2-3pm. Families with children 4 and up receive a set of clues to help solve nature riddles along the trails. Families need to work as a team as they hike the trails to complete the hunt and receive a small prize. Program is intended for adults and families. Children must be accompanied by an adult. Inclement weather cancels program. Tenafly Nature Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

Dentist Wellness Day Matters: Do You Suffer From Allergies – 2-5pm. Find out how true holistic dentistry combined with natural allergy solutions can enhance your total body wellness. A panel of experts discusses allergies and addressing them in a holistic way. Come for great info and stay for food and fun. Free. Holistic Dental Center, 91 Millburn Ave, Millburn. Call for details: 973-379-9080.



SUNDAY, MAY 13

Mother's Day Hike to the Women's Monument – 11am-1pm. Guided hike with Eric Nelsen to the cliff top monument in Alpine dedicated in 1929 to honor the role that the New Jersey State Federation of Women's Clubs played in preserving the Palisades. Easy, 4 miles, 2 hours. Free. The Park Headquarters, Exit 2 PIP, Alpine Approach Rd, Alpine. 201 768-1360 x 108.

WEDNESDAY, MAY 16

Backpacking Basics – 7-8:30pm. Take the mystery out of backpacking with an overview of planning, preparation and gear. Learn to choose a pack, select proper clothing and footwear, get important notes on trail etiquette and Leave No Trace principles, understand what you need to reach your destination. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

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. Past President and Museum Collections Chairperson Deborah Powell offers a visual tour through centuries of Bergen life via its artifacts. Come and have a taste of what awaits when the museum is completed. Free. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739.

THURSDAY, MAY 17

Eating Psychology: Dimensions and Energy of Food and Thought – 9:30am-12:30pm. Human Services Institute workshop will examine the complex relationship we have with food and teach principles that support healing disordered eating. Participants will learn to identify disordered eating habits and take a holistic approach toward establishing a healthy relationship with food. \$38. Bergen County Administration Building, One Bergen County Plaza, Hackensack. RSVP: 201-336-7425.

Webinar: Relieving Dental Anxiety Naturally – 7-8pm. Anxious about your upcoming dentist appointment? Learn to experience a relaxing dental visit naturally. Speaker, Dr Vladimir Gashinsky DDS NDAIAOMT; moderator, Fran Horning RDH, IAOMT, IABDM, AAOSH. Free. Call for details: 973-379-9080. Register: HolisticDentalCenterNJ.com/Our-Webinars/.

SATURDAY, MAY 19

Signs and Symptoms of Nutritional Deficiencies, Part Two – 11am-1:30pm. Covers the signs of a body's nutrient depletion as represented by various symptoms; e.g. excess ear wax indicates insufficient

omega three. Symptoms are merely the body revealing our deficiencies. Learn what your body may be telling you. \$50, \$35/students of Dian's Six Month Nutritional Certification. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973 267-4816.

Product Demo Party – 12-4pm. An afternoon of new product demos: FIR's healing tourmaline infused products, Pure-Light's mold killing light bulbs. and coming products which could change the world. Come discover something new. Lots of gluten-free samples to snack on. The Health Stop, 291 Franklin Ave, Wyckoff. 201-904-2273. HealthStopNJ.com.

Intro to Smudging – 2pm. Learn to smudge with sage and other herbs, why we do it, when to do it, various types of smudges, and proper methods. \$20; please register. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings@gmail.com. EarthsHealings.com.

Music on the Rocks – 7-10pm. Classic rock, soul, & reggae with the Earth Monkeys Band. No advance reservations required. Some seating at café tables available, or bring your own chairs. The State Line Café at Lookout Inn will remain open with a special evening menu, or visitors may bring a picnic supper. Adults may bring their own beer or wine. Rain Date: May 26. \$5. State Line Lookout, Palisades Interstate Park, 264 Palisades Interstate Pkwy, Alpine. 201-750-0465. NJPalisades.org.

SUNDAY, MAY 20

Pinkster Fest – 1-5pm. Celebrate spring with country dances to Ridley and Anne Enslow featured fiddle and hammered dulcimer, a Maypole dance at 1:30pm and the Tricorne Ensemble maypole dance at 3pm, a short story of the holiday in Steuben House at 2:30pm, Dutch donut demos in the Out Kitchen from 2-3pm, naturally dyed eggs for Pinkster, doughnuts and lemonade and Pinkster cake served in the 18th century tavern. Demarest House opens for tours and spinning demonstrations. Historic New Bridge Landing, 1201-1209 Main St, River Edge. RevolutionaryNJ.org.

THURSDAY, MAY 24

Soul Reading with Akashic Records – 1-7pm. The Akashic Records are where all experiences in your lifetimes are contained. This session will activate the healing energy of the Akashic Records. Lori Chrepta will receive guidance for you from your guides to assist you in moving forward. She will also work with your guides and channel energy from the hierarchy of light to bring about transformation and healing. \$130/60-min reading. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973 267-4816.

SATURDAY, MAY 26

Intro to Candle Burning – 2pm. Learn about combining candle burning with your intentions, how to anoint candles, the meaning of colors and how this simple practice may help reach your goals. \$20; please register. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings@gmail.com. EarthsHealings.com.

SUNDAY, MAY 27

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.

MONDAY, MAY 28

BCHS Memorial Day Wreath Laying – 10am. The Bergen County Historical Society honors the veterans of all wars with a wreath-laying at the grave of General Enoch Poor in the burial ground of the First Dutch Reformed Church on the Green. Excerpts from chaplain Israel Evans' graveside funeral oration will be read at the ceremony, followed by a tour of the historic cemetery. First Dutch Reformed Church, 42 Court Street, Hackensack.

WEDNESDAY, MAY 30

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.

plan ahead

FRIDAY, JUNE 1

markyourcalendar

FRIDAY, JUNE 1

Special Meditation Retreat: The Change; Finding a New Direction in Life – Thru 6/3. Being able to feel opens so many doors to life and its incredible treasures. Awaken this wonder for life by expanding and deepening your ability to feel and enjoy a richer, more fulfilling life. Donation \$195. For more information: call 201-370-6433, or email Aaponte1127@gmail.com.

THURSDAY, JUNE 7

Chinese Face Reading Workshop – 7:30-9:30pm. A branch of Chinese medicine based on markings on the face. Learn to use this skill to determine if someone is a good match for a relationship, or even to find the quickest cashier at the checkout. Find what strengths and weaknesses these features and marks show to help see yourself and others as they truly are. \$20, \$15/members, students. Central Unitarian Church, 156 Forest Ave, Paramus. MetaphysicalCenterOfNewJersey.org.

ongoing events

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

sunday

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. Tinyurl.com/ZENGARL.

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.

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

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

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

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

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. 1st Mon. 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.

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 Pranik Healing, 420 Valley Brook Ave, Lyndhurst. 201-896-8500. PranikHealingUSA.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.

Zen Community Meditation – 7:30-8:30pm. Sit in silence for 20 minutes, for 2 sessions, with a 5-min walking meditation, between the sittings. An informal discussion follows. We befriend one another with this simple, worthwhile activity. Donations welcome. Zen Garland NY-NJ Sangha. Located @ Body and Brain Yoga Center 495 N Franklin Turnpike, Ramsey. Contact: Susan Eiori Bruce 201-248-0632. Tinyurl.com/ZENGARL.

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.

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.

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

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

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

Beginners Group Meditation – 6pm. Guided

group meditation for beginners will teach the basics of how to breathe and relax in order to obtain the fullest benefits of meditation. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings@gmail.com. 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.

Modern Family Pub Trivia – 7-9pm. Test your knowledge of all things Modern Family. Six players max per team. Event is free to play but the food or drinks for this event is paid by participants. Poutin Still, 774 Main St, Hackensack. Genesis Jais: 201-343-4169 x 35.

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

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. JCCOTP.org.

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

Beginners Group Meditation – 11am. Guided group meditation for beginners will teach the basics of how to breathe and relax in order to obtain the fullest benefits of meditation. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings@gmail.com. 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 Pranic Healing, a simple yet powerful and pain-free healing modality. The Center for Pranic Healing, 420 Valley Brook Ave, Lyndhurst. 201-896-8500. PranicHealingUSA.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. Tinyurl.com/ZENGARL.

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 vocabu-

lary, writing vocabulary. Classes are free to all and no registration required. Must have some literacy skills to take the class. Free. Johnson Public Library 274 Main St, Hackensack. Michelle Ferreira: 201-343-4169 x 34. JohnsonLib.org.

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

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

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

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

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

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

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

Beginners Group Meditation – 6pm. Guided group meditation for beginners will teach the basics of how to breath and relax in order to obtain the fullest benefits of meditation. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings@gmail.com. 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. Tenafly Public Library, Friends Room, 100 River Edge Rd, Tenafly. 201-568-8680.

Beginners Group Meditation – 11am. Guided group meditation for beginners will teach the basics of how to breath and relax in order to obtain the fullest benefits of meditation. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings@gmail.com. EarthsHealings.com.

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 Pranic Healing, 420 Valley Brook Ave, Lyndhurst. 201-896-8500. PranicHealingUSA.com.

Zen Morning Practice and Introduction – 9am-noon. Zen is about finding yourself as well as finding truth. Believing in yourself, knowing "who you really are", living in your own way. Free. Vajradhara Meditation Center, 358 Greenmount Ave, Cliffside Park. 201-370-6433.

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, Tenafly Public Library, 100 Riveredge Rd, Tenafly. 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 Pranic Healing, 420 Valley Brook Ave, Lyndhurst. 201-896-8500. PranicHealingUSA.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, Tenafly Nature Center, Tenafly Nature Center, 313 Hudson Ave, Tenafly.

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

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

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

community resource guide

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

ASTROLOGY

WHITE WIZARD ASTROLOGY

Northern New Jersey
908-268-6674
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
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 26.*

GERTI SCHOEN,

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



Are you feeling disconnected from your own inner strength? Do you find that relationships can be frustrating or painful? I specialize in relationship counseling, small group work, anxiety and trauma resolution. Using effective tools

such as energy psychology, breath work, meditation, psychodynamic psychotherapy, tapping, dream interpretation and shamanic journeying, I help adults and couples create the life they want. *See ad, page 19.*



ENERGY HEALING

ACCESS CONSCIOUSNESS

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



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

is a gentle touch energetic process that allows you to release limiting thoughts, beliefs, judgments and attitudes, thereby, supporting you in generating greater possibilities. What would it take for you take a step toward having more clarity, peace and joy in your life? As an experienced holistic practitioner, I offer private sessions and Access Bars classes. *See ad, page 31.*

HEALING CENTERS

ADVANCED MEDICAL CARE CENTER

Dr. Roman Finn
22 Madison Ave, Paramus, NJ 07652
201-291-0401 • DoctorFinn.com



Successfully combining the very best of traditional and complementary medicine. Experienced professionals providing compassionate care. Comprehensive analysis of your current "Level of Health" and prevention and treatment

of various medical conditions. Non-invasive testing of the cardio-vascular system. Diagnose and treat musculoskeletal, neurological disorders. Stress management including biofeedback. Most labs and tests performed on the premises. Working with major insurance companies and Medicare. *See ad, back cover.*

THE CENTER FOR PRANIC HEALING

Health Through Energy
420 Valley Brook Ave, Lyndhurst, NJ
877-787-3792 • fax 201-896-8501
PranicHealingUSA@gmail.com
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.*

HOLISTIC DENTAL CARE

VLADIMIR GASHINSKY, DDS

91 Millburn Ave, Millburn
973-457-4688
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



"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 27.*

KAMBO PRACTITIONER

WARRIOR WAY HEALING

WarriorWayHealing.com
201-663-5916
WarriorWayHealing@gmail.com



Sacred Amazonian medicine in Bergen County, NJ. Jumpstart 2018 with a deep cleanse of body, mind and spirit by a very skilled, experienced and certified Kambo practitioner. Kambo is known as the "Vaccine of the Forest" and is one of the best,

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



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.

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Clinical Nutritionist Dian Freeman has a private practice in Morristown. She teaches a six-month nutritional certification course and has certified over 700 graduates in Holistic Health over the last 14 years. She also practices frequent 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 19.

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 13.

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.

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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.

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We are braver and wiser because they existed, those strong women
and strong men... We are who we are because they were who they were.
It's wise to know where you come from, who called your name.

~Maya Angelou

classifieds

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OPPORTUNITIES

HEALTH FOOD STORE EMPLOYMENT – Seeking person to open our Bergen County store at 11am and help out with various tasks. Please email your information and phone number to CleomeBlooms@Hotmail.com. Potential candidates will be contacted for interview.

INTERNS WANTED – DIGITAL MARKETING, WRITERS, OFFICE HELP – *Natural*

Awakenings Magazine of Bergen and Passaic counties, a print magazine and online publication reaching 50,000+ readers every month, has several internship positions available. Our publication is a 20-year-old rapidly-growing national franchise and the premiere natural living (health, wellness, organic, green, sustainability) magazine in the US with currently 95 active publishers across the county. No phone calls please! Email your resume with cover letter to: Publisher@NaturalAwakeningsNNJ.com.

JOURNALISTS WANTED – We offer periodic paid writing assignments. Please apply if your skill level is in line with the caliber of the articles in this magazine. We respond to all submissions. Email us two articles written by you in the last 6 months in the same journalistic style (3rd person voice): Publisher@NaturalAwakeningsNNJ.com.

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SCHOOLS

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