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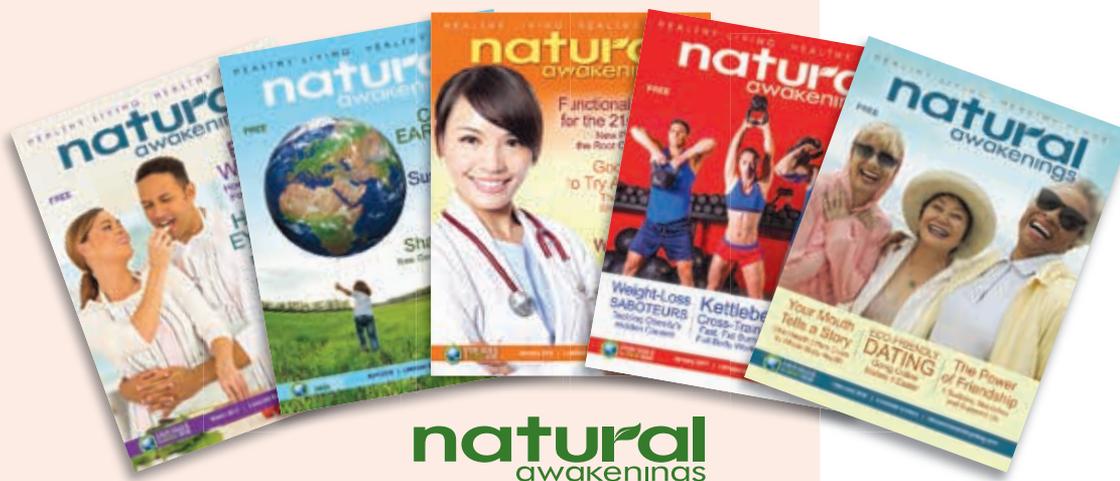
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Dr. Doug Pucci is the owner of Pucci Wellness Center, in Oradell, New Jersey, established in 1987. The author of *You Are Not Your Diagnosis*, an essay about shedding labels and treating root causes, he offers thyroid and hormone balancing, comprehensive lab work, pathogen detection, including for immune system triggers such as mercury and food toxins, and nutrition. He recalls, "My mom was a very holistic figure; I grew up in that kind of household."

Pucci's awakening to a higher calling was forthcoming. A lot of patients came in with thyroid issues, gastric problems, depression, anxiety and different things. When you're using the term "functional," it's a new branch of science that's been around for maybe 15 years at this point. A functional approach has really become a necessity; even the American Medical Association is telling us that traditional medicine is failing in chronic diseases.

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Nancy Barrett, Certified Holistic Manual Lymphatic Therapist:

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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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 NaturalAwakeningsMag.com

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Natural Awakenings is printed on
 recycled newsprint with soy-based ink.

letter from publisher


Did you ever think that perhaps we're born into this world for the love of our own drama? In a recent phone conversation with Christopher, from White Wizard Astrology, (See page 41), I was reminded that we function as serious method actors when we incarnate here to play our chosen roles on the grand stage

of life. If we're not careful and go unchecked for a while, we can be engulfed in our own drama, whatever it may be.

Engaging in drama is self-abuse, because it's essentially an addiction. Neuroscientist Billi Gordon, Ph.D. believes, "The obvious answer is drama gets attention. However, it is more than that. Drama causes the pituitary gland and hypothalamus to secrete endorphins, which are the pain-suppressing and pleasure-inducing compounds that heroin and other opiates mimic. Hence, drama eases the anxiety of wanting more attention than you are getting. Naturally, since drama uses the same mechanisms in the brain as opiates, people can easily become addicted to drama. Like any addiction, you build up a tolerance that continuously requires more to get the same neurochemical affect. In the case of drama, this means you need more and more crises to get the same thrill"

Water tends to seek it's own level, so if you're wondering if you are perhaps suffering from drama addiction, simply look at the prominent people in your life; those that typically orbit you on a regular basis. We humans tend to mirror certain aspects of each other's personalities. Drama addicts will typically attract other drama addicts, as well as "audience members", because without an audience, there can be no show—remember that the next time drama erupts from a friend or family member.

Another friend once told me a tale about his divorce. He and the wife opted for counseling before pulling the plug. My friend was usually alone in those sessions because the wife didn't like the topics being raised. The counselor told him that he was not required to participate in his wife's drama. What a brilliant solution to employ when there appear to be no other viable options. We can simply opt out, unless of course, we routinely like a good conflict to kick up the endorphins!

Jerry Hocek and Angelica Pat Sanshompoo, Publishers

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

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

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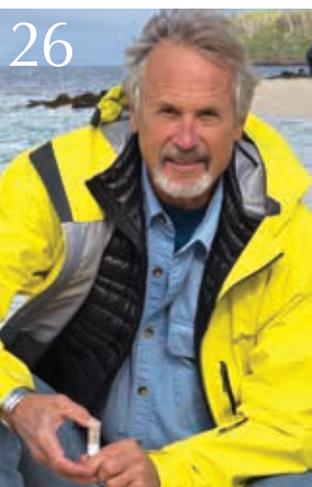
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Moth Night at DeKorte Park



The Meadowlands Environment Center will host Moth Night, co-sponsored by the Bergen County Audubon Society, the New Jersey Sports and Exposition Authority and Friends of the East Brunswick Environmental Commission, from 8:30 to 10 p.m., July 24, in Lyndhurst.

Moth expert Elena Tartaglia will discuss the importance of these fascinating insects and how they benefit the environment. Participants will be allowed to enter the park and attract moths using industrial lights and sugar bait. Some of the moths likely spotted include Pearly wood nymphs, wavy lined emeralds and rosy maple moths. There will also be fun activities for kids and adults.

Admission is free. Location: 1 Dekorte Park Plaza. For more information, call 201-460-4619, email Info@njmeadowlands.gov or visit njsea.com.

Nutrition Demonstration at the Valley Hospital

The Valley Hospital is sponsoring a lecture, Healthy Summer Sweets—A Nutrition Demonstration, with Jacylyn Murphy, RDN, from 10:30 a.m. to noon July 24, at the newest Valley Center for Health and Wellness building, in Mahwah.



Enjoying treats is an important part of healthy nutrition, but making good snack choices can be challenging for many. Through this lecture, Murphy will help participants discover ways to create and savor summer sweets without sacrificing their health and expanding their waistlines.

Cost: Free. Location: 1400 MacArthur Blvd. For more information or to register (required), call 1-877-283-2276 or visit ValleyHealth.com.

Aromatherapy Lecture at Englewood Public Library

The Englewood Public Library will host a lecture, Aromatherapy For Adults, Children & Teens, with Certified Aromatherapist Karen Ravensbergen from 7 to 8:30 p.m., July 10. Participants get an introduction to healthier and more natural solutions to taking care of themselves and she will show how to make one or two very easy products to enjoy at home



Ravensbergen has earned certification with the Aromahead Institute and is a professional member of the National Association for Holistic Aromatherapy and the Alliance of International Aromatherapists.

Admission is free. Location: 31 Engle St. For more information, call 201-568-2215, email Programming@englewood.bccls.org or visit EnglewoodLibrary.org.

New Wellness Center in Hasbrouck Heights

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HEALING 4 THE SOUL

Correction

In our June issue, the article “Hormone Therapy Resolves Many Aging Symptoms in Women”, the byline was incorrect. It was written by a staff member of SottoPelle. We regret the error.

Raising Energy Frequency Workshop

Healing4thesoul Wellness Center is holding a workshop, Raising Frequency, from 7 to 8 p.m., July 16. It will first define energy frequency and explain how it applies to everyday life. Gaining a deeper understanding of energy frequencies allows us to vibrate at a frequency that serves us better. Developing these tools will also help us to recognize the power we have to choose our energy frequency.

A healthy human body vibrates at a frequency ranging from 62 to 78 Hertz. If the frequency drops below 58 Hertz, this is when disease, stress, illness, allergies and other environmental toxins affect the body. That is why it is extremely important to keep our energy frequency vibrating high.

Cost \$35. Location: 199-B Boulevard, Hasbrouck Heights. To register (required) or for more information, call 201-288-0011 or visit Healing4thesoul.com. See ad, page 9.



Earth's Healings Hosts Belladonna Kuchar, Psychic Healer

Earth's Healings, in River Edge, will present an evening with world-renowned psychic healer Belladonna Kuchar from 7:30 to 9 p.m. July 26. She will conduct a group healing session discussing and demonstrating the use of qigong and psychic abilities to diagnose and clear trapped energy from unresolved traumas that typically present as emotional or physical pain or discomfort.

Kuchar is certified in qigong and tuina therapy, trigger point massage therapy, Chinese cupping therapy, reflexology and massage therapy. She is also a reiki master, energy healer, medium, empath and channel, possessing, she says, advanced psychic ability from a young age.

By combining massage, other bodywork and energy healing, Kuchar clears unresolved trauma that can lead to stress, anxiety, high blood pressure, depression, addictions, digestive disorders, chronic pain, dysfunctional relationship patterns and more.

Cost is \$55; individual sessions available. Location: 792 Kinderkamack Rd., River Edge. To register (required), call 201-800-0570, email EarthsHealings@gmail.com or visit EarthsHealings.com. See ad, page 30.



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news briefs

Hackensack Riverkeepers Host River Cleanup

The Hackensack Riverkeepers will conduct a land-based cleanup party from 9 a.m. to noon, July 22, at Mackay Park, in Englewood. Volunteers will rid the park and its surrounding areas of all unwanted trash, and are advised to wear sensible shoes and clothing that can get dirty. Cleaning supplies, pizza and refreshments will be provided. It is recommended that they bring bug spray and sunscreen.



Location: 130 W. Englewood Ave. For more information or to register(required), call Catlin Doran at 201-968-0808, email Outreach@HackensackRiverkeeper.org or visit HackensackRiverkeeper.org.

Household Hazardous Waste Collection in Mahwah

The Bergen County Utilities Authority is sponsoring a household hazardous waste drop-off from 9 a.m. to 3 p.m., July 21, rain or shine, in Mahwah.



Acceptable items include pesticides, glue, aerosol cans, drain cleaners, fire extinguishers, thermostats, fluorescent light bulbs and lighter fluid.

All items should be in their original containers and labeled. Anything without a label will not be accepted, nor will computers, electronics or tires. Businesses that wish to leave waste must preregister, and a disposal fee will be charged and collected.

Free for Bergen County residents (proof of residency required). Location: 200 Campgaw Rd. For more information, call 201-807-5825. A complete listing of acceptable and unacceptable material is available at bcua.org. For more information on how to preregister a business for this event, call 201-807-8696.

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Chair Yoga at Teaneck Public Library

A chair yoga class is held from 6 to 7 p.m., every Wednesday, at the Teaneck Public Library, conducted by Sujatha Nair, of the Art of Living Foundation. The class includes meditation, breathing exercises, yoga sequences and yoga poses that target balance, strength and body connection.

Chair yoga is a very gentle form of practice designed for people that cannot get down on a mat. It has been proven to help people with symptoms of cardiac issues, hypertension, anxiety, chronic fatigue syndrome, arthritis, multiple sclerosis and many other health ailments.

Admission is free. Location: 840 Teaneck Rd. For more information or to register, call 201-403-7229 or visit Tinyurl.com/ArtOfLivingTeaneck.

***New* Wellness Center for Women in Oradell**

Have you ever wondered why one diet works for one person but not the other?
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health briefs

Warming Planet Will Worsen Sleep

As Earth's climate becomes warmer, sleepless nights will increase for many, predicts a study from the University of California, San Diego. The research links sleep data on 765,000 Americans collected by the U.S. Centers for Disease Control and Prevention with climate models that predict warming trends. Rising temperatures could cause six additional nights of poor sleep per 100 people by 2050 and 14 by 2099. Seniors, which have difficulty regulating body temperature, and low-income people without air conditioning, are likely to be the most affected.



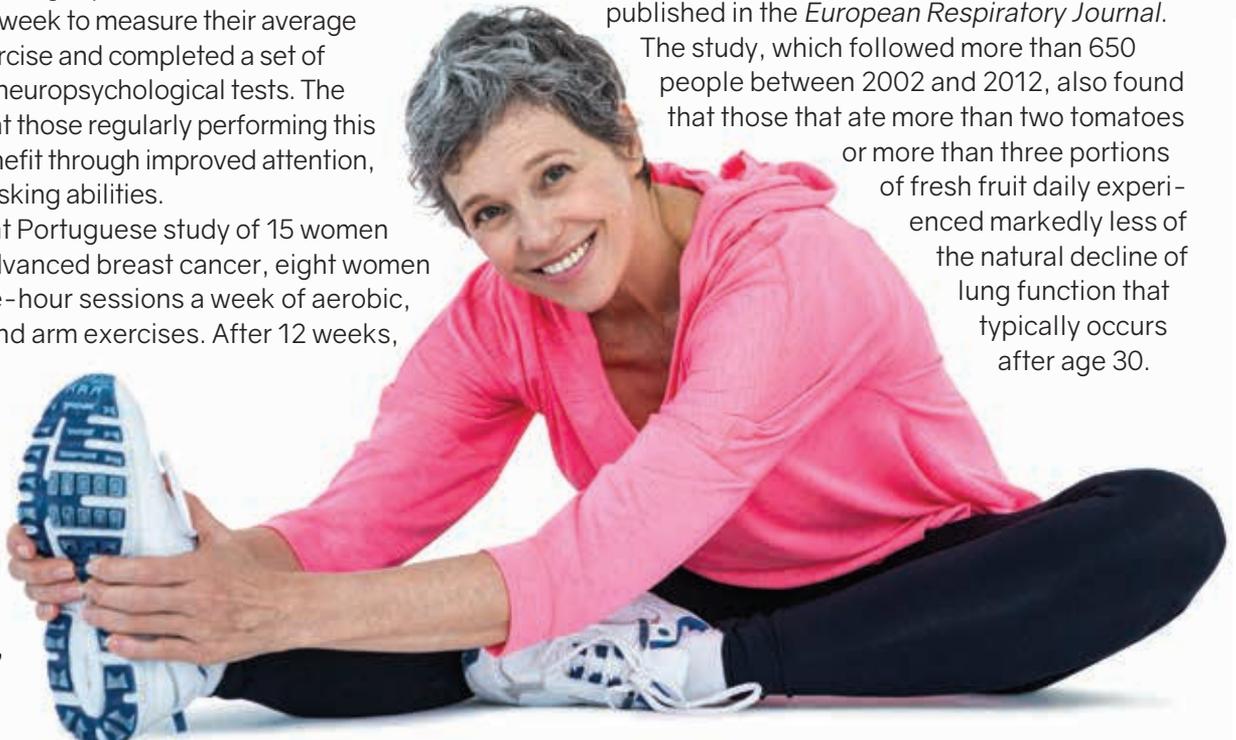
Pesticides Lower Birth Weights

The danger of pesticide exposure for expectant mothers has been confirmed by a study of half a million people in the San Joaquin Valley of California, a heavy-pesticide region in which more than one-third of U.S. vegetables and two-thirds of our fruits and nuts are grown. Studying birth records, researchers from the University of California, Santa Barbara, found that the top 5 percent of women with the highest exposure had negative effects for all birth outcomes, including low birth weight, gestational length, preterm birth and birth abnormalities.

Exercise Benefits Cancer Survivors

Moderate-to-vigorous physical activity increases cognitive function and reduces fatigue in breast cancer survivors, concludes a University of Illinois at Urbana-Champaign study. The 299 participants that had undergone chemotherapy an average of eight years earlier wore an accelerometer for a week to measure their average daily minutes of exercise and completed a set of questionnaires and neuropsychological tests. The findings suggest that those regularly performing this level of exercise benefit through improved attention, memory and multitasking abilities.

Also, in a recent Portuguese study of 15 women being treated for advanced breast cancer, eight women performed two, one-hour sessions a week of aerobic, strength-training and arm exercises. After 12 weeks, they experienced significantly less fatigue and pain, improved cardiovascular fitness, better emotional well-being and a greater ability to perform daily tasks, compared to the control group.



Eating Apples and Tomatoes Repairs Lungs

Eating lots of fresh tomatoes and fruit, especially apples, helps heal damaged lungs of ex-smokers, reports Johns Hopkins University research published in the *European Respiratory Journal*.

The study, which followed more than 650 people between 2002 and 2012, also found that those that ate more than two tomatoes or more than three portions of fresh fruit daily experienced markedly less of the natural decline of lung function that typically occurs after age 30.





Steam Baths Ease Allergies

Researchers from Thailand had 64 people suffering from hay fever (allergic rhinitis) experience half-hour steam baths three times a week for four weeks. Half received baths without herbs; the other half's baths were enhanced with herbs such as lemongrass and ginger. The two treatments equally lowered symptoms such as sneezing, nasal itching and nasal congestion, but those taking the herbal baths reported greater satisfaction with their treatment.

Bee Venom Is Powerful Lyme Disease Remedy

Bee venom and its toxic component, melittin, can reduce the bacterium *Borrelia burgdorferi* that causes Lyme disease more effectively than standard therapy using antibiotics such as doxycycline, cefoperazone and daptomycin. The laboratory findings come from the Lyme Disease Research Group at the University of New Haven, in Connecticut.



Walking Speed May Predict Dementia

A recent study published in *Neurology* suggests there is a link between walking speed and the onset of dementia in older adults. Using a stopwatch, tape and an 18-foot-long hallway to measure the walking speed of 175 adults aged 70 to 79, University of Pittsburgh researchers found that in the course of 14 years, those that slowed down by 0.1 second or more per year were 47 percent more likely to develop cognitive decline. The slowing walkers also experienced shrinkage in the right hippocampus, associated with complex learning and memory. The results held true even after realizing that a slowing gait could be due to muscle weakness, knee pain or another disease.

Similarly, a study published in *Neurology* of 93 adults 70 and older found that slow walkers were nine times more likely to develop non-memory-related mild cognitive decline than moderate-to-fast walkers. Walking speed was monitored using infrared sensors in their homes over a three-year period; participants regularly took memory and thinking tests.



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therapy spotlight

Auriculotherapy

Relieves Stress and Improves Sleep



Stress and sleep disturbances typically occur together because when we don't get enough rest, anxiety levels can increase dramati-

cally. Ear seeds are small implements that stimulate specific acupressure points by exerting mild pressure to calm the mind and body and improve sleep.

According to Traditional Chinese Medicine, the ear hosts acupressure points that correspond to each part of the body. When we stimulate a point, the smooth and abundant flow of *qi*, or vital life energy, returns to the related organ or area, allowing healing to take place. Ear seeds can be used alone or with acupuncture or acupressure to treat a host of symptoms, and provide support for weight loss, smoking cessation or addiction recovery.

Published in the academic journal *Holistic Nursing Practice*, a study titled "Effects of Auricular Acupressure Therapy on Stress and Sleep Disturbance of Middle-Aged Women in South Korea," examined the effect of auriculotherapy (auricle means ear) on the stress and sleep levels of the subjects, two groups of middle-aged women in Seoul, South Korea. Researchers divided the women into two groups.

One group received auricular acupressure therapy twice a week for two weeks. The placebo control group only had skin tape adhered to the points with no acupressure needles or stimulation. A stress scale, cortisol level blood tests and a sleep status scale were used to measure results. The findings revealed significant improvements in the physical and psychological stress, cortisol blood levels and sleep quality for the women that received acupressure as opposed to the control group that did not.

The study's authors concluded that health care providers should consider providing auricular acupressure therapy as an alternative method for addressing stress and sleep disorders.

Ear seeds don't involve needles; however, they operate on the same principles as traditional acupuncture. Instead of using needles to stimulate certain points on the ear, the seeds apply steady, gentle pressure throughout the day. To mimic the study's effects, users can try ear seed kits designated for stress and insomnia that contain significant calming and soothing properties."

Naturopathic Doctor Angela Serritella, owner of Beauty from Inside & Out, a full-service wellness and beauty center in Oradell, provides auriculotherapy treatments at 617 Oradell Ave., Ste. 3R, 2nd floor, Oradell. For more information or to schedule an appointment, call 973-615-2486 or visit, CompleteWellnessWithin.com. See ad, page 11.

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Fight Seasonal Allergies Naturally

by Doug Pucci

Seasonal allergies can seriously impact our lives, causing us to feel so miserable and distracted that we can't function effectively. Many people turn to over-the-counter medications like Benadryl, Dimetapp and Chlor-Trimeton, believing that because they don't require a prescription, they're safe to use as much as necessary. Nothing could be further from the truth.

All medications, whether prescribed or not, carry health risks and side effects that we may fail to observe. While some people don't bother to read the warning labels, others expect—and accept as inevitable—common side effects like dizziness, dry mouth, tiredness, diarrhea, nervousness and others. Although this shouldn't be acceptable and may be causing other harm, there are even more serious health risks associated with these drugs, from racing or uneven heart rate and increased blood pressure to short-term memory loss and impaired cognitive function.

The Fisher Center for Alzheimer's Research Foundation reported on a study conducted by Group Health and University of Washington researchers which revealed that allergy medications can cause “damage to the brain”, and that people taking these drugs are at a higher risk of developing dementia and Alzheimer's disease. That risk increases with higher dosages and long-term use. There are a few natural ways to

ward off allergy symptoms that also yield other health benefits—a double win.

Improve gut health. Our gut affects more aspects of health than we may think, from brain function to immune and nervous system performance. A diet riddled with processed foods and sugars can cause perforations in the intestinal wall, a condition called leaky gut. These tiny holes allow toxins, bacteria and undigested food to leak into the bloodstream, causing myriad problems such as allergies, asthma, skin problems, fatigue and more. Healing the gut through elimination of inflammatory foods, choosing whole foods over processed foods and limiting or eliminating NSAIDs and alcohol are just some ways to control allergies and improve overall health.

Antacids aren't an answer. An unhealthy gut can cause symptoms like heartburn, but regular antacid use can actually cause allergies. This is because antacids are acid blockers—they block stomach acid to calm the burning or nausea symptoms, but the stomach needs that acid to activate the enzymes that break down allergens.

Natural antihistamines. Natural allergy calming antioxidants include glutathione, which comes from foods like broccoli, garlic and onion. These sulfur-rich foods can pump up antioxidant levels, and a good additive-free supplement can

Healing the gut through elimination of inflammatory foods, choosing whole foods over processed foods and limiting or eliminating NSAIDs and alcohol are just some ways to control allergies and improve overall health.

extend those benefits all year long. Other supplements for quieting the histamine response and boosting immunity include vitamin C and colostrum.

Vitamin D. Most of us don't get enough sunlight, especially during winter months when days are short. That can leave our bodies too low on vitamin D, which is essential for a healthy immune system. Test vitamin D levels first, but as a safe bet, take a high-quality dose daily to restore and replenish this important nutrient to the proper level.

A functional medicine doctor can help uncover any allergies or sensitivities we may have and give personalized advice on how best to treat them so we can enjoy every season of the year.

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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New Wyckoff YMCA Wellness Center is Thriving

by Brielle Bleeker

With more people making an effort to live their best life, wellness centers have been opening to meet those needs. The Wyckoff YMCA Wellness Center opened last fall and has seen tremendous interest and growth since then. Director Ellen Babajko offers a welcoming place for people to de-stress, wellness workshops and healthy living initiatives. She says, “I think people need to take a breath and take a little time for themselves. If that means giving themselves a massage or sitting in on a lecture or taking a meditation class, these are all things that can make people well-grounded.”

With the addition of the wellness center, the rest of the YMCA was updated by adding new spin bikes with consoles and additional times for classes. With so much to offer in fitness and wellness, there really is something for everybody at the Y, and more is being added all the time. Spring will see mediation classes conducted by the Ramapo College Krame Center for Meditation. Babjko says, “It’s a great place to learn and work out and make friendships.”

There are so many different aspects of wellness, and the Y is thinking outside the box to present classes that are relevant to what’s new in wellness. For example, after regular classes on Tuesday nights, one of the instructors has been conducting demonstrations of singing bowls. There are also plans to introduce more variety in classes offered to men. Yoga and Scotch is just one idea to incorpo-



rate not only the fitness aspect of what the Y has to offer, but an interactive moment, too.

According to Babajko, “When you see people all the time in a class, you don’t really get to talk to them, so having a social event afterwards is a nice way to bring people together to get to know each other, and it makes everyone look forward to going more.”

The Y has always been a one-stop shop for kids, parents and seniors, so with the wellness center bringing a holistic aspect to health and wellness, awareness is growing and people are learning that there is another world of options to live a healthy life. “Everybody is so used to doing what they’ve done for years, and it takes time to try a different approach to living,” says Babajko.

Community involvement has always been an integral part of the YMCA, and there are guest speakers and local businesses the Y plans to bring in to educate people about all aspects of life. With all that and more to come, the Wyckoff YMCA Wellness Center has started off on the right foot.

The Wellness Center at The Wyckoff Family YMCA is located at 691 Wyckoff Ave., in Wyckoff. For more information, visit Tinyurl.com/wyckoffy or call 201-891-2081.

Brielle Bleeker is a frequent contributing writer for Natural Awakenings magazine.

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Four Steps to Authentic Living How to Live a Deeply Joyful Life

by Jan Desai

1. Connect with the inner voice.

Uncovering authenticity comes from within. We learn to discern and heed the inner voice of wisdom through daily silence, a still space that allows messages to resonate. This ever-present guidance system is always spot on.

The key is to connect often. Be grateful for the fruits of quiet moments. Maybe they occur during prayer and meditation, in the shower, walking in solitude without earphones or driving with the radio off. Breathe deeply, cherishing an open heart. Gut feelings often presage inner knowing.

2. Realize the difference between soul and ego.

Connected with our soul—the seat of everything positive, the venue of all potential and light—we experience spaciousness, unconditional love and complete support.

If accusations, blame or heavy judgment arise, it's just the ego trying to maintain the status quo. By dismissing its raging, it dissipates.

3. Reconnect with authentic selfhood.

We must banish every misconception and lie we tell about ourselves. Falsehoods define us just like the things that are true.

Take a good, long look in the mirror and ask, “Who is this person? What has made me who I am today? What experiences have created this unique divine work? Are my eyes alight or dim? What am I feeling? Am I weighed down by burdens, exhausted by current choices?” Simply ask the questions; don't look for answers, but be wary of the ego's vote for falsehoods.

4. Find some crazy joy.

Beginning today, do one new thing daily that brings joy. Temporary happiness builds and reinforces joy, but soul-deep joy weaves a base of strength within. It's an attitude—an outlook.

When we are flourishing spiritually, emotionally and physically, it evokes joy in how we live and feel. Move out of familiar comfort zones and do something unexpected. Pursue a heartfelt desire long delayed. Watch a comedy with friends. Take a dance class. Call an old friend. Volunteer somewhere nurturing.

Be in this moment. Understand that this is what life will feel like when living authentically, free of masks and pretense—when each day is meaningful and suffused with joy.

Remember, authentic living is about the journey, not the destination.

Jan Desai is a wife, mother, entrepreneur and visionary who transformed her life at age 50 by breaking with conventions. She shares her lifetime of learning at JanDesai.com.

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10 Anti-Inflammatory FOODS

Flavorful Ways to Lower Disease Risk

by Judith Fertig

Any time our bodies sense an “invader”—a microbe, virus, plant pollen or unwelcome chemical—they go into high alert, producing white blood cells to fight it off. Once the danger has been thwarted, normal functioning returns.

If we continue to expose ourselves to these threats, then the high-alert process, known as inflammation, becomes chronic. This disturbance of natural equilibrium can lead to cancer, heart disease, Alzheimer’s, arthritis, depression and pain. It can also mask or worsen autoimmune diseases. Eating foods with natural anti-inflammatory properties can help the body function better.

Physician Support

“Many experimental studies have shown that components of foods or beverages may have anti-inflammatory effects,” says Dr. Frank Hu, also a Ph.D. and professor of nutrition and epidemiology in the department of nutrition at the Harvard School of Public Health, in Cambridge, Massachusetts. “A healthy diet is beneficial not only for reducing the risk of chronic diseases, but also for improving mood and overall quality of life.”

Hu, Josh Axe, a chiropractor and doctor of natural medicine, in Nashville, Tennessee, and Dr. Andrew Weil, director

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Lois Kramer Perez

of the Arizona Center for Integrative Medicine at the University of Arizona, in Tucson, promote anti-inflammatory foods, backed by recent studies, on their websites.

“Small, gradual changes are typically more sustainable and easier for the body to adapt to,” writes Axe. “So rather than emptying your pantry and sailing off to the Mediterranean, you can pursue an anti-inflammatory diet one step at a time.”

That’s what Andrea Adams Britt did. A professional wedding cake baker from Lee’s Summit, Missouri, Britt experienced bewildering symptoms, including digestion issues, depression, migraines, weight gain and skin irritation. In 2015, she eliminated flour and sugar from her diet, and then added more organic leafy green vegetables, coconut oil and wild-caught salmon. Her symptoms went away one at a time, and by last January, she had also lost 100 pounds. The solution for her was to create flavorful dishes that she enjoyed eating, so she did not feel deprived.

Weil advises, “The best foods are those that offer disease-preventive benefits such as anti-inflammatory effects and delectable flavor. When I eat such foods, I feel as though I’ve hit a grand slam homerun—the sensory pleasure is heightened by the fact that each bite contributes to my overall well-being.”

His take on an Anti-Inflammatory Food Pyramid at Tinyurl.com/Andrew-Weil-Food-Pyramid offers a broad sample of these foods in an easy, downloadable graphic.

Reducing inflammation in her body has also led to better mental and emotional health for Britt. “I am a happier person,” Britt says. “I can control my emotions, focus my thoughts and am more at peace.”

Inflammation Food Fixes

- 1 Green leafy vegetables** such as Swiss chard contain natural anti-inflammatories such as vitamins K, D and C, says Axe.
- 2 Beets** have a natural antioxidant, betalain, an anti-inflammatory compound that inhibits the activity of enzymes the body uses to trigger inflammation, advises Axe.
- 3 Sea buckthorn berry juice** (known as olivello juice) is one of the most concentrated natural sources of vitamin C, says Weil.

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4 Ginger is a potent anti-inflammatory food that also helps reduce intestinal gas and prevent nausea, advises Weil.

5 Green tea is best enjoyed hot with a little squeeze of lemon; it may reduce cholesterol levels, ultimately assisting in lowering the risk of cardiovascular disease, per Weil.

6 Virgin coconut oil has anti-inflammatory and analgesic properties, according to a study published in *Pharmaceutical Biology*. Britt eats a total of one-and-a-half tablespoons a day in hot drinks, salads or soups.

7 Tomatoes are an easy-to-use and a tasty anti-inflammatory food, says Axe. He notes, “They are a rich source of lycopene, betacarotene, folate, potassium, vitamin C, flavonoids and vitamin E.”

8 Bok choy has potent anti-inflammatory and anti-cancer effects, as well as a higher concentration of betacarotene and vitamin A, than any other variety of cabbage, according to Weil.

9 Black cod, also known as butterfish or sablefish, has even more omega-3 fatty acids than salmon, notes Weil.

10 Walnuts, rich in omega-3 essential fatty acids, help protect against metabolic syndrome, cardiovascular disease and Type 2 diabetes, says Axe.

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

Inflammation-Causing Foods

Dr. Frank Hu, of the Harvard School of Public Health, suggests limiting these foods that inflame, all found in a typical fast food meal.

1. Refined carbs, such as bread buns and sugars
2. Sodas
3. Red meat and processed meat
4. French fries and other fried foods
5. Margarine

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Biological Dentistry Encompasses the Entire Body

by Vladimir Gashinsky

Oral medicine can be understood in several ways. One would be as dentistry for people with medical illnesses,



such as palliative treatment for mucositis in people undergoing cancer chemotherapy or preoperative screening for heart surgery or joint replacement to rule out infections that could threaten the outcome of the procedures. Another way to conceive of oral medicine is to concentrate on the connection between oral conditions and the health of the rest of the body. The effects of periodontal infections on markers of systemic inflammation and cardiovascular health are the best-known examples.

A third way to look at oral medicine is to consider the effects of dental materials and dental procedures on the overall health of the body. For those that perform healing functions by implanting foreign or synthetic materials in people's bodies, the constant challenge is to understand the toxicology, immunology and microbiol-

ogy of their work and to minimize its impact on the biological terrain of patients.

"Do no harm," goes the injunction. But we can

never be certain that a negative biological response to the work, something unforeseen, will not occur, whether in the whole population or in a single individual patient. We can only be vigilant for new information to refine our techniques and sensitive to new discoveries that call into question previously accepted views. Until we can replace body parts like teeth with all "self" materials, the concept of biocompatibility will always represent an approximation and a work in progress.

A general principle of biocompatible dentistry would state that everything we implant or leave in and around a tooth represents a systemic exposure with an impact that must be accounted for. As we pursue the main agenda of dentistry, restoring function and eliminating disease, we have two very broad challenges. The first is choosing

among the synthetic materials for restorative and esthetic functions, and the second is reducing the presence of pathogens.

There is a lot of evidence that professionally recognized restorative materials vary widely in their biological response, both in toxicology and in individual reactions. Equally, some recognized procedures in dentistry, especially in endodontics, periodontics and oral surgery, can actually allow the maintenance of populations of pathogens in internal spaces where they don't belong.

Amalgam-derived mercury distributes itself throughout the body. It crosses the blood-brain barrier, passes through the placenta and goes into breast milk, resulting in measurable exposure to infants, which are more susceptible to the negative effects than adults. No one has disputed this. Even dentists and staff have been affected adversely by their occupational mercury exposure. Toxicologists have not been able to detect a minimum level of exposure at which there is no adverse physiological effect.

Vladimir Gashinsky is the owner of the Holistic Dental Center of New Jersey. For more information, call 973-457-4688 or visit HolisticDentalCenterNJ.com. To register or replay past webinars or subscribe to the YouTube channel for information about holistic practices, procedures, patient testimonials, tips and news, visit Tinyurl.com/ddswbtv. See ad, page 4.

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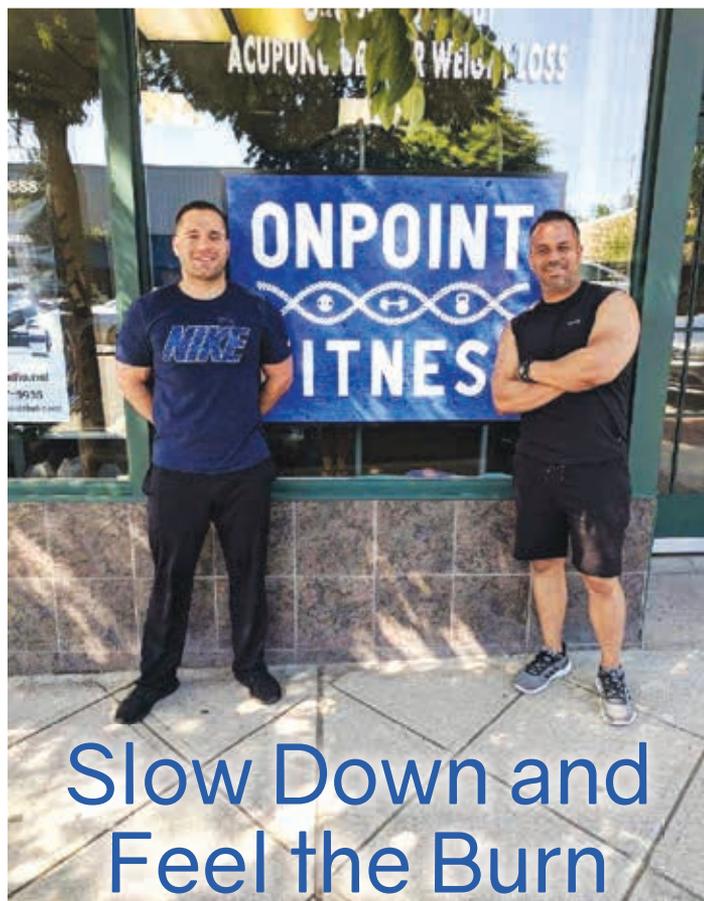
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practitioner profile



by Maria Karameros

Fitness trends come and go, but few have as much empirical support as the Slow Burn workout. Based on a method of resistance training called the SuperSlow protocol, this workout burns fat, builds muscle and increases strength. Even more impressive is the fact that it can be done in as little as 12 minutes a week.

The SuperSlow protocol came about in 1982 when a designer for Nautilus, Inc., devised a way for osteoporosis sufferers to safely train for a research study. To protect the frail, elderly subjects from injury, they were instructed to use slow, controlled movements with low weights. Their gains in strength were so promising that YMCA fitness Research Director Dr. Wayne Westcott ran several studies a decade later, comparing the method to traditional repetition/speed programs, and found a 50 percent difference in strength gains. Despite its original intent, people of all fitness levels can benefit from the protocol.

The logic of the workout is to slowly perform each repetition for 10 seconds in each phase of movement so that the muscles become fatigued with a small number of reps. These controlled, thoughtful movements eliminate the momentum the weight exerts on the exerciser (momentum is counterproductive because it decreases the work a muscle does). The result is an efficient and intense workout.

Despite this intensity, in his book *Body by Science*, exercise scientist Dr. Doug McGuff states SuperSlow is far safer than regular forms of weight training. One longtime enthusiast of the protocol and book is local Chiropractor and Licensed Acupunc-

turist Dr. Steve Lavitan. He believes that the Slow Burn and Body by Science program is the safest, fastest, most efficacious way to increase strength; increase lean body mass; slow down and even reverse osteoporosis; strip glycogen from muscles and increase insulin sensitivity; increase muscle mass and organ reserve; and increase cardiac efficiency.

The benefits are fairly self-explanatory, except for organ reserve—according to the *Journal of Integrative Medicine*—the capacity of the internal organs to support life. When people are young and reserves are high, organs are resilient to illness, injury and toxins, but the reserves tend to diminish in old age to the point of organ failure. Muscle mass and organ reserve are strongly correlated; generally, the more a person has of one, the more they have of the other, regardless of age.

The implications of these benefits led Lavitan to pioneer the Slow Burn workout in Northern New Jersey by influencing a neighboring fitness studio to adopt the workout, where it has since become beloved by clients.

At OnPoint Fitness Studio, clients can expect a personalized and flexible routine created by a knowledgeable staff that caters to those interested in the Slow Burn workout or other one-on-one fitness regimens. The facility offers in part free weights, cardio equipment and numerous Nautilus resistance machines. The latter are used for their extremely effective Slow Burn workout. George Miranda, a partner and trainer at OnPoint, notes the workout's slow tempo promotes good form, and while it adds muscle mass and strength, it won't necessarily make clients look bulky (a concern for some females). OnPoint Fitness is ideal for the self-conscious, that may not want to work out in front of other patrons or be surrounded by mirrors. Clients have the option of having a male or a female trainer. The Slow Burn is perfect for anyone looking for a time-efficient workout to escape a fitness plateau or even to inject more strength and stamina into their lifestyle.

Natural Awakenings readers receive a free introductory session for a limited time. OnPoint Fitness is located at 409 Cedar Lane, in Teaneck. For appointments, call 201-357-5935 or visit OnPointStudio.net. See ad, page 30.

Maria Karameros is a contributing writer for Natural Awakenings magazine.

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Organic Farmers: Growing America's Health

Restoring the Nutritional Value of Crops

by Melinda Hemmelgarn



When we think of scientists as men and women in lab coats peering into microscopes, what's missing is farmers. Our society doesn't tend to equate the two, yet farmers are active field scientists. How they choose to grow and produce food greatly impacts our shared environment of soil, water and air quality, as well as the nutritional content of food, and therefore, public health.

The best field- and lab-based scientists share key traits: they're curious, keen observers and systems thinkers that learn by trial and error. Both formulate and test hypotheses, collect data, take measurements, assess results and draw conclusions.

Field Science

Diana Dyer, a registered dietitian and organic garlic farmer outside of Ann Arbor, Michigan, explains, "I like to help people see the similarities between the scientific process and good, careful farming—all aspects of which revolve around observations, goals, planning, implementation, intervention and analysis of

results—then careful re-planning based on those results."

Dyer and her husband, Dick, started farming after long careers in traditional health care, where the focus was on treating people after they got sick. Through their farm work, they wanted to focus on prevention. "Growing healthy food in healthy soil, our goal was to create and nourish a healthy community from the ground up. Communicating the multiple benefits of healthy soils and ecosystems has been at the core of our vision and responsibility from day one," she says. The Dyers believe that flavor is key to eating and enjoying truly nourishing foods, and based on their professional health backgrounds and farming experience, they connect healthy soil with higher-quality, better-tasting food.

In Havre, Montana, Doug Crabtree, and his wife, Anna, manage Vilicus Farms, featured in the book *Lentil Underground: Renegade Farmers and the Future of Food in America*, by Liz Carlisle. The Crabtrees

grow organic heirloom and specialty grains, pulses and oilseed crops such as emmer, kamut, black beluga lentils and flax.

Asked if he considers himself a scientist, Crabtree first defines the term as "a person who is studying or has expert knowledge of one or more of the natural or physical sciences." Then he replies, "Given this definition, how could any farmer not be a scientist? An organic farmer is a life-long student of nature, seeking to emulate her wisdom and processes as we refine our production systems. Organic production isn't just growing food without toxic chemical inputs, it's a system that requires conscientiously improving soil, water and associated resources while producing safe and healthy food for America's growing population of informed consumers."

Healthy Soil, Food and People

At the Rodale Institute, in Kutztown, Pennsylvania, Andrew Smith directs the

new Vegetable Systems Trial, a long-term, side-by-side comparison of both biologically organic and chemically based conventional vegetable production. An organic farmer with a Ph.D. in molecular ecology from Drexel University, in Philadelphia, Smith studies how soil quality and crop-growing conditions influence the nutrient density and health-protecting properties of specific vegetables.

“Over the past 70 years, there’s been a decline in the nutritional value of our foods,” reports Smith. “During this time, industrial agriculture, with its pesticides and synthetic fertilizers, increased yields and size of crops, but the tradeoff was a decline in nutrient content, known as the ‘dilution effect.’” In addition, Smith explains, greater levels of nitrogen fertilizer, typical of conventional production methods, may also increase a plant’s susceptibility to insects and disease.

Smith’s research will give fellow farmers, healthcare providers and consumers a better understanding of how crop production practices influence soil quality and therefore, food quality. For example, research of organic crops shows higher levels of vitamin C; higher-quality protein; plus more disease-fighting compounds called secondary plant metabolites such as lyco-

pene, polyphenols and anthocyanin, the plant pigment responsible for the red, blue and purple colors in fruits and vegetables, as reported in a meta-analysis published in the *British Journal of Nutrition*.

The Rodale Institute has formed partnerships with nutrition and medical researchers at Pennsylvania State University, in University Park. Of particular interest, for example, are extracts from purple potatoes that show promise in helping to kill colon cancer cells. Smith looks forward to identifying growing methods that boost levels of anthocyanin, as well as other health-protecting compounds in crops.

The new Regenerative Health Institute, a global research and education center linking soil health to human health, will also be housed at the Rodale Institute. It’s a collaboration between Rodale staff and the Plantrician Project, a nonprofit organization in New Canaan, Connecticut, that promotes whole food and plant-based nutrition, and helps healthcare providers embrace food as medicine as the foundation of their practices.

Jeff Moyer, a renowned international authority in organic agriculture and executive director of the Rodale Institute, explains, “It’s not only what you eat that’s

important, but how what you eat was produced. Ultimately, our personal health is linked to the health of the soil.”

David Montgomery, a professor of geomorphology at the University of Washington, in Seattle, has visited farms worldwide, witnessing how farmers use regenerative farming practices to bring degraded soil back to life. He learned that grazing animals, cover-cropping and no-till farming free of synthetic chemical fertilizers and pesticides protects and enriches the soil microbiome, which contributes to the nutrient density of plants and human health.

We Are What We and Our Animals Eat

Along with our well-being, livestock farming methods impact our environment, too. A growing body of research including a new study published in *Food Science & Nutrition* shows that meat and dairy products from animals raised mostly on grass or pasture—as nature intended—contain significantly higher levels of conjugated linoleic acid and omega-3 fatty acids compared to grain-fed animals. These naturally occurring fats help protect us from inflammation, heart disease and cancer. Important in brain, eye and nerve development, omega-3 fatty acids are especially critical for pregnant and breastfeeding women and their infants.

Organic farmers, by law, must provide their ruminant animals with significant time on pasture and may not feed them genetically engineered feed or feed produced with synthetic fertilizers and pesticides. Further, they can’t use synthetic hormones or antibiotics to promote weight gain. In these ways, organic farmers help protect our food, water, and environment from contamination, and reduce the growing global threat of antibiotic resistance.

Randolph Center, Vermont, dairy farmers Regina and Brent Beidler diligently study and question changes they witness in their immediate environment. They monitor what grows in their pasture, watch what their cows choose to eat and count the numbers and activities of insects, bees, worms, birds and wildlife.

Quality Food Science Resources

Allegheny Mountain Institute: AlleghenyMountainInstitute.org

Beyond Pesticides Annual Forum presentations: BeyondPesticides.org

Food Sleuth Radio current interviews with Andrew Smith and Sue Erhardt: prx.org/series/32432-food-sleuth-radio

Food Sleuth Radio past interviews with Jim Riddle and David Montgomery: beta.prx.org/stories/214702; beta.prx.org/stories/220278

Grassmilk: Tinyurl.com/FattyAcidsCowsMilkStudy

History of soil and human health: Tinyurl.com/WilliamAlbrechtPapers

Midwest Organic and Sustainable Education Service: MosesOrganic.org; Tinyurl.com/HealthySeedTechniques

Regenerative Health Institute: Tinyurl.com/RHIVideo

Rodale Institute: RodaleInstitute.org

“Sustaining Life: From Soil Microbiota to Gut Microbiome,” by David Montgomery: Tinyurl.com/HealthySoilSustainsLife

U.S. Food Sovereignty Alliance: USFoodSovereigntyAlliance.org

Vilicus Farms: VilicusFarms.com



They understand that careful land and animal stewardship is key to soil, plant, animal and human health.

Healing Communities

More hospitals nationwide are investing in farms and farmers' markets to boost patient, employee and community health by increasing access to nutrient-dense, fresh, healthful food. One exceptional example is the new partnership between Virginia's Allegheny Mountain Institute (AMI) and Augusta Health, an independent, commu-

nity-owned nonprofit hospital in Augusta County, Virginia.

The AMI Fellowship program prepares individuals to become farmers, teachers and ambassadors for health-promoting food systems. "Both AMI and Augusta Health believe that access to excellent health care includes access to healthy food," explains Sue Erhardt, the institute's executive director.

The AMI Farm at Augusta Health initiative will create an onsite production farm and a community venue for food, nu-

trition and gardening education. Their goal is to tackle three major local health issues: poor nutrition, low physical activity and overweight; diabetes; and mental health. A Food Pharmacy program for those with or at risk for Type 2 diabetes will provide fresh produce prescriptions at an onsite farm-stand, as well as cooking classes.

Erhardt recalls her life-changing experience as a teen, hearing American labor leader Cesar Chavez speak about farm worker exposure to pesticides and related cancer clusters. She's proud to say, "The farm project will exemplify sustainable practices for growing vegetables, including organic four-season crops and companion planting, while promoting soil health.

"We believe this project will promote a better quality of life for staff, patients and community members." That's the power of farming when it's dedicated to optimum health.

Melinda Hemmelgarn is a registered dietitian, writer and Food Sleuth Radio host with KOPN.org, in Columbia, MO. Connect at FoodSleuth@gmail.com.

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HORMONES ARE THE KEY TO AGING

by Susan Matos-Cloke

Each part of the body has a specific job, from the brain to the skin, heart, kidneys and muscles. They all take direction from the endocrine system to get the work done. The glands of the endocrine system send out hormones that tell each part of the body what work to do, when to do it and for how long. Hormones are vital to health and well-being. Upset any part of the delicate balance, especially the production of endocrine hormones, and like a chain reaction, it disrupts the entire system.

The arrival of middle age begins this process of physical disruption and imbalance. That's when hormone production declines in women and men both. By the time a woman reaches her early 50s, she completely stops making her most important estrogen—estradiol. At the same time, her progesterone and testosterone levels all but disappear. Diminished testosterone production in middle-aged men can actually cause them to become estrogen-dominant at this stage of their lives.

Beyond creating sexual performance issues, a long list of other distressing symptoms often accompanies midlife hormone deficiency. Unwanted weight gain, loss of sexual desire, fatigue, depression, increased anxiety and irritability, hot flashes, night sweats and migraines are just a few of the signs of a body out of sync. It's also a time when relationships falter and physicians too often prescribe counseling and anti-depressants instead of hormone replacement.

Perhaps the most alarming outcome of hormone deficiency, however, is the growing vulnerability to aging-related diseases. Abundant research continues to link low levels of key hormones with increased risk of diseases like osteoporosis,

prostate and breast cancer, coronary artery disease, diabetes, Alzheimer's and others.

Healthy hormone levels are associated with optimum brain function, emotional and physical well-being, cardiovascular and bone health, breast and prostate health, cell growth regulation, beneficial blood sugar levels, better sexual function and satisfaction and more.

Properly restoring testosterone and estrogen (specifically estradiol) to the levels of younger years replenishes the body and gives it what it needs. Hundreds of body functions depend on the presence of these key hormones in order to work properly. This is true whether we are male or female, 19 or 91. Our need for hormonal balance never goes away.

Using Pellet Implants Could be a Passport to Healthier Aging

Bioidentical hormone replacement therapy (BHRT) can help keep us on the road to a more vibrant manner of aging. When we combine a appropriately administered pellet implant with a healthful diet, regular exercise and other aspects of a beneficial lifestyle, we reap plentiful rewards.

Many people don't realize that bioidentical pellets have been prescribed and researched since the 1930s. Abundant medical literature in respected international journals supports pellet implants as the safest and most effective hormone delivery system available. Pellet doses can be individualized and will go to work around the clock for three to four months.

Additionally, pellet therapy is more convenient and cost-effective than other synthetic hormone replacement therapy methods. Pills, patches, injections, creams and gels all come with a long list of downsides. Also, hormonal balance may be difficult or impossible to achieve using them. Considering the expense and bothersome repeat dosages, there is no viable reason in this day and age to take a chance on the side effects and serious health risks of synthetic hormone treatments.

Utilizing natural hormone therapy is like taking a proactive position to manage the aging process. It is wise to have hormone levels tested before the symptoms and related health issues escalate. It is best to find a specialist, preferably someone with expertise in bioidentical pellet implants. One of the keys to optimal well-being rests with the type and quality of the hormones administered, the delivery method being used and the skill and knowledge of the practitioner.

Dr. Susan Matos-Cloke owns and operates Advanced Hormone Solutions, located at 122 E. Ridgewood Ave., in Paramus. For appointments, call 201-225-2525, email Appointments@ahsclinics.com or visit AdvancedHormoneSolutions.com. See ad, page 17.

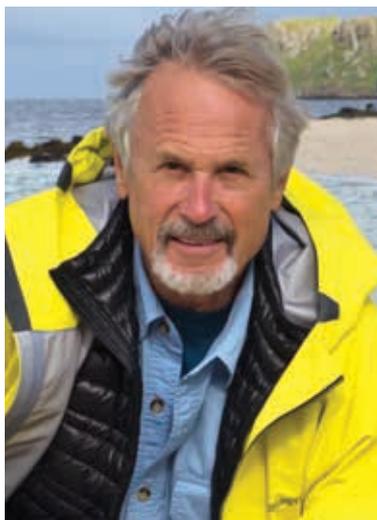


Utilizing natural hormone therapy is like taking a proactive position to manage the aging process. It is wise to have hormone levels tested before the symptoms and related health issues escalate.

Gary Griggs on What We Must Do to Save Our Coasts

by Randy Kambic

While Gary Griggs has lived near the coast of California most of his life, visits to the coasts of 46 nations helped shape his latest book, *Coasts in Crisis: A Global Challenge*. The distinguished professor of Earth sciences at the University of California, Santa Cruz, writes on how coral reefs provide shelter, food and breeding grounds for about one-third of the world's species of marine fish, as well as coastal protection from major weather events. Most coral reefs are now besieged by pollution, overfishing, sedimentation, coastal construction, tourism and global warming.



We need to do everything possible to cut back on greenhouse gas emissions, but that's not going to stop rising sea levels anytime soon. We need to start adapting right away.

We can elevate structures, but that's limited. Historically, we've used armoring, including seawalls, levees and rock revetments, which work

for awhile, but have endpoints. Ultimately, it's going to take relocation, or what we call "planned retreat", moving back when the sea nears our front yard. The more we reduce or mitigate the emission of greenhouse gases, the less adaptation will be needed to cope with climate change.

Why are coral reefs so vital to the global ecosystem?

In the tropical latitudes, coral reef ecosystems have formed the basic biological, geological, economic and cultural framework of area coastlines and island nations for centuries. Today, fisheries and tourism anchor those economies. Millions of people depend on these local ecosystems for their protein supply.

About 50 percent of coral reefs are in poor or fair condition, and most are in decline. Whether from pollution, dredging, filling or overfishing, virtually all of those reefs are under significant threat.

Have researchers seen any overfished species rebound?

A 2013 report by the Natural Resources Defense Council found that about two-thirds of U.S. commercial fish species that

had been seriously depleted had made significant recoveries—28 of 44 fish stocks, including Atlantic bluefish, flounder and black sea bass—primarily due to better management practices. We now have fisheries restrictions and marine-protected areas in place. To realize some long-term success, we need to limit fisheries in certain areas and for certain species.

California's Monterey Bay Aquarium publishes a *Seafood Watch Consumer Guide* card specific to regions; it color codes which species are safe to eat and which ones no longer can provide a sustainable harvest, so we know which ones to ask for at grocers and restaurants.

What might mitigate the environmental impact of what you term "coastal megacities"?

Eight of the largest metropolitan areas worldwide—Shanghai, Mumbai, Karachi, Tokyo, Dhaka, Jakarta, New York/New Jersey and Los Angeles—are along shorelines. *Coasts in Crisis* looks at the hazards of hurricanes, cyclones, typhoons and tsunamis that their residents are exposed to—along with long-term sea level rise.

These incredible concentrations of people not only fish heavily, they discharge large volumes of waste and wastewater. You can't put 10 million people on a shoreline and not expect impacts. We need to get all of these discharges cleaned up and under control. Shorelines are very delicate biological environments.

We also must get global population under control to make a much softer footprint on the planet. It would take four planet Earths to support the present global population if everyone indulged in America's current consumption habits (*FootprintNetwork.org*).

Sustainability is what we must work toward, whether it's food, water or energy. Currently, we're mining the planet for all its resources, which can't go on for much longer. We need to recognize this and return to equilibrium with what the planet can supply.

Freelance writer and editor Randy Kambic, in Estero, FL, is a frequent contributor to Natural Awakenings.

Approximately 3 billion people—nearly half our planet's total population—live in coastal areas. He cites that hurricanes have caused more U.S. fatalities than any other natural hazard, and the driving forces behind rising sea levels will increase future vulnerabilities unless effective actions are taken now.

Griggs, who also wrote *Introduction to California's Beaches and Coast* and *Living with the Changing California Coast* and co-wrote *The Edge*, today recaps the history and assesses the current status of coasts worldwide. He suggests ways in which current negative trends might be reversed or improved.

How can we better deal with rising sea levels?

There are now about 200 million people living within three feet of high tide. Both mitigation and adaptation will be required.



courtesy of Steve Glorius

Art that Inspires Action

Artists Work to Save Nature's Beauty

by Avery Mack

Eco-art creatively highlights environmental sustainability issues and sparks possible solutions.

Mounts Botanical Garden, in Palm Beach County, Florida, hosted *Washed Ashore: Art to Save the Sea*, a thought-provoking traveling exhibit featuring giant sea creatures made entirely of marine debris from beaches. “It graphically illustrates the amount of plastic pollution in our oceans and waterways,” says Curator and Director Rochelle Wolberg. The exhibit included Grace the Humpback Whale Tail, the Marine Debris Anemone, Priscilla the Parrot Fish, Flash the Marlin, Water Bottle Jelly, Sebastian James the Puffin, Lidia the Seal, Hugo the Humpback Whale Tail, American Sea Star and Musical Seaweed. Take a look at some of them and check for current exhibit locations at WashedAshore.org.

In Mechanicsville, Maryland, ex-iron and steel worker Steve Glorius repurposes scrap metal into natural world and fantasy art sculptures of ocean creatures that also inform about endangered wildlife. His works have adorned museums, restaurants, galleries and gift shops.

Debbie and Mike Schramer, owners of Fairy House Vintage Antiques and Art, in Provo, Utah, create fairy houses made from twigs, mosses, bark and other natural elements. “Instead of paint and paper, we use nature itself,” says Mike, who encourages others to follow suit. “People enjoy time outdoors more intricately as they look for small items.” Although fairy houses are trendy now, the

Schramers started building their fantasy worlds in 1987. They’ve authored three books to spark the imagination, *Fairy House: How to Make Amazing Fairy Furniture, Miniatures, and More from Natural Materials*, *Fairy Village* and *F is For Fairy: A Forest Friends Alphabet Primer* board book.

At 14, Canadian Evan Sharma, of Kingston, Ontario, is already an active entrepreneur—his artwork now appears on sneakers and clothes. He calls his company RBLB for Right Brain/Left Brain, saying, “To be a whole person, you have to use both the creative side and the analytical side of your brain.” His passion for the environment is particularly expressed in a painting he donated to support the Olympic team. Painted at an elevation of 7,000 feet on Sun Peaks, in British Columbia, he finished with snow for authenticity and texture. This year, he spoke on creativity at the 6 Under 16 program, in Montreal.

“Eco-art makes an impact on the world,” says John Sabraw, professor of art and chair of painting + drawing at Ohio University, in Athens. “Right now, my paintings are round. People say they see a long view of the planet or what’s seen through a microscope. Every painting evokes a different emotional response from the viewer.” All Sabraw’s paintings use pigments processed out of polluted streams, often mixed with other standard artist colors.

Sabraw has helped develop several ways for artists to adopt sustainable practices. See his TedxTalk at Tinyurl.com/SustainableArtist. He points out that whatever form eco-art takes, its purpose is to show a problem, provoke a response and ask the viewer, “What if...?”

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

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BETTER OPTIONS THAN OPIOIDS

Natural Ways to Reduce Pain

by Kathleen Barnes

Chronic pain affects 100 million Americans, with annual treatment costs reaching \$635 billion, according to the Institute of Medicine. Worse, opiate-derived pain medications, conventional medicine's go-to treatment for chronic pain, are addictive and deadly. The *Annals of Internal Medicine* reports that an estimated 2 million Americans suffered from opioid use disorder involving prescription drugs as of 2016 while 12 million admitted to misusing them. Legal and illegal opioids killed 64,070 Americans in 2016, 21 percent more than the previ-

ous year, according to the U.S. Centers for Disease Control and Prevention.

Some opioid addiction stems from use of illegal recreational drugs like heroin and cocaine, but the National Institute of Drug Abuse testified to the U.S. Senate that as of 2014 more than four times as many Americans were addicted to prescription opioids (2.1 million) than heroin (467,000).

Natural approaches, less harmful in relieving pain and thereby preventing drug addictions, are addressing and ameliorating long-term back or neck, nerve and even cancer pain, and saving lives.

To enroll in a new study on mindfulness meditation and chronic back pain, email ZeidanLab@WakeHealth.edu. For information on ongoing studies, visit ZeidanLab.com.

The first step in preventing dependency is to avoid opioids completely, says Fadel Zeidan, Ph.D., assistant professor of neurobiology and anatomy at the Wake Forest School of Medicine, in Winston-Salem, North Carolina: "Opioids don't work for chronic pain. They may be effective for acute pain, such as right after an injury or surgery, but they are ineffective and addictive in the long run." Here are several better ways to feel better.

Mindfulness meditation: Zeidan recommends mindfulness meditation and cites a University of Massachusetts study of people with chronic pain in which pain lessened by at least 65 percent after 10 weeks of this practice.

"Mindfulness meditation is about discipline and regulating one's attention.



Drumming Out Drugs

Music, specifically drumming, stimulates the release of endorphins, the body's own morphine-like painkillers. Group drumming can help people withdrawing from addictive drugs, especially those having particular difficulty in conventional addiction programs, reports a University of Arizona at Tempe study published in the *American Journal of Public Health*.

Other supportive studies are listed at ShamanicDrumming.com/drumtherapy.html.

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It appears to shut down the thalamus, the brain's gatekeeper, and the brain's ability to register pain," explains Zeidan.

Yoga: Strongly positive effects have been reported in several studies, including one on 150 veterans with chronic low back pain from the Veterans Administration San Diego Healthcare System. It showed that 12 weeks of yoga classes reduced pain and opioid use, and improved functionality of participants; many of them had suffered back pain for more than 15 years.

Acupuncture: The ancient Chinese modality that's been used to treat all types of pain for millennia has become such a mainstream treatment that the U.S. Food and Drug Administration recommends that healthcare providers learn more about it to help patients avoid prescription opioids.

"All pain starts with imbalance," says Terri Evans, a doctor of Oriental medicine in Naples, Florida. "Acupuncture is about creating balance in the body and in releasing the fascia, where pain patterns get locked."

Marijuana: All forms of marijuana, or cannabis, are illegal on the federal level, but medical marijuana is now legal in 29 states and the District of Columbia. In a study from San Francisco General Hospital published in the journal *Neurology*, researchers found that smoking the first cannabis cigarette reduced pain by 72 percent in a group of patients with painful

neuropathy. The body's endocannabinoid system, found in the brain, organs, connective tissues and immune cells, is one of its natural pain-coping mechanisms, and is most affected by cannabis.

Mitch Earleywine, Ph.D., associate professor of clinical psychology at the State University of New York at Albany, author of *Understanding Marijuana: A New Look at the Scientific Evidence* and a member of the advisory board of the National Organization for the Reform of Marijuana Laws, is an advocate of medical marijuana. While regarding it as helpful for chronic pain with little risk of addiction, he concludes it's "great for a small handful of conditions, but it's not the cure-all that some are suggesting."

CBD oil: Dr. Hyla Cass, of Marina del Rey, California, an integrative physician expert in psychiatry and addiction recovery, and author of *The Addicted Brain and How to Break Free*, is more comfortable with CBD (cannabidiol) oil. It's a hemp product legal in 45 states, provided it qualifies in non-addictive levels of THC, the component of cannabis that induces euphoria (see *The Cannabis Industry.org/state-marijuana-policies-map*).

Some CBD oils contain trace amounts of THC, not enough to induce a "high" or contribute to addiction, but there are also products that contain no THC at all. By definition, hemp's THC content is less than 0.3 percent versus marijuana's 5 to 35 percent.

"CBD oil won't make you high," says

sirtravels/Shutterstock.com



Let the Sunshine In

Just getting a little natural sunlight can have a strong effect on chronic pain, according to a study published in the journal *Psychosomatic Medicine*. Hospital patients fortunate enough to have beds on the sunny side of the building cut their need for opioid-based pain meds by 22 percent just one hour after spine surgery.

Cass. "In and of itself, CBD oil is very potent. You don't need the THC for pain relief. There's no need to go down the slippery slope of using an illegal substance."

In addition to CBD oil's pain-relieving effects on the endocannabinoid system, says Cass, it's a powerful anti-inflammatory, which contributes to its effectiveness in addressing the underlying causes of chronic pain, confirmed by University of South Carolina research.

Kathleen Barnes is the author of numerous books on natural health, including Food is Medicine. Connect at KathleenBarnes.com.



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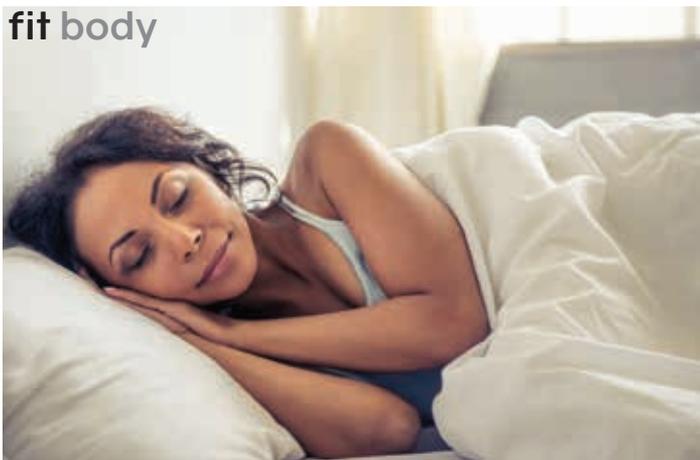
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Quell Insomnia and Nighttime Anxiety

by Marlaina Donato

Insomnia plagues millions of Americans, and finding a solution can be difficult when the condition is chronic. Prolonged lack of quality sleep compromises health and sets the stage for depression, high blood pressure, obesity, inflammation, poor memory and even serious risk of heart attack.

The good news is that natural alternatives, especially regular exercise, offer relief. Northwestern University research published in the journal *Sleep Medicine* even confirms better results from exercise than other natural approaches.

Timing is Everything

Circadian rhythm, the body's internal clock, governs physiological patterns involving sleep and hunger, and is cued by temperature and sunlight, so timing our exercise is important. Other studies at Northwestern reveal that workouts earlier in the day yield better results because muscles also have their own rhythm (internal

clocks) that help them perform more efficiently due to the presence of daylight, and function optimally then. According to the National Sleep Foundation, a decrease in body temperature after an initial increase during physical activity initiates sleep, which also suggests that exercising later in the day, but not before bed, is helpful, as well. Research from Princeton University further shows that exercise can help the brain process stress, helping to minimize anxiety which often accompanies or fosters insomnia.

Long Beach, California, holistic podiatrist Don Kim, creator of The Walking Cure Program, affirms, "The first thing to address is the circadian rhythm—what I call the body's highest peak and lowest valley. The entire system needs to get used to slowing down." Kim's life changed for the better, including his struggles with insomnia, when he made walking a priority after an incapacitating back injury. "Walking is synchronized motion and induces meditative brain waves," says Kim, who teaches others how to walk for better physical and mental health.

Oxygen is Key

The more oxygen the brain receives, the lower the levels of cortisol that trigger racing thoughts. Other forms of moderate aerobic exercise involving cardio machines, spinning, cross-country skiing, swimming and dancing are also beneficial ways to increase oxygen intake. Chicago fitness expert Stephanie Mansour explains, "Improving circulation helps to increase the body's energy during the day and helps you wind down at night."

It's a common misconception that rushing through the day is the same as engaging in exercise. Mansour elaborates: "Exercising is different than just being busy or working outside, because it's a time where you connect your mind, body and breath. You're forced to be present. It's difficult to think about your to-do list when you're physically engaged."

According to *Sleep.org*, just 10 minutes of regular aerobic activity anytime improves sleep quality significantly. Plus, it abates the likelihood of sleep apnea and restless leg syndrome that sedentary lifestyles can cause or exacerbate.

Cultivating Calm

Restorative yoga instructor Naima Merella, manager of Studio 34, in Philadelphia, Pennsylvania, says, "We're not taught to value rest, and conditions like feeling overwhelmed and insomnia are



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the result. Most people in our culture suffer from an overactive fight-or-flight response, so engaging our parasympathetic nervous system, or relaxation response, can balance this.”

Merella advocates yoga, breath work and certain qigong exercises. “One option is to do a more active yoga practice to burn off excess nervous energy, and then end with restorative poses to engage the relaxation response. It all depends on a person’s schedule and what they’re able to do. Ideally, I would suggest doing at least 30 minutes of restorative yoga and breath work before bed, but even a few minutes of a restorative pose or breathing technique can be helpful. I’ve found the kundalini yoga meditation, Shabad Kriya, most helpful for sleeping.”

Renowned yogi Janice Gates, of Marin County, California, also advises physical practice, as well as understanding the foundational teachings. “It’s important to remember that you’re not your anxiety. It’s easy to identify with suffering and conditions that cause it. Yoga supports us to be free of that conditioning. Keep in mind that an issue can be more mental at times and more physiological at other times, so we want to address both with asanas early in the day to balance the nervous system and mindful breathing at bedtime.”

Whichever form of exercise we choose, we should be gentle with ourselves. As Merella reminds us, “The best thing we can do is send ourselves compassion and love.”

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

healthy kids



THE JOY OF DIRT

Gardening Connects Kids to Nature

by Barbara Pleasant

Children benefit from a close connection with nature, and there's no better place to learn about plants and soil than a garden. Families don't need lots of space, as even a small collection of potted plants holds fascination for youngsters. The first step is to understand a garden as seen by a child that may be more

interested in creative play than in making things grow.

Whitney Cohen, education director at Life Lab, a nonprofit that promotes garden-based education in Santa Cruz, California, thinks kids benefit most from what she calls "dirt time"—spent outdoors interacting with plants, animals, soil and

everything else. "When a child plants a seed, tends it over time and ultimately pulls a carrot out of the soil and eats it, they begin to know down in their bones that food comes from plants; that healthy food is delicious; and that we are part of a vast and beautiful web of life," Cohen says.

This learning process may not match a parent's idea of a lovely garden. "Children don't make neat rows. They water leaves and flower petals rather than the roots. They accidentally step on young seedlings. Gardening with children is messy and chaotic, but there is always learning going on beneath the surface, just out of sight," says Catherine Koons-Hubbard, nature preschool director at the Schlitz Audubon Nature Center, in Milwaukee, Wisconsin. Growing nutritious vegetables like cherry tomatoes allows kids to see, touch and possibly smash a food as they get to know it, increasing the likelihood that they will eventually eat it.

Incorporate Play Spaces

"Children might rather be playing than following instructions," Koons-Hubbard counsels, but it's easy to incorporate space for free play in the garden. Depending on a child's imagination and which toys are used, a spot of diggable soil in the shade might morph into a dinosaur refuge, pony farm or secret place for fairies.

Kids are also attracted to stepping stones, which encourage hopping, stretching and even counting. Don't be surprised if kids turn some of them into a stage or a place to stack rocks or leaves.

Children love mixing soil and water together into mud. When given a bucket of clay, soil and water, kids quickly discover they can use mud to paint, sculpt or make fantasy pies decorated with leaves, sticks or flowers.

"Playing in mud fully engages the senses, and there are studies that show it can benefit the immune system and make us happier," says Leigh MacDonald-Rizzo, education director at the Ithaca Children's Garden, in New York. References include the University of Bristol, UK, University of Colorado Boulder and University of California, Los Angeles.

"Mud isn't anything, really, and that open-ended quality lends itself to joyously creative play that helps children develop a relationship with the natural world," she says.

Top Tools for Kids

Small children notice things close to the ground, which become even more interesting when seen through a magnifying glass. Sturdy kids' versions in bright colors are easy to find if they get misplaced outdoors.

Curious children love getting a close-up look at worms and other critters in the worm bin or compost pile, or the structures inside flowers. "But when we just let the children explore, they'll find loads of intriguing objects we may never have thought of, like water caught on the fuzzy underside of a leaf, a sparkly rock or rough tree bark," Cohen says.

Children love to water plants, especially during hot summer weather. Small watering cans that hold only a little water are easy for kids to handle and limit overdoing it. Water-filled spray bottles also encourage exploration while keeping kids cool.

Digging to discover what's underground comes naturally to kids, and preschoolers do best with toy-size tools with short handles. Older kids can control child-size spades and rakes better than heavier adult tools.

Keeping Outdoor Space Safe

Remove the worry from gardening with kids by minimizing safety risks. Replace poisonous or prickly plants with vegetables, herbs or edible flowers and teach kids of all ages not to eat plants unless they have first been checked by an adult.

Insects can be both interesting and threatening, and flying insects often are attracted to bright colors. Dress kids in light, neutral colors to avoid unwanted

attention from bugs. Avoid chemical fertilizers and sprays, and opt for organic solutions.

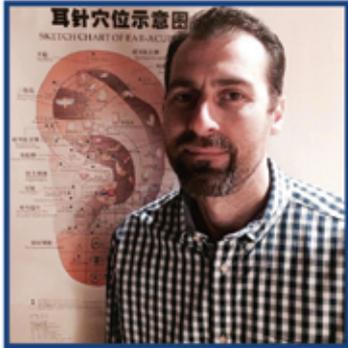
Barbara Pleasant has authored many green-thumb books including Homegrown Pantry: Selecting the Best Varieties and Planting the Perfect Amounts for What You Want to Eat Year-Round. She grows vegetables, herbs and fruits in Floyd, VA; connect at BarbaraPleasant.com.



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Why More Pets Are Getting Cancer

GMO Toxins Permeate Pet Foods

by Jeffrey Smith

In the late 1990s, the nationally syndicated newspaper columnist, “animal doctor” Michael Fox received many letters about dogs and cats with diarrhea, itchy skin and other persistent disorders. He advised all inquirers to immediately remove foods that contain genetically modified organisms (GMO). Dozens of follow-up thank-you notes verified that his recommendation worked.

“One of the main reasons I came to the conclusion of blaming GMOs in pet foods for this cluster of health problems is that essentially, nothing else in the health background of these animals had been changing,” says Fox.

Many vets have also reported a rise in pet obesity, skin conditions, inflammation, degenerative disk disease, cancer and even shorter lifespans since late 1996, when GMOs and associated poisons entered America’s food supply. For example, most GMOs like soy, corn and canola are designed by Monsanto to tolerate high doses of its Roundup herbicide. Corn is also engineered to produce an insect-killing poison called Bt-toxin.

Together with pesticides sprayed on or produced inside GMO crops, the side effects from genetic engineering create dangers. Monsanto’s “Roundup-ready” corn has higher levels of putrescine and cadaverine, compounds responsible for dead body odor. They promote bad breath and also can enhance the risk of allergic reactions and cancer.

Getting Cancer from Food

Cancer rates among our country’s 185 million pets are skyrocketing, especially among dogs. Canines have the highest cancer rate of all mammals; in America, about half are struck with the disease.

In 2015, the World Health Organization classified Roundup’s active ingredient, glyphosate, as a “probable human carcinogen.” Insufficient human studies exist, but a goodly number of animal studies confirm that it causes cancer.

Preliminary tests commissioned by the Institute for Responsible Technology (IRT), an educational nonprofit, on the dangers of GMOs, revealed that six popular dog and cat foods contained more glyphosate residues than most human foods.

Pet owners that notice benefits from changing a pet's diet can share their story via PetsAndGMOs.com or Pets@ResponsibleTechnology.org. The sooner we realize the hidden dangers, the quicker the market must respond with healthier ingredients.

Possibly because pets are exposed to Roundup from spraying both foods and lawns, a pilot study by Health Research Institute Laboratories, which tests glyphosate levels in food and environments, found the levels in dogs' urine were 50 times higher than the average in humans.

Amazing Recoveries

Numerous veterinarians see good results when pets switch to non-GMO food that's free of synthetic pesticides. Veterinarian Barbara Royal, owner of The Royal Treatment Veterinary Center, in Chicago and author of *The Royal Treatment: A Natural Approach to Wildly Healthy Pets*, says, "Allergies, gastrointestinal problems, autoimmune diseases, behavioral problems [and other conditions] improve when we take the animals off of these GMO-laden, glyphosate-ridden foods, and put them on something that's more organic and natural. It's a dramatic change."

In a survey conducted by IRT, 3,256 people that adopted a non-GMO and largely

organic diet reported improvements in 28 health conditions, many of which have increased in the U.S. parallel with the growing prevalence of GMOs and Roundup. Further, 80 pet owners cited improvements in status for eight health issues, including digestion, allergies and skin conditions, when their pet's food was changed.

Plausible explanations include that glyphosate is patented as an antibiotic, and so easily kills beneficial bacteria in the gastrointestinal (GI) tract. This could possibly interfere with digestion, detoxification and immunity.

According to integrative veterinarian Karen Becker, in Chicago, the Healthy Pets expert for *Mercola.com*, "We know now that animals consuming genetically modified foods... can change the terrain of their GI tract." Most notably, glyphosate and Bt-toxin are linked to leaky gut—unnatural holes or gaps created in intestine walls.

Veterinarian Marlene Siegel, owner of the Pasco Veterinary Medical Center, in Lutz, Florida, says, "We know that the

root cause of most disease is inflammation; and that inflammation is coming from the leaky gut."

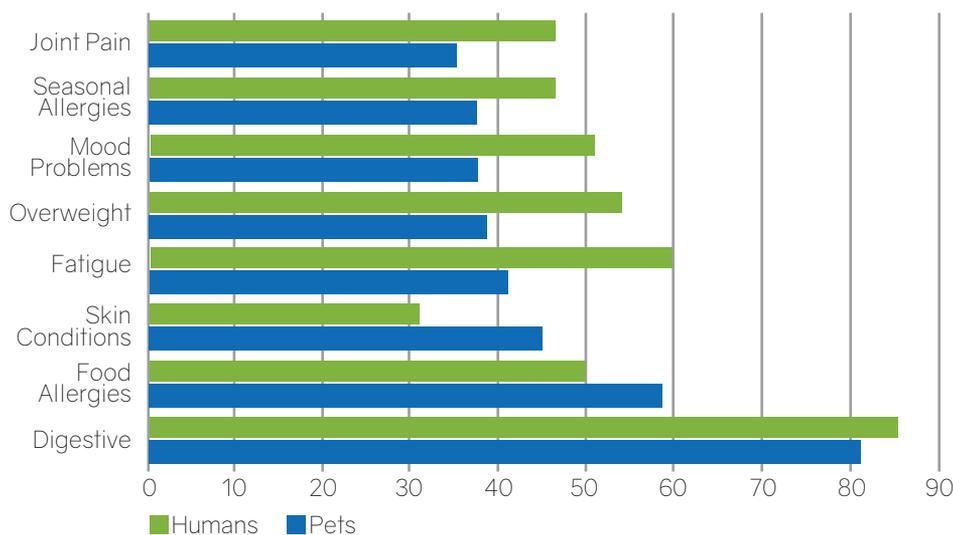
Organic Surpasses Non-GMO

GMOs are not the only crops drenched with Roundup. It's also sprayed on other foods to dry them, often just a few days before harvest, including wheat, oats, barley and other cereals. It's also used on lentils, citrus orchards, sunflowers, potato fields and vineyards.

Organic growers and processors are not allowed to use GMOs, Roundup or other synthetic toxins. It's safest to choose organic; if unavailable, at least buy verified non-GMO.

Jeffrey M. Smith is founder of the Institute for Responsible Technology and its campaign, Protect Pets from GMOs and Pesticides, at PetsAndGMOs.com. Author of the bestseller Seeds of Deception: Exposing Industry and Government Lies About the Safety of the Genetically Engineered Foods You're Eating and Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods, his upcoming film, Secret Ingredients, interviews many that recovered from disease after switching to organic food. Also visit NonGMOsImproveHealth.com.

Percent of Respondents Reporting Improved Health Conditions After Humans and Pets Switched to a Non-GMO and Mostly Organic Diet



Better digestion is the top reported benefit for humans and pets that switched to non-GMO and largely organic foods. All conditions that improved in pets also improved in humans.



calendar of events

SUNDAY, JULY 1

Guided Native Plant and Butterfly Walk: DeKorte Park – 10am. Explore and enjoy the park's array of beautiful native plant life in a walk led by the Audubon Society. You will see Coneflower, Bergamot, Joe Pyeweed and Mountain Mint, among many others. For last minute changes due to inclement weather or other conditions, contact trip leader. Free. Meadowlands Environment Center, Two DeKorte Park Plaza, Lyndhurst. RSVP Don Torino: 201-230-4983. GreatAuk4@gmail.com.

Lantern Tour: Historic New Bridge Landing – 7pm. Celebrate our country's birthday on the grounds where its independence was forged. BCHS past president Jim Smith leads a lantern tour of Historic New Bridge Landing. Meet at the Campbell-Christie House. \$10, \$7/students, free/members. HNBL, 1201-1209 Main St., River Edge. BergenCountyHistory.org.

TUESDAY, JULY 3

Qi Gong and Tai Chi – Jul 3, 12, 17, 26. Tue, 2-3pm; Thu, 5:30-6:30pm. Qi Gong and Tai Chi consist of slow, graceful exercises that combine movement, meditation and breathing to improve well being. Led by Johanna Albin. Registration required. To view additional cancer support programs in July visit the website. Marian Hall, Holy Name Medical Center, 718 Teaneck Road, Teaneck. 201-833-3392. HolyName.org/CancerSupport.

State Fair and Fireworks Shows – Jul 3 & 4. 2pm-1am. Quality rides, plenty of free entertainment, games and prizes, and a variety of foods. There are a variety of activities to interest all ages. Free shows include: Open Air Thrill Show, Rosaire's Royal Racing Pigs, High Dive performances, the Educational Petting Zoo and live concerts. Spectacular fireworks displays both evenings. Animal rides available, but not free. State Fair Meadowlands, 1 MetLife Stadium Drive, East Rutherford. 973-355-5911. NJFair.com.

WEDNESDAY, JULY 4

The Statue of Liberty 5K – 5am check-in, 7am race. Before the barbecues, parades and fireworks, run with Lady Liberty. Join Special Olympics New Jersey for the only official race around the Statue of Liberty. Registration is limited to 500. Participants have early access to Liberty Island the morning of July 4th. Much more than running around Lady Liberty, the race is about supporting the athletes of Special Olympics New Jersey, which provides year-round sports training, competition, leadership opportunities and health screenings to more than 25,000 athletes. See website for ferry schedule. Liberty State Park, 1 Audrey Zapp Dr, Jersey City. 201-200-1000. RSVP: Liberty5K.org.

Ridgewood Independence Day Celebration – 9am-10pm. Family-oriented events including a flag raising ceremony and parade at Wilsey Square. The theme for the Parade this year is Honoring Those Who Serve. It recognizes and honors the many men and women who dedicate their work and life to others through military, police, fire, ems or civil service. Evening entertainment beginning at 6:30pm, with a fireworks display at dusk. Tickets are required for entrance to Veteran's Field. Rain date Jul 5. Veterans Field, 131 N Maple A, Ridgewood. RidgewoodJuly4.net.



THURSDAY, JULY 5

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

FRIDAY, JULY 6

Belly Dance for Fitness and Fun – Jul 6, 20. 10-11am. Consider belly dancing for a refreshing alternative to a traditional exercise class. Learn basic techniques for beginners with the perfect combination of movement and fun. Led by: Sandra Steuer Cohen, dance instructor. Open to anyone impacted by cancer. Registration required. Marian Hall, Holy Name Medical Center, 718 Teaneck Road, Teaneck. 201-833-3392. HolyName.org/CancerSupport.

SATURDAY, JULY 7

Fishing Game: DIY for Kids – 9am-12pm. Reel in the summer fun in a hands-on workshop where you and your child can build a fishing game while tackling educational and developmental skills. Once your fishing game is built, you and your child can decorate it with paint and stickers. All kids get to keep their project, receive a certificate of achievement, a workshop apron, and a commemorative pin while supplies last. Children must be present at the store to receive the kit, apron and pin. Free. All Bergen County Home Depots: Paramus, Hackensack, Mahwah, etc. 800-466-3337. HomeDepot.com.

Vintage Baseball – 11am-2pm. Experience baseball the way great-grandpa did, when these reenactor teams, the Flemington Neshanock and the Brooklyn Eckfords, play a double header with 19th century rules, equipment and uniforms in an open field. Watch for Casey at the Bat at this first big event in The Meadow, make sure to bring a hat, blanket or chair, and sunscreen. Food trucks will be on hand and short walking tours will be available. \$10, \$5/students, free/members. Historic New Bridge Landing, 1201 Main St, River Edge. Enter at the corner of Hackensack Avenue & Main Street. BergenCountyHistory.org.

SUNDAY, JULY 8

Sea Glass Hunt: A Special Summertime Adventure for Children – 11am-12:30pm. The historic Kearney House in the Palisades Interstate Park will sponsor the event. The focus of the morning will be *sea glass*, shards of glass that have been in the river long enough - in some cases, a century or more - that their edges have been rounded smooth. The riverfront adventure will be held drizzle or

shine. Free; \$5 cash-only parking fee. Alpine Picnic Area & Boat Basin, Alpine. Alpine. 201-750-0465. NJPalisades.org.

Garretson Forge and Farm Open House – Jul 8, 22. 1-4pm. One of the oldest historic sites in Bergen County, settled in 1719, this Dutch Colonial homestead was home to six generations of Garretsons. Their homestead remains a rare surviving example of a simple farming life prevalent in the 1700s and 1800s. Free, donations appreciated. Garretson Farm, 4-02 River Rd, Fair Lawn. 201-797-1775. GarretsonFarm.org.

Sustainable Foraging for Better Nutrition & Flavor – 2-4pm. A special program with foraging expert Robert "Bobcat" Saunders. The program will feature a talk, a short walk, and a cooking demonstration. To be held rain or shine, the program is free and open to all with no reservations needed. There is a \$5 parking fee charge at the Alpine Picnic Area & Boat Basin, where the Pavilion is located. Alpine. 201-750-0465. NJPalisades.org.

MONDAY, JULY 9

Breast Cancer Support – Mon through Aug 13. 1-2pm. Whether recently diagnosed, in treatment, or post-treatment, support group can offer encouragement, support and information while connecting with others who have a breast cancer diagnosis. Led by Francine Handwerker, Ph.D. Registration required. Marian Hall, Holy Name Medical Center, 718 Teaneck Road, Teaneck. 201-833-3392. HolyName.org/CancerSupport.

TUESDAY, JULY 10

Behind the Times at Mrs. Kearney's Tavern – Jul 10, 17. 7-9pm. Open-house program at the historic Tavern. Staff dressed in period garb will serve lemonade, watermelon and other summer treats, and share tales of life along the river in the days of steamships and sloops. Outside children can learn the techniques of hoops and graces and other period amusements. Thaddeus MacGregor, a musician and teacher from Englewood and the historic house's tavern musician, will entertain visitors with music and songs of Mrs Kearney's day. Eric Nelsen, a historical interpreter, will read aloud from a story, poem, or essay of the period. The Kearney House, Alpine Picnic Area & Boat Basin. 201-768-1360 x 108. NJPalisades.org.

WEDNESDAY, JULY 11

Dance Lessons for Cancer Patients – Wed through Aug 15. 1-2:45pm. Learn Salsa, Bachata, Cha Cha, Rumba. Research shows that dance lessons may improve balance and reduce fall risks among cancer patients and survivors with peripheral neuropathy. Join us and improve mood, balance and confidence. Open to anyone with a cancer diagnosis. Registration required. Dance With Me Dance Studio, 2029 Lemoine Ave, 2nd Floor, Ste 201, Fort Lee. RSVP: 201-833-3392. HolyName.org/CancerSupport.

Guided Pontoon Boat Cruise – July 11, 13, 17, 19, 26, 31. 5:30pm. Two-hour trip along the Hackensack River and its marshes with an experienced guide knowledgeable of the Meadowlands ecosystem; hear about the history of the river and look for birds and other wildlife that inhabit these marshes. See nature up-close to photograph and make videos of the natural beauty of the Meadowlands and its unique urban eco-system. For ages 10 up. Free. River Barge Park, 260 Outwater Lane, Carlstadt. Cathy Vonk: 201-460-4677. NJSea.com.

The William D. McDowell Observatory – Jul 11, 18, 25. 8:30-10:30pm. 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, JULY 12

Thunderhill Country & Western Band – 8:30-10pm. The band is presented as part of the Kasschau Memorial Shell Concert Series. Free. Taped rain site information at 201-444-1776 after 7pm. Bring a low back chair or blanket. If a game is in progress, please do not cross the baseball field. Band Shell in Veterans Field (behind library), N Maple Ave, between Franklin and Linwood Aves, Ridgewood. RidgewoodNJ.net.

SATURDAY, JULY 14

Explore Mill Creek Marsh by Canoe – 8:30-11am. Guided canoe trips are an excellent way to learn about the basics of salt marsh ecology and enjoy the scenery as you paddle. Trips are for ages 10 and up. All equipment is provided and safety tips are given before each trip. Each canoe holds up to 3 people, and it is preferred that at least 1 person has experience in canoeing. Cost is \$15 per person. Pre-registration required. River Barge Park, 260 Outwater Lane, Carlstadt. Cathy Vonk: 201-460-4677. NJSea.com.

Intro to Crystals – 2pm. Learn how crystals come to emit energy, and how to choose, set intentions and care for your crystals. \$20. Earth's Healings, 792 Kinderkamack Rd, River Edge. Register: EarthsHealings@gmail.com. EarthsHealings.com.

Seasonal Scavenger Hunt – 2-3pm. Families will receive a set of clues to 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 prize. For adults and families with children 4 and up; children must be accompanied by an adult; Inclement weather cancels the program. \$3, \$10/family max, \$6/non-members, \$30/family max, free/children under 2. Tenaffly Nature Center. Visitor Center, 313 Hudson Ave, Tenaffly. 201-568-6093. TenafflyNatureCenter.org.

Paddling Basics – 7-8:30pm. Paddling is one of the fastest growing outdoor recreation activities. Before you head out on the water, be sure to learn the basics. This class offers you an overview of information on canoes, kayaks and stand-up paddleboards. Experts will cover equipment, apparel, trip planning and transportation. Note: This class does not replace the need for on-water skills instruction. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

Music on the Rocks: Mel's Jazz Zone – 7-10pm. Funky jazz & blues with Mel's Jazz Zone, a five-person ensemble that will bring their unique mix of funky jazz, ballads, standards, blues, and creative live music back to the lookout. Bring a chair or blanket and a picnic (BYOB okay). Or, the Lookout Inn will be open for food and snacks. Rain date Jul 21. \$5. State Line Lookout, Palisades Interstate Park, 264 Palisades Interstate Pkwy, Alpine. 201-750-0465. NJPalisades.org.



SUNDAY, JULY 15

Introduction to Outdoor Photography – 10am-2pm. Learn to see beyond your primary subject so that everything in the frame improves the image; analyze numerous photographs and discuss composition techniques. Begin to shoot with an eye that draws the viewer's attention into a photograph. For photographers of all levels using film or digital cameras. Bring your camera with its owner's manual. \$89, \$69/member. Liberty State Park, Jersey City. 201-226-1560. REI.com.

Learn to Kayak Class – 10am-2pm. This class will introduce students 12 and up to the basics of paddling a kayak in a mild setting and at a relaxed pace. Students will learn about kayaks, paddles, gear and clothing before learning to launch and being introduced to the basic paddle strokes. \$99, \$79/member. Liberty State Park, Jersey City. 201-226-1560. REI.com.

MONDAY, JULY 16

Raising Energy Frequency Workshop – 7-8pm. Learn how energy frequency applies to everyday life. Gaining a deeper understanding allows us to vibrate at a frequency that serves us better. Developing these tools will help us recognize our power to choose our energy frequency. \$35. Healing4thesoul Wellness Center, 199-B Boulevard, Hasbrouck Heights. RSVP: 201-288-0011. Healing4TheSoul.com.

TUESDAY, JULY 17

Party With a Purpose 5K and Kids Fun Run – Kids' Run, 3:30pm; check-in, 5:30pm; race start, 7pm. One of the biggest races in Hoboken, this event supports local youth charities, including Hoboken Boys and Girls Club, TRUE Mentors and the Jubilee Center. There is a fun run and other special events for the kids before the evening kicks off with 1500+ runners participating in the waterfront 5K. An after party immediately following race (free admission for runners, volunteers & sponsors, ID required) along the pier is a great way for volunteers and runners alike to end a successful night. Pier A (1st & Sinatra Dr), Hoboken. \$40, kids' race is free. PartyWithAPurpose.org.

SATURDAY, JULY 21

Saturday Morning Boat Cruise – 8:30am. Two-hour trip along the Hackensack River and its marshes with an experienced guide knowledgeable of the Meadowlands ecosystem; hear about the history of the river and look for birds and other wildlife that inhabit these marshes. See nature up-close to photograph and make videos of the natural beauty of the Meadowlands and its unique urban eco-system. For ages 10 up. Free. River Barge Park, 260 Outwater Lane, Carlstadt. Cathy Vonk: 201-460-4677. NJSea.com.

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.

Yoga for Osteoporosis Prevention and Management – July 21 & 28. 11:30am-1pm each day. With Nancy Nehama RN, BSN, RYT. A two-part program. Part one, Jul 21, is a discussion on osteoporosis prevention and management, naturally. Part two, July 28, is about yoga positions for osteoporosis prevention and management. \$30 per part or register for both sessions for \$50. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. Info: 201-644-0840. VistaNaturalWellness.com.

Intro to Smudging – 2pm. Learn what smudging is, why we do it, when to do it, various types of smudges, and proper methods. \$20. Earth's Healings, 792 Kinderkamack Rd, River Edge. Register: EarthsHealings@gmail.com. EarthsHealings.com.

SUNDAY, JULY 22

Summertime Tours – 1-4pm. Visit Bergen County's premier historic site, Historic New Bridge Landing. Museum site open for tours guided by knowledgeable docents, volunteer historians and interpreters. Event info updated as available. \$10, \$7/students, free/members. Steuben House, Historic New Bridge Landing, 1201-1209 Main Street, River Edge. BergenCountyHistory.org.

MONDAY, JULY 23

Awareness through Movement – Jul 23 & 30. 4-5pm. Through the Feldenkrais Method, participants can learn to move with efficiency and ease. Led by: Joyce Bendavid. Open to anyone impacted by cancer. Registration required. To view additional cancer support programs in July visit website. Marian Hall, Holy Name Medical Center, 718 Teaneck Road, Teaneck. 201-833-3392. HolyName.org/CancerSupport.

TUESDAY, JULY 24

Moth Night – 8:30-10pm. A presentation on these misunderstood cousins of butterflies, followed by activities for kids and adults and time to identify and admire the various species of moths in the Park, Wavy lined emeralds and Rosy maple moths, among others. Industrial-strength lamps and white sheets will be set up and sugar bait used to attract them. This event is geared toward ages 12 and up. Don't forget your cameras and binoculars. Free, registration required. Meadowlands Environment Center, Two DeKorte Park Plaza, Lyndhurst. 866-927-6416. NJMeadowlands.gov.

WEDNESDAY, JULY 25

Map & Compass Navigation: Basics Class – 6:30-8:30pm. Learn the parts of a compass, how to read a topographic map and how to use them in tandem; how to pinpoint your location and navigate by following a bearing. Maps and compasses provided, but bring your own if you prefer. This class may include a portion held outdoors, please dress accordingly. \$50, \$30/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.



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@NaturalAwakeningsNJ.com for guidelines and to submit entries.

THURSDAY, JULY 26

Guitar Bar Allstars: World Record – 6:30pm. The Allstars will again attempt the world's record for most people playing the same song on a stringed instrument. Anyone and everyone with any other acoustic string instrument can join in. Tutorial videos are available that teach the basic open chords you will need at guitarbar.com/worldrecord. Free. Amphitheater, Sinatra Park, Frank Sinatra Dr between 4th and 5th, Hoboken. Geri Fallo: 201-420-2207. GFallo@HobokenNJ.org. GuitarBar.com/WorldRecord.



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.

markyourcalendar

THURSDAY, JULY 26

Belladonna Kuchar, Psychic Healer – 7:30-9pm. World-renowned psychic healer will conduct a group healing session demonstrating the use of qigong and psychic abilities to clear energy that presents as emotional or physical pain. By combining massage, other bodywork and energy healing, Kuchar clears unresolved trauma that can lead to stress, addictions, digestive disorders, chronic pain, dysfunctional relationship patterns and more. \$55; registration required. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings.com.

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.

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,

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.

FRIDAY, JULY 27

Full Moon Hike – 7-9pm. A guided 2-hour walk (1½ miles) along the trails by the light of the full moon. Participants will stop for a rest at the crossroads of the Purple and Allison Trail. This tranquil, meditative hike encourages reflection and connection with nature, allowing hikers to experience the trails after dark. Recommended for adults; bring a flashlight. \$10, \$5/ members. Tenafly Nature Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

SUNDAY, JULY 29

Annual Butterfly Day – 10am-3pm. The annual one-day butterfly fest, a family-friendly favorite, includes butterfly walks, slide shows on identification and learning to attract and view the many species of butterflies found in the Park. Activities for children include a butterfly costume contest (12 and under), face painting, crafts and a scavenger hunt. In case of inclement weather, call 201-460-4619. Free; registration requested. Meadowlands Environment Center, Two DeKorte Park Plaza, Lyndhurst. 866-927-6416. NJMeadowlands.gov.

TUESDAY, JULY 31

Hands-On Bike Maintenance: Basics – 7-9pm. An expert mechanic will teach how to clean and lube a chain, fix a flat tire in record time, and make other minor adjustments to your two wheels rolling smoothly. Participants need to bring their own bikes in good working condition. Participants must wear closed-toe shoes clothing that will likely get dirty. \$50, \$30/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

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.

Drop-In Yoga – 6:15-7:15pm. Learn the basic poses, breathing techniques, and how to feel in balance. Wear comfortable clothes. Bring a yoga mat, towel, water, and a positive spirit. No registration but space is limited. Free. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323. Mahwah.BCCLS.org.

Beginners Yoga – 6:30pm. 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.

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. Poitin 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.

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.

Chair Yoga, Breathing Technique & Meditation Class – 6-7pm. Yoga is a holistic way of energizing and integrating your mind body and self. Meditation allows the conscious mind to settle deeply in the

self, giving it a rest. With Sujatha Nair from Art of Living. Free. Teaneck Public Library, 840 Teaneck Rd, Teaneck. Sujatha Nair: 201-403-7229. Sujatha.Nair@artofliving.org.

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

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

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

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

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 breathe and relax in order to obtain the fullest benefits of meditation. Earth's Healings, 792 Kinderkamack Rd, River Edge. 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.

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.

Know Thyself Lectures – 7:30pm. Through a series of 75 lectures, deep meditation, study and experimentation you will come to answer the fundamental questions in life: Where do we come from? What is the purpose of existence? Free. 358 Greenmount Ave, Cliffside Park. 201-370-6433.

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 – 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.

Gentle/Restorative Yoga – 10:30-11:30am. Designed to align your mind, body and soul completely to optimize relaxation by also utilizing meditation. \$35; registration required, call 201-288-0011. Healing 4 The Soul Wellness Center, 199-B Boulevard, Hasbrouck Heights. Healing4TheSoul.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 28.*

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 27.*

HEALING CENTERS

ADVANCED MEDICAL CARE CENTER

Dr. Roman Finn
22 Madison Ave, Paramus, NJ 07652
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LOIS KRAMER-PEREZ

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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 18.*

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



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Clinical Nutritionist Dian Freeman has a private practice in Morristown. She teaches a six-month nutritional certification course and has certified over 700 graduates in Holistic Health over the last 14 years. She also practices frequency biofeedback, teaches one-day classes and lectures widely. Dian is currently finishing her doctorate in Medical Humanities at Drew University, Madison, NJ. She may be reached at 973-267-4816 or Dian2@WellnessSimplified.com. See ad, page 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 supportive whole foods cuisine. Okezie received her nutrition training at the Institute for Integrative Nutrition, the world's largest nutrition school at the forefront of the health and wellness movement. She is a board-certified member of the American Association of Drugless Practitioners. In her private practice, Okezie leads cooking classes and wellness workshops. She counsels women and their families about food, health and nourishment. See ad, page 13.



REIKI

REIKI & YOU

Florentina Galla, MS, RDH, CNW
Master Reiki Usui HF, Author
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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 diplomas in Acupuncture and Traditional Herbal Medicine spring and fall registration available; Community Education and Continuing Education programs are also available. Please call or check our website for current events. Our student clinic offers affordable acupuncture treatments available to the public.

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to heed the lessons of failure.

~Bill Gates

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OPPORTUNITIES

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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.

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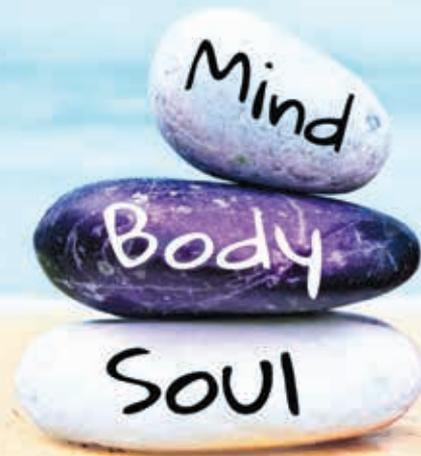
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