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Dr. Doug Pucci, DC, FAAIM
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with Dr. Doug Pucci

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.

Dr. Pucci is located in Oradell, NJ. For questions or appointments, call 201-261-5430. To learn more, visit www.GetWell-Now.com

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Nancy Barrett, Certified Holistic Manual Lymphatic Therapist:

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

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Online mattress businesses are antithetical to sustainability.

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

At Healthy Choice our return rate is almost Zero.

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

All Healthy Choice mattresses are biodegradable.

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

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

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

Healthy Choice Mattresses are made and delivered locally.

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

Destroying Main Street and local jobs is not sustainable!

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

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

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

Cheap online mattresses don't last.

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

Quality Healthy Choice Mattresses can not be shipped by UPS.

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



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letter from publisher



Dr. Lothar von BlenkSchmidt, a member of the Rocket Society and an outstanding research electronic engineer, used his subconscious mind to free himself from certain death at the hands of brutal guards in a Russian prisoner of war camp coal mine. He saw men dying all around him as fellow prisoners were watched over by brutal guards, arrogant officers and sharp, fast-thinking commissars.

Soon after his arrival, von BlenkSchmidt started concentrating on his escape. He knew that his subconscious mind would somehow find a way. His home in Germany was destroyed, family wiped out and his friends and former associates were either killed in the war or were in concentration camps.

Von BlenkSchmidt said to his subconscious mind, "I want to go to Los Angeles, and you will find the way." He had seen pictures of Los Angeles and remembered some of the boulevards and buildings. Every day and night he imagined that he was walking down Wilshire Boulevard with an American girl that he met in Berlin prior to the war (she is now his wife). In his imagination, they would visit the stores, ride buses and eat in the restaurants. Every night, von BlenkSchmidt made it a special point to drive his imaginary American automobile up and down the boulevards of Los Angeles. He made all this vivid and real. The pictures in his mind were as real and as natural to him as one of the trees outside the prison camp.

Every morning, the chief guard would count the prisoners as they were lined up. He would call out "one, two, three...", and on his last morning at the camp, when 17 was called out, which was von BlenkSchmidt's number in sequence, he stepped aside. In the meantime, the guard was called away for a minute or so, and on his return he started by mistake on the next man as number 17. When the crew returned in the evening, the number of men was the same, and he was not missed, and it took some time before the discovery was made. Von BlenkSchmidt walked out of the camp undetected and kept walking for 24 hours, resting in a deserted town the next day. He was able to survive by fishing and hunting wildlife.

He found coal trains going to Poland and traveled on them by night until finally, he reached Poland. With the help of friends, von BlenkSchmidt made his way to Lucerne, Switzerland. One evening at the Palace Hotel in Lucerne, he had a talk with a man and his wife from the United States. This man asked if von BlenkSchmidt would care to be a guest at his home in Santa Monica, California. He accepted, and when he arrived in Los Angeles, von BlenkSchmidt found that their chauffeur drove him along Wilshire Boulevard and many other boulevards, which he imagined so vividly in the long months in the Russian coal mines. He recognized the buildings, which he had seen in his mind so often. It actually seemed as if von BlenkSchmidt had been in Los Angeles before. He had reached his goal.

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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ADVERTISING & SUBMISSIONS

HOW TO ADVERTISE

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.

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

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Healthy Futures Summer Program



The August session of the Healthy Futures Summer Program is being held from August 13 to August 24. Children participating in the program will have fun this summer making friends, cooking, exercising and swimming while learning from experienced staff how to make healthier lifestyle choices.

The program, sponsored by The Joseph M. Sanzari Children's Hospital in partnership with the HackensackUMC Fitness & Wellness—Powered by the Giants, gives children ages from 8 to 12 years old the opportunity to learn how to make healthier lifestyle choices in a fun environment.

Location: 87 Rte. 17, North Maywood. For more information, call 1-855-463-8887 or for fees and registration, email HealthyFutures@HackensackMeridian.org.

Whole Foods Market Nutrition Tour

Nutrition experts from the Graf Center for Integrative Medicine are giving a Whole Foods Market tour from 10 to 10:45 a.m., August 2, to help people



learn about alternatives to dairy. Nutritionists will also give tips on how to read and understand food labels to identify hidden dairy ingredients.

The Whole Foods Market Tour series, in which nutritionists from the Graf Center lead store tours of Whole Foods Market while giving healthy eating and shopping ideas, is co-sponsored by Englewood Hospital and Medical Center, and the Community Health Improvement Partnership of Bergen County.

Admission is free. Location: 905 River Rd., Edgewater. For more information or to register (required), call 201-608-2377, or email GrafCenter@ehmhealth.org or visit Tinyurl.com/dairyalt.

Chair Yoga in Woodland Park

Chair yoga classes will be offered from 12:30 to 1:30 p.m., August 9 and 23, at the Alfred H. Baumann Library, in Woodland Park. The class



includes meditation, breathing exercises, yoga sequences and 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: 7 Brophy Lane. For more information or to register (required), call 973-345-8210, email DonnaNovak@abwplibrary.org or visit abwpLibrary.org.

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News to share?

Email submission to:
Publisher@NaturalAwakeningsNNJ.com
 Deadline: the 10th of the month

New Jersey Raw Food Support Network Lecture

The New Jersey Raw Food Support Network will host a lecture, A Day in the Life of a Raw Vegan, with Lauren Cellini and



Karen Ranzi, at 7 p.m., August 10, in Ramsey, New Jersey.

The focus of this lecture is to provide audience members with the key tips on what to eat on a raw food day, how to eat cost-effectively as a raw vegan and getting the right health-enhancing nutrients for the body as a raw vegan.

The New Jersey Raw Food Support Network was started to provide health and nutrition information for the raw food lifestyle of state residents, offer monthly speaker presentations, classes on raising healthy children, raw food potlucks, raw food and healthy lifestyle discussion groups and movie nights.

Cost is \$10. Location: 42 New England Dr.. For more information and to register (required), visit the New Jersey Raw Food Support page on Meetup.com.

Crystal Pendulum Healing Workshop

Healing4thesoul Wellness Center is holding a crystal pendulum workshop from 7 to 8 p.m., August 14. Owner Dawn Pikowski says, "Crystals can assist in bringing balance to our lives, and also to harmonize the body, mind and spirit. The workshop will include guided exercises and a meditation with a crystal pendulum." Pendulums will be provided to all participants.



"The use of a crystal connects us to the flow of energy within our bodies, allowing us to see any areas that need our attention. This is done through detecting energy blockages, removing holes in the auric field and asking questions. The light reflected through the crystal pendulum connects us back to our true inner light," she explains.

Cost \$40. Location: 199-B Boulevard, Hasbrouck Heights. To register (required) or for more information, call 201-288-0011 or visit Healing4theSoul.com. See ad, page 10.

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news briefs

Get Certified in Youth Mental Health First-Aid



Health and human services workers and parents or teachers of a child or may become certified in youth mental health first-aid. Training is being given from 8:30 a.m. to 4 p.m., August 14, in the New Bridge Medical Center.

The goal of the program, part of the countrywide Stigma-Free Initiative, is to eliminate prejudice associated with mental illness and substance abuse, and to promote recovery and resiliency.

Admission is free. Location: 230 Ridgewood Ave., Paramus. For more information or to register, call 201-225-7674, email rklie@newbridgehealth.org or visit Tinyurl.com/youthment.

Learn Access Bars in Paramus

The Access Bars class from 9 a.m. to 5 p.m., August 18, is a one-day session to learn this innovative process that can create greater ease with everything and bring more joy into life through greater awareness.



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

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

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

Location: Advanced Medical Center, Paramus, NJ. For more information, call 201-655-3836 or visit Access-Consciousness.com. See ad, page 35.

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Recycle and Shred for Free in Bergen County

The Bergen County Utilities Authority is sponsoring an electronics and automobile tire drop-off and document shredding recycling event from 9 a.m. to 2 p.m., rain or shine, August 18, at Bergen Community College, in Paramus.

Four tires will be accepted per person per delivery, with or without rims. Computers, televisions, modems, fax machines and more are welcome. Confidentiality of documents is insured by observing shredding on-site with a limit of four bags/boxes weighing no more than 10 pounds each. No materials will be accepted from businesses, only individuals.

Free for Bergen County residents with proof of residency. Location: 400 Paramus Rd. For more information, call 201-807-5825 or visit bcua.org.

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Learn How to Hydrate at the West Milford Library

The West Milford Library will present a lecture, Healthy Hydration, with West Milford Shoprite in-store Registered Dietitian Megan Scutti from 3 to 4 p.m., August 9. Participants will learn some go-to summertime hydration tips and tricks that will be key when the weather gets humid and boiling.

Being hydrated keeps the body cool, promotes cardiovascular health, helps muscles and joints work better, keeps skin supple and helps cleanse the body inside and out.



Location: 1470 Union Valley Rd.. For more information or to register(required), call 973-728-2822, email wmtl@wmtl.org or visit wmtl.org.

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news briefs

Hackensack Riverkeepers Host Cleanup

The Hackensack Riverkeepers will conduct a land-based cleanup party from 9 a.m. to 1 p.m., August 26, at Rutkowski Park, in Bayonne. 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 and refreshments will be provided. Volunteers should bring bug spray and sunscreen. Minors must be accompanied by an adult.

Location: Hackensack RiverWalk. For more information or to register (recommended to provide enough supplies), call 201-968-0808 or email Outreach@HackensackRiverkeeper.org.

Reiki Circle Group for Cancer Patients and Caregivers



Hackensack University Medical Center and the New York Giants are sponsoring a reiki circle for cancer patients and their caregivers from 6 to 7 p.m., August 16.

Reiki is a healing technique based on the idea that a therapist can

channel energy into a patient through touch and activate the natural healing processes of to restore physical and emotional health.

Admission is free. Location: John Theurer Cancer Center, fourth floor waiting area, 92 Second St., Hackensack. To register, call 551-996-5861.

kudos

The CGI Holistic Fitness Club celebrated its 20 anniversary with a SEED for Health Fair on June 23 with 20 vendors, including Pascack Valley Medical Center, The Center for Alcohol and Drug Resources.



(L to R) Kyla Heo, Mayor Dianne Camelo Didio, Nicole Wasserman

More than 100 people attended to learn more about managing their stress, exercise, emotions and diet (SEED).

CGI has raised health awareness through outreach activities over the years. At the event, the mayor of Oradell, Dianne Camelo Didio, presented CGI with a proclamation of outstanding community service. The proclamation states, "Whereas CGI believes in the importance of maintaining good health, happiness and peace naturally in our daily lives; whereas CGI also believes in brain education which is a progressive convergence of traditional Eastern practices for energy development and mindfulness coupled with new findings from within the fields of neuroscience and education."

For more information, call 201-784-5575 or visit cgholisticfitness.com.

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health briefs

Take Magnesium to Metabolize Vitamin D

Vitamin D can't be metabolized without sufficient magnesium levels. Thus, it remains stored and inactive for as many as 50 percent of Americans on nutrient-poor diets, reports a research review in the *Journal of the American Osteopathic Association*. "Without magnesium, vitamin D is not really useful or safe," says study co-author Mohammed S. Razzaque, Ph.D., a professor of pathology at Lake Erie College of Osteopathic Medicine, in Erie, Pennsylvania.

As a consequence, taking vitamin D supplements can increase a person's calcium and phosphate levels, even if they remain vitamin D deficient, he explains; and that can lead to vascular calcification if their magnesium levels aren't sufficient.

The magnesium factor may explain why vitamin D supplementation doesn't necessarily help vitamin D deficiency-related disorders such as skeletal deformities, cardiovascular diseases and metabolic syndrome. Natural sources of magnesium include almonds, cashews and other nuts, bananas, beans, broccoli, brown rice, egg yolks, fish oil, green vegetables, mushrooms, oatmeal, soybeans, sweet corn, tofu, whole grains, and pumpkin, sesame, sunflower and flax seeds.

Holding Hands Reduces Pain

Holdings hands with a loved one reduces physical pain, report researchers at the University of Colorado and University of Haifa that studied the brainwaves of 22 heterosexual couples between ages 23 and 32. When in each other's presence, the couples' brainwaves tended to synchronize, especially in the alpha mu band, a measure of focused attention; holding hands amplified this effect and markedly lowered pain levels. The more empathetic the man was to the woman's pain, the more their brain activity synced and her pain decreased. Men that were less empathetic did not produce the same effect.

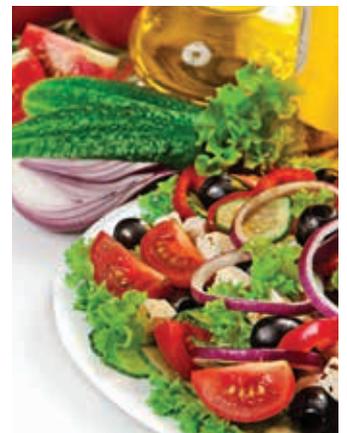


Turmeric Helps Heal Skin Ailments

Turmeric, with its renowned anti-inflammatory, antimicrobial and antioxidant properties, seems to improve a number of skin conditions when taken topically or orally, concludes a review of clinical studies published in *Phytotherapy*. Researchers at Drexel University, in Philadelphia, and the University of California, Sacramento, selected the 10 strongest clinical studies on turmeric out of 234 published. They concluded that this spice, with its active ingredient curcumin, was effective in treating acne, oral lichen planus (mouth inflammation), pruritus (itchy skin), psoriasis, radiodermatitis (a side effect of radiation treatment), diabetic microangiopathy (bleeding of small blood vessels) and diabetic edema (swelling). Studies on other skin conditions were either inconsistent or ineffective, the report concluded.

Mediterranean Diet Cuts Risk of Prostate Cancer

In a five-year study published in *The Journal of Urology* of 2,000 older Spanish men, those following a Mediterranean diet rich in fish, boiled potatoes, whole fruits, vegetables, legumes and olive oil that was low in juices had a significantly lower risk of aggressive prostate cancer compared to those eating a Western diet. This protective effect was not found in diets higher in fatty foods, red and processed meat, refined grains and sweets. The researchers also reviewed other science to date, confirming the protective effect of the Mediterranean diet as well as "healthy" and "prudent" diets, all consisting of greater portions of fruits and vegetables.



Parrot Prosthetics

3-D Printers Help Rehabilitate Animals

Pete, a 34-year-old Amazon parrot, received a boot-like prosthesis made by a 3-D printer from a customized mold after his leg was ripped off by a fox. A day later, he was not only already starting to accept it, but also realized he could place his weight on it. "That in itself is revolutionary for a bird," says Veterinarian LaToya Latney, service head and attending clinician of the Exotic Companion Animal Medicine and Surgery at the University of Pennsylvania School of Veterinary Medicine's Ryan Hospital, known as Penn Vet. "He gets it."

In another case of an interspecies application of new medical technology, Lola, a Kemp's Ridley sea turtle, the most endangered species of marine turtle, suffered injuries so extensive that a flipper was amputated. Losing a limb can make it difficult for a turtle to avoid predators or chase after prey. At the Key West Aquarium, in Florida, Iok Wong, Samantha Varela and Vivian Liang, three recent engineering graduates from the Worcester Polytechnic Institute, in Massachusetts, used their specialized skills and 3-D printing to create an effective, low-cost prosthetic turtle flipper.



Climate Consensus

Researchers Raise Red Flags

A research paper, *World Scientists' Warning to Humanity: A Second Notice*, published in the journal *Bioscience* about the fate of humanity, has received more than 20,000 signatures and endorsements from scientists in 184 countries.

Meanwhile, if humans don't reduce greenhouse gas emissions drastically and maintain carbon sinks like forests within 10 years, the impact on our climate will be catastrophic, according to the International Institute for Applied Systems Analysis. Researchers there have developed a model that they believe could do the trick; it calls for fossil fuel consumption to be reduced to less than 25 percent of the global energy supply by 2100, a drastic cut from the 95 percent being used now.

Deforestation also must be cut significantly to lead to a 42 percent decrease in cumulative emissions.

The target is in line with the Paris agreement on climate change, which 194 countries have signed, but not the United States.



Literacy Project

Dolly Parton Donates Millions of Books

Singer Dolly Parton donated the 100 millionth book of her career via her nonprofit Imagination Library earlier this year. She began in 1995, donating books to children in her home state of Tennessee. Now, Imagination Library mails 1 million-plus books per month to children around the world. Parton celebrated the milestone by donating to and giving a reading at the Library of Congress.

"My daddy couldn't read and write, and that always troubled and bothered him, so I wanted to do something special for him," says Parton. "I got the idea to start this program and let my dad help me with it, and he got to live long enough to hear the kids call me the 'book lady.'"



The Headache-Migraine-Gut Connection

by Doug Pucci

Millions of Americans suffer from migraine headaches and the severe pain, stomach upset and light sensitivity that goes with them. Migraines are known to affect the gut, causing diarrhea, vomiting and nausea, but new studies have shown that the reverse is also true: poor gut health can increase the risk of neurological disorders, including migraines.

The National Institutes of Health (NIH) journal *Frontiers in Neurology* reports that possible root causes of GI diseases and migraines “could be increased by gut permeability and inflammation.” Separate studies indicate that the same pro-inflammatory immune responses responsible for such gut issues as celiac disease, leaky gut, irritable bowel syndrome (IBS) and irritable bowel disorder (IBD) may also be responsible for causing migraines. The NIH also reports that the cause of migraines may be more about environmental factors, including gut microbiota, than genetics, because in only 20 percent of identical twins does one or both suffer from migraines.

Poor gut health doesn't just cause migraines—Norway's Nord-Trøndelag Health Survey showed that people with ordinary headaches, as well as migraines, also complained regularly of gastroin-

testinal (GI) symptoms, as opposed to people that had no GI complaints or headaches. In the U.S., approximately 45 million people (about one in six) are known to experience common headaches; roughly 8 million of those visit a doctor specifically for headache complaints. Several statistics bear out the gut health-headache-migraine connection:

- More than half of migraine patients have IBS (American Academy of Neurology). Approximately one-third of headache sufferers have IBS (American Academy of Neurology)
- A study of patients with IBD and celiac disease showed migraines were “more prevalent” in these patients than in control subjects (American Headache Society)
- Patients with IBD are more than two times more likely to suffer migraines (American Headache Society)
- Inflammation is at the root of IBD, IBS and leaky gut, and the nerve associated with migraines is also triggered by inflammation (*Annals of Neurosciences*)

The gut and brain have a strong connection through three pathways—endocrine, immune and neural—which communicate in both directions: brain to gut

and gut to brain. Because of this connection, the gut is referred to as the “second brain”; in addition, it produces the majority of our body's serotonin, which is referred to as the “happiness hormone”. It's no coincidence that patients with migraines are found to have low serotonin levels, further underscoring the relationship between the gut and brain.

Gut permeability, otherwise known as leaky gut, is a condition in which the gut wall becomes perforated, allowing toxic waste, undigested foods and bacteria to pass into the blood system rather than being properly processed and eliminated. These inflammatory molecules can lead to IBD, IBS and celiac disease; they also stimulate pain receptors in the fifth and largest cranial (trigeminal) nerve, resulting in migraines.

It's no secret that we're living more inflammation-prone lives due to higher stress levels, gluten consumption, poor dietary choices that include processed and fast foods, environmental chemicals and so on. The lower quality of non-organic food also plays a role because there are now far fewer nutrients in plant-based foods due to the use of pesticides, genetic modification, mechanized farming and chemical fertilizers. All these factors negatively alter the gut microbiome and in turn, the gut-brain pathway.

The road to ending migraines begins by finding out what triggers the attacks—everyone's body is different; some may have allergies or sensitivities to cleaning products, gluten or certain foods, while others may have leaky gut or another immune disorder. A skilled functional medicine doctor can help determine the root cause of the body's inflammation and the best way to help heal any medical issues so we can get back to living life more fully.

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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Rethinking Toiletries

Using Less Saves Both Money and the Planet



The maxim “less is more” applies well to skin care and personal hygiene. Overuse of products is costly and increases pollution. Both genders are prone to overdoing it when it comes to basic activities like washing, shampooing and shaving. Here are some helpful tips.

Take fewer showers and spend less time in the shower to conserve water. A study by the Water Research

Foundation ranks showers as the second-highest residential use of water at 20 percent, just behind toilets, at 24 percent.

Some traditional soaps can strip natural skin oils. Dr. Doris Day, a dermatologist in New York City, suggests products labeled as “cleaner”, such as a body wash formulated to add moisture back into skin.

An estimated 2 billion disposable razors are discarded annually in the U.S. Helpful ideas include using a long-handled safety razor to shave women’s legs; positioning it at a 20-degree angle with the proper pressure can significantly increase a blade’s lifespan, saving money and the environment.

To streamline our personal care routine, *Treehugger.com* suggests we completely use up existing products, resist seasonal fads and new colors, and use products that serve multiple roles. For example, a good oil can serve as a makeup remover, skin and face moisturizer, lip balm, frizz tamer and shaving lotion.

For men’s aftershave, it’s healthier to go natural, avoiding perfumed products that contain petroleum-based chemicals. *ChasingGreen.org* recommends makers like Weleda, Herbal Choice, Burt’s Bees and Aubrey Organics, which offer skin toners and balms with natural ingredients like sunflower, coconut, lemon, St. John’s wort, witch hazel, myrrh, shea butter, beeswax and essential oils, including organic jojoba seed oils.

Note that some products labeled as organic and natural can include synthetic chemicals when the term organic doesn’t apply to the entire formula.

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A Kinder Heart Cultivating a Life of Compassion

by Amy Leigh Mercree

The path to mentally transcending the world's intrusive bustle is to be compassionate with our self and others. It begins in a relaxed heart from which emanate daily thoughts, words and deeds. Here's a helpful centering exercise.

Sit or lie in a quiet spot for about 10 minutes with eyes closed and become aware of breaths moving in and out, then feel each one fully by filling the lungs from bottom to top. With each exhale, slowly and completely empty the lungs.

On each inhale, refill the lungs again. Mentally reciting "optimum oxygen" three times helps the body deeply absorb the nourishing element.

Then bring both hands to the center of the chest to connect with the emotional heart centered there. Feel it pulsing beneath palms and fingers while quietly saying aloud, "I relax my heart." Let the shoulders release coiled tension and drop gently. Repeat saying, "I relax my heart" and sense the heart fluttering open a bit

more. Rest in this feeling.

Again say, "I relax my heart" and notice awareness drop into it, a feeling of being present in the heart. Feel all tension and holding-on melting down and out onto the floor.

Then fill the lungs deeply and release the air through puckered lips; blow out with strength and purpose. Continue for a minute or two, allowing each exhalation to come straight from the center of the chest. When it feels complete, the feeling of active release will subside.

Sense how much lighter the heart feels. Further relax the heart and shoulders, letting go into the ocean of love native to our heart. Envision floating safely in this ocean. See it stretched into infinity. Feel its warm embrace.

Now choose kindness in this moment. Relax into kindness without judgment or pressure, only loving acceptance. Accept the infinite ocean of love available and open to it. It is filled with compassion, and now so are you.

Rest gently for a few minutes, until once again aware of everyday surroundings. Rub hands over both arms, legs, hands and feet to feel present in the room. Then go about a heart-centered day with the waves of the infinite ocean of love gently lapping there.

Amy Leigh Mercree, of Naples, FL, author of *The Compassion Revolution*, is a medical intuitive and relationship and wellness coach. Learn more at AmyLeighMercree.com.

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MIGHTY MINERALS

What We Need to Stay Healthy

by Judith Fertig

Minerals—inorganic chemical elements or compounds that cannot be produced by the body, but occur in nature—play a key role in helping us function at our best.

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According to the authors of *Minerals: The Forgotten Nutrient - Your Secret Weapon for Getting and Staying Healthy*, they are integral to our health. Joy Stephenson-Laws, the lead author and founder of the nonprofit Proactive Health Labs, in Santa Monica, California, suggests getting a full-spectrum mineral test through a healthcare provider to identify any deficiencies or imbalances.

Although the U.S. Food and Drug Administration gives a broad, general Recommended Dietary Allowance (RDA) for minerals, it's not the most up-to-date or the most specific information according to gender, age or stage in life. The more current Dietary Reference Intakes (DRI) are nutrient-reference values developed by the Institute of Medicine (IOM) of the National Academies—five private, nonprofit institutions that provide independent, objective analysis, located in Washington, D.C., Irvine, California, and Woods Hole, Massachusetts. Intended

to serve as a guide for good nutrition by covering 40-plus nutrient substances and more demographically specific than the RDA, the DRI provides a scientific basis for the development of food guidelines in the U.S. and Canada.

This list of important minerals, based on the worldwide studies collected in the journal *Minerals*, is a good starting point. Another good reference is the extensive chart from the IOM of the National Academy of Sciences at ConsumerLab.com/RDAs.

Our Body's Periodic Table

Sodium with Chlorine

Why we need it: fluid balance, nerve transmission, muscle contraction

Food sources: sodium combines with chlorine in salt; Himalayan sea salt also contains 84 trace elements

Recommended Daily Intake: 1,500 milligrams (mg) of sodium

Potassium

Why we need it: fluid balance, nerve transmission, muscle contraction

Food sources: bananas, dried figs, nuts, avocados

Recommended Daily Intake: 4.7 grams (g)

Calcium

Why we need it: strong teeth and bones, muscle relaxation and contraction, blood clotting, blood pressure regulation, immune system health

Food sources: leafy green vegetables, fortified nut milk, dairy products, canned sardines/salmon, dried figs, oysters; plus mineral water brands labeled higher in calcium and lower in sodium, per integrative medicine pioneer Dr. Andrew Weil

Recommended Daily Intake: 1,000 to 1,200 mg

Sulfur

Why we need it: joint function

Food sources: fish, beef, poultry, egg yolks, beans, coconuts, bananas, garlic

Recommended Daily Intake: 6 mg of sulfur-containing amino acids per pound of adult weight

Phosphorous

Why we need it: works with calcium to build strong bones, repair cells

Food sources: salmon, yogurt, turkey, lentils, almonds

Recommended Daily Intake: 700 mg

Magnesium

Why we need it: strong bones, energy, mental health

Food sources: leafy green vegetables, nuts, seeds and foods with fiber

Recommended Daily Intake: 310 to 320 mg for adult women, 410 to 420 mg for adult men

Iron

Why we need it: helps make blood hemoglobin

Food sources: breakfast cereals fortified with iron, white beans, dark chocolate, beef liver, spinach

Recommended Daily Intake: 18 mg for adult women, 8 mg for adult men

Manganese

Why we need it: healthy immune system

Food sources: nuts, seeds, green leafy vegetables

Recommended Daily Intake: 11 mg

Zinc

Why we need it: to ward off colds, aid sexual function

Food sources: oysters, shellfish, red meat, whole grains, nuts

Recommended Daily Intake: 9 mg for women, 11 mg for men

Copper

Why we need it: facilitates enzymes action

Food sources: organ meats, whole grains, shellfish, dark leafy greens

Recommended Daily Intake: 900 micrograms (mcg)

Iodine

Why we need it: thyroid function, healthy skin and nails

Food sources: seaweed, turkey, cranberries, navy beans, iodized table salt

Recommended Daily Intake: 150 mcg

Selenium

Why we need it: lowering cancer risk

Food sources: Brazil nuts, tuna, halibut, turkey

Recommended Daily Intake: 55 mcg

Molybdenum

Why we need it: facilitates production of natural enzymes

Food sources: lima beans, cauliflower, peas, soybeans

Recommended Daily Intake: 45 mcg

Chromium

Why we need it: reduces insulin resistance, helps lower cholesterol

Food sources: lean meats, whole grains, broccoli, green beans

Recommended Daily Intake: 25 mcg for adult females, 35 mcg for adult males

We require macrominerals—those we need in larger amounts—as well as microminerals—those necessary in trace amounts. For a good overview from the Harvard University Medical School, visit Tinyurl.com/HelpGuide2Minerals.

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

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green living



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Waste No Water Communities Get Creative in Urging Conservation

by April Thompson

As fresh water becomes increasingly scarce worldwide, communities are coming together to find creative solutions to conserve it. According to the U.S. Environmental Protection Agency, the average American family uses some 300 gallons of water a day at home, nearly a third of which lands on lawns and yardscapes. Yet simple solutions like installing low-flow showerheads, turning off the tap while brushing teeth and installing drought-friendly landscaping can save a householder thousands of gallons a year and big money on water bills.

The Irvine, California, Wyland Foundation created the Mayor's Challenge for Water Conservation seven years ago to stimulate awareness and action around water waste by tapping into civic pride and a healthy sense of competition. "What we do at home has a big impact on what happens to natural resources 1,000 miles downstream," says Steve Creech, executive director of the nonprofit, founded by marine life artist Robert Wyland to foster healthy oceans and waterways.

The program pits cities against each other every April to see which one can garner the most water-saving pledges from residents. Prizes for participants include a year's worth of utility bills paid, green home cleaning kits and low-flow shower heads. It also provides immediate feedback on rankings at [MyWaterPledge.com](#). As of May, 616,000 participants in 4,800 towns and cities had pledged to save 3 billion gallons per year.

"Many are attracted by prizes, but over time, become more interested in conservation and sustainability," observes Creech. "Social modeling is important because people get activated when they see friends and family involved. Surveys also show that we

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Calculate a personal water footprint at WaterCalculator.org.

look to local leaders on issues like this, so it makes a difference when mayors take a stance.”

Mesa, Arizona’s thirsty desert lawns and gardens suck thousands of gallons of precious water a day. Nearly 20 years ago, the city joined forces with Phoenix and Scottsdale to launch a water conservation campaign that has become among the largest of its kind. Today, hundreds of private and public partners across North America use the Water – Use It Wisely program to turn the tide on water waste (WaterUseItWisely.com).

Creative approaches go a long way in encouraging households to save water, says Donna DiFrancesco, conservation coordinator for the city of Mesa. Its campaign newsletter speaks to 26,000 subscribers. Some 100 water-saving devices and symbols remind consumers to think about how they use water in everyday life. A traveling, 16-foot water tower made of water jugs represents the 120 gallons of water the average person uses per day in Arizona. They even challenge residents to “help your yard drink responsibly” through the Drab to Fab Backyard Rehab campaign, rewriting the narrative that sustainable is synonymous with sacrifice. In its second year, more than 11,500 entrants throughout the state put their creativity to work in revamping their backyards.

To promote behavior change, Creech suggests that providing justifications for each water-saving action is key. When citizens become more conscious of how they waste the most water, they are more motivated to act. Repairing toilet and pool leaks and exchanging baths for showers are common fixes.

“The 40 Gallon Challenge is designed to help people find the ‘low-hanging fruit’ in their water use—such as a leaky faucet or a long shower—that can readily help save 40 gallons a day,” says Ellen Bauske, program coordinator for this initiative of the Center for Urban Agriculture at the University of Georgia, in Griffin (40GallonChallenge.com). It’s designed to be flexible so states and municipalities can address the local context.

“It’s been great to see the creative ways it’s been adapted; for example, one agent used the pledge as a scavenger hunt item for 4H clubs,” Bauske notes. More than 11,000 people have taken this pledge across America, potentially saving 1.9 million gallons a day.

It can be difficult to measure the real water savings of such challenges, but DiFrancesco says that Mesa has seen a roughly 20 percent reduction in water use since 1999, when the local campaign began to take off. Drop by drop, small acts taken collectively by engaged citizens add up to big savings.

Find water-saving tips at HomeAdvisor.com/r/home-water-conservation and NationalGeographic.com/environment/freshwater/water-conservation-tips.

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



How to Start Conserving Today

According to the Alliance for Water Efficiency, if every American cut their water use by 25 percent, the nation would save 2.8 trillion gallons in a year; household faucet leaks alone are estimated to waste 1 trillion gallons annually. Opportunities to save water are everywhere.

Here are a few examples for the home, office and lawn, from Water – Use It Wisely’s 100+ Ways to Conserve Water (Tinyurl.com/100WaysToConserveWater).

Kitchen: Wash produce in a pot of water instead of running the tap, then reuse the water to quench house plants.

Bathroom: Save up to 1,000 gallons per month simply by showering for less than five minutes.

Laundry room: If city and county codes allow it, have a plumber reroute household gray water to irrigate exterior landscaping rather than losing it to the sewer line.

Lawn: Save up to 1,000 gallons a year by refraining from watering the lawn on windy days, when most of the water can blow away.

Landscape: Spreading organic mulch around plants helps them retain moisture and fend off evaporation, while deterring the growth of water-sucking weeds. Watering in the early morning, when temperatures are low, minimizes evaporation. Use a rain barrel for hand-watering and zone plants by level of drought tolerance.

Pool: Use a pool cover and keep water levels to a minimum to reduce water loss and additions of fresh water and chemicals.

Office: Conduct a water audit to see where it’s easiest to save water and put in place a water management plan to address any issues. Promote awareness through a company newsletter to encourage employee water-saving efforts.

Simplified Parenting

Why Less Means More Happiness

by Deborah Shouse



Parents wishing to simplify child-raising seek less stress and more fun; less scheduling and more casual time; less “shoulds” and more “want-tos” less second-guessing and more confidence.

For a happier family life, experts encourage parents to stay true to their own values, strengths and sense of family purpose, focusing on the wonders of their children instead of endless daily tasks. It begins with each child feeling loved.

Learn Love Languages

For Gary Chapman, Ph. D., author of *The 5 Love Languages of Children: The Secret to Loving Children Effectively*, understanding each child’s particular needs for touch, affirming words, quality time, gifts or acts of service is foundational to parenting success. “Other than security, a child’s deepest need is to feel loved,” says Chapman, of Winston-Salem, North Carolina. “If their love tank is full, children grow up emotionally healthy. Knowing a child’s preferred language helps parents effectively communicate their feelings. The question is not, ‘Do you love your children?’ It’s, ‘Do your children feel loved?’”

As Chapman arrives home, his son rushes to hug him, grinning while his dad tousles his hair. Chapman’s daughter often

calls out, “Dad, come into my room. I want to show you something.” This is how he communicates with each child in their primary love language.

Parents learn their children’s preferred communication style by observing their behavior, noticing how they express love and listening to them. They can also offer options and track results. For example:

- Would you like to take the dog to the park (quality time) or for me to help you study for a test (acts of service)?
- Would you like to wrestle (touch) or shop for your new shoes (gift)?

“Ideally, we offer heavy doses of the child’s primary language and sprinkle in the others,” says Chapman. “Children who feel loved respond better to suggestions and discipline. They also learn how to express their feelings.”

Avoid Unreal Idealizing

Some parents carry a mental snapshot of their ideal child, perhaps envisioning a kid that is into sports or even-tempered or academically gifted. Often, that picture is very different from the actual child.

The first step to truly accepting the child is to allow ourselves to feel whatever authentic feelings pop up. The parent might think, “I love my son, but am struggling; I adore sports and may never get to share that with him.”

“Give yourself time to process disappointment,” advises Susan Stiffelman, a Los Angeles marriage and family therapist, mother of one and author of *Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm and Connected*. “Then identify the things you love about your kids and share those with them.” As just one example, we might convey that we love the sound of their voice and how gentle they are with the baby.

“Appreciating our children as they are is one way to keep our hearts open,” says Stiffelman.

Simply Raising Children Resources

A Fine Parent, blog, Sumitha Bhandarkar, AFineParent.com/blog

Edit Your Life, podcast, Asha Dornfest, EditYourLifeShow.com

The book Parent Hacks:134 Genius Shortcuts for Life with Kids, by Asha Dornfest

Focus on the Good

When Barbara Unell, a parent educator and author of *Discipline With Love and Limits: Calm, Practical Solutions to the 43 Most Common Childhood Behavior Problems*, birthed twins, she was initially daunted by the work of caring for them. Then she began simplifying by focusing on the “wow” factors.

“Being a parent speaks to the core of our humanity. Experiencing the growth and development of a human being is miraculous. I started looking at parenting through that lens,” says Unell, who lives in the Leawood, Kansas, area.

Asha Dornfest, of Portland, Oregon, a podcaster, co-author of *Minimalist Parenting: Enjoy Modern Family Life More by Doing Less* and mother of two, relates, “I paid more attention to my values and my family’s unique needs and was less influenced by parenting experts, social pressures and well-meaning peers.”

Dornfest explored her own values by asking, “What did I learn from my parents?” and, “How do I want my family to be different?” She also practiced trusting her intuition. “Even when I’m not certain I’m right, I know I love my children, I’m doing my best, and I’ll make adjustments if necessary,” she says.

Create Rhythm and Rituals

Rhythmic activities ease the anxiety of family transitions and furnish warm solidarity, consistency and connectedness. “Increasing the predictability of meals, bedtime and other rituals also improves family life,” says Davina Muse, a mental health counselor and mother of two from Great Barrington, Massachusetts.

Muse serves as training director for Simplicity Parenting, a program based on Kim John Payne’s book *Simplicity Parenting: Using the Extraordinary Power*

of Less to Raise Calmer, Happier, and More Secure Kids that offers a connective ritual families can merge with mealtimes. Each person describes a “rose” (one good thing from the day) or a “thorn” (one challenging thing) and a “bud” (one thing they’re anticipating).

Such sharing builds a family connection and helps kids discuss difficult issues, notes Muse. Also, “Describing the bud lifts everyone’s mood.”

Every Friday evening, the Dornfests share a Sabbath dinner, a low-key way for them to gather and talk. “This ritual adds a rhythm to our week and anchors us,” says Dornfest.

Elect De-Stress Over Distress

Everyone can sometimes become overscheduled and overwhelmed; a balance between scheduled time and downtime is necessary to well-being. In her daily check-in, Dornfest confers with herself and her husband, inquiring, “How are things going? Are they too hectic? Is our schedule energizing or draining?”

She advises, “When I feel like I’m riding a runaway train, I slow down. There seem to be so many ‘shoulds’ in parenting; we instead need to discover what our family loves.”

Before enlisting a child for an activity, Dornfest suggests we ask why it’s important: Are you making up for your own missed opportunities as a child? Are you worried your child will miss out? Do you equate these lessons with being a good and caring parent?

Parenting is more than checking off lists and tasks. It’s about being connected with children. Build in playtime, roughhousing, chase each other around the yard, toss balloons or balls together, blow bubbles and welcome opportunities for laughter.

Soothing Quiet Time

Children that act out or withdraw may not have enough downtime. Take the kids outside to play. “Nature is very soothing,” says Muse. “Climb

Heart-Strong Parenting

by Deborah Shouse

Incorporating love throughout the day keeps a child’s tank full. Consider these tips from love languages expert Gary Chapman.

Physical Touch – Get Close

- ♥ Greet the child with a hug
- ♥ Stroke their hair while they talk about a challenging day
- ♥ Snuggle while watching TV

Affirmations – Encouraging Words

- ♥ Put a positive note in the child’s lunch box
- ♥ Appreciate something the child did or said
- ♥ Create an encouragement jar, with praising words to use as needed

Quality Time – Periods of Undivided Attention

- ♥ Ask a specific question about their day that elicits discussion
- ♥ Schedule a date with each child
- ♥ Create something together, like a photo album

Gifts – Tangible Expressions of Love

- ♥ Make a special meal or dessert; maybe do it together
- ♥ Have some small gifts the child can choose from as rewards for positive actions
- ♥ Seek natural gifts, like a special feather, stone or flower

Acts of Service – Volunteer Assistance

- ♥ Ask, “How can I help you today?”
- ♥ Help a child repair a broken toy or resolve a challenge
- ♥ Do a family service project together



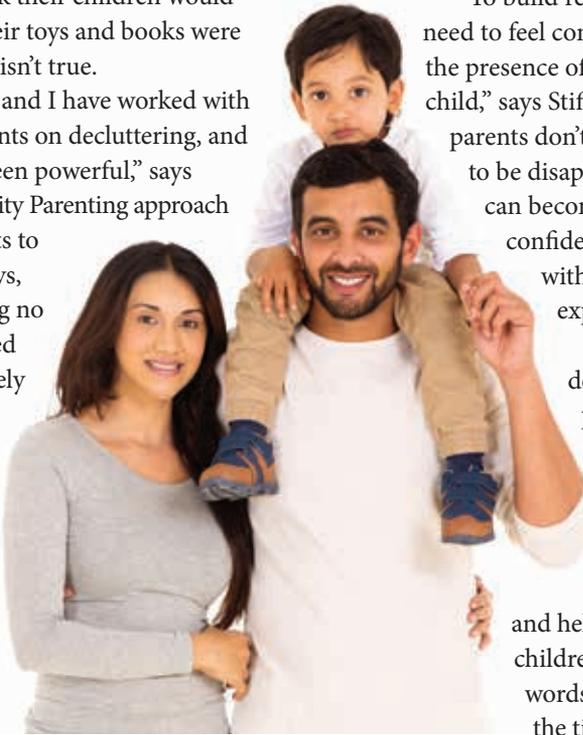
ing trees, searching for rocks and pine cones, playing with dirt, sticks, water and leaves all offer healing down time.”

To escape from worries and distractions, Stiffelman suggests three or four minutes of meditation or simply designated quiet time. For little ones, lay a stuffed teddy bear on the child’s tummy and have them notice how the animal is moving. A parent and child can also be aware of the sounds they are hearing, plus incorporate a little mindful breathing into the bedtime ritual.

Know the Power of Space

Most parents think their children would go crazy if half their toys and books were removed, but this isn’t true.

“My trainers and I have worked with thousands of parents on decluttering, and the results have been powerful,” says Muse. The Simplicity Parenting approach encourages parents to discard broken toys, give away anything no longer being played with and attractively store current playthings. She observes, “As you decrease the quantity of toys and clutter, you increase the child’s attention and capacity for deep play.”



Build Resilience

Simplifying parenting means releasing the notion that children must be happy, well-behaved and delighted with life and their parents at all times. Unell used the daily multitasking challenges with her twins as exercises in developing resilience and modeling these skills for them. If children spill milk, the parent comments, “No big deal. We all spill things.” When there’s a minor accident, “Let’s just get towels and clean it up.” A resilient attitude is, “Something goes wrong, we fix it.” It’s also about being flexible and coping with disappointment.

“To build resilience, parents need to feel comfortable in the presence of an unhappy child,” says Stiffelman. “If parents don’t allow children to be disappointed, kids can become rigid, lack confidence and struggle with unreasonable expectations.”

During meltdowns or disappointments, she recommends sitting quietly, listening, and then empathizing and helping put the children’s feelings into words. “This is not the time to lecture

or advise,” she says. “Upset children can’t really listen.” Yet, they can be heard—a key way to help them mature.

Parents that learn to simplify happily discover that their children feel calmer and more loved, socially and emotionally adept, and resilient. Concepts focused on creating connections, rather than parenting perfection, are easy to weave into everyday life.

Deborah Shouse is a writer, speaker, editor, dementia advocate, parent and grandmother. She’s also the author of Connecting in the Land of Dementia: Creative Activities to Explore Together (DementiaJourney.org).

True Happy Meals

When there’s a little time and energy, use these ideas to connect.

- ♥ Start by smiling upon seeing the kids.
- ♥ Throw together an impromptu picnic and eat on the living room floor, in the yard or at the park.
- ♥ Ask the kids to read aloud while parents cook.
- ♥ Balance a soft item on a spoon held between the teeth and stage a fun race.
- ♥ While cooking, keep kids busy preparing a restaurant-style menu, a place setting with utensils wrapped in paper napkins and a way to take orders.
- ♥ Put on aprons and whip up homemade pizza, cupcakes or something unusual, like BLT pancake sandwiches.
- ♥ Buy write-on, wipe-off place mats and have kids doodle while they wait to eat.
- ♥ Dress up for dinner. Wear old Halloween costumes, put clothes on backwards or eat in pajamas.
- ♥ Share thanks. Everyone shares one thing they are grateful for.

Source: Adapted from 101 Fun Things To Do With Kids To Enjoy Everyday Family Life, by Sumitha Bhandarkar

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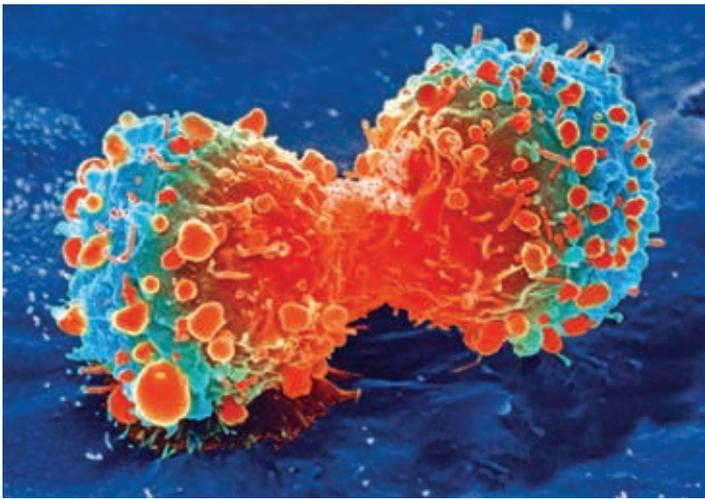
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How Hormones Interact in Relation to Cancer

by Carol Petersen

There is no shortage of information and opinions concerning hormone treatments or the best way to test for hormone deficiencies, how to use hormones or confirm whether a hormone intervention is working. Dr. Edward Friedman's book *The New Testosterone Treatment: How You and Your Doctor Can Fight Breast Cancer, Prostate Cancer and Alzheimer's*, shows us that hormone receptors are really the key. Regardless of the testing method, the specific hormone or its intended result, all hormone action occurs at the receptor sites.

Receptors are protein structures designed to snag passing hormones. Those that poke through the cell membrane are called membrane receptors. Intracellular receptors are inside the cell in the cytosol, and even more receptors inhabit the cell nucleus. The number of receptors varies according to nutrients and the environment.

Once a receptor captures a hormone, that cell receives instructions for an action, such as cell replication, manufacturing other proteins, moderating cell activity or programming abnormal cell death. A single hormone can produce action within minutes of binding by lowering or increasing the production of proteins.

Conventional practitioners believe that as long as a hormone receptor receives a hormone, whether it is identical to the human hormone or not, all hormones and hormone-like substances should be considered equal. This thinking ignores the research identifying different affinities for different hormone receptors. For example, the hormone estriol is generally considered a weak estrogen because the binding of estriol on a receptor, in comparison to estradiol binding on the same receptor, produces less response.

In sharp contrast, the receptors for estrogen in the urinary

tract, bladder and vaginal tissue have a much greater affinity for estriol. A study published in the *New England Journal of Medicine* demonstrated dramatic differences in effectiveness in treating urinary tracts in elderly women with recurrent infection. Although receptors have affinities, they are not very discriminating about binding and can be affected by synthetic hormones, as well; receptor activity can be blocked or accentuated.

Friedman, a theoretical biologist, offers his theory, the hormone receptor model. He believes it answers questions about how breast and prostate cancer begin, and how this information can be used to target very specific treatments based on bioidentical hormones (particularly testosterone) to change the course of these diseases. Friedman states that breast and prostate cancer are fundamentally identical in their causes, presentation and progression.

Bcl-2 is a protein produced by hormone stimulation in the cell nucleus of cancer cells. This protein is of great importance in the discussion of breast and prostate cancer. Cancer cells are immortal because they escape the normal program for cell death (apoptosis). The Bcl-2 protein shields cancer cells from their normal cell destruction. Estrogen receptor beta (ER-Beta) stimulation decreases the production of the Bcl-2 protein, thus depriving cancer cells of their immortality. It also has a general anti-inflammatory effect.

Friedman suggests that vitamin D (which is a hormone) should always be considered first with a diagnosis of breast or prostate cancer. There is no downside to ensuring that levels are optimized, and activation of the vitamin D receptor helps destroy cancer cells. He feels that his methods are not intended to be a cure, but a means to control cancer and claims that restoring hormones to more youthful levels will yield a zest for life while living with cancer.

For appointments with Dr. Susan Matos-Cloke, owner of Advanced Hormone Solutions, in Paramus, call 201-225-2525, email Appointments@ahsclinics.com or visit AdvancedHormoneSolutions.com.



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Erling Kagge on Our Deep Need For Silence

by Randy Kambic

Explorer, publisher, art collector and author Erling Kagge inspires us to find silence around and within us as a transformative experience. The lengths he's gone to make himself an authority in this pursuit include being the first person to complete the Three Poles Challenge on foot—the North and South poles and Mount Everest summit. He has also traveled to Japan to meditate and practice yoga.

The Norwegian's seventh book, *Silence: In the Age of Noise*, selected as a 2017 Great Read from the Indie Next List, recounts his experiences and presents observations of many past and present poets, philosophers, artists and other explorers—including Plato, Aristotle, Søren Kierkegaard, Oliver Sacks, Blaise Pascal, Martin Heidegger, Ludwig Wittgenstein, Stendhal, Denis Diderot and Mark Rothko—in exploring where we find silence and how to invoke it to improve well-being. It provokes reader reflection, demonstrating the kind of active engagement Kagge believes silence invites. He explores why it's essential to our sanity and happiness and how it can open doors to wonder and gratitude.

Kagge, whose previous books address exploration, philosophy and art collecting, runs Kagge Forlag, a publishing company in Oslo, where he lives.

Why do you consider silence, “the new luxury”, more important now than ever before?

Silence in itself is rich. It is a quality, something exclusive and luxurious, and also a



practical resource for living a richer life. Silence is a deep human need that in our age, has ended up being scarcer than plastic bags from Louis Vuitton. To me, silence is a key to unlock new ways of thinking. I wanted to write about silence because I consider it nearly extinct.

Which insight from the great thinkers cited in your latest book means the most to you?

The Roman philosopher Seneca, 2,000 years ago, said, “Life is very short and anxious for those who forget the past, neglect the present and fear the future.

When they come to the end of it, the poor wretches realize too late that for all this time, they have been preoccupied in doing nothing.”

Everything Earthly can be snatched away in an instant. Life is long if you know how to use it. Even if we were to live 1,000 years, our lives would feel short if we threw away this present time. We exist, but few of us actually live.

What have been the most helpful takeaways from your experiences?

Your mind—in silence—can be wider than the sky. Silence is about getting inside what you are doing—experiencing, rather than overthinking, and not living through electronic devices and other people.

Where may silence be found?

It's easier to find silence than many people think or believe. I walked alone to the South Pole for 50 days and nights under the midnight sun in search of total silence; but I never found it before I turned inward toward inner silence and uncovered forgotten sides of a universe just as mysterious as outer space. One universe stretches outward, the other inward.

Are there practical steps to achieve a state of silence?

You can shut out the world and fashion your own inner silence whenever you run, cook food, have sex, study, chat, work, think of a new idea, read or dance.

Silence is not about turning your back on your surroundings, but the opposite; it's seeing the world a bit more clearly, staying on a course and aiming to love your life as much as you can. I had to use my legs to go far away in order to discover this, but I now know it's possible to reach silence anywhere. One only needs to subtract. It's about finding your own South Pole.

Randy Kambic, an Estero, FL, freelance writer and editor, regularly contributes to Natural Awakenings.

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healing ways



Multilevel Healing Embracing All Dimensions of Well-Being

by Linda Sechrist

Dr. Wayne Jonas' curiosity was piqued after hearing stories of patients that have experienced healing from chronic illnesses or reclaimed well-being without following conventional medical advice. So he focused on researching dimensions of healing that Western medical schools never taught him. The rewards were radical discoveries: whole system

science exploring the web of connections within the body; the need to acknowledge an individual's core multi-dimensions—body/external, behavior/lifestyle, social/emotional and spiritual/mental—and what's needed to unlock each person's inherent capacity for health and healing.

The author of *How Healing Works: Get Well and Stay Well Using Your Hidden Pow-*

er to Heal, Jonas concludes, "Only 20 percent of healing comes from the treatment agent the doctor applies. A full 80 percent of the healing potential, which lies dormant in everyone, comes from constructing a meaningful treatment response unique to you. This is internal, highly personal and uses simple principles and components."

During his 40-year career, Jonas was able to observe multi-level healings with patients, as well as through other professional roles. He's served as director of the Office of Alternative Medicine at the National Institutes of Health, a research scientist at the World Health Organization, CEO and president of the former Samueli Institute and director of the medical research fellowship at the Walter Reed Army Institute of Research.

Applying whole system science, Jonas developed the view of a patient as a veritable ecosystem. "We are more like a garden to be cultivated than a car to be fixed. Healing emerges when we support and strengthen the connections within us—body, behavior, social and spirit—making us more whole," says Jonas. His broader approach for healing now includes the impacts of beauty, order, an optimal healing environment, connecting with nature, elements that induce an individual's greatest meaning response, nourishment of the spiritual self, making time for joy, the roles of love and the physical presence of loved ones and a

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Healing emerges when we support and strengthen the connections within us—body, behavior, social and spirit—making us more whole.

~Wayne Jonas

supportive social network, as well as the energetic contributions of other social interactions and emotional dimensions.

For nearly 40 years, James Oschman, Ph.D., author of *Energy Medicine: The Scientific Basis*, has been conducting research in physiology and the biophysics of energy medicines worldwide, including at Cambridge University, in England, and Case Western Reserve University, in Cleveland, Ohio.

“Medical doctors are unaware of the body’s energy field because they aren’t taught anything about it or physics in medical school. Although the vast majority believe there is no science behind energy medicine or any that proves the body even has an energy field, it is real and has been measured,” says Oschman.

He’s passionate about including energy medicine in healing, and says, “To understand the human body, health and healing, you have to look at all dimensions without any exclusions. No aspect of science, medicine or life should be left out. All medical interventions and everything you do to the body involves energy. An awareness of this can fully transform any medical approach.”

Jonas experienced the energetic dimension of healing when his wife, Susan, was undergoing chemotherapy for breast cancer. Although skeptical, he tried the process of laying his hands on her while imagining a soft, white light filled with love being transmitted through the top of his head, down through his hands and into her body. “I knew of the dozens of experiments done at Walter Reed Army Institute of Research. When meditating individuals put their hands around test tubes containing immune cells, the amount of infrared radiation emanating from their hands increased, which stimulated the immune cells to produce more adenosine triphosphate (ATP), the energy-producing molecule found in all cells. After this exposure, those cells survived better when hit with stresses such as heat and chemical shocks,” says Jonas.

“Susan said that she could feel something and fell asleep. The next day, she felt less fatigued, slept less and was more active. From then on, I cut back on travel and made sure my body—in all its physical, social and emotional dimensions—was around,” says Jonas.

To help patients and doctors expand their own perspectives, Jonas has developed a healing-oriented practices and environments (HOPE) consultation protocol (DrWayneJonas.com/resources). It includes questions a doctor or patient can use to spark pivotal lifestyle changes that cover optimal healing dimensions—inner, interpersonal, behavioral and external—to evaluate measures that facilitate or hamper healing.

Sincerely responding to the answers shows results. “With chronic diseases, it can almost always enhance wellness and well-being, and improve function, whether the disease is cured or not,” says Jonas.

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

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by Jim Thornton

Swimming may be the perfect lifelong sport; it's a low-impact, joint-friendly, sustainable way for anyone to stay fit at any age. In taking the plunge—including after a prolonged hiatus—be wisely aware of some caveats.

✓ Allow for relevant muscles to get into swim-shape. Endurance training increases their ability to use oxygen and nutrients more efficiently.

✓ Although swimming generally boasts low injury rates, avoid overdoing it. For the first month, concentrate on refining proper technique, including minimizing drag. Intense workouts can come later.

Here are 10 ways to optimize a swimming workout.

1 Make Like a Missile. With hands alongside the body, push off the wall underwater and glide until coming to a stop. Next, try it with arms outstretched about shoulder-width apart and the head tilted slightly upward like Superman flying. Then, repeat while contorting the body into the longest, straightest, thinnest shape possible. Overlap hands, extend arms and fingertips overhead to the max, squeeze biceps over ears with the head down. After pushing off, bring legs together with knees straight and toes pointed to eliminate any rudder effect.

2 Look Down. Keep the head down with eyes trained on the lane line, reducing drag and strain on the neck and lower back.

3 Roll with It. A good side-to-side body roll cuts drag and activates core muscles in powering arm pulls. Practice rolling by extending the right arm forward as far as possible, place the left arm flat against the torso, then push off the wall with the left shoulder pointing upward, the right, at the pool bottom. Maintain this position while kicking eight to 10 times. Then pull the right arm through the water, simultaneously rolling to the opposite side. Then extend the left arm forward and repeat.

When pulling, concentrate on directing power straight back. Pushing down on the water squanders energy during the onset of the stroke, as does pushing upward during the final phase. It eliminates bobbing.

4 Control Hands. Keep hands about shoulder-width apart throughout a freestyle pull. To avoid fishtailing from side-to-side, imagine a vertical line separating two halves of the body and don't allow hands to cross over it.

5 Don't Kick Hard. A good freestyle kick helps maintain balance and positioning to increase speed. Avoid over-kicking; small, quick kicks generate almost as much force as large, powerful ones and

Learn more from two-time Olympian Chloe Sutton, at [Tinyurl.com/ChloeSuttonFreestyleHelp](https://tinyurl.com/ChloeSuttonFreestyleHelp).

with less drag. Point toes, keep knees fairly straight and try to keep legs within the torso's slipstream.

6 Loosen Ankles. Efficiency is more about ankle flexibility than foot size. If taking up swimming after years of land sports, ankles may be tight and inflexible. Wearing swim fins will loosen them up.

7 Seek Quiet. Make each stroke smooth and "fish-slippery". Practice swimming quietly. Splashing and thrashing wastes energy.

8 Follow the 10 Percent Rule. The three basic components of swim training are the duration, intensity and frequency of workouts. Seek to increase one component by 10 percent each week; for example, work on duration first and intensity later.

A reasonable goal for most swimmers is to reach three to four sessions a week of 40 to 60 minutes each. Ascertain what's sustainable for the long term. Once a routine is established, add in short, fast swims, alternating bursts of speed with rest

on a one-to-one ratio, such as 30 seconds of sprinting followed by 30 seconds of rest, repeated eight times.

9 Take Tomorrow Off. Rest days enable physical gains, especially as we age. For collegiate swimmers, two practices a day, six days a week might be normal. For retirees, four, one-hour swim practices per week can help preserve fitness safely.

10 Team Up. Coaching and instruction are available for all ages and abilities at many YMCA and recreation centers; check U.S. Masters Swimming at usms.org/club-resources. Learning with others helps keep us motivated.

Jim Thornton, of Sewickley, PA, swam for the University of Michigan in 1970, took a 15-year break, and then resumed competing through U.S. Masters Swimming in 1984. He's placed in the top 10 nationally 96 times in different events and age groups. In 2012, he placed first worldwide in the 200-meter freestyle for ages 60 to 64.



by Marlaina Donato

Stay Hydrated. Even in water, we perspire, and a mere 2 percent dehydration can affect muscle performance. Even slight dehydration leads to water absorption during swimming and in turn, considerable amounts of chlorine or salt.

- Sip water every 15 to 20 minutes during a swimming session
- Drink water within 30 minutes after swimming for optimum rehydration
- Avoid sugary sports drinks; opt for filtered water

Rinse off. Due to chlorine's magnetic alkaline composition and healthy skin and hair's natural acidity, soaping up doesn't remove it. To outwit the chemical bond and reestablish a healthy pH balance after exposure to chlorinated or salt water:

- Shower before swimming to protect skin from excessive absorption of chemicals.
- Apply coconut or olive oil before swimming to moisturize and maintain pH to fend off viruses and bacteria.
- Shower immediately after swimming; start with warm-hot water to open the pores and finish with a cooling spray to close them.
- Add a few jar capfuls of apple cider vinegar to water and rinse hair and skin thoroughly; the vinegar's acidity breaks the chemical bond between chlorine and skin/hair, restores pH and prevents skin and hair damage.
- Wash hair and skin with sulphate-free, antioxidant shampoo and body wash. Check out [GoodbyeChlorine.com](https://www.goodbyechlorine.com).

MINDFUL BENEFITS

According to studies by neuroscientist Sara Lazar, Ph.D., at Harvard Medical School, being mindful can affect stronger neural connections in the brain, effecting better breath control, improved concentration, less anxiety and enhancing our capacity to be in the moment.

- Notice the sensation of water on skin and a feeling of weightlessness.
- Forget about to-dos and indulge in simple floating; surrender to the support of the water and let go.
- Visualize the water washing away worries and stresses.
- Push off the wall of a pool or the bottom of a lake with a personal affirmation such as "I am peaceful" or "I open myself to joy."

Clean waters are vital to us all. Do your part by not contributing to overburdened natural resources.

- Swim in chlorine-free pools.
- Enjoy the beauty and pass on appreciation for special spots.
- Take out what we bring in.
- Learn more about why we need clean waterways at NaturalAwakeningsMag.com/Green-Living-Archive/We-Need-Clean-Waters and chlorine-free and natural pools at NaturalAwakeningsMag.com.



Montkey Business Images/Shutterstock.com

Natural Immune Boosters for Kids

How to Power Up Their Defenses

by Marlaina Donato

Strong immunity is a cornerstone of optimum health, and may be weakened or enhanced by what we eat and how we manage our emotions. Starting young in incorporating good ongoing habits can go a long way toward building a better immune response to whatever a person encounters.

Kid-Friendly Foods

Organic strawberries, brightly colored peppers, vitamin D-rich eggs or almond trail

mix can turn a child's brown bag lunch into an immune-boosting power meal. "Diet is one of the main pillars for children's health. I teach parents and kids that food can be fun, and not to be obsessed with counting calories or portions," says Dr. Alina Olteanu, a holistic pediatrician in Dallas, Texas. "I recommend an anti-inflammatory diet based on lots of colorful vegetables and fruits, and healthy fats like fish, nuts, seeds, avocado and olive oil. Eating fermented foods like sauerkraut, pickled vegetables and kimchi

supports a healthy microbiome."

Adequate protein supports healthy immunity, as does reducing inflammatory foods containing monosodium glutamate (MSG), caramel color, sodium nitrite, food dyes and chemical preservatives. Such measures help reduce the burden on a child's immune system. According to Naturopathic Doctor Sarah Anne Rothman, of Thyme Integrative Health, in Pacifica, California, limiting or eliminating processed sugar is also recommended; studies by Loma Linda University, in Loma Linda, California, show that sugar consumption suppresses immune response for five hours.

Olteanu notes, "Desserts can be fruits and a small amount of dark chocolate, which is rich in antioxidants and actually healthy." Her favorite sweetener for kids older than 1 year is raw honey; however, she cautions against giving honey to infants during their first year.

Exercise and Herbal Allies

Exercise has been shown to increase blood and lymphatic circulation and in turn, helps move antibodies through the system and do a better job at fighting invaders, according to Harvard Health Publishing. Exercise is also a renowned stress-reliever, especially outdoors, which manifests the bonus of vitamin D fortification from healthy sun exposure. "I strongly encourage all my patients to spend at least an hour a day playing outside," says Olteanu.

Childhood stress is a real factor that can weaken immunity, yet juvenile anxieties may be dismissed or go unnoticed by adults. Caffeine-free herbal teas and glycerin-based tinctures such as chamomile, lemon balm, passionflower and lavender can be reliable double-duty al-



Rob Hainer/Shutterstock.com

Germs Can Be Helpful

Research from Professor Linda Harrison, of Charles Sturt University, in Australia, reveals that children that are exposed to other children in a daycare or school environment at an early age develop stronger immunity, even though they might sometimes get sick at the outset. According to a study in the *Journal of Allergy and Clinical Immunology*, daycare kids have a decreased risk

of developing asthma and allergies later in life.

Children also benefit from getting their hands into microbe-rich soil, say Brigham and Women's Hospital researchers in a study published in *Science*. While germs can help kids build stronger immunity, common good habits like regular hand-washing curb the spread of viruses.

lies for children, calming them while also promoting immune response.

Essential oils are another boon. “The benefits of using essential oils on children are immense. Many oils are safe for all age groups and can elevate mood, induce relaxation and boost natural defenses,” says holistic nurse and certified clinical aromatherapist Patricia Springer, in Mason, Ohio. Springer recommends diffusing organic lemon or orange essential oil for 30 minutes two to three times a day in the house or applying one to two drops on a cotton ball and inhaling.

Adding a few drops of Roman chamomile or lavender essential oil to Epsom or sea salt makes a calming, immune-boosting bath.

Homeopathy

Homeopathy is a system of natural healing to which kids often respond positively. There are well-known over-the-counter remedies that treat acute conditions without side effects, but certified classical homeopath Julia Eastman, a doctor of Oriental medicine in Naples, Florida, recommends a more thorough approach.

“Homeopathy can be life-changing, but it’s a system based upon the unique physical, emotional and energetic constitution of the individual. Going to a board-certified classical homeopath is the ideal route, because they can profile the child’s complete constitution, including patterns of illness and personality for the best possible result.”

Treating children’s illness homeopathically when symptoms arise without taking the big picture into account can sometimes cause more harm than good. “Homeopathic remedies are not preventive medicine unto themselves, but using them constitutionally can help to improve overall health, immunity included,” says Eastman, who has witnessed dangerously high fevers in infants relieved within minutes when whole-care homeopathy has been applied.

Health is wealth, and fortifying the next generation benefits us all.

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



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Natural Therapies Transform Lives

by Sandra Murphy

Pets, like humans, can face physical and mental challenges. Today's fresh approaches help pets replace disabilities with abilities and lead fuller, happier lives.

Physical Adaptations

Zach, a rescued cat, welcomes foster pets to Paw Prints in the Sand Animal Rescue, in Newport Beach, California, teaching kittens cleanliness, and good manners to dogs. "We can't imagine life without him," says Monica Sederholm, co-founder of the organization. A congenital condition causing irregular bone growth in his shoulder blades, fused bones and a missing kneecap hasn't stopped him. Muscle pain keeps him from retracting his claws, but daily massages help him relax.

Although Zach remains mobile, walking is difficult or sometimes impossible when an animal is missing a limb or paralyzed. Designed for specific disabilities and fitted for size, a wheelchair cart provides freedom most cats and dogs embrace. Rescue volunteers and adoptive parents must keep clutter off the floors, supervise and remove the cart to allow for comfortable naps.

Gwen Cooper, author of *Homer's Odyssey: A Fearless Feline Tale*, or *How I Learned about Love and Life with a Blind Wonder Cat* and the *Curl Up with a Cat Tale* series, adopted Homer, a blind kitten from Miami. "Never

having sight, he wasn't afraid to take risks," she explains. "He climbed, explored and played with our other cats." When a move to Manhattan, New York, presented a scary prospect for Cooper, Homer inspired her, saying, "Homer didn't let fear of the unknown trip him up. He taught me the relationships you're sure you don't want can be the most meaningful."

"Dottie CrazyPants, a rescued Harlequin Great Dane with severe skin and ear infections and a dysfunctional



De Jongh Photography/Shutterstock.com

Eric Isselee/Shutterstock.com

One receives an unlimited amount of love and gratitude from saving a special needs pet.

~Kelly Reeves, co-founder, Paw Prints in the Sand Animal Rescue

immune system, had no quality of life until I tried holistic treatments,” says Lara Katz, executive director of the North Carolina Therapeutic Riding Center, in Mebane. Dottie didn’t gain weight, even though she ate a lot and drank gallons of water a day, resulting in indoor accidents. “A raw food diet resolved many health and housebreaking issues.”

Discontinuing regular medications left Dottie miserable and nearly unable to walk. “A massage therapist said her energy centers were blocked,” Katz says. “After an energy medicine treatment, Dottie slept through the night for the first time in months. Her paws looked better short term.”

A combination of holistic treatments including cold laser and red-light therapy, Chinese herbs, an anti-yeast protocol and probiotics works best. Katz also uses only eco-friendly cleaning and laundry products.

“Certified through the Alliance of Therapy Dogs, Dottie’s visits take a bit of management because of the types of cleaning products used in nursing homes. It’s worth it. She’s completely changed my lifestyle regarding how many toxins we’re exposed to daily.”

Emotional Relief

Tracy Krulik, a certified canine separation anxiety trainer in northern Virginia and the Washington, D.C. area, is a graduate of Jean Donaldson’s Academy for Dog Trainers. “Using videoconferencing, I can watch my client’s dogs at home, see when panic starts and create daily training plans to keep them safely calm.”

Feldenkrais practitioner and author of *Grow Young with Your Dog: Learn How You and Your Canine Companion Can Feel Better*

Inspired Services and Stories

Educational Resources

- Video of Feldenkrais practitioner Mary Debono working with a cattle dog at DebonoMoves.com
- Help for rescuing blind, deaf and wheelchair dogs and cats at PetsWithDisabilities.org
- Equipment for special needs pets at HandicappedPets.com
- Answers to questions about animal wheelchairs, from a no-kill-shelter advocacy group courtesy of BestFriends.org

Special Pet Journeys

- Beaux Tox, a Labrador with a smooshed face, loves his transformed life, Tinyurl.com/LabradorsNewLife
- Starfish, the dog, learned to walk and run after a rough start, Tinyurl.com/NewlyMobilePooch
- Pumpkin, a dwarf mini-pony, not only walked, but ran after receiving custom braces, InspireMore.com/dwarf-pony

at Any Age! Mary Debono, of Encinitas, California, sees a variety of pets. “I invited an Arabian named Easy to be the demo horse during a class I taught,” she recalls. “Sore all over, he couldn’t lift his feet high enough to step over a pole lying on the ground.” Easy showed dramatic improvement through Feldenkrais, which focuses on improved function, rebooting the body by interrupting the cycle of pain and tension, so that the patient realizes change is possible.

Debono also treated a rabbit that didn’t like to be touched. “I used the eraser end of a pencil through an opening in his crate. Non-habitual touch gets the attention of the nervous system; areas of tension are sore, so gentle lifts provide relief.” Without pain, movement is easier and behavior improves.

Lesson Learned

Sandy Johnson, former actress and author of *The Pet Healer Project* and *Miracle Dogs: Adventures on Wheels*, in Los Angeles, was in recovery from Stage 4 kidney cancer when she adopted Charley, a Brussels Griffon. “Her singlemindedness taught me my greatest lesson about the body’s ability to heal,” she says.

Animals show less concern about blindness, a bum knee or even the need for a wheelchair than humans do. People that live with special needs animals are quick to say the benefits far outweigh the cost. When we’re open to the possibilities, such pets offer lessons in living life to the fullest.

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

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calendar of events

WEDNESDAY, AUGUST 1

Group Past Life Regression – 7-8:30. Find yourself repeating the same pattern over and over again, whether your relationship with food or your body image, without reason? Understanding the past opens your ability to embrace your present. There is nothing to prepare, just enjoy your journey. As Lois Kramer-Perez guides you through imagery, the information will arise in your awareness. \$35; registration required. The Body Image Boutique, 96 E Allendale Ave, Saddle River. 201-708-8448. TheBodyImageBoutique.com.

The William D. McDowell Observatory – Aug 1, 8, 15, 22, 29. 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, AUGUST 2

Guided Pontoon Boat Cruise – Aug 2, 8, 10, 14, 16, 22, 24. 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.

SATURDAY, AUGUST 4

Bookworm Bookends: DIY for Kids – 9am-12pm. Celebrate your child's devotion to reading in a book lover's hands-on workshop. Together you and your child can build a set of bookworm bookends to add personality, organization and excitement to bookshelves in any playroom, family room or bedroom. Once your bookends construction is complete, 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 Hudson County Home Depots: Jersey City, Secaucus, North Bergen, etc. 800-466-3337. HomeDepot

SUNDAY, AUGUST 5

Fused Glass Jewelry Making – 12-3pm. This unique medium calls for the assembling of colorful pieces of glass to make a variety of jewelry items. Pieces will be kiln-fused and two weeks later students can attach the findings provided in the workshop. \$100, \$80/members; materials and firing fees included. Montclair Art Museum, 3 S Mountain Ave, Montclair. 973-259-5139. MontclairArtMuseum.org.

Guided Nature Walk: Tenafly Nature Center – 3-4pm. Enjoy the season with a guided walk along one of the Center's trails with an environmental



educator. Whether a first time visitor or a regular on the trails, participants will enjoy different sensory experiences in the forest. All ages welcome; an adult must accompany children; no strollers please. Inclement weather postpones the program. \$6, \$3/ members, free/children under 2. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

Give A Hoot! – 6:30-8pm. International Owl Awareness Day is Aug 4. Let's give a hoot to owls everywhere. Join an educator for a short introduction to these raptors and a visit from a live owl. Then venture outside in search of nocturnal feathered friends. Program is intended for adults and families with children 5 and up. Children must be accompanied by an adult. \$10, \$5/members; preregistration is required. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

TUESDAY, AUGUST 7

Rachel's Rangers: Cliffhanger Point (and Stroll on the GW Bridge Walkway) – 10am-12pm. Children's hike, ages 7 and up, to a promontory along the cliffs that was made famous in silent movie days when early filmmakers shot exciting "cliff hangers" along the Palisades. Those who wish may take a stroll out on the George Washington Bridge walkway and learn more about the story of the Great Gray Bridge. Free. Allison Park in Englewood Cliffs (just south of St. Peter's College off Hudson Terrace). 201-768-1360 x 108. NJPalisades.org.

Summer Concert: The Guthrie Brothers – 7-8:30pm. The band plays the music of Simon & Garfunkel. Bring a low back chair or blanket and enjoy the concert. In case of rain, the concert will be held in the Clinton Inn, 145 Dean Dr, Tenafly. Free. Huyler Park across from the historic Tenafly Railroad Station. TenaflyNJ.org.

THURSDAY AUGUST 9

Soprano Gay Willis Summer Concert – 7-8:30pm. An exciting program, Willis perform Copeland, Berlin, Fred Rogers and more. Bring a low back chair or blanket, sit back and enjoy. In case of rain, the concert will be held in the Clinton Inn, 145 Dean Dr, Tenafly. Free. Davis-Johnson Park, 139-153 Engle St, Tenafly. 201-568-4134. TenaflyNJ.org.

FRIDAY, AUGUST 10

Three Viewings – Aug 10, 11, 12. Fri, Sat, 8pm; Sat, Sun 2pm. Three comic/dramatic monologues which take place in a Midwestern funeral parlor.

Performed separately, the 3 stories interweave to show the lengths to which people will go to hold on to memories, money, life, and love. \$20. The Hackensack Performing Arts Center, 102 State St, Hackensack. 201-820-3007. HACPAC.org.

SATURDAY, AUGUST 11

Explore Mill Creek Marsh, Secaucus, 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.

Portrait Oil Painting – Aug 11 & 18. 10am-3pm both days. For painting students new to portraiture, as well as those with more experience, this workshop will focus on such challenges as proportion, rule of thirds, value control, and color mixing. Demonstrations given throughout the process will encourage students to progress at an even pace. Students will work from a model to capture a painted likeness. \$205, \$180/members. Montclair Art Museum, 3 S Mountain Ave, Montclair. 973-746-5555. MontclairArtMuseum.org.

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. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

SUNDAY, AUGUST 12

Alcohol Ink Painting – 10:30am-4:30pm. Alcohol inks are an acid-free, highly-pigmented, and fast drying medium to be used on non-porous surfaces such as glass and metals. Mixing colors can create a vibrant marbled effect and the possibilities are limited only by what you are willing to try. \$115, \$95/members. Montclair Art Museum, 3 S Mountain Ave, Montclair. 973-746-5555. MontclairArtMuseum.org.

TUESDAY, AUGUST 14

Rachel's Rangers: Fishermen's Village – 10am-12pm. Children's hike, ages 7 and up. Hikers will explore the mysterious ruins of Undercliff Bathhouse, built in 1922 for the crowds that swam in the river. After exploring the bathhouse, hikers will walk up into the woods to a small 19th-century graveyard and learn the story of Fishermen's Village, which existed at the site before the park was created. Free. Undercliff Picnic Area (PIP Exit 1 in Englewood Cliffs). 201-768-1360 x 108. NJPalisades.org.

Backpacking Basics – 7-8:30pm. Do you want to try backpacking but worry about carrying a heavy pack? Join a backpacking expert who will take the mystery out of backpacking with an overview of planning, preparation and gear, and provide excellent tips on lightweight backpacking techniques. Learn how to choose a pack, select

proper clothing and footwear. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

WEDNESDAY, AUGUST 15

Morning Pontoon Boat Cruise – 10am. Two-hour trip along the Hackensack River and its marshes. See Aug 2 listing. For ages 10 up. Free. River Barge Park, 260 Outwater Lane, Carlstadt. Cathy Vonk: 201-460-4677. NJSea.com.

markyourcalendar

WEDNESDAY, AUGUST 15

Stress Reduction & Better Sleep Workshop: Part 1 – 7-8:30pm. Introductory Mindfulness and Self-Hypnosis class that invites participants to learn self-healing practices that mobilize a person's resources and inner abilities for coping and improving their state of mind. For best results, taking Part 2 on Aug 22 is recommended. \$17; preregistration required; class limited to 4-6. Advanced Medical Care Center, 22 Madison Ave, Paramus. OwnYourLifeForce@gmail.com. 1-201-884-7104. OwnYourLifeForce.com.

THURSDAY AUGUST 16

Summer Concert: Piano Trio Alacorde – 7-8:30pm. A violin, cello and piano concert for the listening pleasure of the entire family. Bring a low back chair or blanket, sit back and enjoy. In case of rain, the concert will be held in the Clinton Inn, 145 Dean Dr, Tenafly. Free. Davis-Johnson Park, 139-153 Engle St, Tenafly. 201-568-4134. TenaflyNJ.org.

SATURDAY, AUGUST 18

Saturday 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.

Open Cockpit Weekend: Aviation Hall of Fame – Aug 18 & 19. 10am-4pm. Young and old can experience hands-on cockpit understanding; learn more about how pilots fly and what the controls and instrumentation do. The museum, located beside the runway at Teterboro Airport, owns a number of WW II planes, helicopters and historic and modern aircraft. Additionally, the world's only surviving Martin 202 Cockpit has been refurbished and is now open for visitors to sit in. This aircraft was operated by TWA beginning in 1950. \$10, \$8/seniors, children. Aviation Hall of Fame of NJ, Teterboro Airport, 400 Fred Wehran Dr, Teterboro. 201-288-6344. NJAHO.org.

SUNDAY, AUGUST 19

Bats For Beginners – 7-8:30pm. Program, intended for adults and families with children 4+, teaches how bats use echolocation to play a vital ecological role. Understand more about the only flying mammal in New Jersey, then walk along one of our trails using a sonar detector to search



for signs of bat life. \$10, \$5/members; preregistration is required. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

TUESDAY, AUGUST 21

Rachel's Rangers: Who Rock – 10am-12:30pm. Children's hike, ages 7 and up, with the Kearney House staff; 3.5 mi, 2.5 hrs, moderate difficulty. Children must be accompanied by an adult. This hike follows the Long Path along the top of the cliffs, makes a stop to visit the Women's Federation Monument (known to some as *the castle*), and ends up at a stunning lookout point called Who Rock. Free. Palisades Park, State Line Lookout, Northbound PIP opposite Exit 3, Alpine. 201-768-1360 x 108. NJPalisades.org.

Summer Concert: Beatlemania Again – 7-8:30pm. A Beatles tribute band. Bring a low back chair or blanket and enjoy the concert. In case of rain, the concert will be held in the Clinton Inn, 145 Dean Dr, Tenafly. Free. Huyler Park across from the historic Tenafly Railroad Station. TenaflyNJ.org.

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. \$60, \$40/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

WEDNESDAY, AUGUST 22

markyourcalendar

WEDNESDAY, AUGUST 22

Mindfulness and Self Hypnosis Guide to Better Sleep: Part 2 – 7-8:30pm. Learn tools/techniques to improve sleep quality, guide yourself to sleep, fall asleep and go back to sleep easily. Learn to take naps whenever you wish to rest. For best results, taking Part 1 on Aug 15 is recommended. \$47; preregistration required; class limited to 4-6. Advanced Medical Care Center, 22 Madison Ave, Paramus. OwnYourLifeForce@gmail.com. 1-201-884-7104. OwnYourLifeForce.com.

SATURDAY, AUGUST 25

Psychic Fair – 12-4pm. Ten of the most sought after psychics in the area offer tarot, angel and oracle cards, mediumship and palmistry as well as intuitive, channeled and past life readings. Used books

will be available for purchase as well. \$25/15 minute individual readings. Central Unitarian Church, 156 Forest Ave, Paramus.

SUNDAY, AUGUST 26

Community Health Screening – 1-5pm. Palisades Medical Center offers health screenings for HgbA1c diabetes, blood pressure, heart rate, percentage of oxygen in the blood, peak flow breathing, and Body Mass Index. Also, certificates for mammography and prostate exams. Free. Anheo Church, 555 Palisade Ave, Cliffside Park.

Historic Site Summertime Tours – 1-5pm. Visit Historic New Bridge Landing an American Revolutionary War battleground, including three Jersey-Dutch sandstone houses, including the Steuben House, a state historic site, are connected by an ADA compliant gravel walking path. The Westervelt-Thomas Barn will be open. Take-away kite making project included for children and kite flying in the meadow if conditions are right. \$12, \$7/students, free/members. Historic New Bridge Landing, 1201 Main St, River Edge

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, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

TUESDAY, AUGUST 28

Summer Concert: Yasgur's Farm – 7-8:30pm. The band plays Woodstock-era classic rock. Bring a low back chair or blanket and enjoy the concert. In case of rain, the concert will be held in the Clinton Inn, 145 Dean Dr, Tenafly. Free. Huyler Park across from the historic Tenafly Railroad Station. TenaflyNJ.org.

WEDNESDAY, AUGUST 29

Map & Compass Navigation Basics – 6:30-8:30pm. Learn basic navigation skills using map and compass to find your way, including the parts of a compass, how to read a topographic map and use in tandem; how to pinpoint location thru triangulation and follow a bearing. Maps and compasses provided, or bring your own. This is a hands-on in-store class but may include an outdoor portion so dress accordingly. \$50, \$30/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

THURSDAY AUGUST 30

Community Health Screening – 10am-12pm. Palisades Medical Center offers health screenings for HgbA1c diabetes, blood pressure, heart rate, percentage of oxygen in the blood, peak flow breathing, and Body Mass Index. Also, certificates for mammography and prostate exams. Free. Cliffside Park Senior Center, 550 Gorge Rd., Cliffside Park.

Michael Fennelly Summer Piano Concert – 7-8:30pm. A exciting program performed on four baby grand pianos. Bring a low back chair or blanket, sit back and enjoy. In case of rain, the concert will be held in the Clinton Inn, 145 Dean Dr, Tenafly. Free. Davis-Johnson Park, 139-153 Engle St, Tenafly. 201-568-4134. TenaflyNJ.org.

SEPTEMBER

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Issue

Our Readers
are Seeking:
Activist Groups
Exercise Facilities
Practitioners
Yoga Classes



OCTOBER

Game Changers plus: Chiropractic

Our Readers
are Seeking:
Chiropractors
Energy Healing
Educational Activism
Physical Therapy



NOVEMBER

Immune System Boosters plus: Safe Drinking Water

Health
Defense
Issue

Our Readers
are Seeking:
Dietitians
Health Food Stores
Herbalists
Naturopaths



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THREE-MONTH EDITORIAL
CALENDAR & MARKETING PLANNER

Contact us to learn about marketing
opportunities and become a member
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201-781-5577

natural
awakenings

ongoing events

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



sunday

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

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

monday

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

Super Duper Teen Book Raffle – Daily through Aug. 10am-9pm. Students entering grades 5 & up in September have a chance to win books that will be on display. Each time they visit, they can ask for a raffle ticket to enter. Every two weeks, three names will be drawn. Mahwah Public Library, 100 Ridge Rd, Mahwah. Denise Jukniewicz: 201-529-7323 X 224. Mahwah.BCCLS.org.

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

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

American Mahjong – 4-6pm. Games are friendly and totally stress free for entertainment only. Beginners and experienced players are welcome to come but the game isn't taught. Free. All Purpose Rm,

Dixon Homestead Library, 180 Washington Ave, Dumont. 201-384-2030.

Citizenship Class – 4:30-5:30pm. 1st Mon. Topics discussed in citizenship class: Civics questions, reading vocabulary, writing vocabulary. Classes are free to all and no registration required. Must have some literacy skills to take the class. Free. Johnson Public Library, Hackensack Meeting Room, 274 Main St, Hackensack. 201-343-4169 x 14. Hackensack.BCCLS.org.

Tai Chi – 7-8pm. Tai chi is a Chinese martial art practiced for both its defense training and health benefits. Instructor Kung-Ming Jan of Tenaffly is a cardiologist and long-time practitioner of both Shaolin yoga and tai chi chuan. Free. Englewood-Library, 31 Engle St, Englewood. 201-568-2215. EnglewoodLibrary.org.

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

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

tuesday

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

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

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

Pare Down, Cheer Up – 3pm. 3rd Tue. For those who want to simplify their lives, whether to save money, reduce stress or transition to a more sustainable lifestyle. Led by health and wellness educator Kathy Schwarz. Free. EnglewoodLibrary, 31 Engle St, Englewood. 201-568-2215. EnglewoodLibrary.org.

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

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

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.

Library Writers' Collective – 6:30-8:30pm. The group's goal is to support adult writers at all levels who are committed to their work. The collective will allow writers to share their stories and receive constructive feedback. Writers working in fiction and creative non-fiction are welcome. You do not need to be published to join. Free. Mahwah Public Library, Small Meeting Room, 100 Ridge Rd, Mahwah. Denise Laude: 201-529-7323 X 227. Mahwah.BCCLS.org.

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. Poinin 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.

Meditation – 7-8pm. Sahaja yoga meditation is easy to learn, and all are welcome to attend. Attendees can sit either in a chair or on the floor and should wear loose, comfortable clothing. Free. Englewood-Library, 31 Engle St, Englewood. 201-568-2215. EnglewoodLibrary.org.

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, Ansifield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For information or to register: TinyURL.com/Ramcolag.

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

Teen Time – 3:30-4:30pm. 2nd Thur. The programs are different each month, but they are guaranteed to be fun or your money back. Free. Friends Room,

Tenaflly Public Library, 100 Riveredge Rd, Tenaflly. 201-568-8680. TenfCirc@bccls.org.

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

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. Tenaflly Public Library, Friends Room, 100 River Edge Rd, Tenaflly. 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. \$30; 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, Tenaflly Public Library, 100 Riveredge Rd, Tenaflly. 201-568-8680. TenfCirc@bccls.org.

Meditation on Twin Hearts – 11am-noon. An advanced meditation technique aimed at achieving illumination, and a form of “world service” by being a channel to bless every being on earth with loving kindness. The Center for 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, Tenaflly Nature Center, Tenaflly Nature Center, 313 Hudson Ave, Tenaflly.

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.

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

GERTI SCHOEN,
Licensed Psychotherapist
Certified Couples Counselor
Ridgewood, NJ • 917-607-4525
Gerti@GertiSchoen.net • 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 35.*

HEALING CENTERS

ADVANCED MEDICAL CARE CENTER

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



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

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

THE CENTER FOR PRANIC HEALING

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877-787-3792 • fax 201-896-8501
PranicHealingUSA@gmail.com
PranicHealingUSA.com



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

body, accelerating the rate at which the body heals the physical as well as the psyche. Training, certification and classes as well as healing services with the prime objective of promoting physical, emotional, mental and spiritual well-being. Healing and meditation every Wednesday night open to those looking to relieve their stress from home or at work. *See ad, page 9.*

HOLISTIC DENTAL CARE

VLADIMIR GASHINSKY, DDS

91 Millburn Ave, Millburn
973-457-4688
HolisticDentalCenterNJ.com



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

problem and not just the symptoms. He seeks to improve his patients' quality of life through holistic dental care that respects and honors the body. *See ad, page 4.*

INTUITIVE PRACTITIONER MEDITATIVE CLEARING & FENG SHUI

LOIS KRAMER-PEREZ

Intuitive Practitioner, Meditative Clearing & Feng Shui
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LoisKramerPerez.com



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

Lois has developed simple, effective techniques that help clients sharpen their awareness, clarity and empowerment through *feng shui*, personal meditative clearing, and environmental space clearing. Each of these services can provide anchors for creating change from the inside out. Let's get started! *See ad, page 11.*

KAMBO PRACTITIONER

WARRIOR WAY HEALING

WarriorWayHealing.com
201-663-5916
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Andrea P. Arroyo, Certified Life Coach
201-290-1644 • OneWordCoach@gmail.com
OneWordCoach.com



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



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Clinical Nutritionist Dian Freeman has a private practice in Morristown. She teaches a six-month nutritional certification course and has certified over 700 graduates in Holistic Health over the last 14 years. She also practices frequency biofeedback, teaches one-day classes and lectures widely. Dian is currently finishing her doctorate in Medical Humanities at Drew University, Madison, NJ. She may be reached at 973-267-4816 or Dian2@WellnessSimplified.com. See ad, page 27.

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 30.



REIKI

REIKI & YOU

Florentina Galla, MS, RDH, CNW
Master Reiki Usui HF, Author
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OPPORTUNITIES

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