

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings



Reboot Libido

Exercise Amps
Up Hormones

GLOBAL CHALLENGE

Youth Movement
Spells Hope

Multifaceted Chiropractic

Integrative Approaches
Enhance Healing

" *Natural Awakenings* has given us the opportunity to
follow our dreams..."

Become a *Natural Awakenings*
publisher and make a difference!

- Low initial investment
- Proven franchise business system
- Home-based business
- Franchise support & training
- Join our 70+ publishers to publish one of the nation's leading healthy living magazines!



**Waleska Sallaberry
& Luis Mendez**

Publishers, Puerto Rico

"Publishing *Natural Awakenings* has truly been a blessing for our lives, our family and our community. Coming from a corporate background, *Natural Awakenings* has given us the opportunity to follow our dreams while transforming peoples' lives in Puerto Rico... It doesn't get better than this, we truly love it!"

natural
awakenings

Apply now at
NaturalAwakeningsMag.com/Franchise
or call **239-530-1377**



SOME OF THE IMPORTANT AREAS OF FOCUS INCLUDE

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

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

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

Hormonal Balance and Thyroid -----

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

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

The Body -----

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

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

Contact information

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

Functional Medicine NEUROLOGY AND NUTRITION

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

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

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

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

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

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

HERE'S WHAT OUR PATIENTS ARE SAYING

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

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

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

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

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

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

SPECIAL PROMOTIONAL OFFER

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

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

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

Choosing a new dentist can be a real challenge.

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

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

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

Dr. Glenn Gero, Naturopathic Physician:

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

Lisa Mack, Certified Thermographic Technician:

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

Nancy Barrett, Certified Holistic Manual Lymphatic Therapist:

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

**If you want a "True" Holistic Dental Experience for You and Your Entire Family Call Us Today to Get Your FREE Consultation
973-457-4244**



HOLISTIC DENTAL CENTER

Dr. Vladimir Gashinsky
91 Millburn Ave,
Millburn, NJ 07041
www.holisticdentalcenternj.com



AS SEEN IN THE NEWS!



Get Our New Patient Holistic Teeth Cleaning Special!



Non-fluoride cleaning with comprehensive exam & analysis of mercury fillings, incl. full set of low radiation X-Rays: **ONLY \$99*** (Value \$445)!

Call 973-457-4244 Today!

* In the absence of gum disease

Why Choose An Organic Mattress From Healthy Choice?



- 1 It's Healthy**
The suppliers of our materials use Okeo-Tex Certified Talaly Latex, GOTS Certified Organic Cotton and Oregon Tilt Eco Wool. No chemicals.
- 2 It's Breathable**
Our all natural materials allow maximum air flow and help dissipate body heat. The end result is a much cooler sleep environment.
- 3 It's Hypoallergenic**
Ideal for people with allergies. Naturally mold, mildew and dust mite resistant and inherently antimicrobial.
- 4 It Doesn't Off-Gas**
Unlike memory foam or other polyurethane or synthetic foam mattresses you get over the internet.
- 5 It's Environmentally Friendly**
Our mattresses are biodegradable and come from natural, renewable resources.
- 6 It's Made In The USA**
All of the materials we use are made in the United States and our factory is in Connecticut. Reducing our carbon footprint.
- 7 It's Extremely Supportive & Comfortable**
Designed to relieve pressure points on your body while giving the support needed for good spinal alignment.
- 8 It Comes With A 25 Year Warranty**
Most traditional mattresses have a 10 year warranty. Our 25 year warranty is the best in the mattress business.



ORGANIC MATTRESS

HCmattress.com Because Nature Makes the Best Stuff

Mt. Kisco, NY
681 East Main Street
(914) 241-2467

Ridgewood, NJ
14 Wilsey Square
(201) 857-3245

Summit, NJ
361 Springfield Ave
(908) 263-7400

New Canaan, CT
21 South Ave
(203) 920-1244

Beacon, NY
544 Main Street
(845) 440-6019

NEW JERSEY NORTH EDITION

PUBLISHERS **Jerry Hocek**
Angelica Pat
Sanshompoo

EDITORS **Martin Miron**
Thomas Masloski

DESIGN & PRODUCTION **C. Michele Rose**

SALES & MARKETING **Jerry Hocek**

ACCOUNTING **Angelica Pat**
Sanshompoo

CONTACT US

Natural Awakenings
Northern New Jersey
Bergen & Passaic Edition
780 Grange Rd, #6, Teaneck, NJ 07666
PH: 201-781-5577
Publisher@NaturalAwakeningsNNJ.com
NANorthNJ.com

SUBSCRIPTIONS

Free subscriptions are available for our
digital edition by emailing:
Publisher@NaturalAwakeningsNNJ.com

NATIONAL TEAM

CEO/FOUNDER **Sharon Bruckman**
NATIONAL EDITOR **Alison Chabonais**
MANAGING EDITOR **Linda Sechrist**
NATIONAL ART DIRECTOR **Stephen Blancett**
ART DIRECTOR **Josh Pope**
FINANCIAL MANAGER **Yolanda Shebert**
FRANCHISE DIRECTOR **Anna Romano**
FRANCHISE SUPPORT MGR. **Heather Gibbs**
WEBSITE COORDINATOR **Rachael Oppy**
NATIONAL ADVERTISING **Kara Scofield**

Natural Awakenings Publishing Corporation
4933 Tamiami Trail N., Ste. 203
Naples, FL 34103
Ph: 239-434-9392 • Fax: 239-434-9513
NaturalAwakeningsMag.com

© 2018 by Natural Awakenings. All rights reserved.
Although some parts of this publication may be
reproduced and reprinted, we require that prior
permission be obtained in writing.

Natural Awakenings is a free publication distributed
locally and is supported by our advertisers. Please
call to find a location near you or if you would like
copies placed at your business.

We do not necessarily endorse the views expressed in
the articles and advertisements, nor are we
responsible for the products and services advertised.
Check with a healthcare professional regarding the
appropriate use of any treatment.



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

letter from publisher



When I was 4 years old, my father took me to a bar for the first time. It was a blue-collar little corner dive across the street from the Westinghouse elevator factory where he worked, situated in a gritty, industrial tract of the Communipaw section of Jersey City. I recall that my mother was recovering at Jersey City

Medical Center after giving birth to my brother, so I got to go on a little field trip because dad wanted to go out for a few cold ones.

We walked there from our apartment building, as the tavern was only a few long blocks from home. I always remembered the magic of that place as witnessed by the psyche of a young boy. It had all the right elements. My father placed me on a barstool next to his. The bartender poured me a Coca-Cola over ice from that nifty, space-age soda gun. The Coke paired well with the dish of over-salted peanuts.

The place was laid-back and had a distinct aroma of stale beer and cigarettes. A small television perched above the collection of pretty liquor bottles blared out a baseball game when nobody was playing what is now classic rock on the jukebox. Burly working men sat at the long bar, talking, laughing and cracking jokes while sipping cold beer from glasses covered in condensation.

The space was mostly dark and dank, except for the luminous wonder that stood in the corner—a pinball machine. The barkeep handed my father a little step stool, and as soon as the quarter dropped and the ball ejected, I was slapping away at the flippers, trying my best to keep the silver ball from draining down the gutter.

The pool table was literally a blast. I wasn't allowed to use the pointy cue for obvious reasons, so I crashed the balls into each other by hand, sending them soaring off the table and across the grimy bar floor as often as into their intended pockets. I tried my hand at darts, but at 4 years old, that quickly proved to be a dangerous endeavor. The bartender had to commandeer them before I blinded all the patrons, rendering this fine establishment bankrupt. After all this hard play, it was time for another ice-cold Coke and peanuts.

I periodically visit my local neighborhood bar for fun, laughs and peanuts. It's either that or risk getting all wired up on dark roast at the local Starbucks. I'll bet most of you readers are just fine with a nice smoothie; however, I have yet to find a magical smoothie joint with a jukebox, pool table and pinball machine.

Happy Halloween!

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.

Contents



22

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.

REGIONAL MARKETS

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-434-9392. For franchising opportunities call 239-530-1377 or visit NaturalAwakenings.com.

14 THE RISE OF BLUE ZONES IN AMERICA

Places that Encourage Healthy Living

16 MULTIFACETED CHIROPRACTIC

Integrative Approaches Enhance Healing

19 INFLAMMATION

May Cause Brain Disorders

20 HEALING OUR KIDS

Reversing a Rising Tide of Chronic Conditions

22 YOUTHS STEP UP TO THE GLOBAL CHALLENGE

Fresh Hope for a Troubled Planet

26 SEVEN COMPELLING REASONS TO USE A FITNESS TRAINER

28 REBOOTING LIBIDO

Exercise Rekindles Desire

30 PHARMACEUTICAL SYNTHETIC VERSUS BIOIDENTICAL HORMONES

32 FAREWELL TO A BELOVED PET

Earth's Memorial to a Pet's Passing



DEPARTMENTS

- | | |
|------------------------|---------------------|
| 8 news briefs | 20 healthy kids |
| 10 health briefs | 25 wise words |
| 12 global brief | 28 fit body |
| 12 eco tip | 31 conscious eating |
| 13 community spotlight | 34 calendar |
| 14 green living | 41 resource guide |
| 16 healing ways | 43 classifieds |

news briefs

Learn Access Bars in Paramus

The Access Bars class from 9 a.m. to 5 p.m., October 20, 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 9.

Learn about the ProLon Diet at Vista Natural Wellness

Vista Natural Wellness Center will host a seminar by Dr. Valter Longo on The ProLon Fasting Mimicking Diet from 7 to 8:30 p.m., November 1, in Oakland. ProLon is a five-day dietary program that nourishes the body while promoting regenerative and rejuvenating changes. Improvements affect a wide range of markers that contribute to aging, such as cholesterol, inflammation and fasting glucose.

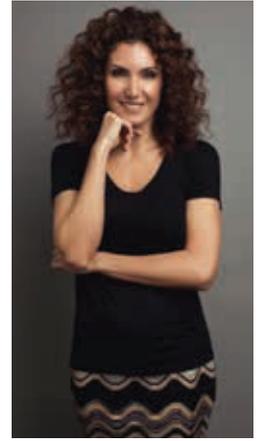


Longo is the director of the Longevity Institute at the University of Southern California and The Program on Longevity and Cancer at IFOM, in Milan, Italy. He designed the ProLon Fasting Mimicking Diet after making a series of remarkable discoveries in mice. He then indicated which specific diets can activate stem cells and promote regeneration and rejuvenation in multiple organs to optimize health and provide anti-aging benefits.

Admission is free. Location: 191 Ramapo Valley Rd. For more information or to register (required), call 201-644-0840 or email VistaNaturalWellness@yahoo.com. See ad, page 9.

Experience Breath Coaching with Karamehmet

Nevsah Karamehmet, a pioneer in the field of breath coaching, will present two events in October. Breath Coaching: an evening workshop, will take place from 7 to 10 p.m., October 5, at the New York Open Center in New York City. Karamehmet will introduce participants to the concept of natural breathing and how to become conscious of dysfunctional breathing habits. This approach detoxifies, raises oxygen levels and makes positive changes to the entire mind, body and spirit.



Nevsah Karamehmet

The Miracle Course part one and two will be held from October 10 through 14 at Reflections Yoga Studio, in New York City, with a breath coach working specifically with two to three participants. There will be a deep focus on breathing and meditation. Accommodation, meals, coffee breaks and breath coaching costs are included.

Karamehmet is a faculty member of the Graduate School of Behavioral Health Sciences and the national representative of the International Breathwork Foundation.

Cost: \$40 for workshop and \$1,500 for the Miracle Course 2. Location: 22 E. 30th St. for workshop and 227 E. 24th St. for Miracle Course. For more information or to register (required), visit Tinyurl.com/breathnyc for the workshop and TinyURL.com/mircours for the Miracle Course.

Household Hazardous Waste Collection in Clifton

The Passaic County Office of Solid Waste and Recycling is sponsoring a household hazardous waste drop-off from 7:30 a.m. to 2 p.m., October 27, at the Clifton Department of Public Works parking



lot, rain or shine. Acceptable items include propane tanks, flares, drain cleaners, fire extinguishers, thermostats, car batteries, anti-freeze, pool chemicals and aerosol cans.

All items should be in their original containers and labeled. Nothing without a label will be accepted, nor will computers, electronics or tires. Businesses must call to make special arrangements.

Free to all Passaic county residents (proof of residency required). Location: 307 E. 7th St. For more information, call 973-305-5738.

Learn about Clean Eating at the Valley Hospital

The Valley Hospital is presenting a lecture, Food As Medicine: Clean Eating Connection, from 11: a.m. to 1 p.m., October 17, in Ridgewood. Speakers include Jodie Katz, M.D., from the Center for Integrative Medicine, and Carrie Weiss, an internationally trained chef.



Participants will learn about the relationship between food and health, and sample a delicious variety of gluten, sugar and dairy-free foods. The fundamentals of eating clean encourage us to consume more whole foods such as fruits and vegetables and to limit consumption of highly processed snack foods.

Admission is \$50. Location: 1200 E. Ridgewood Ave. For more information or to register (required), call 201-389-0075, email emangan@ValleyHealth.com or visit ValleyHealth.com.

Special Offer on Reflexology Classes



Catherine Bello, owner and Coperator of the Sole Revival Reflexology Spa, in River Edge, is offering a special rate of \$300 to *Natural Awakenings* readers for four group training sessions (\$395 value) that begin October 16 and

continue for consecutive Tuesdays until November 6. A required textbook cost \$30.

Participants will have the choice of attending either the 11 a.m. to 1 p.m. class or the 6 to 8 p.m. class. During these sessions, reflexologist and instructor Bello will teach participants reflexology techniques and healing therapy that they can use with clients, friends and family. There will be no make-up classes. Job placement is available for those that wish to go further with the techniques.

Location: 780 Kinderkamack Rd., River Edge. To preregister (required) or for more information, call 201-261-0003 email or visit SoleRevivalReflexology.com.

News to share?

Email submission to:

Publisher@NaturalAwakeningsNNJ.com

Deadline: the 10th of the month

Integrate Wellness Into Your Daily Life... Naturally

We'll help make it easy with:

- Health Education & Coaching
- Natural Sourced Supplements & Other Products for Healthy Living
- Thermographic Imaging of Breast & Full Body**
- Yoga - Small Group Instruction
- Massage Therapy
- Workshops on Healthy Living
- La Bella Donna Mineral Makeup
- Vitamix™ & Omega™ Juicer Authorized Dealer

191 Ramapo Valley Road
Oakland, NJ 07436
(201) 644-0840

VISTA NATURAL WELLNESS CENTER
VistaNaturalWellness.com

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

Discover Life Changing ACCESS BARS™ Sessions

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

Interested in learning how to give ACCESS BARS™?

Attend a class:
Saturday, Oct. 20th, 2018, 9-5pm
22 Madison Ave., Paramus, NJ
NCBTMB/CPU's for Massage Therapists

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

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

AccessConsciousness.com

Natural Vitamin E Lowers Heart Risks



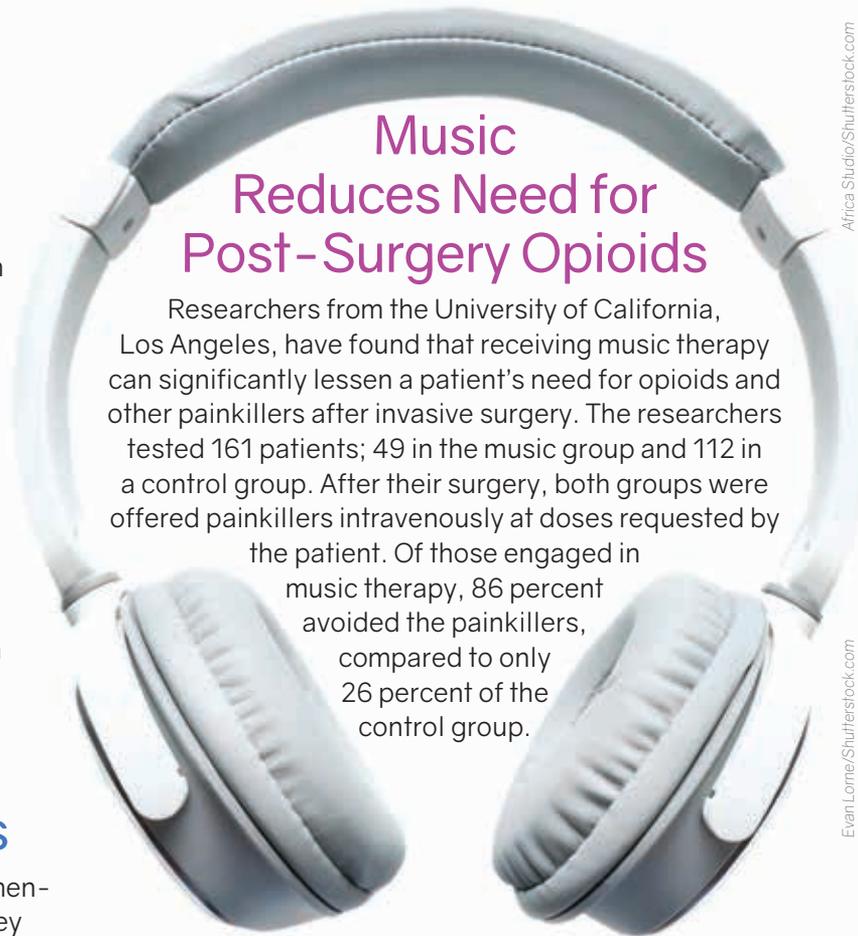
Tocotrienols are a natural form of vitamin E found in a number of foods, including wheat, barley, corn, rice and palm fruit. A recent meta-review of clinical research finds that tocotrienols can decrease heart-related health risks in seniors such as diabetes, high cholesterol and high blood pressure.

Knitting Releases the Blues

Knitting can alleviate the blues, slow the onset of dementia and distract from chronic pain, according to a survey published in *The British Journal of Occupational Therapy*. Eighty-one percent of respondents described feeling happier after a session of needlework. In another study, researchers at the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital found that the act of knitting lowers heart rates by an average of 11 beats per minute, eliciting a state of relaxation similar to that of yoga.

A Mayo Clinic study found that crafts like knitting and crocheting also reduce the chance of developing mild cognitive impairment by 28 percent. In a University of British Columbia study, 74 percent of 38 women with the eating disorder anorexia reported that it lessened the intensity of their fears and thoughts and cleared their minds of eating disorder preoccupations.

In a survey of 1,000 members of the British group Knit for Peace, one in five respondents reported that knitting reduced their arthritic pain.



Music Reduces Need for Post-Surgery Opioids

Researchers from the University of California, Los Angeles, have found that receiving music therapy can significantly lessen a patient's need for opioids and other painkillers after invasive surgery. The researchers tested 161 patients; 49 in the music group and 112 in a control group. After their surgery, both groups were offered painkillers intravenously at doses requested by the patient. Of those engaged in music therapy, 86 percent avoided the painkillers, compared to only 26 percent of the control group.

Music Lessons Make Kids Smarter

Structured music lessons significantly enhance children's cognitive abilities, including language-based reasoning, short-term memory and planning, while reducing inhibition, leading to improved academic performance, report researchers from Vrije Universiteit Amsterdam.

In the study, 147 Dutch 6-year-olds were divided into music, visual arts and control groups, and monitored for two-and-a-half years. The children in the music group sang, listened to music and played an instrument of their choice one to two hours a week during regular classroom time. Compared to the control group, they demonstrated improved verbal IQ and reasoning skills, and a greater ability to plan, organize and complete tasks, as well as improved academic achievement. Children given structured visual arts lessons showed improvements in visual and spatial memory compared to the control group.



therapy spotlight



Beyond Energy Work Quantum Healing Hypnosis Therapy

by Thomas Brenton

Quantum Healing Hypnosis Therapy (QHHT) was invented by the pioneer hypnotherapist Dolores Cannon, who has practiced in the field of hypnosis and cultivated this technique over the course of 40 years. QHHT allows the client to reach the deepest possible levels of hypnosis and can provide deep healing, both physically and emotionally.

QHHT is achieved through visual imagery during a state of a very deep relaxation. A session includes two main components: past-life regression and communication with the subconscious, or higher self.

In the first part of the session, the individual is guided through one or more past lives that possess a direct relation to their current life. That past life will contain an important message for the individual and can help them to resolve the issues they are struggling with.

The second component of QHHT includes the direct contact with the subconscious of the individual, which consists of infinite knowledge and wisdom. The subconscious mind is connected to the collective consciousness, and is therefore extremely powerful and can help the individual by performing instantaneous healing when appropriate. The subconscious knows what is most important for the individual at the current stage of their life.

QHHT can help with clearing emotional and physical blockages, improving energy flow in the body, releasing trauma and anxiety and bringing balance and well-being. QHHT is a beautiful experience that carries a personal and often powerful meaning for each individual. Most of all, it possesses significant potential for healing and positive change.

For more information, contact Michael B. Adelhock, Quantum Healing Hypnotherapy practitioner, at 973-222-1904, or visit HolisticHypnosisForLife.com. See ad, page 28.

Thomas Brenton is a contributing writer for Natural Awakenings magazine.



**ONPOINT
FITNESS**

Home of the
1X Week,
Trainer-Assisted,
Muscle-Building,
Fat-Burning
Workout

409 Cedar Ln
Teaneck NJ
OnPointStudio.net

Call Us For
More Info
201-357-5935



Bergen County's One-Stop Metaphysical Shop

792 Kinderkamack River Edge NJ

- * Crystals
- * Smudges
- * Incense
- * Oils
- * Lectures
- * Yoga - Saturdays 11am \$12 * We now carry CBD Oil * Group Meditation
- * Angel Card Readings - Oct 4th - Tea Leaf Reading Class - Oct 13th
- Intro to Essential Oils - Oct 17th
- Please see our calendar for monthly events



www.earthshealings.com 201-800-0570

- * Meditation
- * Reiki
- * Classes
- * Events
- * Yoga

Tap Into Unity Consciousness through Women's Community Groups and Mindful Nature Walks

Location Ridgewood NJ
Insurance Accepted

Gerti Schoen, Licensed Psychotherapist
GertiSchoen.net • 917-607-4525

Contact Us for Workshop Info

WHAT IS STOPPING YOU FROM BEING HEALTHY TODAY?



An Integrative Health Coach and Wellness Advocate can assist in finding out ways that will work for you to become your healthiest self.

**CALL TODAY FOR A FREE CONSULTATION
201-515-5125**

Cupboard Clean-Out
Grocery Store Excursion
Cosmetic Clean-Out

Meal Management
Kids & Family Food Prep
Personal Food Prep Session

Veggie/Herb Garden Design
Medical Advocate

201-515-5125
ZenTheoryNutrition.com
Dana@ZenTheoryNutrition.com



Turtle Turnaround

Hatchlings Return to Mumbai Beach After 20 Years

At Versova Beach, in the Indian coastal city of Mumbai, local volunteers have stepped up to finally clean up a shore covered in ankle-deep trash and waste. The United Nations described the transformation as the world's largest beach cleanup project ever, and the work has been rewarded with serious environmental progress.

For the first time in 20 years, Olive Ridley sea turtles have hatched at Versova. The turtle is currently classified as vulnerable by the International Union for Conservation of Nature because of environmental pollution. They're the smallest and most common sea turtle, but all species are threatened by human encroachment and pollution.

Lawyer and conservationist Afroz Shah says, "I had tears in my eyes when I saw them walking towards the ocean." Local ecologists say it's possible the Olive Ridley turtles have been nesting on the beach without anyone noticing, but capturing this momentous occasion is a huge boon to the volunteers, which have encountered some resistance via harassment and bureaucracy.



Last Straw

Groups Work to Make U.S. Go Strawless

About 500 million plastic straws are discarded daily in America, reports the U.S. National Park Service. Plastic that reaches waterways is ingested by marine life and our food chain. Individuals and municipalities are taking action to support options, including going strawless.

- The Last Plastic Straw (*TheLastPlasticStraw.org*), a project of the Plastic Pollution Coalition, has a worldwide map locator that pinpoints restaurants that have ceased using plastic straws.
- Milo Cress, who launched the Be Straw Free (*BeStrawFree.org*) campaign in 2011 when he was 9, is again speaking to school students this fall, primarily via Skype. "It's exciting to inspire them to know that they can do something in their community," says the senior high school student in Shelburne, Vermont.
- *Strawfree.org*, a Southern California volunteer-driven organization, offers kits that include bamboo straws, carrying holders and cleaning brushes.
- McDonald's has announced it will transition from plastic to paper straws in its U.S., UK and Ireland restaurants beginning this year, and subsequently expand the switch to other countries.
- In May, New York City lawmakers introduced a bill banning plastic straws in all bars and restaurants in the Big Apple, and Seattle has banned the use of single-use plastic straws, thanks to the Strawless in Seattle movement. EcoCycle, Inc. (*EcoCycle.org*) and the Inland Ocean Coalition, both in Boulder, Colorado, are asking restaurants citywide not to use them. In July, Starbucks announced plans to eliminate straw use globally by 2020.
- *StrawlessOcean.org* offers straw alternatives made of paper by Aardvark, steel and silicone by Klean Kanteen, metal by Steelys Drinkware and bamboo by StrawFree.
- *EcoWatch.com* suggests, "Unlike metal or glass, soft and bendable silicone straws don't clink your teeth, making them ideal for kids and straw-biters" and that such products made by Softy Straws work with hot drinks and withstand dishwashers. It also recommends wheat stems, corn bioplastic and bucatini pasta, a spaghetti-like noodle with a hole in the middle.

Nevsah F. Karamehmet

Breathing Away Dysfunction

by Lorraine Ferrier

Nevsah F. Karamehmet is a breath specialist, author, motivational speaker and director of the Breath Coaching Federation. Many of us understand that diet can affect our health, but there is something we require even more than food or water. It's air, and our breathing doesn't always work as well as it should. "Breathing is a behavioral habit," says Karamehmet. "Unfortunately, it can be a dysfunctional habit." Many people are not getting air in the proper amount because of dysfunctional breathing habits, and sometimes the solutions offered—breathing techniques—actually pose risks to our health. Proper breath fuels the mind and body. Learning a breathing technique sounds like a simple, safe solution to increase our productivity and focus, but Karamehmet advises, "Doing a specific technique is not a solution."



Karamehmet studied with top breath experts around the world and discovered that while breathwork is a technique that can help alleviate some discomforts, it does not solve the underlying problems. The deeper Karamehmet studied breathing, the more she realized that "Everything that is a technique is an incorrect attitude." Some breathing techniques can even keep people sick. Breathing needs to be natural and not manipulated. "It's a brain-stem reflex, and the more you surrender, the more you let go, the better you breathe," she says.

Breathing is Not Respiration

The key to understanding our breath, Karamehmet explains, is knowing that breathing and respiration are not the same; the breath can alter the mind (psychology), but a breathing pattern is a behavior that is learned and unlearned. Breathing techniques can alter our respiratory chemistry and affect our mind and emotions, and because everyone is so different physiologically and psychologically, there is no one breath that fits all.

Karamehmet discovered the benchmark for a normal breath of six breaths per minute may be normal for some, but it could send others into a state of hypocapnia that can bring about numerous ailments. This occurs when carbon dioxide decreases in the

lungs and in the arterial blood, changing the body's pH. When the pH rises above 7.45, the body becomes more alkaline, entering respiratory alkalosis, which can then cause panic, breathlessness, dizziness, confusion and even muscle spasms.

Those symptoms are often treated with breathing techniques that are typically a short-term solution that cannot solve the root issues responsible for the symptoms. Karamehmet saw that as the pH level rose in her clients, so did the negative thoughts and emotions. Treating breath with a technique is a bit like treating a coughing, spluttering car by varying pressure on the gas pedal. It may help at that moment, but in the long term, it makes sense to look at the engine.

The Fast City Breath

Sometimes the way we breathe is a product of our environment or an adaptation to it. "Typically, in big, crowded cities where people are usually in a rush, fast and shallow breathing is more present," says Karamehmet. She thinks that fast, shallow breathing patterns can suppress emotions and self-awareness. "The moment someone resolves their dysfunctional breathing habit, all the emotions they kept suppressed rise up and can now be resolved," she advises.

Fast breathing, slow breathing, shallow breathing, diaphragmatic breathing and chest breathing can all be dysfunctional breathing habits that start as early as age 3. "Life gets intense, and we get overwhelmed when we are children, and we in turn start to manipulate our breath," says Karamehmet. "The dysfunctional breathing becomes a way to cope with our feelings."

From more than 20 years of working with breathing and seeing thousands of clients, Karamehmet has found that fixing this dysfunctional coping mechanism can ease health issues that can typically arise later in life. Restoring natural breathing can also help restore focus and energy sometimes in a noticeable or even profound manner.

Beyond Breathing Techniques

Karamehmet's four-pronged approach to restoring natural breath differs from breathwork techniques in that it combines breath coaching, breath exercise, behavioral science and life coaching. She utilizes a capnograph, an instrument that measures carbon dioxide levels, allowing clients to see in real time how their breathing habits stress their body and mind. As dysfunctional breathing takes hold, focus is lost. Karamehmet states, "Getting tired is not the reason you're not focused, but rather the dysfunctional breathing habit gets triggered when you are tired, leading you to lose focus. The moment you realize you are doing something dysfunctional with your breath, you can change it." Karamehmet is on a mission to improve the way we breath by having a breath coach in every hospital a decade from now.

For more information, including upcoming workshops, visit BreathCoachingFederation.org or contact Melike Ayan at 212-980-8090 or melike.nyc@gmail.com. See the news brief on page 8 for information on an upcoming workshops in Manhattan.

Live-in Caregivers



For the elderly or infirmed.

Highly experienced, compassionate European women with top-notch references are available for interview. Experienced with providing special diets and catering to a holistic lifestyle. NJ/NY.

**Contact Anna:
732-439-0162**

breathe

Discover What Food
and Lifestyle Choices
Work For You

Christine M. Okezie
Natural Foods Chef
Holistic Health Counselor



Your Delicious Balance
Nutrition & Wellness Coaching
Contact Me Today for an
Initial Consultation

(201) 889-5001

christine@yourdeliciousbalance.com
YourDeliciousBalance.com

green living

The Rise of Blue Zones in America

Places that Encourage Healthy Living

by Avery Mack



Robert Kneschke/Shutterstock.com

Dan Buettner's book *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest* launched a movement a decade ago. Sequels include *The Blue Zones of Happiness*, *The Blue Zones Solution* and *Thrive*. Many communities have embraced the principles of this "make healthy living easier" paradigm, resulting in the improved well-being of residents.

"Add more years to your life and more life to your years," says Nick Buettner, vice president at Blue Zones LLC, in Minneapolis, Minnesota, the founder's brother who spoke with us. "The people around you, the places where you work, live and play, and the social norms in your community have an impact on your health."

The original U.S. pilot project in 2009, in Albert Lea, Minnesota, is a prime example. Instead of widening a main thoroughfare and raising the speed limit, the city widened the sidewalk and created a path around nearby Fountain Lake, offering safe exercise for bikers, joggers and walkers. The Hy-Vee grocery increased its health market section from two to seven aisles, leading to a 130 percent rise in related sales, and added a Blue Zones checkout lane for healthy grab-and-go options. City workplaces now offer quiet rooms and fruit instead of candy; one business converted a garage to a pickleball court.

The five original Blue Zones are Ikaria, Greece; Loma Linda, California; Nicoya Peninsula, Costa Rica; Okinawa, Japan; and Sardinia, Italy.

Blue Zone Basics

Move Naturally – Even at work, get up and move at least once every 20 minutes.

Reduce Stress – Take a nap, nature walk or meditate.

Act Intentionally – "People that feel they have a reason to get out of bed in the morning tend to live seven years longer than those who just go through the motions," says Buettner. A strong sense of purpose defines quality of life.

Eat Healthy – Enjoy the benefits of a plant-based diet. One cup of beans a day adds three to four years in life expectancy. Plant a garden to grow fresher, pesticide-free food. Eat meat an average of five times a month and in small-portioned stir-fry, soups and pasta. Consume fewer calories. Drink wine in moderation. Check out BlueZones.com/recipes.

Maintain Relationships – "If you have fewer than three friends, it's the equivalent of smoking for 20 years," Buettner maintains.

“Growing old in place and staying at home instead of a retirement or nursing home is easier to accomplish when you have a social network.” Meet regularly with friends.

Have Faith – A faith-based life taps into a larger resource far greater than oneself and enhances a sense of purpose, social network and calm content.

Prioritize Family – Amid the busyness of life, make the most enjoyable family time and nurturing activities each day’s first choice.

“Over the last four years in Florida, our sponsor, NCH Healthcare System, has helped to build well-being infrastructure and sustainability for approximately 400,000 people; that swells to nearly 1.2 million during high season from January to April,” says Deb Logan, executive director of Blue Zones Project-SWFL (Southwest Florida). “We have 33 Blue Zone-approved restaurants that collectively make an additional 176 plant-based menu items available locally; the first half of this year, they sold 130,000 Blue Zones-inspired dishes.”

The healthful community philosophy was vital in Hawaii, when the Kilauea Volcano spewed lava, sulfur dioxide and acid rain. First-responders staffed check-point stations around the clock to protect the public from dangerous areas, exposing themselves to combined sun and volcanic heat. The Hawaiian Blue Zone team delivered smoothies, beverages and paletas—healthy popsicles made with real fruit—to help workers stay cooler. They also delivered them to volunteers and public service groups, including Hope Services Hawaii, which built tiny houses for families displaced by volcanic activity.

“We don’t come into an area and say, ‘This is what you must do.’ We say, ‘This is what you can do.’ The readiness must come from the city level, businesses, schools and nonprofits,” Buettner says. “The right leadership must be committed and prepared to follow through on multiple years of initiatives.”

He remarks, “In the end, my hope for the future lies in the fact that communities care about their health. Blue Zones isn’t about the quantity of years, but the quality of life, and often that adds years, too.”

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

Blue Zone-Certified Cities

Certified communities have achieved their predetermined goals (outlined in project blueprints) as attested to via a combination of the Gallup-Sharecare Well-Being Index and community-reported metrics.

California—Hermosa Beach, Manhattan Beach, Redondo Beach

Iowa—Algona, Cedar Falls, Cedar Rapids, Fairfield, Harlan, Iowa City, Marion, Mason City, Muscatine, Oskaloosa, Sioux City, Spencer, Spirit Lake, Waterloo, Woodbine

Minnesota—Albert Lea

Cities and other areas transforming to Blue Zone status

Hawaii—East/North/West Hawaii, Kapolei/Ewa, Koolaupoko, Manoa/Makiki/McCully/Moiliili, Wahiawa, Wailuku/Kahului (aka Central Maui)

Oklahoma—Pottawatomie County

Oregon—The Dalles, Grants Pass, Klamath Falls, Umpqua

Southwest Florida—Ave Maria, Bonita Springs, Estero, Golden Gate, Immokalee, Naples/East Naples

Texas—Fort Worth

Wisconsin—Beaver Dam, Horicon, Juneau, Mayville

Looking for a Physician with 25 Years of Clinical Practice using Integrative Medicine?



Susanne Saltzman, M.D.

- Expertise in treating Acute and Chronic Illness in Children & Adults
- Emphasis on homeopathic and functional medicine to decrease dependency on pharmaceutical drugs.

Dr. Saltzman has helped thousands of families improve their health under her care. Her compassion, knowledge, intuition, and enthusiasm are exceptional.

Allergies	Crohn's Disease	Infertility	Multiple Sclerosis
Anxiety Disorders	Depression	Interstitial Cystitis	PMS
Autoimmune Diseases	Eczema	Lyme Disease	Thyroid Disorders
Chronic Fatigue Syndrome	Infectious Mononucleosis	Menopause	Ulcerative Colitis
	Irritable Bowel Syndrome	Migraines	

Science-based, Nutritional Lifestyle Intervention Program For
 Obesity • Diabetes • High Cholesterol • High Blood Pressure
 Decrease Cravings • Accelerate Fat Loss • Normalize Blood Sugar • Lower Cholesterol

• Homeopathic Medicine Course Beginning September 2018 •

For Lay Persons & Health Professionals • 10-month Course • Call for Details

914-472-0666 | www.hartsdalehomeopathy.com

250 E. Hartsdale Ave, Suite 22
 Hartsdale, NY

400 Rella Blvd, Suite 165
 Montebello, NY

NOVEMBER

Coming Next Month

Safe Drinking Water

Plus:
Immune System Boosters



Health Defense Issue



natural
awakenings

To advertise or participate in our next issue, call 201-781-5577

healing ways



wavebreakmedia/Shutterstock.com

MULTIFACETED CHIROPRACTIC

Integrative Approaches Enhance Healing

by Marlaina Donato

Modern chiropractors are often seen primarily as pain specialists, yet their care can encompass much more. While the common focus is better health through spinal manipulation, the origins of chiropractic are manifold. Typical approaches for structural issues and injuries include spinal adjustments, therapeutic ultrasound and heat therapy, but some practitioners also embrace nutrition.

Training requirements for chiropractors vary by state. “Here in Oregon, chiropractic physicians—both legally and through our training—are taught to be primary care physicians,” says Doctor of Chiropractic Michael Herb, of the Absolute Wellness Center, in Eugene, Oregon. “We must complete extensive training not only on the musculoskeletal system, but also on managing various internal medical pathologies such as those related to the

Do You Suffer From Anxiety Or Stress?



- Lose Weight
- Stop Smoking • Gain Confidence
- Make a Positive Change?



You **CAN** Create the Life You Desire. I offer the Tools and Support You Need to **MAKE IT HAPPEN!**

Leslie K. Lobell, M.A., L.P.C.
Counseling, Hypnosis, Stress Reduction
908-577-0053 or Leslie@LeslieLobell.com

Locations in
Pompton Plains
and Montclair

cardiovascular system, genitourinary conditions, obstetrics and gynecology. We also learn to perform minor surgical procedures.”

Chiropractor Tom Hyland Robertson, of Whole Chiropractic Healthcare, in Odenton, Maryland, notes, “To limit chiropractic to two categories of traditional and integrative isn’t accurate. There are almost as many specialists among doctors of chiropractic (DC) as among medical doctors (M.D.). There are chiropractors that specialize in pediatrics, veterinary, orthopedics, internal medicine, neurology, radiology and other areas. Integrative chiropractic uses as many tools as possible from the realm of each doctor’s training.”

Integrative Well-Being

The world of chiropractic is diverse and growing to meet patient needs. Many chiropractors offer several healing modalities in-house that are geared to take whole-person care to an integrated harmonious level.

“Research shows that patient outcomes are far better with a multidisciplinary approach to healthcare needs,” says Herb. “Offering a variety of specialties like physical therapy, sports medicine, nutrition and natural pain relief in my practice means patients receive the care and amount of time they need. They are not limited by what I personally can offer or have time to provide.”

Many chiropractic facilities nationwide employ acupuncturists and therapeutic massage therapists, offering diverse treatment options like functional medicine and cryotherapy—ice therapy—versus traditional heat therapy.

Robertson provides complementary treatments ranging from nutrition to physical therapy and yoga because he has found it is important to incorporate multiple treatment philosophies, examining the same problem from different angles, saying, “Chiropractic integrates many safe modalities found to be more effective than opioids, for instance.” He notes that early chiropractic was actually integrative, with its founder, Daniel David Palmer, promoting a healthy diet and calmer lifestyle a century ago.

Collaborative Options

Progressive chiropractic now includes innovative approaches to treat the nervous system. The cutting-edge field of functional (or chiropractic) neurology, which reactivates partially non-functional neural pathways, is employed in cases like concussions, vertigo, migraines, pain syndromes, neuropathy and attention-deficit disorders.

Massage modalities, combined with chiropractic, are widely recognized to significantly increase circulation and improve range of motion. Acupuncture, when used in conjunction with chiropractic treatment, enhances muscle relaxation and fosters easier adjustments.

Chiropractor Kody R. Johnson, of the Johnson Chiropractic and Holistic Health Center, in Columbia, Missouri, is board certified in acupuncture and employs dry needling to target trigger points in tight muscles. He also specializes in functional medicine. Hormone balance, nutritional inadequacies, the presence of heavy metals and genetic markers for disease are all considered in determining a patient’s overall health.

“Chiropractic treatment addresses results of physical stress. Functional medicine looks at emotional and biochemical stress,” says Johnson. “The chiropractic paradigm is based on the premise that the body has an inborn ability to heal itself. If the only method a provider has to offer is chiropractic adjustments, then they’ll have cases where the patient’s condition doesn’t fully improve because there might be other factors at play, including nutritional deficiencies, toxicities and emotional stress. When we address other relevant issues, we find that patients ‘hold’ their adjustments longer.”

Marlaina Donato is a freelance writer, multimedia artist and author of books in the spirituality and alternative health genres. She lives in Hawley, PA. Connect at MarlainaDonato.com.

CAREER EDUCATION

8 months to Your Massage Therapy Career!

Also available: ♦ Medical Assisting ♦ Dental Assisting ♦ Computers, Networking & Security

Book your appointment @ our Student Massage Clinic... call 973-685-4648 now!



American Institute
INNOVATIVE CAREER EDUCATION
346 Lexington Ave., Clifton, NJ 07011

CALL NOW!
866-506-5843
www.AIclifton.com

Financial Aid is available for those who qualify. Job placement assistance for graduates. For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit us at www.americaninstitute.edu/consumer-info.

Stop a cold before it starts



New research: Copper stops colds if used early.

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to kill a virus. Touch it with copper. Researchers at labs and universities agree, copper is "antimicrobial." It kills microbes, such as viruses and bacteria, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell, destroying it in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. Some hospitals tried copper for surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold went away completely." It worked again every time he felt a cold

coming on and he hasn't had a cold since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going around, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper may even stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

People have used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds, cuts, or lesions to combat infections.



Sinus trouble, stuffiness, cold sores.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away from you and your loved ones. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code **NATA4**.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

Buy once, use forever.



INFLAMMATION May Cause Brain Disorders

by Doug Pucci

Chronic inflammation is at the root of myriad health problems from arthritis and heart disease to Crohn's and cancer. A new study published in *Neurology* shows that inflammation in midlife may lead to brain shrinkage and brain disorders in later life.

This study followed 1,633 participants for a period of 24 years; when these volunteers reached the age of 77, scientists measured their brain volume using MRI scans. They discovered that those that had a higher number of inflammatory markers in their 40s and 50s had lower performance scores on word memorization tests than those with lower inflammation. Significantly, the scans also showed that there was less volume in certain areas of the brain, particularly those such as the hippocampus, that are related to dementia and Alzheimer's disease. The takeaway from this study is people that have higher chronic inflammation markers in midlife may be at higher risk for degenerative brain diseases than those which do not.

Likewise, chronic inflammation is also at the root of other brain issues such as depression, anxiety and brain fog. As reported by *Fortune* magazine in October 2017, the number of people globally that suffer from depression is staggering at over 300 million, and 260 million are suffering with anxiety disorders. While there are other medical or psychological reasons for some of these brain disorders, inflammation may still in part or wholly account for the underlying cause.

Brain fog, considered a cognitive dysfunction, can impact daily life, and ranges in its level of severity from annoying to severe. Symptoms include fatigue, lack of focus, poor memory, confusion, difficulty putting words together and more. While many people ascribe these symptoms to aging or a normal part of life, they aren't something to be ignored or accepted. Such

fog is the brain's way of telling us that something needs to be corrected, just like pain, nausea or other symptoms elsewhere in the body.

Medications can also cause brain fog, but the answer is not to add more medication in order to counteract the effects of those that may be causing the problem. Simple methods can reduce or avoid inflammation without prescription or over-the-counter medications. A couple of major contributors to inflammation are sugar and processed or packaged foods. Not only do they cause inflammation on their own, but if they make up a good portion of caloric intake, these nutrient foods can lead to deficiency in some vitamins and minerals that are important to both physical and mental health. Processed foods also contain excessive amounts of sodium and other chemicals that are damaging to health. Supplements alone aren't enough to make up for that.

Anyone can begin lowering inflammation levels by replacing refined sugars and processed or packaged foods with whole foods. Some good choices include these "brain foods" such as fatty fish like salmon, mackerel and sardines; tree nuts like walnuts and seeds; coconut, avocado and olive oils; shellfish such as oysters and mussels; and avocado fruit. Antioxidant-rich foods such as berries, teas and spices (cinnamon, turmeric) are also a great benefit. Eggs, particularly the egg yolk, are also recommended as brain food. And there are many more, including leafy greens.

Functional medicine doctors offer comprehensive testing to detect food sensitivities or allergies to grains, dairy and other foods that can promote inflammation and lead to leaky gut syndrome, as well as focusing on stabilizing sugar metabolism and replacing starchy carbohydrates with healthy brain foods as a good first step toward health for all.

Dr. Doug Pucci, DC, FAAIM, regularly offers promotions featuring the latest science and clinical data on neurotoxic illness and chronic disease. He provides nutrition, comprehensive testing for health biomarkers, toxicology and brain/body well-being. For more information, call 201-261-5430 or visit GetWell-Now.com. See ad, page 3.



GROW
Your Business

Call for info: 201-781-5577

natural
awakenings

Compounding & Wellness Pharmacy

Jiffy Scripts Rx is an exclusive compounding and wellness pharmacy with over 20 years' experience. With a doctor's prescription, the compounding pharmacist can address any unique patient issues such as allergies, intolerances or medication delivery methods. In addition to being a full service pharmacy, we offer the following:

- State of the Art Compounding Lab
- Hormone Replacement Therapy, Veterinary, Pain Creams, and Cosmetic Products
- Pharmaceutical Grade Supplements and Detox Kits
- Anti-Aging Consultation
- Wellness Consultation (Yoga, Meditation, Aromatherapy)
- Shipping Available



Jiffy Scripts^{RX}

Compounding and Wellness

3110 Promenade Boulevard • Fair Lawn
(201) 590-2884 • JiffyRX.com

New Wellness Center for Women in Oradell

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

We Provide:

- Personalized Nutrition through DNA/Epigenetics
- Cell Wellbeing
- Auriculotherapy with Earseeds
- Holistic Services/Remedies
- Spa Services



Beauty from Inside and Out
Dr. Angela Serritella
973-615-2486

Naturopathic Doctor, Certified Nutritionist, and Nutritional Therapist

CompleteWellnessWithin.com

Facebook.com/TheHealthAndWellness

Salespeople Wanted

Earn a generous commission selling print/online advertising F/T or P/T for Natural Awakenings (commission only).

Relationship-oriented sales.

Must have some sales experience.

Prior experience in a holistic/natural/organic/green industry is big plus.

Email cover letter and resume to publisher@naturalawakeningsnj.com - no calls please.

natural awakenings

healthy living. healthy planet.

healthy kids



Evgeny Alamanenko/Shutterstock.com

Healing Our Kids Reversing a Rising Tide of Chronic Conditions

by Ronica A. O'Hara

The statistics are startling—as many as a quarter to one half of American children now have a diagnosed chronic condition, according to studies that include one in *Academic Pediatrics* that includes obesity. Over the last few decades, the number of children with asthma has tripled to affect one in eight; those with attention deficit hyperactivity disorder (ADHD) have doubled to one in 10; and autism diagnoses have increased at least 10-fold, to affect one in 50 (one in 31 boys).

“It’s literally an epidemic of chronic childhood disease,” says Beth Lambert, of Charlotte, North Carolina, author of *A Compromised Generation: The Epidemic of Chronic Illness in America’s Children* and executive director of the nonprofit *EpidemicAnswers.org*. “Our children, with their little bodies and immature immune systems, can’t tolerate the toxic environments we’re all exposed to. They’re the canaries in the coal mine that show us that the way we are living today is not sustainable.”

Call to Action

As scientists pinpoint the causes of conditions, parents, researchers and healthcare practitioners are discovering, Lambert says, that many of the youngsters’ chronic illnesses share a “perfect storm” of factors, including pharmaceutical overuse, toxic or nutritionally poor diets, exposure to toxins and other environmental stressors.

“Many factors contribute to these chronic disorders; one size or one treatment doesn’t fit all,” says Dr. Kenneth Bock, of Red Hook, New York, an integrative medicine practitioner who has helped more than 3,000 chronically ill children and authored *Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies*. “But if children with one or more of the disorders are treated with a fully integrative medicine approach, the vast majority show some improvement, many significantly, and increasing numbers may recover to a point where they even lose their diagnosis.” Effective integrative applications often change the child’s

diet to nutrient-dense, additive-free foods and supplements for gut and brain health; employ allergy testing and elimination, detoxification and behavioral and physical therapies; vet household contaminants; target medications like antifungals and anti-inflammatories; and use homeopathy and acupuncture.

Case Study

Maria O'Neil's firstborn son, Connor, had a perfect Apgar score (newborn health status) at birth and appeared healthy to everyone until after immunization at 15 months, when he became withdrawn and vacant, with head-banging and hand-flapping. A pediatrician diagnosed moderately severe autism and advised, "Accept your new normal. Your son was born this way."

O'Neil exclaimed, "I will not let this disease take my child!"

After she replaced processed foods, sugar, dairy and gluten with organics in his diet, he became calmer and "more here". Tests by another pediatrician, Dr. Bob Sears, showed Connor had gut damage, mitochondrial issues, a high viral load, a low white cell count and a deficiency in basic vitamins and minerals. "Now I had a game plan," says O'Neil, of Joshua Tree, California.

Connor was given fish oil, B₁₂ shots, juices, targeted herbs, Epsom salt baths, hyperbaric oxygen, a mitochondrial cocktail of nutraceuticals, medication with the antifungal fluconazole (Diflu-



More Help for Healing

EWG.org – the go-to website of the Environmental Working Group for information about toxicity in food, products and the environment

Why It Matters – video accounts from doctors; parents and recovered children; *DocumentingHope.com*

can), the antiviral valacyclovir (Valtrex) and the immunity-enhancing naltrexone (Revia), plus acupuncture, homeopathy and chiropractic. Over time, Connor's eyes brightened, his language "burst forth" and he became social and loving.

By age 5, educators took him off his individualized learning program because he had no relevant symptoms. Today, at 9, he's a popular fourth-grade kid that loves swimming, soccer and art, and wants to become a scientist or engineer. "The future is limitless for Connor," O'Neil reports. "He can do anything he sets his mind to."

Brighter Future

"Once you have addressed the root causes, you can optimize healing by using the additional integrative modalities to help prevent chronic illnesses now and in years to come," explains family physician Madiha Saeed, of Naperville, Illinois, author of *The Holistic Rx: Your Guide to Healing Chronic Inflammation and Disease*.

The multipronged integrative approach is supported by studies that link poor gastrointestinal health to childhood diseases, notes Lambert. Italian researchers found a greater prevalence of "bad" gut bacteria in autistic children. In New Zealand, it was shown that those with ADHD have gut bacteria that reduces dopamine, a neurotransmitter that controls the brain's reward center.

At *EpidemicAnswers.org*, medical professionals and parents have created a comprehensive database of resources, studies, strategies and health coaches to help realize a child's full potential. It plans to follow 14 children with chronic conditions through 18 months of healing and recovery therapeutic services to be documented in a film titled *Canary Kids*.

"We want to show parents that there's hope—because then they can take the next step and move forward," says Lambert.

Ronica A. O'Hara is a Denver-based freelance health writer. Connect at OHaraRonica@gmail.com.

It's Not Because You're Simply Getting Older

Reclaim Your Youthful Balance & Vibrant Self at Any Age with Bio-Identical Hormone Replacement

GET THE FACTS!

Benefits for Women

- Decreases Night Sweats
- Decreases Hot Flashes
- Decreases Vaginal Dryness & itching
- Decreases Pain from Intercourse
- Improves Energy Levels
- Improves Fat Loss & Muscle Tone
- Improves Libido
- Improves Mood
- Improves Memory & Concentration
- Decreases Skin Wrinkles
- Protects Bones from Osteoporosis
- Reduces Risk of Heart Disease
- And Much More

As you age, your hormone levels decline, this decline coincides with a decrease in your body functions and quality of life. Nothing reverses aging, however, replacing deficient hormones can slow down the process and help you maintain good health. Restoring hormones to youthful levels is the only strategy to regain what nature has taken away.

Dr. Susan Matos-Cloke
30-year Board-certified Internist, Certified SottoPelle-trained Natural Hormone Specialist

Benefits for Men

- Improves Energy Levels
- Increases Muscle Mass & Tone
- Improves Exercise Endurance
- Improves Fat Loss
- Improves Libido
- Improves Memory & Concentration
- Improves Sleep
- Protects Against Alzheimer's
- Decreases Joint Pain & Muscle Aches
- Improves Bone Strength
- Improves Cholesterol Levels
- Protects Against Heart Disease
- And Much More

Call Today for a Consultation:
201-225-2525

ADVANCED HORMONE SOLUTIONS
Bio-Identical Hormone Replacement Therapy

122 East Ridgewood Ave,
Paramus, NJ 07652

AdvancedHormoneSolutions.com



If you want to be an optimist about America today, stand on your head, because our country today looks so much better from the bottom up than the top down.

~Thomas L. Friedman, Pulitzer Prize-winning journalist

more important than ever to use your voice, no matter who you are, where you live and whatever you identify as,” says Jiang.

Running for Governor

Ethan Sonneborn, 13, has a comprehensive policy platform and a spot on the 2018 Democratic gubernatorial primary ballot in Vermont. In an early campaign speech, the Bristol resident and Mt. Abraham Union Middle/High School student smiled at the crowd’s applause for his message:

Youths Step Up to the Global Challenge

Fresh Hope for a Troubled Planet

by Linda Sechrist

Recognizing that it might be too late by the time they are older, many young people are already acting collectively and across partisan aisles on everything from climate change and the environment to gun control, gender equality, social justice, education and politics.

Initiatives include creating solutions for the global water crisis, serving as global ambassadors, training for public speaking and leadership, organizing youth summits, marching for causes, planting a trillion trees, participating in United Nations (UN) programs, inventing a new educational system, lobbying legislators and seeking political office.

Girl Up!

Angie Jiang, a 2018 graduate of Madison West High School, in Wisconsin, is a first-year student at Columbia University, in New York. Deploying her social impact and debating skills, this Chinese-American woman articulates her opinions on sustainability, environmental awareness, immigration and gender issues in public radio interviews and lobbies for policy changes in Washington, D.C.

She’s one of 80,000 girls in some 100 countries that have been trained by the UN Foundation’s Girl Up initiative to help lead the movement for gender equality; Jiang currently serves as its 2017-2018 teen advisor. “Within our current political climate, it is

“To everyone here today, know this. We are America’s future... So let’s not be afraid to shape it... We must be the voices of a generation, leaders for others and advocates for ourselves. Why shouldn’t we be the ones to end worldwide hunger, to make a breakthrough in medical science, to protect world peace or to put people on another planet? We are the generation that will do all these things. Why not start now?”

In addressing environmental issues, Sonneborn supports a tax on carbon emissions, Vermont’s commitment to uphold the standards of the Paris climate agreement and renewable energy incentives.

In Kansas, where six teenagers are running for governor, Tyler Ruzich’s campaign theme is, “A Republican for the Next Generation.” This Shawnee Mission North

High School senior has serious concerns and ideas to make his state a better place to live, learn and work.

A well-prepared orator committed to public service, Ruzich is reaching younger voters on issues of voter registration, school funding, taxation, guns, immigration, agriculture, equal rights and job growth. On the *Matter of Fact with Soledad O'Brien* syndicated TV show, Ruzich said he believes his campaign is stimulating 18-to-25-year-olds to get involved in mid-term elections, which typically draw fewer voters.



Zero Waste

Brandi Kneip's family in Stuart, Florida, didn't object when the 18-year-old decided to spend her college savings establishing a JAR dry goods store that fosters reusing and recycling materials to decrease or eliminate trash. Customers can buy what they need by dispensing pasta, herbs, spices, flour and other products into their own reusable jars or purchase glass containers to take home. JAR also carries eco-friendly household items.

"I want my impact on this Earth to be like footprints in the sand. For a second, the Earth knows you are there, and when you move along, the waves wash them out or the wind blows them away. I'm so thankful for this big, green-blue planet, and I'll strive every day to make more people notice the beauty it holds," says Kneip.

Earth Child Institute

Arati Patel was just 24 when she began serving as an intern with Earth Child Institute (ECI), a nonprofit that empowers

global youth to engage with sustainability issues. Today, the New Jersey resident serves as its president, and is passionate about why investing in the education of children is significant. As just one example, "Amazonian children are teaching their parents about how deforestation impacts climate change," says Patel.

A degree in environmental law and policy at Vermont Law School, in South Royalton, and expertise in environmental education, curriculum development, field research and community outreach has helped Patel to assist in developing lesson plans for ECI Water Schools. Community groups and schools are mobilized to evaluate the health of rivers and provide basic training in good health habits.

Plant-for-the-Planet

Felix Finkbeiner, a German student, started Plant-for-the-Planet in 2007, when he was only 9. "It's an amazing organization run by young people," says Patel. Inspired by the late Nobel Peace Prize laureate Wangari Maathai, founder of the Green Belt Movement, Finkbeiner expanded Maathai's original concept of a billion plantings to the Trillion Tree Campaign. To date, it's seen 15 billion new trees in 190 countries under the guidance of the U.N. Environment Programme.

Speaking at an Environmental Systems Research Institute Conference, Finkbeiner said that beyond planting trees, children involved in the initiative have delivered presentations in schools and rotary clubs, and engineered sit-down meetings with mayors, local government officials and even presidents of countries. Several have spoken



before the UN General Assembly and national parliaments, urging them to address the climate crisis.

A Revolution in Education

After graduating from Beijing University Affiliated High School, Jason Wang, 18, postponed college for a year and visited the U.S. and Europe looking for the best practices in education. When he returned, he was in no hurry to enter college, but rather to develop the curriculum for Beijing's Moonshot Academy, which opened in January with 30 students from 14 to 16 years old.

Turning traditional methods of education on its ear, Moonshot Academy students are accepted based on their learning ability, independent thinking skills and capacity to turn ideas into action, rather than standardized test scores. Students learn through personalized experiences that enable them to practice and demonstrate core competencies to face the challenges of the future.

"Research shows that by the age of 39, today's average high school graduate will have had nine different jobs, half of which have not been invented yet. Artificial intelligence has changed the playing field. We can't keep educating kids in the same way," says Nancy Riehle, executive director of the Creative Academic Network Scholastic Foundation that supports the academy.

Time's Up

Inspired by the January 2017 Women's March, Jamie Margolin, a 16-year-old student at Seattle's Holy Names Academy, launched Zero Hour, a movement for

youth rights and action on climate change. Margolin and her teammates have formed a nationwide coalition that inspires and mobilizes students throughout the U.S. and in London, England. They took to the streets on July 21 to march for environmental justice as social justice.

Zero Hour activities supporting the Washington, D.C., march included meeting with nearly 40 federal lawmakers and presenting a manifesto of demands. It calls for governments and companies to take action on all climate change and environmental issues, including divesting from fossil fuels; increasing investment in renewable energy; legislating strict carbon reduction targets; encouraging plant-based lifestyles; schooling youth on the importance of reducing our carbon footprint; reducing excessive use of single-use plastic; ending rainforest deforestation; halting all animal cruelty; and preventing loss of biodiversity and species extinctions.

Margolin and other Zero Hour members agree, including Nadia Nazar, 16, an art director from Baltimore,



If not us, then who;
if not me and you
Right now, it's time for
us to do something.

~ *Do Something* by Matthew West,
singer/songwriter

Maryland; Zanegee Artis, 18, a logistics director from Clinton, Connecticut; and Kibiriti Majuto, 20, of Charlottesville, Virginia, originally from the Democratic

Republic of the Congo. They jointly developed the organization's platform. "It's our generation that is going to be impacted the most by the effects of accelerated climate change that we are causing. This march is a launch. We're not done," says Margolin.

At a pivotal time in which many theorize that our nation lacks the ability to coalesce around a great enterprise to solve existing problems, it appears that those doing the calculating have not factored in the millions of motivated young people as critical decision makers. It may be that their imagination, energetic drive, passionate self-confidence and "no borders" cooperation paves the way to a brighter future for all.

Not waiting for the torch to be passed, young people are seizing it and acting now, no longer naively thinking that there will always be enough time tomorrow.

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

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

WE HAVE THE SOLUTION. IT'S CALLED PRANIC HEALING

Pranic Healing can detect the blockages in the body, remove them and replace with healthy revitalizing energies that can regenerate the physical body. It is a simple yet powerful and pain-free healing modality.

Come and Join Us for a Free Meditation and Healing

Where: The Center for Pranic Healing

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

The Center for Pranic Healing is a tax-exempt, non-profit organization with the prime objective of promoting physical, emotional, mental and spiritual well-being through Pranic Healing, Arhatic Yoga, meditation, study and service.

Love donations are welcome.

The Center for Pranic Healing • 420 Valley Brook Avenue, Lyndhurst, NJ 07071

201 - 896 - 8500 • pranichealingusa.com

MASTER CHOW KOK SUI
PRANIC HEALING
HEALTH THROUGH ENERGY

DONNA KARAN

on Fashioning Healthful Change

by April Thompson

As a style icon, humanitarian and pioneer of conscious consumerism, Donna Karan has elevated fashion to a platform for change throughout her career, using her celebrity status to raise funds for AIDS research in the 1990s and more recently venturing into alternative health care.

Karan's first collection under her signature label DKNY, which debuted in 1985, aimed to dress women in comfortable, professional clothes that embraced and flattered the female form. The brand was built on women's strengths, rather than insecurities; her iconic 1992 "In Women We Trust" ad campaign depicted the inauguration of a female president.

Her latest multidimensional Urban Zen project (UZIT) supports cultural preservation, compassionate health care and education. The affiliated brand integrates luxury and sustainability with multicultural traditions and modern trends in a multifaceted line of clothing, accessories and beauty care products.

UZIT fuses Eastern healing techniques and Western medicine in a patient-centric model intended to foster calm in the midst of the stress and chaos of illness. The complementary therapies program was born out of Karan's challenging period serving as a caregiver during her late husband's struggle with lung cancer.

Karan is a member of the Coty Hall of Fame and recipient of the Council of Fashion Designers of America's Lifetime



Achievement Award and *Glamour's* Woman of the Year award.

How has your fashion style and philosophy changed over the course of your career?

For me, fashion has always been about "dressing and addressing." It all started when the AIDS epidemic broke out in the late 1980s,

and the fashion community came together to launch Seventh on Sale to raise funds and awareness for the disease that was taking the lives of so many talented designers. Now more than ever, we must address such issues.

My philosophy and purpose has always been inspired by cultures, creators and artisans from all corners of the world, connecting past, present and future. I launched the nonprofit organization Urban Zen to create a community of change through philanthropy and commerce. I want consumers to be aware that their purchases provide the power to help others in need.

How is the UZIT program enhancing health and well-being?

UZIT came about after witnessing the ones I loved suffer and going through their experiences by their sides. Launched in partnership with yoga instructor Rodney Yee, the program has trained members of collaborating healthcare and yoga

communities in the healing modalities of yoga therapy, reiki, essential oil therapy, nutrition and contemplative care.

The goal is to change the healthcare system by bringing care back into health care. Rather than just treat the disease, we need to treat patients, their loved ones and their caregivers. We also must express care for the doctors and nurses that are part of the story; they need gentle care every bit as much. We are all on this journey together.

Therapists at centers such as the University of California, Los Angeles, rehabilitation unit have seen results with patients suffering from stress, claustrophobia, headaches and back pain through these techniques. Many patients report feeling more relaxed, sleeping better and experiencing less pain and anxiety than they had ever experienced with medication.

Do you see some positive trends in fashion today?

More people are paying attention to sustainability in fashion today than ever before, and more designers are using materials and fabrics that respect people and the planet; for example, by using quality materials that endure. Recycling fabrics and materials is one way to contribute to sustainability. We work with the Apparent Project, which recycles cereal boxes to make beautiful necklaces, as well as with Paula Coles, who makes bags out of T-shirts.

Can fashion effect social change in the world?

I view fashion, design and style all as platforms for conscious change. I use fashion to raise awareness and inspire change in the areas of well-being, conscious consumerism and integrative education.

Today, there is a greater emphasis on preserving our world cultures and maintaining the authenticity that comes from traditional artisans and artists. A collaborative mentality of "we" is far healthier than one of "me".

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



Seven Compelling Reasons to Use a Fitness Trainer

by Maria Karameros

Fitness trainers are not just for celebrities that need quick results for a film role or novice exercisers that have no idea how to start on the road to physical fitness. In fact, just like therapists often have their own therapist, fitness trainers often have a trainer to assist them with attaining the most effective workout. The benefits gained by working out with a personal trainer are often the difference between actually getting fit and failing to do so.

Accountability

Many of us plan to work out on a regular basis, but if that little voice in the back of our head has a tendency to want to sleep later, go shopping or distract ourselves with other entertainment, it is probable we may just fall victim to those bad habits. However, if we have made an appointment with a trainer, especially if we paid for it, we will be much more likely to stay committed to the workout regimen.

Education

From novices to experts, there is always something to learn from having another person's perspective on fitness. More importantly, most people that exercise regularly still have plenty to learn about the dynamics of fitness, such as how and why muscles get bigger and stronger, how to achieve a fat-burning state or how to avoid the dreaded fitness plateau. A trainer can also introduce new techniques or exercises. To provide even more valuable knowledge, some trainers are qualified to give nutritional advice.

Setting Goals

Anyone can say they want to lose 10 pounds this month and turn their spare tire into a six-pack, but most people are not able to actually do it. On the other hand, a fitness trainer can work with clients to set realistic goals. Having an expert along when dreaming of our future fitness can help to reel in wild fantasies or risky plans like starving and running a marathon and help to create concrete, attainable goals such as losing a few pounds of fat this month, gaining some muscle and being able to run longer distances, easier and faster.

Perfecting Form

Good form is so important to exercise that if even the simplest of exercises is performed in bad form it can not only be ineffective, but even cause an injury. Trainers demonstrate proper technique and form for each exercise their clients engage in while also being there to point out when the client goes astray. Looking in the mirror can only do so much.

Motivation

Motivation, as in finding a way to make us do something, is similar to accountability, but it is not just about showing up, but about effort. If we are lifting weights alone, we may likely stop as soon as we feel any fatigue, but if there is a trainer standing by saying how well we are doing and trying to challenge us, when, we are much more likely to do another rep or even another set. A little praise can go a long way.

Mental Health

Exercise is widely known to improve mental well-being by way of increased feelgood endorphin production, and a trainer can help make exercise more effective while acting as unofficial therapist. Besides just having another person to talk to for support, a trainer may notice and comment on changes in stress levels, fatigue or appearance that could hint at a need for some help.

Personalized Training/Safety

Many people have an idea of what they want to achieve, but most probably don't realize the best and safest ways to do so. For example, someone with high blood pressure and bad knees wants to get more fit. That person may just join a gym and workout on machines that could do them more harm than good. With the knowledge a trainer can provide, they would discover there are low-impact exercises for the knees and that there are some exercises they should avoid for their upper body because of high blood pressure. Trainers can be a guardian that helps prevent injuries, as well as respond quickly should any health challenges arise while working out.

George Miranda, a partner and trainer at OnPoint Fitness Studio, in Teaneck, says, "Fitness trainers are instruments that allow us to derive the maximum benefit from the time and effort we spend working out. Most people have no idea what they're doing when they purchase a typical gym membership, and this unfortunately has an effect on a person's confidence and morale

in the gym. This is why most people typically stop working out after a month or two. Trainers, on the other hand, empower their clients by tailoring the most effective workout for the clients' body type, fitness level and even personality. We empower our clients by enabling them to achieve noticeable results quickly, and that in itself is perhaps the key motivating factor that gets them to stick to their workout regimens. Basically, they start to like what they see in the mirror. There's perhaps no motivating factor more effective than that."

One longtime proponent of physical fitness is local Chiropractor and Licensed Acupuncturist Dr. Steve Lavitan, of A Sterling Clinic, in Teaneck. He states, "For a moment forgetting everyone but patient number one, myself, without using a trainer, the level of fitness I have achieved would be impossible. The vast majority of people can only reach their fitness potential the same way. You and the trainer become greater than inertia."

Natural Awakenings readers receive a free introductory session for a limited time. OnPoint Fitness is located at 409 Cedar Lane, in Teaneck. For appointments, call 201-357-5935. For more information, visit OnPointStudio.net. See ad, page 11.

Maria Karameros is a contributing writer for Natural Awakenings magazine.

Your Custom Design on Organics Clothing & Tote Bags

• No Art Charge • No Set-Up Fees
• Rush Orders No Problem

All Major Brands • Embroider or Screen Print Custom Promo Products - clothing, pens, mugs, magnets, anything! Ask us!

- t-shirts
- sweats
- hoodies
- caps
- workout gear
- women's apparel
- uniforms
- bags & accessories
- medical uniforms
- scrubs
- sport shirts
- dress shirts

PYRAMID IMPRINTS

28 N. Washington Avenue
Bergenfield, NJ 07621

201-384-0336 / 201-384-1101
PyramidImprints.com



Dian's Wellness Simplified
1500 Mt. Kemble Ave.
Morristown, NJ



Dian Freeman
Certified in Clinical Nutrition
and Holistic Health

Learn to Be a Naturopath!

From a Full-Time Practicing Nutritionist with Decades of Clinical Experience and Thousands of Clients

Take Advantage of the Knowledge And Experience of A Practicing Nutritionist Who Combines Clinical Nutrition, Herbology, Essential Oils, Energetic Tools And Holistic Health Modalities

Experience Counts!

Dian is Celebrating the 15th year teaching her Nutrition Certification Course for designation as a **Certified Holistic Health Counselor, CHHC**

With Over 800 Graduated Students

Now Accepting Deposits for Spring 2019

Meets Every Other Sunday for Six Months

Current Course Begins October 2018, noon to 5pm

This course includes preparation to practice nutrition as a career or to learn nutrition for personal and family use. Students get free nutritional counseling and years of health and business mentoring and support from Dian.

Call today about special monthly Saturday classes open to the public!

(973) 267-4816 www.WellnessSimplified.com



REBOOTING LIBIDO

Exercise Rekindles Desire

by Maya Whitman

Because exercise delivers so many benefits, it's not surprising that one of them is increased libido. A low sex drive can affect either gender at any age, and contributing factors include hormonal changes, daily stressors and certain prescription drugs.

According to a study published in the *Journal of Sexual Medicine*, short-duration bursts of exercise work to increase

circulation and heart rate, thus amping up physiological arousal in women. Sexual performance is enhanced in men by exercising three to five times a week, according to a study published in the *Archives of Sexual Behavior*.

"Eating right and being committed to a daily exercise regimen that includes strength, cardiovascular and flexibility training is key to maintaining a great

libido and continual excellence in sexual function," affirms Dr. Jeffrey Life, author of *The Life Plan: How Any Man Can Achieve Lasting Health, Great Sex, and a Stronger, Leaner Body* and owner of The Life Center for Healthy Aging, in Charleston, West Virginia.

Healthy Hormones

Exercise increases testosterone, endorphins and adrenal hormones, all of which are essential to a satisfying sex life. Studies from the University of Texas at Austin show premenopausal women experience increased sexual response with exercise, including individuals with diminished sex drives due to the use of antidepressants.

"Stress is one of the biggest libido-killers in women, and endorphins released during exercise can reduce stress, improve libido and increase arousal," maintains Stephanie Mansour, fitness expert and CEO of Step It Up with Steph, in Chicago, Illinois. "Adding 30 minutes of exercise a few times a week can increase endorphins, blood flow and testosterone."

Aging Passionately

The inevitable hormonal changes of menopause and beyond can dampen a woman's sex life, but it doesn't have to become a way of life. "Women can experience side effects of shifting hormonal levels which cause libido to vanish and the vagina to become dry, making us feel anything but empowered," explains Ellen

transform your life and start living your dreams

Quantum Healing Hypnotherapy is a regression technique developed by world renowned regressionist, author and teacher Dolores Cannon. This technique takes you beyond the usual past life regression and into expressions of self that span dimensions.

Looking at your past can bring understanding and healing to your present life, relationships, illness, phobias, fears, habits and behaviors.

People choose to experience a Quantum Healing Hypnotherapy session for many reasons:

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

For inquiries and appointment, call:
Michael B. Adelhock - 973-222-1904
 357 Prospect St - Hackensack, NJ
 HolisticHypnosisForLife.com

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

Have you ever wondered why one diet works for one person but not the other? We Provide:

- Personalized Nutrition through DNA
- Online/In-Person Consultations
- Holistic Services/Remedies Spa Services

Beauty from Inside and Out
Dr. Angela Serritella
 973-615-2486
 Naturopathic Doctor, Certified Nutritionist, and Nutritional Therapist
 BeautyFromInsideAndOut.com
 Facebook.com/TheHealthAndWellness

Exercises to Stoke Sexy

5 Yoga Poses to Increase Sex Drive

Tinyurl.com/YogaPoses4SexDrive

Yoga to Increase Sexual Energy - 25-minute yoga class

Tinyurl.com/YogaClass4Libido

Sexual Health and Heart Disease interview with Dr. Jeffrey Life

Tinyurl.com/SexAndHeartHealth

Dolgen, the Coronado, California, author of *Menopause Mondays: The Girlfriend's Guide to Surviving and Thriving During Perimenopause and Menopause*. "Exercise, along with the guidance of a menopause specialist to help manage those hormonal changes, is a winning ticket. Life in our 40s, 50s and beyond can be wonderful!"

Erectile dysfunction (ED) is a problem for many men, and can result from sedentary lifestyles, certain medications and cardiovascular issues. "ED is a huge problem worldwide, and vascular disease is one of the major causes," says Life. "This can be avoided by eating properly and making exercise an essential part of everyday life, which can also reduce the need for prescription drugs that are another major cause of the problem."

Strength Training and Yoga

Testosterone—a hormone that plays a significant role in lighting our "fire" and keeping it lit—can be enhanced by adding workouts with weights. "Strength training can boost testosterone, which may boost sex drive in both women and men. For men, I recommend lifting weights and doing push-ups. However, it's important to note that too much intense exercise or strength training may have the opposite effect, and actually reduce the desire to have sex," says Mansour.

In addition to a daily exercise program that includes cardio and flexibility exercises, Life concurs, "Thirty to 60 minutes of strength training three to four times a week is ideal."

According to a review published in the *Journal of Sex and Marital Therapy*, yoga may increase both male endurance and female response. "Yoga turns off our sympathetic nervous system, the part that keeps us in 'fight-or-flight' response. Inversions like the shoulder stand help to harmonize hormones, supporting a well-balanced sex drive," explains Pam Medina, owner of The Yoga Lily, in Clifton Park, New York. "We need to feel attractive, and yoga can help us to accept the body as a sacred vehicle for the soul."

No matter the age or condition of the body, a more satisfying sex life and better self-image is possible through feeling fit. Life reminds us, "Check with your doctor before taking up an exercise regimen, and know that maintaining a healthy body can give us essential ingredients for a great sex life well into our 60s, 70s, 80s and 90s."

Maya Whitman is certified in bodywork and clinical essential oil therapy.

New Wellness Center in Hasbrouck Heights



Wellness Services

- Spiritual Advising
- School & Business Workshops
- House & Business Clearings
- Crystal & Chakra Balancing
- Restorative & Gentle Yoga
- Mindfulness Classes
- Pranic Healing

- Essential Oils & Skincare
- Wellness Enhancing Line
- Law of Attraction Sprays
- Gluten & Dairy Free Goods
- Kids & Teen Yoga
- Detox Footbaths
- Flower Essences

199-B Boulevard,
Hasbrouck Heights, NJ

201-288-0011
www.Healing4thesoul.com



HEALING 4 THE SOUL

Are you still trying to lose that baby weight?
and your "baby" is 5...10...18 now!
We know...we've been there, and we can help!

The Institute for Medical Weight Loss and Nutrition is here to help you reach your get healthy goals.
Using the latest technology such as DNA testing and Resting Metabolic Rate assessment to determine your weight status, we work with you to create a weight loss plan that will help you achieve your goals while providing counseling and education.
Call today to schedule an appointment.
Mom friendly appointments available...child friendly environment.

Dr. Joseph A. Lozito, Jr., Dr. Deborah A. Lozito
...Your Partners in Health

As seen on CBS 2 News



The Institute for Medical Weight Loss and Nutrition
www.gethealthynj.org
484 Lafayette Avenue
Hawthorne, NJ 07506
973-427-2600



Pharmaceutical Synthetic Versus Bioidentical Hormones

by Susan Matos-Cloke

Pharmaceutical companies specialize in the marketing of synthetic non-bioidentical hormone replacement therapy (BHRT) drugs. The biggest sellers feature imitations of natural estrogen, testosterone and progesterone. Unlike bioidenticals, they are crafted to differ structurally from human hormone,

this basic difference is intentional and essential because it allows the patenting of synthetic hormones that generate millions of dollars in profits for the pharmaceutical industry.

These non-bioidentical imitators do reduce some symptoms of hormone deficiency, but they cannot restore the

balance that supports good health. Built-in dissimilarities prohibit synthetic hormones from communicating with many receptors that control crucial body functions, which creates an environment for serious health problems.

Pharmaceutical companies also market a few so-called “natural” products, like Premarin, made from conjugated equine estrogen (CEE) from the urine of pregnant horses. Even though the Wyeth-Ayerst company, a subsidiary of Pfizer, labels it as natural, but the body sees CEE as foreign. Another product, Prempro, was created from a combination of Premarin and synthetic progesterone. This notorious drug produced disastrous results for participants in several long-term studies of women’s health when both heart attacks and breast cancer incidence skyrocketed. The U.S. Food and Drug Administration now recommends that doctors prescribe hormone replacement drugs in the lowest dose possible for the shortest time needed.

Bioidentical hormones, on the other hand, are really 100 percent natural and considered the safest form of hormone replacement therapy. Structurally, they are the exact shape and form as the hormones that our body produces. Because these hormones are identical, patients will not feel any side effects from them. In case studies, bioidentical hormones have shown to have protective qualities against breast and ovarian cancer, osteoporosis, high cholesterol and heart disease. Once treatment is received, many begin noticing a difference within one to two weeks. After two to three weeks of receiving therapy, most patients experience a marked improvement in symptom relief and an improved quality of life.

Dr. Susan Matos-Cloke owns and operates Advanced Hormone Solutions, located at 122 E. Ridgewood Ave., in Paramus. She is a certified SotтоPelle trained natural hormone specialist and a 30-year board-certified internist. For appointments, call 201-225-2525, email Appointments@ahsclinics.com or visit AdvancedHormoneSolutions.com. See ad, page 21.



conscious eating



Photographie eu/Shutterstock.com

'Less Meat' Goes Mainstream

Options Grow for Plant-Based Eating

by Marlaina Donato

Plant-based lifestyles, once considered by some as a fad that would fade, are on the rise worldwide. According to a Harris Interactive poll commissioned by the Vegetarian Resource Group, 6 million to 8 million Americans have completely eliminated meat, including seafood, from their plates. With a 600 percent increase of people going vegan domestically in the past three years and companies like Nestlé devising vegan-tailored product launches, plant-based eating is creating unprecedented demand.

"I've definitely seen plant-based eating become more mainstream. Many restaurants now provide plant-based options to keep their customers happy, and more food startups are creating nut- and soy-based cheeses, milks and yogurts," says Lisa Stollman, a plant-based nutritionist in New York City. Vegan lunch options are even making their way into the Los Angeles public school system.

Millennials Lead the Way

GlobalData, a data and analytics company, reports, "Seventy percent of the world population is either reducing meat consumption or leaving meat off the table altogether," with Millennials at the forefront.

"The environment has been the Millennial generation's primary concern. Health is of less importance than interest in making the Earth a better place to live," says Gene Stone, a plant-based diet expert in Hudson, New York, and author of the bestselling *Forks Over Knives: The Plant-Based Way to Health*.

Stollman concurs, saying, "The majority of my vegan clients

are in their 20s and 30s, and their concern for animal treatment relates to sustainability. Sustainability helps to reduce methane emissions from industrial farms."

Wynnie Stein, co-owner of the iconic Moosewood Restaurant, in Ithaca, New York, and co-author of its groundbreaking spinoff vegetarian cookbooks, has witnessed monumental changes since the early 1970s. Younger cooks at Moosewood have also brought passionate innovations to the establishment. "Millennials are incredibly creative, especially with plant-based and gluten-free dishes. They're committed to animal rights and issues that affect the health of the planet," observes Stein.

Benefits All Ages

Since the American Medical Association's recent suggestion that hospitals consider providing plant-based meals for patients, perceptions are shifting. Holistic Cardiologist Joel Kahn, in Ferndale, Michigan, began teaching plant-based diets to heart patients in 1990, and has subsequently seen hundreds of them avoid invasive and surgical procedures, as well as show less evidence of heart disease, Type 2 diabetes, obesity and hypertension. "Many of my patients have decreased or eliminated the otherwise lifelong 'jail' of prescription drugs. They learned that disease reversal, not management, is the goal," says Kahn.

Supermarkets across the country are stocking meatless products like plant-based burgers. Many athletes and bodybuilders that have switched away from eating meat attest to improved results by tapping into plant power. People of all walks of life, including seniors, have embraced this paradigm. "There is increased interest in health as Baby Boomers age and start to realize the benefits of a plant-based diet, much of it due to myriad new research," says Stone.

According to the Harvard School of Public Health, a diet rich in vegetables and fruits lowers blood pressure. The American Diabetes Association supports a nutrient-dense vegetarian diet that can decrease the risk of certain diseases.

For Stollman's vegan clients aged 50 and older, "Health plays a strong role in their interest in plant-based eating. The science has become clear, and based on the evidence, I continue to teach my clients the importance of including plant-based meals in their daily diets," she says.

Looking Forward

The surge of people changing their diet has a multilevel impact. "I feel deeply grateful to have been able to help spread the word about plant-based diets. Health, the environment and animal protection are great concerns of mine," says Stone.

Stein appreciates how the positive change in diet benefiting people and the planet is coming full circle. "We're still amazed and honored to know that our cookbooks have helped to create a sea change. Folks visiting from all over the world tell us how our recipes have influenced several generations of their families."

Marlaina Donato is a freelance writer, multimedia artist and author of books in the spirituality and alternative health genres. Connect at MarlainaDonato.com.



GROW Your Business

Secure your ad spot!

Contact us for
special ad rates.
201-781-5577

natural
awakenings

natural pet

Farewell to a Beloved Pet Earth's Memorial to a Pet's Passing

by Sandra Murphy

The American Pet Products Association estimates Americans collectively spent \$69.5 million on our 235 million mammal, avian and reptile pets, as well as 158 million pet fish, in 2017. It's not surprising that end-of-life planning for a devoted family companion is a solemn endeavor.

Burial in a box or blanket in the backyard used to be the predominant way to deal with pet remains. As people and pet populations have grown, many municipalities now have ordinances against the practice. Instead, good options exist that protect and preserve the planet these animals so enjoyed.

Innovative Containers

Kay Winters, a blogger at *PawsAndPines.com*, in Amsterdam, the Netherlands, mothers a dog, Clover, and two cats, Chuckie and Mittens. "When they pass away, I plan to bury them in biodegradable mushroom bags," she says. "It has mushroom and other organisms infused into it to help with natural decomposition, cleanse any environmental toxins in the body and nourish the nearby soil."

Another biodegradable container is a pod that contains nutrient-rich soil, a seed and the pet's ashes to nourish the resulting plant, tree or shrub. It's a lovely way to remember the pet and replenish Earth's greenspace.

Aquamation or Cremation

Veterinary offices commonly arrange for the pet's body to be sent to a crematorium, with ashes returned several days later. Using temperatures from 1,400 to 1,800 degrees Fahrenheit, these facilities impose a larger carbon footprint than other options.

At-home euthanasia may be beneficial for terminal pets. The animal can remain calm in familiar surroundings with family present. The veterinarian allows time for goodbyes, and when the family is ready, removes the body. "We always place the pets on nice stretchers with a blanket over the body and encourage the family to place toys or flowers with their pet. There's no handing out brochures with photos of urns or upselling. It's respectful of the pet's life," says Veterinarian Mary Gardner, of Yorba Linda, California, co-founder and chief technology officer at Lap of Love Veterinary Hospice, a national network of veterinarians dedicated to end-of-life care.

Gardner is also building an aquamation (alkaline hydrolysis) facility in Boynton Beach, Florida. This alternative to cremation has a far smaller environmental impact because the resulting alkaline water is safe to drain, containing no chemicals or DNA.

Elizabeth Fournier, author of *The Green Burial Guidebook*, owns and operates

Cornerstone Funeral Services and Cremation, in Boring, Oregon, where she periodically receives inquiries about pets. "I've received calls over the years for horses, donkeys, sheep and dogs. One family called me for their alpaca. I explained my funeral home was a human-only funeral parlor, but I'd be more than happy to help with a referral," Fournier says. She offered a choice of flame or water. "They liked the water method because Spunky the Alpaca loved the rain and could drink more water than most of her pasture mates," she says.

The family let all the other animals at home come by to give Spunky a sniff and a goodbye, and then took her body for bio-cremation. "They took her ashes home in a ceramic pig cookie jar," says Fournier. "It's my favorite story."

"The zero-emission aquamation process creates one-tenth the carbon footprint of traditional, flame-based cremation and enables 20 percent more ashes to be returned to the family, allowing for a lasting contribution to be made to the Earth in honor of a beloved pet," says Christie Cornelius, the founding doctor of veterinary medicine at Last Wishes Compassionate Comfort Care for Pets, in Houston, Texas.

Eternal Reefs, Inc., in Sarasota, Florida, mixes environmentally friendly concrete with cremains to form a gigantic reef ball, which is then placed on the ocean floor to replenish naturally diminishing reef systems and provide a permanent underwater memorial. Originally designed for human use, some owners have asked for pets to be included. To reduce costs, families are encouraged to hold their pet's cremated remains for the appropriate time when they are memorializing a human loved one. Recorded GPS coordinates facilitate future visits to the area.

Whether using earth, fire or water, there are many ways to honor a pet's life-long devotion and lessen its final carbon footprint to protect Earth's natural health and beauty.

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



NJAdvancedAcupuncture.com

Call today for
an appointment
201.400.2261

2 Locations

~

616 Bloomfield Ave.
Suite 3B, Caldwell

6 Green Village Rd.
Madison

Most insurances accepted.

~NJ~ Advanced Acupuncture

Achieving Health Naturally

ACUPUNCTURE, HERBAL MEDICINE,
NUTRITIONAL COUNSELING

Infertility
Digestive disorders
Allergies
Migraines
Auto-immune Conditions
Depression/Anxiety
Hypo-Thyroid
Diabetes
Pain/Injuries
PMS/Irregular Menses
Gluten free/Celiac



Morgan Reade L.Ac. M.S.

Infertility Specialist-Increase your chances for pregnancy by 65% with acupuncture and herbs.

Transform from **THE INSIDE**. Create Miracles **ON THE OUTSIDE**.
With Feng Shui.

Lois Kramer-Perez, feng shui practitioner, gives you the tools you need to clear your life's clutter and create transformation—inside and out.

Are You Ready to Start Your Life's Transformation?

Contact Lois Kramer-Perez at 201-906-5767
or lois@LoisKramerPerez.com
LoisKramerPerez.com

Creating Change
for Person and Place



Lois Kramer Perez

calendar of events

MONDAY, OCTOBER 1

Coping through Cancer – October 1, 15. 2:30-3:30pm. This group is open to individuals diagnosed with any type of cancer. A safe place to share your experiences, concerns and resources with others who are facing a cancer diagnosis. Led by licensed psychologist Jeanne Rajacic-Poppe, PhD. Registration required. Cancer Support Community, Holy Name Medical Center, Marian Hall, 718 Teaneck Road, Teaneck. 201-833-3392. HolyName.org/CancerSupport.

Tai Chi – Oct 1, 15, 22, 29. 7pm. Tai chi is practiced for defense and health benefits. Instructor Kung-Ming Jan of Tenafly is a cardiologist and long-time practitioner of both Shaolin yoga and tai chi chuan. Englewood Library, 31 Engle St, Englewood. 201-568-2215 x 230. EnglewoodLibrary.org.

TUESDAY, OCTOBER 2

Fall Day Hiking Basics – 7-8:30pm. Planning an escape to cooler temperatures and fall colors on a day-hike? Join the REI team and learn about trip planning, essential items, safety precautions, and local resources and places to go. Paramus REI, 2200 Bergen Town Ctr, Paramus. RSVP: 201-226-1560. REI.com.

WEDNESDAY, OCTOBER 3

Exercise Tips for Bone Health – 12:30-1:30pm. Interactive educational seminar will review the benefits of exercise regarding prevention, treatment and management of osteoporosis; discuss ways to decrease the risk of progression of this disease; cover balance, preventing falls, strength, bone density and lifestyle changes to prevent fractures. Refreshments provided. Open to anyone impacted by cancer. Registration required. Cancer Support Community, Holy Name Medical Center, Marian Hall, 718 Teaneck Road, Teaneck. 201-833-3392. HolyName.org/CancerSupport.

Manhattan Short Film Festival – Oct 3, 4, 6. Wed, 2pm; Thur, 10:30am; Sat, 11am. Manhattan Short received 1565 entries from 73 countries from which nine finalists – from eight countries - were chosen. Catch one of the screenings and vote for the best one. Each showing date will include all nine finalist short films. Free. Kearny Public Library, 318 Kearny Ave, Kearny. 201-998-2666. KearnyLibrary.org.

Meditation – Oct 3, 10, 17, 24, 31. 7-8pm. Sahaja yoga meditation is easy to learn, and all ages and backgrounds are welcome. Attendees can sit either in a chair or on the floor and should wear loose, comfortable clothing. Englewood Library, 31 Engle St, Englewood. 201-568-2215 x 230. EnglewoodLibrary.org.

THURSDAY, OCTOBER 4

Angel Card Readings – 3-6pm. Tool for those seeking guidance can give insight into relationships, careers and finances while giving peace of mind and confidence in decisions. Angelic presence guides you towards your best life. \$40/30 min reading. Earth's Healings, 792 Kinderkamack Rd, River Edge. Schedule appt: 201-800-0570. EarthsHealings@gmail.com.

Astrology for Beginners: Class 4 – 6-8pm. A brief introduction to astrology, the zodiac, planets, houses and reading a horoscope. Give birth name, date, time and place upon registration to use your



chart. Instructor: Michael Zaikowski. \$50/public. \$35/students of Dian's Six-Month Nutritional Certification Program. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973 267-4816.

SATURDAY, OCTOBER 5

markyourcalendar

SATURDAY, OCTOBER 5 & OCTOBER 10-14

Experience Breath Coaching – Nevshah Karamehmet, a pioneer in breath coaching, presents *Breath Coaching: An Evening Workshop*, Oct 5, 7-10pm, at the New York Open Center in New York City. The class introduces the concept of natural breathing and becoming conscious of dysfunctional breathing habits. The Miracle Course, I and II, will be held Oct 10 through 14, at Reflections Yoga Studio, in New York City, with a breath coach working specifically with two to three participants. The focus will be on breathing and meditation. \$40/workshop, \$1,500/Miracle Course, accommodation, meals, coffee breaks and breath coaching included. Registration required. 22 E 30th St for Workshop and 227 E 24th St for Miracle Course. Tinyurl.com/breathnyc or TinyURL.com/mircour.

SATURDAY, OCTOBER 6

Fireboat: DIY for Kids – 9am-12pm. Celebrate National Fire Safety Month in a hands-on workshop where your child can build a model fireboat to put out shoreline or shipboard fires and transport emergency personnel and rescue workers. Once your firefighting vessel construction is complete, your little hero can customize it with paint and stickers. Recommended for ages 5 through 12. 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.com.

Learning to Meditate One-Day Retreat – 9am-3pm. For those interested in learning the basics of how to meditate, or for more experienced meditators looking for a beginner's mind approach. Cultivate the balance we all need in these stressful times. Class alternates periods of meditation, mindful walking, gentle movement, mindful eating, with time for Q&A. \$45/community. Information/registration: TinyURL.com/KrameRetreats.

How to Read Medical Blood Test Naturally: Class 2 – 11am-1:30pm. Knowing how to read medical tests and what deficiencies may be causing what indicators on the test is a powerful way to be in control of your own health. It's not necessary to take classes sequentially. \$50/public, \$35/students of Dian's Six-Month Nutritional Certification Program. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973 267-4816.

Hispanic Heritage Fiesta – 2-4pm. Celebrate Hispanic heritage with Mariachi Sol Mixteco, playing authentic Mexican music. There will be food and games. All are welcome. Free. Johnson Public Library, Hackensack Auditorium, 274 Main St, Hackensack. 201-343-4169 x 14. Hackensack.BCCLS.org.

Zen-Zone Art: Class 1 – 2-4:30pm. Acrylic non-toxic abstract painting techniques that Dian uses in her professional paintings hanging in both personal and corporate collections. Focusing on any art form uses the meditative mind, zen-zone, which accelerates the release of stress. \$50/public, \$35/students of Dian's Six-Month Nutritional Certification Program. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973-267-4816. WellnessSimplified.com.

SUNDAY, OCTOBER 7

Hawks Over the Hudson – 12-4pm. Live animal live birds of prey program and exhibits with the Nature Program Cooperative. Presentation by the Delaware Valley Raptor Center at 1pm and 2:30pm. Chat with the presenters, and enjoy activities and exhibits presented by some of the member organizations of the Nature Program Cooperative. Free. Palisades State Park, State Line Lookout. Info: 201 768-1360 x 108. NJPalisades.org.

Apple Cidering – Oct 7, 14, 21, 28. 12:30-1:30pm, 2-3pm and 3:30-4:30pm. Participants will use an apple press to help make cider and learn about the history of apple cultivation and cider making. The Center will provide the apples, but more apples mean more cider! Help us out by bringing three or more apples per person. Children must be accompanied by an adult. \$10, \$40/families of up to six, \$5/members, \$20/member families of up to six. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

Classical Concert: Gabriel Chamber Ensemble and Pianist Itay Goren – 2-3:30pm. The Ensemble, celebrating its 28th season of chamber music performances, has delighted its audiences not only with traditional works but also with works of about 150 composers, a repertoire of some 400 classical pieces. Free, first-come seating, no tickets necessary. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. Denise Laude: 201-529-7323 x 227. MahwahLibrary.org.

MONDAY, OCTOBER 8

5-Week Stress Management Workshop – Oct 8, 15, 22, 29, Nov 12. 5-5:45pm. Don't let stress control your life. Learn how your body reacts to stress, common causes of stress, and ways to cope. Deepen your mind/body connection to become more in tune to how you feel when you are stressed and learn to let it go. Led by Chelsea deLisser of CGI Holistic Fitness Open to anyone impacted by cancer. Registration required. Cancer Support Community, Holy Name Medical Center, Marian Hall, 718 Teaneck Road, Teaneck. 201-833-3392. HolyName.org/CancerSupport.

WEDNESDAY, OCTOBER 10

Yoga – Oct 10, 17, 24, 31. 12pm. Join Rebecca Gordon for this 4-week yoga series. The class is geared to those that show up and could be anything from chair yoga to fast flow or have more of a mindfulness/meditation focus. Englewood Library, 31 Engle St, Englewood. 201-568-2215 x 230. EnglewoodLibrary.org.

THURSDAY, OCTOBER 11

Introduction to Mindfulness for Educators and Administrators – 4-6pm.

Workshop for K-12 to support their teaching. Includes a mindfulness meditation and discussion on how mindfulness can assist in the prevention of burnout and compassion fatigue and lower stress levels. With guest presenter, Joe Kiely, Northern Highlands High School. \$15. Educators receive 2 CEUs for participation. Information/registration: TinyURL.com/KrameEducators.

SATURDAY, OCTOBER 13

Model Train Sale & Swap Meet – 9am-3pm. The train crew of The Mahwah Museum Society are hosting the meet to benefit the maintenance and upkeep of the museum's 600 sq ft model railroad, available for viewing at the Mahwah Museum. The sale will feature all scales of model trains, and only train-related items are permitted. Food will be available at the show. \$5/12 and older. Ramapo Reformed Church Education Building, 100 W Ramapo Rd, Mahwah. 201-512-0099. MahwahMuseum.org.

Huyler's Landing Trail – 10am-1:30pm. Eric Nelsen, a historical interpreter who will lead this hike, calls it the quintessential Palisades history hike. The 5-mile route, rated moderate, introduces hikers to the riverfront communities that once occupied the park's shoreline, then takes them to the summit on a trail used by Revolutionary War soldiers. Hikers should bring lunch with them, and expect to return to the starting point around 1:30pm. Free. Kearney House at Alpine Picnic Area & Boat Basin, Exit 2 of the Palisades Interstate Parkway, Alpine. Info: 201 768-1360 x 108. NJPalisades.org.

Scavenger Hunt – 2-3pm. Families receive clues to help solve nature riddles along the trails. Each family works as a team as they hike trails to complete the hunt and receive a small prize. Program is for adults and children 4+. Children must be accompanied by an adult. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

NASA's Search for Life in the Universe – 2-3:30pm. This lecture will introduce audience members to some amazing creatures that would make good space faring candidates, and will delve into some of the planetary objects that may have the right stuff to support life. Presenter Laura Jean Checki is a science educator and public speaker. Free, first-come seating, no tickets necessary. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. Denise Laude: 201-529-7323 x 227. MahwahLibrary.org.

Tea Leaf Reading Class – 2-4pm. Celeste guides us with samples of descriptive images each can see in the tea leaves and teach how to interpret and understand the messages. Practice reading each other's teacups. \$40. Earth's Healings, 792 Kinderkamack Rd, River Edge. Register: 201-800-0570. EarthsHealings@gmail.com.



SUNDAY, OCTOBER 14

Harvest Festival at Garretson Forge and Farm – 10am-4pm. The homestead is a rare surviving example of the simple farming life prevalent in the 1700s and 1800s. The festival will include tours of the homestead and gardens, Civil War reenactors, open hearth cooking featuring 19th century recipes, the sale of organic herbs and limited late summer vegetables, and activities for children. Free, donations appreciated. Garretson Farm, 4-02 River Rd, Fair Lawn. 201-797-1775. GarretsonFarm.org.

MONDAY, OCTOBER 15

Breast Cancer Support Group – Oct 15, 22. 1-2pm. Whether recently diagnosed, in treatment, or post treatment, this group can offer encouragement, support and information while connecting with others who have a cancer diagnosis. Led by licensed psychologist Francine Handwerker, PhD. Registration required. Cancer Support Community, Holy Name Medical Center, Marian Hall, 718 Teaneck Road, Teaneck. 201-833-3392. HolyName.org/CancerSupport.

Awareness through Movement – Oct 15, 22, 29. 4-5pm. Through the Feldenkrais Method of Movement, learn to move with efficiency and ease. Learn to let go of unnecessary tension, develop improved posture, reduce aches and pains and develop better balance. Open to anyone impacted by cancer. Registration required. Cancer Support Community, Holy Name Medical Center, Marian Hall, 718 Teaneck Road, Teaneck. 201-833-3392. HolyName.org/CancerSupport.

TUESDAY, OCTOBER 16

markyourcalendar

TUESDAY, OCTOBER 16

Learn Reflexology in Four Classes – Oct 16, 23, 30, Nov 6. 11am-1pm or 6-8pm. Reflexologist and instructor Catherine Bello, owner and operator of Sole Revival Reflexology Spa, will teach participants reflexology techniques and healing therapy that they can use with clients, friends and family. A textbook will be required for these sessions. Class size is limited. There will be no make-up classes. Job placement will be available for those that wish to go further with the techniques they learn throughout these four weeks. \$300/a special rate for *Natural Awakenings* readers for the four group training sessions (a \$395 value), \$30/textbook. Sole Revival Reflexology Spa, 780 Kinderkamack Rd, River Edge. Preregistration required: 201-261-0003. SoleRevivalReflexology.com.

Pare Down, Cheer Up – 3pm. Discussion/support group about the personal and societal benefits of learning to live with less, for those who want to simplify their lives to save money, reduce stress, transition to a more sustainable lifestyle. Englewood Library, 31 Engle St, Englewood. 201-568-2215 x 230. EnglewoodLibrary.org.

Meditate With Lois – Oct 16, 23, 30. 7-9pm. Each week Lois Kramer-Perez explores different methods to begin creating your meditation using guided imagery, tingsha bells and crystal bowls. Participants receive the recordings of each week's meditations. No experience needed. Emerson Jr/Sr HS, 131 Main St, Emerson. Registration required: 201-262-5502.

WEDNESDAY, OCTOBER 17

Intro to Essential Oils – 7pm. Learn ways essential oils can be used to support and promote better health naturally; what essential oils are; how they're derived, and the therapeutic properties they possess \$20. Earth's Healings, 792 Kinderkamack Rd, River Edge. Register: 201-800-0570. EarthsHealings@gmail.com.

Introduction to Personal Clearing Techniques – 7-8:30pm. Learn the simple personal clearing techniques to move from victim to victor. Through breathing, visualization, anchoring and guidance, even the most active minds are surprised to find ease by clearing the self. Ridgewood HS, 627 East Ridgewood Ave, Ridgewood. Registration required: 201-670-2777.

Docent & Interpretation Meeting: The Tide Mill at New Bridge – 7:30pm. When Bergen farms served as a breadbasket for New York City, tide mills were an important part of the colonial economy, a necessary link in the chain from field to table for the grains once grown in Jersey. The School of Historical Interpretation helps hone communication skills, familiarize volunteers with Bergen's unique history, provides insight into the material culture of the past and trains volunteers in historical presentation. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739. BergenCountyHistory.org.

THURSDAY, OCTOBER 18

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

Beautiful You: Ladies Shopping Event – 3-9pm. Meet representatives from Peach Athleisurewear, La

Bella Donna Natural Mineral Makeup, Youth Skin Care and Rock Road Jewelry. Also, free half-hour appointments for a makeover with La Bella Donna Cosmetics. Must reserve space for this opportunity. Free. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. 201-644-0840. VistaNaturalWellness.com.

Do-It-Herself: Witch Hat Door Hanger – 6:30-8pm. Learn how to measure, cut, stain and adorn a scary-good witch's hat door hanger just in time for Halloween. Home Depot Workshops are designed to provide a mix of associate-led instruction, demonstration, and hands-on learning. Materials can be purchased to make your own project. Free. All Hudson County Home Depots: Jersey City, Secaucus, North Bergen, etc. 800-466-3337. HomeDepot.com.

What Are People For: A Contemplative Inquiry – 7-8-30pm. Over the coming years, an increasingly important question will be: what are other human beings for, if not to provide for us? In this talk we will examine the ways in which we can cultivate and sustain an inquiry into the ways that we will choose to relate to other beings. \$20/community. Information/registration: TinyURL.com/KrameSpeakers.

FRIDAY, OCTOBER 19

Art in the Park Show & Concert – Art show all afternoon; concert 12:30-3:30pm with breaks. More than 100 adult visual Bergen County artists will be featured in the exhibition representing the wide scope of artistic diversity found within the county. The concert will feature *Lloyd United*, a talented Irish Rock band with both traditional and modern sounds. Free. Van Saun County Park, 216 Forest Ave, Paramus. Gregory Lucente: 201-336-7292.

Punch & Pie at Mrs. Kearney's Tavern – Oct 19, Nov 2. 8-10:30pm. This living history program at the Kearney House includes spiced punch, freshly baked pies and other tasty morsels, and plenty of good cheer, all served by staff dressed in period garb in candlelight and the glow of stone hearths. Thaddeus MacGregor provides music from Mrs. Kearney's day. You may bring your own beer or wine. \$18/advance ticket, \$20/at the door. Kearney House, Alpine Picnic Area & Boat Basin, US Route 9W, PIP 2. 201-768-1360. NJPalisades.org/tavern.



SATURDAY, OCTOBER 20

Free Fishing Day – Fishing is allowed on the Garden State's public waters without a license or trout stamp. Take advantage of the fall trout stocking. A great opportunity for all ages, beginners, experts, residents, non-residents. See website for a list of places to fish. Free. NJFishAndWildlife.com.

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

Seat Belt Saturday: Family Weekend Science Series – 10am-12:30pm. Hands-on science and technology session for families, children ages 4-11. Explore why it is so important to wear seat belts, the science behind these pieces of technology, and the ways in which they help protect us every day. \$25, \$20/LSC members; includes science center admission. Liberty Science Center, Liberty State Park, 222 Jersey City Blvd, Jersey City. 201-253-1310. LSC.org.

How to Read Medical Blood Test Naturally: Class 3 – 11am-1:30pm. Knowing how to read medical tests and what deficiencies may be causing what indicators on the test is a powerful way to be in control of your own health. It's not necessary to take classes sequentially. \$50/public, \$35/students of Dian's Six-Month Nutritional Certification Program. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973-267-4816.

markyourcalendar

SATURDAY, OCTOBER 20

Why Traditional Medicine Doesn't Work – 11am-2pm. *6 Steps to Optimize Your Health & Restore Vitality*, an informative and interactive workshop to help you protect your health, prevent disease, and feel revitalized, is led by a team of experienced clinicians and specialists in functional medicine and somatic psychology. Learn how the mind and body work together to generate extraordinary health or create illness. Walk away with practical tips and tools you can start using right away. Open to all. Lunch will be served. Free; space limited, prior registration is required. Specialized Therapy Associates, 4 Forest Ave, Paramus. RSVP: 201-488-6678. SpecializedTherapy.com.

Harvest Festival – 1-4pm. The Upper Saddle River Historical Society offers tours of the historic Hopper-Goetschius House, cider pressing, giant pumpkin contest and craft demonstrations including spinning, lace making and weaving; kids petting zoo, pony rides, games and prizes. Gypsy fortune telling in the shed, a blacksmith at work and ghost stories in the school room. Hopper Goetschius House, Lake St and East Saddle River Rd, Upper Saddle River. 201-327-8644. USRHistoricalSociety.org.

Psychic Development: Becoming a Message Bearer – 2-4:30pm. Instructor: Michael Zaikowski. Understand and develop different layers of psychic gifts and skills from basic intuition to channeling. Work with partners and the group to aid and support each other in developing these gifts. \$50/public, \$35/students of Dian's Six-Month Nutritional Certification Program. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973-267-4816. WellnessSimplified.com.

Introduction to Aromatherapy and Practical Uses of Essential Oils – 3-5pm. What are essential oils and from where do they come? If used inappropriately they can be dangerous to health. Thus, you need to educate yourself. Learn with Rosa Illic. This is an educational workshop not a sales presentation. Rosa is not affiliated with any essential oil company. \$35. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. 201-644-0840. VistaNaturalWellness.com.

SUNDAY, OCTOBER 21

Great Fall Festival: Flat Rock Brook Nature Center – A 150-acre preserve and education center situated on the western slope of the Palisades in Englewood, New Jersey. A day full of fun family festivities including barbecue, live bluegrass music, games, crafts, face painting, pumpkin painting, and more. \$15, \$10/children ages 6-17. Flat Rock Brook Nature Center, 443 Van Nostrand Ave, Englewood. 201-567-1265. FlatRockBrook.org.

If You Are Reading This,
So Are Your Potential Customers.

natural
awakenings

Contact us today for special ad rates.
201-781-5577

Bombay Hook: Seven Mile Hike – 10am-3pm. Eric Nelsen takes the group on a 7-mile trek, rated moderate, to some of the most impressive cliff-face scenery in the park. The hikers will make a steep ascent to the summit to visit the Women's Federation Monument, and also stop at several overlooks and old mansions on the way. Hikers should bring lunch with them, and can expect to return to the starting point by around 3pm. Free. Kearney House at Alpine Picnic Area & Boat Basin, Exit 2 of the Palisades Interstate Pkwy, Alpine. Info: 201-768-1360 x 108. NJPalisades.org.

Festival of Lights: Diwali 2018 – 12-6pm. Enjoy a celebration of Indian culture and traditions, featuring colorful costumes, joyful dance, live performances, DJs and live music. Family-fun, children's activities, live performances, vendors, raffles, food, henna, face painter, and more. Rain or shine. Jersey City. All for details: 551-221-7000. SCAOFNJ.org.

TUESDAY, OCTOBER 23

Stones and Crystals Workshop – 6-8pm. Instructor: Michael Zaikowski. An introduction to stones and crystals, their energies, uses and care. Bring some personal favorites to learn about or share with others. \$50/public, \$35/students of Dian's Six-Month Nutritional Certification Program. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973-267-4816. WellnessSimplified.com.

WEDNESDAY, OCTOBER 24

Feng Shui Your Space For Abundance – 7-9pm. Learn the secrets of Feng Shui to create an abundant life by changing your space, and how we can begin to clear our space by practicing just a few basic principles. Participants will find the right method and actions to fit their needs. Ridgewood HS, 627 East Ridgewood Ave, Ridgewood. Registration required: 201-670-2777.

FRIDAY, OCTOBER 26

Zoo Boo – Oct 26, 27. Fri, 6-9pm; Sat, 10am-2pm and 6-9pm. Celebrate with trick-or-treating throughout the zoo, a ghostly story teller and magic show. Catch the Erie Express, a friendly train ride during the day and for those that are more adventurous a haunted, scary train ride at night. Rain date Oct 28. \$6/ages 2 and older. Bergen County Zoo, 216 Forest Ave, Paramus. 201-262-3771. Co.Bergen.NJ.us.

Life Science of DNA Transformation – 6pm-8pm. A workshop on transformation releasing core fear, blocks and trauma and retrieving wisdom and authentic empowerment. Learn to release the hidden potential in your DNA. With Angela Nicastro, evolutionary channel medium. \$50/public, \$35/students of Dian's Six-Month Nutritional Certification Program. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973-267-4816. WellnessSimplified.com.

Full Moon Hike – 7-9pm. Experience a guided 2-hour, 1½ mile walk 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. Bring a flashlight. Inclement weather postpones the program. Adults only. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093.



Tales of the Macabre – Oct 26 & 27. 8-10pm. An evening of Poe, as his stories and poems were meant to be enjoyed – read aloud by firelight in a real tavern of the mid-1800s. The texts will be selected and read by Kearney House director Eric Nelsen, who notes the program “helps bring to life a sometimes forgotten aspect of the world before television and other mass media.” \$8/advance, \$10/at the door; includes doughnuts and mulled cider. Kearney House, Alpine Picnic Area & Boat Basin, US Route 9W, PIP 2. 201-768-1360. NJPalisades.org/tavern.

SATURDAY, OCTOBER 27

Experiencing Electromagnetic Energy Tools – 11am-3pm. Demonstrations with application and testing for each student in several tools used in the anti-aging clinics of Europe, including Ondamed, a Class II-a medical technology that uses biofeedback. \$75/public, \$50/students of Dian's Six-Month Nutritional Certification Program. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973-267-4816. WellnessSimplified.com.

Yoga for Osteoporosis Prevention and Management: Parts I&II – Part I: Oct 27, 11:30am-1pm: Discussion on osteoporosis prevention and management, naturally. Part II: Nov 3, 11:30am-1pm: Yoga positions for osteoporosis prevention and management. With Nancy Nehama RN, BSN, RYT. \$30/per session, \$50/both sessions. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. RSVP: 201-644-0840. VistaNaturalWellness.com.

Feng Shui Your Space For Abundance – 12-2pm. Learn the secrets of Feng Shui to create an abundant life by changing your space, and how we can begin to clear our space by practicing just a few basic principles. Participants will find the right method and actions to fit their needs. Holistic Harmony, 152 Hamburg Tpk, Bloomingdale. Registration required: 973-454-9780.

Annual Glow Walk: Sanctioned 5K, Family Fun Walk & Costume Contest – 3pm. Participants will receive glow necklaces to help “shine the light on epilepsy” and to light the way. Children and adults are encouraged to wear costumes, as there will be trick or treating at the rest stops along the walk route. Remember to dress to impress, because there is a catwalk costume contest immediately following the Family Fun Walk. Liberty State Park. 732-262-8020 x 220. JMoskowitz@EFNJ.com

SUNDAY, OCTOBER 28

Garretson Forge and Farm Open House – 1-4pm. One of the oldest historic sites in Bergen County,

settled in 1719, this Dutch Colonial homestead was home to six generations of Garretsons. Their homestead remains a rare surviving example of a simple farming life prevalent in the 1700s and 1800s. Free, donations appreciated. Garretson Farm, 4-02 River Rd, Fair Lawn. 201-797-1775. GarretsonFarm.org.

Bluegrass & Cider – 1:30-3:30pm. Bergen County residents are invited to an autumn afternoon of Bluegrass & Cider. Music for this outdoor concert will be performed by Joe Selly and Barry Mitterhoff; refreshments. The museum will open to visitors before the concert at noon. Free. Wortendyke Barn, 13 Pascack Rd, Park Ridge. 201-336-7267.

Hallowe'en Hike – 5:30-7:30pm. About 3 miles, rated Moderate. Leave Kearney House as daylight begins to dim and pass through quiet park land that was once alive with riverfront settlements, excursion groves and a bone factory, continue on a rocky portion along the river just as night descends. As lights across the river appear in the darkness, return through the woods. Bring flashlights. Free. Meet at Kearney House, Alpine Picnic Area & Boat Basin, PIP Exit 2. 201-768-1360 x 108. NJPalisades.org.

TUESDAY, OCTOBER 30

Feng Shui: Change Your Space, Change Your Life – 7pm. Certified feng shui consultant Tina Munson reviews the basics of the ancient Chinese art of harmonious placement. Englewood Library, 31 Engle St, Englewood. 201-568-2215 x 230. EnglewoodLibrary.org.

plan ahead

THURSDAY, NOVEMBER 1

ProLon Fasting Mimicking Diet – 7-8:30pm. Dr. Valter Longo designed the FMD after making discoveries in mice, then in humans, indicating that specific diets can activate stem cells and provide anti-aging benefits. Learn how plan might benefit your health and wellness. Free. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. RSVP: 201-644-0840. VistaNaturalWellness.com.

FRIDAY, NOVEMBER 2

Punch & Pie at Mrs. Kearney's Tavern – 8-10:30pm. This living history program at the Kearney House includes spiced punch, freshly baked pies and other morsels, and plenty of good cheer, all served by staff dressed in period garb in candlelight and the glow of stone hearths. Thaddeus MacGregor provides music from Mrs. Kearney's day. You may bring your own beer or wine. \$16/advance ticket, \$20/at the door. Kearney House, Alpine Picnic Area & Boat Basin, US Route 9W, PIP 2. 201-768-1360. NJPalisades.org/tavern.

SUNDAY, NOVEMBER 4

Mitzvah Day – 10am-12pm. The goal of Mitzvah Day is to involve people in a variety of community service activities throughout northern New Jersey. Help remove trash and invasive vegetation at Historic New Bridge Landing. Bring work gloves and tools for cutting brush. Bring a shovel and metal rake for moving wood chips on path. Campbell-Christie House, 1201 Main St, River Edge. BergenCountyHistory.org.

NOVEMBER

Immune System Boosters

plus: Safe Drinking Water



Our Readers are Seeking:
Dietitians
Health Food Stores
Herbalists
Naturopaths

DECEMBER

Uplifting Humanity

plus: Holidays

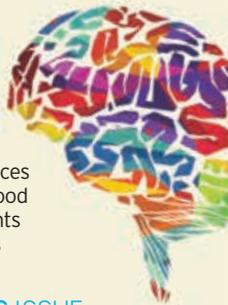


Our Readers are Seeking:
Charities
Inspiring Books
Gift Baskets
Natural Toys

JANUARY

Organ Vitality

plus: Healthy Homes



Our Readers are Seeking:
Detox/Diet Resources
Natural/Organic Food
Lighting Consultants
Recycling Services



CONNECT WITH OUR READERS
THREE-MONTH EDITORIAL
CALENDAR & MARKETING PLANNER

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

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 – 8:20-9am, Meditation 9-10:30am, Dharma Talk and Discussion 10:30am, Beginner’s Meditation Instruction by appointment 11am. Call ahead for your first visit. We welcome all. Free, donations welcome. Zen Garland NY-NJ Sangha, Body & Brain Yoga Center, 495 N Franklin Turnpike, Ramsey. Susan Eiori Bruce: 201-248-0632. NYNJSangha.wixsite.com.

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

monday

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

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

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

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 Tenafly 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.

Valley Toastmasters – 8-10pm. 1st and 3rd Mon. A club for improving public speaking and leadership skills. Guests are welcome and can attend without advance notice. First Congregational Church, 276 Haworth Ave, Haworth. Info: 201-767-3063. 3181. ToastmastersClubs.org.

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.

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.

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 fel-



lowship, 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.

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 – 8:30-10am. Led by a senior practitioner, sit in silence for 25 minutes and walk for 5 minutes for 3 sessions. We welcome all. See Sunday listing re Beginner's Meditation Instruction. Zen Garland NY-NJ Sangha, Body & Brain Yoga Center, 495 N Franklin Turnpike, Ramsey. Susan Eiori Bruce: 201-248-0632. NYNJ Sangha.wixsite.com.

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.

ESL Conversation Class – 12:30-1:30pm. 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.

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

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

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

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



CARE: Cancer Awareness Research Exchange – 7pm. 2nd Thurs. The group stresses nutritional and preventive education to help maintain optimum health. Guest speakers give updates on health news, evaluate new treatments, offer Q&A sessions. \$10/donation. United Methodist Church, 100 Dayton St, Ridgewood. Harvey Kunz: 201-664-5005.

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

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

friday

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

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

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

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

saturday

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

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

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

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

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

Gentle Flow Yoga – 10:30-11:30am. Designed to align your mind, body, and soul, complete with a mediation to optimize relaxation. Healing4thesoul Wellness Center, 199-B Boulevard, Hasbrouck Heights. 201-288-0011. 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. Walk-ins welcome. \$12. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings@gmail.com.

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

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

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

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

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

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

community resource guide

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

ASTROLOGY

WHITE WIZARD ASTROLOGY

Northern New Jersey
908-268-6674
cmtarnow3@yahoo.com



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

selves with personalized, compassionate astrology readings. I will help you remember your gifts, work through blocks and remap your future to passionately pursue your highest goals. Sessions conducted in person, on the phone or via Skype.

COUNSELING & PSYCHOTHERAPY

LESLIE KAREN LOBELL, MA, LPC
Pompton Plains (Rte 23) & Montclair
908-577-0053 • Info@LeslieLobell.com
LeslieLobell.com



Do you suffer from anxiety or stress? Do you want to lose weight, stop smoking, gain self-confidence or change a habit? Do you need support and guidance through a life or career transition? Are you ready to achieve your goals, pursue your dreams, and actualize your potential? You can create the life you desire... I can help you make it happen. Using proven techniques such as Holistic Psychotherapy, Clinical Hypnosis, Stress Reduction and Dream Interpretation, I help teens and adults create happier, healthier, more peaceful and fulfilling lives. Allow me to assist you. *See ad, page 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 11.*

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 9.*

HEALING CENTERS

ADVANCED MEDICAL CARE CENTER

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



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

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

THE CENTER FOR PRANIC HEALING

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



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

body, accelerating the rate at which the body heals the physical as well as the psyche. Training, certification and classes as well as healing services with the prime objective of promoting physical, emotional, mental and spiritual well-being. Healing and meditation every Wednesday night open to those looking to relieve their stress from home or at work. *See ad, page 24.*

HOLISTIC DENTAL CARE

VLADIMIR GASHINSKY, DDS

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



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

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

INTUITIVE PRACTITIONER MEDITATIVE CLEARING & FENG SHUI

LOIS KRAMER-PEREZ

Intuitive Practitioner, Meditative Clearing & Feng Shui
201-906-5767 • Fax 201-265-6037
LoisKramerPerez.com



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

Lois has developed simple, effective techniques that help clients sharpen their awareness, clarity and empowerment through *feng shui*, personal meditative clearing, and environmental space clearing. Each of these services can provide anchors for creating change from the inside out. Let's get started! *See ad, page 33.*

KAMBO PRACTITIONER

WARRIOR WAY HEALING

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



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

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



LIFE COACH

DAVID BARTKY

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



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

NUTRITION & WELLNESS COUNSELING

DIAN'S WELLNESS SIMPLIFIED

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



Clinical Nutritionist Dian Freeman has a private practice in Morristown. She teaches a six-month nutritional certification course and has certified over 700 graduates in Holistic Health over the last 14 years. She also practices frequency biofeedback, teaches one-day classes and lectures widely. Dian is currently finishing her doctorate in Medical Humanities at Drew University, Madison, NJ. She may be reached at 973-267-4816 or Dian2@WellnessSimplified.com. See ad, page 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 11.

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 14.

PSYCHIC HEALER

BELLADONNA KUCHAR

Psychic, Intuitive, Medium, Empath,
Energy Clearing & Healing, Chinese Cupping,
Trigger Point Massage Therapy,
Reflexology, Qigong, Reiki, Tuina
Bergen County • 973-985-3236



World renowned psychic and spiritual and energy healer with over 20 years' experience. I can help you out of what is troubling you if you're willing to do your part. I provide help with marital and family problems, unexplainable

and persistent physical pain, self-sabotage, addictions, destructive relationship patterns, negative self-image, fears, phobias, anxiety and many other physical, spiritual and emotional issues. Using my abilities, I can pinpoint the cause of your troubles and help you make the necessary changes in order to live a happier, healthier and a more fulfilling life centered in self-love and joy.

SCHOOL

EASTERN SCHOOL OF ACUPUNCTURE

Kelly Williams
427 Bloomfield Ave, Ste 301,
MontClair, NJ 07042 • 973-746-8717 x11
KWilliams@EasternSchool.com
EasternSchool.com



The Eastern School is committed to maintaining the highest standards of educational excellence. The School's priority is educating highly qualified acupuncturists, capable of working in clinics, hospitals and private practices. Master's-level diplomas in

Acupuncture and Traditional Herbal Medicine spring and fall registration available; Community Education and Continuing Education programs are also available. Please call or check our website for current events. Our student clinic offers affordable acupuncture treatments available to the public.

RAMAPO COLLEGE YOGA CERTIFICATION

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



Become a yoga teacher!
The 200-hour yoga teacher certification program requires contemplative

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



Make your community a little

GREENER...



**Support
our advertisers.**

For every \$100 spent in locally owned business,
\$68 returns to the community.

source: the350project.net

classifieds

COACHING

LIFE COACHING FOR PERSONAL EMPOWERMENT – Discover your personalized Dosha – physical constitution – then gain awareness of your individual personality. Learn mind, body enrichments with Yoga, Ayurveda and Bhakti. Achieve success over relationships, careers, mind conditions and weight flux. Private consultations and group classes available. White Swan Lifestyle. WhiteSwanLifestyle.com or 201-731-2510.

FOR SALE

GO SOLAR NOW – at no cost to you. Stop paying high electricity bills. Each year utility costs go up. Put an end to that by producing your own renewable energy. With New Jersey's benefits, and rebates. You can own a solar system with no money out of pocket. Call for a free consultation: 201-723-7778.

HANDCRAFTED VANILLA EXTRACT – The Standard Extract Company crafts small batch organic vanilla extract. Pure vanilla extract, perfect for bakers and confectioners, wholesale pricing available. Call 201-638-5982 or visit etsy.com/shop/StandardExtract.

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

OPPORTUNITIES

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

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

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

LIVE-IN CAREGIVERS – For the elderly or infirmed. Highly experienced European women with top-notch references are available for interview. Experienced with providing special diets and catering to a holistic lifestyle. Services are available in all of New Jersey. Contact Anna: 732-439-0162.

PRACTITIONER TREATMENT ROOM OR OFFICE SPACE – Available in Wayne, NJ - Beautiful, newly-renovated, furnished facility in medical building with plenty of parking. Available immediately. Great location to start up or expand your practice. Call Utopia Healing Center, 973-872-4787.

SALESPeOPLE WANTED – Earn a generous commission selling print/online advertising F/T or P/T for *Natural Awakenings* (commission only). Relationship-oriented sales. Must have some sales experience. Prior experience in a holistic/natural/organic/green industry a big plus. Email cover letter and resume to Publisher@NaturalAwakeningsNNJ.com. No calls please.

TOP DOLLAR PAID FOR USED & JUNK CARS – Be Green! We recycle your used or junk car. Free towing by prompt, professional, courteous drivers. Get paid cash on the spot. We pay the most

for your car – guaranteed. Call 1-888-209-5611 or visit AutoRev.com.

YOUR AD HERE – \$33 PER MONTH – Up to 40 words. Add \$1 per word over 40 words. Pre-paid. Call 201-781-5577 or submit ad to: Jerry@NaturalAwakeningsNNJ.com.

PRIVATE CHEF

HEALTHY MEALS PRIVATE CHEF – I'm a former restaurant owner from south Florida that specializes in creating fresh, delicious meals specific to your dietary needs, such as organic, vegan and gluten-free. Email MarysMyChef@gmail.com to discuss your individual needs.

PSYCHICS

PSYCHIC ENERGY CLEARING & HEALING – Renowned psychic and spiritual and energy healer with over 20 years' experience. I can help you out of despair if you're willing to do your part. I provide help with marital and family problems, unexplainable and persistent physical pain, self-sabotage, addictions, destructive relationship patterns, negative self-image, fears, phobias, anxiety and many other physical, spiritual and emotional issues. 973-985-3236.

REIKI

REIKI HEALING – Restore, relax and revive your Chi/energy with a traditional session by Christina. Promote balance between mind, body, heart and spirit. For a free consultation, please contact Christina Stefanelli at 845-826-5971 or via e-mail at DragonFlowReiki@gmail.com. Christina Stefanelli, IARP Jikiden Reiki Okuden practitioner. Call today.

SCHOOLS

LEARN REFLEXOLOGY – Learn to be a professional reflexologist with Catherine Bello, owner of Sole Revival Reflexology Spa. Learn clinical and spa style reflexology. Catherine is certified, practicing and training others since 1990. No pressure, fun easy, unique method of learning. You will be a confident, professional reflexologist in four weeks. Call for more info 201-261-0003.

Coming Next Month

NOVEMBER

Immune
System Boosters
plus: Safe Drinking Water

natural
awakenings

Health
Defense
Issue

To advertise or participate in our next issue, call 201-781-5577



since 1981

Advanced Medical Care Center

22 Madison Avenue Paramus, NJ 07652
www.advancedmedicalcarecenter.com

Successfully Combining the Very Best of Traditional & Integrative Medicine



- Experienced Professionals Providing Compassionate Care
- Comprehensive Analysis of Your Current "Level of Health"
- Prevention and Treatment of Various Medical Conditions
- Non-Invasive Testing of Cardiovascular System
- Diagnosis & Treatment of Musculoskeletal, Neurological Disorders
- Stress Management, Including Biofeedback
- Most Labs & Tests Performed on Premises
- Working with Major Insurance Companies & Medicare



Services Available:

- Cardiovascular, Gastrointestinal, and Immune System Disorders Treatment
- Evaluation of Endocrine and Skin Disorders
- Uncover Food Sensitivities/Allergies
- Metabolic Testing
- Gentle Detoxification
- I.V. Nutrient Therapy
- Chelation Therapy
- Colon Hydrotherapy
- Nutritional/Herbal Medicine
- Natural Hormone Treatment
- Weight Loss Programs
- Physical Therapy/Therapeutic Massage

Staff Includes:

- Internist
- Chiropractor
- Accupuncturist
- Physical Therapist
- Gastroenterologist
- Podiatrist
- Psychologist
- Massage Therapist



To schedule an appointment or to learn more about our practice and services, please contact:

Roman E. Finn, M.D.
201.291.0401
www.doctorfinn.com

"America's Top Doctors" - 2017

