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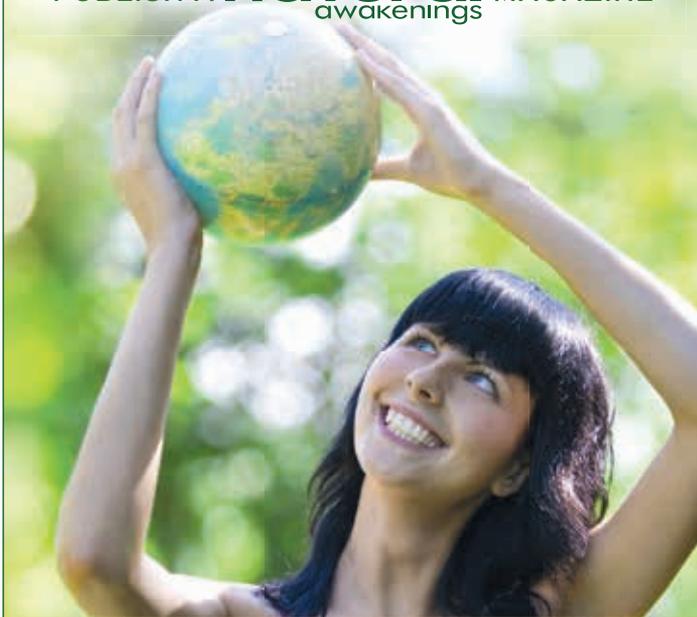
Tips from a
Rock Star
Doctor

A Global Wake-Up Call

Collective Consciousness
Nears Spiritual Tipping Point

HELP CREATE A HEALTHIER PLANET

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PHILIP STEIN THE SLEEP BRACELET

Natural Frequency
Technology™ Inside

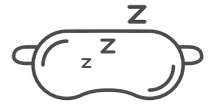
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The Brain and the Gut/Brain Axis -----

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
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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...

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- 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.

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Dr. Glenn Gero, Naturopathic Physician:

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

Lisa Mack, Certified Thermographic Technician:

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

Nancy Barrett, Certified Holistic Manual Lymphatic Therapist:

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

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letter from publisher



Pat spent the entire summer in Peru and Costa Rica. The primary motive for her journey was to further her education in the use of medicinal plants and other natural elements for the purpose of better assisting her clients. Her prolonged stay in South and Central America allowed her to better experience the culture and spirit of the people native to this part of the world, as well as the mystical essence of the Amazon

jungle. While there, Pat participated in various indigenous medicine ceremonies that deepened her understanding of life and what we're actually doing within it.

While recently practicing a deep-trance meditation Pat learned in the Amazon, she connected with the following insights: "I am currently in a very harmonious and beautiful state...a place that feels like the beginning of creation, as well as the rest of eternity... a place that contains all of the blessings, gratitude, love and compassion that emanates from us all... the ones that challenged themselves with this current incarnation on Earth. We are the souls that don't give up. We will never completely lose our connection to love, faith and grace. We remain strong in this reality and the many other realities in which we play for all of eternity. We are the souls whose light never fades away and never stops singing the wave that flows through the heart of every single soul in all of existence. Nothing can change the fact that we are all created from eternal love and light. The light we shine is made of love and compassion, and it can never be completely overcome by fear.

"Keep shining your light to every soul that crosses your path. We need each other's love and support, and to also cherish the experiences we have with those we are matched with in this current destiny of ours as we move through our selected journeys together. We are immensely intelligent and powerful, but in these human shells, we can sometimes be thoughtless and hurtful. Don't be afraid to reveal without fear your true and vulnerable selves to each other. Love and compassion is the medicine for the many challenges we face."

Even if you find yourself in a most challenging state of affairs, remember that you are loved, and you are already surrounded by your true family right here on Earth. All the love we need is already here. Love tends to follow the same dynamics as respect. You typically have to give some to get some, and most of us know from those old, wise proverbs that we typically get as good as we give.

"Be strong, and more importantly, be kind to yourself. We are all a single thread in a large, beautiful tapestry."

Keep on smiling and moving forward, our brothers and sisters.

Happy holidays!

Angelica Pat Sanshompoo and Jerry Hocek, Publishers

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

Contents



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15 PARTY HEALTHY
Tips from a Rock Star Doctor

16 PSORIASIS IS REVERSIBLE

17 HOLIDAY HAPPINESS HELPERS
Six Ways to Bring On Joy

18 SIMPLE SHEET PAN SUPPERS
Family-Pleasing Holiday Meals

22 A GLOBAL WAKE-UP CALL
Collective Consciousness Nears Spiritual Tipping Point

24 JACOB LIBERMAN
on Light as Our Essential Nature

26 POUND-SHEDDING WORKOUTS
Best Exercises from Yoga to Cardio

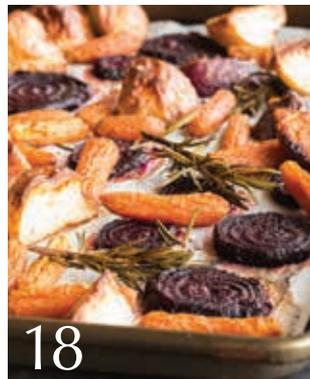
29 GREEN CARS UPDATE
Plug Into the Latest Trends

30 BEYOND TOYS
Gifts that Evoke Kids' Creativity

32 PET-SAFE HOLIDAYS
Tips to Keep Them Merry and Safe

DEPARTMENTS

- | | |
|----------------------------|-----------------------------|
| 8 news briefs | 26 fit body |
| 12 health briefs | 28 therapy spotlight |
| 12 global brief | 29 green living |
| 14 eco tip | 32 natural pet |
| 15 healing ways | 34 pet spotlight |
| 17 inspiration | 35 calendar |
| 18 conscious eating | 41 resource guide |
| 24 wise words | 43 classifieds |





Free Chanukah Concert in Fairlawn

The klezmer trio T-Klez will perform a concert of Chanukah tunes from three continents at 7:30 p.m., December 8, at the Maurice M. Pine Public Library, in Fair Lawn. Many classic Hebrew and Yiddish tunes will be played throughout the evening. T-Klez is a trio that is firmly rooted in 19th- and 20th-century traditional Klezmer music with deep bows to Hasidic traditions. Other styles such as Israeli, swing and special requests can also be played.

Admission is free. Location: 10-01 Fair Lawn Ave. For more information, call 201-796-3400 or visit FairLawnLibrary.org.

Clifton Public Library to Hold Yoga Class

The Allwood branch of the Clifton Public Library will host an open level yoga class presented by The Anxiety and Depression Initiative from 10 to 11:30 a.m., December 15, in Clifton. The goal is to support those living with anxiety and depression through healthy lifestyle, yoga and regular exercise.



Admission is free. Location: 44 Lyall Rd. For more information or to register, call 973-471-0555, email cliftoncirc@cliftonpl.org or visit cliftonpl.org.

Healthy Eating at the Northvale Library

The Northvale Library will present a lecture, Healthy Eating with Jamie, with Northvale ShopRite Dietitian Jamie Pepper, from 3:30 to 4:30 p.m.,



Jamie Pepper

December 11, in Northvale. Participants will learn all about healthy snacking, not only throughout the holiday season, but all year-round. Topics include nutrition, recipes using healthy alternative ingredients and what snacks are right on the go or at home.

Pepper holds a Bachelor of Science degree in Health Sciences from West Chester University of Pennsylvania. She also holds a Master of Science degree in Health Sciences from Georgia State University, in Atlanta.

Admission is free. Location: 116 Paris Ave. For more information or to register (required), call Emily Pepe at 201-768-4784, email Emily.Pepe@northvale.bccls.org or visit NorthValeLibrary.org.

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Sally Rodriguez-Hamm

River Edge School Offers Small Group Yoga Teacher Training

Soul Practice Yoga, in River Edge, will begin their classical Hatha Yoga and Vinyasa yoga 200-hour teacher training program on March 9 through September 22, 2019. The in-depth course is provided over nine weekends. Participants will enrich their yoga journey and deepen their practice as they expand their knowledge through classical hatha and vinyasa-style yoga instruction.

Sally Rodriguez-Hamm, E-RYT-200, RYT-500, YACEP, is the instructor leading this Yoga Alliance-registered program. Hamm embarked on her yoga journey in 1987 and since then has turned her peace into passion and her life's work in order to help others connect with the joy, peace and healing that yoga offers. Hamm's intimate teaching format translates into a methodically paced program offered in small group training courses, as well as private, one-on-one training sessions. Private, Spanish-language teacher training is also available. *Se habla Español.*

Location: River Edge, NJ. For more information, call 201-618-5779, email SoulPracticeYoga@gmail.com or visit SoulPracticeYoga.com. See ad, page 11.

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The Magic of the Holidays Workshop



Healing4thesoul Wellness Center is holding a workshop, The Magic of the Holidays, from 7 to 8 p.m., December 18, to reawaken the child in us all. The workshop will evoke childlike nostalgia through readings from master healers such

as Buddha, Krishna and Kwan Yin, leaving participants with a restored sense of enchantment and a burst of energy that will last throughout the holiday season.

When we think back to our childhood, we often remember a feeling of abundance, anticipation and excitement around the holidays, and perhaps recall the memory of writing a letter to Santa, opening presents or baking cookies. When we get older, the magic of the holidays often tends to fade away.

Cost is \$40. Location: 199-B Boulevard, Hasbrouck Heights. To register (required) or for more information, call 201-288-0011 or visit Healing4thesoul.com. See ad, page 18.

Experience the Healing Essence of the Winter Solstice

Celebrate the winter solstice from 7 to 9 p.m., December 21, with a Dreamtime Guided Meditation and Vibrational Healing facilitated by Lois Kramer-Perez, CHt. Participants may bring crystals, objects or photos that they would like energized and cleared. Light refreshments, water and tea will be provided. No meditation experience is necessary. As an option, participants can also wear their favorite pajamas. Perez will also provide optional slippers to guests for their comfort.



Lois Kramer-Perez

Kramer-Perez, a certified *feng shui* practitioner, will offer a guided meditation and sound healing session to transition into winter, taking participants through the meditation exercises connecting to the energy of winter, a “dreamtime” where we create our plans for the coming year. Each participant will also receive a blue kyanite crystal.

She says, “Guided meditation with vibrational sounds using chimes and crystal bowls expands our energy and heals our essence as we experience the pure energy to connect our dreams to manifest our desires, activating prosperity for 2019.”

Cost is \$47: Location: near intersection of Rte. 4 and Rte. 17, in Paramus. To register (required), call 201-906-5767 or email Lois@LoisKramerPerez.com. For more information, visit LoisKramerPerez.com. See ad, page 21.

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Gentle Yoga at the West Milford Library



The Friends of West Milford Township Library will present Gentle Yoga with Michelle from 6:30 to 7:45 p.m., December 11, in West Milford. Michelle Brook is a 200-hour registered yoga teacher certified by the American Yoga Academy.

Gentle Yoga is a less intense, non-strenuous, minimalistic and quieter

form of yoga that focuses on revitalizing the body, relaxing the mind and reducing stress from within.

Cost is \$5. Location: 1470 Union Valley Rd. For more information or to register (required), email wmtl@wmtl.org or visit wmtl.org.

Learn Access Bars in Paramus

The Access Bars class from 9 a.m. to 5 p.m., December 8, 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 18.

Really Stop Smoking at Valley Hospital



The Valley Hospital is sponsoring a program on smoking cessation from 7 to 9 p.m., December 12, in Ridgewood. The first part helps participants understand why they

smoke, while the second addresses the self-defeating obstacles that undermine our desire to stop smoking with hypnotic suggestion and behavior modification techniques.

Those attending the program will receive a 30-day reinforcement audio tape and a series of behavior modification cards to be used daily as positive reinforcement. The program is conducted by Barbara Van Duyne, a certified professional with more than five years of experience in the field of habit control.

Cost is \$75. No credit cards. Location: 223 N. Van Dien Ave. For more information or to register, call 201-291-6090 or visit ValleyHealth.com.

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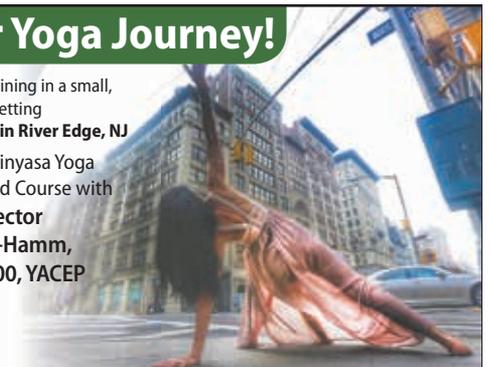
Sally Rodriguez-Hamm,
E-RYT 200, RYT 500, YACEP



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Expecting Moms Need to Relax at Holidays



South Korean women in their first trimester of pregnancy during the country's stress-producing new year's holiday had babies that were a third of an ounce lighter on average, discovered an Australian study of nearly 8.6 million mothers covering 17 years. The extent of the birth weight reduction was similar to reduced birth weights found among babies from mothers in Columbia, after they had experienced area landmine explosions during their first trimester.

Blue Light Raises Cancer Risk



Blue light—a range of the visible light spectrum emitted by most white LEDs and most tablet and phone screens—could be hazardous to our health, a new study shows. Researchers from the Barcelona Institute for Global Health analyzed the blue light exposure and medical histories of 4,000 people throughout Spain, also utilizing nighttime images taken by astronauts

in the International Space Station to assess exposure of residents of Barcelona and Madrid.

They found that those exposed to more blue light at night had between 1.5 to two times the risk of prostate and breast cancer. "Given the ubiquity of artificial light at night, determining whether it increases or not the risk of cancer is a public health issue," says lead author Ariadna García.

Yams Protect Against Liver Damage

Serving yams with a holiday dinner helps protect liver health, new research shows. Scientists from the University of Mississippi and King Saud University, in Saudi Arabia, found that steroidal glycoside compounds in wild yam root known as furostans can help protect liver cells against damage from free radicals.

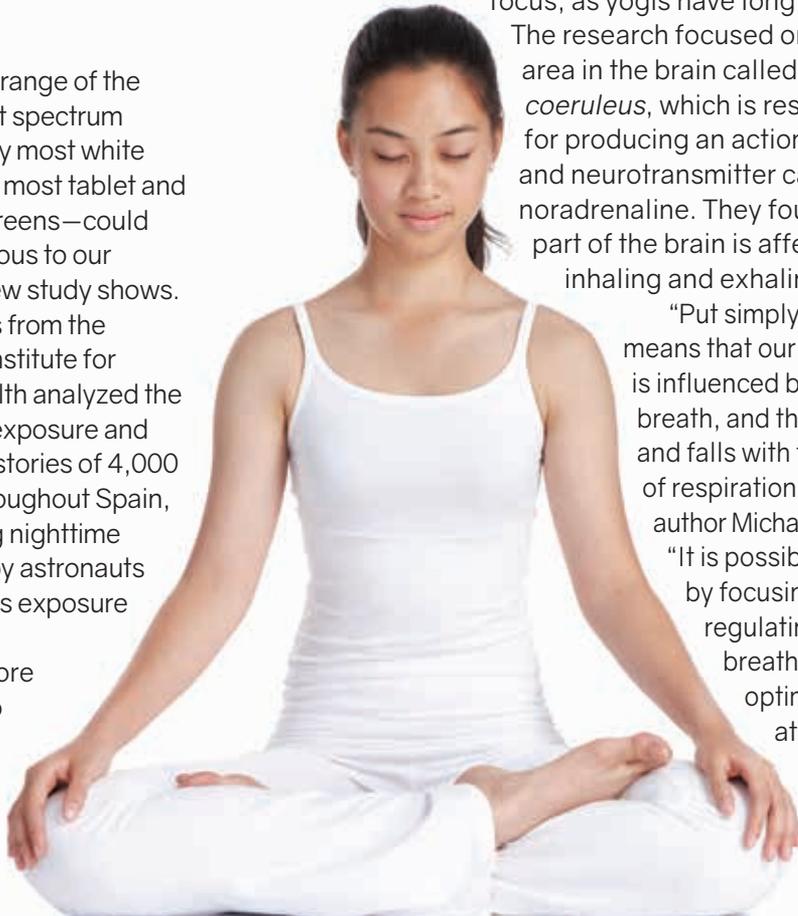
Meditation Soothes Anxiety and Improves Focus

Even a single mindfulness meditation session can significantly reduce anxiety and lower heart rates, Michigan Technological University research shows. Fourteen people with mild to moderate anxiety participated in a 20-minute introductory meditation, a 30-minute mindful scan of each body part seeking areas of stress and a 10-minute self-guided meditation. An hour later, the meditators showed both lower resting heart rates and anxiety levels. A week later, they continued to report less anxiety.

Another study at Trinity College Dublin, in Ireland, uncovered an anatomical reason why breath-based meditation practices can enhance mental clarity and focus, as yogis have long claimed.

The research focused on a small area in the brain called the *locus coeruleus*, which is responsible for producing an action hormone and neurotransmitter called noradrenaline. They found that this part of the brain is affected by our inhaling and exhaling patterns.

"Put simply, this means that our attention is influenced by our breath, and that it rises and falls with the cycle of respiration," says lead author Michael Melnychuk. "It is possible that by focusing on and regulating your breathing, you can optimize your attention level."



global brief

Yule Be Sorry Live Christmas Tree Shortages

According to the National Christmas Tree Association, more than 27 million holiday trees were purchased in the U.S. last year. But during the Great Recession of 2007 to 2009, growers didn't have the funds to plant adequately, and smaller crops are just starting to hit the market now, creating higher prices. Some varieties take up to 12 years to reach holiday height.

Exports from the Pacific Northwest will be down about 1.5 million trees this year, according to Ken Cook, whose McKenzie Farms has 8 million trees planted across 10,000 acres in Oregon. "There's a huge shortage of Christmas trees, and it'll continue to be that way for at least 10 years," says the 80-year-old farmer.

Supplies are also somewhat diminishing in North Carolina and Michigan, which have the nation's second- and third-largest Christmas tree outputs, respectively.

More households now put up faux trees than real trees. One benefit of real trees stems from their ability to capture carbon dioxide and produce oxygen as they grow. They're also biodegradable and are usually shipped regionally, not from overseas.



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Love and compassion are necessities,
not luxuries. Without them
humanity cannot survive.

~Dalai Lama

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Earth Christmas

Guide to Sustainable Merry-Making

There is symmetry between living in an eco-conscious manner and the spirit of Christmas. Striving for peace on Earth and good will to all can also be expressed in reducing the holiday's impact on the planet.

■ Alternatives to a cut or artificial plastic Christmas tree abound. Purchase a potted tree to replant later; buy from a local Whole Foods grocer or farmers' market, even seek out an organically grown tree; or make an artful tree from driftwood or a large houseplant.

■ Instead of hanging plastic icicles and placing Styrofoam ornaments on Christmas tree branches, go natural and unique. *MindfulMomma.com* suggests checking nearby woods or gardens for pine cones, evergreen boughs, bark, holly berries and fresh mistletoe; those living close to coastlines can pick up seashells with holes in them. *TipJunkie.com* guidelines include making paper ornaments and holiday yarn pieces.



■ Save energy in tree lighting. Today's LEDs look good, use up to 75 percent less power and typically last up to 25 times longer than incandescent bulbs, reports the U.S. Department of Energy. Turn them off when not at home and overnight.

■ Consolidate shopping trips to reduce fuel emissions and buy gifts that support the community. Buy from independent, locally owned stores or galleries that showcase local artists, instead of from national retailers whose products are shipped from faraway places. Consider choosing gifts in the sustainable realm like solar-powered chargers for e-devices. Share gift certificates for holistic services or art classes. Use reusable tote bags when shopping.

■ Give of yourself. Play outside as a family. Gift a collect-on-delivery IOU for skills or assistance based on personal talents. The most meaningful gift of all may be writing an admiring letter from the heart.

■ According to *MotherEarthLiving.com*, Americans generate 25 percent more waste during the holidays, much of it wrapping paper and cards. Don't overdo it with tape when wrapping presents and then instruct everyone to carefully unwrap them so the paper can be stored and reused next year. Instead of buying and snail-mailing holiday cards, send emails with photo attachments of the family.

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PARTY HEALTHY Tips from a Rock Star Doctor

by April Thompson

The holidays can emulate a rock star's life: a wearying travel schedule and social calendar, overindulging in rich food and drink, restless nights in unfamiliar beds. Fortunately, celebrity tips and tricks can help us through a hectic season, according to Gabrielle Francis, naturopath and author of *The Rock-star Remedy: A Rock & Roll Doctor's Prescription for Living a Long, Healthy Life*. The New York City doctor has toured with some of the biggest rock acts in the world as their on-call naturopath, chiropractor, acupuncturist and massage therapist.

"Health is the new rock-n-roll," says Francis. "Today's artists are more health and socially conscious. I believe you can 'party' and be healthy, and the stars I work with are proving that." She approaches clients' lifestyles flexibly and openly, understanding where they are, instead of forcing big, sudden changes on them. "Life is a celebration. My philosophy is that what you do for your health must fit into your lifestyle and be enjoyable, rather than isolating or extreme," says Francis.

This can mean mitigating habits, not necessarily dropping them. For example, rather than force clients off coffee, which is acidic, Francis suggests adding spices like cinnamon, vanilla, cardamom or nutmeg that can help neutralize the acid.

Many stars Francis has worked with maintain a stricter regimen off the road, knowing that touring is more about damage control and doing their utmost to stay healthy under more difficult circumstances. The same holds true for those of us that inevitably encounter disruptions due to work, travel or holidays that can throw off healthy habits.

The Healthy Traveler

Knowledge is power, and so is planning ahead for travel away from healthy options at home. Francis arms clients with best choices for on-the-go foods and beverages at the airport, gas station or restaurant. Musician and actor Adrian Grenier, quoted in Francis' book, devel-

My favorite healthy recipe?
Don't smoke anything. No drugs.
Easy on the drink. Eat a balanced diet
with friends whenever possible.
Avoid crazy health fads. Don't drink and drive.
Don't walk and text. Be a good person.

~Joe Satriani, guitarist

oped a "food tripping" app available at Tinyurl.com/SHFT-com-app to help travelers find alternatives to fast food on the road.

Most airports are blessed with healthy options, says Francis, who suggests choosing wraps over sandwiches and easy-to-carry energy bars delivering at least 10 grams of protein. She also likes coconut water, seltzer water and herbal teas.

Spent wisely, time in airports can offer healthful opportunities. "Connecting to other people is one of the most important keys to our emotional well-being. Layovers are a great time to call and catch up with loved ones," says Francis. "You can also get some points on your step tracker by taking the stairs rather than escalator and walking around or stretching rather than sitting in the airport." Meditation is also recommended, whether in the airport or on the plane, she adds.

Small Adjustments

For rock stars and holiday travelers alike, restful sleep can be one of the hardest habits to maintain. When changing time zones, Francis recommends staying hydrated, avoiding alcohol and taking melatonin before bed for three nights after landing in a new time zone to help reset the body's circadian rhythms.

"I know I'm not likely to get eight hours of sleep at night, so I try to supplement that during the day by taking naps or just shutting down for a couple hours," says Dave Navarro, a guitarist who came of age with the rock band Jane's Addiction.

If imbibing at the bar or a holiday soiree, Francis suggests gluten-free alcohol like tequila, gin, sake or vodka. While wine is blessed with antioxidants, conventionally grown varieties can have a high pesticide content, Francis notes. "Order organic or biodynamic wine when possible, or else go with an Old World wine from France, Italy or Spain, which tend to have fewer pesticides."

Help offset overindulgence the day after by eating eggs or other protein to stabilize blood sugar levels, taking vitamins C and B complex supplements and drinking eight to 10 glasses of water, plus an electrolyte replacement like coconut water.

Anyone looking to make changes in the new year should strive for progress, rather than perfection, advises Francis. "Perfect health is an elusive idea that is impractical and unattainable for most of us, including celebrities. Instead, take the small, but life-changing shifts you can make in how you live in order to move toward greater vitality, happiness and longevity."

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



PSORIASIS IS REVERSIBLE

by Doug Pucci

Anyone with psoriasis knows the discomfort it can cause—itching, burning, stinging and soreness. It can limit participation in social activities and cause discomfort in public with telltale raised red patches, sometimes with silvery white scales on their skin.

Psoriasis and eczema are often confused. To differentiate the two, there are a couple of symptoms that help identify psoriasis—stiff, swollen joints and patches of inflamed redness. People can be genetically predisposed to contracting psoriasis if one or especially both parents suffer from it, meaning they probably share a similar gut microbiome and are exposed to similar environmental triggers.

At its core, psoriasis is an autoimmune disease. Flare-ups can last from weeks to months, and can be cyclical; outbreaks may range from mild to severe, showing up in small spots or spreading over large areas. Some of the most common triggers are chronic stress, obesity, food allergies or sensitivities, medications, drying environmental conditions, infections, overconsumption of alcohol and smoking.

The National Psoriasis Foundation (NPF) states that there are five different types of psoriasis, ranging from com-

mon to rare: plaque (most common type), guttate, inverse, pustular and erythrodermic (rare and most severe; can become life-threatening). Each type presents with a different appearance and usually shows up in specific areas of the head and body, but flare-ups can occur anywhere.

There are further risks to having psoriasis, and among them is the possibility of developing psoriatic arthritis, a debilitating condition marked by inflammation, pain and progressive joint damage. The NPF estimates that approximately 30 percent of people with psoriasis will be diagnosed with psoriatic arthritis. If left untreated, psoriatic arthritis can cause permanent joint damage; in addition, more than 30 percent of patients with psoriatic arthritis developed hearing loss, and more than 26 percent had inner ear damage.

Other possible serious health conditions that could arise from having psoriasis include cardiovascular disease, certain cancers, Crohn's disease, kidney disease, non-alcoholic fatty liver disease, osteoporosis, depression, diabetes and more. The NPF states that there is a "significant association between psoriatic disease and metabolic syndrome", which includes several health issues like heart disease, high blood pres-

sure and abdominal obesity; approximately 40 percent of psoriasis patients develop metabolic syndrome.

Dermatologists typically treat psoriasis superficially with topical creams and moisturizers to minimize discomfort and lessen the appearance of flare-ups; they may also use phototherapy or prescribe immune-suppressing medications. However, creams and medications don't treat the root causes, and many have dangerous side effects. Specialists like dermatologists, endocrinologists and others focus only on the affected organ system of their specialty, rather than the whole person. Therefore, if the root of the condition stems from a different part of the body or another undetected disorder, it could remain overlooked as the problem continues and usually worsens.

As with any autoimmune disease, there is an underlying cause that goes far deeper than the skin reactions seen on the surface. And the only way to truly manage any autoimmune disease, including psoriasis, is to find out why the immune system has become confused enough to attack healthy tissue. Standard blood, urine and other tests help, but a good functional medicine doctor will identify why.

Everyone's triggers are different, and there can be a combination of culprits, including food sensitivities or allergies, stress, environmental toxins, nutritional deficiencies, undiscovered infections, genetic factors, leaky gut and others. Through a correct diagnosis and game plan, proper lifestyle changes will help to heal the source—which in turn helps heal skin, and can also prevent other health issues from developing.

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inspiration



Holiday Happiness Helpers

Six Ways to Bring On Joy

by James Baraz

To truly enjoy the holidays, try these simple, research-based practices to maintain a healthy state of mind.

1 Set an intention to enjoy the holidays. By making the conscious decision to be open to true well-being and happiness, we'll be more likely to have our "antenna" up, so we're alert to uplifting moments.

2 Savor moments of well-being. Beyond being grateful for feeling good, savor how the experience registers in body, mind and spirit for a period of 15 or 30 seconds. The longer we hold an emotionally stimulating experience in our awareness, the more neural connections form in our brains to strengthen it in memory.

3 Take a break to regain focus. If we are feeling overwhelmed by everything on the to-do list, remember to take a few deep breaths. Then take a break and enjoy a cup of tea or a hot bath. Try some yoga or exercise. Leave the holiday activity mode for a bit and just relax.

4 Practice gratitude. Rather than take good fortune for granted, consciously reflect upon all the blessings apparent in each day. When we directly express appreciation to loved ones and friends

while we're with them, everyone feels the joy of the loving connection.

5 Practice generosity. Neuroscience research shows that performing an altruistic act lights up the same pleasure centers in the brain as food and sex. When an impulse to be generous arises, act on it and notice the expansive feeling that blesses us when we share.

6 Play and have fun. The holidays allow us to let ourselves feel like we did when we were kids. Be around children if possible. Tune into and take delight in their enthusiasm. Singing or dancing is an excellent way to move out of our head and open our heart to the joy within.

Remember that happiness is contagious: If we're happy, we increase the odds that close friends and family will be happy, too.

James Baraz is a co-founding teacher of the Spirit Rock Meditation Center, in Woodacre, CA, and co-author of Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness and Awakening Joy for Kids: A Hands-On Guide for Grown-Ups to Nourish Themselves and Raise Mindful, Happy Children. Connect at AwakeningJoy.info.

The Holiday Secret

Based on his study What Makes for a Merry Christmas?, psychologist Tim Kasser told the American Psychological Association: "[Our study] found that to the extent people focused their holiday season around materialistic aims like spending and receiving, the less they were focused on spiritual aims... We also found people reported 'merrier' Christmases when spirituality was a large part of their holiday, but reported lower Christmas well-being to the extent that the holiday was dominated by materialistic aspects."



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SIMPLE SHEET PAN SUPPERS

Family-Pleasing Holiday Meals

by Judith Fertig

The festive season might signal indulgence, but it also calls for simple, healthy recipes with easy cleanup. We might have friends that drop by, family staying for the weekend or last-minute guests. The simpler we can make meals, the better.

Many chefs and home cooks have found the ideal method: the sheet pan supper. Simply arrange the protein and vegetables on a baking sheet and place it in the oven, where the ingredients burnish to perfection as the flavors concentrate. Experts recommend a heavy duty, 13-by-18-inch sheet pan, also known as a half sheet or a rimmed baking pan. They're available at local cookware shops and box stores that carry kitchenware.

"Sheet pans combine easy prep, process and cleanup, and deliver interesting, sophisticated flavor," says Molly Gilbert, a Seattle chef and the author of *Sheet Pan Suppers: 120 Recipes for Simple, Surprising, Hands-Off Meals Straight from the Oven*.

Yet, even this streamlined cooking method has a few best practices. Carla Snyder, a cookbook author in Hudson, Ohio, lines her sheet pans with unbleached parchment paper for easy cleanup. The author of *One Pan: Whole Family - More than 70 Complete Weeknight Meals* also sprays the liner with olive oil, so food won't stick.

Naomi Pomeroy, a chef in Portland, Oregon, recommends preheating the pan in the oven, and then carefully adding the food. "If you put a room-temperature tray in the oven with, say, Brussels sprouts, it can get steamy, and then they can get soggy," she says.

Gilbert favors groupings of foods that will cook in about the same time, such as fish fillets and tender vegetables for a shorter time, or bone-in chicken and root vegetables that take longer.

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Dinner and Beyond

Sheet pan entrées can serve up meals beyond just dinner, making them a big help during the holidays. Sarah Britton, the Toronto author of *My New Roots: Inspired Plant-Based Recipes for Every Season*, arranges blocks of feta cheese on a sheet pan, surrounds them with fresh bell pepper slices, quartered cherry tomatoes, black olives and preferred herbs. She drizzles it all with olive oil and then bakes at 400 degrees for 20 minutes, just until the cheese is soft. It can be served as an appetizer with whole grain crackers or as an entrée with crusty bread and a salad. The rest can be used as a sandwich filling the next day.

Sheet pan meals can be a gift that keeps on giving.

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



In a very large bowl, combine the vinegar with 1 tablespoon lemon juice. Add 2 pinches of salt and the shallot and whisk until the salt dissolves. Whisk in the remaining ¼ cup olive oil and taste for seasoning, adding more vinegar, oil, salt and pepper if needed.

When ready to serve, add the lettuce to the bowl with the dressing and toss to mix.

Divide the dressed lettuce between plates and top with the still warm vegetables, feta cheese and fresh herbs. Grind a little freshly ground black pepper over the top and dig in.

Reprinted with permission from Carla Snyder's One Pan: Whole Family from Chronicle Books.

Surprising Sheet Pan Recipes

Roasted Vegetable, Feta and Smoked Almond Salad

This salad, packed with tasty browned vegetables, nuts and cheese, really satisfies.

Yields: 4 servings

1 medium red onion
2 carrots
2 zucchini
2 red peppers
2 cloves garlic
1 lemon
2 Tbsp plus ¼ cup extra-virgin olive oil
½ tsp sea salt plus more for sprinkling
Freshly ground black pepper
½ cup chopped smoked almonds
1 small shallot, peeled and minced
1 tsp minced fresh thyme or chives
2 Tbsp balsamic vinegar
½ cup crumbled feta cheese
6 large handfuls of a mix of bibb lettuce, radicchio, romaine or arugula

Preheat the oven to 425° F.

Line a sheet pan with unbleached parchment paper and preheat it in the oven.

On a large cutting board, cut the onion into ½-inch slices, the carrots into ½-inch pieces, the zucchini into 2-inch pieces, the pepper into 2-inch squares, chop the garlic, zest the lemon and transfer it all to a large bowl. Add the 2 tablespoons oil, ½ teaspoon salt and a few grinds of pepper and toss to coat. Arrange the vegetables on the heated sheet pan and spread them out so that they cook evenly. Roast for 20 to 25 minutes or until tender and lightly browned.

While the vegetables cook, chop the almonds, mince the shallot and thyme, and set aside into separate piles. Squeeze the lemon into a small bowl.

Sprinkle the almonds over the vegetables during the last 5 minutes of cooking to toast them lightly. Remove from the oven and let cool slightly.

Roasted Arctic Char and Asparagus with Pistachio Gremolata

Pink-fleshed Arctic char is closely related to both salmon and lake trout, with a flavor somewhere between the two. Feel free to substitute with either fish.

Yields: 4 servings

Olive oil cooking spray
1 bunch asparagus (about 1 lb total)
¼ cup extra-virgin olive oil
Kosher salt and freshly ground black pepper
4 boneless fillets Arctic char (5 to 6 oz each)
½ medium red onion, sliced into ¼-inch thick half-moons
½ lemon, sliced into ¼-inch-thick rounds
½ cup cherry or grape tomatoes
Grated zest of 1 lemon
1 clove garlic, minced
½ cup packed fresh, flat-leaf parsley leaves, roughly chopped
½ cup roasted, salted and shelled pistachios, roughly chopped

Preheat the oven to 350° F with a rack in the center position.

Mist a sheet pan with cooking spray or line it with parchment paper.

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

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Using both hands, gently bend one asparagus spear held between fingers and thumbs to snap off the bottom where it breaks easily. Line up the rest of the bunch and slice off the bottoms at the same distance from the tips.

Place the trimmed asparagus on the prepared pan, drizzled with the olive oil, and sprinkle with ½ teaspoon each of the salt and pepper. Toss to coat and spread the asparagus in an even layer.

Place the Arctic char fillets on top of the asparagus, evenly spaced apart and sprinkle with an extra pinch of salt and pepper. Scatter the onion, lemon slices and cherry tomatoes around and on top of the char.

Bake until the asparagus is crisp-tender and the char is almost opaque, 20 to 40 minutes.

While the fish cooks, mix together the lemon zest, garlic, parsley and pistachios in a small bowl; this is the gremolata. Sprinkle it over the char and asparagus before serving warm.

Recipe courtesy of Molly Gilbert, author of Sheet Pan Suppers.

Spaghetti Squash "Noodle" Bowls

Spaghetti squash are those yellow, football-shaped winter squashes. When cooked, the squash's flesh is easily raked with a fork into long, skinny, noodle-like strands. The squash noodles are faintly sweet and slightly crunchy, like pasta cooked al dente.

Yields: 4 servings

- 2 small spaghetti squash (2 to 3 lbs each)
- 4 Tbsp extra-virgin olive oil
- ¼ tsp kosher salt
- ¾ tsp freshly ground black pepper
- 1 cup chopped cremini or baby bella mushrooms (3 to 5 oz)
- 1 small shallot, diced
- 2 cups good quality marinara
- 15 to 20 small balls fresh mozzarella cheese (bocconcini, about 1¾ oz, sliced in half)
- 4 to 6 fresh basil leaves, roughly chopped, for garnish

Preheat the oven to 425° F, with racks in the upper and lower thirds.

Line a sheet pan with parchment paper.

Using a very sharp chef's knife, carefully cut the two spaghetti squash in half lengthwise. Use a spoon to scoop out and discard the seeds.

Place the squash halves, cut side up, on the prepared sheet and drizzle 2 tablespoons of the olive oil over them. Season with ½ teaspoon salt and ½ teaspoon pepper. Turn the squash over (skin side up) and bake on the lower rack until the squash has softened significantly and browned at the edges, about 35 to 40 minutes.

Remove from oven and let the squash cool to the touch on the sheet pan.

After putting the squash in to bake, toss together the mushrooms, shallots, remaining 2 tablespoons of olive oil, ¼ teaspoon salt and ¼ teaspoon pepper. Arrange the mixture on a separate sheet pan, spreading it out in an even layer.

Bake this second pan on the upper rack until ingredients are soft and start to brown, about 30 minutes.

Remove from the oven and let the mushrooms and shallots cool to the touch on the sheet pan.

Pour the marinara sauce into a large bowl.

When the squash are cool enough to handle, flip them over and use a fork to scrape the flesh from the shells, taking care to leave the shells intact. (These will become the “bowls”.) The result will be long strands of squash “noodles”.

Add the squash strands and the mushrooms to the sauce and stir together to thoroughly combine.

Divide the squash noodle mixture among the empty squash bowls. Place the mozzarella on top.

Bake the squash on the lower rack until the filling is hot and the mozzarella has melted and browned in spots, about 10 minutes.

Serve the squash pasta bowls hot, garnished with the fresh basil.

Recipe courtesy of Molly Gilbert, author of Sheet Pan Suppers.



photo by Stephen Blanceff

photo by Stephen Blanceff



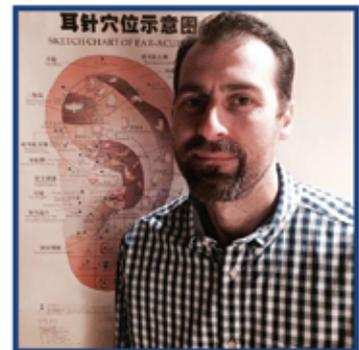
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A GLOBAL WAKE-UP CALL

Collective Consciousness Nears Spiritual Tipping Point

by Linda Sechrist

Call it enlightenment, awakening, transcendence, self-realization or any of the myriad terms used to describe the ultimate higher state of consciousness. People have been seeking it for millennia, but beyond peak experiences of heightened awareness, only a few spiritual figures, Jesus Christ and Gautama Buddha among them, are known to have lived in this exalted state. Yet, an unprecedented awakening has been underway since the 19th century.

Modern-Day Advances

Humanity's collective consciousness took an unexpected turn in 1968 after The Beatles captured the world stage. The iconic British group became agents of change in more ways than music when

their search for answers to life's big questions led them to Maharishi Mahesh Yogi's spiritual center in Rishikesh, India. Their interest in Transcendental Meditation (TM) sparked a surge of interest in enlightenment and meditation, providing the West with a popular means of cultivating higher states of awareness.

A movement to bring about global awakening has been growing ever since. Fresh impetus, in the form of quantum physics, the science of yoga and spiritual practices rooted in ancient cultures, disseminated by books, teachings by spiritual luminaries and websites such as *Conscious.TV*, has exposed millions to the concept of consciously participating in the evolution of humanity to bring about a world that works for all.

Attaining Critical Mass

In 2000, Malcolm Gladwell, author of *The Tipping Point: How Little Things Can Make a Big Difference*, provided a ray of hope for the estimated 50 million individuals involved in the world enlightenment movement by introducing the concept of critical mass. This occurs when an unshakable belief is held by 10 percent of the population. Scientists that tested the phenomenon at the Rensselaer Polytechnic Institute, in upstate New York, discovered, "Once that number grows above 10 percent, the idea spreads like flame."

Mahesh predicted that only 1 percent of humanity is needed to create enough good vibrations to usher in world peace. While the figures required to reach this critical mass can be debated, it's certain that the old ways no longer work, and we are quickly running out of time to adopt viable solutions to mounting global crises.

Despite this sense of urgency, we have no clear idea of where we are on the scale of transformation. Yet leading voices point to promising signs of progress in a developing collective awareness that acknowledges life's interconnectedness and embodies life-affirming beliefs and values.

Global Consciousness Accountants

Deepak Chopra, a physician, pioneering author and co-founder of *Jiyo.com* living in California and New York, believes that we may be in a phase of the necessary transformational shift, experiencing disruption along with the emergence of a new paradigm. "The ultimate goal with our *Jiyo.com* community, a collective well-being project, is to build a critical mass of people that will create a more peaceful, just and harmonious inner and outer world," says Chopra.

It begins with personal transformation through yoga, meditation, pranayama breathing exercises, nutrition, sleep, personal growth and relationships that enhance awareness. "Evolution should be gradual and comfortable," he says.

Rev. Michael Bernard Beckwith, founder of the Agape International Spiritual Center, in Beverly Hills, believes humanity is in the midst of an emerging renaissance of kindness, love and compassion, with

millions embracing the planet as a living being. “This isn’t making news because mainstream journalists are still reporting from an old worldview,” he says.

Beckwith, a renowned minister and teacher for 40 years, leads a 9,000-strong trans-denominational spiritual community. He remarks, “Those of us focused on adding our energy to the global enlightenment movement see aspects of it emerging in changes such as health care rather than sick care, businesses adopting multiple bottom lines of people, planet and purpose—rather than only profit—and the shift from a me to we consciousness.”

Dianne Collins, author of *Do You QuantumThink?: New Thinking that Will Rock Your World*, in Miami, suggests it’s time to wake up to the fact that we are living in a quantum age and still using thought and language shaped by the Industrial Age. She discovered a burgeoning underground culture that she calls the “consciousness crowd” while researching her book tour audience.

“These individuals are using new thinking and recognizing the worldview of interconnectedness based on modern science. The media doesn’t recognize that thinkers such as these represent the new mainstream, and no one realizes the tipping point is already here,” she says.

Cate Montana, author of *The E-Word: Ego, Enlightenment and Other Essentials*, in Hawaii, likewise is convinced the movement has reached critical mass and is hopeful the perceived tipping point is closer than we think. “Every moment we’re awake, we’re being conditioned to believe in our limited physical nature and separation from everyone and everything around us. This is why we must re-educate ourselves regarding our full nature,” she says.

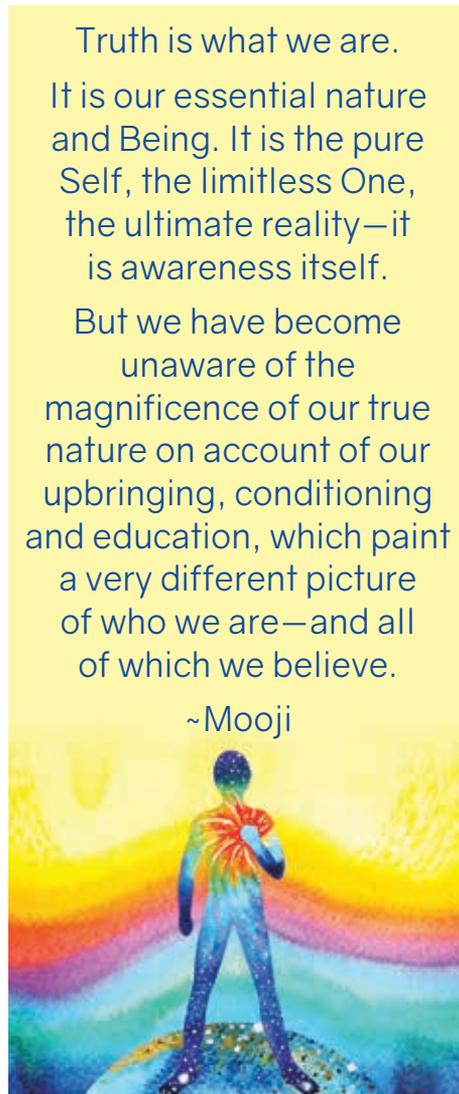
News headlines of global conflicts and ecological decimation make it appear that we are regressing, Montana says, but we are not going backwards. “The nature of life is growth, expansion and evolution. As one example, some among the medical community now accept the validity of energy practices such as acupuncture, tai chi, qigong and reiki. None of these words were even being bandied about in the U.S. 50 years ago.”

Coming Together

Today, an estimated 5 million people practice TM, which has been incorporated into some schools, universities, corporations and prison programs in the U.S., Latin America, Europe and India. “Those learning this meditation practice number as many as 30,000 to 40,000 a year, which significantly contributes a positive effect to the collective consciousness,” says John Hagelin, a leader of the TM movement in the U.S.

Hagelin, president and professor of physics at the Maharishi University of Management, in Fairfield, Iowa, has been leading a scientific investigation into the foundations of human consciousness for 25 years. He’s one of the world’s preeminent researchers on the effects of meditation on brain development. “I think that we are much closer to a global spiritual tipping point than ever before,” he says.

Ron Dalrymple, Ph.D., a quantum field



psychologist practicing in Fort Myers, Florida, believes the threshold is close and that his quantum unified field theory explained in his film, *The Endless Question*, can win over skeptics. “I use mathematics, science and storytellers that have studied consciousness to explain in lay language my theory, which proposes that the mind is an energy field that extends beyond the brain, and its nucleus is the superconscious. Viewers are led to the undeniable reality of what we all are and to the need for creating a culture of enlightenment where we encourage and inspire one another to greatness,” says Dalrymple, author of *Quantum Field Psychology: The Thoton Particle Theory*.

Zaya and Maurizio Benazzo, founders of the Science and Nonduality Conference (SAND), agree that individual awakening and the collective movement toward the understanding of our fundamental oneness is crucial to social transformation. Their nonprofit organization is designed to foster a new relationship with spirituality that is both based on timeless wisdom traditions and informed by cutting-edge science.

For 10 years, biannual SAND conferences have energized the global enlightenment movement (ScienceAndNonduality.com). Early audiences of 300 individuals now number from 800 to 1,000, and often include business people and trainers developing programs for workplaces.

“Understanding the new science that points to consciousness as all-pervasive and the fundamental building block of reality can change what it means to be human, as well as possibly make violence and economic, social and political crises things of the past,” says Zaya.

Thus, the spread of awareness and the harmonic convergence of science, psychology and spiritual thought seem to be bringing humanity closer to the enlightenment that has been elusive for millennia.

“Tremendous progress is being made, and I am confident that within a year or two, we’ll see a victory for the enlightened evolutionary forces already present on the planet,” says Hagelin.

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

Jacob Liberman on Light as Our Essential Nature

by Deborah Shouse



As a boy growing up in Havana, Cuba, Jacob Liberman struggled with reading—that’s one reason this Maui resident finds it miraculous that he was called to write books. An optometrist, Liberman initially specialized in helping children with vision-related difficulties find ways to better learn and pay attention. That evolved into working with professional athletes and eventually earning a Ph.D. in vision science.

Through a profound meditation experience, Liberman’s vision spontaneously “corrected”, catalyzing insights that fueled his first three books: *Light: Medicine of the Future*; *Take Off Your Glasses and See: A Mind/Body Approach to Expanding Your Eyesight and Insight*; and *Wisdom from an Empty Mind*. His new book, *Luminous Life: How the Science of Light Unlocks the Art of Living*, offers a fresh way of seeing and being (JacobLiberman.org).

Why is light so important to us all?

Light is the foundation of everything that exists. That’s why light marks the convergence of science, religion and spirituality. The Bible speaks of the source of all creation as light.

Throughout history, spiritual texts from various traditions speak about God, light and consciousness as if they are interchangeable. Physicists consider light to be the fundamental energy from which all life emerges.

Everything is made of solidified light. Our entire physiology is light-dependent. We are a living photocell, and light is an integral part of our guidance system. When we get an intuitive “hit” or spiritual insight, it’s the luminous intelligence of life effortlessly directing us toward the next step on our journey.

What can we do to more fully harness light as part of our guidance system?

Everyone asks: “What do I need to do?” It’s the idea of our doing something that puts a wrench in the works. The universe is an example of optimal efficiency, which means we invest nothing and get everything. The individual does no work, yet creation appears. The doing occurs by itself. This is not metaphorical; I am speaking about the law of the universe. This is fact.

What are some examples of such doing occurring by itself?

God’s wisdom—or light—funnels through all living things all the time; all beings have an inseparable connection. Everything in the body, everything in nature and in the universe is naturally self-activating and self-regulating.

Yet even though everything is taken care of, we still think we have to do something. We’ve been conditioned into this way of thinking. Until we uncover the truth, we continue to live our ordinary, hard-working life. But when we understand

We are a living photocell, and light is an integral part of our guidance system. When we get an intuitive “hit” or spiritual insight, it’s the luminous intelligence of life effortlessly directing us toward the next step on our journey.

that all of this is happening by itself, something inside us relaxes and breathes a sigh of relief.

What fuels our desire to act?

We think something is wrong with us or someone else, or that we’ve done something wrong in the past, and so try to fix it. Research shows that most of our responses to life are conditioned. I try to help people go beyond their hardwired reactions to explore the facts.

When someone tells me he’s made a regrettable mistake, I say, “Tell me one part of your body that you control.” He may answer, “I control my thoughts.” I reply, “Are you sure those are your thoughts? You are aware of them after they surface. But did you create them?”

As I keep asking such questions, it becomes obvious that the mistake has nothing to do with him. It’s an illusion that each of us is the god of our reality. The truth is that there is nothing to do because in the greater reality, nothing is wrong.

How has this exploration of light enriched and expanded your life?

It’s allowed me to live without a net. In the circus, tightrope walkers usually have a net in case they fall. We’ve been taught we must create safety, security and predictability. We work, save, plan and pray, trying to ensure our lives are filled with these three “fail safes”; qualities that have never existed on planet Earth. Most of our stress comes from trying to create something that doesn’t exist. It was liberating when I realized that the universe doesn’t work that way.

Deborah Shouse is the author of Connecting in the Land of Dementia. Learn more at DementiaJourney.org.

Copper device stops a cold naturally



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 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 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.

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.



Sinus trouble, stuffiness, cold sores.

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. 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 **NATA6**.

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fit body

Pound-Shedding WORKOUTS

Best Exercises from Yoga to Cardio

by Marlaina Donato



Exercise daily. Whether it's a light, moderate or heavy workout is not as important. Consistency is the key.

There's no one-size-fits-all approach to weight loss, but most trainers agree that consistent exercise is vital. According to studies by the National Weight Control Registry, 90 percent of individuals that are successful at shedding the pounds and keeping them off are active for at least an hour each day.

Consider the Cortisol Factor

A study at the University of California, San Francisco, revealed that individuals with high cortisol levels also have a higher body mass index (BMI) and more belly fat than people with lower levels of this stress hormone. Cortisol significantly affects the body's metabolism, and its release depends upon receptors in adipose tissue, especially around abdominal organs.

Aerobic exercise like running, walking or cycling helps to decrease excessive cortisol, which can promote weight loss. "Strength training and aerobic intervals

are the best exercises to not only initiate, but maintain weight loss," says Sue Markovitch, fitness trainer and owner of Clear Rock Fitness, in Westerville, Ohio. "This combination kicks the metabolism switch on, increasing the number of energy-producing mitochondria in our cells, and improves our ability to burn fuel. Intervals—where you push the energy expenditure high, recover and then repeat—catalyze the best results."

A recent study published in the *Journal of Nutrition* concluded that three hours of moderate walking per week catalyzed significant weight loss compared to those that didn't include walking in their exercise routines. Sessions on the yoga mat can also be a great cortisol-reducer through lowering stress levels and promoting equilibrium.

Hit Optimal Results

Working out in the gym for two hours a day isn't feasible for most people, but all-

Expert Advice on Weight Loss

Tinyurl.com/Yoga-Poses-4-Weight-Loss

Tinyurl.com/WeightLifting2ShedPounds

Tinyurl.com/Yoga4BellyFatLessStress

Tinyurl.com/Yoga40MinuteWeightLossWorkout

Tinyurl.com/FatBurningCardioHIIT

Tinyurl.com/HIITforBeginners

or-nothing workouts are not required to see results. Most trainers agree that high-density nutrition lays the groundwork. “Exercise works when your diet is on point,” says Gregory Boatwright, owner and trainer at Level Up Personal Training, in Washington, D.C. “Combined with good diet, I find jumping exercises, high-intensity interval training [HIIT] and cardio best for weight loss.”

Stephany Acosta, founder and trainer of Elevate Fitness, in Dallas, concurs. “Eating well accounts for 70 percent of weight-loss results. In addition to a good diet, I recommend a combination of weight training and cardio in the form of circuit training or HIIT training, because both maximize your time by working out all your body parts simultaneously while keeping your heart rate going with a little rest time in-between. This approach guarantees to help build muscle and burn fat at the same time.”

Embed Self-Care

A challenging workout is best, but excessive exercise can easily

backfire and kick off a stress response in the body, which means higher cortisol levels and increased risk of packing on the pounds. A gentler approach is also safer, especially for beginners.

“Step in gradually. You want the program to be challenging, but doable,” counsels Markovitch. “If you work with a trainer, tell them if something hurts or feels too challenging. If they don’t listen, you need to find another trainer.”

Employ common sense with any kind of workout. “Going from no to much activity can be a complete shock to the body. You will see more success in creating realistic goals and working your way up to liking the benefits that come from exercise if you start out small,” says Acosta. “Consistency is key. Even if you don’t have 30 minutes to go to the gym, work out for 20 minutes—or even 10.”

Elements of Success

Boatwright underscores the importance of setting short-term goals and having patience. “Gaining weight doesn’t happen in one day, so don’t expect it to come off in one day. It’s a journey, a lifestyle, and not an overnight fix.”

While losing weight can be challenging, especially those last 10 stubborn pounds, Markovitch drives home a valuable reminder: “Sometimes we need to change something about our lifestyle, not just add an exercise. First, we need to love ourselves where we are.”

Marlaina Donato is the author of several books on spirituality and alternative health. She is also an artist and composer. Connect at MarlainaDonato.com.

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How Aging Effects Our Hormones and Sex Life

by Wayne Cloke

Hormone loss due to aging is an harsh reality that everyone must face at some point. For most men and women, hormone production begins to slow in their 40s and continues to diminish until menopause or andropause. That's when blood levels of estradiol (in women) and testosterone (in both sexes) drop dramatically. The physical, emotional and mental consequences that accompany this hormone deficiency can sometimes be life-altering and even devastating.

One of the most frequent complaints

doctors hear from middle-aged or older patients is the loss of sex drive. Other related symptoms often coincide. These can include erectile dysfunction, difficulty getting aroused, decreased pleasure, problems achieving orgasm, pain during sex and others. Consequently, many marriages and relationships suffer in the absence of sexual intimacy.

Symptom relief isn't enough. Although there's a big market for erectile dysfunction pills, testosterone gels, vaginal creams and other products, these remedies are not meant to restore the body to bal-

ance. They primarily offer relief from a few symptoms. These medications may help you regain the ability to achieve intimacy, but most of the treatments are limited, imperfect and not sustainable for the long run. Some even cause dangerous side effects.

Every hormone has important tasks to perform. For most of our life, hormones have operated synergistically as a team to provide us with health and well-being. When one or more are missing, the body's systems, organs, glands and cells are thrown off kilter.

But no one has to live like this. Rather than putting a Band-Aid on it, properly administered bioidentical hormone pellet therapy, well-used and documented, and also researched for more than 75 years, can help restore hormonal balance and have us all feeling alive again. When properly administered, pellet implants have proven to be the most effective and safest method of hormone replacement available. It is the only hormone replacement method that works with the body around the clock for months at a time to help achieve the hormonal balance that relieves symptoms and restores well-being.

According to thousands of pages of patient data compiled from men and women already using this treatment, many have reported that it has helped them to basically regain their lives, recapture sexual intimacy and in some cases, even save their marriages and relationships. That's a strong testament as to why hormonal balance, and not just symptom relief, should be the priority for every hormone replacement therapy.

Dr. Susan Matos-Cloke owns and operates Advanced Hormone Solutions, located at 122 E. Ridgewood Ave., in Paramus. She is a certified Sotopelle-

trained natural hormone specialist and a 30-year board-certified internist. To make an appointment, call 201-225-2525, email Appointments@ahsclinics.com or visit AdvancedHormoneSolutions.com. See ad, page 8.



Wayne J. Cloke is the practice manager at Advanced Hormone Solutions.

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Green Cars Update Plug Into the Latest Trends

by Jim Motavalli

Through August in the U.S., automakers sold 36,380 battery electric and plug-in hybrid cars (PHEV), compared to 16,514 by the same time last year. Sales are booming, although it's not reflected in fairly flat sales of green cars overall. The reason is that hybrid sales are being lost as consumers go fully electric.

Americans are moving up from fuel-efficient gas/electric hybrids as their confidence grows in what batteries can do on their own, but they're not yet making the vital eco-switch of giving up their gas-guzzling SUVs in favor of full electrics. Rather, gas-burning SUV sales keep growing to the point where they dominate the overall auto market.

To get up to speed on the terminology, a hybrid (think Toyota Prius) is powered by a small gas engine and uses an electric motor as a supplement; a PHEV (like the Chevrolet Volt) has an all-electric range of 15 to 50 miles, and then activates its gas engine for an additional 300 miles or more; a battery electric relies exclusively on electric power and runs out of "gas" when the battery power is depleted, but it also recaptures energy during braking to extend its range.

Sam Abuelsamid, a senior analyst at Navigant Research, says, "There is absolutely a shift happening from hybrids to battery electrics and plug-in hybrids. Our forecast is for [sales of] hybrids to be relatively flat over the next decade, with electric growth mainly coming from plug-in hybrids."

With more consumers looking to buy a car with a plug, there are a number of options now available in an increasingly crowded field. Currently, there are 20 PHEV on the market, as well as 17 battery electrics—though not all of the latter models are available in all states.

Meantime, the SUV itself is plugging in. Eric Everts, editor of *GreenCarReports.com*, says, "Electric cars' market share may look small now, but no fewer than 15 automakers are planning to introduce electric SUVs for 2019. SUVs are really what American car buyers want."

At the same time, regulatory changes mean electric cars will be available in more states, says Everts. Projections call for rapid expansion of fast-charging networks like Tesla's Superchargers to become more widespread for all kinds of electric cars in the next three to five years.

Battery cars are best suited for people that drive locally and have a place to put a 240-volt charger. For those that make the occasional long trip, a plug-in hybrid is the better choice.

Here are some models worth considering. All of them are eligible for federal tax credits, as well as some state incentives, though they're lower for plug-in hybrids. All prices are 2018 manufacturer's list, before rebates.

Plug-In Hybrids: Batteries Plus a Backup

Toyota Prius Prime (\$27,300). This updated version of the popular Prius offers 25 miles of electric-only range, an Environmental Protection Agency (EPA) combined energy/fuel efficiency rating of 133 miles per gallon equivalent (MPGe), 54 mpg on gas only and 640 miles between either fill-ups or charges.

Chrysler Pacifica Hybrid (\$39,995). The only available hybrid minivan, the Pacifica's all-electric range is 33 miles, and the gas-only rating is 32 mpg, an MPGe rating of 84, with a combined range of 570 miles.

Hyundai Ioniq Plug-In Hybrid (\$24,950). It offers a battery-power range of 29 miles. On gas only, it delivers 52 mpg, with 119 MPGe.

Volvo XC90 T8 Plug-In Hybrid (\$64,950). This luxury model offers an electric range of 18 miles, with a 62 MPGe and 27 mpg on gasoline.

Other models to consider: Honda Clarity, Chevrolet Volt, Cadillac CT6, BMW X5 xDrive40e and Kia Niro.

Zero-Emission EV Contenders Available in 50 States

Brad Berman, owner of *PlugInCars.com*, says he doesn't even notice that his car is electric anymore. "It really moves and I drive it just like any car, except that I never have to go to the gas station. When I pull into my driveway, it takes about five seconds to plug it in."

Chevrolet Bolt (\$37,495). The Bolt beat Tesla to market with an electric car that offered more than 200 miles of range at a price below \$40,000.

Tesla Model 3 (\$49,000). The Model 3 is fast, stylish and ultra-modern—with most controls located on the central screen. It delivers a range of 220 miles.

Jaguar I-Pace (\$69,500). At a recent media launch event, the I-Pace electric crossover proved highly capable both on and off the road. Its range is 240 miles.

Others to consider include the Hyundai Kona EV, VW e-Golf, Kia Soul EV, Nissan Leaf (especially the Leaf e-Plus) and Tesla Model S.

Jim Motavalli, of Fairfield, CT, is an author, freelance journalist and speaker specializing in clean automotive and other environmental topics. Connect at JimMotavalli.com.

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healthy kids

Beyond TOYS

Gifts that Evoke Kids' Creativity

by Sandra Murphy



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Choosing thoughtful gifts for kids can be a challenge, especially when opting for creativity over this year's hot toy. It's possible to find gifts that appeal to both parent and child, involving the whole family or working as solo projects. Some expand beyond the boundaries of home.

Go Robo

The Tinkering Kit will have boys and girls, moms and dads all clamoring for their turn to build a robot that does more than merely walk. Challenge cards urge kids to make a machine to scramble an egg or build a robot that moves without wheels. Robotics teaches science, technology, engineering, art and mathematics, also known as STEAM learning. Computer programming is the last step (TinkeringLabs.com/catalyst).

Language for a Lifetime

Benedict Beckeld, Ph.D., of New York City, speaks 11 languages and teaches students via online video chats (Skype) (BenedictBeckeld.com/contact). Locally, find teachers or grad students to tutor a second or third language at home for the whole family. Search online for interactive, game-like classes that maintain a child's interest. American Sign Language, the fourth-most-used language in the U.S., is fun to learn and helpful to know.

Budding Foodies

Take a quiz, experiment, learn more and find kid-approved recipes at AmericasTestKitchen.com/kids/home.

Kids learn to make sriracha-lime popcorn, hummus, and chicken and broccoli stir fry. Use organic and non-GMO (not genetically modified) ingredients. Sign up to receive recipes and tips for hands-on activities via email to keep good meals coming. The onsite equipment reviews help with selection of affordable and safe kitchen tools.

Emerging Artistry

Carolyn Dube, a mixed-media art adventurer in Batesville, Indiana, gives her followers at AColorfulJourney.com permission to play and even make mistakes. "My free online workshop shows ways to use found items like recycled cardboard to make art," she says. For kid-safe paints, look for the Art and Creative Materials Institute, Inc. (ACMI) seal that certifies products are non-toxic and properly labeled. Certified Arteza-brand acrylic premium paints are packaged in less-waste pouches to use as-is or to refill original containers.

The Danish company Sprout Pencils, operating from Boston, engraves quotes on biodegradable Love Pencils, which contain flower or vegetable seeds. When it's too short to write or color with, plant it. In Cleveland, Faber-Castell USA makes their colored pencils from re-forested wood with an ergonomic, triangular shape, perfect for learning the proper grip. The Young Artist Essentials Gift Set contains eco-pencils, non-toxic crayons and oil-pastels.

DickBlick.com offers hundreds of free lesson plans for art lovers of all ages, skill levels and interests, all designed to meet the National Standards for Visual Art Education.

Memorable Experiences

Erica Hartwig, director of operations at Organic Moments Photography, in Boca Raton, Florida, has five children. "I want to give a memorable experience, rather than a toy that will sit in their rooms," she says. "Football season tickets, dance lessons, an art class or vacations supplement the packages under the tree."

Crystal Bowe, a mom and physician in Belmont, North Carolina, suggests gifting memberships to encourage new activities for kids. "The zoo is fun and allows parents to spend quality time with their children. Tickets to a movie or a play stimulate the imagination." Museums, science centers and area attractions are other inviting options.

More Ideas

Wonder Crate, in Chapel Hill, North Carolina, offers a monthly subscription service. "We inspire kids to think big and make a difference," says co-founder Corrie Wiedmann. "Each month brings a box that educates, entertains and empowers kids to contribute to the world. Our December crate highlights Leonardo da Vinci and focuses on ways kids can use innovation to help others, spotlighting a kid that created an app to help people with disabilities."

Maple Landmark, in Middlebury, Vermont, a wooden products company, makes puzzles that include an activity clock for toddlers and bookends featuring a fire truck, pirate ship, school bus or train tunnel. Owner Mike Rainville says, "We work hard to ensure that all of our wood is sustainably harvested and finishes are safe and non-toxic."

Gifts that engage the mind, spark imagination and deliver fun yield immediate and long-term benefits, including being fondly remembered.

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

BOOKS THAT HOOK YOUNG READERS

Books for kids can be the ultimate gift that keeps on giving. Here are some favorites.

The Nocturnals is a critically acclaimed, middle-grade series for readers that love animals, adventure and a hint of mystery. Written by film director and author Tracey Hecht, the books also relate to elementary school children, covering bullying, confidence, friendship and self-acceptance. The free reading kit via NocturnalsWorld.com includes activities.

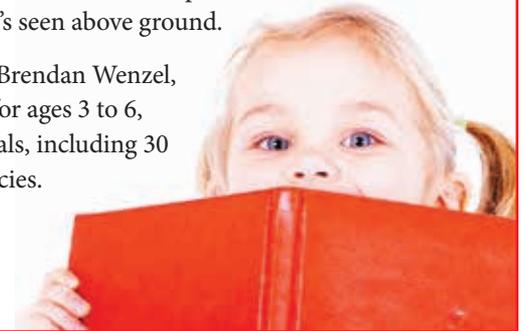
As a mom with a career, Crystal Bowe recommends *Goodnight Stories for Rebel Girls: 100 Tales of Extraordinary Women*. "My daughter loves it and has been introduced to amazing female role models."

Noah the Narwhal, A Tale of Downs and Ups, by Judith Klausner, is a brightly illustrated picture book about friendship and invisible disability.

What Do You See on Chanukah? is a board game book for toddlers by Bracha Goetz.

Up in the Garden and Down in the Dirt, by Kate Messner, shows kids that plants are more than what's seen above ground.

Hello, Hello, by Brendan Wenzel, a picture book for ages 3 to 6, celebrates animals, including 30 endangered species.



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PET-SAFE HOLIDAYS

Tips to Keep Them Merry and Safe

by Sandra Murphy

Holidays promise joy and celebration, but the festivities can also lead to stress and anxiety for people and pets. It is important to remember that visiting strangers, a tree, shiny ornaments, gifts to sniff and food to beg for can pose danger for pets.

Maintain Calm

Christina Chambreau, a homeopathic veterinarian, author and educator in Sparks, Maryland, suggests that petting a dog or cat several times a day can lower stress levels and instill a sense of normalcy. “Flower essences like Bach’s Rescue Remedy help attain calm,” she says. Add it to a pet’s water bowl in the days before a party or drop it directly onto the tongue if unexpected guests arrive. All-natural ingredients make daily use safe for pets and humans.

Avoid Bad Foods

“Fatty dishes are a problem, from oily potato pancakes to rich gravies for the turkey,” says Ann Hohenhaus, a veterinarian at the Animal Medical Center, in New York City. “Spilled food, unguarded pans and forgotten eggnog or liquor put animals at risk for severe gastrointestinal upset.”

Other common holiday fare can also pose a significant danger for pets:

- Chocolate—especially dark chocolate and dry cocoa powder—can cause seizures and heart arrhythmia.
- Onions, often used in dressing, can cause anemia in pets.
- Raw, yeasty bread dough expands when ingested, potentially causing bloat, a deadly twisting of the stomach.
- Raisins and grapes in desserts, cookies and fruitcakes can cause kidney failure in dogs.
- Nutmeg is toxic for pets.

The trash can itself contains numerous hazards for furry family members. The string that binds roasted meats is tempting and may require surgery to remove if ingested. Trimmed fat can mean pancreatitis. Swallowed bones pose a dire threat to the entire digestive tract.

Provide Good Foods

Naked foods are best. Pets don’t need brown sugar, marshmallows, butter, salt or gravy to appreciate a treat.

“Unless there’s a special diet, share skinless turkey breast, sweet potatoes and green beans,” says Dana Humphrey, aka The Pet Lady, in New York City. “There’s always a friend or relative who thinks one taste won’t hurt. Turkey or sweet potato jerky and homemade treats let guests dole out risk-free bites.”

Pet-Wise Tree and Candles

Preservatives that keep the evergreen tree fresh can turn tree water into a drinking hazard for pets. Mesh netting or screen wire allows the addition of fresh water, but prevents pets from quenching their thirst.

Tinsel, garland and ribbon bits are easy to swallow, glass ornaments can cut and tree needles aren’t digestible. Small dreidels become choking hazards, so play while the dog sleeps and put toys away when done.

For safety, add edibles to the stockings at the last minute. Keep light cords out of sight and unplug them when not in supervised use to preempt chewing. Carefully monitor lit candles: A wagging tail or leaping cat can knock them over and start a fire. Update holiday candles with rechargeable, battery-operated versions for a pet-safe holiday glow.

Pet parents everywhere employ creative strategies to ensure maximum mirth and safety during the holidays. Mystery writer Livia Washburn Reasoner opted for a tabletop tree in her Azle, Texas, home, “because our rescued Chihuahuas, Nora and Nicki, peed on the tree skirt.”

In Festus, Missouri, retired school bus driver Darlene Drury suggests that a baby’s recycled playpen or a dog’s exercise pen can separate pets from holiday trees.

Patricia Fry, author of the *Klepto Cat* mysteries, in Ojai, California, decorates the lower branches of her tree with unbreakable ornaments and puts more fragile ornaments out of her cats’ reach.

Other Options

If a large party is planned, a guest is allergic or many children will be present, consider boarding a pet. “Slipping out the door as guests arrive is a hazard,” says Veterinarian Carol Osborne, owner of the Chagrin Falls Pet Clinic, in Ohio. “If your pet is very young, very old, pregnant, aggressive and/or suffers with a chronic disease, consider personal pet sitters, kennels, pet hotels and doggie spas to ensure a joyous holiday.”

Pet-proof the house by getting down to the pet’s level and make a family schedule to take turns keeping track of four-footed friends. Then the whole family, pets included, can enjoy the season worry-free.

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

Holiday Pet Treats Recipes

The number of servings will vary depending on the choice of treat shapes. Keep in mind—never allow nutmeg or sugar-free products with Xylitol in dog treats.

Gingerbread Cookies

Even though this recipe is similar to a gingerbread recipe for us, it's important to never use nutmeg with canine recipes. Nutmeg is toxic to dogs.

1½ cups flour
1 Tbsp ground ginger
½ tsp ground cinnamon
½ cup molasses
¼ cup filtered water
2 Tbsp vegetable oil

Preheat oven to 325° F.

Combine dry ingredients and mix together.

In a separate bowl, combine the molasses, water and vegetable oil and mix together.

Using a wooden spoon, slowly mix the liquid into the flour mixture. Stir well until dough has a uniform color.

Roll dough ¼-inch thick on floured surface. Use cookie cutters to cut into desired shapes and place on a parchment-lined cookie sheet.

Bake for 20 minutes. Allow cookies to cool completely before feeding. They can be stored in an airtight container in the refrigerator for up to two weeks.

Blue Oatmeal Cookies

1 cup oats
1 cup flaxseed

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



1 cup blueberries
2 cups whole wheat flour
½ cup plain yogurt
Filtered water as needed

Preheat oven to 350° F.

In a food processor or coffee grinder, turn oats into oatmeal powder and grind flaxseed if necessary.

Purée the blueberries.

Combine dry ingredients. Fold in the yogurt and blueberry purée. Add a little water to create smooth dough.

Spoon dough into hands and form small dough balls. Shape into cookies and arrange them on a greased cookie sheet.

Bake for 20 minutes, then flip and bake an additional 10 minutes. Cool completely before feeding.

Pumpkin Cookies

1½ cups oat flour
1½ cups brown rice flour
½ canned pumpkin, look for BPA-free cans
(use plain pumpkin, not pumpkin pie filling)
1 egg
2 Tbsp molasses
1 Tbsp honey
Filtered water as needed

Preheat oven to 350° F.

Combine all ingredients in a large bowl. Add water slowly until dough forms a ball.

Roll dough ¼-inch thick on floured surface. Use cookie cutters to cut into desired shapes. Arrange on a greased cookie sheet.

Let treats cool completely before allowing dogs a taste test. Store in an airtight container for up to two weeks in the refrigerator or freeze for later use.

Recipes courtesy of Birgit Walker, author of Chew on This: Homemade Dog Treat Recipes, in Phoenix.

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Proper Oral Care for Pets is Essential

by Mia Frezzo

We have all heard the expression, “Ignore your teeth, and they will go away.” This statement is true for pets, as well as humans. By keeping our pet’s teeth clean and healthy, we directly extend their life.

Oral bacteria leads to gingival inflammation, tartar accumulation, periodontal disease and tooth loss. Early stages of gingivitis and dental disease are reversible in pets with routine dental cleanings, very much like our own. But as dental disease progresses beyond gingivitis, it is no longer reversible. Oral bacteria enter the bloodstream, eventually leading to whole-body infection and inflammation. As a result, the overall weakened immune system typically results in a higher infection rate throughout the pet’s lifetime.

Circulating bacteria may lead to increased risk of cardiovascular disease, respiratory illness, eye and facial infections, poor control of diabetes, hypertension and more. Additionally, dental disease is painful for the pet and sometime even debilitating if left unchecked. Advanced dental disease may interfere with a

pet’s ability to eat comfortably, carry toys or play as they normally do. Many veterinarians and owners alike have witnessed myriad geriatric dogs and cats rejuvenated and enlivened following a thorough dental cleaning.

Brushing our pets’ teeth daily is an ideal way to reduce tartar accumulation. For many pets, this practice is most effective following a dental cleaning. For those pets that may not accept tooth brushing, or for those that find it difficult to make such a commitment, there are alternative means to care for our pet’s teeth such as feeding them a high-quality, dry diet. Proper nutrition is especially important for dogs.

Incorporating a veterinary water additive to pets’ drinking water, such as an enzymatic oral solution for dogs, will freshen breath as it reduces plaque build-up. Weekly use of anti-tartar gels is also becoming more common. Most pet owners find that once they start a routine, they can manage and continue a weekly oral care regimen more easily.

It is also essential to support our pet’s immune system and organ function with medical-grade essential oils, because they may provide even greater health benefits to our furry friends than the owners. It is also essential to have our pets’ teeth examined twice yearly as part of their routine physical exam. With good oral care, a pet will naturally live a longer, happier and healthier life.

Remember, our pets cannot communicate that they have a toothache, but a seasoned veterinarian can detect the problem early enough to save the animal from much pain and suffering. Regular oral checkups can also prevent greater medical expense associated with long-term, undiagnosed dental problems.

Dr. Mia Frezzo is an integrative veterinarian and owner of the Animal Hospital of Hasbrouck Heights, located at 180 Boulevard, in Hasbrouck Heights. For more information or to schedule an appointment, call 201-288-7800 or visit VetInHeights.com. See ad, page 9.



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calendar of events

SATURDAY, DECEMBER 1

Sled with Reindeer: DIY for Kids – 9am-12pm. Dash through the snow in a hands-on workshop where you and your child can build a model sleigh pulled by a reindeer. Once your sleigh is complete, your musher can decorate it with paint and stickers and put imagination to work towing gifts around town. 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 Bergen County Home Depots: Paramus, Hackensack, Mahwah, Lodi, etc. 800-466-3337. HomeDepot.com.

A Dutch Christmas – 10am-4pm. Celebrate at the stone house museum with tours and activities and bring the children to see Sinterklaas. Shop homemade items, specialties from the heirloom garden and homemade baked goods are for sale. One of the oldest sites in Bergen County, this pre-revolutionary site is a living Dutch farm. Garretson Farm Museum, 4-02 River Rd, Fair Lawn. 201-797-1775 and 551-206-4380. GarretsonFarm.org.

Signs and Symptoms of Nutritional Deficiencies, Part One – 11am-1:30pm. Topic: Face and tone reading. The daily changes in our face tell a lot about the status of our emotional and physical health. Bring hand mirror and small flashlight. \$50, \$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.

Holiday Model Train Exhibit – Dec 1, 2, 8, 9, 29, 30. 1-5pm. The New York Society of Model Engineers is opening its doors to visitors for the holiday season. Both layouts, and the Thomas exhibit, will be operating. The show will also feature a candy train and an ice cream train. The souvenir shop will be open for purchase of videos, books, trains and railroad related items. \$7, \$1/children, free/under 5. The New York Society of Model Engineers, 341 Hoboken Rd, Carlstadt.

Introducing Essential Oils – 2-4:30pm. Overview of historical, cultural and biblical usages of essential oils and aromatherapy. The most popular and effective single oils and blends are compared and available for personal testing. Booklets and therapeutic oils available for sale. \$50, \$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, DECEMBER 2

pHun Factor: BASF Kids' Lab – 12:15-1pm & 2:15-3pm. Lemons and vinegar... bananas and baking soda... what do these seemingly weird pairings have in common? Your child will explore the pH scale using two very different methods. Do they have a nose for chemistry? Designed to interest and challenge 8- to 12-year-olds accompanied by at least one adult chaperone per 4 children. Free with paid admission or membership. Reservations recommended. Jennifer A Chalsty Center for Science Learning and Teaching, Liberty State Park, 222 Jersey City Blvd, Jersey City. RSVP: 201-253-1310.

Gallery Talk: Vintage and Rare Guitars at Mahwah Museum – 1:15pm. Rik Mercaldi,



guitarist and vintage guitar expert will talk about the guitars on exhibit in the Les Paul in Mahwah exhibit, and discuss how each is unique and special. Gallery talks take place in the upstairs gallery and provide an in-depth look at various subjects and allow participants to ask questions and add to the discussion. Refreshments will be served afterwards. \$5, free/museum members. Mahwah Museum, 201 Franklin Turnpike, Mahwah. RSVP: 201-512-0099. MahwahMuseum.org.

Sinter Klaas Day – 1-4pm. Enjoy Jersey Dutch holiday treats, refreshments and a visit with Sinter Klaas in the restored tavern in Campbell-Christie House. See open-hearth cooking in authentic Jersey Dutch Out Kitchen. All three Jersey-Dutch sandstone houses are open for tours. For that special holiday gift, browse unique historical gift shop. A children's pine cone bird feeder and ornament workshop throughout the afternoon. Free, donations welcome. Campbell-Christie House at Historic New Bridge Landing, 1201 Main St, River Edge. 201-343-9492. BergenCountyHistory.org.

MONDAY, DECEMBER 3

Tai Chi at the Englewood Library – Dec 3, 10, 17. 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.

TUESDAY, DECEMBER 4

Hands-On Alpine Ski and Snowboard Waxing Class – 7-9pm. This hands-on maintenance class focuses on how to wax your skis and boards to prepare for the winter season. Use REI waxing benches, irons, wax and brushes as their shop technicians walk you through the best practices in waxing your alpine skis and snowboards. Leave this class ready to hit the slopes. \$55, \$35/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

WEDNESDAY, DECEMBER 5

Cross-Country Skiing Basics Class – 7-8:30pm. Free your heel and your mind will follow. Class offers information and tips for getting into cross-country skiing and the fundamental differences between backcountry, telemarking, and touring ski styles. In addition, it will cover proper clothing and information on where and how to get started in this fun winter activity. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

THURSDAY, DECEMBER 6

Angel Card Readings – 3-6pm. Tool for those seeking guidance can give insight into relation-

ships, 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.

Group Past Life Regression – 7:30-9pm. An experiential journey to your past. Understanding the past opens our ability to embrace our present. There is nothing to prepare or to know, just relax and enjoy your journey; as Lois Kramer-Perez CHt guides you through imagery, the information will arise in your awareness. \$35; registration required. Body Positive Works, 96 E Allendale Ave, Saddle River. RSVP: 201-708-8848.

SATURDAY, DECEMBER 8

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.

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.

Eileen Ivers in Concert – 4-6pm and 8-10pm. Eileen Ivers has established herself as the pre-eminent exponent of the Irish fiddle in the world today. Nine time All-Ireland Fiddle Champion, Ivers and Immigrant Soul capture the spirit and magic of the season. Tickets from \$25. Sharp Theater, 505 Ramapo Valley Rd, Mahwah. 201-684-7365. Ramapo.edu/BerrieCenter/.

Crafting and Campfire – 4:30-6:30pm. Adults and families with children 5 and up will join an environmental educator to design winter decorations and seasonal ornaments using natural materials. Afterwards the group will adjourn to the pavilion for s'mores and hot cocoa in front of the fire. Children must be accompanied by an adult. In case of inclement weather, the program will be held under cover. \$12, \$8/members; space limited, preregistration required. Tenafly Nature Center, TNC Pavilion, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

SUNDAY, DECEMBER 9

The Gabrieli Brass Quintet Holiday Concert – 2-3pm. The Quintet, formed to spread the brilliance of brass music to those who may not be familiar with its unique and specialized repertoire, came together because of their common love for brass quintet music. Come for an afternoon performance featuring holiday classics. Free. Wyckoff Shotmeyer Room, Wyckoff Public Library, 200 Woodland Ave, Wyckoff. RSVP: 201-891-4866. WyckoffLibrary.org.

WEDNESDAY, DECEMBER 12

Ski/Snowboard Waxing Basics – 7-8:30pm. Taking care of your skis/board will help you have a great time on the slopes. An expert technician will go into an in-depth examination of how and why



waxes work. This class will focus on a wide variety of subjects including base preparation, structure, and minor repair. You do not need to bring your personal skis or snowboard to this class. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

THURSDAY, DECEMBER 13

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. WellnessSimplified.com.

Mala Making Workshop – 6:30-8:30pm. A mala is a strand of beads used for meditation. Using a combination of rudraksha and gemstone beads, you will design and create your mala, an empowering tool for you to manifest the life you envision. \$40/advanced registration, \$50/at door; all materials included. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

FRIDAY, DECEMBER 14

Gingerbread House Decorating – 4-5pm. Decorate your very own gingerbread house; using candy, icing and fondant you can create a delicious masterpiece. \$25. Ridgewood Culinary Studio, 223 Chestnut St, Ridgewood. 201-447-2665. RidgewoodCulinaryStudio.com.

SATURDAY, DECEMBER 15

Signs and Symptoms of Nutritional Deficiencies, Part Two – 11am-1:30pm. Topic: Your body is talking. Annoying and nagging symptoms may indicate a body depleted of necessary nutrients. This is your body warning that if deficiencies aren't addressed worse symptoms may develop. \$50, \$35/students of Dian's Six-Month Nutritional Certification Pro-

gram. Dian's Wellness Simplified, 1500 Mt Kemble Ave, Ste 202, Morristown. RSVP: 973 267-4816. WellnessSimplified.com.

Intro to Crystals – 2-3pm. Learn how crystals come to emit energy, and how to choose, set intentions and care for your crystals. \$20. Earth's Healings, 792 Kinderkamack Rd, River Edge. Register: EarthsHealings@gmail.com. EarthsHealings.com.

Dowsing Beyond Duality – 2-4:30pm. In this hands-on class, learn how to access inner wisdom, go beyond yes or no answers, and how pendulums can be used for divination, healing and manifestation. Bring your own pendulum or borrow/purchase one at class. \$50, \$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.

Create with Me: Holiday Ornament – 4:15-5:30pm. Creative and artsy class for an adult and child who want to spend time together. You and your child will each make stamped ornaments to celebrate the season. Learn texturing, drilling, letter stamping and much more. Children must be at least 7 years old to attend art jewelry classes. \$60 per pair/all tools and materials are included in the cost. Eat Metal, Monroe Arts Center, 720 Monroe St, Ste E511, Hoboken. 201-926-9620. EatMetal.org.

Colonial Christmas Concert – Dec 15, 16. 6pm & 7:45pm both days. A Colonial Christmas Concert, featuring Linda Russell & Companie, in the Steuben House. The musical group makes merry with song and stories from years past. Come before or stay after for light tavern fare or a traditional menu. The Gift Shop and Demarest House will be open. \$34, \$27/members; reservations required. Historic New Bridge Landing, 1201-1209 Main St, River Edge. RSVP: 201-343-9492. BergenCountyHistory.org.

Tavern Fare – Dec 15, 16. 5-9:30pm. Come before the historical society's holiday concert for

light tavern fare, or after for traditional desserts. Choose from a traditional menu, including soup & herb biscuit, ploughman plate, fruit pie, hot mulled cider and more. Enjoy the holidays with friends and family in the setting of an authentic 18th-century Jersey Dutch tavern. See open-hearth cooking in the Dutch Out Kitchen, browse the Museum Gift Shop and tour the Demarest House. Historic New Bridge Landing, 1201-1209 Main St, River Edge. RSVP: 201-343-9492. BergenCountyHistory.org.

TUESDAY, DECEMBER 18

The Magic of the Holidays – 7-8pm. Remember the feeling of anticipation and excitement around the holidays? This workshop will invoke child-like nostalgia through readings from master healers such as Buddha, Krishna, and Kwan Yin. Leave with a restored sense of enchantment and a burst of energy to last through the holiday season. \$40; preregister (required). Healing4thesoul Wellness Center, 199-B Boulevard, Hasbrouck Heights. 201-288-0011. Healing4thesoul.com.

FRIDAY DECEMBER 21

Winter Solstice Celebration – 6-7:30pm. Without darkness there would be no light! Celebrate the darkest night of the year and the (slow) return of the sun at the Tenafly Nature Center. Learn about different solstice celebrations from around the world, burn a yule log and finish with an evening hike to Pfister's Pond. Program is intended for families; inclement weather cancels the program. \$10, \$5/members. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

Santa Claus Is Coming to the Museum – 7pm. Santa Claus will make a special appearance at the Donald Cooper Model Railroad Holiday Train display. The holiday train display will also be open Fridays in December from 6-8pm. \$5, free/members and children. Mahwah Museum, 201 Franklin Turnpike, Mahwah. RSVP: 201-512-0099. MahwahMuseum.org.

Dreamtime: Winter Solstice Guided Meditation and Sound Vibrations – 7-9pm. Welcome the winter energy of dreamtime. Wear your favorite PJ's, slippers provided. Lois guides with exercises aligning with dreamtime through self-reflection. Vibrations of voice and sound heal and bring peace. Bring objects, photos to be energized and cleared. Each participant receives a blue Kyanite crystal. Water, tea, fruit, cookies and nuts provided. \$47 before Dec 17. Paramus near intersection of Routes 4 and 17. Register: LoisKramerPerez.com/My_Events. 201-906-5767.

SATURDAY, DECEMBER 22

Knit One, Drop In – 3pm. 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.

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 flash-

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light. Inclement weather postpones the program. Adults only. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

WEDNESDAY, DECEMBER 26

Rainbow Connection: BASF Kids' Lab – 12:15-1pm & 2:15-3pm. Is black ink really just made of black dye? Can you create a rainbow just by adding water? Visitors will grab some markers and filter paper and explore the magic behind a colorful chemical process. Also see Dec 2 listing. Jennifer A Chalsty Center for Science Learning and Teaching, Liberty State Park, 222 Jersey City Blvd, Jersey City. RSVP: 201-253-1310.

THURSDAY, DECEMBER 27

Candy Loves Chemistry: BASF Kids' Lab – 12:15-1pm & 2:15-3pm. Just add water and watch the sweet surprises unfold. From a new spin of chromatography to levitating letters, these experiments are guaranteed to unwrap the secrets of some of our favorite colorful candy. Also see Dec 2 listing. Jennifer A Chalsty Center for Science Learning and Teaching, Liberty State Park, 222 Jersey City Blvd, Jersey City. RSVP: 201-253-1310.

FRIDAY, DECEMBER 28

Playful Polymers: BASF Kids' Lab – 12:15-1pm & 2:15-3pm. Slippery, ooey and gooey... oh my! Explore how polymers behave using some common household ingredients. Your slimy creation is yours to keep. Also see Dec 2 listing. Jennifer A Chalsty Center for Science Learning and Teaching, Liberty State Park, 222 Jersey City Blvd, Jersey City. RSVP: 201-253-1310.

SATURDAY, DECEMBER 29

REI Paramus Garage Sale – 9am-4pm. You'll find slightly used or returned gear and clothing for less than what you'd pay for it new. Quantities are limited, items are sold as is, and all sales are final. This is a members-only event, but you can join at the sale. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

plan ahead

SATURDAY, MARCH 9, 2019

markyourcalendar

SATURDAY, MARCH 9, 2019

200-Hour Yoga Teacher Training – Mar 9 through Sept 22, 2019. The in-depth course, provided over nine weekends, will enrich participants' yoga journey and deepen their practice as they expand their knowledge through classical hatha and vinyasa-style yoga instruction. Yoga Alliance registered. Soul Practice Yoga, River Edge. 201-618-5779. SoulPracticeYoga.com.

JANUARY

Strengthen Organ Vitality

plus: Healthy Homes

Our Readers are Seeking Providers & Services for:

Natural Health Practitioners
Functional Medicine • CBD
Eco-Furnishings • Solar Energy
... and this is just a partial list!



HEALTH & WELLNESS ISSUE



FEBRUARY

Heart Health

plus: Socially Conscious Investing

Our Readers are Seeking Providers & Services for:

Health Practitioners
Natural Food Stores • Meditation
Nutritionists • Fitness Centers
Financial Advisors • Green Banks
... and this is just a partial list!



MARCH

Nutrition Upgrades

plus: Managing Allergies



NATURAL FOOD ISSUE

Our Readers are Seeking Providers & Services for:

Healthy Cooking Classes
Dietitians/Nutritionists
Natural Food Stores
Herbs & Supplements
... and this is just a partial list!



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.

Drop-in Studio – 1-4pm. Explore a range of art materials and processes based on artwork on view in the galleries. Open-ended activities designed to spark creativity in all ages and abilities; hands-on assistance and technical advice. Come in for 20 minutes or an hour and leave with your very own masterpiece. Included in Museum admission. Montclair Art Museum, 3 S Mountain Ave, Montclair. 973-259-5139. MontclairArtMuseum.org.

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. Experience the benefits of meditation and practice in community. Beginners welcome, 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/KrameMeditation.

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.

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. Learning to live with less. 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. Englewood Library, 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. Begin-

ners 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. Poitin Still, 774 Main St, Hackensack. Genesis Jais: 201-343-4169 x 35.

Tarot Study Group – 7-9pm. 4th Tue. For tarot card readers looking to meet other readers to share, learn and practice. All levels of readers are welcome. Also guest readers demonstrate their style of reading. \$20. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999.

Ridgewood Toastmasters – 7:30pm. 2nd and 4th Tue. Toastmasters International encourages the art of public speaking and develops leadership skills. Unitarian Society of Ridgewood, Fellowship Room, 113 Cottage Place, Ridgewood.

Drop-In Meditation – 7:30-8:30pm. Meditation has been known to reduce stress, relieve pain, and recharge mind and body. Come in comfortable clothes. Drop in on as many sessions as you like. With Leena and Nirmal Mukhi, who have 12 years of experience practicing Sahaja meditation. Free. Seats are available on a first come basis. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323. Mahwah.BCCLS.org.

Holistic Yoga – 7:30-8:45pm. Holistic yoga classes emphasizing gentle flow and coordinated breath with movements. All levels are welcome. \$10. Advance Medical Care Center, lower level, 22 Madison Ave, Paramus. Info: 201-741-1198. Tatyana: YogaSteps@yahoo.com.

wednesday

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

Holy Cross Cemetery Mass of Remembrance

– 9:30am. 1st Wed. The ministry of Catholic Cemeteries provides for the spiritual needs of families through such activities as Masses celebrated in memory of deceased loved ones. Chapel Mausoleum, 340 Ridge Rd, North Arlington. 888-467-8903.

Maryrest Cemetery Mass of Remembrance – 9:30am. 1st Wed. The ministry of Catholic Cemeteries provides for the spiritual needs of families through such activities as Masses celebrated in memory of deceased loved ones. Chapel Mausoleum, 770 Darlington Ave, Mahwah. 888-489-9095.

Talmud Study – 9:30am. *Keys to Joy and Wisdom* with Rabbi Herschel Grossman. Free. Kaplan JCC, 411 E Clinton Ave, Tenafly. 201-569-7900. JCCOTP.org.

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

Coloring for Relaxation – 1:30-3:20pm. Hands on coloring. Color yourself calm. Light refreshments. Free drop in. Dixon Homestead Library North, 180 Washington Ave, Dumont. 201-384-2030. Dumont.BCCLS.org.

Adult Book Club – 4pm. 3rd Wed. Led by club member Sylva Crump. Check website for date changes and book for the month. Free. Closter Public Library Central Library, 280 High St, Closter. 201-768-4197. Closter.BCCLS.org.

Early Literacy: 3 & 4 Year Olds – 4:30-5:30pm. A great way to instill a love of reading and learning in a young child. A certified teacher teaches important sight words to begin the journey in discovering books. Free. Story Tower, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323 x 230. Mahwah.BCCLS.org.

Evening Meditation – 5:30-6:30pm. Partially guided meditation. Learn to meditate or expand your current practice. No experience necessary. Free. Krame Center, Ansfield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For information or to register: TinyURL.com/KrameMeditation.

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.

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.

Beginners Yoga – 6:30pm. Designed as an introduction to the practice of yoga that focuses on developing

proper and safe alignment for foundational poses at a beginners pace. Space limited. Walk-ins welcome. \$12. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

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 known to reduce stress, relieve pain and recharge mind and body. 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.

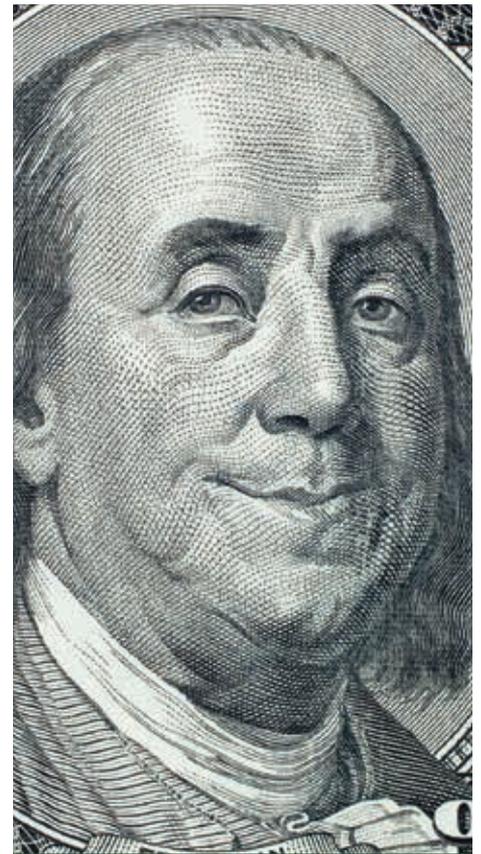
Meditation Group – 8pm. 2nd Wed. This is true group work. No experience is necessary. Contact the host to say you are coming. Host: Sharon Sillen. Sponsored by Metaphysical Center of NJ. Donations accepted. Yogacentric, 238 Colfax Ave, Clifton. 973-865-1976.

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. NYNJSangha.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



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natural awakenings

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. Experience the benefits of meditation and practice in community. Beginners welcome, 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/KrameMeditation.

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

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

ASTROLOGY

WHITE WIZARD ASTROLOGY

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



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

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

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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 9.*

ENERGY HEALING

ACCESS CONSCIOUSNESS

Terry Obssuth
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 authentically 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 18.*

HEALING CENTERS

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



A comprehensive method designed to cleanse and renew the energy system which permeates the physical body, accelerating the rate at which the body heals the physical as well as the psyche. Training, certification and classes as well as healing services with the prime objective of promoting physical, emotional, mental and spiritual well-being. Healing and meditation every Wednesday night open to those looking to relieve their stress from home or at work. *See ad, page 14.*

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

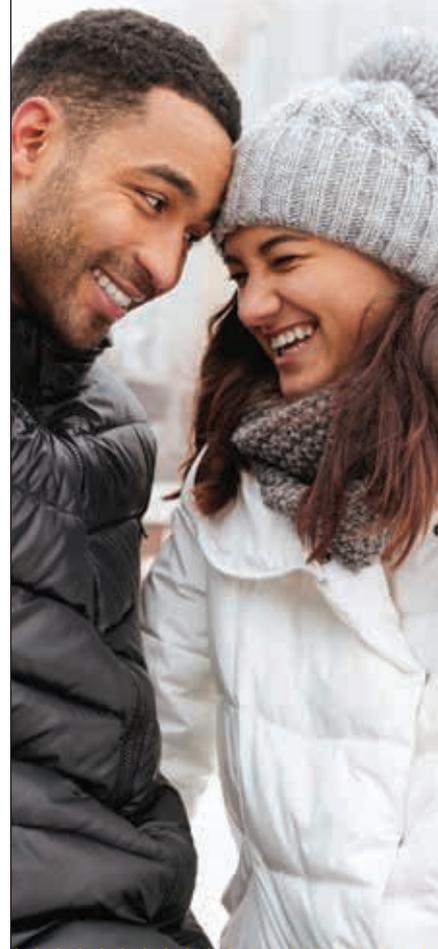
problem and not just the symptoms. He seeks to improve his patients' quality of life through holistic dental care that respects and honors the body. *See ad, page 4.*



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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 21.*

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.

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Certified Law Of Attraction Life Coach, Certified Consulting Hypnotist
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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.

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

DANA FERWERDA

Zen Theory Nutrition
201-515-5125 • Dana@ZenTheoryNutrition.com
ZenTheoryNutrition.com



Dana Ferwerda is an Integrative Health Coach. She started Zen Theory Nutrition to assist clients in finding their personal path to health. Dana has 23 years in the health and fitness field, various dietary theories, more than 10 years working with autoimmune disorders, and incorporates the emotional aspect of health and wellness with her clients. *See ad, page 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 26.*

YOGA TEACHER TRAINING

SOUL PRACTICE YOGA

Sally Rodriguez-Hamm, E-RYT 200, RYT 500, YACEP
River Edge • 201-618-5779
SoulPracticeYoga.com



Soul Practice Yoga, in River Edge, offers a Yoga Alliance-registered yoga 200-hour small group teacher training program. The in-depth course will be provided over nine weekends, starting March 9, through September 22, 2019.

Participants will enrich their yoga journey and deepen their practice as they expand their knowledge through classical hatha and vinyasa-style yoga instruction. Sally Rodriguez-Hamm, E-RYT-200, RYT-500, YACEP, is the leading instructor of the yoga teacher training program. Hamm, who embarked on her yoga journey in 1987, has an intimate teaching format that translates into a methodically paced program offered in small group training courses, as well as private, one-on-one training sessions. Private, Spanish-language teacher training is also available. *Se habla Español. See ad, page 11.*

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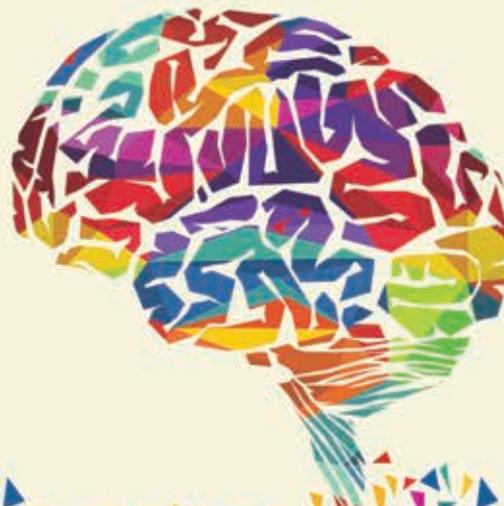
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