

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

NUTRITION UPGRADES

5 Strategies for
Better Eating

Exercise vs. Allergies

All the Right Moves

Itching Pets

Natural Remedies
for Pet Allergies



Copper in new device prevents cold and flu



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 feel a cold about to start.

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 as a gift 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



Sinus trouble, stuffiness, cold sores.

It kills germs picked up on fingers and hands to protect you and your family.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. 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 **NATA9**.

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

Buy once, use forever.

SOME OF THE IMPORTANT AREAS OF FOCUS INCLUDE

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

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

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

Hormonal Balance and Thyroid -----

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

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

The Body -----

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

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

Contact information

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

Functional Medicine NEUROLOGY AND NUTRITION

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

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

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

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

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

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

HERE'S WHAT OUR PATIENTS ARE SAYING

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

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

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

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

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

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

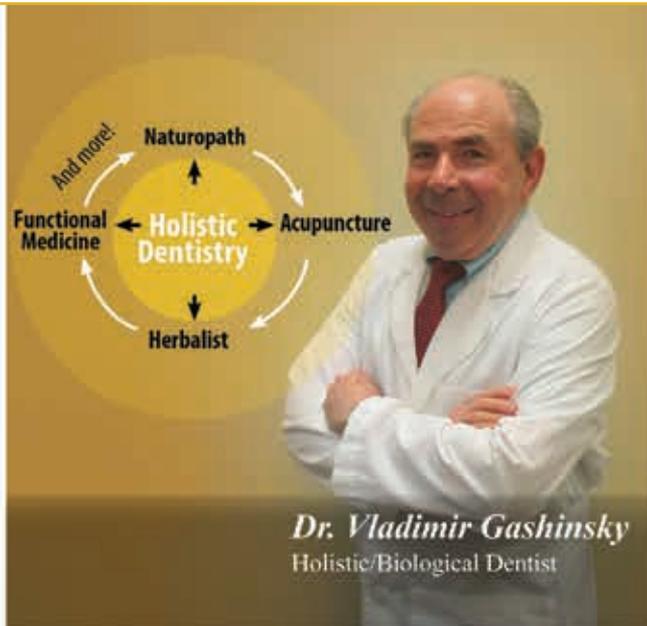
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- Functional analysis of existing labs and health records
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The Holistic Dental Center

Working Together with Other Holistic Practitioners to Create a True Holistic Approach to Your Health



Dr. Vladimir Gashinsky
Holistic/Biological Dentist

A team approach to your overall health and it starts at the Holistic Dental Center in Millburn, New Jersey, with their highly skilled team of trained professionals in holistic and biological dentistry. From their award winning doctors and their state of the art technology to their use of ozone and self-healing therapies, they are committed to not only treating your dental related symptoms, but also, the root cause thereby eliminating disease and promoting optimal health.

Little did conventional practitioners know so many years ago that it took more than just looking at the mouth. A generation ago there was a disconnect, a thought that our mouth and teeth had no bearing on the health of the rest of our body. Now more and more research has been showing that there is a strong connection between dental disease and systemic health. Dr. Gashinsky, Holistic Dentist, has always known that. A holistic approach to health is multifaceted, so he has built a network of healthcare practitioners to assist his patients in obtaining their desired level of optimal wellness.

Working hand in hand with Naturopaths, Functional Medicine practitioners and many others in the field of holistic medicine has expanded Dr. Gashinsky's ability to help more people. "I find it to be incredibly fulfilling to work synergistically with these practitioners to be able to improve patients' health so dramatically. Some are coming to me so very sick and by working together we're seeing drastic improvements in their quality of life," says Dr. Gashinsky.

Dr. Gashinsky feels strongly in the need to practice in such a manner as to take patients whole health into consideration. So much so, that he traveled to Switzerland this past spring to visit the Paracelsus Clinic and Swiss BioHealth Clinic; two healthcare models that promote the oral-body connection, to study their holistic approach to patient care. Dr. Gashinsky says, "To truly practice holism; the thought that everything is understood in relation to the whole and not just its parts, it's important to remember that when treating a person it's not just what one practitioner does, but how they can work together to improve the final outcome."

"Finding and working with like minded practitioners to help my patients has not only been professionally satisfying, but also on a personal level knowing that my patients are being well taken care of," say Dr. Gashinsky. "Finding and addressing the root cause of disease in all our disciplines is the key to success in our patients' health. What

they don't see, I do, and vice versa, seeing dental infections and how they can affect organ systems through meridians or directly and utilizing the benefits of networking with a holistic practitioner can and does make all the difference in patient care...I wouldn't have it any other way," Dr. Gashinsky says about working with other practitioners.

So if you're looking for an approach that is inclusive of all aspects of holistic care, visit Dr. Gashinsky and his team at The Holistic Dental Center in Millburn, New Jersey. It's their priority to ensure complete holistic care by promoting the benefits of holism. "It's not just your teeth anymore," as he says, "It never was," but now they have the ability to not just treat overall disease but truly prevent and promote whole body wellness.

Other than being a dentist for 40 years, Dr. Vladimir Gashinsky, is a certified nutritional consultant, Accredited by the International Academy of Oral Medicine and Toxicology, SMART certified and a Naturopathic doctor "My passion for learning is never complete, I will continue to research and learn the latest in alternative treatments and team up with the best in the fields of holistic and alternative medicine to bring my patients the best treatments available, this I can assure you."

Holistic Dental Center is located at 91 Millburn Avenue, Millburn, New Jersey. For more information, call (973) 457-4688 or visit HolisticDentalCenterNJ.com.

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NEW JERSEY NORTH EDITION

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

letter from publisher



I took several days off last month for some rest and relaxation, and stayed at my friend's mountain retreat, located 20 minutes from Woodstock, New York, in the heart of The Catskill Mountains. Onteora Mountain House was originally a hunting retreat built by the mayonnaise mogul, Richard Hellman, on the advice of his doctor. At the time, Hellman's mayonnaise empire was expanding exponentially, and he was typically

over-worked and stressed keeping up with his brand's rapid growth. Hellman did live to a ripe, old age of 78.

My friend and his partner later purchased the property with the intent of re-purposing the old retreat into a bed and breakfast. Due to the majestic mountain views and the naturally serene and secluded nature of the property, they were later approached by guests to host weddings. They soon obliged, and it wasn't long before Onteora grew into the premier wedding destination site of the Hudson Valley.

I arrived there around dinner time, after a long drive from New Jersey in the cold, dark night, and couldn't wait to settle into some cocktails, conversation and a hot meal. No other guests were present during my stay, so we had carte blanche to party without restraint.

I had the pleasure of first visiting Onteora in 1992. On this particular visit, I was blown away by some of the realizations and epiphanies I received. The area definitely possesses strong medicine, as the natives say. One of the more profound messages stated, "Suffering is self-chosen. People tend to give away their power to circumstances, no matter if they are real or perceived." Remaining in undesirable situations, such as an unfulfilling career path or unhealthy marriage is self-imposed. It's typically the fear of change that keeps most of us stuck and suffering to some extent.

Prior to my visit, I was also feeling a bit stuck due to a project or two that was still slow to ramp up. My real takeaway from this trip occurred when I was in my guest room on the final morning. After admiring the mountains from the window view of my room, I turned away and caught the sight of the large, iron clock resting on the opposite wall above the bed. The clock was fashioned with an inner and outer circle, held together by the Roman numerals welded onto the circular frames to create the actual clock. The clock was strange—it possessed no hands.

I said to myself, "No time... there's no time... like... the present." I didn't waste another second, and finished collecting the rest of my belongings. I was soon on my way back to Jersey, knowing full well that there was no legitimate reason for me to keep stalling certain dreams that I have wanted to make reality for some time. There's never the "perfect time" to begin, change or end something; just go and do it. You'll be surprised at how those little baby steps eventually add up to big accomplishments and an even bigger sense of fulfillment and gratitude.

Jerry Hocek and Angelica Pat Sanshompoo, Publishers

Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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CALENDAR SUBMISSIONS

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

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news briefs

Open House at OnPoint Fitness Studio in Teaneck



George Miranda and Mercedes Molina

OnPoint Fitness Studio will hold an open house for prospective clients from 1 p.m. to 6 p.m., March 17, in Teaneck. George Miranda, partner and trainer, will host a presentation on what clients can expect to gain from choosing to workout at OnPoint Fitness Studio.

Dr. Steven Lavitan, a fitness enthusiast, will provide additional information. Attendees will learn about one-on-one exercise regimens such as the Slow Burn workout, as

well as the reasons why having a personal trainer is important.

Lavitan says, "Fitness trainers allow for the maximum benefit from the time and effort spent working out. Most people have no idea what they're doing when they purchase a typical gym membership, and this unfortunately influences a person's confidence and morale in the gym. Empowering clients by enabling them to achieve noticeable results quickly is perhaps the key motivating factor that gets them to stick to a workout regimen."

Location: 409 Cedar Lane, Teaneck. For more information call 201-357-5935 or visit OnPointStudio.net.



Karen Drucker

Karen Drucker Live at the United Palace

Singer-songwriter and New Thought Powerhouse Karen Drucker will perform a concert of original music at 7 p.m., April 8, at the United Palace uptown. Drucker, who has recorded 15 CDs of inspirational music, is renowned for her music and messages that heal, inspire and empower.

"Karen's music lifts people. She moves people into a deep connection with their own hearts, as well as with the hearts of everyone around them. Her music is inspirational and she is inspirational as a spiritual artist," says Rev. Heather Shea, CEO and spiritual director of the United Palace of Spiritual Arts (UPSA). "I believe that spiritual artistry—what we call the realization of the limitless bounds of human consciousness through the creative interplay of artistic expression and spirituality—is the essence of Karen's impressive body of work. That's the reason we're bringing her to UPSA. Our audience will be delighted."

Location: 4140 Broadway at 175 St., NYC. For tickets and performance details, visit UPSpiritualArts.org. For more information, visit KarenDrucker.com. See ad, page 11.

NewLife Expo in New York City

The NewLife Expo, the nation's long-running event focused on conscious living, will be held at the Hotel New Yorker March 16 through 18. The weekend event will showcase 100 innovative, cutting-edge exhibitors and speakers, including Mas Sajady, Kimberly Meredith, Brenda Cobb, Gail Thackray, Thomas John, Jill Dahne, Dr. Joel Wallach, Robert Young, Dr. Hal Blatman and Hanson Tse.

Organizer Mark Becker says he's grateful for the continued success and growth of what he started 28 years ago.

"There's an old saying that we are what we eat," notes Becker. "Between GMOs infiltrating our fruits, vegetables and grains, and pesticides and chemicals feeding them, we have to be more careful about when and where we shop. We also need to learn how to grow as much as we can at home—sprouts are the easiest to start with. Self-sustainability is the new norm."

Cost: \$15 and up. Location: 481 8th Ave. at W. 34th St., across from Penn Station. To preregister for discounts, visit NewLifeExpo.com/ny-expo/ticket-pre-registration. For more information, visit NewLifeExpo.com.



Mark Becker

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News to share?

Email submission to:

Publisher@NaturalAwakeningsNNJ.com

Deadline: the 10th of the month

Deepak Chopra to Appear in Asbury Park

World-renowned mind-body healing pioneer Deepak Chopra will present a lecture at 7:30 p.m., May 4, at the Paramount Theatre, in Asbury Park. Participants will be able to explore the nature of real-



Deepak Chopra

ity through the power of intention and manifesting their dreams while learning how Chopra's work is changing the way the world views physical, mental, emotional, spiritual and social wellness. A special VIP ticket pass includes a great seat, a copy of Chopra's latest book, a pre-lecture book signing and a photo opportunity.

Time magazine heralds Chopra as one of the top 100 heroes and icons of the century, and credits him as "the poet-prophet of alternative medicine." Chopra is also a best-selling *New York Times* author whose words have inspired millions.

Cost: \$30 to \$80. Event location: 1200 Ocean Ave., Asbury Park. For more information, or to purchase tickets, visit Tinyurl.com/natreal.

Mindfulness Meditation in Teaneck

The Teaneck Creek Conservancy will present a mindfulness meditation session from 7 to 8 p.m., March 27, in Teaneck. The speaker for the evening will be Jeri Kadison, MA CCP-SLP.



As we move closer to spring, we can feel brighter and lighter when we learn the simple technique of mindfulness meditation. Kadison will guide the audience into the techniques that can do a complete spring cleansing of mind, body and soul.

Some of the benefits received through mindfulness meditation are looking younger, reduced pain, boosted immunity and increased vitality and well-being. Kadison is also an instructor of naam yoga.

Admission is free. Location: 20 Puffin Way. For more information or to register, call 201-836-2403 or visit TeaneckCreek.org.



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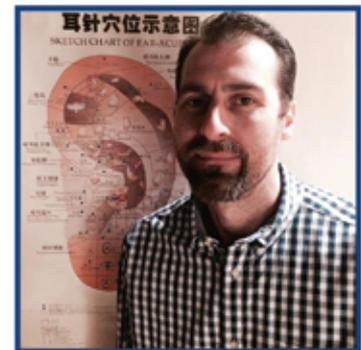
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Get Rid of Unwanted Stress



Lois Kramer-Perez

Lois Kramer-Perez, CHt, will present Release Your Stress: Introduction to Personal Clearing Techniques, from 7 to 8:30 p.m., March 14, at Body Positive Works. She states, “Are you ready to finally learn how to release your stress? Are you tired of feeling anxious and worried about things that are out of your control? Are you ready to stop allowing situations over which you have no control to be controlling you?”

Kramer-Perez will show participants how to change their relationship with the world; including food, emotions and situations. She advises, “Learn the simple personal clearing techniques to find you are now moving to a more peaceful and calm state. Through breathing, visualization, anchoring and guidance. Even the most active minds are surprised to find ease by clearing the self, using these simple personal clearing techniques.” Each participant receives a recording of the meditation portion, and no meditation experience is required.

Cost is \$35. Location: 96 E. Allendale Ave., Saddle River, NJ. Registration required at 201-708-8448. See ad, page 24.

Integrative Wellness Center in Saddle River Hosts Open House

Body Positive Works is holding an open house from noon to 5 p.m., March 31, in Saddle River. At this family-friendly event, attendees will learn what sets Body Positive Works apart from other wellness centers. Light refreshments will be served.



They will learn how to destress, detoxify and heal using Body Positive Works’ unique combination of offerings including traditional psychotherapy, Pilates and nutritional counseling as well as holistic offerings such as yin and other types of yoga, ayurveda, chiropractic, meditation and reiki. Light refreshments will be served.

Body Positive Works is an integrative health haven offering health and wellness programs and services that help women, men and children connect with and celebrate their true selves in an accepting and supportive environment.

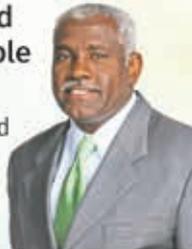
Body Positive Works is located at 96 E. Allendale Rd., Saddle River (white house across from the school), parking in front and rear. To book appointments or for more information, call 201-708-8448 or visit BodyPositiveWorks.com. See ad, page 8.

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Find Happiness in Paramus



Sponsored by SfxMedCenters, Specialized Therapy Associates and Xceptional You, a coalition of local life coach and wellness experts will present a free workshop on How to Be Happier, from 10 a.m.

to 1 p.m., March 30, at The Hampton Inn in Paramus.

Happiness expert Dr. Cindy Orosy Ph.D., and stress management and lifestyle expert Anna Sandbank, LCSW, will tell participants what factors make people truly satisfied in their lives. The audience will also learn how to apply research-proven strategies to live a happier and more desirable life. They will be able to see how much of their happiness is under their control, how much money we need to be happy and what techniques we need to help them retain a euphoric feeling.

Admission is free. Location: 625 From Rd. For more information or to register (required), call 201-488-6678. See ad, page 21.

Learn Access Bars in Paramus

The Access Bars class from 9 a.m. to 5 p.m., March 23, 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.



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health briefs

Meditation and Music Slow Cellular Aging



Meditating or listening to classical music altered biomarkers associated with cellular aging and Alzheimer's disease in adults experiencing memory loss, according to a recent West Virginia University study. The 60 participants had subjective cognitive decline, including forgetting familiar names and losing objects, a condition that may be a preclinical stage of

Alzheimer's. For 12 minutes a day, they either listened to instrumental classical music or did a kirtan kriya meditation involving chanting, visualization and finger poses. After three months, all subjects had increases in a key beta amyloid peptide protective from Alzheimer's, as well as better memory, mood, sleep and quality of life, while the meditation group experienced significantly better improvements. Activity in two chromosomal markers of cellular aging—telomere length and telomerase activity—increased for both groups, especially among those that practiced more frequently or started with lower cognitive scores. The improved biomarkers were maintained or even strengthened three months after the study ended.

Light Pollution Disturbs Sleep



Being exposed to high levels of artificial outdoor light at night contributes to insomnia and greater use of sleeping pills, reports a new study from South Korea's Seoul National University College of Medicine. The researchers studied the records of 52,027 people without diagnosed sleep disorders—60 percent of

them women—and correlated their sleeping pill use with their residential location relative to artificial outdoor light intensity. The brighter the outdoor lighting, the more likely were sleep issues and the greater and more frequent use of sleeping pills. The study joins other research that has shown that artificial nighttime lighting—outdoors and indoors—disrupts circadian rhythms, potentially leading to such metabolic and chronic diseases and conditions as cancer, diabetes, obesity and depression.

global briefs

Poles Apart

Earth's Extremities on the Edge

The North Pole and South Pole each have unique, pristine environments, virtually untouched by civilization, but a pair of federal studies cast doubt upon their future status. The National Oceanic and Atmospheric Administration (NOAA), in a study based on satellite data, warned that ancient glaciers in West Antarctica, thought to be more stable than those to the east, are “waking up” and beginning to dump ice into the sea, which could further contribute to rising sea levels.



A second NOAA study reported that glaciers at the top of the world are also thawing, melting and breaking down.

According to that document, the Arctic is undergoing a period of “record and near-record warmth, unlike any period on record.” Lead Arctic NOAA researcher Emily Osborne announced at a major geoscience conference, “The Arctic is experiencing the most unprecedented transition in human history.”



Wave This Planet Earth Has a Flag

A new project by Oskar Pernefeldt, a graduate student at Beckmans College of Design, in Stockholm, Sweden, has designed a new flag for the entire planet to be used worldwide in a move toward unity. Its minimalist design shows seven rings intertwined on a deep, sea-blue background, forming a flower in the middle. Simple and contemporary, the flag evokes the Earth's natural beauty.

“The blue field represents water, which is essential for life,” writes Pernefeldt. “The flower's outer rings form a circle which could be seen as a symbol of Earth as a planet, and the blue surface could represent the universe.” The flag has yet to be adopted by any official government agencies.

Taking a Healthy Bite of the Oral Healthcare Market

by Nayda Rondon

Dr. Sayed Ibrahim, founder and CEO of SprinJene and developer of the SprinJene lines of toothpastes, is giving consumers searching for a safer, gentler, yet effective toothpaste something to smile about. He has combined science and nature to create oral healthcare products that meet the needs and wants of a variety of lifestyles that include vegan, gluten-free, kosher, halal and cruelty-free.

Ibrahim earned a Ph.D. in organic chemistry from Howard University and went on to enjoy a career in award-winning toothpaste development at a Fortune 500 company and had a goal of starting an oral care company that would allow him to create a premium, handcrafted toothpaste from scratch. So he left the security of his senior corporate position to pursue his passion.

Ibrahim, a longtime New Jersey resident, spent years developing, testing and optimizing the SprinJene original toothpaste line, which features a patented formula of black seed oil and zinc. In 2015, he launched the original SprinJene line of handcrafted toothpaste; this was followed in 2017 with the launch of SprinJene Natural, SprinJene Natural Sensitive and SprinJene Natural Children's lines.

After much extensive scientific testing, stringent quality control, building a dedicated work team and acquiring certifications, the company was off and running. Soon, SprinJene was selling in venues like Sprouts, HEB, Hannaford, Costco, Bed, Bath & Beyond, Natural Supermarkets, Kimberton Whole Foods and Amazon, as well as in Europe and Asia. Despite little to no advertising, news of the toothpaste's effectiveness quickly spread by word of mouth.

"The fact that without any solicitation from us, we have so many real users writing and posting positive reviews about how much they love the product and how well it works, is really gratifying and validating to



Dr. Sayed Ibrahim

me," says Ibrahim, who emphasizes that his formulation doesn't use chemicals or abrasives; every ingredient is selected for purity and quality to achieve dazzling results—a safe product that cleans and whitens as it protects teeth's enamel. It is free from animal byproducts, artificial dyes, preservatives and saccharine. Its effectiveness comes from natural ingredients such as coconut oil, Nigella Sativa oil (black seed), acacia gum and birch tree xylitol. These ingredients lubricate the tissues and can help prevent bacteria from adhering to teeth.

Unlike most mainstream toothpastes, which are made from coarse, sharp-edged silica, SprinJene is made with rounded, fine, silica, which is safer on enamel and gums to gently clean and whiten teeth. At the heart of the formula is a patented blend of black seed oil and zinc, a natural antibacterial agent that inhibits the growth of bacteria that cause gum disease (gingivitis). In addition to its antibacterial and anti-inflammatory properties, black seed oil causes the zinc to adhere to teeth and gums to keep working long after brushing.

The inspiration for this innovative formulation came from Ibrahim's early days. As a child growing up in Sudan, he saw how his mother would rely on natural home remedies to cure common ailments. For instance, natural black seed, used by Egyptian, Asian and Indian cultures for more than 3,000 years to treat myriad ills, was a favorite remedy when she suffered from gum inflammation. So when as an adult scientist in the U.S., Ibrahim searched for an effective solution to his formulation dilemma, he recalled those early childhood experiences. Tapping into those "mother knows best" ways and the ancient wisdom behind them, he had an "Aha!" moment to try black seed oil.

The out-of-the-box idea seemed improbable at first. "Most people's reaction was, 'You're going to put oil in toothpaste? How's that going to work? Won't it sepa-

rate?'" Ibrahim notes. "My reaction was, 'Yes, we are!'" So Ibrahim experimented until he came up with the perfect balance of ingredients, one so innovative and unique that it's earned a patent.

"There are so many toothpastes on the market—expensive and cheap ones—but ours are the only ones to combine high technology with natural efficacy to deliver high performance at affordable prices," says Ibrahim of his toothpastes, which are priced at about \$6.

Doing double duty as both a preventative and treatment option, SprinJene's benefits include cavity protection, enamel remineralization, breath freshening and helping to alleviate chronic issues such as gum inflammation, staining and dry mouth. The latter benefit is welcome news to diabetics and those undergoing cancer treatment and chemotherapy, because both groups tend to suffer from dry mouth. The sensitivity relief version offers an effective gentle solution to those coping with discomfort when brushing. "It's very rewarding to know we have such a good product doing so much to benefit so many people with so many different kinds of needs," says Ibrahim.

"People keep asking us for more," he notes, explaining the Piscataway, New Jersey, company will be satisfying the growing demand by introducing oral rinse and lip balm products in stores later this year. Expanding out of the oral healthcare division, a new muscle pain relief product that employs the same ingredients used in the company's oral healthcare category is also in the works.

Whether in oral healthcare or other areas of the health and beauty aids category, SprinJene continues to grow and evolve in order to keep pace with today's consumer demands and stay true to its founding pledge to offer the best of both nature and science.

For more information, call 732-640-1830, email Inquiries@SprinJene.com or visit SprinJene.com. See ad, page 10.





Kidney Stones are Preventable

by Doug Pucci

Anyone that has had a kidney stone knows how severe the pain can be—it's said to be one of the most unforgettably excruciating pains a person can experience. Made up of salts and minerals, these hard deposits affect an estimated one in 10 people in the U.S., sending over half a million people to the emergency room each year, according to the National Kidney Foundation.

Kidney stones can range in size from a fraction of an inch to a few inches large, and are formed in the kidney, but may move to the ureter via the urinary tract. They can sometimes be eliminated through the urine stream, but if they're too large or become lodged, they may require surgery or laser lithotripsy, which breaks the stone down into smaller, passable pieces.

A kidney stone can be a sign of other health problems, and lodged stones can cause complications, including kidney damage. Other long-term problems can also arise; for example, the chance of forming more stones within the next five to seven years are 50 percent higher, and there is an increased risk of developing chronic kidney disease.

There are several factors that create higher risk of developing kidney stones, including:

- not drinking enough water
- obesity
- a diet with too much sodium
- too much processed sugar and, especially, high-fructose corn syrup
- lack of or low amount of calcium in the diet
- too few vegetables and fruits in the diet
- acidic urine
- too much or too little exercise
- certain health conditions such as diabetes, urinary tract infections, hyperparathyroidism, Crohn's disease and high blood pressure

While some kidney stones are so small they pass without incident, the majority have warning symptoms that should be heeded immediately. Schedule an appointment with a doctor immediately, as ignoring these can result in a trip to the emergency room. These symptoms include:

- blood in the urine and/or pain during urination
- pain in the lower back, possibly severe
- changes in blood pressure
- fainting, nausea or vomiting
- cloudy or smelly urine
- unrelenting stomach ache or pain
- history of kidney stones

Prevention is the best cure, and the good news is that there are a number of dietary changes to make that will help prevent kidney stones. Staying well-hydrated and alkalized is most important, but it's also important to choose the right type of hydration—water is the best choice. Take it a step further and squeeze some lemon into the water, which will help neutralize and lower uric acid levels, one of the underlying causes of kidney stones. Stay away from liquids like energy drinks, soft drinks, body building drinks, enhanced waters and such, which do more harm than good.

Our bodies can become acidic from environmental toxins, medications, stress, high sugar intake, processed foods and more. Alkalinizing will not only help to prevent urine from becoming acidic, it will also benefit overall health in other ways. Neutralizing pH levels by improving the acid-alkaline balance will help boost immune system health, improve brain and heart function, lower inflammation and much more. Some steps to take include starting the day with a glass of lemon-water, minimizing or managing stress, minimizing sugars and eliminating processed foods, and adding alkalinizing foods such as almonds, lemon, leafy green vegetables, cucumbers, pink grapefruit, cantaloupe, cabbage and others. Organic is always the best choice; check with a functional medicine doctor to check for sensitivities or contraindications to certain foods.

A good magnesium supplement—especially for anyone taking calcium for osteoporosis—can help prevent kidney stones by dissolving calcium and binding oxalates, which helps to prevent calcium oxalate crystals from forming. Vitamin B₆ and certain probiotics can also help to reduce oxalate acid. Again, work with a functional medicine doctor to determine the best way to lower the risk of kidney stones and help to eliminate or minimize underlying causes that can lead to stones and other kidney problems.

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





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Yoga Can Help with Body Image and Eating Disorders

by Sandra Powers

Yoga is not about changing our bodies to look like a model on the cover of *Yoga Journal* magazine. It's about shifting the importance from external appearance to those qualities that make us unique and amazing. Yet virtually every image promoting yoga practices feature thin, white,

flexible, acrobatic, beautiful, serene-looking people in expensive yoga clothes doing very difficult poses in amazing places all over the world. In a culture where millions of females and an increasing number of males suffer from eating disorders, this type of marketing is not sustainable.

Jen Kraft, E-YRT, and Melanie Struble, LCSW, LCADC are the co-founders of Body Positive Works, a wellness center in Saddle River, New Jersey that offers programs, classes and services to both help prevent and aid in the recovery from eating disorders and related issues.

"The reality is that physical poses are only a fraction of the yoga journey. Most of my students are shocked to hear this," Kraft, a yoga instructor, explains. "Like everything else, our Western culture has exaggerated the physical aspect of yoga and turned it into a competition. In truth, *asanas*, the physical yoga poses, were created because people were having trouble sitting for long periods of time in meditation. Physical postures were needed to keep bodies strong and flexible enough to sit! The purpose of the yoga practice is to rid the body of physical and mental stress and distraction, so that we can live in the present moment with no judgement, attachments or unrealistic expectations."



In yoga, the body is viewed as a temporary home for our permanent souls. Yoga philosophy fully supports a positive body image. Struble, a psychotherapist who specializes in eating disorders and addictions, explains, "Yoga teaches us that our bodies are temporary and are constantly chang-

ing by the minute, but as a culture, we are desperately trying to prevent that change. We spend billions of dollars on products, procedures and anything else that can freeze time. But when we try to control something that is always changing, it creates a sense of anxiety, depression or both. We cannot help that our bodies change, age and fluctuate. Our bodies are doing what they are designed to do... change. But what does not change? Our inner, unique qualities that we are born with, those that get even richer over time. If we are funny, we will always be funny. If we are kind, we are always kind. If we are intelligent, we will always be intelligent."

Yoga can reestablish our relationship with the body. Babies are in tune with what they want and are never afraid to speak up. They cry when they are hungry and stop eating as soon as they are full. They sleep when they are tired and wake up when they have rested. As we age, this connection to the body's internal mechanisms gets off track and the natural signals for hunger, fatigue and basic survival become muted or are ignored.

Society has created an unrealistic body ideal that can make people distrust themselves, which is especially true when someone is suffering from an eating disorder.

Kraft explains, "In our yoga practice, we learn to notice when we are comparing and judging ourselves to others or ideals. Over time, we learn to hear our bodies natural signals again. I encourage my students to ask themselves to notice how they are actually feeling...not think about how they should be feeling. I then try to empower them to respond to the signal."

Choose a yoga class carefully. There are many different types of yoga and many studios, so choosing the right place can be overwhelming, especially for those with eating disorders or body image issues. It is important to choose a studio that will enhance their recovery and support the process of reconnecting with their own body.

Struble says, "I make yoga non-negotiable for my clients' healing. We discuss all of the benefits of a true yoga practice, and seeking a place that offers a balance of every aspect of yoga, including spirituality, physical poses, self-study, breathwork and meditation is imperative."

When they opened Body Positive Works, Kraft and Struble had a very clear vision in mind for the yoga studio within their healing center. There are no mirrors in the studio, and if they are comfortable enough, students are encouraged to close their eyes when they practice to reduce the inclination to look around and compare themselves with others. Their classes are not based on levels, and their teachers customize each practice to meet individual needs.

"When a student comes in and says that they are 'good' or 'bad' at yoga, I say there is no such thing. Yoga is a practice—never perfected and always changing, just like our bodies and our lives," Kraft says.

Struble advises, "If we can learn that we can't be perfect on the yoga mat, we can translate that off the mat, and start to accept and honor our body as the home to our soul."

Body Positive Works is located at 96 E. Allendale Rd., in Saddle River. For more information, call 201-708-8448, email Info@BodyPositiveWorks.com or visit BodyPositiveWorks.com. See ad, page 8.

Sandra Powers is a contributing writer for Natural Awakenings magazine.

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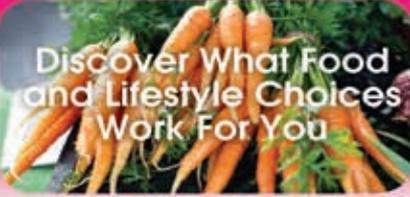
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wise words

Philippe Cousteau on the POWER OF WONDER AND LEGACY

by Randy Kambic

Philippe Cousteau Jr., the 39-year-old grandson of legendary undersea explorer Jacques Cousteau, is continuing a rich family legacy of sharing the wonders of the natural world with a global audience. A diver, conservationist and environmental activist, the younger Cousteau has also become an inspirational speaker, writer, social entrepreneur and producer of myriad television and film projects.

Now in his fifth season of hosting the Emmy-nominated series *Xploration Awesome Planet*, which airs on a number of outlets, Cousteau and his wife, Ashlan, also co-host the popular Travel Channel series *Caribbean Pirate Treasure*, a waterborne odyssey that explores pirate legends, shipwrecks and the lore of lost treasures.

His previous work has examined the fragile future of sharks, tigers, rhinos and other species nearing collapse, and their critical places in the natural order. Like his grandfather and

father before him—Philippe Sr. died in a plane crash six months before his son was born—Cousteau has embraced the mission of inspiring youth to take action for a sustainable planet, launching EarthEcho International in 2005 and authoring several children's books.

How did your grandfather inspire you?

He was a captain in the French Navy during World War II when he and an engineer invented scuba diving. It revolutionized humanity in many ways because until then, we were limited in our ability to explore the ocean. He then went on to help create underwater cameras and lights and the means to do storytelling about

this wonderful world that he was exploring. It was the first time for millions of people around the world to get a glimpse of what lived in the ocean.

Ted Turner called him the “father of the environmental



movement” because over time, his stories led him to a deeper understanding of the changes that were happening in the oceans and inspired him to embark on a journey not just of exploration, but of conservation. Growing up with that legacy, I was very much inspired by his work. My father was also a big part of the early Cousteau Society, and was a major driver in the early days of the conservation ethic.

How did covering the 2010 BP oil disaster for news organizations and being among the first to dive into the historic spill shape your world view?

It was a transformative experience for me, and for the country. It was a much-needed reminder of the consequences of our addiction to oil. Seeing the spill firsthand was a horrific experience. While I was already engaged and committed to conservation, it really helped [me] to double down on the urgency that I feel on these issues, because I saw

not only what it did to the environment, but what it did to the communities that rely on the environment—the fishermen, the tourism operators, other people. They were all shattered and devastated by that spill. It was a powerful reminder that when we talk about conservation, we are really talking about building a world where humans can thrive as much as nature.

What are your goals in reaching out to the next generation?

A focus on environmental education is something we’ve always been doing. EarthEcho International has become one of the leading environmental education groups in the U.S. My grandfather always recognized that young people are key to building society’s ethos of environmental sustainability. We have to start with young people to grow constituencies of the older people to understand and be able to connect the dots and to care about it.

Xploration Awesome Planet is targeted to the teen and tween audience, and

we also have a lot of adults that watch it. It’s a great example of a program that’s all about inspiring people to not just be a passive observer of the world around them, but to be an active participant, to get engaged.

How can parents build upon the foundational message of environmental responsibility that your work instills in kids?

They can treat their kids like the hearts and minds of these issues and recognize that they are more than vessels to be filled with information. We try to encourage them to be treated like they are agents of change, that they are creative, and give them the latitude, trust and empowerment to come up with their own ideas, to look at the world, be informed and inspired, so they can say, “Oh wow. This is an issue I really care about, and I am going to do something about it.”

Randy Kambic, of Estero, Florida, is a freelance writer and editor.

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Healing From Genetically Altered Foods

Another Reason to Go Organic

by Marlaina Donato

Twenty-five years ago, the first genetically modified (GM) crop came to market in the form of a tomato engineered for a longer shelf life. Today, as much as 80 percent of food in the U.S. contains GMOs (as they are best

known) and most of the world's genetically engineered crops are treated with glyphosate herbicides, primarily Monsanto's Roundup.

Unlike hybrids produced by conventional breeding, GMOs are created in a laboratory, often incorporating DNA from other species, such as bacteria and viruses. Researching the potential health effects "must be our number one priority, because GMO technology is replacing nature," says Jeffrey Smith, executive director of the Institute for Responsible Technology, in Fairfield, Iowa. "The altered genomes are passed on to future generations."

Although U.S. regulators generally regard these foods to be safe, the ubiquity of GMOs in the food chain and a lack of research on their long-term effect on human

As I dug deeper, I put the pieces together of the relationship between GMOs, gut health and subsequent diseases.

~Michelle Perro, pediatrician, author and executive director of GMO Science

health have ignited controversy among scientists, consumers and even governments.

Much of the research has been conducted in other countries—more than 60 have banned GMOs—and most studies have focused on

the health effects of the glyphosate used on these crops, which the World Health Organization in 2015 declared a probable human carcinogen. "Glyphosate adversely affects the mitochondria, neurotransmitter production and hormones," says Smith, whose recent documentary, *Secret Ingredients*, presents stories of people that overcame chronic illnesses by eliminating GMOs from their diets.

Smith recently conducted a survey published in the *International Journal of Human Nutrition and Functional Medicine* in which 3,256 respondents reported improvement in a number of health problems after they switched to largely non-GMO and organic diets. "Many of the conditions that improved in the survey

participants are similar to the health issues found in lab animals fed GMOs or the associated herbicide Roundup," he wrote. More than 85 percent reported improvement from digestive disorders. It is possible that glyphosate, which is antibiotic in nature, may disrupt the delicate balance of the microbiome, a community of microbes that inhabit the gut.

Roundup and Gut Health

"Roundup can loosen the tight junctions between our cells," explains Smith. "This can lead to leaky gut, which can contribute to inflammation and numerous diseases."

Dr. Akil Palanisamy, a Harvard-educated physician and author of *The Paleoveg Diet: A Complete Program to Burn Fat, Increase Energy, and Reverse Disease*, concurs. "I do believe that the microbiome is crucial for health, and by switching to organic, we eliminate the potential microbiome-damaging effects of glyphosate."

Palanisamy, based in San Francisco, emphasizes glyphosate's known ability to cause DNA damage and potentially induce cell death. "It may be a contributing factor to Parkinson's disease, Alzheimer's disease, depression, infertility and gastrointestinal disorders," he says. "It is impossible in the U.S. to just eliminate GMO foods from the diet, so eating organic is the only way to guarantee avoiding GMO foods. This automatically also reduces pesticides from the diet."

Anecdotal Evidence

Dr. Michelle Perro, a pediatrician, author and executive director of GMO Science, in San Rafael, California, became involved when she came across research by plant biologist Dr. Arpad Pusztai, one of the first scientists to raise concerns about the safety of genetically modified foods. "I was able to correlate his findings with the change in children's health that I was beginning to notice in my own practice," says Perro. "As I dug deeper, I put the pieces together of the relationship between GMOs, gut health and subsequent diseases."

Perro has seen improved health in her patients once a cleaner diet is introduced. "Parents have the ability to help

reverse chronic disorders plaguing their children, including asthma, eczema, food allergies and neurocognitive disorders such as autism and ADHD [attention deficit hyperactivity disorder].”

Palanisamy has also seen significant changes in his patients’ health when they heed his advice and avoid GMOs. “Often, they report improvement in digestion, mood, brain fog and energy levels.”

The body is designed with the innate ability to heal, says Pero. “Chronic diseases can be reversed when organic nutrition is the foundation.”

The Hartman Group’s *Organic & Natural 2018* report reveals that 46 percent of American shoppers now seek GMO-free food. “The tipping point here in the United States has begun,” says Smith.

Marlaina Donato is the author of several books on spirituality, health and wellness and a composer. Connect at AutumnEmbersMusic.com.



Helpful Resources

- 2018 *Journal of the American Medical Association* study:

Tinyurl.com/OrganicFoodAndCancer

- *What’s Making our Children Sick?: How Industrial Food Is Causing an Epidemic of Chronic Illness, and What Parents (and Doctors) Can Do About It*, by Dr. Michelle Perro and University of California San Francisco medical anthropologist Vincanne Adams; ChelseaGreen.com/product/whats-making-our-children-sick

Healing Strategies

Go-to Tips

- Eat organic when possible, especially oats, wheat and other grains, soy, corn, beans and lentils.
- Look for the “Non-GMO Project Verified” seal on labels.

Advice From the Experts

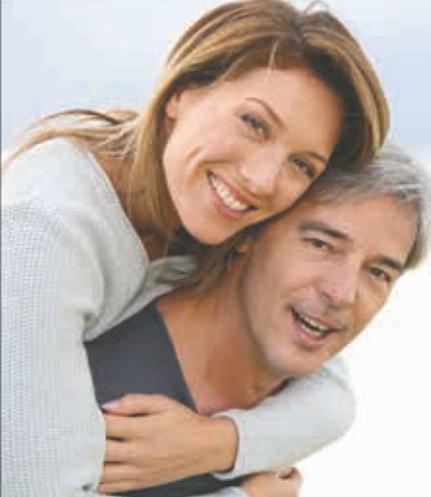
Dr. Akil Palanisamy:

- Sweat in a sauna or steam room 15 to 20 minutes once or twice a week to stimulate toxin release (infrared saunas are a good alternative for those that can’t tolerate the heat of traditional saunas).
- Take 15-minute home baths with one-quarter-cup of bentonite clay.
- Drink lots of purified filtered water every day.
- Strive to have a daily bowel movement.
- Add fiber to diet such as psyllium husk or fruit pectin.

- Eat a variety of detoxifying foods like cruciferous vegetables, ground flaxseeds, parsley, beet greens (the leafy tops of beetroot), cilantro and chia seeds.

Dr. Michelle Perro (for children):

- Eat as much organic foods as possible and eliminate processed foods from a child’s diet.
- Don’t drink tap water; use a quality water filter.
- Strive to eliminate pesticides in the child’s environment, including at schools, playdates and homes of relatives.
- Seek a foundation of nutritional medicine and individualized treatment strategies employing nutraceuticals, herbs, homeopathy and manipulative medicine.
- Consider an elimination diet, beginning with dairy and gluten.



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NUTRITION UPGRADES

Five Strategies for Better Health

by Melinda Hemmelgarn

Springtime brings a desire to clean up our diets and refresh our plates. Here are five worthy strategies for upgrading nutrition and greeting the season with a renewed sense of well-being.



Ditch dieting.

According to the Boston Medical Center, an estimated 45 million Americans go on a diet each year and spend more than \$30 billion annually on weight-loss products.

Despite this hefty investment, restrictive diets don't work, says Sandra Aamodt, a neuroscientist based in northern California. Aamodt co-presented the Neurobiology of Dieting: Evidence for Improving Mental Health With a Self-Care Approach session at the Academy of Nutrition and Dietetics (AND) annual meeting last October in Washington, D.C.

"Diets are not harmless," Aamodt explains. "They create stress, persistent hunger,

trigger eating disorders such as binge eating and even make people fatter over time."

It's better to take a kinder approach, says Rebecca Scritchfield, a Washington, D.C.-based registered dietitian and Aamodt's co-presenter. Scritchfield is the author of *Body Kindness: Transform Your Health From the Inside Out – and Never Say Diet Again*. She teaches her clients to value their self-worth regardless of body size, practice mindful eating and focus on overall self-care: Think enjoyable physical activity, adequate sleep and positive self-talk.

Mindful eating includes paying attention to thoughts and feelings that trigger eating such as hunger, but also stress, boredom and loneliness, says California-based registered dietitian Andrea Lieberstein, who wrote *Well Nourished: Mindful Practices to Heal Your Relationship with Food, Feed Your Whole Self, and End Overeating*. She encourages clients to identify voids in their lives and fill them

with healthy relationships and pleasurable activities, rather than food.

The "health at any size" philosophy is accepted by a growing number of health and nutrition experts, including Annie Kay, a registered dietitian and registered yoga therapist at the Kripalu Center for Yoga and Health, in Stockbridge, Massachusetts. She's the author of *Every Bite is Divine: The Balanced Approach to Enjoying Eating, Feeling Healthy and Happy, and Getting to a Weight That's Natural for You*. Kay injects compassion into her work, promoting stress reduction, conscious eating and finding peace for individuals to reach their natural weight.



Learn how to cook and garden.

The best dietary upgrade starts in our own kitchens, where the cook controls the ingredients. Home cooking with fresh, whole foods is at the heart of feeding ourselves well. Processed food manufacturers would like us to equate cooking with drudgery or think that cooking takes too much time, yet this couldn't be further from the truth.

Tanmeet Sethi, an integrative physician at the Swedish Cherry Hill Family Medicine Residency, in Seattle, established a culinary medicine program that includes both cooking and gardening classes. Sethi says, "Eating is sacred; it's our connection to the earth." She also believes there is wisdom in the way food has been traditionally cooked. Sethi recommends a Mediterranean eating pattern for

its power to reduce depression and ward off chronic diseases. She also promotes the “herb and spice pharmacy” to reduce inflammation and treat and prevent disease. For example, she says, “Ginger and turmeric both act on the same biochemical pathways as anti-inflammatory medicines.”

Cooking and eating together as a family has multiple benefits, too, improving children’s nutrition, self-esteem and school performance. Best of all, says Sethi, “Family meals allow us to connect with the people we love.” Put away phones, turn off screens and truly tune in to each other.

Connecting to the earth through gardening also improves our health, according to both Wendy Demark-Wahnefried, a registered dietitian and associate director of the University of Alabama at Birmingham’s Comprehensive Cancer Center, and Diana Dyer, a Michigan-based organic farmer, registered dietitian and author of *A Dietitian’s Cancer Story: Information & Inspiration for Recovery & Healing*. They promote gardening as a way to interact with nature, reduce stress and improve quality of life. With just a small patch of soil, home and community gardens provide a ready source of affordable, fresh and nutritious vegetables and herbs.



Eat to protect our planet. According to the American Public Health Association, climate change is a major threat to our population. Droughts, fires, storms and flooding create obvious challenges to growing crops, but new research also shows how increasing levels of carbon dioxide in the atmosphere decreases the nutritional quality of food, leading to lower levels of protein and minerals. One solution is to change the way we farm and eat.

For example, Jennifer Jay, Ph.D., a professor of environmental engineering in the Civil and Environmental Engineering Department at the University of California Los Angeles, calculated the carbon footprints and climate impacts of a variety of food choices. In general, she says, the fewer animal products in our diets, the lower the greenhouse gas impact.

But meat and other animal products

Seventy percent of our immune system is in the lining of the gut.

~Tanmeet Sethi, an integrative physician at the Swedish Cherry Hill Family Medicine Residency, in Seattle.

need not be totally off the table. Simply choose smaller portions and when possible, purchase local pasture-raised products produced without antibiotics and hormones. Organic food production introduces less fertilizers, pesticides, antibiotic-resistant bacteria and greenhouse gases into our environment. So, what’s best for the planet is best for us. Jay provides easy, plant-based and planet-friendly recipes at *Meals4Planet.org*.



Support gut health.

Around 400 B.C., Hippocrates said, “Bad digestion is the root of all evil.” Fast forward through the centuries to today, and one of the hottest areas of research in health, medicine and nutrition revolves around the microbiome; more specifically, the community of microorganisms living in the gut.

“Seventy percent of our immune system is in the lining of the gut,” explains Sethi, which is why she advises, “Feed the bacteria in your gut real food.” Similarly, Teresa

Martin, a registered dietitian and certified diabetes educator based in Bend, Oregon, emphasizes the value of unprocessed, high-fiber, organic plant foods to nourish gut bacteria and maintain microbial balance.

Speaking at the same recent meeting, Martin described multiple ways gut bacteria influence our physical and mental health, including nutrient absorption, body weight and blood sugar control, bone density, inflammation and mood. Microbes in the colon digest and ferment plant fibers into short-chain fatty acids, which help ensure a thick, healthy, intestinal mucus lining. Martin notes, “When we don’t eat enough plants, we can’t make enough short-chain fatty acids,” which are key to gut-brain crosstalk and control of appetite and mood.

Martin recommends eating 35 to 50 grams of fiber per day from food, not supplements. She also warns against “microbial assassins” such as antibiotics, processed meats, high-fat diets, refined carbohydrates, added sugars and artificial sweeteners, plus the emulsifiers polysorbate 80 and carboxymethylcellulose, which are commonly added to foods like ice cream and baked goods to improve texture and extend shelf life. All contribute to microbial imbalance, the loss of microbial diversity and leaky gut—the inability to keep offending food compounds like gluten and intact milk protein out of the bloodstream—leading to food intolerance, inflammation and autoimmune disorders.

Eat-Right Resources

Dorothy Sears: beta.prx.org/stories/225407

Food Sleuth Radio interviews: exchange.prx.org/series/32432-food-sleuth-radio

“The Great Nutrient Collapse:” Tinyurl.com/GreatNutrientCollapse

The Kick Diabetes Cookbook: An Action Plan and Recipes for Defeating Diabetes, by Brenda Davis. BrendaDavisRD.com

Mediterranean diet pyramid: Tinyurl.com/OldWaysMediterraneanDiet

The Obesogen Effect: Why We Eat Less and Exercise More but Still Struggle to Lose Weight, by Bruce Blumberg

Tanmeet Sethi: beta.prx.org/stories/243771

Whole Grain Hierarchy: Youtube.com/watch?v=nkFJZUIUEEA

Why Diets Make Us Fat: The Unintended Consequences of Our Obsession with Weight Loss, by Sandra Aamodt

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Registered dietitian Brenda Davis, of British Columbia, also recommends whole-food, plant-based diets to reverse Type 2 diabetes. She developed a “whole-grain hierarchy” to identify the most gut-friendly, least-processed grains, including cracked oats, brown rice, barley, buckwheat, sprouted grain, wheat berries and kamut. Along with beans, legumes, nuts, seeds, fruits and vegetables, Davis says these foods nourish beneficial gut microbes and reduce inflammation.



Try intermittent fasting and smart meal timing. Allowing the body at least 12 hours without food intake benefits gut microbial diversity, says Martin. Intermittent fasting, or eating patterns

in which no or few calories are consumed between 12 to 16 hours, can protect against a variety of metabolic diseases such as Type 2 diabetes, perhaps in part due to the effect on gut microbes.

Dorothy Sears, associate professor of medicine and associate director of the Center for Circadian Biology at the University of California, San Diego, studied the effect of intermittent fasting, or “time-restricted feeding”, on the risk of breast cancer recurrence. In a study of more than 2,300 breast cancer survivors, Sears discovered the women that fasted for at least 13 hours a day reduced breast cancer recurrence by 36 percent, regardless of other dietary factors. Putting this into practice, if the last meal of the day ends at 6 p.m., the first meal of the next day would not begin before 7 a.m.

In addition to this “prolonged nightly fasting,” Sears says that when we eat affects the way our bodies handle calories. She recommends eating during the first half of the day, when the sun is up and our enzyme and hormone systems are best able to handle calories, control blood sugar and body weight.

Spring forward with these five tips and enjoy better health.

Melinda Hemmelgarn, the “food sleuth”, is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at FoodSleuth@gmail.com. Tune into Food Sleuth Radio through iTunes, Stitcher and KOPN.org.

Quick Tips for Enjoying Good Food, Fast

1. Cook once, eat twice (or more).

Smart, busy cooks use this wise, old home economics strategy. A big pot of soup, stew or chili makes many servings of easy-to-heat leftovers. Store extra servings in glass, never plastic, for quick, heat-and-serve meals. Add a side salad and fruit for dessert for a nourishing, fulfilling meal.

2. Master the omelet. Eggs, preferably free-range and organic, make fast, easy, affordable meals. Get creative with personalized omelet fillings. For example, in a tablespoon or more of olive oil, quickly sauté any combination of seasonal vegetables like potatoes, onions, peppers, mushrooms, asparagus, kale or spinach. When tender, slide vegetables into a bowl. Add a few more drops of olive oil to the pan and pour in beaten eggs. When eggs are almost set, top them with sautéed vegetables and a sprinkle of cheese. Cover the pan, set heat to low and when cheese is melted, it's time to eat. For an alternative filling, try beans, avocado, cheese, onions or peppers with a side of salsa.

3. Use an electric pressure cooker. Say goodbye to sodium-laden, BPA-lined cans of beans. With today's

safe and easy electric pressure cookers, a pot of un-soaked dry beans can be ready in less than an hour. Use cooked beans in a variety of quick, delicious dishes, including hummus, burritos, soups, chili and veggie burgers. For tips on vegetarian cooking and stress-free pressure cooking, visit *TheVeggieQueen.com*.

4. Make friends with farmers.

Find local farmers' markets for the most flavorful, fresh, seasonal produce. For those not sure what to do with kohlrabi or a strange-looking squash, farmers and fellow shoppers will gladly provide ideas. It's like going to a community party with fellow foodies—much more fun than a trip to the grocery store.

5. Experiment with helpful cookbooks. Mark Bittman's *Kitchen Express* provides 404 seasonal dishes that can be prepared in 20 minutes or less. Betty Crocker, the renowned classic teacher, shows beginning cooks how to make standard dishes from scratch. For delicious vegetarian meals, check out Deborah Madison's *Vegetarian Cooking for Everyone*. And to enrich children's taste buds, invite them into the kitchen with *The Kids' Multicultural Cookbook: Food & Fun Around the World*, by Deanna F. Cook.

6. Invest in a microplane grater or handheld rasp. Add a punch of flavor and pizzazz with this versatile kitchen tool. Use it to add freshly grated garlic, ginger and turmeric; plus lemon, lime and orange zest.

7. Purge cupboards of packaged, processed foods. Read ingredient labels to remove the big offenders: refined flours, sugar and substitutes, artificial colors and additives that harm gut microbes, including polysorbate 80 and carboxymethyl cellulose.

8. Stock up with grab-and-go snacks. Fruits, vegetables, nuts, nut butters and plain yogurt (sweeten to taste with local honey, seasonal fruit and cinnamon) make satisfying, high-nutrient snacks.

9. Keep assorted organic herbal teas handy. Unsweetened herbal teas make cozy companions during prolonged nighttime fasting. Staying well hydrated is key to mental performance and weight control, too. Thirst often masquerades as hunger, so drink water or tea first, then reassess appetite.

10. Put fun and pleasure back into eating. Host a potluck with friends to share cooking and clean up, or have a picnic with kids of all ages. Put flow-ers or a candle on the table and play soothing music—it all enhances digestion and encourages mindful eating. Bon appétit!

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Air Care for Kids

Keeping the Homefront Allergy-Free

by Avery Mack

An allergy is a dramatic overreaction of the immune system to environmental agents that are harmless to most people. Antibodies fight allergens with the release of histamines, and a runny nose, red eyes, sneezing, coughing, rash or hives can be the tangible result.

Common around age 10, allergies often fade later in life, so children are often most sensitive to their causes. Outdoors, the problem could be pollen from trees or plants. Indoors, chemicals, dust mites, mold or pet dander are common culprits. An allergist can help identify them.

Author of *Clearing the Air One Nose at a Time: Caring for Your Personal Filter*, pediatrician Hana Solomon, M.D., in Columbia, Missouri, focuses on a natural approach to prevent, rather than treat, symptoms. “Thirty years ago, we didn’t have specialty cleaning products,” she says. “Natural solutions work; sometimes just a cotton cloth and water are enough.”

Frisco, Texas-based Urban Hydration uses vegan-friendly, cruelty- and gluten-free ingredients and herbal extracts to ensure their cleaning products don’t contain parabens, synthetics, polybeads and toxic chemicals. Their home and spa collections are kept as natural as possible without requiring refrigeration. Lemon extract

and coconut oil are key ingredients in their all-purpose spray, dishwashing solution and fabric refresher.

Microscopic dust mites live in upholstery, carpets and mattresses. They are the cleanup crew for the millions of dead skin cells humans shed daily. “If a child is allergic to dust mites, get rid of the carpet. Hang blinds on the windows. Vacuum heat vents,” Solomon says. “Use allergen-free pillows, no down or feathers, and a mattress cover. Wash it and bedding once a week. Reduce the number of toys and stuffed animals in use, wash [them] frequently and store others. Go unscented.”

Leslie Fischer, an eco-minded mom and entrepreneur in Chicago, reviews mattresses for adults and babies at SustainableSlumber.com/reviews. “Volatile organic compounds (VOCs) off-gas from the mattress and disrupt sleep, but also trigger allergy symptoms, asthma and hives,” she says. “An organic mattress is a better choice.”

Natural fabrics are the best option for bed linens. Kathryn Kellogg, author of the *Going Zero Waste* blog in Vallejo, California, lists 17 sustainable and eco-friendly bedding brands. For her own use, she chose organic cotton sheets from a family-owned business (Tinyurl.com/EcoFriendlyBeddingBrands).

Pajamas are also important. Look for comfy organic fibers that wick moisture, are hypoallergenic and fire-resistant. Merino wool’s millions of tiny air pockets create a micro-climate to keep sleeping kids toasty in cold weather and cool in summer heat.

Pallet furniture is trendy, but keep in mind that chemical residue or insecticides may remain in the porous wood, as well as *E. coli* or listeria from food transports. A safety checklist can be found at Tinyurl.com/PalletSafety.

Often overlooked, indoor mold can live year-round in damp places like bathrooms. A DecoLife bath mat made of natural diatomaceous earth and resilient plant-fiber is antibacterial, non-slip and contains no colorants. It dries within three minutes to prevent mold or mildew from forming. Instead of dropping wet towels and washcloths into the hamper, hang them to dry and launder weekly.

Lemon juice keeps faucets sparkly clean and fresh-smelling. Vinegar cleans glass shower doors. Ditch the old shower curtain; most are made with PVC and release chemicals into the air. Install a rain showerhead to avoid water spray, and use a fast-drying hemp or organic cotton curtain.

Opt for natural flooring; bamboo and cork are both sturdy and sustainable, but have a large carbon footprint due to shipping distances. Linoleum, updated and colorful, is available with marbled, stone-like, flecked and woodgrain patterns. Antistatic and antibacterial, it withstands kids and pets, requiring only a mild cleanser and damp mop to stay clean.

Pets are often blamed when a child develops allergies. It’s actually their dander that causes the reaction. Rather than giving Sparky away, use pet-friendly wipes on fur and feet to remove dander and allergens carried in from outdoors. The Daily Shep offers tips at Tinyurl.com/TheDailyShepTips.

Kids bring allergens into the house, too. Leave shoes outside the door, schedule an early bath and change to indoor garb for the evening. A high-efficiency particulate air (HEPA) filter will help clean the air.

Connect with freelance writer Avery Mack at AveryMack@mindspring.com.



Fatigue May Be a Symptom of Hormonal Imbalance

by Susan Matos-Cloke

One of the most common symptoms of hormone imbalance is fatigue. For many women experiencing the wild roller-coaster ride of hormonal ups and downs during perimenopause, it can be utterly exhausting. Men often feel that same weary, lethargic, low-energy fatigue when their testosterone levels dip below normal.

Estrogen and testosterone are essential hormones that perform hundreds of tasks throughout the body. They work synergistically with other hormones to provide the energy and well-being our body needs to perform at its best. The hormone loss and deficiency of andropause and menopause rob us of vitality, motivation and health.

Both men and women can also experience what is called “crashing fatigue” as part of testosterone deficiency or perimenopause. This extreme tiredness and lethargy can hit suddenly and unexpectedly. It can occur at any time of day, and is unrelated to recent physical exertion. Crashing fatigue has been described as abrupt overwhelming feelings of weakness, exhaustion and diminished energy level.

Unfortunately, the disruptive saga of fatigue continues, as there are generally other symptoms that accompany hormone deficiency-related fatigue. Daytime

sleepiness is often followed by nighttime sleeplessness. Night sweats and hot flushes are frequently blamed for the sleep interruptions. Sleep deprivation, in turn, can create mood changes, irritability, depression and difficulty in managing the daily routine. It can also raise the risk of high blood pressure, Alzheimer’s, heart disease, stroke, diabetes, obesity and other health issues.

It can seem like a bleak picture, but it doesn’t have to be. Bioidentical hormone pellet therapy can relieve debilitating fatigue. For the multitudes of men and women that suffer with hormone deficiency-related fatigue and other symptoms, bioidentical hormone pellet therapy, when properly administered, can help restore hormonal balance and alleviate symptoms, including fatigue.

Dr. Susan Matos-Cloke owns and operates Advanced Hormone Solutions, located at 122 E. Ridgewood Ave., in Paramus. She is a certified SottoPelle-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 25.



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Exercise vs. Allergies

All the Right Moves

by Marlaina Donato

Seasonal allergies plague more than 26 million Americans, according to the Asthma and Allergy Foundation of America, with numbers on the rise in recent years. This is due in part to a dramatic increase in the amount of airborne pollen, a possible byproduct of climate change. Environmental and lifestyle stress, inadequate nutrition and weakened immune systems are also factors, leaving many feeling too miserable to engage in physical activities.

Yet, research shows that exercise can help ease allergy symptoms and lessen severity. A survey of 2,000 allergy sufferers sponsored by the UK National Pollen and Aerobiology Research Unit showed those that exercised the most had the mildest symptoms.

More Exercise, Less Discomfort

Boosting heart rate through aerobic activities such as running, walking, jumping rope, treadmill routines, tennis and team sports like volleyball or basketball seems to offer anti-allergy benefits. Vitamin C can also help. Researchers from the Faculty of Sports Science at Chulalongkorn University, in Bangkok, Thailand, found that 70 percent of participants that took a vitamin C supplement and ran for half an hour experienced decreased nasal congestion and sneezing.

“Exercising regularly creates a cumulative effect in the body, helps speed up metabolism and improves immunity, so you could find even less allergies occurring over time,” says Stephanie Mansour, fitness expert and former allergy sufferer from Chicago. “I used to get allergy shots for a runny nose and headaches during certain times of the year, but personally transformed my allergies through expanding my lungs and chest and balancing out my nervous system.”

The American Academy of Otolaryngic Allergy recommends

gentler forms of exercise, and cautions against vigorous workouts such as Crossfit or long runs that can be counterproductive and exacerbate allergy flare-ups. Mansour recommends yoga, Pilates, walking or weight training—especially when congestion is a factor.

Try Some Yoga

Mansour, a certified yoga instructor, attests to the benefits of the practice. To ease the symptoms of allergies, she recommends yoga both for its physical effects and its breath benefits. “Yoga can also help bring equilibrium to the nervous system and help the body relax. When the body is in a healthy balance and relaxed, it’s more effective at warding off things like infection or allergies.”

Registered nurse and yoga instructor Kristin Brien, of New York City, concurs. “A yoga practice trains and strengthens the vagal nerve, which activates the parasympathetic nervous system—rest and digest mode—and turns off the inflammatory response,” Brien says. “When we are under chronic stress, our nervous systems react as though our bodies are under constant threat, thus making some of us more susceptible to hypersensitive reactions to offending seasonal antigens like pollen and ragweed.”

Yoga practitioners across the board recommend inverted poses such as the plow, shoulder stand and downward facing dog to relieve allergy-related congestion. While yoga can be beneficial, inverted poses should be avoided by anyone with high blood pressure, glaucoma or retinal issues due to increased pressure in the blood vessels of the head, and some experts emphasize that allergy sufferers and asthmatics should avoid hot yoga and other demanding forms during flare-ups. A gentle approach goes a long way.

Ideally, Brien recommends asanas that anyone can do, including legs up the wall, supported bridge pose, supported reclined goddess pose and child’s pose.

Warm-Up

No matter the type of exercise, warming up can play a key factor. According to the American Academy of Allergy, Asthma & Immunology, stretching before activity and boosting heart rate helps to maximize exercise and its symptom-reducing effects.

Create a Healthy Space

Lessening the body’s burden by making small changes in living or workout space can also optimize the benefits of exercise. Brien, an allergy sufferer and asthmatic, recommends using a high-efficiency particulate air (HEPA) filter to reduce circulating allergens and also wiping down all surfaces, including yoga mats, floors, window sills and vents. During drier, colder times of the year, Mansour recommends using a humidifier to add moisture to the air and improve breathing.

Exercise may not cure seasonal allergies, but it can lessen related symptoms, along with effecting a more balanced nervous system and better overall health.

Marlaina Donato is the author of several books and a composer. Connect at AutumnEmberMusic.com.



Helpful Workout Tips

Before and After:

- Use a nasal saline spray beforehand.
- Change clothes and shower after outdoor exercise; wash workout clothing exposed to pollens.

Consider Wearing:

- Wraparound sunglasses to avoid allergens getting into eyes
- A breathable mask to filter allergens during outdoor activity

Avoid Exercising:

- In the morning when pollen and mold counts are highest
- When it's warm, dry or windy outside
- On busy roads where exhaust fumes can irritate bronchial and nasal passages
- When tired, sick or under significant stress; all three states prompt the immune system to react more severely to allergens

Caution:

- Don't exercise for at least two hours after an allergy shot to avoid significant side effects.

Helpful Links

For a simple workout plan and an anti-inflammatory food guide to help combat allergies, join Stephanie Mansour's free 21-Day Challenge (StepItUpChallenge.com).

Youtube videos:

Tinyurl.com/YogaPosesForSinusPressure
Tinyurl.com/YogaRemedySinusCongestion

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Dark Chocolate Brownies

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- 1-15 oz. can black beans, drained and rinsed (Eden Organic)
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- 2 large organic eggs
- ¾ cup natural (non-alkalized) cocoa powder (Shiloh Farms)
- 1 cup coconut palm sugar (Wholly Whole some, Sweet Tree)
- 1 tsp pure vanilla extract
- ⅛ tsp cinnamon
- 1½ tsp baking soda
- ¼ tsp sea salt
- ½ cup dark chocolate chips (Sunspire Organic 65% Cacao Bittersweet Baking Chip)

Preheat oven to 350 degrees.

Lightly grease a 12-cup muffin pan with coconut or grapeseed oil.

In a food processor, combine all ingredients except the chocolate chips. Blend until smooth. It should form a pudding-like consistency.



Pour the batter into a bowl and using a rubber spatula fold in the chocolate chips.

Spoon the batter evenly into the muffin tin. Bake in the oven for 10-12 minutes or until the tops are solid.

Remove from the oven and let cool for about 10 minutes before using a fork gently remove from the muffin tin.

Store in an airtight container for 2-3 days or in the refrigerator for longer.

Optional toppings: crushed walnuts, pecans, shredded coconut.

Quinoa Cranberry Pecan Cookies

Yield: 36 pieces (approximately)

Enjoy these delicious bites for an energy-boosting breakfast, power snack or nutritious dessert.

- 2 cups cooked quinoa
- 1 cup organic creamy peanut butter
- 3 Tbsp coconut oil, melted
- 3 Tbsp maple syrup
- 1 Tbsp vanilla extract
- ¼ tsp sea or pink salt
- ¼ cup coconut flour
- ½ cup dried fruit sweetened cranberries
- ½ cup pecans, chopped
- 3 Tbsp hemp seed
- 3 Tbsp ground flax seed
- 2 tsp cinnamon

To cook the quinoa:

Rinse 1 cup quinoa in a fine mesh strainer until water runs clear. In a small saucepan, over medium heat add rinsed quinoa and 1½ cups of water. Bring to a boil, cover and turn heat to low. Cook until water is evaporated (approx. 15 minutes). Turn off heat and let stand covered for an additional 5 minutes. Fluff with fork and set aside uncovered to cool.

To make the cookies:

In a medium sized bowl, combine the peanut butter, coconut oil, maple syrup, vanilla extract and salt. Add the rest of the ingredients and mix well.

Form tablespoon-sized cookies and place on a parchment paper lined cookie sheet. Place in the freezer to set for about 25 minutes. Store leftovers in an airtight container in the refrigerator.

Recipes courtesy of Christine Okezie, natural foods chef and integrative nutrition coach.

To schedule a consultation, call 201-889-5001 or visit YourDeliciousBalance.com. See ad, page 18.



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Delicious Discards

Making Meals From Mainly Scraps

by April Thompson

Food scraps are no longer relegated to just making soup, stock and sauces that hide their true nature. Creative chefs are reawakening to the possibilities of skins, cores, rinds and other parts we've needlessly been throwing away, with startling results.

"Cooking with scraps is good for the planet and good for the pocketbook. Forty percent of food produced goes uneaten, unnecessarily filling the landfill with hundreds of billions of dollars of food," says Lindsay-Jean Hard, a chef in Ann Arbor, Michigan, and the author of *Cooking With Scraps: Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals*.

Yet the real driving force behind Hard's unusual, scrap-based recipes is the joy of creativity and innovation. "It's fun to challenge yourself to create something delicious out of something no one would think edible," says Hard.

Mads Refslund, a Danish chef living in New York City, seeks nature in food by cooking and serving it on the plate. "In nature, there is no ugly, no trash, just cycles of change. Using all the parts is a way of respect-

It's fun to challenge yourself to create something delicious out of something no one would think edible.

~Lindsay-Jean Hard

ing the plant, the fish, the animal and its life," says the co-author of *Scraps, Wilt & Weeds: Turning Wasted Food into Plenty*. Tama Matsuoka Wong, forager and co-author of *Scraps, Wilt & Weeds*, points to the cultural relativism of cooking, noting that our ancestors or other cultures may think that modern Americans are throwing away the best parts of our food. "Some of the best flavor and nutrients can be found in vegetable, fruit and fish skins that often get discarded," says Matsuoka Wong.

Both *Scraps, Wilt & Weeds* and *Cooking with Scraps* are intended as reference guides to provide inspiration to home chefs, rather than rigid cookbooks to be followed with precision. Matsuoka Wong suggests trying to work with the ingredients at hand, using substitutions as needed, instead of buying an ingredient just to follow a recipe.

Cooking from scraps requires a shift in mindset about our food and a new mindfulness about our habits in the kitchen, says Matsuoka Wong. "Before automatically throwing something away or composting, pause and think, what might I do with this?" she says.

Hard suggests choosing one new ingredient at a time to work with, old bread being an easy one to start with. "Stale bread can easily be transformed into bread-crumbs and croutons that can add nice texture to a lot of dishes," says Hard.

"Nail a couple things you can make out of anything, like fried rice or frittatas, which are both very accepting of most any ingredient you add," says Matsuoka Wong. Hard agrees that simple, hearty dishes like layered casseroles or tasty tempura can be great ways to clean out the odds and ends in the crisper.

Sometimes the toughest ingredients can yield the tastiest meal. Hard admits to having been stumped by what to do with the non-fleshy part of artichoke leaves, which can be tough and bitter, until she developed a recipe for artichoke leaf nachos.

Edible weeds, leaves, stalks and stems of all kinds, including celery, asparagus ends and carrot tops, make for great pesto, which is itself a versatile ingredient—great for sandwiches, dips, pastas and more—and it freezes well, Hard says. Fish scales can be fried and eaten like potato chips; they are a crunchy bar snack in Japan, notes Matsuoka Wong. Fish carcasses or shrimp shells can also be boiled down into stock for risotto or seafood chowder, suggests Hard.

Fruit cores can be boiled into sweet syrup for cocktails or non-alcoholic refreshments, or distilled down into vinegars. Fruit peels can be crisped up into a healthy snack or boiled into a tea. Hard likes to infuse tequila with beet peels for a dramatic look and a little extra flavor. Fruit or vegetable tops such as pineapples, strawberries, cucumbers and leftover herbs can be used to infuse water or vinegar. Water from canned beans, known as aquafaba, is a great stand-in for egg whites to make everything from homemade vegan mayo to fudgy brownies.

"Cooking with scraps shouldn't be intimidating or overwhelming or feel like a chore: They're just ingredients," says Hard. "The more you cook using these recipes, the more familiar the concepts will become, and you'll realize how easy it is to adapt them to make them your own."

April Thompson is a freelance writer in Washington, D.C. Connect at AprilWrites.com.

FIGHT BACK NATURALLY

When Allergies Put the Bite on Pets

by Sandra Murphy

Springtime doesn't just mean warmer weather, colorful flowers and green-ing grass. It also brings seasonal allergies. For pets, it can be a miserable time of year, because dogs and cats are lower to the ground and pick up allergens on their fur. Grass, weeds, pollen, lawn chemicals, fertilizers and fleas can trigger reactions such as itchy skin, raw paws, sneezing fits and general discomfort.

Due to the warmer temperatures of the past decade, flea allergies in dogs have risen 12 percent, while cats have seen a whopping 67 percent increase. Environmental allergies are also up 30 percent for dogs and 11 percent for cats, according to the *2018 State of Pet Health Report* from the Banfield Pet Hospital, in Vancouver, Washington. The most common environmental allergens include dust mites, mold, fabric, feathers and cleaning solutions.

Symptoms

A dog's itching will often manifest between the toes, on the wrists, "armpits", groin, legs, ears, eyes and back, just in front of the tail. In the quest for relief, dogs will lick, chew, pull out hair and scratch, often leaving bare spots or open wounds that



may get infected. Cats will pull hair, scratch ears and develop a rash or bare spot on the stomach or inside the legs. In extreme cases, a veterinarian will give an injection to calm the itchiness before more damage is done. Owners can use that lull to investigate what is causing the allergy.

Fleas

For fleas, there are more natural ways to end the cycle than using potentially toxic pet treatments. Diatomaceous earth (DE) is affordable, non-toxic and safe, made from fossils of marine life crushed into a superfine powder. Its deadly effect on insects stems from piercing their hard shells so they become dehydrated. It does not harm mammals. Be sure to buy food-grade DE, not the kind that's designed for use in pools and gardens. Simply dust the dog to the skin with the powder and sprinkle it on bedding, rugs and carpets.

Cats tend to have more favorite nap spots than dogs, so vacuum first to get rid of any flea eggs. Sprinkle the DE and leave it in place for a couple of weeks. Vacuum again. DE can be hard on regular vacuums, but a Shop-Vac is up to the task.

Likely Causes and Remedies

- ✓ **A change in cleaning products.** Use unscented, all-natural cleansers. Put the dog or cat in another room when vacuuming so they don't breathe dust. A new cat litter can trigger allergic reactions. Look for unscented, dust-free litter.
- ✓ **Plastic bowls.** Switch to stainless steel bowls for food and water.
- ✓ **Seasonal flowers and grasses.** Pet-friendly wipes will remove excess pollen when the dog comes in after outdoor time. A twice-weekly bath during the worst of the season and weekly as blooming subsides will wash away pollens. An oatmeal shampoo is soothing; don't use tea tree oil-based shampoos, which may further irritate skin. Be sure to dry the fur. Wet bedding can cause mold, another allergen.
- ✓ **Dust mites.** Replace worn beds and bedding on a regular basis. Look for natural fabrics and fillings; no down or feathers. Wash weekly.
- ✓ **Lack of proper filtration.** The air conditioner will capture incoming pollen: Be sure to change the filter often.

Be Proactive

- ✓ Check the paw pads. If they're irritated or red and raw, ask the vet for a salve to ease the pain while they heal. Be sure to wipe paws when coming into the house.
- ✓ Take a look inside the ears. Allergies can lead to earaches, so watch for red, inflamed skin or black, tar-like goop. Either requires a vet visit and a prescription salve.
- ✓ If dog walks are part of regular exercise, ask neighbors or local park employees if they've sprayed pesticides or treated grassy areas.
- ✓ Add a small amount, based on weight, of Omega-3-rich fish oil to food to soothe and smooth the skin.

Diligence in spotting symptoms can stop itching in its tracks when remedies are in place or at hand.

Connect with Sandra Murphy at StLouisFreelanceWriter@mindspring.com.

pet spotlight



Pets Need Regular Checkups, Too

by Mia Frezzo

Don't underestimate the importance of a thorough physical examination every six months to keep a pet healthy and give them the longest life possible. Pets subjectively age an average of six to 10 years for each human calendar year. They are on an accelerated life plan, reaching adolescence at less than 6 months of age and senior years over the

age of 7. Our pets are living longer than ever before due to the advancement of medicine, diagnostic capabilities and effective preventative care.

There are more pet cats in the U.S. than pet dogs, but far fewer feline veterinary visits than canine visits. The reason is many cat owners bring their cats to the veterinarian only when they show signs

of illness. But in doing so, the successful opportunity to care for that pet may be diminished. Cats, in particular, tend to hide illnesses until they may be advanced.

Routine annual blood testing, much like our own, will ensure organ health and detect changes early in their development. Current blood results provide the veterinarian not only a recent comparison, but also an opportunity to medicate safely and appropriately.

Try to avoid medications wherever possible and rely on natural healing modalities, including essential oils, supplements, nutrition, laser therapy, physical therapy, acupuncture and chiropractic care for many conditions. Yet, in some situations, medication is necessary.

Visiting a veterinarian regularly can help identify problems and changes in a pet's health early, offering the best treatment possible. Excellent veterinary care will result in years and years of enjoyment of beloved pets. They are wonderful companions and truly members of our families.

Dr. Mia Frezzo is an integrative veterinarian and owner of the Animal Hospital of Hasbrouck Heights, located at 180 Boulevard.

For more information or to schedule an appointment, call 201-288-7800 or visit VetInHeights.com. See ad, page 24.



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calendar of events

FRIDAY, MARCH 1

The Woodworking Show – March 1-3. 10am-6pm. The show provides woodworkers with an outlet for their passion through tools, education and unique sense of community of a hands-on-trade show. \$14. Meadowlands Exposition Center, Harmon Meadow, Secaucus. 765-287-1256 x 272. TheWoodworkingShows.com.

SATURDAY, MARCH 2

Clock Tray: DIY for Kids – 9am-12pm. In this workshop, you and your child timekeeper can build a freestanding clock with easy-to-read numbers, movable hands and a storage tray to house reminders or important trinkets. Use as a learning clock to make telling time fun or as a tool to encourage the value of time. Once your clock is built, your child can customize it with paint and stickers. Children get to keep their project, receive a certificate of achievement, a workshop apron, and a commemorative pin. Children must be accompanied by a parent or adult and must be present in the store at all times. Free. All Bergen County Home Depots: Paramus, Hackensack, etc. 800-466-3337. HomeDepot.com.

Winter Landscape Photography – 10am-2pm. REI Outdoor School instructors will help you get that great winter landscape photo. The course is designed for those with a basic understanding of how to use their camera. With special access to beautiful locations to inspire you, you will learn how to capture the beauty of winter with the lens. \$99, \$69/member. Pyramid Mountain Natural Historical Area, Montville. Paramus REI. 201-226-1560. REI.com.

How to Read Medical Blood Test Naturally – 11am-1:30pm. Part 2 of 3. Your medical blood tests are yours to keep in your home file. Make sure you ask for and receive them. Knowing how to read medical tests and what deficiencies may cause what indicators is a way to be in control of your health. \$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.

Exploring Alternative Cancer Treatments – 11am-1:30pm. Learn common sense ways to cut



through the hype about natural treatments for cancers and discern the best way to evaluate such options. Informed consent means you are in the driver's seat and the best way to make that journey is to be informed. \$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.

Turtle Dance Music – 1pm & 3pm. One of the Kidz Cabaret series, Turtle Dance Music aims to spark children's curiosity and imaginations through interactive, inclusive musical performances that use a wide range of instruments, stuffed animals, games and technology. The sensory-friendly performance is geared for Pre-K, grades K-5 and also students on the Autism Spectrum. \$19. Bergen Performing Arts Center, 30 North Van Brunt St, Englewood. 201-227-1030. BergenPAC.org.

Breath and Movement in Yoga – 2-5pm. Learn to use the breath to facilitate moving as you enter and exit any of the postures. Your fluid movements will be organic and conscious, making your asana practice therapeutic, ease-full and meditative. This fluidity and ease will spill into your everyday life and all other activities. \$35. Krame Center, Anisfield School of Business, Ramapo College of New Jersey, Mahwah. Register: TinyURL.com/YC4GV4AK.

SUNDAY, MARCH 3

Maple Sugaring – Sundays Mar 3 through 24. 12:30-1:30pm, 2-3pm, 3:30-4:30pm. All ages welcome. Learn to identify a maple tree; the history of syrup making; how to gather sap. The group will tap a tree and boil down sap to make fresh, warm maple syrup for all to taste. Children must be accompanied by an adult. Rain or shine. Dress warmly; the program will take place indoors and outdoors. Space is limited; pre-registration required. No strollers. \$30/family, \$10/adult, \$15/member family, \$5/adult member. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

Climate Change Talk – 1pm. With Dr Brooke Bateman, the National Audubon Society Senior Scientist of Climate. Her work focuses on helping birds survive climate change. Dr. Bateman is also leading Climate Watch, a survey conducted by community scientists across the country who will test the predictions in Audubon's Birds and Climate Change Report against real-life sightings. Free. Meadowlands Environment Center, DeKorte Park, Lyndhurst

Cliffhanger Point: Winter History Hike – 1-3pm. This 2+ mile hike takes about 1.5hrs. It's a great introduction to Palisades hiking for hikers of all ages, and commemorating Pearl White, Queen of the Cliffhangers. Meet Eric Nelsen at the Visitor Center at Fort Lee Historic Park. On the return hike, hikers may take an optional stroll with the group

out onto the George Washington Bridge walkway, to enjoy the spectacular view offered from that location. Free. Confirm on the morning of the hike if weather seems questionable. Fort Lee Historic Park, Hudson Terrace, Fort Lee. Info: 201-768-1360 x 108. NJPalisades.org.

Playing With Pendulums – 1-3pm. In this experiential class, learn using the pendulum to receive information and to clear your space, yourself and others. Find out what to do when you do not have your pendulum on hand. \$45. Holistic Harmony, 152 Hamburg Tpke, Bloomingdale. 973-454-9780. LoisKramerPerez.com/MyEvents.

Adelphi Chamber Ensemble at Teaneck – 2pm. Sylvia Rubin on violin, Kyle Anderson on French horn, Francy Silos on viola, Heather Wallace on viola and Abigail Kniffin on cello perform Mozart's *Quintet for Horn, Violin, 2 Violas and Cello in E flat major, K 407 (386c)*. Also on the program Hoover's *Trio for Flutes* and Kuhlau's *Grand Trios (3) volume I, Op. 13* with Carron Moroney, Jacqueline Burkat and Lisandra Hernandez on flute. Sojung Lee on piano for Dvorak's *Quintet for Piano and Strings no 2 in A major, Op. 81/B 155*. Free. Auditorium, Teaneck Public Library, 80 Teaneck Rd, Teaneck. 201-837-4171. Teaneck.org.

The Underwater Bubble Show – 2pm & 5pm. Show takes place in colorful underwater world of Bubblelandia. After another long day full of meetings and deadlines, Mr B finds himself transported to a magical world that's inhabited by seahorses, dragon fish, starfish, mermaids, clown fish and more. Tickets from \$19. Bergen Performing Arts Center, 30 North Van Brunt St, Englewood. 201-227-1030. BergenPAC.org.

Stress Less: A Yoga Workshop for Teens – 3-5pm. Attention teens. Would you like to feel good in your body? Workshop includes: one hour yoga flow for all levels; snack break; chat about stress and ideas about how to deal with it; ideas about grounding; exploring of your inner qualities; intro to neurosculpting. Pre-registration required. \$35. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

TUESDAY, MARCH 5

Drum Circle – 6:30-7:30pm. Available through Cancer Support Community at Holy Name Medical Center, drumming offers a therapeutic outlet that leaves many participants feeling both energized and relaxed. Open to anyone impacted by cancer. Pre-registration required. Holy Name Medical Center, Marian Hall, Rm 5. RSVP: 201-833-3392. HolyName.org/CancerSupport.

THURSDAY, MARCH 7

Art for the Soul – Mar 7, 28. 1:30-3pm. Creative arts can help to reduce stress and offer a therapeutic positive outlet. Each session will be dedicated to a different art form, encouraging creative expression. No art background needed, beginners welcome. Open to anyone impacted by cancer. Pre-registration required. Holy Name Medical Center, Marian Hall, Rm 1B. RSVP: 201-833-3392. HolyName.org/CancerSupport.

iPhone Photography Workshop – Mar 7, 14, 21, 28. 3:30-4:30pm. Discover helpful shooting tips, techniques and editing apps to capture great shots. Learn how to share and store photos. Led by: Phyllis Shenny, art director and cancer survivor. Pre-registration required. Holy Name Medical Center, Marian Hall. RSVP: 201-833-3392. HolyName.org/CancerSupport.

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SATURDAY, MARCH 9

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SATURDAY, MARCH 9

200-Hour Yoga Teacher Training – Mar 9 through Sept 22. 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.

Learning to Meditate One Day Retreat – 9am-3pm. Learn the basics of how to meditate, or more experienced mediators can deepen their practice. Explore meditation practices that relate to every moment in our lives with compassion and kindness. Learn the power of mindfulness meditation in building awareness, focus and concentration. \$55. Krame Center, Anisfield School of Business, Ramapo College of New Jersey, Mahwah. Register: TinyURL.com/KrameRetreats

Jazz Guitar Workshop – 10am-4:30pm. Jazz guitar master Frank Vignola workshop, exploring and discussing jazz guitar, chord development, improvisation and techniques. The workshop will conclude with a private performance. \$85; includes take-home materials, lunch, and museum membership. Mahwah Museum, 201 Franklin Turnpike, Mahwah.

WEDNESDAY, MARCH 13

Paper Flowers – 2-3:30pm. This workshop will introduce basic floral papercraft techniques. Follow step by step instructions to create life-like paper flowers. All materials provided. Open to anyone impacted by cancer. Pre-registration required. Holy Name Medical Center, Marian Hall, Rm 1B. RSVP: 201-833-3392. HolyName.org/CancerSupport.

Women's Flat Bike Tire Repair Workshop – 7-8:30pm. Learn from expert bike techs in this hands-on workshop. Join like-minded women as you work through everything you need to know to change a tire and reduce the chances of a repeat flat. Bring your own bike, a busted bike tire if you can. \$40, \$20/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com. \$45, \$25/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

THURSDAY MARCH 14

On the Farm – 10:30-11:30am. It's a brand new day on the farm. Learn all about farm animals with a special story, fun activities, a live animal guest, and a trip to the zoo's Dutch barn. This program is for children ages 3 to 5 with an adult. \$10/per child, free/adults. Education Center. Bergen County Zoological Park, 216 Forest Ave, Paramus. 201-262-3771 x 112. CBACA@co.bergen.nj.us.

Release Your Stress: Introduction to Personal Clearing Techniques – 7-8:30pm. Learn simple personal clearing techniques to move to a more peaceful and calm state. Through breathing, visualization, anchoring and guidance, even the most active minds are surprised to find ease. Each participant receives a recording of the meditation portion. No meditation experience needed. Pre-registration required. \$35. Body Positive Works, 96 E. Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

The History of the Suffern RR – 7:30pm. Part of the Mahwah Museum Lecture Series; Craig Long will outline the history of the Suffern Railroad and the development of towns in both Rockland County New York and Bergen County New Jersey. Refreshments served afterwards. \$5, free/museum members. Mahwah Museum, 201 Franklin Turnpike Mahwah. 201-512-0099. MahwahMuseum.org.

FRIDAY, MARCH 15

Card Making Workshop – 1-2:30pm. Who doesn't love the personal touch of a handmade card? Learn paper craft techniques and personalize your own hand made birthday card for a friend or loved one. All card stock and craft supplies are provided. Open to anyone impacted by cancer. Pre-registration required. Holy Name Medical Center, Marian Hall, Rm 3. RSVP: 201-833-3392. HolyName.org/CancerSupport.

SUNDAY, MARCH 17

markyourcalendar

SUNDAY, MARCH 17

Open House with OnPoint Fitness Trainers & Chiropractor – 1-6pm. An open house for prospective clients, partner and trainer George Miranda will host a presentation on what clients can expect to gain from choosing OnPoint. Chiropractor Dr. Lavitan, a fitness enthusiast, will provide additional information. Attendees can expect to learn about several one-on-one exercise regimens, as well as the reasons why having a personal trainer is important. Fitness trainers allow for the maximum benefit from the time and effort spent working out, empowering clients by enabling them to achieve noticeable results quickly is a key motivating factor that gets them to stick to a workout regimen. *Natural Awakenings* readers receive a free introductory session for a limited time. OnPoint Fitness, 409 Cedar Lane, Teaneck. For more information call 201-357-5935. OnPointStudio.net.

Trillium Kundalini Meditation Journey – 2-4:30pm. Three proven ways to meditate that provide an experiential sense of heart connection, healing energy and the crowning jewel of golden silence. Discourses on each technique and a choreographed sound bath to create a portal to the brain and open channels for meditation and the workings of spirit. Pre-registration required. \$40. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

Emmanuel Baptist Church Concert – 3pm. Honoring the musical legacy of William F Wilkins. All Seasons Chamber Players perform Brahms *Waltzes for Piano Duet, Op. 9*; Farrenc *Trio in E Minor for Piano, Flute and Cello*; Beethoven *Sonata #10 in G Major for Piano and Violin*; Horatio Parker *Suite for Piano Trio in A Major, Op. 35*. Free will offering for The Center for Food Action. Emmanuel Baptist Church, 14 Hope Street (at Ridgewood Avenue), Ridgewood. 201-444-7300.

Chant UP with Gaura Vani – 3-5pm. A celebration of the ancient, mystical tradition of mantra music. Elevate your spirit and cultivate community through the sacred sounds of kirtan at the all-inclusive UPSA. \$20/advance, \$25/day of. United Palace, 4140 Broadway at 175th St, Manhattan. 212-568-6700. UPSpiritualArts.org.



MISSION STATEMENT

To **empower** individuals to live a healthier lifestyle on a healthier planet.

To **educate** communities on the latest in natural health and sustainability.

To **connect** readers with local wellness resources and events, inspiring them to lead more balanced lives.

natural
awakenings

TUESDAY, MARCH 19

Spring Cleaning The Feng Shui Way – 7pm. Feng shui is the ancient Chinese art of harmonious placement. In this workshop with Tina Munson, a certified BTB feng shui consultant, you'll learn how to use a basic tool of feng shui called the ba gua, which will help you analyze and improve your space. Free. Englewood Library, 31 Engle St, Englewood. 201-568-2215. EnglewoodLibrary.org.

WEDNESDAY MARCH 20

Release Your Stress: Introduction to Personal Clearing Techniques – 7-8:30. Learn the simple personal clearing techniques to find you are now moving to a more peaceful and calm state. Through breathing, visualization, anchoring and guidance, find ease by clearing the self, using these simple personal clearing techniques. With Lois Kramer-Perez. \$30; registration required. Ridgewood HS, 627 E Ridgewood Ave, Ridgewood. 201-670-2777.

Women's Lightweight Backpacking Workshop – 7-8:30pm. Learn to reduce your overall pack weight for your next adventure. There are ways to adjust your thinking and packing of your current gear to lighten your load. Bring your packed, trail-ready pack for an interactive gear shake-down. No additional gear necessary. \$40, \$20/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

BCHS School of Interpretation & Volunteer Meeting – 7:30pm. Topic: *Hearth, Home and Liberty: The Bergen Militia in the Rev War* by historian Todd Braisted. For anyone interested in volunteering at Historic New Bridge Landing events as a docent, greeter, operations personnel, or living-history interpreter in period dress, the Bergen County Historical Society sponsors the School of Interpretation to hone communication. Historic New Bridge Landing. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739. BergenCountyHistory.org.

THURSDAY, MARCH 21

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.

Reiki Wellness Circle – 7pm. Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing processes of the patient's body and restore both physical and emotional well-being. Free. Englewood Library, 31 Engle St, Englewood. 201-568-2215. EnglewoodLibrary.org.

FRIDAY, MARCH 22

Sweet Charity – Mar 22-24, 29-31. Fri-Sat, 8pm; Sun, 2pm. Charity Hope Valentine a dance partner-for-hire at a seedy dance hall, Charity's hopeful romanticism help her reach for a life beyond. In the past. When she meets Oscar, a shy actuary seemingly from another world, will she finally find true love? \$20, \$18/Senior, \$12/under 12. Fair Lawn Recreation Center, 10-10 20th Street in Fair Lawn. OldLibraryTheatre.net. 973-OLT-4420.

markyourcalendar

FRIDAY, MARCH 22 - SUNDAY, MARCH 24

New Life Expo for Conscious Living – Mar 22-24. America's longest-running holistic enlightenment and conscious-living event. Attend concerts, free lectures, panels and workshops; try samples, healthy food. 100 exhibitors and 100 speakers. Panels include nutrition, UFO, strange universe and vibrational healing. Wyndham Hotel New Yorker, 481 8th Ave (corner of W 34th St), Manhattan. NewLifeExpo.com/NY-Expo/About-New-Life-Expo-NY/.

SATURDAY, MARCH 23

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.

How to Read Medical Blood Test Naturally – 11am-1:30pm. Part 3 of 3. Your medical blood tests are yours to keep in your home file. Make sure you ask for and receive them. Knowing how to read medical tests and what deficiencies may cause what indicators is a way to be in control of your health. \$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.

Numerology Workshop – 2pm-4:30pm. Learn what is in your name and birth date through understanding the meaning of numbers in numerology. A fun class for personal use in one's career, life planning and relationships. With Michael Ziakowski. \$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, MARCH 24

Indomitable Spirit: Beethoven and Beyond – 2pm. All Seasons Chamber Players perform Brahms



Waltzes for Piano Duet, Op. 9; Farrenc Trio in E Minor for Piano, Flute and Cello; Beethoven Sonata #10 in G Major for Piano and Violin; Horatio Parker Suite for Piano Trio in A Major, Op. 35. Free. Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323.

Voices in Harmony – 2pm. An artistic celebration featuring singers, musicians and dancers from 18 schools in six NJ counties serving students with disabilities. The performers have been rehearsing throughout the school year with visiting teaching artists from The Performing Arts School at BergenPAC's outreach program, and are ready to share their talents. Free. Bergen Performing Arts Center, 30 North Van Brunt St, Englewood. 201-227-1030. BergenPAC.org.

markyourcalendar

SUNDAY, MARCH 24

Finding True Peace (By Forgiving Everyone) – 3-5pm. *A Discussion on How to Let Go and Move On.* Join 30+ year Buddhist Monk Venerable Bhante Sujatha for an enlightening afternoon. Join in a conversational workshop on forgiveness and the steps we must take to truly forgive ourselves and others, love ourselves, and renew this commitment every day. Forgive others not because they deserve forgiveness, but because you deserve peace – Buddha. Bhante believes his purpose is not only to teach meditation, but also, teaching people how to be happy. \$35. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

TUESDAY, MARCH 26

A Woman's Heart – 2pm. Join Linda Lohsen from Holy Name Medical Center to learn about the risk factors and symptoms for heart disease and the lifestyle changes that can be made to help prevent developing cardiac disease. Free. Englewood Library, 31 Engle St, Englewood. 201-568-2215. EnglewoodLibrary.org.

WEDNESDAY MARCH 27

Fun with Crystals – 7-8:30. A journey of all things crystal, from using them for meditation and manifestation to understanding tumbled, raw, faceted and crystal clearing. Learn about crystal grids and how to create them for various purposes. Each participant receives a crystal and personal message. With Lois Kramer-Perez. \$30; registration required. Ridgewood HS, 627 E Ridgewood Ave, Ridgewood. 201-670-2777.

Auditions for *The Who's Tommy* – Mar 27 & 28. 7-10pm. Pioneer Productions Company will be holding auditions for their summer production,

**New-age
wisdom at its
finest.**

**Visit
JerryHocek.com**

premiering at The Fair Lawn Community Center George Frey Center of the Arts in July. See website: PioneerProductionsCompany.org. MOC Studios, 494 Valley Rd, Montclair.

FRIDAY, MARCH 29

Beneath the Sea – Mar 29-31. A weekend exposition featuring travel, diving and ocean adventure, including 400 exhibitors, an Ocean Pals program for the young, an International Underwater Film Festival and a free Marine Careers program. This year's Show will feature a celebration of the Women's Divers Hall of Fame along with a visit from Jake and the River Boys. \$30. Meadowlands Exposition Center, Harmon Meadow, Secaucus. 765-287-1256 x 272. AMAExpo.com.

Wild & Crafty Turtle Tales – 10:30-11:30am. Come out of your shell and listen to a story about turtles, meet a turtle up close, and make your own colorful turtle to take home. This program is intended for families with children 3-6 years old. \$10/per child, free/adults. Education Center. Bergen County Zoological Park, 216 Forest Ave, Paramus. 201-262-3771 x 112. CBACA@co.bergen.nj.us.

Sound Bath – 7-8:45pm. Karen Skolski & Stellar Sound take you on a journey into healing. Sound can strengthen you on a physical, mental and emotional level, as it breaks up disturbances in the body, releasing stress. Shamanic healing and sound this night will include many magical tools. Healer Akal Bani will be using breath work, gentle movement, etc. to bring inner harmony to the body mind connection. Please bring a mat, blanket & pillow for your comfort - some will also be available on site. \$25; please preregister. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

SATURDAY, MARCH 30

Happiness Workshop – 10am-1pm. Happiness expert Dr Cindy Orosy and stress management expert Anna Sandbank discuss what factors make people satisfied in their lives. Learn how to apply research-proven strategies to live a happier, more desirable life. Free; space limited. Hampton Inn, 625 From Rd, Paramus. Info: 201-488-6678.

SUNDAY, MARCH 31

markyourcalendar

SUNDAY, MARCH 31

Integrative Health Center Open House – Noon-5pm. Body Positive Works is a one-stop integrative health center offering health and wellness programs and services that help women, men, and children connect with their true selves in an accepting and supportive environment. Learn how to de-stress, detoxify and heal using a unique combination of offerings including traditional psychotherapy, Pilates and nutritional counseling, as well as holistic offerings such as yin yoga, ayurveda, chiropractic, meditation and reiki. Light refreshments will be served. Body Positive Works, 96 E Allendale Rd, Saddle River. Appointments or information: 201-708-8448. BodyPositiveWorks.com.

Birding for Beginners – 1pm. An opportunity for all ages who are interested in bird watching to learn from the best. The event consists of a one-hour program on birding tips and optics followed



by a guided walk of DeKorte Park. Participants are encouraged to bring binoculars. Free. Meadowlands Environment Center, DeKorte Park, Lyndhurst. Don Torino: 201-230-4983

A Concert of Beethoven and Brahms: Adelphi Chamber Ensemble – 2pm. Brahms' *Concerto for Piano no 1 in D minor, Op. 15*, and Beethoven's *Symphony no 7 in A major, Op. 92*; Drew Petersen on piano and conductor Jason Tramm. \$25/reserved seating. Pascack Valley Regional High School, 200 Piermont Avenue, Hillsdale. 201-358-7060.

Open Heart Conversations: Zoroastrianism – 3pm. With Ferzin Patel, MA. Explore Zoroastrianism, the ancient Persian religion originated as early as 4,000 years ago, arguably the oldest and first monotheistic faith, that helped to shape the major Abrahamic religions of Judaism, Christianity and Islam. \$6. United Palace, 4140 Broadway at 175th St, Manhattan. 212-568-6700. UPSpiritualArts.org.

Indomitable Spirit: Beethoven and Beyond – 4pm. All Seasons Chamber Players perform Brahms *Waltzes for Piano Duet, Op. 9*; Farrenc *Trio in E Minor for Piano, Flute and Cello*; Beethoven *Sonata #10 in G Major for Piano and Violin*; Horatio Parker *Suite for Piano Trio in A Major, Op. 35*. Reception. \$5 Suggested donation. Reformed Church Of Oradell, 641 Church St at Kinderkamack Rd, Oradell. 201-261-1720. AllSeasonsChamberPlayers.org.

plan ahead

THURSDAY, APRIL 4

Subtle Body Teacher Training – Thurs Apr 4-25. 9am-2pm. Jody Domerstad Boisits offers this yoga teacher training in which she will discuss chakras, nadis, koshas, meridians and how to affect the subtler layers of the human body. Pre-registration required. \$400/for four weeks. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

MONDAY, APRIL 8

Lobby Series: An Evening of Chants and Songs to Heal, Inspire and Empower – 6:30pm doors, 7pm show. With Karen Drucker. This series show-

cases local artists for 100-125 guests in the Grand Foyer. Karen sings, speaks and leads workshops at women's retreats, mind-body-health conferences and various new thought churches. \$20/online, \$25/at the door. United Palace, 4140 Broadway at 175th St, Manhattan. 212-568-6700. UPSpiritualArts.org.

FRIDAY, APRIL 12

Mindfulness-Based Stressed Reduction Orientation – 9-11am. These orientation sessions are required of all participants. You can experience, first-hand, mindfulness methods and approaches you will be learning during the program and meet the program instructors. Winter and spring MBSR courses are offered on Wednesdays, Fridays and Saturdays. Free. Krame Center, Anisfield School of Business, Ramapo College of New Jersey, Mahwah. Register: TinyURL.com/KrameMBSR.

SATURDAY, APRIL 13

Mindfulness-Based Stressed Reduction Orientation – 9:30-11:30am. See Apr 12 listing. Free. Krame Center, Anisfield School of Business, Ramapo College of New Jersey, Mahwah. Register: TinyURL.com/KrameMBSR.

WEDNESDAY, APRIL 17

Women, Food, & Healing: A Therapeutic Support Group – Apr 17-May 22. 6:30-8pm. Do you judge what you eat, do you judge yourself? Do you label foods as "good" or "bad"? Do you determine your self-worth by the number on the scale? Melanie Struble, LCSW, LCADC leads a six-week support group. \$300/six weeks; no drop-ins; preregistration required. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

WEDNESDAY, APRIL 24

Mindfulness-Based Stressed Reduction Orientation – 7-9pm. See Apr 12 listing. Free. Krame Center, Anisfield School of Business, Ramapo College of New Jersey, Mahwah. Register: TinyURL.com/KrameMBSR.

SUNDAY, APRIL 28

Open Heart Conversations: Science and Spirituality – 3pm. With Dr Jude Currihan. What if everything you knew about reality is about to be transformed? What if you're about to be presented with compelling confirmation that we're microcosmic co-creators of our universe? You are. \$6. United Palace, 4140 Broadway at 175th St, Manhattan. 212-568-6700. UPSpiritualArts.org.

SATURDAY, MAY 4

markyourcalendar

SATURDAY, MAY 4

Deepak Chopra: The Nature of Reality – 7:30pm. Explore the nature of reality through power of intention and manifesting your dreams while learning how renowned mind-body healing pioneer Deepak Chopra's work is changing the way the world views physical, mental, emotional, spiritual and social wellness. VIP ticket includes a great seat, a copy of his newest book, a pre-lecture book signing and a photo opportunity. \$30-\$80. Paramount Theatre, 1300 Ocean Ave, Asbury Park. 732-897-6500. Ticketmaster.com.

ongoing events

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

sunday

Kundalini Yoga & Meditation – 9-10:15am. Kundalini yoga helps to clear the fog in our minds and build physical vitality through a mixture of movement, dynamic breathing techniques, meditation, and the chanting of mantras. Also offered Thursdays at 5pm. Full class schedule available online. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.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

Yoga for Your Body – 8:30-9:45am. Body Positive Works co-owner Jen Kraft leads an accessible, judgment-free yoga class with lots of options customized for the needs of every body. All levels, abilities, shapes and sizes welcome. Full class schedule available online. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

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.

Lego Club – 7-7:45pm. For kids age 6 and up. After a story, build with Legos based on the book's theme. BYOB (bring your own blocks) to the meeting. Registration is required. Free. Teaneck Public Library, 840 Teaneck Rd, Teaneck. 201-837-4171. TeaneckLibrary.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

Yoga for Addiction Recovery – 8:30-9:45am. Yoga teaches us to get to know our bodies, to hear its signals, and to honor it for where it is today. Maria Salvatore shares her experience how yoga and meditation has helped her own recovery. Also offered Thursdays at noon with Karen Dillon. Full class schedule available online. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

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. Beginners and experienced players are welcome to come but the game isn't taught. Free. All Purpose Rm, Dixon Homestead Library, 180 Washington Ave, Dumont. 201-384-2030.

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

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

Knitting & Crocheting Club – 6:45-7:45pm. 1st & 3rd Tue. Come get crafty. Crochet and knit with a fun group. This is a drop-in event welcome to all skill levels. No registration necessary. Dixon Homestead Library North, 180 Washington Ave, Dumont. 201-384-2030. Dumont.BCCLS.org.

Meditation Group – 7pm. 1st Tue. With Sharon Sillen. KG Divine, 530 High Mountain Ave, North Haledon. 973-865-1976.

Modern Family Pub Trivia – 7-9pm. Test your knowledge of all things Modern Family. Six players max per team. Event is free to play but the food or drinks for this event is paid by participants. 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.

Yin Yoga for Your Body – 8:30-9:45am. With Body Positive Work co-owner Jen Kraft. The practice targets the connective tissues, ligaments, and joints that lie underneath our muscles. If you can stay in your poses on the mat, it can teach you to "sit with" difficult situations off the mat. All levels, abilities, shapes and sizes welcome. Full class schedule available online. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

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

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

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

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

Coloring for Relaxation – 1:30-3:20pm. Hands on

coloring. Color yourself calm. Light refreshments. Free drop in. Dixon Homestead Library North, 180 Washington Ave, Dumont. 201-384-2030. Dumont.BCCLS.org.

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

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

Evening Meditation – 5:30-6:30pm. Partially guided meditation. Learn to meditate or expand your current practice. No experience necessary. Free. Krame Center, Ansifield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For information or to register: TinyURL.com/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. 201-837-4171. TeaneckLibrary.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 – 7pm. 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 Rd, North Haledon. For details: Anita 973-304-1046.

QiGong – 7pm. Spend some time using Qigong, a method of building, balancing and refining your

energy and awareness. KG Divine Wellness and Beauty, 530 High Mountain Road, North Haledon. For details: Anita 973-304-1046.

Hatha Yoga – 7-8pm. Move in and out of poses with the rhythmic flow of breath. Through concentration based on breath awareness, you are guided into finding increased endurance, flexibility, circulation and strength. \$20/drop in, \$150/10-class pass. Vista Natural Wellness Center, 191 Ramapo Valley Road, Oakland. 201-644-0840.

Mediumship/Spiritual Support Group – 7-9pm. 2nd Thu. You are not alone in the way you are feeling. Learn to use the tools you need to re-create your world your way. Learn to meet the challenges in life in new and productive ways. Meetings are always held in an environment of truth, love, and intense passion for your soul. \$5. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999.

Meditation – 7:30-8:30pm. 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.

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 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, Ansfield 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. 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 5,000 years ago, this knowledge is relevant for modern life. Info: Gopal_Agrawal@yahoo.com or 201-926-9079.

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

saturday

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

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

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

Zen Morning Practice and Introduction – 9am-noon. Zen is about finding yourself as well as finding truth. Believing in yourself, knowing “who you really are”, living in your own way. Free. Vajradhara

Meditation Center, 358 Greenmount Ave, Cliffside Park. 201-370-6433.

Yoga for Your Body – 9:15-10:45am. Join “Curvy Yoga” certified instructor Michele Palumbo as she leads an accessible, judgment-free yoga class with lots of options customized for the unique needs of every body. Absolutely all levels, shapes and sizes welcome. Full class schedule available online. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.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. For more information see website. \$20/drop-in, \$150/10 class pass. Vista Natural Wellness Center 191 Ramapo Valley Rd, Oakland. 201-644-0840. VistaNaturalWellness.com.

Gentle Flow Yoga – 10:30-11:30am. Designed to align your mind, body, and soul, complete with a mediation to optimize relaxation. Healing4thesoul Wellness Center, 199-B Boulevard, Hasbrouck Heights. 201-288-0011. Healing4thesoul.com.

Beginners Yoga – 11am. Designed as an introduction to the practice of yoga that focuses on developing proper and safe alignment for foundational poses at a beginners pace. Walk-ins welcome. \$12. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings@gmail.com.

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

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

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

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

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

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.

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Northern New Jersey
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cmtarnow3@yahoo.com



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Cresskill, NJ
201-878-4545
Brielle@bsenftlpc.com
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I want to help you to step into your authentic self and create the life that you want. We are complicated beings with many layers that can be difficult to navigate. Maybe you are going through a life transition, struggling with anxiety, grieving, whatever it may be, therapy is a journey to a more fulfilling and meaningful life. Let me guide you as you heal yourself, providing a supportive, compassionate and nonjudgmental space. I believe in an integrative approach and do not subscribe to a one-size-fits-all model of therapy.

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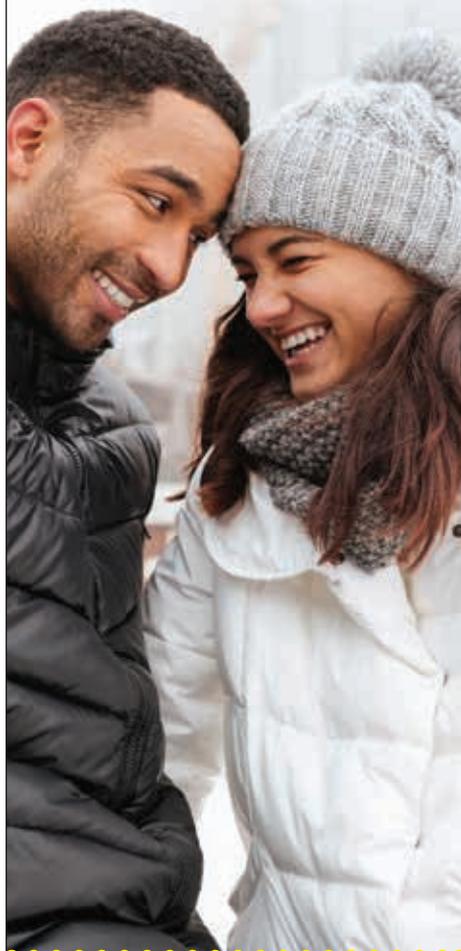
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cy biofeedback, teaches one-day classes and lectures widely. Dian is currently finishing her doctorate in Medical Humanities at Drew University, Madison, NJ. She may be reached at 973-267-4816 or *Dian2@WellnessSimplified.com*. *See ad, page 19.*

CHRISTINE M. OKEZIE

Natural Foods Chef & Holistic Health Coach
201-889-5001
Christine@YourDeliciousBalance.com
YourDeliciousBalance.com



Christine is a Holistic Nutritionist, Natural Foods Chef and Transformational Mind Body Eating Coach. Author of *The NO DIET Cookbook, How to Eat for Health and Pleasure*, for the last eight years she has been supporting

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classifieds

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