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Peter Sagal on
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A Primer on the
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Classes & Sessions Available, refer to page: 11

ALL OF LIFE COMES TO ME WITH EASE, JOY & GLORY™



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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.

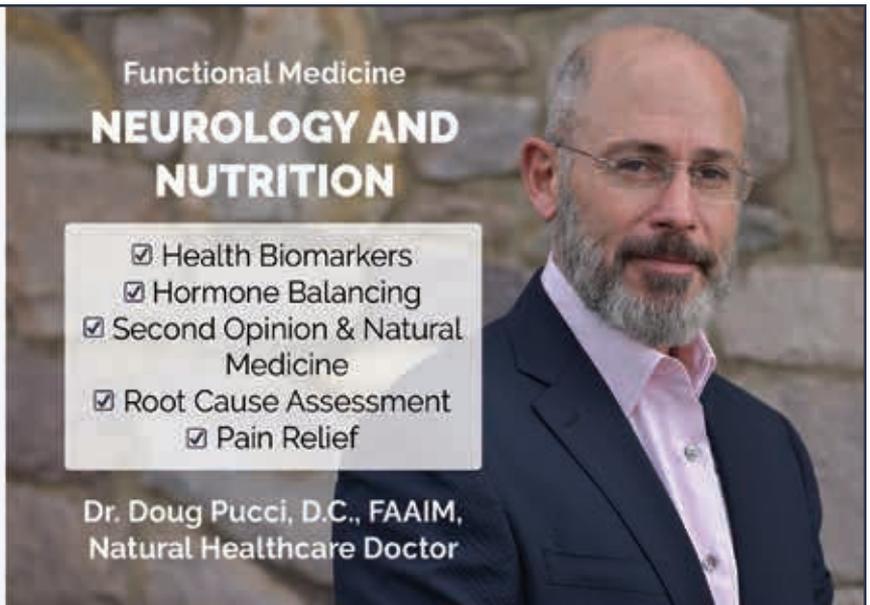
The Body -----

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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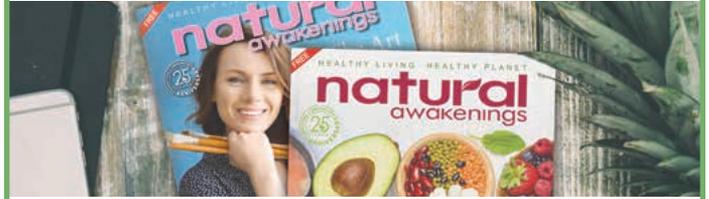


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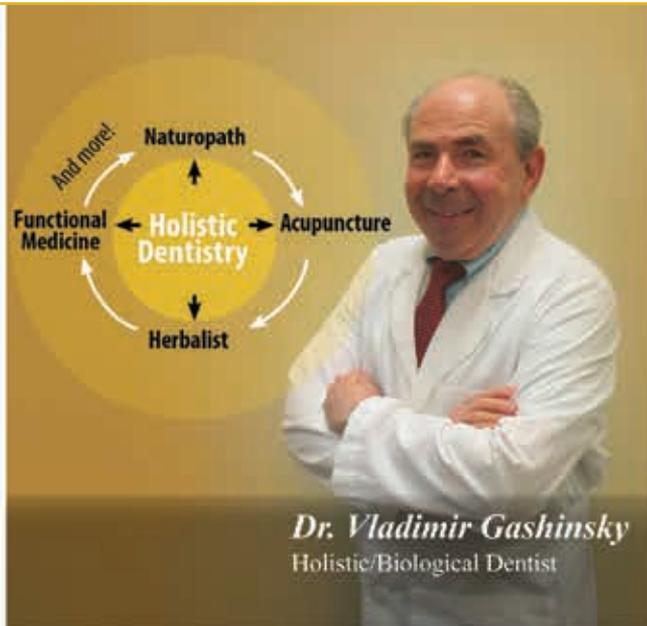


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Dr. Vladimir Gashinsky
Holistic/Biological Dentist

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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EDITORS **Martin Miron**
Thomas Masloski

CONTRIBUTING WRITERS **Brielle Bleeker**
Maria Karameros
Joseph Quiroz
Nayda Rondon

DESIGN & PRODUCTION **C. Michele Rose**

SALES & MARKETING **Jerry Hocek**

ACCOUNTING **Angelica Pat**
Sanshompoo

CONTACT US

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

SUBSCRIPTIONS

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

NATIONAL TEAM

CEO/FOUNDER **Sharon Bruckman**
 COO/FRANCHISE SALES **Joe Dunne**
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 MANAGING EDITOR **Linda Sechrist**
 NATIONAL ART DIRECTOR **Stephen Blancett**
 ART DIRECTOR **Josh Pope**
 FRANCHISE SUPPORT **Heather Gibbs**
 NATIONAL ADVERTISING **Kara Cave**

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

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letter from publisher

Dear Mom,

When I moved into my current apartment and got it situated, I was very pleased with how it all came together beautifully. However, I wondered why my kitchen was small. I thought to myself, “Did the universe not know that I now prepare most of my meals because of the healthy diet I adopted due to my digestive issues?” Did the universe forget that I could truly utilize a much larger

kitchen to its fullest?” I later concluded that I might learn something from this minor dilemma. Perhaps I would learn to be disciplined and wash my dirty dishes every day due to the limited kitchen space.

Instead, I soon realized how much work it takes to consistently feed myself a healthy diet—in other words, to nurture myself—and I am only one person, simply taking care of just me. Even so, a pile of dirty dishes usually sat in the sink or due to limited counter space, even on my kitchen floor. My laundry also piled up at times because I only had the time (or desire) to wash one “emergency” load at a time. But hey, I’m a busy man! I have legitimate excuses.

It later dawned on me that during my childhood, you cooked and fed us all every day, washed the dishes, did the laundry, worked a full-time job, paid the bills, cleaned the house and most likely handled even more than I can remember. I currently do this only for me and I sometimes can’t or perhaps don’t really want to try to keep up. It’s a lot of work.

No matter how challenging my relationship with my father was, he worked a job for many years and provided for his family, and so did you. He also fixed and upgraded many things in and around the house, but what most impresses me is the courage you both had to escape Communist Czechoslovakia so that we would have better opportunities in America and be spared the oppressive conditions that came with the Soviet occupation.

I am grateful for everything you and my father did for our family. You worked hard to ensure that we kept moving forward in life, even when the family dynamics at home were sometimes challenging. We always had a good, clean, comfortable home and healthy meals prepared by you. You also made sure that my brother and I were regularly exposed to culture—museums, concerts, theater, the zoo and aquariums and more.

I greatly appreciate all you did for us. Motherhood has to be the toughest job in the world. I got to where I currently am mainly because of my tenacity, strength and courage. I now realize where I get it from—you!

Happy Mother’s Day!

Jerry Hocek and Angelica Pat Sanshompoo, Publishers

P.S. I have since purchased a portable dishwasher, and now utilize the wash and fold service at my local laundromat – lesson learned and problems solved.

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

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

CALENDAR SUBMISSIONS

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

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

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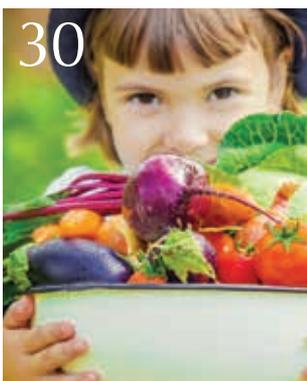
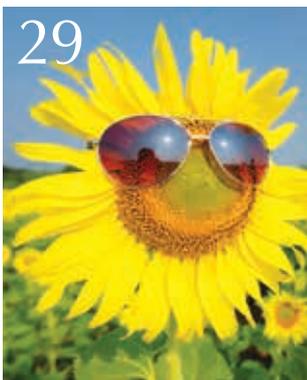
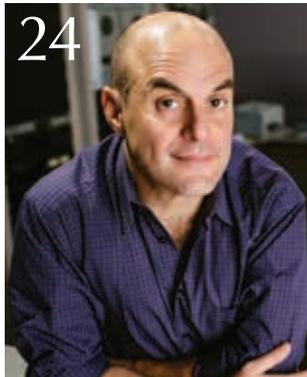
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news briefs

The Cancer Support Community at Holy Name Eases the Journey



CSC Painting Class at Holy Name Medical Center

Cancer Support Community (CSC), a national organization offering free cancer support programs is now worldwide, providing support to a number of countries, including Japan, Canada and Israel. Holy

Name Medical Center, in Teaneck, is one of only nine hospitals nationwide to partner with CSC. Although this community-based program is held at Holy Name, it is open to those receiving treatment at any hospital.

In 2016, Holy Name partnered with CSC, offering free cancer support programs to patients in treatment, post-treatment, caregivers, family members and cancer survivors. Each month affords an array of choices, including educational workshops, wellness classes, group support and social activities. Those involved in CSC recognize that social and emotional care are just as important as medical care. The activities bring participants together in a very special way that promotes social connections, decreases feelings of isolation and positively impacts emotional well-being. The social component of each program plays a vital role in fostering friendships and easing the journey, so that no one faces cancer alone.

For more information, to donate or register for classes, call 201-833-3392 or visit HolyName.org/CancerSupport.

Hackensack Riverkeepers to Host Cleanup



The Hackensack Riverkeepers will conduct a land-based cleanup party from 2 to 5 p.m., May 11, at Kenneth B. George Park, in River Edge. Volunteers will rid the park and its surrounding areas of all unwanted trash, and are advised to wear sensible shoes and clothing that can get dirty. This event is co-sponsored by

the River Edge Environmental Commission.

Cleaning supplies and refreshments will be provided. Volunteers should bring bug spray and sunscreen. Pizza will be provided for all volunteers. Minors must be accompanied by an adult. Please BYO boat if necessary.

Location: 600 Riverside Way. For more information or to register (required), call Caitlin Doran at 862-432-0766 or email Outreach@HackensackRiverkeeper.org.

Experience the Silence Revolution Meditation in Manhattan

Nevsah Karamehmet, an international leader in breath coaching and breathing science, author and retreat facilitator, will host The Silence Revolution, a group meditation, from 6 to 8 p.m., May 18, at The Assemblage NoMad, in Manhattan. The meditation includes the music of the ney, a Turkish flute.



For hundreds of years, healing and spiritual practices in Turkey have been accompanied by this mystical instrument known to be associated with the prominent *Masnavi* by the renowned Sufi poet Mawlana Jalaluddin Rumi.

Karamehmet states, "I launched The Silence Revolution project because I believe that the ney is especially made for deep meditation. It has an utterly remarkable positive impact on human consciousness. I am very excited to share this magnificent cultural inheritance with the world, as it should be."

Location: 114 E. 25th St., NYC. 10010. Registration required at Tinyurl.com/silence9. For more information, email melike.nyc@gmail.com.

New Jersey Fairy Fair in Riverdale

At the family-friendly New Jersey Fairy Fair, held in Riverdale from 11 a.m. to 5 p.m., June 9, participants can dress as their favorite fairy or fantasy character and indulge in reading or healing, enjoy the fabulous food and music and celebrate fairies. The fair host hundreds of vendors, as well as performers, classes, readings, healings, food, fun and fairies.



From the first event, the Fairy Fair has been a venue providing healing services and readings, as well as information about fairies. Starting small, the fair was held at Colleen Trusler's property in Pequannock, where about 25 vendors, healers and readers performed their services and sold their wares. There were jewelry makers, stone, crystal and oil sellers, reiki masters, energy workers, massage therapists, crafts people of all sorts, animals and beautiful vegan food. Free workshops were offered on the ways of fairy, Environmentalism, vegan eating, animal friendly practices for home and planet and other Fairy friendly topics. After the third year, the fair had outgrown Trusler's backyard.

Location: Glenburn Barn and Pavilion, 211 Paterson Hamburg Tpke., Riverdale, NJ. For venue information, visit Tinyurl.com/glenest. For more event information or vendor inquiries, email fairyfair444@gmail.com or visit [Facebook.com/FairyFairNJ](https://www.facebook.com/FairyFairNJ). See ad, page 10.

Learn about the ProLon Diet at Vista Natural Wellness

Join Sheryl Brian, Owner of Vista Natural Wellness Center, will host a seminar on The ProLon Fasting Mimicking Diet (ProLon FMD) from 7 to 9 p.m., May 9, in Oakland.



ProLon is a five-day dietary program that nourishes the body while promoting regenerative and rejuvenating changes. Improvements affect a wide range of markers that contribute to aging, such as cholesterol, inflammation and fasting glucose. Representatives from L-Nutra, the makers of ProLon FMD, will also be present to answer questions.

ProLon benefits include reduction of hard to lose, visceral belly fat while maintaining lean body mass; initiation of an increase in cellular clean-up (a process known as autophagy); promotion of cellular regeneration by activating an increase in circulating stem cells, which helps to maintain healthy levels of metabolic markers including cholesterol, blood pressure and blood glucose; and the ability to eat real food throughout the five-day fast.

Admission is free. Location: 191 Ramapo Valley Rd. For more information or to register (required), call 201-644-0840 or email VistaNaturalWellness@yahoo.com. See ad, page 15.

Explore Bhakti Yoga as a Path to Spiritual Awakening

Radhanath Swami, an internationally renowned spiritual teacher, inspirational speaker and *New York Times* bestselling author, will be the guest of Rev. Dr. José Román at 3 p.m. May 19, for an Open Heart Conversation on stage at the United Palace, in Washington Heights. Together, they will retrace his journey from Chicago, where he was born Richard Slavin to upper-middle-class Jewish parents, across the globe as a spiritual seeker to a life of devotion to Bhakti Yoga as a sannyasin (monk).



Sometimes referred to as “love for love’s sake,” Bhakti is one of the four yogic paths to enlightenment. What became known as the Hare Krishna movement developed into one of the most influential and often misunderstood spiritual and social reformations in U.S. history.

Today, Radhanath is responsible for numerous social action projects and has established missionary hospitals and eye camps, schools, ashrams, an orphanage and numerous emergency relief programs throughout India. Among his critically acclaimed books are *The Journey Home* and *The Journey Within*.

Location: 4140 Broadway at W. 175th St.. For more information, call 212-568-6700, email Info@UnitedPalace.org or visit UnitedPalace.org. See ad, page 2.

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Learn to Reduce Clutter at the Northvale Library Lecture



The Northvale Public Library will present a lecture, *How to Break Up With Your Clutter*, with Jamie Novak, author of *Keep This, Toss That*, from 7 to 8 p.m., May 28, at the Northvale Public Library.

Novak will show how to overcome common obstacles to getting organized. She says, "In order to clear up your mind up in life, there are times when you need to clean everything up, literally speaking."

Location: 116 Paris Ave., Northvale. For more information or to register, call 201-

768-4784, email novlcirc@bccls.org or visit NorthvaleLibrary.org.

Audubon Society Talk on Native Pollinators

The Bergen Country Audubon Society will present a lecture, *Pollinators in Peril: How You Can Help Native Pollinators*, with Blaine Rothasuer, at 8 p.m., May 15, at the Teaneck Creek Conservancy.

Butterflies, bumblebees, moths and other creatures pollinate more than 75 percent of \$29 billions in flowering plants and crops; many species are struggling to survive.

Participants will learn how to help the declining species of New Jersey pollinators with simple steps we can take to protect them in our own backyards.



Admission is free. Location: 20 Puffin Way. For more information, call 201-230-4983, email GreatAuk4@gmail.com or visit BergenCountyAudubon.org.



EarthFest Celebration at Overpeck Park

Hackensack Riverkeepers Inc., will conduct their sixth annual Earthfest from 1 to 5 p.m., May 19, at Overpeck Park, in Leonia. This celebration of clean water and a healthy environment is co-sponsored by Bergen County Parks. In the Recycled Regatta, teams of boat builders launch small vessels assembled from unlikely materials such as discarded milk jugs and scrap lumber, and then pilot them down Overpeck Creek.

Other activities include a rain barrel workshop, a free fishing derby, live music, children's entertainment, a wildlife presentation including birds of prey, and more than 50 green and nonprofit vendors.

Location: 40 Fort Lee Rd. For more information, call 201-968-0808 or visit HackensackRiverkeeper.org.

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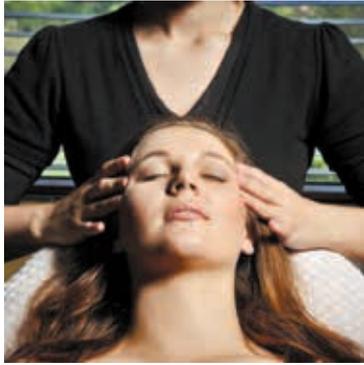
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211 Hamburg Paterson Tpke, Riverdale, NJ Info:
FairyFair444@gmail.com
@NJFairyFair on Instagram & Facebook

Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., May 4, with Christine DiDomenico and May 18 with Theresa Obsuth, is a one-day training session where participants learn to administer an innovative energy clearing technique that can create greater ease and cultivate more joy in life through greater awareness.



While training, participants learn how to “run the Bars” and will also receive two bars sessions. The Bars are 32 points on the head that when gently touched, effortlessly and easily release thoughts, ideas, decisions, beliefs and attitudes that keep us in limitation. Access Bars can release disharmonious thoughts and behavior patterns, and their release of these old thoughts and patterns can bring greater possibilities into one’s life.

No prerequisites are required and anyone can learn, including children. Class participants receive a certificate of completion and become qualified to provide Access Bars sessions to family, friends, or clients. Graduates receive a certificate of completion and will be qualified to give Access Bars to their family, children, friends or clients.

Licensed massage therapists can earn NCBTMB approved CEU’s. Providers of other therapies can introduce Access Bars into their practice.

Location: Advanced Medical Center, Paramus. For more information, or to preregister (required), call Theresa Obsuth, 201-655-3836 or Christine DiDomenico 845-825-2361 or visit AccessTheBars.com. See ad, page 2.

Healthy Meal Planning for Busy Summer Months



The River Edge Public Library will present a lecture on healthy meal planning for the summer with Stacey Antine, MS, RDN, from 7 to 8:30 p.m., May 21, in River Edge. Participants will receive tips to combat unhealthy eating. A food demonstration and tasting are included.

Antine is the founder of HealthBarn USA, a trusted resource in family nutrition by empowering more than 60,000 families for 15 years to live a healthy lifestyle.

Location: 685 Elm Ave., River Edge. For more information or to register, call 201-261-1663, email Events@riveredge.bccls.org or visit RiverEdgePublicLibrary.org.

Passaic County Computer and Electronics Waste Collection

The Passaic County Office of Solid Waste and Recycling is sponsoring a computer and electronics drop-off from 9 a.m. to 2 p.m., rain or shine, May 17 and 18, at the Hawthorne Memorial Pool, in Hawthorne.



Items accepted for drop-off include fax machines, hard drives, keyboards, radios, VCRs, modems and CD players.

Passaic County residents are encouraged to partake in this event because recycling e-waste will keep items out of landfills and avoid toxic metals contained within electronics such as mercury, lead and cadmium from entering the groundwater.

Refrigerators, freezers, air conditioners, washers and dryers are not accepted. Preregistration is necessary for all businesses and institutions.

Free for Passaic County residents (proof of residency required). Location: 32 May St. For more information, call 973-305-5738 or visit PassaicCountyNJ.org.

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Dancing Prevents Senior Decline

Japanese researchers interviewed 1,003 Tokyo women over 70 years old about which of 16 types of exercise they did, including dancing, calisthenics, jogging, golf, ball games, hiking, yoga, bicycling and tai chi. In eight years of follow-up, those that danced were 73 percent less likely to be classified as impaired in any of the “activities of daily living” such as walking, cooking, dressing and bathing—a result not produced by the other physical activities. “Dancing requires not only balance, strength and endurance ability, but also cognitive ability: adaptability and concentration to move according to the music and partner; artistry for graceful and fluid motion; and memory for choreography,” writes lead author Yosuke Osuka, of the Tokyo Metropolitan Institute of Gerontology.

U.S. Heart Disease on the Rise

Forty-eight percent of American adults have some form of cardiovascular disease, reported the American Heart Association (AHA) in its annual update. The increase is partly due to 2017 updated guidelines redefining high blood pressure as greater than 130/80 millimeters of mercury rather than 140/90, which raised the number of Americans with diagnosed

hypertension from 32 percent to 46 percent. American heart disease deaths rose from 836,546 in 2015 to 840,678 in 2016. Studies show that about 80 percent of all cardiovascular disease can be prevented by controlling high blood pressure, diabetes and high cholesterol, along with healthy practices like not smoking, says the AHA.

Fruits and Veggies Boost Moods

Simply changing a diet to include more fruit and vegetables can boost mental well-being, say British researchers from Leeds and York universities. Examining health data of 40,000 people, they concluded those that eat more produce have a better psychological state, and that eating just one extra portion of fruits and vegetables a day could have a positive effect equivalent to around eight extra days of walking a month for at least 10 minutes at a time. A meta-analysis of 16 studies by the UK’s University of Manchester found the mood-boosting effect was particularly strong for women, and it worked with different types of diets, indicating a particular approach is not necessary. When dietary changes were combined with exercise, even greater improvements resulted.



Mindfulness May Ease Menopausal Symptoms

Women in menopause that are mindful and nonjudgmental of their thoughts are less irritable, anxious and depressed, reports a Mayo Clinic study recently published in *Climacteric*, the journal of the International Menopause Society. Researchers gave questionnaires to 1,744 menopausal patients 40 to 65 years old and found that those with higher mindfulness scores struggled less with common menopausal symptoms. Mindfulness didn't lower hot flash and night sweat symptoms, however.



Exercise Improves Young Brains, Too

Walking, cycling, climbing stairs and other aerobic activities may improve brain function not only in older people, but also in younger folk, according to a Columbia University study published in *Neurology*. The study recruited 132 people between 20 and 67 years old that didn't exercise and had below-average fitness levels. Half stretched and toned four times a week for six months and half exercised aerobically on a treadmill, stationary bike or elliptical machine. When they were evaluated for their executive function thinking skills—regulating behavior, paying attention and achieving goals—the aerobics group improved twice as much as the stretching group. “The people who exercised were testing as if they were about 10 years younger at age 40 and about 20 years younger at age 60,” says study author Yaakov Stern, Ph.D.



Prenatal Yoga Reduces Caesareans and Labor Pain

First-time mothers that practiced yoga beginning in the 30th week of pregnancy had fewer caesareans, fewer low-weight newborns and milder and briefer labor pains. They were also less likely to require painkillers or labor inducement. The Mangalore, India, hospital study, published in *The Journal of Alternative and Complementary Medicine*, included 150 women 20 to 35 years old that were pregnant for the first time and had no prior yoga experience. Half of the women did not do yoga, while the other half took 30-minute yoga classes once every week or two.

Women in the yoga group were also more comfortable after giving birth.



New Toothpaste Contains Black Seed Oil

by Brielle Bleeker

People are seeking more natural, healthy alternatives to conventional, everyday products. Toothpaste has seen a surge in demand for cleaner options than the harmful ingredients that have long been filling space on store shelves. One company that has introduced a safer, gentler, more natural care for clean teeth is SprinJene. Launched in 2015 with a line of toothpaste featuring a patented formula of black seed oil and zinc, its success quickly prompted the introduction a line for sensitive teeth, as well as a formula specifically designed for children.



Founder and CEO Dr. Sayed Ibrahim says the inspiration for a natural line of oral care came from his childhood in Sudan, where he would witness his mother's natural home remedies as treatment for many ailments.

Tapping the unique benefits of anti-inflammatory and antibacterial black seed oil to maintain healthy gums, SprinJene toothpaste whitens teeth while effectively reducing tooth decay. Zinc controls the growth of bacteria, plaque and tartar while delivering long-lasting freshness. Coconut oil, acacia gum, Stevia and natural flavoring are also natural ingredients.

With a background in organic chemistry and a manufacturing facility in Piscataway, New Jersey, Ibrahim has managed to quickly grow the company based on the effectiveness and customer appeal of his products. He is proud to deliver a toothpaste with “high performance at affordable prices.” Having seen the popularity of the brand expand, SprinJene can be found in a wide variety of stores, including, Costco, Bed, Bath & Beyond, as well online through Amazon.

Ibrahim explains, “I always believed that the world deserves better toothpaste. My company aims to make an impact on the oral market.” In addition, new products, including oral rinse and lip balm, will soon be available.

Certifications, include vegan, gluten-free, kosher and halal, and it's free from SLS, preservatives, dyes and artificial sweeteners, all commonly found in other more brands. Ibrahim has combined the benefits of science and nature to offer a quality toothpaste without harsh chemicals and abrasives that the whole family can use.

For more information, call 732-640-1830, email Inquiries@SprinJene.com or visit SprinJene.com. See ad, page 15.

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Post-Coal Cash

Miners Becoming Beekeepers



As the Appalachian economy struggles with the loss of three-fifths of its coal mining jobs in the last three decades, a surprising option is emerging for some: beekeeping. The Appalachian Beekeeping Collective offers beekeeping training, including bees and equipment and ongoing mentoring, for displaced coal

miners and low-income residents of mining towns; so far, about 35 people are participating. Landowners are donating property for the beehives, which will be maintained without pesticides or antibiotics. Honey from a single hive can bring in about \$750 a season, or \$15,000 per 20, and additional money can be made selling the beeswax for candles and lip balm. The beekeeping collective is part of Appalachian Headwaters, a nonprofit formed in 2016 with a \$7.5 million lawsuit settlement from coal mine operator Alpha Natural Resources for violations of the Clean Water Act. The money has been used to fund environmental restoration projects and to develop sustainable economic opportunities in the coal mining communities of West Virginia.

Hatching a Record

Avian Senior Citizen Astounds Again

Being at least 68 years old didn't deter Wisdom, a Laysan Albatross, from recently hatching another chick. The world's oldest known banded wild bird, which roosts at the



Midway Atoll National Wildlife Refuge, in Hawaii, has birthed and raised more than 30 chicks in her lifetime. She and her mate-for-life Akeakamai spent about two months incubating the new egg, and now they'll raise the chick for five to six months before it flies out to sea. It is uncommon for albatross to return, lay and hatch an egg every single year, but the pair has produced a chick each year since 2006, say U.S Fish and Wildlife Service officials.

Beyond Green Burial

Human Composting at the End of Life



Washington is poised to become the first state to make it legal to compost human remains. A bill allowing for the process, called natural organic reduction, as well as another called water

cremation, has passed the state senate and is making its way to the house for a vote. Human composting involves placing a body in a tubular vessel and covering it with natural materials like wood chips and straw. Over several weeks, microbial activity breaks down the body into about a cubic yard of soil. Recompose, a company that wants to offer the practice as an alternative to traditional methods, worked with Washington State University to test its safety for environmental and human health. Six people donated their bodies for the study. The method alleviates much of the carbon footprint associated with both cremation and traditional casket burial.

Bear Blitz

Climate-Challenged

Polar Bears Invade Town

About 50 polar bears that usually hunt seals from ice floes have found new cuisine in the garbage dumps in the remote Russian island military town of Belushya Gubam, about 1,200 miles northeast of Moscow. Its 2,000 residents, long accustomed to the occasional bear strolling through, now call it a "mass invasion" as the curious bears peer into windows, stare down barking dogs and dig through trash. Russia's environmental response agency has sent in a crisis team that is studying how to remove the bears without killing them. The Barents Sea that the bears inhabit is undergoing what a recent study called a "rapid climate shift" from Arctic Ocean temperatures to warmer Atlantic Ocean-like temperatures; the entire western side of the island is now ice-free year round.



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Skip the Slip Digital Receipts Gain Momentum



Compared to newspapers, magazines and junk mail, retail sales receipts may seem inconsequential in their use of trees and their footprint on the environment. Yet, getting and handling that tabulation of a sale is a health hazard that contributes to landfills. Certainly, some receipts are required for tax records and product returns, but the vast majority serve no future purpose; there's also a better and safer option than paper.

Treehugger.com reports the annual waste from receipts in the U.S. totals 686 million pounds, and that skipping receipts would save 12 billion pounds of carbon dioxide, the equivalent of 1

million cars on the road. The problem is getting worse as many retail outlets include special offers and other promotional information on receipts, making them longer and the corresponding amount of paper used greater.

The Ecology Center, an educational nonprofit located in San Juan Capistrano, California, estimates that 93 percent of paper receipts are coated with Bisphenol-A (BPA) or Bisphenol-S (BPS), endocrine disrupters that are used as color developers to help make the receipts more legible. However, the presence of either makes them ineligible for recycling.

According to Green America (*GreenAmerica.org*), BPA that can be "absorbed into our bodies through our hands in mere seconds," can impact fetal development and "is linked to reproductive impairment, Type 2 diabetes, thyroid conditions and other health concerns." Employees that regularly handle receipts have 30 percent more BPA or BPS in their bodies.

In January, California Assembly member Phil Ting (D-San Francisco) introduced legislation (AB 161) nicknamed "skip the slip", which would require retailers to offer digital receipts to customers. If it passes, it will be the first such law in the country.

action alert



On the Brink Monarchs Need Species Protections

Being listed as part of the Endangered Species Act would protect monarch butterflies. In the 1980s, about 4.5 million butterflies spent winters along the California coast. This season's stay is shaping up to consist of only about 30,000. Fully 99 percent of the species listed under the Endangered Species Act of 1973 are still with us today. To urge the U.S. Fish and Wildlife Service to give monarch butterflies the proven protection of the Endangered Species Act in June, sign the petition at Tinyurl.com/ProtectTheMonarchs.

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Part of the distillation unit at The Duchess Apartments in North Bergen

Avoiding Lead and Other Contaminants in Tap Water

by Maria Karameros

Carcinogenic chemicals and harmful bacteria should not be present in drinking water, but those and other contaminants have recently been found in alarming levels in New Jersey. While most of the tainted supply is outside of Bergen County, water utility companies serving Elmwood Park, Park Ridge, Fair Lawn and Garfield have been cited for unsafe levels of pollutants, including tetrachloroethylene, a dry-cleaning chemical, and trihalomethane (THM), a byproduct of chlorinating water to disinfect it of bacteria. Many violations were for unsafe levels of both coliform and THM.

This development, along with growing evidence of lead in drinking water, means that it is time for a safer alternative. In January 2019, officials of Suez North America issued a statement that thousands of homes in Bergen and Hudson counties may be at risk of having elevated levels of lead in their drinking water.



The Alexander Apartments in Edgewater

The company, which serves 800,000 customers in northern New Jersey, detected unsafe levels of lead in 16 of 108 homes tested this summer, according to officials at a press conference at their Haworth Water Treatment plant.

The findings are the latest sign that the state's aging water infrastructure, particularly decades-old lead service lines to customers' homes, pose significant health issues to the public. As in other cases where elevated lead levels in tap water have been found, the problem is believed to be linked to lead service lines connecting customers with water mains in the street.

Options like bottled water are expensive, taxing on the environment and not necessarily pure. Filtered water is better, but many contaminants are still not removed (a sample of filtered local water yielded 156 parts per million (ppm) of total dissolved solids (TDS). The purest option is distilled water, and one way to get such pure water conveniently and affordably is to adapt the tap at home.

One local company which does exactly that is H2Only. After learning about the unparalleled detoxifying ability of distilled water and researching how to make the purest water, owner Phil Festa used his experience as a master plumber to create a unique distillation system. Samples of his company's water have a TDS rating of just 0.01 ppm.

Over the last decade, H2Only has installed distillation units throughout northern New Jersey in private homes, municipal buildings and newly built high-rises. Customers include The Hackensack Justice Center, Edgewater's Municipal Building and luxury apartment buildings such as The Alexander, in Edgewater, and The Duchess, in North Bergen.

H2O home systems store 12 gallons and can be connected to a refrigerator. They only require a simple cleaning twice a year and are covered by a 15-year warranty. A unit can be added to a typical home for around \$3,000. By making purchasing bottled water unnecessary, an H2O distillation system is not only cost-effective, but environmentally friendly.

H2Only is located in Edgewater. For more information, call 201-941-7785 or visit H2Onlywater.com.



The Duchess Apartments in North Bergen



Vision Quest

Eat a Rainbow of Color for Healthy Eyes

by Melinda Hemmelgarn

One of the best ways to protect and preserve our precious eyesight is to focus on food. In general, the same plant-based, antioxidant-rich diets that defend against heart disease and cancer also contribute to eye health by reducing the risk of cataracts and macular degeneration—the two most common age-related causes of vision loss.

However, two specific nutrients—lutein and zeaxanthin—deserve special

attention. These compounds uniquely concentrate in the macula, the centrally located part of the retina responsible for visual acuity, and are most vulnerable to oxidative damage from light exposure.

Both are members of the carotenoid family, a large group of powerful antioxidant nutrients found mostly in fruits and vegetables, especially those with dark green, deep yellow, red and orange pigments.

According to the National Eye In-

stitute and the American Optometric Association, lutein and zeaxanthin help absorb damaging ultraviolet light from the sun, as well as blue light from computer screens, digital devices and LEDs.

“Think of lutein as a sort of sunblock,” says Elizabeth Johnson, research associate professor at the Friedman School of Nutrition and Science Policy at Tufts University, in Boston. Speaking at the Academy of Nutrition and Dietetics annual meeting in Washington, D.C., last fall, Johnson described the yellow macular pigments—lutein and zeaxanthin—as “internal sunglasses” that protect the eyes’ photoreceptor cells. “Yellow pigment absorbs blue light,” Johnson explains. The greater our macular pigment density, the more protection we have against light damage, and the better our visual function.

As a bonus, macular pigment density also aligns with improved academic performance and cognitive function across our lifespan, reports Naiman Khan, Ph.D., a registered dietitian and director at the Body Composition and Nutritional Neuroscience Lab at the University of Illinois at Urbana-Champaign. Because lutein is actively transported into breast milk, Johnson suspects the compound is important to infant eye and brain health.

Despite solid scientific evidence confirming the benefits of lutein and zeaxanthin, there is no official recommended daily allowance. Johnson explains that Americans typically consume less than two milligrams per day, falling short of levels needed to enhance visual and brain function and slow the progression of age-related eye diseases. Her advice: Eat foods that provide between six to 10 milligrams of lutein and two milligrams of zeaxanthin each day.

Dark green leafy vegetables, including kale, spinach and collard greens, provide the highest amounts of lutein and zeaxanthin, especially when cooked. For example, one cup of cooked kale or spinach delivers more than 20 milligrams of lutein and zeaxanthin, whereas one cup of raw spinach contains just under four milligrams.

Johnson explains that cooking breaks down plant cell walls, making the carotenoids more bio-available. Plus, because lutein and

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zeaxanthin are fat-soluble, lower amounts found in avocados (0.4 milligrams in one medium fruit) are better absorbed. Further, simply adding an avocado or oil-based dressing to raw, dark leafy green salads will increase intestinal absorption.

The same is true for egg yolks (0.2 milligrams per large egg). In a study of 33 older adults, published in *The Journal of Nutrition*, researchers found that consumption of one egg a day for five weeks significantly increased blood levels of lutein and zeaxanthin without raising cholesterol levels.

According to the National Eye Institute and their Age-Related Eye Disease Studies (AREDS), additional nutrients that benefit eye health include vitamins C and E, and omega-3 fatty acids.

When it comes to eating for eye health, here's some more insightful advice:

1 Eat the "rainbow". Choose a variety of colorful, organic fruits and vegetables daily; they are rich in eye-protecting carotenoids, flavonoids and vitamin C. Whole grains, nuts and seeds provide vitamin E, and fatty, cold-water fish such as sardines, salmon, tuna and mackerel are excellent sources of omega-3 fatty acids. Vegan sources of omega-3s include walnuts, ground flax, hemp and chia seeds, or microalgae supplements.

2 Become familiar with the best food sources of lutein and zeaxanthin: lpi.OregonState.edu/mic/dietary-factors/phytochemicals/carotenoids.

3 Obtain a physician's approval before taking eye health supplements, and compare their effectiveness, safety and cost at ConsumerLab.com.

4 Stay informed: National Eye Institute, nei.nih.gov; AREDS studies: nei.nih.gov/areds2/patientfaq.

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.

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WHEN EMOTIONS ARE PHYSICAL

Bodywork for Trauma and Grief

by Marlaina Donato

Massage is often associated with spa-like pampering, yet it is also an effective therapy for reducing physical and emotional pain. Bodywork can lower blood pressure and reduce stress hormones, which in turn helps to balance blood sugar and boost immunity. A surge of the feel-good neurotransmitters serotonin and

dopamine is also a natural perk of rubdowns.

On the emotional level, massage therapy can offer profound benefits for anyone experiencing acute grief or the effects of a traumatic past. A Swedish study published in the *Journal of Clinical Nursing* shows that bereaved individuals that received 25-minute hand and/or foot massages once a week

for eight weeks felt greater comfort and were more capable of coping with stress.

The Body's Pain Language

When the “fight-or-flight” stress response is activated in the presence of danger or emotional distress, the body has one objective: get us to safety. Yet, many times, the amygdala—the part of the brain that plays a key role in this process—becomes hyper alert and falsely perceives danger when there is none. Trauma becomes hardwired into the nervous system. Pain syndromes and tension are common symptoms.

No matter what the pattern for handling trauma, it takes a lot of work for the body to repress emotions, and it will create tension in the form of “armoring” to defend against unwanted feelings. “Trauma is a physiological experience. Body tension that results from unresolved trauma will not respond to only releasing muscle tension,” explains Lissa Wheeler, author of *Engaging Resilience: Heal the Physical Impact of Emotional Trauma: A Guide for Bodywork Practitioners*.

Wheeler’s Medford, Massachusetts, practice focuses on releasing emotional patterns locked in tissue memory. “When the nervous system is frozen in a state of threat long after the actual threat is gone, all of the body’s activities of healthy regulation are challenged. This affects not only skeletal muscles, but also smooth muscle such as what’s found in the gastrointestinal tract. Sleep problems and teeth grinding can also result.”

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Cellular Memory and CranioSacral Therapy

Swedish massage, Thai massage and shiatsu are all ideal treatments for chronic pain, grief and emotional imprints locked within the body's cellular consciousness. CranioSacral Therapy (CST) offers a gentler alternative. "CranioSacral Therapy can unravel cellular stories and assist in freeing repressed or preverbal emotions from childhood," says Seattle-based CST therapist Barbara Coon. "Experiences are held in the body. Stress and muscular tension activate the vagus nerve, and CST focuses on calming [it]."

The vagus nerve facilitates communication between the brain and the heart, lungs and gut. Coon attests to the modality's body-centered support for reducing anxiety, depression, panic attacks, memory loss, sleep disturbances and grief.

"Some people respond well to deep tissue work, while others do better with the gentleness of CranioSacral Therapy," says Wheeler. "Like a perfect dance partner, a skilled bodywork practitioner follows the nervous system and helps the client access sources of trauma."

Healing Frequencies

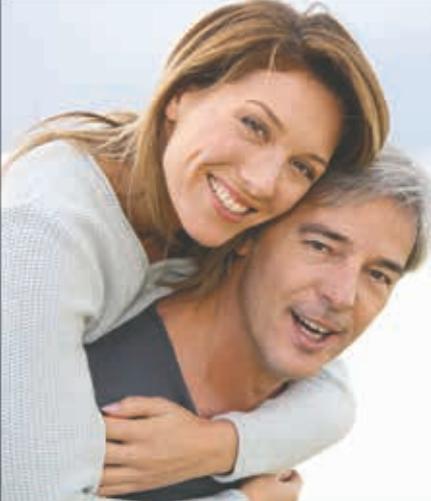
Clinical aromatherapy and therapeutic sound can also play a vital role in emotional healing, especially when combined with bodywork. Kelli Passeri, a massage therapist and owner of Sound and Stone Massage, in Pittsburg, Kansas, utilizes a subwoofer speaker beneath her massage table so clients can feel the vibrations of the music. "I play music recorded in specific frequencies that align with the body and the chakras or energy centers to help rebalance the energy body," says Passeri, who also uses rose quartz crystals in her hot stone sessions. She relies on aromatherapy blends that promote opening on both physical and emotional levels.



Passeri has observed common pain patterns in her clients that often don't have a physical cause. "The sacrum tends to hold on to lifelong traumatic emotions from childhood, and the shoulders tend to reflect more current emotional blockages and issues," she says, adding, "I encourage my clients to open up or cry because it's a healthy thing to do. There's no need for embarrassment and is totally okay."

Healing on any level might take time, but allowing the body's stories to be witnessed without judgement is key. "The good news is that when trauma is worked through, the whole body is much more resilient and has a greater capacity to live life fully," Wheeler says.

Marlaina Donato authored Multidimensional Aromatherapy and several other books. Connect at AutumnEmbersMusic.com.



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The daily choice to prioritize caring for oneself can ultimately lead to an experience of self-love and wholeness.

~Dr. Kelly Brogan

HER SOUL IN BLOOM

Self-Care for All Stages of Life

by Marlaina Donato

To be female is to be blessed with an innate gift for multitasking, but in our fast-paced, jam-packed world, daily life for most women is a juggling act that can come with a steep price tag if self-care isn't on the to-do list. Depression, anxiety and feeling overwhelmed are all too common. According to the National Alliance on Mental Illness, one in eight women experience depression during their lifetime—twice the rate of men.

Seasons of a Woman's Life

Each decade poses unique challenges. For women in their 20s and early 30s, comparing and finding one's own path can be significant. "The feminist movement of our mothers' generation opened doors, but so many 20- and 30-something women have interpreted that as, 'I have to do everything and be everything,'" says Christine Hassler,

Self-care does not necessarily have to involve time; it's a way of being.

~Christine Hassler

life coach and author of *Expectation Hangover: Overcoming Disappointment in Work, Love, and Life*.

The San Diego-based motivational speaker views self-care to be as vital as education. "Women are not taught

in high school and college how to take care of themselves. Prioritizing self-care is so important. I see so many young women with adrenal or thyroid burnout and eating disorders. All of that comes down to stress, relationship to self and lack of self-care."

The personal interests of women in their 30s and 40s trying to balance motherhood and career often get lost in the tangled underbrush of daily logistics. There can be a deep longing for identity well into the 50s, especially when children leave the nest. Fears of aging and loneliness often accompany women 60 and older. By passionately and joyously taking care of body and spirit, women of any generation can find renewal.

Self-Care As Bedrock

Women play vital roles in family and community, much like the foundation of a sound building, and if self-care is not the bedrock, all that is supported by it is likely to be compromised. "I believe we've taken the bait, the promise that if we arrange our life circumstances just so, we'll feel ease and happiness. We're getting to a place as a collective where we see a bankruptcy in that," says Miami-based holistic women's psychiatrist Dr. Kelly Brogan, bestselling author of *A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives*.

Body-mind-spirit self-care is the heart of Brogan's approach, and self-love is the lifeblood. "Self-love is quite elusive for most of us, perhaps because our self-esteem is contingent [upon it], and we only feel good about ourselves under certain circumstances. The daily choice to prioritize caring for oneself can ultimately lead to an experience of self-love and wholeness," says Brogan, who compares a ritualized system of daily self-care that comes first to putting on the proverbial oxygen mask before attempting to meet the needs of others.

"Balancing self-love and caring for others starts with recognizing and accepting that it's possible for you to effectively do both. Self-love at the soul level is the catalyst for healing on all levels, which in turn drives our level of self-worth," concurs Teigan Draig, a spiritual life coach and busy home-schooling mom in Spencerville, Ohio. She reminds us that putting our needs above the wants of others is not being selfish, but is an emotional necessity that helps women get out of the loop of self-defeatism and self-sabotage. "The first step to finding your fire is learning to love yourself, all of yourself. Self-care and self-love are a total wellness package."

Benefits of Self-Nourishment

Many psychologists agree that self-care can help to improve concentration, promote relaxation, fortify relationships and boost productivity. Most women crave more me-time, but don't know how to implement change. "Without a premise of self-care, we react based on stress patterns. We react with more tension, irritability, guilt and obligation. We say, 'Yes' when we want to say, 'No'. However, when we take stock in our physical, emotional and spiritual well-being, we're less reactive," observes Hassler, who underscores self-care as an investment for life. "Most women have inner critics and a negative relationship with self. Self-care is essential so we can turn down the volume of the inner critic, stop people-pleasing and make self-honoring choices."

Balancing motherhood and career or other obligations can leave many women running on empty and resentful. "We would never tell a loved one who desperately needed some TLC to get over it and just keep going. As busy women, when we don't take the time to care for ourselves, the consequence is our children getting a mom who is preoccupied, anxious and disconnected," says women's life coach Veronica Paris, in San Diego. Catering to everyone's desires and spreading ourselves too thin can backfire. Paris asks, "How do I want my kids to look back on me as a mother? By taking the time to self-care, we're taking accountability for how we want to show up in our world rather than shape-shifting from one situation to the next. We can teach our children how to do the same."

Our Emotions As Wellspring

For too many women, another common byproduct of self-neglect can be emotional numbing and feeling "flatlined". A toxic or addictive relationship to food, alcohol or shopping can be a symptom of a deep need to nourish the self and give a voice to suppressed feelings. "One of our greatest challenges is that we've become disconnected from our deep seat of power, which is our capacity to feel," says Brogan. "We've been enculturated to disregard our experience of feeling emotions, and because of this, it's been reduced to a very narrow bandwidth."

Brogan believes that it is key for women to reestablish a connection to nature's

Sometimes my daily me-time was only five minutes here or 10 minutes there, but it saved my sanity.

~Teigan Draig

rhythms and their own feminine, fluid energy, as well as giving up the need to control. "I think it's the work of many women to understand that we're not here to meet the needs of everyone on the planet—and with our loved ones, it disempowers them as much as we're feeling disempowered. We're here to meet our own needs and then offer compassion and caring in a way that comes from a more boundaried space."

SIMPLE SELF-CARE STRATEGIES

- ✓ Schedule me-time on the calendar.
- ✓ Unplug from gadgets.
- ✓ Spend lunch breaks in the park.
- ✓ Rest before hitting the wall of exhaustion.
- ✓ Take 10 minutes to stretch and breathe in the morning.
- ✓ Meditate in the shower; choose a luxurious, natural, body wash.
- ✓ Wear your favorite jewelry.
- ✓ Designate a beautiful tea cup or coffee mug to use on hectic work days.
- ✓ Buy yourself flowers; take yourself out to lunch or a museum.
- ✓ Sprinkle lavender, rose geranium or ylang ylang essential oil on your sheets.
- ✓ Opt for a gentle workout instead of a high-intensity session when tired.
- ✓ Choose a healthy breakfast.
- ✓ Play, be silly and be a kid again.
- ✓ Designate 15 to 20 minutes after the workday to color, doodle or journal.
- ✓ Listen to your favorite music during commuting or cleaning the house.
- ✓ Abandon perfectionism.
- ✓ Connect to a higher power, however you define it, even if it is inner peace.

Hassler affirms that when women are fully present, every aspect of life can be viewed through a clearer lens. "Self-care helps us tap into our super power, which is our intuition, and by doing that, we know what we need and act on that."

Thrive With Small Changes

Beginning the day with self-care can be as simple as taking the time to meditate and breathe deeply for a minute or two before getting out of bed and opting for a healthier breakfast. Feeding our senses and feasting on what gives us joy can be a way of life. "Self-care does not necessarily have to involve time; it's a way of being," says Hassler. "The more time we spend on self-care tells the subconscious mind that we're worth it."

Draig suggests setting personal boundaries, and part of this means reserving time for ourselves. "When I became a new mother, I was running on fumes. Sometimes my daily me-time was only five minutes here or 10 minutes there, but it saved my sanity. Learn to schedule self-care time in your calendar as you would anything else," she says, noting, "My house was not always spotless, but it was a trade I was willing to make so I could take care of myself and be a better mother."

Being innovative can be an ally. "Ten minutes walking the dog or taking the baby out in a stroller can become 10 minutes spent saying positive self-affirmations," suggests Paris. "That 15-minute drive can be spent deep breathing instead of listening to the news on the radio."

Blooming into our best possible self is returning to our essence. "It's about taking off the masks, no longer living according to expectations and other people. It's about radical self-acceptance," says Hassler.

Each decade poses an invitation to grow and commit to self-nourishment. "There will be days where you feel like you can't get the hang of it, but you'll arrive, and when you do, no matter what age you are, it can be magical," Draig says.

Marlaina Donato is a composer and author of several books in women's spirituality and holistic health. Connect at AutumnEmbersMusic.com.

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wise words

Peter Sagal on RUNNING TOWARD MINDFULNESS

by Randy Kambic

The 5 million faithful listeners of National Public Radio's award-winning weekly broadcast *Wait Wait... Don't Tell Me!* know that 20-year host Peter Sagal infuses wit and wisdom into his views of the news and the world. In his new book, *The Incomplete Book of Running*, he brings his trademark humor to a memoir that posits running as a mode of survival—and hope, persistence, practice and love as vehicles of redemption.

Sagal's collection of deeply personal lessons encompasses the emotional spectrum of running, body image and the special bonding between fellow runners. His exhilarating guide to life suggests we keep moving forward in all ways. He also reflects upon the 2013 Boston Marathon, where he finished moments before two bombs exploded, and explores how running helped him cope with a devastating divorce, depression and more.

Sagal is also a playwright, screenwriter and the host of PBS' *Constitution USA with Peter Sagal* when he's not writing about the recreation he took up in mid-life where he found himself "lost, in a dark place" after a personal crisis. He lives near Chicago with his wife, Mara.

After becoming a serious runner at nearly 40, when did you realize running had evolved



into something more than a simple mission to get healthy?

I was concerned about my weight, but mainly I was also concerned about getting older. I ran my first marathon in 2005 as an emotional reaction to growing older, and that's when it all began to change for me. It struck me in a deep way as something I

wanted to do better.

I've rarely experienced the classic "runner's high"—that endorphin-caused euphoria—although I do believe it exists. Rather, what's more common is the sense that everything—body, mind—is working in concert, without discomfort, with strength, with ease. To paraphrase a line from Kurt Vonnegut, it's when "everything is beautiful, and nothing hurts."

As an advocate of escaping our "digital dystopia" of electronic screens by running outdoors, what's the benefit you see in unplugging?

I'm a big fan of evolutionary biology. We evolved in very different circumstances than what we are living in now; to be attentive to the world and not with a screen in front of us. The reason we are up on two legs is so that we can look around and think. We're supposed to ruminate.



ACROSS THE MILES

Our sport seems mindless only to people who never run long enough for any thought to form other than, ‘When can I stop running?’ But the only way to succeed as a long-distance runner is to do it mindfully, to be aware of the body and the world it is moving through.

I think about my motion and my breathing, my muscles and their state of agitation or stress or relaxation. I note my surroundings—the downward slope I would never notice driving this street, the hawk’s nest I would never see for lack of looking up, the figure in a window caught in a solitary moment of their own. I think about the true meaning of distance—about the learning that comes from running a mile in your own shoes.

From The Incomplete Book of Running, by Peter Sagal.

I’ve met people who say they don’t run, but they walk, ride bikes, hike in the woods. Those people are getting many of the same benefits as running.

We didn’t evolve these extraordinary brains and self-consciousness so we could outsource our thinking. Anybody who has done creative work knows what’s needed to do that is uninterrupted thought.

What can non-runners take away from your book?

Go outside. We weren’t meant to spend so much time in offices. Take the headphones off, move, use your body. Look at little kids in playgrounds—they’re just running around before getting trained into games. We forget that. We spend so much time in our heads reading, watching screens. I’ve met people who say they don’t run, but they walk, ride bikes, hike in the woods. Those people are getting many of the same benefits as running.

Of the many anecdotes you cite about bonding with others through running, which one was the most gratifying?

Probably when I ran with William Greer, who I didn’t even know 24 hours before we ran the 2013 Boston Marathon, and by the end of that day we were friends forever because of all we went through together. [Greer is visually impaired and Sagal was his volunteer guide during the race.] We’re still in touch; we sometimes run together. He wouldn’t have finished if I wasn’t helping him and I wouldn’t have finished if he wasn’t helping me.

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

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TOXIC LEGACY

Breast Implant Warriors Unite

by Linda Sechrist



The U.S. Surgeon General's warning on cigarettes hasn't prevented individuals from smoking, nor has the U.S. Food and Drug Administration (FDA) list of risks and complications associated with breast implants kept women from undergoing voluntary breast augmentation. Since 1997, the number of saline- and silicone-filled breast implant surgeries has tripled. According to the National Center for Health Research (NCHR), more than 400,000 women and teenagers undergo breast implant surgeries every year, with 75 percent for augmentation of healthy breasts and 25 percent for reconstruction after mastectomies.

The marked increase in surgeries implanting these Class III "high risk" medical devices includes many women that undergo procedures to replace old implants that have broken or caused other problems. An estimated 40,000 U.S. women a year have the surgery to remove the implants entirely. These "explants" stem from a variety of issues, from rupture or delayed wound healing to broken implants that have caused breast pain, capsule contracture, spontaneous deflation, breast lesion, infection, wrinkling/scalloping and necrosis.

Another reason for removal is the growing concern about the reported incidence of breast implant-associated anaplastic large cell lymphoma (BIA-ALCL), a treatable T-cell lymphoma, and breast

implant illness (BII) associated with both silicone and saline implants.

The FDA first sounded the alarm about the rare lymphoma in 2011, linking it to implants with textured, Velcro-like outer shells. In February, the federal agency issued a letter to healthcare providers seeking to increase awareness "about an association between all breast implants, regardless of filling or texture," and BIA-ALCL. On the issue of BII and other problems reported by women with implants, the FDA has remained largely silent, suggesting that "studies would need to be larger and longer than these conducted so far."

However, the number of women with implants reporting health problems has prompted the FDA to demand that two manufacturers of the devices conduct proper long-term health studies. The agency sent out letters in March warning of deficiencies in FDA-required research and the possibility that their products could be taken off the market.

The move is considered to be a victory for patient activism. [Facebook.com/groups/HealingBreastImplantIllness](https://www.facebook.com/groups/HealingBreastImplantIllness) has become a sanctuary for more than 68,000 women that report a range of symptoms associated with BII. Nicole Daruda, of Vancouver Island, Canada, says she created the group to support women that visited her website, HealingBreastImplantIllness.com, where she told her personal BII story that began with

implant surgery in 2005. "I never anticipated an avalanche of women's stories about the symptoms that I endured before having my explant surgery in 2015."

After hearing from other women, Daruda felt affirmed in her suspicions that implants had caused her fatigue, brain fog, memory loss, headaches, joint and muscle pain, hair loss, recurring infections, swollen lymph nodes, rashes, irritable bowel syndrome and problems with thyroid and adrenal glands. "I believe that various doctors pigeonholed my symptoms into the category of autoimmune disorders because few general practitioners are aware of BII."

Diana Hoppe, M.D., a board-certified OB/GYN in Encinitas, California, never heard of BII until earlier this year. "Doctors rely on published, evidence-based study results, and while there are none linking connective tissue disorders and breast implants, I suspect that the outcomes of studies conducted by breast implant manufacturers are equally as suspicious as the outcomes of studies done by the manufacturers of cigarettes."

One longtime BII combatant says, "My body mounted an all-out war, in the form of a foreign body immune response." She learned about BII from Tinyurl.com/BreastImplantIllness, but is unable to afford the explant surgery that would remove the apparently toxic invaders.

NCHR reports that at the time of explant surgery, approximately three out of five women have had implants and their unhealthy symptoms for 10 years or more. After explant surgery, 89 percent of the women report improvement. However, explant surgery is just the first step.

Daruda used chelation and the protocols of Gerson Therapy, a natural treatment that activates the body's ability to heal itself through an organic, plant-based diet, raw juices, coffee enemas and supplements. "It took me four years to recuperate," she says. "It didn't take that long to know the lesson I wanted to share with other women: Self-love and self-worth are more important than society's false concepts of beauty. The essence of who we are is not tied to any body part."

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



Antibiotics Are Not Always the Answer

by Doug Pucci

There's no question that some illnesses require antibiotics for more serious types of bacterial infections, but their overuse has become detrimental to people's health. The most recent statistics from the Centers for Disease Control (CDC) show that more than 266 million antibiotic prescriptions are given to patients annually on an outpatient basis (this doesn't include hospitalized patients), which translates to about 838 prescriptions written for every 1,000 people. Furthermore, according to the CDC, "At least 30 percent of antibiotics prescribed in the outpatient setting are unnecessary, meaning that no antibiotic was needed at all." So, one in every three people who were prescribed antibiotics didn't need them.

In addition, the CDC states that approximately 50 percent of antibiotics are inappropriately prescribed, meaning that either the wrong dosage, the wrong period of usage or the wrong drug—such as powerful broad-spectrum drugs rather than targeted medications—is given to patients. Inappropriately and overly prescribed antibiotics contribute to antibiotic resistance, which is when bacterial "bugs" survive antibiotic treatment, leading doctors to prescribe more potent antibiotics.

This vicious cycle has led to the modern-world problem of "superbugs", which infect about 2 million Americans annually and lead to the death of approximately 162,000 of these patients, according to Washington University School of Medicine researchers; worldwide, the number of deaths increases to 700,000. The number of U.S. deaths is significantly up from a long-held 2010 estimate of 23,000.

The upshot is that the more antibiotics patients take, the greater their chances of developing an infection that is resistant to antibiotics altogether or the inability to have antibiotics effectively treat bacterial infections at all.

Inappropriate reasons for prescribing antibiotics—and cause

to either question medical advice or even say "No thanks" include a cough, the flu, a head cold, viral respiratory infections, sore throats, sinusitis and most ear infections

These illnesses and others are most often caused by viruses, which are not curable through antibiotics. When symptoms persist, individuals should seek proper medical advice to confirm whether the infection is bacterial or viral, and discuss the possibility of getting a targeted medication instead of a broad-spectrum remedy. The age-old wisdom for getting over viruses is still the best: rest, drink plenty of liquids (bone broth is highly recommended) and wash hands often. This simple practice will also help to prevent the spread of the virus to others in the same household or workplace.

Two other causes of antibiotic resistance are hospital-borne infections and livestock raised with antibiotics. The only way to avoid meat-related antibiotics is to consume grass-fed, organic meats and dairy products; these animals are given no antibiotics or growth hormones, and are healthier than animals raised on factory farms.

Another crucial reason for limiting the use of antibiotics is that they destroy critical gut bacteria. Medications don't discriminate between the bacteria that's causing illness and those that constitute a healthy gut microbiome. With an imbalance or a poor diversity of gut flora, the immune system is weakened and prone to future illnesses.

Taking the right probiotics that help restore microbiota is important both during and after any course of medication. Talk to a functional medicine doctor about how to take probiotics while taking antibiotics—they must be taken far enough apart so the drug doesn't kill off the live bacteria in the probiotic. Once the full course of medication is over, eating fermented foods will also help to restore gut bacteria.

Dr. Doug Pucci, DC, FAAIM, adheres to a functional medicine approach to patient care and believes in treating underlying, root causes of disease. In practice, he provides nutrition, advanced testing for hormones and gut microbiome, blood testing, epigenetics 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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Inexplicably, Reiki Gets Results

by Ashley Di Capri

Eileen Alexander, a reiki master practitioner and teacher, life and grief coach and yoga teacher, has been practicing reiki for eight years and has worked at Body Positive Works since its opening in November 2016. As a Usui reiki master teacher, Alexander offers Reiki 1, Reiki 2 and Reiki Master training in addition to private sessions.

Her practice is a medley of holistic offerings tailored to meet each individual where they are and support them in finding balance, peace of mind and body and personal empowerment. Her offerings include reiki, yoga practices such as restorative and kundalini, breathwork, meditation, conversation and other healing practices. She also teaches reiki to those interested in empowering themselves through self-healing.

The practice of reiki is at the forefront of Alexander's passion. It is a simple healing technique used to bring balance and healing to the body, mind, emotions and spirit. It is a path inside, to peace and self-empowerment and taking charge of physical and emotional well-being. It is gentle and non-invasive, involving the movement of energy through the body by way of gentle touch or hovering the hands above the body.

Alexander discovered reiki after her oldest daughter passed

away. She says, "I was so lost, and began to experience regular bouts of depression, anxiety and severe panic attacks. Being a member of a 12-step recovery program, I knew drugs were not the answer for me. In my quest to find other ways to regain control of my life, my peace and my sanity, I found reiki. During my first treatment, tears began to flow and I felt some hope. I began regular treatments and took reiki training. I incorporated reiki into my meditation and yoga practice. My anxiety and depression quickly began to lessen and my outlook on life began to brighten. I had more energy and was able to sleep most nights. I began to heal."

Because of the profound effects reiki, Alexander experienced from reiki, she left the legal field six years ago to share these practices with others on a full-time basis. She has seen amazing results in the lives of many, and notes that reiki is offered at some hospitals as a holistic complement to conventional medicine and psychological treatment. She says, "Many doctors express that while they don't fully understand how it works, they cannot deny the results they see in their patients."

Reiki is safe, simple, empowering and accessible to anyone and everyone. It has been shown to relieve symptom and support general health by releasing stress, bringing a sense of balance and ease, and overall well-being. It is helpful in releasing patterns that keep us stuck in the myriad addictions present in our society, including eating disorders, and to support a more peaceful relationship with our bodies and our life's circumstances, supporting relief of insomnia and depression.

During a reiki treatment, the subject lies on a massage table, fully clothed, while the practitioner lightly places their hands on or over different areas of the body. Often, people feel a sense of deep relaxation—an almost meditative state—while others feel subtle sensations, often in the form of heat or tingling. Some see colors or pictures in their mind's eye. Some experience immediate results during or after a treatment, while others experience healing shifts over time. Everyone's experience is a bit different, as reiki naturally adapts to each individual's needs.

Body Positive Works is located at 96 E. Allendale Rd., in Saddle River. For more information or to schedule a session, call 201-708-8448, email Info@BodyPositiveWorks.com or visit BodyPositiveWorks.com. See ad, page 11.

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PLANTS TALK

Discover Their Secret Language

by April Thompson

While flowers are known to lean toward light, a growing body of research is demonstrating plants also respond to sounds and scents—and then herald the news to their neighbors. Far from being passive life forms, members of the plant kingdom are adept at interacting with their environments and with each other.

“Plants don’t have specialized sense organs, but like animals, plants are very capable of sensing their environment. They perceive cues, weigh different alternatives and allocate resources in very sophisticated ways,” says Richard Karban, professor of entomology at the University of California at Davis and the author of *Plant Sensing and Communication*.

Better Living Through Chemistry

Early evidence of plant communication was discovered by accident, according to Jack Schultz, senior executive director of research development at the University of Toledo, in Ohio. “In the 1970s, researchers began to notice plants under attack respond by increasing defensive chemistry—things that make a plant distasteful or toxic to predators,” he says. Researchers noticed that control plants also seemed to respond to their neighbors being attacked.

Since then, Schultz, Karban and other investigators have discovered that plants emit complex profiles of odors in the form of volatile compounds that can be picked up by other plants, as well as insects. Studying sagebrush in the Sierra Nevada mountains, Karban found that plants under duress emit chemical cues that trigger nearby plants to increase their defenses.

These odors vary with the type of threat and time, working

to attract pollinators during the day and fending off enemies at night, Schultz says. A plant being eaten by an insect may release a chemical that attracts predatory insects looking for herbivore prey. “There is a clear adaptive advantage in attracting the ‘enemy of your enemy’, who can act as a bodyguard for the plant being attacked.”

Smells are just part of a plant’s multisensory life, says Heidi Appel, a professor in the Department of Environmental Sciences at the University of Toledo and one of Schultz’s collaborators. Appel’s research with collaborator Rex Cocroft, at the University of Missouri, demonstrates they’re listening for threats, too.

Her lab exposed plants from the mustard family to the sound of a caterpillar feeding, with control plants in silence or “listening” to a recording of the wind or other insects, and found that those vibrations didn’t effect the same defensive-priming response as that of the plant-munching caterpillar. “Plants have no special sense organs, so their sophisticated sense of hearing is very surprising,” says Appel.

Nature’s Networks

Karban’s lab isolated plants to determine that their chemical signals were transmitted by air rather than soil or root systems. Yet researcher Suzanne Simard, a professor of forest ecology at the University of British Columbia, in Vancouver, is digging into the underground connections, finding that trees are interacting with one another below the ground in complex ways.

Trees have a symbiotic relationship with fungi that’s built on a mutually beneficial exchange of nutrients, says Simard. This underground network links root systems of trees together, enabling them to exchange carbon, water and other nutrients in a kind of natural balance sheet. Simard discovered these networks had hubs—typically older “mother trees”—that can connect to hundreds of saplings and send them excess carbon that can quadruple their survival rates.

Simard also found that trees engage in “defense signaling” similar to plants, increasing their natural defenses in response to damage inflicted on their neighbors, but only if the mycorrhizal networks of fungi that aid in sending such messages are intact. Simard’s research seeks to understand how environmental threats like climate change and logging may further disrupt these communication networks.

Recognizing all of the communication that exists between plants, we might wonder if human words of encouragement can help them grow. Perhaps, but not for the reasons one might hope, says Appel. “Whenever we feel a sense of connection to another life form, we are more likely to take better care of it,” says the researcher. “We underestimate what plants can do because their communication is invisible to us. Yet we also have to be careful about overestimating their abilities. We need an understanding to be driven by science, and not wishful thinking.”

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



Gardening for Kids

The Fun of Growing Their Own

by Ronica A. O'Hara

It's May, and the temperature is rising, as is the sap and green shoots. It's the perfect time to involve kids in growing their own garden that will get them outdoors, teach them planning and perseverance, and develop their motor, literacy and scientific skills.

A South Korean study found that gardening provides both high- and moderate-intensity exercise for kids. It builds good

eating habits, too: A British study of 46 9- and 10-year-olds found that they ate 26 percent more vegetables and fruit after growing a school garden, and a University of Florida study of 1,351 college students showed them more likely to eat veggies if they had gardened as children.

For the most gratifying results, give kids a sense of ownership. "Let them make the decisions and be in charge of the care

of the garden as much as developmentally possible," advises Sarah Pounders, senior education specialist at *KidsGardening.org*, in Burlington, Vermont.

Getting Started

Order some seed catalogues, look online—or better yet, take a child to the local garden nursery. Let them decide what to grow. Their choices are as diverse as their interests.

Veggies, flowers and plants that draw butterflies each have their own appeal. Some, like sunflowers, radishes and lettuce, are fast-growing, offering quick gratification. Or, they can choose a theme.

"If your child likes Italian food, plant tomatoes and basil. If they enjoy Mexican food, then peppers and cilantro. For flowers—zinnias and cosmos—let them make flower arrangements from early summer into the fall," suggests Susan Brandt, of Bristow, Virginia, co-founder of the gardening site *BloomingSecrets.com*.

Visiting a plant nursery offers the perfect opportunity to put kids on the path to healthy living. Point out and discuss the differences between organic and nonorganic seeds and between chemical fertilizers containing Roundup—labeled "Keep Out of Reach of Children"—and organic fertilizers containing fish, seaweed and other natural nutrients.

Choose the Spot

A three-foot-by-three-foot plot is an ideal size for a child's garden, as long as it gets lots of sunshine. If living in an urban area, go with pots of soil in a sunny window.

Get the Right Tools

For young kids with short attention spans, small plastic spades, rakes and hoes might work. But older kids need harder tools. Get them properly fitted garden gloves, plus sunhats and sunscreen.

Plant the Seeds

Help them read and interpret the seed package directions, if necessary, and use a ruler to measure proper spacing. "I always try to have a mix of plants that start from seed and from transplants, so that kids can have both immediate and delayed gratification," says Pounders.

More to Grow By

KidsGardening.org: Designed for schools and families, this site has a wealth of kid-friendly information on everything from seeds to pollinators to creating pirate gardens.

Build-your-own worm farm: See how at Tinyurl.com/KidsWormFarm.

Youth Gardening Clubs: Many local chapters of garden clubs have these. Tinyurl.com/YouthGardeningPrograms.

4-H: Many state 4-H organizations conduct special gardening activities, which can be found by Googling the name of a state along with "4-H gardening".

Water, Weed and Mulch

Show them how to use the watering can or hose properly, usually watering only when the soil is dry to a depth of one inch. They can mix their own non-toxic pesticide out of vinegar and salt, and spread such organic mulches as straw, newspaper, grass clippings and leaves to discourage weeds.



Get Scientific

“They can look at the soil to see all the living creatures in it, which is especially fun through a microscope,” says Dixie Sandborn, an extension specialist at Michigan State University. “They can learn about vermiculture by making a worm bin and feeding the worms their table scraps.” With a ruler, they can measure the growth of various plants and create a chart comparing rates. By taking photos or drawing pictures on a daily or weekly basis, they can compile an album, along with their commentary on weather patterns.

Have Fun

“Let them add personal touches like stepping stones, signs and other decorations that let them express their personality in their garden space,” says Pounders. Help them build a scarecrow, bird feeder, toad house, bird bath, sundial or a tent. Make a teepee or small enclosure and cover it with flowers, vines or climbing beans.

Harvest the Crop

After picking ripe vegetables, kids can find recipes and prepare snacks or a dish; arrange plucked flowers in vases and take photos; do craft activities with seeds, plants and flowers, like making potpourri or framing dried flowers; or throw a garden-themed party with favors that include herbs or seed packets. “You could have a ‘pa-jam-a’ party. Kids could wear their pajamas, pick berries, and make jam to take home,” suggests Sandborn.

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

inspiration



The Mother Our Souls Need

Connecting With the Energy That Made Us

by Christiane Northrup

This Mother’s Day, I want to tell you about a different way to think about your mother and about yourself—a way that is deeply true and liberating, no matter what is going on with your mother.

On a soul level, we’re old friends with our mothers. And they signed up for assisting us on our souls’ journeys big time—by being willing to take on the role of our mother. And no matter how well they did or didn’t do that job, we have a job, too: to realize that though we might not have had the mother we wanted, we all got the mother our souls needed.

What’s more, every single one of us can connect right now with the mother energy that made all of our bodies in the first place—the Earth herself.

It has been said that when you lavish your attention on the Earth—on a flower, or a stream or any aspect of nature—that energy loves you right back.

In the book series *The Ringing Cedars*, Anastasia refers to the land you live on and love as, “Love dissolved in

space.” You can feel this when you travel to parks and gardens, farms and yards that have been loved by those who live there. This mothering energy is available to each of us from the Earth and from Mother Nature—no matter what has happened with your biological mother.

So here is my prescription for a glorious Mother’s Day.

Call your mother—in spirit, if she is no longer in a body—or if speaking with her directly is too painful. Here’s a special prayer: “With my Spirit, I send Divine Love to my mother’s Spirit.”

That’s it. Just say this prayer. With your whole heart. And let go of the outcome.

Happy Mother’s Day.

Christiane Northrup, M.D., is a leading authority in the field of women’s health and wellness. The full text of this excerpt, reprinted with permission, appears at DrNorthrup.com. ©Christiane Northrup, Inc. All rights reserved.

CBD FOR PETS

What We Need to Know

by Kajsa Nickels

With the explosion of cannabidiol (CBD) products on the human medical scene, many pet owners are looking into this hemp plant derivative as a natural means of medicating their four-legged family members. A study conducted by the Cornell University College of Veterinary Medicine, in Ithaca, New York, found that CBD can be effective in treating some of the same ailments in pets as it does in humans.

"I've used CBD on dogs and cats suffering from arthritis, anxiety and seizures," says Angie Krause, DVM, a veterinarian with Boulder Holistic Vet, in Colorado. "I've even used CBD to treat cats with chronic respiratory infections."

Unlike CBD from marijuana, which in most cases is a Schedule I narcotic that the U.S. Drug Enforcement Administration considers highly subject to abuse, CBD from industrial hemp contains less than 0.3 percent of the psychoactive component THC. It is legal under federal law and can be sold nationwide, subject to state regulations.

However, choosing the right CBD product is complicated by the number of confusing options. "There are so many products on the shelves with different concentrations and formulations," says Krause, who considers the extraction method used during production to be one of the most important factors. She favors CO₂ (carbon dioxide) extraction over solvent extraction methods: "CO₂ leaves no residue behind that could harm the bodies of small animals such as dogs and cats."



Within three days, it was like I had a new dog. She no longer destroys things, she is calm, she is more engaged with her environment.

~Cindy Hesse

Stephen Cital, a veterinary technician in San Jose, California, co-founded the Facebook group Veterinary Cannabis Academy. He agrees that the purity of the extraction method is significant. He also notes that price is not necessarily an indicator of quality. "A 30-cc bottle of CBD could cost \$70 at a concentration of 700 milligrams [7 mg per cc]. However, it's possible to find the same volume at the same price at a concentration of 1,000 milligrams [10 mg per cc]."

Some products don't contain CBD at all, only hemp extract, Cital explains. "For people who don't understand the labeling, this can be very misleading."

CBD is one of 104 cannabinoids found in both industrial hemp and marijuana plants. Full-spectrum hemp extracts contain the entire profile of cannabinoids, including trace amounts of THC. Broad-spectrum hemp extracts contain everything but the THC. Cital says



it's always best to start with full- or broad-spectrum products for the "entourage effect", in which the cannabinoids work in concert. Isolates of additional cannabinoids can be added as needed, he says.

When choosing a product to purchase for a pet, he recommends going with companies that are able to present the consumer with a certificate of analysis by a third party. "The certificate will show the complete profile of the CBD product, including cannabinoid, terpene, residual solvent, pesticide, bacteria, mycotoxin, fungicidal and elemental profiles," he says.

Cital notes that the elemental profile is especially important. "Hemp is very good at absorbing what is in its environment, including heavy metals such as lead."

Krause favors CBD products with minimal ingredients that "should be as simple as possible," she says. "No xylitol, no artificial colors or sweeteners."

Cindy Hesse, of Mount Pleasant, South Carolina, also believes that CBD for pets should be as pure as possible. Her Cocker Spaniel, Reina, is both blind and deaf. Because of her handicaps, Reina experienced extreme anxiety to the point of destroying her metal crate, furniture and door frames. Reina's vet put her on the antidepressant and anti-anxiety drugs Prozac and trazadone, but these only helped for a short period.

After attending a CBD conference in Florida, her veterinarian decided to see if the compound might help the dog—his first patient to use CBD. The results, Hesse says, were amazing. "Within three days, it was like I had a new dog. She no longer destroys things, she is calm, she is more engaged with her environment. I recommend CBD oil to everyone I know who has a pet with health issues."

When deciding whether to give CBD to a pet, Krause and Cital recommend working with a veterinarian to ensure the proper dosage. "People can certainly work with CBD on their own with their pets," says Krause, "but it's important to get the dosing and concentration right to make it worthwhile."

Kajsa Nickels is a freelance writer and a music composer. She resides in Northeastern Pennsylvania. Contact her at fideleterna45@gmail.com.



Nutrition is Paramount for Pet Health

by Mia Frezzo

Nutrition is the foundation of good pet health, and good nutrition optimizes the immune system, organ function and longevity. It's best to feed them a high-quality diet where the first ingredient is a protein such as chicken, beef, lamb, fish or soy, and all ingredients on the label are recognizable instead of a list of unpronounceable chemicals. Beyond these basics, we may look for phrases such as human grade, no byproducts and organic to indicate the degree of quality of the pet food.

A recent surge of grain-free diets have arrived on the market that are ideal for pets with known food allergies. Some pets with digestive issues, skin sensitivities or seasonal allergies may also benefit from a grain-free diet. For most other pets, grain-free formulas are optional. Some pets suffer from protein allergies and will require a prescription diet.

An added benefit of a high-quality pet food is evident in the yard or litter box. A highly digestible diet without fillers produces less fecal matter. Although it may cost more initially, most pets eat less because every bite is full of good, digestible nutrition. It seems that the better brands are

not advertised on television, so do some investigating and choose a pet food that is not only affordable, but also convenient to obtain.

It may be helpful to moisten dry formula pet food with warm water to facilitate digestion, especially in large breed dogs. Cats, on the other hand, maintain their weight and protect their kidneys better with canned food. Offering food at regular intervals will assist in predicting when pets need to eliminate. This is particularly helpful in housebreaking a puppy, as most pets will go to the bathroom about 15 minutes after each meal. Many pets that have food available at all times tend to overeat; obesity is a becoming a pet epidemic in the U.S., and leads to a number of preventable diseases such as diabetes, heart disease and arthritis.

It is best to change a pet's brand or formula of food or formula gradually; their digestive bacteria need time to acclimate and adjust. Pets generally cannot tolerate different foods for each meal like we can, so introduce them gradually. For example, a large dog that eats one cup of dry food per meal will convert to a new diet.

Serve one-quarter-cup of the new food with three-quarters-cup of the existing diet for each meal for three days. Then, give a half-cup of the new food and a half-cup of the "old" food for each meal for three days. Then, give three-quarters-cup of the new food and one-quarter-cup of the old food for each meal for three days. Finally, serve one cup of the new food for each meal. This slow transition will help the pet avoid diarrhea and vomiting and ease them into the new food.

Pets may continue to eat the same food for an extended period of time. Although we need to eat a varied diet, high-quality pet food is perfectly balanced for their needs. It's important to also make sure the pet gets adequate exercise and is well hydrated.

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. For a list of high-quality pet foods, visit Tinyurl.com/PetEats. See ad, page 19.



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CALENDAR OF EVENTS

WEDNESDAY MAY 1

Black Maria Film Festival – 7pm. An evening of stellar award-winning films from the Festival's 2019 Tour, featuring *Woody's Order* by Seth Kramer, with Ann Talman, actress, singer, writer, filmmaker, and storyteller. Also showing will be two animated films and *Voice*, a narrative by Takeshi Kushida of Tokyo, Japan. Light refreshments will be served. \$5 at the door, free/students, teachers. Hoboken Historical Museum, 1301 Hudson St, Hoboken. 201-656-2240. HobokenMuseum.org.

THURSDAY, MAY 2

Annual Herb Sale – May 2-5. 8am-2pm. Pots of unusual, organic herbs and a selection of heirloom vegetables are available for purchase. Visit the History Center's several historic buildings while you are there. Crane House & Historic YWCA, 110 Orange Rd, Montclair.

Keys to Welcome All of Who You Are Unapologetically – 7-8:30pm. Have you been stuck in self-sabotaging patterns? Exclusive exercises will catapult you into radical self-acceptance and empowerment. Discover the secret to a life without apology. \$20; preregistration required. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

SATURDAY, MAY 4

Access Bars Class – 9am-5pm. A class that has the potential to change anything! Learn to give and receive Access Bars, a light touch energy process for dynamic change. By gently touching 32 points on the head, one can release the energetic charge of thoughts, feelings, emotions, beliefs and attitudes that create limitation in your life. Create the change you are longing for, opening you up to more peace, possibilities, ease and awareness. No prerequisites required. NCBTMB approved CEU's for massage therapists. Christine DiDoménico, 22 Madison Ave. Paramus. 201-655-3836. AccessTheBars.com.

Blooming Art for Mother's Day – 9am-12pm. In this hands-on workshop you and your child can discuss the art of patience as you build a blooming work of art to gift or put on display. Once it is built, your child can decorate it with paint. Children get to give their project to mom, and they receive a certificate of achievement, a workshop apron, and a commemorative pin. Child must be accompanied by a parent or adult and must be present in the store at all times. Free. All Hudson County Home Depots: Jersey City, Secaucus, North Bergen, etc. 800-466-3337. HomeDepot.com.

Hooked on the Hudson: Annual Fishing Contest – 9am-3pm. Contest (for all ages), exhibits and more with the Hudson River Fishermen's Association. No entry fee, no registration forms. Just come down to the park, throw your line in the water and enjoy yourself. All equipment and bait supplied free for children to use. Ross Dock Picnic Area in Fort Lee. Info: HRFANJ.org.

Harmonium Series: Learn the Basics – May 4, 11, 18, Jun 1. 2-4pm. Learn basic functionality of the instrument, how to hold, pump and play it, and keyboard fingering techniques. Take home diagrams to practice at home. If you do not own a harmonium one will be available for your use. \$300 for 4 lessons; no drop-ins; preregistration required. Body



Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

Forest Bathing & Symphonic Gong Sound Healing – 2:30-5pm. Forest bathing does not involve any physical bathing, but is a mental bath in a serene forested environment designed to help you slow down, de-stress and reconnect to your natural self. The Gong bath is waves of sonic vibrations that, when paired with intention and played therapeutically, allows the mind, body, and senses to expand and align in a natural healing balance. \$85, \$75/members. Tenafly Nature Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

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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.

SUNDAY, MAY 5

Earth Gong Bath – 2-3:30pm. An immersion in sacred and healing sound wherein the gongmaster activates the full sonic potential of the gong and bathes the listener with sustained waves of primordial sound to induce a spontaneous meditative state. \$30; preregistration required. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

Sound and Vibrational Healing – 3-4:30pm. With Mary Ann Gebhardt. Enjoy the rich tones of the Himalayan singing bowls and Koshi chimes and experience deep relaxation and sound vibrational healing. \$25. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. RSVP: 201-644-0840. VistaNaturalWellness.com.

Mother/Daughter Tween Yoga Workshop – 4:30-6pm. This is a great opportunity to pause and have some fun together. Practice breathing, stretching and mindfulness to feel good and appreciate the best things about each other. Participants get an essential oil spray. \$40/per mother-daughter pair; preregistration requested. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

Eventide at Mrs. Kearney's Tavern – 8-10:30pm. A living history program: guests are invited to enjoy the scent of wood smoke and the sound of laughter, along with a cup of spiced tea served by staff dressed

in nineteenth-century garb. Guests will join in as the house's tavern musician leads songs and shanties. Checkers, cards and backgammon will be on hand to play while Kearney House director Eric Nelsen spins a yarn or two about life along the Hudson, or reads from a story or poem of the time. \$5/cash only. The Kearney House, Alpine Picnic Area and Boat Basin, Palisades Interstate Parkway Exit 2. 201-768-1360 x 108.

MONDAY, MAY 6

Coping through Cancer – May 6, 20. 2:30-3:30pm. This support group, open to those currently in treatment, offers a safe place to share your experiences, concerns, and resources with others who are facing cancer. Preregistration required. Holy Name Medical Center, Marian Hall. RSVP: 201-833-3392. HolyName.org/CancerSupport.

Post Treatment Cancer Support Group – May 6, 20. 1-2pm. This support group is specifically designed for those who have finished treatment, the beginning of a new journey. This group offers support and information while living beyond cancer. Holy Name Medical Center, Marian Hall. RSVP: 201-833-3392. HolyName.org/CancerSupport.

TUESDAY, MAY 7

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TUESDAY, MAY 7

Women's Expressive Arts Group – May 7-28. 6:30-7:45pm. The Group is a place for women to come together, create art, and find support with life's challenges. This offers an opportunity for group members to explore materials in a nonjudgmental and open way with the guidance of Milissa Finkel, an experienced art therapist. No art experience needed. \$250/four week series; art supplies included; no drop-ins; preregistration required. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

WEDNESDAY, MAY 8

Chant UP with Gaura Vani – 7-9pm. Celebration of the ancient, mystical tradition of mantra music. Elevate your spirit and cultivate community through the sound of kirtan, a spiritual artistry that connects to the sacred. \$20. United Palace, 4140 Broadway, Manhattan. 212-568-6700. <https://www.UnitedPalace.org/Product/Chant-UP-With-Gaura-Vasni-May/>.

THURSDAY, MAY 9

Lecture: Skylands and the NJ Botanical Gardens – 7:30pm. Join Maja Britton on a journey through the history and the gardens of the New Jersey State Botanical Garden at Skylands. Part of the Museum's lecture series. Refreshments will be served afterwards. \$5, free/members. Mahwah Museum, 201 Franklin Turnpike Mahwah. RSVP: 201-512-0099. MahwahMuseum.org.

ProLon Fasting Mimicking Diet Workshop – 7-9pm. With Sheryl Brian and reps from L-Nutra, developers of ProLon. Learn how the Fasting Mimicking Diet works and how it can benefit your healthy lifestyle. Free/with reservation; seating is limited. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. RSVP: 201-644-0840. VistaNaturalWellness.com.

The Temptations & The Four Tops – 8pm. The Temptations started serving up soul hits in the 1960s and founding member Otis Williams is still going strong on stage. The Four Tops hit the scene in the 1960s. Today the group includes original member Abdul Fakir and original member Lawrence Payton's son Roquel. \$39. Bergen Performing Arts Center, 30 North Van Brunt St, Englewood. 201-227-1030. BergenPAC.org.

SATURDAY, MAY 11

Seasonal Scavenger Hunt – 2-3pm. Families with children 4 and up receive a set of clues to help solve nature riddles along the trails. Families need to work as a team as they hike the trails to complete the hunt and receive a small prize. Program is intended for adults and families. Children must be accompanied by an adult. Inclement weather cancels program. \$6, \$3/member. Tenafly Nature Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

SUNDAY, MAY 12

Mother's Day Birding Walk – 10am-12pm. Celebrate Mother's Day with a birding adventure guided by members of the Audubon Society. Whether you're an outdoor enthusiast or just hoping for a pretty photo op with the family, a walk is the perfect activity to celebrate this special family day. All ages welcome. \$7, \$5/member, moms and children under two are free. Visitor Center, Tenafly Nature Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

Mother's Day Hike to the Women's Monument – 11am-1pm. Historical interpreter Eric Nelsen continues an annual tradition of a special Mother's Day Hike along the summit of the Palisades. The destination and turn-around point will be a 1929 trailside monument honoring the crucial role that the New Jersey Women's Clubs played in preserving the Palisades and creating the Interstate Park. The relatively easy hike will cover about 4 miles in around 2 hours. This is a free program, open to all, with no advance registration needed. To confirm if weather is questionable on the morning of this hike, please call 201-768-1360 x 108.

Mother's Day School of Glass Workshop – 11am-1pm. Treat your Mother to an experience she is sure to remember. Instead of flowers or brunch, create memories and cool glass stuff. Learn to make glass flowers, hearts and/or a vase while having fun and being creative. Light snacks will be served and a complimentary champagne toast to celebrate Mother's Day is included. \$115. The Morris County School of Glass, 89 Whippany Rd, Morristown. MCSOG.com/Special-Classes. 973-734-0900.

Mother's Day Brunch Cruise – Boarding 11:30am, cruising 12-2pm. Treat mom to something special, a day on the Hudson, full of festivities and fun aboard the Spirit of New Jersey. Cruise includes a bountiful buffet, interactive DJ entertainment, dancing and spectacular Manhattan skyline views, and a champagne toast. \$69.90, \$54.90/child 3-12. Spirit of New Jersey, Lincoln Harbor Marina, 1500 Harbor Boulevard, Weehawken. 866-483-3866. SpiritCruises.com.

TUESDAY, MAY 14

Nutrition and Neuroendocrine Tumors – 4-5pm. This seminar, made available through Cancer Support Community at Holy Name Medical Center, will review how to manage diet and digestion when

living with Neuroendocrine tumors. A cookbook and nutrition guide will be provided to each participant. Registration is required prior to attending. Holy Name Medical Center, Marian Hall, Rm 1A. RSVP: 201-833-3392. HolyName.org/CancerSupport.

WEDNESDAY, MAY 15

Women's Health and Empowerment Event – 3:30-5pm. Workshop in collaboration with and led by Sharsheret, a nonprofit organization supporting young Jewish women and their families facing breast and ovarian cancer. This event is open to anyone impacted by any type of cancer. Light refreshments provided. Holy Name Medical Center, Marian Hall, Conference Rm 2. RSVP: 201-833-3392. HolyName.org/CancerSupport.

Bergen Historical Society: Docent & Interpretation Meeting – 7:30pm. For anyone interested in volunteering at Historic New Bridge Landing events as a docent, greeter, operations personnel or living-history interpreter in period dress. Who were the Jersey Dutch, and how did their story become the foundation of the metropolitan area? Join Museum Collection Chair and Past BCHS President Deborah Powell when she explores the dynamic impact of Bergen's first European settlers. Free. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739. BergenCountyHistory.org.

How to Protect Native Pollinators: Lecture – 8pm. The Bergen County Audubon presents *Pollinators in Peril: How You Can Help Native Pollinators*, with Blaine Rothasuer. Rothasuer will discuss why pollinators are crucial to environment, health, food system and economy. Learn how to help the declining species of New Jersey Pollinators with simple steps to protect them in our own backyards. Free. Teaneck Creek Conservancy, 20 Puffin Way, Teaneck. 201-230-4983. BergenCountyAudubon.org.

THURSDAY, MAY 16

Generation Zapped: Movie Screening – 7-9pm. A free screening of the film *Generation Zapped*. Learn about EMFs and how they are impacting our health and the world around us. Free/with reservation; seating is limited. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. RSVP: 201-644-0840. VistaNaturalWellness.com.

FRIDAY, MAY 17

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

SATURDAY, MAY 18

Access Bars Class – 9am-5pm. A class that has the potential to change anything! Learn to give and receive Access Bars, a light touch energy process for dynamic change. By gently touching 32 points on the head, one can release the energetic charge of thoughts, feelings, emotions, beliefs and attitudes that create limitation in your life. Create the change you are longing for, opening you up to more peace, possibilities, ease and awareness. No prerequisites required. NCBTMB approved CEU's for massage therapists. Theresa Obsuth, BF, 22 Madison Ave. Paramus. 201-655-3836. AccessTheBars.com.



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

Shamanic Circle – 4-6pm. With Tuvan Shamaness ChokBar. This circle brings ancient wisdom, practices and rituals to the community, introducing you to spirit guides, ancestors and power animals to awaken and support your healing, transformation and life purpose. United Palace, 4140 Broadway, Manhattan. 212-568-6700. <https://www.United-Palace.org/Product/Shamanic-Circle-With-Tuvan-Shamaness-Chokbar-May/>.

markyourcalendar

SATURDAY, MAY 18

Silence Revolution Meditation in NYC – 6-8pm. Nevsah Karamehmet, international leader in breath coaching and breathing science, author and retreat facilitator, will host The Silence Revolution, a group meditation. The meditation includes the music of the ney, a Turkish flute. The Assemblage NoMad, 114 E 25th St, NYC. Registration required. Information: melike.nyc@gmail.com. RSVP: Tinyurl.com/silrevnyc.

Sound Bath – 7pm. Experience relaxation and transformation through sound and vibration. The atmosphere intentionally created guides people to a deep meditative state where they can relax and expand their consciousness by tuning into sound. \$25. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. Register: EarthsHealing.com.

Full Moon Hike – 7-9pm. This 2-hr adults-only walk by moonlight through the Lost Brook Preserve is approx 1.5 miles, with a quiet rest stop at the Purple and Allison Trail crossing. The hike encourages reflection and connection with nature while experiencing the trails in a new way. Preregistration required. Bring a flashlight. Inclement weather postpones the program. \$10, \$5/members. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

SUNDAY, MAY 19

Pinkster Fest – 1-5pm. Celebrate spring with country dances to Ridley and Anne Enslow featured fiddle and hammered dulcimer, a Maypole dance at 1:30pm and the Tricorn Ensemble maypole dance at 3pm, a short story of the holiday in Steuben House at 2:30pm, Dutch donut demos in the Out Kitchen from 2-3pm, naturally dyed eggs for Pinkster,

doughnuts and lemonade and Pinkster cake served in the 18th century tavern. Demarest House opens for tours and spinning demonstrations. Historic New Bridge Landing, 1201-1209 Main St, River Edge. RevolutionaryNJ.org.

Open Heart Conversations: Bhakti Yoga as a Path to Awakening – 3pm. With His Holiness Radhanath Swami. Join Rev Dr Jose Roman to explore the path of Bhakti-yoga with one of its most beloved spiritual leaders. Music by Jahnvi Harrison and friends. \$10. United Palace, 4140 Broadway, Manhattan. 212-568-6700. <https://www.UnitedPalace.org/Product/Open-Heart-Conversations-Bhakti-Yoga-As-A-Path-To-Awakening-With-Radhanath-Swami/>.

WEDNESDAY MAY 22

Group Past Life Regression – 7-8:30pm. Join an experiential journey to our past. Understanding the past opens our ability to embrace our present. There is nothing to prepare. As Lois Kramer-Perez, CHt, guides you through imagery, the information will arise in your awareness. \$35. Earths Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. Register at EarthsHealing.com.

THURSDAY, MAY 23

FORCE Support Meeting – 6:30-8:30pm. In collaboration with FORCE, an organization that focuses on improving the lives of individuals and families affected by hereditary cancers. Do you have a family history of breast, ovarian or related cancer? Are you considering genetic testing, waiting for results, or have already tested positive for a BRCA mutation? Here's your chance to to ask questions, learn or just listen in a safe and supportive environment. Light refreshments provided. Parking will be validated. Holy Name Medical Center, Marian Hall. RSVP: 201-833-3392. HolyName.org/CancerSupport.

Hand-Painted Leather Luggage Tags – 7-8:30pm. Join Laurén, local leather-painter, for a hands-on workshop in making hand-painted leather luggage tags. Participants will be instructed on the art of leather painting, given stencils to use for monograms and instruction on how to paint flowers, flourishes and shapes that will make your luggage stand out from the rest. \$60/includes the lesson, a leather luggage tag, paints, stainless steel wire for securing the tag to luggage and refreshments. Kanibal + Co, 197 Montgomery St, Jersey City. 551-200-9386. ShopKanibal.com.

Understand Astrology to Understand Yourself – 7-9pm. Explore how the different planets affect your chart and color the person you are today. By discovering your hidden motivations, you can better understand your life purpose and achieve your goals; w/Jo-Ann Scotto. \$25. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999. MysticalWorld.net.

MONDAY, MAY 27

BCHS Memorial Day Wreath Laying – 10am. The Bergen County Historical Society honors the veterans of all wars with a wreath-laying at the grave of General Enoch Poor in the burial ground of the First Dutch Reformed Church on the Green. Excerpts from chaplain Israel Evans' graveside funeral oration will be read at the ceremony, followed by a tour of the historic cemetery. First Dutch Reformed Church, 42 Court Street, Hackensack.

THURSDAY, MAY 30

Food Sensitivity Exploration Workshop – 7-8pm. To help identify potentially problematic foods, you will learn: the difference between food allergies and sensitivities; to decode the intolerance screenings on the market; how food sensitivities evolve and can be healed. Free/with reservation; seating is limited. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. RSVP: 201-644-0840. VistaNaturalWellness.com.

plan ahead

SATURDAY, JUNE 8

Drum Circle – 7:30-10pm. Drum circle experience can bring many health benefits; helps alleviate stress within your mind and body, which in turn can help reduce pain and leave you in a sense of euphoria. Bring your own drum or rent a drum for \$5. \$15. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

SUNDAY, JUNE 9

markyourcalendar

SUNDAY, JUNE 9

The New Jersey Fairy Fair – 11am-5pm. For all ages. Dress as your favorite fantasy character. Meet the fairy queen. Live music, kids' activities, vendors and crafters of all kinds; soaps, candles, incense, metal wares, clothing, accessories; crystals and stones, healers; readers, tarot, reiki, massage and more. 211 Hamburg Paterson Tpke, Riverdale, NJ. Info: FairyFair444@gmail.com. @NJFairyFair on Instagram and Facebook.

SUNDAY, AUGUST 18

WAH Kirtan – 8-10pm. Wah! plays harmonium, shares mantras, stories and meditation. Here she gathers with people to sing kirtan, a traditional call-and-response style of singing from India. Wah! connects people to what heals them. \$35. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

MONDAY, AUGUST 19

Yoga & Self-Healing with WAH – 6-8pm. Get ready to move, breathe, and deeply relax. Wah! teaches yoga and plays live music for savasana; breathwork, moving postures, self-healing practices, deep relaxation. All levels welcome. \$30. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

SUNDAY, OCTOBER 17

Radiant Child Yoga (1-3) with Shakta Kaur – October 17-20. Thu, 5-9pm; Fri, Sat, 8:30am-6pm; Sun, 8:30am-5pm. An innovative 30-hour training program designed for teachers, therapists, parents, and caregivers, RCY provides self-calming and empowering techniques for children of all ages and abilities. 1-3 is a stand-alone training and the first 30 hours of full certification with Radiant Child Family Yoga 200-hour and 95-hour Yoga Alliance accredited programs. \$790. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.



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

ongoing events

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

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

Jazzercise Classes – 9:30am, 4:30pm, and 5:45pm. Moderate and low density classes available. \$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. John-



son 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.

Pilates Mat Class – 7-7:45pm. Pilates is a challenging yet safe mat exercise using slow motion movement to help sculpt and tone muscles, giving your body a long, lean look. Appropriate for all fitness levels. \$15, free/first class. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. RSVP: 201-644-0840. VistaNaturalWellness.com.

Modern Family Pub Trivia – 7-9pm. Test your knowledge of all things Modern Family. Six players max per team. Event is free to play but the food or drinks for this event is paid by participants. Poinin Still, 774 Main St, Hackensack. Genesis Jais: 201-343-4169 x 35.

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

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

Drop-In Meditation – 7:30-8:30pm. Meditation has been known to reduce stress, relieve pain, and recharge mind and body. Come in comfortable clothes. Drop in on as many sessions as you like. With Leena and Nirmal Mukhi, who have 12 years



of experience practicing Sahaja meditation. Free. Seats are available on a first come basis. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323. Mahwah.BCCLS.org.

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

wednesday

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.

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

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

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

Adult Book Club – 4pm. 3rd Wed. Led by club member Sylva Crump. Check website for date changes and book for the month. Free. Closter

Public Library Central Library, 280 High St, Closter. 201-768-4197. Closter.BCCLS.org.

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

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

Chair Yoga, Breathing Technique & Meditation Class – 6-7pm. Yoga is a holistic way of energizing and integrating your mind body and self. Meditation allows the conscious mind to settle deeply in the self, giving it a rest. With Sujatha Nair from Art of Living. Free. Teaneck Public Library, 840 Teaneck Rd, Teaneck. 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 beginner’s pace. \$12/space limited. Earth’s Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

Guided Meditation Class – 7-8pm. 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

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 preregistra-



tion necessary. Hackensack Library, 274 Main St, Hackensack. 201-343-4169.

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

Day Meditation – 1:10-1:45pm. Partially guided meditation. Learn to meditate or expand your current practice. Experience the benefits of meditation and practice in community. Beginners welcome, no experience necessary. Free. Krame Center, Ansifield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For information or to register: TinyURL.com/KrameMeditation.

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

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

Thursday Lego Club – 4-5pm. 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.

Women's Healing Circle – 6:30pm. A safe place so you feel supported by other women who are on the same path of self-awareness & self-healing. Celebrate the sisterhood and feminine empowerment. \$25/if pre-registered. Earths Healings, 792 Kinderkamack Rd, River Edge. RSVP: EarthsHealing.com.

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 – 7pm. 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 meditation to optimize relaxation. Healing4thesoul Wellness Center, 199-B Boulevard, Hasbrouck Heights. 201-288-0011. Healing4thesoul.com.

Beginners Yoga – 11am. Designed as an introduction to the practice of yoga that focuses on developing proper and safe alignment for foundational poses at a beginner's pace. \$12/space limited. 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.

Angel Card Readings – 1-4pm. 1st Sat. See what your angels have in store for you. Celeste has been an active participant in NJ Metaphysical Society events over the past decade. \$40/30 min. Earths Healings, 792 Kinderkamack Rd, River Edge. RSVP: EarthsHealing.com.

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.

ASTROLOGY

WHITE WIZARD ASTROLOGY

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908-268-6674
cmtarnow3@yahoo.com



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BRIELLE SENFT, MA, LPC

Cresskill, NJ
201-878-4545
Brielle@bsenftlpc.com
Tinyurl.com/BrielleS



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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CHRISTINE DIDOMENICO

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Everything in your life that is not working can be changed by greater awareness. When you are willing to look at the energy of limitation that creates the pain, disease and suffering in life, then all of it can change. The tools of Access Consciousness are designed to bypass the logical mind and go to the energy that creates the problem. It's like hitting the delete button on the hard drive of your mind that holds all the thoughts, feelings, beliefs and emotions that keep you stuck. *See ad, page 2.*

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Terry Obsuth
Access BARS Facilitator
Paramus, NJ
201-655-3836
AccessConsciousness.com



What if you are far greater than anyone has ever acknowledged? Where have you not acknowledged this for yourself? What keeps you in frustration of limitation, judgment of yourself and the lack of peace and joy in your life? What if this could all change easily and create a new way of life for you. Let me introduce you to the process of Access Bars and a way to live life where you function from your own awareness having more happiness and ease. Offering Access Bars and Access Energetic Facelift sessions and classes. *See ad, page 2.*

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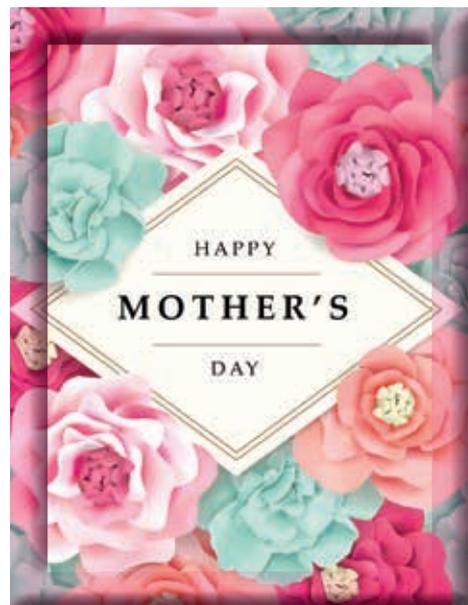
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Clinical Nutritionist Dian Freeman has a private practice in Morristown. She teaches a six-month nutritional certification course and has certified over 700 graduates in Holistic Health over the last 14 years. She also practices frequency

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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

women to feel empowered in their health and life using food related health challenges as opportunities for transformation. Christine's approach to making sustainable nutrition/lifestyle changes is rooted in understanding the mind/body connection. She offers tools to shift the chronic patterns that can have an impact on your physical health. At the end of the day, she knows long-term health and weight loss begins in the mind and heart, not just on your plate. *See ad, page 24.*

Anyone who has never made a mistake
has never tried anything new.

~Albert Einstein

classifieds

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