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July 13, 2019

July 27, 2019



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Theresa Obsuth, BF  
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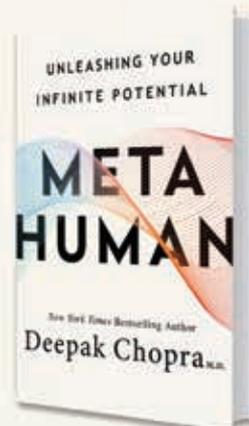
Classes & Sessions Available, refer to page: 9

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## **SOME OF THE IMPORTANT AREAS OF FOCUS INCLUDE**

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

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

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

### **Hormonal Balance and Thyroid -----**

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

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

### **The Body -----**

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

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

#### **Contact information**

**Dr. Doug Pucci is located in Oradell, NJ. Contact him at (201) 261-5430 or [GetWell-Now.com](http://GetWell-Now.com)**

## **Functional Medicine NEUROLOGY AND NUTRITION**

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

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

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

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

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

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

#### **HERE'S WHAT OUR PATIENTS ARE SAYING**

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

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

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

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

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

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

#### **SPECIAL PROMOTIONAL OFFER**

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

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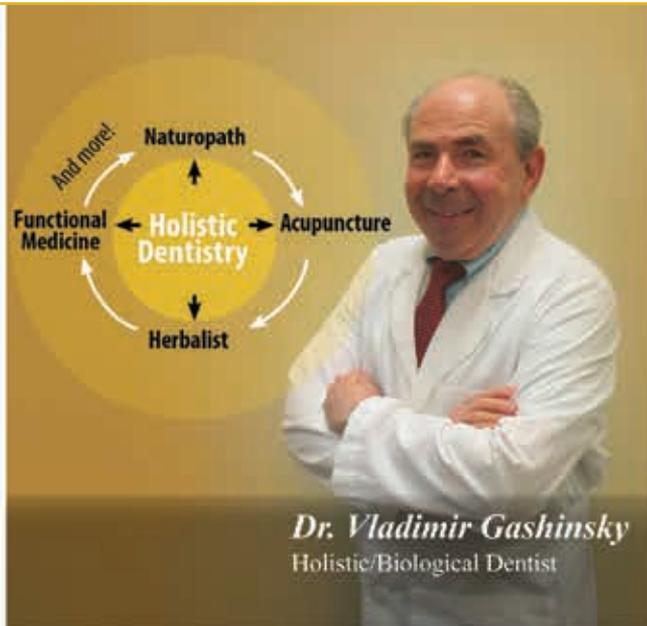
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# The Holistic Dental Center

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



*Dr. Vladimir Gashinsky*  
Holistic/Biological Dentist

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

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

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

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

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

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

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

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

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

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\* In the absence of gum disease

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**Angelica Pat**  
**Sanshompoo**

EDITORS **Martin Miron**  
**Thomas Masloski**

CONTRIBUTING WRITERS **Brielle Bleeker**  
**Thomas Brenton**  
**Ashley Di Capri**  
**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:  
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### NATIONAL TEAM

CEO/FOUNDER **Sharon Bruckman**  
COO/FRANCHISE SALES **Joe Dunne**  
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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  
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## letter from publisher



From left: Angelica, Jerry and Antonín Prchal, having a beer at the train station cafe in Jerry's town of birth, Benešov, Czech Republic

I was born in Benešov, Czechoslovakia, on July 1, 1967. On August 20, 1968, the Soviet Union led Warsaw Pact troops in an invasion of Czechoslovakia to crack down on reformist trends in Prague. The Soviet action successfully halted the pace of reform. It also almost brought the entire Czech economy to a standstill.

We fled the country in August of 1969, as the borders were not yet completely secured by the Soviets. My parents got on a train one

warm, quiet night. They had two suitcases, one thick, red blanket and me. We crossed the Austrian border to freedom in less than three hours, and eventually found our way to a refugee camp in the quaint little town of Traiskirchen.

The second memory that I'm able to recall is a female clerk at the Traiskirchen post office handing me a chocolate bar. My first memory ever is failing to successfully grab a near-empty glass of beer from a customer's table in order to gulp down what was left, and knocking it over onto the table. This wasn't the first time I did this. Over the years, an uncle of mine periodically reminded me of various accounts of this activity. Even though this particular attempt was botched, numerous others were not, and it's a wonder how I later avoided becoming an alcoholic.

Making a mess of the customer's table drew attention to what I had done, and now I had to act very cute in order to avoid the patron's potential backlash, as well as that of my parents. I was learning a more sophisticated form of manipulation than perhaps what my peers were doing at the time, such as crying at the checkout line to force mom to buy that lollipop.

Since my parents couldn't get real jobs after the Commies invaded, they elected to take what they could get at a local bar/restaurant that my paternal grandfather was given to manage. He cleverly aligned himself with the invaders in orders to get some perks out of the whole damn mess. In our case, my parents were granted a way to get by. It was better than not having any work. The only issue was, who was watching me ...the beer-swilling, young prince of Europe?

Happy Independence Day! Trust me. It's good to be an American.

Jerry Hocek and Angelica Pat Sanshompoo, Publishers

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

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### EDITORIAL SUBMISSIONS

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

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Email Calendar Events to: [Publisher@NaturalAwakeningsNNJ.com](mailto:Publisher@NaturalAwakeningsNNJ.com). Deadline for calendar: the 10th of the month.

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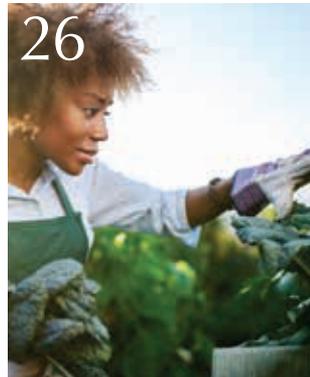
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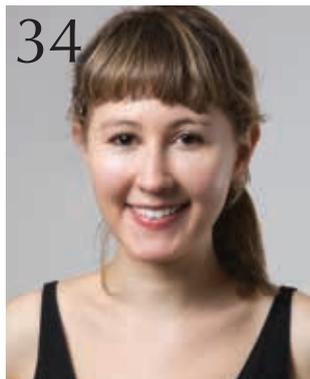
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## news briefs

### Secaucus Company Launches Organic Pest Control Solutions

All Natural Pest Control Solutions of Secaucus was launched in April. The company provides effective, natural and organic pest control services in Bergen and Passaic counties and the surrounding area, as a safer alternative to traditional chemical insect and rodent abatement.



Service manager James Walden states, “We started this company because we feel that while there’s a big push towards environmentally friendly products, not many in the pest control industry are going down that road. We provide a much safer alternative for consumers and the environment, and especially for children and pets.”

In 2000, a study published in the journal *Cancer* reported that children with non-Hodgkin’s lymphoma were seven times more likely than healthy kids to have grown up in a home where pesticides were applied.

*For more information or to order service, call 1-888-859-2347 or visit AllNaturalPestSolutions.com. 24-hour emergency service is available seven days a week. See ad, page 15.*

### Yoga Brunch and Cruise on The Hudson River

Step out of the yoga studio and head out to sea with a yoga brunch and cruise hosted by Andrea Powers, of Powers Yoga, in Bergenfield, along with Spirit of New Jersey cruise line and some of the area’s most accomplished yoga instructors. The event sets sail on August 11 from 8 a.m. to 11 a.m., and boards in Weehawken. Participants should bring their own yoga mat.



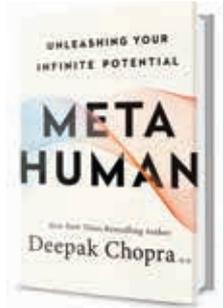
The two-hour cruise around the Hudson River includes a 15-minute opening meditation, a one-hour yoga class taught by seasoned, local yoga teachers, a light, healthy brunch served cocktail-style, with coffee, tea, water and sparkling mimosas. Attendees can roll up their mats and head out to the outer deck, or they can upgrade their tickets and become a V.I.P to gain access to breathtaking views that may have participants forgetting to exhale.

Powers is a pioneer in the yoga community, a seasoned yoga teacher and presenter at the Yoga Journal Conference in New York City, and invented the Yoga Balance Board.

*Cost: \$99 to \$149. Event location: 1500 Harbor Blvd., Weehawken, NJ. For more information or to purchase tickets, visit [Tinyurl.com/riveryoga](http://Tinyurl.com/riveryoga) or [PowersYoga.com](http://PowersYoga.com).*

### Deepak Chopra Launches Book Tour in Washington Heights

New York Times bestselling author Deepak Chopra will launch a book tour for *Metahuman: Unleashing Your Infinite Potential* on October 2 at the United Palace, in Washington Heights. Doors open at 6:45 p.m. for an 8 p.m. discussion by Chopra, followed by a book signing.



In this new book, Chopra explains how to move beyond present limitations to access a field of infinite possibilities. “Being ‘metahuman’ isn’t an idea from science fiction, nor is it about being a superhero,” he writes. “A metahuman is one who has moved past the limitations constructed by the mind to enter a new state of awareness, one that provides conscious and concrete access to peak experiences that can transform life from the inside-out. The result is liberation from old conditioning and all the mental constructs that underlie anxiety, tension and ego-driven demands.”

Chopra makes this process practical by ending his book with a 31-day guide to becoming metahuman. “Once you wake up,” he writes, “life becomes transformed, because pure consciousness—which is the field of all possibilities—dawns in your life. Only then does your infinite potential become your personal reality.”

*Location: 4140 Broadway at 175th St., Washington Heights (near the A-Train/GWB bus terminal). For information and tickets, visit [UnitedPalace.org](http://UnitedPalace.org). See ad, page 2.*

### U.S. Hemp Authority Gives Nod to Hempworx

Hempworx, a hemp products retailer based in Las Vegas, was awarded certification for quality and safety by the U.S. Hemp Authority by demonstrating their commitment to accurately labeled hemp-derived products, including fiber, seed and extracts such as cannabidiol (CBD).



Hempworx has upheld all the federal restrictions imposed by state and federal laws and produce products with 100 percent legal hemp, conforming to the 0.3 percent THC limit approved by the U.S. Food and Drug Administration.

What separates Hempworx from other manufacturers in the industry is the advanced extraction method used. There is no bleaching or neutralizing during the process, and the oil does not get diluted with fillers that change its potency and pureness.

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*For more information, call Joan Ortlund at 201-921-5237, or visit [HopeDealerNJ.com](http://HopeDealerNJ.com). For more information on the U.S. Hemp Authority, visit [ushempauthority.org](http://ushempauthority.org). See ad, page 11.*

## Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., July 13, with Christine DiDomenico and July 27 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 releases 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.

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.*

## Exercise As Medicine Lecture

The Valley Center for Health and Wellness will present a lecture, Exercise As Medicine, by the Director of Sports Medicine and Medical Fitness Donald Tomaszewski, MS, ATC/L, CSCS, CES, from 10:30 a.m. to noon., July 16, in Mahwah.



He will focus on the many health-related benefits of exercise and how to begin and stick with a manageable exercise routine. It has been proven that exercise enhances an active lifestyle, longer lifespan and better mental health.

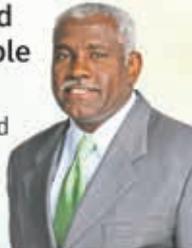
*Cost: Free. Location: 1400 MacArthur Blvd. For more information or to register (required), call 201- 389-0839 or visit ValleyHealth.com.*

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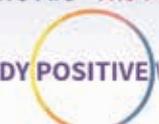
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## The Snack Shack Presents Inaugural Kid's Art Party

The Snack Shack, located on the Hudson River at the Englewood Boat Basin, will present its first Kid's Art Party from 11 a.m. to 1 p.m., July 10, at the Englewood Cliffs section of Palisades Interstate Park.



This family-oriented, outdoor event provides parents and their children with quality time during several hours of fun in the sun and creative expression through art, all with river, cliff and New York City skyline views. Children will be provided with a choice of three meal options and a beverage.

Each parent or legal guardian is required to keep watch over their child during the event. Dropping off children is not permitted.

*Cost is \$35, includes paint supplies a meal. Location: East Palisade Ave. and Hendry Hudson Dr. Register (required) at [Tinyurl.com/artonhudson](http://Tinyurl.com/artonhudson). For more information, visit [TheSnackShackNJ.com](http://TheSnackShackNJ.com).*

## Conquer Mystery Aches and Chronic Pain

Learn how natural healing and radical transformation occurs with Catherine Perman LMT, at 6 p.m., July 17 and 24, at the Fort Lee Chamber of Commerce. Perman is the owner of Body Therapeutics integrative body balancing treatments, in Fort Lee.



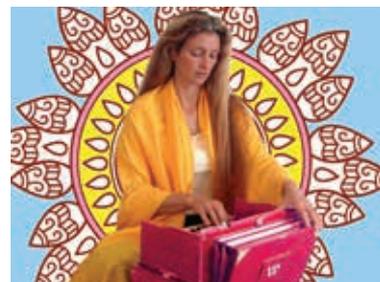
In her talk, *The Secret Language Of Pain*, she will explain how and why the body holds pain and discomfort; how fascia interweaves throughout the body; how pain and discomfort transfers from one part of the body to another; why some pain and discomfort go undetected by modern science; how emotional memory causes physical discomfort; and more.

“Radical healing and transformation happens when we gain a new perspective on our bodily discomfort and pain,” says Perman. “If your pain could speak, what would it say? When this message is received and processed appropriately, the pain no longer serves a purpose and healing can now occur. Listening to the story of pain, we are then able to allow healing to occur at the root cause, and not just suppress or manage the symptoms.”

*Admission is \$10. Event location: 210 Whiteman St., 2nd Floor, Fort Lee. RSVP (required) to 917-701-1162. For more information or to schedule an appointment, visit [iahp.com/Catherine-Perman](http://iahp.com/Catherine-Perman). See ad, page 41.*

## WAH! Yoga Legend to Appear at Body Positive Works in Saddle River

Wah Devi, know better by her stage name, WAH!, is a world-renowned musician that brings healing through sound and the teachings of yoga. Wah! will offer a kirtan at 8 p.m., August 18, playing harmonium, sharing mantras, stories and meditation, gathering with people for this traditional call-and-response style of singing from India.



She will also offer a class, *Yoga & Self Healing*, at 6 p.m., August 19, where participants will move, breathe, and deeply relax. Wah! teaches yoga and plays live music for savasana.

Devi has lectured at Princeton University, Loyola Marymount University, performed with Deepak Chopra, Wayne Dyer, and taught at Omega Institute and 1440 Multiversity. Her CDs have sold more than 100,000 units worldwide. In 2011, iTunes featured her with a compilation titled *Greatest Yoga Music Ever*, creating high-energy tracks of Sanskrit mantras using electronic keyboards, harmonium, vocals, drums and bass.

*Cost: Kirtan with WAH! \$35. Yoga class with WAH! \$30. Pre-register for both events \$60. Location Body Positive Works, 96 E. Allendale Rd., Saddle River. For more information or to register (required), call 201-708-8448 or visit [Tinyurl.com/wahnj](http://Tinyurl.com/wahnj). See ad, page 9.*

## Preserve and Celebrate the Butterfly at the Meadowlands

The Meadowlands Environment Center will hold its 10th annual Butterfly Day celebration from 10 a.m. to 3 p.m., July 28 (rain date August 4), at Dekorte Park, in Lyndhurst, co-sponsored by The Bergen County Audubon Society. Butterfly Day attracts upwards of 1,000 people each year.



There will be butterfly walks, talks and onsite experts to help identify butterflies that live in our area. There will also be talks on what we can do to help preserve them. There will also be free kids activities, including a scavenger hunt, face painting, a butterfly costume contest for 12 years and younger and arts and crafts.

*Location: 2 DeKorte Park Plaza. Register at [Tinyurl.com/DeKorteButterflyDay](http://Tinyurl.com/DeKorteButterflyDay). For more information, call 201-460-8300 or visit [njsea.com](http://njsea.com).*

## action alert



## Greenhouse Gases Hit Landmark

Certainty that we are facing a climate crisis today and not just in the future was reached in May through an alarming milestone in carbon dioxide levels. Data from the Mauna Loa Observatory, in Hawaii, shows that the amount of greenhouse gases in the atmosphere reached 415 parts per million, the highest ever recorded.

However, environmental organizations charge that ominous news like this is not being communicated to the public to the degree warranted. While the CBS, NBC and ABC nightly TV news reports combined devoted nearly 18 minutes of coverage to the birth of the royal baby between May 6 and 12, airtime regarding climate change and extinction during the same period only amounted to one minute and 21 seconds, and only on CBS.

For more information and to get involved, including signing a petition to demand that the media cover the climate crisis and extinction more frequently and in greater depth, visit [Tinyurl.com/ClimateCrisisCampaign](http://Tinyurl.com/ClimateCrisisCampaign).

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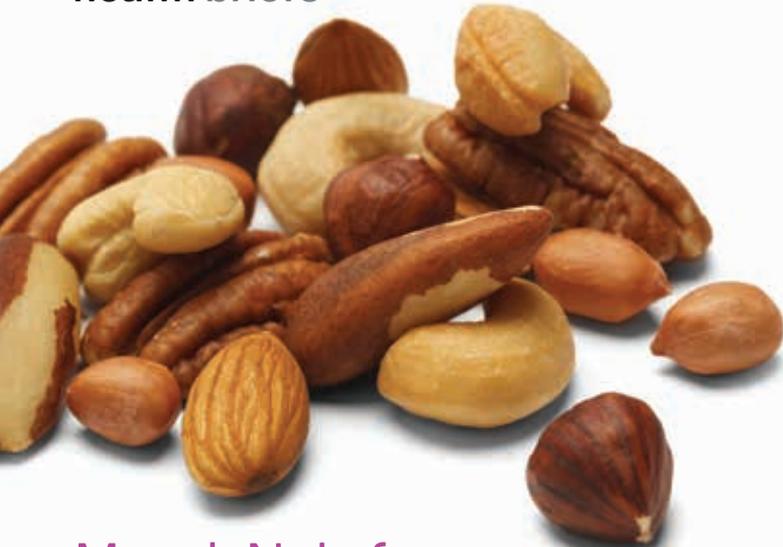
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## health briefs



### Munch Nuts for a Healthy Brain

Seniors that ate more than 10 grams—about two teaspoons—of nuts a day were able to ward off normal cognitive decline and even improve their cognitive functions by up to 60 percent, according to University of South Australia researchers. The study was based on 22 years of records of 4,822 Chinese adults ages 55 and older; 17 percent of them ate nuts every day, most often peanuts. These seniors had as much as 60 percent improved cognitive function compared to those that didn't eat nuts, and they showed better thinking, reasoning and memory. "Nuts are known to be high in healthy fats, protein and fiber with nutritional properties that can lower cholesterol and improve cognitive health," says study author Ming Li.

### Sleep Better and Feel Happier With Probiotics

In further confirmation of the importance of the gut-brain axis, 18 Italian students at the University of Verona from ages 18 to 33 that took a freeze-dried mixture of four probiotics for six weeks experienced less depression, anger and fatigue compared to a control group of 15 that consumed a placebo. The positive effects continued, as discovered in follow-up testing three weeks later. The probiotics group also slept better. The probiotic bacteria blend of 4 billion colony-forming units included *Lactobacillus fermentum*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum* and *Bifidobacterium longum*.



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- Improves Cholesterol Levels
- Protects Against Heart Disease
- And Much More

## Keeping Pets Calm During Stressful Events

Loud sounds can be distressing to our pets. Thunderstorms, heavy rain and high winds, and fireworks, construction activity can be distressing to pets. During certain times of year, like the summer severe weather like thunderstorms and fireworks can be a common occurrence. For July 4th, Many dogs and cats are quite fearful of these loud noises, and some dogs become so nervous that they hide, shake, soil the home and become destructive to themselves or their abodes. Cats tend to hide and isolate themselves out of fear.

Our pets sense our energy and emotions, so calm projections offer comfort. It is a good practice to reassure our pets, but not to the extent of coddling, lest we encourage fearful behavior for the sake of receiving affection or a reward. Be confident, relaxed and minimize the disturbances outside.

Chewing can help dogs to expend energy. Get some bones or a Kong dog toy made of hard rubber and designed for different chewing strengths, and stuff them with peanut butter or the dog's favorite snack. Music is also soothing to the savage beast. Canine music therapy can help provide balance. Get a copy of *Through a Dog's*



*Ear*, clinically tested music to calm dogs (and cats) and reduce anxiety, which has been created in passive hearing mode, rather than active listening. Passive hearing techniques facilitate relaxation. Sound is a potent energy that is not to be taken for granted – it has profound effects on all species.

Pure, medical-grade essential oils can also help pets endure storms. Start applying and diffusing essential oils hours prior to the onset of a storm or a few days prior to fireworks. For

mildly anxious dogs and cats, apply and diffuse a restful blend or lavender and a grounding blend. Moderately nervous pets may benefit from the addition of frankincense and copaiba or vetiver. Dogs that are severely afflicted may benefit from oral preparations of copaiba and a restful blend.

In the most extreme cases, prescription medication may be needed, as well, although most good veterinarians will try to avoid them if possible.

*Dr. Mia K. Frezzo is an integrative veterinarian and owner of the Animal Hospital of Hasbrouck Heights, a member of the doTERRA International Veterinary Advisory Board and co-author of Spoil Your Pet: A Practical Guide to Using Essential Oils for Dogs and Cats. For more information, email [Info@VetInHeights.com](mailto:Info@VetInHeights.com) or visit [VetInHeights.com](http://VetInHeights.com). See ad, page 21.*

### Do You Suffer From Anxiety Or Stress?



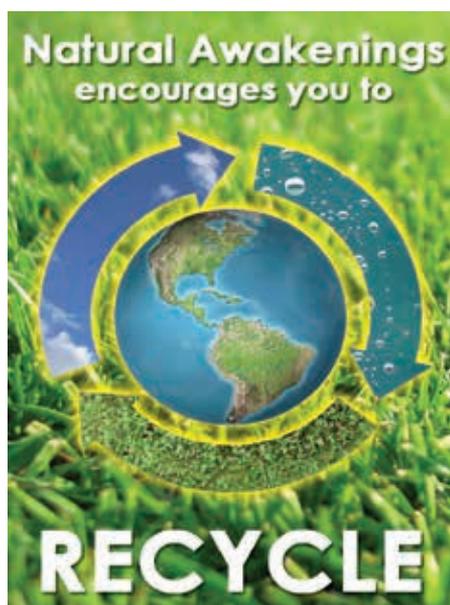
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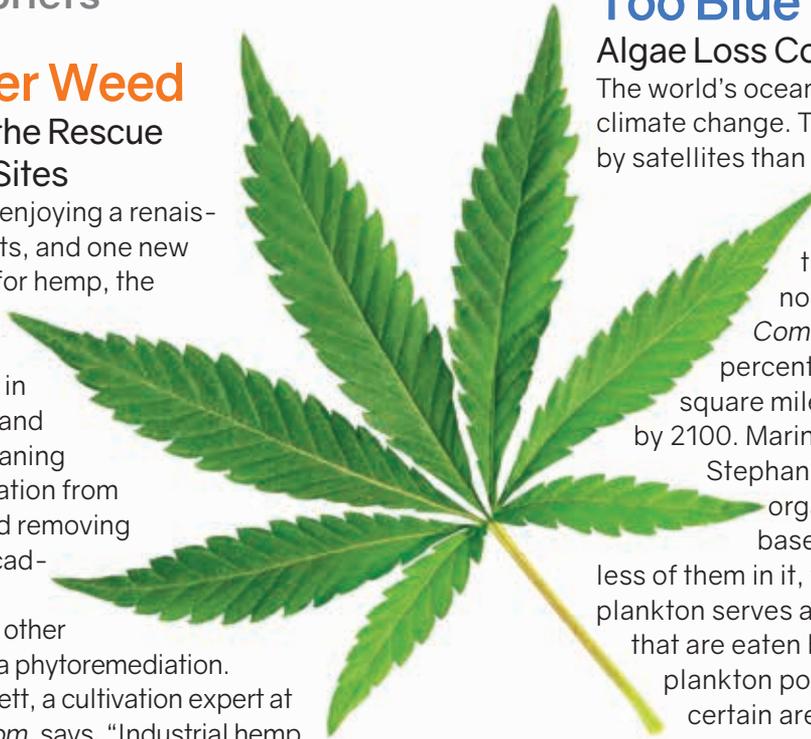
Don't miss - Christopher Germer, Ph.D. presenting, "The Power of Mindful Self-Compassion for Emotional Well-Being." Monday, September 23 | 7 p.m. Visit [www.ramapo.edu/kramecenter](http://www.ramapo.edu/kramecenter) to register.

## Wonder Weed

### Hemp to the Rescue at Detox Sites

Cannabis is enjoying a renaissance of sorts, and one new application for hemp, the no-buzz industrial variety used in fabrics, oils and foods, is cleaning nuclear radiation from toxic soil and removing metals like cadmium, lead, mercury and other pollutants via phytoremediation.

Allison Beckett, a cultivation expert at *Marijuana.com*, says, "Industrial hemp has been used in areas of high radiation, such as Fukushima, [in Japan,] with promising results. Not only does hemp pull toxic, heavy metals from the soil, it actually improves soil structure, making it usable as productive farmland again. Plus, hemp is a vigorous plant that absorbs CO<sub>2</sub> rapidly, making it an encouraging solution to climate change." Hemp phytoremediation has been used in Italy to clean up the small town of Taranto, where a steel plant has been leaking dioxin into the air and soil. The Pennsylvania Industrial Hemp Council and Lehigh University, in Bethlehem, are running a project to test the process in an arsenic-contaminated area in Upper Saucon Township that once harbored a zinc mine.



## Alarm Sounded

### Ireland Declares Climate Emergency



The Republic of Ireland is the third country worldwide to declare a climate emergency, with both the government and opposition parties agreeing to an amendment to a climate action report. "We're reaching a tipping point in respect of climate deterioration," says Climate Action Minister Richard Bruton. "Things will deteriorate very rapidly unless we move very swiftly, and the window of opportunity to do that is fast closing." The UK governments of Wales and Scotland have also declared climate emergencies. Suggested responses include limiting oil and gas exploration, and issuing an additional biodiversity emergency measure.

## Too Blue

### Algae Loss Colors Ocean

The world's oceans may be getting bluer, thanks to climate change. The effect is more likely to be detected by satellites than Earthbound people, and is caused by the depletion of marine phytoplankton as seawater warms. A new study from the Massachusetts Institute of Technology published in the journal *Nature Communications* predicts that more than 50 percent of the oceans' collective 140 million square miles of surface area will likely be affected by 2100. Marine ecologist and leader of the study Stephanie Dutkiewicz says, "These microscopic organisms live in the water and are the base of the marine food chain. If there are less of them in it, the water will be slightly bluer." Phytoplankton serves as a food source for small sea creatures that are eaten by fish, squid and shellfish. If phytoplankton populations dip too low, vital fisheries in certain areas could be decimated.

## Dangerous Dozen

### Produce to Avoid

The 2019 Environmental Working Group's (EWG) *Shopper's Guide to Pesticides in Produce* ([Tinyurl.com/DirtyDozen-Clean15List](http://Tinyurl.com/DirtyDozen-Clean15List)) highlights increased pesticide use on up to 70 percent of conventionally grown U.S. produce. Several different types of pesticide, insecticide and fungicide residues are present on many fruits and vegetables. The Dirty Dozen list includes strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery and potatoes. The clean 15 list includes avocados, sweet corn, pineapples, frozen sweet peas, onions, papayas, eggplant, asparagus, kiwi, cabbage, cauliflower, cantaloupes, broccoli, mushrooms and honeydew melon. The EWG advises that eating organic produce, especially for pregnant and nursing mothers and young children, should be a national priority.



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# SUMMER EATING

## The Herbal Connection

by Kajsa Nickels

Summer is an ideal time to add a healthy dose of fresh, organic herbs to make cool salads, luscious smoothies and other hot-weather eats and treats. Herbs are not only a flavorful addition to any meal, they are also chock-full of health benefits, from lowering blood pressure and improving mineral balance to increasing immune support, hydration, energy and healthy skin.

Most people consider using herbs in small amounts as seasonings for recipes such as spaghetti sauce, soups or desserts. However, they are edible plants, just like kale and spinach. Although they tend to have strong flavors when dried, fresh herbs are usually quite mild and can be eaten in large amounts like any other vegetable.

### Cool Benefits

“Summertime herbs are important for dealing with the heat and humidity that the season brings,” says Nathaniel Whitmore, a Chinese medicine herbalist and shiatsu massage practitioner in Milford, Pennsylvania. An herb that he recommends for this time of year is American ginseng, which, unlike its Chinese namesake, is considered a “cooling” herb and helps keep the body moist.

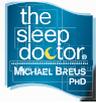
When combined with fresh chrysanthemum flowers, the result is a powerful elixir that both hydrates and energizes. “A piece of American ginseng root and a few chrysanthemums placed in a jar of water and set on a windowsill for a few days makes a great cold infusion,” says Whitmore. “You can store it in the fridge for a few days and drink it in small amounts at a time to benefit from its energizing and hydrating properties.”

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Summertime herbs are important for dealing with the heat and humidity that the season brings.

~Nathaniel Whitmore

Soft-stemmed herbs such as parsley and dill can be used in large amounts in salads and summer sandwiches. Other heat-tolerant herbs that are easy to grow include lemon balm, rosemary, lavender, mint and basil.

“Lemon balm is great for headaches and insomnia that are common during summer heat waves,” says Michelle Schoffro Cook, Ph.D., an herbalist and doctor of natural medicine, in Ontario, Canada. “Basil can help reduce summer achiness, while lavender serves as a relaxant and an excellent bug repellent.”

In addition to relieving headaches and restlessness, lemon balm is also beneficial for those that suffer from high blood pressure. A study in the *Journal of Herbal Medicine* reports that it is helpful in reducing blood pressure in patients with chronic stable angina. Rosemary, another herb used for sleep disorders, was found to also help improve memory and decrease anxiety in a study conducted in Iran at the Kerman University of Medical Sciences.

One study in 2009 by researchers in the Department of Biochemistry at the University of Allahbad, in India, revealed that polyphenols found in herbs and plants harbor antioxidant properties that can help reduce the risk of developing cancer, cardiovascular disease, diabetes, osteoporosis and neurodegenerative disorders.

## Fresh Is Best

While herbs can be used in their extracted and dried forms, the most significant health benefits are often found in the raw, organic plant. “Fresh is better,” says Whitmore. “This is especially true when it comes to the more aromatic plants such as basil and lavender. A lot of the more volatile constituents are lost during the drying process.”

Most herbs grow best in dry garden areas that receive at least eight hours of sun each day. Although some herbs can grow in partially shaded locations, they won't be as flavorful. Many herbs can also be grown in containers or pots.

Maria Noël Groves, a clinical herbalist in Allentown, New Hampshire, and author of *Grow Your Own Herbal Remedies: How to Create a Customized Herb Garden to Support Your Health & Well-Being*, lists lemon balm, Korean mint, anise hyssop and purple basil as among her favorite summer culinary and beverage herbs that are easy to grow in pots. These make easy pickings for wraps, salads, sandwiches and more. “Lemon balm can also be used to make infused water,” says Groves. “With lemon verbena, lemon grass or holy basil, the result is refreshing and calming.” Just take a few sprigs and place them in either plain or seltzer water. The result is a delicately flavored beverage that's also healthy and hydrating.

*Kajsa Nickels is a freelance writer and a music composer. She resides in northeastern Pennsylvania. Contact her at Fideleterna45@gmail.com.*

# Herbal Chill-Outs

## Lemon Balm Vinegar

This infusion can be used in place of plain vinegar in summer salad dressings. According to the *Journal of Medicine*, lemon balm is helpful in lowering blood pressure and cholesterol. Combining it with apple cider vinegar adds extra health benefits to the mix, including digestion enhancement, detoxing and inflammation reduction.



2-3 cups fresh lemon balm, washed  
1 qt apple cider vinegar

Add coarsely chopped lemon balm leaves and stems to a 32-ounce mason jar. Add vinegar until lemon balm is completely covered.

Allow to sit in a cool, dark place for two to four weeks before straining.

*From the book Be Your Own Herbalist by Michelle Schoffro Cook. Used with permission from New World Library.*

## Dandelion and Violet Greens Pesto

1 bunch dandelion leaves  
1-2 handfuls violet leaves  
1-3 garlic cloves  
1-3 oz Parmesan cheese  
1 cup toasted, salted/tamari pepitas (pumpkin seeds)  
Juice of ½ lemon  
¼ cup olive oil



Coarsely chop the herbs and the garlic. Combine with a mortar and pestle, food processor or blender and blend until minced.

Add the liquids and blend to a puree. Serve with organic tortilla chips, crackers or veggie sticks.



Will keep for a few days in a tightly sealed container or frozen.

*From the book Grow Your Own Herbal Remedies by Maria Noël Groves. Used with permission from Storey Publishing.*

## therapy spotlight



## Let it Bee

### The Amazing Benefits of Propolis

by Maryanne Christiano-Mistretta

Propolis is a substance some refer to it as “bee glue” or “bee penicillin”. It lines the inside of beehives and coats the hive entrance, as well as the honeycomb. Its purpose is to inhibit growth of bacteria and fungus that thrive in warm, humid areas; as well as potential pathogens that can come from hive invaders such as snakes, mice and lizards. It’s made by bees from resins gathered from tree sap and leaf buds. The collected resins are then mixed with wax, honey and enzymes produced by their stomachs—resulting in propolis.

Serving an important purpose for bees, propolis also provides exceptional benefits for human health, with properties including wound healing, anti-inflammatory, circulation stimulator, immune booster, antioxidant, antibacterial, antiviral, anti-allergy and antifungal. Propolis has also been shown in studies at the

Memorial Sloan Kettering Cancer Center to be effective in killing cancer cells, leaving healthy cells intact.

It’s a safe home remedy that can be used to treat food poisoning, manage blood pressure and remove warts. It also helps in growth and maintenance of healthy bones. While propolis can be found in a large variety of products in most health food stores, the quality and potency of propolis can vary greatly when products are compared. Propolis from the mountains and forests of the Anatolia region exhibits a much greater antioxidant capacity than propolis from other regions, and sometimes as much as 80 times greater than pomegranate juice.

This is primarily due to the region being a habitat for more than 10,000 native plants; two-thirds of all species native to the European continent. Bee & You offers products containing propolis to consumers. They work exclusively with contract beekeepers in Anatolia that maintain over 150,000 beehives in order to harvest the raw honey that contains the propolis, royal jelly and bee pollen used in their products. As part of a daily nutritional and immuno-boosting regimen, Bee & You recommends adults use 20 to 80 drops of propolis tincture; and 10 to 40 drops for children.

Bee & You also offers a natural mix of propolis and royal jelly blended in raw honey and raw honey spreads, as well as a throat spray for sore throat, mouth and gums, a nasal spray for allergies and supplements for immune support and increased energy. Bee & You also offers a number of products specially formulated for babies and children.

Because Bee & You honey is raw—unpasteurized, unfiltered and unprocessed—it’s bioactive, meaning the health benefits are preserved. Products are also fair trade, kosher certified, have no added sugar and are 100 percent natural—from the beehives to the kitchen table.

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## Do You Know What's in Your Toothpaste?

by Brielle Bleeker

People use it every day, morning, night, and sometimes in-between meals. There are few products on the market that are used as consistently as toothpaste. Believed to be invented by the Egyptians around 5,000 BC,

There still remain ingredients in modern-day brands that should be avoided. In recent years, the introduction of natural toothpaste has provided consumers with healthier options. Natural toothpastes do not contain artificial colors, flavors, or sweeteners, and are produced without harsh chemicals and endocrine disruptors including Triclosan—a toxic pesticide now commonly used as an antibacterial agent by some mainstream toothpaste brands and a host of other personal care products, mainly hand soap.

Another chemical found in mainstream toothpaste is sodium lauryl sulfate (SLS), also known as sodium dodecyl sulfate, a widely used surfactant in cleaning products, cosmetics, and personal care products. SLS is a highly effective surfactant commonly used to remove oily stains and residues. It is

found in high concentrations in industrial products, including engine degreasers, floor cleaners and car cleansers. According to the American College of Toxicology, sodium laurel sulfate may stay within the body for up to five days, accumulating in the heart, liver, lungs and brain. When combined with certain other chemicals, Sodium laurel sulfate is also used in lower concentrations in household and personal care products, such as cleansers, toothpastes, shampoos and shaving lotions.

Propylene glycol is an active component in antifreeze. It acts as a wetting agent and surfactant in toothpaste. The Material Safety Data Sheet for Propylene glycol warns that the chemical can be rapidly absorbed through the skin, with prolonged contact leading to brain, liver and kidney abnormalities.

Fortunately for consumers, Dr. Sayed Ibrahim, the CEO and founder of SprinJene toothpaste, has made it his mission to deliver the most superior toothpaste formulation the market has ever seen. Ibrahim, a Ph.D. in organic chemistry, is also armed with

22 years of experience working for several of the largest personal care products in the world. His Parsippany, NJ,-based manufacturing facility produces the only toothpaste on the market today that is currently certified vegan, gluten-free, kosher, halal, and animal cruelty-free. SprinJene is made with the highest quality, all-natural ingredients, and most notably a unique, patented blend of black seed oil and zinc.

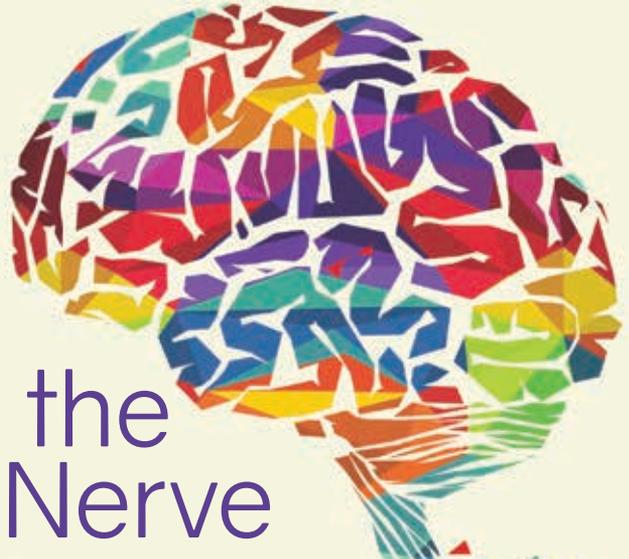
Zinc is a natural antibacterial agent that works synergistically with black seed oil to adhere to teeth and gums to continue working long after teeth have been brushed. The black seed plant has been known and used for its healing properties for thousands of years. When used orally, it helps to lubricate oral surfaces and kills bad bacteria while not harming probiotic bacteria. Other ingredients include coconut oil, which fights tooth decay; acacia gum, a natural organic binder that helps inhibit the growth of periodontal bacteria; birch tree Xylitol, which helps fight plaque by neutralizing plaque acids; natural mint flavor that provides fresh taste without harshness; silica micro pearls, known as “nature’s cleanser,” which gently, yet very effectively clean and whiten teeth; and Stevia, a non-carcinogenic, natural sweetener.

SprinJene also aids oral hygiene by providing relief from dry mouth, and controlling the growth of tartar and mineral buildup. It naturally fights gingivitis, and reduces gum inflammation. SprinJene has quickly gained popularity with the “natural lifestyle” consumer that prompted the launch of a sensitive teeth formula, as well as a version for children. More products are currently in the development phase and are expected to reach the market soon.

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# Toning the Vagus Nerve



## Relief for Pain, Anxiety and Inflammation

by Marlaina Donato

Research is helping doctors connect the dots between seemingly unrelated conditions like irritable bowel syndrome, rheumatoid arthritis, post-traumatic stress disorder (PTSD), chronic fatigue syndrome and fibromyalgia, revealing a common denominator: the multitasking vagus nerve, the longest in the autonomic nervous system.

The vagus nerve stems from the brain to the abdomen like a communication superhighway between your gut and brain.

~Hannah Aylward

The superpower of this double-branched cranial nerve lies in transporting major neurotransmitters along what is known as the brain-gut axis. “The vagus nerve stems from the brain to the abdomen like a communication superhighway between your gut and brain,” says Hannah Aylward, an Orlando-based certified holistic health

coach and gut health expert. “Studies show that the vagus nerve regulates inflammation throughout the body.”

### Promising Research

Recent studies have shown that vagus nerve stimulation (VNS) can improve quality of life for individuals suffering from numerous conditions. One type is a device that can be implanted by a neurosurgeon, which sends electrical impulses to the vagus nerve in children that suffer from seizures and adults with depression as a supplemental treatment when surgery or medications are not possible or effective.

There is also a handheld, non-invasive VNS option called gammaCore, a U.S. Food and Drug Administration-approved device that offers hope for sufferers of cluster and migraine headaches. Its effectiveness for chronic pain management, as well as in cases of epilepsy and depression, was published in the *Neuromodulation Journal* in 2015.

PTSD researcher Imanuel Lerman, M.D., and his colleagues with the Veterans Affairs San Diego Healthcare System, found that VNS affects areas of the brain responsible for processing emotional pain. The findings, published in the journal *PLOS ONE* earlier this year, also show that VNS delays the brain’s response to pain signals in individuals with PTSD.

### Mental Health, Trauma and the Gut

When it comes to the vagus nerve, anxiety is physical. Post-traumatic stress is rooted in neurobiology and experienced in the body, not just the mind, says Arielle Schwartz, Ph.D., a Boulder, Colorado-based clinical psychologist and author of *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole*. “This is why you can’t simply think or talk your way out of your trauma reactions.”

According to Schwartz, “Disruptions in the gut flora, which often occur with overuse of antibiotics, can have a significant impact on mental health. An imbalance in the gut can lead to an inflammatory response in the immune system and a wide range of disruptive symptoms.”

Aylward notes that 95 percent of the body’s mood-boosting chemical serotonin

## Vagus-Nourishing Diet Tips

Advice from gut health expert Hannah Aylward:

- ✓ Eat plenty of vegetables, high-quality proteins, fiber and healthy fats.
- ✓ A diet low in sugar and processed carbohydrates supports healthy vagus nerve function by maintaining a healthy gut microbiome.
- ✓ Practice intermittent fasting, which stimulates the parasympathetic nervous system (not recommended for people suffering from adrenal fatigue or high stress).
- ✓ Take probiotics. *Lactobacillus* has been shown to increase GABA via stimulation of the vagus nerve. *Bifidobacterium longum* has demonstrated it can normalize anxiety-like behavior in mice by acting through the vagus nerve.

resides in the enteric nervous system, which governs the function of the gastrointestinal tract. “The brain-gut axis is becoming increasingly important as a therapeutic target for psychiatric and GI disorders,” she says.

Daniel J. Siegel, M.D., clinical professor of psychiatry at the UCLA School of Medicine and founding co-director of UCLA’s Mindful Awareness Research Center, explains the trauma loop. “Developmental trauma impairs the integrative circuits of the brain and nervous system—the prefrontal cortex. When this happens, the brain will be hyperalert, interpreting some non-threatening situations as threatening.

“Learning to be aware of our internal state and learning calming techniques helps to regulate the autonomic nervous system and can go a long way,” says Siegel. “High ventral vagal tone means having a state of calm.”

## Vagus Power

Everyone can benefit from increased vagal tone, which goes hand-in-hand with engaging the parasympathetic nervous system for optimum equilibrium at the cellular level. Acupuncture, chiropractic—with a focus on the cranial nerves—massage, meditation, singing, laughing loudly, chanting mantras, gentle yoga and exercise, positive social interactions, belly breathing and chanting all make the vagus nerve a happy camper.

These activities promote relaxation and help to decrease inflammation. “As a certified yoga instructor, I can attest to a wide range of natural vagus nerve stimulation techniques, especially using the breath,” says Schwartz. “Diaphragmatic breathing creates a gentle massage across your digestive organs, releases the diaphragm and stimulates nerve fibers within the lungs. Heart rate is reduced.”

Brief exposure to cold water or cold air improves vagal tone and is a good option when anxiety is high. Eating cold-water fish like wild salmon or other foods high in omega-3 fatty acids such as walnuts, seaweed, hemp, flax or chia seeds provides vagal nourishment.

*Marlaina Donato is the author of several books, including Multidimensional Aromatherapy. Connect at AutumnEmbersMusic.com.*

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Wendy Coleman, founder of LA Urban Farms, works with chefs, resorts, hotels, universities and corporate clients to set up aeroponic tower gardens, such as these kale and lettuce crops.

City planners need innovative solutions like vertical farming to feed the growing population. We can grow at scale, with minimum space and environmental impact.

~Wendy Coleman

from elementary school gardens where kids learn to grow, cook and eat nutritious food to corporate gardens inside a new office building for lender Fannie Mae's employee café. One of its crown jewels is a 6,500-square-foot rooftop garden on the Nationals Park baseball stadium, where edible flowers end up in cocktails and organic produce feeds fine diners and VIP ticket holders.

Ray grew his business organically, fueled by passion and curiosity, rather than any horticultural background. "I grew up in NYC, where I had nothing to grow on. When I moved to Florida for grad school, I had a huge backyard to play around with," says Ray.

# CROPS IN THE CITY

## Urban Agriculture Breaks New Ground

by April Thompson

The average American meal travels 1,500 miles to reach its plate, according to the nonprofit Center for Urban Education About Sustainable Agriculture. Yet, enterprising green thumbs across the country are bringing the farm back to plate's reach, growing hyperlocal food in backyards, on rooftops, through indoor farms and more. City farming reconnects urbanites to their food sources while bettering the environment, communities, diets and health.

Urban agriculture, harkening back to the Victory Gardens planted to ward off food shortages during World War I and II, is nothing new. While today's home gardeners have staked out balconies, window boxes and vacant lots in this locale resurgence, noteworthy pioneers are

forging a path to organic urban agriculture on a commercial scale—tapping into new technologies and markets, and turning challenges like dealing with space constraints into fresh opportunities.

### A View From the Roofs

Take Niraj Ray, whose company [Cultivate the City](#) is working to transform urban food deserts in the nation's capital into thriving local food systems. "We want to get more people interested in growing their own food and show them how they can grow more with less square footage through vertical gardens and sustainable techniques like [soil-less] hydroponic systems," says Ray.

Cultivate the City manages numerous gardens for clients around Washington, D.C.,

Like many other urban farms, Cultivate the City offers a seasonal farm subscription known as a community supported agriculture (CSA) program that allows city dwellers to buy directly from local producers. Ray's rooftop greenhouse, located on top of a local hardware store that sells his edible plants at retail, offers all the fixings for a healthy, diverse diet: hydroponic towers of leafy greens, trays of microgreens for corporate clients, specialty varieties of hot peppers for the company's hot sauce and stacking cubes of an albino strawberry variety that Ray crossbred himself. "There are so many ways to contribute to urban farming, from aquaponics to vermicomposting; it's about finding your niche," he says.

### Growing Up With Vertical Farming

By 2050, it's estimated that 9 billion people will be living on the planet—7 billion in

cities. “City planners need innovative solutions like vertical farming to feed the growing population. We can grow at scale, with minimum space and environmental impact,” says Wendy Coleman,

who began her California-based business **LA Urban Farms** in 2013. Today, Coleman’s team works with chefs, resorts, hotels, universities, greenhouses and corporate clients like Google and Ikea to set up aeroponic tower gardens across the U.S. and Europe.

With aeroponics, nutrient-enriched water is pumped through a garden tower to shower the roots of plants suspended in air. “It actually uses 90 percent less water than conventional growing, which is a huge benefit in a place like California, and avoids any kind of agricultural runoff,” says Coleman. In conjunction with urban farming partners, the business churns out 30,000 seedlings a month using aeroponic technology to grow for their diverse client base and working with chefs to plan seasonal menus around their produce.

Aeroponics and other innovative farm technologies are transforming spaces in cities across the U.S., reclaiming peripheral and idle spaces like alleys and warehouses to grow herbs and vegetables in abundance, using 90 percent less land by growing vertically, notes Coleman. “With our gardens, diners can see their food growing at their table; they get such a personal connection with their food. It’s an interactive way for hotels and restaurants to demonstrate their commitment to local, sustainable food,” she says.

## Breaking into Hives: City Beekeepers

“I had a backyard garden that wasn’t doing so well, and I thought it was the lack of pollinators, so I got bees; but then I realized I was just a bad gardener,” quips master beekeeper John Coldwell, of Fort Lauderdale.

Since this humble beginning in 2012 with a few backyard hives, Coldwell and his wife Teresa have been leading a movement to repurpose public land for “microapiaries” and provide apiary education for youth

There are so many ways to contribute to urban farming, from aquaponics to vermicomposting; it’s about finding your niche.

~Niraj Ray

and adults throughout South Florida. Through their entity **The Urban Beekeepers**, the Coldwells offer beekeeping classes, consult with local governments, sell equipment and rescue “feral

hives” to integrate into managed hives. They’ve worked successfully with parks, airports, golf clubs and country clubs to put honeybee habitats on site.

Urban beekeeping works in synergy with city farms, as honeybees forage up to five miles for food, and in so doing pollinate a lot of crops. Seventy of the top 100 human food crops are pollinated by bees, according to the Food and Agriculture Organization of the United Nations. “We often hear people say their garden is doing better than it has in years, thanks to the apiaries nearby,” says John Coldwell.

The challenges of growing at scale are a recurrent theme among urban farmers. **Ian Marvy**, the U.S. Department of Agriculture (USDA) outreach specialist for the greater New York City area, ran his own urban farm, grossing six figures for 14 years. However, Marvy says most farmers growing in the city aren’t operating at a profitable scale or producing enough for everyone to eat local.

Even so, locally grown produce is a booming market in New York City. **Greenmarket**, founded in 1976, operates more than 50 farmers’ markets, limited to vendors that grow within a 200-mile radius, some of whom take home five figures on a good day, says Marvy. Interest in growing at the community level has also mushroomed, adds Marvy, who estimates that 90 percent of the city’s more than 500 school gardens weren’t there 15 years ago when he started this work. “The USDA has a huge opportunity here and nationally to make cities more sustainable and feed more people. I’m really excited and committed to that,” he says.

While urban agriculture efforts are sometimes criticized for catering to upper income residents that can afford to pay top dollar for specialty items like microgreens, many businesses and organizations are



## Tips From the Pioneers

Those that have never nurtured more than a houseplant shouldn’t be intimidated, says Wendy Coleman, founder of LA Urban Farms. “Growing food is easy and doesn’t require any special background,” says Coleman, who was green to growing when she started her business six years ago.

When growing commercially, find a niche, says Niraj Ray, of Cultivate the City. The company grows plants of ethnic or cultural significance to appeal to Asian, African and Latino populations, from the nutrition-packed moringa to okra, a staple of both Indian and African cooking, given it is a growing market for immigrant populations not served by most traditional garden centers.

Seek natural allies like sustainability-minded chefs to bolster an urban ag business. The farm-to-fork chef’s movement has been a boon for beekeepers and farmers, with chefs acting as patrons of the farms, according to beekeeping expert Teresa Coldwell. Sette Bello Ristorante, an Italian restaurant in Fort Lauderdale, funds vertical gardens at a community garden where the Coldwells have hives so its chef can have pure organic food like squash blossoms pollinated by local bees.

Urban farming has its pleasures and rewards, but can also bring hardships. Ray struggles with employee turnover when newbie farmers face the realities of working in the heat and rain, even from a sleek, trendy, rooftop garden.

working on multiple fronts, with lucrative specialty crops helping to subsidize programs serving families lacking access to healthy affordable food.

Grow Ohio Valley takes an integrated approach to food sovereignty in Wheeling, West Virginia, and the Upper Ohio Valley. "This part of the Appalachian Rustbelt has lost much of its population, jobs and economic base over the last generation. We want to promote health

The USDA has a huge opportunity here and nationally to make cities more sustainable and feed more people.

~ Ian Marvy

The operation's food hub aggregates produce from small local farmers, providing a guaranteed market for their produce and the opportunity to reach a larger market, usually only served by food grown thousands of miles away. The pro-

and wellness through fresh food, while helping to transform the urban landscape from falling-down buildings and vacant lots into productive community assets," says founder Danny Swan.

duce is supplemented by four urban farm sites run by the organization, including an apple orchard on the site of a demolished housing project.

Grow Ohio Valley also works to reach the "last-mile customers" that lack access to high-quality affordable produce via a mobile farmers' market that goes to housing projects, senior communities and schools six days a week.

Their latest project, the Public Market, is a retail location on Wheeling's Main Street that will serve as a year-round farmers' market. The organization is also building alliances between local farmers and healthcare providers through a project called The Pharmacy. A partnership with a local free clinic, it targets people suffering from diabetes and other diseases linked to poor diets with a doctor's prescription for organic produce offered free through the organization's CSA.

These urban agriculture pioneers are helping to not only grow food, but community, and are nurturing renewed connections to the Earth. City growing has so many benefits: decreasing packaging, costs and food miles traveled, making it easier to eat organic seasonal food and a more diverse diet. "The connection people feel when they plant seed and get to harvest the mature plant is transformative. Growing food is something we can all do to make a difference, for our health and the environment," says Coleman.

Connect with Washington, D.C. freelance writer April Thompson at [AprilWrites.com](http://AprilWrites.com).

## LET'S GET GROWING



For those interested in trying home growing or supporting metro area farmers, here are some resources for eating food grown in and around your zip code.

The U.S. Department of Agriculture's Urban Agriculture Toolkit walks prospective city farmers through all of the necessary steps to planning a successful urban agriculture operation, from soil testing to accessing financing. [Tinyurl.com/UrbanAgriculturalToolkit](http://Tinyurl.com/UrbanAgriculturalToolkit).

[UrbanFarming.org](http://UrbanFarming.org) features a clickable map of community gardens in the U.S. and beyond where neighbors can connect and grow together.

The FairShare CSA Coalition's site ([CSACoalition.org](http://CSACoalition.org)) offers an interactive Farm Search tool to find community supported agriculture (CSA) programs where city dwellers can subscribe to local farms and receive a share of the seasonal bounty.

The American Community Garden Association ([CommunityGarden.org](http://CommunityGarden.org)) provides resources for finding, starting and managing community gardens.

Local Harvest ([LocalHarvest.org](http://LocalHarvest.org)) has a searchable national directory of farmers' markets, farms, CSAs and more.

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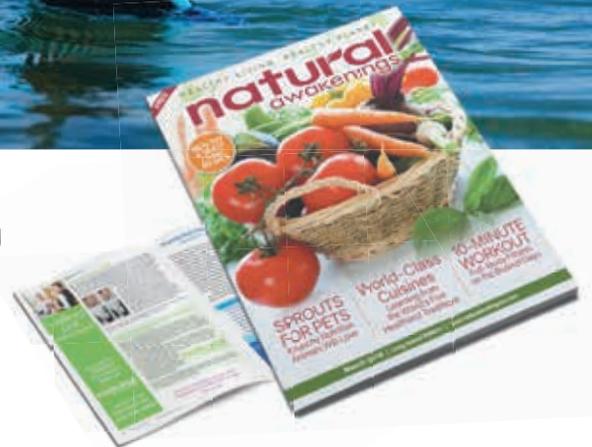


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# HELP FOR HOME GARDENERS

## Extension Agents at Your Service

by Yvette C. Hammett

**M**any home gardeners readily list flies, wasps and beetles among the “pests” in their gardens. However, many of these are actually pollinators that help boost production of fruits and vegetables; others are beneficial insects that keep the real plant-killers at bay. A quick call to the local cooperative extension service can help sort out friend from foe—and that’s just the beginning of what this valuable, underutilized resource can offer.

Each year, millions in federal taxpayer dollars help fund county agricultural extension programs administered through the 108 colleges and universities that comprise the nation’s land grant university system. The U.S. Department of Agriculture (USDA), which supplies the money, also helps fund science-based research meant to reach not only farmers, but home gardeners seeking advice on best practices.

The USDA is trying to do a better job of raising public awareness of assistance that’s readily available, free of charge, especially now that it’s getting more funding.

### Organic on the Rise

“The good news is that the 2018 Farm Bill

provided increases for many of our programs, including the organic agriculture research and extension initiative program for which we received significant funding,” says Mathieu Ngouajio, program leader for the USDA National Institute of Food and Agriculture.

The USDA is eager to see the connections their constituents are making with the research. “We want to identify the needs of organic gardeners, and the best way to meet those needs to get our research into their hands,” Ngouajio says.

County extension agents are on the front lines of this effort, offering low- or no-cost soil testing, handbooks on a variety of local gardening topics and workshops on everything from making rain barrels and creating rain gardens to implementing eco-friendly pest control, cultivating native plants and employing best practices for organic gardening. Master gardeners that volunteer their expertise are central to supporting extension outreach activities.

“We would love more business from the public,” says Weston Miller, an associate professor with Oregon State University’s extension service. “The public service of

The good news is that the 2018 Farm Bill provided increases for many of our programs, including an organic program for which we received significant funding.

~Mathieu Ngouajio

the master gardener program is to answer questions,” including what and when to plant and how much irrigation is required.

In Oregon, there are 3,500 master gardeners, with 650 volunteers in Portland alone. “We train master gardeners in how to use our resources and interpret the research to the public,” Miller says.

“There are trained volunteers in pretty much every county in the country ready and willing to answer any gardening question,” Miller says. For example, a new organic gardener might not know the correct soil amendments to use or how to start a composting pile to supplement the soil in an organic garden.

There is also a nationwide network called Ask the Expert ([USDA.gov/ask-expert](http://USDA.gov/ask-expert)) and questions will automatically go to an extension staff person or master gardener in the area where the inquiring gardener lives.

### Reducing Confusion

Many of those getting into organic gardening might feel confused as to what connotes organic, Miller says. “Organic gardening is using a naturally formed material for fertilizer and pesticide, from plant, animal or mineral sources.”

The biggest area of confusion is that many people think organic means pesticide-free. But that is not always true. There is organic pest control, Miller says. “In terms of gardening, there are certified organic products you can use and still be organic.” One thing to look for on a label is the seal of the Organic Materials Review Institute, which indicates the product is suitable for organic gardening.

However, there aren’t many good options for weed management, he adds.

“You have to do weeding by hand or use an herbicide that isn’t organic.”

Another issue that extension programs can help with is making sure organic gardeners receive only scientifically researched information, says Nicole Pinson, an urban horticulture agent with the Hillsborough County Extension Service, in Tampa, Florida.

“Gardening information is available on websites and on social media. Some information that pops up is not research-based, or they are selling a product and are not unbiased,” Pinson says.

“We generally stick to recommendations we have been able to vet through research. When we make a recommendation, we give folks all of the options of what they can do.”

To find a nearby extension office, visit [Tinyurl.com/ExtensionFinder](http://Tinyurl.com/ExtensionFinder).

*Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at [YvetteHammett28@hotmail.com](mailto:YvetteHammett28@hotmail.com).*



I've always felt that having a garden is like having a good and loyal friend.

~C. Z. Guest



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# FOREST BATHING

## Mother Nature's Rx for Body and Mind

by Marlaina Donato

In 1982, the Japanese government coined the term *Shinrin-yoku* (“taking in the forest atmosphere” or “forest bathing”) to inspire people to visit and appreciate national parks. Today, that walk in the woods has become a medically recommended activity worldwide for improving immunity, reducing symptoms of anxiety and depression, managing chronic pain and promoting better sleep. The research supporting the physical and mental benefits of forest bathing is so compelling that it’s advocated by the National Institute of Public Health of Japan and prescribed to patients there.

Researchers from the University of East Anglia, in England, examined years of studies and found significant evidence that experiencing nature has a positive impact on health. Published in the journal *Environmental Research* in 2018, the meta-analysis involving 290 million participants from 20 countries concluded that spending time in green spaces lowers blood pressure and cholesterol, and reduces the stress hormone cortisol. The study also noted a lower risk of Type 2 diabetes and death from heart disease.

### Terpenes and Tree Therapy

Another recent review of studies, published in the *International Journal of Environmental Research and Public Health*, concluded that *Shinrin-yoku* can ease the symptoms of adult depression. “Forest bathing plugs us into something we all seek—a source of peace and well-being. The thing that first hooked me into being a forest bathing guide was reading the robust body of research that proves the

The main purpose is not exercise or getting from point A to point B, but rather having a mindful, sensory experience in nature.

~Hannah Fries

benefits of forest bathing,” says Judy Beaudette, board secretary of Friends of North Creek Forest, in Bothell, Washington.

Melanie Choukas-Bradley, a certified forest therapy guide and author of *The Joy of Forest Bathing: Reconnect With Wild Places & Rejuvenate Your Life*, in Chevy Chase, Maryland, attests to the therapeutic value of forest bathing. “Even occasional nature immersion can have beneficial health effects that can last for days. Many doctors are now prescribing nature to patients. There’s an organization devoted to this called Park Rx America.” She recommends just 20 minutes during a lunch break to sit on a bench or on the ground beneath trees.

There are many theories of why spending time in the woods or any other natural place makes us feel good; for example, findings published in the journal *Toxicological Research* in 2017 attribute the immune-boosting, mood-lifting benefits of forest bathing to natural terpenes released into the air by trees, especially conifers. Terpenes contain anti-inflammatory properties that strengthen the body’s natural defenses.

### Sensory Immersion, Not Exercise

*Shinrin-yoku* is intended to engage the trinity of body-mind-spirit. “The main purpose is not exercise or getting from point A to point B, but rather having a mindful, sensory experience in nature. It isn’t some prescribed task you need to do, like pushups,” explains Hannah Fries, a poet and author of *Forest Bathing Retreat: Find Wholeness in the Company of Trees*. She communes with the wild for both health and inspiration. “Even if it’s only 20 minutes a week, go outside without a phone or other electronic device. Walk slowly. Look more closely. Listen. Smell. Touch. Interact with the living, breathing world around you. It’s that simple.”

Choukas-Bradley says that observance is key. Recalling her first forest bathing experience, she says, “We paid attention to our breath and tuned in to the sights, sounds and sensations all around us. I noticed a perfect spider’s web, just barely trembling in the slightest breeze, its creator clinging to the center.”

She recommends finding a “wild home”—a neighborhood park, garden or backyard tree. “Make it a practice to find a ‘sit spot’ where you can quietly observe beauty and are apt to feel a sense of awe. Psychology researchers have shown that experiencing awe has many positive effects on emotional health.”

It doesn’t matter if we commune with nature in a rural or urban setting, only that we remain dialed in to our surroundings. “Forest bathing is a tool for slowing down our buzzing minds and practicing a secret superpower—the skill of consciously choosing what we put our attention on,” says Beaudette.

*Marlaina Donato is the author of several books, including Multidimensional Aromatherapy. She is also a composer. Connect at AutumnEmbersMusic.com.*

inspiration



# The Grace of Abundance

## Five Practices to Create a More Abundant Life

by Meriflor Toneatto

**A** bundance means plenty—a flowing of love, vitality, wealth, joy, prosperity, success and more. GRACE is an acronym representing five practices that can magnify abundance in all areas of life, including finances.

### G = Gratitude

There is tremendous power in being grateful, because what we focus on expands. Gratitude opens our heart to receive and give blessings. This puts us in a space to have more things to be grateful for.

Practicing gratitude can be as simple as saying, “I am grateful for...” or “I am thankful for...” If we find ourselves in a negative state, practice gratitude even for as brief a period as 60 seconds. It will positively shift our emotion, thereby allowing us to be open to abundance.

### R = Receiving

To graciously receive can be as simple as accepting a compliment. Another way to receive is by requesting our heart’s desire.

There is nothing wrong with wanting more. The truth is that we can have more—as much as we are willing to receive.

### A = Alignment

The key way to get into alignment for more abundance is to know our purpose, follow our passion and work on releasing internal fears and doubts.

When we are in alignment, everything flows. There is ease and doors open for us. People, money and resources will show up on our path to help us achieve our goals. Therefore, we must always be awake to our goodness and take inspired actions to manifest our desires into reality.

### C = Commitment

Commit to gifting ourselves with an abundant mindset because our mindset is critical to our success. One way to quickly shift our mindset to the positive is to concentrate on our desire and ask ourselves, “What do I have to believe for this to be true?”

Our mind will creatively generate many possibilities that can get us excited, which then shifts how we think and feel to what is positive. As we do this, we will also create greater confidence in the knowledge that the universe is always working in our favor.

### E = Expression

Express our passion by first doing what we love. Then find a way to use our passion, purpose and life to serve others. When we do this, our world, our financial abundance and our joy will expand exponentially.

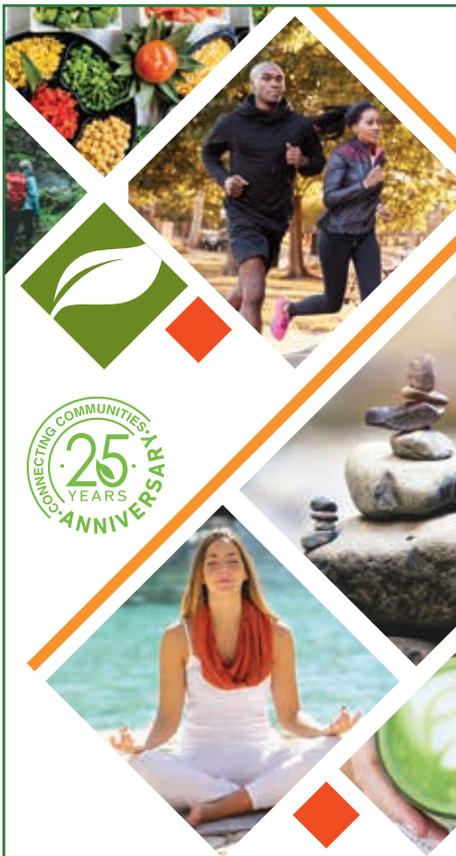
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To **empower** individuals to live a healthier lifestyle on a healthier planet.

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.

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## healthy kids



# The Pure Joy of Play

## Why Kids Need Unstructured Fun

by Ronica O'Hara

**N**ot so long ago, kids would be shooed out the door to play and told to return home at meal time. But the rising use of digital devices and kids' highly scheduled sports and school activities, as well as parental fears about safety, has made that kind of unstructured play rare—with resulting drops in children's independence, resilience and creativity, experts say. In fact, play has been shown to be so critical to children's development that an American Academy of Pediatrics 2018 clinical report, "The Power of Play," recommends that doctors write prescriptions for it.

"Play is not frivolous; it is brain building," concludes the report. It defines play as voluntary, fun and spontaneous activities that engross a child, often resulting in joyous discovery, and includes imaginative make-believe, experimenting and risk-taking. It cites 147 studies showing that play builds skills critical for adult success such as problem solving, collaboration and creativity; decreases stress, fatigue, injury and depression; and

increases range of motion, agility, coordination, balance and flexibility.

Here are some ways to up the play in children's lives:

**1 Give them lots of free time away from devices.** Yes, they might be bored at first—but boredom enhances creativity, partly by allowing for daydreaming, concludes a study from the UK's University of Central Lancashire.

**2 Encourage fun, rather than competition.** By age 6, 60 percent of American boys and 47 percent of girls are participating on organized sport teams, but three out of four kids quit sports by age 13—one major reason being, "I was not having fun." Play, on the other hand, is based on pure enjoyment and spontaneous collaboration among kids, minus overanxious adult "sidelining." "When children play in their own ways, they generally play cooperatively. We adults impose competition, unfortunately. Yet even in our competitive society, the really successful and

happy people are the ones who are oriented toward cooperation,” says Peter Gray, Ph.D., a Boston College psychology professor and author of *Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life*.

**Play is how children learn to create and govern their own activities and solve their own problems independently of adults.**

~Peter Gray

from me. But I knew there was no better way for him to learn the limits of his own body than to test them,” she says.

Mariana Brussoni, Ph.D., an associate professor in the department of pediatrics and the School of Population and Public Health at the University

of British Columbia, Canada, concurs: “When they’re given the chance, even very young children show clear abilities to manage risks and figure out their own limits. The potential for learning is enormous.”

**3 Encourage them to take the lead.** Let kids decide whether they want to play with friends, siblings or alone. They will happily make up their own games with lots of raw materials that are on hand—blocks, balls, puzzles, crayons, boxes, wooden spoons, old costumes and hats, sand, water, tarps and shovels. “Play is how children learn to create and govern their own activities and solve their own problems independently of adults,” says Gray. “Stated differently, it is how children learn to become adults. This value is destroyed when adults take charge of children’s activities.”

**4 Back off from hovering supervision.** It can rob them of a sense of ownership and accomplishment. Leigh Ellen Magness, a clinical social worker and registered play therapist in Athens, Georgia, grappled with anxiety as she watched her 5-year-old son clamber up a roadside sculpture designed for climbing. “He climbed so high that my stomach flip-flopped to see him so far

**5 Don’t worry.** “The data show that children are far more likely to get injured in adult-directed sports, where they are pushed to compete, than in free play,” says Gray. “Moreover, the kinds of injuries that occur in free play are relatively easy to recover from.” As for the fear of kidnapping by strangers, the odds are very small—one in a million, according to the latest U.S. Department of Justice data. “Weigh the effect of the limits you place on your kids to prevent that very, very, very unlikely possibility versus the fundamental importance for their own health and development of exploring freedom,” advises Brussoni.

*Ronica A. O’Hara is a Denver-based freelance health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).*

## Explore Free Play

**OutsidePlay.ca:** This online, 20-minute, self-quiz helps parents reflect upon their own childhood adventures and figure out a plan they feel comfortable with for their children’s unstructured “risky play”. Preliminary study data show that by three months, 93 percent of parents using the quiz had accomplished their goals.

**“The Power of Play”:** [Tinyurl.com/ThePowerOfPlay-AAP](http://Tinyurl.com/ThePowerOfPlay-AAP) This study by the American Academy of Pediatrics lays out the body of research on the benefits of unstructured play for children.

**“Say Yes to Play”:** A *Psychology Today* online article offers 12 strategies to encourage play, as well as additional references. [Tinyurl.com/SayYesToPlay-PT](http://Tinyurl.com/SayYesToPlay-PT).

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# Beyond Antibiotics

## Pets Can Heal With Natural Approaches

by Karen Shaw Becker

Like people, pets can develop allergies to medications that are overprescribed, including antibiotics, which also have a long list of side effects—many of which are long-term. There is also the escalating problem of resistance, which is the result of too-frequent and unnecessary use of these drugs.

One of the most important things to know is that dogs and cats are exposed to antibiotics when they eat food containing the meat of factory-farmed animals, which includes about 99 percent of pet foods on the market today. The exception is a very small number that contain free-range, organic ingredients.

### Antibiotic Resistance

In many cases, even when bacteria are exposed for the first time to a particular antibiotic, the majority will die, but some will survive and pass on that resistance to other bacteria. The problem is not that certain disease-causing bacteria are antibiotic-resistant, but that the resistance genes in any type of bacteria can transfer their ability to survive to billions of other bacteria.

This is how superbugs are born. These are a strain of bacteria able to withstand assault by multiple types of antibiotics. When a veterinarian can no longer eliminate bacterial infections with antibiotics, the life of the animal is threatened, and that's the biggest concern.

If a veterinarian makes a diagnosis of infection, ask for a culture and sensitivity test. Otherwise, he or she is making a guess at what type of organism is present and the best antibiotic to treat it. Each time an unnecessary or inappropriate antibiotic is prescribed, the potential for resistance increases. Only in an emergency situation should a veterinarian prescribe an antibiotic before the culture and sensitivity test can be performed. The vet can then switch medications if necessary when the results arrive.

Giving the proper dose of the antibiotic at the proper intervals and using up the entire prescription is important, even if the pet seems to be fully recovered before the medication has run out. This will ensure the infection is totally resolved and prevent the pet from having to take another full course of antibiotics because

the first one wasn't fully administered and the infection wasn't effectively cleared.

It's important to reseed the pet's gastrointestinal (GI) system with friendly microorganisms—probiotics—during and after antibiotic therapy to reestablish a healthy balance of gut bacteria. This will also help keep a dog or cat's digestive system working optimally and the immune system strong.

### Alternatives to Antibiotics

Many conditions for which antibiotics are often indiscriminately prescribed respond very well to a combination of natural therapies, including herbs, homeopathic remedies, nutraceuticals, immune system stimulants and specific nutritional interventions. Functional medicine veterinarians, a group that is thankfully growing in number, realize this and are able to partner with pet parents to offer alternatives to antibiotics.

A 2016 study showed cranberry extract to be as or more effective in preventing *E. coli*-related urinary tract infections (UTIs) in dogs as short-term antibiotic treatment. In addition, cranberry extract can help fight multidrug-resistant bacteria in dogs with recurrent *E. coli* UTIs.

In a study of shelter dogs, researchers compared the use of probiotics to antibiotics to treat acute diarrhea caused by stress. They concluded probiotic therapy was as effective as antibiotic therapy. In addition, dogs that were unresponsive to antibiotics appeared to benefit significantly from subsequent probiotic treatment.

Oregano oil, propolis, olive leaf, essential oils, colloidal silver and Manuka honey help reduce bacterial skin infections caused by methicillin-resistant staphylococcus aureus (MRSA) with good success.

If a dog or cat isn't facing a life-threatening health situation, talk with the veterinarian about alternatives to antibiotics. In these situations, pet parents often find it beneficial to consult a functional medicine or integrative veterinarian whose goal is to treat these problems by starting with the least toxic options first.

*Karen Shaw Becker is a proactive, integrative doctor of veterinary medicine who consults internationally and writes for Mercola Healthy Pets ([HealthyPets.Mercola.com](http://HealthyPets.Mercola.com)).*



# Young Adults Dying from Colorectal Cancer

by Doug Pucci

It's a startling and alarming fact that more young adults in their 20s and 30s are not just being diagnosed with colorectal cancer, they're dying from it at higher rates. A recently published *JAMA Network* research letter states that while the overall mortality rate for colorectal cancer has gone down, the mortality rate for adults under 55 has risen.

Researchers did not consider this to be a unique phenomenon, but rather a frightening trend that appears to have surfaced in the 1990s. Dr. Thomas Weber, of the National Colorectal Cancer Roundtable, expresses that something truly important is going on.

More research is being done as to what's causing this trend. Environmental, lifestyle and genetic factors have been tied to increased risks such as diets high in processed foods, alcohol, obesity and sedentary lifestyles. But researchers are now focusing on some new angles, including the possibility of extended use of antibiotics during adult years, because long-term use of antibiotics can negatively impact the gut microbiome, making people susceptible to a wide range of diseases.

Most doctors are hesitant to recommend that young adults get cancer screenings in their 20s, but research is being considered to determine whether this might be the new guideline. One reason for the hesitation is the high cost; the other is that even physicians aren't convinced that the benefits from colonoscopies in general outweigh the potential harm.

There are a number of frequently occurring complications associated with colonoscopies, including a torn rectum or colon wall. Approximately 2 percent of 300,000 Medicare patients that underwent colonoscopies ended up in the emergency room within a week; torn rectums and colon walls can be so serious as to be life-threatening. False positives, which require additional testing, are also an issue, putting undue stress and increased costs on the patient.

Prevention is always the best medicine, and there's a lot we can do to help prevent colorectal cancer in people of all ages. In fact, the American Institute for Cancer Research states that maintaining a healthy diet and weight, along with physical activity, can help prevent about 50 percent of colorectal cancers and approximately one-third of other common cancers. Some foods that lower the risk of colorectal cancer are leafy green vegetables, additional fiber from whole seeds and nuts (chia, flax, hemp) and whole fruits, including berries

By swapping processed foods, especially meats like hot dogs, for these choices and moving toward a more plant-based diet, young adults can lower their colorectal cancer risks. Parents can help by instilling healthy lifestyle choices in their young children; combining better food choices and daily exercise can help significantly lessen the risk of young adult cancers and create a healthy pathway into the future.

*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](http://GetWell-Now.com). See ad, page 3.*



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# Alice Robb on the Transformative Power of Dreams

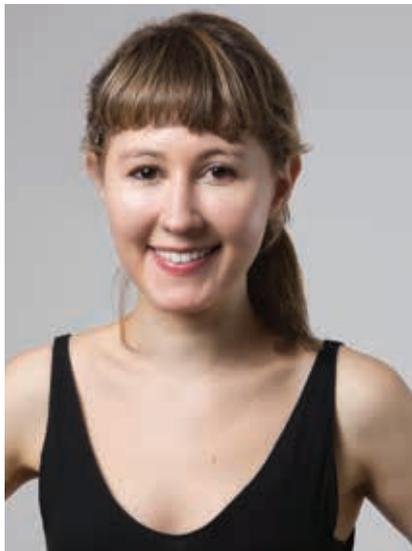
by Randy Kambic

**W**e know that sleep is good for mental and physical health, but whether dreams can play a role is a fascinating topic. When we journey into that state, science journalist Alice Robb feels we can reap even more benefits and make our waking lives more productive, healthier and happier.

Her recent book *Why We Dream: The Transformative Power of Our Nightly Journey*, which blossomed from a trip to Peru, posits a new way to look at our dreams including how to recall and even influence them, and how doing so benefits us when awake. Rich with recent studies and evoking famous artists, thinkers and others over centuries, she traces the intricate links between dreaming and creativity, and offers tips on how we can relish the intense adventure of lucid dreaming.

Robb was a staff writer for *The New Republic* and has also written for *New York Magazine*, *The Atlantic*, *Elle*, *The Washington Post*, the BBC and *British Vogue*. A graduate of Oxford with Bachelor of Arts degrees in both Archaeology and Anthropology, she resides in Brooklyn, New York.

## How did your experience in Peru shape both your dreams



Knowing you are lying in bed, but also feeling, physically, that you are in another place, is very powerful.

~Alice Robb

## and your study of them?

It was where it all got started for me and even though it was eight years ago, I still remember my first lucid dream as if it was yesterday. If I hadn't had that experience of doing the exercises to elicit lucid dreaming, I don't know if I would've written the book—although I've always been fascinated by my regular dreams, which have been vivid, and have often wondered what was going on in my brain to produce them—especially when I felt they were affecting my

moods or my daily life.

## How is lucid dreaming different than normal dreaming?

In lucid dreams, you are aware that you are dreaming. A lot of people will be in a nightmare; it's really scary, and you say to yourself, "This can't be real, this must be a dream," and then maybe you can get yourself out of it. You can train yourself to prolong those lucid moments. Some people do it naturally while others can do different meditation exercises to learn to gain awareness within their dreams.

Before you start trying to have lucid dreams, it's important to have very good

recall of your regular dreams. We're all dreaming every night, every time we have a REM cycle, about every 90 minutes that we are asleep, even if you don't remember your dreams. It's easier for most people to improve their dream recall. It's as simple as saying to yourself before bed, "I want to remember my dreams tonight." The more intention you have, the more you think about your dreams during the day, can be enough to trigger you to better remember your dreams. If you pay close attention to your environment, looking and examining it and asking yourself whether it's real, you will then ask yourself the same question in a dream.

## How do you feel lucid dreaming can improve our overall well-being?

You can practice a speech you are worried about. If you are an athlete, you can mentally prepare. It can help with your mental health. You can use lucid dreams to confront your demons; you can summon someone that you want to have a conversation with and practice talking with them. They are awe-inspiring. Knowing you are lying in bed, but also feeling, physically, that you are in another place, is very powerful.

## What steps can we take to improve our ability to recall dreams?

Keep a dream journal. It doesn't have to be pen and paper; you can speak your dreams into your phone in the morning or in the middle of the night if you wake up... whatever you can do to train yourself to hold onto them because if you don't remember them when you wake up, then they will fade pretty quickly.

As soon as I started keeping a dream journal, I was amazed at how many I was remembering. When getting started, make sure to write something every morning, even "I don't remember anything." The habits will become ingrained and you'll start to remember dreams.

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

## calendar of events

### TUESDAY, JULY 2

**Lantern Tour: Historic New Bridge Landing** – 7pm. Celebrate our country's birthday on the grounds where its independence was forged. BCHS past president Jim Smith leads a lantern tour of Historic New Bridge Landing. Meet at the Campbell-Christie House. \$12, \$7/students, free/members. HNBL, 1201-1209 Main St., River Edge. BergenCountyHistory.org.

### WEDNESDAY, JULY 3

**State Fair and Fireworks Shows** – Jul 3 & 4. 2pm-1am. Quality rides, plenty of free entertainment, games and prizes, and a variety foods. There are a variety of activities to interest all ages. Free shows include: Open Air Thrill Show, Rosaire's Royal Racing Pigs, Paul Bunyon Lumberjack Show, High Dive performances, the educational petting zoo and live concerts. Spectacular fireworks displays both evenings. Animal rides available, but not free. State Fair Meadowlands, 1 MetLife Stadium Drive, East Rutherford. 973-355-5911. NJFair.com.

### THURSDAY, JULY 4

**Ridgewood Independence Day Celebration** – 9am-10pm. Family-oriented events including a flag raising ceremony and parade at Wilsey Square. The theme for the Parade this year is *All-American Summer*. The theme aims to celebrate all things summer in America – backyard barbecues, baseball games, outdoor concerts, camping, fairs, cross country road trips, or driving to the Jersey shore. Evening entertainment beginning at 6:30pm, with a fireworks display at dusk. Tickets are required for entrance to Veteran's Field. Rain date Jul 5. Veterans Field, 131 N Maple A, Ridgewood. RidgewoodJuly4.net.

**The Statue of Liberty 5K** – 5m check-in, 7am race. Before the barbecues, parades and fireworks, run with Lady Liberty. Join Special Olympics New Jersey for the only official race around the Statue of Liberty. Registration is limited to 500. Participants have early access to Liberty Island the morning of July 4th. Much more than running around Lady Liberty, the race is about supporting the athletes of Special Olympics New Jersey, which provides year-round sports training, competition, leadership opportunities and health screenings to more than 25,000 athletes. See website for ferry schedule. Liberty State Park, 1 Audrey Zapp Dr, Jersey City. 201-200-1000. RSVP: Liberty5K.org.

### SATURDAY, JULY 6

**Tow Truck: DIY for Kids** – 9am-12pm. Save the day with a tow truck in this hands-on workshop. Together you and your child can build a custom toy tow truck with an operational boom to rescue model vehicles from ditches and embankments, move disabled vehicles or simply put the model on display. Once your wrecker construction is complete, your child can customize it with paint and stickers. Kids get to keep their project, receive a certificate of achievement, a workshop apron, and a commemorative pin while supplies last. Children must be present at the store to receive the kit, apron and pin. Free. All Bergen County Home Depots: Paramus, Mahah, Hackensack, etc. 800-466-3337. HomeDepot.com.

**Lecture: Hessians: Mercenaries, Rebels, and the War for British North America** – 2-3pm. A new



series at Fort Lee Historic Park that promotes lesser-known aspects of the American Revolution in the local area. In this lecture historian Brady J. Crytzer presents the American Revolution through the eyes of the German armies who fought to destroy it. Free; parking meter rates in effect. Fort Lee Historic Park, off Hudson Terrace south of the George Washington Bridge. 201-467-1776.

### SUNDAY, JULY 7

**Guided Native Plant and Butterfly Walk: DeKorte Park** – 10am-12pm. Explore and enjoy the park's array of beautiful native plant life in a walk led by the Audubon Society. You will see Coneflower, Bergamot, Joe Pyeweed and Mountain Mint, among many others. For last minute changes due to inclement weather or other conditions, contact trip leader. Free. Meadowlands Environment Center, Two DeKorte Park Plaza, Lyndhurst. Don Torino: 201-230-4983. GreatAuk4@gmail.com.

**Meadowlands Talk With Jim Wright** – 12:15pm. Retired New Jersey Meadowlands Commission staffer Jim Wright is the author of several books including *The Nature of the Meadowlands*. Free. Meadowlands Environment Center, Two DeKorte Park Plaza, Lyndhurst. 201-230-4983.

### TUESDAY, JULY 9

**Behind the Times at Mrs. Kearney's Tavern** – Jul 9, 19, 23. 7-9pm. Open-house program at the historic Tavern. Staff dressed in period garb will serve lemonade, watermelon and other summer treats, and share tales of life along the river in the days of steamships and sloops. Outside children can learn the techniques of hoops and graces and other period amusements. Thaddeus MacGregor, a musician and teacher from Englewood and the historic house's tavern musician, will entertain visitors with music and songs of Mrs Kearney's day. Eric Nelsen, a historical interpreter, will read aloud from a story, poem, or essay of the period. Donation. The Kearney House, Alpine Picnic Area & Boat Basin. 201-768-1360 x 108. NJPalisades.org.

### WEDNESDAY, JULY 10

**Guided Pontoon Boat Cruise** – July 10, 12, 16, 18, 24, 25, 30. 5:30pm. Two-hour trip along the Hackensack River and its marshes with an experienced guide knowledgeable of the Meadowlands ecosystem; hear about the history of the river and look for birds and other wildlife that inhabit these marshes. See nature up-close to photograph and make videos of the natural beauty of the Meadowlands and its unique urban eco-system. For ages 10 up. Free. River Barge Park, 260 Outwater Lane, Carlstadt. Cathy Vonk: 201-460-4677. NJSea.com.

### THURSDAY, JULY 11

**Access Energetic Facelift** – 9:30am-5:30pm.

Would you like to look and feel younger? The Access Energetic Facelift rejuvenates the face and reverses the appearance of aging on the face and throughout the body. It's a process that smooths, tightens, and rejuvenates your face and body. No surgery, no injections, no drugs. Registration required. Christine DiDomenico. Washington Twp. 845-825-2361

**Women's Healing Circle** – 6:30pm. Jul 11, 25. With Yudy Veras Bueno. 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. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: EarthsHealings.com.

### FRIDAY, JULY 12

**Mala Making Workshop** – 6-8pm. 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. Choice of gemstone and discount with advanced registration. \$45/all materials included. Earth's Healings, 792 Kinderkamack Rd, River Edge. RSVP: 201-800-0570. EarthsHealings.com.

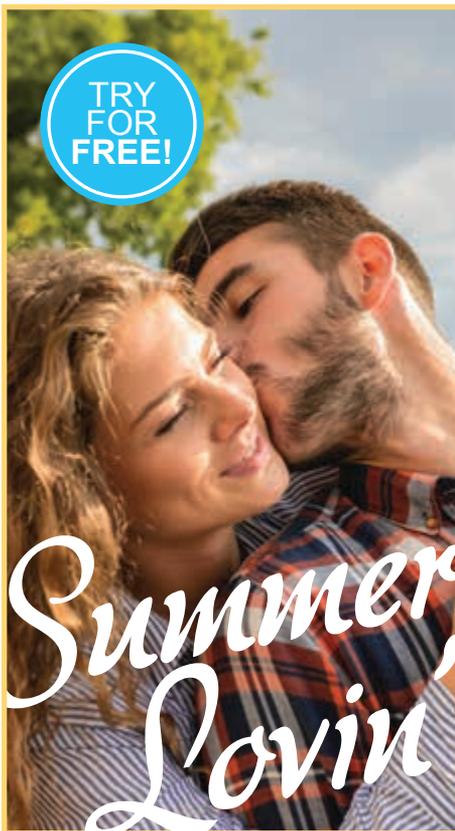
**Group Sound Healing Meditation** – 7-8:30pm. The use of Himalayan singing bowls, attuned to each energy center, allows for healing pathways to open and stuck energy to be released. Preregistration recommended as registration is limited to the first 15 participants. \$30/preregistered, \$35/at the door if space available. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

### SATURDAY, JULY 13

**Explore Mill Creek Marsh by Canoe** – 8:30-11am. Guided canoe trips are an excellent way to learn about the basics of salt marsh ecology and enjoy the scenery as you paddle. Trips are for ages 10 and up. All equipment is provided and safety tips are given before each trip. Each canoe holds up to 3 people, and it is preferred that at least 1 person has experience in canoeing. Cost is \$15 per person. Pre-registration required. River Barge Park, 260 Outwater Lane, Carlstadt. Cathy Vonk: 201-460-4677. NJSea.com.

**Access Bars Class** – 9:30am-5:30pm. 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. Registration required. Christine DiDomenico, Washington Twp. 845-825-2361. AccessTheBars.com.

**Vintage Baseball** – 11am-1pm. Experience baseball the way great-grandpa did, when these reenactor teams, the Flemington Neshanock and the Enterprise Club of New Bridge, play a game with 19th century rules, equipment and uniforms in an open field. Watch for Casey at the Bat at this first big event in The Meadow, make sure to bring a hat, blanket or chair, and sunscreen. Food trucks will be on hand and short walking tours will be available. \$10, \$5/students, free/members. Historic New Bridge Landing, 1201 Main St, River Edge. Enter



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at the corner of Hackensack Avenue & Main Street. [BergenCountyHistory.org](http://BergenCountyHistory.org).

### SUNDAY, JULY 14

**Garretson Forge and Farm Open House** – Jul 14, 28. 1-4pm. One of the oldest historic sites in Bergen County, settled in 1719, this Dutch Colonial homestead was home to six generations of Garretsons. Their homestead remains a rare surviving example of a simple farming life prevalent in the 1700s and 1800s. Free, donations appreciated. Garretson Farm, 4-02 River Rd, Fair Lawn. 201-797-1775. [GarretsonFarm.org](http://GarretsonFarm.org).

**The Power of the Mind-Body Connection** – 1:30-3pm. With Karen Lewandowski, registered pharmacist, certified healer and spiritual guide. Explore how the mind affects the physical body, health and the reality we create every day. End the workshop with a beautiful meditation to open the chakras, relax the physical body, expand consciousness and connect more deeply within. \$25. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. RSVP: 201-644-0840 (required). [VistaNaturalWellness.com](http://VistaNaturalWellness.com).

**Mr Smith Goes to Washington** – 4pm doors, 4:30pm pre-show discussion, 5pm movie. With Congressman Adriano Espaillat. Experience Frank Capra's classic film on a 50-foot screen as great principles about US politics come to light once again. \$15, \$8/children 12 and under/seniors/students. United Palace, 4140 Broadway at 175th St, Manhattan. 212-568-6700. <https://www.UnitedPalace.org/Product/Mr-Smith-Goes-To-Washington/>.

### THURSDAY, JULY 18

**Ramapo Yoga Teacher Certification Program Information Session** – 7-8pm. For those who want to teach what they love, or expand their job market skills and enhance their overall well-being; 200-hour yoga teacher certification to develop a knowledge of fundamental yoga concepts, practice and teaching. Krame Center, Anisfield School of Business, Rm 420. Ramapo College of New Jersey, Mahwah, NJ. [TinyURL.com/KrameYoga](http://TinyURL.com/KrameYoga).

### SATURDAY, JULY 20

**Saturday Morning Boat Cruise** – 8:30am. Two-hour trip along the Hackensack River and its marshes with an experienced guide knowledgeable of the Meadowlands ecosystem; hear about the history of the river and look for birds and other wildlife that inhabit these marshes. See nature up-close to photograph and make videos of the natural beauty of the Meadowlands and its unique urban eco-system. For ages 10 up. Free. River Barge Park, 260 Outwater Lane, Carlstadt. Cathy Vonk: 201-460-4677. [NJSea.com](http://NJSea.com).

### SUNDAY, JULY 21

**Summertime Tours** – 1-5pm. Visit Bergen County's premier historic site, Historic New Bridge Landing. Museum site open for tours guided by knowledgeable docents, volunteer historians and interpreters: 2pm tour on the "Bridge that Saved a Nation" with Vice President Kate Reilly and 3pm walking tour of the core area of Historic New Bridge Landing by Past President Deborah Powell. Take-away kite making project included for children and kite flying in the Meadow if conditions are right. Event info updated as available. \$12, \$7/students, free/members. Steuben House, Historic New Bridge Landing, 1201-1209 Main Street, River Edge. [BergenCountyHistory.org](http://BergenCountyHistory.org).

### TUESDAY, JULY 23

**Moth Night** – 8:30-10pm. A presentation on these misunderstood cousins of butterflies, followed by activities for kids and adults and time to identify and admire the various species of moths in the Park, Wavy lined emeralds and Rosy maple moths, among others. Industrial-strength lamps and white sheets will be set up and sugar bait used to attract them. This event is geared toward ages 12 and up. Don't forget your cameras and binoculars. Free, registration required. Meadowlands Environment Center, Two DeKorte Park Plaza, Lyndhurst. 866-927-6416. [NJMeadowlands.gov](http://NJMeadowlands.gov).

### SATURDAY, JULY 27

**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. Registration required. Terry Obsuth, 22 Madison Ave. Paramus. 201-655-3836. [AccessTheBars.com](http://AccessTheBars.com).

**Sea Glass Hunt: A Special Summertime Adventure for Children** – 10:30am-12:30pm. The historic Kearney House in the Palisades Interstate Park will sponsor the event. The focus of the morning will be sea glass, shards of glass that have been in the river long enough - in some cases, a century or more - that their edges have been rounded smooth. The riverfront adventure will be held drizzle or shine. Free; \$5 cash-only parking fee. Alpine Picnic Area & Boat Basin, Alpine.

### SUNDAY, JULY 28

**Annual Butterfly Day** – 10am-3pm. The annual one-day butterfly fest, a family-friendly favorite, includes butterfly walks, slide shows on identification and learning to attract and view the many species of butterflies found in the Park. Activities for children include a butterfly costume contest (12 and under), face painting, crafts and a scavenger hunt. In case of inclement weather, call 201-460-4619. Free; registration requested. Meadowlands Environment Center, Two DeKorte Park Plaza, Lyndhurst. 866-927-6416. [NJSE.com](http://NJSE.com).

### TUESDAY, JULY 30

**Playing with Pendulums** – 7-9pm. In this experiential class, learn how to set your pendulum to access information. No pendulum experience required; begin using your pendulum to clear your space, your chakras, yourself and others. Bring your favorite pendulum, purchase one at the class or a tool will be provided for you. \$40/by July 23, \$45/after; seating limited. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. [Lois@loiskramerperrez.com](mailto:Lois@loiskramerperrez.com).

## plan ahead

### SATURDAY, AUGUST 3

**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, AUGUST 11

### markyourcalendar

#### SUNDAY, AUGUST 11

**Yoga Brunch & Cruise on The Hudson River** – 8-11am. Includes two hour cruise around The Hudson River, 15-minute opening meditation, one hour yoga class taught by top local yoga teachers, light, healthy brunch served cocktail style, coffee, tea, water and sparkling mimosas. Hosted by Powers Yoga in Bergenfield. 201-906-9040. \$99 to \$149. Event location: 1500 Harbor Blvd, Weehawken, NJ. Tickets: [TinyURL.com/RiverYoga](http://TinyURL.com/RiverYoga).

## 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.

## SATURDAY, SEPTEMBER 7

**Shamanic Circle with Tuvan Shamaness Chok-Bar** – 4-6pm. This exploration of the ethereal world and subtle realities introduces you to spirit guides, ancestors, and power animals. Awaken the interconnectivity supporting healing, transformation and life purpose. \$20. United Palace, 4140 Broadway (entrance on 176th St between Broadway and Wadsworth, 7th floor), Manhattan. 212-568-6700. <https://www.UnitedPalace.org/Product/Shamanic-Circle-With-Tuvan-Shamaness-Chokbar-September/>.

## MONDAY, SEPTEMBER 23

**The Power of Mindful Self-Compassion for Emotional Well-Being: Lecture and Book Signing** – 6:30pm book signing, 7-8:30 lecture. Research demonstrates self-compassion is associated with emotional wellbeing; maintenance of healthy habits; and satisfying personal relationships. Christopher Germer, PhD is a clinical psychologist and lecturer

at Harvard Medical School and a co-developer Mindful Self-Compassion program. \$20. Berrie Center, Krame Center for Mindful Living at Ramapo College of NJ, Mahwah. [TinyURL.com/ChrisGermer](http://TinyURL.com/ChrisGermer).

## WEDNESDAY, OCTOBER 2

**Metahuman: Unleashing Your Infinite Potential Book Launch, Talk & Signing** – 6:15pm meet & greet with Deepak Chopra, 8pm discussion with Deepak, 9pm book signing. To be metahuman isn't about being a superhero. It means to move past limitations constructed by the mind and enter a new state of awareness, liberating us from anxiety, tension and ego-driven demands. United Palace, 4140 Broadway at 175th St, Manhattan. 212-568-6700. <https://www.UnitedPalace.org/Product/Deepak-Chopra/>.

## SUNDAY, OCTOBER 17

### markyourcalendar

#### 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.

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## ongoing events

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

### sunday

**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](http://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](mailto: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](http://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](http://Hackensack.BCCLS.org).

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

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

**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.

**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.

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

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

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

**Meditation and Healing Night** – 7:30-9:30pm. The evening begins with the Meditation on Twin Hearts. Then receive a complimentary Pranik Healing, a simple yet powerful and pain-free healing modality. The Center for Pranik Healing, 420 Valley Brook Ave, Lyndhurst. 201-896-8500. PranikHealingUSA.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 preregistration necessary. Hackensack Library, 274 Main St, Hackensack. 201-343-4169.

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

**Day Meditation** – 1:10-1:45pm. Partially guided

meditation. Learn to meditate or expand your current practice. Experience the benefits of meditation and practice in community. Beginners welcome, no experience necessary. Free. Krame Center, Ansifield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For information or to register: [TinyURL.com/KrameMeditation](http://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](mailto: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](http://Teaneck.bccls.org).

**Kundalini Yoga & Meditation** – 5-6:15pm. 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 Sundays at 9am. Full class schedule available online. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. [BodyPositiveWorks.com](http://BodyPositiveWorks.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.

**Guided Meditation** – 7-8pm. One of the easiest ways to enter a state of relaxation and inner stillness, to eliminate stress and bring about positive personal changes. Full class schedule available online. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. [BodyPositiveWorks.com](http://BodyPositiveWorks.com).

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

**Argentine Tango Classes** – 8:30-9:30pm. Two



teachers with 25 years of experience. Beginners welcome. \$20/drop in. Center for Modern Dance, 84 Euclid Ave, Hackensack. 201-342-2989. [CMDE.org](http://CMDE.org).

## friday

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

**Workout Group** – 9am. Free. Crossfit Rising, 38 N St, Bergenfield. 201-674-0419. [CrossfitPony@yahoo.com](mailto:CrossfitPony@yahoo.com). [CrossfitRising.com](http://CrossfitRising.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](http://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](http://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](http://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](mailto: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](mailto:TenfCirc@bccls.org).

**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](http://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.

Coming Next Month

**AUGUST**

**Natural Pet Care**

plus: Children’s Health

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## 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](mailto:Publisher@NaturalAwakeningsNNJ.com) to request our media kit.

### ASTROLOGY

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908-268-6674  
[cmtnarrow3@yahoo.com](mailto:cmtnarrow3@yahoo.com)



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

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

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[UnitedPalace.org](http://UnitedPalace.org)



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joyous connection to spirit through music, arts and entertainment. Join us for Sunday service at 12pm EST or on live stream. *See ad, page 2.*

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#### LESLIE KAREN LOBELL, MA, LPC

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908-577-0053 • [Info@LeslieLobell.com](mailto:Info@LeslieLobell.com)  
[LeslieLobell.com](http://LeslieLobell.com)



Do you suffer from anxiety or stress? Do you want to lose weight, stop smoking, gain self-confidence or change a habit? Do you need support and guidance through a life or career transition? Are you ready to achieve your goals, pursue your dreams, and actualize your potential? You can create the life you desire... I can help you make it happen. Using proven techniques such as Holistic Psychotherapy, Clinical Hypnosis, Stress Reduction and Dream Interpretation, I help teens and adults create happier, healthier, more peaceful and fulfilling lives. Allow me to assist you. *See ad, page 13.*

#### BRIELLE SENFT, MA, LPC

Cresskill, NJ  
201-878-4545  
[Brielle@bsenftlpc.com](mailto:Brielle@bsenftlpc.com)  
[Tinyurl.com/BrielleS](http://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.

### EMPOWERMENT COACH

#### CHRISTINE DIDOMENICO

Access Consciousness® Certified Facilitator, Bars Facilitator, Energetic Facelift Facilitator & Body Process Facilitator  
845-825-2361  
[ChristineDiDomenico.com](http://ChristineDiDomenico.com)



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.*

### ENERGY HEALING

#### ACCESS CONSCIOUSNESS

Terry Obsuth  
Access BARS Facilitator  
Paramus, NJ  
201-655-3836  
[AccessConsciousness.com](http://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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Health Through Energy  
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[PranicHealingUSA@gmail.com](mailto:PranicHealingUSA@gmail.com)  
[PranicHealingUSA.com](http://PranicHealingUSA.com)



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Natural Foods Chef & Holistic Health Coach  
201-889-5001  
[Christine@YourDeliciousBalance.com](mailto:Christine@YourDeliciousBalance.com)  
[YourDeliciousBalance.com](http://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.*

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

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