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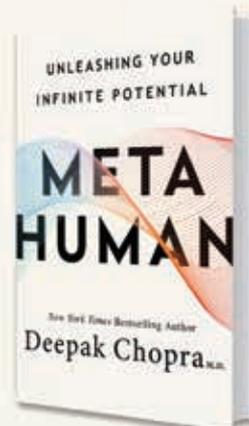
Classes & Sessions Available, refer to page: 10

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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**

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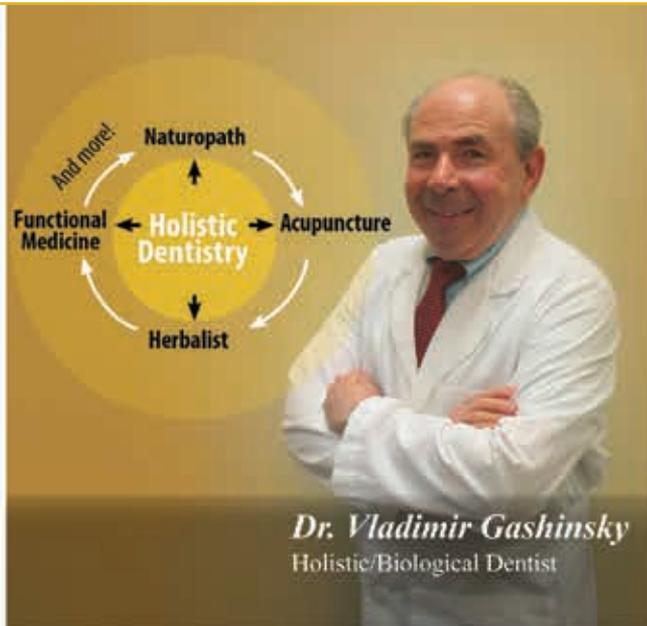
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# The Holistic Dental Center

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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**letter from publisher**


The old road  
 is rapidly aging  
 Please get out of  
 the new one if you can't  
 lend your hand  
 For the times,  
 they are a-changing  
 ~Bob Dylan

A friend of ours is writing a book that includes a chapter on Bob Dylan. The song lyrics above from one of Bob's prophetic '60s anthems applies even more to this era than they did to that troubled decade a half-century ago. We are straddling two epochs. The rules of the old era are gasping, wheezing... their death rattle is not only audible, it's deafening.

The paradigm shift we are living through is at the level of a Copernican revolution—a moment when the center of the universe itself seems to shift and skid, and nobody knows what the new rules will be... because they have not been written yet. I believe the fate of the world depends on it. Yes, I believe that highly of you, dear reader. I expect much of you.

But here's the problem. Our human evolutionary software and hardware is woefully equipped to handle the accelerating rate of change. Just when we need it most, many are growing less adept at dealing with our intellectual environment. People bow down to the machine while naively thinking they're controlling it! "Alexa..."

Many folks have the attention span of a tsetse fly with ADHD and are so enamored of the ephemera of fake news and clickbait that they've lost all ability to think deeply... or at any length... about, well, anything at all. Many have relinquished the keys to their soul to the Matrix.

But there is hope. We kindly ask you, our reader, to grab an extra copy of your next issue of *Natural Awakenings* and gift it to someone in your circle that could use some help pulling themselves out of the Matrix. Help them see the glorious light by indoctrinating them into the culture that *Natural Awakenings* magazine represents.

You can even do this anonymously by stealthily slipping a copy into their Sunday newspaper, oversized pocketbook, mailbox, back seat of their car or their desk at work. If we all do our part, no matter how small it may be, we could realize a more harmonious world for all, especially the children.

More than ever, they are counting on us to tear down the old paradigms and create a world more rooted in love and harmony. After all, in the words of George Manalis, the owner of Athens Bakery, in Teaneck, where I occasionally go to get the most delectable macaroons, "The children and grandchildren are the millions." ...and they are counting on us to make their journey through this world a wonderful one.

Happy beach days,

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

### EDITORIAL SUBMISSIONS

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

### CALENDAR SUBMISSIONS

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

### REGIONAL MARKETS

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

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news briefs

Krame Center and Center for Mindful Self-Compassion Form Partnership



The Center for Mindful Self-Compassion (CMSC), in San Diego, has partnered with the Krame Center for Mindful Living at Ramapo College of New Jersey, allowing CMSC to reach the New York Metropolitan area with mindful self-compassion (MSC) programs and training. The Krame

Center is offering an eight-week MSC course, beginning with a free orientation on October 5. Future programming includes a five-day winter MSC Intensive, a spring self-compassion-based silent retreat and summer MSC teacher training.

Self-compassion involves responding in the same supportive and understanding way we would with a good friend when we have a difficult time, fail or notice something we don't like about ourselves. Research shows that self-compassion is strongly associated with emotional well-being, reduced stress and anxiety, maintenance of healthy habits and satisfying personal relationships.

The Krame Center supports the community by offering mindfulness programs and training that attract people from around the world, including five-day silent retreats, half-day workshops, weekly meditations and teacher training.

For more information and to register, please visit [Tinyurl.com/krameselfcompassion](http://Tinyurl.com/krameselfcompassion). See ad, page 9.

Sunday Services at United Palace Draw from Multiple Traditions

Every Sunday at 3 p.m., the United Palace of Spiritual Arts (UPSA), in Washington Heights, holds a weekly service that draws from the world's major faith traditions. The services, which feature live music and inspirational messages, are open to everyone, says Rev. Heather Shea, spiritual director and CEO.



United Palace Interior

"The United Palace of Spiritual Arts is a faith community dedicated to the expansion of consciousness and the power of imagination," she says. "It is based on the idea that spiritual artistry is the full realization of all that it means to be alive. Everyone is invited to join, regardless of faith tradition, church affiliation or perceived artistic ability; we believe all people are spiritual artists."

Overlapping themes found in the mystical forms of the major faith traditions—such as peace, compassion, service and love—are the tools used to explore spiritual artistry, she says. "Our weekly services explore the intersection of multiple spiritual paths and modern science revelations through a lens that celebrates the arts, culture and entertainment."

Location: United Palace of Spiritual Arts, Broadway at 176th Street, Washington Heights, NY (near the A-train at 175th and the 1-train at 181st Street). For more information or to watch a service online, visit [UPSpiritualArts.org](http://UPSpiritualArts.org). See ad, page 2.

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- Helps reduce gum inflammation



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Wellness Bingo Night Out Fundraiser

The Aerial Flyte Club will hold a fundraiser for Girls on The Run North from 6:30 to 9:30 p.m., September 19, at Club 176, in Wyckoff, with wellness-related prizes and vendors. Doors open at 6 p.m.

Nonprofit Girls on the Run inspires girls to recognize their inner strength and celebrate what makes them unique. Coaches lead small teams through research-based curricula that includes activities, dynamic discussions, activities and running games. Throughout the course of the 10-week program, girls in grades three through eight develop essential skills to navigate the world and establish an appreciation for health and fitness.

B I N G O				
Get Enough Sleep	Peer Support	Education	Exercise	Support System
Self-Advocacy	Self-Awareness	Free Space	Hope	Yoga
Mental	Responsibility	Take Medication	Healthy Diet	Attend Self-Help Groups
Relapse Prevention Plan	Aftercare Plan	Action Plans	Go To Doctor For Check-up	Talking to Counselors
Wellness Plan	Recovery	Emotional	Physical	Goals

Location: 176 Wyckoff Ave. For more information or to purchase tickets, visit [AerialFlyteClub.com](http://AerialFlyteClub.com). For questions or collaborations, contact Alli at [AerialFlyteClub@gmail.com](mailto:AerialFlyteClub@gmail.com). For more information about the Girls on The Run North charity, visit [gotrnjn.org](http://gotrnjn.org).

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

Wah Devi, known 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 21.*



## 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).*

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### FALL 2019 OFFERINGS

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*follow us*    

[www.ramapo.edu/kramecenter](http://www.ramapo.edu/kramecenter)

*Don't miss -* "The Power of Mindful Self-Compassion for Emotional Well-Being" with Chris Germer, Ph.D. on Monday, September 23 | 7 p.m.

## news briefs

### Meditation Retreat for Newbies in Mahwah



The Krame Center for Mindful Living at Ramapo College will present a one-day retreat on learning how to mediate from 9 a.m. to 3 p.m., September 14, at Ramapo College, in Mahwah. Participants should bring

a yoga mat and dress in layers. BYO lunch and drink.

Beginners will learn the basics of how to mediate, while more experienced meditators can deepen their practice. Everyone will learn how mindfulness meditation can help us be more present in all moments of our lives and how to deal with the stressors of life.

Cost is \$55 or \$25 for Ramapo faculty, staff or students. Location: 505 Ramapo Valley Rd., Student Center Room 156-158. For more information or to register (required), call 201-684-6855, email [Mindfulness@ramapo.edu](mailto:Mindfulness@ramapo.edu) or visit [Tinyurl.com/medretreat](http://Tinyurl.com/medretreat). See ad, page 9.

### Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., August 12, with Christine DiDomenico and August 17 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.

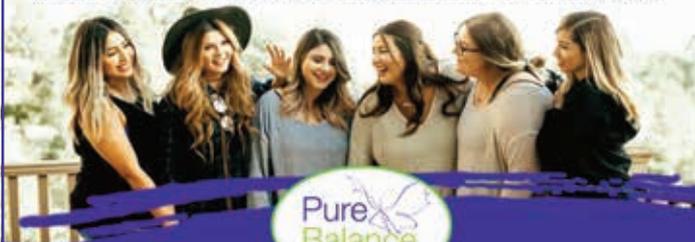
Location: Advanced Medical Center, Paramus. For more information, or to preregister (required), call Theresa Obsuth, 201-655-3836 or Christine DiDomenico 845-825-2361 or visit [AccessTheBars.com](http://AccessTheBars.com). See ad, page 2.

### LOCAL MOTHERS GATHERING GROUP

Save the Date!

Friday, September 20, 2019, 12:00 PM-2:00 PM

Join our group of like-hearted mothers to connect and share your personal experiences and insights with one another on a monthly basis.



Providing resources for mothers on the safety and effectiveness of chiropractic care for children during pregnancy

- New and expecting mothers (Events are free)
- Welcome to bring your child with you
- Education and group discussions on healthy living for families
- Guest speaker from Bloom Baby
- Refreshments and giveaway items

Pure Balance Center

1425 Broad Street #4, Clifton, NJ 07013 [purebalancecenter.com](http://purebalancecenter.com)

For more info, or to register (required)

contact us at 973-773-8244 or [inja@purebalancecenter.com](mailto:inja@purebalancecenter.com)

### Bergen County Electronics Recycling and Shredding

The Bergen County Utilities Authority (BCUA) is sponsoring an electronics and automobile tire drop-off and document shredding recycling event from 9 a.m. to 2 p.m., rain or shine, August 17, at Bergen Community College, in Paramus.



Four tires will be accepted per person, per delivery—with or without rims. Computers, televisions, modems, fax machines and more are welcome. Confidentiality of documents is insured by observing shredding onsite—limit of four bags/boxes weighing no more than 10 pounds each. Remove binder clips; paper clips and staples are acceptable. No materials will be accepted from businesses, only individuals.

Free for Bergen County residents, proof of residency required.

Location: 400 Paramus Rd. For more information, call 201-807-5825 or visit [bcua.org](http://bcua.org).



## Learn About Past-Life Regression in River Edge

Earths Healing will present a lecture, **Group Past-Life Regression**, with Lois Kramer-Perez, CHt., from 7 to 8:30 p.m., August 13, in River Edge. This experiential journey to the past will guide participants through understanding the past opens up our ability to embrace the present. She will guide the audience using imagery and information that arises from awareness.

*Costs \$35. Location: 792 Kinderkamack Rd. For more information or to register, call 201-800-0570 or visit [EarthsHealing.com](http://EarthsHealing.com). See ad, page 31.*

## Hackensack Riverkeepers Host Cleanup

The Hackensack Riverkeepers will conduct a land-based cleanup party from 9 a.m. to 1 p.m., August 17, at Rutkowski Park, in Bayonne, co-sponsored by the Bayonne Nature Club.

Volunteers will rid the park and its surrounding areas of all unwanted trash and are advised to wear sensible shoes and clothing that can get dirty. Cleaning supplies and refreshments will be provided. Volunteers should bring bug spray and sunscreen. Minors must be accompanied by an adult.

*Location: 2396 NJ-440. For more information or to register (recommended to provide enough supplies), call Caitlin Doran at 862-432-0766 or e-mail [Outreach@Hackensack-Riverkeeper.org](mailto:Outreach@Hackensack-Riverkeeper.org).*



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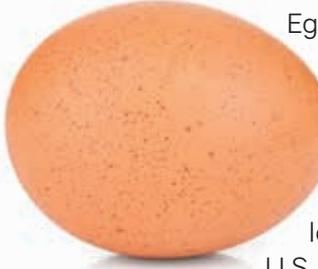
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## health briefs

### Take It Easy on the Eggs



Eggs should only be a now and then thing, the latest research from Northwestern Medicine, in Chicago, indicates. The new study, published in the *Journal of the American Medical Association*, looked at pooled data on 29,615 U.S. racially and ethnically diverse adults with an average of more than 17 years of follow up. It found that for every 300 milligrams (mg) of dietary cholesterol eaten per day, risk of death from heart disease increases by 17 percent and mortality from any cause increases by 18 percent. One large egg has a whopping 186 mg of cholesterol in the yolk, and eating three to four eggs a week increases heart disease mortality by 6 percent and all-cause mortality by 8 percent. Frank Hu, M.D., at the Harvard School of Public Health, comments that low to moderate intake of eggs can be included as part of a healthy eating pattern, but they are not essential. Dietary cholesterol also comes from red meat, processed meat and high-fat dairy products such as butter and whipped cream.

### Eat Plants to Live Longer

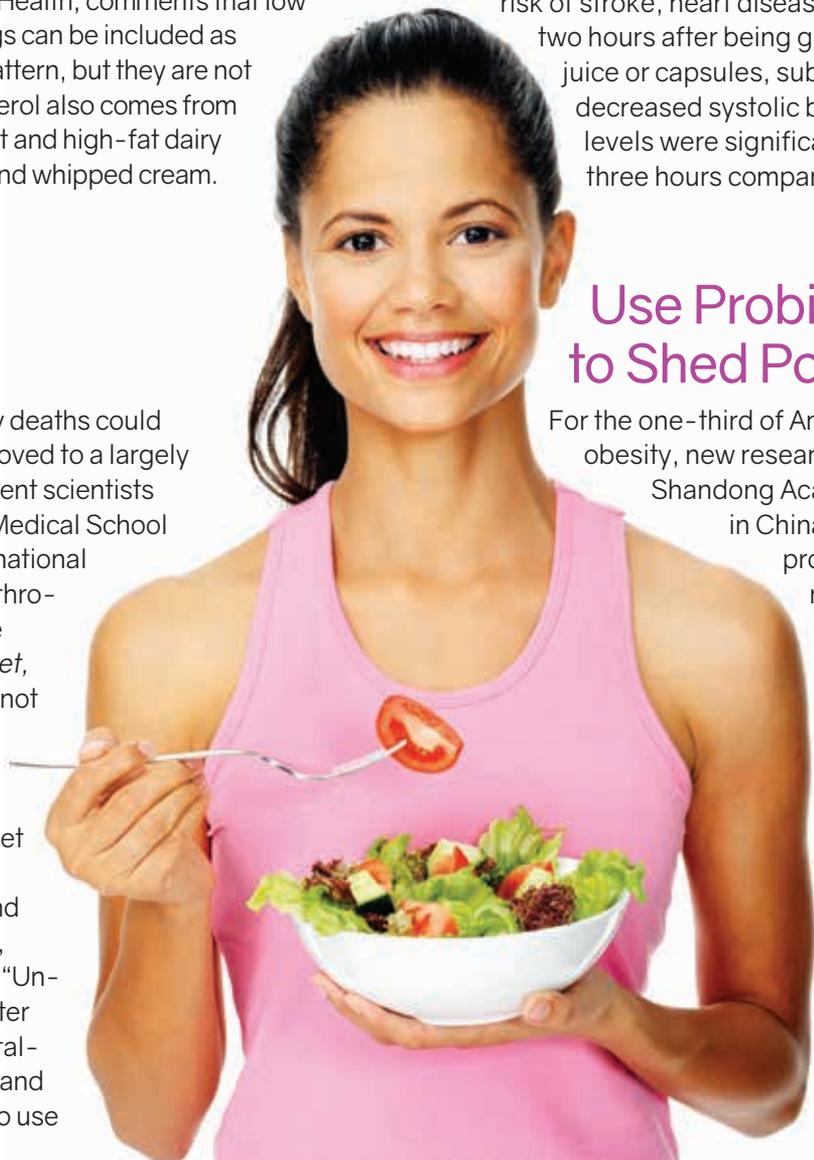
At least one-third of early deaths could be prevented if people moved to a largely plant-based diet, prominent scientists from Harvard University Medical School have calculated. An international initiative, "Food in the Anthropocene," published in the medical journal *The Lancet*, linked plant-based diets not only to improved health worldwide, but also to global sustainability. The report advocates a diet high in vegetables, fruits, whole grains, legumes and nuts, and low in red meat, sugar and refined grains. "Unhealthy diets pose a greater risk to morbidity and mortality than does unsafe sex, and alcohol, drug and tobacco use combined," it concludes.

### Savor Cherries to Lower Metabolic Syndrome Risk



Montmorency tart cherries, first discovered by Roman legionnaires along the Black Sea, have been shown to have potent anti-inflammatory and antioxidant properties, according to scientists. Now a study from the UK's University of Hertfordshire published in the *Journal of Functional Foods* has found that the cherries can mitigate factors that lead to metabolic syndrome, a condition that increases the risk of stroke, heart disease and Type 2 diabetes. Just two hours after being given cherries in the form of juice or capsules, subjects showed significantly decreased systolic blood pressure, and insulin levels were significantly lower after one and three hours compared to those given a placebo.

### Use Probiotics to Shed Pounds



For the one-third of Americans struggling with obesity, new research on probiotics from the Shandong Academy of Medical Sciences, in China, offers a promising approach. In a meta-review of 12 randomized, placebo-controlled studies that tested 821 obese and overweight people, probiotic supplementation was found to significantly reduce body weight, weight circumference and fat mass, and to improve cholesterol and glucose metabolism measures. Probiotics were administered in forms that included sachet, capsule, powder, kefir yogurt and fermented milk, in durations that ranged from eight to 24 weeks.

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## Hot Topic

### Farmers Responding to Climate Change



Climate change has inspired farmers to turn to regenerative agriculture, which pulls carbon dioxide out of the atmosphere and stores it in their soil. Regenerative agriculture incorporates the practices of planting trees, cover cropping, no-till farming and rotational grazing. As the groundswell of support grows, 250

soil health bills have been introduced in state and federal legislatures in the last two years. At a U.S. Senate Agriculture Committee climate change hearing, Nebraska soybean farmer Matthew Rezac said that keeping soil healthy, not just reducing greenhouse gas emissions, was a key part of what farmers could do to cool a warming planet. According to the Union of Concerned Scientists, the bills have different justifications, but they all focus on soil health. As disastrous floods and drought sweep away farmland, the idea that regenerative agriculture could make for more productive farming is gaining traction.

## Moon Rocks

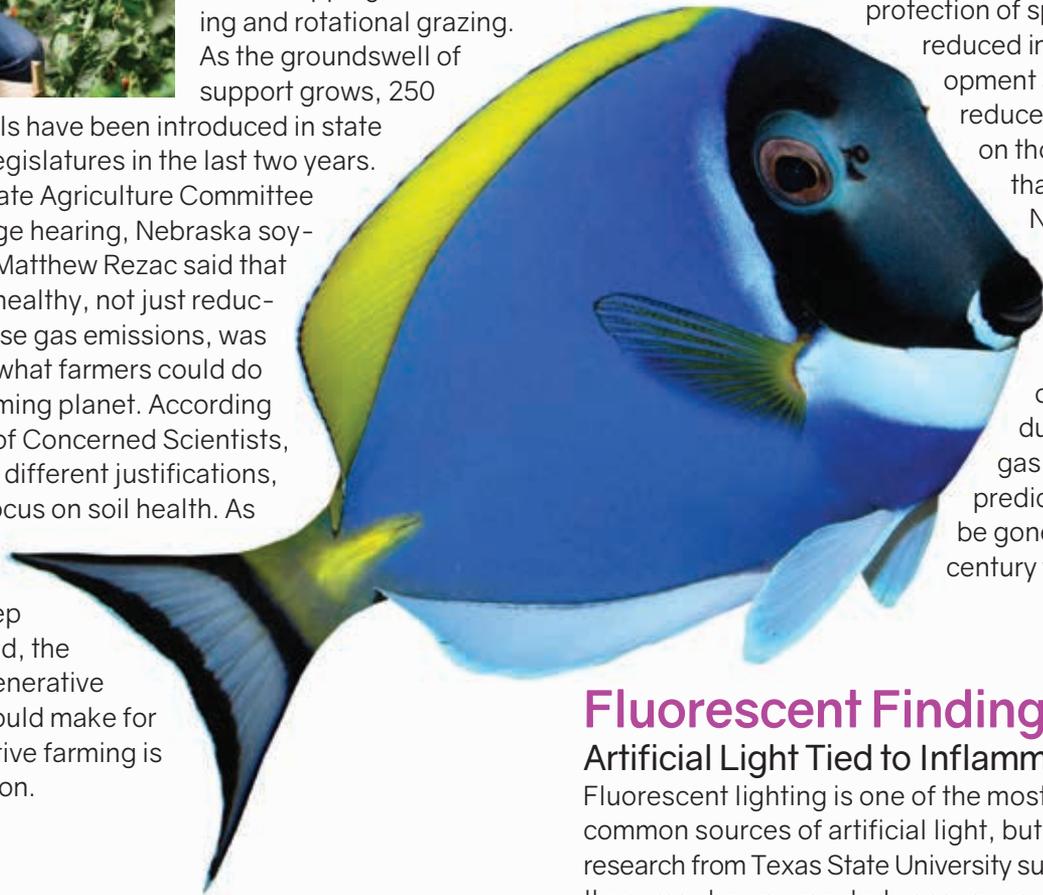
### Tectonic Activity Shakes Geologists

Long considered to be geologically inactive, our 4.6-billion-year-old moon is showing signs of tectonic activity via seismometers deployed between 1969 and 1972 during the NASA Apollo program. Although some "moonquakes" have been recorded near cliff-like fault scarps on the surface, they may be caused by the irregular gravitational effects of orbiting the more massive Earth or extreme temperature differences created by sunlight in the vacuum of space. Employing more sensitive equipment has been proposed for future missions to assist in choosing potential colonization sites.

## Coral Care

### Reefs to Get Their Day in Court

Critical habitat is threatened for 12 coral species in Florida, the Caribbean and the Pacific Ocean, while all corals worldwide are experiencing dramatic declines due to the impacts of climate change, pollution and overfishing. The Center for Biological Diversity, a Tucson-based nonprofit focused on species protection, intends to file a lawsuit against the federal government for failing to protect coral habitat as required under the Endangered Species Act. Benefits of securing a critical habitat designation from the National Marine Fisheries Service include improved water quality throughout the coastal zone, limits on overfishing,



protection of spawning grounds, reduced impact from development and dredging, and reduced human pressures on thousands of species that inhabit the reefs. Nearly 30 percent of all corals have already been lost to warming ocean temperatures and ocean acidification due to greenhouse gas pollution; scientists predict that the rest could be gone by the end of the century without help.

## Fluorescent Findings

### Artificial Light Tied to Inflammation

Fluorescent lighting is one of the most common sources of artificial light, but new research from Texas State University suggests there may be unexpected consequences at the genetic level. Team member Ronald B. Walter says, "Over the past 60 years, we have increasingly relied on artificial light sources that emit much narrower wavelength spectrums than does the sun. Yet, little research has been conducted to determine gene expression consequences, if any, from use of common artificial light sources." Their findings, published in the online journal *Genes*, show increased inflammation in tissue and organs and increased immune response in the subject animals, regardless of whether the species is primarily active in the day or night.



# Benefits of Manual Lymphatic Drainage Therapy

by Catherine Perman

**M**anual lymphatic drainage therapy (MLD) is a gentle, safe non-invasive, light-touch therapy that stimulates the purging the lymphatic system of stagnant waste, bacteria and toxins. The lymphatic system is a virtual road map, designed to detox bodily

wastes and other impurities that sometimes collect and stagnate in our bodies. A healthy, viable lymphatic system ensures that the body can successfully drain the accumulated waste products to rejuvenate and heal unhampered. An overall immune system boost is also another common benefit of MLD.

Manual lymphatic drainage was pioneered by Danish doctors Emil Vodder and Estrid Vodder in the 1930s for the treatment of chronic sinusitis and other immune disorders. While working on the French Riviera treating patients with chronic colds, the Vodders noticed many of these patients had swollen lymph nodes. Back then, the lymphatic system was poorly understood by the medical profession.

The Vodders were not deterred by this,



and in 1932 began to study the lymphatic system, developing light, rhythmic hand movements to stimulate lymph movement and drainage. In 1936, they introduced this technique in Paris, and after World War II, they returned to Copenhagen to teach

other practitioners to utilize this therapy. MLD eventually found its way to America through Dr. Robert Lerner, a physician practicing in New York City in the 1980s.

There are more than 60 ailments and conditions for which MLD is recommended. Sinusitis, chronic headaches, sinus congestion, common acne, rosacea, eczema, constipation, Tinnitus, rheumatoid and osteoarthritis, tendonitis, repetitive strain injury, whiplash, earaches, burns, glaucoma, alopecia, trigeminal neuralgia, lymphedema, Bell's palsy, strokes, concussions and edema are among them. MLD is also recommended for pre- and post-surgery care, especially reconstructive surgery, to reduce swelling, bruising, scar tissue and dramatically reduce healing time for recovery. MLD is crucial

to healthy pre- and postnatal care, offering speedier recovery after delivery.

It wasn't until 2015 that Dr. Jonathan Kipnis, chair of the University of Virginia Department of Neuroscience and director of the Center for Brain Immunology and Glia, discovered lymph glands in the brain. He states, "These findings on the role of brain-draining lymphatic vessels in multiple sclerosis patients, together with our recent work on their role in Alzheimer's disease, demonstrate that the brain and the immune system are closely integrated. When these interactions between the brain and the immune system go awry, pathologies can emerge. The idea that we could target major neurological disorders through therapeutic manipulation of peripheral structures such as lymphatic vessels is beyond exciting."

We now know that the plaque and tangles found in the brain are actually solidified lymph. Some physicians are now researching how to dissolve it to better treat their patients. Manual lymphatic drainage has become the fourth-most requested modality in the U.S. for good reason.

*Catherine Perman, LMBT, CMLDT, owns and operates Body Therapeutics, in Fort Lee, NJ, which specializes in integrative body balancing treatments. For more information or to schedule an appointment, call 917-701-1162, email BodyTherapeuticsLLC@gmail.com or visit iahp.com/Catherine-Perman. See ad, page 31.*

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## Wild and Wonderful Foraging for Foodies

by April Thompson

There is such a thing as a free lunch, and it awaits adventurous foragers in backyards, city parks, mountain meadows and even sidewalk cracks. From nutritious weeds and juicy berries to delicate, delicious flowers and refreshing tree sap, wild, edible foods abound in cities, suburbia and rural environments.

Throughout most of history, humans were foragers that relied on local plant knowledge for survival, as both food and medicine. Today's foragers are reviving that ancestral tradition to improve diets, explore new flavors, develop kinship with the environment, and simply indulge in the joy and excitement of finding and preparing wild foods.

### Wild Foods As 'Superdiet'

"There are many benefits to eating wild food," says Deane Jordan, founder of *EatTheWeeds.com*, of Orlando, Florida. "Wild plants, because they must take care of themselves, tend to be more nutritious than cultivated plants—particularly in terms of phytochemicals and antioxidants. They also tend to be lower in sugar and other simple carbs, and higher in fiber."

Purslane, a wild succulent, has more omega-3s than any other leafy vegetable, says John Kallas, the Portland, Oregon, author of *Edible Wild Plants: Wild Foods From Dirt to Plate*. Mustard garlic, a common invasive plant, is the most nutritious leafy green ever analyzed, says Kallas, who holds a Ph.D. in nutrition. "However, the real dietary benefit of foraged plants is in their great diversity, as each has a unique profile of phytochemicals. There is no such thing as a superfood, just superdiets," he adds.

### Know Thy Plant

Rule number one of foraging is to be 100 percent sure of your identification 100 percent of the time, says Leda Meredith, the New York City author of *The Forager's Feast: How to Identify,*

Wild plants, because they must take care of themselves, tend to be more nutritious than cultivated plants—particularly in terms of phytochemicals and antioxidants.

~Deane Jordan

*Gather, and Prepare Wild Edibles.* Foraging experts say the fear of wild plants is largely unfounded. "The biggest misconception is that we are experimenting with unknowns," says Kallas. "Today's wild edibles are traditional foods from Native American or European cultures we have lost touch with."

For example, European settlers brought with them dandelions, now considered a nuisance weed, as a source of food and medicine. All parts of it are edible, including flowers, roots and leaves, and have nutritional superpowers.

To assess a plant, Kallas adds, a forager must know three things about it: the part or parts that are edible, the stage of growth to gather it and how to prepare it. "Some plants have parts that are both edible and poisonous. Others can be toxic raw, but perfectly edible cooked," he says.

Timing is everything, adds Meredith. "A wild ingredient can be fantastic in one week, and incredibly bitter a week later, so it's important to know when its prime season is."

Kallas recommends staying away from highly trafficked roadsides and polluted areas. Given that many lawns and public areas are sprayed with herbicides, Sam Thayer, author of *The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants*, recommends not foraging in an area if it's uncertain whether chemicals have been applied.

Environmental awareness includes understanding how foraging may positively or negatively affect the ecosystem, says Meredith. "Overharvesting can endanger future populations. But there is a 'win-win' way to forage, where I get fantastic food and the landscape is better for my having foraged, by clearing invasive plants around natives or planting seeds while collecting a local plant gone to seed."

Thayer, of Bruce, Wisconsin, suggests collecting where species are abundant and thriving: "Fruit, for example, can be harvested limitlessly, as can wild invasives that disrupt the balance of the ecosystem and crowd out native species."

### Meal Preparation

Vinegars, jams and cordials from wild fruits and flowers can be wonderful, but require some patience for the payoff, yet many wild edibles can be eaten raw or lightly sautéed, requiring very little prep work. Thayer recommends sautéing wild greens with just a little soy sauce, vinegar and garlic.

Foraging builds confidence, powers of observation and connections to the natural world. The biggest benefit, says Thayer, may just be the fun of it. "You can experience food and flavors you cannot have any other way. A lot of these foods you cannot buy anywhere, and really, it's better food than you can buy."

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



# How Webster Technique Addresses Breech Babies

by Michael Magwood

**T**he breech presentation in its various forms can create a stressful scenario for a mother. This suboptimal positioning of an unborn baby is a common reason for moms to seek the care of a prenatal chiropractor. Historically, babies have been born feet first and otherwise in natural birth settings without considering medical intervention, but medical standards have changed. Often, a mother's hopes of having a natural childbirth are dashed early on, without awareness of her options. Others will go to great lengths to find a way to help their baby find the head-down position.

Many doctors that deliver babies recommend scheduled Caesarean sections as standard protocol for breech births as the predicted due date approaches. Other childbirth professionals recommend procedures as simple as a slant board, acupuncture, moxabustion, homeopathy and various forms of exercises, hoping for a change. A more invasive procedure performed as a manual medical procedure is an external cephalic version. More than ever, moms are referred first for prenatal chiropractic because they have heard that the Webster Technique can turn babies.

According to the International Chiropractic Pediatric Association, the Webster Technique is a specific chiropractic analysis and adjustment that reduces interference to the nerve system and balances mater-

nal pelvic muscles and ligaments. This optimizes uterine function and allows for a safer, easier birth. Chiropractors are careful to avoid describing Webster as a breech-turning technique, which would suggest the practice of obstetrics.

However, research, including a study in the *Journal of Pediatric, Maternal & Family Health* suggests that breech babies may turn into the head-down position as much as 70 percent of the time when moms receive chiropractic adjustments in the form of Webster Technique. Prenatal chiropractors promote these basics for mothers considering the Webster Technique.

■ Chiropractic is safe and effective for mothers in all stages of pregnancy, regardless of symptoms.

■ Chiropractors do not turn babies. If breech babies are meant to turn head-down, chiropractic adjustments will support their ability to do so all by themselves. Webster technique reduces the constraint within the uterus, allowing greater ease of movement for the baby.

■ Chiropractic care can provide outstanding health benefits for both mother and child, regardless of the technique applied. The Webster Technique can be applied throughout pregnancy, even after breech babies turn.

■ Babies tuning from a breech position are

more likely to do so if mothers receive chiropractic care in earlier stages of pregnancy.

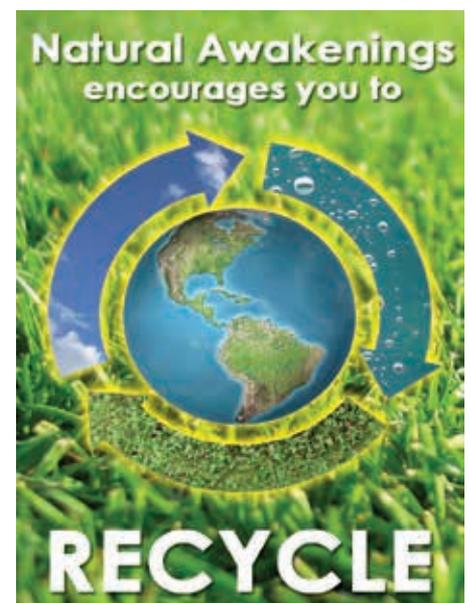
■ Mothers can be adjusted during labor to support a balanced nervous system.

■ Mothers should receive chiropractic care for months after birth as supportive care during recovery.

■ All newborn babies should be checked by a pediatric certified chiropractor within the first week of life.

The Webster Technique is a gentle chiropractic procedure that many mothers ask for by name. It is clinically shown to support easier, safer deliveries. In guiding prenatal patients, chiropractors are known to respect childbirth as a natural process, but value access to medical interventions when necessary. The collaboration of doctors that prioritize the future of children's health will seek to ensure that all mothers have access to chiropractic care throughout pregnancy.

*Dr. Michael Magwood is a pediatric and prenatal specialist in chiropractic certified by the International Chiropractic Pediatric Association. He owns and operates Pure Balance Center, located at 1425 Broad St., St. 4, in Clifton, and also on Madison Ave., in Manhattan. For appointments or more information, call 973-773-8244, email [Info@PureBalanceCenter.com](mailto:Info@PureBalanceCenter.com) or visit [PureBalanceCenter.com](http://PureBalanceCenter.com). See ad, page 10.*





# Brush Up on Key Natural Ingredients for Healthy Teeth and Gums

by Nayda Rondon

A typical hygiene regimen includes brushing our teeth in the morning and at night before going to bed. While important, what you brush with is equally essential to the health of your teeth and gums as how we brush.

Natural formulations can be just as effective as chemical-based toothpaste, as well healthier for us and the planet, according to Dr. Sayed Ibrahim, the CEO and founder of the SprinJene line of toothpastes. An organic chemist with over 20 years working for some of the leading companies in the oral healthcare field, Ibrahim reports that all SprinJene products are free from animal byproducts, saccharine or artificial dyes and preservatives.

Instead, their efficacy derives from a unique patented blend of natural ingredients—certified as vegan, gluten-free, kosher, halal and cruelty-free—specifically chosen for their beneficial properties.

**Acacia gum**, a natural organic binder, helps inhibit the growth of periodontal bacteria, as well as the accumulation of plaque.

**Birch tree xylitol**, which is harvested from the bark of birch trees, is a naturally

occurring alcohol that fights plaque by neutralizing plaque acids. It's a key ingredient for helping to prevent tooth decay and dry mouth.

**Black seed plant**, widely used for thousands of years for its healing properties, helps lubricate the oral surfaces, bringing relief to dry mouth sufferers. Unlike other antimicrobial products, it kills pathogenic (bad) bacteria while leaving probiotic (good) bacteria alone. Black seed oil is also reported to reduce inflammation, fight infections and boost the immune system.

**Coconut oil** has analgesic and anti-inflammatory properties that lubricate and clean the mouth, fight tooth decay and heal periodontal disease.

**Glycerin**, a non-carcinogenic and non-GMO humectant that's gentle on gums and tooth enamel, inhibits bacteria growth and protects against tooth decay while also preventing dry mouth.

**Natural mint**, appealing for its taste and fresh breath results, also provides antibacterial and anti-inflammatory properties that curb bacterial growth in the mouth, further preventing infections. Mint's alkaline properties combat the effects of the acidic environment respon-

sible for tooth decay and gum diseases.

**Silica micro pearls**, a mineral found in quartz, gently, yet effectively clean and whiten. University research has shown how the development of coated silica nanoparticles can be used in the restorative treatment of sensitive teeth and in preventing the onset of tooth decay.

**Stevia**, a non-carcinogenic, natural sweetener shown to reduce bacterial formation in the mouth, is tooth-friendly because unlike refined sugars, it does not produce lactic acids that eat away at tooth enamel and may eventually cause erosion and cavities. It also helps prevent gingivitis.

**Zinc** is a natural antibacterial approved by the FDA as an anti-gingivitis agent. It inhibits bacterial growth and plaque build-up along the gum line. It works in conjunction with black seed oil's properties to maximize the effectiveness of both ingredients to keep working long after brushing.

Continually striving to “make an impact on the oral market” through innovation and quality, Ibrahim notes that SprinJene's new product launches set for the end of 2019 will feature additional beneficial ingredients.

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**Tea tree oil**, whose antimicrobial, anti-inflammatory and antibacterial properties make it an effective treatment for plaque and gum disease, while its natural deodorant properties combat odor-causing bacteria and bad breath

**Sea buckthorn**, a little-known antioxidant whose natural cleansing, whitening and antimicrobial benefits are good for healthy bone and tooth structure, and healing damaged teeth and gums.

Ibrahim states, “I've always believed that the world deserves better toothpaste.” He and his SprinJene team are working to ensure this with quality natural ingredients that will put a healthy, happy smile on the faces of thousands of consumers.”

*For more information, call 732-640-1830, email [Inquiries@SprinJene.com](mailto:Inquiries@SprinJene.com) or visit [SprinJene.com](http://SprinJene.com). See ad, page 8.*



# Allergy Symptoms and Histamine Intolerance

by Doug Pucci

Symptoms such as breaking out in hives, experiencing nasal congestion, a runny nose, red eyes or chronic sneezing are signs of seasonal allergies. Most people assume have an allergy and pop over-the-counter antihistamines to quell the symptoms. For some, symptoms like diarrhea, asthma-type, headaches, brain fog or irregular heartbeat, among others, seem less related to allergies. A doctor might recommend a specialist to run some tests, and often those tests come back negative.

The problem could be a histamine intolerance. Our bodies produce histamine in response to allergens; that is normal. What is not normal is an overabundance of histamines in the body that can't be broken down quickly as they should. Some of this is due to an overactive immune response.

In a balanced immune system, histamines, a natural biochemical, are released as an inflammatory immune response to external allergens such as pollens. Although the reactions they create cause discomfort, they're actually serving a purpose. Blood, with all its beneficial enzymes, is rushed to the source of the problem.

Where things get complicated for

some patients is that foods with higher histamine levels can trigger a pseudoallergy reaction in which the body reacts as if allergens are present. In part, this is because the enzymes that break down histamines are insufficient or overloaded.

To test whether a patient has histamine intolerance, an elimination diet is recommended to avoid foods that are high in histamines, trigger the release of histamines or block the histamine-controlling enzyme diamine oxidase (DAO). These foods include:

- Processed, cured, smoked and fermented meats such as lunchmeat, bacon, sausage, salami and pepperoni
- Nightshade fruits such as tomatoes and eggplant, including ketchup and sauce
- Leftover, cooked meat because of the microbial action
- Dried fruits
- Fermented foods
- Vinegar
- Fermented milk products, including most cheeses and kefir
- Egg whites
- Packaged seafood, particularly smoked or canned

Some of these foods are part of a healthy diet, but by paying attention to

when flareups occur and what has been in the diet consistently, a patient can start eliminating these known histamine triggers. If symptoms begin to abate, it might be wise to avoid whatever foods were causing discomfort. A functional medicine doctor can guide this practical approach, help determine the correct supplements, and/or order lab tests.

Good replacements for problematic foods with low-histamine choices (avoiding any you may have allergies or sensitivities to) include:

- Hypoallergenic and gluten-free grains such as rice, pea or lentil
- Apples and pears
- Apricots or other pitted fruits
- Fresh meats
- Asparagus, broccoli and other fresh vegetables
- Sweet potato
- Coconut
- Blueberries and cherries
- Summer squash
- Egg yolks
- Fresh-caught fish, chicken and meat
- Lettuces and leafy herbs, including herbal teas
- Butter

There are a number of reasons for histamine intolerance, and functional medicine doctors are skilled at finding the underlying causes. Among the possible root causes of histamine intolerance are poor gut health, DAO deficiency, high histamine intake or impaired histamine breakdown (possibly caused by medications or other health-related issues). Lab tests, a detailed review of one's medical history and/or list of current or long-term medications use and more can help make a final determination.

*Dr. Doug Pucci, DC, FAAIM, 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.*





# Beyond Sustainability

## Regenerative Agriculture Takes Aim at Climate Change

by Yvette C. Hammett

Most people have never heard of regenerative agriculture, but there's plenty of talk about it in the scientific and farming communities, along with a growing consensus that regeneration is a desirable step beyond sustainability.

Those that are laser-focused on clean food and a better environment believe regenerative agriculture will not only result in healthier food, but could

become a significant factor in reversing the dangerous effects of manmade climate change. This centers on the idea that healthy soils anchor a healthy planet: They contain more carbon than all above-ground vegetation and regulate emissions of carbon dioxide and other greenhouse gases.

"We have taken soils for granted for a long time. Nevertheless, soils are the foundation of food production and food

security, supplying plants with nutrients, water and support for their roots," according to the study "Status of the World's Soil Resources," by the Food and Agricultural Organization of the United Nations. Most of the world's soil resources, which also function as the planet's largest water filter, are in fair, poor or very poor condition, the report states.

Tilling, erosion and chemicals all play significant roles in soil degradation. Regenerative agriculture seeks to reverse that trend by focusing on inexpensive organic methods that minimize soil disturbance and feed its microbial diversity with the application of compost and compost teas. Cover crops, crop and livestock rotation and multistory agroforestry are all part of a whole-farm design that's intended to rebuild the quantity and quality of topsoil, as well as increase biodiversity and watershed function.

"True regenerative organic agriculture can improve the environment, the communities, the economy, even the human spirit," says Diana Martin, director of communications for the Rodale Institute, in Kutztown, Pennsylvania. Rodale, a leader in the organic movement, has been carrying the global torch for regenerative agriculture since the 1970s, when Bob Rodale, son of the institute's founder, first began talking about it. "He said sustainability isn't good enough. In the U.S., we are depleting our topsoil 10 times faster than we are replenishing it. We only have

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60 years of farmable topsoil remaining,” says Martin.

The institute is working with corporate brands in conducting a pilot project on farms around the world to certify food as regenerative organic. It has three pillars that were created with the help of the U.S. Department of Agriculture’s National Organic Program: soil health; animal welfare; and social justice, the latter because people want to know that workers are being treated fairly, Martin says.

“In some ways, we felt the organic program could do more, so we introduced the regenerative organic certification. It is a new, high-bar label that is very holistic,” says Jeff Moyer, an expert in organic agriculture and the executive director at the Rodale Institute. The pilot phase involves 21 farms with connections to big brands like Patagonia, Lotus Foods and Dr. Bronner’s. “We needed relationships with brands to make this a reality,” Moyer says. Product should be rolling out by this fall.

“There’s kind of a broad umbrella of things going on,” says Bruce Branham, a crop sciences professor with the University of Illinois at Urbana-Champaign. “No-till farming certainly is a small step toward regenerative ag, because every time we till



In the U.S., we are depleting our topsoil 10 times faster than we are replenishing it. We only have 60 years of farmable topsoil remaining.

~Diana Martin

the soil, we essentially expose a lot of the carbon dioxide, which burns off carbon.”

Cover crops can be planted right after harvesting a cash crop to help regenerate the soil, adding nitrogen and organic matter, he says. “It is a long-term benefit, so a lot of farmers are hesitant. It takes a while to improve soil fertility through cover crop use.” It doesn’t cost much, but for a corn or soybean farmer making almost no money right now, every expense matters. “The real things we are working on are more toward different cropping systems,” he says, in which farmers are growing perennial tree crops that produce nuts and fruits, absorb carbon and don’t require replanting or tilling.

There’s considerable interest in regenerative organic agriculture in Idaho, as many farmers there have already adopted no-till practices, says Sanford Eigenbrode, a professor at the University of Idaho, who specializes in entomology, plant pathology and nematology. Farmers want to try to improve retention of soil carbon to both stabilize soils and improve long-term productivity, he says. “There are economic and environmental advantages.”

*Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at YvetteHammett28@hotmail.com.*

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# 21<sup>st</sup> CENTURY PARENTING

## Preparing Kids for the Future

by Meredith Montgomery

**T**oday's children have more opportunities to change the world than ever before. Teenagers are organizing global activism movements, LEGO lovers are mastering robotics and young entrepreneurs are launching successful businesses before they're old enough to drive.

But for Mom and Dad, this fast-paced, technology-driven childhood looks drastically different from their own. To help kids thrive, parents must learn to mindfully embrace today's modern advances without losing sight of timeless virtues and skills such as kindness, creativity and critical thinking.

### Finding Balance

After-school hours used to be filled with outdoor free play in which kids independently developed their natural capabilities as self-learners and creative problem-solvers. The Children & Nature Network has reported that just 6 percent of children ages 9 to 13 play outside on their own. Instead, stress and anxiety are on the rise in our competitive culture as many kids attempt to balance heavy homework loads with an overflowing schedule of extracurricular activities.

With the ability to connect to the world at our fingertips, Thomas Murray, director of innovation for Future Ready Schools, in Washington, D.C., notes that devices can also disconnect us from those right next to us. "It's a massive struggle to find balance and mindfulness, but it's vitally important. How often do we see an AP [advanced placement] kid that is falling apart emotionally? As parents, we need to recognize that kids have a lot on their plate—more than ever before."

Salt Lake City-based Courtney Carver, author of *Soulful Simplicity: How Living with Less Can Lead to So Much More*, worries that parents are creating résumés for a life their children probably don't want. On her *BeMoreWithLess.com* website, she focuses on living with less clutter, busyness and stress to simplify life and discover what really matters. "It's challenging to maintain close connections when we're overwhelmed with what's in our inbox, or on Instagram or what the kids are looking at online," she says.

On her own journey to practical minimalism, she gained a greater sense of presence with her daughter. "When you can pay attention to a conversation and not feel distracted and antsy, especially with young kids, that is everything," says Carver.

### Managing Technology

The ubiquity of digital devices is a defining difference between today's youth and that of their elders, making it difficult for parents to relate and know how to set boundaries. As senior parenting editor at nonprofit Common Sense Media,

Caroline Knorr helps parents make sense of what's going on in their kids' media lives. "We can think of media as a 'super peer': When children are consuming it, they're looking for cues on how to behave and what's cool and what's normal." Parents need to be the intermediary so they can counterbalance the external messages with their own family's values.

Today's devices are persuasive and addictive. "As parents, we need to set boundaries, model good digital habits and help

It's a massive struggle to find balance and mindfulness, but it's vitally important. How often do we see an AP [advanced placement] kid that is falling apart emotionally?

~Thomas Murray



kids to self-regulate more—which is our ultimate goal,” Knorr says.

To raise good digital citizens, Richard Culatta, CEO of International Society for Technology in Education, in Arlington, Virginia, believes conversations about device use shouldn't end with screen time limits and online safety. “Ask kids if their technology use is helping them be more engaged and find more meaning in the world or is it pulling them out of the world that they're in,” he says. “Talk about how to use technology to improve the community around you, recognize true and false info, be involved in democratic processes and making your voice heard about issues you care about.”

Parents are often uncomfortable with their kids socializing digitally, but Culatta encourages the introduction of interactive media sooner rather than later, so they understand how to engage with the world online before they are old enough to have social media accounts. Geocaching, which uses GPS-enabled devices to treasure hunt, and citizen science apps provide family-friendly opportunities to engage in both outdoor activities and online communities.

“The majority of our kids will need these digital communication skills to be able to work with anyone at any time,” says Murray. He's witnessed the impact of connecting classrooms around the world, observing, “When students learn to navigate time zones and language barriers to communicate and collaborate, they see that they can solve the world's problems together.”

## Raising Innovators

“The world doesn't care how much our children know; what the world cares about is what they do with what they know,” says Tony Wagner, senior research fellow at the Learning Policy Institute, an education research and policy nonprofit in Palo Alto, California. In his latest book, *Most Likely to Succeed: Preparing Our Kids for The Innovation Era*, he emphasizes the importance of creative problem-solving and the joy of discovery, especially as more jobs become automated. “We're born with a temperament of creative problem solvers. But then something happens. The longer



We need to create an intentional family culture where virtues like kindness and respect are talked about, modeled, upheld, celebrated and practiced in everyday life.

~Thomas Lickona

kids are in school, the fewer questions they ask, the more they worry about getting the right answer and fewer and fewer think of themselves as creative in any way,” he says.

“Instead of listening and regurgitating, kids need to learn how to find and be a critical consumer of information,” says Murray. Fewer employers are asking for college transcripts—including Google—as they discover the disconnect between what students are taught and what innovative skills they actually need.

While most schools are slow to adapt to the modern needs of the future workforce, parents can proactively foster the entrepreneurial spirit and discourage a fear of failure at home by offering safe opportunities for risk-taking and independence. After speaking extensively with compelling young innovators around the world, Wagner discovered that their parents explicitly encouraged three things: play, passion and purpose.

Their children were provided with many opportunities to explore new interests, as well as to learn from their mistakes. “The parents intuitively understood that more important than IQ is grit, perseverance and tenacity. You don't develop that when Mom is yelling at you to practice; you develop it because you have a real interest.”

To create a culture of innovation, Murray encourages teachers and parents to get to know the interests, passions and strengths of today's children “and prove to them every day that they matter.” When that interest blossoms into a passion, it can lead to a deeper sense of purpose and a desire to make a difference.

According to Wagner, this happens when parents and teachers instill one simple, but profound moral lesson, “We are not here on this Earth primarily and only to serve ourselves; we have some deep, profound obligation to give back and to serve others.”

## PARENT RESOURCES

**Common Sense Media** ([CommonSenseMedia.org](http://CommonSenseMedia.org)) provides education and advocacy to families to promote safe technology and media for children. They provide independent, age-based, media reviews for TV shows and movies. Each detailed review includes pertinent information for parents, plus talking points to foster critical thinking skills.

**Let Grow** ([LetGrow.org](http://LetGrow.org)) seeks to restore childhood resilience by pushing back on overprotection, and shows concern that even with the best intentions, society has taught a generation to overestimate danger and underestimate their own ability to cope. Its programs work with schools and parents to give kids more of the independence to do the things their parents did on their own as children—bike to a friend's house, make themselves a meal or simply play unsupervised in the front yard.

**The Choose Love Movement** ([JesseLewisChooseLove.org](http://JesseLewisChooseLove.org)) offers a free social and emotional learning program for educators and parents. Students learn how to choose love in any circumstance, which helps them become more connected, resilient and empowered individuals.

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When you choose love, you transform how you see the world from a scary and anxiety-producing place to a loving and welcoming one.

~Scarlett Lewis

## Teaching Kindness

In a culture that is obsessed with selfies and threatened by cyberbullies, it's a tough task for parents to teach compassion and kindness. "We need to create an intentional family culture where virtues like kindness and respect are talked about, modeled, upheld, celebrated and practiced in everyday life. What we do over and over gradually shapes our character, until it becomes second nature—part of who we are," says Thomas Lickona, Ph.D., a developmental psychologist and education professor emeritus at the State University of New York College at Cortland, and author of *How to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family in the Bargain*.

Sesame Workshop's 2016 Kindness Study found that 70 percent of parents worry that the world is an unkind place for their kids, but Scarlett Lewis believes it's all in our mind, saying, "When you choose love, you transform how you see the world from a scary and anxiety-producing place to a loving and welcoming one."

After losing her 6-year-old son Jesse in the horrific Sandy Hook Elementary School shooting, she attributed the tragedy to an angry thought in the mind of the shooter. Her compassion fueled the founding of the Jesse Lewis Choose Love Movement to educate and encourage individuals to choose loving thoughts over angry ones. "Although we can't always choose what happens to us, we can always choose how to respond," she says. The evidence-based Choose Love Enrichment Program teaches children to live a life with courage and gratitude, practice forgiveness and be compassionate individuals.

While we don't want to overwhelm kids with all the evils in the world, Lickona notes that it is valuable to make them aware of human suffering and how we can help. "Cultivate the belief that we're all members of a single human family. Teach [them] that one of the most important ways to show gratitude for the blessings in our life is to give back."

*Meredith Montgomery publishes Natural Awakenings of Gulf Coast Alabama/Mississippi (HealthyLivingHealthyPlanet.com).*

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# New discovery stops colds



## New research: Copper stops colds if used early.

**S**cientists recently discovered a way to kill viruses and bacteria. Now thousands of people are using it to stop colds and flu.

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

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

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

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

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

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



**Sinus trouble, stuffiness, cold sores.**

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

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

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

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Now thousands of users have simply stopped getting colds.

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

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

Some users say it also helps with

"It worked!" he exclaimed. "The cold never got going." It worked again every time. He has not had a single cold for 7 years since.

He asked

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

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

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

Dr. Bill Keevil led one of the teams



**Dr. Bill Keevil: Copper quickly kills cold viruses.**

confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have even used copper on cold sores and say it can completely prevent outbreaks.

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

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

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

CopperZap is made in the U.S. of pure copper. It has a 90-day full money back guarantee when used as directed to stop a cold. It is \$69.95. Get \$10 off each CopperZap with code **NATA11**.

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# Feeding Healthy Habits

## A 10-Step Guide for Helping Children Thrive

by Melinda Hemmelgarn

It's not easy raising children in today's media-saturated landscape. From TV and video games to internet and mobile devices, our kids are exposed to a steady stream of persuasive marketing messages promoting low-nutrient junk foods. Both the American Academy of Pediatrics and the American Psychological Association warn that media's pervasive influence over children's food preferences increase their risk for poor nutrition, obesity and chronic diseases later in life.

Protecting children against marketing forces may seem like an uphill battle, but these strategies can help provide a solid foundation for good health.

**1 Teach children to be media savvy.** Andrea Curtis, Toronto-based author of *Eat This! How Fast-Food Marketing Gets You to Buy Junk (and how to fight back)*, says, "Kids don't want to be duped." By showing children how the food industry tricks them into buying foods that harm their bodies and the Earth, we can turn kids into food detectives that reject processed foods and sugary drinks.

**2 Feed children's curiosity about where food comes from.** Take children to farmers' markets and U-pick farms; organic growers reduce exposure to harmful pesticide residues. Kids that might turn up their noses at supermarket spinach tend to eat it in bunches when they've helped grow, harvest and prepare it. That's the story behind *Sylvia's Spinach*, a children's book by Seattle-based author Katherine Pryor.

**3 Introduce children to the rewards of gardening.** Connie Liakos, a registered dietitian based in Portland, Oregon, and the author of *How to Teach Nutrition to Kids*, recommends introducing children to the magic of planting seeds and the joy of caring for a garden—even if it's simply a pot of herbs on a sunny windowsill or a small plot in a community garden.

**4 Teach children how to cook.** Teresa Martin, a registered dietitian based in Bend, Oregon, says learning how to cook frees us from being "hostage to the food industry." She believes cooking is such an essential life skill that we should be

Keep emotion out of eating, and allow children control over how much they eat.

~Connie Liakos

teaching it along with reading, writing and arithmetic in kindergarten. When we cook, we're in control of the ingredients' quality and flavor. Plus, cooking together creates parent-child bonding. Invite children to help plan and prepare family meals and school lunches. (Remember to slip a note inside a child's lunch box with a few words of love and encouragement.)

**5 Visit the library.** From simple children's stories about food adventures to basic cookbooks, libraries open up a world of inspiration and culinary exploration. Find stories about seasonal foods to prepare with a child.

**6 Prioritize family meals.** Children that eat with their families are better nourished, achieve greater academic success and are less likely to participate in risky behaviors. Family meals provide time to share values, teach manners and enjoy caring conversations. To foster peace and harmony at the table, Liakos advises families to "keep emotion out of eating, and allow children control over how much they eat." Establish rules banning criticism, arguing and screens (TV, phones) during mealtime.

**7 Reject dieting.** Weighing, shaming and putting children on restrictive diets is a recipe for developing eating disorders. Instead of stigmatizing children by calling them

"obese", Liakos emphasizes creating healthy eating and activity habits for the entire family. Children may overeat for many reasons, including stress or boredom. Pay attention to sudden weight gain, which could be an indication that something is wrong, she says.

## 8 Find or create a "tribe" of like-minded parents.

Set up play groups with parents that share similar values. Advocate together for improved school food policies, establish a school garden or plan group field trips.

**9 Spend more time in nature.** The American Academy of Pediatrics recommends one hour of daily physical activity. Locate parks and hiking or biking trails to strengthen children's innate love for their natural world. According to research at the University of Illinois, spending time in nature also helps reduce symptoms of attention deficit hyperactivity disorder.

**10 Protect children's sleep.** The American Academy of Pediatrics advises against TVs, computers and smartphones in children's bedrooms. Children, depending on their age, need eight to 12 hours of undisturbed sleep each night to support physical and mental health, and help prevent obesity.

Remember that our children are hungriest for parental time, love and support.

*Melinda Hemmelgarn, the "Food Sleuth," is an award-winning registered dietitian, writer, speaker and syndicated radio host based in Columbia, Missouri. Contact her at [FoodSleuth@gmail.com](mailto:FoodSleuth@gmail.com).*

## Resources to Help Children Thrive



Center on Media and Child Health: [cmch.tv/clinicians/eating-exercise-tips](http://cmch.tv/clinicians/eating-exercise-tips).

Common Sense Media: [CommonSenseMedia.org](http://CommonSenseMedia.org).

*Eat This! How Fast-Food Marketing Gets You to Buy Junk (and how to fight back)*, by Andrea Curtis: [AndreaCurtis.ca](http://AndreaCurtis.ca).

Prevention Institute: [Tinyurl.com/StopJunkFoodMarketing](http://Tinyurl.com/StopJunkFoodMarketing).

### Nutrition

*How to Teach Nutrition to Kids*, Connie Liakos:

[NutritionForKids.com](http://NutritionForKids.com).

*I'm Like, So Fat!: Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World*, by Dianne Neumark-Sztainer.

### Storybooks About Gardening, Cooking, Farms and Food

Review of farm-to-school children's literature: [Growing-Minds.org/childrens-literature](http://Growing-Minds.org/childrens-literature).

*Sylvia's Spinach*: [KatherinePryor.com](http://KatherinePryor.com).

### Nature Play

*Vitamin N: The Essential Guide to a Nature-Rich Life*, by Richard Louv: [RichardLouv.com/books/vitamin-n](http://RichardLouv.com/books/vitamin-n).

### Gardening Activities

[KidsGardening.org/garden-activities](http://KidsGardening.org/garden-activities).

### Media Literacy

American Academy of Pediatrics: A Healthy Family Media Use Plan: [HealthyChildren.org/mediauseplan](http://HealthyChildren.org/mediauseplan).

Campaign for a Commercial-Free Childhood: Screen-free Activism: [CommercialFreeChildhood.org](http://CommercialFreeChildhood.org).



# Take a Cerebral Spin Cycling for a Healthier Brain

by Marlaina Donato

**H**opping on a bicycle on a beautiful day or taking a spin class at the gym offers proven cardiovascular benefits like lowering cholesterol and blood pressure. Now, growing research shows that it also packs a powerful punch for brain health.

Aerobic exercise has been found to have the greatest impact on cognitive ability, and low-impact cycling leads the way. David Conant-Norville, M.D., a Portland,

Oregon psychiatrist, recommends cycling to help children challenged by attention deficit hyperactivity disorder (ADHD).

## Depression and Memory

“Cycling brings more oxygen and nutrients to the cells,” says Carmen Ferreira, owner of SunShine Barre Studio, in Rocky Point, New York. “When we ride our bikes, our brains also increase their production of proteins used for creating new brain cells.”

There is not one neurological disease that cannot benefit from aerobic exercise, from Parkinson’s disease to Lou Gehrig’s disease.

~Laurence Kinsella, M.D.

Cycling has been shown to significantly boost the neurotransmitters dopamine and serotonin, as well as brain-derived neurotrophic factor—BDNF—a protein that increases during aerobic exercise. Low levels of BDNF have been linked to obesity, excessive appetite, clinical depression, anxiety and cognitive decline. According to a 2016 study by the New York University Langone Medical Center published in the journal *eLife*, higher levels of BDNF help decrease symptoms of depression while improving memory function.

BDNF helps maintain brain health and stimulates the growth of new neurons. Pedaling regularly can fire up brain cell production by at least twofold; cycling only 20 to 30 minutes a day can decrease symptoms of depression—and might even prevent it.

## Cycle for Alzheimer’s and Parkinson’s Diseases

“For years, we’ve been touting the benefits of mental exercises for Alzheimer’s disease, but physical exercise is also highly beneficial.

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

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When we ride our bikes, our brains also increase their production of proteins used for creating new brain cells.

~Carmen Ferreira

There is not one neurological disease that cannot benefit from aerobic exercise, from Parkinson's disease to Lou Gehrig's disease," says Laurence Kinsella, M.D., a neurologist at the SSM Health Medical Group, in Fenton, Missouri.

According to 2017 Canadian studies involving Parkinson's patients, cycling improved motor function during a 12-week period. The results, published in *Frontiers in Human Neuroscience*, also show a marked improvement in gait.

Promising 2018 research published in the *Journal of the American Geriatrics Society* reveals cycling and other forms of aerobic exercise to be the most effective activity in slowing Alzheimer's-related cognitive decline.

### Build Stress Resistance

In general, living a sedentary life sets up a hair-trigger stress response in the body, while forms of exercise like cycling help to regulate excessive levels of age-accelerating stress hormones cortisol and adrenaline. Kinsella says, "Exercise like cycling makes us channel that part of the ancient brain that helped our ancestors run from a tiger, and when we engage the brain to run, chase or survive, the aging process slows down."

Cycling can also be beneficial for people with fibromyalgia. Ferreira notes, "I have a few students with fibromyalgia who have reported having more energy, as well as better mood."

### Shorter Sessions, Better Results

While cycling can be a memory booster, it can also temporarily impair cognitive function if sessions are too intense or long. Kinsella recommends that his students work up to 75 percent of maximum heart rate. He also emphasizes common sense. "Strive for a reasonable pace, and by that, I mean ramping up your heart rate gradually over three weeks. Go slowly with beginning any vigorous exercise and accept that it will take months." For Alzheimer's patients, he recommends breaking a sweat with five, 30-minute sessions a week.

Ferreira also advises moderation. "Do as much as your body allows—15, 20 or 45 minutes, the latter being the duration of a full-length class. Have clear communication with the instructor to help you reach your goals."

Whether objectives are accomplished on an outdoor or stationary bike, it is important to be consistent. Kinsella suggests making it enjoyable. "You can get on your bike and watch your favorite television show for 30 minutes or more and get a good workout."

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



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healing ways



# HEALING HARMONIES

## Music As Medicine

by Marlaina Donato

From ancient Mongolian shamans that used drumming for physical and emotional healing to modern, board-certified music therapists that work with special needs kids, science now confirms what we've always known: Music makes us feel better.

Decades after Don Campbell's groundbreaking work about the cognitive effects of listening to the music of Mozart, growing research reveals music's ability to reduce chronic and acute pain, restore brain connections after a stroke, boost

immunity and promote brain development in children. Recent studies of the benefits of music published in *BJPsych International* show decreased depression in patients with neuropsychiatric disorders and improvement in people with certain types of epilepsy.

### Neurochemistry and Pain Reduction

Listening to music we find pleasurable can have an analgesic effect on the body, and researchers theorize that the brain

Music bypasses the language and intellectual barriers in the brain that can prevent healing.

~Sheila Wall

releases a cascade of natural opioids, including dopamine. A pilot study on cancer patients published in the *Indian Journal of Palliative Care* in 2016 shows a significant reduction of pain when individuals are exposed to music for 20-minute intervals.

Music also minimizes chronic pain associated with syndromes like fibromyalgia. Collective studies published in *Frontiers of Psychology* in 2014 suggest that relaxing, preferred choices of music not only reduce fibromyalgia-related pain, but also significantly improve mobility.

### Dementia, Stroke and Brain Development

Board-certified music therapists like Sheila Wall use live and recorded music to catalyze therapeutic changes in their clients. In her Eau Claire, Wisconsin, practice, Wall works with a wide range of clients ranging in age from 3 to 104. "Music bypasses the language and intellectual barriers in the brain that can prevent healing. Music helps the brain compensate for whatever damage that has occurred through illnesses, disease or trauma," she says. "I also work with children to help them build language and motor skills through music.

Research last year by the Brain and Creativity Institute at the University of Southern California in Los Angeles has shown that music training strengthens areas of the brain that govern speech, reading skills and sound perception in children. The results, published in *Cerebral Cortex*, indicate that only two years of music study significantly changes both the white and gray matter of the brain.

Kirk Moore, in Wheaton, Illinois, is a certified music practitioner who provides live therapeutic music for people that are sick or dying. He says he sees daily changes through music. "I see heart rates slow down and blood pressure reduced. Breathing becomes steadier; pain and nausea cease."

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Moore has also witnessed patients with aphasia—a language impairment caused by stroke or other brain damage—spontaneously sing-along to songs and regain the ability to speak. One memorable patient could only utter a single word, but listening to Moore ignited a dramatic change. “I sang ‘You Are My Sunshine’ and within seconds, she was singing. After 20 minutes of music, I expressed to the patient my hopes that the music had been helpful to her. ‘Oh goodness, yes!’ she responded.”

### Pick Up a Drum

Drumming has been proven to be able to balance the hemispheres of the brain, bolster immunity and offer lasting physical and emotional benefits for conditions ranging from asthma to Parkinson’s disease, autism and addiction recovery.

Medical research led by neurologist Barry Bittman, M.D., shows that participation in drumming circles helps to amp up natural killer cells that fight cancer and viruses such as AIDS. Recent research published in *PLOS/ONE* reveals a profound reduction of inflammation in people that took part in 90-minute drum circles during the course of the 10-week study.

### Music and End of Life

Music’s capacity to bring healing and solace also extends to the end of life. Classically trained musician and certified music practitioner Lloyd Goldstein knows firsthand the power of providing music for cancer patients and the terminally ill. “I feel a deep responsibility to be as present as I can possibly be, to what I’m doing, the people I’m playing for,” says Goldstein, who left a secure orchestra position to join the team at The Arts In Medicine Program at the Moffitt Cancer Center in Tampa, Florida. “It’s taught me how to be a better musician and a better person.”

As much as the musician gives, music gives back. “I end up calmer than when I begin a session. That healing environment travels with me,” Moore says.

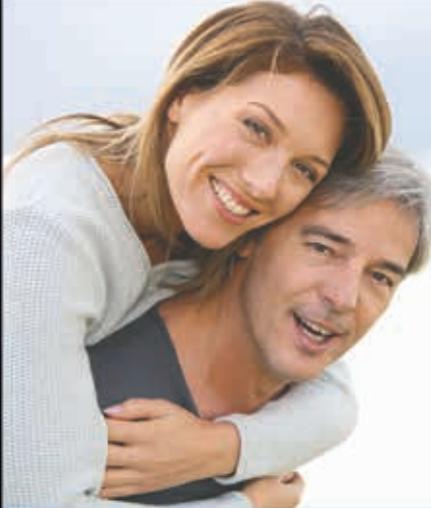
*Marlaina Donato is a composer and the author of several books. Connect at AutumnEmbersMusic.com.*

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# FINDING THE BEST VET

In some areas, holistic veterinary care is so popular that appointments are hard to come by. In others, there are few veterinarians practicing alternative medicine.

## Ask Around

One way to find a veterinarian that has expanded beyond the confines of Western medicine is to ask other pet owners. Employees at pet food or supply stores will often have recommendations, as well. Search online or use the American Holistic Veterinary Medical Association's "Find a Holistic Veterinarian" search feature at [ahvma.org/find-a-holistic-veterinarian](http://ahvma.org/find-a-holistic-veterinarian).

## Get Details

If there are several doctors to choose from, read their websites to find out the nature of initial consultations, available treatments and associated fees. Read patient reviews there and look for some that aren't on their site. Consider stopping in to see how the practice looks and feels.

## First Appointment

Once an appointment is made, know what's needed to make the most of it. Most veterinarians want historical records and intake forms filled out in advance. Be prepared to pay for services during that first visit. Because holistic care is personalized to deal with underlying causes instead of symptoms, be ready to spend more time talking about the pet.

## Going Forward

No matter which veterinarian is chosen, expect reasonable outcomes. Pets should be comfortable at the appointment and owners should feel they are heard. Care and cost of care should make sense. Follow-up calls from the office to check on treatment progress show that the interest in clients goes beyond the appointment. Reminder calls, emails or postcards about upcoming appointments or recommended services convey that the practice is organized and has a long-term interest in animal health.

natural pet

# VET CHECK

## Treating the Whole Pet

by Julie Peterson

About 10 years ago, Kim Krouth's dog, Buckeye, was suffering from severe allergy symptoms. The mixed-breed shepherd was licking and biting her paws until her toe pads were bleeding. "Our conventional vet prescribed steroids," recalls Krouth. "It helped some, but also agitated Buckeye. When I found out that other side effects could include serious health problems, I didn't want to put her at risk."

The Madison, Wisconsin, animal lover headed to a holistic pet supply store to ask about alternative treatments for the dog's allergies. She learned about herbal remedies, and was advised to take Buckeye to a holistic veterinarian. "Treating her holistically seemed like a better option than the side effects of treatment with drugs," she says.

The holistic veterinarian recommended acupuncture. It helped, but the dog later became sensitive to the needles. At that point, she was given homeopathic plant-based treatments that worked well with no side effects. Buckeye, now 15, has also received laser light therapy and spinal manipulation to help with mobility in her senior years.

## The Holistic Difference

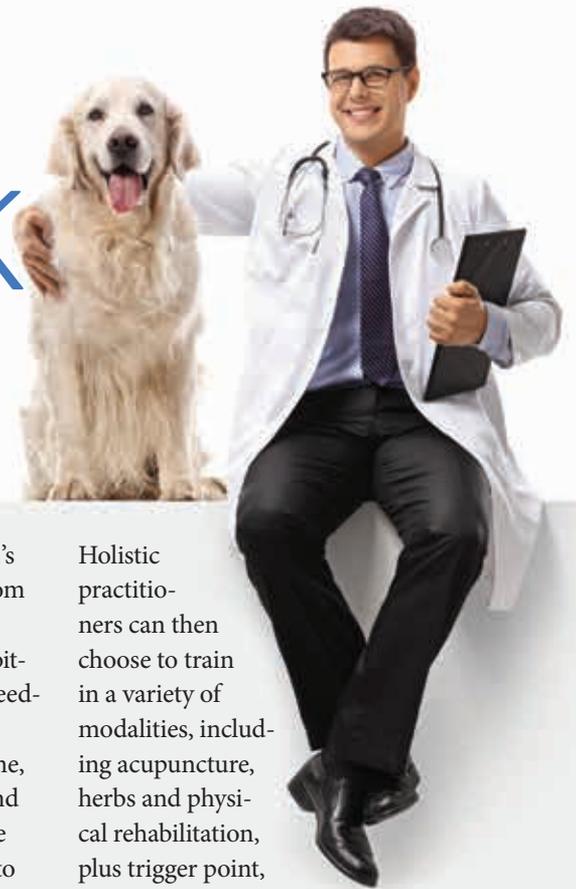
Holistic veterinarians have been treating dogs, cats, chickens, livestock and exotic animals across the nation for some time, but many people aren't entirely clear about how their approach—and their training—differs from a conventional vet. Both enter the profession after earning a doctor of veterinary medicine (DVM) degree.

Holistic practitioners can then choose to train in a variety of modalities, including acupuncture, herbs and physical rehabilitation, plus trigger point, megavitamin and stem cell therapies.

"Any method that is sufficiently different from conventional medicine requires extra training ... over a period of weeks, months or years," says Nancy Scanlan, DVM, the executive director of the American Holistic Veterinary Medical Foundation, in Mount Shasta, California.

Veterinarians, holistic or not, typically do the same initial examination of an animal, she says. From there, a holistic vet may look at additional areas or assess things in a slightly different way. "For example, someone trained in veterinary osteopathy or veterinary chiropractic would explore the range of motion of joints or the spine."

In treatment, holistic DVMs use an integrative approach. The goal is to look at the animal as a whole and treat the underlying condition, rather than treating the symptoms. "Integrative medicine is about broadening our medical options, blending both conventional medical and holistic approaches. It focuses on client education and participation in the healing process of their pet," says Danielle Becton, DVM, of Aloha Pet & Bird Hospital, in Indian Harbour Beach, Florida.



Ljupco Smokovski/Shutterstock.com

Integrative medicine is about broadening our medical options, blending both conventional medical and holistic approaches. It focuses on client education and participation in the healing process of their pet.

~Danielle Becton, DVM

Holistic veterinarians may also choose to use fewer conventional drugs and limited vaccinations. "Vaccine titers can be used to determine if a patient has adequate antibodies to a disease to create immunity," says Becton. "If a pet is already immune, they may not need another vaccine booster that year."

Becton and Scanlan agree that alternative treatments such as acupuncture, laser therapy or massage can be used in lieu of drugs for pain management. However, Scanlan does note that in an acute or emergency situation, many natural methods do not work fast enough, "and that is when holistic veterinarians are more likely to use drugs."

### Choosing a Holistic Veterinarian

Pet owners seek out holistic veterinarians for different reasons. In Krouth's case, it was the unacceptable side effects to drugs that led her to explore other options. Becton points out that she gets clients looking for a more natural approach for their pets after they personally have had success with human integrative medicine.

However, it's important that pets are treated by professionals that are trained to treat animals. People with holistic training for humans may not understand animal anatomy or physiology.

Ultimately, choosing a veterinarian is a personal decision, and seeing a beloved pet thrive is the best confirmation that it was the right one. "We are so glad that we still have Buckeye at this golden age, and believe it's due to holistic care that she has lived a comfortable, long life," says Krouth.

*Julie Peterson lives in rural Wisconsin with her husband, dogs and chickens. She has contributed to Natural Awakenings for more than a decade. Contact her at JPTrsn22@att.net.*

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# A Holistic Approach to Pet Care

by Mia K. Frezzo and Jan Jeremias

Emotions are the way we and our pets respond to feelings. Each emotional response is paralleled by a biological response and psychological process. Traditional Chinese Medicine views seven emotions, including joy, anger, anxiety, grief, pensiveness, fear and fright, and each affects the health of an organ. Historically, Greek medicine, the root of traditional Western medicine, also viewed emotions as affecting the health of the organs.

Traditional Chinese Medicine, which has been practiced for more than 5,000 years, classifies five major organ system pairs that are each associated with a particular emotion. The liver and gallbladder are associated with anger; the heart and small intestine are associated with joy; the spleen and stomach are associated with overthinking or pensiveness; the lungs and large intestine are associated with grief; and the kidney and bladder are associated with fear.

Joy is an emotion of deep contentment connected to the heart, according to Traditional Chinese Medicine. Feelings of overexcitement or excess joy can lead to agitation, insomnia, fever and heart palpitations.

Anger is an emotion associated with resentment, frustration, irritability and rage. Chinese medicine asserts that this emotion is stored in the liver and gallbladder, which produce and store bile,



respectively. This anger can affect many biological processes that decrease energy and cause dizziness and high blood pressure.

Anxiety is an emotion of excessive worry that can affect the lungs and large intestine. Anxiety may result in shortness of breath, diarrhea and ulcerative colitis, or inflammation of the large intestine. The consequences are low energy, due to decreased levels of oxygen and lack of proper nutrition.

Grief creates disharmony in the lungs and blocks energy from circulating throughout the body. Grief can destroy the will to live and result in respiratory conditions.

Pensiveness is an emotion of overthinking. Pensiveness affects the spleen and can cause fatigue, lethargy and inability to concentrate. It can disrupt normal digestion and lead to gas, distention and bloating.

Fear is an emotion that can cause disharmony in the kidneys and bladder, causing involuntary urination. According to Greek medicine, extreme fear can lead to incontinence.

Fright is an emotion of shock and panic due to something sudden or unexpected. Fright initially affects the heart, and chronic fright can affect the kidneys.

The connection between the organs and emotions may play a role in our pets' health and in the ability to heal. For example, grief is associated with the lungs and large intestine. Therefore, a pet who has lost a human companion or another pet in the household may benefit from using oils that support these organs. On the other hand, aiding a pet with a physical ailment may include attending to the emotions that are associated with the affected organ system. For example, a pet with liver disease may be helped by using oils that decrease anger, such as geranium.

Overall health is a combination of emotional and physical well-being and balance. The goal of healing is to consider both the state of body and mind. The complexity and diverse chemistry of essential oils offers us the ability to support the entire being and to take a more holistic approach in caring for our pets.

*Mia Frezzo, DVM is a veterinarian and owner of the Animal Hospital of Hasbrouck Heights. Jan Jeremias, MSc. is an Animal Health and Wellness Coach in Bergen County. They are the authors of SpOIL Your Pet. For more information, visit SpoilYourPeteo.com. For appointments with Frezzo, call 201-288-7800, or visit VetInHeights.com. See ad, page 33.*

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## calendar of events

### THURSDAY, AUGUST 1

**Guided Pontoon Boat Cruise** – Aug 1, 7, 9, 13, 15, 21, 23. 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.

**Soprano Gay Willis Summer Concert** – 7-8:30pm. An exciting program, Willis perform Copeland, Berlin, Fred Rogers and more. Bring a low back chair or blanket, sit back and enjoy. In case of rain, the concert will be held in the Clinton Inn, 145 Dean Dr, Tenafly. Free. Davis-Johnson Park, 139-153 Engle St, Tenafly. 201-568-4134. TenaflyNJ.org.

### SATURDAY, AUGUST 3

**Rocket Pencil Box: DIY for Kids** – 9am-12pm. Take school work to another galaxy in our hands-on workshop where you and your child can build a rocket pencil box. Your young aerospace engineer can study the anatomy of a rocket while you construct a handmade case together. Once the rocket pencil box is built, your child can decorate it with paint and stickers. All kids get to keep their project, receive a certificate of achievement, a workshop apron, and a commemorative pin while supplies last. Children must be present at the store to receive the kit, apron and pin. Free. All Bergen County Home Depots: Paramus, Mahwah, Hackensack, etc. 800-466-3337. HomeDepot.com.

**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

**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.

**Saturday Flea Market & Collectibles** – 9am-4pm. Fundraiser for NJ Special Olympics. There will be 50+ exhibitors displaying an array of quality merchandise such as handbags, crafts, sports collectibles, clothing, jewelry, gift items, perfumes, dollar items, antiques & collectibles, garage/tag sale items and more. North Hudson Park, 9280 John F Kennedy Blvd, North Bergen.

### SUNDAY, AUGUST 4

**Guided Nature Walk: Tenafly Nature Center** – 3-4pm. Enjoy the season with a guided walk along one of the Center's trails with an environmental educator. Whether a first time visitor or a regular on the trails, participants will enjoy different sensory experiences in the forest. All ages welcome; an adult must accompany children; no strollers please. Inclement weather postpones the program. \$6, \$3/



members, free/children under 2. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

**Give A Hoot!** – 6:30-8pm. International Owl Awareness Day is Aug 4. Let's give a hoot to owls everywhere. Join an educator for a short introduction to these raptors and a visit from a live owl. Then venture outside in search of nocturnal feathered friends. Program is intended for adults and families with children 5 and up. Children must be accompanied by an adult. \$10, \$5/members; preregistration is required. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

### MONDAY, AUGUST 5

**Cancer Recovery Fitness** – Aug 5, 12, 19, 26. 11:15am. This program only open to individuals impacted by cancer. Oncology fitness instructor leads gentle strength and stretching exercises for anyone in treatment or post-treatment. This cancer exercise program will help you improve range of motion and balance while decreasing, fatigue stress. All fitness levels welcome. Doctor's note required. HNH Fitness, 514 Kinderkamack Rd, Oradell. Registration (required) at 201-833-3392. HolyName.org/CancerSupport.

**Post Treatment Cancer Support Group** – Aug 5, 19. 1-2pm. This support group is specifically designed for those who have finished treatment, the beginning of a new journey. This group offers support and information while living beyond cancer. Registration is required. Holy Name Medical Center, Marian Hall. RSVP: 201-833-3392. HolyName.org/CancerSupport.

### TUESDAY AUGUST 6

**Yoga for Lymphatic Movement** – 11am. Class is open to cancer patients in treatment and post treatment. Learn gentle movements to help reduce the swelling of lymphedema and improve range of motion, flexibility, balance and lymph flow. Mats available or modified movements on a chair. Registration required at either location. Holy Name Medical Center, Marian Hall. RSVP: 201-833-3392. HolyName.org/CancerSupport.

### WEDNESDAY, AUGUST 7

**Cancer Recovery Fitness** – Aug 7, 14, 21, 28. 11:15am. This program only open to individuals impacted by cancer. Oncology fitness instructor leads gentle strength and stretching exercises for anyone in treatment or post-treatment. This cancer exercise program will help you improve range of motion and balance while decreasing, fatigue stress. All fitness levels welcome. Doctor's note required. Holy Name Medical Center, Marian Hall Conference Room. Registration (required) at 201-833-3392. HolyName.org/CancerSupport.

### THURSDAY, AUGUST 8

**iPhone Photography Workshop** – Aug 8, 15, 22, 29. 3:30-4:30pm. Open to those impacted by cancer. The potential for professional quality photos is right in your pocket. Discover helpful shooting tips, techniques and editing apps to capture great shots. Learn how to share and store photos. Holy Name Medical Center, Marian Hall Conference Room. Registration (required) at 201-833-3392. View additional cancer support programs at HolyName.org/CancerSupport.

**Romeo & Juliet** – 7pm. Bring a low back chair or blanket, sit back and enjoy. In case of rain, the concert will be held in the Clinton Inn, 145 Dean Dr, Tenafly. Free. Davis-Johnson Park, 139-153 Engle St, Tenafly. 201-568-4134. TenaflyNJ.org.

### FRIDAY, AUGUST 9

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

### SATURDAY, AUGUST 10

**Seasonal Scavenger Hunt** – 2-3pm. Families will receive a set of clues to solve nature riddles along the trails. Families need to work as a team as they hike the trails to complete the hunt and receive a prize. For adults and families with children 4 and up; children must be accompanied by an adult; inclement weather cancels the program. \$3, \$10/family max, \$6/non-members, \$30/family max, free/children under 2. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

### 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.

**Fused Glass Jewelry Making** – 12-3pm. This unique medium calls for the assembling of colorful pieces of glass to make a variety of jewelry items. Pieces will be kiln-fused and two weeks later students can attach the findings provided in the workshop. \$100, \$80/members; materials and firing fees included. Montclair Art Museum, 3 S Mountain Ave, Montclair. 973-259-5139. MontclairArtMuseum.org.

**Othello** – 4pm. Bring a low back chair or blanket, sit back and enjoy. In case of rain, the concert will be held in the Clinton Inn, 145 Dean Dr, Tenafly. Free. Davis-Johnson Park, 139-153 Engle St, Tenafly. 201-568-4134. TenaflyNJ.org.

## MONDAY, AUGUST 12

**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 CEUs for massage therapists. Registration required. Christine DiDomenico, Washington Twp. 845-825-2361. AccessTheBars.com.

## TUESDAY AUGUST 13

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

## WEDNESDAY, AUGUST 14

**Morning Pontoon Boat Cruise** – 10am. Two-hour trip along the Hackensack River and its marshes. See Aug 1 listing. For ages 10 up. Free. River Barge Park, 260 Outwater Lane, Carlstadt. Cathy Vonk: 201-460-4677. NJSea.com.

## THURSDAY, AUGUST 15

**Full Moon Women's Ceremony:** Circle Of Sanctuary, Sacredness & Sisterhood – 6:45-9pm. There is a power created when sisters gather in sacredness on the full moon; the inner connection is amplified and heightened and subtle energies powerfully moved. W/AmaYaMa. \$40. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

## SATURDAY, AUGUST 17

**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 his-



tory 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.

**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 CEUs for massage therapists. Registration required. Terry Obsuth, 22 Madison Ave. Paramus. 201-655-3836. AccessTheBars.com.

**Historic Site Summertime Tours** – 10am-4pm. Walk where Lighthouse Harry Lee walked. View new exhibits of American Revolutionary War collections and enlarged reproductions of period maps including a recently discovered one. Museum site open for tours, exhibits. All 3 Jersey-Dutch sandstone houses, including the Steuben House, a state historic site, are connected by an ADA compliant gravel walking path. The Westervelt-Thomas Barn will be open with broom-making. Take-away kite making project included for children and kite flying in the meadow if conditions are right. \$12, \$7/students, free/members. Historic New Bridge Landing, 1201 Main St, River Edge.

**Open Cockpit Weekend: Aviation Hall of Fame** – Aug 17 & 18. 10am-4pm. Young and old can experience hands-on cockpit understanding; learn more about how pilots fly and what the controls and instrumentation do. The museum, located beside the runway at Teterboro Airport, owns a number of WW II planes, helicopters and historic and modern aircraft. Additionally, the world's only surviving Martin 202 Cockpit has been refurbished and is now open for visitors to sit in. This aircraft was operated by TWA beginning in 1950. \$12, \$9/seniors, children. Aviation Hall of Fame of NJ, Teterboro Airport, 400 Fred Wehran Dr, Teterboro. 201-288-6344. NJAHOF.org.

## SUNDAY, AUGUST 18

**Edge of Tomorrow** – 4:30pm (pre-show entertainment), 5pm (movie). Live. Die. Repeat. Tom Cruise and Emily Blunt play warriors leading the fight for humanity. Relive this action-packed sci-fi presentation on a 50-foot screen with 7.1 surround

sound. \$15, \$8/children 12 and under, seniors, students. United Palace, 4140 Broadway at 175th St, Manhattan. 212-568-6700. <https://www.unitedpalace.org/product/edge-of-tomorrow/>

## markyourcalendar

### SUNDAY, AUGUST 18

**Kirtan with WAH!** – 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

**Post Treatment Cancer Support Group** – 1-2pm. See Aug 5 listing. Registration is required. Holy Name Medical Center, Marian Hall. RSVP: 201-833-3392. HolyName.org/CancerSupport.

**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.

## TUESDAY AUGUST 20

**Yoga for Lymphatic Movement** – Aug 20, 27. 11am. Class is open to cancer patients in treatment and post treatment. Learn gentle movements to help reduce the swelling of lymphedema and improve range of motion, flexibility, balance and lymph flow. Mats available or modified movements on a chair. Registration required at either location. Holy Name Medical Center or at HNH Fitness, 514 Kinderkamack Rd, Oradell. RSVP: 201-833-3392. HolyName.org/CancerSupport.

## TUESDAY, AUGUST 27

**Zumba** – 1-2pm. This class is available through Cancer Support Community, and is open to individuals impacted by cancer. Join for the perfect combination of fitness and fun. Registration is required. HNH Fitness, 514 Kinderkamack Rd, Oradell. RSVP: 201-833-3392. HolyName.org/CancerSupport.

## WEDNESDAY, AUGUST 28

**Ramapo Yoga Teacher Certification Program Information Session** – 7-8pm. For those who want to teach, or expand their job market skills and enhance their overall well-being, a 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.

## THURSDAY AUGUST 29

**New Moon Women's Ceremony:** Circle of Sanctuary, Sisterhood & Empowerment – 6:45-9pm. See Aug 15 listing. \$40. Attend both for \$70. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

**Michael Fennelly Summer Piano Concert** – 7-8:30pm. A exciting program performed on two

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baby grand pianos. Bring a low back chair or blanket, sit back and enjoy. In case of rain, the concert will be held in the Clinton Inn, 145 Dean Dr, Tenafly. Free. Davis-Johnson Park, 139-153 Engle St, Tenafly. 201-568-4134. TenaflyNJ.org.

## plan ahead

### SATURDAY, SEPTEMBER 7

**Shamanic Circle with Tuvan Shamaness Chokbar** – 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/>.

### WEDNESDAY, SEPTEMBER 11

**Mindfulness-Based Stressed Reduction Orientation** – Sept 11, 7-9pm; Sept 13, 9-11am. Learn about the Mindfulness Based Stress Reduction (MBSR) course at a free orientation session required of all participants. Published research has shown that mindfulness training can be an important adjunct to conventional medical treatment of many disorders as well as powerful way of reducing stress and pain. Fall MBSR courses are offered on Wednesdays and Fridays. Krame Center, Anisfield School of Business, Rm 420. Ramapo College of New Jersey, Mahwah, NJ. [TinyURL.com/KrameMBSR](http://TinyURL.com/KrameMBSR).

### THURSDAY, SEPTEMBER 12

**Yoga Therapy Teacher Training** – Thur through Oct 17. 9am-2pm. Yoga Alliance approved teacher training module that will focus on applying traditional yoga poses to support students and yourself in a therapeutic way. \$600. See website for details. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. [BodyPositiveWorks.com](http://BodyPositiveWorks.com).

### FRIDAY, SEPTEMBER 13

**Mindfulness-Based Stressed Reduction Orientation** – Sept 11, 7-9pm; Sept 13, 9-11am. Learn about the Mindfulness Based Stress Reduction (MBSR) course at a free orientation session required of all participants. Published research has shown that mindfulness training can be an important adjunct to conventional medical treatment of many disorders as well as powerful way of reducing stress and pain. Fall MBSR courses are offered on Wednesdays and Fridays. Krame Center, Anisfield School of Business, Rm 420. Ramapo College of New Jersey, Mahwah, NJ. [TinyURL.com/KrameMBSR](http://TinyURL.com/KrameMBSR).

### SATURDAY, SEPTEMBER 14

**Mindfulness-Based Stress Reduction** – 9-11am. Orientation for MBSR 8-week course Tues Sep 17-Nov 12. Free. For complete details and discounts visit our website. Body Positive Works, 96 E. Allendale Rd, Saddle River. 201-708-8448. [BodyPositiveWorks.com](http://BodyPositiveWorks.com)

**Meditation Retreat for Newbies** – 9am-3pm. One-day retreat on learning how to meditate. Beginners learn the basics, while more experienced meditators deepen their practice. BYO yoga mat, lunch and

drink. Dress in layers as room may get cold. \$55, \$25/Ramapo faculty, staff, students. Krame Center for Mindful Living, Ramapo College of New Jersey, 505 Ramapo Valley Rd, Student Center Room 156-158. 201-684-6855. [Tinyurl.com/MedRetreat](http://Tinyurl.com/MedRetreat).

**Meadowlands Birding Festival** – 8:30am-4:30pm. This spectacular day will include bird walks, talks, raptor visits, kid's activities and more celebrating the Meadowlands amazing bird population. This year's keynote speaker is Sharon Stiteler aka The Bird Chick. More information to come. (Rain or shine) Free. Meadowlands Environment Center, Two DeKorte Park Plaza, Lyndhurst. 201-230-4983.

### THURSDAY, SEPTEMBER 19

#### markyourcalendar

#### THURSDAY, SEPTEMBER 19

**BINGO NIGHT FUNDRAISER** – 6:30-9:30pm. Bring your favorite food & drink and join Aerial Flyte Club for a fundraiser for Girls on The Run North. All prizes and vendors will be wellness related in body, mind, and spirit. No reserved seating, so get there early. For info and tickets, visit website, click the Bingo Night button. Club 176, 176 Wyckoff Ave, Wyckoff. For collaborations/questions: [AerialFlyteClub@gmail.com](mailto:AerialFlyteClub@gmail.com). [AerialFlyteClub.com](http://AerialFlyteClub.com).

### 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

**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](http://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).



**The 7 C's of Daily Addiction Recovery** – 7-8pm. 2nd Mon. A workshop of hope and support for families affected by addiction; w/Fern Weis, family recovery coach. Donation of supplies or cash to the Ramapo Bergen Animal Refuge. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. 201-644-0840. [Fern@familyrecoverypartners.com](mailto:Fern@familyrecoverypartners.com).

**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).

**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 Medi-

## 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, Ansifield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For information or to register: TinyURL.com/KrameMeditation.

**Chair Yoga, Breathing Technique & Meditation Class** – 6-7pm. Yoga is a holistic way of energizing and integrating your mind body and self. Meditation allows the conscious mind to settle deeply in the self, giving it a rest. With Sujatha



Nair from Art of Living. Free. Teaneck Public Library, 840 Teaneck Rd, Teaneck. 201-837-4171. TeaneckLibrary.org.

**Green Drinks Conversation:** Ramsey-Mahwah – 6-9pm. 1st Wed. Informal social engagement provides a framework established without agenda or motives other than spreading sustainable consciousness throughout our local communities. Upstairs at The Station, 5 W Main St, Ramsey. 201-327-9748. BradysAtTheStation.net.

**Adult Coloring Club** – 6:30-7:30pm. Registration is required due to space limitations but no need to attend on a regular basis. The library will supply the space to relax and de-stress, coloring pages, the coloring pencils and crayons, and the refreshments. Free. Closter Public Library Central Library, 280 High St, Closter. 201-768-4197. Closter.BCCLS.org.

**Yoga for Stress & Anxiety** – 6:30-7:45pm. An opportunity to slow down with meditation, breathing exercises, gentle and restorative yoga, yoga nidra (deep relaxation), journaling and essential oils. Come relax your body and calm your mind. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. Full class schedule available at BodyPositiveWorks.com.

**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 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

**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.

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

**Teen Time** – 3:30-4:30pm. 2nd Thur. The programs are different each month, but they are guaranteed to be fun or your money back. Free. Friends Room,

Tenafly Public Library, 100 Riveredge Rd, Tenafly. 201-568-8680. TenfCirc@bccls.org.

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

**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.

**CARE: Cancer Awareness Research Exchange** – 7pm. 1st 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. The Elks Lodge, 523 Kinderkamack Rd, Westwood. 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.

**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.



**P**ets are humanizing. They remind us we have an obligation and responsibility to preserve and nurture and care for all life.  
~James Cromwell



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

## friday

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

**Yoga for Recovery from Eating Disorders & Negative Body Image** – 9:30-10:45am. Yoga can help to heal eating disorders & disordered eating because in yoga, the body is viewed as the most precious container for what is truly important, one's unique inner qualities. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

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

**Bhagavad Gita Classes and Vegetarian Dinner** – 7-9pm. 2nd and 4th Fri. Learn the most famous Vedic book. Secular, logical, eye-opening, the Gita teaches the eternal principles of love. Written 5,000 years ago, this knowledge is relevant for modern life. Info: Gopal\_Agrawal@yahoo.com or 201-926-9079.

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

## saturday

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

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

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

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

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

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

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

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

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

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

## community resource guide

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

### CONSCIOUS CENTERS

#### UNITED PALACE OF SPIRITUAL ARTS

4140 Broadway, New York, NY  
212-568-6700  
[UnitedPalace.org](http://UnitedPalace.org)



As an inclusive spiritual community, the United Palace of Spiritual Arts seeks to cultivate compassion, wisdom and peace through spiritual practices born of the great wisdom traditions, sacred service, and

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.*

### COUNSELING & PSYCHOTHERAPY

#### LESLIE KAREN LOBELL, MA, LPC

Pompton Plains (Rte 23) & Montclair  
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 30.*

### 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.*

### FUNCTIONAL MEDICINE

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201-291-0401 • [DoctorFinn.com](http://DoctorFinn.com)



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[BodyTherapeuticsLLC@gmail.com](mailto:BodyTherapeuticsLLC@gmail.com)  
917-701-1162 • [IAHP.com/Catherine-Perman](http://IAHP.com/Catherine-Perman)



Body Therapeutics addresses the bottom line of your stress, discomfort and pain with an amazing combination of holistic, therapeutic, manual modalities, including: CranioSacral Therapy, Total Body Balancing, Lymphatic Drainage,

Brain Balancing, Somato Emotional Release, Visceral Manipulation, reiki/energy healing and Myofascial Trigger Point – all personalized for your body's immediate needs and goals. Just when you thought you have tried everything, hope has arrived. Let's find your happy place again.

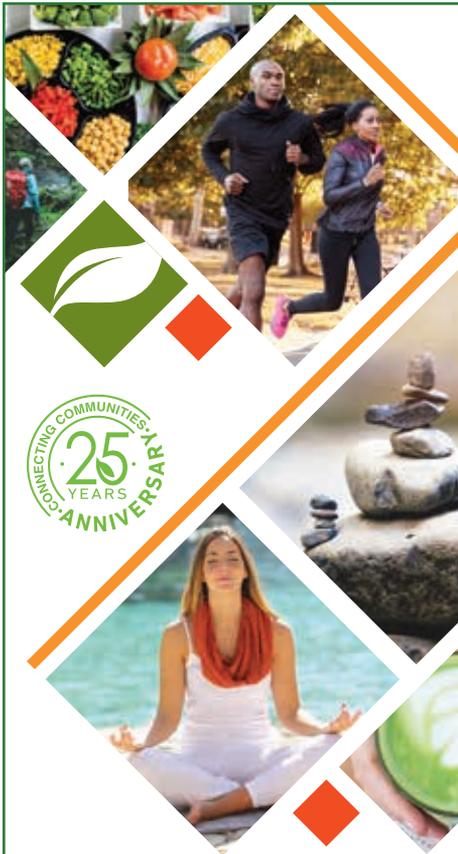


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# MISSION STATEMENT

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

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

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

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

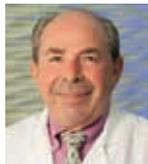


A comprehensive method designed to cleanse and renew the energy system which permeates

the physical body, accelerating the rate at which the body heals the physical as well as the psyche. Training, certification and classes as well as healing services with the prime objective of promoting physical, emotional, mental and spiritual well-being. Healing and meditation every Wednesday night open to those looking to relieve their stress from home or at work. *See ad, page 4.*

## HOLISTIC DENTAL CARE

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We focus on performing holistic dental care that is good for the body as well as the teeth and gums. We put an emphasis on a more natural or holistic approach to dentistry. As a holistic dentist, Dr. Gashinsky treats the cause of the problem and not just the symptoms. He seeks to improve his patients' quality of life through holistic dental care that respects and honors the body. *See ad, page 5.*

## INTUITIVE PRACTITIONER MEDITATIVE CLEARING & FENG SHUI

**LOIS KRAMER-PEREZ**  
Intuitive Practitioner, Meditative Clearing & Feng Shui  
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LoisKramerPerez.com



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

Lois has developed simple, effective techniques that help clients sharpen their awareness, clarity and empowerment through *feng shui*, personal meditative clearing, and environmental space clearing. Each of these services can provide anchors for creating change from the inside out. Let's get started! *See ad, page 31.*

## LIFE COACH

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



Are you ready to start attracting at you want, instead of what you don't want, in all areas of your life? I am an experienced and certified Law of Attraction life coach, and I can help you do that.

Once you start living your life from a Law of Attraction point-of-view it only gets better. I am also a certified Consulting Hypnotist. Hypnosis is great for stress reduction, sleep issues, fear of public speaking/performing, smoking cessation, etc. I am also certified in Thinner Band Hypnosis for extreme weight loss.

## NUTRITION & WELLNESS COUNSELING

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



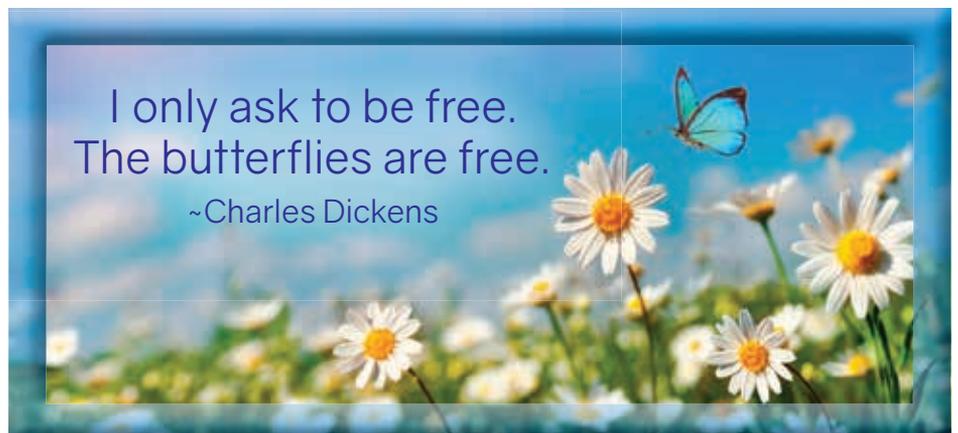
Christine is a Holistic Nutritionist, Natural Foods Chef and Transformational Mind Body Eating Coach. Author of *The NO DIET Cookbook, How to Eat for Health and Pleasure*, for the last eight years she has been supporting

women to feel empowered in their health and life using food related health challenges as opportunities for transformation. Christine's approach to making sustainable nutrition/lifestyle changes is rooted in understanding the mind/body connection. She offers tools to shift the chronic patterns that can have an impact on your physical health. At the end of the day, she knows long-term health and weight loss begins in the mind and heart, not just on your plate. *See ad, page 26.*



I only ask to be free.  
The butterflies are free.

~Charles Dickens



## classifieds

### BOOKS

**WHAT YOU THINK AND SAY** – and How You Dine and Eat Shows Who You Are. A gem of a book with many impulses from the divine Wisdom for a higher quality of life. Gabriele-Publishing-House.com. Toll free: 844-576-0937.

### FOR RENT

**PRACTITIONER SPACE OR OFFICE FOR RENT** – Within high-traffic, large fitness center in the heart of Paramus. 15 x 18ft. room w/attached bathroom. By main entrance. Perfect for masseuses, holistic practitioners, nutritionists, Mommy & Me classes and more. \$1,150/month, utilities included. Contact Sam: 973-886-0725 or SamFit28@yahoo.com.

### FOR SALE

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

### OPPORTUNITIES

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

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

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

**SALESPeOPLE WANTED** – Earn a generous commission selling print/online advertising F/T or P/T for *Natural Awakenings*

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**SPIRITUAL GUIDANCE** – Acutely gifted sensitive and empath. No tools/genre pure transmission of divine light for people, animals, places. Remote (distance) spiritual work from deep heart of Catskill Mountains in devotion to all globally. Inquiry: [Immensole@gmail.com](mailto:Immensole@gmail.com) or 551-502-4440.

SEPTEMBER

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plus: Yoga Therapy



VIBRANT AT ANY AGE ISSUE



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OCTOBER

## Oral Health

plus: Chiropractic Care



BETTER SLEEP ISSUE



NOVEMBER

## Natural Sleep Solutions

plus: Optimal Thyroid Function

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