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How to Turn
Back the Clock

Radha Agrawal on

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Ancient System
Restores Balance

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Sept. 28, 2019

Sept. 21, 2019



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201-655-3836

Classes & Sessions Available, refer to page: 9

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SOME OF THE IMPORTANT AREAS OF FOCUS INCLUDE

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

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

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

Hormonal Balance and Thyroid -----

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

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

The Body -----

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

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

Contact information

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

Functional Medicine **NEUROLOGY AND NUTRITION**

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

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

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

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

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

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

HERE'S WHAT OUR PATIENTS ARE SAYING

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

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

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

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

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

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

SPECIAL PROMOTIONAL OFFER

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

- Functional analysis of existing labs and health records
- Complete blood and hormone workup
- Preliminary brain-body evaluation whether for pain, fatigue, dizziness or brain fog
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Pranic Healing can detect the blockages in the body, remove them and replace with healthy revitalizing energies that can regenerate the physical body. It is a simple yet powerful and pain-free healing modality.

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When: Every Wednesday night (7:30-9:30)

The Center for Pranic Healing is a tax-exempt, non-profit organization with the prime objective of promoting physical, emotional, mental and spiritual well-being through Pranic Healing, Arhatic Yoga, meditation, study and service. Love donations are welcome.

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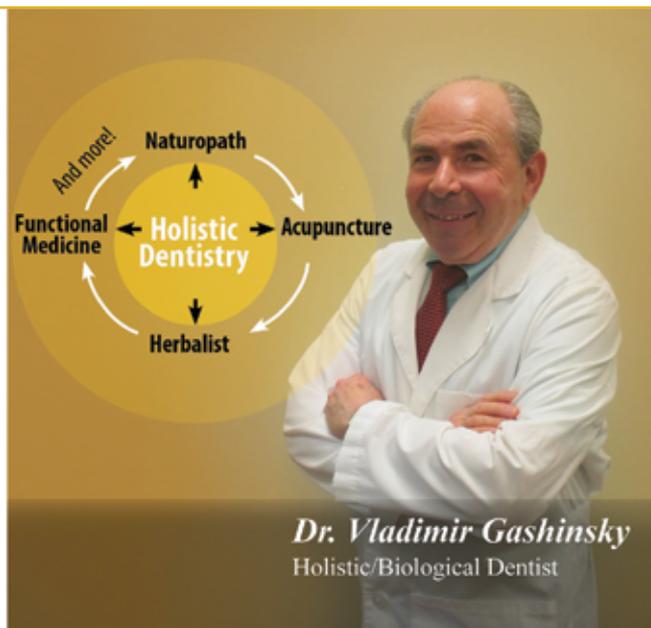
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The Holistic Dental Center

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.

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NaturalAwakeningsMag.com

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

letter from publisher



Summer has been quite good this year. Aside from enjoying the outdoors considerably more than last summer, it's been quite an interesting ride. The creative juices have been percolating over a high flame and it's time to finally blow the lid off the holistic health and wellness industry. Some pretty interesting folks have been showing up the last few months, bringing to the table more contacts, fresh ideas and grander visions.

A few weeks ago, I received a text message from dream interpreter and radio personality Jefferson Harman, introducing me to Debbie Peterson. Debbie runs the annual Wellness Gala (*WellnessGala.com*) in North Jersey. The next one is set for October 27th at the Parsippany Sheraton Hotel. It's the only event of its kind in our area, and it attracts most of the movers and shakers in the New Jersey holistic health scene. I've been buttonholed by Debbie to speak at this event. So, if you like these publisher letters, come see the show in the flesh. I guarantee you'll have a blast hobnobbing with your colleagues while noshing on what Debbie has in store for the event's menu.

I recently met Andrea Powers of Powers Yoga Studio in Bergenfield, New Jersey. Her Yoga Brunch Cruise on the Hudson River (*YogaBrunchCruise.com*) recently received so much attention that she had to change the event date to make time to secure a larger cruise ship on the Manhattan side of the river. Reminds me of that scene in *Jaws*, when the great white first revealed its massive head to Roy Scheider's character as he was baiting the water with chum. "We're going to need a bigger boat..." he said, as he slowly backed away from the bow in a state of shock.

Andrea later connected me to her PR lady, Karim Orange (*KarimOrange.com*). Karim is a nationally-recognized, natural cosmetics expert, celebrity personal care products artist and two-time Emmy Award nominee. Karim's work has graced the faces of countless stars in television, music, movies and theater. What makes her a unique force in the cosmetics arena is her role as a sustainable/clean make-up activist. Hailed by *ELLE* magazine as a "green star," she has also earned a substantial following for her *Huffington Post* lifestyle blog, and her work for *Organic Spa* magazine. I'm already a fan of Karim's work, as I refuse to kiss any women that wear toxic, chemical-laden mainstream makeup.

The full-length versions of these stories and many more are now available via our community-driven, healthy-living newsletter. Go get it delivered right to your inbox each week by pointing your browser to *PlanetJersey.com*.

Welcome back to school, kiddies!

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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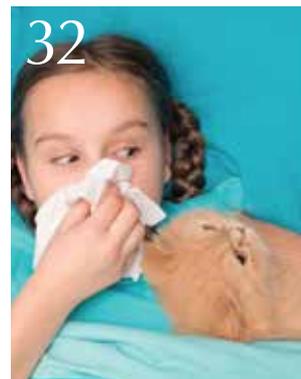
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news briefs

Meet Psychic Medium Shira in Parsippany



Shira

The Wellness Gala will present a lecture, Law of Attraction: How To Get What You Want, with psychic medium Shira, from 12:30 to 5:30 p.m., October 20 at the Sheraton Parsippany Hotel.

This event will feature a keynote presentation from Shira, an internationally known psychic medium and author. With nearly three decades of experience, her spiritual intuition has transformed thousands of lives. Participants will learn

the importance of cognitive thinking and the power of the Law of Attraction philosophy.

Throughout the day, attendees can hear from experts in the fields of health, beauty, wellness, massage, reiki, skin care, nutritional counseling and aromatherapy. There will be refreshments, workshops and live music.

Cost: \$50 for general admission and Shira's presentation, \$20 for advance general admission and \$30 for general admission at the door. Location: 199 Smith Rd. For more information or to register (required), call 973-713-6811 or visit WellnessGala.com/events. See ad, page 9.

Auriculotherapy Discounted at Oradell Wellness Center

Complete Wellness Within, a full-service beauty and wellness center, is hosting Earseeds Tuesday Wellness Days from 11:30 a.m. to 5 p.m., September 3, 10, 17 and 24, in Oradell. Treatments are \$25 for a limited time. Participants will learn how auriculotherapy (akin to acupressure or reflexology for the ear) can improve overall health and minimize cravings related to resolving most addictions, as well as other benefits.



There are hundreds of points on the ear that are believed to correspond with organs in the body, as well as specific emotional issues. Auriculotherapy can also help with headaches, poor balance, insomnia, nerve issues, allergies, hormonal imbalances, weight loss, joint pain, knee pain and many other issues.

Location: 617 Oradell Ave., fl. 2, Ste. 3R. For more information or to register (required), call 973-615-2486, email Info@CompleteWellnessWithin.com or visit CompleteWellnessWithin.com.

News to share?

Email submission to:

Publisher@NaturalAwakeningsNNJ.com

Deadline: the 10th of the month

Celebrate the Autumn Equinox with Lois Kramer-Perez

Lois Kramer-Perez, a *feng shui* master, will offer guided meditation and sound healing sessions for the autumn equinox from 7 to 9 p.m., September 20, in Paramus. No meditation experience is necessary. Participants can also bring any crystals, objects or photos that they would like energized and cleared.



Lois Kramer-Perez

Kramer-Perez will guide participants through the meditation exercises by connecting with the autumn energy of metal. She says, "During this time of completion, we find focus and clarity. Guided meditation with vibrational sounds using chimes and crystal bowls expands our energy and heals our essence as we experience the pure energy of the autumn equinox."

Cost: \$47 before Sept. 17. \$54 at the door. Light refreshment will be provided. Location: Paramus, minutes from the intersection of Rte. 4 and Rte. 17. To register (required), call 201-906-5767 or email Lois@LoisKramerPerez.com. For more information, visit LoisKramerPerez.com. See ad, page 28.

Yoga Teachers Association Workshops

The Yoga Teachers Association of the Hudson Valley (YTA) will kick off a new season on September 14 with Yoga Therapeutics Through a Kundalini Lens, by California-based master yogi Ravi Singh. The annual YTA Prana Party will follow the workshop so attendees can connect with yoga teachers and other yoga enthusiasts from the tri-state area. Light refreshments will be served.



YTA will hold its second annual retreat, Yoga for a Radiant Heart, Body, and Mind, at the Himalayan Institute from October 25 through 27 in Honesdale, Pennsylvania. October also brings Yoga for Scoliosis with Alison West. Daniel Orlansky returns in November with Flowing into Wholeness, a mix of yoga and qi-gong, and in December, Sandra Anderson will explore the *Hatha Yoga Pradipika*.

Upcoming workshops will be led by Mona Anand, Lee Albert, Deirdre Breen and others on topics such as the yoga nidra, yoga for pain relief, mudras and the three pillars of ashtanga yoga. Beloved 101-years-young yogini Tao Porchon-Lynch will close out the season on June 13, 2020.

Nonprofit YTA membership is open to studio owners, yoga teachers, and individual practitioners. Continuing education credits are available for all workshops.

For more information, email ytacommunications@gmail.com or visit ytayoga.com. See ad, page 11.



Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., September 28, with Christine DiDomenico and September 21 with Theresa Obsuth, is a one-day training session where participants learn to administer an innovative energy clearing technique that can create greater ease and cultivate more joy in life through greater awareness.

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

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

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

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



Wellness Gala™

OCT. 20 12:30-5:30PM
Sheraton Parsippany Hotel
4:30PM Limited Seating



**—Keynote Speaker—
Shira**

NY Times Renowned
Psychic/Medium

Ticket Price: \$50
includes general admission

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Mini Sessions,
Speakers & Demonstrations with
Experts in the Fields of Health,
Beauty & Wellness
Hors d’oeuvres & Live Music

Cash bar available
\$20 advance / \$30 at door

WELLNESS GALA SPECIAL EVENT DR. EBEN ALEXANDER WITH KAREN NEWELL

Living in a Mindful Universe: A Neurosurgeon’s Journey Into the Heart of Consciousness

OCT. 28 6:30-9:30PM
Hilton Hasbrouck Heights



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news briefs

Gentle Stretch Class in a Salt Cave



Salt Cave Interior

Salt of the Earth Center for Healing in Chestnut Ridge, New York, is hosting a relaxing, gentle stretch class in the salt cave led by Jody Polevoy from 3:30 to 4:30 p.m., September 8.

Remaining on the salt-covered floor for most of the class, participants will open their bodies and minds with a series of stretches to promote relaxation and open to a deep sense of wellbeing. The class is appropriate for all fitness levels.

Polevoy's techniques are geared to gently loosen and soothe tight hips, hamstrings, calf, shoulder and neck muscles. She says, "When we stretch, we also relieve mental stress, as physical tension is released. By conducting the class inside the salt cave, the health benefits are compounded as participants breathe in the microscopic salt particles, which relax the airway and help to reduce inflammation."

Cost is \$50. Location: 811 Chestnut Ridge Rd., Chestnut Ridge, NY. For more information or to register, call 845-290-0678 or visit SaltOfTheEarthcfh.com. See ad, page 13.

Conquer Mystery Aches and Chronic Pain

Learn how natural healing and radical transformation occurs with Catherine Perman LMT, at 6 p.m., September 17 and October 1, at the Fort Lee Chamber of Commerce. Perman is the owner of Body Therapeutics integrative body balancing treatments, in Fort Lee.



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

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

Admission is \$10. Event location: 210 Whiteman St., 2nd Floor, Fort Lee. RSVP (required) to 917-701-1162 or for the Sept. 17 event, visit Bit.ly/painsept. For the Oct. 1 event, visit Bit.ly/painoct. For more information or to schedule an appointment, visit iahp.com/Catherine-Perman. See Community Resource Guide listing, page 42.

United Palace Evokes Spirituality through Art

The fourth-largest theater in Manhattan, United Palace, in Washington Heights, hosts Sunday services, shamanic circles, Open Heart Conversations exploring the world's religious and spiritual traditions, renowned speakers, book signings and other events designed to facilitate spiritual awareness and artistic engagement.



Rev. Heather Shea, spiritual director and CEO, says, "Both spirituality and art are means to explore and celebrate our capacity for connection, meaning, purpose and transcendence—and when we practice them together, channeling our innate creative powers and healing abilities, we can transform our lives and the world. Through spiritual artistry, we fully experience who and what we are by embracing artistic expression as a spiritual practice and spiritual practice as a form of art."

United Palace welcomes anyone to celebrate spirituality through art and art through spirituality. Shea says, "You can discover your inner creative power through spirituality, while finding spiritual meaning through the arts. We are all spiritual artists."

Location: 4140 Broadway at 175th St., NY. For more information, visit UPSpiritualArts.org. See ad, page 2.

Mind-Body Nutrition Group Program with Christine Okezie

Christine Okezie, owner of Your Delicious Balance, is offering a five-week nutrition group program from either 10 a.m. to noon or from 7 to 9 p.m., September 12, 19, 26, October 3 and 10, in Waldwick.



Christine Okezie

The purpose of the program is to spend time in a supportive circle of like-minded people that are fed up with the frustration and shame of dieting. Weekly main topics include balancing hormones, clearing emotional weight, strengthening body intuition, secrets to healthy habits and finding peace with food and body. There will also be empowering presentations, specialized yoga, healing meditations, delicious food samples and recipe support.

Cost is \$345. Location: 18 Wyckoff Ave., Ste. 201. For more information or to register (required), call 201-889-5001, email Christine@YourDeliciousBalance.com, or visit YourDeliciousBalance.com. See ad, page 27.



Tenafly Community Night Promises Learning and Fun

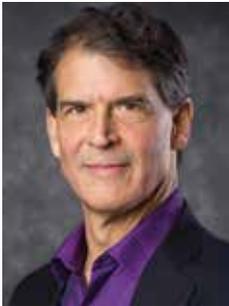
The Tenafly Community Policing Unit and Tenafly Recreation presents the seventh annual Tenafly Community Night from 5 to 8 p.m., September 17, in front of Tenafly police station. Rain date is September 19.

This fun-filled evening will include safety demonstrations, martial arts exhibitions, music, live bands, rides and amusements for kids. There will also be food on hand and giveaways provided by local businesses.

Admission is free. Location: 100 Riveredge Rd. For more information, call 201-871-3008.

Wellness Gala Presents Dr. Eben Alexander III

The Wellness Gala will present a lecture, *Living in a Mindful Universe: A Neurosurgeon's Journey into the Heart of Consciousness*, with Dr. Eben Alexander III, from 6:30 to 9 p.m., October 28, at the Hilton Hotel in Hasbrouck Heights.



Dr. Eben Alexander III

Alexander will offer his understanding of reality and human consciousness, introduce his technique for the art of being mindful in professional and personal life, and teach the audience how to tap in their greater mind.

There will also be a guided self-discovery meditation with innovator Karen Newell and a meet and greet and book signings with Alexander for VIP ticket holders.

Cost: \$149 or \$111 with a *Metaphysical Center of NJ Fall Festival* ticket, and \$169 for VIP seating. Location: 650 Terrance Ave. For more information or to register (required), call 973-713-6811 or visit WellnessGala.com/events. See ad, page 9.



Deepen Your Knowledge of Yoga

Whether you just finished your first 200-hour training, you're a seasoned teacher, or you're a committed student looking to dive deeper, the Yoga Teachers Association is your resource for enhancing and expanding your knowledge and teaching. Connect with the Hudson Valley yoga community and earn your CEUs at monthly workshops led by nationally recognized teachers and highly accomplished area instructors.

ytayoga.com

Fall 2019 Workshops

Saturdays, 1:30–4:30 p.m.
The Yoga Studio, Club Fit, Briarcliff Manor, NY



September 14
Yoga Therapy Approaches Through a Kundalini Lens with **Ravi Singh**



October 12
Flowing into Wholeness with **Daniel Orlansky**



November 9
Yoga for Scoliosis with **Alison West**



December 14
Exploring the Hatha Yoga Pradipika with **Sandra Anderson**

Visit our website for registration and more information.

It's very important that children learn to use technology—it's part of life—but also that they learn when to put it down.

~Anne Wojcicki

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Eat Vegan Without Compromising Stamina

For runners, food is fuel, and a new study lays to rest debates about which diet is best. Researchers at Leibniz University, in Hannover, Germany, recruited 76 men and women runners, divided equally between vegans, vegetarians and omnivores. They had an average age of 27 and ran recreationally two to five times a week. The runners were asked to pedal to exhaustion on a stationary bike, and researchers found that all three groups had similar exercise capacity and power output, and similar lactate production during exercise. The researchers concluded that vegan diets were “a suitable alternative for ambitious recreational runners.”

Be a ‘Warm’ Parent to Extend Kids’ Lives



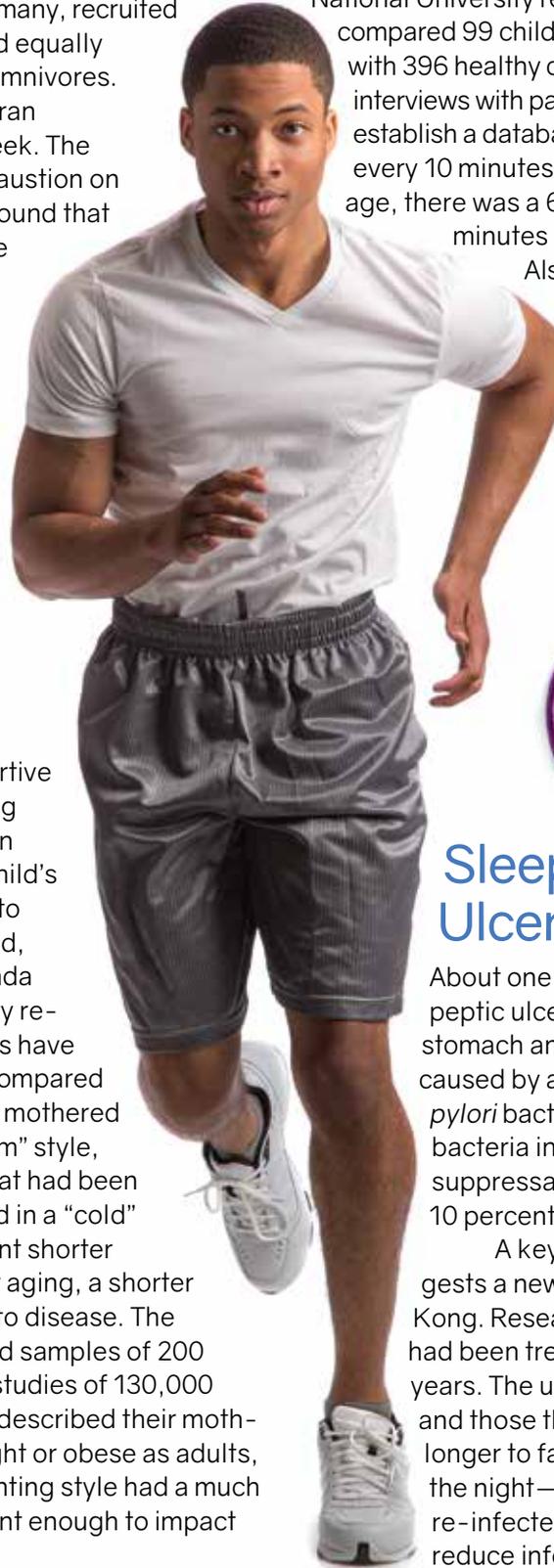
Cold or unsupportive mothering styles can harm a child's health into adulthood, Loma Linda University researchers have found. Compared to adults mothered in a “warm” style, adults that had been mothered in a “cold”

manner had an average of 25 percent shorter telomeres, indicating faster cellular aging, a shorter life span and greater susceptibility to disease. The study was based on follow-up blood samples of 200 adults originally enrolled in cohort studies of 130,000 people starting in 1976. Those that described their mothering as cold tended to be overweight or obese as adults, with less education. A father's parenting style had a much smaller effect and was not significant enough to impact telomere length, the authors found.

Soak Up Rays for a Healthier Bowel

Regular exposure to sunlight decreases the incidence of irritable bowel disease (IBD) in children, researchers from the Australian National University report. They compared 99 children with IBD with 396 healthy children using interviews with parents to establish a database. For every 10 minutes of sunlight exposure a day on average, there was a 6 percent reduction in risk, and 30 minutes a day reduced the risk by 20 percent.

Also, children with deeper tans were at lower risk. IBD, which includes Crohn's disease and ulcerative colitis, has been shown in previous studies to be less common among people that live in sunnier places and closer to the Equator.



Sleep Tight to Keep Ulcers at Bay

About one in 10 Americans develops painful peptic ulcers, open sores in the lining of the stomach and duodenum, that are sometimes caused by an overgrowth of the *Helicobacter pylori* bacteria. Drug therapy to eradicate the bacteria involving two antibiotics and one acid suppressant is usually successful, but about 10 percent of cases recur.

A key factor may be sleep quality, suggests a new study from the University of Hong Kong. Researchers followed 1,420 people that had been treated for peptic ulcers for three years. The ulcers recurred in 8.3 percent of them, and those that had poor sleep—including taking longer to fall asleep and waking more during the night—were significantly more likely to be re-infected. Longer total sleep times helped reduce infection recurrence.

Dynamic Duo: Black Seed Oil and Zinc

Working in perfect partnership, zinc and black seed oil do a powerful job of protecting the mouth from the growth of harmful bacteria that cause bad breath, gum disease, plaque and tartar. Zinc is recognized as safe by the U.S. Food and Drug Administration and proven effective at preventing the growth of bacteria. It halts the damage before it can begin, and in doing so, it promotes a healthy balance for the mouth. However, zinc can't do this job on its own because it can't stick to teeth and gums. When we spit out our toothpaste, we also spit out the zinc. Black seed oil helps zinc stay in the mouth longer, allowing its protective cloak to stay securely in place.



Black seed oil is extracted from *Nigella sativa*, a herbaceous annually flowering plant spread over the region of the Mediterranean sea, middle Europe and much of western Asia. The plant's oil extract has been extolled for centuries as a natural remedy to treat and manage a myriad of diseases, including numerous oral health conditions. Black seed oil is said to boost the immune system, reduce inflammation, fight infections and help alleviate toothaches.

When used in toothpastes, regular use of black seed oil has been shown to whiten teeth, zap stubborn stains, strengthen gums and protect tooth enamel from foreign disease-causing microbe invaders, as well as remove plaque formation, which can lead to tooth decay and loss.

Not all toothpastes are created equal. SprinJene toothpaste's formulation is a patented mix of extracts of black seed oil, zinc oxide and zinc. This unique composition reduces the growth of microbial populations by 99.99 percent in Zone of Inhibition tests.

"We are so proud of what we've accomplished. It's a real breakthrough in oral care, and very effective," says Dr. Sayed Ibrahim, founder and CEO of SprinJene. "A natural antibacterial and antioxidant, *Nigella sativa* extracts or oils, when added to dentifrice compositions, enhance the ability of the dentifrice composition to lubricate the mouth tissues and/or treat dry mouth."

He notes, "Antibacterial agents in toothpaste are not uncommon. Many oral care products use synthetic antibacterial agents. We at SprinJene wish to use another approach. Some types of bacteria in your mouth are very helpful to you. At SprinJene, we don't want to kill the good with the bad; we want to promote a healthy microflora balance for your mouth."

SprinJene toothpastes are certified vegan, cruelty-free, gluten-free, kosher and halal.

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The Benefits of Propolis and Antioxidants

by Nayda Rondon

New information about the connection between propolis, antioxidants and free radicals continues to surface. While scientific evidence remains inconclusive, clinical studies make a compelling case for propolis's health benefits. Asli Tanugur Samanci, Taylan Samanci and Dr. Dilek Boyacioglu founded SBS Scientific Bio Solutions Company in order to bring Bee & You raw honey, propolis, royal jelly and bee pollen products to consumers seeking scientifically based natural solutions for health issues.

Ingredients in natural honey products support the immune system, according to Boyacioglu. One such component is propolis, a resin-like substance collected by bees from plant leaves, stems and buds. Bees use propolis as an antibacterial, antifungal and antiviral agent to keep their hives sterile and the colony healthy.

A major plus for propolis is that it's rich in antioxidants that protect cells against damage from the effects of free radicals, which are unstable molecules naturally produced by the body when we exercise, our body converts food into energy or is exposed to environmental forces such as tobacco smoke, air pollution and radiation. Free radicals can cause oxidative stress, a process that triggers cell and DNA damage, contributes to the aging process and plays a role in cancer, cardiovascular diseases, diabetes, Alzheimer's, Parkinson's and eye diseases.

Propolis has been used for centuries for its medicinal properties and continues to be popular today. Although honey products containing propolis are currently widely available, their quality, purity and potency vary greatly.

Bee pollen's antioxidant content also depends on its plant



source, place of origin and extraction method, all of which impact its effectiveness. All Bee & You products containing propolis are sourced from the mountains and forests of Anatolia, a peninsula in Asia that serves as a fertile habitat for more than 10,000 native plants; a bee paradise. Thus, propolis originating from Anatolia exhibits a greater antioxidant capacity than propolis from other regions.

Bee & You propolis has 80 times higher antioxidant activity than pomegranate juice, known for its anti-inflammatory, antibacterial and preventative benefits, and since their honey is raw, unpasteurized, unfiltered and unprocessed, its health benefits are preserved.

Tanugur says, "We're working on different aspects of the business ranging from beekeeper trainings to research and development. As we proceed, we see and hear that our products have made a difference in people's lives. We are proud of this achievement, but most valuable of all is presenting to our consumers the bee products with hidden miracles in their purest form."

Bee & You products are available at more than 3,000 CVS stores nationwide, as well as online at Amazon.com. To purchase products or for more information, visit Bee-And-You.com. See ad, page 4.

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We had one bottle
of Nestlé Pure Life
with over 10,000
pieces of plastic.
~Sherri Mason, Ph.D.

The Re-Use Revolution Plastics Peril Drives New Strategies

by Yvette C. Hammett

Daily news footage and photos capture the damage plastic is doing to the planet's oceans: turtles ensnared in plastic nets, whales with guts full of plastics and aerial views of the burgeoning island of floating detritus known as the Pacific Garbage Patch. Tiny pieces of plastic are even showing up in our food and drinking water.

The growing plastics crisis has some people yearning for the days when soft drinks and beer all came in reusable containers that required a deposit, or when milk and cream were delivered to the front porch in quaint, glass bottles. Sherri Mason, Ph.D., sustainability coordinator at Penn State Behrend, in Erie, Pennsylvania, believes this is exactly the direction this issue may take. "I do think some of it will be a return to glass," she says.

Mason conducted a study in 2018 and discovered that bottled water contained tiny bits of microplastic. An earlier tap water study she conducted showed there were about five particles of plastic in a liter of tap water, if averaged across the globe. "We thought that would shock people into demanding change. Instead, a lot of the comments were to drink more bottled water."

In the 2018 study, Mason and her team, then at the State University of New York at Fredonia, tested 259 bottles of water from nine countries that included all the top brands in the U.S.—Dasani, Aquafina and Nestlé Pure Life, among them. "On average, for every liter of bottled water in total, you would be ingesting 325 pieces of plastic. We had one bottle of Nestlé Pure Life with over 10,000 pieces of plastic. These are the particles that can make their way across the gastrointestinal tract and be carried to your blood, liver, kidneys and brain," Mason says.

Analysis of the particles indicates that the plastics found in bottled water leach from the container itself, while the source in tap water may be PVC pipes and fittings. However, plastics are also ubiquitous in surface and groundwater, and may make their way into drinking supplies via air, wind, rain and industrial activity, according to an assessment published earlier this year in the journal *Current Opinion in Environmental Science & Health*.

After Mason's findings were released, the World Health Organization announced a review into the potential risks of plastic in drinking water. Meantime, the impact of plastic pollution on marine life—zooplank-

ton, seabirds, marine mammals and reptiles throughout the food chain—is well documented, according to a 2014 study published in the online journal *PLOS ONE*. The study estimates more than 5 trillion pieces of plastic, weighing somewhere near 269,000 tons, are floating in the Earth's oceans.

People are loudly calling for change, and innovators are responding. In the United Kingdom, there is the Plastics Pact, which brings together businesses from across the plastic industry to eliminate problematic or single-use plastics through redesign, innovation and alternative delivery models. A UK startup, Ooho, has created an edible water container made of seaweed to provide the convenience of plastic bottles while limiting the environmental impact.

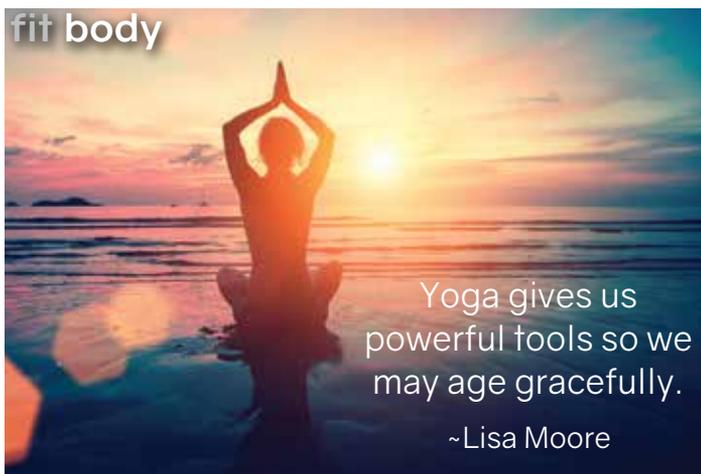
Tom Szaky, the CEO and founder of TerraCycle, a Trenton, New Jersey, recycling company, is among those pioneering a rebirth of reusing with a pilot project launched in May called Loop. The company has partnered with Proctor & Gamble, Nestlé, Clorox and other major brands to deliver and retrieve products in durable, reusable containers, just like the milk man.

Consumers can order everyday items from the online Loop store—paying a deposit on the container—and UPS will deliver it to their doorstep, picking up empties to be washed, refilled and used again and again.

"Hundreds of products, from Tide to Häagen-Dazs to Tropicana, are being delivered," says Szaky. "It's growing very fast in New York, New Jersey, Pennsylvania, Maryland and Washington, D.C.; and we've just expanded to Connecticut, Vermont, Rhode Island, Massachusetts and Delaware—eventually nationwide."

The re-use revolution is also taking shape in 10 states and a U.S. territory that have passed "bottle bills": California, Connecticut, Hawaii, Iowa, Maine, Massachusetts, Michigan, New York, Oregon, Vermont and Guam. Typically, the laws require a deposit of 5 to 15 cents be placed on all glass, plastic and metal containers.

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



The Power of Yoga

Tapping Into the Life Force

by Marlaina Donato

Longevity is something most of us strive for, and increasingly, research shows that implementing a consistent yoga practice can be a fruitful investment toward that goal. Yoga is an eight-branch system of well-being that encompasses exercise, meditation, conscious breathing, diet and other elements, but how it effects mind-body fitness alone is proving to be a reliable defense against age-related loss of mobility, cardiovascular disease and depression.

Its stress-busting capabilities help to support challenged adrenal glands and lower elevated blood pressure. Getting on the mat can improve insulin sensitivity in diabetics and also help balance immune responses in individuals with autoimmune conditions or insufficient natural killer cells.

Combined research from 22 studies by the University of Edinburgh reveals that yoga, compared to both sedentary lifestyles and other forms of exercise such as walking or chair aerobics, improved the lower-body strength and flexibility in individuals age 60 and older. The findings published earlier this year in the *International Journal of Behavioral Nutrition and Physical Activity* also showed improved quality of sleep and fewer symptoms of depression.

Fewer Health Risks, Stronger Bones

Yoga's inverted poses increase blood circulation to vital organs, including the intestines, which facilitates assimilation of nutrients and waste elimination. Asanas like shoulder stand, bridge and downward-facing dog stimulate blood flow from the lower extremities to the heart and fortify red blood cells by increasing hemoglobin, guarding against blood clots, stroke and heart attack. Yoga can also strengthen the bones. A 2016 study published in the *International Journal of Yoga* shows improved bone mineral density in women with postmenopausal osteoporosis.

“Much like a house that sits empty or a car left to sit unused

Each time we show up on our mats, we show up for ourselves, an opportunity to nourish the body, our one and only temple.

~Carmen Ferreira

in a garage, our human parts can age and rot without movement. Movement creates more energy,” explains Nancy Poole, a teacher at Clarksburg Yoga and Wellness, in Clarksburg, Maryland.

Joints lose flexibility as we age, but yoga movement provides them with essential oxygen, blood and nutrients. Lisa Moore, owner of Free to Be Yoga, in Great Falls, Montana, underscores, “A joint needs to move through its full range of motion to function well. Movement helps lubricate and cushion joints, provides nutrition and removes wastes.”

Stretching Into Joy

A 2014 hatha yoga study published in the *Journals of Gerontology* revealed increased cognitive function in older adults after eight weeks of yoga three times a week. Yoga's super power lies in its capacity to reset the autonomic nervous system and ramp up mood-boosting serotonin while decreasing monoamine oxidase, an enzyme that disarms the effects of stress hormones like cortisol. Under the influence of yoga, the brain is bathed in calming neurotransmitters, combatting depression and anxiety, and instilling a sense of optimism.

“Yoga also helps us to embrace the hard times and ride the waves. With the tools that yoga provides, we can swim toward the light. It also helps us to experience a more intimate relationship with body and soul, and in turn make better choices in all aspects of life,” notes Carmen Ferreira, owner of the Sunshine Barre Studio, in Rocky Point, New York.

Moore concurs, advising, “Yoga gives us powerful tools so we may age gracefully. One of them is to manage stress with equanimity.”

The Breath of Life

Conscious breathing is at the core of a dedicated yoga practice, and a lowered risk of cardiovascular and respiratory disease gives us another reason to inhale and exhale deeply. Poole observes, “Our general population does not breathe correctly, and many of us even hold our breath unconsciously. For my students, the hardest part of yoga is learning to take deep, full breaths. Old breathing habits must be unlearned. Once attention is given to the breath, tensions can be released.”

“Yoga improves lung capacity and brings more energy to the cells, which in turn creates more energy and life force in our bodies,” says Ferreira. “It helps us to live from the heart's center and foster a better quality of life,” she adds. “Each time we show up on our mats, we show up for ourselves, an opportunity to nourish the body, our one and only temple.”

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



Andrea Powers with friends on Marina Beach, Rincon, PR, home of the Taino Indians

Let Your Spirit Pick Your Yoga Practice

by Karim Orange

The traditional definition of yoga is a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation and the adoption of specific bodily postures. Modern-day and trending yoga has evolved to mix traditional roots with updated cultural and generational perspectives. Andrea Powers, inventor of Yoga Balance Board and the owner of Powers Yoga Studio, in Bergen County, discusses emerging yoga trends and how to pick a practice.

How did you begin your yoga path?

I started practicing, unknown to me, at the young age of 5. I began meditating and connecting with energy. On one occasion while listening water running I asked what my purpose was. I heard a clear voice reply, “You are a healer”. I will never forget that moment. I officially got into the physical practice of yoga in Los Angeles at the age of 20. At the time I was a runner, and I hurt my spine and could hardly walk. I disliked my first class. It was intimidating and I walked out after doing only three poses. I awoke the next morning and intuitively knew I needed to do more yoga. With an athlete attitude and mindset of self-motivation, training, and focus, I was determined to train in yoga. I knew this is what my body needed. I trained daily mentally and soon became a 200-hour certified yoga teacher.

What do you think about the evolution of yoga?

I love it, but this can be a touchy subject in the yoga community, as many feel the modern forms dilute the traditional teachings

of yoga. Many beginners can be intimidated by yoga. The modern versions open doors for people to experiment, where they might have never tried it otherwise. The new trends can be viewed as a gateway, and when the individual is ready, they can seek other styles. I have always been spiritually connected to water. Taino Indian blood flows through my veins. We are water-fearing, peaceful people. It was very natural for me to embrace paddleboard yoga and connecting to water. I always said that if I could teach a yoga class to anyone, it would be Jesus. There is no coincidence for me that he walked on water. I believe he would be a natural student, and my spiritual connection to him is strong. In my classes, I teach my students to become like water and just flow. In the water, we can become any form we need. As Bruce Lee said, “If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend.” My latest water connection is leading me to teach group on it. I am facilitating a yoga brunch cruise next month with top yoga teachers from New York City.

Someone else might love the heat, so naturally, their spirit might feel comfortable in Bikram yoga. This practice of yoga incorporates a 26-posture sequence in a room heated to 105 degrees. Founded by Yogiraj Bikram he began doing yoga age of 4 with Bishnu Ghosh whose older brother Paramahansa Yogananda wrote *The Autobiography of a Yogi*, and is the founder of the Self-Realization Fellowship. At 17, Bikram encountered a knee injury and doctors told him he would never walk again. He went back to his yoga teacher, who helped him heal his injury. In my opinion, healing evolves the spirit. From this situation, Bikram Yoga was born, but at that time it was considered trendy and unconventional.

Kundalini yoga might be for someone whose spirit feels balanced from breathing. You also have trends like dance yoga popping up all over the country. This yoga is a fusion of music, rhythm, and dance. Asanas are performed to a drum, chant or even a full band. There are even yogi DJs and MCs nowadays. Dancing in most cultures has a connection to the spirit. It is one of the most freeing things a person can naturally do. This is a perfect way for someone intimidated by traditional yoga to work backwards into it.

What would you say to aspiring students just starting out?

Picking a yoga practice that works best for us might seem a bit overwhelming. Take time and listen to your body and spirit. Write down the words that describe what you feel you’re looking for in a yoga practice, such as slow, rhythmic and empowering. The universe will reveal what will suit you best.

Powers Yoga Studio is located at 66 W. Main St., in Bergenfield. For more information about the yoga studio, call 201-906-9040, or visit PowersYoga.com. For more information about the Yoga Brunch Cruise, visit YogaBrunchCruise.com.

Radha Agrawal on Creating Connections and Community

by April Thompson

Entrepreneur, DJ and author Radha Agrawal is on a global mission to catalyze community and connect people meaningfully through shared values, talents and passions. Driven by her love of movement and music, Agrawal founded Daybreaker—early morning yoga sessions followed by live-music, alcohol-free dance parties that are being held in 26 cities worldwide—which are helping to break down the loneliness and isolation increasingly common to urban settings. She also co-founded the THINX line of period-proof underwear with her twin sister Miki and friend Antonia Saint Dunbar, and is now launching LiveItUp, a virtual “life school” featuring 21-day challenges from renowned guides such as Whole Foods CEO John Mackey and functional medicine specialist Mark Hyman, M.D.

Her recent book *Belong: Find Your People, Create Community and Live a More Connected Life* shares her personal journey of finding her place and people in life, and offers hands-on exercises to help others do the same. Agrawal lives with her husband and daughter in Brooklyn, New York,

It's a blessing to have lots of interests and friends. Stay curious to where you are in life and what the world has to offer.

where she still loves to go out and celebrate life with friends several nights a week.

What inspired your journey to bring people together?

I grew up in a community-driven town in Montreal. My dad is Indian and my mom is Japanese, and I had a built-in sense of community within those two cultures. Yet I sleepwalked through my 20s; at 30 years old, I woke up realizing I didn't feel a sense of belonging anymore and started on an intentional journey back to community.

I was also shocked into action by the statistics around our lack of community. One in four Americans report having no friends to confide in; the number jumps to one in three for those over age 65. Another study showed that not having social ties is as harmful to our health as being an alcoholic, and is twice as harmful as obesity.

What steps can help people that are feeling isolated start to find community?

It starts with an internal journey of self-exploration. Make a list of your values, interests and abilities, and see where they intersect and how you can use them to serve your community. They may be bringing music to a space, asking questions or hosting, which is my particular

gift. Then find 10 communities that align with those interests and explore them in a light-touch way until you find the ones you want to participate in more deeply.

What is the key to cultivating nurturing friendships?

Again, start by taking a self-inventory: the qualities you seek in a friend, the qualities you don't want and the qualities you need to embody as a friend. Take stock on how you are showing up for your friends, and note if you are making excuses for yourself or your friends. I realized in doing this that I was often triple-booking myself and prioritizing everything but friendship, and made an effort to change. Now I look for friends who love adventure and lean in and say yes to life. Now, at 40, I seem to meet new people every day who come from the same star and make friends so much faster having done that hard work in my 30s.

What are the key components of a healthy, thriving community?

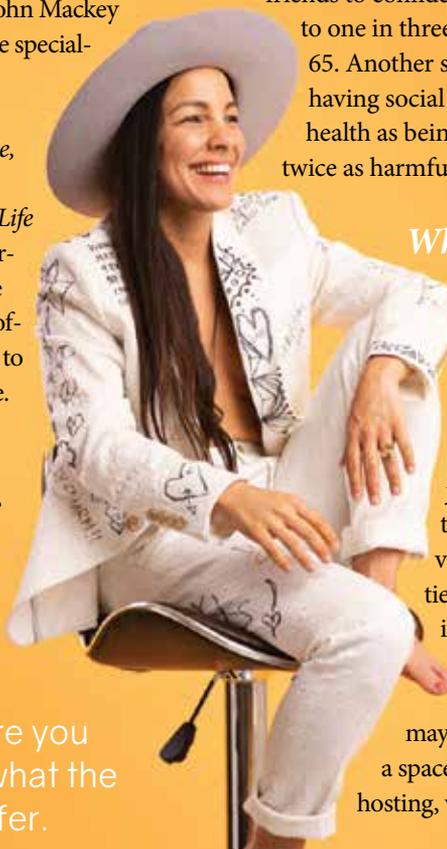
Community is built on safety and sustained on mystery. With Daybreaker, the mystery is not knowing the next theme or DJ or “Wow!” moment, but our members have the safety of knowing it will be a wellness-oriented event and a safe space where they will be hugged upon entry and can dance with reckless abandon every month. It takes effort to keep the excitement alive, but as a result, Daybreaker is scaling and gaining momentum.

How do we find the proper balance of commitments and interests?

Developing boundaries is key. When I first started Daybreaker, I would say yes to everything, and I was exhausted all the time trying to please everyone. Now that I have a daughter, my time is even more precious. If I ask myself if something is giving me energy and fulfillment and the answer isn't a deep yes, then I know it's a deep no.

Celebrate your abundant energy, though; it's a blessing to have lots of interests and friends. Stay curious to where you are in life and what the world has to offer.

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



inspiration



Romolo Tavanti/Shutterstock.com

FAIRY MAGIC

Feeling Their Touch in Nature

by Maggie Hamilton

Many of us have long been curious about fairies, aching to see them as a child, to glimpse their world. Often, all our longing goes into wanting to see these astonishing beings, not realizing we've already met them.

Fairies live at the heart of creation, and daily they speak to us through our senses, setting them on fire. Know that every uplifting moment in nature—every blazing sunset that has moved us, every sprinkle of snow—is a glimpse of their

healing presence, a glimpse of their world.

To enter into a profound relationship with fairies, first we must believe in them—we must make-believe. Sadly, many of us have lost access to their wisdom, their healing touch, because we're searching for funny little beings in pink tutus.

Fairies are the heart and soul of living nature. They speak to us through beauty, as it's a more healing language than our own. They whisper to us in the sound of the sea and the first appearance of buds in

spring. We know when fairies are nearby, as we feel so alive. So hold these breathtaking moments close. Breathe them in. Ask intuitively, "What gift is here?"

To draw close to these powerful beings, we can learn to take note of every single detail when we're in nature—even if we're in a small park in the centre of a city or an avenue of trees on our street. Silently greet these living presences. Note their colors and scents, the shape of their flowers and leaves. Study any rocks and stones here. There's something powerful about being seen, as all of these details draw us into connection.

Develop a relationship with trees. Discover which trees we are drawn to. Run our fingers over their bark. Note the bend and sway of their boughs. Pay attention to how they look at different times of the day, in different seasons and weather. Learn to greet these trees as we would an old friend, and only connect with them out of love, not out of neediness, as no one, not even fairies, likes needy.

Then, magically, all of this beauty and the story of each soul-stopping moment with nature's fairy caretakers will live inside us until we no longer feel separate from the web of life. That's when trees start to talk to us—when our soul soars to see a tiny blade of grass pushing its way up through the pavement.

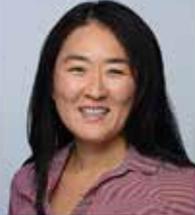
Maggie Hamilton is the author of the new Hay House book, Inside the Secret Life of Fairies: Where Dreams Come True.

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VENOUS RISING

Natural Help for Varicose Veins

by Melanie Laporte

The season for wearing shorts and swimsuits may be coming to an end, but the unsightly—and often painful—puffy, blue streaks caused by varicose veins will likely remain an issue for many. While more than 40 percent of adults suffer from them, women are affected two to three times more often, according to a study in the journal *BMJ Clinical Evidence*.

It cites child-bearing, especially more than two pregnancies, as one root cause of varicose veins. However, smoking, family history, obesity and professions that involve extended periods of standing and sitting such as chefs, hairdressers, office workers and healthcare professionals can also contribute to the condition. Birthdays can also be a factor. “As we age, the leg skin gets thinner from wear and tear,” says Marcelle Pick, an integrative OB/GYN nurse practitioner in Falmouth, Maine, resulting in even more visible veins.

However, these lumpy blood vessels can cause more than cosmetic issues. Varicose veins can promote pain, cramping, itching and swelling of lower legs, ankles and feet, as well as lead to more serious health conditions involving blood clots and poor circulation. There are a number of natural strategies that can alleviate symptoms and even prevent them from developing.

Get Moving

Varicose veins are the result of valve damage and loss of elasticity that allows blood

to pool inside the vessel. “When you’re standing still for a long period of time, the valves stop working and blood fills in the vein, creating more and more pressure, which dilates it like a water balloon,” says Dr. Mary Sheu, assistant professor of dermatology at the Johns Hopkins School of Medicine.

Walking, swimming, cycling and trampoline jumping are among the most beneficial activities. Sheu says it helps to get up and walk around every half hour for those with a stationary desk job. “Do some squats or go on your tiptoes to get the blood pumping, so it’s not stagnant.”

Aerial yoga or headstands are other exercises that help move blood from the feet to heart, along with using an inversion table that holds people upside-down. However, most people can’t stay in that position for any appreciable length of time, so an easy daily option is to elevate the legs on a pillow or small stool.

“Any position where your legs are elevated above the level of your heart would help with the flow of fluid back towards the heart,” says Sheu. Work with gravity: the higher the elevation, the quicker blood returns to the heart.

Compression

Supportive legwear is another effective way to reduce water retention and swelling, boost circulation and improve pelvic posture. “Compression stockings help keep

everything cinched in so veins don’t stay dilated and the valves don’t move farther apart,” says Sheu, especially for frequent flyers stuck in a small seat for long flights.

In addition to old-fashioned tights, support options range from chic, charcoal, high-denier hose and lacey knee socks to stylish compression leggings, athletic compression socks and light support pantyhose. Most are readily available in airports and retail outlets.

Nutritional Support

Because obesity is a known cause of venous issues, maintaining a healthy weight is essential to lessening pressure on the lower limbs. Pick recommends an anti-inflammatory diet rich in antioxidants that helps increase blood circulation. Foods like blueberries, blackberries, leafy greens, beets and ginger are good options.

Chamomile and dandelion tea can arrest fluid retention, which relates to swelling and heaviness in the legs, as do botanical herbs. Ascorbic acid and ginkgo biloba stimulate circulation, helping the veins and capillaries contract.

Australian naturopath Leah Hechtman, who specializes in reproductive health, often sees women dealing with compromised veins. “Rutin, quercetin, and vitamin P bioflavonoids, taken in conjunction with vitamin C, are effective at improving the integrity of the vein and improving blood flow,” she says. Another flavonoid, red vine leaf, reduces swelling and symptoms of tension and heaviness in the legs.

Jill Blakeway, a doctor of acupuncture and Chinese medicine in New York City and author of *Energy Medicine: The Science and Mystery of Healing*, advises, “CoQ10 increases circulation, while horse chestnut and bilberry reduce inflammation and increase fluid circulation.” She also recommends bromelain, which is an anti-inflammatory and reduces the risk of blood clots, with acupuncture to raise central *qi*, which improves the elasticity of blood vessels and improves blood flow.

Melanie Laporte is a freelance writer and licensed massage therapist based in Austin, Texas.

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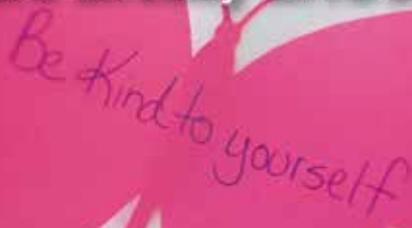


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During stress, the body is primed to resist or escape a threat, and ... it's not going to prioritize restorative activities.

~Margaret Connolly

laureate Elizabeth Blackburn, it is now understood that prolonged daily stress weakens DNA structures by shortening chromosome-protecting telomeres, a major component in premature cell death and the trigger of genetic, predisposed markers for disease.

Studies by Dr. Owen Wolkowitz, of the University of California, San Francisco, demonstrate the link between shortened telomeres and insufficient response to free radicals, resulting in chronic inflammation, now believed to be the catalyst of most degenerative

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Age-Defying Bodywork

How to Turn Back the Clock

by Marlaina Donato

It has been said that stress kills, and it often can be a slow and premature process, leading to common but avoidable symptoms of decline: impaired memory, loss of mobility, fatigue and decreased libido. Good nutrition, getting enough sleep and staying active contribute to vitality; however, fortifying the nervous system is critical to combating age-accelerating stress hormones like cortisol.

The key to keeping body and mind young may lie in the therapeutic modalities of bodywork, an umbrella term for up to 350 methods that include massage, energy work and meridian-based therapies like acupuncture, shiatsu and reflexology, which can improve quality of life and promote cellular integrity. Once considered a luxury confined to spas and private home sessions, bodywork is moving into the medical mainstream with reputable hospitals like the Memorial Sloan Ket-

tering Cancer Center, in New York City, which offers reiki sessions and instruction for patients and caregivers.

According to a survey by the American Hospital Association, reiki and its close cousin Therapeutic Touch comprise one of three top complementary therapies in American hospitals, along with massage therapy and music. The Arthritis Foundation recommends massage for all types of arthritis and pain syndromes like fibromyalgia, as it can reduce discomfort and stress.

The Chemistry of Premature Aging

Busy lives without enough downtime can set up the body to be in a chronic state of “fight-or-flight”, which compromises cardiovascular health, nutrient absorption, waste elimination and immunity. Thanks to groundbreaking researchers like Nobel

diseases. Psychological stress, according to research published in *Proceedings of the National Academy of Sciences* by Sheldon Cohen of Carnegie Mellon University, in Pittsburgh, changes how the body regulates inflammatory response.

“Stress and inflammation cause pain and disease,” says Certified Reflexologist and holistic practitioner Martha Garland, of CreativeSpirit Healing Arts, in Baltimore. “All of this that we carry in our bodies will make us feel much older than our years.”

Through application of pressure on specific reflex zones on the feet, hands and ears, reflexologists like Garland can help promote the natural flow of bodily functions. “Reflexology, a modality that is separate from massage therapy, reduces the tension, stress and pain that we hold in our feet and in the rest of our body, which can promote longevity and better quality of life,” she says.

Certified craniosacral therapist Margaret Connolly, of Narberth, Pennsylvania, agrees that mental or emotional

strain plays a key role in the aging process. “During stress, the body is primed to resist or escape a threat, and in that situation, it’s not going to prioritize restorative activities,” she says. Craniosacral therapy (CST) focuses on the cerebrospinal fluid and the meninges surrounding the brain, spinal cord and related connective tissue, and helps the body drop out of excessive fight-or-flight mode.

Pain, Serotonin and Substance P

Bodywork and its ability to impact the chemistry of stress has far-reaching effects on most bodily systems. Studies in 2016 from the Touch Research Institute at the University of Miami School of Medicine have shown that massage therapy helps to regulate hormones, boost immunity, improve attentiveness and ease the symptoms of depression.

Licensed Massage Therapist Michele Duncan King, of Sea Spell Massage, in Cannon Beach, Oregon, knows firsthand how her work can assist in counteracting the energy-sapping effects of stress. “When the digestive system doesn’t go into the ‘rest-and-digest’ state via activation of the parasympathetic nervous system, it can affect muscles, joints, organs and hormones. This, along with elevated cortisol, can certainly make us function less optimally, making us feel older and less vibrant.”

Traditional massage modalities such as Swedish, deep tissue, Thai and Lomi Lomi help reduce blood pressure, boost immunity by augmenting natural killer cells, decrease symptoms of depression and support the cardiovascular system. It can also assist lymphatic movement, which can prevent cold hands and feet and achiness. Massage also raises serotonin and dopamine levels, neurotransmitters that play vital roles in memory, mood regulation and immunity.

Most significantly, higher serotonin levels are linked to lower levels of substance P, a neuropeptide that is central in pain perception. It soars during times of stress, anxiety and insufficient sleep, and has also been linked to tumor growth and inflammatory conditions.

As human beings,
touch is so important.

~Anita Bondi

Multidimensional Well-Being

Bodywork can assist the physical body, but it can also be a restorative balm for the emotions and psyche. “As human beings, touch is so important. Massage modalities invite safe, healing touch,” says Anita Bondi, licensed massage therapist and a founder of the Wellspring Holistic Center, in East Stroudsburg, Pennsylvania. “A good therapist will also educate a client about other benefits of a more holistic lifestyle. I believe any time we give ourselves permission to listen to the body’s wisdom and follow its lead, we reduce stress and increase well-being.”

While women are more apt to include bodywork sessions in their health care,

men can be hesitant. Connolly encourages both women and men to experience CST and other modalities. “Sometimes men are a bit nervous about being touched, whether the practitioner is male or female. Even when open to hands-on therapy, some men believe extremely deep pressure is needed in order to be effective.” Not so, says Connolly, who cites the experience of Mark Bertolini, CEO of the Aetna health insurance company, who credits CST with saving his life when he was contemplating suicide and suffering severe neuropathic pain from a skiing accident.

Menopause and Cognitive Function

CST can also have an impact on women’s hormonal changes. “Very slight movement of tissues near the pituitary gland can exert a subtle pumping motion on the master gland in a way that will facilitate its

Highlighting Bodywork Benefits



For Her:

- Shiatsu and acupuncture for hormonal imbalance, insomnia, migraine headaches, irritable bowel syndrome
- Swedish, deep tissue and aromatherapy massage for stress reduction, premenstrual syndrome, pain, food cravings
- Craniosacral therapy for headaches, back and joint pain, morning sickness, postpartum wellness
- Maya Abdominal Massage (Arvigo techniques) for reproductive health, fertility, bladder health, constipation
- Reflexology for healthier skin, food sensitivities, seasonal allergies, overactive bladder



For Him:

- Shiatsu and acupuncture for back pain, office-related pain syndromes, gout and inflammatory bowel disease
- Swedish, deep tissue and aromatherapy massage for cardiovascular and lymphatic circulation, blood pressure, depression, anxiety, better sleep
- Neuromuscular therapy, myofascial release, trigger point release and cross-fiber friction massage for supporting muscles of the male pelvic floor integral to the prostate, bladder and sexual health
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ability to produce and release hormones,” explains Connolly.

The therapy is sometimes used in conjunction with acupuncture, which also impacts hormones and works on the brain. A 2018 study by Chinese researchers published in the journal *Evidence-Based Complementary and Alternative Medicine* shows neuronal improvement through acupuncture in both cognitively impaired patients and healthy individuals.

Tools for Life

Most practitioners believe that deriving benefits from bodywork requires consistency, which can support longevity in unexpected ways. Garland says, “What really makes a difference in reducing chronic stress is consistent stress reduction. One session occasionally will feel good and reduce tension temporarily, but will not make a major difference in reducing stress in the long term.” King agrees: “A massage once a month is my recommendation for ideal overall maintenance, and more frequent sessions for specific conditions or goals.”

Research and results confirm that well-being is not a luxury, but a necessity, and puts to rest the idea that bodywork is a guilty pleasure. “The more we do to help ourselves, the better our lives will be as we age,” says Bondi.

Marlaina Donato is certified in massage and bodywork, and is the author of several books. Connect at AutumnEmbersMusic.com.

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Nature's Virus Killer

Copper in new device stops cold and flu

By Doug Cornell

More and more people are saying they just don't get colds anymore.

They are using a new device made of pure copper, which scientists say kills cold and flu viruses.

Doug Cornell invented the device in 2012. "I haven't had a single cold since then," he says.

People were skeptical but EPA and university studies demonstrate repeatedly 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.

So some hospitals tried copper touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

Colds start after cold viruses get in your nose, so the vast body of research gave Cornell an idea. When he next felt a cold about to start, he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every time.

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

Now tens of thousands of people have tried it. Nearly 100% of feedback 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, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works." Now thousands of users have 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!"

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

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 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 used it on cold sores and say it can completely prevent ugly outbreaks. You can also rub it gently on wounds or lesions to combat infections.



Dr. Bill Keevil: Copper quickly kills cold viruses.

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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.

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Ayurvedic Cooking

Ancient System Restores Balance

by April Thompson

“In Ayurveda, food is medicine,” says Susan Weis-Bohlen, the Reisterstown, Maryland, instructor and author of *Ayurveda Beginner’s Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally*. “How we feed ourselves is the first line of disease prevention and longevity.”

First developed in India some 5,000 years ago, Ayurveda is one of the world’s oldest medical systems. It works to rebalance mental and physical health in coordination with mind-body energy types called *doshas*. The primary ones—*Vata*, *Pitta* and *Kapha*—correlate to the five elements of space, air, fire, earth and water, and can fluctuate over time.

An Ayurvedic diet can help address dosha imbalances and optimize health and well-being. New York City chef, restaurateur and author Divya Alter embraced Ayurveda while suffering from an autoimmune disorder that conventional medicine couldn’t cure. “Food was instrumental to my healing,” she says.

Eating in Season

“Ayurveda is about living in harmony. Eating seasonally and locally, you not only get the most nourishment, but also

rekindle your relationship to food and the environment,” says Nishita Shah, of The Ayurvedic Institute, in Albuquerque.

“In Ayurveda, we look to seasons to determine what to eat based on what is naturally available, like eating light juicy fruits in summer rather than the heavy root vegetables abundant in winter,” notes Weis-Bohlen.

Spices and herbs have powerful healing properties that can be combined in different ways to balance doshas in tune with the seasons. “In winter, use warming spices like ginger, cinnamon or chilies, and in summer, season with cooling spices like coriander and fennel, or fresh herbs like cilantro,” says Alter.

Ayurvedic Prep Tips

Proper combination and selection of ingredients are a critical component of Ayurveda, according to Alter, author of *What to Eat for How You Feel: The New Ayurvedic Kitchen*. She says, “Well-prepared food is easy to digest and protects *prana*—the food’s living force or energy—so it can nourish and energize.”

Ayurveda also focuses on the “six tastes” ideally present in every dish: sweet, sour, salty, astringent, bitter and pungent.

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

“Western cuisine has a strong salty and sweet bias. Health issues arise from an imbalanced palate,” says Shah.

Alter adjusts taste profiles according to the season and the individual’s dosha. “Bitter foods can be very cleansing and help eliminate winter sluggishness. More pungent foods are good in the spring, when the body may feel congested and heavy after winter,” she says.

To address diners’ differing doshas at her restaurant, Divya’s Kitchen, Alter focuses on seasonal dishes that incorporate all six tastes. “By definition, these are tri-doshic foods which can balance all three dosha types.”

Good tri-doshic foods include asparagus in spring, berries in summer and root vegetables in winter. “Cooked leafy greens can also be tri-doshic,” says Alter, adding that spices can tweak the natural dosha effect of a given food.

Ancient Cooking for Modern Lifestyles

Ayurveda’s rules of the kitchen—such as avoiding cold, raw, processed or microwaved foods, not combining fruits with other foods, and making lunch the heaviest meal of the day—can run counter to the typical Western diet, but with time, Ayurvedic cooking can become intuitive.

Ayurvedic meals don’t need to be complicated or challenging to prepare. “A simple apple or plain rice can nourish us,” says Shah. One of Alter’s favorite recipes is an apple or pear stewed with cloves, prepared and eaten first thing in the morning to stimulate the digestive system. Plain almonds are another good protein snack, especially in aiding digestion when soaked and peeled, she advises.

A “Buddha bowl” packed with colorful, sautéed vegetables, lentils and a grain like quinoa, barley or millet makes for a simple, nourishing, well-balanced meal, says Shah. “I try to add just enough spice to enhance the flavor, while still being able to taste the sweetness of a carrot or the bitterness of chard.”

A cook’s mindset is as important as the meal itself, say Ayurvedic practitioners. Alter believes mindfulness while cooking and eating not only enhances our experience, but also our digestion.

Ayurvedic cooking should be fun, ignite curiosity and taste great—not feel restrictive or lack flavor, says Shah. “Food should bring joy, and bring us back in tune with our bodies. Our bodies are smart and will tell us what they need.”

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

The Beginner’s Ayurvedic Kitchen

The rules of Ayurvedic cooking can seem overwhelming, but there are simple ways to start aligning our diet with its principles. “There is a profound knowledge behind Ayurvedic cooking, but the methods of preparation are easy; you don’t need to be a skilled chef,” says chef, restaurateur and author Divya Alter.

“One portion of food should fit in your hands when cupped together,” says Nishita Shah, of The Ayurvedic Institute. “Any more is going above and beyond what the body needs and can handle.”

“Energetic imbalances can fluctuate, so what you need now doesn’t have to be what you eat for the rest of your life,” says Alter.

Shah uses color to guide her cooking, declaring a dish done when its greens are at peak vibrancy.

Alter stresses eating according to the strength of your digestion. “Someone with a fiery or strong digestion may need to eat heavier foods and more frequent meals.”

Cooking with fresh, high-quality and ideally, organic ingredients is key. Food should be prepared soon after purchase and consumed soon after preparation to maximize flavors and nutrition.

Ayurvedic cooking enhances natural flavors, while optimizing digestion, nutrient absorption and waste elimination.

“How you experience food after a meal is just as important as how you feel while eating it. Deep frying, charring or cooking at high temperatures makes food hard to digest, overheats the liver and causes acidity,” says Alter.

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Simple Ayurvedic Recipes

Crunchy Chickpeas

Pitta and Kapha pacifying

While Ayurveda does not promote snacking, sometimes we just need a little something to peck on now and then. Crunchy garbanzo beans (chickpeas) make a satisfying and supremely healthy choice for Pitta and Kapha. As witnessed by the many packaged chickpea snacks now commonly seen in stores, chickpeas are popular, so make this snack for a quarter of the price. Customize the flavors to satisfy a personal dosha, and palate, by getting creative with the spices.



Yields: 5 cup servings

2 cups precooked chickpeas or 2, 8-oz cans chickpeas, drained and rinsed

1 tsp sea salt for Pitta or Himalayan salt for Kapha

½ tsp smoked paprika or ½ tsp ground cumin or ½ tsp garam masala powder (optional)

1 Tbsp sunflower or safflower oil (optional for crunchiness; no oil for Kapha)

Spread the rinsed chickpeas on a baking

sheet to dry, about 20 minutes. Preheat the oven to 450° F. In a mixing bowl, add the chickpeas; salt; paprika, cumin or garam masala (if using); and the oil (if using). Toss well to coat and spread on a baking sheet in a single layer.

Place the baking sheet in the oven and bake for 20 minutes.

Remove from the oven, and use a spatula to turn the chickpeas over.

Place back in the oven and roast for an additional 10 minutes or until the chickpeas are slightly browned. Roast a little longer, if desired, for crunchier chickpeas.

Store the crunchy chickpeas in an airtight container. Do not refrigerate. These are great to sprinkle on salads and rice dishes. Don't make more than can be eaten in three days.

To cook dry chickpeas, soak overnight, drain and place into a large soup pot. Cover with water, at least double the amount of beans.

Bring to a boil, then cover and simmer for at least 30 to 45 minutes.

Check on the beans during cooking. When they are soft, they are done.

Recipe courtesy of Ayurveda Beginner's Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally, by Susan Weis-Bohlen.



Golden Milk

Vata, Pitta and Kapha pacifying

Golden milk is an age-old recipe that nourishes the body on many levels. Turmeric helps reduce inflammation, ghee distributes the healing properties throughout the body and tryptophan in the milk will encourage sleep. It is calmative, restorative and delicious. Make this a vegan drink by substituting milk and ghee with almond oil and a dairy alternative such as almond milk, hemp milk or coconut milk made without zinc oxide.

Yields: 1 serving

6 to 8 oz whole-fat goat's milk for Kapha and Pitta or cow's milk for Vata

½ tsp ghee

½ tsp turmeric powder

½ tsp ginger powder

1 pinch ground black pepper

1 pinch ground cinnamon

1 pinch ground nutmeg (to promote sleep)

1 small piece jaggery [sugar] (optional)

Add all the ingredients to a small pot. Over medium-high heat, bring the mixture to a boil, then lower the heat and simmer for a minute or two.

Pour into a mug and drink before bed. To enjoy this drink during the day, leave out the nutmeg.

Tip: If experiencing constipation, adding more ghee to the milk will help.

Recipe courtesy of Ayurveda Beginner's Guide: Essential Ayurvedic Principles and Practices to Balance and Heal Naturally, by Susan Weis-Bohlen.

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Fast Food, Junk Food Why Kids Have Allergies

by Doug Pucci

It's no secret that more kids have allergies and asthma today. *The Journal of Allergy and Clinical Immunology* describes the increase in children's allergies over the past 30 years as "explosive", and many researchers have classified allergies as a "growing epidemic" among kids. Likewise, a report published by the National Institutes of Health (NIH) states that children's asthma rates began increasing in 1960, and by 1990, kids diagnosed with asthma had reached "epidemic numbers".

Estimates are that approximately 5.6 million American kids—one in every 13—under the age of 18 have allergies, according to Food Allergy Research & Education (FARE). And it's not just kids: in total, more than 50 million Americans (some sources quote far higher numbers) and more than 235 million people worldwide suffer from diagnosed allergies.

The NIH report states that the dramatic increase in kids with asthma and various forms of allergic conditions goes hand-in-hand with lifestyle changes that have swept much of the world; specifically, children spending more time indoors, which has led to decreased physical activity, prolonged periods of shallow breathing, and more food and allergen sensitivities. Other studies attribute the sharp increase in allergies and asthma (estimated to be 40 to 50 percent over the past 50 years) to the increase

in fast food, processed food and overall junk food consumption, or conversely, to the lack of exposure to real, whole foods.

The connection between these junk foods and increased cases of asthma and allergies was reported in the journal *Thorax* after a huge study of more than 400,000 children in 51 countries found, "Fast food consumption may be contributing to the increasing prevalence of asthma, rhinoconjunctivitis and eczema in adolescents and children." The study concluded that teens eating the most fast food had a 39 percent higher risk of developing severe asthma, and the risk for younger kids in the same dietary category was 27 percent higher. In addition, the study showed that kids that ate fast food at least three times a week were more likely to have runny noses, eczema and asthma.

Children in the same study that ate higher amounts of fruit were 11 to 14 percent less likely to experience asthmatic symptoms. It's interesting to note that these children only consumed three or more servings of fruit in a week, which is far below the recommended two to three servings per day.

The results of a separate study conducted by researchers at the University of Naples, in Italy, showed that high levels of advanced glycation end products (AGE) are abundant in all junk foods, from fast foods to processed foods. AGEs are known to increase the risk of both allergies and

asthma, as well as diseases such as Alzheimer's and other cognitive disorders, cancer, liver/renal dysfunction, reproductive disorders and many more.

This effect can even be seen in developing countries as they move away from traditional diets of locally grown whole foods and adopt more Westernized diets. New studies are also showing that processed and fast foods negatively impact gut bacteria, making both children and adults more prone to allergies and asthma. Researchers are now focusing on the impact of unhealthy junk food ingredients like sodium, sugars, trans-fatty acids, preservatives, carbs and linoleic acids (which can impact the immune system).

An unfortunate development occurs when a patient develops allergy symptoms. The standard protocol is usually an over-the-counter or prescription medication, which may provide relief, but doesn't identify the root cause as to why the histamine response is so reactive. When a specific food allergy is identified, the patient is told to avoid that food, which is, of course, the right first step. However, it's only a first step, not a final solution.

A deep dive into the reason why a patient is exhibiting allergic reactions to a particular food or food group may not be offered by most medical doctors. Diet and lifestyle should be examined as part of a holistic effort, coupled with results from comprehensive lab tests. A functional medicine doctor can help put the pieces together and create a path to minimize, manage or even eliminate the problem the while improving overall immune health and histamine response.

Dr. Doug Pucci, DC, FAAIM, adheres to a functional medicine approach with patients and believes in treating underlying, root causes of disease. He provides nutrition, advanced testing for hormones and gut microbiome, blood testing, epigenetics, and brain/body well-being. For more information, call 201-261-5430 or visit GetWell-Now.com. See ad, page 3.



DIGITAL KIDS

How to Click With Young Techies

by Ronica O'Hara



Many Silicon Valley executives that design devices and apps have put their own children in tech-free Waldorf schools, reports *The New York Times*; even Bill Gates and Steve Jobs strictly limited their kids' screen time. They know firsthand what many parents fear—that kids are missing out on developing life and social skills because of technology that has been deliberately designed to be addictive.

Recent studies link excessive digital use by kids to anxiety, depression and, according to a team of University of Southern California scientists published in the *Journal of the American Medical Association*, a doubled risk of attention deficit/hyperac-

Part of the challenge we face as parents is that these devices make things easier for us because our kids are occupied, so if we want to change our kids' tech behavior, we'll have to change how we do things, as well.

~Mariam Gates

tivity disorder compared with infrequent users. However, there are sound strategies that we can use to help kids navigate the electronic wilds, say experts.

“Parent like a tech exec by establish-

ing strong tech limits and actively engaging your kids instead with family, school and the outdoors,” advises Richard Freed, Ph.D., a Walnut Creek, California, child and teen psychologist and author of *Wired Child: Reclaiming Childhood in a Digital Age*.

1 Devise a family master plan for tech use. A good place to start is the American Academy of Pediatrics' Family Media Use Plan (HealthyChildren.org/English/media). “Rules can be general, like no video games on weeknights, or very specific, like you can only play YouTube videos on the living room computer when other family members are present,” says Angela Roeber, director of communications at Omaha's Project Harmony, a child protection nonprofit.

2 Set sensible time limits. The American Academy of Pediatrics recommends monitored, minimal screen time for kids under 2 years old; one hour a day for kids 2 to 5; and “consistent limits” for kids 6 and older. “What works best for my family is a simple kitchen timer,” says Anya Kamenetz, author of *The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life*.

3 Talk with kids. Discuss with them why limits are needed, how to evaluate internet information according to its source, ways to exercise caution on social media and

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why some games are deliberately designed to be never-ending. A 2015 Korean study of 2,376 grade-schoolers published in *School Psychology International* found that if parents show warmth and supervise their kids' tech use with rational explanations, the children use less digital media.

4 Ban devices at meals and bedtime. Just having electronics in sight interrupts focus, University of Texas at Austin researchers found. At night, make sure devices are turned off an hour before bedtime, and then collect them into a recharging basket by the front door. Keep phones, computers and tablets in a public part of the home—out of kids' bedrooms—so that online activities are in plain view.

5 Keep up with the latest tech releases. Join kids in their games, apps and website visits. Check out *CommonSenseMedia.org*, which rates such content. If one causes concern, instead of Googling just its name, add search terms like “risks”, “problems” or “child use”.

6 Employ parental controls. Websites and games can be blocked or limited within the devices themselves. Consider replacing the Safari or Chrome browser on a device with a kid-friendly version



like Mobicip or GoogleSafeSearch, or installing in-depth monitoring programs such as Net Nanny, Norton Family Premier or Qustodio Parental Control.

7 Create enjoyable alternatives. Bicycle with kids in a park. Enroll them in sport teams and art classes. “Part of the challenge we face as parents is that these devices make things easier for us because our kids are occupied, so if we want to change our kids' tech behavior, we'll have to change how we do things, as well,” says Mariam Gates, an educator and author of *Sweet Dreams: Bedtime Visualizations for Kids*.

8 Do a family digital detox. During one Sunday a month at home, a weekend away camping or a vacation at a remote spot, keep all devices off and away—and watch how kids grow more responsive as they tune back into “real life”.

“Remember, our kids may always be an app ahead of us, but they will always need our parenting wisdom,” advises Sue Scheff, a cyber-safety blogger and co-author with Melissa Schorr of *Shame Nation: The Global Epidemic of Online Hate*.

Ronica A. O'Hara is a natural-health writer based in Denver. Connect at OHaraRonica@gmail.com.

More Help for Digital Parents

Parental Control Apps Reviews:

A comprehensive review of options and pricing Tinyurl.com/ParentalControlApps

Parental Controls by Device:

Starting with what's at hand Tinyurl.com/ParentalControlsByDevice

Tap, Click, Read: A valuable toolkit for parents, including a worksheet to identify problems Tinyurl.com/TapClickReadToolkit

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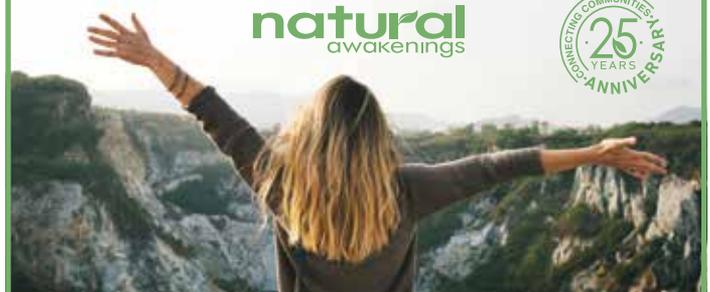


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We reprogram the immune system so that it no longer sees that particular allergen as an invader.

~Barbara Meconis

PET PEEVE

Natural Remedies for Allergies to Furry Friends

by Julie Peterson

Jessica Martinez, a medical assistant and part-time dog groomer in Rockford, Illinois, was growing her family—a husband, two daughters and a young beloved husky. When their third daughter was born with health problems and an allergy to dogs, Martinez was determined to manage the situation.

She cleaned fervently—vacuuming, wiping down hard surfaces, and bathing and brushing the dog every day. Everyone had to wash their hands frequently. In addition, the room where other dogs were

groomed had to be thoroughly cleaned after each session. It all eventually became too exhausting, and the husky was rehomed.

But there may have been other options available to the family, say practitioners that treat patients with pet allergies. “I personally would rather not recommend that a patient not be around animals, because there are so many health benefits that animals can bring,” says Rosia Parrish, a naturopathic doctor at Boulder Natural Health, in Colorado, and a spokesperson for the American Association of Naturopathic Physicians.

Allergen Alert

Some families opt for one of the so-called hypoallergenic breeds of dogs or cats. However, experts at the American Lung Association and the American Academy of Allergy, Asthma & Immunology advise that all warm-blooded animals shed dander: flecks of skin containing proteins that can cause allergies. Additional allergens exist in proteins from saliva, urine and feces. Because proteins, not fur, are to blame, even short-haired or hairless dogs and cats can elicit an allergic response. They’re present in the dander of all mammals, including horses, rabbits, cows and mice.

“Allergies are caused when the immune system cannot discern the difference between a safe protein, such as egg, and a dangerous protein, such as mold, and it starts attacking the wrong ones,” says Barbara Meconis, a registered nurse and owner of Holistic Care Approach, in Grand Rapids, Michigan.

In the home, these proteins can easily become airborne and cling to surfaces and clothing. They can be carried by people to pet-free schools and hospitals, making the proteins difficult to avoid, so for those that deal with symptoms that range from watering eyes to difficulty breathing, allergies can flare up in unlikely places.

Traditional Medical Response

“Allergies are one of the most complex, unresearched topics,” says Meconis. Because of the general lack of knowledge in the field of immunology, people with allergies may have difficulty finding relief, especially when multiple or severe allergies are present. Pet owners aren’t given many choices.

“In the last five years, there is a working theory regarding being desensitized with incremental exposures, but there is no proof,” says Meconis. “Elimination has always been the answer from mainstream allopathic medicine, so if you are allergic to pets, they say, ‘don’t have a pet.’”

Parrish suggests that making lifestyle changes may enable some people to keep a furry friend in their lives. Effectively preventing allergic reactions requires limiting

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I personally would rather not recommend that a patient not be around animals because there are so many health benefits that animals can bring.

~Rosia Parrish

exposure to the offending animal proteins. This can mean vacuuming often, using HEPA-grade air filters, removing carpeting, leaving coats and shoes at the door and washing sheets, mattress covers—and the pet—on a regular basis.

Alternative Treatments

At Holistic Care Approach, Meconis is trained in Nambudripad's Allergy Elimination Therapy (NAET), a combination of allopathy, acupuncture, chiropractic, kinesiology and nutrition. Treatments are typically effective in as little as one session per allergy.

"We reprogram the immune system so that it no longer 'sees' that particular allergen as an invader," Meconis says. "By removing disharmony at the intercellular level, the body stops being so reactive."

Founded in 1983 by Devi Nambudripad, a California chiropractor and acupuncturist, today there are more than 12,000 NAET practitioners and they can be found at naet.com/practitioner-locator.

Parrish recommends natural treatments for affected people such as steam showers and baths with thyme, eucalyptus and menthol to help clear passageways, along with anti-inflammatory supplements like boswellia, quercetin, nettle leaf, fish oil and magnesium.

"Unless an allergy is severe, I think that living around cats, dogs and other furry animals is a really good thing and brings so much love and sloppy kisses into our lives," she says. However, for a serious allergic reaction such as asthma, a pet lizard may be in order.

Julie Peterson has contributed to Natural Awakenings for more than a decade. Contact her at JuliePeterson2222@gmail.com.

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How to Safeguard Against Ticks and Lyme Disease

by Mia K. Frezzo

Since Lyme disease was new and believed to originate in Lyme, Connecticut, it has spread throughout the country. During that time, the Lyme vaccine for dogs was not yet available. There



are 12 North American species of ticks, and the most populous is the American Dog Tick. There are more ticks in the United States than ever before, and they are out nearly every month of the year in many warmer regions. In 2017, the Centers for Disease Control and Prevention recorded 59,349 cases of tick-borne diseases, increasing from 48,610 in 2016. Lyme disease is now the most commonly reported tick-borne disease in the U.S..

Ticks carry numerous diseases which can pose a threat to the entire family. A tick requires a host at each life stage to advance to the next stage, yet ticks can remain dormant for up to one year without feeding. Additionally, they have adapted to be a danger all year-round as their species has evolved. Most of a tick's life is spent attached to the

host, which makes them very difficult to control. They survive cold winter months with the help of a special "antifreeze" protein in their blood that is generated by the diseases ticks carry in order

to help them survive the colder months.

An infected tick is more likely to withstand the winter than an uninfected tick. When spring arrives, the risk of disease transmission is higher due to survival rates of the disease-carrying ticks. Tick-borne diseases can have profound and lasting effects on health. Recently, research has confirmed the high likelihood of kidney disease in dogs that have contracted Lyme disease, even when the illness was readily recognized and treated.

Ticks are attracted to movement, including construction or vibrations within the grass. They attach to their host or prey simply by reaching for them. This behavior is called questing. A tick perches on a blade of grass and extends their front legs toward the passing dog, deer or person. Ticks do not jump or fly. They just need a little contact to silently and unnoticeably find

their way to a pet or person. The tick's goal is to firmly attach to the skin and feed by sucking blood.

We often do not realize a tick has landed on us or has attached to our bodies. They produce anti-inflammatory proteins that allow them to hide from the host's immune system. In other words, the tick is undetected by the dog or person upon which it is attached because these proteins conceal inflammation caused by their bite and subsequent feeding. Once attached, ticks will feed for three to 14 days before falling off. After feeding, females typically lay several thousand eggs and die soon after.

Because of the inherent protective mechanisms a tick possesses, their ability to survive extreme temperatures and their irreducible population in many areas, tick prevention for our pets and ourselves is imperative. Monthly flea and tick preventatives are an effective option for pets. In conjunction with traditional methods, applying safe and effective essential oils can augment traditional preventatives or potentially replace them. Essential oils are metabolized within a few hours, so frequent application is necessary.

Some examples of essential oils which effectively repel pests include arbor vitae, rosemary, lemongrass and cedar wood. Owners can apply diluted essential oils topically to their dog and themselves to ward off pests, as well as create a natural essential oil tick repellent collar. The severity of the diseases carried by ticks demands an attentive and proactive approach to protect both ourselves and our pets.

Dr. Mia K. Frezzo is a member of the do-TERRA International Veterinary Advisory Board and co-author of SpOil Your Pet: A Practical Guide for Using Essential Oils



in Dogs and Cats, which contains an easy recipe for a natural flea and tick repellent collar. For more information about essential oils and natural health, call 201-288-7800 or email Info@VetInHeights.com. See ad, page 33.

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calendar of events

SUNDAY, SEPTEMBER 1

Bird-Watching/Nature Walk – 10am-12pm. Two-hour nature walk with expert Audubon Society members. Be on the lookout for Dowitchers, warblers and other fall migrants and shorebirds. Bring binoculars, bug spray and a sense of wonder. Confirm details at Meadowblog.net. Free, registration recommended. DeKorte Park, Lyndhurst. Don Torino: 201-230-4983. GreatAuk4@gmail.com.

TUESDAY SEPTEMBER 3

Drum Circle – 6:30-7:30pm. Open to those impacted by cancer. Drumming offers a therapeutic outlet that leaves many participants feeling both energized and relaxed. Registration required. Holy Name Medical Center, Marian Hall, Rm 2. 201-833-3392. HolyName.org/CancerSupport.

WEDNESDAY, SEPTEMBER 4

Wellness in the Face of Illness – Sept 4, 11, 18, 25. 4-5pm. Open to those impacted by cancer. Cancer is a life-changing diagnosis, but it doesn't have to be life stopping. Explore what makes you feel alive, engaged and vibrant even in the face of illness. Leave each session with a fresh perspective on your wellness journey and a road map for the week. Registration required. Holy Name Medical Center, Marian Hall, Rm 3. 201-833-3392. HolyName.org/CancerSupport.

Guided Pontoon Boat Cruise – Sep 4, 5, 10, 13, 18, 24. 5pm. 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.

FRIDAY SEPTEMBER 6

Knit/Crochet Club – September 6, 13, 20, 27. 1-3pm. Open to those impacted by cancer. Whether a beginner, or a pro, follow step-by-step instructions or bring a project you're working on. All supplies provided. Registration required. Yarn Dezvous, 495 Cedar Lane, Teaneck. 201-833-3392. HolyName.org/CancerSupport.

SATURDAY, SEPTEMBER 7

Saturday Boat Cruise – 8:30am. Two-hour trip along the Hackensack River and its marshes with an experienced guide knowledgeable of the Meadowlands ecosystem; hear about the history of the river

and look for birds and other wildlife that inhabit these marshes. See nature up-close to photograph and make videos of the natural beauty of the Meadowlands and its unique urban eco-system. For ages 10 up. Free. River Barge Park, 260 Outwater Lane, Carlstadt. Cathy Vonk: 201-460-4677. NJSea.com.

Scarecrow Planter: DIY for Kids – 9am-12pm. Hands-on workshop where you and your child can build a scarecrow planter. Your young farmer can learn how a seed grows while you help them construct a festive home for their plant. They will sand, glue, and paint pieces of wood to create this holiday planter. Recommended for ages 5 through 12. All kids get to keep their project, receive a certificate of achievement, a workshop apron, and a commemorative pin while supplies last. Children must be present at the store to receive the kit, apron and pin. Free. All Bergen County Home Depots: Paramus, Mahwah, Hackensack, etc. 800-466-3337. HomeDepot.com.

Dance, Fitness & Yoga Studio Open House – 11:30am-4:30pm. HeART in Motion hosts complimentary demo classes for children and adults, giveaways, refreshments, fun activities and games. HeART in Motion, 17 Chestnut St, 2nd Fl, Ridgewood. 201-857-4472. HeartinMotionStudio.com.

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

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SUNDAY, SEPTEMBER 8

Garretson Forge and Farm Open House – Sep 8, 22. 1-4pm. One of the oldest historic sites in Bergen County, settled in 1719, this Dutch Colonial homestead was home to six generations of Garretsons. Their homestead remains a rare surviving example of a simple farming life prevalent in the 1700s and 1800s. Free, donations appreciated. Garretson Farm, 4-02 River Rd, Fair Lawn. 201-797-1775. GarretsonFarm.org.

Butterfly Festival – 1:30-3pm. Celebrate all things butterfly at this fun educational festival, geared to children, where butterflies that have just emerged and are ready to go are released. The Monarchs, now being considered for listing on the US Endangered Species List, will join the amazing migration over thousands of miles to Mexico. The Monarch is. Join us for an informative and afternoon. Hands on activities available. Free, donations appreciated. Garretson Forge and Farm, 4-02 River Rd, Fair Lawn. 201-797-1775. GarretsonFarm.org.

Apple Cidering – Sep 8, 15, 22, 29. 2-3pm and 3:30-4:30pm. Participants will use an apple press to help make cider and learn about the history of apple cultivation and cider making. Tenafly Nature Center will provide the apples, but more apples mean more cider! Help us out by bringing three or more apples per person. Children must be accompanied by an adult. \$10, \$5/member, \$30/family, \$15/member family. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093.

Gentle Stretching in the Salt Cave – 3:30-4:30pm. Jody Polevoy leads a gentle stretch session the salt cave to relieve stress and tension. Breathe in the salt air and amplify the benefits. \$50. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge. RSVP: 845-290-0678. SaltOfTheEarthCFH.com.

TUESDAY, SEPTEMBER 10

Mahjong – Sep 10, 24. 5-7pm. Open to those impacted by cancer. Looking for a group to play mahjong? Want to learn mahjong? Come for an evening of fun, friends and tiles. Registration required. Holy Name Medical Center, Marian Hall, Rm 2. 201-833-3392. HolyName.org/CancerSupport.

Yoga & Dinner – 6:30pm. HeART in Motion partners with Green Fusion vegan restaurant. \$50 plus tax; seating is limited to 40. HeART in Motion, 17 Chestnut St, 2nd Fl, Ridgewood. RSVP: 201-857-4472. HeartinMotionStudio.com.

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.

Reiki Circle in the Salt Cave – 8-9:30pm. Reiki master Lisa LaCava leads a reiki session in the salt cave. Each person gets 10 minutes on the table and the remainder of the time experiencing salt cave therapy. \$50. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge. RSVP: 845-290-0678. SaltOfTheEarthCFH.com.

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.

FRIDAY, SEPTEMBER 13

Mindfulness-Based Stressed Reduction Orientation – 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.

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, SEPTEMBER 14

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.

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

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.

markyourcalendar

SATURDAY, SEPTEMBER 14

Yoga Therapeutics Through a Kundalini Lens – 1:30-4:30pm. Explore techniques for a wide range of modern-day ailments as an adjunct to medical treatment to improve the quality of your life and add to your professional palette. With Ravi Singh; his approach is powerful, poetic, masterful, and fun. Ravi presents teacher trainings and workshops worldwide. Hosted by Yoga Teachers Association. /\$65, \$45/members. The Yoga Studio at Club Fit, Briarcliff Manor, NY. RSVP: 914-582-7816. YTACommunications@gmail.com. YTAyoga.com.



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, SEPTEMBER 15

Newport Liberty Half Marathon – 8:30am. With views of the Statue of Liberty, Ellis Island, the Verazano Narrows Bridge and the Manhattan skyline, this USATF certified course takes you along the Hudson River Waterfront Walkway and across to Liberty State Park – flat, fast terrain with open skies. Post-race celebration at Newport Town Square with refreshments, music and prize drawings. Proceeds to the Jersey City Medical Center – Barnabas Health, the area's only not-for-profit hospital, and the regional trauma center. 100 Town Square Place, Jersey City. NewportHalfMarathon.com.

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. AerialFlyteClub.com.

FRIDAY, SEPTEMBER 20

Celebrate the Autumn Equinox – 7-9pm. Lois Kramer-Perez will offer guided meditation and sound healing session using chimes and crystal bowls to transition from summer to autumn. Connecting to the autumn energy of metal, a time of completion, finds focus and clarity. No meditation experience necessary. Light refreshments provided. Registration required. \$47/by Sept 17, \$54/at the door. Paramus near intersection of Rt4 and Rt17. 201-906-5767. LoisKramerPerez.com.

SATURDAY, SEPTEMBER 21

Access Bars Class – 9am-5pm. A class that has the potential to change anything! Learn to give and receive Access Bars, a light touch energy process for dynamic

change. By gently touching 32 points on the head, one can release the energetic charge of thoughts, feelings, emotions, beliefs and attitudes that create limitation in your life. Create the change you are longing for, opening you up to more peace, possibilities, ease and awareness. No prerequisites required. NCBTMB approved CEU's for massage therapists. Registration required. Terry Obsuth, 22 Madison Ave. Paramus. 201-655-3836. AccessTheBars.com.

SUNDAY, SEPTEMBER 22

3K Walk Cancer Away – 8am, check-in & shirt pick up; 9:30am, the walk begins. Join the 12th Annual Walk Cancer Away event to celebrate those remembered while giving strength to those still fighting. The group has raised over \$700,000 for Memorial Sloan Kettering Cancer Center. After the walk: The Matt Coffy Band & The Nerds; food trucks, cornhole tournaments, family activities, special performances by Bayonne High School Band, Cheerleading Team, and Color Guard. Stephen R. Gregg County Park, 48th Street & John F. Kennedy Blvd, Bayonne. WalkCancerAway.com.

Ramapo College Open House – 9am-2pm. Events for high school students, as well as students attending other colleges who wish to transfer to Ramapo College, provide a wonderful opportunity to tour the campus, speak with faculty and learn more about what Ramapo College has to offer you. Students admitted typically rank in the top 20% of their graduating class. Ramapo College of New Jersey, Bradley Sports and Recreation Center, 505 Ramapo Valley Rd, Mahwah. RSVP: 201-684-7500. Ramapo.Edu.

Garretson Forge and Farm Open House – 1-4pm. See Sept 8 listing. Free, donations appreciated. Garretson Farm, 4-02 River Rd, Fair Lawn. 201-797-1775. GarretsonFarm.org.

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.

TUESDAY SEPTEMBER 24

Metastatic Breast Cancer – 2-3:30. This free workshop offers information on the latest treatments for metastatic breast cancer, side effect management and emotional support resources for patients and families. Presentation by Dr. Yadyra Rivera. Registration required. Holy Name Medical Center, Marian Hall, Conf Rm 5. 201-833-3392. HolyName.org/CancerSupport.

WEDNESDAY, SEPTEMBER 25

Holistic Minds 3rd Annual Party – 7-9pm - Helping patients and building a holistic community, holistic practitioners work in partnership for patient wellbeing. This "Getting to Know Each Other" evening will feature organic food, music and fun. The Holistic Dental Center, 91 Millburn Ave, Millburn. RSVP: 973-379-9080. DRGDDS.com.



THURSDAY, SEPTEMBER 26

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.

The Healer Within: Body Mind Spirit Self-Healing – 6:30-8pm. Learn four simple, remarkably effective traditional Chinese self-healing techniques to release and amplify your own natural powers for healing and longevity. Enhance your overall energy and enable your body's self-healing resources to be fully available. With Paul Lamb, certified in massage for cancer and life altering disease. \$25. Vista Natural Wellness Center, 191 Ramapo Valley Road, Oakland. Info or to register (required): 201-644-0840. VistaNaturalWellness@yahoo.com.

Past Life Regression – 8-9:30pm. In the relaxing and healing environment of the salt cave, learn to understand yourself better by connecting with your past life. Led by Lindsey Sass. \$50. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge. RSVP: 845-290-0678. SaltOfTheEarthCFH.com.

SATURDAY, SEPTEMBER 28

Access Bars Class – 9:30am-5:30pm. A class that has the potential to change anything! Learn to give and receive Access Bars, a light touch energy process for dynamic change. By gently touching 32 points on the head, one can release the energetic charge of thoughts, feelings, emotions, beliefs and attitudes that create limitation in your life. Create the change you are longing for, opening you up to more peace, possibilities, ease and awareness. No prerequisites required. NCBTMB approved CEU's for massage therapists. Registration required. Christine DiDomenico, Washington Twp. 845-825-2361. AccessTheBars.com.

plan ahead

WEDNESDAY, OCTOBER 2

Metahuman: Unleashing Your Infinite Potential Book Launch, Talk & Signing with Deepak Chopra – 6:15pm meet & greet with Deepak, 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/>.

MONDAY, OCTOBER 7

markyourcalendar

MONDAYS, OCT 7-NOV 11

Adolescent Eating Disorder/Disordered Eating Recovery Nutrition Group – Oct 7, 14, 21, 28, Nov 4, 11. 7-8:15pm. Eating disorders, disordered eating, and body image issues are epidemics striking adolescents at younger ages than ever before. Teens are particularly susceptible to these damaging messages due to their cognitive stage of development, along with enduring many social milestones/transitions. \$300. Body Positive Works, 96 E Allendale Rd, Saddle River. Info, Liz: 201-708-8448. BodyPositiveWorks.com.

TUESDAY, OCTOBER 15

How To Talk To A Son/Daughter About Healthy Eating – 10:30am-12pm, and Oct 24, 7-8:30pm. Expert dietician guides your communication about food and eating with your children in a positive way. This relationship is tricky, especially if you are struggling with your own issues. \$50. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

THURSDAY, 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.

SATURDAY, OCTOBER 26

Thriller Flashmob – Oct 26 & 31. Learn the original choreography from the famous music video. Two opportunities to perform: 10/26 during Ridgewood's Haunted Harvest Festival and 10/31 through Ridgewood Walk's Walktober. Arrive in costume and learn the choreography before the event. \$10 per participant. RSVP: Info@HeartinMotionStudio.com.

OCTOBER

Coming Next Month
Chiropractic Care

plus:
Oral Health

natural
awakenings

ongoing events

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

sunday

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

African Dance: Family Dance – 2:45-3:30pm. High-energy, traditional West African dance. The Family Dance class is a multi-level class free to any adults and children who come together to dance as a family. Center for Modern Dance Education, 84 Euclid Ave, Hackensack. 201-342-2989.

monday

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

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

Crafternoon: Grades 3-6 – 3:30-4:30pm. Who doesn't love a good make-and-take? This new take on arts and crafts explores different crafts every week. No registration is required but supplies are limited on a first come, first serve basis. Free. Johnson Public Library, Hackensack Meeting Room, 274 Main St, Hackensack. 201-343-4169 x 14. Hackensack.BCCLS.org.

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

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

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



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.

Environmental Justice Green Drinks Hackensack – 7-9pm. 2nd Mon. Conversation, problem-solving, knowledge sharing for green and sustainable living, community issues, business practices, urban farming, food waste, climate change, flooding. Free. Pay for what you order. Villa de Columbia, 12 Mercer St, Hackensack. 862-203-8814. EJGreenDrinks.org.

Valley Toastmasters – 8-10pm. 1st and 3rd Mon. A club for improving public speaking and leadership skills. Guests are welcome and can attend without advance notice. First Congregational Church, 276 Haworth Ave, Haworth. Info: 201-767-3063. 3181. ToastmastersClubs.org.

tuesday

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

Restorative Yoga w/Mary Ann Gebhardt – 9:45-10:45am. \$20/drop-in, \$150/10-class pass. Vista Natural Wellness Center, 191 Ramapo Valley Road, Oakland. 201-644-0840.

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.

Discounted Earseeds Tuesdays -- 11:30am-5pm. Learn how auriculotherapy (akin to acupressure or reflexology for the ear) can improve overall health and help with a wide variety of health issues. \$25/

special rate. Complete Wellness Within, 617 Oradell Ave, Fl 2, Ste 3R. Register (required) 973-615-2486. CompleteWellnessWithin.com.

Pare Down, Cheer Up – 3pm. 3rd Tue. Learning to live with less. For those who want to simplify their lives, whether to save money, reduce stress or transition to a more sustainable lifestyle. Led by health and wellness educator Kathy Schwarz. Free. Englewood Library, 31 Engle St, Englewood. 201-568-2215. EnglewoodLibrary.org.

Teen Tuesday – 3:15-4:30pm. Movies, trivia, board games, video games: all teen Tuesday events are free and open to students in grades 7-12. Advanced sign up is never required and weekly attendance isn't necessary. You can come any time that you are available. Free. Johnson Public Library, 274 Main St, Hackensack. Keri Adams: 201-343-4169 x 30. Hackensack.BCCLS.org.

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

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

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

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

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

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

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

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

Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323. Mahwah.BCCLS.org.

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

wednesday

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

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

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

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

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

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

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

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

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



Chair Yoga, Breathing Technique & Meditation Class – 6-7pm. Yoga is a holistic way of energizing and integrating your mind body and self. Meditation allows the conscious mind to settle deeply in the self, giving it a rest. With Sujatha Nair from Art of Living. Free. Teaneck Public Library, 840 Teaneck Rd, Teaneck. 201-837-4171. TeaneckLibrary.org.

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

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

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.

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.

Feldenkrais Awareness through Movement Classes – 10-11am. 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.

Clear Your Stress: Conversation and Guided Clearing Meditation – 10:30-11:30am. Using visualizations along with guided meditations and crystal bowls we clear the accumulated stress, therefore clearing the self; w/Lois Kramer-Perez. No meditation experience required. \$20. Rte 4 & Rte 17, Paramus. Details: 201-906-5767. Lois@LoisKramerPerez.com.

Thursday Morning Movie – 10:30am-12:30pm. Popular, often first-run films selected for their wide appeal to an adult audience. Movie snacks and drinks are served. This program is free and no tickets are necessary. Seats are first-come. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323 x 230. Mahwah.BCCLS.org.

Inspect Your Gadget – 11am-12pm. Have a smartphone or an eReader and don't know how to use it? Trying to save pictures on your tablet? Bring your device, appropriate cords and user manual if you have it, and come to the library! No preregistration necessary. Hackensack Library, 274 Main St, Hackensack. 201-343-4169.

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

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

Thursday Movie Matinee – 2-5pm. Popular, often first-run films selected for their wide appeal to an

adult audience. Movie snacks and drinks are served. This program is free and no tickets are necessary. Seats are first-come. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323 x 230. Mahwah.BCCLS.org.

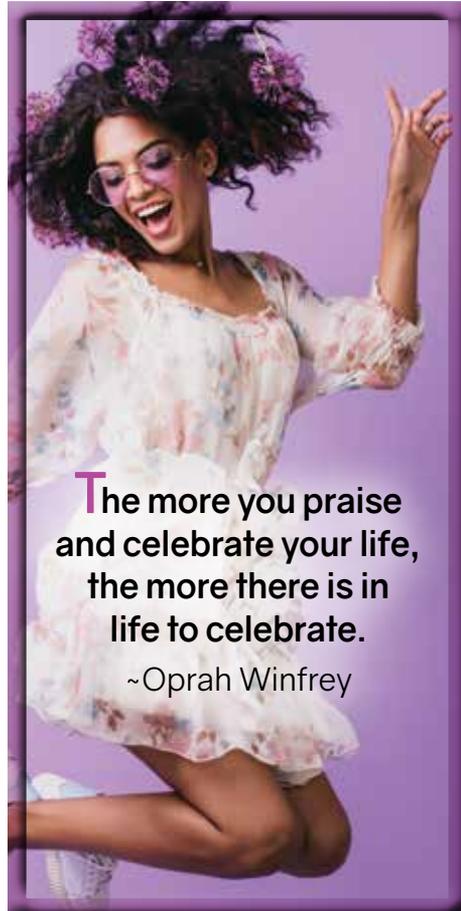
Teen Time – 3:30-4:30pm. 2nd Thur. The programs are different each month, but they are guaranteed to be fun or your money back. Free. Friends Room, Tenafly Public Library, 100 Riveredge Rd, Tenafly. 201-568-8680. TenfCirc@bccls.org.

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

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



The more you praise and celebrate your life, the more there is in life to celebrate.

~Oprah Winfrey



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.

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.

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.

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

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

community resource guide

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

CONSCIOUS CENTERS

UNITED PALACE OF SPIRITUAL ARTS
4140 Broadway, New York, NY
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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.*

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EMPOWERMENT COACH

CHRISTINE DIDOMENICO
Access Consciousness® Certified Facilitator, Bars Facilitator, Energetic Facelift Facilitator & Body Process Facilitator
845-825-2361
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



What if you are far greater than anyone has ever acknowledged? Where have you not acknowledged this for yourself? What keeps you in frustration of limitation, judgment of yourself and the lack of peace and joy in your life? What if this could all

change easily and create a new way of life for you. Let me introduce you to the process of Access Bars and a way to live life where you function from your own awareness having more happiness and ease. Offering Access Bars and Access Energetic Facelift sessions and classes. *See ad, page 2.*

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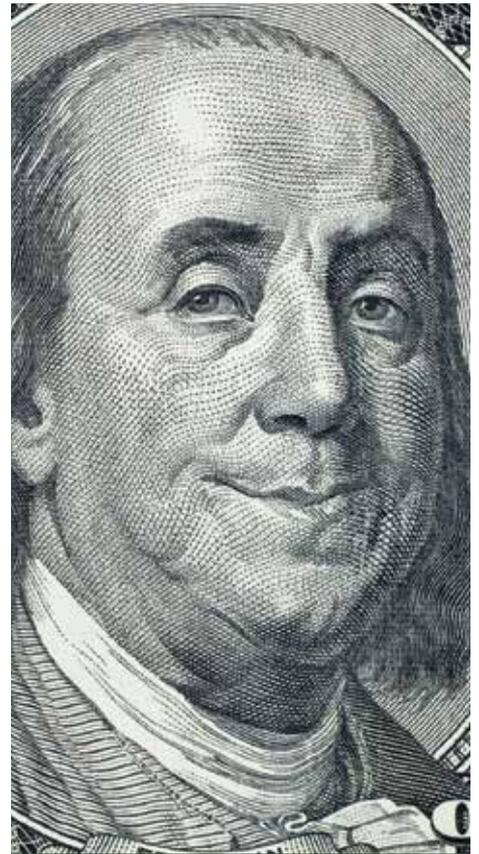
HEALING CENTER

AURA ENERGY
Bertharis Lantigua
163 Terrace St, Haworth
973-460-1357 • AuraEnergyReiki@gmail.com



Reiki master, vibrational sound therapy practitioner, hatha yoga instructor, recreational therapist, certified holistic health coach. With over 20 years' experience working in the mental health profession, Bertharis Lantigua has a

deep understanding and compassion for helping individuals find their path to healing. Aura Energy provides various holistic services such as reiki energy healing, vibrational sound therapy, crystal healing, charka balancing/energy clearing, holistic health coaching, recreational therapy, hatha yoga, and aromatherapy. Each session is personalized and intuitively tailored to the individual's needs. Focusing on deep relaxation to help decrease stress, anxiety and depression and promote peace and well-being.



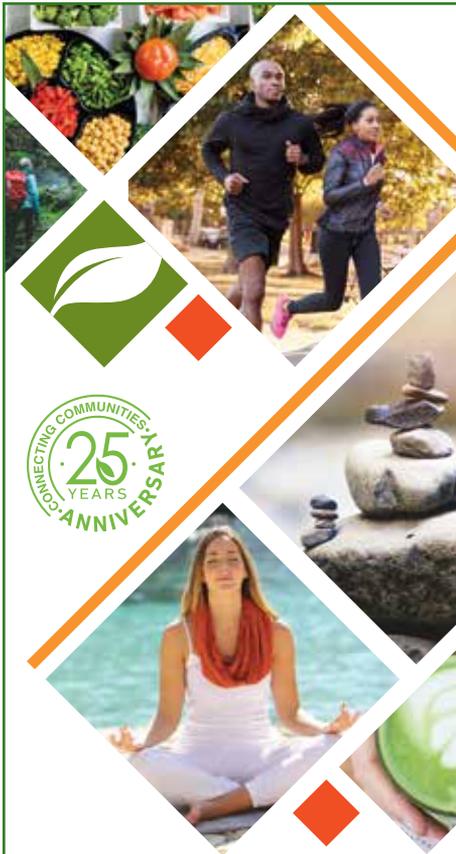
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To **empower** individuals to live a healthier lifestyle on a healthier planet.

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

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

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"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 28.*

LIFE COACH

DAVID BARTKY

Certified Law Of Attraction Life Coach,
Certified Consulting Hypnotist
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Are you ready to start attracting at you want, instead of what you don't want, in all areas of your life? I am an experienced and certified Law of Attraction life coach, and I can help you do that. Once you start living your life from a Law of Attraction point-of-view it only gets better. I am also a certified Consulting Hypnotist. Hypnosis is great for stress reduction, sleep issues, fear of public speaking/performing, smoking cessation, etc. I am also certified in Thinner Band Hypnosis for extreme weight loss.

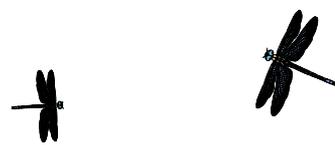
NUTRITION & WELLNESS COUNSELING

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 27.*



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.

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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.

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

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.

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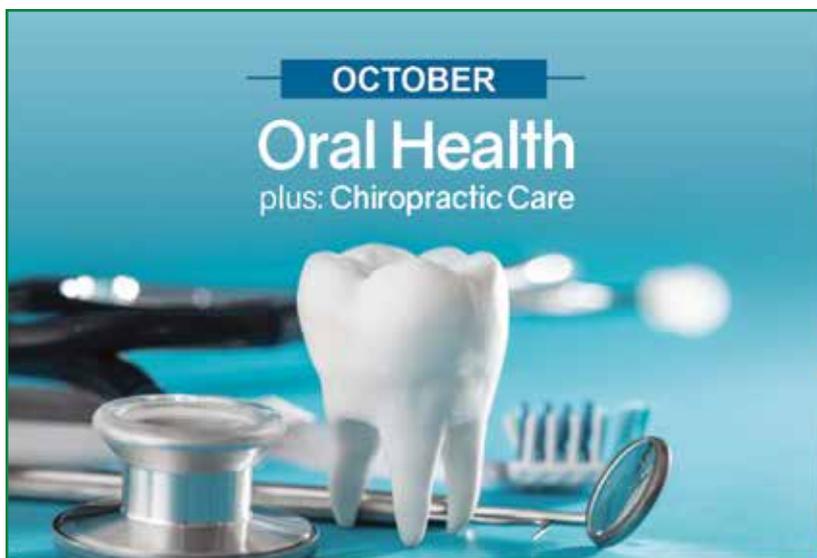
(commission only). Relationship-oriented sales. Must have some sales experience. Prior experience in a holistic/natural/organic/green industry a big plus. Email cover letter and resume to Publisher@NaturalAwakeningsNNJ.com. No calls please.

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COMMUNICATE WITH DECEASED LOVED ONES – Martin is a highly-skilled medium with more than 18 years' experience. He communicates with your loved ones and will help you address and resolve life challenges, while respecting your free will to navigate your own course. By appointment only. Inquiries welcome. MartinMedium1@gmail.com. 201-306-7625.

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