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Dec. 8, 2019

Nov. 9, 2019



Christine DiDomenico, CF
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Theresa Obsuth, BF
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Classes & Private Sessions Available, refer to page: 11

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

Hormonal Balance and Thyroid -----

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

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

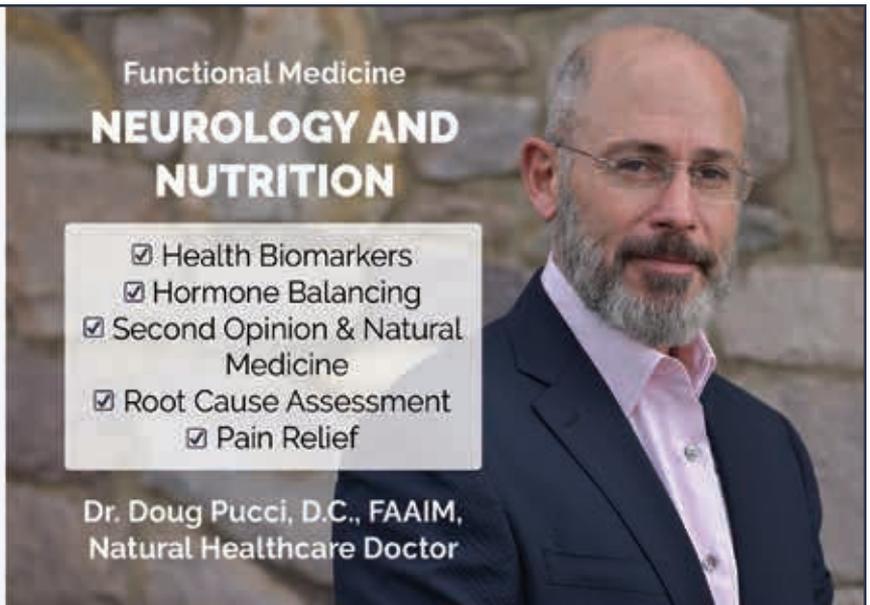
The Body -----

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

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

Contact information

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



Functional Medicine
NEUROLOGY AND NUTRITION

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

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

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

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

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

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

HERE'S WHAT OUR PATIENTS ARE SAYING

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

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

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

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

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

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

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

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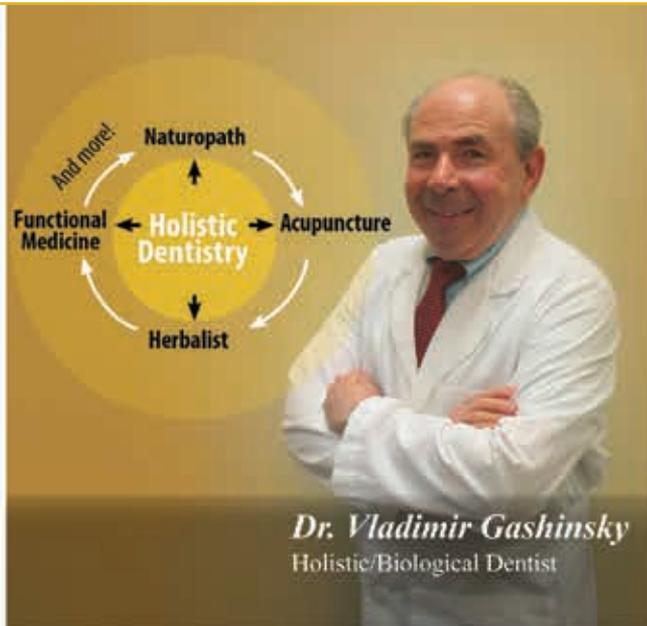
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Dr. Vladimir Gashinsky
Holistic/Biological Dentist

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

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

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

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

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

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

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

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

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

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PUBLISHERS Jerry Hocek
 Angelica Pat
 Sanshompoo

EDITORS Martin Miron
 Thomas Masloski

CONTRIBUTING WRITERS Brielle Bleeker
 Thomas Brenton
 Ashley Di Capri
 Maria Karameros
 Joseph Quiroz
 Nayda Rondon

DESIGN & PRODUCTION C. Michele Rose

SALES & MARKETING Jerry Hocek

ACCOUNTING Angelica Pat
 Sanshompoo

CONTACT US

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

SUBSCRIPTIONS

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

NATIONAL TEAM

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

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

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Natural Awakenings is printed on
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letter from publisher



This issue marks our seven year anniversary of publishing this magazine. I remember the beginning like it was yesterday. The December 2012 issue was our first. Sandy, the most intense storm of the 2012 Atlantic hurricane season, formed in the Caribbean Sea north of Panama on October 22, 2012. As it moved northward, the hurricane slowed a bit into a still-massive, extratropical cyclone that made landfall on New Jersey on October 29. We were somewhat fortunate, as we

didn't lose electricity, but our internet was down for over two weeks, and this also killed our landlines. In the end, we somewhat haphazardly cranked out our inaugural issue by using a couple of homes and an office of local friends.

After our rocky start, Pat and I dug in and began to build up our new print periodical. We soon doubled our advertiser base as Pat increased our page count from 32 to 44 and secured us a better printing company, which noticeably improved our end product.

Over the years, we met some of the most interesting people in our burgeoning North Jersey holistic health community. When you operate this type of business, you are approached by a large variety of people. They read your magazine and get inspired. Some of them become advertisers. Some of them try to leverage you to get free exposure by submitting articles for publication. Some of them have developed into freelance journalists for us. Some of them become your loyal readers. Some of them simply want to be your friend.

This magazine is my fifth business venture, and they have all been akin to being in a serious relationship; each one has taught me very valuable lessons. This is especially true for this magazine franchise. If you're doing life "effectively", each significant experience allows you to grow and continue to shed your old skin. If you're not doing life effectively, you stay stuck, because you're typically holding onto ways of thinking and behavior patterns not conducive to change.

This life is not supposed to be about surviving—it's about living with passion, loving with all your heart and choosing to thrive through your challenges. We're simply engaged in a video game of sorts. In a sense, there are no winners, because this game of life will eventually end for all, and when we exit this beautiful ball of dirt, we'll take nothing but our memories with us.

So, the best recommendation I can offer to all of you is to treat others the same way you wish to be treated and seize each day like it was your last. Life is too glorious to play it safe. Point yourself in the direction of your dreams and move toward them as if there is absolutely nothing in your way, because what's typically in your way is simply—you.

Thanksgiving blessings to all,

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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HOW TO ADVERTISE

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

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

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

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Crystal Gridding Class at Earth's Healings

Earth's Healings, in River Edge, will present a crystal gridding class at 7 p.m., November 21, as a follow-up to the Introduction to Crystals class. Instructor Gabrielle Leoni is a lifelong avid crystal collector and enjoys sharing the many ways she uses the energy of crystals to enhance her daily life.



Crystal grids can be used for a variety of purposes. In her book *Crystals for Healing*, Karen Frazier suggests, "Crystal grids can be created to amplify the power of crystals, to protect or cleanse spaces, create more harmony or to direct healing towards someone else."

Class participants can develop their own intuitive style when working with crystals and potentially learn how to use these grids to help manifest what they desire in life. Materials will be provided, along with informative handouts that students keep as a guide.

Cost is \$25. Location: 792 Kinderkamack Rd., River Edge. To register (required), call 201-800-0570, email EarthsHealings@gmail.com or visit EarthsHealings.com. See ad, page 16.

Spiritual Guidance and Reiki in Paramus



Francesca Halliday-Cornell, a master psychic reader who offers spiritual counseling and reiki, was born with psychic intuition and has been working professionally in the field for over 50 years. She is available for

private, face-to-face reading by appointment or at home or office gatherings.

Cornell receives insight to clients' spiritual needs through psychic intuition and spirit guardians. She builds her practice around the key element of healing, and states, "We all have the ability to heal ourselves of whatever burdens we carry, and that is what I teach to every client of mine—the ability to heal themselves through the mind, body and spirit with the right advice, tools and energy."

For appointments and more information, call 201-952-2032, email Bionic.Babe@yahoo.com, or visit EraseYourFear.com. See ad, page 9.

Conquer Mystery Aches and Chronic Pain

Learn how natural healing and radical transformation occurs with Catherine Perman LMT, at 6 p.m., December 3, 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 free. Event location: 210 Whiteman St., 2nd Floor, Fort Lee. RSVP (required) to 917-701-1162. For more information or to schedule an appointment, visit iahp.com/Catherine-Perman. See Resource Guide listing, page 42.

Auriculotherapy Discounted at Saddle Brook 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., November 3, 10, 17 and 24, in Saddle Brook. 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: 337 Market St., Ste. 5, Saddle Brook. For more information or to register (required), call 973-615-2486, email Info@CompleteWellnessWithin.com or visit CompleteWellnessWithin.com. See ad, page 16.



Holiday Boutique at Vista Natural Wellness Center

Vista Natural Wellness Center will host their sixth annual Holiday Boutique from 10 a.m. to 5 p.m., November 16, in Oakland, with gift items such as handcrafted knitwear, jewelry, artwork, crafts, children's products and many other products provided by local artisans and businesses.

There will also be pet-related items and a representative from HalfWay Home Animal Rescue Team, a local pet rescue organization, as well as a pet portrait artist. Refreshments will be provided by local businesses. A chair massage therapist and dream interpreter Jefferson Harmon will also be on hand to provide sessions.

The mission of Vista Natural Wellness Center is to help people lead a healthy lifestyle through activities and products focused on health and well-being while having fun and learning in the process. They offer classes and workshops on a wide variety of topics focused on maintaining a healthy lifestyle.

Location: 191 Ramapo Valley Rd., Oakland, NJ. For more information, call 201-644-0840 or visit VistaNaturalWellness.com. See ad, page 29.

Spiritual Readings and Reiki Sessions by Francesca

Join me to receive the support you need to facilitate the change you desire...

Francesca Halliday-Cornell is a Master Intuitive/Psychic Spiritual Counselor and Reiki Master. She has worked in this field for over 40 years. Schedule a private session at her office or your home/office gathering. For adults, children, horses and pets.

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news briefs

Bergen County Sustainable Society Green Drinks

The Bergen County Sustainable Society will host a Green Drinks meeting from 6 to 9 p.m., November 6, and the first Wednesday of each month, at Brady's at the Station, in Ramsey. Green Drinks attracts a diverse group of business professionals, non-government organizations, academics, public officials and private citizens all interested in and intrigued about sustainability.



The goal of Ramsey-Mahwah Green Drinks is to come together and spread the idea of sustainable consciousness throughout the local community. Topics include clean energy, the economy of the environment, energy independence, recycling, green-collar jobs, carbon footprints and wind energy.

Free admission. Location: 5 W. Main St. For more information, email Chance at chancepkr@gmail.com or visit Meetup.com/BergenCountySustainableSociety.

Feldenkrais Awareness Classes at Vista Natural Wellness

Vista Natural Wellness Center presents Feldenkrais Awareness through Movement classes led by Christin Harvey from



9:30 to 10:30 a.m., November 2, 9, 16, 23 and 30, in Oakland. Feldenkrais is deemed to be a powerful approach to improving well-being, using gentle, mindful movement to bring new awareness and possibility.

The class will lead to enhanced ease of movement and range of motion, improved flexibility and coordination. Participants can also rediscover the innate capacity for graceful and efficient movement, enhance mental clarity, emotional regulation and problem-solving capabilities.

Cost is \$20 per walk-in class, 10 classes for \$150. Location: 191 Ramapo Valley Rd. For more information or to register, call 201-644-0840 or visit VistaNaturalWellness.com. See ad, page 29.

News to share?

Email submission to:

Publisher@NaturalAwakeningsNNJ.com

Deadline: the 10th of the month

United Palace Offering Spiritual Artistry in Action Online

For the past 50 years, the United Palace of Spiritual Arts (UPSA), in Washington Heights, has provided the world a source of inspiration, a house for creativity and a home for spiritual artistry. Every Sunday at 3 p.m., their new service, Spiritual Artistry in Action (SAIA), posts a 10-minute service online, accessible from anywhere in the world via Livestream, Facebook and YouTube.



Rev. Heather Shea

Spiritual director and CEO Rev. Heather Shea says, "As a spiritual center, it's important to us that we stay connected with these communities and transform our programs in accordance with cultural shifts. In essence, spiritual artistry is the exploration of art as a spiritual journey, and we believe that every person is a spiritual artist."

For more information, visit UPSpiritualArts.org. See ad, page 2.

Weekly Esoteric Wisdom Lectures in Cliffside Park

Universal Meditation Center will present Know Thyself, a series of weekly Friday night lectures, from 7 to 9 p.m., November 1, 8, 15, 22 and 29, in Cliffside Park. The entire series comprises 75 lectures.



They involve deep meditation, study and experimentation that will help participants answer the fundamental questions of life, such as where we come from and the purpose of existence. Other topics include gnostic studies, kabbalah and alchemy, dream yoga, sexual magic, healing, esoteric psychology and quantum medicine.

Admission is free. Location: 358 Greenmount Ave. For more information, please call 201-370-6433.

Household Hazardous Waste Collection in Passaic

The Passaic County Office of Solid Waste and Recycling is sponsoring a household hazardous waste drop-off from 7:30 a.m. to 2 p.m., November 9, at the City of Passaic Borough Hall, rain or shine. Acceptable items include propane tanks, flares, drain cleaners, fire extinguishers, thermostats, car batteries, antifreeze, pool chemicals and aerosol cans.



All items should be in their original containers and labeled. Nothing without a label will be accepted, nor will computers, electronics or tires. Businesses must call to make special arrangements.

Free to all Passaic county residents (proof of residency required). Location: 330 Passaic St. For more information, call 973-305-5738.

Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., December 8, with Christine DiDomenico and November 9 with Theresa Obsuth, is a one-day training session where participants learn to administer an innovative energy clearing technique that can create greater ease and cultivate more joy in life through greater awareness.



While training, participants learn how to “run the Bars” and will also receive two bars sessions. The Bars are 32 points on the head that when gently touched, effortlessly and easily release thoughts, ideas, decisions, beliefs and attitudes that keep us in limitation. Access Bars can release disharmonious thoughts and behavior patterns, and the 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), or to book a private session, call Theresa Obsuth, 201-655-3836 or Christine DiDomenico 845-825-2361 or visit AccessTheBars.com. See ad, page 2.

Pathways Connect Moms’ Gathering in Clifton

The Pure Balance Center will present The Pathways Connect Moms’ Gathering from noon to 2 p.m., November 15, and every third Friday of the month, in Clifton. Light refreshments will be served and there will be prizes and giveaways. Moms, moms-to-be and children are welcome. Participants can expect to be empowered with valuable insights for the subjects of pregnancy, childbirth, holistic parenting and health care.



The gatherings have been aided by Dr. Michael Magwood, owner of the Pure Balance Center, who has helped bring in special guests like Bloom Baby, a local birth and postpartum doula resource. Pathways Connect is a free nonprofit project of *Pathways to Family Wellness* magazine.

Admission is free. Location: 1425 Broad St., Ste. 4, Clifton. For more information or RSVP (recommended), call 973-773-8244. See ad, page 21.

A Strategy to Prevent Costly Dental Procedures

by Maria Karameros

According to a new survey by the University of Michigan, 51 percent of adults ages 50 to 64 do not know how they will obtain dental insurance



once they retire. As we age, dental procedures costing \$20,000 to \$50,000 are not uncommon due to neglect, inferior dental care and poor diet. We may not be able to control the rising cost of professional dentistry or how the health-care system currently operates, but we can do our part to prevent the need for major procedures. One way is to start using a superior toothpaste.

SprinJene toothpaste is unique with its patented formula containing zinc and black seed oil. Sometimes called black cumin, black seed oil has been used for centuries in Africa and the Middle East for oral health. A 2016 study by the National Institutes of Health, “Nigella Sativa and its Active Constituent Thymoquinone in Oral Health,” states the oil not only prevents dental caries, but can even heal them by promoting bone health. Anti-inflammatory, antibacterial, antifungal and wound healing properties were also cited as benefits of black seed oil.

Other ingredients in SprinJene include coconut oil, which is known for its anti-inflammatory and antibacterial qualities, and zinc, which controls the growth of bacteria, plaque and tartar. Stevia is used to provide a sweetness without sacrificing quality and safety. SprinJene is certified vegan, gluten-free, kosher, halal and free of all artificial sweeteners, dyes and preservatives. Its ingredients naturally whiten teeth while also effectively reducing tooth decay.

To avoid the financial and literal headache that can accompany major dental procedures, use a superior toothpaste, eat a nutritious and varied diet and find a quality dentist with an excellent track record, as a preventative to resolve smaller issues before they grow to larger, more expensive dental projects costing thousands of dollars.

SprinJene founder Dr. Sayed Ibrahim states, “I always believed that the world deserves better toothpaste...” An organic chemist by trade, he was inspired by his Sudanese mother’s herbal home-remedies. Ibrahim has been marketing his unique creation since 2015 and has added new product lines for sensitive teeth and children. Lip balms and oral rinses are also poised to hit the shelves in time for the holidays. SprinJene toothpaste is currently available at Costco, Bed Bath & Beyond and Amazon.

For more information, call 732-640-1830, email Inquiries@SprinJene.com or visit SprinJene.com. See ad, page 21.

~Advertorial~

Take Hibiscus to Fight Breast Cancer



Hibiscus rosa-sinensis is much more than a brilliant scarlet tropical flower: New laboratory research from Canada's University of Windsor found that a hibiscus flower extract selectively kills off triple-negative breast cancer cells. This is one of the

most difficult to treat types that affects 15 to 20 percent of breast cancer patients. Hibiscus is particularly effective when combined with chemotherapy, researchers say, and works as well with very low doses of the chemicals as with higher doses. The flower's low toxicity and precise targeting of cancer cells also offers hope for long-term treatment. Previous studies have shown hibiscus to be effective on prostate cancer, leukemia, gastric cancer and human squamous cell carcinoma.

Eat Organic to Shed Insecticides

Switching to organics has quick payoffs, reducing agrochemicals in the body by 94 percent within a month, Japanese researchers report. They tested the urine of study participants looking for six neonicotinoid insecticides and another substance generated as a result of their decomposition in the human body. "I think the research results are almost without precedent and are highly valuable in that they present actual measurement values showing that you can dramatically reduce the content levels of agrochemicals in your body simply by changing the way you select vegetable products," commented Nobuhiko Hoshi, a professor of animal molecular morphology with the Kobe University.

Another study from researchers at the University of California at Berkeley studied 16 children and showed that one week after switching to an organic diet, malathion pesticide urine levels were reduced by 95 percent; clothianidin pesticide levels by 83 percent; and chlorpyrifos pesticide levels by 60 percent.



Say No to the Third Cup of Joe to Avoid Migraines

Caffeine has been the subject of controversy among the one in six adults worldwide that suffer from periodic migraines: Some say it triggers symptoms, while others report it wards them off. A new study from Harvard and two other teaching hospitals of 98 migraine sufferers used six weeks of daily journals to investigate the link and found that drinking up to two servings of caffeinated beverages a day had little effect, but three or more raised the odds of a headache that day or the next. Among people that rarely drank such beverages, even one or two servings increased the odds of having a headache that day.

A serving was defined as eight ounces or one cup of caffeinated coffee, six ounces of tea, a 12-ounce can of soda or a two-ounce can of an energy drink.



Dance to Improve Quality of Life With Dementia

Older people with dementia, often viewed as being passive and immobile, responded to simple dance movement lessons with visible humor and imagination and reported a higher quality of life after six sessions, say researchers from New Zealand's University of Otago. The 22 participants between the ages of early 60s and mid-90s had dementia ranging from mild to advanced. They took 10 weekly classes in which the music was "reminiscent" and the movement routines were intuitively easy. "Positive responses such as memory recalling, spontaneous dancing and joking with each other were observed in every session," reports lead author Ting Choo.



Benefits of Oncology Massage

Oncology Massage can be a beneficial adjunctive therapy for people affected with cancer, including those in active treatment. Multiple recent studies link gentle oncology massage with significant reductions in pain, fatigue, nausea, depression and anxiety, improving the quality of life.

Having cancer can be a stressful experience. For most people, massage is an immediate antidote to stress, pain and discomfort. The relaxing and rejuvenating effects of massage shift people away from the stress response, which tenses muscles and inhibits digestion, to the relaxation response, which enables the body's self-healing resources to be fully available.

Oncology massage is comfort-based with a gentle touch tailored to each individual's needs and can be received fully clothed. It is relaxing, restorative and nourishing for the mind, body and spirit.

Paul Lamb provides oncology massage and other healing modalities at Vista Natural Wellness Center, located at 191 Ramapo Valley Rd., in Oakland. For more information or to schedule a session, call 201-644-0840 or visit VistaNaturalWellness.com. See ad, page 29.

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Golden Rules

Moms Launch Eco-Friendly Certification

The nonprofit *MomsAcrossAmerica.org* (MAA) has launched its Moms Across America Gold Standard, a multi-tiered verification program for food, beverages and supplements that creates a simple, trustworthy resource for consumers while encouraging best practices by suppliers. It will be awarded to those brands that have achieved superior levels of organic practices and eco-friendly procedures, and is intended to make it simple for people to choose the healthiest products and use their wallets to take a stand against unhealthy alternatives and unethical business practices. The standard also provides a path for companies that know better and do better to prosper by shifting the buying power of millions of dedicated mothers behind their products.



Jaws of Life

California Bans Fur Trapping

California has enacted a ban on fur trapping for animal pelts, making it the first state to outlaw a centuries-old livelihood that was intertwined with the rise of the Western frontier.

The Wildlife Protection Act of 2019 prohibits commercial and recreational trapping on both public and private lands. Legislators are considering proposals to ban the sale of all fur products, including fur coats, and to outlaw the use of animals in any circus in the state, with the exception of domesticated horses, dogs and cats.



License to Plant

Gun Control in India Goes Green

In a northern India district, regulators require that applicants for gun licenses, in addition to normal background checks, must plant 10 trees and submit selfies as photographic evidence of having done so. To mark World Environment Day in June, Chander Gaid, the deputy commissioner of the district of Ferozepur in Punjab State,



had an idea. "I thought about how much Punjabi people love guns," he says. "We receive hundreds of applications for gun licenses from this district every year. Maybe I could get them to love caring for the environment, too." India has more than 3.3 million active gun licenses. Tajinder Singh, 47, a farmer in the district, says he wants to protect himself from wild animals and bands of armed robbers.

Methane Matters

Fracking Linked to Global Warming

As methane concentrations increase in the atmosphere, evidence points to shale oil and gas as the probable source, but the U.S. Environmental Protection Agency has taken steps to stop regulating it. New Cornell University research published in *Biogeosciences*, a journal of the European Geosciences Union, suggests that the methane released by high-volume hydraulic fracturing, or fracking, has different characteristics than the methane from

conventional natural gas and other fossil fuels such as coal. About two-thirds of all new gas production over the last decade has been shale gas produced in the U.S. and Canada, says the paper's author, Robert Howarth, a professor of ecology and environmental biology: "If we can stop pouring methane into the atmosphere, it will dissipate. It goes away pretty quickly compared to carbon dioxide. It's the low-hanging fruit to slow global warming."

The Bees' Keys to Preventing Cold and Flu

by Maria Karameros

With the onset of cold and flu season, mothers have enough to do without having to take care of sick family members, so protecting family from getting sick is a top priority. Moms of yesteryear gave their children foul-tasting cod liver oil to ward off sickness. Today, we have better-tasting and more-effective natural options to defend against those pesky viruses and bacteria that cause respiratory illnesses. One of these remedies comes from one of Earth's tiniest and hardest working creatures... bees.

Honey has long been widely known as a remedy for those already sick, but other bee products like propolis and royal bee jelly have been getting more attention recently in the Western world for their amazing illness preventative properties. The National Institutes of Health has published numerous promising studies that show the efficacy of propolis for use against influenza and support its antimicrobial and antibacterial reputation. Propolis is a resin-like substance bees create by mixing their saliva with collected plant leaves, stems and buds. It is critical to bee colony health because of its antifungal, antioxidant and antibacterial nature.

BEE & YOU decided to take these bee super-foods to the next level by sourcing all their products from the most fertile and plant-rich area in Europe—Anatolia, home to more than 60 percent of Europe's native plants. The company is devoted to fair-trade and sustainability. BEE & YOU collects from their sources ethically and are invested in the health of the local hives, so in supporting them, customers can help "save the bees".



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fed to the most important member of the hive—the queen. Royal jelly also promotes enhancing physical energy, mental clarity, and aids in faster recovery time from exercise and enhances our overall sense of well-being. All bee products contain antioxidants, which help fight degenerative disease and aging. If propolis and royal jelly do well to empower the queen, thus ensuring a thriving a bee colony, our families are ensured to also reap the benefits of these super foods during the cold flu season.

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BEE & YOU products are available at Amazon, select CVS stores (cold and remedies aisle), and 3,500 retail outlets in the U.S., including independent health food stores throughout NY and NJ. For more information, visit BeeAndYou.com and receive 15% off on all product for Natural Awakenings readers with promo code: NaturalAwakenings15. Find discounts on Instagram at Tinyurl.com/BeeStrong. See ad, page 4.

~Advertorial~

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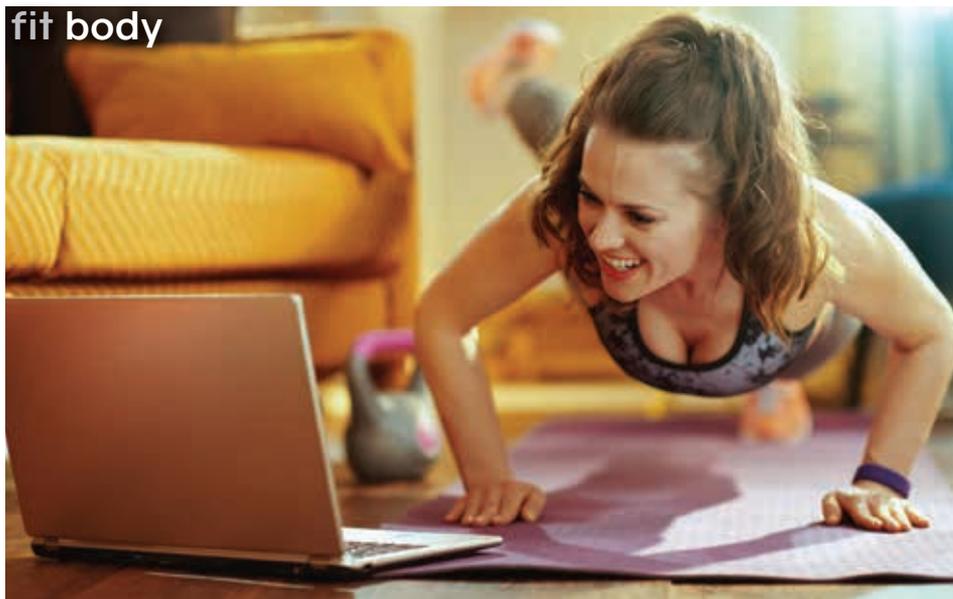
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Click and Sweat Virtual Workouts Change the Game

by Julie Peterson

Welcome to the digital age, where budding gym rats, former couch potatoes and schedule-challenged fitness freaks are finding new ways to get in shape. These days, virtually anyone with a smartphone or Wi-Fi connection can connect with a yoga video, a spin class or any number of personal exercise experiences.

Some folks are wearing devices that calculate distance and monitor bodily functions—then post it all to social media. Private trainers are offering online workout routines with motivational emails and text messages, while some gyms include online training as an add-on to membership or leverage technology to provide classes to consumers globally.

Virtual fitness is growing in leaps and bounds. The use of health and fitness apps has more than tripled since 2014, and three-quarters of active users open their apps at least twice a week, according to Flurry Analytics. Yet, it's not for everyone.

Erin Nitschke, Ed.D., of Cheyenne, Wyoming, the director of educational partnerships and programs at the National

Federation of Professional Trainers, is monitoring the upsurge in virtual fitness and believes it will take time to perfect the options. “While virtual training may be a best practice for a certain population of users, it may be a barrier to others,” she says.

Accessible, Flexible and Affordable

The convenience and affordability of virtual training has some clients thriving on their ability to marry technological tools to fitness goals. They can log in anytime, anywhere, even while travelling; take a variety of classes from famous trainers for a fraction of the cost of in-person sessions and receive emails or texts that provide encouragement to reach the next level.

For those new to exercising, virtual training eases self-consciousness. It's an opportunity to learn the basics and begin the process of toning up at home before venturing into an unfamiliar environment where everyone seems to know what they're doing. In this respect, virtual training can serve as a gateway to establishing a fitness routine that eventually leads to the local gym.

“One of the most frequent reasons people cite for not maintaining a regular exercise habit is lack of time,” says American Council on Exercise President and Chief Science Officer Cedric Bryant, Ph.D., of Redmond, Washington. He points out that virtual tools and devices may help eliminate some of those time barriers, allowing people to get quality workouts.

The Real Deal

But some people go to the gym or attend fitness classes because they enjoy the social connection more than the sweat. Nitschke says that social support can be a predictor of success, so it's possible that virtual training can have a negative impact. Bryant agrees. “There are different fitness personality types, and some need the live and in-person experience.”

Bryant points out that gyms and trainers often request health information and fitness goals beforehand to provide clients a more customized program. In-person instruction also has the benefit of immediate feedback to ensure safe, effective and proper technique.

Erika Hetzel, a Pilates instructor and personal trainer in Dane County, Wisconsin, believes that virtual workouts are fine for people that have attended classes enough to know the exercises and have good body awareness. “For beginners, hands-on cues and modifications are important, especially if there are any contraindications for exercise.”

One of the most frequent reasons people cite for not maintaining a regular exercise habit is lack of time.

~Cedric Bryant

She carefully monitors her clients for form and doesn't plan to offer virtual training because it's impossible to give clients bodily adjustments. “It leaves trainees at risk of not getting full benefit or getting hurt,” Hetzel says. “An effective workout is about the quality of the movements.”

Bryant says that instructor interaction is a plus; however, the best virtual workouts give detailed instruction and regression or progression of all moves, allowing participants to choose an appropriate intensity level.

Making a Virtual Connection

Logging in with a high-speed internet connection, gathering required equipment in advance and possessing self-motivation might prevent getting discouraged. However, overconfidence can lead to injury, so being fully aware of limitations is essential before taking a dive off the recliner directly into a series of lunges. For social butterflies, a real-live friend to login with may be necessary to make virtual training fun.

Fitness training may be forever changed by technology, but Nitschke says it remains to be seen if fitness professionals can respond to individual learning styles to foster success and elevate the fitness client's virtual experience.

Julie Peterson writes from rural Wisconsin. Contact her at JuliePeterson2222@gmail.com.

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ZENFUL EATING

Mindful Meals in Quiet Gratitude

by April Thompson

In Zen monasteries, the head cook (known as the *tenzo*) is one of the most important positions a monk can hold; Eihei Dogen, founder of Soto Zen, one of the longest-established sects of Buddhism, said this is “because the position requires wholehearted practice.” In the 13th-century volume *Instructions for the Zen Cook*, Dogen wrote, “In preparing food, it is essential to be sincere and to respect each ingredient, regardless of how coarse or fine.”

Rituals around food are an important element of Buddhism, as with many spiritual traditions. But we don’t have to be a Buddhist or a practiced meditator to learn how to cook more mindfully, enjoy meals more fully and eat in better balance.

“Cooking can be a meditation. We cook with all our senses: We taste, touch and listen to determine if the pan is hot enough. You just have to be mindful,” says Jean-Philippe Cyr, author of *The Buddhist Chef: 100 Simple, Feel-Good Vegan Recipes*.

“Cooking is an act of love and generosity, so cooking should be done with care—taking the time to consider the ingredients and overall flavors of the meal, storing the vegetables properly, paying

attention while you chop. These things are the foundation of a great meal,” says Gesshin Claire Greenwood, an ordained Zen priest in San Francisco. Greenwood trained in Buddhist monasteries in Japan for more than five years, experiences she draws from in her recent memoir and cookbook *Just Enough: Vegan Recipes and Stories from Japan’s Buddhist Temples*.

While vegetarianism is encouraged in all schools of Buddhism and most monasteries abstain from meat, it is not a strict requirement. Cyr, a vegan and practicing Buddhist of 20 years, takes seriously the concept of *ahimsa*, or “do no harm”, as a chef. “Veganism and Buddhism share the common value of compassion—compassion towards animals, as well as the Earth. Climate change caused by meat consumption causes a lot of harm, too,” says Cyr, of rural Quebec, Canada.

The “middle way” is an important Buddhist principle in the kitchen—striking the balance between indulgence and deprivation—the “just enough” in Greenwood’s cookbook title. “It’s important to use enough salt so that the food tastes good, but not so much that it’s overpower-

Cooking is an act of love and generosity, so cooking should be done with care—taking the time to consider the ingredients and overall flavors of the meal, storing the vegetables properly, paying attention while you chop.

~Gesshin Claire Greenwood

ing. When we shop for food or eat a meal, we can also pay attention to when we’ve had enough,” she says.

Mind Over Mouth

Mindful eating can open up a beautiful new relationship to food, says Jan Chozen Bays, a Zen Buddhist priest and co-abbot of Great Vow Zen Monastery, in Clatskanie, Oregon. “This country is in an epidemic of out-of-balance eating. People are stressed out and fearful about eating, but cooking and eating should be inherently pleasurable human activities,” says Bays, the author of *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food*. “In Zen practice, mindful rituals help us learn to be present and peaceful during meals.”

Mindful eating is not about restrictions, but rather about curiosity and investigation—an adventure for the senses, says Bays. “Research shows that diets don’t work, as they rely on external sources rather than helping you to go inward and tap into the innate wisdom of your body.”

Tuning In at Mealtimes

Rushing through meals mindlessly, we’ve become deaf to our body’s own signals of satiety, says Bays. “Go to the supermarket when you’re hungry, and head to the perimeter where the real food is and stop and ask your body, ‘Would you like oranges? Would broccoli be good for us?’ Tune into your cellular hunger,” she says.

At the Great Vow Zen Monastery, the first morning meal is conducted in silence, along “with a prayer to bring gratitude for the food and to all living beings whose life flows to us in our food,”

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

Cooking Like a Zen Master

says Bays, adding that research shows ceremonies and moments of reflection lead to more mindful, healthy eating.

“Instead of talking on the phone, try cooking in silence. Drawing your awareness to details like the smell of basil, the color of tomato and the touch of the spoon brings so much richness to the act of cooking,” says Bays.

Such a focus leads to a sense of appreciation for the ingredients of meals and life, says Myoju Erin Merk, a priest at the San Francisco Zen Center. “Making a meal is an active extension of our ‘sitting’ (meditation) practice.”

Connect with Washington, D.C. freelance writer April Thompson at AprilWrites.com.

The Zen of Food

Here are a few simple tips from Buddhist priests and cooks on making mealtime more mindful.

Have a mid-meal gut check, suggests Jan Chozen Bays. “When your stomach feels three-quarters full, have a conversation with a friend or have something to drink before continuing to eat. Often you will find after 20 minutes you are actually full,” says the author and priest.

Myoju Erin Merk, a priest at the San Francisco Zen Center, suggests setting a phone timer in the kitchen to mark it as a practice time to tune into the senses. “Try to slow down and notice what’s happening as you cook. Try to stay with the sensory experience and not judge everything, like whether the carrot is cut right. It can be a very relaxing and peaceful way to work in the kitchen.”

Make the first few sips or bites of a meal mindful, spending the first few moments in silence if possible, says Bays. “Working quietly with that pile of carrots or onions, you have space to focus on just one task,” adds Merk.

Incorporating all of the five tastes of Buddhism—salty, sweet, sour, bitter and umami (savory)—is another way to bring meals in balance, according to author and priest Gesshin Claire Greenwood. “Having all of these flavors represented makes a meal feel balanced and satisfying.”



Buddha Bowl

Cookbook author Jean-Phillippe Cyr says, “I love bowl recipes: they’re generous and colorful, and they let us get creative. Layer grains or cereals, vegetables, legumes and dressing, and voilà! That’s all there is to it.”

Pumpkin seeds are an incredible source of protein, and tahini contains more protein than milk. Healthy cooks will be sure to keep this tahini dressing recipe close, because they can use it in everything.

Yields: one bowl

- 1 sweet potato, peeled and diced
- 2 dried figs, sliced
- 2 Tbsp olive oil
- Salt, to taste
- 1½ cups cooked quinoa
- ¼ cup frozen shelled edamame, cooked

For the dressing:

- 1 (¾-inch) piece fresh ginger, minced

- 1 clove garlic, minced
- Pinch of sea salt
- 2 Tbsp tahini
- 1 Tbsp soy sauce
- 1 Tbsp lemon juice
- 1 Tbsp maple syrup
- 1 Tbsp olive oil

Garnish:

- Pumpkin seeds
- Microgreens

Preheat the oven to 350° F. Place the sweet potato and figs in a baking dish.

Drizzle with oil, then season with salt and bake for 30 minutes.

Place the ginger, garlic and salt in a mortar (preferred) or blender, then mash the ingredients together.

Transfer to a bowl and add the tahini, soy sauce, lemon juice, maple syrup and oil. Stir to combine.

Place the sweet potatoes and figs in a large serving bowl. Add the quinoa and edamame. Drizzle with the dressing and garnish. Serve immediately.

Tip: For those that can’t digest raw garlic, don’t use it, or cook it before adding it to the dressing.

Excerpted with permission from *The Buddhist Chef*, by Jean-Phillippe Cyr.

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The Happy Thyroid

Seven Ways to Keep It Humming

by Ronica O'Hara

Much of our day-to-day well-being—how energetic we feel, how clear our thinking is and how our body processes food—is governed by the activity of the butterfly-shaped, thumb-sized thyroid gland at the base of the throat. When it's working as it should, life is good. However, about one in eight Americans suffers from a

malfunctioning thyroid, and women are five to eight times more likely than men to face the consequences.

It's a delicate balancing act. A thyroid that produces too few hormones makes us feel sluggish and constipated. We gain weight easily, have muscle cramps and experience heavy periods. Hypothyroidism, as it's called, is linked to chronic

Poses such as plow pose, fish pose, boat pose and cobra can improve blood circulation to the thyroid gland, which is imperative for its health.

~Stacy Thewis

fatigue syndrome, infertility and autism in newborns. A 2013 study published in *Annals of Neurology* found that pregnant women deficient in thyroid hormone are four times more likely than healthy women to produce a child with autism.

If the thyroid produces too many hormones, we suffer from hyperthyroidism with a racing heart, irritability, light periods, unexplained weight loss and insomnia; it can lead to hardening of the arteries and heart failure later in life, according to a study in *Circulation Research*.

The good news is that there are simple and effective strategies that can optimize thyroid function and avoid these potential health setbacks, say experts. Their recommendations:

1 Keep up mineral levels. The thyroid needs iodine to churn out hormones, and usually iodized salt or sea salt with natural iodine can supply most of our daily needs of 150 micrograms. Sardines, shrimp, seaweed, yogurt, eggs and capers are also rich in iodine. However, too much of a good thing can tip the balance in the other direction, so practice moderation with super-charged iodine foods like cranberries: A four-ounce serving contains twice the daily requirement. In addition, our thyroids need selenium (one or two Brazil nuts a day will do it) and zinc (nuts, legumes and chocolate) to function optimally.

2 Eat fermented foods. About 20 percent of the conversion of inactive thyroid hormone (T4) into active hormone (T3) takes place in our gut, which makes "good" bacteria critically important. Andrea Beaman, a New York City

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health coach and author of *Happy Healthy Thyroid: The Essential Steps to Healing Naturally*, recommends probiotics like cultured vegetables, kimchi, sauerkraut and sourdough bread, as well as prebiotics like root vegetables, plantain, burdock and dandelion root.

3 Filter drinking water. “Fluoride and chlorine are elements that can block the absorption of iodine into the thyroid,” says Elizabeth Boham, M.D., a functional medicine doctor at the UltraWellness Center, in Lenox, Massachusetts. A reverse-osmosis filter or a high-end pitcher filter will remove chlorine, as well as fluoride, which British researchers have linked to a 30 percent higher rate of hypothyroidism.

4 Detox cosmetics. Phthalates are endocrine-disrupting chemicals found in cosmetics, nail polish and shampoos; they are also in plastic toys, and 3-year-old girls exposed to phthalates have shown depressed thyroid function, Columbia University scientists report. Research cosmetics and find toxin-free alternatives at the Environmental Working Group Skin Deep Cosmetics Database. (ewg.org/skindeep).

5 Wake up easy. About 85 percent of thyroid diseases involve an underactive thyroid, says Beaman, adding that it is often the body’s pushback against frenzied, stressful lifestyles: “The thyroid is literally slowing down—our body is saying, ‘Slow, slow, go slow.’” For a low-key start to the day, she suggests not using an alarm clock if possible, and then doing some long, slow stretching and deep breathing. “It takes just five minutes, and you’re starting the day not in fight-or-flight mode, but in a fully relaxed and fully oxygenated body.”

6 Talk it out. In Eastern philosophy, the thyroid in the throat is located at the fifth chakra, the energy center of expression and communication, Beaman says. If we find ourselves either regularly shouting or choking back our words, “it helps, if you want to support your thyroid on a deep emotional level, to express yourself somehow, some way, to someone somewhere,” such as to a therapist, family member or good friend.

7 Do yoga asanas. “Poses such as plow pose, fish pose, boat pose and cobra can improve blood circulation to the thyroid gland, which is imperative for its health,” says Stacy Thewis, a registered nurse, certified wellness coach and gut-brain expert in Mellen, Wisconsin. In a study in the *Journal of Complementary and Integrative Medicine*, 22 women with hypothyroidism that practiced yoga for six months needed significantly less thyroid medication.

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

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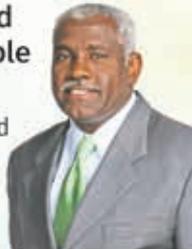
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In reality, going to bed is the best me-time we can have.

~Cindy Davies



CHASING ZZZZZs

How to Put Insomnia to Rest

by Marlaina Donato

Tossing and turning most of the night while obsessing about the need for sleep is a torture we all go through every now and then, but for the 40 percent of Americans dealing with current or chronic insomnia, it can be a regular nightmare. In fact, 50 to 70 million adults in the U.S. suffer from some form of sleep disorder, according to the American Sleep Association.

The causes are multi-faceted: stress, pharmaceutical side effects, hormonal imbalances, chronic pain, anxiety and too much caffeine all fuel the insomnia loop. Add to that the overstimulation from 24/7 technology, social pressures and unresolved emotional pain, and it's easy to see why long, hard, sleepless nights have become a worldwide epidemic.

The effects are profound. Compromised sleep not only leads to decreased quality of life, malnourished relationships, a heightened risk of accidents and inferior job performance, but also lowered immunity and chronic inflammation, raising the odds of heart disease, stroke, high blood pressure, weight gain and diabetes. About 90 percent of people diagnosed with depression also experience sleep deprivation, and many antidepressant medications can disrupt the ability to fall asleep and dream.

However, a number of natural and holistic approaches can provide lasting

results without undesirable side effects. Along with tried-and-true methods like acupuncture, therapeutic massage and changes in diet and exercise, the National Sleep Foundation recommends mindful breathing and meditation. New options are emerging to help foster quality sleep, including cognitive behavioral therapy (CBT), non-psychoactive CBD oil and lifestyle changes supporting a healthy circadian rhythm.

Body and Mind, a Tangled Web

Psychological, emotional and physical health all play a role in our ability—or inability—to get a good night's rest. “Not sleeping well is a sign of a deeper imbalance that needs to be addressed. So, if we're masking the problem with medication, the underlying cause remains unaddressed,” says Elina Winnel, a sleep coach who works online with clients at *TheSleepExpert.com*. “Insomnia is a complex issue that has psychological components, but is also affected by deeper mechanisms, including an imbalance between the two main branches of the autonomic nervous system.”

The intricate connection between emotion and sleep-robbing stress hormones explains why insomniacs are often caught in an undertow of racing thoughts and preoc-

cupations. Says Winnel, “Stress has become the norm, and most people don't even realize they're in that state. This produces stress hormones and can prevent the natural process of sleep from occurring.” Stress also depletes vitamin B and magnesium levels necessary for quality sleep, she adds.

Cindy Davies, owner of the Holistic Sleep Center, in Ferndale, Michigan, has similar views on the role emotion plays in troubled sleep patterns. “We're chronically suppressing our feelings throughout the day. Our inability to address these emotions culminates in a night spent in bed awake with fears and worries,” she says. “Pushing ourselves to the point of exhaustion can help defend ourselves against dealing with feelings or memories, but impairs our ability to sleep restfully or restoratively.”

Resetting Inherent Rhythms

Circadian rhythm, our biological clock, is a cellular marvel that is affected by light and internal changes in temperature. Stephanie Silberman, Ph.D., a licensed psychologist in Ft. Lauderdale, Florida, and Fellow of the American Academy of Sleep Medicine, explains that it's helpful to have a circadian rhythm aligned with societal norms so that we're sleepy at bedtime and active during daylight hours. “When a person's circadian rhythm is delayed, they will have trouble falling

asleep at a regular bedtime, and when it's advanced, experience sleepiness too early in the evening and then [have] early morning awakenings."

Circadian rhythm regulates digestion, cellular repair, hormones and many other functions. It also slows down the metabolism during night hours, helping us to stay asleep. "The circadian rhythm can be disrupted by many factors, including traveling to a different time zone, shift work and exposure to blue light late at night while binge-watching your favorite series," says Winnel.

Our natural hormonal rhythms are wired to release melatonin at certain

times, allowing us to rest frequently during the day. Davies explains that an adult's body is designed for periods of rest every 90 minutes. "Most people don't have the opportunity to rest every 90 minutes, but if we were able to, we'd be going to bed in a state of rest, instead of exhaustion," she says.

Our bodies start producing melatonin around 9 p.m., when we should already be winding down, but too often we push ourselves to stay up to watch TV or have "me-time", says Davies. "In reality, going to bed is the best me-time we can have."

Herbalist and licensed psychotherapist Jenn J. Allen, in Stroudsburg, Pennsylvania,

adds, "People spend up to 10 hours a day on electronic devices, which directly impacts melatonin production and stimulates the fight-or-flight response system in the brain."

Two Sides of Every Brain

Smartphones and social media have piled even more on our plate, even if we enjoy them. "We're expected to be constantly 'on' and reachable 24/7," observes Winnel. "This leads to an excessive reliance on our sympathetic nervous system and difficulty switching brainwave states from beta—as associated with alertness—to theta and delta, which we experience during sleep. Through practice and specific exercises, it can become easier for us to reach the state of mind needed to nod off."

To support healthier sleep patterns, Winnel emphasizes the importance of using both hemispheres of the brain while awake. "Particularly in our professional lives, logical and rational processes are rewarded, while creativity is seen as optional. This can cause a chronic imbalance in the way we use the two hemispheres of our brain. Optimal sleep requires equalized functioning in the neurological structures that are unique to each hemisphere." Mindful breathing and alternate-nostril yogic breathwork can also bring harmony to both hemispheres of the brain and promote deep relaxation.

Promising Plant Allies

Chronic pain can also prevent sound sleep. Allen stresses, "It's important to understand what is actually causing pain and what type of pain it is. Some chronic pain comes from postural issues or injuries, so massage, chiropractic or gentle movement like yoga can help to drastically reduce the intensity of pain."

Identifying nutritional deficiencies and supporting the nervous system is also key. "Plants work both physiologically and energetically. Gentle nervine herbs like oats or chamomile can help to soothe the nervous system, and are effective for children and teens. Adaptogenic plants are known historically for helping the body to resist physical, chemical or biological stresses. Tulsi and ashwagandha, when taken consistently, can be useful in helping

Stress has become the norm, and most people don't even realize they're in that state. This produces stress hormones and can prevent the natural process of sleep from occurring.

~Elina Winnel



Sleep Tips

For healthy circadian rhythm and melatonin cycles, try:

- ✓ Shutting off all screen devices, including the TV, two hours before going to bed
- ✓ Going to bed when you get that 9 p.m. slump and just taping a favorite show
- ✓ Walking barefoot and feeling the earth
- ✓ Spending quality time outside in sunlight, preferably in a natural setting
- ✓ Taking nourishing baths with natural soaps, lavender essential oil or herbs
- ✓ Designating certain time slots to not answer the phone or answer emails
- ✓ Exercising regularly and not within three hours of bedtime
- ✓ Taking a break from work every 90 minutes for two minutes of slow, deep breathing
- ✓ Breaking the caffeine habit by replacing coffee and tea with healthier alternatives

For emotional components of insomnia, try:

- ✓ Going on a "worry fast" for five or 10 minutes, and then practice doing it for an hour or a full day
- ✓ Reserving time with loved ones for in-person conversations and get-togethers
- ✓ Checking in with yourself and acknowledging all emotions and fears without judgment
- ✓ Setting aside ambitions for a day to recharge
- ✓ Sleeping in without guilt—shopping and running errands can wait
- ✓ Choosing not to compare your life with others

adults to combat stress,” Allen says, reminding us to also check with a healthcare professional to avoid contraindications.

Going for that extra cup of coffee during the day or pouring a drink or two in the evening are habits that only exacerbate sleep issues. “Caffeine suppresses our body’s ability to feel tired, not by giving us energy, but by increasing the production of adrenaline and suppressing the production of melatonin. Alcohol, like some prescription medications, can interfere with our ability to fall asleep, sleep deeply and experience dreaming states,” cautions Davies.

CBD oil derived from the cannabis plant is an effective pain-reducer and helps to regulate healthy sleep patterns. Cannabidiol (CBD), which does not contain THC (tetrahydrocannabinol), the chemical substance in marijuana responsible for inducing a high, is available as capsules, inhalers and tinctures.

Learning New Tricks

Many sleep-seeking people are reaping the benefits from cognitive behavioral therapy



People spend up to 10 hours a day on electronic devices, which directly impacts melatonin production and stimulates the fight-or-flight response system in the brain.

~Jenn J. Allen

for insomnia (CBT-I). The American College of Physicians recommends it as the first-line therapy for insomnia ahead of medication, citing that it improves sleep and daytime functioning in 70 to 80 percent of treated persons, often without

supplemental medication. A meta-analysis published in *The Journal of the American Medical Association* in 2015 shows that CBT-I can resolve insomnia for 35 percent of people with sleeplessness linked to existing medical and psychiatric conditions such as fibromyalgia or PTSD.

CBT-I helps to change long-held patterns. “CBT includes keeping sleep logs, improving sleep hygiene, learning ways to decrease anxiety and how to associate the bed as a place where we sleep well, instead of the maladaptive thinking that it’s a place to toss and turn,” says Silberman. CBT can also be helpful for chronic pain and other physical problems when underlying issues are treated in conjunction.

A good night’s rest is indeed possible. Davies says, “In order to really change our ability to sleep, we need a complete cultural mindset shift that prioritizes sleep and our need to rest.”

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

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The Holistic Chiropractic Examination

by Michael Magwood

It takes confidence to seek out a new doctor, especially in a specialty like chiropractic, that is often unfamiliar and misunderstood. This is further complicated by the fact that there is a great deal of diversity in the chiropractic profession of technique, philosophy and even how chiropractors identify their role in the healthcare community. This can make choosing a chiropractor challenging when looking to be evaluated. Patients want an examination and recommendations that are mindful, thorough and sensitive to their health goals.

To receive the best quality care, patients need assurances ahead of time that their new doctor is experienced with

their condition. Seeking a doctor's care from a web search alone can be misleading. Conversely, when utilizing a reputable directory like Wellacopia, patients are more likely to be referred for a highly professional experience. It is important to find a chiropractor that does more than just basic techniques, as well as avoiding a chiropractor that overstates their expertise.

A holistic chiropractic examination is a discovery process and an educational experience. Most new patients show up in the late stages of a crisis or painful condition. They soon find out that there are many more benefits available from chiropractic care beyond the treatment of their condition. For a holistic thinking patient, it

makes sense to find a like-minded chiropractor that considers the effects of lifestyle stress on an ongoing state of well-being.

Chiropractic care can reduce interference (disease) to the vital nervous system, which controls all other systems and functions; align and mobilize the bony structures, muscles and ligaments; remove tension along the spinal cord to ease brain-body communication; allow for alternative approaches to treat conditions naturally; and decrease the potential for medical intervention.

A typical holistic chiropractic exam can typically be completed in 30 minutes, followed by the chiropractor taking time to interpret the results and generate an appropriate plan for care. Along with a medical history, family history and description of the chief complaints, a chiropractic examination should include a list of current and past physical traumas, emotional stressors and chemical exposures. If the examination demonstrates the need for chiropractic care, disease and the diagnosis of vertebral subluxation will be documented. Chiropractors uniquely and specifically work to clear subluxations and their effects.

Chiropractors are also responsible for assessing all systems of the body and referring patients to their medical specialists when appropriate, therefore establishing credibility in co-treatment and prioritizing the well-being of all patients.

Dr. Michael Magwood, DC, CACCP, TRT-Adv Cert, AT-Cert, pediatric and prenatal specialist in chiropractic, is the owner of Pure Balance Centers in Clifton, NJ, and New York City. For more information visit PureBalanceCenter.com. See ad, page 21.

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Kenneth Davis on Learning From the Last Global Plague

by Randy Kambic

Along with annual flu season warnings, there's more news than usual on the dangers of microbes and transmittable diseases, including recent domestic measles outbreaks and the rise of resistant bacteria from the improper use of antibiotics. In his latest book released earlier this year, *More Deadly than War: The Hidden History of the Spanish Flu and the First World War*, Kenneth C. Davis describes the worldwide epidemic that killed millions only a century ago and warns of a potential relapse.

Davis is also the author of *In the Shadow of Liberty*, an American Library Association Notable Book and a finalist



for the Youth Adult Library Service Association Award for Excellence in Nonfiction. His *New York Times* bestselling and critically acclaimed *Don't Know Much About* book series for both adults and children makes many, sometimes esoteric facts and figures on history, *The Bible*, the universe, geography and other subjects

come alive. Davis is a TED-Ed educator whose lectures are globally available online.

What inspired you to tackle this deadly subject?

My editor had the flu and mentioned that her grandmother died of the Spanish

Flu. I said that's a fascinating subject. She said if you ever want to write about it, I'd love to know, and it was around the time that I was beginning to think about the 100th anniversary of the flu and the end of World War I. These were two extraordinary moments in modern human history that many people don't understand.

What makes the Spanish Flu epidemic relevant today?

It was the most extraordinary pandemic in modern times, the worst since the Black Plague. So many aspects of the story can teach us lessons, like the role of propaganda that created the circumstances that allowed the flu to flourish, politicians ignoring sound science. In Philadelphia in September of 1918, the health commissioner was warned not to allow a big parade that was meant to sell war bonds. He did, and 200,000 people crowded the streets. Two days later, there was not a hospital bed left in the city. It was that sudden and explosive gathering of mass numbers of people that lit the fuse for a tremendous flu bomb to explode.

It's important to understand the connection between science and history. Often, we treat history as a collection of dates, battles and speeches, and we don't connect with what was going in the scientific and medical world, but these things are always closely linked together. Disease has always been more deadly than war, and that makes it more relevant than ever, because there are crises and conflict zones all over the world today. The situation is ripe for that explosion of another infectious disease.

Should we take for granted that some health risks of the past have been totally eradicated via modern medicine?

We should not. It's dangerous to be complacent. All too often, there's a cost in disregarding sound medical advice—what we know to be true—because we might have heard something else,

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and this is truer than ever with social media. The nature of the flu virus, of infectious diseases, is that they change, evolve and mutate rapidly like the Spanish Flu did.

Why do you write, “Another pandemic is a distinct possibility”?

Such pandemic diseases are often diseases of crowds. We live in a world that’s more crowded, where high-speed transportation is much more readily capable of spreading a pandemic. When we have a world in which scientific risks and information is disregarded, that’s when we have the possibility of another pandemic. Then there’s climate change. We are living in a world that’s wetter and warmer. This breeds the possibilities for more disease. When we weaken guardrails, when we don’t fund science and disease prevention properly, we take great risks.

What do you think about the stronger enforcement of vaccinations because of measles outbreaks?

We’ve had the largest outbreak of measles in decades, and it’s a disease we thought we had pretty much defeated a long time ago. But because of the spread of misinformation, rumors and unverified scientific medical information, we have a dangerous outbreak of measles in this country. People have traveled to places where there were no vaccinations, then return home. This is a clear and very present danger of the “anti-vaxx” movement, as it’s called. It ignores long-established, peer-reviewed science over decades and unfortunately, we are in a time when someone with a megaphone or microphone or another platform can reach a lot of people with a lot of very dangerous information. We ignore sound science at great peril.

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

inspiration



ENOUGH FOR ALL

In Pursuit of Grateful Living

by Brother David Steindl-Rast

Grateful living is the awareness that we stand on holy ground—always—in touch with mystery. Jewish sages interpret the words of *Genesis* 3:5 in a way that is of great relevance to grateful living. “Take off your shoes; the ground on which you stand is holy ground.” The soles of your shoes are leather—dead animal skin. Take off the deadness of being-used-to-it and your live souls will feel that you are standing on holy ground, wherever you are.

It is pretty evident that greed, oppression and violence have led us to a point of self-destruction. Our survival depends on a radical change; if the gratitude movement grows strong and deep enough, it may bring about this necessary change. Grateful living brings in place of greed, sharing; in place of oppression, respect; and in place of violence, peace. Who does not long for a world of sharing, mutual respect and peace?

Exploitation springs from greed and a sense of scarcity. Grateful living makes us aware that there is enough for all. Thus, it leads to a sense of sufficiency and a joyful willingness to share with others.

Oppression is necessary if we want to exploit others. The more power you have, the more efficiently you can exploit those

below you and protect yourself against those above you. But grateful people live with a sense of sufficiency—they need not exploit others—thus, oppression is replaced by mutual support and by equal respect for all.

Violence springs from the root of fear—fear that there may not be enough for all, fear of others as potential competitors, fear of foreigners and strangers. But the grateful person is fearless. Thereby, she cuts off the very root of violence. Out of a sense-of-enough, she is willing to share, and thereby tends to eliminate the unjust distribution of wealth that creates the climate for violence. Fearlessly, she welcomes the new and strange, is enriched by differences and celebrates variety.

Grateful eyes look at whatever is as if they had never seen it before and caress it as if they would never see it again. This is a most realistic attitude, for every moment is indeed unique.

Adapted from an interview, with Brother David Steindl-Rast that originally appeared in Greater Good, the online magazine of the Greater Good Science Center. For more information, visit Tinyurl.com/ABetterWorldThroughGratitude.

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The good news about gratitude is that it is one of the more growable character strengths—and it's never too late.

~Giacomo Bono

Kids With Gratitude

Making Thankfulness Second Nature

by Ronica O'Hara

This Thanksgiving, there's something to be especially thankful for—gratitude itself. Emerging research shows gratitude to be one of the easiest, most effective ways to kickstart happiness and well-being. “The good news about gratitude is that it is one of the more growable character strengths—and it's never too late,” says Giacomo Bono, Ph.D., an assistant professor at California State University, in Dominguez Hills, and co-author of *Making Grateful Kids: The Science of Building Character*.

It's also never too early to “plant” it: Even toddlers love to parrot, “Thank you.” Research by Bono and others shows kids that are grateful are happier, more engaged and studious, and less envious, depressed, materialistic and prone to violence. It can be taught: After one week of daily 30-minute lessons on gratitude, 8- to 11-year-olds wrote thank-you notes for a PTA presentation that were 80 percent longer than notes by kids that didn't have the lessons.

To instill gratefulness in a child:

1 Be grateful and show it.

“Kids are more likely to do something if they see adults around them doing

it,” says Bono. “Being specific with your words helps, too, because it shows what behavior mattered to you and why.”

Adds psychologist Mary Jo Podgurski, founder and president of the Academy for Adolescent Health, in Washington, Pennsylvania: “If we express our gratitude by making eye contact, with sincerity and by providing an example of how much we are appreciative, the words are empowered. Telling the grocery clerk, ‘I really like the way you packed my berries on top. Thanks for taking the time to be careful with my purchases,’ will light up the clerk's face.” That can translate into a child not simply saying, “Thank you” to a grandparent for birthday money, but also explaining how excited they are about the game they plan to buy with it.

2 Enact a small daily ritual.

“It's also good for families to come up with gratitude rituals,” says Bono. “Everyday conversations about the good things and people we have or encounter in life, and being specific with words, helps young children understand the connection between kindness and feeling grateful better.”

For writer Judy Gruen's family in Los Angeles, this means a morning prayer:

“When we wake up in the morning, the first words we say are those of gratitude that we have awakened and have the opportunity for a new day.”

At dinner time, some families play “a rose, a thorn, a bud”—with each person saying what happened that day that they’re grateful for, what problems came up and what they’re looking forward to. As a bedtime ritual, Heidi McBain, a counselor and author in Flower Mound, Texas, follows a routine with her two children that includes “reading, checking in about their day—the good/bad/ugly—and at least one thing they are grateful for from their day. And I often share mine, as well!”

3 Make gratitude fun.

By getting creative, we can make kids’ expressions of gratitude even more enjoyable. Business coach Kristi Andrus, in Denver, says that her family toasts a lot at mealtime, raising their glasses and clinking them. “Our toasts are simple, ‘Today I’m grateful, thankful, or happy to share _____.’ [fill in the blank]. The kids love it and the parents always smile at what the kids bring up.”

Charlene Hess, in Eagle Mountain, Utah, a blogger and homeschooling mom to seven kids, has set up a gratitude door with a sticky note added each day from each child. “This really helps the kids become more aware of all the good things in their lives, particularly as time goes on and they have to get more creative with their responses.”

“A rampage of appreciation” is what Jeannette Paxia, a motivational speaker and children’s book author in Modesto, California, does with her five children: “We spend 10 minutes walking around and appreciating all we see. My children love it!”

In the home of northern New Jersey therapist Shuli Sandler, when one family member shows gratitude to another, a coin is put in a jar. “When it is full, the whole family can go out and do something together, like grab ice cream or something fun—remembering of course to say thank you,” she says.

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

Gratitude-Building Resources

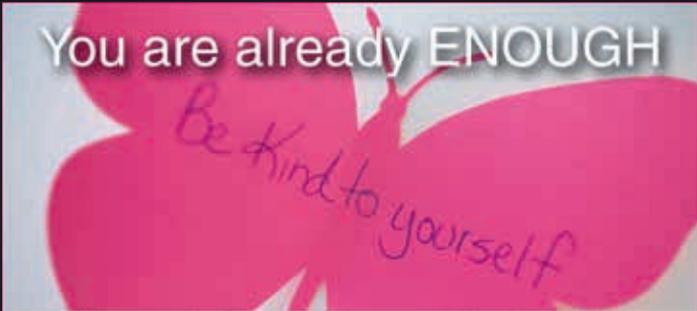
Gratefulness.org: Essays, practices and resources for grateful living.

Making Grateful Kids: Advice from leading researchers at *Psychology Today*: Tinyurl.com/MakingGratefulKids.

How to Teach Gratitude to Tweens and Teens: Tinyurl.com/TeachingGratitudeToTeens.

TED talks playlist: Videos that inspire gratitude: Ted.com/playlists/206/give_thanks.

Research on gratitude in children: Tinyurl.com/YouthGratitudeProject.



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Kids Under Pressure Worrier vs. Warrior

by Doug Pucci

Two siblings that both do well in school can have opposite responses under pressure. For instance, they both do well in class participation, homework, regular quizzes and tests, and written reports. However, when standardized tests are announced, one child stresses heavily about them for more than a week before the test, losing sleep and experiencing headaches, stomach aches and nausea. He fears that his classes haven't taught him everything he needs to know in order to pass these important tests.

Normally a child that likes going to school, as test day approaches, he continually asks to stay home. The other child, on the other hand, becomes energized and finds test-taking exhilarating, a chance to shine and show all he's learned.

The question is how two siblings can react so completely differently to pressure and stress. Researchers have questioned why kids respond differently under pressure, so for an answer, they turned to a population of approximately 200,000

10th grade students living in Taiwan. Researchers drew blood samples from 779 of those students after they took a standardized competency test.

Unlike previous tests focusing on stress, this test zeroed in on the COMT gene, an enzyme-creating gene that among other things, removes dopamine from the prefrontal cortex of the brain. That area of the brain is responsible for conflict resolution, decision-making, abstract thinking, planning, working memory and more. Too much or too little dopamine in the prefrontal cortex can interfere with these functions, either suppressing them or magnifying them (neither extreme is good); it's the job of COMT to maintain the correct dopamine level for optimal functionality. There are two variants of the COMT gene: one creates enzymes that remove dopamine quickly and the other creates enzymes that clear it slowly.

In the Taiwanese study, researchers discovered that even though students with slower enzymes had higher IQs, those with faster-moving enzymes but lower IQs did better on the tests by 8 percent. These results showed that cognitive advantages were actually reversed because stress negatively impacted the outcomes of the students with higher IQs and slower-moving enzymes.

The "warrior" and "worrier" classifications created by researchers show certain attributes. Warriors (fast-moving enzymes) respond well to pressure, threatening situations and deadlines; but performance can suffer with repetitive tasks and lack of pressure. Worriers (slow-moving enzymes) are better with complex planning, have higher working memory and cognitive advantages in stress-free environments.

COMT genes are inherited; it's estimated that about half the population has a mix of both warrior and worrier genes, a quarter have only warrior genes and the remaining quarter have only worrier genes. But genetic predisposition doesn't have to dictate a response to short-term stressful situations. Research studies are showing that with training, worriers can perform as well as warriors in high-stress environments, such as in combat roles. Research psychologist Quinn Kennedy, of the Naval Postgraduate School, found that taxing worriers without overwhelming them allows them to adjust to and manage specific repeated stressors, "even if it is not necessarily transferred over to other parts of their lives."

A combination of exercise and dietary strategies can also help modulate dopamine levels in the brain, but the right combination and correct type of exercise needs to be determined for each individual.

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



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ANTIQUES RISING

Discovering the Green in 'Brown' Furniture

by Yvette C. Hammett

Fast food and fast fashion are common in this amped-up world. There's also fast furniture—the kind that often comes in a box, assembly required. It's made of particle board held together by toxic chemicals; it is often flimsy and it's consuming forests at an alarming rate. But millennials love it. That's why they're sometimes called the IKEA generation.

"Your grandmother's big sideboard and armoire are hard to sell," says Todd Merrill, owner of the Todd Merrill Studio, a furniture and design gallery in New York City. "We have changed the way we live. Our houses are laid out differently—no more formal dining rooms. I think people are less inventive about how to repurpose, reuse and restore."

Grandma's treasures, once passed down for generations, are largely passé. The new word for antiques is "brown furniture"; prices have plummeted 60 to 80 percent in two decades, say industry experts. The youngsters want no part of them, even though they are hand crafted out of solid wood extracted from old-growth forests that took centuries to mature.

Large retail chains cater to strong consumer demand for disposable furniture, and it is driving a great deal of deforesta-

tion, according to the Alliance of Leading Environmental Researchers & Thinkers (ALERT). IKEA's own figures show that it uses 1 percent of the world's commercial wood supply a year to manufacture these throwaway pieces. The U.S. Environmental Protection Agency reports that 9,690 tons of furniture—both fast and slow—ended up in the nation's landfills in 2015, the latest year for which statistics have been published.

The trend is at odds with millennials' notable environmental sensibilities—and they do put a premium on authentic, handmade items and companies with social impact—so experts say the tide may be turning. Like the growing Slow Food movement, "slow" furniture enjoys a sense of character and provenance that doesn't come in a box.

When Merrill opened his furniture studio in 2000, it consisted of half pristine antiques and half mid-century modern furniture. He quickly saw a trend of people snapping up the mid-century and leaving the handcrafted antiques behind. "I pulled things out of trash heaps in the Upper East Side. People came in and started snatching up all the vintage modern."

Merrill's vintage offerings now focus on mid-century modern and

upcycled, repurposed furnishings, something the millennials have taken to. The kids will continue to come around, he says. "If you go around Brooklyn, people are reusing and recycling antique furniture. With the antique market hitting bottom, it is hard to ignore it. As it bottoms out, kids are going to come back to these things."

There can be a cool factor in reusing something that is old, unique and odd, he added. "Oddity and ugliness is kind of in fashion right now."

Alex Geriner, of Doorman Designs, in New Orleans, began upcycling out of necessity. He had little money to furnish his 19th-century apartment. His need quickly became a business when the furnishings he created out of old wood pieces began flying out the door. "I think for millennials—I am a millennial—they want something with a story tied to it, some sort of bigger meaning. My generation is all about experiences. If they can say, 'I found this in a dumpster' or 'in a roadside flea market,' any story is an investment for millennials."

Terry Gorsuch, whose side business in Dolores, Colorado, Rustique ReInvintage, involves salvaging old theater chairs, church pews and other novel items, upcycling them and selling them for a tidy profit, says, "There is nothing special about a coffee table from IKEA. All our pieces have a story. They're from a 1936 theater or an 1895 Grange Hall where farmers and ranchers met."

Gorsuch says he already has some "hipster" millennials buying items like old lockers or other odd pieces that they mix and match. "When you take something and put it back to use, you get a feeling of satisfaction," he says.

"The informality of today allows for the mix-and-match thing," Merrill says. "Take an old door and repurpose it ... Put it up in your house or upcycle it into a table. 'What we are missing in our homes is character,' he says. 'Repurposing is a very good thing to do.'"

Yvette C. Hammett is an environmental writer based in Valrico, Florida. Connect at YvetteHammett28@hotmail.com.



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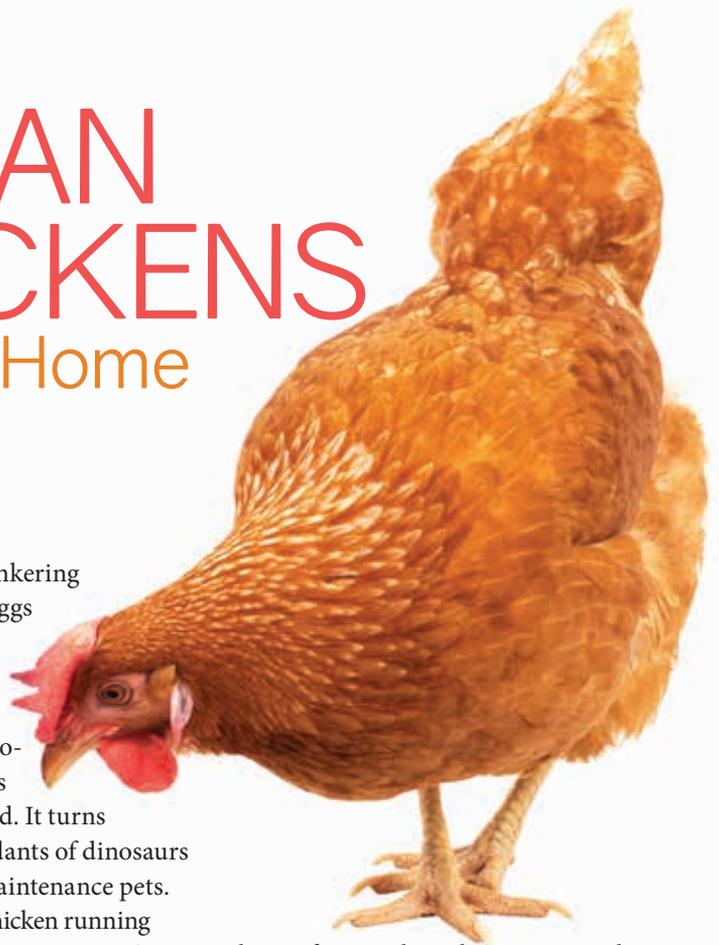
by Julie Peterson

Locavores with a hankering for fresh, organic eggs produced close to home have sparked a resurgence in backyard chicken keeping; even people that don't like omelets are getting in on the trend. It turns out that the little descendants of dinosaurs make fascinating, low-maintenance pets.

"You can't watch a chicken running across the yard and not have your mood lifted," says Shana Cobin, who has owned chickens for four years. A veterinary staff member, she takes in rescues on her small farm in Foster, Rhode Island. Her current flock of eight chickens has room to forage with a turkey, some goats and sheep. At night, her birds sleep in a predator-proof chicken coop. As a vegan, Cobin gifts the eggs to others. "It's gratifying to give eggs to friends and family who might otherwise buy eggs from factory farms," says Cobin. "It's as if I'm helping those hens, too."

Those country chickens could be city chickens—if the municipality allows. An increasing number do, with a few rules.

Roosters aren't usually allowed (think crowing at 4 a.m.); the number of hens is limited; and they can't roam the neighborhood. Local ordinances vary widely and



change frequently, so be sure to get the facts for each area.

Bird Benefits

Chickens are relatively simple and inexpensive to maintain. They come in a variety of sizes and colors, are easy to bond with and their entertainment value can't be underrated. "You will enjoy watching them for hours," says Andy G. Schneider, of Georgia, the national spokesperson for the Avian Health Program run by the Animal Plant Health and Inspection Service of the U.S. Department of Agriculture who has authored three books on chickens.

He says that keeping chickens is also a good way for children to learn responsibility and where their food comes from. He says, "They are living animals that depend on their owners and can live for 10 years or longer."

Backyard flocks readily compost food waste and hunt insects to eat. Their nitrogen-rich droppings and old bedding from the coop can fertilize gardens, or the chickens can be let loose in garden areas to fertilize and weed at the same time. However, they will eat desirable plants,

so consider fencing off a fallow section of garden where they can prepare the ground for the next crop. Composting, fertilizing, weeding and pest control are benefits that even matronly hens that have slowed egg production still provide.

The miracle of producing an egg is a journey of its own. Rarely does a child—or grownup—squeal with as much glee as when the pet hen lays her first egg. Add the excitement of double-yolkers and tiny, yolkless “fairy eggs”, and collecting the hens’ bounty is a daily adventure.

Drawbacks

Like all pets, chickens need regular maintenance. They can get parasites such as mites or worms, or become sick. But the hardest thing about maintaining chickens is keeping them safe, according to Lisa Steele, a rural Maine farmer and author of *101 Chicken Keeping Hacks From Fresh Eggs Daily: Tips, Tricks, and Ideas for You and Your Hens*.

“No matter where you live, there is something that wants to kill or eat your chickens. A secure coop and run or pen are important,” Steele says. The family dog, fox, coyotes, raccoons, owls and hawks are just some of the many potential predators.

If a rooster is in the flock, he instinctively protects hens from perceived danger—great for predators, but not necessarily a desirable pet. They crow louder, earlier and more often than most would expect. Unless eggs to hatch are wanted, no rooster is needed.

Starting a Flock

After selecting breeds, a new flock can be started with adult hens or chicks from a hatchery or breeder. Steele points out that it’s important to get chicks from a reputable breeder and start them off with good-quality feed, room to exercise, fresh air and clean water.

Coops can be built from plans or purchased. There is a trendy industry for palatial coops replete with window boxes, but the necessities include enough space for each chicken, roosting bars to sleep on, nesting boxes to lay eggs, good ventilation and predator-proofing. “The curtains, wallpaper and twinkle lights are fun, but not necessary,” says Steele.

Julie Peterson lives in rural Wisconsin with her husband, dogs and chickens. Contact her at JuliePeterson2222@gmail.com.

Chicken Facts

- Newly hatched chickens are “chicks”. The young males are cockerels, the young females are pullets. After one year, they are roosters and hens.
- Chickens see in color and can see UV rays, according to *FreshEggsDaily.com*. They have one eye sighted in for distance and one for close-up vision so that they can look for seeds and bugs on the ground while simultaneously searching the sky for aerial predators.
- The life expectancy of a hen varies from three to 12 years, depending on size, breed and safety from predators.
- Roosters instinctively protect hens from predators or any perceived danger (including people) by sounding an alarm, and then facing the danger as hens run and hide.
- Roosters have been known to ward off predators or die trying.
- A rooster is not needed for hens to lay eggs.
- Hens begin laying eggs as early as 16 to 20 weeks and have variable production, depending on breed and amount of daylight. Egg production can continue through life, but slows after about 3 years old (*Tinyurl.com/ChickensStopLaying*).
- Egg shell color can be white, pink, blue, green, brown or speckled, but it’s determined by genetics and will remain basically the same throughout a hen’s life (*Tinyurl.com/EggShellColorDetermination*).
- Fresh eggs have a coating that prevents bacteria from entering the pores of the shell. If eggs are washed, they must be refrigerated (*Tinyurl.com/WashedOrUnwashedEggs*).

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Seven years without a cold?

Copper in new device stops cold and flu

By Doug Cornell

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

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

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

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

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

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

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

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

time. He hasn't had a single cold for 7 years since.

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

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they

still get the cold it is milder than usual and they feel better.

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

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

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

Now thousands of users have simply stopped getting colds.

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

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids

had colds going round and round, but not me."

Some users say it also helps with 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 even used copper on cold sores and say it can completely prevent outbreaks.

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

Copper even kills deadly germs that



Dr. Bill Keevil:
Copper quickly kills cold viruses.

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

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

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

Get \$10 off each CopperZap with code **NATA14**.

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

Buy once, use forever.



New research: Copper stops colds if used early.

ADVERTORIAL

calendar of events

FRIDAY, NOVEMBER 1

Great Pumpkin Festival – Nov 1-5. 10am-6pm. Last weekend of the Heaven Hill Farm pumpkin season. More than 30 family-friendly activities including animals, a barnyard sports ball-cade, a hay crawl and maze, glass bee hive, a “boo barn,” duck racing, a Lincoln Log cabin builder, maize quest games – and pumpkin stuff, of course. Heaven Hill Farm, 451 State Rte 94, Vernon. 973-764-5144. HeavenHillFarm.com.

SATURDAY, NOVEMBER 2

DIY for Kids: American Eagle – 9am-noon. Kids will be proud to complete this project using everything in the American Eagle kit. They will learn to use a hammer, fine sandpaper, wood glue and a Phillips screwdriver, then assemble the bird’s basic shape and its wings, add fun stickers, paint the piece to bring it to life, and build the base to help your bird stand tall. 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, Hackensack, Mahwah, Lodi, etc. 800-466-3337. HomeDepot.com.

Mindfulness Meditation – Nov 2, 9, 16, 23, 30. 10-11am. With Lindsey Swindall. Each session will include 45 minutes of meditation practice, plus time for questions and discussion. The class will offer strategies for using mindfulness, or being present in the moment, to help with stress relief, focusing the



mind, and enhancing positive well-being. Breathing techniques and guided relaxation will be followed by a period of silent meditation. \$10/per session; reserve a spot in advance. Hoboken Historical Museum, 1301 Hudson St, Hoboken. 201-656-2240. HobokenMuseum.org.

BrickFair: LEGO Fan Expo – Nov 2-3. Sat, 10am-5pm; Sun, 10am-4pm. This event features mini-golf, group builds, a library of LEGO, bingo prizes, bounce houses and more. Explore brilliant fan-built creations, meet the builders, learn new building techniques. \$14/all day, \$9/afternoon, free/children three years old and under. Meadowlands Exposition Center, 355 Plaza Dr, Secaucus. 973-631-1731.

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

UnitedPalace.Org/Product/Shamanic-Circle-With-Tuvan-Shamaness-Chokbar-November/.

Punch & Pie at Mrs. Kearney’s Tavern – 8-10:30pm. This living history program at the Kearney House includes spiced punch, freshly baked pies and other morsels, and plenty of good cheer, all served by staff dressed in period garb in candlelight and the glow of stone hearths. Thaddeus MacGregor provides music from Mrs. Kearney’s day. You may bring your own beer or wine. \$18/advance ticket, \$20/at the door. Kearney House, Alpine Picnic Area & Boat Basin, US Route 9W, PIP 2. 201-768-1360. NJPalisades.org/tavern.

SUNDAY, NOVEMBER 3

Raptor Photography Workshop – 10am-noon. It can be difficult to get that perfect shot when photographing raptors flying or hunting. The education raptors housed at Tenafly Nature Center, 1 red-tailed hawk and 2 barred owls, will be out for a special photo-session, and experts from Bergen County Camera will assist you in setting your camera and equipment settings to help you get that perfect picture. \$50; proceeds go towards the construction of a new aviary. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

David Young: A Portal Between Heaven & Earth – 1-3pm. Experience the healing music and mystical meditations of David Young (DavidYoungMusic.com.). \$35/advance, \$40/at the door. Leaping Lotus Wellness Studio, 198A Market St, Elmwood Park. Tickets: 201-903-5028. LeapingLotusFit.com.

Community Ear Acupuncture for Stress Relief – 2-3pm. An acupuncture protocol in the salt cave

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Concert: Gladius, Guitar Virtuoso – 7-8pm. In addition to being an award-winning composer, guitar virtuoso Gladius fuses influences ranging from classical to Spanish guitar, to rock and beyond. Free. Main Floor, Englewood Library, 31 Engle St, Englewood. 201-568-2215 x 230. EnglewoodLibrary.org.

MONDAY, NOVEMBER 4

Tai Chi –7pm. Nov 4, 11, 18, 25. Tai chi is practiced for defense and health benefits. Instructor Kung-Ming Jan of Tenafly is a cardiologist and long-time practitioner of both Shaolin yoga and tai chi chuan. Englewood Library, 31 Engle St, Englewood. 201-568-2215 x 230. EnglewoodLibrary.org.

Adolescent Eating Disorder/Disordered Eating Recovery Nutrition Group –7-8:15pm. Mon Nov 4 thru Dec 9. 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, NOVEMBER 5

Diabetes Support Group – 2:30-4pm. Those living with diabetes, or their caregivers, can freely discuss positive lifestyle changes and ways to manage diabetes, check their blood glucose, and more. The group will be guided by a certified facilitator. Free. Jersey City Medical Center, Rm 5, 355 Grand St, Jersey City. RSVP: 888-724-7123. Info, Sandy Moreau, PharmD: 201-915-2000 x 3923.

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, NY. RSVP: 845-290-0678. SaltOfTheEarthCFH.com.

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WEDNESDAY, NOVEMBER 6

Meditation –7-8pm. Nov 6, 13, 20, 27. Sahaja yoga meditation is easy to learn, and all ages and backgrounds are welcome. Attendees can sit either in a chair or on the floor and should wear loose, comfortable clothing. Englewood Library, 31 Engle St, Englewood. 201-568-2215 x 230. EnglewoodLibrary.org.

Healthy Mind for Healthy Body: Hypnosis for Weight Loss – 7-8:30pm. Hypnosis is the perfect way to connect with your subconscious, enlisting that part of yourself to help. Experience a relaxing hypnosis session using guided imagery and suggestions to support healthy eating to attain the results you desire. Each participant receives the recording of the class session. \$30. Ridgewood HS, 627 East Ridgewood Ave, Ridgewood. Registration: 201-670-2777.

THURSDAY, NOVEMBER 7

Bike Flat Tire Repair Workshop – 7-9pm. Flat tires can impact every rider on every surface. If you want to be ready to fix your next flat, join expert bike techs in this hands-on workshop. From start to finish, you will work through everything you need to know to change a tire. Bring your own bike or practice on one of ours. \$45, \$25/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

FRIDAY, NOVEMBER 8

Knitting at the Library – 1-2pm. A relaxing and social afternoon of knitting in a monthly knitting circle. Beginner and advanced knitters welcome as well as crotchetiers. Feel free to bring your current project and supplies. Knitting needles and crochet hooks are available for borrowing and patterns/extra yarn are always available. Free. Shotmeyer Room, Wyckoff Public Library, 200 Woodland Ave, Wyckoff. RSVP: 201-891-4866. WyckoffLibrary.org.

Group Sound Healing Meditation – 7-8:30pm. The use of Himalayan singing bowls, tuned to each energy center, allows for healing pathways to open and stuck energy to be released. Each participant will receive a personal experience with the bowls. Registration is limited to the first 15 participants. \$30/preregistered, \$35/at the door if space available. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

SATURDAY, NOVEMBER 9

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.

Open Cockpit Day: Aviation Hall of Fame –10am-4pm. Nov 9 & 10. Young and old can experience hands-on cockpit handling, and learn more about how pilots fly and what the controls and instrumentation do. The museum, located beside the runway at Teterboro Airport, owns a number of WW II planes, helicopters and historic and modern



aircraft, including a Cobra gunship helicopter and the Martin 2-0-2, one of the first modern airliners. Pilots and guides will be on hand to answer questions. \$12, \$9/seniors, children. Aviation Hall of Fame of NJ, Teterboro Airport, 400 Fred Wehran Dr, Teterboro. 201-288-6344. NJAHOF.org.

Ramapo College in Year One: Student Panel – 11am. This panel of first year Ramapo Students will talk about their first year at Ramapo, what they expected and what they found. You will learn how this group and their classmates helped build this new state experimental college. The challenges faced, and there were many, helped build a sense of community. Part of the Mahwah Museum Lecture Series, the lecture will take place at Ramapo College, 505 Ramapo Valley Rd, Mahwah. 201-512-0099. MahwahMuseum.org.

markyourcalendar

SATURDAY, NOVEMBER 9

Beginner's Yoga for People Who Think They Can't Do Yoga –11am-12:30pm. Nov 9 & 16. Join certified teacher Michelle Palumbo in this intimidation- and judgement-free yoga class in a mirror-free studio that provides a welcoming environment for all shapes, sizes and physical ability; Plenty of options will be provided. Chairs will be available for those who would feel more comfortable in a chair than on the floor. \$20/drop-in. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

Mason Jar Pies – Noon-3pm. Students craft individual-sized fruit pies made in little glass jars that they can decorate and give as gifts, or keep for themselves. Pies include apple, blueberry, and cherry. Good for families & kids. Instructor: Fran Sippel. \$55; all materials provided. Hudson County Community College, 161 Newkirk St, Jersey City. 201-360-4246. CommunityEd@HCCC.edu.

Clever Foodies: BASF Kids' Lab – 12:15-1pm & 2:15-3pm. Designed to interest and challenge 8- to 12-year-olds, this program helps children explore and analyze the substances contained in fruit and vegetables and understand why they are colorful and healthy. Fun experiments aim to boost children's dietary awareness and foster healthier eating habits. For children accompanied by at least one adult chaperone per 4 children. Free with paid admission or membership. Reservations recommended. Jennifer A Chalsty Center for Science Learning and Teaching, Liberty State Park, 222 Jersey City Blvd, Jersey City. RSVP: 201-253-1310.

Aromaflow Yoga – 1:30-3pm. Aromatherapy, like yoga, works on the whole person, on all levels. This combination is a special opportunity to balance

and restore your energy. Class will incorporate 3 to 5 essential oils. This class is for everyone. \$25. Leaping Lotus Wellness Studio, 198A Market St, Elmwood Park. Register: 201-903-5028. LeapingLotusFit.com.

Scavenger Hunt – 2-3pm. Families receive clues to help solve nature riddles along the trails. Each family works as a team as they hike trails to complete the hunt and receive a small prize. Program is for adults and children 4+. Children must be accompanied by an adult. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

SATURDAY, NOVEMBER 10

Recycled Crafts – 10am-noon. Think twice before throwing away that egg carton or toilet paper tube. Join this fun, hands-on workshop and learn how to re-purpose common household items into unique crafts. Adults, families, children age 5 and up. Free. Liberty State Park, 200 Morris Pesin Dr, Jersey City. 201-915-3400 x 202. LSPNatureCenter@dep.nj.gov.

MONDAY, NOVEMBER 11

Veteran's Day Commemoration & Artillery Demo – 1-4pm. Cannon demonstration at 1pm followed by a screening of *They Shall Not Grow Old* (R|2018) at 2pm. Using state-of-the-art technology and materials from the BBC and Imperial War Museum, filmmaker Peter Jackson allows the story of World War I to be told by the men who were there. Life on the front is explored through the voices of the soldiers, who discuss their feelings about the conflict, the food they ate, the friends they made and their dreams of the future. Light refreshments served. Free; metered parking. Fort Lee Historic Park, Hudson Terrace, Fort Lee. 201-461-1776. NJPalisades.org/FortLee.html.

TUESDAY, NOVEMBER 12

Group Past Life Regression – 7-8:30pm. Join an experiential journey to our past. Understanding the past opens our ability to embrace our present. There is nothing to prepare. As Lois Kramer-Perez, CHt, guides you through imagery, the information will arise in your awareness. \$35 thru Nov 9. Earths Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. Register at EarthsHealing.com.

WEDNESDAY, NOVEMBER 13

Women's Lightweight Tents and Sleep Systems Workshop – 7-8:30pm. Beyond survival, it's possible to find ways to be comfortable on your upcoming backpacking trips without carrying a lot of heavy gear. In this workshop, an expert will help you discover some of the latest and lightest shelter and sleep solutions in the outdoor industry. You'll have a chance to set up different systems and then crawl in to see just how comfortable you can be on your next adventure. No experience necessary. All gear provided. \$40, \$20/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

Intro to Crystals – 7pm. Learn about the wonderful properties of crystals and how to use them for healing and well-being. Discuss some beginner crystals, their properties, how to use them, and how to find the right one for you. Also learn how to care for your crystals. Hand outs and thorough Q&A. \$25. Earths Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. Register at EarthsHealing.com.



Playing with Pendulums – 7-9pm. Pendulums have been used for dowsing and accessing intuition for hundreds of years. Learn how to use a pendulum to access information and how to use your pendulum to clear your space, clear yourself and clear others. An experiential class learning a valuable tool. \$35. Ridgewood HS, 627 E Ridgewood Ave, Ridgewood. Registration: 201-670-2777.

THURSDAY, NOVEMBER 14

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

FRIDAY, NOVEMBER 15

Mother's Gathering: Pathways Connect – Noon-2pm. Moms and moms-to-be connect and get empowered by insights into the subjects of pregnancy, childbirth, holistic parenting and healthcare. Children are welcome. Light refreshments. Free; preregistration required. 1425 Broad St, #4, Clifton. Info and registration: 973-773-8244.

"North by Northwest" Movie – 6:30pm doors/7pm preshow/7:30pm movie. Experience this 1959 classic by the master of suspense, Alfred Hitchcock, on a 52-foot screen. An advertising executive goes on the run after being mistaken by foreign spies for a government agent. \$15, \$8/children 12 and under, seniors and students. United Palace, 4140 Broadway, Manhattan. 212-568-6700. UnitedPalace.org/Product/North-By-Northwest/.

SATURDAY, NOVEMBER 16

Intro to Crystal Workshop – 10-11:30am. Explore crystal basics as Lisa LaCava shares her knowledge of the crystal world. Cost includes a clear quartz crystal to take home. \$30. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge, NY. RSVP: 845-290-0678. SaltOfTheEarthCFH.com.

New Jersey Veg Fest – 11am-5pm. Nov 16 & 17. Vegan food and lifestyle festival featuring food and product vendors, speakers and entertainment. All products that are sold, sampled, or displayed must be vegan, defined as products that are free of all animal ingredients and processes that harm or exploit animals. Meadowlands Exposition Center, 355 Plaza Dr, Secaucus. 973-631-1731.

SUNDAY, NOVEMBER 17

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, NY. RSVP: 845-290-0678. SaltOfTheEarthCFH.com.

TUESDAY, NOVEMBER 19

Advanced Pendulums Workshop with Lois Kramer-Perez, CHt. – 7-9pm. In this you will practice using the pendulum to receive specific information; how to clear yourself, your chakras, and others; how to clear the hitchhiker energy you pick up in malls, elevators, public and private places. Some pendulum experience beneficial. Bring your favorite pendulum, purchase one at class or a tool will be provided for you. \$40/thru Nov 14, \$45/thereafter. Earths Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. Register at EarthsHealing.com.

WEDNESDAY, NOVEMBER 20

Docent & Interpretation Meeting: Two Centuries at New Bridge Landing – 7:30pm. The Zabriskie-Steuken House not only "saw more of the American Revolution than any house in America," but it witnessed the trade along the Hackensack River, the coming of the railroads, the transition from an agrarian Bergen to one of industry and commerce, and then to suburbia. The School of Historical Interpretation helps hone communication skills, familiarize volunteers with Bergen's unique history, provides insight into the material culture of the past and trains volunteers in historical presentation. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739. BergenCountyHistory.org.

THURSDAY, NOVEMBER 21

Crystal Gridding – 7pm. Learn what crystal gridding is and how you use grids; basic grids and how to use them to protect and bring about harmony in houses, offices, or specific rooms and discover how you can trust your intuition to develop your own style and uses for crystal gridding. Space is limited. \$25 Earths Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. Register at EarthsHealing.com.

SUNDAY, NOVEMBER 24

Swedish Christmas Fair – 10am-4pm. Traditional fair featuring handcrafted Christmas decorations, home baked goods, traditional foods, Swedish Café, and a Lucia pageant at 11am and 2pm hosted by Swedish Women's Educational Association. Members will attend in traditional costume. \$2. Commonwealth Club, 26 Northview Ave, Upper Montclair. 815-861-2760. SWEA.org/NewJersey.

243rd Anniversary of the British Invasion/American Retreat – Noon-4pm event schedule. When five thousand troops scaled the Palisades at Lower Closter Dock and marched against Fort Lee, the American garrison escaped entrapment by crossing the Hackensack River at New Bridge, the Bridge That Saved a Nation. To mark the anniversary of the "times that try men's souls," the Bergen Historical Society offers a day of living history, presentations and a slice of Bergen's rich history. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739. BergenCountyHistory.org.

Opera Gala – 3pm. The program features New Jersey City University voice students and faculty in well-known arias, duets and ensembles by Mozart, Verdi, Puccini, Mascagni, Strauss and others.



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natural
awakenings

The NJCU orchestra will perform an overture and selected operatic selections. Dr. Donna Connolly, coordinator of vocal studies and Lou Kosma, NJCU orchestra director. Free admission with RSVP. Margaret Williams Theater, New Jersey City University, 2040 Kennedy Blvd, Jersey City. 201-200-2000. NJCU.edu.

WEDNESDAY, NOVEMBER 27

Women's Trailside Bike Repair Workshop – 7-9pm. Don't let a surprise on the trail cancel your ride. Join expert bike techs for this hands-on workshop addressing the most common trailside issues. Busted chains, noisy drivetrains, and broken spokes are all on the agenda with plenty of get-your-hands-dirty chance to practice along the way. \$60, \$40/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

SATURDAY, NOVEMBER 30

Holiday Model Train Exhibit – Nov 30 & Dec 1. 1-6pm. The New York Society of Model Engineers is opening its doors to visitors for the start of the holiday season. Both layouts, and the Thomas exhibit, will be operating. The show will also feature a candy train, and a new car will be added to the ice cream train. The souvenir shop open for purchase of videos, books, trains and railroad related items. \$7, \$1/children, free/under 5. The New York Society of Model Engineers, 341 Hoboken Rd, Carlstadt. ModelEngineers.org/Shows/.

plan ahead

SUNDAY, DECEMBER 1

Wreath Workshop – 1-4pm. This Dutch Colonial homestead and museum is offering a wreath workshop using the natural greens and bounty from the gardens. If you donate your wreath to the Garretson for sale at their Dutch Christmas event, there is no charge for this workshop. Must preregister. \$25/take home wreath. Garretson Forge and Farm, 4-02 River Rd, Fair Lawn. 201-797-7545. GarretsonFarm.org.

TUESDAY, DECEMBER 3

Conquer Mystery Aches and Chronic Pain – 6pm. Learn why the body holds onto pain and discomfort; how it transfers from one part of the body to another; why some pain and discomfort go undetected; how emotional memory causes physical discomfort; and more. Gain insights on restoring comfort and balance to your body. Catherine Perman, LMBT, CMLDT, Fort Lee Chamber of Commerce, 210 Whiteman St, 2nd Fl, Fort Lee. Preregistration required: 917-701-1162. IAHP.com/Catherine-Perman.

THURSDAY, DECEMBER 5

Yoga Philosophy Teacher Training: Deep Dive into Bhagavad Gita – 9am-2pm. Dec 5, 12, 19. Yoga Alliance approved teacher training module. Discussion and deconstruction of Bhagavad Gita, one of the key yoga texts. Apply philosophy to add depth and potency to your practice. \$300. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. Bodypositiveworks.com

Deck the Halls of a Museum – 10am-2pm. Help decorate one of the oldest stone house museums for the holidays. This pre-revolutionary sandstone house is officially listed on the New Jersey and the



National Register of Historic Places. Call to confirm time. Donations appreciated. Garretson Forge and Farm, 4-02 River Rd, Fair Lawn. 201-797-1775 and 551-206-4380. GarretsonFarm.org.

SATURDAY, DECEMBER 7

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

A Dutch Christmas – 10am-4pm. Celebrate at the stone house museum with tours and activities and bring the children to see Sinterklaas. Shop homemade items, specialties from the heirloom garden and homemade baked goods are for sale. One of the oldest sites in Bergen County, this pre-revolutionary site is a living Dutch farm. Garretson Farm Museum, 4-02 River Rd, Fair Lawn. 201-797-1775 and 551-206-4380. GarretsonFarm.org.

Sound Healing/Kirtan Concert – 7:30-9:30pm. Concert by Dalien, also known as 13 Hands. See his website at 13Hands.com. Leaping Lotus Wellness Studio, 198A Market St, Elmwood Park. Tickets: 201-903-5028. LeapingLotusFit.com.

SUNDAY, DECEMBER 8

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.

SATURDAY, FEBRUARY 22

United Palace 90th Anniversary: Lauryn Hill in Concert – Celebrate the United Palace Anniversary with a concert featuring the legendary singer, songwriter and performer Ms. Lauryn Hill. This will be the first event commemorating the venue's long history, first as a vaudeville and deluxe movie house, then as the home of Spiritual Artistry and theater. United Palace, 4140 Broadway, Manhattan. 212-568-6700. UnitedPalace.org/Product/90th-Anniversary-Concert-With-Ms-Lauryn-Hill/.

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

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

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

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

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



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

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

tuesday

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

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. With Josephine Capizzi; all levels. \$15. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. Info: 201-644-0840. VistaNaturalWellness.com.

Group Past Life Regression – 7-8:30pm. 2nd Tue. Join an experiential journey to our past. Understanding the past opens our ability to embrace our present. There is nothing to prepare. As Lois Kramer-Perez, CHT, guides you through imagery, the information will arise in your awareness. \$35. Earths Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. Register at EarthsHealing.com.

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.

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.

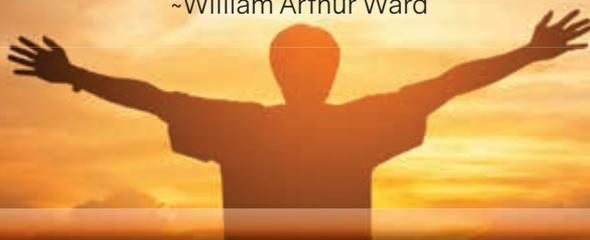
Feldenkrais Awareness through Movement Classes – 10-11am. Feldenkrais is a powerful approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility. For more information see website. \$20/drop-in, \$150/10 class pass. Vista Natural Wellness Center 191 Ramapo 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,

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.

~William Arthur Ward



Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323 x 230. Mahwah.BCCLS.org.

Inspect Your Gadget – 11am-12pm. Have a smart-phone 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 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

Angel Card Readings – 1st Sat. These readings can give insight into relationships, careers and finances. Your reading may focus on a specific question or be more open-ended, simply honing in on a general aspect of life. \$40/30-min reading. 201-800-0570. Schedule your appointment at EarthsHealings@gmail.com.

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. 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.

Hatha Yoga – 11am-12pm. This class is slower paced with a focus on alignment and movement with the breath. Experience a gentle yet challenging approach to yoga in a light-hearted atmosphere. \$12. Earths Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. Register at EarthsHealing.com.

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

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

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

community resource guide

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

CONSCIOUS CENTERS

UNITED PALACE OF SPIRITUAL ARTS
4140 Broadway, New York, NY
212-568-6700
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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Do you suffer from anxiety or stress? Do you want to lose weight, stop smoking, gain self-confidence or change a habit? Do you need support and guidance through a life or career transition? Are you ready to achieve your goals, pursue your dreams, and actualize your potential? You can create the life you desire... I can help you make it happen. Using proven techniques such as Holistic Psychotherapy, Clinical Hypnosis, Stress Reduction and Dream Interpretation, I help teens and adults create happier, healthier, more peaceful and fulfilling lives. Allow me to assist you. *See ad, page 19.*

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

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



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

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When the power of love
overcomes the love
of power the world
will know peace.

~Jimi Hendrix



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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 9.

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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.

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CHRISTINE M. OKEZIE

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



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

women to feel empowered in their health and life using food related health challenges as opportunities for transformation. Christine's approach to making sustainable nutrition/lifestyle changes is rooted in understanding the mind/body connection. She offers tools to shift the chronic patterns that can have an impact on your physical health. At the end of the day, she knows long-term health and weight loss begins in the mind and heart, not just on your plate. See ad, page 16.



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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OPPORTUNITIES

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WRITERS, OFFICE HELP – *Natural Awakenings Magazine* of Bergen and Passaic counties, a print magazine and online publication reaching 50,000+ readers every month, has several internship positions available. Our publication is a 20-year-old rapidly-growing national franchise and the premiere natural living (health,

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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.

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PSYCHICS

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– 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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