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Feb. 16 & March 8

Feb. 22



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Classes & Private Sessions Available, refer to page: 8

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

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

Hormonal Balance and Thyroid -----

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

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

The Body -----

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

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

Contact information

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

Functional Medicine

NEUROLOGY AND NUTRITION

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

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

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

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

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

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

HERE'S WHAT OUR PATIENTS ARE SAYING

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

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

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

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

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

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

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

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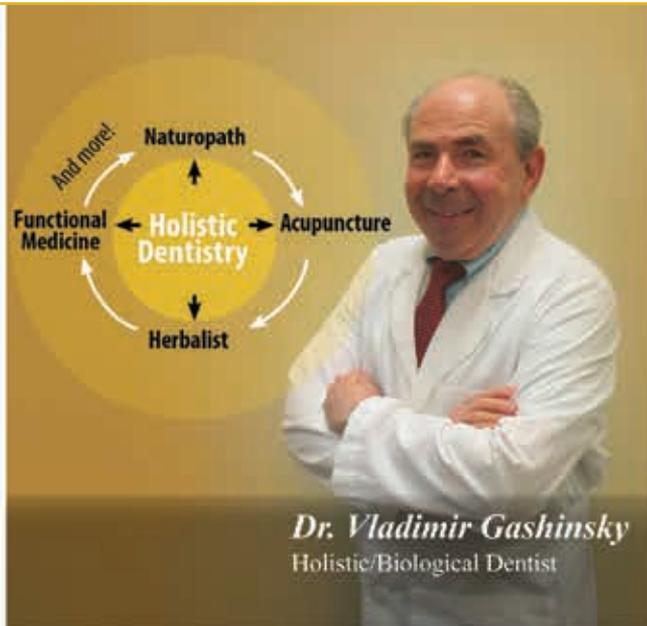
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Dr. Vladimir Gashinsky
Holistic/Biological Dentist

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

letter from publisher



Life is funny. The one thing that fell into my lap that I didn't need to acquire through tactical or strategic effort wound up providing me the most benefit in recent years; primarily some of the skill sets I'll need for where I'm going next. I didn't realize this until recently... until towards the end of my tenure as the publisher of the Northern New Jersey edition of *Natural Awakenings* magazine you're holding in your hands. The benefits I'm referring to were acquired by publishing this magazine with my co-publisher Angelica for the last seven years.

We sold our magazine franchise last month to Anil Singh, an IT professional, entrepreneur and resident of Bergen county. Anil recently shared with me his vision for an online content platform that all of you will love as much as the print magazine. Angelica is enjoying her new beach house in Washington State and has no specific plans at this time except to enjoy her days to the fullest.

I plan to write my first bestseller before July and will soon launch a new project that involves initiating the next Renaissance. Someone needs to be the catalyst... because you can't start a fire without a spark.

It's been a pleasure serving the North Jersey community, and now it's time for me to ramble on.

See you on the shores of the world!

Jerry Hocek and Angelica Pat Sanshompoo, Publishers

PLANT-BASED NUTRITION ISSUE

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MARCH

Thriving on a Plant-Based Diet

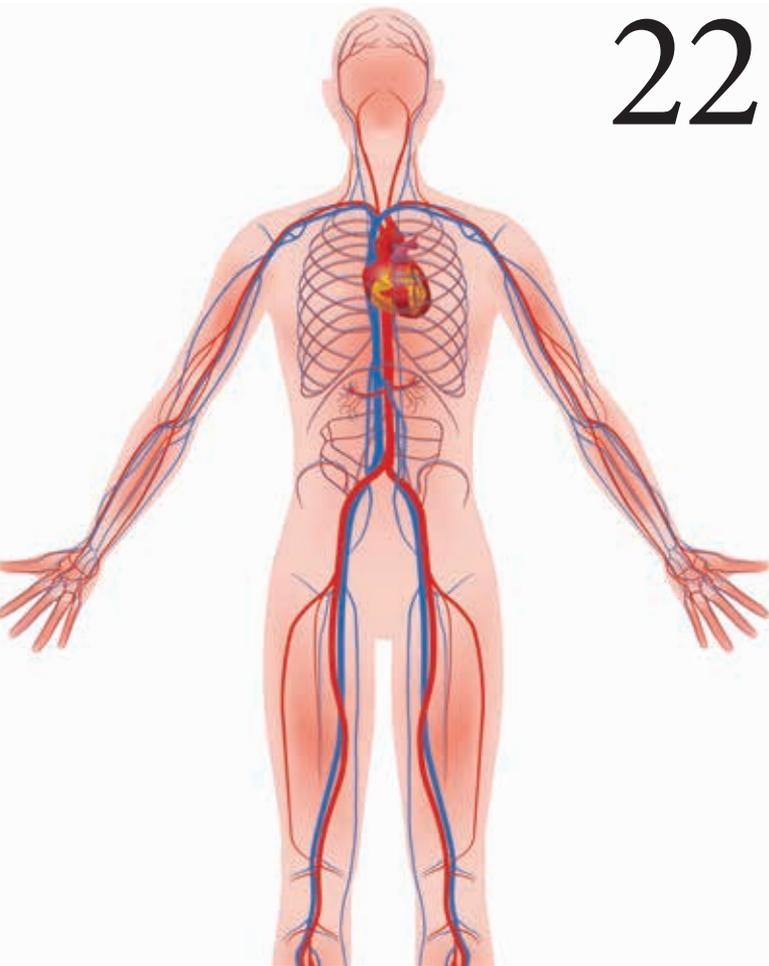
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Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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

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

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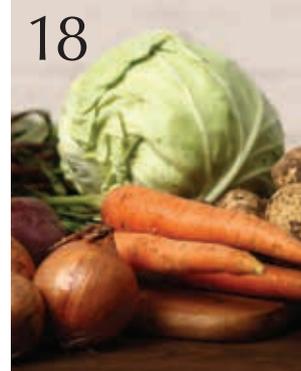
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Learn Access Bars in Paramus



The Access Bars (Bars) class from 9 a.m. to 5 p.m., February 16 and March 8, with Christine DiDomenico and February 22 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. 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.



Wine and Cheese Day Spa Open House in Ridgewood

Flora’s Cottage Organic Day Spa, in Ridgewood, will hold an open house event from 1 to 5 p.m., February 29. Participants will get the opportunity to learn more about the variety of services the spa has to offer, including organic facial treatments, hands-on beauty workshops and variety of hand-selected certified organic skincare products from around the world. There will also be a raffle and light refreshments, including wine and cheese, will be served.

Guests will learn about the many lasting benefits of an herbal-based, organic daily skincare routine, which products deliver the most effective results and which skincare ingredients to avoid.

Owner Iva Sebestyan, a licensed esthetician, states, “There’s nothing more beautiful and rewarding than natural beauty, which give us joy, freedom and respect for ourselves and others. At our day spa, we provide the personalized service that draws forth the best physical appearance in each client.”

Location: 7 N. Broad St., lower level. For more information or to RSVP (required), call 201-895-1643 or email Iva@FlorasCottages.com or visit FlorasCottages.com. See article, page 21.

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Auriculotherapy Discounted at Saddle Brook Wellness Center

Complete Wellness Within, a full-service beauty and wellness center, is hosting Ear-seeds Tuesday Wellness Days from 6:30 p.m. to 7:30 p.m., February 4, 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 10.

Breathwork Healing Meditation at Vista Natural Wellness Center

Vista Natural Wellness Center is presenting a Self-Help Healing Meditation session with Jennifer Caputo from 7 to 8:30 p.m., February 14, in Oakland. Participants can learn how the simplicity of this three-part breathwork meditation technique can facilitate the release of limiting beliefs and stuck energy that are stored deep within the body's nervous system.

Caputo will lead them gracefully through the breathing practices while deepening a sense of self-love and connectedness to their true essence and release stressors, trauma, grief, anxiety and other emotions. Attendees are advised to bring a yoga mat, blanket, water and anything else to be comfortable while lying down.



Cost is \$40. Location: 191 Ramapo Valley Rd., Oakland. For more information or to register (required), call 973-650-7509, email Venmo@ShiftForWellness with "A Note for Vista", email Info@ShiftForWellness.com. See ad, page 17.

CranioSacral Therapy Lecture in Tenafly



Catherine Perman, LMT, CMLDT, will hold a lecture, CranioSacral Therapy – Help For What Ails You, at 2 p.m., February 21, as part of a wellness lecture series at the Tenafly Senior Center. Participants can learn how CST may help restore the natural internal rhythm of the body to allow for self-healing and better health and wellness.

CranioSacral Therapy is a light-touch, hands-on therapy that can create dramatic health improvements. It releases tensions deep in the body to relieve pain and dysfunction. The body can only handle so much stress and tension before the tissues begin to tighten and potentially compromise the function of the central nervous system and nearly every other system in the body.

Location: 20 S. Summit St., Tenafly. To register (required), call 201-569-2159. For more information, visit iahp.com/Catherine-Perman. See Resource Guide, page 42.

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news briefs

Audubon Society Habitat Improvement Lecture

The Bergen County Audubon Society will host a lecture, The Habitat Improvement Project at Kingsland Overlook, with Gabrielle Bennett, at 8 p.m., February 19, at the Teaneck Creek Conservancy.

She will detail how the former landfill of Kingsland Overlook, in Lyndhurst, has become a park, including how invasive plants have invaded the trail and what can be done to provide a more sustainable habitat. The Bergen County Audubon Society has recently helped via grants to enhance areas among the trail and reestablished native greases, trees, shrubs and flowers.

Bennett is a senior natural resource specialist and open space manager specialist at the New Jersey Sports and Exhibition Authority with 25 years of experience.



Admission is free. Location: 20 Puffin Way, Teaneck. For more information, call 201-836-2403 or visit BergenCountyAudubon.org.

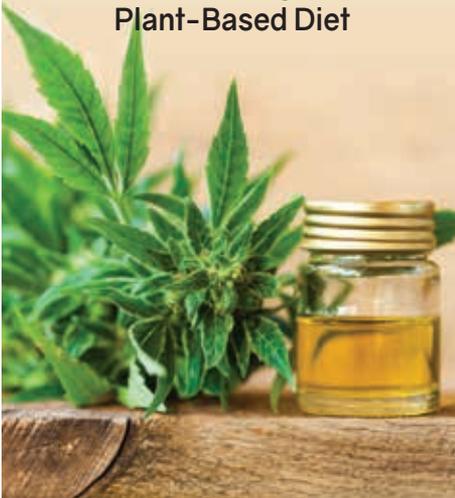
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Psychic Event with Ray Sette at Mystical World



Ray Sette

Mystical World Bookstore will present an event with renowned psychic Ray Sette at 6:30 p.m., February 14, in Lyndhurst, where he will convey messages and imagery from the spirit realm in a gallery format. Everyone in attendance is guaranteed a personal interaction with Sette.

He has a following as an astrologer, spiritual advisor, medium and author with celebrity clients. He has been a guest on many programs, including the popular New Jersey show *One on One with Steve Aduato*.

Cost is \$65. Location: 648 Ridge Rd. For more information or to register (required), call 201-896-3999, email MWorld@MysticalWorld.net or visit MysticalWorld.net.

Vibrational Sound Healing Bath Event in Ringwood

Sound healer James Angelico will present a sound healing bath event from 2 to 3:30 p.m., February 9, at Essence of Self Ayurvedic Spa, in Ringwood. Sound instruments can place the listener in a meditative state. Practitioners provide an alternative treatment for issues such as anxiety, chronic pain, PTSD and sleep disorders. It is thought that specific sonic frequencies can unblock and redirect energy in the body similarly to acupuncture.



The use of Tibetan singing bowls, crystal bowls, gongs, chimes and bells may improve brain wave function. Research has linked music to a healthier mind and body by lowering stress levels and boosting the immune system. It has been used to reduce pain and promote a faster recovery from surgery. Some of the health benefits of vibrational sound healing include improved sleep, lower blood pressure, lower cholesterol levels and pain relief.

Cost is \$35. Location: 52 Skyline Dr., Ringwood. To RSVP (required), call 201-788-6322. See ad, page 10.

Learn about Vaping at Valley Hospital

The Valley Health System will present a lecture, *The Secrets of Vaping*, with respiratory care educator Jill Lefkowitz from 7 to 8:30 p.m., February 19, at the Mahwah Public Library.



The U.S. Centers for Disease and Control has identified vaping as a public health epidemic. It has been reported that 1,299 lung injury cases and 26 deaths associated with vaping across the U.S. have occurred. Lefkowitz will instruct the audience about remedies for this alarming epidemic.

Admission is free. Location: 100 Ridge Rd. For more information or to register (required), call 1-877-283-2276, email CommunityHealth@ValleyHealth.com or visit ValleyHealth.com.

Valentine's Day Sound Healing Meditation Event

Body Positive Works will present a special Valentine's Day sound healing meditation session from 7 to 8:30 p.m., February 14, in Saddle River. Participants will feel connected with the soothing sound and vibrations of Himalayan singing bowls to find their inner calm and walk away feeling refreshed and renewed. Each person will receive a personal experience with bowls.



Cost is \$30 or two for \$55 in advance or \$35 and two for \$65 at the door. Location: 96 E Allendale Rd. For more information or to register (required), call 201-708-8448, email Info@BodyPositiveWorks.com or visit BodyPositiveWorks.com.

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In February, the New York-New Jersey Trail Conference is celebrating Valentine's Day by asking trail lovers to keep the mountains close to their heart with a special membership campaign which features an exclusive, limited-edition T-shirt. An anonymous couple that loves the trails will match the contributions of *Natural Awakenings* readers to the Trail Conference dollar for dollar.



The New York-New Jersey Trail Conference is a volunteer-powered organization that builds, maintains and protects public trails. Together with their partners, the Trail Conference strives to ensure that the trails and natural areas we share are sustainable and accessible for all to enjoy for generations to come.

Every month, Trail Conference supporters meet on the trails for guided hikes and trail runs. February's free events include a trail run on February 8 in Cedar Grove and a guided hike on February 28 at Teatown Lake Reservation, in Ossining, New York.

To donate, learn about volunteering, join the Trail Conference or view events, visit nynjtc.org. See ad on page 15.

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Practice Qigong Massage to Improve Autism Symptoms in Children

Qigong, a traditional Chinese massage technique and movement practice, may offer hope for the one in 68 American children suffering from autism spectrum disorder. Researchers at Portugal's Oporto University reviewed 10 high-quality studies, all of which involved massage for children as young as 2, including two which also employed slow qigong movements and breathwork for older children. Previous studies have found that the qigong type of gentle massage practiced for 15 minutes daily by parents on autistic children helps the children tolerate touch, feel reassured by it and bond more deeply with parents that also feel less stress. The meta-study affirmed, "Qigong seems to be able to decrease severity of individual sensory, behavioral and language components of autism, and improve self-control, sociability, sensory and cognitive awareness, as well as healthy physical behavior."



Use Pumpkin Seed Oil to Dodge Hypertension

Postmenopausal women are more likely to develop hypertension than men their age, but taking pumpkin seed oil daily may head off that condition, report researchers from Marymount University, in Arlington, Virginia. In a blind study of 23 participants, women taking three grams of pumpkin seed oil for six weeks had significantly reduced systolic blood pressure, as well as better blood flow in their arteries. The oil "might be effective in the prevention and treatment of hypertension in this population," write the authors.



Get Nutritional and Antifungal Benefits from Celery

Researchers from Cameroon's University of Buea studied the properties of nine local vegetables and found that celery, *Apium graveolens*, had some of the highest levels of antifungal properties, as well as high levels of nutritional lipids, protein, vitamin C, copper, zinc and phosphorous. Also scoring high in nutritional and antifungal value were the seeds of *Irvingia gabonensis*, African or bush mango, sometimes used in the U.S. in weight-loss products.



Use Probiotics to Reduce Bone Loss and Newborn Infections

Bone loss leading to increased fracture risk occurs in half of postmenopausal women, but new research from Sweden offers a deterrent: a combination of three *Lactobacillus* probiotic strains. A total of 249 healthy, early postmenopausal women over the age of 50 that took the probiotics for a year suffered no significant bone loss in the lumbar spine compared to a placebo group, report researchers at Gothenburg University. They had slight reductions in bone loss at the neck and no changes at the hip or upper femur.

In a *British Medical Journal*-published study on probiotics that spanned 10 years and involved nearly 1,000 at-risk babies, researchers from the UK's Norfolk and Norwich University Hospital found that newborns with gut infections were twice as likely to recover when given probiotics as part of their treatment in intensive care units, with sepsis rates reduced from 22.6 percent to 11.5 percent. The strains used were *L. acidophilus*, *Bifidobacterium bifidum* and *B. longum* subspecies *infantis*. The babies were suffering from necrotizing enterocolitis, a rare infection and inflammation of the intestines which can affect low-birthweight babies.

global briefs

Thump Thump

Trees Exhibit 'Heartbeat'

Scientists have discovered that some trees raise and lower their branches several times in the course of the night, indicating a cycle of water and sugar transportation, but they didn't know why. Plants need water to photosynthesize glucose, the basic building block from which their more complex molecules are formed. For trees, this entails drawing water from the roots to the leaves. Dr. András Zlinszky, at Aarhus University, Denmark, used a laser scanning technique to measure the exact location of branches and leaves of 22 tree and shrub species, and published his observations of substantial unexpected movement cycles. He says, "We detected a previously unknown periodic movement of up to 0.4 inches in cycles of two to six hours. The movement has to be connected to variations in water pressure within the plants, and this effectively means that the tree is pumping. Water transport is not just a steady-state flow, as we previously assumed." Some might call that pumping action a heartbeat.



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Climate Check

New Label Verifies Carbon Neutral Products



A new Climate Neutral product label is joining others like Fair Trade, 100% Organic and Made in America, and is closing in on a Kickstarter (Tinyurl.com/CarbonNeutral-Kickstarter) funding goal to raise \$100,000. The idea for the label was hatched by the founders of San Francisco-based backpack and camera equipment maker Peak Design and Brooklyn-based Biolite, which sells sustainable

energy products. Participating companies start by establishing baseline emissions, evaluating such factors as raw materials, the energy costs at their facilities, the amount that employees travel, and how and where their products are shipped. They work to reduce and balance them through greener strategies, switching to renewable power and investing in carbon offsets before they can display the label on their products. According to Climate Neutral, it only costs 12 cents to offset the carbon emissions required to produce a \$120 running shoe. More than 40 brands have already signed up.



Green Horizons

A Billion Trees in Eight Years

Marrying forestry to technology, the startup Flash Forest, in Toronto, is using aerial drones to plant trees 10 times faster than human planters with a goal of 1 billion trees by 2028. Since testing prototype devices last year, it has already planted several thousand trees across Ontario using pre-germinated seed pods containing a mixture of species. The drones are capable of planting trees at just 50 cents per pod, or a quarter of the cost of typical planting methods. Funded partly by a Kickstarter campaign, the group will start planting trees in April, with at least 150,000 in the ground by the end of this year. At full capacity, one drone operator will be able to plant 100,000 seed pods per day.

Flash Forest spokesperson Angelique Ahlstrom says, "Our goals are to have a significant and measurable impact on mitigating climate change in the next decade, while combatting deforestation and biodiversity loss on a global scale. We feel we are one of the only ways that the federal government will be able to fulfill its pledge to plant 2 billion trees in the next 10 years."

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Water Win

Fresh H₂O Comes to Kenya Town



A drought-plagued Kenyan region is using a new, solar-powered, desalination plant from the international non-profit GivePower to obtain clean water. Before the plant's arrival in the town of Kiunga, villagers had completely run out of clean drinking water and had

to use dirty well water and saltwater from the Indian Ocean. The new solar water farm produces enough drinking water that's cleaner than typical desalination plants for more than 35,000 people every day.

GivePower has a mission of using renewable energy as a means of bringing water, food and energy to places that need it most. They plan on building similar facilities in other drought-prone countries such as Colombia and Haiti.

**The New York-New Jersey Trail Conference
is celebrating its 100th Anniversary!**

**Now more than ever, the Trail Conference
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In the early 1900s, there were people who understood there must be an escape from the hustle and bustle of the urban concrete jungle. They worked together to preserve the land, build the trails, and blaze and map them, so future generations would have a place to go in nature to breathe, explore, and thrive.

They formed the New York-New Jersey Trail Conference in 1920 to protect the land we all love. With your support, you can ensure the continued care for your favorite parks and trails—today, for the next 100 years, and beyond.

Go to NYNJTC.org for information about donating, membership, and volunteering.

Bonus! An anonymous couple who love each other and love trails will match your donations to the Trail Conference dollar for dollar through the end of February. Simply mention *Natural Awakenings* magazine in the comments of your donation submitted online at NYNJTC.org or mailed to Trail Conference Headquarters located at 600 Ramapo Valley Road, Mahwah, NJ 07430.

VITAL STEPS

The Path to Vascular Fitness

by Marlaina Donato

It is well-known that exercise combats cardiovascular disease by balancing blood pressure and managing blood sugar, but aerobic exercise, not resistance training, takes the prize for keeping the body's thousands of miles of blood vessels more supple. A 2017 study published in the journal *Medicine & Science in Sports & Exercise* shows that all-extremity exercise like brisk walking improves arterial flexibility in older individuals; even those with a sedentary history.

Moving the body regularly also lowers stress hormones like cortisol that can ignite damaging vascular inflammation. A West Virginia University study presented at the 2016 Experimental Biology meeting in San Diego showed that aerobic exercise fosters healthy blood vessels in rats exposed to chronic stress. Combining aerobic exercise with good diet and paying attention to triglyceride levels all help to keep us young from the inside-out.

Step It Up

According to a 2015 study by the University of Missouri School of Medicine published in *Experimental Physiology*, walking just 10 minutes after prolonged sitting can restore blood flow in the legs and improve impaired vascular function.

Results like these are another reason to get up and move. Walking, running, swimming, cycling, jumping rope and playing tennis are all excellent options. "For blood vessel flexibility, any sort of sustained aerobic exercise helps.

Find something you enjoy so that you'll keep doing it in the long term," says Alex Hutchinson, *New York Times* bestselling author of *Which Comes First, Cardio or Weights? Fitness Myths, Training Truths, and Other Surprising Discoveries from the Science of Exercise*. The Toronto-based, *Outside* magazine science columnist underscores that treadmills and walking outside foster equal benefits by increasing the heart rate.

The American Heart Association recommends 150 minutes per week of moderate aerobic exercise. Dr. Regina Druz, a board-certified cardiologist and medical director of the Integrative Cardiology Center of Long Island, explains, "This translates into 30 minutes a day, five times a week. A specific exercise program may be helpful for those with a medical condition, but for overall vascular health, any physical activity like walking or taking the stairs will do." Druz also highlights the role of nitric oxide: "One of the most studied mediators of vascular health is [nitric oxide], which makes arteries flexible."

Research findings published in 2018 in the journal *Hypertension* spotlight the correlation between the number of daily steps and arterial plasticity through a technique called pulse wave velocity, which measures how fast blood travels from the

heart to the feet. The evidence suggests that 1,000 extra steps a day foster significant vascular improvement.

Judy Heller, a walking coach and founder of Wonders of Walking, a fitness program in Portland, Oregon, concurs: "Moving throughout the day, not just once a day, is most important." Heller is a firm believer in consistency. "My aunt lived to 107 and remained in her three-story house. Her words to me were, 'Judy, don't ever stop walking.' Small changes yield greater rewards over time. We're meant to move."

Superfoods and Supplements

Nitric oxide, responsible for the dilation and contraction of blood vessels, is produced by exercising and helps to protect the smooth interior lining of the arteries from excessive plaque accumulation. Adding nitric oxide-boosting foods to an already healthy diet can give us an extra edge over vascular conditions like stroke and peripheral artery disease. "Beets, arugula, spinach and rhubarb are all good sources of dietary nitrate. They're not miracle supplements, but if you make these foods a regular part of your diet, you'll have a positive effect on your arteries," says Hutchinson.

Research by Florida State University published in the *Journal of the Academy of Nutrition and Dietetics* reveals that a one-cup daily serving of blueberries helps to protect the arteries from stiffness. Watermelon, rich in the nonessential amino acid L-citrulline, also packs a nitric oxide punch.

Full-spectrum vitamin E is another good option, especially for addressing peripheral artery disease and reducing serum triglyceride levels that are often seen as secondary to "bad" cholesterol levels, but which low levels are vital to cardiovascular health.

Druz cautions against using supplements as substitutes for healthy nutrition and exercise, and underscores the importance of dialing down stress, "I advise my patients to build stress resiliency, which involves recognizing and practicing stress response. This, along with nutrition and consistent exercise, will lower inflammation and help build stress resiliency."

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.



Enhancing Longevity Through Hiking

by Roger Dubin

The New York–New Jersey Trail Conference, now in its 99th year, has more than 2,000 volunteers and maintains more than 2,150 miles of public trails in the metropolitan area. The hikers share a love of nature and the outdoors; the need to give back; and the endurance to go out on a trail maintenance hike carrying, in addition to the usual knapsack and water, tools like saws, pruners, clippers, crowbars and hammers.



As the volunteer engagement manager for the Trail Conference, Kendra Baumer attends multiple meetings per month with numerous trail supervisors, and can attest to the unique energy of this community. “I’ve been at several volunteer meetings where I’ve heard it said, ‘Hiking and working on trails must be the elixir of life—just look around the room!’” she says.

Baumer noted the achievement of Robert Ward, who received the Trail Conference dedicated service award last spring at the age of 91. He served the Trail Conference since 1950 in a variety of roles, including trail supervisor and Queens Trails Council chair and retired in November after 69 years of service.

Volunteer Roland Breault is 87 and attributes his health and happiness to his time spent hiking and in nature. “I started hiking in my early 60s, when I retired,” he says. “I currently hike three days a week for about three hours a day, and still do some unofficial trail maintenance. The trails and nature are my savior and spirituality. I feel the presence of God when I’m out in the mountains. I don’t take medication, and I know that all the oxygen and movement keeps me young and active. Plus, I am sustained by the people I run into on the trails.”

Bob Ross joined the Trail Conference more than 50 years ago, when he stumbled across its office on Madison Avenue. Lots of hiking followed. When his wife, Janet, developed an inoperable brain tumor, he became her sole caregiver for the next 34 years. Ross offers three bits of advice for anyone in the trenches like he was: “Take care of yourself first, get a dog to break the tension and maintain a trail.” His choice was the Orange Trail, part of the High Mountain system, in Franklin Lakes, New Jersey, two miles from his home. This way he could get back if his wife needed him.

After she died, Ross discovered the joys of fundraising at the Trail Conference and elsewhere, and expanded his trail maintenance to include the Franklin Lakes Nature Preserve. At 83, he reports that he feels fantastic and walks five to 10 miles a day now, primarily on New York City streets. After 25 years of annual checkups, his doctor continues to give him a clean bill of health with less than a 2 percent risk of death from heart disease over the next five years.

Roger Dubin is a volunteer trail supervisor for the New York–New Jersey Trail Conference. For more information, visit nynjtc.org. See ad, page 15.

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~Brigit Binns



A Feast for All Seasons Embracing the Rainbow Year-Round

by April Thompson

No matter where we live, eating seasonally in winter doesn't have to be boring or limiting; a culinary adventure awaits the home chef that's willing to leave avocados and asparagus to their rightful seasons and embrace the winter rainbow of bitter greens, sweet potatoes, sunny citrus and fuchsia beets, among other timely delicacies.

"Sometimes people think of winter foods as brown and soft and boring, and it's absolutely not the case. Winter brings bright things like pomegranates, beets and citrus, which offer color and acidity," says Brigit Binns, the Paso Robles, California author of 30 cookbooks, including *Cooking in Season: 100 Recipes for Eating Fresh*.

Eating seasonally is especially important in winter, says Shannon Stonger of Texas, author of *Simple Food for Winter: 30 Grain-Free Recipes to Get You Through the Dark Days*. "Winter foods like fermented vegetables, root vegetables, squashes and hardy greens are especially helpful in the colder, darker months, when our bodies are in need of comfort foods as well as pre- and probiotic foods," says Stonger, a homesteader and founder of the blog *NourishingDays.com*.

There are plenty of other reasons to stick to a seasonal diet in winter, adds Binns. "Food always tastes better in the season

it was intended to be eaten in. Seasonal foods are naturally ripened, rather than harvested early and trucked in. In addition to enhanced flavor, eating seasonally helps minimize use of fossil fuels to bring our food to us, and is likely to be less expensive."

Winterizing the Kitchen

Much of the fall harvest, particularly root vegetables, stores well through the winter (hence the idea of a root cellar), extending produce across seasons, according to Steven Satterfield, chef and author of *Root to Leaf: A Southern Chef Cooks Through the Seasons*. There are lots of root vegetables beyond just carrots and potatoes to be enjoyed in winter, including sunchokes, parsnips and turnips, which can be used creatively rather than "boiled to death," says Satterfield. For example, the Atlanta restaurateur incorporates parsnips into an upside-down cake with winter spices like nutmeg, black pepper and ginger.

Binns likes to add texture to winter dishes with nuts, color with herbs, and crunch with a winter vegetable like fennel. Warming soups are always comforting during the coldest season, but she also likes warm salads, like a beet and escarole salad drizzled with a warm sherry vinaigrette.

Satterfield suggests that specialty citrus like blood oranges, Meyer lemons

and cross-hybridized varieties such as tangelos and pomelos are fun to interperse with winter vegetables to maximize brightness and freshness. A lot of winter produce can be great in raw form as well, he adds, including Brussels sprouts, rutabaga or daikon radish, shaved thinly or julienned into a salad.

Winter squash is a favorite staple of the Stonger family in the cooler months. "It is easy to grow, easy to store and so deliciously sweet and rich. We roast it as a side dish, mash it as a sort of breakfast porridge or make soups and curries from it," says Stonger.

Satterfield suggests using all the parts of winter vegetables to maximize the harvest and minimize food waste. For example, the seeds of winter squashes can be roasted with herbs and spices and eaten as is, churned into other dishes such as a squash seed granola or blended and strained into a homemade broth to add some texture, fat and flavor. After roasting carrots with Moroccan spices, Satterfield suggests taking the leafy carrot tops and chopping them with cilantro and garlic to make a green sauce to crown the carrots. Swiss chard stems can also be chopped and cooked into Portuguese bread soup, with leftover stale bread made into olive oil crostons and egg whites stirred in at the end.

Winter Health Boosters

Beyond selecting seasonal produce, chefs recommend a few key dietary tweaks in winter, such as stepping up vitamin D consumption. "Since you're not seeing a lot of sun this time of year, it's more important to get it through colorful vegetables like carrots, cabbage or radicchio. Watermelon radishes are another winter vegetable full of vitamins," says Binns.

"You can grow your own sprouts throughout the winter as a great micro-green option. Sprouts are incredibly high in enzymes, something often lacking in other winter dishes," suggests Stonger. "Fermented vegetables and other fermented foods can make up the difference in winter."

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

Winter Salad Wonders



photo by Ray Kachatorian

Mixed Citrus Salad With Mâche, Fennel and Celery

Winter is the height of citrus season, with an appealing display of oranges, mandarins, tangerines, tangelos, pomelos and more in the best-stocked markets. Use a varied mixture of sweet-tart types for the prettiest, tastiest salad.

Yields: 4 servings

- 2 ribs celery
- 2 bunches mâche
- 2 lb mixed citrus fruits, such as navel oranges, blood oranges, tangerines, mandarins and pomelos
- ½ fennel bulb, trimmed
- 8 kumquats
- ¼ cup sliced almonds, toasted

For the vinaigrette:

- Fresh orange juice or as needed
- 1 Tbsp champagne vinegar
- ¼ cup extra-virgin olive oil
- Sea salt and freshly ground pepper

Cut the celery in half lengthwise. Using a serrated vegetable peeler or a mandoline, shave the celery into thin strips lengthwise down the ribs. Cut the strips in half crosswise and place in a bowl of water. Set aside.

Separate the mâche leaves and transfer to a shallow serving bowl. Working on a plate to capture all the juices, use a serrated knife to cut a thick slice off the top and bottom of each citrus fruit. Working with one fruit at a time, stand it upright and, following the contour of the fruit, carefully slice downward to remove the peel, pith and membrane. Set the fruit on its side and cut crosswise into slices about ⅜-inch thick, discarding any seeds. Transfer the slices to the bowl with the mâche, reserving the juices for the vinaigrette.

Cut the fennel lengthwise in half. Using a mandoline or a sharp knife, cut the fennel crosswise into very thin slices and tuck among the citrus slices. Drain the celery and distribute evenly over the salad. Using the serrated knife, cut each kumquat crosswise into very thin slices, discarding any seeds. Scatter the kumquat slices evenly over the salad, then sprinkle the almonds over the top.

To make the vinaigrette, pour the reserved citrus juices into a measuring cup. Add enough additional orange juice to measure ½ cup then add the vinegar. Whisking constantly, slowly add the olive oil and whisk until well combined. Season to taste with salt and pepper. Drizzle the vinaigrette over the salad, toss gently to coat, and serve.

From *Cooking in Season: 100 Recipes for Eating Fresh*, by Brigit Binns

You can grow your own sprouts throughout the winter as a great microgreen option.

~Shannon Stonger

Chard and Squash Salad

- 1 small winter squash, such as sweet dumpling, acorn or golden
- 2 small beets, trimmed
- 1 Tbsp olive oil
- 1 bunch Swiss chard, tough ribs removed and leaves torn
- Red wine vinaigrette or vinaigrette of choice
- Sea salt and freshly ground pepper

Cut the winter squash into wedges and remove the seeds, if desired. Transfer the wedges to a baking dish. Halve the beets and add to the dish. Drizzle with the oil and toss to coat. Bake in a preheated 450° F oven, stirring once, until tender and lightly browned, 20 to 40 minutes. Let cool. Peel and slice the beets. Place the chard in a bowl, drizzle with some of the vinaigrette. Toss to coat. Add the squash and beets, drizzle with the remaining vinaigrette, and season to taste with salt and pepper.

From *Cooking in Season: 100 Recipes for Eating Fresh*, by Brigit Binns



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

photo by Ray Kachatorian



Benefits of Bone Broth Prepared in Zisha Clay

by Chris Kresser

The ability of broth, and chicken broth, in particular, to treat the common cold has long been touted as ancient folk wisdom. Scientists at the University of Nebraska sought to test this folklore in 2000 and found that in a Petri dish, some components of chicken soup were able to inhibit the migration of innate immune cells called neutrophils, effectively acting as an anti-inflammatory that could in theory, reduce symptoms of illness. Whether this effect occurs in a living organism is still unclear, but this preliminary data suggests that our ancestors may have been onto something.

The Weston A. Price Foundation and advocates of the paleo and primal lifestyles favor bone broth for its wide array of nutrients that are difficult to find in any other food source. In her book *Gut and Psychology Syndrome (GAPS): Natural Treatment for Autism, Dyspraxia, A.D.D., Dyslexia, A.D.H.D., Depression, Schizophrenia*, Dr. Natasha Campbell-McBride has made bone and meat stock the foundation of the GAPS protocol because of its ability to heal and seal the gut lining and reduce overgrowth of harmful

microbes. Broth made from chicken bones may also reduce the migration of immune cells during sickness. These are just a few of the many reasons to consume bone broth.

In East Asian diets, dishes like miso sometimes contain meat stock. In Greece, beaten eggs mixed with lemon are commonly added to chicken broth as a traditional remedy for colds and digestive upset. Chicken soup in Hungary usually included organ meats like chicken liver and heart, while in Vietnam and the Philippines, beef bone marrow is used as the base for making beef bone broth. In India, chicken soup is popularly sold by roadside vendors in the winter in many different forms.

Bones contain an abundance of minerals, as well as 17 amino acids, many of which are found as proteins like collagen and gelatin, although the nutritional content varies based on the bones used, cooking time, and cooking method.

When preparing bone broth at home, it is best to use a cooking method that retains all or most of the nutrients. A low heat, 24-hour simmer in a traditional slow cooker is typical. VitaClay, a natural Zisha clay pot, is known for retaining most of the food's vitamins and minerals while enhancing food's nutrient content by releasing minerals during cooking.

Homemade bone broth is fairly simple to make. Whole Foods Market typically stocks beef bones from grass-fed cows. They can also be sourced from our local or regional, organic or Amish farms. The bones of whole organic or pastured-raised chicken can be saved and used for cooking broth. Many simple bone broth recipes can be found at the Weston A. Price Foundation (westonaprice.org).

To learn more about VitaClay smart clay cookware, call 408-329-7392 or visit VitaClayChef.com.

Chris Kresser, MS, LAc, is the creator of the ADAPT practitioner and health coach training programs. For more information, visit ChrisKresser.com.

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community spotlight



Iva Sebestyan

Flora's Cottage

Organic Spa Offers Personal Touch

by Nayda Rondon

Flora's Cottage Day Spa, in Ridgewood, opened in October 2019, but it really had its roots more than 30 years ago in Czechoslovakia, when a young Iva Sebestyan was introduced to the healing power of nature. "I had bad eczema on my hands. My parents tried everything, but it was at my grandma's country house that I learned about natural treatments. A neighbor recommended I use herbs from my grandma's garden to make an herbal bath. I soaked my hands twice a day and my grandma made an herbal cream, which I applied nightly. Slowly, the eczema disappeared and never came back," Sebestyan says.

"That's when everything started," she continues. "As a young girl and firm believer in herbal remedies, I'd collect and dry herbs to sell to companies, thus beginning my career in natural skincare."

When Sebestyan came to the U.S. at the age of 27, she brought along her dream of one day having her own business. She studied occupational therapy, and while she loved working with patients, she still longed for more. "So I went to cosmetology school and fell in love with using my hands to enhance beauty. After my daughter was born, things started clicking. Tired of buying ineffective creams for my sensitive skin, I decided to make my own. I enjoyed it so much, because it involved all things I love—herbs, cooking and creativity."

Following her natural instincts, Sebestyan set about creating her own skincare line. She took classes, researched and traveled in search of organic products and methods. She's still working to

fine-tune her skincare products, but eager to share all she'd learned, she decided to stop waiting. "The idea for Flora's Cottage came not just from my brain, but my heart," says Sebestyan. "Opening my organic spa means I can use my hands, work with people and be surrounded by natural beauty while also incorporating my passion for cooking, baking and herbs during my workshops."

"You can feel the love that was put into it. It's absolutely beautiful and very clean," notes client Zoey Zibor.

Sebestyan welcomes clients in her homey front room, offers refreshments and over a friendly chat, asks about them and their needs. All treatments are customized. Sebestyan pampers each client with certified organic products and freshly prepared masks or custom-made exfoliants. "I don't use any devices, machines or do chemical treatments," Sebestyan emphasizes. Every product—mostly from European countries—is certified organic. "Though it might say 'organic' or 'natural,' that's not necessarily true. But when a product has certification, you can be sure it's the real thing," she explains.

Her hands-on workshops offer additional fun, personal touches as participants gather around an apothecary table to socialize and make natural beauty remedies and treats. "I celebrated my birthday at Flora's Cottage, and had an amazing time! We made bath bombs while chatting, enjoying champagne and snacks, and taking in the beautiful atmosphere," comments another client, Madeleine Kim.

News of Flora's Cottage continues to grow organically. Clients go for one thing and are so taken with the service and products that they go back for more and recommend others. One woman took her boyfriend for a double facial to celebrate his birthday and both had such a wonderful experience that before leaving, the woman bought a certificate for her mom.

"I've had moms bring in their teens with bad cases of acne only to have the moms come back for their own facials," Sebestyan says. "Others enjoy the relaxing benefits. For example, I had an expecting mom who was feeling tired and stressed. She thought one of my facials would help. She gave birth the day after my facial. Hopefully, I helped ease things for her."

Sebestyan shares, "Knowing I'm making people happy means so much! When clients come here, I want them leaving energized, glowing, excited about new products and looking forward to their next visit."

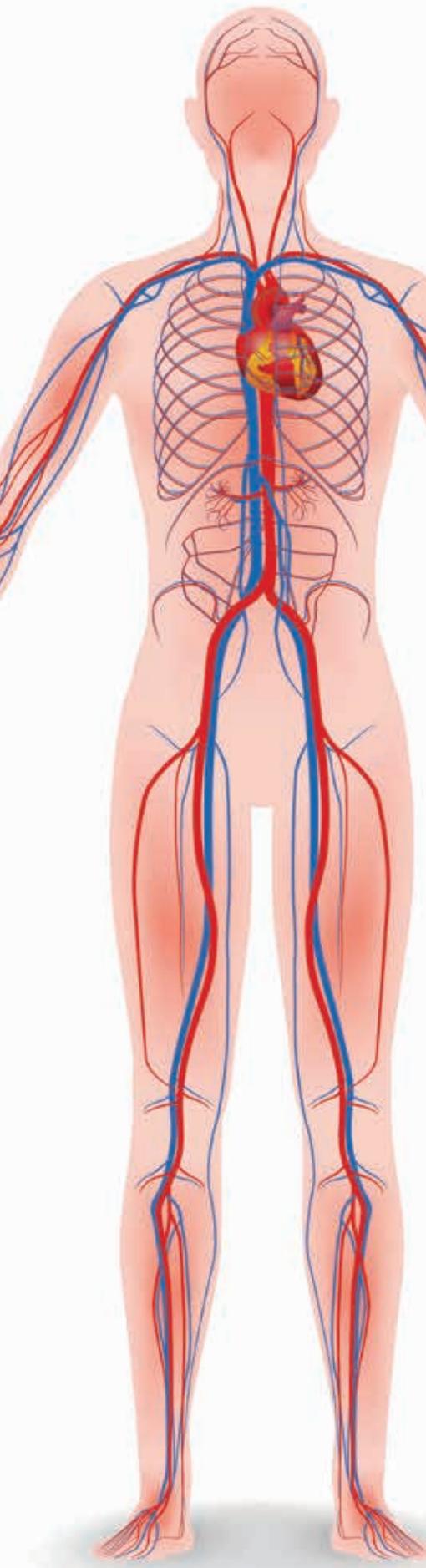
Flora's Cottage is located at 7 N. Broad St., in Ridgewood. For more information, call 201-895-1643; FlorasCottages.com.



SACRED VESSELS

The Lifeblood of Heart Health

by Julie Peterson



When people think about heart health, what generally comes to mind is the fist-sized muscle that pumps and oxygenates the body's lifeblood. However, the heart of the matter is not the pump itself, but the vascular system—the network of veins, arteries and capillaries that distributes blood to

every cell in the body, delivering nutrients and eliminating waste.

Each human adult harbors an astonishing 60,000 miles of blood vessels—enough to wrap around the planet twice. Keeping these hard-working vessels supple and open is the key not only to avoiding disease, but also to ensuring a long and healthy life.

The alternative—arteriosclerosis, or hardening of the arteries—can slowly and silently bring on cardiovascular disease (CVD), which can result in a heart attack, stroke, vision loss and cognitive decline. CVD is the leading cause of death in the U.S., killing one in four Americans,

When a disease is lifestyle-induced, the only thing that can reverse it is a dramatic change in diet and lifestyle. We've seen over and over again that it works.

~Brenda Davis

according to the U.S. Centers for Disease Control and Prevention (CDC). By 2035, nearly half the population—45 percent—is predicted to have some form of the disease.

“A hundred years ago, we were farming the back 40 with a team of horses, eating what we grew. Kids don't get out and ride bikes; they're playing video games and eating crap. There's very little doubt how we got to this problem,” says John Osborne, M.D., director of cardiology at State of the Heart Cardiology, near Dallas.

Yet, the nation's number one killer, which can fester for decades without symptoms, is largely preventable and reversible. Only 15 percent of CVD is related to genetics; the rest is attributed to lifestyle, and the right choices can make all the difference. The key is to adopt heart-healthy habits before the body delivers a potentially fatal warning.

“The initial presentation of heart disease can be an acute catastrophic event that results in death in half the men and two-thirds of the women. That's not treatable,” warns Osborne.

Know the Risk Factors

The first step toward cardiovascular health is awareness. Important indicators of CVD risk include:

- ✓ High blood pressure (over 140/90)
- ✓ High cholesterol (over 240 mg/dL)
- ✓ High triglycerides (over 200 mg/dL)
- ✓ High blood glucose (over 140 mg/dL)
- ✓ Obesity (BMI over 30)
- ✓ Inflammation (hsCRP test above 2 ml/dL)
- ✓ Physical inactivity (less than 30 minutes a day)
- ✓ Smoking or vaping (any at all)
- ✓ Chronic stress
- ✓ Loneliness

Any of these factors can increase the risk of CVD, but possessing a cluster of the first five comprises a condition called metabolic syndrome, which significantly increases the potential for heart disease and Type 2 diabetes—itsself a significant risk factor that can damage blood vessels, as well as the organs they support.

“While diabetes is the seventh-leading cause of death in the United States, this figure belies the fact that most people with diabetes die of heart disease, kidney failure and other complications,” says Brenda Davis, RD, of Alberta, Canada, author of *Kick Diabetes Essentials: The Diet and Lifestyle Guide*.

Metabolic syndrome, like CVD, has few obvious symptoms and is on the rise: Nearly one-third of adults in the U.S. have it, according to the CDC. The one distinct marker for the condition is an accumulation of fat around the waistline, characterized by a measurement of over 35 inches for women and 40 for men.

Take Action to Cut Risks

“When a disease is lifestyle-induced, the only thing that can reverse it is a dramatic change in diet and lifestyle,” says Davis. “We’ve seen over and over again that it works.”

■ Know the Numbers



CVD flies under the radar even though it’s increasingly common at younger ages. *The Journal of the American Medical Association*

released a study in December 2019 stating that about one in four young adults in the U.S. have pre-diabetes, putting them at increased risk for Type 2 diabetes and CVD.

Lisa McDowell, director of clinical nutrition and wellness at St. Joseph’s Mercy Health System, in Ann Arbor, Michigan, and team dietitian for the Detroit Red Wings, works with elite athletes of all ages and notes that they more likely know their favorite player’s jersey number than their own health numbers. “Learn what your blood pressure is, know your body mass index, get your cholesterol levels and triglycerides and your [hemoglobin] A1C.

There's not an excess of blueberries in the American diet; there's an excess of relatively inexpensive, highly processed junk foods in large containers.

~Lisa McDowell

Know these numbers early on and, if there’s a problem, fix it,” she advises.

While simple blood tests help monitor indicators for CVD, more sophisticated tests can be even more revealing. In 2018, the American College of Cardiology and the American Heart Association (AHA) jointly issued new guidelines for patients over age 50 to get a computerized tomography (CT) scan to determine their calcium score. The procedure checks for hardening of the arteries and predicts the risk of a 10-year future cardiovascular event.

“This identifies people who have pre-clinical atherosclerosis, regardless of risk factors,” says Osborne. “It also helps people modify behaviors, because they are faced with a diagnosis.”

Yale R. Smith, a Melbourne, Florida, M.D., who specializes in metabolic and functional medicine, utilizes the U.S. Food & Drug Administration-approved protein unstable lesion signature (PULS) blood test. Recommended for patients in their 40s, it measures inflammatory biomarkers for the body’s immune system response to arterial injury and provides a chronological heart age and risk of a CVD event.

“If you can show someone the future, it’s a wake-up call to make lifestyle changes to increase longevity,” Smith says.

■ Eat for Heart Health

Perhaps the single most important change that people can make is diet. “But a lot of people don’t want lifestyle medicine—they’d rather take a statin with their Big Mac,” says McDowell.

Preventing or reversing CVD requires diligence, but it’s largely about eating real, whole food—and mostly plants.



This means avoiding processed foods and consuming less salt, trans fats, saturated fat and cholesterol; and more fruits, vegetables, whole grains, nuts and seeds.

“There’s not an excess of blueberries in the American diet; there’s an excess of relatively inexpensive, highly processed junk foods in large containers,” says McDowell. Overcoming the urge to grab fast and easy foods requires education. “Everyone needs to learn how to read a food label and avoid foods linked to vascular disease,” she adds.

Vegans have healthier cholesterol levels in their blood compared to vegetarians, which in turn have better levels than meat-eaters. Study-verified diets that lower CVD indicators also include the Mediterranean diet, as well as two developed by the National Heart, Lung, and Blood Institute: the Dietary Approaches to Stop Hypertension (DASH) diet and the Therapeutic Lifestyle Changes (TLC) diet, which also addresses exercise and weight control.

“I don’t believe that one diet fits everybody, but there’s a preponderance of evidence that the more plant compounds you get, the better off you are,” says McDowell.

Some Cardiovascular Boosters

- ✓ **Leafy greens** flush out excess sodium and magnesium, and reduce inflammation.
- ✓ **Berries** improve circulation by boosting nitric oxide, which expands blood vessels.
- ✓ **Pomegranate juice** lowers blood pressure and reduces plaque formation.
- ✓ **Walnuts, peanuts and almonds** lower LDL, the “bad cholesterol”.
- ✓ **Oily fish, chia and flax seeds** with omega-3 fatty acids lower triglycerides.
- ✓ **Soy** with anti-inflammatory isoflavones helps dilate blood vessels. “We could eat tofu, tempeh, miso, edamame, soy beans or even organic soy ‘veggie meats’ in place of red meat,” says Davis.
- ✓ **Yogurt, kefir and other fermented probiotic dairy products** help improve glycemic control, blood lipids, cholesterol and blood pressure.
- ✓ **Supplements** can be very helpful: **Red yeast rice extract**, much like a statin, significantly lowers total cholesterol and LDL.

✓ **Coenzyme Q10**, a powerful antioxidant, lowers blood pressure and combats the side effects of statins.

✓ **Omega-3s** in fish oil supplements reduce heart risk in healthy people and those already diagnosed with CVD risk.

✓ **Nicotinamide riboside** improves blood pressure and arterial health in those with mild hypertension.

✓ **Garlic**, fresh or in capsules, can lower cholesterol and blood pressure.

■ Move It



Sitting all day and then briefly exercising doesn't provide the same benefit as moving periodically throughout the day. Take more frequent breaks from sitting,

get up to move around for a couple of minutes every 30 minutes.

Exercise strengthens the endothelium, the innermost of an artery's three layers, and produces nitric oxide, which helps

keep arteries open and healthy. Getting the blood moving lowers cholesterol and blood pressure, and increases oxygen and nutrients to the body.

Exercising outdoors provides additional benefits. Research from the Barcelona Institute for Global Health found that exposure to green spaces helped prevent metabolic syndrome.

■ Stress Less, Socialize More

Spending even 20 minutes outdoors in nature can do wonders for high blood pressure and cortisol levels, studies show.

Walking or talking with a friend deepens social engagement, a key factor in lowering CVD risk: "Having the right tribe is crucial," says McDowell. "If you're with people who support you and make you laugh, you feel less stress."

Walking a dog outdoors gets three cardiovascular pluses—exercise, nature and



sociability, as dogs tend to be tail-wagging ice-breakers. Further, merely stroking a pet lowers blood pressure.

Apps like Headspace and Insight Timer make it easy to do meditation, which studies suggest may reduce overall CVD risk.

■ Don't Smoke

Not starting to smoke or vape at all is ideal for cardiovascular health, but quitting allows the body to begin to heal, reducing the risk of coronary heart disease after one year by 50 percent, reports the AHA; 14 years later, the risk is the same as a non-smoker's.

"It's not intuitively easy to make healthy decisions," says McDowell. "We have to learn how to make good choices."

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



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Assess Personal Risk

High Blood Pressure

High blood pressure occurs when the force of blood pushing against the vessel walls is too high, making the heart and vessels work harder. The friction damages the endothelium—the inner lining of veins and arteries—plaque builds up, the vessels narrow and blood pressure increases even more. Contributing factors include being sedentary, overweight and consuming excessive alcohol or salt.

High Cholesterol

A waxy, fat-like substance found in all cells of the body, cholesterol can pile up (mostly as a consequence of poor diet) and stick to arterial walls, creating plaque that stymies blood flow to the heart.

High Triglycerides

The end product of digesting fats in food, triglycerides become fat in the blood that gives the body energy. Numbers climb with consumption of refined carbohydrates, simple sugars and fatty foods, contributing to arteriosclerosis.

Metabolic Syndrome

A cluster of conditions that affect up to a third of Americans, metabolic syndrome

is defined by high blood pressure; high levels of blood sugar, cholesterol and triglycerides; and excess fat around the waist. It's closely linked to Type 2 diabetes, another CVD risk factor.

Obesity

Obesity—which afflicts almost 40 percent of American adults—causes chronic inflammation, harms the endothelium and causes poor cholesterol numbers. A 12-year study of 17,640 Europeans, published in the *European Heart Journal*, found that obese people with metabolic risk factors were two-and-a-half times as likely to have heart disease as those of normal weight.

Stress

When stressed by such factors as work overload, family strife or traumatic memories, the body releases adrenaline, which causes acceleration of breathing and heart rate, contraction of vessels and a rise in blood sugar. Chronic stress can cause constricted arteries that lead to arteriosclerosis and inflammation of the endothelium. Further, stressed people often turn to vascular-destructive activities such as smoking, drinking and binge eating.

Standard American Diet (SAD)

Previous studies have linked processed foods to hypertension and high cholesterol, and a 2019 *British Medical Journal* study of 105,000 adults reported that a 10 percent increase in the consumption of processed foods corresponded to a 12 percent overall increase in cardiovascular disease.

Inflammation

Chronic inflammation, caused by such factors as fried and processed foods, smoking, obesity, alcohol and stress, can trigger the immune system to attack healthy tissues, including the endothelium, raising CVD risk. C-reactive protein (CRP), an inflammation marker, is measured by the hsCRP blood test. Men with higher CRP levels had three times the risk of heart attack and twice the risk of stroke, Harvard scientists have found.

Physical Inactivity

A lack of regular, ongoing physical activity has been shown to dramatically increase obesity, blood pressure, cholesterol and inflammation. A 2019 British study found that artery functions declined and CVD risk factors worsened in just two weeks when active exercisers reduced their daily steps from 10,000 to 1,000.

Smoking and Vaping

Nicotine, carbon monoxide and chemicals in cigarettes increase blood pressure and heart rate, damage the endothelium and cause blood platelets to clot more, which is why smokers are two to four times more likely to get cardiovascular disease. E-cigarettes and cigars may be worse due to higher doses of nicotine, the AHA warns.

Loneliness

People need people: Harvard researchers examined 23 studies that involved 181,000 adults and found that loneliness, social isolation or both were associated with increased risks of heart attacks (29 percent) and strokes (32 percent).

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healthy kids



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GOOD HEARTS START YOUNG

Boosting Kids' Cardiovascular Health

by Ronica A. O'Hara

We don't often think of children as having cardiovascular problems, but evidence is mounting that many youngsters today—because of scant exercise, poor eating habits and excessive screen time—are on track to experiencing serious heart and circulatory problems later in life.

"Instead of taking a wait-and-see approach by treating disease later in adulthood, we should help children maintain the standards of ideal cardiovascular health that most children are born with," reports Julia Steinberger, M.D., director of pediatric cardiology at the University of Minnesota Medical School, in Minneapolis, and lead author of a 2016 scientific statement on children's cardiovascular health from the American Heart Association (AHA).

In a March 2019 update, the AHA noted that fewer than 1 percent of children meet all seven criteria, or metrics, for ideal cardiovascular health; half of all children meet merely half the measures, which include physical activity, healthy

eating, not smoking, attaining ideal body mass index (BMI), total cholesterol, blood pressure and glucose readings. Poor metrics in a child are linked to such adverse outcomes as heart attacks, heart failure and stroke in adulthood, advises Elaine Urbina, M.D., director of preventive cardiology at Cincinnati Children's Hospital Medical Center, adding that poor metrics in teens are linked to fatty build-up in the neck arteries and arterial stiffness later in life.

But starting *in utero*, crucial strategies can promote strong cardiovascular systems in kids. Children born to mothers with low vitamin D levels have about a 60 percent higher risk of elevated systolic blood pressure between ages 6 and 18, reports a Boston Medical Center study in the journal *Hypertension*; vitamin D supplementation during pregnancy may head that off. Other important strategies include:

Get them moving. Children should be physically active at least 60 minutes a day, the AHA recommends, but among

kids 6 to 11, only half of the boys and a third of the girls meet that guideline; by ages 16 to 19, merely one in 10 boys and one in 20 girls do. A review of 50 fitness studies in 28 countries involving 25 million children concluded that American kids today are about a minute and a half slower running a mile than their peers 30 years ago.

“Aerobic exercises like running, swimming and cycling use the big muscles of the body and are excellent ways of stressing and strengthening the heart and lungs,” says study author Grant Tomkinson, Ph.D., professor of education, health and behavior studies at the University of North Dakota. Even simply walking to school in the morning for 10 minutes reduces stress in kids and curbs heart rate and blood pressure increases, a University of Buffalo study found.

Feed them well. About 91 percent of U.S. children have what is classified as a “poor” diet that’s heavy in simple carbs like desserts and sugary drinks, the AHA reported. It recommends feeding kids a diet heavy in fruits, vegetables, fish and whole grains and low in sodium and sugary foods and drinks. A 2016 Centers for Disease Control and Prevention study of 2,142 children found that nine of 10 kids ex-

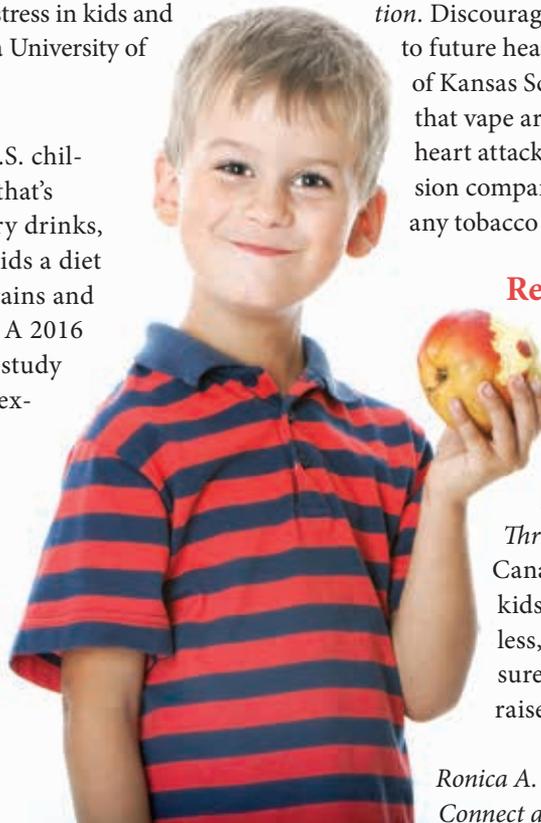
ceeded recommended sodium levels. A Cleveland Clinic study found that obese children eating a low-fat, plant-based vegan diet for four weeks began lowering their risk of heart disease by improving their weight, blood pressure, BMI, cholesterol levels and insulin sensitivity.

Don’t smoke or vape. The risk of a child developing carotid plaque in adulthood was four times higher if one or both parents smoked without taking care to limit the child’s exposure; when they did take care, the risk was still almost two times higher, according to an Australian study in the journal *Circulation*. Discouraging a teen from vaping is also critical to future health: New research from the University of Kansas School of Medicine shows that adults that vape are significantly more likely to have a heart attack, coronary artery disease and depression compared with those that don’t vape or use any tobacco products.

Restrict screen time. Australian 6-year-olds that spent the most time in front of TVs, computers and video games had narrower arteries in the back of their eyes—a marker of future cardiovascular risk—reported a study in *Arteriosclerosis, Thrombosis and Vascular*. A study from Canada’s McMaster University found that kids with video game addictions sleep less, which in turn elevates blood pressure, lowers helpful HDL cholesterol and raises triglycerides.

Instead of taking a wait-and-see approach by treating disease later in adulthood, we should help children maintain the standards of ideal cardiovascular health that most children are born with.

~Julia Steinberger



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

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A Cure for Chronic Fatigue Lies in the Gut Microbiome

by Doug Pucci

For the estimated 2.5 million people suffering with chronic fatigue syndrome (CFS), the disease can rob them of life.

The extreme fatigue, along with other difficult symptoms, can be debilitating, including the inability to work, socialize and even do the simple things in life. The standard treatment is pharmaceutical; usually a combination of pain relievers and anti-anxiety medications, none of which get to the root cause.

Currently, mainstream medicine has no cure for CFS, and not much research has gone into finding whether hormone imbalances, blood sugar dysregulation, adrenal issues, brain neurology and more play a part. Theories as to its origins range from viral infections to stress or a combination of triggers. What we do know for certain is that chronic fatigue, whether diagnosed as CFS, or not, is in fact a gut-brain problem.

A number of medical professionals dismiss the existence of

CFS as a medical condition. Thomas Sabin, vice chair of neurology at Tufts University School of Medicine, has said that up to half of neurologists he has spoken to “don’t believe it is a real medical entity.” What they’re saying is that everything, all the symptoms are in their head. Yet, fatigue is often a chief complaint for any number of metabolic diseases, whether heart disease, low thyroid or irritable bowel syndrome.

A recent study published in the journal *Microbiome* revealed a new connection between the health of the gut and chronic fatigue. Imbalances in the gut microbiome, meaning the levels of some bacteria are too high while others are too low, can be at the root of many illnesses and disorders. It’s no surprise that 90 percent of patients with CFS also have irritable bowel syndrome (IBS). Those are not two different diseases; they are one disease on a continuous spectrum.

Researchers compared the gut bacteria of IBS patients with the gut bacteria of patients with both CFS and IBS. The findings showed that there was a difference in the pattern of gut bacteria disturbances between these two groups—specifically, an overabundance of seven types of gut bacteria were strongly linked to chronic fatigue, and a low level of an eighth type of bacteria was also present. These results may give medical professionals an important tool in the early and successful diagnosing and treatment of CFS in the future. Because an imbalance in the microbiome can negatively impact the immune system and the central nervous system, some researchers have theorized that this imbalance may be the cause of CFS.

This study builds on previous research that showed a difference in the gut bacteria of healthy people versus that of CFS patients. The implications of this for functional practitioners and their patients is not new. Clearly, this is just one more indicator of the importance of maintaining a healthy gut microbiome and not destroying it with repeated use of antibiotics, sodas and other junk food, chemicals, and so on. Among the many things affected by microbiome health is, literally, our health, including the resiliency of the immune system, functionality of the brain (mood, behavior), heart disease and obesity, gut health in all its components (digestion), hormone balance and so on. It’s fair to say that at a baseline, health cannot be restored unless and until the gut microbiome is revived. Besides a diet founded in whole, fresh foods, people benefit immensely from supplemental nutrients that include prebiotics and probiotics, pancreatic enzymes, fiber, hydrochloric acid, and short chain fatty acids, to start.

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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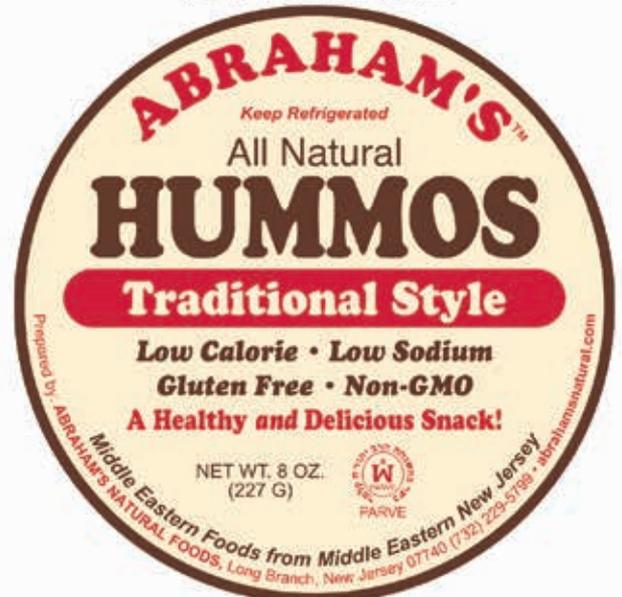


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Pain Relief for Pets

Prolotherapy Gives Joints New Life

by Julie Peterson

Brian Engler, of Drexel Hill, Pennsylvania, was asked to provide hospice care for a senior Akita. Tadao was underweight, weak, arthritic and had been severely neglected. He needed a place to live out his remaining days in comfort. Even though Tadao was unstable with severely limited mobility, Engler believed that the old dog had more than a little life left in him.

Prolotherapy offers an effective alternative to surgery in a significant number of partial ligament tears or persistent joint pain issues.

~Judith M. Shoemaker

to get up and down with ease and started cruising around the kitchen looking for snacks on the counter," says Engler.

Prolotherapy, short for proliferative

Engler's veterinarian tried prolotherapy injection treatments for Tadao's joint pain and he soon became more comfortable and gradually more active. "By the time we completed the treatments, he was able

therapy, isn't just for dogs. Any animal with a joint can receive the regenerative injection therapy, which relieves pain by strengthening ligaments and tendons supporting the joint. It's minimally invasive, involving the injection of a sugar solution directly into the affected area. The body's inflammation response kicks in, resulting in regrowth of new fibers in ligaments and tendons.

Prolotherapy has been around a long time. It was used to treat lame animals around 1350 B.C. Back then, a hot poker was used to induce the inflammation response. In the 1930s, injection of an irritant solution at the site of the injury became the new method, and has since been shown in scientific studies to facilitate the repair and regrowth of connective tissue, ligaments, tendons, cartilage and other joint-stabilizing structures.

Modern prolotherapy has remained basically the same for the last 80 years, although the injected irritant solution is modified according to the veterinarian, the type of animal and the injury. Every vet uses a slightly different prolotherapy "cocktail", which typically includes 50 percent dextrose and possibly several other ingredients the practitioner finds useful, such as saline, vitamin B₁₂, lidocaine and homeopathic combinations. Some vets also offer platelet-rich plasma or stem cells in the injection mixture.

"Prolotherapy offers an effective alternative to surgery in a significant number of partial ligament tears or persistent joint pain issues," says Judith M. Shoemaker, DVM, owner of Always Helpful Veterinary Services, in Nottingham, Pennsylvania. "It's quite inexpensive and the success rate is very good. Many animals respond after just a few treatments."

Shoemaker typically does prolotherapy treatments in three- to five-week intervals until the joint heals. She also looks to correct the underlying issues of the problem. "Joints don't get torn up with normal movement," she says.

Animals may have joint issues from falling, but other causes include overweight, long toenails or chiropractic issues. Prolotherapy stabilizes joints after an injury and achieves pain-free motion, but it's only successful if the cause of the injury is remedied.

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By the time we completed the treatments, he was able to get up and down with ease and started cruising around the kitchen looking for snacks on the counter.

~Brian Engler

“Prolotherapy is a very important tool in integrative veterinary care, but it’s not a panacea, and it’s never a stand-alone treatment,” says Christin Finn, DVM, owner of the Canine Rehabilitation & Integrative Veterinary Center, in Kingston, Washington. “It’s part of a combination of integrative treatments based on what is best for your pet.”

The right balance of treatments to help an animal feel comfortable could include laser therapy, osteopathic manipulation, acupuncture, physical therapy, custom braces, prolotherapy or rest.

Using prolotherapy in conjunction with other posture-correcting and integrative therapies is a win for pets and their owners. Surgery is fraught with complications and expensive. When prolotherapy is used as part of a comprehensive treatment plan, animals can recover from injuries that may have been debilitating or even fatal.

Ivey Sumrell’s Irish sport horse recovered from a severe injury. At 8 years old, Johnny was bitten on the neck by a stallion. “His neck became unstable and he had severe problems walking,” says Sumrell, of Tryon, North Carolina. “Ultrasound-guided prolotherapy was done three times to all of his neck joints.” Johnny was able to be ridden and lived to be 22.

And Tadao, the dog that was expected to die in hospice care a year ago, is enjoying life. He’s now well-nourished and loved, and painlessly goes for walks and plays at the park. “Tadao is the poster child for what prolotherapy can do,” says Engler.

Julie Peterson writes about health and environmental issues. Reach her at JuliePeterson2222@gmail.com.

inspiration



CHOOSING LOVE

How to Cope With Fearful Times

by Scarlett Lewis

It’s hard to make sense of some of the troubling things we see on TV and read about in the news. Our kids ask us, “Why are these things happening?” It’s an important question and it all comes down to two competing feelings: fear versus love.

When we see disturbing images such as school shootings or political opponents attacking one another, it cultivates anxiety, which is epidemic in our society. When left untreated, it can lead to negative outcomes including substance abuse, depression, suicide and violence. Often, we look to those in perceived power to solve these issues. Perhaps what we haven’t considered is that these are not political issues; rather, they are issues of the heart and only we can solve them.

So we continue to see pain and suffering played out before us. We feel powerless and this feeds our unease. Our personal safety is a priority and external safety measures sometimes fail. If we don’t feel safe, nothing else matters. There is a solution. The opposite of anxiety and fear is love. When we examine the trajectory of most societal ills, there is often an arc of loneliness, depression, isolation and often abuse.

From a young age, we can learn to choose love as a thoughtful response to any situation. When we do this, we take back our personal power. We become part of the solution to the issues we see, and science tells us that others will do the same.

There is a formula for choosing love. It starts with courage. My son Jesse was a 6-year-old boy who stood up to the shooter that came into his first-grade classroom at Sandy Hook Elementary School and saved nine of his classmates’ lives before losing his own. We all have that courage within us: the courage to be kind, to speak our truth, to do the right thing.

We can only have one thought at a time, so we can shift our thinking by replacing a negative thought with a grateful one. Forgiving helps us to take back our personal power and is a gift we give ourselves. It is the foundation of healthy relationships that lead to greater happiness and connection in our lives. Compassion in action helps us step outside our own busyness, distraction and even pain to help others.

When we do this, we’re choosing love and helping to create a safer, more peaceful and loving world. When we model the practice of these character values as a thoughtful response for our children, they grow up to do the same.

Scarlett Lewis is the founder of the Jesse Lewis Choose Love Movement, a nonprofit organization whose mission is to ensure every child has access to social and emotional education and support. Connect with her at Info@JesseLewisChooseLove.org.

Linda Carroll on Skills That Make Love Last

by Kajsa Nickels

Psychotherapist Linda Carroll was drawn into the dynamics of couples' counseling three decades ago when she saw how in her own marriage, petty disagreements could turn into full-blown arguments with the potential for deep wounds. She and her husband Tim worked on their issues by attending workshops across the country, including Imago



therapy and PAIRS (Practical Application of Intimate Relationship Skills), which were so effective that she developed a curriculum called Love Skills by combining those tools, her experience as a married person and counselor, personal training from consciousness pioneers and resources from ancient mythology and spiritual/religious traditions.

She has co-taught the course with her husband for more than 25 years. Her first book, *Love Cycles: The Five Essential Stages of Everlasting Love*, has been translated into several languages and details stages in romantic relationships. Her new book, *Love Skills: The Key to Unlocking Lasting, Wholehearted Love*, is a guide to developing a relationship toolkit.

What is the Love Cycles model?

It is based on the fact that feelings of love are seasonal. Like the seasons of the year, they are a natural progression of a relationship. If you understand the seasons, you

can pass through them. All relationships are teachers. If we allow them to teach us, we become free to love deeper and better.

What is the most difficult Love Cycles stage, and why?

Each stage has its own unique challenges. For example, the first stage, the Merge, has a magic to it due to the chemical cocktail that

floods your body when in the presence of your significant other. But this stage can be treacherous in that you can mistake your feelings for evidence that this is the “right” person for you. In the Power Struggle stage, feelings will have worn off and power struggles will start to show up. The third stage is Disillusionment. Differences between both of you really start to show up at this time. The fourth stage is the Decision stage. At this point, many couples find themselves wanting out. The key to making it through this stage is to remember that this, too, shall pass and to commit to working it out. It's important to realize that life is not about getting an A+ at all times. Sometimes, we need to accept that a C- is okay; and if you do need to leave a relationship, it is possible to do it in a wholehearted way at best—at the least, to minimize damage. The fifth stage I call Wholehearted Love, a stage reached only through mindfulness and unconditional love. Because love has changing seasons, a couple will not stop at

the fifth stage forever, but getting back to this state will become easier and easier as time goes on.

What was your impetus for writing Love Skills?

I have been teaching the program for 25 years and drew from my almost 40 years as a couples therapist, many trainings all over the country and own life experiences in my relationship with my husband to compile the program. Most couples lack the skills to manage the troubles of life. There is a skill to every aspect of a relationship, especially in communication: listening, speaking, knowing when to speak and when to be silent.

Who is most likely to benefit?

The relationship you have with yourself is a core part of the Love Cycles model. If you do not have a good relationship with yourself, you cannot have a solid and meaningful relationship with another person. This is a couples' book, although it can also be gone through by a single person if the partner is not interested in it. What I tell people is that you can only work on your part. If the other person doesn't want to buy in or isn't wholeheartedly on board—or at least partially willing—there is nothing that you can do about it. You need to be able to be okay and confident in yourself. You cannot change another person, but you can always change yourself.

What is one of the most important pieces of advice you have for couples?

I hope that couples come to realize that feelings of love are like clouds, always changing. A good relationship requires a skill set, which we practice whatever the feelings are. We are not born knowing how to love skillfully, but this skill set can be learned by anyone and will make you able to listen better and appreciate each other more.

Kajsa Nickels is a freelance author who resides in northeastern Pennsylvania. Connect at FidelEterna45@gmail.com.

healing ways



HEALING JOINTS FROM WITHIN

The Promise of Regenerative Medicine

by Marlaina Donato

Someday, medical science will allow us to infuse damaged or aging organs with new cells, or to manufacture made-to-order organs on a 3-D printer. These emerging techniques to revitalize worn-out body parts are on the drawing board in the field of regenerative medicine. However, for the injured college athlete or the grandmother with compromised joint function, healing and pain relief can already be found in the form of prolotherapy and other non-invasive approaches that stimulate the body to heal itself.

Injection therapies using dextrose or the patient's own platelets or stem cells are being used to naturally stimulate the body to produce collagen and rejuvenated tissue, offering hope to those with soft tissue injuries, osteoarthritis, degenerative disc disease and even pain syndromes like fibromyalgia. A recent review in the *British Medical Bulletin* of 10 high-quality studies of dextrose prolotherapy in adults with mild to moderate osteoarthritis of the knee showed patients experienced significantly less pain and improved range of motion in both the short term and long term without adverse effects. Eighty-two percent of patients were satisfied with the treatment.

Controlled Inflammation

A type of regenerative medicine innovated by osteopathic physician Earl Gedney in the 1930s, prolotherapy induces low-grade,

temporary inflammation with the intention of triggering connective tissue cells called fibroblasts in and around the injection site. "If you cut your arm or twist your ankle, various immune cells rush to the area to begin the repair process. This is a very basic comparison of what prolotherapy does with injections directed to specific anatomical points," says Ross A. Hauser, M.D., founder of Caring Medical Regenerative Medicine Clinics, in Fort Myers, Florida, and Chicago.

"Prolotherapy is used to treat osteoarthritis because it helps correct the underlying reason why it has occurred, which is joint instability. The body overgrows bone as a long-term response in an effort to stabilize an unstable joint," Hauser says.

Naturopathic physician Brent Cameron, of Aurora Natural Medicine, in Gilbert, Arizona, suggests individualized treatment plans for best results. "My recommendations are very patient-specific, which is an important piece in prolotherapy," Cameron says his patients are likely to start seeing relief in the first week. "In many instances, they experience complete relief and mobility after a series of treatments."

While Cameron attests to the efficacy of dextrose prolotherapy, he is cautious with recommending it for people with systemic inflammatory conditions. "Someone with a history of joint-related autoimmune response tends to mount stronger inflammatory responses. Other forms of regenera-

tive medicine can be helpful for rheumatoid arthritis [RA], but not in the inflammation-mediated way, like prolotherapy and platelet-rich plasma (PRP) injections."

One option, according to the Institute of Regenerative Medicine, in Boca Raton, Florida, might be very small embryonic-like stem cells (VSELS), an emerging form of regenerative stem cell therapy. These have shown promise in dealing with RA and other autoimmune diseases. Meanwhile, the Mayo Clinic Center for Regenerative Medicine is ramping up its research into approaches that stimulate the body to repair itself, with numerous ongoing clinical trials utilizing different injection therapies for the treatment of osteoarthritis.

The Power of Platelets

PRP injections are similar to prolotherapy, using platelets from the patient's body instead of dextrose. "As blood flows through an injury site, the inflammatory chemicals trigger the platelets to release growth factors, which causes the torn fibers of the damaged structures to heal," says Fort Worth osteopath Gerald Harris, of Texas Prolotherapy and Neural Therapy. PRP is sometimes used in conjunction with stem cell therapy, which is typically applied in cases in which something needs to be replaced, to help fill in gaps in ligaments or tendons, Harris says.

PRP injections have proven to be effective in easing chronic low back pain from damaged vertebral discs. An overview of research published in the *Journal of Spine Surgery* in 2018 found it to be safe, effective and feasible, with promising potential for the treatment of musculoskeletal disorders. Harris says that people that wish to avoid surgery or cortisone injections can benefit from PRP, which can also be applied topically to treat non-healing wounds like bedsores and diabetic ulcers.

Harris subscribes to the power of persistence. "Don't give up. With proper treatment there is a strong likelihood that you can live a happy, healthy life free from chronic pain."

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

calendar of events

SATURDAY, FEBRUARY 1

Guided Hikes: Franklin Lakes Nature Preserve – 9-11am. The moderately paced scenic hike option of about 2 miles is through the Preserve, around Upper Lake and over the Island Bridges. A faster pace and more challenging experience is a 5-mile hike option that includes the trails of High Mountain Park Preserve. Free. Franklin Lakes Nature Preserve, 1 Nature Way (meet by boat dock), Franklin Lakes. RSVP: Wellness@FranklinLakes.org.

SAT Preparation Workshops – Saturdays, Feb 1-Mar 7. Language arts 9-11:30am; math 12-2:30pm. Develop test-taking skills and improve SAT scores with these two five-week intensive SAT Math and SAT Language Arts test preparation programs. Pre and post tests will be used to measure progress. Additional test taking tips will be provided, along with test samples from actual SAT exams. Students will need to purchase the College Board SAT textbook. \$199 each program. HCCC, Journal Square Campus, 70 Sip Ave, Jersey City. 201-714-7100. Register: HCCC.edu/ContinuingEducation.

Heart String Art: DIY for Kids – 9am-12pm. Create a loving memory with your child at the heart string art workshop. As you help your child piece together the symbol of Valentine's Day, they will develop hands-on skills by sanding, nailing, painting and more. Celebrate the moment as your child makes a unique keepsake. Children get to keep their project, receive a certificate of achievement, a workshop apron, and a commemorative pin. Children must be accompanied by a parent or adult and must be present in the store at all times. Free. All Bergen County Home Depots: Paramus, Hackensack, Mahwah, Lodi, etc. 800-466-3337. HomeDepot.com.

Winter Hike: Under the Closter Mountain – 10am-12pm. Winter history hike with Eric Nelsen, to explore part of the riverfront settlement known in the nineteenth century as Closter Landing, is about 3 miles, takes roughly 2 hours and is rated Moderate in difficulty. Guided hikes are held drizzle or shine – heavy precipitation or icy trail conditions may cancel. Free. Park Headquarters, Alpine Park Entrance, Exit 2, Palisades Interstate Parkway, Alpine Approach Rd, Alpine. Info, check conditions: 201-768-1360 x 108.

Snow White (Reimagined): MST Dance Academy – Feb 1, 2. Sat, 7:30pm; Sun, 1pm. A new ballet d'action performed by students of MST Dance Academy. The costumes are classical, but the telling is contemporary in this feminist fairy tale. Set in a social media-obsessed school setting, this dance play addresses themes of vanity, lookism, cyberbullying, and the dreaded fomo. \$15. Mile Square Theatre, 1400 Clinton St, Hoboken. 201-683-7014. MileSquareTheatre.org.

SUNDAY, FEBRUARY 2

Maple Sugaring – Sundays Feb 2-23. 12:30-1:30pm, 2-3pm, 3:30-4:30pm. All ages welcome. Learn to identify a maple tree; the history of syrup making; how to gather sap. The group will tap a tree and boil down sap to make fresh, warm maple syrup for all to taste. Children must be accompanied by an adult. Rain or shine. Dress warmly; the program will take place indoors and outdoors. Space is limited; pre-registration required. No strollers. \$30/family, \$10/adult, \$15/member family, \$5/adult member. Tenafly



Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093. TenaflyNatureCenter.org.

Community Acupuncture in the Cave: Winter Immunity Boost – 2-3pm. Many know that acupuncture is an effective therapy for treating pain and other internal conditions, but did you know acupuncture is good preventative medicine too? \$50. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge, NY. RSVP: 845-290-0678. SaltOfTheEarthCFH.com.

Earth Gong Bath – 2-3:30pm. The gong bath is immersion in healing sound wherein the gongmaster bathes the listener with sustained waves of primordial sound. It is excellent therapy for stress related issues, depression, fatigue, and many other conditions related to the lack of balance and harmony in the body. \$35. Body Positive Works, 96 E Allendale Rd, Saddle River. 201-708-8448. BodyPositiveWorks.com.

WEDNESDAY, FEBRUARY 5

The William D. McDowell Observatory – Feb 5, 12, 19, 26. 7-10pm. View constellations, planets and other celestial objects through a research grade telescope, with a 20-inch mirror, housed beneath a six-meter retractable dome. The powerful instrument can capture objects millions of light years away. Children must be accompanied by an adult. Entry is on a first-come basis. In order to access the telescope, visitors must be able to climb 25 steps in a spiral formation. DeKorte Park, One DeKorte Park Plaza, Lyndhurst. 201-460-8300. NJSEA.com.

THURSDAY, FEBRUARY 6

Smartphone Photography Workshop – Feb 6, 20. 1-2pm. Available through Cancer Support Community at Holy Name and open to those impacted by cancer. The potential for professional quality photos is right in your pocket. Discover helpful shooting tips, techniques and editing apps to capture great shots and gain an understanding of basic photography. Learn how to share and store photos. Open to Android and iPhone users. Registration required. Holy Name Medical Center, Marian Hall, Teaneck. 201-833-3392. View additional cancer support programs at HolyName.org/CancerSupport.

FRIDAY, FEBRUARY 7

Animation & VFX Conference – Feb 7-8. Meet award-winning animation and visual effects gurus from blockbuster films such as *Into the Spiderverse* and *Black Panther*. Join workshops for students and K-12 educators. Catch the Black Maria Festival special selections and Young NJ Animation showcase screenings. Sharp Theater, 505 Ramapo Valley Rd, Mahwah. 201-684-7844. Ramapo.edu/BerrieCenter.

Knit/Crochet Club – Feb 7, 14, 21, 28. 1-3pm. Available through Cancer Support Community at Holy Name and open to those impacted by cancer. Do something you enjoy with the companionship of others. Whether a beginner, or a pro, follow step-by-step instructions or bring a project you're working on. All supplies provided. Registration required. Yarn Dezvous, 495 Cedar Lane, Teaneck. 201-833-3392. View additional cancer support programs at HolyName.org/CancerSupport.

SATURDAY, FEBRUARY 8

Trail Running: Lenape Trail – 9-11am. Explore Hilltop Reservation and Cedar Grove Park on the Lenape and West Essex Trails. Choice of two pace groups and six or eight mile options. Run is fairly level overall but has steep climbs. Free. Trailhead location: Robert J O'Toole Community Ctr, 199 Fairview Ave, Cedar Grove. NYNJTC.org.

Model Train Show – Feb 8 & 9. 10am-4pm both days. This event will feature hundreds of tables of trains and accessories for sale, huge operating model train displays, free modeling workshops, activities for kids, demonstrations and more. \$10/two-day ticket, \$9/Sunday only, free/children under 11. Meadowlands Expo Center, 355 Plaza Dr, Secaucus. 630-279-4087. MECExpo.com.

How to Holistically Raise a Healthy Child – 2pm. Functional neurologist Eric Kaplan, DC, will teach how to holistically raise a healthy child by decreasing inflammation through reducing chemicals and emotional stress, review how primitive reflexes relate to brain development, and the causes/solutions for autoimmune diseases and allergies. Free; preregistration required. Kaplan Brain & Body, 85 Kinderkamack Rd, Ste 100, Emerson. RSVP: 201-261-2150.

Nature 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. \$5, \$20/family max, free/members. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

SUNDAY, FEBRUARY 9

Dinosaur World Live – 1pm & 4pm. Interactive show for all the family. Join the intrepid explorers across uncharted territories to a pre-historic world of remarkably life-like dinosaurs, including every child's favorite flesh-eating giants, the Tyrannosaurus Rex, a Triceratops, Giraffatitan, Microraptor and Segnosaurus. \$15-29; \$39 includes a meet and greet after the show offering brave explorers the chance to make a dinosaur friend. Bergen Performing Arts Center, 30 North Van Brunt St, Englewood. 201-227-1030. BergenPAC.org.

Vibrational Sound Healing Bath – 2-3:30pm. With Jim Angelico. Experience deep healing through sound and vibration. Relax and transform with crystal bowls, Himalayan singing bowls, chimes, gongs, bells and more. Some of the health benefits of vibrational sound healing includes: improved sleep, lowers blood pressure, lowers cholesterol levels, can help ease pain and lowers stress. Cushions and chairs available or bring your own. \$35. Preregistration required. Essence of Self Health Spa, 52 Skyline Dr, Ringwood. RSVP: 201-788-6322.

Reiki Circle in the Salt Cave – 3-4:30pm. A reiki

master leads a group session in the salt cave. Each person gets 10 minutes of reiki on the table and enjoys 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.

Full Moon Owl Prowl – 6-7:30pm. Program is intended for families with children 6 & up. A staff educator will teach you all about owls' awesome adaptations and how they survive. After a short introduction to these raptors and a visit from a live owl, the group will venture outside in search of nocturnal feathered friends. Program may be cancelled in the event of heavy snow. \$10, \$5/members; pre-registration required. Tenafly Nature Center, TNC Pavilion, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

MONDAY, FEBRUARY 10

Cancer Support Group – 1:30-2:30pm. Available through Cancer Support Community at Holy Name and open to those impacted by cancer. A support group that offers a safe place to share your experiences, concerns, and resources. Open to anyone currently undergoing treatment for cancer, regardless of which hospital you receive your care. Post-Treatment support group also available. Registration required. Holy Name Medical Center, Marian Hall Conference Center, Room Rm 1A, Teaneck. 201-833-3392. View additional cancer support programs at HolyName.org/CancerSupport.

Hands-On Beauty Workshop: Lip Balm – 8-9pm. Get hands-on at the apothecary table and make your own lip balm while learning benefits of herbs and essential oils on skin. Try recipes based on the season all while enjoying a beverage and light

refreshments. \$30. Flora's Cottage, 7 N Broad St (lower level), Ridgewood. RSVP: 201-895-1643. FlorasCottages.com.

TUESDAY, FEBRUARY 11

CBD Workshop – 7-8pm. Join proprietors Susan and Sheryl at this workshop to learn about the benefits and uses of CBD oil. Free. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge, NY. RSVP: 845-290-678. SaltOfTheEarthCFH.com.

WEDNESDAY, FEBRUARY 12

Chemo Brain and Cognitive Fitness – 2-3pm. Available through Cancer Support Community at Holy Name and open to those impacted by cancer. ReVital Cancer Rehabilitation will present this highly requested topic; What is chemo brain and what can be done to help improve cognition? Discuss real solutions to impairment that survivors have incurred from cancer treatment. Registration required. Holy Name Medical Center, Marian Hall Conference Center, Teaneck. 201-833-3392. View additional cancer support programs at HolyName.org/CancerSupport.

Direct Your Life Path with Reiki Workshop – 7pm. Explore unique ways of applying the principles of reiki to manifest abundance, improve relationships and more; w/Jim Angelico, Usui/Holy Fire/Karuna reiki master. \$35; registration required. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570.

THURSDAY, FEBRUARY 13

Palisades Amusement Park Trivia Night – 7-9pm.

Test your knowledge about the history of Palisades Amusement Park 1898 to its close in 1971. Join a team or bring your friends for a one of a kind competition. Enjoy good food and refreshments. There is no admission charge and a percentage of purchases made during/at the event will be donated to the Mahwah Museum. Mahwah Bar and Grill, 2 Island Rd, Mahwah. MahwahMuseum.org.

FRIDAY, FEBRUARY 14

markyourcalendar

FRIDAY, FEBRUARY 14

The Great Backyard Bird Count – Through Feb. 17. A free, easy event that engages bird watchers of all ages in counting birds to create a real-time snapshot of bird populations. Participants are asked to count birds for as little as 15 minutes (or as long as they wish) on one or more days of the four-day event and report their sightings online at BirdCount.org. Anyone can take part in the Great Backyard Bird Count, from beginning bird watchers to experts, and you can participate from your backyard, or anywhere in the world. Last year, more than 160,000 participants submitted their bird observations online, creating the largest instantaneous snapshot of global bird populations ever recorded. Visit the official website at BirdCount.org for more information.

Gallery/Psychic Event – 6:30pm. Medium Ray Sette conveys messages and imagery from the spirit realm. His readings always touch people on a very private, emotional level. He conducts the evening in a gallery format and everyone is guaranteed a

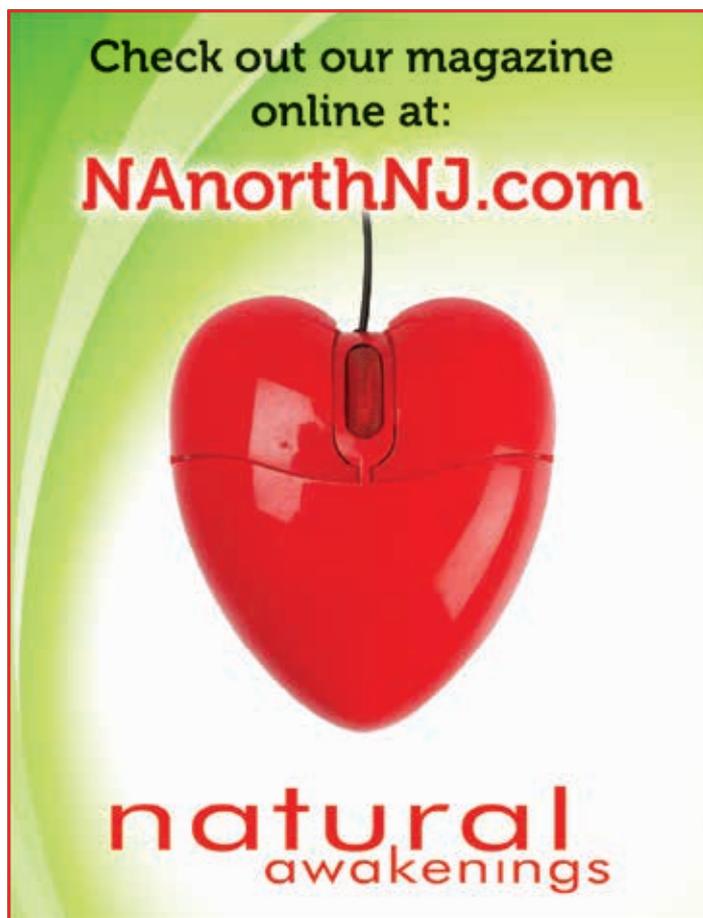


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personal interaction. \$65/advance registration required. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999. MysticalWorld.net.

Breathwork Healing Meditation – 7-8:30pm. Learn how the simplicity of this three-part breathwork meditation technique can facilitate the release of limiting beliefs and stuck energy that are stored deep within the body's nervous system. Be lead through the breathing practices while deepening a sense of self-love and connectedness to release stressors, trauma, grief, anxiety and other emotions. Attendees are advised to bring a yoga mat, blanket, water and anything else to be comfortable while lying down. \$40. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. RSVP (required): 973- 650-7509. Venmo@ShiftForWellness.com. Info@ShiftForWellness.com.

Sweetheart Night Hike & Campfire – 7-9pm. Think outside the box this Valentine's Day by ditching the fancy restaurant and chocolates for s'mores and hiking boots. A Nature Center Educator will guide you and your special someone on a night hike through our beautiful woodland preserve, afterwards we welcome you to cuddle up around a roaring campfire and make some s'mores as you watch the flames dance against the dark of the night. \$15, \$10/member. Tenafly Nature Center, TNC Pavilion, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093. TenaflyNatureCenter.org.

SATURDAY, FEBRUARY 15

Squatchy Onesie Fest 5K-Marathon – 10am. This 3.1 miles on non-technical trails, organized by Sassquad Trail Running, is a runner/hiker friendly event. Families are welcome, so make sure you register your kiddos to join in on the fun. All runners/hikers can check-in 8:30-9:30am. Free. Ramapo Valley County Reservation, 608 Ramapo Valley Rd, Mahwah. NYNJTC.org.

Little Wing – Feb 15, 16. 7:30pm both days. A workshop presentation of *Little Wing*, adapted from Octavia E. Butler's final novel, *Fledgling*. Little Wing is an existential vampire dramedy pushing the limits of what it means to be human and just how far one is willing to go to completely purge oneself of ignorance and confusion. \$10-\$20. Art House Productions, 262 17th St, Jersey City. 201-918-6019. ArtHouseProductions.org.

SUNDAY, FEBRUARY 16

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.

All Seasons Chamber Players – 3pm. Music Through the Ages: Renaissance to Romantic: Works for Harpsichord, Flute, and Strings by Telemann, Boismortier, Gabrielli, Berlioz, J.S. Bach, and Quantz, as well as selections from the Fitzwilliam Virginal Book. Guest Artist: Eric Clark, Piano and Harpsichord. Reception follows. Reservations available but not required. \$10/suggested donation, \$8/



seniors and students. Art Center of Northern New Jersey, 250 Center St, New Milford. 201-599-2992. AllSeasonsChamberPlayers.org.

MONDAY, FEBRUARY 17

Hands-On Beauty Workshop: Face Mask – 8-9pm. Get hands-on at the apothecary table and make your own face mask using organic ingredients. Try recipes based on the season all while enjoying a beverage and light refreshments. \$30. Flora's Cottage, 7 N Broad St (lower level), Ridgewood. RSVP: 201-895-1643. FlorasCottages.com.

WEDNESDAY, FEBRUARY 19

Wellness in the Face of Illness – Feb 19 & 26. 12:30-1:30pm. Available through Cancer Support Community at Holy Name and open to those impacted by cancer. Interactive 2-part workshop to inspire you to create your best life right now. Leave each session with a fresh perspective on your wellness journey and a road map to guide you toward your goals. Registration required. Holy Name Medical Center, Marian Hall Conference Center, Teaneck. 201-833-3392. View additional cancer support programs at HolyName.org/CancerSupport.

Bergen Historical Society Docent & Interpretation Meeting – 7:30pm. Program for anyone interested in volunteering at Historic New Bridge Landing. Park Commission Chairperson and BCHS President Jim Smith and Past President Deborah Powell will discuss the real stories, often more interesting than the myth. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739. BergenCountyHistory.org.

FRIDAY, FEBRUARY 21

Les Paul Festival Concert – 8-10pm. Legendary guitarist Marc Ribot takes the stage with The Young Philadelphians including Jamaaladeen Tacuma and Calvin Weston for an evening of harmolodic punk-funk of Ornette Coleman's Prime Time band and the optimistic pulse of 70s Philly Soul. \$30/27/24, \$18/under 17. Sharp Theater, 505 Ramapo Valley Rd, Mahwah. 201-684-7844. Ramapo.edu/BerrieCenter.

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/.

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.

Super Diamond: The Neil Diamond Tribute – 8pm. Super Diamond – tribute to the much loved, international pop icon Neil Diamond – performs the timeless classics, including "Sweet Caroline," "America," "Cherry Cherry;" "Song Sung Blue," "Forever in Blue Jeans" and more. With a nod from Neil, Super Diamond has been embraced by the long time fan-base and found huge popularity across America. \$29-49. Bergen Performing Arts Center, 30 North Van Brunt St, Englewood. 201-227-1030. BergenPAC.org.

SUNDAY, FEBRUARY 23

Washington's Birthday Celebration – 1-5pm; performances 1:30pm & 3:30pm. General Washington made his headquarters in the Zabriskie-Steuben House when Continental troops encamped between Van Saun Park and Soldier Hill Road. A country ball upon the anniversary of Washington's birthday features 18th century dancing and hot cider and crullers served in the restored tavern in the Campbell-Christie House. Re-enactors from the 3rd New Jersey Regiment will demonstrate military life. Activities for children include soldier drills, paper dolls and a scavenger hunt. Historic New Bridge Landing, 1201-1209 Main St, River Edge. 201-343-9492.

MONDAY, FEBRUARY 24

Hands-On Beauty Workshop: Bath Bomb – 8-9pm. Get hands-on at the apothecary table and make your own winter bath bomb using essential oils and herbs. Try recipes based on the season all while enjoying a beverage and light refreshments. \$30. Flora's Cottage, 7 N Broad St (lower level), Ridgewood. RSVP: 201-895-1643. FlorasCottages.com.

FRIDAY, FEBRUARY 28

Guided Hike: Teatown Lake Reservation – 9:30am-12:30pm. A 4-5-mile, moderately paced, loop hike around Teatown Lake and surrounding trails. Exact route and distance will depend on conditions. Copies of our newest map set will be available on the hike. Free. Lake Parking Lot, 500-598 Blinn Rd, Ossining, NY. NYNJTC.org.

SATURDAY, FEBRUARY 29

markyourcalendar

SATURDAY, FEBRUARY 29

Day Spa Wine and Cheese Open House – 1-5pm. Learn about the variety of services the spa has to offer, including organic facial treatments, hands-on beauty workshops and hand-selected certified organic skincare products from around the world. There will be a raffle and light refreshments, including wine and cheese, will be served. Guests will learn about the many lasting benefits of an herbal-based, organic daily skincare routine, which products deliver the most effective results and which skincare ingredients to avoid. Flora's Cottage, 7 North Broad St, Lower Level, Ridgewood. Free. RSVP (required): 201-895-1643. Iva@FlorasCottages.com. FlorasCottages.com.



plan ahead

SUNDAY, MARCH 1

Spring Serenade: All Seasons Chamber Players – 4pm. Spring Serenade includes selected Pieces for Cello and Piano; *Works Featuring Flute* by Madeline Dring, Lili Boulanger and Jennifer Higdon; Beethoven's *Piano Trio in E-flat Major, Op. 1, No. 1*. Reception follows. \$5/suggested donation. Reformed Church of Oradell, 641 Church St at Kinderkamack Rd, Oradell. 201-261-1720. AllSeasonsChamberPlayers.org.

THURSDAY, MARCH 5

The Fight for Women's Suffrage – 7:30pm. 2020 marks the 100th anniversary of the ratification of the nineteenth amendment, which gave American women the right to vote. Lindsey Greene Barrett will present the 70+ year story of the fight for women's suffrage in the United States, and the influential New Jersey women who brought it to fruition. Barrett taught *Women as Entrepreneurs* at Fairleigh Dickinson for nine years, and has lectured widely on influential women in history. Refreshments will be served. Reservations are recommended. \$5, free/students and museum members. Mahwah Museum, 201 Franklin Turnpike, Mahwah. RSVP: 201-512-0099. MahwahMuseum.org.

SUNDAY, MARCH 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.

SUNDAY, MARCH 29

Wellness Gala – 1-6pm. Mini-sessions with experts in the fields of health, beauty and wellness, including: massage, anti-aging, reiki, nutritional counseling, chiropractic, acupuncture, and more. Two keynote speakers: NY Times best-selling author Dr Bernie Siegel and astrologer Ray Sette. Special guest speakers: Hanson Tse, Shira, and Lee Grabarczyk. Free/general admission; includes two mini-sessions, the option to attend more sessions for a fee, access to vendors; hors d'oeuvres and live music; cash bar available. A portion of proceeds will go to the Interfaith Food Pantry. Birchwood Manor in Whippany, NJ. Tickets and info: 973-713-6811. WellnessGala.com/Events.

PLANT-BASED NUTRITION ISSUE

MARCH

Thriving on a Plant-Based Diet

plus: CBD



Readers are Seeking These Providers & Services:
Allergists • Cooking Schools/Classes • Dietitians & Nutritionists
Food Fairs • Garden Supplies • Green/Vegan Restaurants
Health Food Stores • Herbalists • Natural/Organic Food
Nutritionists • CBD Products ... and this is just a partial list!



WOMEN'S WELLNESS ISSUE

APRIL

Grassroots Climate Crisis Strategies

plus: Healthy Home

MAY

Autoimmune Breakthroughs

plus: The Collagen Connection

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THREE-MONTH EDITORIAL CALENDAR & MARKETING PLANNER

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201-781-5577

natural
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Share the love not the cold

New device stops cold and flu

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.



Dr. Bill Keevil:
Copper quickly kills cold viruses.

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

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

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

Get \$10 off each CopperZap with code **NATA17**.

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.

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.

Tai Chi – 7pm. Tai Chi is a Chinese martial art practiced for both its defense training and health benefits. Instructor Kung-Ming Jan of Tenafly is a cardiologist and long-time practitioner of both Shaolin yoga and Tai Chi Chuan. Free. Englewood Library, 31 Engle St, Englewood. 201-568-2215. EnglewoodLibrary.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.

Reiki Circle – 7:30-8:30pm. Every other Monday. Reiki is a Japanese relaxation and stress relief technique in which healing life force energy is transmitted to the recipient. Appropriate for all age groups. Open to all. See website for exact dates. Free/preregistration requested. Ridgewood YMCA, Program Room, 112 Oak St, Ridgewood. Info, Anj Harraka: 201-444-5600 X 318. RidgewoodYMCA.org/Programs/Health-Wellness/Reiki.

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

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.

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.

Dance Sampler – 4:30-5:30pm. This class offers students ages 8-18 an opportunity to experience a variety of dance styles that may include modern, street jazz, African, hip hop, ballet, Latin fusion. Center for Modern Dance Education, 84 Euclid Ave, Hackensack. 201-342-2989.

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

Crystal Gridding – 3rd Wed. Learn what crystal gridding is and how you can use these grids to help manifest what you want in your life. Learn basic grids and how to use them. \$25. Earth's Healings, 792 Kinderkamack Rd, River Edge. 201-800-0570. EarthsHealings.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.

markyourcalendar

WEDNESDAY

PlanetJersey.com Radio Show – 11am. Listen to *Natural Awakenings* magazine publisher Jerry Hocek and guests discuss timely topics such as addiction and trauma recovery, spirituality, health and fitness, personal development, relationships, self-fulfillment, career and more. Learn about cutting-edge holistic health and self-development products and services. Tune into PlanetJersey.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.

Intro to Crystals – 7pm. 2nd Wed. Learn about the properties of crystals and discuss some beginner crystals, their properties, how to use them, how to shop for crystals and find the right one for you. \$25. Earth's Healings, 792 Kinderkamack Rd, River Edge. EarthsHealings.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.

Women's Weekly Guided Clearing Meditation Circle – 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. Find out about the weekly meditation recordings. \$20. Rte 4 & Rte 17, Paramus. Details: 201-906-5767. Lois@LoisKramerPerez.com.

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

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

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

Reiki Circle – 12:30-1:30pm. 3rd Thur. Reiki is a Japanese relaxation and stress relief technique in which healing life force energy is transmitted to the recipient. Appropriate for all age groups. Open to all. See website for exact dates. Free/preregistration requested. John Theurer Cancer Center, Hackensack University Medical Center, Rm 139, 92 Second St, Hackensack. Info Kathryn Koch: 551-996-5861. HackensackMeridian.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.

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.

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.

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-noon. Zen is about finding yourself as well as finding truth. Believing in yourself, knowing “who you really are”, living in your own way. Free. Vajradhara Meditation Center, 358 Greenmount Ave, Cliffside Park. 201-370-6433.

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 mediation 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.



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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 9.



classifieds

BOOKS

THE GREAT COSMIC TEACHINGS OF JESUS OF NAZARETH – The one who does not live in God lives in his self-made world of sensations, thoughts, words and deeds - the small world of the human ego. Gabriele-Publishing-House.com. Toll-free: 1-844-576-0937.

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OPPORTUNITIES

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

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