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Plant-Based Diet

## VEGAN FITNESS

A Healthy Choice  
for Body and Planet

## Cold Crushers

Natural Remedies  
for Kids

Would you enjoy more peace in your mind and ease in your life?

# Get Your Bars Run!

ACCESS BARS is a body process for dynamic change, which involves touching 32 points on the head to clear all the limitations you have about any area of your life. It can feel like you had a great massage and it can change your whole life.

## Upcoming Classes in Paramus, NJ:

March 8 & 15

March 21



Christine DiDomenico, CF  
845-825-2361



Theresa Obsuth, BF  
201-655-3836

Classes & Private Sessions Available, refer to page: 8

ALL OF LIFE COMES TO ME WITH EASE, JOY & GLORY™

# natural awakenings

## Advertising Salesperson Wanted

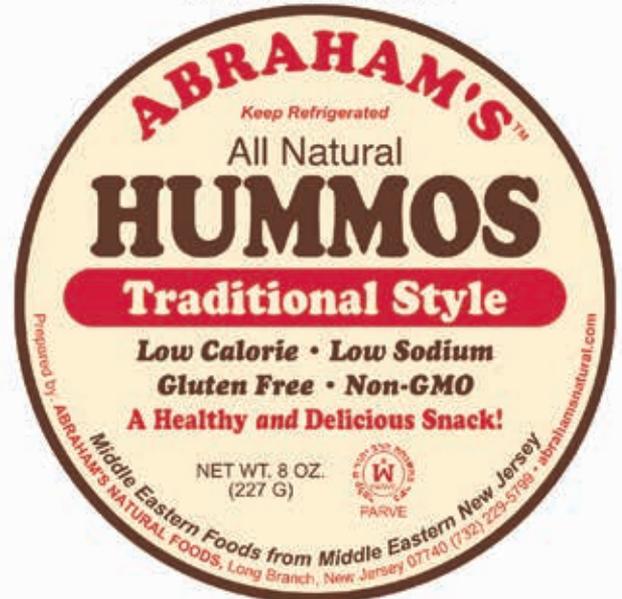
Earn a generous commission selling print/online advertising F/T or P/T for *Natural Awakenings* - a commission only position.

Relationship-oriented sales. Must have some sales experience.

Prior experience in a holistic/natural/organic/green industry is big plus.

Email your resume to [publisher@naturalawakeningsnj.com](mailto:publisher@naturalawakeningsnj.com)  
—No calls please—

## A New Jersey Tradition Since 1985.



*"The clear winner."*  
*"Very good garlicky flavor."*  
-Huffington Post

*"Our tasters happily ate this winner with their eyes first, noting its beautiful "charred bits" of roasted red peppers. Made in small batches, its "smoky sweetness" went over big with judges."*  
-Rachel Ray Magazine

*"It was nearly universally liked, praised for its almost-citrusy, bright flavor..."*  
-The Daily Meal

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

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

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

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

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

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

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

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

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

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

#### **Contact information**

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

## **Functional Medicine NEUROLOGY AND NUTRITION**

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

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

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

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

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

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

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

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

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

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

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

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

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

#### **SPECIAL PROMOTIONAL OFFER**

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

- Functional analysis of existing labs and health records
- Complete blood and hormone workup
- Preliminary brain-body evaluation whether for pain, fatigue, dizziness or brain fog
- A Root Cause assessment with remedies and nutritional support

# Seven years without a 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 even kills cold viruses. **Copper quickly kills cold viruses.** have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

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

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

Get \$10 off each CopperZap with code **NATA18**.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

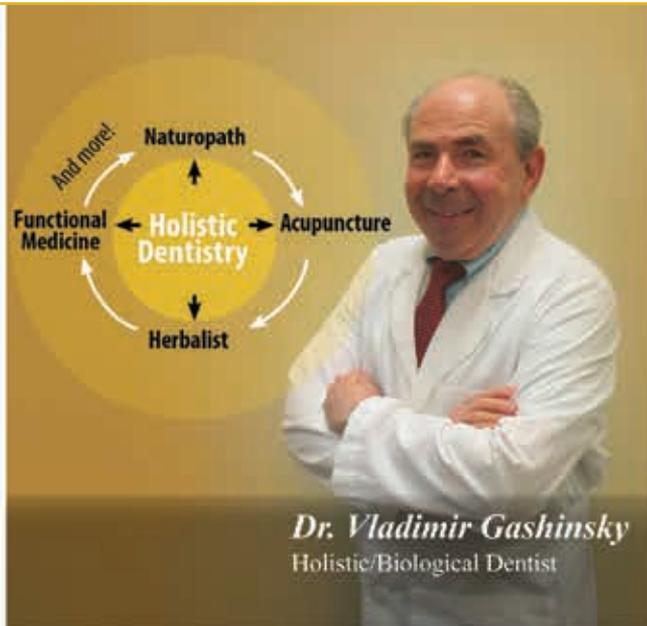
Buy once, use forever.



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

# The Holistic Dental Center

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



*Dr. Vladimir Gashinsky*  
Holistic/Biological Dentist

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

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

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

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

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

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

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

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

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

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**letter from publisher**


Northern New Jersey Natural Awakenings  
 publisher Anil Singh and his wife Vartika

I feel proud, as well as a great responsibility in taking charge of publication of the North New Jersey edition of *Natural Awakenings*, a magazine that I have read for a decade and cherished its contents over the years.

Adapting to changing time ensures the survival of the fittest. We as a society are constantly evolving by changing our individual habits, and one of the habits we have changed is the way we consume information. Historically it was word of mouth, then radio, television and now digitally through our phones. It has opened up so many possibilities—practically the whole world's wisdom and information is on one device. My vision is not only to serve the North New Jersey community with a great printed magazine, but also usher in new digital era for our readers.

One more very important change happening silently is the growing number of Americans moving away from meat and more toward plant-based foods, a change that comes with the promise of glowing health and expanding culinary horizons.

True to *Natural Awakenings'* core values, the current edition focuses on plant-based foods. Even the innovators have joined the movement, and now we have likes of Beyond Burger to soothe the taste buds of meat lovers with plant-based ingredients. A meatless lifestyle promotes healthy life and greatly helps the sustainability of the planet. This may be one of the most important social changes to date, with a very large impact on humanity's overall future.

I'm excited and looking forward to serving my North Jersey community. Please let me hear from you at [Anil@NaturalAwakeningsNNJ.com](mailto:Anil@NaturalAwakeningsNNJ.com).

Anil Singh, Publisher

Coming Next Month

APRIL

**Healthy Home**

plus: Grassroots Climate  
 Crisis Strategies

**natural**  
 awakenings



Natural Awakenings is a family of more than 70 healthy living magazines celebrating 26 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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

### EDITORIAL SUBMISSIONS

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

### CALENDAR SUBMISSIONS

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

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## Auriculotherapy Discounted at Saddle Brook Wellness Center



Complete Wellness Within, a full-service beauty and wellness center, is hosting Earseeds Tuesday Wellness Days from 11:30 a.m. to 5 p.m., March 3, 10, 17 and 31, 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](mailto:Info@CompleteWellnessWithin.com) or visit [CompleteWellnessWithin.com](http://CompleteWellnessWithin.com). See ad, page 10.

## Empowering Survivors of Domestic Abuse

The Nurtured Parent Support Group, a peer-to-peer confidential support group, meets from 10 a.m. to noon at the Center for Hope and Safety, in Rochelle Park. In addition to free confidential weekly meetings, they conduct relevant events with a mission of advocacy and activism. Members are individuals that share a common experience, challenge or future goal. The group believes that healing and growth occurs from personal discomfort coupled with a committed belief that it is our right to a safe, abuse-free, abundant life.



Groups are led by Nurtured Parent facilitators. Each member of a group has an opportunity to share openly whatever it is they feel is burdening them. One facilitator says, "Taking turns, we respect everyone's individual time to share. We understand you have personal reasons for joining us, and you will quickly discover that when you feel safe to share and are fully present to relate to another's personal experience, each of you will walk away gaining something meaningful. Love, compassion, and optimism are great qualities to begin your healing journey."

Location: 12 Overlook Ave., Rochelle Park. For more information, call 201-849-3000 or visit [NurturedParent.org](http://NurturedParent.org).

## Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., March 8 and March 15, with Christine DiDomenico and March 21 with Theresa Obssuth, 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 Obssuth, 201-655-3836 or Christine DiDomenico 845-825-2361 or visit [AccessTheBars.com](http://AccessTheBars.com). See ad, page 2.

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## Beneath the Sea

**B**eneath the Sea, Open March 27 and 28 at the Meadowlands Exposition Center, features travel, diving, and ocean adventure, more than 400 exhibitors, the International Underwater Film Festival, an Ocean Pals program for youngsters, a free marine careers program, scholarships and more than 100 seminars and workshops. This year's show will feature a celebration of the Woman Divers Hall of Fame, along with a visit from Jake and The River Boys.



Beneath the Sea, Inc. is a nonprofit, volunteer membership organization, recognized internationally as a source of education about the ocean environment. Its mission is to provide continuing education to the recreational diver community, to educate the public in the benefits of protecting the ocean environment, and to support ocean and environmentally-related projects and charities.

Admission is \$35 and up. Location: 355 Plaza Dr., Secaucus. For details, call 201-330-7773 or visit [BeneathTheSea.org](http://BeneathTheSea.org).

## Celebrate the Spring Equinox with Lois Kramer-Perez

**F**eng shui master Lois Kramer-Perez will offer a guided meditation and sound healing session for the spring equinox from 7 to 9 p.m., March 20, in Paramus.



No meditation experience is necessary. Participants are invited to bring any crystals, objects or photos that they would like energized and cleared. Light refreshments such as water and tea will be provided.

She will guide participants through the meditation exercises using special words and to experience the excitement of a new spring. There will also be the ultimate sound experience with crystal bowls to help the group expand their energy, invoke inspiration and connect to their pure essence.

Cost: \$47 through Mar. 18 or \$54 after. Location: Paramus. For address and more information, register (required) at 201-906-5767, [Lois@LoisKramerPerez.com](mailto:Lois@LoisKramerPerez.com) or [LoisKramerPerez.com/my\\_events](http://LoisKramerPerez.com/my_events). See ad, page 17.

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## New to CBD? Have Questions?



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**\*New\* Wellness Center for Women in Saddle Brook**

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*Naturopathic Doctor, Certified Nutritionist, and Nutritional Therapist*

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## news briefs

### Learn Why Lymphatic Drainage is Important

Catherine Perman, LMBT, CMLDT, owner of Body Therapeutics, will give a lecture, Manual Lymph Drainage: Garbage Out, Wellness In! at 2 p.m., March 20, at the Tenaflly Senior Center.



Manual lymph drainage therapy (MLD) is a gentle, safe, light-touch therapy that stimulates the purging of the lymphatic system of stagnant waste, bacteria and toxins. The lymphatic system is a virtual road map, designed to detox bodily wastes and other impurities that sometimes collect and stagnant in the body.

“A healthy, viable lymphatic system ensures that the body can successfully drain the accumulated waste products to rejuvenate and heal unhampered thus boosting your overall immune system,” says Perman. “Learn how MLD can help over 30 common ailments and help restore the natural internal cleansing system of your body to allow for self-healing, better health and wellness.”

*Location: 20 S. Summit St., Tenaflly. For registration (required) and more information, call 201-569-2159 or visit [iahp.com/Catherine-Perman](http://iahp.com/Catherine-Perman).*

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**EnergeticNourishment.com**

### Woodworking Show at the Meadowlands

The Woodworking Show at the Meadowlands Exposition Center, Harmon Meadow, Secaucus, runs from noon to 6 p.m., March 6, 10 a.m. to 6 p.m., March 7, and 10 a.m. to 3 p.m., March 8, providing woodworkers with an outlet for their passion through tools, education and the unique sense of community of a hands-on-trade show. Visitors can ask questions, see the tools up close, see them demonstrated and even try them out.



out for yourself, and of folks who really know the facts and who will be happy to show you the answers.

There will be many seminars given by nationally renowned woodworking experts. Local woodworking organizations and schools are also well represented, offering a good way to meet other woodworkers in the area.

*Admission is \$14 at the gate, \$12 online. Location: 355 Plaza Dr., Secaucus. For more information, call 765-287-1256, ext. 272, or visit [TheWoodworkingShows.com](http://TheWoodworkingShows.com).*

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## Maple Sugaring and Pancake Brunch



The Tenafly Nature Center is offering opportunities from 2 to 3 p.m. and 3:30 to 4 p.m. from March 1 through 22 to see and learn about maple sugaring, concluding with a pancake brunch on March 29 at the center to sample the maple syrup that is produced. Seating will be avail-

able on the half-hour between 10:30 a.m. and 12:30 p.m. Fresh fruit, coffee and hot cocoa will be served with pancakes.

All ages are welcome to learn to identify a maple tree and how to gather sap; discover the history of syrup making and how technology has changed the way we gather sap over the centuries. Participants will tap a tree and see how to boil down the sap to make fresh, warm maple syrup for all to taste.

*Admission is \$30 for a family, \$10 for a single adult, \$15 for a member family, \$5 for a single adult member, and children under 2 are free. Preregistration is required. Location: 313 Hudson Ave., Tenafly. For more information, call 201-568-6093 or visit [Tenafly-NatureCenter.org](http://Tenafly-NatureCenter.org).*

## Safe Babysitter Training

The Hackensack University Medical Center Safe Sitter class from 8:30 a.m. to 3 p.m., March 28, at the David and Alice Jurist Research Building, is designed especially



for young teens in grades six to eight. The class covers safety skills, child care skills, first-aid and rescue skills, and life and living skills. Because for many young sitters, it will be their first earning job, the curriculum includes business skills.

The center has established a special protocol for drop off and pick up of children. Students should bring a brown-bag lunch, snacks and drinks to class so there will be no need to go out for lunch or breaks. The student sitters should wear comfortable clothing and bring a light sweater or sweatshirt to the class. The fee includes student manuals and a completion card. Need-based scholarships are available

*Registration (required) is \$75 at [cprtraining@hackensackmeridian.org](mailto:cprtraining@hackensackmeridian.org). Location: 30 Prospect Ave., Hackensack. For more information, call 551-996-2401.*

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## Take Folic Acid to Reduce Stroke Risk



Researchers from Beijing Geriatric Hospital, in a meta-analysis of 12 studies involving 47,523 patients with cardiovascular disease, found that those that supplemented with folic acid (vitamin B<sub>9</sub>) reduced their risk of stroke by 15 percent. Folic acid, which

the study authors called a “safe and inexpensive therapy,” lowers levels of homocysteine, an amino acid linked to heart disease; research indicates that 0.5 to 5 milligrams daily can reduce homocysteine levels by approximately 25 percent.

## Practice Yoga to Help the Brain

It's long been known that vigorous, sweaty aerobics strengthen the brain and help grow new neurons, but the latest research from the University of Illinois at Urbana-Champaign shows that practicing gentle hatha yoga enhances many of those same brain structures and functions. The analysis, published in *Brain Plasticity*, examined 11 studies that used brain-imaging techniques to evaluate outcomes of hatha yoga, which involves body movements, meditation and breathing exercises. The researchers concluded that the hippocampus, which is involved in memory processing and typically shrinks with age, increased in volume with yoga. The amygdala, which helps regulate emotions, tends to be larger in yoga practitioners. Other brain regions that are larger or more efficient in enthusiasts are the prefrontal cortex, essential to planning and decision-making; the default mode network, involved in planning and memory; and the cingulate cortex, which plays a key role in emotional regulation, learning and memory.



## Balance Water Consumption for Cognitive Health

Drinking either not enough or too much water can decrease cognitive performance in older women, Penn State University researchers reported in the *European Journal of Nutrition*. In a nationwide study, 1,271 women and 1,235 men over age 60 gave blood samples, answered questionnaires about the previous day's food and drinks, and performed cognitive tests to measure working memory, brain processing speed and sustained attention. Women, but not men, performed more poorly if they were not in the “sweet spot” of just enough hydration, typically around two liters a day. “As we age, our water reserves decline due to reductions in muscle mass, our kidneys become less effective at retaining water and



hormonal signals that trigger thirst and motivate water intake become blunted,” explains lead author Hilary Bethancourt, in urging greater attention to hydration levels.

## Catch Some Rays to Boost Gut Health

Fresh evidence is emerging of a skin-gut axis that links type B ultraviolet (UVB) exposure to the microbiome, a finding that has implications for those suffering from autoimmune and inflammatory diseases. University of British Columbia researchers divided 21 healthy young women into two groups: Nine took vitamin D supplements during Vancouver's long, dark winter, and 12 didn't. After three months, only the non-supplement-takers tested as being deficient in vitamin D. Both groups were exposed to three, one-minute, full-body UVB light sessions; within a week, vitamin D levels increased 10 percent on average and the gut microbiota diversity of the low-D group rose to match that of the sufficient-D group. Along with other probiotic bacteria, *Lachnospiraceae* species, typically low in the guts of people with inflammatory diseases, increased with the UVB exposure.



## Cut Back on Sugar and Carbs to Improve Sleep

Women that toss and turn at night might sleep better if they pass up sugary treats for fruit, suggests a new study from Columbia University. Examining records of nearly 50,000 postmenopausal women in the Women's Health Initiative, researchers found those that consumed a diet high in refined carbohydrates—particularly added sugars and processed grains—were more likely to develop insomnia. Women with a diet that included higher amounts of vegetables, fiber and whole fruit (not juice) were less likely to have trouble sleeping. "When blood sugar is raised quickly, your body reacts by releasing insulin, and the resulting drop in blood sugar can lead to the release of hormones such as adrenaline and cortisol, which can interfere with sleep," explains senior author James Gangwisch, Ph.D.

## Try Vitamins and Garlic to Lower Gastric Cancer Risk

In a rural region of China where gastric cancer is common, researchers found in a two-decade study that two approaches—antibiotics and vitamin/mineral supplements—protected against it. Both methods, as well as a garlic supplement, significantly reduced death rates from the cancer. Peking University Cancer Hospital and Institute researchers enrolled 3,365 residents ages 35 to 64 from 13 villages with symptoms of *H. pylori*, a gut bacteria linked to increased risk of ulcers and cancer. Two weeks of conventional antibiotics treatment reduced the risk of gastric cancer over a 22-year period, and twice-daily supplements of 250 milligrams (mg) of vitamin C, 100 international units of vitamin E and 37.5 micrograms of selenium taken for seven years also reduced gastric cancer incidence. Garlic in the form of 400 mg aged garlic extract and one mg of steam-distilled garlic oil was given to a third group for seven years. All three treatments significantly slashed the gastric cancer fatality rate.



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## Green Flying

### First Commercial E-Plane Makes History



Electric propulsion has long been a goal of aviation manufacturers to lessen the carbon footprint of air travel. On December 11, Vancouver, Canada-based Harbour Air launched the first suc-

cessful test flight of an all-electric aircraft. Founder and CEO Greg McDougall piloted a 1956 de Havilland Beaver seaplane, rechristened the ePlane. Retrofitted with a 750-horsepower magni500 motor by MagniX, it took off from a dock on the Fraser River in Richmond, British Columbia, and flew for four minutes. The certification process will take one to two years. After that, the retrofits of the company's existing fleet of small planes can begin. The challenge for airlines seeking to go green with large aircraft is that current technology leaves electric engines relatively weak for their weight and they have a short battery life, but these factors do not deter Harbour Air, which went carbon-neutral in 2007 and flies mostly short hops in the Northwest.



### Viva Agave Tequila Waste Turned into Bio-Straws

Jose Cuervo, the bestselling tequila maker globally, has initiated an eco-friendly process of

salvaging the leftover agave fibers from its distilling process and upcycling them into a more sustainable alternative to regular plastic straws. The biodegradable drinking straw will decompose up to 200 times faster than regular plastic. Made with an agave bio-based and U.S. Food and Drug Administration-approved composite, the new straws replace about a third of the polymers used in traditional straw production, and at the end of its lifecycle a straw can be consumed by microorganisms to fully biodegrade within one to five years in landfill conditions. The company plans to distribute millions of the straws this year at bars, restaurants and Jose Cuervo events across the U.S. and Mexico.



### Waste-to-Energy 'Matterhorn' Sustainable Power With a Recreational Bonus

Copenhagen has dramatically refashioned the look and function of a power station with a new state-of-the-art, waste-to-power plant that powers 200,000 homes and doubles—actually, sextuples—as a ski slope,

a climbing wall, a viewing tower, a hiking and running trail network, and a bar and restaurant. Named Copenhill, "It is the cleanest waste-to-energy power plant in the world," says architect Bjarke Ingels. "It is a crystal clear example of 'Hedonistic Sustainability' because a sustainable city is not only better for the environment, it is also more enjoyable for the lives of its citizens." The build-

ing, 278 feet tall at its apex, has a glass elevator for viewing the inner workings of how the city's trash is transformed into both electricity and heating, as well as the best view in town of the harbor. It has three ski lifts that serve a one-third-mile course coated with a special "plastic grass" that provides the perfect friction for both skiing and snowboarding. It even features the tallest climbing wall in the world, designed with overhangs and ledges of white, like an icy mountain. Ingels says 97 percent of Copenhagen residents get their heating as a byproduct of energy production from an integrated system in which the electricity, heating and waste disposal are combined into a single process. Copenhagen has a goal of becoming the world's first carbon-neutral city by 2025.



### Sunscreen Sanction

#### Palau Bans Chemicals to Save Reefs

Palau is the first country in the world to ban ecologically harmful sunscreens containing oxybenzone and octinoxate. Studies have found the ingredients cause coral DNA to mutate in the larval stage, which prevents coral from growing properly and makes it more susceptible to bleaching. Palau, with a population of about 20,000 people spread across 340 islands between Australia and Japan, is a diving hotspot for tourists, and one of its lagoons has been named an official UNESCO World Heritage Site. President Tommy Remengesau says, "We have to live and respect the environment, because the environment is the nest of life."

## Instant Home

### 3D-Printed Buildings on the Rise



ICON, an Austin-based startup, built the first permitted 3D-printed house in the U.S. in its hometown in 2018. Since then, the company has built a small neighbor-

hood in Mexico and launched its Vulcan II printer, which can produce houses measuring up to 2,000 square feet. San Francisco-based Apis Cor is another company in the 3D-printing space: It has just completed a two-story, 6,900-square-foot building in Dubai and it plans to build a demonstration house in Santa Barbara, California, this year. Another tech startup, *Haus.me*, has opened an assembly plant in Reno, where it plans to ship its first off-the-grid models to buyers in Nevada, California and Arizona. In the Netherlands, a consortium of companies has set up a factory with 3D-printing machines that use concrete; it plans to supply materials for five homes to be built in the city of Eindhoven. The upside of using 3D-printing techniques for building houses include lower cost, less waste and reduced construction time—six weeks versus six months. Current barriers include a lack of regulation and building codes, and a limit on the types of materials that can be used. The process is limited largely to plastics and concrete, and homes requiring wood or steel still need to use traditional methods.

## Soothing Scents

### Smells of Nature Lower Physiological Stress

In a virtual reality experiment, people recovered faster from a small electric shock when they smelled a mix of natural scents in a forest scene or grass in a park scene than when they smelled diesel or tar in an urban setting. Researchers at the Swedish University of Agricultural Sciences hypothesized that natural environments would reduce stress faster than a non-natural one. After administering the small shock to induce stress, they tracked how quickly participants' skin conductance levels rose and fell in each of the three environments. The pleasant natural scents were the strongest predictor of reduced stress, both during the initial shock response and in recovery, suggesting that odor might have a much more profound effect on reducing stress than sights and sounds. As study coauthor Johan Lundström, a neuropsychologist at Sweden's Karolinska Institute, theorized smell is wired to bypass the thalamus, the brain's switchboard, to go directly to the hypothalamus and olfactory cortex, creating a more immediate response than visual or auditory stimuli.

## Don't Forget About Better Natural Oral Care

by Maria Karameros

Natural consumers often focus on what goes into our mouths, as with the popularity of organic and whole foods, but we may still forget to buy a natural toothpaste. Toothpaste is one of those products that people become accustomed to using a certain brand of, they favor the taste or maybe the memory of seeing it in the house growing up. Even though we don't eat toothpaste, it is very important to think about the ingredients in it. These usually include, triclosan, sodium lauryl sulfate (SLS), propylene glycol and artificial sweeteners such as aspartame. Some of these ingredients are now avoided in the cosmetic industry due to their reputation as carcinogens, but are still found in many toothpastes.



With such risky ingredients, why are so many people still using toothpastes that have them? Sadly, it's because even most popular "natural" toothpaste brands that you can find in supermarkets contain SLS and triclosan. If you desire a truly natural toothpaste, then Sprinjene is the toothpaste for you.

Founder and developer of Sprinjene toothpaste, Dr. Ibrahim says, "I always believed that the world deserves better toothpaste..." With Sprinjene, he has delivered just that. His products are a unique blend of herbs and safe traditional ingredients that are great for oral health and aesthetics. Sprinjene contains a patented formula of zinc and black seed oil. Also called black cumin, black seed oil has been touted as an oral health wonder in Africa and The Middle East for centuries. Some of its uses are as an anti-inflammatory and antibacterial treatment. Another ingredient in Sprinjene, zinc, controls the growth of bacteria, plaque and tartar, while others, like coconut oil, provide added anti-inflammatory and antibacterial benefits. Stevia is used to add a sweet taste without sacrificing quality and safety. Sprinjene is certified cruelty-free, vegan, gluten-free, kosher and halal, and totally free of artificial sweeteners, dyes and preservatives.

Since its launch in 2015, Sprinjene has introduced new formulas for children and sensitive teeth, and lip balms and oral rinses will be coming soon. Current products are now available on Amazon, at Costco.com and Bed Bath & Beyond.

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# HEMP GETS HOT

## Meet the Hardest Working Plant on the Planet

by Julie Peterson

**A** crop that was illegal in U.S. soil for more than half a century is now reaching for the sun. Industrial hemp, the low- or no-THC cousin to marijuana, has created high hopes among farmers, agricultural researchers, manufacturers and consumers. By 2019, America had become the world's third-largest producer, behind Canada and China, where it's been cultivated for 8,500 years.

"It's the fastest-growing ag industry that we've ever seen," says Tara Valentine, hemp specialist at the Rodale Institute, in Kutztown, Pennsylvania. Since hemp's inclusion in the 2018 Farm Bill, Rodale's hemp web page hits have grown 10-fold.

Right now, it's the Wild West of agriculture.

~Dustin Enge

### Better Products

All parts of the hemp plant are useful in multiple ways, and hemp has applications in textiles, construction, bioremediation, technology, nutrition and health,

including cannabidiol (CBD). The seeds are rich in protein, essential fatty acids and vitamins. They can be eaten, ground into flour or pressed for oil that is used for cooking or in body care products.

The stems undergo decortication to separate the long outer fibers (bast) from the short inner fibers (hurd). Hemp hurd makes extremely durable hempcrete for construction, absorbent and dust-free animal bedding or pellets for heating stoves. An exponential rise in the use of

hemp is expected because it can replace products made from paper, wood, plastic, cotton and fossil fuels.

"Hemp fiber is going to dominate the market once we get to the full manufacturing potential," says Erica Stark, executive director of the National Hemp Association, in Washington, D.C.

The first introductions consumers can expect include hemp paper products, such as plates and toilet paper, and biodegradable hemp bioplastics like cutlery and cups. Construction materials and other products are expected to quickly follow.

### Environmentally Friendly

The Institute of Papermaking and Printing, at the Technical University of Lodz, Poland, did a 2015 study comparing making paper from wood to making it from hemp. Among the findings: hemp takes four months to grow, while trees need 20 to 80 years. An acre of hemp can produce four or more times as much paper as an acre of trees. Hemp paper doesn't need toxic bleaching and can be recycled twice as many times. Other studies concur.

Paper without deforestation would be a major benefit, but it's a minor job on hemp's profound résumé. "Hemp needs to be a part of every climate change conversation, not only because it sequesters huge amounts of carbon during cultivation, but also because construction products made out of hemp will continue

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to sequester carbon for up to 100 years,” says Stark.

Hemp could also help save the depleted soil on U.S. farmland that has been destroyed by tilling and synthetic fertilizers. “We have to rebuild the soil by putting carbon back in and increasing organic matter,” says Valentine. Hemp does this with a massive root biomass that breaks up compacted soils, improves water infiltration and reduces runoff and erosion.

Fast-growing hemp naturally suppresses weeds, needs no pesticides and isn’t picky about soil, water or latitude. By comparison, cotton is water-intensive and uses 25 percent of the world’s pesticides.

### Income for Farmers

Used in crop rotation, hemp’s soil-enhancing qualities can increase profits on subsequent crops. While cover crops don’t usually have return value, hemp provides additional revenue streams. But the revenue isn’t quite there yet, because the supply chain isn’t complete. Seed supply, farm equipment, education, processing facilities and manufacturers are all links that are developing simultaneously. “Fiber processing facilities will be available soon. Manufacturers are anxious to start incorporating hemp,” says Stark.

The lack of buyers isn’t deterring farmers. Neither are warnings that current harvesting equipment can spark disaster when hemp fiber wraps around rotating parts, heats up and combusts.

Dustin Enge, a third-generation farmer in Prairie du Sac, Wisconsin, started Honey Creek Hemp in 2017. He planted six acres of hemp. “I think it’s a long-term viable commodity for farmers. Right now, it’s the Wild West of agriculture. Everyone is trying different things,” says Enge, who modified a harvester for hemp. “I spent about two hours harvesting and 20 hours torching the fiber off my equipment.” Even so, he will plant more acres when he knows it will sell.

Behold the sprouting of the hemp industry as an ancient plant takes root in the modern world.

*Julie Peterson writes from rural Wisconsin and can be reached at JuliePeterson2222@gmail.com.*

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# CBD's New Frontier Help for Mental Health

by Julie Marshall

**W**hen Kaye Herbert's husband brought home a free sample of cannabidiol (CBD) oil, she didn't hesitate to give it a try. Having heard about its calming effects, she gave CBD to her three sons, whose atten-

tion deficit hyperactivity disorder made home-schooling difficult due to frequent tantrums and lack of focus. "I didn't expect CBD to be miraculous, but I was surprised that my kids' frustrations were greatly reduced," says the Austin, Texas, mom. "We weren't seeing the severity of meltdowns."

The use of CBD in tinctures, capsules and lotions has grown exponentially, along with the science to prove its efficacy in remediating physical pain. Newer, but equally as robust, is the viability of CBD as a remedy for mental health-related issues, experts say, pointing to anxiety, depression and stress as the top three applications.

However, as an unregulated supplement, CBD presents a challenge for consumers in its ubiquity from CBD-infused pillows to gummies, soaps and even pet food. Discerning purity, dosage and safety are real concerns for those that may grab any bottle off the shelf.

Consumers must become well informed, especially when replacing medications for serious disorders, experts say. But

It's really important for people to know their options and to keep looking for what works for them.

~Peter Bongiorno

for anxiety and emotional well-being, CBD is largely heralded as a safe and natural choice by providers well-versed in CBD, such as Peter Bongiorno, past president of the New York Association of Naturopathic Physicians. "It's really

important for people to know their options and to keep looking for what works for them," he says.

## The Feel-Good Molecule

CBD, a compound extracted from the hemp plant, is appealing because it can raise the level of cannabinoids—feel-good molecules naturally created within the human body. "When we can't sleep or are stressed out, cannabinoid levels go way down," Bongiorno says. While prescription drugs overwhelm the body with adverse side effects, CBD can healthfully bring back balance.

But CBD won't trigger an altered state because there is little to no tetrahydrocannabinol (THC), the psychoactive chemical in marijuana that produces a high, he says, adding that he starts patients at a low daily dose of 25 milligrams.

It's important to talk with a physician about drug interactions, Bongiorno says. For instance, CBD can increase levels of blood-thinning medications, according to a 2017 study published in *Epilepsy & Behavior Case Reports*.

CBD can possibly treat a wide range of conditions, from fear of public speaking to bipolar and post-traumatic stress disorders, but more research is needed, experts say. A 2018 clinical trial published in *JAMA Psychiatry* suggests CBD offers potential in treating psychosis. More recently, researchers in a 2019 case study of 27 patients published by the *Permanente Journal* concluded, "Cannabidiol may hold benefit for anxiety-related disorders."

## Seeds of Hope

The most important step consumers can take to find a safe, quality product is to know where their CBD comes from, experts say. Lara Miller is an organic farmer in Lafayette, Colorado, who in 2017 dedicated a parcel of her two-acre farm to growing hemp for her business, North Field Farmacy. "I added in hemp because it is a dynamic plant that produces fiber, seed and medicine for us humans, all at the same time," she says.

Miller's small, women-owned business grows the leafy plants outdoors in organic soil and harvests by hand. "We test in the field, post-harvest, during extraction and in the final product," she says. "We know our product is clean and pure and potent."

This isn't always the case. A 2017 study published in the *Journal of the American Medical Association* showed that in 84 CBD products sold online by 31 companies, 26 percent contained less CBD than the amount listed on the label.

Miller receives weekly calls from those wanting to purchase her plants and start a CBD business. "What bothers me the most is that not one person has asked how my hemp is grown," she says. "It all feels like a big grab; the integrity isn't there."

Miller continues to decline these requests and spends her days on the farm, where—come harvest time—she, alongside her crew, engages in some visualizations. "We imagine the people suffering who need support and think about how we are growing the plants to help them."

*Julie Marshall is a Colorado-based writer and author of Making Burros Fly: Cleveland Amory, Animal Rescue Pioneer. Connect with her at FlyingBurros@gmail.com.*



# COLD-BUSTERS

## Natural Remedies for Kids

by Ronica O'Hara

**M**arch brings the first whiffs of fragrant spring air, along with a heightened chance of runny noses, coughs, sore throats and congestion in youngsters. The spring and fall months are the most likely times to catch a cold because seasonal allergens inflame nostrils, making it easier for cold viruses to have their way. Although many worried parents reach for cold and cough medicines, antihistamines or even antibiotics, there is little evidence that these ease symptoms or hasten recovery, and they may even cause harm, according to reports from the American Academy of Pediatrics (AAP).

The AAP suggests some natural approaches for symptoms, including sponging for fevers as well as hydration, honey and chest rubs. A metastudy published in *American Family Physician* in 2012 found that treatment with buckwheat honey, Umcka ColdCare, nasal saline irrigation, a vapor rub or zinc sulfate “may decrease cold symptoms in children.” Here are those and some other natural strategies:

**1 Hydration to flush out germs:** “If your child doesn’t like drinking water, add a spritz of lemon, ginger, crushed berries or fruit juice to give it some flavor,” advises Heather Tynan, ND, of Evergreen Naturopathic, in San Diego. A child can also drink coconut water or suck on frozen berries or popsicles.

**2 Honey for sleeplessness and coughs:** Honey can kill both viruses and bacteria, and in a Pennsylvania State University study, a bedtime teaspoon of buckwheat honey beat out dextromethorphan, a cough suppressant used in over-the-counter cold and cough medicines, in helping kids sleep better and cough less. (But don’t give honey to a kid under age 1 because of the risk of botulism.)

**3 Chest rub to ease congestion:** A chest rub can help clear a child’s congestion, but choose natural ingredients like aloe, eucalyptus, lavender and rosemary; that’s a safer bet than the standard mentholated products which can cause breathing problems in toddlers. Natural alternatives are sold at health food stores, and a do-it-yourself version can be made simply by mixing together one cup of coconut oil, 20 drops of eucalyptus oil and 10 drops of peppermint oil.

**4 Essential oils to fight infection:** A combination of five essential oils—clove, lemon, cinnamon bark, eucalyptus and rosemary, commonly known as four thieves—has antibacterial, antiseptic, antiviral and immune-stimulating properties, says Tynan. “Diffuse it in your child’s room, or dilute well (about one to two drops per five milliliters of carrier oil) and apply under their nose, behind their ears and on the back of their neck, on their chest and on the soles of their feet.”

**5 Saltwater gargle for a sore throat:** As soon as anyone in her family shows signs of getting sick, they begin gargling with salt water, says Tangela Walker-Craft, a mother and former teacher in Lakeland, Florida. “Saltwater loosens mucus and flushes bacteria out of the throat. It will also help to reduce swelling,” she says.

**6 Elderberry or Umcka to ease symptoms:** A recent meta-analysis in *Complementary Therapies in Medicine* concluded that elderberry syrup (in stores as Sambucol) reduces the duration and severity of cold and flu symptoms. “The syrup is sweet and delicious, so typically very easy to get children to take,” says naturopathic doctor Kiera Smialek, of Scottsdale, Arizona. Umcka ColdCare, based on the South African geranium, halved cold symptoms in five days compared to a placebo in a University of Chicago study.

**7 Zinc sulfate to shorten a cold:** If taken within the first 24 hours of symptoms, zinc sulfate tablets or syrup can reduce colds by a day or more, studies suggest.

**8 Warming socks to boost immunity:** This odd-sounding strategy “increases circulation, decreases chest congestion and increases the activity of the immune system,” says Smialek. Soak a pair of cotton socks in ice cold water. Wring them out and place them on the child’s feet. Cover them with thick dry socks, ideally wool. Keep them on overnight. In the morning, the wet, cotton socks will be dry.

“Remember, the best remedies for cold and flu are rest and time,” says Tynan. In the meantime, though, steps like these “can help you kick it much faster and reduce some symptoms while you’re doing so.”

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It's not a diet or a fad;  
it's a way of life.

~Ocean Robbins

# THE ROOTS OF GOOD HEALTH

## Thriving on a Plant-Based Diet

by April Thompson

Whether identifying as vegan, vegetarian, pescatarian, flexitarian or other veggie-friendly variant, a growing number of Americans are moving away from meat products and toward plant-rich foods. Most come to a plant-based diet for personal, planetary or animal welfare reasons; however, they stay for the flavorful foods they discover along their dietary journey and the health benefits they reap.

Marly McMillen-Beelman was prescribed medications to alleviate symptoms of irritable bowel syndrome. “I knew I didn’t want to be on prescriptions, so I decided to change my diet, beginning by giving up meat, dairy and eggs. I immediately felt much better and my symptoms went away naturally,” says the Kansas

City, Missouri, author of *The Everything Vegan Meal Prep Cookbook* and founder of Chopped Academy, an online resource for food bloggers. “Now I eat an even greater variety of food than I did before I went vegan.”

While only 3 percent of Americans identified as vegan and 5 percent as vegetarian in a recent Gallup Poll, a 2018 report by restaurant consultants Baum + Whiteman indicates that about 83 percent are eating more plant-based foods.

Embarking on a plant-based diet is a lifelong adventure, but it can take time to adjust. Experts recommend a healthy dose of self-love with the newfound fondness for fruits and veggies. “Give yourself some slack and realize that dietary changes do not happen overnight,” says

April Murray, a registered dietician in Costa Mesa, California. “Start with familiar plant-based foods you already enjoy, and ease into trying new foods, whether tempeh or lentils.”

A plant-oriented diet also can be flexible; health advocates encourage individuals to find a diet that works for them and their families. Leah Webb, the Asheville, North Carolina, author of *Simple and Delicious Recipes for Cooking with Whole Foods on a Restrictive Diet*, has adapted her diet over time to accommodate her family’s health needs. Although Webb has always maintained a plant-rich diet, she began incorporating some animal products when her son was born. “He had severe food allergies and asthma, and needed a more diverse

diet,” explains Webb, whose daughter also has cystic fibrosis. Cutting out grains was a game-changer in “calming down his gut, where most of immune response lies,” says Webb. “He is now off asthma medication and the number of allergens he suffers from has dropped from seven to two.”

Webb’s family eats bountifully from their backyard garden, complemented by meat and produce from local farmers’ markets, where she can be certain the foods were produced sustainably and humanely. “I use meat to flavor soups or accent vegetables, rather than as the star of the show. I like to focus on real flavors, using lots of garlic, herbs and spices,” says Webb.

Murray, author of *The Everything Pegan Diet Cookbook: 300 Recipes for Starting—and Maintaining—the Pegan Diet*, follows that diet, a mash-up of paleo and vegan regimens that focuses on whole, fresh and sustainable food high in healthy fats and vitamins. The Pegan diet eschews refined sugar and highly processed foods, while allowing meat, poultry, fish and eggs, as well as gluten-free grains, legumes and dairy products in small amounts.

“This diet can be helpful to different people in so many ways,” says Murray. “For people with diabetes and blood sugar dysregulation, this high-fiber diet can

Start with familiar plant-based foods you already enjoy, and ease into trying new foods, whether tempeh or lentils.

~April Murray

help lower blood sugar and insulin levels. Heart health will improve, as you’ll be eating less animal products, which can be high in cholesterol and saturated fat. Many individuals also find themselves losing unwanted weight as they get filled up so quickly with these whole foods.”

### Plant-Based Nutrition Made Easy

While some worry about getting sufficient nutrients on a largely plant-based diet, nutrition experts say these fears are unfounded. “People think they need to calculate every nutrient, but if you eat a plant-centered, whole-foods diet, you will get every vitamin and mineral you need to thrive,” says Ocean Robbins, co-founder of the Food Revolution Network and author of *The 31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World*. Legumes, nuts and seeds are all healthy, abundant sources of protein and iron.

Reed Mangels, author of *Your Complete Vegan Pregnancy: Your All-in-One Guide to a Healthy, Holistic, Plant-Based Pregnancy*, busts the myth that cow’s milk is a must for growing bones. “Calcium, vitamin D and protein are the nutrients we usually associate with bone health. One easy way to get all three is a soy-based or pea protein-based plant milk that is fortified with calcium and vitamin D,” says Mangels, adding that green vegetables like kale, bok choy, collards and broccoli are great sources of calcium.

“Eating the rainbow’ is great way to make sure you’re consuming a variety of nutrients,” offers London-based Ben Pook, who co-authored the cookbook *So Vegan in 5* with his partner Roxy Pope. “Many vitamins, minerals and antioxidants bring their own distinctive colors to fruits and vegetables, so preparing colorful meals is a simple way of getting as many nutrients into your diet as possible.”

### Getting Social

Dietary changes can be challenging to navigate initially, particularly when faced with social situations ranging from family gatherings to cohabitation. Having a good plan going into such situations can help ease the transition, say experts. “Never show up to an event hungry. You will be more likely to make a good decision if you

## Plant-Based Primer

Navigating the lexicon of plant-based diets can be tricky, and choosing a diet even trickier. Here’s a brief guide to some of the commonly used terms.

**Flexitarians** eat a mainly vegetarian diet, but will consume meat on occasion.

**Pegans** (a term coined by Dr. Mark Hyman, who follows the diet) focus on eating vegetables, fruits, nuts, seeds, meat, fish and eggs, while avoiding dairy, grains, legumes, sugar and processed foods.

**Pescatarians** like radio host Howard Stern eat fish, seafood and other forms of animal products such as dairy, but don’t eat other forms of meat such as chicken, beef or pork.

**Plant-based diets**, followed by celebrities like Ben Stiller, consist mostly or entirely of foods derived from plants, including vegetables, grains, nuts, seeds, legumes and fruits, with few or no animal products.

**Vegans** don’t consume any animal products, including eggs, dairy, honey or gelatin. Famous vegans include Ellen DeGeneres, Betty White, Beyonce, Bill Clinton, Madonna and Venus Williams.

**Vegetarians** refrain from meat and seafood, but will consume dairy or other animal byproducts such as honey. Well-known vegetarians include Albert Einstein, Arnold Schwarzenegger, Doris Day, Jane Goodall, Kristen Wiig and Prince.



are nourished. On the way there, remind yourself why you are making the transition to plant-based eating,” suggests Murray.

“I call myself a secular vegan because I don’t have a dogmatic approach to the way I eat. If I go to a family dinner and someone has made something special for me, but they used a non-vegan cheese, I will respect my family member’s effort and eat some of it. These situations will pop up from time to time, and the more you can be compassionate with yourself, the better,” says McMillen-Beelman.

“If you are living with people who are not joining you in making a dietary shift, agree to respect each other’s choices. Make it a shared learning journey rather than a power struggle,” says Robbins. For example, he suggests making a vegetarian base and allowing those that want animal products to add them as toppings. A burrito bar can accommodate all diets by allowing people to add their own fixings to a base of beans and tortillas, whether those be dairy options like cheese and sour cream or vegan-friendly guacamole and salsa.

For families with kids, being flexible and inclusive can help make changes feel more positive and sustainable. “We never eat processed foods at home, but parties are that time I tell my kids they can eat

I call myself a secular  
vegan because I don’t  
have a dogmatic approach  
to the way I eat.

~Marly McMillen-Beelman

whatever they want,” says Webb.

“Get your children involved, so that they are more engaged in the eating experience. Let your children pick out recipes or snacks for the week. Make the food look pretty and it will taste more satisfying,” adds Murray.

### Plant Prep Made Easy

Plant-based chefs have plenty of kitchen hacks for making food prep and planning fun and easy. Robbins suggests finding go-to recipes to put on repeat. “Your prep time goes down a lot as you make the same dish, and the familiarity will help you develop lasting habits around new food patterns,” he says.

Webb incorporates a healthy protein, fat and vegetable into every meal, even breakfast, but cooks in batches and freezes portions or repurposes leftovers to simplify mealtimes. “You’ll get burned out if you try to cook something from scratch every meal,” says Webb. “We eat a lot of eggs

because we raise chickens, so I’ll do baked frittatas I can reheat during the week.”

Advance meal prep can take the pressure off busy times like the weekday breakfast rush, adds Robbins. One of his favorite breakfasts involves soaking oats and chia seeds overnight, which he tops in the morning with some unsweetened soy or coconut milk, chopped banana, frozen blueberries, and a dash of maple syrup, vanilla and nutmeg. “It’s full of omega-3 fatty acids, protein, antioxidants and phytonutrients,” he says.

Webb encourages people to get out of their food comfort zones by experimenting with approximate ingredients, like swapping kabocha or honeynut squash for butternut squash.

Robbins also suggests making social connections with others on the same path by cooking them a meal, organizing a meal swap or sharing extras. “It’s not a diet or a fad; it’s a way of life. Start where you are and remember it’s not about perfection, it’s about progress. Have love, dignity and compassion toward yourself and others along the journey,” he says.

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

## Tips to Stay on the Plant Track

**M**any new regimens begin with gusto, only to be abandoned because old diets die hard. Here are some expert tips for eating well over the long haul.

“Find plant-based options at your favorite restaurants, and be open to new flavors. I promise you, your taste buds will change,” says April Murray, dietician and author of *The Everything Vegan Diet Cookbook*. To keep the momentum and inspiration going, follow plant-based chefs on social media, she adds.

When switching to a plant-based diet, some miss the rich, fatty flavors found in meat, says Ben Pook, co-author of *So Vegan in 5*. “The trick we found is using ingredients rich in umami, which is a flavor commonly found in meat. One

of our favorites is miso paste (fermented soybeans), which has an intense savory taste. We often add it to stews, pies and even pastas to deliver more depth of flavor. Soy sauce and porcini mushrooms are also a great substitute.”

“Sustainable change doesn’t happen overnight. If not sure what to cook, start with one big salad a week. When you get the hang of that, add in something else, like prepping snacks from scratch. Small things add up over time,” says Leah Webb, author of *The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook*.

“Seek out loved ones who share your food values and nurture those relationships. You might be surprised how many people around you are also quietly trying

to achieve similar goals,” says Ocean Robbins, founder of the Food Revolution Network.

“We put a lot of pressure on ourselves when we first switched to a plant-based diet. Shopping for vegan food and eating out at restaurants felt very overwhelming, and we found ourselves spending hours checking food labels. We’ve come to realize that veganism isn’t black or white and encourage others not to worry about making mistakes along the way,” shares Pook.

If we can’t resist temptation on occasion, that’s okay too, Murray says. “That one unhealthy meal won’t undo all the hard work you’ve put in. Get right back on track the next morning. Positivity is key.”

## eco tip

# Eating Greener

## Tips for Plant-Based Living

Eating more fruits and vegetables as part of a plant-based diet is catching on. In 2019, more than one third of Americans said they plan to incorporate more plant-based foods into their diets to achieve their wellness resolutions, according to data company YouGov. For those new to “green eating”—and even for veggie-minded veterans—lots of helpful information is available now on what to consider in buying, preparing, re-using and discarding food.

The Environmental Working Group's website at [ewg.org/foodnews](http://ewg.org/foodnews) makes it easy to research pesticide levels in produce. Check out the Clean Fifteen and Dirty Dozen—the most toxin-free and toxin-heavy fruits and vegetables—along with related news and developments.

Home deliveries of local and organic produce can save time and gas consumption from shopping. Some of the leading regional services include Fresh Direct ([FreshDirect.com](http://FreshDirect.com)), Sun Basket ([SunBasket.com](http://SunBasket.com)), Green Bean Delivery ([GreenBeanDelivery.com](http://GreenBeanDelivery.com)), Irv & Shelly's Fresh Picks ([FreshPicks.com](http://FreshPicks.com)) and Territory Foods ([TerritoryFoods.com](http://TerritoryFoods.com)).

Composting combines food scraps with lawn and garden trimmings and more into a nutrient-rich, natural garden fertilizer. A useful guide to composting basics by the Environmental Protection Agency can be found at [epa.gov/recycle/composting-home](http://epa.gov/recycle/composting-home).

The phenomenon of food scrapping—using the parts of produce in recipes that are often thrown out—saves money in shopping, is easier on the environment and pleasingly leads to creative and innovative meals. A number of cookbooks are dedicated to the subject, including *Cooking With Scraps: Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals*, by Lindsay-Jean Hard and *Scraps, Peels, and Stems: Recipes and Tips for Rethinking Food Waste at Home*, by Jill Lightner.

Plant-based foods can be swapped for traditional ingredients in countless recipes. [MotherEarthLiving.com](http://MotherEarthLiving.com) explains how aquafaba—the water from a can of beans—can replace egg whites, even in meringues. Bananas, applesauce and ground flaxseeds or chia seeds can substitute for eggs to bind baked goods. Coconut oil can replace butter and nutritional yeast can do the job of parmesan when sprinkled on pasta.



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# Meatless Makeover

## A Plant-Based Spin on Classic Dishes

by April Thompson

When contemplating a shift toward a plant-based diet, some may prematurely mourn the loss of their favorite meaty classics. Luckily, enterprising vegan chefs have experimented with flavors and textures that will lure almost any palate into loving a plant-based version of their favorite dishes without resorting to processed foods.

“Plant-based versions of classic dishes offer all the nutritional benefits of plants without the cholesterol and saturated fats from animal products,” says chef and author Marly McMillen-Beelman. “You don’t have to abandon all your favorite foods to become vegan—just veganize them.”

The Kansas City chef makes carrot “dogs”, for example, by roasting carrots in a savory mix of tamari, agave, miso, paprika and garlic for a cookout-worthy treat. McMillen-Beelman’s cookbook *The Everything Vegan Meal Prep Cookbook* also offers many bean- and legume-based versions of classic sandwiches, like a vegan “Big Mac” with quinoa and pinto beans; a burger made from oats, black beans and pecans; meatballs from tofu and lentils; and a chicken salad based on tempeh, a

fermented, soy-based, high-protein product with a nutty flavor.

“A lot of people like using tempeh, tofu or jackfruit for a meaty texture. It needs to be well seasoned, but so does meat,” suggests Ocean Robbins, author of *The 31-Day Food Revolution: Heal Your Body, Feel Great, & Transform Your World*. “To mimic cheese, some combination of nuts and nutritional yeast, cultured nut cheeses or plant-based milks works nicely.”

McMillen-Beelman likes using jackfruit for a “pulled pork” sandwich or taco, the tropical fruit being packed with vitamin C, protein, calcium, potassium and iron. Her slow-cooked version leans on whole-food ingredients, including pear and cranberries, to add natural sweetness and phytonutrients. “I use canned jackfruit because it’s much easier to find and cook with than the expensive jumbo whole fruit,” she says.

Ben Pook, the London co-author with Roxy Pope of *So Vegan in 5*, says mushrooms lend substance and umami flavor to vegan dishes such as a mushroom, sage and onion Wellington as a

Vegan food doesn’t need to be expensive, boring or complicated.

~Ben Pook

substitute for the classic beef Wellington. “We use portobello mushrooms for their meaty texture, which we surround with a sage and onion stuffing—all wrapped in vegan puff pastry to create a centerpiece worthy of any dinner party,” says Pook, whose cookbook features dozens of plant-based recipes that contain only five ingredients each, such as a broccoli alfredo with cashews, broccolini, tagliatelle pasta, nutritional yeast and garlic.

Nuts can also work wonders in a vegetarian dish, such as Pook and Pope’s walnut meat tacos, which blend toasted walnuts together with spices like cumin, paprika, garlic and chili powder to create a mince-like texture built into a taco with toppings galore.

Many classic dishes can also be adapted by simply leaving out the meat and letting the spices, herbs and vegetables shine through; for example, in a vegan shepherd’s pie, go with penne pasta with red sauce or a garlicky pesto with extra nuts, greens and olive oil in lieu of cheese.

Sweet tooth cravings can be satisfied with healthy, plant-based versions of classic desserts, substituting aquafaba (the starchy liquid left over from canned beans) instead of frothy egg whites, or olive oil or avocado for butter.

Nut butters can also add a touch of richness to a dish, whether sweet or savory. “I love making a peanut coconut milk curry soup with onions, mushrooms and bok choy, with peanut butter, lime juice and soy sauce blended into the coconut milk for a luxurious flavor and texture. It’s great over potatoes, quinoa or rice,” says Robbins.

“Vegan food doesn’t need to be expensive, boring or complicated,” Pook says. “There really are endless possibilities when it comes to cooking with plants, so don’t be afraid to experiment and create your own twist.”

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

# Magical Meatless Meals

## Walnut Meat Tacos

Yields: 4 servings

### Walnut meat:

- 14 oz walnuts
- 1 Tbsp smoked paprika
- 2 tsp chili powder
- 1½ Tbsp ground cumin
- 3 garlic cloves
- 2 tsp balsamic vinegar
- 2 tsp maple syrup
- 2.5 oz sun-dried tomatoes in oil
- Sea salt

### Black bean mixture:

- 9 oz canned sweet corn
- 14 oz canned black beans
- Sea salt and pepper
- ½ lime
- Handful of fresh cilantro

### Salsa:

- 9 oz cherry tomatoes
- 1 green chili
- 1 red onion
- 1 lime
- Handful of fresh cilantro
- Sea salt and pepper



### To serve:

- 2 avocados
- ½ lime
- 8-10 small corn tortillas
- Vegan yogurt

Toast the walnuts in a pan over a medium heat for 6-8 minutes or until they begin to smoke. Keep an eye on them and stir occasionally to prevent them burning. Then peel and dice the garlic and add it to the walnuts along with the smoked paprika, chili powder and ground cumin. Stir to coat the walnuts in the spices, then cook for 2 minutes.

Meanwhile, drain and rinse the black beans and sweet corn. Transfer them to a separate pan and stir in a generous pinch of salt and pepper, as well as the juice from the lime. Heat through for 5 minutes on a medium

heat. Remove the pan from the heat, roughly chop the cilantro and stir it into the beans and sweet corn.

Add the cooked walnuts, garlic and spices to a food processor along with the balsamic vinegar, maple syrup, sun-dried tomatoes (drain as much oil as possible) and a pinch of salt. Process for a minute or two until the walnut mixture turns into a mince-like texture.

Next, prepare the salsa by slicing the cherry tomatoes into quarters and transfer them to a mixing bowl. Peel and dice the red onion, slice the chili (leave the seeds in if spicy is preferred) and roughly chop the cilantro leaves, adding all to the mixing bowl. Squeeze the juice from the lime into the bowl, along with a generous pinch of salt and pepper, then stir to combine. Meanwhile, heat through the tortillas in a pan over a low-medium heat.

Slice the avocado in half and remove the pit. Scoop out the flesh and mash it in a bowl along with juice from half a lime.

When you're ready to assemble your tacos, spoon a few tablespoons of the walnut mixture on top of a tortilla, followed by the bean mixture, salsa and a dollop of mashed avocado. Top with a drizzle of vegan yogurt. Repeat for the remaining tacos.

Adapted from *So Vegan in 5* by Roxy Pope and Ben Pook.

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

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# Why Thyroid Disease Is Often Undiagnosed

by Doug Pucci

Because of the overlap of symptoms in many hormone, metabolic and autoimmune diseases, many patients are not aware they have some form of thyroid disease. The American Thyroid Association states that approximately 20 million Americans have thyroid disease, with an estimated 60 percent of the population unaware of it. Women are between five and eight times more likely to develop a thyroid problem than men, pointing to a correlation between thyroid and hormone imbalances. About one in eight women will have some type of thyroid disease in her lifetime.

One reason thyroid symptoms are often overlooked or misinterpreted is because they can be the same as or similar to familiar signs of aging: weight gain, constipation, brain fog, cloudy thinking, insomnia and heart palpitations. Early symptoms of both hypothyroidism (underproduction of T3 and T4 hormones) and hyperthyroidism (overproduction of T3 and T4 hormones) can seem like something relatively innocuous or like a different health problem altogether.

For example, a woman that starts gaining weight but hasn't changed her diet, feels tired and has some trouble focusing on tasks may write all this off to normal aging. However, she may actually be experiencing some early signs of hypothyroidism. On the other hand, someone experiencing increased heart rate, fatigue,

The fact is that simply testing TSH levels isn't enough; instead, a functional medicine approach would take into consideration a far more comprehensive workup, including testing cortisol levels, hormone imbalances, nutrient and mineral deficiencies, and gut health.

weight loss and is having difficulty sleeping (among a number of other possible symptoms) may attribute these symptoms, individually or in combination to something else because hyperthyroidism shares the same symptoms as other diseases and disorders.

If symptoms aren't severe and don't impact someone's lifestyle, thyroid disease is still a health risk because undiagnosed thyroid disorders are factors in infertility, osteoporosis and heart disease. Diagnosing thyroid disorders as a root cause of disease offers a better chance of managing, reversing, and avoiding serious health risks.

Patients that have experienced some thyroid symptoms are often met with a risky "wait and see" approach. That doctor runs a standard blood test that includes thyroid stimulating hormone (TSH). The marker is within normal range. No further explanation is offered other than to come back later. The patient leaves disheartened without a primary diagnosis.

The fact is that simply testing TSH levels isn't enough; instead, a functional medicine approach would take into consideration a far more comprehensive workup, including testing cortisol levels, hormone imbalances, nutrient and mineral deficiencies, and gut health. It would consider medications, lifestyle factors, medical history and more to paint a complete picture of what's really going on inside. Only then can a true solution be reached. TSH levels aren't the end of the story, they're just the very beginning.

*Dr. Doug Pucci adheres to a functional medicine approach and believes in treating underlying, root causes of disease using nutrition, advanced testing and hands-on clinical expertise. For more information, call 201-261-5430 or visit [GetWell-Now.com](http://GetWell-Now.com). His free *Thyroid Report* is available at [ThyroidRecoveryFormula.com](http://ThyroidRecoveryFormula.com). See ad, page 3.*



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# VEGAN FITNESS

## A Healthy Choice for Body and Planet

by Marlaina Donato

**T**ennis champion Venus Williams and New England Patriots star quarterback Tom Brady are among the athletes that opt for healthy, plant-dominant diets to reach their personal best, a trend that belies some misconceptions about what it means to be vegan. “Going vegan implies a larger, lifestyle choice based on personal ethics, but athletes report that they just feel better,” says Brenda Carey, editor-in-chief of *Vegan Health and Fitness Magazine*. “They’re also surprised at how well they put on muscle after making this dietary change.”

A balanced vegan diet can provide everything an active body needs for muscle mass, stamina and recovery while lowering the risk of heart disease. A 2018 meta-analysis of 40 studies published in the peer-reviewed journal *PLOS One* concludes that a plant-powered diet fosters a healthier cardio-metabolic profile. According to Dutch researchers, amping up nutrition from plants may also lower the risk of insulin resistance and Type 2 diabetes. Devotees report unexpected perks.

“I recover faster. I also have more natural energy without the need for caffeine and reduced inflammation, as confirmed in blood tests,” says Matt Tullman, managing partner of the community-building

website *NoMeatAthlete.com* and CEO of vegan supplement maker Complement, in Boulder, Colorado.

### Nutritional Superpowers

Bolstering the diet with foods like quinoa, chia seeds, nut butters and vegan energy powders, as well as combining foods for a more complete protein profile, is important. For example, pairing whole-grain rice with beans makes a complete protein, says Stefanie Moir, international vegan fitness coach and founder of *VeganAesthetics.co.uk*, in Glasgow, Scotland.

“Eating a wide variety of foods across the plant kingdom ensures that you reach your fitness goals,” says Moir, who trains six days a week and opts for a breakfast of oats with nut butter and chia seeds. “If you want a ‘superfood’ component, you can add cacao powder for antioxidants and a great chocolate taste.”

Tullman acknowledges that there are some exceptions to protein requirements—especially for the elderly, individuals with certain chronic diseases and pregnant women—but he notes that daily protein needs are less than we’ve been conditioned to believe. “If you track your macronutrients through a day, you’ll find that you’re getting adequate protein.”

Professional bodybuilder Torre Washington, in Tamarac, Florida, keeps it simple. “We’re all unique individuals, so it’s up to each person to test things without fear of lack.” The National Academy of Sports Medicine-certified coach loves antioxidant-rich blueberries, filling apples and potassium-packed bananas, and tends to choose calorically lower, nutritionally dense foods during periods that he’s competing.

Carey suggests vegan meal delivery services as an option and vegan-friendly restaurants in a pinch, but attests to an easy system of meal prep for consistency. “Some people like to meal prep one day a week—cooking brown rice, quinoa and chopping veggies. This way, you can just throw it together when it’s time to eat,” she says. “You can also eat more simply and throw a bunch of yummy fruits or veggies into the blender for smoothies or soups.”

For added fortification, some experts recommend supplementing with vegan sources of vitamin B<sub>12</sub>, especially for active women in their child-bearing years and older individuals, because B<sub>12</sub> absorption is compromised as we age. Adding a vegan source of vitamin D is also a wise choice if exposure to natural sunlight is not adequate.

### The Big Picture

For the vegan athlete, workout gear that doesn’t contain wool or leather is the way to go. “Making conscious choices expands beyond your plate, and a lot of brands have vegan-friendly shoes,” says Moir.

“The difference between ‘plant-based’ and ‘vegan’ has to do with ethical motivations and treatment of animals,” says Tullman. “Natural fibers such as cotton and synthetic fabrics like polyester are fine.”

The path of vegan fitness can not only offer health benefits, but also a personal connection to the Earth. “It’s given me an opportunity to share my journey with others and to allow them to reach their own specific goals,” says Washington. “Mentally, it’s given me more depth of thought and spiritually connected me with the ‘YOUiverse’ as a whole.”

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



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# Kibble Quandary

## A Fresh Look at Pet Food

by Julie Peterson

**E**ating healthy is a family affair, and that includes the family pet. However, what works for humans may be less than optimal for Fluffy or Fido, as each requires a species-specific, nutritionally balanced regimen. Most pet parents opt for commercial dog or cat food that comes in a bag or a can, but many are beginning to consider more natural options. “Kibble is often the most economical way to feed your pet. But its processed state makes it the least optimal,” says Angie Krause, DVM, at Boulder Holistic Vet, in Colorado.

Canned food is also heavily processed and potentially toxic. In 2017, Clean Label Project, a nonprofit testing laboratory, completed a study of 1,084 pet food products, screening them for more than 130 toxins and contaminants linked to cancer and other conditions. Results showed cadmium, a heavy metal, in 94 percent of the products, along with arsenic and lead.

**We are seeing more cancer, neurologic conditions and kidney disease, and there is evidence that the increase in these diseases may be due to harmful ingredients in commercial, meat-based foods.**

~Armaiti May

Contaminants aren't the only concern. “Up to 50 percent of commercial foods are composed of meat meal and by-products,” says Armaiti May, DVM, owner of Dr. May's Veterinary House Calls, in Los Angeles.

These can include meat from dead, dying, diseased or disabled animals, and even rendered dogs and cats from animal shelters, says May.

“We are seeing more cancer, neurologic conditions and kidney disease, and there is evidence that the increase in these diseases may be due to harmful ingredients in commercial, meat-based foods.”

### Healthy Alternative Diets

Owners that switch from commercial foods report their animals display thicker coats, brighter eyes and greater energy. However, dogs and cats require specific ranges of vitamins, minerals, fats and carbohydrates, so it's important to ensure that nutritional needs are met and a healthy balance is maintained.

## ■ Home-Cooked

Pet food recalls have prompted some families to start cooking for their charges, but it's not as simple as sharing the family dinner. "There are online calculators that can help you create and balance recipes for dogs and cats. Balancing a diet can be tedious and often requires added supplements," says Krause.

Seeing a four-legged friend thrive was worth the extra time and cost for Yvonna Stamp-Agent, a homemaker from Rockvale, Tennessee. Emma, a schnauzer mix, suffered from itchy skin, anal gland leakage, kidney crystals, vomiting and other problems. "We switched to home-cooked wild salmon and flounder protein with fresh organic vegetables and fruits, along with vitamin and mineral supplementation." Emma recovered and is now an energetic 5-year-old.

## ■ Raw

The biologically appropriate raw food (BARF) diet, as described at [BarfWorld.com](http://BarfWorld.com), contains raw meats, vegetables and cooked grains and legumes. Proponents say it improves health from tooth to tail. "Buddha, my orange tabby, is 22 and no longer has an issue with hairballs," says Kim Bolin, a Reno, Nevada real estate agent, who has fed raw for three years.

Stephanie Krause, in Keego Harbor, Michigan, says her three dogs are more relaxed, probably from the time and effort needed to eat large bones—and they haven't needed a teeth cleaning since going raw. "After eating raw bones, there was plaque laying all over the floor."

The BARF diet can be homemade, although most choose prepared frozen or freeze-dried products to ensure nutrient balance or to avoid handling raw meats. Angie Krause says the diet is controversial, largely due to human health risks from pathogenic bacteria.

## ■ Vegan and Vegetarian

For ethical and environmental reasons, homemade or pre-made, plant-based diets for companion animals are becoming more popular. "If the 163 million dogs and cats in the U.S. were their own country, it would be the fifth-largest meat-eating country on the planet," says May.

Cats cannot survive without meat, which provides the high protein, amino acids and other nutrients their bodies require. However, a 2018 study published in the *Journal of the American Veterinary Medical Association* suggests that plant-based diets, possibly supplemented with vitamins B<sub>12</sub> and D and some amino acids, can meet nutrition requirements of dogs.

Kibble is often the most economical way to feed your pet. But its processed state makes it the least optimal.  
~Angie Krause



## Helpful Resources

Report cards regarding toxicity for dog and cat food brands: [CleanLabelProject.org/pet-food](http://CleanLabelProject.org/pet-food).

Raw, vegan or otherwise, sign up for dog and cat food recall alerts via email: [DogFoodAdvisor.com](http://DogFoodAdvisor.com).

Definitions of common ingredients in pet food: [Tinyurl.com/PetFoodIngredientDefinitions](http://Tinyurl.com/PetFoodIngredientDefinitions).

Recommended reading from the American Holistic Veterinary Medical Association includes *Home-Prepared Dog and Cat Diets, Second Edition*, by Patricia Schenck, and *Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats, Fourth Edition*, by Richard H. Pitcairn, DVM.

Scientific literature, published articles and biographies of dogs living on a plant-based diet: [PlantBased.dog](http://PlantBased.dog).

"Dogs are omnivores, and can thrive on balanced, complete, plant-based diets. They have nutrient requirements, not ingredient requirements," says May.

Pet diets aren't an all-or-nothing choice, says Angie Krause. "Eventually, my patient will always reveal what works for them. Listen to your pet's body."

*Julie Peterson lives in rural Wisconsin. Connect at [JuliePeterson2222@gmail.com](mailto:JuliePeterson2222@gmail.com).*

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# Ronnie Cummins on Growing a Movement

by Elizabeth Greene

For five decades, human rights activist, journalist and author Ronnie Cummins has campaigned for natural health and the environment. Since he co-founded the Organic Consumers Association in 1998, the nonprofit has grown to a network that's 2 million people strong, dedicated to



## What's the difference between organic and regenerative farming?

Regenerative farming is simply the next stage of organic, focusing on soil health, carbon sequestration and ecosystem restoration. We call it "regenerative organic" because people under-

stand organic. But when we devised organic standards, we didn't completely understand soil biology and the carbon cycle. Now we know that there's important biological life below the soil. We understand carbon sequestration. Regenerative organic farming rebuilds the soil, which improves food, health and eventually, the climate. It's a transformation of the food system.

## What will it require to achieve the goals of the Green New Deal, which calls for net zero emissions of greenhouse gases by 2030?

First, consumers need to understand the interconnectedness of things so that they make decisions to create market pressure. Second, farmers, ranchers and land managers need to use regenerative best practices. Third is political power and policy change to drive regeneration. We need elected officials to understand regenerative ideas and feel pressure from constituents. Officials need to hear that we don't want our tax money used for degenerative practices. Fourth is money. It will take trillions of dollars over the next decade, with much money coming from government funding. But private investments also need to shift. Our savings, pensions and retirement ac-

counts need to be in financial institutions that place assets in regenerative, socially responsible investing.

## How can we help address climate change on a personal level?

Every time you pull out your wallet, you are either casting your vote for regeneration or the continuation of degeneration. Everything you buy is a vote. What you talk about and do every day is also extremely important. Americans spend half of their food dollars eating out. Learn to cook, invite people over for dinner, teach your kids how to cook. Eating is an agricultural act.

Everyone should also be active in civic organizations. Run for office. It doesn't have to be in politics, it could be a conservation committee or school board. Do what you can do best inside this regenerative framework and you will have a big impact.

Things aren't hopeless. It's plausible that we are going to solve this. Unfortunately, it took until now for people to wake up. I believe people have an innate love for nature and other people, but if they're hopeless and unaware, they're going to behave as if they don't care. There is an increasing common awareness and responsibility to get the job done. This is a spiritual movement as much as it is an agricultural and alternative energy movement.

## What inspired you to write about this issue?

About 10 years ago, I learned that regenerative food, farming and land use, in combination with renewable energy and radical energy conservation, could solve the climate crisis. I did more research, helped form Regeneration International and then saw that there wasn't a roadmap for regeneration. I needed to write the book so that the climate movement would understand regeneration and the food-farming-regeneration movement would understand climate. And I need for everyone to understand that there is hope.

Elizabeth Greene writes about the environment. Connect at [ElizabethGreene28@gmail.com](mailto:ElizabethGreene28@gmail.com).

promoting organic food, regenerative farming and commerce through global initiatives that integrate public education, marketplace pressure, media outreach, litigation and grassroots lobbying.

His latest book, *Grassroots Rising: A Call to Action on Climate, Farming, Food and a Green New Deal* ([ChelseaGreen.com/product/grassroots-rising](http://ChelseaGreen.com/product/grassroots-rising)), focuses on Regeneration International, a global network that he and other advocates spawned in 2015 with a goal to reverse global warming and end world hunger by accelerating the transition to regenerative agriculture and land management.

## What is Regeneration International?

It's a movement that spread when people started to understand that the climate crisis was very, very serious and connected to other crises we face—our health and farmers not being able to make a living, for example. It's about identifying regenerative practices around the world, publicizing them and changing public policy. We use the slogan, "Healthy soil, healthy ecosystem, healthy plants, healthy food, healthy people, healthy animals, healthy climate." All these living systems are interconnected. Regeneration of one system impacts another, which will lead to stabilizing the climate.

## calendar of events

### SUNDAY, MARCH 1

**Maple Sugaring** – Sundays Mar 1 through 22. 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.

**Spring Serenade: All Seasons Chamber Players** – 4pm. The groups Spring Serenade program 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.

### WEDNESDAY, MARCH 4

**How Will AI Change Us** – 4-5pm. Center for Science Writings will present Susan Schneide, philosopher at University of Connecticut and Library of Congress, lecturing on "How Will AI Change Us" at Stevens' College of Arts and Letters. For more information contact CSW director John Horgan, JHorgan@stevens.edu. Free and open to the public. Stevens Institute of Technology, Babbio Auditorium, Castle Point on Hudson, 24 5th St, Hoboken. 201-216-5000. Stevens.edu.

**The William D. McDowell Observatory** – Mar 4, 11, 18, 25. 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, MARCH 5

**The Fight for Women's Suffrage: Lecture** – 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.

### FRIDAY, MARCH 6

**JC Friday: Seasonal Arts Festival** – 9am-9pm. A full day of free cultural and arts events in Jersey City. Coordinated by Art House Productions. Check website for full listing of events and detailed times and venues. JCFridays.com. ArtHouseProductions.org.

**The Woodworking Show** – March 6-8. Fri, 12-6pm; Sat, 10am-6pm; Sun, 10am-3pm. The show provides woodworkers with an outlet for their passion through tools, education and unique sense of community of a hands-on-trade show. \$14, \$12/online. Meadowlands Exposition Center, Harmon Meadow, Secaucus. 765-287-1256 x 272. TheWoodworkingShows.com.

### SATURDAY, MARCH 7

**Binoculars Workshop: DIY for Kids** – 9am-12pm. Set out on an adventure with your child in this workshop. Kids develop hands-on skills by gluing, hammering and more. With help from parents and crafting experts, your child will create their own pair of binoculars to take home. Children 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.

**Kittel & Co.** – 8-10pm. Kittel & Co. inhabits the space between classical and acoustic roots, Celtic and bluegrass aesthetics, folk and jazz sensibilities.

The quartet includes award-winning fiddler Jeremy Kittel with his outstanding band on mandolin, bass and guitar. \$32/29/26, \$18/under 17. Sharp Theater, 505 Ramapo Valley Rd, Mahwah. 201-684-7844. Ramapo.edu/BerrieCenter.

### 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. Registration required. Christine DiDomenico, Washington Twp. 845-825-2361. AccessBars.com.

**All Seasons Chamber Players** – 2pm. The group's Spring Serenade program 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*. Free. Fort Lee Public Library, 320 Main St, Fort Lee. 201-592-3614. AllSeasonsChamberPlayers.org.

**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.

### TUESDAY, MARCH 10

**Learn to Meditate** – Tue through March. Each week Lois Kramer-Perez will explore different methods to begin creating your meditation using mantras, mindfulness guided imagery, bells and crystal bowls. No experience needed. Registration required: 201-262-5502. Emerson Jr/Sr HS School, 131 Main, Emerson.

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

### SATURDAY, MARCH 14

**Starry Night Kids/Family Paint** – 11am-1pm. Come get creative. This session welcomes both adults and children aged 6 and up. A great way to

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introduce young ones to the basics of acrylic paint. Based on *Starry Night* painting. \$25. ArteVino, Monroe Center, 720 Monroe St, 3rd Fl, C307, Hoboken. 551-226-9442. ArteVinoStudio.com.

**St. Patrick's Day Parent/Child DIY** – 4:15-5:30pm. A class for an adult and child who want to spend time together while making a metal piece to take home. In this St Patrick's Day project, you and your child will make a Luck of the Irish stamped four-leaf clover pendant with green crystal beads. Learn wire forming and much more. Children must be at least 7 years old. \$60/per pair, \$30/additional person; all tool use and materials included. Eat Metal, Monroe Arts Center, 720 Monroe St, Ste E511, Hoboken. 201-926-9620. EatMetal.org.

## SUNDAY, MARCH 15

**Sound Healing Bath** – 2-3:30pm. Experience deep healing through sound and vibration. Relax and transform with crystal bowls, Tibetan bowls, gong, chimes. Health benefits include improved sleep, lower blood pressure and cholesterol, and reduced stress. Cushions and chairs available or bring your own. \$35. Essence of Self Ayurveda Spa, 52 Skyline Dr, Ringwood. RSVP: 201-788-6322.

**Spring Serenade: All Seasons Chamber Players** – 6:30pm. The group's Spring Serenade program, in memory of Benjamin Saul Fialkoff, 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*. Free. Maurice M. Pine Free Public Library, 10-01 Fair Lawn Ave, Fair Lawn. 201-796-3400. AllSeasonsChamberPlayers.org.

## WEDNESDAY, MARCH 18

**Release Your Stress** – 7-8:30pm. Mindfulness and personal clearing techniques with Lois Kramer-Perez. Through breathing, visualization, anchoring and guidance, even the most active minds find stress relief. No meditation experience required. \$35. Ridgewood HS, 627 East Ridgewood Ave, Ridgewood. RSVP: 201-670-2777.

**Bergen Historical Society Docent & Interpretation Meeting** – 7:30pm. Program for anyone interested in volunteering at Historic New Bridge Landing. Jim Smith, BCHS President, examines that fateful day British soldiers fired into an innocent Boston crowd, inflaming colonist anger and creating one of the most iconic images of the Revolutionary period. Find out how images and documents can shape our opinions over time. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739. BergenCountyHistory.org.

## THURSDAY, MARCH 19

**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.

**New Jersey Symphony Orchestra: Beethoven's Birthday Bash** – 7:30pm. Celebrate the composer's 250th birthday with an audacious NJSO debut: one of the acclaimed pianists of today, artist-in-residence Louis Lorie, performs Beethoven *Piano Concertos 1&5*. *Piano Concerto #5*, is known as the *Emperor Concerto*. Full of Beethoven's most beautiful melodies and powerful rhythms, his final piano concerto more than earns its regal title. Tickets from \$24.



Bergen Performing Arts Center, 30 North Van Brunt St, Englewood. 201-227-1030. BergenPAC.org.

## FRIDAY, MARCH 20

**Spring Equinox Sound Healing and Meditation** – Align with the energy of Spring, a time of renewal, new beginnings and the inspiration to take action. Through the meditation and sound healing activities you'll become invigorated, refreshed and inspired, allowing your creativity to soar. \$47/thru Mar 18, \$54/thereafter. Register: LoisKramerPerez.com/My\_Events\_Paramus near Routes 4 and 17. 201-906-5767.

**Manual Lymph Drainage: Wellness Lecture** – 2pm. Manual Lymph Drainage Therapy (MLD) is a gentle, light-touch therapy that stimulates the purging of the lymphatic system. Learn how MLD can help 30+ common ailments and help restore the natural internal cleansing system of your body to allow for self-healing, better health and wellness. Tenafly Senior Center, 20 S Summit St, Tenafly. RSVP: 201-569-2159. IAHP.com/Catherine-Perman.

## SATURDAY, MARCH 21

**Access Bars Class** – 9am-5pm. A class that has the potential to change anything! Learn to give and receive Access Bars, a light touch energy process for dynamic change. By gently touching 32 points on the head, one can release the energetic charge of thoughts, feelings, emotions, beliefs and attitudes that create limitation in your life. Create the change you are longing for, opening you up to more peace, possibilities, ease and awareness. No prerequisites required. Registration required. Theresa Obsuth, 22 Madison Ave. Paramus. 201-655-3836. AccessBars.com.

## SUNDAY, MARCH 22

**Music on a Sunday Afternoon: Spring Serenade** – 2pm. The All Seasons Chamber Players' Spring Serenade program 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. Free. Teaneck Public Library, 840 Teaneck Rd, Teaneck. 201-837-4171. AllSeasonsChamberPlayers.org.

**Gong Immersion in the Salt Cave** – 2-3pm. Relax to the soothing, healing sounds of a symphonic gong while in the therapeutic environment of a Himalayan salt cave. Led by certified sound healer Irene Fahlander. \$50. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge, NY. RSVP: 845-290-0678. SaltOfTheEarthCFH.com.

## TUESDAY, MARCH 24

**Tarot Study Group** – 7pm. Looking to meet other readers to share knowledge and techniques? All levels of readers are welcome. Focus on new topics but leave time for practice. There is always something new the cards want to teach. \$20. Mystical World,

Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999. MysticalWorld.net.

## WEDNESDAY MARCH 25

**Feng Shui 101** – 7-9pm. Learn feng shui secrets to create an abundant life by arranging your space to achieve your hearts desires. Class will use 3 student floor plans as examples; email your floor plan to Lois. \$40. Ridgewood HS, 627 East Ridgewood Ave, Ridgewood. RSVP: 201-670-2777. Lois@LoisKramerPerez.com.

## THURSDAY, MARCH 26

**Femme Poetry Slam** – 7pm. In celebration of Women's History Month, Jersey City Slam is welcoming poets from all over the country to the Femme Slam. Inspired by the Women of the World Poetry Slam, an international, yearly event that brings thousands to different cities to compete, this slam is providing a platform for women and gender non-conforming poets to present their words in an accepting, safe environment. \$10. Mersele Studios, 339-345 Newark Ave, 2nd Fl, Jersey City. 201-795-5386. JCTCenter.org.

**Historical Society Lecture Evening** – 7:30pm. Spirits in Stone: The secrets of megalithic America. Glenn Kreisberg decodes the stone landscapes of the Northeast. While modern historians consider these sites to be colonial era constructions, Kreisberg believes they may be remnants of a long-vanished civilization. He presents a field guide to hundreds of lost, forgotten, and misidentified structures in northeastern America. Refreshments at the conclusion. Free. Steuben House, 1209 Main St, River Edge. 201-343-9492.

## FRIDAY, MARCH 27

**Beneath the Sea** – Mar 27-29. Fri, 8:30am-9pm; Sat, 9am-6pm; Sun, 9:30am-4:30pm. Exposition featuring travel, diving, and ocean adventure. This year's show features a celebration of the Woman Divers Hall of Fame and Jake and The River Boys. Also, over 100 seminars and workshops throughout the weekend. Meadowlands Expo Center, 355 Plaza Dr, Secaucus. 914-664-4310. MECExpo.com.

## SATURDAY, MARCH 28

**Saturday Trail Running** – 9-11am. Look for early signs of spring on this scenic, 6-7 mile loop run up, down and along the top of the Palisades with stunning views of the Hudson River, Manhattan skyline and George Washington Bridge. Long Path, Palisades, Fort Lee. Info: 201-512-9348 x 813. Contact: DonWeise@nynjtc.org.

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

## SUNDAY, MARCH 29

**Reiki 1 Training** – 9am-4pm. Class includes lecture, discussion, practice and an attunement which connects the student to the reiki source. Learn hand positions, Japanese reiki techniques and treatment of self and others. Maximum of 4 students. \$225, \$100/deposit. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge, NY. RSVP: 845-290-0678. SaltOfTheEarthCFH.com.

**Healthy Kids Running Series** – 4:30-5:30pm. A five-week running program (Mar 29-May 3) in the for kids Pre-K through 8th grade. Each Series takes place once a week and offers age appropriate running events including the 50- and 75-yard dashes, the 1/4 mile, the 1/2 mile and the 1-mile run. Kids compete each week for a chance to earn points. At the end of the Series the boys and girls who accumulate the most points in their respective distances are awarded trophies. All participants receive a medal on week five. See online for details and venues in Cresskill and Paramus.

**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.

**Spring Serenade: All Seasons Chamber Players** – 3pm. The group's Spring Serenade program, honoring the musical legacy of William F Wilkins, 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*. Meet-the-artists reception in the Peace Lounge follows. Free will offering for the Center for Food Action. Emmanuel Baptist Church, 14 Hope St (at the corner of Ridgewood Ave), Ridgewood. 201-444 - 7300. AllSeasonsChamberPlayers.org.

## MONDAY, MARCH 30

**Wellness Gala Presents: Hanson Tse and Ray Sett** – 7-9:30pm. Join us for an event with Hanson, founder of WAMBI Exploration; experience a hands-on realignment, healing, and expansion of your MindBodySpirit complex. Also, a gallery event with Ray, a world-renowned author, intuitive, and expert in astrology and para-psychology; receive guidance and insight into personal, interpersonal, and social phenomena. Limited seating available; special pricing available (\$45) with purchase of March 29 Wellness Gala Keynote tickets; regular price \$60. For tickets and more information visit WellnessGala.com, or call 973-713-6811. Sheraton Parsippany, 199 Smith Rd, Parsippany.

## plan ahead

## THURSDAY, APRIL 2

**New Jersey Symphony Orchestra Presents Bartók and Tchaikovsky** – 7:30pm. Bartók's *Musica for Strings, Percussion and Celesta* is a daring 20th-century masterpiece! The sounds of the NJSO strings, accentuated by keyboard and percussion is so evocative Stanley Kubrick used it in *The Shining*. Tchaikovsky's *Symphony #5* was crushed by critics, even he said, "It is a failure," but its hypnotic melodies and triumphant mood turned the *Fifth* into an audience favorite. Tickets from \$24. Bergen Performing Arts Center, 30 North Van Brunt St, Englewood. 201-227-1030. BergenPAC.org.

## ongoing events

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



## sunday

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

**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, Anisfield School of Business, Rm 420, Ramapo College of New Jersey, Mahwah. For information or to register: [TinyURL.com/KrameMeditation](http://TinyURL.com/KrameMeditation).

**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.

**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, Anisfield 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. Reiki is appropriate for all age groups, but you must be age 18 or older to participate in these sessions. 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, Anisfield 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. Paramus-Jazzercise@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 meditation to optimize relaxation. Healing4thesoul Wellness Center, 199-B Boulevard, Hasbrouck Heights. 201-288-0011. Healing4thesoul.com.

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

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

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

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

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



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## classifieds

### ENTERTAINMENT

**PLANETJERSEY.COM RADIO SHOW** – Listen to new shows each week with *Natural Awakenings* magazine publisher Jerry Hocek and guests discuss timely topics such as holistic healthcare, fitness, personal development addiction and trauma recovery, relationships, self-care, self-fulfillment, career and more. Learn about cutting-edge holistic health and self-development products and services. Tune into PlanetJersey.com.

### FOR RENT

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

**YOGA OR WELLNESS STUDIO SPACE FOR RENT** – 2-year lease. 500+ sq. ft. Wood floors. Six large windows for natural light and fresh air. Private parking lot. Two private bathrooms. Second floor of beautiful building in Northvale, NJ. Established yoga and wellness business location with great visibility. \$1,300/month. See pictures at BlissYogaAcademy.com and contact Sarah today at BlissYogaAcademy@gmail.com.

### FOR SALE

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

### OPPORTUNITIES

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

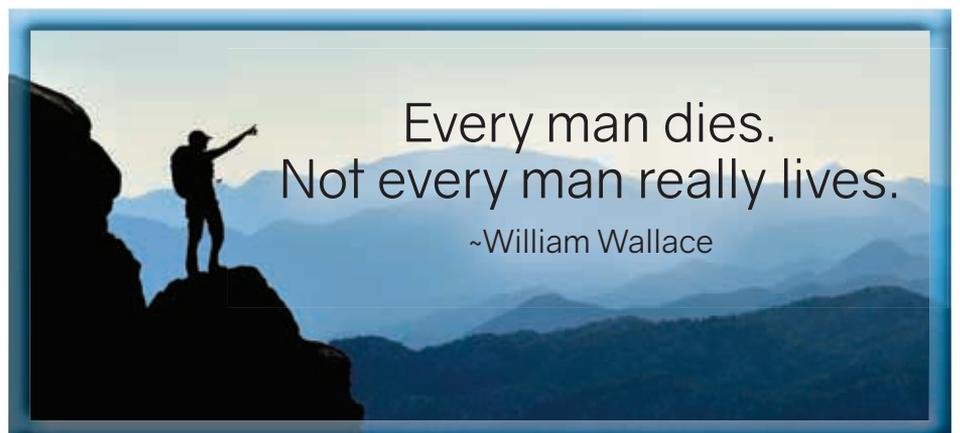
**JOURNALISTS WANTED** – We offer periodic paid writing assignments. Please apply if your skill level is in line with the caliber of the articles in this magazine. We respond to all submissions. Email us two articles written by you in the last 6 months in the same journalistic style (3rd person voice):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

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

**SALESPEOPLE WANTED** – Earn a generous commission selling print/online advertising F/T or P/T for *Natural Awakenings* (commission only). Relationship-oriented sales. Must have some sales experience. Prior experience in a holistic/natural/organic/green industry a big plus. Email cover letter and resume to Publisher@NaturalAwakeningsNNJ.com. No calls please.

### PSYCHICS

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



Every man dies.  
Not every man really lives.

~William Wallace

## community resource guide

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

### COUNSELING & PSYCHOTHERAPY

**LESLIE KAREN LOBELL, MA, LPC**  
Pompton Plains (Rte 23) & Montclair  
908-577-0053 • [Info@LeslieLobell.com](mailto:Info@LeslieLobell.com)  
[LeslieLobell.com](http://LeslieLobell.com)



Do you suffer from anxiety or stress? Do you want to lose weight, stop smoking, gain self-confidence or change a habit? Do you need support and guidance through a life or career transition? Are you ready to achieve your goals, pursue your dreams, and actualize your potential? You can create the life you desire... I can help you make it happen. Using proven techniques such as Holistic Psychotherapy, Clinical Hypnosis, Stress Reduction and Dream Interpretation, I help teens and adults create happier, healthier, more peaceful and fulfilling lives. Allow me to assist you. *See ad, page 9.*

### EMPOWERMENT COACH

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



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

### ENERGY HEALING

**ACCESS CONSCIOUSNESS**  
Theresa Obsuth, Access BARS Facilitator  
Paramus, NJ  
201-655-3836 • [AccessConsciousness.com](http://AccessConsciousness.com)



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

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

### FUNCTIONAL MEDICINE

**ADVANCED MEDICAL CARE CENTER**  
Dr. Roman Finn  
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ment of various medical conditions. Non-invasive testing of the cardio-vascular system. Diagnose and treat musculoskeletal, neurological disorders. Stress management including biofeedback. Most labs and tests performed on the premises. Working with major insurance companies and Medicare. *See ad, back cover.*

### HEALING CENTER

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Bertharis Lantigua  
163 Terrace St, Haworth  
973-460-1357 • [AuraEnergyReiki@gmail.com](mailto:AuraEnergyReiki@gmail.com)



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

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Natural Foods Chef & Holistic Health Coach  
201-889-5001  
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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 10.*



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