

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

**INSPIRED
PICNICS**
Creative Ways
to Cook
& Grill



GUTSY CHOICES

Eat Right for a
Healthy Microbiome

Eco-Friendly Cats and Dogs

Simple Ways to Go
Green With Your Pets

BEYOND FACTORY FARMS

'Big Meat' Comes
at High Cost

BETTER BALANCE

Exercises for
Strength & Stability

GREENER LAWNS

How to Move Away
from Pesticides

What if Change Could be Easy? Are You Willing to Give it a Try?



Discover Life Changing ACCESS BARS® Sessions



The Bars are 32 points on the head that when lightly touched releases old energies that keep you stuck in many areas of your life, allowing for tremendous and easy change.

Interested in learning how to give ACCESS BARS®?

Upcoming class:

July 18, 9-5pm • Paramus, NJ

August Access Bars Class will be: August 15



Step into the power of
who you truly are, call for
your session today!

Theresa Obsuth, BF, AFF
Access Bars Facilitator
201-655-3836
AccessBars.com

AccessConsciousness.com

Wellness Wednesdays and Salty Saturdays are back
for the summer! Enjoy 1/2 price salt cave
sessions every Wed & Sat in July and August.



Research studies demonstrate the anti-inflammatory and anti-microbial properties of halotherapy (dry salt therapy).
Now, more than ever, it's imperative to maintain healthy lung function and support your immune system. Consider adding all natural halotherapy to your wellness regimen.



SALT OF THE EARTH Center for Healing

811 Chestnut Ridge Rd. Store E, Chestnut Ridge, NY 10977
saltoftheearthcfh.com 845-290-0678

natural awakenings

Advertising Salesperson Wanted

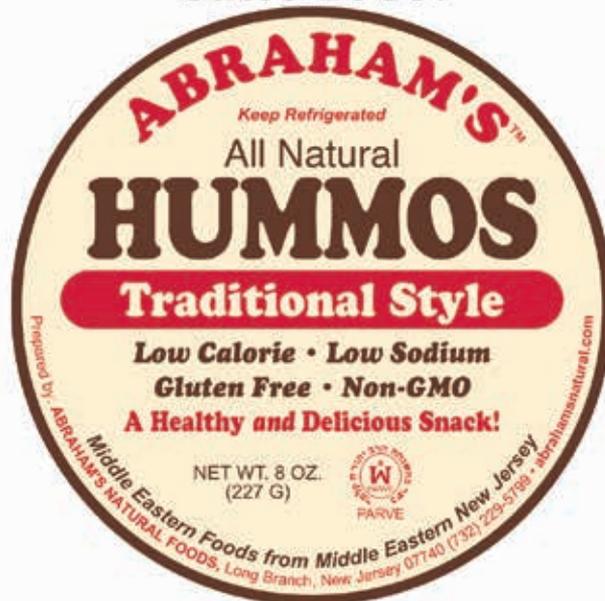
Earn a generous commission selling print/online advertising F/T or P/T for *Natural Awakenings* - a commission only position.

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
—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

Meet the Doctor Who Can Change Your Life

Time to build a stronger, more virus-resistant, healthier you.

TALK TO AN EXPERT

SPECIAL OFFER For patients worried about inflammatory conditions like cardiovascular and autoimmune disease, please visit our website. Visit [GetWell-Now.com](https://www.getwell-now.com) and enter your information in the Talk To An Expert field for a courtesy interpretation of your records and opportunity for a free Discovery call.

Did you know that patients with high blood pressure who admitted to the hospital for COVID-19 were at grave risk because of arterial collapse and a condition called hypoxia.

Even more alarming are the numbers of patients who suffer with HBP, insulin resistance, elevated glucose, and so on, who are told only to reduce sodium (or sugar), take pills and monitor for changes.

At Pucci Wellness Center we are helping to reverse that with our new 90-Day Cardiovascular Reset & Immune Resiliency program. In our full workup we want to look at:

- Adrenal Exhaustion
- Oxidative Stress
- Fatty Acid Metabolism
- Gut Microbiology
- Mitochondrial Function + ATP
- Blood Sugar Metabolism and more

To find out if this plan is right for you, please go to our website and take advantage of our Special Offer for a free 15-minute Discovery call.

COVID-19 is proving to be less predictable than initially thought, manifesting more as a blood vessel disease in older adults.

What is known are the co-morbidity factors. Factors such as:

- Diabetes
- Autoimmunity
- Cardiovascular Disease
- Obesity
- High Blood Pressure

These co-morbidities increase the severity of symptoms and reduce the chances of recovery for patients with coronavirus symptoms.

In the two highest risk age categories, ages 51-70, the results are most dire. That's why we've created an all-new program is designed to produce several of the health baseline markers, including a Success Path forward for combating disease. To learn more, please visit [GetWell-Now.com](https://www.getwell-now.com) and begin the application process to talk to an expert.



Dr. Douglas J. Pucci, DC, FAAIM
GetWell-Now.com
2020 Best of Oradell

NEW JERSEY NORTH EDITION

Publisher **Anil Singh**
Editors **Martin Miron**
Thomas Masloski

Contributing Writers **Thomas Brenton**
Ashley Di Capri
Maria Karameros
Lisa Poquinto
Joseph Quiroz
Nayda Rondon

Design & Production **C. Michele Rose**
Sales & Marketing **Anil Singh**

CONTACT US

Natural Awakenings
North NJ – Bergen & Passaic Edition
247 Ehret St., Paramus, NJ 07652
PH: 201-781-5577
Publisher@NaturalAwakeningsNNJ.com
NANorthNJ.com



@NANorthNJ

SUBSCRIPTIONS

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

NATIONAL TEAM

CEO/Founder **Sharon Bruckman**
COO/Franchise Sales **Joe Dunne**
National Art Director **Stephen Blancett**
Art Director **Josh Pope**
Financial Manager **Yolanda Shebert**
Asst. Director of Ops **Heather Gibbs**

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

©2020 by Natural Awakenings. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing.

Natural Awakenings is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business.

We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment.



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

letter from publisher



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

2020 has been one heck of a ride so far. Everything is new, and it can be overwhelming. But it will be easier if you stop clinging to the way things used to be and realize that things change, and that everything will be all right.

On a more positive note, summer is here and life, as well as commerce, have started to open up. It's time for people and their businesses to pivot quickly and create opportunity in a new way of life.

Don't be like a big ship like the Titanic—be nimble and survive.

In the reopening, follow the simple, science-based guidelines. It's easy to get carried away due to a long, frustrating lockdown and drop our guard. Coronavirus is still here, and if we are not careful, it will force closures again. It's all our responsibility to stop the spread and keep ourselves and our loved ones safe.

Listen to science!!! Adapt to a new and careful way of life. Put on a mask and observe social distancing. Stay safe and healthy. Start the journey to a new lifestyle, Natural Awakenings has resources to guide and help you to achieve a new, healthy and happy you.

Please let me hear about summer and other thoughts from you at Anil@NaturalAwakeningsNNJ.com.

Anil Singh, Publisher

CORONAVIRUS
LOCAL UPDATES AND RESOURCES



**Be Safe,
Stay Well.**

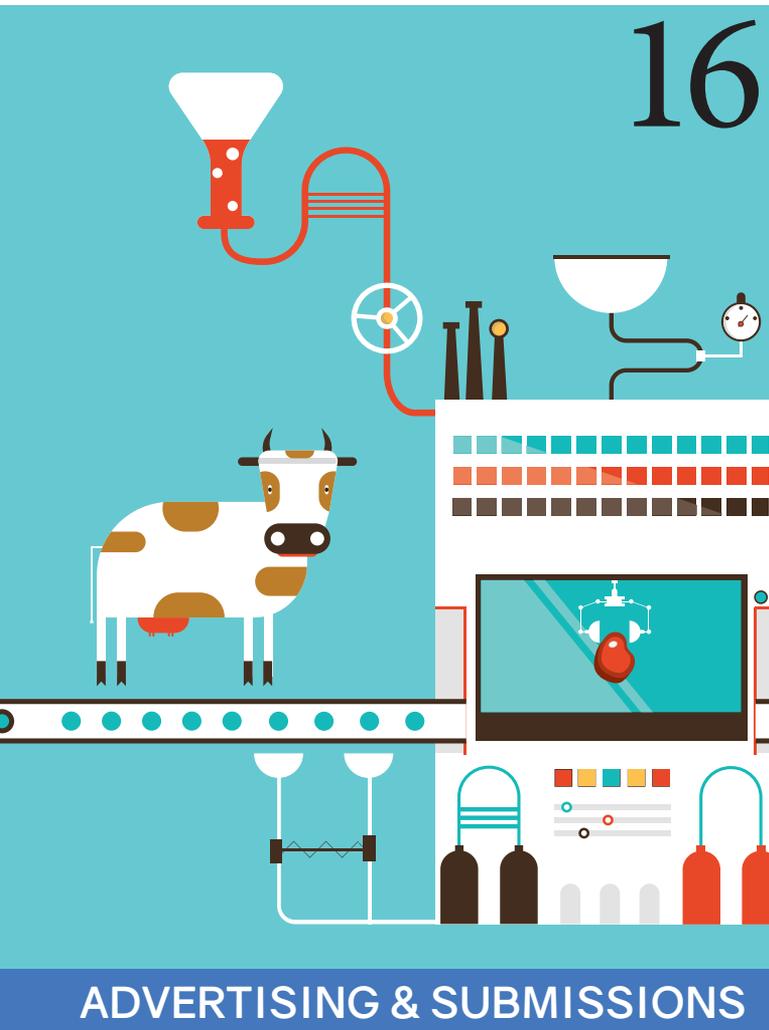


With the ever-evolving COVID-19 situation causing uncertainty for citizens worldwide, Natural Awakenings is more committed than ever in supporting your health and well-being.

For the latest updates on local events and information, visit us online at: NANorthNJ.com

Natural Awakenings is a family of nearly 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.

Contents



ADVERTISING & SUBMISSIONS

HOW TO ADVERTISE

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

EDITORIAL SUBMISSIONS

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

CALENDAR SUBMISSIONS

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

REGIONAL MARKETS

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

12 CALMING KIDS
Ways to Turn Anxiety Around

14 EARTH-FRIENDLY PETS
Our Animals Can Go Green, Too

16 BEYOND FACTORY FARMS
'Big Meat' Comes at High Cost

19 HOLISTIC APPROACH TO AUTOIMMUNE DISEASE

20 BALANCING ACT
Exercises for Strength and Stability

21 BOOSTING IMMUNITY WITH PHOTOBIO-MODULATION

22 GREENER GREEN GRASS
Why Organic Lawns Make Eco-Sense

24 GUT TALK
Tips for a Healthy Microbiome

26 OUTDOOR FEASTS
Inspired Picnics and Healthy Grills



DEPARTMENTS

- | | |
|-------------------------------|----------------------------|
| 6 news briefs | 22 green living |
| 8 health briefs | 24 healing ways |
| 10 eco tip | 26 conscious eating |
| 12 healthy kids | 27 calendar |
| 14 natural pet | 28 resource guide |
| 20 fit body | 29 classifieds |
| 21 community spotlight | |

news briefs

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., July 7, 14, 21 and 28, in Saddle Brook. Treatments are \$25 for a limited time. Participants will learn how auriculotherapy (akin to acupuncture or reflexology for the ear) can improve overall health and minimize cravings related to resolving most addictions, as well as other benefits.



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

Location: 337 Market St., Ste. 5, Saddle Brook. For more information or to register (required), call 973-615-2486, email Info@CompleteWellnessWithin.com or visit CompleteWellnessWithin.com. See ad, page 12.

Household Hazardous Waste Collection in Mahwah

The Bergen County Utilities Authority (BCUA) will sponsor a household hazardous waste drop-off from 9 a.m. to 3 p.m., rain or shine, July 18, at the Bergen County Campgaw Mountain Reservation. Acceptable items include pesticides, glue, aerosol cans, drain cleaners, fire extinguishers, thermostats, fluorescent light bulbs and lighter fluid.



All items should be in their original containers and labeled. Anything without a label will not be accepted, nor will computers, electronics or tires. Businesses that wish to leave waste must preregister, and a disposal fee will be charged and collected.

Free for Bergen County residents (proof of residency required). Location: 200 Campgaw Rd., Mahwah. For more information, call 201-807-5825. A complete listing of acceptable and unacceptable material is available at bcua.org. For more information on how to preregister a business for this event, call 201-807-8696.

Salt Cave Therapy Benefits Respiratory Health

Salt of the Earth, Center for Healing is open again and back to full operating hours while taking a number of safety precautions. Recent studies have proven that solid salt surfaces neutralize the COVID-19 virus in less than 60 seconds. Other non-salt surfaces such as the chairs, are disinfected in-between each session, and common areas are routinely disinfected. Salt cave sessions are limited to four people at a time, and patrons must wear a mask to enter.



Halotherapy (dry salt therapy) has been shown in many research studies to provide anti-inflammatory and antimicrobial properties. When inhaled, the micron-sized salt particles emitted by the halogenerator in the salt cave help to thin mucus, expel impurities and reduce swelling in the respiratory system. Now more than ever it is imperative to maintain healthy lung function and support our immune system, so consider adding halotherapy to any wellness routine.

Location: 811 Chestnut Ridge Rd., Chestnut Ridge, NY. For more information, call 845-290-0678, email SaltOfTheEarthCFH@gmail.com or visit SaltOfTheEarthCFH.com. See ad, page 2.

Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., July 18 with Theresa Obsuth, is a one-day training session where participants learn to administer an innovative energy clearing technique that can create greater ease and cultivate more joy in life through greater awareness.

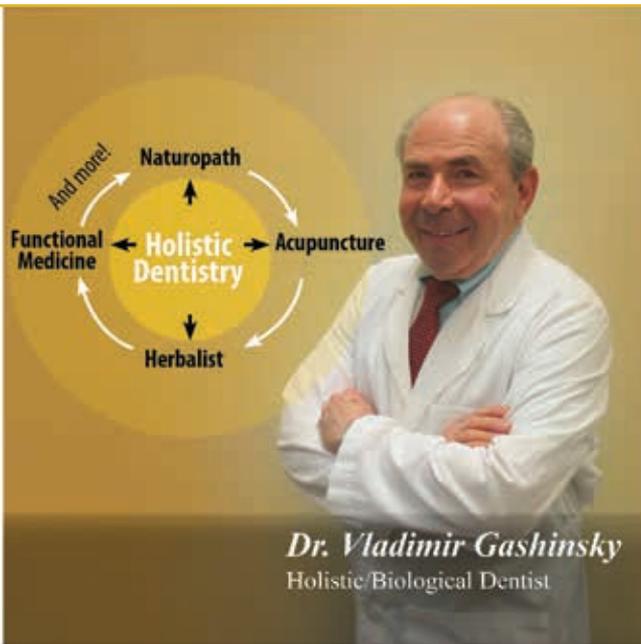


While training, participants learn how to “run the Bars” and will also receive two bars sessions. The Bars are 32 points on the head that when gently touched, effortlessly and easily release thoughts, ideas, decisions, beliefs and attitudes that keep us in limitation. Access Bars can release disharmonious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

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

Providers of other therapies can introduce Access Bars into their practice.

Location: Paramus. For more information, or to preregister (required), or to book a private session, call Theresa Obsuth, 201-655-3836 or visit AccessTheBars.com. See ad, page 2.



Dr. Vladimir Gashinsky
Holistic Biological Dentist

The Holistic Dental Center

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

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.

\$99 SUMMER SPECIAL

(\$305 value)

COMPREHENSIVE EXAM & FULL SET OF X-RAYS*

- TMJ Exam
- Oral Cancer Screening
- Assessment of Dental Condition
- Tooth-Organ Meridian assessment
- Periodontal Screening
- Reading & interpretation of Radiographs

Call (973) 457-4688 Today

health briefs

Reduce Cognitive Decline with Tai Chi

In good news for the 10 to 20 percent of people over age 65 that suffer with mild cognitive impairment, research from China's Central South University, in Hunan, shows that practicing the gentle ancient martial art of tai chi can significantly improve memory, learning, mental speed and attention, the ability to formulate abstract ideas, mental flexibility and visuospatial perception. The research analyzed data from 10 studies that included 1,061 people with symptoms such as forgetting conversations and names, and having difficulty with complex tasks. "As it emphasizes mental concentration, physical balance, full-body stretching and relaxation, and relaxed breathing, tai chi has a great potential for becoming widely integrated into rehabilitation interventions for various medical and psychological conditions," write the study's authors.



Try Turmeric, Ginger and Black Pepper for Osteoarthritis

For people suffering from the crippling pain and disability of osteoarthritis, the nonsteroidal anti-inflammatory drug naproxen, marketed as Aleve and other products, is a common prescription or over-the-counter medication, but it comes with side effects that can include gastrointestinal distress and higher blood pressure. In a study of 60 patients with chronic knee osteoarthritis, researchers at Iran's Isfahan University of Medical Sciences compared naproxen in a double-blind trial with a turmeric extract, ginger and black pepper combination. After two doses a day of each for four weeks, the levels of prostaglandin in patients taking the herbs matched the improvements in those patients taking naproxen. Prostaglandin levels gauge joint inflammation in osteoarthritis.



Eat More Citrus for a Thinner Waistline

Research published in the *Phytotherapy Research Journal* analyzed 13 studies from around the world involving 921 people. The studies showed that eating citrus fruits or their extract can significantly reduce body weight. The research data found that citrus and its extracts reduced body weight by an average of 2.8 pounds per person and almost an inch of waist and hip circumference. It also reduced body mass index among those studied.

It's Not Because You're Simply Getting Older

Reclaim Your Youthful Balance & Vibrant Self at Any Age with Bio-Identical Hormone Replacement

GET THE FACTS!

Benefits for Women

- Decreases Night Sweats
- Decreases Hot Flashes
- Decreases Vaginal Dryness & itching
- Decreases Pain from Intercourse
- Improves Energy Levels
- Improves Fat Loss & Muscle Tone
- Improves Libido
- Improves Mood
- Improves Memory & Concentration
- Decreases Skin Wrinkles
- Protects Bones from Osteoporosis
- Reduces Risk of Heart Disease
- And Much More

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

Dr. Susan Matos-Cloke
30-year Board-certified Internist, Certified Sotopelle-trained Natural Hormone Specialist

Call Today for a Consultation:
201-225-2525

ADVANCED HORMONE SOLUTIONS
Bio-Identical Hormone Replacement Therapy

122 East Ridgewood Ave,
Paramus, NJ 07652

AdvancedHormoneSolutions.com



Benefits for Men

- Improves Energy Levels
- Increases Muscle Mass & Tone
- Improves Exercise Endurance
- Improves Fat Loss
- Improves Libido
- Improves Memory & Concentration
- Improves Sleep
- Protects Against Alzheimer's
- Decreases Joint Pain & Muscle Aches
- Improves Bone Strength
- Improves Cholesterol Levels
- Protects Against Heart Disease
- And Much More

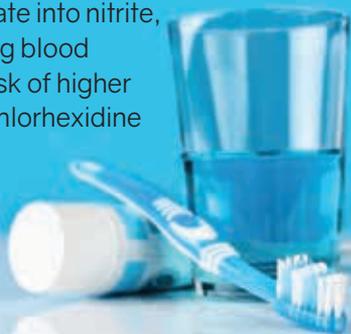


Help Recover from Stroke with Ear Acupuncture

Acupuncture in the ear can help speed rehabilitation of stroke patients, researchers from the Nanjing University of Chinese Medicine have found. In a study of 42 stroke patients, those treated with auricular acupuncture for just six days showed significant improvements in range of motion for arms and legs compared to those given standard acupuncture treatments and conventional rehabilitation.

Avoid Chlorhexidine Mouthwash to Reduce Cavity Risk

Chlorhexidine gluconate, a mouthwash commonly prescribed by dentists to treat the swelling, redness and bleeding gums of gingivitis, actually increases acidic levels in the mouth, leading to an increase in cavity-causing bacteria, reports a new study from the UK University of Plymouth, published in the journal *Scientific Reports*. The researchers analyzed saliva and blood samples of 36 healthy people that used the chlorhexidine twice a day for seven days and compared the results to using a placebo for the same amount of time. Other recent research has found that the germicidal mouthwash disrupted the ability of oral bacteria to turn nitrate into nitrite, a key molecule for reducing blood pressure, increasing the risk of higher systolic blood pressure. Chlorhexidine has been used increasingly as a pre-rinse before dental procedures due to COVID-19 concerns.



Vibrations Have No Limit for Healing

Traditional frequencies link the human body to sound, crystal and energy healing. Sound and crystal healing take place on a physical level that can be easily understood and explained, but what many people don't know is that energy healing can also be explained scientifically in such a way that connects to vibrational healing.



The human body is surrounded by a biomagnetic energy field healers describe as the aura. One instrument capable of measuring biomagnetic fields in the human aura is the superconducting quantum interference device (SQUID) magnetometer, which has been used to study the hands of energy healers. It was observed that their hands emitted pulsations ranging between 0.3 and 30 hertz (cycles per second).

The brain and nerve sheaths work in this range of frequencies. It is said that healers' hands can cause this range of frequencies to resonate within us, which in turn can stimulate the body's repair process. Tuning forks can also create a healing response and do so with higher frequencies (such as 128 hertz, which spark nitric oxide production).

Crystals, which have their own healing properties and vibrational frequencies, lend themselves very well to sound and energy healing. Some help balance chakras via reiki, while others help with focus or relaxation. One has been described by those that hold it in the palm of their hand to feel like receiving an energy healing session.

Crystals can be also combined with sound healing to magnify healing intent, just as metal tuning forks can be placed on crystals to intensify the healing. Pure quartz crystal tuning forks can help supercharge the healing process. Each tuning fork and crystal is capable of its own unique healing effects. By combining them, the possibilities are limitless.

The vibrational link between these healing modalities provides a possible explanation for why distance healing is effective. A distance session occurs when the person receiving the session is not in the room with the healer at the time. Vibration can travel at great distances; we can hear a clap of thunder from miles away. In vibrational healing, it is believed that the healer's intent directs the healing vibrations to travel where they are needed for the healing. Thus the recipient can be on the other side of the world and still receive the benefits.

Elana Lehrer is the owner of Strings of Serenity, located at 337 Market St., in Saddle Brook, NJ. For more information, call 551-206-6085, email Info@StringsOfSerenity.com or visit StringsOfSerenity.com. See ad, page 12.



Organic Facials, Skin Care & Workshops



Krystal Pratt Productions

Organic Facials
 Certified Organic Skincare
 Hands-On Private Events

Come enjoy a relaxing truly organic facial and feel refreshed with glowing healthy skin

Book Online at
www.FlorasCottages.com
iva@florascottages.com
 or call 201-895-1643

eco tip

Eco-Friendly Beach Tips

Maximizing Sun and Surf During Crises



Jack-Frog/Shutterstock.com

Flocking to beaches is a normal urge with summer in full swing. While practicing social distancing due to the coronavirus crisis, don't neglect regular health precautions. It's more important now than ever to soak up vitamin D to bolster the immune system, and it can also reduce the likelihood of developing heart disease or diabetes, according to the UK University of Warwick Medical School.

Sun Protection

MotherEarthNews.com says we can augment the body's natural sun protection by increasing consumption of fruits and vegetables that contain vitamins C and B, which are depleted when exposed to the sun. It also recommends natural tanning creams such as a combination of sesame nut oil, anhydrous lanolin and water; the liquid of one large cucumber added to rose water and glycerin; or a blend of fresh mint leaves, water, sesame or coconut oil, one egg yolk, wheat germ oil and lemon juice. Natural sunscreen innovations are emerging: the *European Journal of Organic Chemistry* reports that synthesizing discarded cashew-nut shells holds promise.

Effective UV protection can be attained by donning hats, sunglasses and protective clothing, including neck-to-knee swimsuits for children. Seek shade, cover up and avoid the sun between 10 a.m. and 2 p.m. Be extra careful when the UV index is high; check the daily National Weather Service forecast assessing the risk of sun overexposure at Tinyurl.com/EPAUVWidget, which offers a widget for smartphones.

Integrate Wellness Into Your Daily Life... Naturally



We'll help make it easy with:

- Health Education & Coaching
- Natural Sourced Supplements & Other Products for Healthy Living
- **Thermographic Imaging of Breast & Full Body**
- Yoga - Small Group Instruction
- Massage Therapy
- Workshops on Healthy Living
- La Bella Donna Mineral Makeup
- Vitamix™ & Omega™ Juicer Authorized Dealer



191 Ramapo Valley Road
 Oakland, NJ 07436
(201) 644-0840



Respect Wildlife

Respect wildlife that may be present. Be cognizant of designated turtle hatching areas; their prime nesting season continues through October. Also, tell kids not to disturb shorebirds and other winged friends that may be on the sand; some may be resting or eating after flying many miles on a long migratory journey.

Leave No Trace

Don't leave any trash behind, especially plastic straws or bags; it's best to use metal or bamboo straws and cloth bags. With a stiff breeze, plastics can end up in the water to entangle and choke marine life or break into toxic microplastics that pollute drinking water supplies. The online journal *PLOS ONE* estimates there are 5 trillion pieces, or approximately 269,000 tons of plastic, already in Earth's oceans.

Learn to Be a Naturopath!



Dian Freeman
Certified in Clinical Nutrition
and Holistic Health

From a Full-Time Practicing Nutritionist with Four Decades of Clinical Experience and Thousands of Clients

Take Advantage of the Knowledge And Experience of A Practicing Nutritionist Who Combines Clinical Nutrition, Herbology, Essential Oils, Energetic Tools And Holistic Health Modalities

Experience Counts!

Dian is Celebrating the 16th year teaching her Nutrition Certification Course for designation as a **Certified Holistic Health Counselor, CHHC**

With Over 850 Graduated Students

Now Accepting Deposits for Winter 2020

Meets Twice A Month, Sundays 12-4pm for Six Months

Virtual classes: Tues. & Wed., 7-9pm for Six Months

This course includes preparation to practice nutrition as a career or to learn nutrition for personal and family use. Students get free nutritional counseling and years of health and business mentoring and support from Dian.

**Virtual
and
In-Person
Classes
Available**

Morristown, NJ

(817) 907-0366

Email Dian2@WellnessSimplified.com

WellnessSimplified.com

Are you using antibiotics, steroids or anti-fungals to treat a respiratory infection?

Still sick and feeling worse?

We use a natural, *laboratory and clinically proven* antimicrobial that kills bacteria, fungus and virus without harming the patient.

We use **RESPIRATORY RELIEF**
from  **NATURE'S RITE™**

20% OFF
with coupon code **RESP20**

For use in a
nebulizer



We get calls & orders from people who have tried all sorts of prescription medications that do NOT get rid of their respiratory infections.

Time after time the infections clear up in a few days with Respiratory Relief. We shake our heads and wonder, "Why don't they try this first?"

Now you can.

Order online at MyNaturesRite.com or call 800-991-7088



CALMING KIDS

Ways to Turn Anxiety Around

by Ronica O'Hara

It is difficult for children to make sense of what's happening in response to COVID-19 as schools close, sports and extracurricular activities stop and many people wear masks. Before these unsettling circumstances took place, one in eight children experienced anxiety disorders, but now parents are reporting that even happy-go-lucky children that skipped through life have turned clingy; regressing to playing with old toys or becoming withdrawn. "The dramatic change in schedules, reduced social contact and worry about the illness itself can all

contribute to the anxiety," says Eli Lebowitz, Ph.D., director of the Program for Anxiety Disorders at the Yale Child Study Center. "Some children will also have relatives or friends directly impacted by the virus."

As the situation improves, so should children's emotional well-being, but if anxiety lingers, parents can take heart in new research from the center that shows how childhood anxiety can be reversed before it becomes a crippling adult condition. The study of 124 children aged 7 to 14 with anxiety disorders found that when parents

made simple behavior changes, their kids' symptoms sharply decreased 87.5 percent of the time and disappeared completely 60 percent of the time. Parents drew closer to their children and felt less stressed themselves, and the kids continued to improve even after the study ended.

According to Lebowitz, lead author of the study, the key is to reduce parental accommodation—actions that parents take to soothe and protect their anxious children, like texting to provide constant reassurances, speaking for a child with social fears or staying with a child that fears separation until they fall asleep. These actions may not be a problem in the short term or in tough times, but when used repeatedly, the child often becomes more fearful, less confident and unable to function in a normal manner.

In a new study published in the *Journal of the American Academy of Child and Adolescent Psychiatry*, parents learned in 12 weekly sessions how to slowly pull back from accommodating actions while validating the child's emotions and conveying confidence in their ability to handle challenges. Notably, a parent-focused program, Supportive Parenting for Anxious Childhood Emotions, produced better results than the control group, in which the children underwent 12 sessions of cognitive behavioral therapy learning to replace negative thoughts with positive ones. More information on this program for parents and therapists can be found at SpaceTreatment.net.

fizes/Shutterstock.com

Feeling stressed, out of balance or not yourself?

Relax, Restore, Rejuvenate at Strings of Serenity Reiki and Sound Healing

Serene, yet powerful, Reiki and Sound Healing replenish stagnant energies, bringing the body into harmony and balance. You will feel reinvigorated and deeply relaxed.

Call 551-206-6085 to
Schedule Your Session

In-person and distance sessions

info@stringsofserenity.com

www.stringsofserenity.com

337 Market St., Saddle Brook, NJ 07663



Elana Lehrer

Reiki Master, Sound Healer, Violinist
Strings of Serenity



New Wellness Center for Women in Saddle Brook

Have you ever wondered why
one diet works for one person
but not the other?

We Provide:

- Personalized Nutrition through DNA/Epigenetics
- Cell Wellbeing
- Auriculotherapy with Earseeds
- Holistic Services/Remedies
- Spa Services



Complete Wellness Within
Dr. Angela Serritella
973-615-2486

Naturopathic Doctor, Certified Nutritionist, and Nutritional Therapist

CompleteWellnessWithin.com

[Facebook.com/CompleteWellnessWithin](https://www.facebook.com/CompleteWellnessWithin)

Everyday Anxiety-Busters

Here are some other straightforward strategies that can lower childhood anxiety.

Getting physical. “Encourage your child to do any kind of exercise: jumping, swinging, running, catch, tag, hopscotch, biking, hiking, skateboarding. These activities are all considered weight-bearing because they place deep pressure on the joints and muscles, which calms their sensory systems that help regulate emotions,” advises Brittany Ferri, a Rochester, New York, occupational therapist specializing in pediatrics and mental health.

Getting outdoors. Sunlight stimulates the production of vitamin D and mood-boosting serotonin, and studies show that even brief nature walks can lower anxiety and improve focus in kids.

Giving them seeds and a shovel. Planning and working in their own garden give kids a healthy dose of fresh air, physical activity and a sense of accomplishment, and growing their own vegetables makes them more likely to enjoy eating them.

Breathing deep. “Parents can teach children coping skills such as relaxing their body or taking slow deep breaths to help them regulate their anxiety,” says Lebowitz. For example, a child can lie on their back and pretend to blow up a balloon. Or using a fresh flower, a child can breathe in the scent through the nose for a count of four, hold the breath for the same amount of time and then breathe out slowly through the mouth.

Playing it out. “Parents can help a child role-play what they could do in a situation that they’re nervous about,” says Leigh Ellen Watts Magness, a clinical social worker and play therapist, in Athens, Georgia. “They can create a puppet show where the characters have a similar problem, create a poster about some strategies they might use to relax or have their figurines talk to other toys about how they feel. All of these things help kids process feelings of anxiety.”

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

Looking for a Physician With Over 27 Years of Clinical Practice using Integrative Medicine?



Susanne Saltzman, M.D.

- Expertise in treating Acute and Chronic Illness in Children & Adults
- Emphasis on homeopathic and functional medicine to decrease dependency on pharmaceutical drugs.

Dr. Saltzman has helped thousands of families improve their health under her care. Her compassion, knowledge, intuition, and enthusiasm are exceptional.

Allergies	Depression	Interstitial Cystitis	Obsessive Compulsive Disorder
Anxiety Disorders	Eczema	Lyme Disease	PMS
Autoimmune Diseases	Infectious Mononucleosis	Menopause	Thyroid Disorders
Chronic Fatigue Syndrome	Irritable Bowel Syndrome	Migraines	Uclerative Colitis
Crohn’s Disease	Infertility	Multiple Sclerosis	

Science-based, Nutritional Lifestyle Intervention Program For
Obesity • Diabetes • High Cholesterol • High Blood Pressure
Decrease Cravings • Accelerate Fat Loss • Normalize Blood Sugar • Lower Cholesterol

• **Homeopathic Medicine Course Beginning September 2020** •
For Lay Persons & Health Professionals • 10-month Course • Call for Details
914-472-0666 | www.hartsdalehomeopathy.com

250 E. Hartsdale Ave, Suite 22 | 400 Rella Blvd, Suite 165
Hartsdale, NY | Montebello, NY

Learn how to fight viruses with natural remedies

Through a Positive Attitude and Spirituality
take control of your health

- Heal your body with the correct foods for you
- Manage menopause & andropause
- Homeopathic remedies
- Herbs
- Ayurvedic remedies
- Reflexology



For scheduling a Care Consultation Call Peggy Johnson, CHHC
201-444-4197 623 Lafayette Avenue • Hawthorne

Transform from **THE INSIDE**. Create Miracles **ON THE OUTSIDE**. With Feng Shui.

Lois Kramer-Perez, feng shui practitioner, gives you the tools you need to clear your life’s clutter and create transformation—inside and out.

Are You Ready to Start Your Life’s Transformation?

Contact Lois Kramer-Perez at 201-906-5767
or lois@LoisKramerPerez.com
LoisKramerPerez.com



Creating Change
for Person and Place

Lois Kramer Perez



Earth-Friendly Pets

Our Animals Can Go Green, Too

by Julie Peterson

Although cats and dogs don't require much more than food, a cozy napping spot and human attention, U.S. pet owners spent \$95.7 billion last year on their furry companions, according to the 2019 National Pet Owners Survey Statistics produced by the American Pet Products Association. That's a lot of products, all of which require packaging, shipping, shopping, consumption and waste that the environment must bear. Finding eco-friendly alternatives is key to having a pet that doesn't inadvertently harm the planet.

Proper Playthings

Pet toys can be costly to the wallet and the environment. Dogs can destroy flimsy items in seconds and the growing number of cat toys under the couch is money out the window. When choosing a toy, consider the pet's play style. Look for non-toxic natural fiber, recycled, upcycled and locally sourced products. Reject plastic and other toxic materials that degrade and leach harmful substances into the pet. Purchase toys that have minimal packaging and remember that it won't be any fun to play with if it is constantly stuck under the furniture or falls to pieces during the first roughhouse session.

Soft toys can be salvaged. Tie them in knots, sew them together or braid them into tug toys. Make soft or tug toys by upcycling old towels or T-shirts. Stuff some catnip in an old sock and let the playing begin. Cats can have as much fun with a paper bag as with an expensive toy. Consider simplicity.

Homeopathic Remedies

Many chemicals and pharmaceuticals can be replaced with simple, natural products. Essential-oil-based insect repellants are safer for pets and people. Apple cider vinegar contains nutrients, vitamins, minerals and enzymes that can be helpful for the treatment of allergies, urinary tract problems, hot spots, dandruff, ear discharge, eczema and stiff joints in dogs,

according to *Organic Pet Digest*. Dr. Marc Smith, a veterinarian at Natchez Trace Veterinary Services, in Nashville, advises, "Apple cider vinegar is a good source of potassium and has excellent antibacterial and antifungal properties to boost the immune system."

A veterinarian trained in traditional Chinese veterinary medicine can often provide natural treatments and preventatives using herbs, essential oils and other natural substances. Find such a practitioner at tcvm.com.

Green Grooming

Taking a bath in chemicals seems wrong for both humans and pets. Eco-friendly alternatives are available. "We use shampoos without chemicals, preservatives or phosphates," says Kim Molnar, owner of Salon Fido LLC, in Cross Plains, Wisconsin. "It keeps the dog from inhaling or absorbing hazardous chemicals and keeps the same from washing down the drain."

Natural Nourishment

A quality diet is good for the health of pets and the Earth. Many companies use local ingredients, sustainable manufacturing and recyclable packaging. Avoid artificial dyes, preservatives, fillers and chemicals.

According to the Association for Pet Obesity Prevention, an estimated 56 million cats and 50 million dogs in the U.S. were overweight or obese in 2018. Judicious feeding will trim a pet's waistline and reduce the amount of packaging and bodily waste a pet produces.

"You can reduce the number of products you need by sharing your food with pets. Saving whole-food leftovers reduces waste and helps move pets away from processed food," says Molnar. "There's so much common sense involved. Feed them food." Dogs love cooked sweet potatoes, pumpkin, carrots, broccoli and eggs. Cats can have cooked eggs, rice, spinach, pumpkin, salmon and chicken. Be aware of which foods are unsafe for pets. Some examples include onions, chocolate, bones, avocado and grapes.

Pooper Scoopers

Poop happens. Clean it up right. Kitty's litter can be nontoxic and kept fresh with regular scooping. Picking up after the pup keeps green spaces clean and limits excess nutrients going to waterways. "If your dog is harboring any type of intestinal parasites such as hookworms, roundworms or whipworms, then the eggs of those parasites can be present in poo and spread worms to other dogs and people," says Sarah J. Wooten, DVM, CVJ, in Greeley, Colorado.

Dogs and cats may seem to tread lightly on the Earth, but their carbon footprint can be heavy. Help them get green by evaluating what they consume and getting them in step with Mother Nature.

Julie Peterson writes about wellness and environmental issues. Reach out at JuliePeterson2222@gmail.com.

Tired of being tired? Get sick often? Are you or someone you care about feeling stressed lately?

WE HAVE THE SOLUTION. IT'S CALLED PRANIC HEALING

Pranic Healing can detect the blockages in the body, remove them and replace with healthy revitalizing energies that can regenerate the physical body. It is a simple yet powerful and pain-free healing modality.

Come and Join Us for a Free Meditation and Healing

Where: The Center for Pranic Healing

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

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

The Center for Pranic Healing • 420 Valley Brook Avenue, Lyndhurst, NJ 07071
201 - 896 - 8500 • pranichealingusa.com

MASTER CHON KOK SUI
PRANIC HEALING
HEALTH THROUGH ENERGY



Dr. David Minkoff



**The Best in
Natural Medicine!**

LifeWorksWellnessCenter.com

Specializing In:
Allergies • Auto Immune Disease
Cancer • Chronic Fatigue
Heavy Metals • Inflammation
Lyme Disease • Thyroid Issues

We Fix Your Health...Naturally

301 Turner St., Clearwater, FL 33756 ☀ 727-466-6789

BEYOND FACTORY FARMS

'Big Meat' Comes at High Cost

by Melinda Hemmelgarn

Kevin Walker, a Michigan State University professor and author of *The Grand Food Bargain and the Mindless Drive for More*, says, "Meat is the poster child of industrial food gone awry." Independent animal farmers are disappearing while factory farms are getting bigger, causing more air, soil and water pollution in rural communities nationwide, reports the Center for a Livable Future (CLF) at the Johns Hopkins Bloomberg School of Public Health.

Large industrialized farms known as concentrated animal feeding operations (CAFO) rely on the routine use of antibiotics to both prevent the spread of disease and promote animal growth and weight gain—a practice known to fuel antibiotic resistance and compromise human health.

High Cost of Cheap Meat

According to the U.S. Department of Agriculture, a push toward greater efficiency created the shift to industrial livestock production. However, attempts to maximize production for higher returns at minimal cost come at a price.

For example, a growing body of evidence

shows that CAFO leads to the social and economic decline of rural communities. "Research has consistently found that living near a CAFO is associated with an array of negative health impacts, including respiratory disease, mental health problems and certain types of infections," says Keeve Nachman, Ph.D., director of the CLF Food Production and Public Health Program.

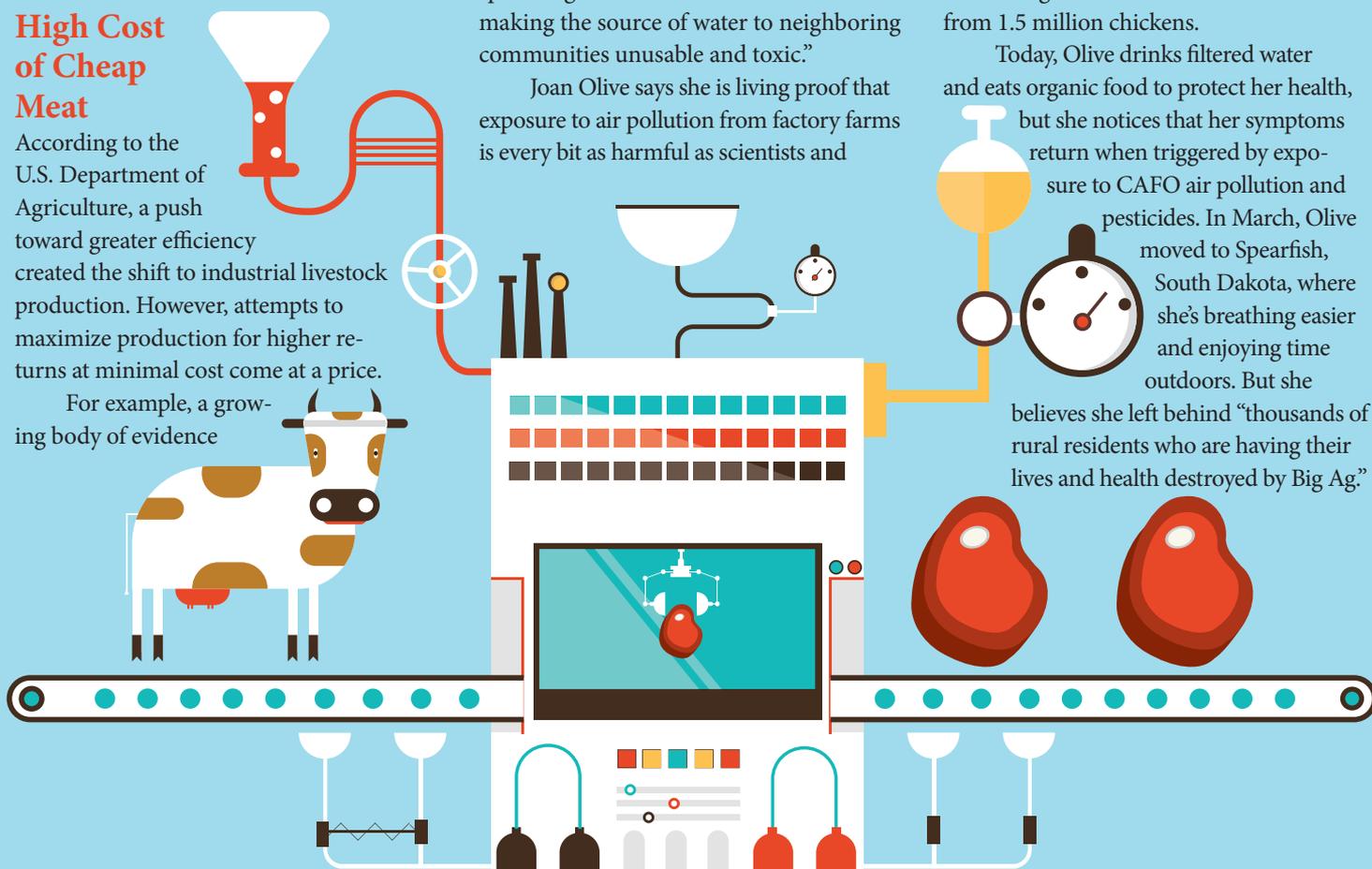
Everett Murphy, M.D., a retired pulmonologist from Kansas City, concurs, "Not only are the odors from factory livestock farms offensive, but individuals living within three miles of industrial animal operations are at risk for serious, life-shortening illnesses and permanent disabilities." Concrete reservoirs designed to hold manure present a problem as well, he adds, "They always leak into the groundwater, spreading antibiotic-resistant bacteria and making the source of water to neighboring communities unusable and toxic."

Joan Olive says she is living proof that exposure to air pollution from factory farms is every bit as harmful as scientists and

health experts have warned about for years. On one fateful December day 16 years ago, Olive was outdoors on her family farm near Spencer, Iowa, when she noticed a strong, sickening odor. Feeling nauseous, she went inside, but later that evening, her tongue swelled, she became disoriented and began shaking and sweating profusely.

Olive's symptoms subsided over the next few days, but since then she has experienced multiple chemical sensitivities, transient symptoms of brain fog, muscle twitching, migraines, and respiratory and circulatory problems. Health experts at the University of Iowa identified the source of the sickening odor as toxic hydrogen sulfide from liquid CAFO waste that had been sprayed on farmland one mile from Olive's home. In addition to the region's concentration of hog CAFO, her home sat two miles from 1.5 million chickens.

Today, Olive drinks filtered water and eats organic food to protect her health, but she notices that her symptoms return when triggered by exposure to CAFO air pollution and pesticides. In March, Olive moved to Spearfish, South Dakota, where she's breathing easier and enjoying time outdoors. But she believes she left behind "thousands of rural residents who are having their lives and health destroyed by Big Ag."



There Ought to be a Law

“Government oversight and policies designed to safeguard the health of individuals and the environment from these operations have been inadequate,” says Bob Martin, director of the CLF Food System Policy Program.

Citing environmental and public health hazards, the American Public Health Association issued a new policy statement last November calling for a precautionary moratorium on all new and expanding CAFO. It advises a complete halt until additional scientific data has been collected and public health concerns addressed.

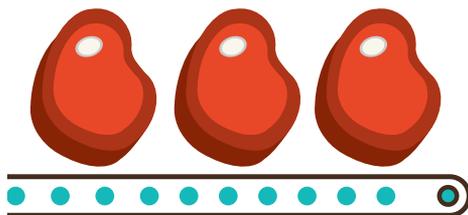
Bypassing Industrial Eating

Many consumers don't realize that the majority of beef, pork and chicken sold in supermarkets, served in restaurants and distributed to institutions nationwide comes from the industrial food system. According to the Public Justice Food Project, 85 percent of the meat Americans consume is produced by four corporate giants—Tyson, Smithfield, Cargill and JBS—each accused of hiding labor, animal or environmental abuses behind folksy brand names and packaging images.

To shed light on abuses and steer consumers away from industrial meat, the Center for Food Safety created a website that pulls back the curtain on CAFO. It recommends replacing half of the meat we eat with humane, sustainably raised, grass-fed and organic meat, while replacing the other half with plant-based sources of protein such as beans, peas, lentils, nuts and seeds—a dietary approach that benefits our gut microbes and protects us against a host of chronic diseases.

Meat Alternatives

As concerns mount about the health, ethical and environmental impact of animal products, the food industry has responded with more plant-based, lab-grown meat



Once you learn how our modern industrial food system has transformed what most Americans eat, you become highly motivated to eat something else.

~Eric Schlosser, author of *Fast Food Nation*, *Chew on This* and co-producer of *Food, Inc.*

alternatives. Yet, according to the *Food and Technology 2019* report by the market research firm The Hartman Group, many meat replacements rely on highly sophisticated technologies that hardly meet consumers' definitions of “natural”.

“It's all about what isn't on the label,” says Urvashi Rangan, Ph.D., chief science advisor of the GRACE Communications Foundation. According to Rangan, many plant-based and fake meat products are actually ultra-processed foods that contain genetically engineered ingredients and rely on petroleum-based chemicals that are not required to be listed on the label.

“The Impossible Burger introduces over 48 new proteins to the human diet without a thorough safety investigation,” warns Rangan. She questions whether these new meat alternatives are better than meat from animals raised on pasture without routine drugs and synthetic fertilizers.

There's a big difference between the health and environmental impact of meat from animals raised in feed lots versus those raised with regenerative agricultural

practices. “Industrial agriculture is absolutely harmful,” reports A Greener World, a nonprofit certifier of the trustworthy Animal Welfare Approved label. But thinking we have to go vegan or purchase fake meat to protect our health or the planet is misguided.

Eating Less, But Better Meat

“Our bodies are designed to be omnivores, and animal products are part of a diverse, real food diet,” says Rebecca Thistlethwaite, director of the Niche Meat Processor Assistance Network at Oregon State University. Thistlethwaite, author of *Farms with a Future* and *The New Livestock Farmer: The Business of Raising and Selling Ethical Meat*, believes in ancestral eating and eating as close to nature as possible. She is mindful of portion size and eats only organic and pasture-raised animal foods to avoid synthetic chemicals and pharmaceuticals.

Will Harris, owner of White Oak Pastures, in Bluffton, Georgia, declares, “It's not the cow, it's the how.” Harris transitioned his livestock operation from the industrial model to certified humane animal husbandry and sustainable practices that emulate nature. The switch to a pasture-based system yields healthier animals, he explains, and helps take carbon out of the atmosphere and back into the soil.

In *Cows Save the Planet and Other Improbable Ways of Restoring Soil to Heal the Earth*, author Judith Schwartz describes how grazing animals play a key role in restoring soil health, and therefore human health. “Well-managed pastures and grasslands with ruminant animals can sequester more carbon than they emit, improve soil health and increase groundwater recharge,” explains Thistlethwaite. Plus, both livestock and poultry can make use of inedible feeds that humans don't consume, such as grass and sagebrush.

Critical Questions to Find and Support Good Food

Where does my food come from? Who produced it and under what conditions? Were workers treated fairly and animals humanely? What's in or on my food? Were pesticides, antibiotics, hormones, genetically modified ingredients or additives used in producing it? Is it rich or poor in nutrients? What might be the unintended consequences of my food and farming choices? How might those choices affect our environment and future generations?

Take Action to Stop Factory Farms



The COVID-19 health crisis highlights inequalities in how we produce and distribute food. A new bill, the Farm System Reform Act (FSRA), will

help to create a more healthy, sustainable and equitable model, by placing a moratorium on new Concentrated Animal Feeding Operations (commonly known as factory farms), cracking down on the monopolistic practices of multinational meat corporations and supporting farmers to transition to healthier, pasture-based models and organic farming. To support the FSRA, the Sierra Club has made it easy to contact members of Congress at Tinyurl.com/BlockFactoryFarms.

Power To the People

Rangan and Harris emphasize that the power of consumer spending can shift the market. However, Thistlethwaite says, “We cannot just vote with our forks, as many people don’t have that luxury.” She urges change at both personal and political levels, favoring incentive-based approaches with fewer subsidies going to the industrial system.

“We need more farmers raising high-quality animals in a humane, ecologically responsible manner,” says Thistlethwaite. But we also need more small-scale slaughterhouses and meat processors throughout the country to get quality meat to more of our tables.

In addition to farmers’ markets, cooperatives and community supported agriculture, organizations such as the American Grassfed Association and Local Harvest connect consumers directly to farmers using sustainable practices to help rebuild regional food hubs and networks.

“Start with small steps,” suggests Thistlethwaite. “Buy milk from a local creamery, eggs from a farmer in your community or one-quarter cow to fill your freezer from a local, grass-fed beef producer. Reward the farms and ranches that are doing it right by purchasing from them, promoting them, supporting them.”

Melinda Hemmelgarn is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at FoodSleuth@gmail.com. Tune into Food Sleuth Radio at kopn.org.

PATHWAYS CONNECT MOTHERS GROUP

Save the Date

JOIN US ON ZOOM! July 17th, 12-2 PM

Join our Mothers Group to connect with other mothers and mothers-to-be. Come share your experiences and insights every third Friday of the month.



Providing resources for mothers to create more life through natural chiropractic

- Children welcomed
- Light refreshments and giveaway items
- Various guest speakers each month
- Education and group discussions on motherhood and healthy living
- All events are free

Pure Balance Center
1425 Broad Street #4, Clifton, NJ 07013 purebalancecenter.com
Reserve your spot by calling us at (973) 773-8244 (ext. 1)
or via email: info@purebalancecenter.com



Learn More, Eat Smarter

Center for Food Safety: EndIndustrialMeat.org

Consumer Reports: Tinyurl.com/MeatGetsMakeover

Food Print: Tinyurl.com/WhatIsFoodPrint

Friends of the Earth: foe.org/resources/from-lab-to-fork

A Greener World: AGreenerWorld.org

10 Things You Can Do for the Planet Instead of Giving Up On Animal Agriculture: AGreenerWorld.org/a-greener-world/10-things-you-can-do

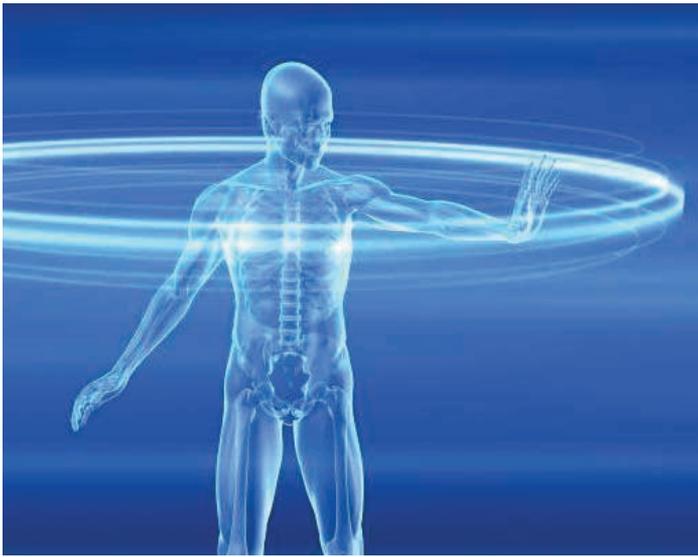
Humane Society Food Industry Scorecard: HumaneSociety.org/resources/food-industry-scorecard

Keep Antibiotics Working: KeepAntibioticsWorking.org

Public Justice Food Project: Food.PublicJustice.net/communityresources

Right to Harm film and resources: RightToHarm.film

One Hundred Thousand Beating Hearts film: Tinyurl.com/100000BeatingHearts



Holistic Approach to Autoimmune Disease

by Doug Pucci

Autoimmune disease is on the rise. The American Autoimmune Related Diseases Association estimates that about 50 million Americans have at least one of the more than 100 recognized autoimmune diseases. They include thyroid disease, Lupus, Celiac disease, rheumatoid arthritis, multiple sclerosis, inflammatory bowel disease (IBD), Type 1 diabetes, psoriasis and myasthenia gravis, among others.

More people are diagnosed with autoimmune disease than cancer and heart disease combined. Rates have more than doubled over the past 25 years and tripled among adolescents. Neurological, gastrointestinal, rheumatic and endocrinological autoimmune diseases are rising worldwide at the rate of 4 to 7 percent annually, with the highest numbers in the Western and Northern Hemispheres. The largest increases are in celiac disease (in the U.S., about one in every 100 people are affected), Type 1 diabetes and myasthenia gravis.

Autoimmune diseases occur when our body's defense systems attack the healthy tissues and cells in our body, misidentifying them as invading illnesses. There are a number of potential triggers, including pesticides, medications, cigarette smoke, high levels of stress, dietary factors, viruses, bacteria, environmental pollutants and others.

Early signs can seem unrelated and vague, such as inflammation, pain, fatigue or a generally malaise. Many patients have reported that when they bring these concerns to their doctors, they are not taken seriously or are given over-the-counter (OTC) or prescription medications that address only the symptoms, rather than the root cause. While this may temporarily relieve symptoms like pain or inflammation, eventually these symptoms worsen and new symptoms arise, because the body continues attacking itself as the disease continues to progress.

Autoimmune diseases occur when our body's defense systems attack the healthy tissues and cells in our body, misidentifying them as invading illnesses.

Long-term use of both OTC and prescription anti-inflammatory or pain-killing medications or immunosuppressant drugs can cause serious side effects and increase the risk of future viral or bacterial infection; some create permanent health problems. There are times when prescription drugs are necessary, but it makes more sense to find the underlying cause using comprehensive lab work that goes down to the molecular level. Covering up, blocking and suppressing symptoms doesn't address or help the reason for these health problems.

In some cases, something as simple as a lifestyle change can help tremendously. Chronic stress negatively impacts the immune system and leaves us more vulnerable to many types of disease. There can be dietary factors involved if a person is unknowingly allergic or has a sensitivity to a certain food type that is causing a reaction; just because a patient never had a food allergy or sensitivity doesn't mean they haven't developed one over the years. There could be hidden infections that deep-dive lab work can uncover, or there might be nutritional deficiencies previously undetected.

It's only natural to seek the help of a specialist in the area of concern. For example, an autoimmune disease that appears as a skin problem like psoriasis would typically be addressed by a dermatologist solely as a skin problem and treated with topical creams, ointments, light therapy and oral or injectable medications. However, although the symptom is showing on the skin, the problem itself goes much deeper. Specialists only treat the area of the body that lies within their scope, but a whole body, holistic approach is needed to successfully treat the root cause and its accompanying symptoms.

Dr. Doug Pucci is an expert in functional medicine and was recently recognized by The 2020 Best of Awards for Oradell. For more information, call 201-261-5430 or visit GetWell-Now.com. See ad, page 3.



If You Are Reading This, So Are Your Potential Customers.

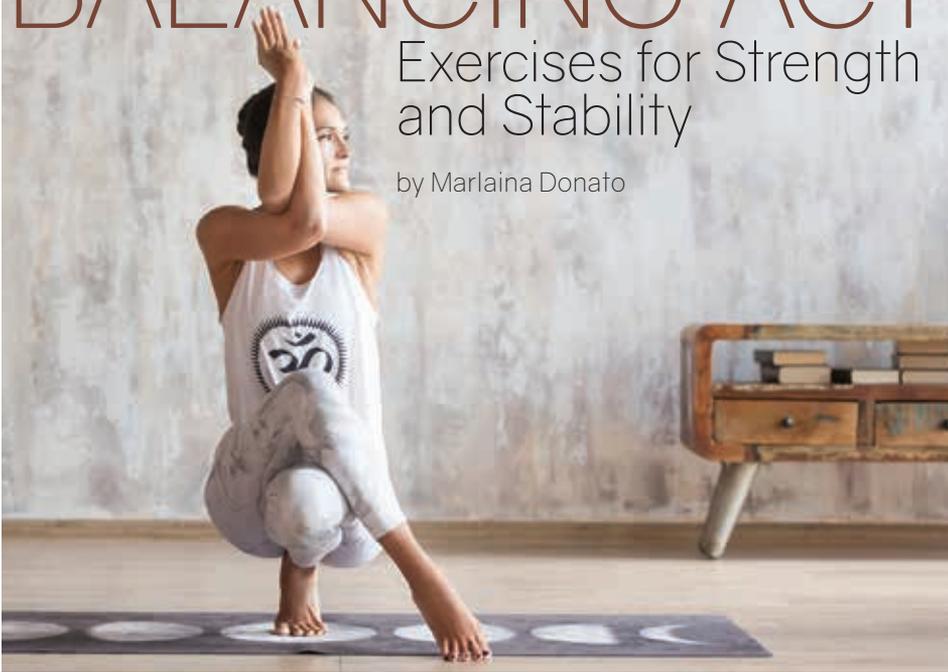
natural
awakenings

Contact us today for special ad rates.
201-781-5577

BALANCING ACT

Exercises for Strength and Stability

by Marlaina Donato



Good balance is something we may take for granted until an unexpected fall brings our attention to a brewing problem. Slower reflexes, unconditioned muscles and changes in eyesight can all compromise balance. Statistics show at least one in three people over the age of 65 suffer from injuries related to falls, but regular core-strengthening balance training, yoga and tai chi can lower the risk considerably.

Marching in place and simple exercises added to a customary after-dinner walk on summer evenings can also go a long way. According to a 2013 study of senior women published in the *British Journal of Sports Medicine*, exercising not only reduces the likelihood of falls by 37 percent, but also the severity of injuries such as broken bones by 61 percent.

“Balance is a skill, and like any skill, it gets better with practice,” says Mike Ross, a Chicago-based performance enhancement specialist and author of *The Balance Manual*. “The problem is people gradually spend less and less time standing and moving around—chasing kids or doing yard work—and spend more time watching television or sitting in front of the computer.”

Whole Body Equilibrium

Balance training for all ages helps the body to move fluidly as a singular, balanced unit. Stephanie Mansour, a Chicago fitness expert and host of the PBS weekly *Step it Up with Steph* show, says, “Some people who have hip or back pain may have an imbalance: One side is more developed than the other. Other people may feel wobbly during workouts or walking upstairs, or less agile while getting in and out of cars; doing everyday movements. Balance training will help improve those everyday activities.”

Full-body exercises engage core muscles to stabilize movement. “You’ll be surprised by some muscles that are triggered that are otherwise less engaged during traditional exercises. No matter where you start, it only takes a few minutes of balance work a day to make a difference,” says Los Angeles fitness trainer Kollins Ezekh, emphasizing the added benefit of improved posture that naturally reduces lower back stress and resulting chronic pain.

Balance training also packs a positive punch for brain health by focusing the mind and improving cognitive function while lowering stress levels.

Everyday Activity

Being proactive throughout the day and adopting simple habits have far-reaching effects. “Start in the morning when you’re getting dressed for the day and pay attention to which foot you balance on first to put your legs in your pants. Consciously do the opposite. When you’re drying your hair or brushing your teeth, balance on your tip toes,” suggests Mansour.

Ross recommends staying active in the daily routines. “Make a point of breaking up long periods of sitting like desk work and [watching] television. Get up and play with the kids instead of watching them. If you can, do your own housecleaning and yard work instead of hiring someone. Find a sport that you can engage in as you age. For instance, you might play tennis in your 20s and 30s and then pickleball and Ping-Pong in your 50s.”

No matter what type of training we choose, there’s a way to fit in balance elements. “You can try yoga, where the different poses really challenge your balance strength,” says Ezekh. “When doing weight training, you can do lateral exercises with dumbbells on your shoulders or even squatting movements. You need to use your balance strength to prevent yourself from swaying or toppling over. Even exercises like walking down steps require proper levels of balance.”

A Steady Diet

Vitamin B₁₂-rich foods, including whole-grain cereals, plant-sourced milks, eggs, sardines and nutritional yeast, as well as resveratrol-rich fruits like grapes or blueberries, can help improve coordination and motor function. A 2016 study published in the *Journal of Physical Therapy Science* reveals that women over 60 with higher serum vitamin D levels exhibit better stability and strength in their lower extremities.

Overall, fostering good balance pays off in the long run. Ross notes, “Ideally, the time to start proactively doing activities that stimulate your balance is way before that first fall in your 50s and 60s.”

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



Boosting Immunity with Photobiomodulation

by Scott Kennedy

Prioritizing wellness through boosting the immune system in the wake of the COVID-19 pandemic is imperative to preventing illness, enhancing recovery and maintaining overall health. Studies have shown the effects of photobiomodulation therapy (PBMT) on fighting and preventing infection are promising, including decreasing viral load and replication rates, enhancing immune function, reducing inflammation and improving lung function. If PBMT is used prior to and during an upper respiratory infection, the body's natural ability to fight the disease and mitigate symptoms can significantly increase.

PBMT supports optimal immune function by positively effecting the cells enhancing adenosine triphosphate production, reducing oxidative stress, fighting inflammation, and stimulating the lymphatic system. These basic functions generate a multitude of health benefits throughout systems of the body. Studies suggest PBMT can boost the immune system, improve brain and heart health, help prevent life-threatening conditions and enhance the body's ability to balance its integrative systems to fight infection.

PBMT creates homeostasis. Red and near-infrared beams of light directed into the cells causes mild metabolic stress, leading to an influx of anti-inflammatory and antioxidant measures, creating a readiness in the body to respond quickly to infection.

PBMT increases nitric oxide (NO) production, inhibiting viruses. NO, a key signaling molecule between cells, can have an inhibitory effect on some viruses. Major research from the Center for Microbiological Preparedness, in Stockholm, has proven that NO prevents a similar virus to COVID-19 from replicating. NO has the power to suppress the synthesis of the RNA, stopping the spread of the virus.

PBMT prevents the development of severe lung inflammation by reducing inflammatory cells and regulating the pro-inflammatory cytokine levels, PBMT reduces the risks of cytokine storms and sepsis associated with the immune system's uncontrolled activity when the body is fighting off disease. By regulating collagen production and decreasing its deposition in the lungs that develops even with influenza infections, PBMT reduces the effects of lung inflammation. Studies also suggest PBMT stimulates tissue regeneration, increasing healthy lung function.

PBMT inactivates the virus by decreasing its ability to infect the host cells. Research emerging from China on coronaviruses has identified three important proteins that are building blocks of its envelope and play a major role in connecting to and infecting the host cells. One particular protein is found on the surface of the virus and is photosensitive. PBMT destabilizes the enveloping structures of coronaviruses through its utilization of light frequencies.

In as little as 10 minutes a day, this non-invasive light therapy can boost immunity, fight disease and enhance overall wellness. PBMT, with a growing wealth of clinical trials and studies, is moving to the forefront as a safe alternative addition to any healthcare regiment.

Scott Kennedy is the owner of Lightpath to Wellness, in Fort Lee. To schedule an initial \$25 session or purchase home photobiomodulation panels, call 833-544-4865 or visit LightpathLED.com. See ad, page 23.



Coming Next Month

AUGUST

Biological Dentistry

plus: Environmental Education

natural
awakenings

To advertise or participate in our next issue, call 201-781-5577



Greener Green Grass

Why Organic Lawns Make Eco-Sense

by Julie Peterson

With its dependence on synthetic fertilizers and pesticides, America's 63,000 square miles of lawns rely on fossil fuels, put pressure on water supplies and devastate soil, watersheds, animals and people.

Fortunately, green turf can be attained organically, with important benefits. "In addition to protecting public health, eliminating our use of pesticides and fertilizers will allow us to build healthy soil and sequester more carbon as we face climate chaos," says Mackenzie Feldman, executive director of Herbicide-Free Campus, a San Francisco organization working to transition colleges nationwide to organic lawns.

The Harm Done

Homeowner desire for lush swaths of monoculture grass has been fueled by lawn chemical ads equating model families with flawless lawns. Unfortunately, the "green grass of home" isn't an ideal dream, it's a nightmare. Research shows that it exposes people to cancer-causing, reproductive-harming and endocrine-disrupting chemicals, many of which are deemed safe by

government agencies. The Pesticide-Induced Diseases database at BeyondPesticides.org holds myriad studies linking chemicals to asthma, diabetes, autism, lupus, arthritis, Parkinson's disease, Alzheimer's disease and cancer. Children are particularly vulnerable to the effects of toxins due to their developing organs.

Exposure to lawn chemicals also comes through the air, on indoor surfaces and in water. A U.S. Geological Survey report found pesticides in 99 percent of urban streams. In mixed land use areas, 100 percent of major rivers and 33 percent of major aquifers were tainted.

While the culture around the aesthetics of landscapes is strong, the tipping point has arrived.

"People are becoming more aware that their children are at elevated risk and that there are deficiencies in the laws that govern toxic chemical use," says Jay Feldman, executive director of Beyond Pesticides, in Washington, D.C.

Lawn chemicals are also feeding climate change. "Not only are they fossil-fuel intensive to produce, they harm the biology in the soil and destroy its ability to

sequester carbon," says Diana Carpinone, president of Non Toxic Communities, a pesticide reform nonprofit, and founder of Non Toxic Dover, in New Hampshire.

Front Yard Activists

Recent lawsuits and climate change have given activists more power to effect sweeping changes in policy. "This isn't just a niche idea. We have a mandate, given looming environmental crises, to transform our current chemical intensive systems to organic," says Jay Feldman.

Organic turf experts have devised methods to grow monoculture grass. According to Ryan Anderson, a community outreach specialist at the Integrated Pest Management Institute of North America and leader of Midwest Grows Green, "Homeowners can keep their lawns organic by increasing cultural controls." These include aerating, over seeding and mowing high to build the soil, turf and plant system.

While pristine lawns are possible, re-considering aesthetics is another option. "We could let native plants grow and embrace plant diversity as fundamental to ecosystem resilience," says Mackenzie Feldman.

Indeed, "weeds" are beneficial. Clover feeds nitrogen to grass, benefits soil organisms and stays green long after turf. Dandelions were once considered a source of food and medicine, and all parts of it are edible, including flowers, roots and leaves.

Instead of living with weeds, some homeowners are choosing to tear out lawns and put in indigenous plants to attract pollinators and other wildlife. But it takes time for society to adopt new views and front yards can be polarizing.

"You can't go from zero to hippie in a day. People need realistic goals," says Carpinone.

Whether someone rents, owns or only has access to shared green spaces, Shaina Rico, founder of The Generation Ground, an Austin-based organization helping farmers launch regenerative businesses, feels everyone must "take ownership of our green spaces. If you are not the one managing the land, ask questions of those



that are. What are we doing to support the soil biology? Can we achieve the goal without using chemicals? How can we increase soil organic matter?"

Greener Communities

Concerned citizens are asking local governments and school districts to eliminate chemical turf management protocols at parks and schools. Nonprofit campaigns such as Beyond Pesticides, Non Toxic Communities and Herbicide-Free Campus can sometimes send a spokesperson and provide ample data to overcome common objections. "We can show that organic is viable and economical. Organic systems end up reducing costs over time," says Jay Feldman, who helps install community pilot sites.

Transitioning to organic practices requires a focus on soil health, building up microbial life and organic matter, understanding the ecosystem and creating a balanced ecology. Once in place, it's a functioning system that doesn't need much management.

"You can have a beautiful, organic, green lawn that's safe for all living things," says Carpinone.

Julie Peterson writes about wellness and environmental issues from rural Wisconsin. Reach her at JuliePeterson2222@gmail.com.



Make a Difference

Offset climate change and improve health for people and the planet by reaching out to the community or finding helpful experts to assist with local efforts.

Non-Toxic Communities (NonToxicCommunities.com) offers resources to create healthier schools, lawns and landscapes throughout the country.

Beyond Pesticides (BeyondPesticides.org) has a database of pest management and lawn service companies that don't use dangerous pesticides, lawn signs for the organic yard and a sign-up for The Action of the Week to contact elected officials about current issues.

The Integrated Pest Management Institute of North America (ipminstitute.org) provides low-risk pest management solutions for farms, greenhouses, facilities and homes.

Herbicide-Free Campus (HerbicideFreeCampus.org) is working to transition every campus in the country to organic.

The Great Healthy Yard Project (tghyp.com/downloads) has downloads on how to grow without gunk and encouraging others to do the same.



BODY & BRAIN
YOGA • TAICHI

Group and Individual Classes
Online/In Studio (Coming Again Soon)

- Ramsey 201-962-8383
- Wayne 973-832-7020
- Ridgefield 201-941-8622
- Wyckoff 201-444-6020

www.bodynbrain.com

FREE YOURSELF FROM PAIN



Acupuncture • Herbs
373 Main Street, Hackensack, NJ
By appointment
201.488.9107

Dr. Andrew Wysocki, LAc, DACM
www.AWHeal.com



Red Light Therapy may help

- ◆ Boost Immune System
- ◆ Reduce Pain/Inflammation
- ◆ Decrease Stress Anxiety
- ◆ Resolve Skin Issues
- ◆ Increase Energy

For home use panels - visit www.lightpathLED.com

**For scheduling comprehensive care
Call us at 833-544-4865**

LightPath to Wellness 209 Main St. • 2nd floor • Fort Lee
LightPathToWellness.com



GUT TALK

TIPS FOR A HEALTHY MICROBIOME

by Melinda Hemmelgarn

It's hard to imagine surrendering control of our minds and bodies to trillions of microorganisms, but an ever-growing body of research from the Human Microbiome Project shows how microbes living in and on our bodies affect and even predict our physical and mental health.

The majority of these microorganisms, or microbiota, live within our large intestine. According to Kelly Tappenden, Ph.D., a registered dietitian and head of the Department of Kinesiology and Nutrition at the University of Illinois–Chicago, we have more microbial cells within our gut than we have human cells in our body. These microbes help digest food, regulate appetite, produce certain vitamins, synthesize chemicals such as serotonin, metabolize carcinogens and regulate our immune system. She suggests that we think of them collectively as an organ that develops and changes as we age.

“A huge proportion of your immune system is actually in your GI tract,” says Dan Peterson, assistant professor of pathology at the Johns Hopkins University School of Medicine. Taking care of our gut microbes is paramount during times of stress and risk of infection. In their book, *The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long-Term Health*, Stanford researchers Justin and Erica Sonnenburg explain how healthy gut bacteria are essential for both metabolic health and strong immunity, adding that the chemicals our gut microbes synthesize behave like drugs—they are absorbed into our bloodstream and influence our biology. Seattle-based biologist Ann Bikle refers to the colon as an “onboard medicine chest”. Unfortunately, warns Sonnenburg, physicians too often prescribe antibiotics, which wreak havoc on our microbiota, leaving us susceptible to disease-causing organisms.

Fiber for a Strong Defense

The Sonnenburgs define a microbiota-friendly diet as rich in plant-based, high-fiber foods and limited in meat and saturated animal fats. Low-fiber diets contribute to a decline in gut microbe diversity, resulting in a weakened immune system. “Fiber is fuel for the gut,” says Joanne Slavin, Ph.D., a registered dietitian and professor of food science and nutrition at the University of Minnesota–St. Paul. It's naturally found in fruits, vegetables, beans, peas, whole grains, nuts and seeds.

Fermentable fibers such as fruit pectin, beta-glucans in barley and oats, and oligosaccharides in beans are metabolized by gut bacteria to produce short-chain fatty acids that provide energy to cells in the colon. Many fermentable fibers are called “prebiotics” because they promote the growth of beneficial gut bacteria. Inulin, for example, is a prebiotic fiber found naturally in onions, garlic, leeks, asparagus, wheat and oats.

Teresa Martin, a registered dietitian based in Bend, Oregon, who researches gut health and disease prevention, recommends 35 to 50 grams of fiber per day to promote diverse, abundant and resilient gut microbes. For those over 50 years of age, the Institute of Medicine recommends 30 grams of dietary fiber per day for men and 21 grams for women. Most Americans get half the recommended amounts because highly processed, low-fiber foods are ubiquitous. Plus, popular gluten-free, keto and paleo diets limit whole grains. When buying packaged foods, check labels carefully and choose those providing at least three grams of fiber per serving.

A Healthy Microbiome for Life

Martin shares the following strategies for developing and preserving gut health:

- Choose a vaginal birth, if pregnant; and breastfeed to help establish a healthy microbiome in the baby.
- Choose an organic, plant-based diet. Aim for a variety of different plant species each day.
- Enjoy fermented foods such as yogurt, kefir and sauerkraut, but be cautious with probiotic supplements. Only use those with proven safety and effectiveness.
- Limit “microbial assassins.” Artificial sweeteners and emulsifiers such as polysorbate 80, carageenan and carboxymethylcellulose, typically found in processed foods, can lead to bloating, irritable bowel and inflammation.
- Enjoy physical activity; avoid sitting for more than 30 to 60 minutes.
- Go outside, enjoy fresh air and play in the dirt.
- Reduce stress. Try yoga, meditation and mindfulness.
- Sleep six to eight hours each night.
- Think about gut microbiota every day, advises Martin. “Anything you can do to help fuel healthy microbes, no matter how small, will make a difference to your health.”

Melinda Hemmelgarn, the *Food Sleuth*, is an award-winning registered dietitian, writer and nationally syndicated radio host based in Columbia, MO. Reach her at FoodSleuth@gmail.com.

LEARN MORE

- The connection between both soil and human health: Dig2Grow.com
- Comparing the human digestive system to plant roots in the soil: Tinyurl.com/SoilHealthAndHumanHealth
- Human Microbiome Project: hmpdacc.org/hmp/overview

The Link Between Aging and Elimination

by Dian Freeman

Many people are confused about natural approaches to preventing premature aging. If we are lacking sufficient stomach acid and enzyme production, our food will not be correctly broken down enough to be absorbed.



What we do not digest becomes putrefied sludge and is very toxic. Plus, if the bowels are working too fast, even the digested nutrients will be fast-tracked out and not absorbed. In both cases, nutrients we thought we were getting will be wasted and toxins we do not want can be absorbed. Also, the reverse is true. If our bowels are slow or clogged and the contents stay in there too long, waste products will be absorbed, causing systemic toxification, free radical damage and premature aging.

No matter how well we eat, the number of supplements we take, how far we run or how long we meditate, if we are not digesting our nutrients completely they cannot be absorbed. Digestion begins in the stomach. Low stomach acid leads to the putrefaction and fermentation of food in the stomach, which causes acids to burn the stomach lining and make gas bubbles that can push that acid up into the throat. This reflux is most often due to the lack of stomach acid, not too much. We can purchase stomach acid, HCL, in supplement form or put a couple of teaspoons of natural apple cider vinegar in a glass of water with a natural sweetener. Taken with a meal, vinegar acts like HCL in the stomach.

To aid digestion, the use of vinegar in salads, pickles before and with a meal, and fermented side dishes were part of every meal in early cultures. Today, people take pills to turn off stomach acid. This is a quick route to osteoporosis and dementia. The bones cannot receive minerals unless they have been broken down by acid in the stomach, while the brain also requires minerals to perform its many miraculous functions.

Digestion continues in the upper part of the small intestines (duodenum), where enzymes are added from the pancreas. If the this organ is overworked from making insulin to meet the requirement of storing the amount of sugar and starch that most people are eating today, it often is unable to produce enough enzymes to finish the job of digestion. Insulin is a formable inflammatory hormone that causes not only early aging, but many inflammatory conditions, as well. We are able to take digestive enzymes as a supplement with each meal. Doing so allows for the use of every nutrient that is ingested.

A smoothly running bowel depends not only on well-digested nutrients, but on proper peristaltic motion enabled by fiber. Harsh, whole grain fiber like bran blocks the absorption of minerals. Insoluble fiber such as the strings and veins of a from vegetables and soluble fiber from gelatinous plants such as the interior of apples not only helps move the bowel, it also soaks up sugar, toxins, cholesterol and fat before it can be absorbed into the body. Common supplemental soluble fibers include psyllium hulls and flax seed.

The key to healthy and productive senior years is getting the nutrients in and the waste out. Absorption and elimination are essential to any anti-aging list.

Dian Freeman, MA, certified in clinical nutrition, has a private nutritional consultation practice in Morristown. For more information, email Dian2@WellnessSimplified.com or visit WellnessSimplified.com. See ad, page 11.

8 months to Your Massage Therapy Career!

Also available: ❖ Medical Assisting ❖ Dental Assisting ❖ Administrative Office Professional



American Institute
INNOVATIVE CAREER EDUCATION

346 Lexington Ave., Clifton, NJ 07011

Book your appointment at our Student Massage Clinic.

Call 973-685-4648 today!

Institutionally accredited by ABHES. Financial Aid available for those who qualify.

CALL NOW!
866-506-5843
www.AIclifton.com

conscious eating



OUTDOOR FEASTS

Inspired Picnics and Healthy Grills

by Marlaina Donato

Nothing defines the summer season quite like firing up the grill or escaping with a picnic basket to a favorite hideaway. From luscious fruits to gorgeous greens, enjoying a meal outdoors inspires us to eat what is in season and invites us to sip the moment. Most of all, it gives us special time with loved ones or with ourselves.

Ashley English, of Candler, North Carolina, author of *A Year of Picnics: Recipes for Dining Well in the Great Outdoors*, sees picnics as a delicious excuse to eat healthy and in sync with the seasons. “No matter what time of year you’re picnicking, there’s always going to be something ripe and in season to showcase. We all know that foods eaten at their peak time of ripeness simply taste better, so use your summertime picnic as an opportunity to bite into a ripe watermelon or your autumn picnic as the ideal time to bake an apple crisp.”

Portable Pleasures

Thinking outside the box can jazz up the ordinary. English sings the praises of

picnicking not only in woodlands and on beaches, but on rooftops. Being open to different times of the day welcomes a shift in mood. “I’m particularly fond of breakfast picnics. They’re an excellent way to clear your head and get motivated, as they’re an activity fully engaging all of the senses. Twilight picnics are another favorite. As the sun begins to set, the light is less harsh and the mood outdoors becomes decidedly quieter. I find picnics during this time of day to be especially relaxing,” says English.

Simple tasks like washing salad greens or whipping up a quick hummus dip the night before a picnic can save considerable time. Traditional picnic baskets are not required, and English recommends vintage suitcases, wooden crates or a backpack, especially if the picnic destination involves an uphill trek. She also emphasizes simplicity: “While a lavish spread with myriad options is quite fun, a simple picnic can be equally enjoyable. A grazing board to-go is quite easy. Pack up a medley of fruits, veggies, charcuterie or cheeses, crackers,

spreads and pickles and a little something sweet, and you’ve got all you need to create a memorable meal outdoors.”

Robyn Lindars, of Fort Myers, Florida, author *The Healthy Electric Smoker Cookbook: 100 Recipes with All-Natural Ingredients and Fewer Carbs*, says, “I love grilled veggies paired with goat cheese and fresh herbs on French or Italian bread. You can add capicola or just stick to veggies for tasty sandwiches that do well in a cooler.”

Great Grilling

Grilling “adds a ton of flavor to food without needing to add additional fat or calories. Cooking over fire is also the oldest method of cooking,” says Lindars. Happily, the health risks associated with barbecuing meat over hot coals can be reduced by using flavorful marinades or opting to go vegan.

Reducing temperature decreases carcinogenic compounds associated with grilling meats and can be best accomplished by waiting until charcoal turns to embers or turning the gas grill down a notch or two. Grilling further from the flame on an elevated rack is also a good option. Citrusy or balsamic vinegar-based marinades naturally minimize toxic potential by reducing the formation of unhealthy compounds, studies show.

“You are what you eat and what you eat was eating. Opt for the highest-quality protein possible—grass-fed beef, organic, humanely raised protein,” suggests Lindars. “Make your own marinades and rubs to avoid ingredients like soybean oil and corn syrup. You can easily make your own with simple ingredients like olive oil, fresh herbs, vinegars, sea salt and spices. Fresh rosemary, lemon zest, juice, sea salt, pepper and garlic with a splash of olive oil makes for an amazing marinade, and can even be paired with grass-fed butter to put on chicken. A basic rub of smoked paprika, sea salt, fresh ground pepper and dash of garlic powder is great on just about anything.”

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

Recipes for Outdoor Feasts



Fire-Roasted Gazpacho

3 lb small-to medium-size tomatoes, possibly a mixture of San Marzano and Campari tomatoes (The smaller tomatoes will get more exposure to the grill)

2 large cucumbers

1 poblano pepper

1 head of garlic

8 oz mini-bell peppers

2 tsp white wine vinegar

1 cup water (or more)

Dash olive oil

1 Tbsp sea salt (preferably bourbon barrel smoked sea salt)

1 Tbsp black pepper (preferably bourbon barrel smoked pepper)

1 tsp sugar

1 large bunch basil

1 ripe avocado, diced

Preheat a charcoal grill for medium direct heat—about 350° F. (Gas works, but will not produce as much smokiness as charcoal.)

Prepare the veggies to go on the grill: wash everything and slice the cucumbers into thin lengthwise pieces; put the garlic cloves onto skewers.

Grill the tomatoes, cucumbers, peppers, garlic and poblano pepper until char marks form on all sides.

Remove the veggies and place in a big pot. Add water.

With an immersion blender, mix everything together until uniform in consistency.

Add the olive oil, vinegar, salt and pepper to taste; more water for a thinner consistency; and the basil at the end with one last blend with the immersion blender.

Chill at least 3 hours before serving so the flavors have time to meld together.

Garnish with diced avocado and fresh basil.

Recipe and photo courtesy of Robyn Lindars, GrillGirl.com.

New Twists on Old Favorites

Brew up delicious and colorful herbal teas for gourmet lemonades. Try hibiscus, lemongrass, lavender or fresh ginger tea, adding fresh organic lemon juice and a sweetener of choice.

In a blender, whip up unsweetened plant-based milk (almond, coconut or cashew) with a ripe banana, a small handful of dates and a splash of vanilla extract, and pour into popsicle molds.

Combine peanut, almond, sunflower or soy butter with cocoa or carob powder, a tablespoon of plant-based hazelnut creamer and a pinch of salt. Roll into balls and then add sesame, chia seeds, cinnamon, coconut sugar or chopped dates.

calendar of events

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

THURSDAY JULY 2

Women's Weekly Guided Clearing Meditation Circle – Thur through July. 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. Register by 9am to receive the link, emailed at 9:30am. \$20/single session, \$65/4 sessions. Details: 201-906-5767. Lois@LoisKramerPerez.com. BIT.LY/Register-WomensCircle,

SATURDAY, JULY 11

Learn the Violin – 11am-1pm. Have a child that wants to learn, or you played as a child and want to get back to it. Each participant will get a free on-line mini lesson. No previous experience necessary, all ages and levels welcome. Elana will provide a nurturing and encouraging environment to learn. RSVP: 551-206-6085. StringsOfSerenity.com.

THURSDAY, JULY 16

Clear Your Stress: Guided Meditation Online – 7-8pm. Ready to release stress? Tired of COVID news and talk. Learn the tools to instantly increase your awareness moving from victim to victor. Explore the triggers of the environment and people in our lives. Through breathing, visualization, anchoring and guidance, even the most active minds find ease by clearing the self. The moment you begin changing your patterns through choice, you begin living present consciously. No meditation experience required. \$20. LoisKramerPerez.com/My-Events/

SATURDAY, JULY 18

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 limitations 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. AdvancedMedicalCareCenter.com.

WEDNESDAY, JULY 22

Introduction to Dowsing – 7-9pm. Dowsing is a tool for finding hidden things. Dowsing has been a divination tool for hundreds of years: finding water, finding people, finding energy fields. In this class, you will learn about such tools used for dowsing as the pendulum and L rods. Register: ConsciousDesignInstitute.com/Event/Introduction-To-Dowsing. LoisKramerPerez.com.

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

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 to request our media kit.

COUNSELING

LESLIE KAREN LOBELL, M.A., L.P.C.
Pompton Plains (Rte 23) & Montclair
908-577-0053 • Info@LeslieLobell.com
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 29.*

ENERGY HEALING

ACCESS CONSCIOUSNESS
Theresa Obsuth, Access BARS Facilitator
Paramus, NJ
201-655-3836 • AccessConsciousness.com



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

STRINGS OF SERENITY

Elana Lehrer
337 Market St, Saddlebrook, NJ 07663
551-206-6085
info@StringsOfSerenity.com
StringsOfSerenity.com



Elana is a violinist, sound healer and a certified reiki master. She has been healing people through sound for more than 25 years. Originally trained as a musician, her interest in healing was sparked by the observation that playing and teaching violin helped with her own health challenges. She is passionate about helping others on their journey towards wellness. Sessions are tailored to each person's goals and focused on deep relaxation and well-being. *See ad, page 12.*

FUNCTIONAL MEDICINE

ADVANCED MEDICAL CARE CENTER
Dr. Roman Finn
22 Madison Ave, Paramus, NJ 07652
201-291-0401 • DoctorFinn.com



Successfully combining the very best of traditional and complementary medicine. Experienced professionals providing compassionate care. Comprehensive analysis of your current "Level of Health" and prevention and treatment 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

BODY & BRAIN YOGA TAI CHI
Ramsey: 495 N Franklin Turnpike,
201-962-8383
Ridgefield: 529 Bergen Blvd, 2nd Fl,
201-941-8622
Wayne: 1292 Hamburg Turnpike, 2nd Fl,
973-832-7020
Wyckoff: 525 Cedar Hill Ave, 2nd Fl,
201-444-6020
bodynbrain.com



Body & Brain Yoga Tai Chi offers a variety of yoga and tai chi classes for beginners and advanced practitioners to energize the mind, body and spirit. Our practice is based on a 5,000-year-old Eastern tradition of stretching, movement, breathing and meditation to open the meridian channels and energize the chakra system. Our classes can help you strengthen your core, refresh your mind and body and revitalize your life. Our workshops and retreats can help promote a lifestyle that enhances your physical, mental and energetic health. During the COVID-19 closures, our full schedule of classes and workshops are available as live-stream. *See ad, page 23.*

BODY THERAPEUTICS

Body Balancing Treatments
Catherine Perman, LMBT, CMLDT
BodyTherapeuticsLLC@gmail.com
917-701-1162 • IAHP.com/Catherine-Perman



Body Therapeutics addresses the bottom line of your stress, discomfort and pain with an amazing combination of holistic, therapeutic, manual modalities, including: CranioSacral Therapy, Total Body Balancing, Lymphatic Drainage, Brain Balancing, Somato Emotional Release, Visceral Manipulation, Fluid Articulation Release, Reiki/Energy Healing and Myofascial Trigger Point – all personalized for your body's immediate needs and goals. Just when you thought you have tried everything, hope has arrived. Let's find your happy place again.

THE CENTER FOR PRANIC HEALING

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



A comprehensive method designed to cleanse and renew the energy system which permeates the physical body, accelerating the rate at which the body heals the physical as well as the psyche. Training, certification and classes as well as healing services with the prime objective of promoting physical, emotional, mental and spiritual well-being. Healing and meditation every Wednesday night open to those looking to relieve their stress from home or at work. *See ad, page 15.*

HOLISTIC DENTAL CARE

VLADIMIR GASHINSKY, DDS
91 Millburn Ave, Millburn
973-457-4688 • HolisticDentalCenterNJ.com



We focus on performing holistic dental care that is good for the body as well as the teeth and gums. We put an emphasis on a more natural or holistic approach to dentistry. As a holistic dentist, Dr. Gashinsky treats the cause of the problem and not just the symptoms. He seeks to improve his patients' quality of life through holistic dental care that respects and honors the body. *See ad, page 7.*

INTUITIVE PRACTITIONER & FENG SHUI

LOIS KRAMER-PEREZ
Intuitive Practitioner, Meditative Clearing & Feng Shui
201-906-5767 • Fax 201-265-6037
LoisKramerPerez.com



"If we want to make changes in our lives, we must start from within." Are you ready? Through her own journey of self-discovery, Lois has embraced diverse energy modalities as a way of life, and she wants to share them. Lois has developed simple, effective techniques that help clients sharpen their awareness, clarity and empowerment through *feng shui*, personal meditative clearing, and environmental space clearing. Each of these services can provide anchors for creating change from the inside out. Let's get started! *See ad, page 13.*

change
can do you good
Join the Natural Awakenings Franchise Family

For more info, visit:
NaturalAwakenings.com

LIFE COACH

DAVID BARTKY

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



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

MEDITATION

ART OF LIVING MEDITATION STUDIO
862-200-9094
ArtOfLivingMeditationStudio@gmail.com
MorrisCountyMeditation.org



The studio is your selfcare sanctuary, offering meditation classes designed for you to rest deeper and live happier. Get your boost of calm with 30-minute guided meditation classes, or a private 1-to-1 session for a personalized experience.

Authentic techniques from ancient traditions, delivered by expert teachers. Classes online as well as in person for a limited time. Find out how meditation can optimize your physical and mental wellbeing. No prior experience necessary. Book now.

NUTRITION & WELLNESS COUNSELING

CHRISTINE M. OKEZIE

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



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

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



classifieds

BOOKS

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

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 91 active publishers across the county. No phone calls please! Email your resume with a cover letter to: Publisher@NaturalAwakeningsNNJ.com.

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

YOUR AD HERE – \$33 PER MONTH - Up to 40 words. Add \$1.00 per word over 40 words. Pre-paid. Call 201-781-5577 or submit ad to: publisher@NaturalAwakeningsNNJ.com.

Do You Suffer From Anxiety Or Stress?



Would you like to • Lose Weight
• Stop Smoking • Gain Confidence
• Make a Positive Change?

You CAN Create the Life You Desire.
I offer the Tools and Support You Need to
MAKE IT HAPPEN!



Leslie K. Lobell, M.A., L.P.C.
Counseling, Hypnosis, Stress Reduction
908-577-0053 or Leslie@LeslieLobell.com

Locations in
Pompton Plains
and Montclair

Experience the Transformational Power of Reiki!

Reiki can help alleviate anxiety, fear and stress.

Distant Reiki sessions available.

Call 201-251-3153 to schedule your private session today!

Email: jimolyfire17@aol.com · EarthWaterSky.com



James Angelico
Reiki Master

Have the best outdoor living this summer!
Join LawnReminders.com
for **FREE!**

LAWNREMINDERS.COM



**Your Market
is Our Readers.
Let Us Introduce
You to Them!**

natural
awakenings

Contact us today
to advertise in
our next issue.
201-781-5577

advertiser index

Company	Page
Abrahams Natural Foods, Natural Hummos	2
Access Bars, Christine DiDomenico & Theresa Obsuth	2
Advanced Hormone Solutions, Dr. Susan Matos-Cloke	8
Advanced Medical Care Center, Dr. Roman E. Finn, M.D.	32
American Institute - Massage, Medical & Dental Assist	25
AW Acupuncture Herbs, Dr Andrew Wysocki	23
Body & Brain Yoga Tai Chi	23
Complete Wellness Within, Dr. Angela Serritella	12
Complete Holistic Health, Peggy Johnson, CHHC	13
Dian's Wellness Simplified, Dian Freeman	11
Feng Shui, Lois Kramer Perez	13
Flora's Cottage - Organic European Day Spa, Iva Sebestyan	10
Hartsdale Homeopathy, Susanne Salzman, M.D.	13
Holistic Dental Center, Dr. Vladimir Gashinsky	7
LawnReminders.com	29
LED LightPath to Wellness, Scott Kennedy	23
Leslie Lobell M.A., L.P.C.	29
Pucci Wellness Center, Dr. Doug Pucci, D.C., FAAIM	3
Pure Balance Center, Dr. Michael Magwood	18
Reiki Sessions, James Angelico	29
Salt of the Earth, Center for Healing	2
Strings of Serenity, Elana Lehrer	12
The Center of Pranic Healing	15
Vista Natural Wellness Center, Thermographic Imaging	10



achieve **WELLthier Living**TM



KnowEwell

Together WE inspire and empower WELLthier LivingTM

Happy • Healthy • Abundant • Purpose-Filled

LAUNCHING SOON!

ONE ONLINE DESTINATION FOR TODAY'S TRUSTED
"WHOLISTIC" KNOWLEDGE, RESOURCES AND COMMUNITY

A NEW **natural** PARTNERSHIP
awakenings



KnowEwell.com

A Top 50 Healthcare Company 2019



Priceless health and well-being benefits for you and your family.

REQUEST AN INVITE

ENTER **NANY310** CODE DURING SIGN-UP TO RECEIVE
SPECIAL DISCOUNTS AND EARLY ADOPTER OPPORTUNITIES



The KnowEwell Collaborative with benefits for all in the "wholistic" health and well-being ecosystem.



Advanced Medical Care Center

22 Madison Avenue Paramus, NJ 07652
www.advancedmedicalcarecenter.com

Successfully Combining the Very Best of Traditional & Integrative Medicine

- Experienced Professionals Providing Compassionate Care
- Comprehensive Analysis of Your Current "Level of Health"
- Prevention and Treatment of Various Medical Conditions
- Non-Invasive Testing of Cardiovascular System
- Diagnosis & Treatment of Musculoskeletal, Neurological Disorders
- Stress Management, Including Biofeedback
- Most Labs & Tests Performed on Premises
- Working with Major Insurance Companies & Medicare

Services Available:

- Cardiovascular, Gastrointestinal, and Immune System Disorders Treatment
- Evaluation of Endocrine and Skin Disorders
- Uncover Food Sensitivities/Allergies
- Metabolic Testing
- Gentle Detoxification
- I.V. Nutrient Therapy
- Chelation Therapy
- Colon Hydrotherapy
- Nutritional/Herbal Medicine
- Natural Hormone Treatment
- Weight Loss Programs
- Physical Therapy/
Therapeutic Massage

Staff Includes:

- Internist
- Chiropractor
- Acupuncturist
- Physical Therapist
- Gastroenterologist
- Podiatrist
- Psychologist
- Massage Therapist



To schedule an appointment or to
learn more about our practice and services,
please contact:

Roman E. Finn, M.D.
201.291.0401
www.doctorfinn.com

"America's Top Doctors" - 2017

