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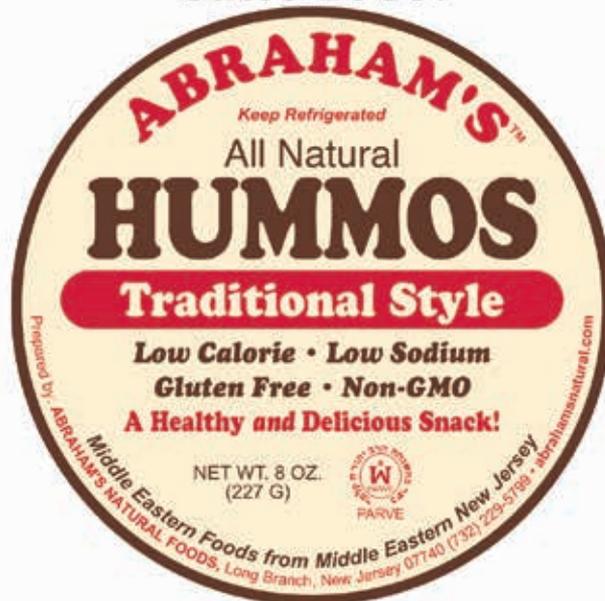
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**D**id you know that patients with high blood pressure who admitted to the hospital for COVID-19 were at grave risk because of arterial collapse and a condition called hypoxia.

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:

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- Oxidative Stress
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- 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](http://GetWell-Now.com) and begin the application process to talk to an expert.



Dr. Douglas J. Pucci, DC, FAAIM  
[GetWell-Now.com](http://GetWell-Now.com)  
2020 Best of Oradell

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NaturalAwakeningsMag.com

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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

Oh my! we are almost halfway through summer. Lets make most of the remaining season and fall. The pleasant temperatures and sunshine has probably put you in a warmer-weather state of mind. What did you do so far and what are your plans for the rest of summer? Here are some ideas and thoughts for things to do:

- Work out some DIY projects for lawn improvement, and while you are out, resurrect some of the old lawn games with your family.
- Discover local natural hills, fall, lakes or scenic routes. Plan some short day trips, enjoy them and come back to sleep in your own bed.
- Plant a vegetable garden and do a backyard vegetable grill cookout for the family
- Develop the habit of a post-meal stroll for 20 minutes and take your family on the stroll. Research has found numerous health benefits to this practice.
- Practice karaoke singing your favorite song to get ready for party time when social distancing is over!!!

Enjoy your time, practice social distancing, put on a mask, stay safe yourself and keep others safe. Find a lot more summer resources in our *Natural Awakenings* print magazine, Facebook and website.

Remember, "Summer has filled her veins with light and her heart is washed with noon." ~ C. Day Lewis

Please tell us about your summer endeavors and other thoughts at [Anil@naturalawakeningsnnj.com](mailto:Anil@naturalawakeningsnnj.com).

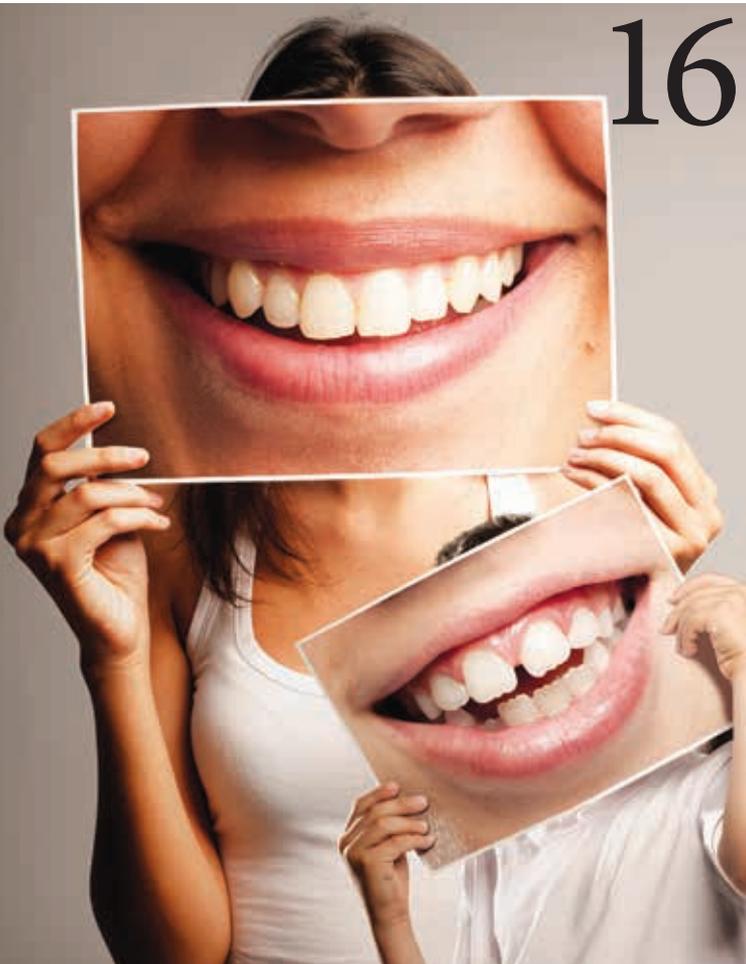
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Natural Awakenings is a family of nearly 70 healthy living magazines celebrating 26 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

# Contents



## ADVERTISING & SUBMISSIONS

### HOW TO ADVERTISE

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### EDITORIAL SUBMISSIONS

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16

13 MUSTAFA SANTIAGO ALI  
on Healing America Through Social Justice

14 NO-WASTE  
GARDEN EDIBLES  
Ways to Maximize Your Garden's Bounty

16 WHOLE-BODY DENTISTRY  
Biological Dentists Get to the Root Causes

18 BIOLOGICAL DENTISTRY  
Myths Versus Facts

19 THE HEALING POWER  
OF FOOD

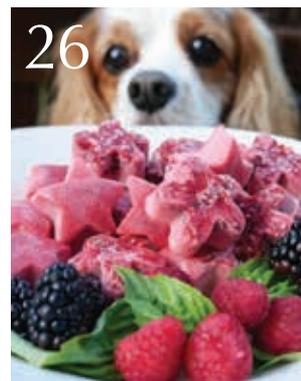
20 STRONG AND HEALTHY  
Five Ways to Strengthen Kids' Immunity

21 SEVEN BENEFITS  
OF ENERGY HEALING

22 MINDFUL WALKING  
Meditative Steps for Well-Being

24 HEALING WATERS  
Hot Baths Rejuvenate Body and Mind

26 COOL TREATS FOR  
CATS AND DOGS



## DEPARTMENTS

- 6 news briefs
- 9 health briefs
- 12 global briefs
- 13 wise words
- 14 conscious eating
- 20 healthy kids
- 22 fit body
- 24 healing ways
- 26 natural pet
- 27 calendar
- 28 resource guide
- 29 classifieds

## news briefs

### 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.*

### Discover the Sunflower Trail

Visitors can stroll through the majestic Von Thun Farms' Sunflower Trail through tens of thousands of sunflowers, pick Jersey Fresh peaches, blackberries and raspberries, and experience a truly beautiful farm experience through September 6. Take a hayride on weekdays or enjoy the festival area on weekends.



*Location: 438 Rt. 57 W., Washington, NJ. For specific dates and times, see visitnj.org/nj-events/sunflower-trail-1.*

### A Day Out With Thomas the Tank

Kids love Thomas the Tank Engine, and Delaware River Railroad Excursions gives them a chance to fulfill their dreams by riding the fanciful contraption from 9 a.m. to 5 p.m., August 28 through 30, powered by Amtrak.



Hands-on exhibits such as the imagination station and inflatables will not be available due to COVID-19 safety restrictions. Children will still receive temporary tattoos, coloring pages and a free Thomas take-home bag to continue their Day Out with Thomas birthday celebration in the comfort of home.

Other railroading excursions include Dino Days Train Ride on August 15 and 16, The River train, The Warren county Winery Train, The Mine train and The Polar Express.

*Cost is \$21. Location: 99 Elizabeth St., Phillipsburg, NJ. For more information, visit 877TrainRide.com.*

### Auriculotherapy Discounted at Saddle Brook Wellness Center

Complete Wellness Within, a full-service beauty and wellness center, is hosting Earseeds Wednesday Wellness Days from 11:30 a.m. to 6 p.m., Aug 5, 12, 19 and 26, in Saddle Brook. Treatments are \$35 (reg. \$50) for a limited time. Participants will learn how Auriculotherapy (akin to acupressure or reflexology for the ear) can improve overall health and minimize cravings related to resolving most addictions, as well as other benefits.



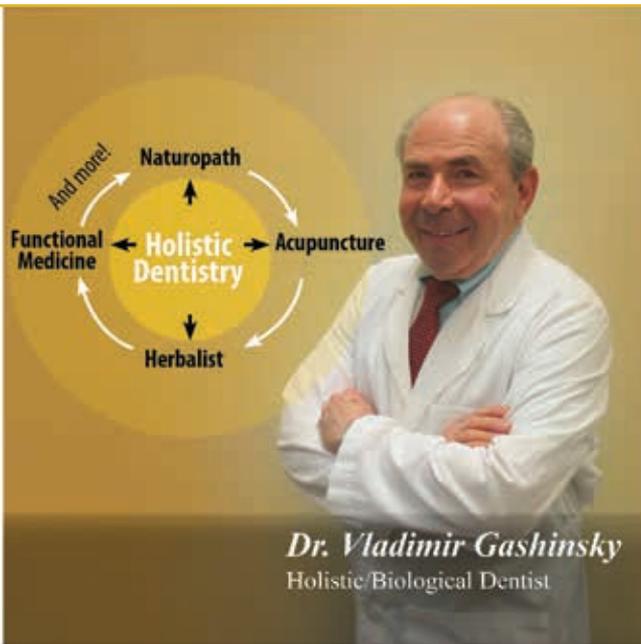
There are hundreds of points on the ear that are believed to correspond with organs in the body, as well as specific emotional issues. Auriculotherapy can also help with headaches, poor balance, insomnia, nerve issues, allergies, hormonal imbalances, weight loss, joint pain, knee pain and many other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

*Location: 337 Market St., Ste. 5, Saddle Brook. For more information or to register (required), call 973-615-2486, email Info@CompleteWellnessWithin.com or visit CompleteWellnessWithin.com. See ad, page 24.*

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*Dr. Vladimir Gashinsky*  
Holistic Biological Dentist

# The Holistic Dental Center

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

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

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

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

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

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

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

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

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

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## news briefs

### Total Health Begins in the Gut

A central component of Body & Brain yoga training is breathing meditation. Most people take more than 10 breaths per minute, indicating the body is in stress mode. Body & Brain training facilitates the physiology of allowing the mind and body to deeply relax and breathe less. This induces the rest and digest mode, which opens the way for all the systems in our gut to work together for optimal health.



Our gut, which houses the digestive system and about 75 percent of our immunity, is where many different systems come together to maintain our health and vitality. It is the place where the autonomic nervous system, the central nervous system, and the enteric nervous system interact and produce 95 percent of our serotonin and 50 percent of our dopamine.

Body & Brain yoga training emphasizes warming and relaxing the core, training the abdominal muscles, and centering the mind in the core. Signature training includes tapping the abdominal area, rhythmically contracting and releasing the lower abdomen, and applying reflexology techniques in the belly button area.

*Location: 495 N. Franklin Tpke. Ste. 1, Ramsey, NJ. For more information, call 201-962-8383. See ad, page 22.*

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### Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., Aug 15 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](http://AccessTheBars.com). See ad, page 2.*

health briefs

# Genetically Altered Foods



When it comes to food choices today, the question might be not which meats and veggies will best build the immune system, but what is the origin of those products. There is an ongoing debate about the quality of organically grown foods that questions if they are worth the extra expense.

The debate over organic food versus corporate farmed food is in part fueled by the mainstream food industry, which feels threatened by the growing number of consumers that prefer to buy organic. The bottom line is that if we want to build our immune system and balance our health, organic, non-GMO (genetically modified) foods are the best way to do so.

Organic foods are grown without pesticides, have no chemical additives, antibiotics or hormones. These are good reasons to buy organic, but the main reason is that these foods are not genetically altered.

The U.S. Food and Drug Administration (FDA) has a mandate to protect us from dangerous foods and drugs. However, many people feel that this mandate is being disregarded when it comes to our food. The FDA has ruled that we need not be told which of our foods have been genetically altered or which animals have been fed genetically altered feed because people would not buy these untested "Frankenfoods".

If we want to get the full health benefits from our food, choose the freshest, unprocessed, organic foods possible. Our health depends upon it.

*Dian Freeman is a certified holistic health counselor certified in clinical nutrition in private practice in Morristown, NJ. She teaches a six-month nutritional certification course and may be reached at 973 267-4816, Dian2@wellnessimplified.com or visit WellnessSimplified.com. See ad, page 11.*

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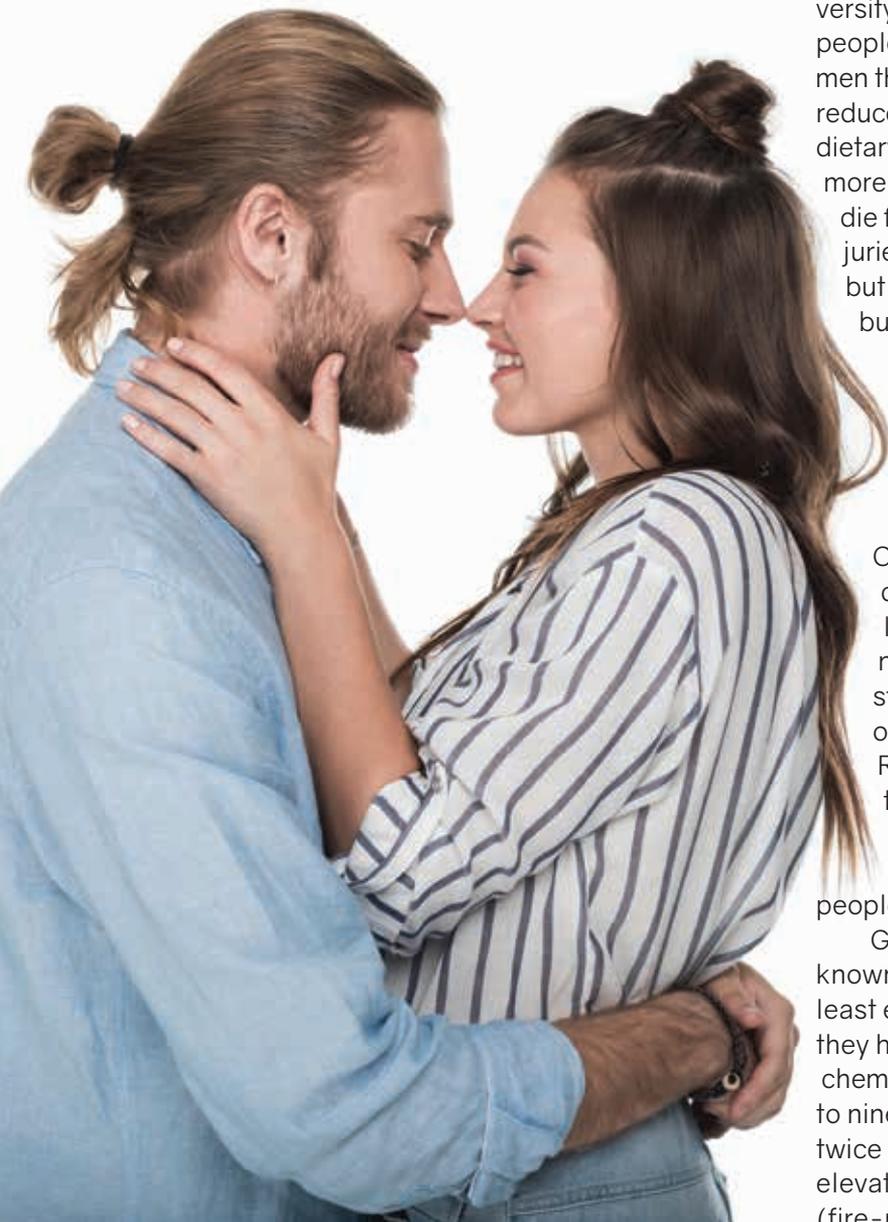
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## Hug a Mate for a Happy Relationship

The more a couple shares affectionate hugs, kisses and cuddles, the more satisfied they are in the marriage, a new study from the State University of New York at Binghamton shows. It tested 184 heterosexual couples on the effects of non-sexual intimate touching like holding hands or cuddling while watching TV rather than actions intended to lead to sex. The more affection the couples routinely experienced, the more they felt satisfied with their partners' touch, even if they had "avoidant attachment styles" and ordinarily were more reserved with physical displays of affection. "Interestingly, there's some evidence that holding your partner's hand while you're arguing de-escalates the argument and makes it more productive," says lead author Samantha Wagner.



## Eat More Fiber for a Longer Life

Eating the right kind of fiber lowers the risk of death from multiple causes, reports a new study in *The American Journal of Clinical Nutrition*. Researchers from the University of Toronto followed more than 92,924 Japanese people 45 to 74 years old for nearly 20 years and found men that ate higher levels of dietary fiber had a 23 percent reduced risk of death compared to those that ate the least dietary fiber; the figure was 18 percent for women. The more dietary fiber people ate, the less likely they were to die from cardiovascular or respiratory diseases and injuries; it also protected against cancer mortality in men, but not women. Fiber from fruits, beans and vegetables, but not from cereals, was linked to lower mortality.

## Avoid Toxic Chemicals to Prevent Celiac Disease

Children and young adults diagnosed with celiac disease have been found with elevated blood levels of toxic chemicals found in pesticides, nonstick cookware and fire retardants, reports a new study from the New York University Grossman School of Medicine published in *Environmental Research*. Researchers analyzed levels of toxic chemicals in the blood of 30 children and young adults ages 3 to 21 after being diagnosed with celiac disease. They compared those results to those of 60 other young people of similar age, sex and race.

Girls with higher than normal exposure to pesticides known as dichlorodiphenyldichloroethylenes were at least eight times more likely to have celiac disease. If they had elevated levels of perfluoroalkyls (nonstick chemicals found in products like Teflon), they were five to nine times more likely to have the disease. Boys were twice as likely to receive a celiac diagnosis if they had elevated blood levels of polybrominated diphenyl ethers (fire-retardant chemicals).

## Eat Spuds for Muscle Protein

The potato, a perennial favorite deemed nutritionally lackluster, can be a source of high-quality protein that helps to maintain muscle, reports the journal *Nutrients*. Researchers from Canada's McMaster University, in Ontario, gave young, healthy women either a placebo or a pudding made with potato protein isolate that doubled the amount of protein the women typically consumed daily. The study found that the potato protein increased the rate at which the women's muscles produced new protein. "This study provides evidence that the quality of proteins from plants can support muscle," says Sara Oikawa, lead author of the study.



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## global briefs

### Elbow Room

#### Nature Needs More Space

All over the world, plants and animals are increasingly threatened by human activities and habitat encroachment. A 2019 study published in *Science News* estimates that 1 million species face extinction within decades. The natural world makes the planet livable by cleaning the air, filtering water, cycling carbon dioxide and pollinating crops. To impede biodiversity loss, governments are working to set aside more space for natural habitats. The UN Convention on Biodiversity ([Tinyurl.com/Post2020GlobalFramework](http://Tinyurl.com/Post2020GlobalFramework)), which is now under consideration, seeks to designate 30 percent of land and sea as protected by 2030 and 50 percent by 2050 in order to revive ecosystems and safeguard the diversity of species on Earth. Humans have altered more than three-quarters of Earth's surface, and of the 14 terrestrial biomes, such as tropical rainforest, tundra or desert, eight retain less than 10 percent of undeveloped wilderness, according to a 2016 study in *Current Biology*. Many species have already vanished.



## Cooling Towers

### More Nuclear Reactors on the Way

The U.S. Department of Energy (DOE) is spending \$230 million this fiscal year to start building two new prototype nuclear reactors over the next seven years as part of an Advanced Reactor Demonstration Program. Both will be built in equal partnership with an industrial firm and could receive up to \$4 billion in funding from the DOE. Commercial nuclear generators supply 20 percent of U.S. electrical power and 50 percent of our carbon-free energy. The inventory comprises 96 reactors, down from 113 in the early 1990s. More reactors are slated to close, and the nuclear industry's share of the electricity supply is expected to fall, yet engineers continue to develop designs for reactors they say will be safer and more efficient. Proponents of nuclear power doubt the program will spur construction of new commercial reactors as long as natural gas and renewable energy remain relatively cheap. Robert Rosner, a physicist at the University of Chicago, says, "New builds can't compete with renewables."



Dr. David Minkoff



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# Mustafa Santiago Ali on Healing America Through Social Justice

by Sandra Yeyati

**M**ustafa Santiago Ali has dedicated his career to fighting for environmental justice, public health, resource equity and political empowerment to uplift the most vulnerable communities in America. For 24 years, he served at the U.S. Environmental Protection Agency and is currently vice president of



environmental justice, climate and community revitalization for the National Wildlife Federation. He is a renowned public speaker and has appeared on MSNBC, CNN, VICE TV, Black Entertainment Television, Democracy Now! and other networks.

## *Does the Black Lives Matter movement feel different than other moments in our history?*

Yes. This is a transformational moment. So many different types of folks are coming together in large numbers, not just in our country, but across the planet, saying that change has to happen and we have to eliminate systemic racism and discrimination. They want the 21st century to look like the 21st century, and not something from the 1950s or the 1940s or even the 1960s.

## *How can we keep the momentum going?*

By bringing all kinds of different folks together, building authentic coalitions that are rooted in change, harvesting the energy of this moment and making sure that the right types of legislation—whether at the federal, state, county or local level—are reflective of

what people are asking for. Then we focus on getting engaged in the civic process—voting.

Dr. King said, “I cannot pass legislation to make you love me, but I can pass legislation to stop you from lynching me.” When we fast forward that to today, we can pass legislation that addresses social ills, disparities and other egregious

types of behaviors. We can also make sure that our organizations are representative of what America looks like—in our hiring practices and on our boards—and make sure that our philanthropic organizations are moving in the right direction where they are helping to fund and support folks who are doing this transformative work. It really is a holistic set of actions.

## *How do you remain hopeful in light of America’s turbulent history?*

I see many artists and entertainers who are getting engaged in an effective way, and they have the ability to reach so many folks. Even more critical are the thousands upon thousands of incredible young leaders who are pushing, willing to put their bodies on the line, creating their own organizations and investing their time to make real change happen.

I see people at the local and state level changing laws that have been entrenched for decades. I see organizations that would not normally see themselves in these types of conversations or actions saying, “You are right. I apologize for not being here sooner,

but we’re going to do everything we can now to stand in solidarity with this change that’s happening.” My hope is anchored in the fact that people are already doing the work and we’re seeing fruits from the seeds that people planted sometimes hundreds of years ago, but definitely decades ago.

## *What kind of justice are you fighting for?*

We’re fighting for housing, transportation, economic and public health justice, and of course, the environment.

## *Which vulnerable communities are you fighting for?*

I fight for communities of color. I fight for lower-wealth white communities. I fight for indigenous brothers and sisters. And I fight for the planet. I know that disproportionately, these are the communities that are often unseen and unheard, and I know if we can give voice to those communities, then it will benefit everyone. Social justice gives us the opportunity to make America whole—to be stronger and better, as we become anchored in real justice. We have to be focused on moving our most vulnerable communities from surviving to thriving.

## *What is your contribution to the National Wildlife Federation?*

I sat down with President Collin O’Mara to have real conversations about what a 21st-century organization and their 6 million members would look like. I thought that if I could get 10 or 20 percent of those members to embrace environmental justice and to stand in solidarity with folks, then that could help the movement and make real change happen. The National Wildlife Federation board has just approved a full environmental justice analysis of all of its programs, policies, activities and budgeting decisions. No other organization in our country does that, and it sends a clear message to all the other organizations that are out there that these are the types of things you have to do to be a 21st-century organization.

*Sandra Yeyati, J.D., is a freelance writer. Reach her at Sandra.Yeyati@gmail.com.*



# No-Waste Garden Edibles

## Ways to Maximize Your Garden's Bounty

by April Thompson

Most gardens are loaded with delicious, nutritious food that goes uneaten and overlooked, from edible greens like sweet potato leaves to flavorful flowers like tulips, marigolds and wisteria. Getting better acquainted with the edible parts of common backyard plants opens up a world of culinary possibilities. With continued concerns around potential exposure to COVID-19, maximizing a garden's bounty while minimizing trips to the grocery store is an added benefit.

"Food foraged from your backyard is fresher, tastier and cheaper than store-bought food," says Ellen Zachos, the Santa Fe author of *Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat*. "There is also the novelty factor. People don't expect to be served a BBQ sauce made from crabapples or a curd made with flowering quince fruit. You simply can't buy those flavors."

Many plants and trees commonly thought of as being ornamental have edible parts. Hostas are a common one that Zachos loves to nibble on as much as the deer do. "You can harvest at a couple stages: First, when spears are poking up and the leaves have not unfurled. A little later in the season, you can blanch them and put in a stir fry or quiche, or roast them as you would asparagus," explains Zachos.

Roses are another multipurpose ornamental, with organically grown rose petals making aromatic additions to sweet or spicy

treats. Leaving the roses to decay after the first frost rather than dead-heading them yields rose hips rich in vitamin C for teas and jams.

### Tip-to-Root Eating

Several common vegetables are edible from leaf to root, including broccoli, beets, chard and radishes, says Josh Singer, a garden specialist with the U.S. Department of Parks and Recreation, in Washington, D.C., who teaches classes on "alternative edibles" from the garden. "One of my favorite recipes is a hummus made with chard stalks in place of chickpeas. It's so creamy and delicious."

Singer also cites borage, passionflower and squash flowers as favorite floral foods. "Unfortunately, it does mean making a hard choice between having beautiful flowers in your garden and eating them," he adds. "It can also mean the plant not producing fruit or vegetables, but you can hand-pollinate female flowers in the case of squash and just use the male flowers for cooking. They make delicious fritters."

Marie Viljoen, author of *Forage, Harvest, Feast: A Wild-Inspired Cuisine* cookbook, has one tip for daylilies (*Hemerocallis fulva*) that overaggressively multiply: eat them. "Daylilies are nose-to-tail eating: their tender, cooked shoots are as melt-in-your-mouth as leeks, and their firm, underground tubers are delicious snacks, raw or cooked. I like to roast them with olive oil, like mini-home fries," says the New York

City forager, instructor and chef. "Their buds are juicy snacks and their open, fresh flowers are edible—and stunning in a salad—but so are the older, dried flowers, the so-called 'golden needles' that one can sometimes find in Chinese stores." Viljoen cautions that a small percentage of people have a bad reaction to daylilies, and they should be eaten in moderation, especially when trying them for the first time.

Lindsay-Jean Hard, a food writer in Ann Arbor, Michigan, and author of *Cooking with Scraps: Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals*, points out some common fruits with edible greens. Strawberry greens can be used to make a pesto or flavor water. Tomato leaves can flavor a tomato sauce (sparingly, as they pack a strong taste)—a tip found in Harold McGee's *On Food and Cooking: The Science and Lore of the Kitchen*.

Carrot tops and celery leaves also make great pesto, says Tama Matsuoka Wong, a New Jersey forager, chef and author of *Foraged Flavor: Finding Fabulous Ingredients in Your Backyard or Farmer's Market*. While pea shoots have gotten to be a trendy item on many menus, Wong says they have long been an off-menu item at Chinese restaurants. "You won't find it on the menu, but Chinese people eat pea shoots instead of beans all winter long, often stir fried with sesame oil, garlic and bamboo shoots."

Many scrappy cooks know to use garden produce that fails to ripen before the season ends or bolts too soon. Singer uses unripe tomatoes to make green tomato chili, muffins and bread, whereas Hard likes working with flowers from bolted herbs and greens, including arugula, basil, chives, chervil, kale, sage, rosemary and others. "I mainly use them as garnishes, but every year, I make a batch of chive blossom vinegar," she says.

Leaving a plant like cilantro to bolt and flower not only feeds pollinators, but also provides free spices at the season's end, says Singer. Simply let cilantro dry on the stalk, then gather the seed pods for home-harvested coriander seeds. Letting annuals go to seed (and saving the seeds) provides the start for next year's food plot.

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

# Flower-ful Feasts



photo by Penny De Los Santos

## Kale Stem Hummus

Yields: 6-8 servings

*1 cup dried chickpeas*

*1 tsp baking soda*

*Stems from 1 bunch kale*

*3 garlic cloves, minced*

*½ cup tahini*

*1 tsp fine-grain sea salt*

*½ cup freshly squeezed lemon juice*

*Ice water*

*Extra-virgin olive oil for serving*

The night before making the hummus, put the chickpeas in a large bowl, cover them with at least twice their volume of water and leave to soak overnight at room temperature.

The next day, drain and rinse the chickpeas. Put them, along with the baking soda, in a medium-size pot over high heat. Stir constantly for about 3 minutes.

Add 6 to 8 cups water until the chickpeas are covered by a few inches, and bring to a boil. Reduce the heat to medium, cover the pot and simmer until the chickpeas are very tender—45 to 60 minutes—checking on them occasionally to skim off any foam on the surface.

Skim off any chickpea skins that float up as well, but there's no need to try to remove the skins if they don't come off. They were softened by the baking soda and will blend smoothly into the hummus.

Meanwhile, fill another medium-size pot with water and bring to a boil. Add the kale stems and cook until they are very tender, 30 to 45 minutes. Drain them.

Blend the kale stems, garlic and tahini in a food processor, scraping down the sides as

necessary until well blended.

Once the chickpeas are cooked, drain them, add them to the kale stem mixture in the food processor along with the salt and lemon juice, and process until smooth.

Add 2 tablespoons of ice water and process until the hummus is very smooth and creamy, about 5 minutes. Add up to 2 additional tablespoons, one at a time, and process again as necessary.

To serve, spoon into a shallow bowl and drizzle with olive oil.

Note: The hummus can be stored in the refrigerator for 3 to 5 days or frozen for up to 3 months. After thawing frozen hummus, we might need to adjust the seasoning—taste and add salt and lemon juice as necessary. Also, try this hummus with other scraps like Swiss chard stalks or cauliflower cores. Follow the same cooking method as outlined, boiling until very tender, 15 to 30 minutes.

*Recipe courtesy of Cooking with Scraps, by Lindsay-Jean Hard.*

## Daylily and Zucchini Curry with Sweet Potato Shoots

This comforting vegan curry sings with the flavors of summer's vegetables, herbs and garden scraps.

Yields: 2 servings

*2 Tbsp avocado oil*

*3 Tbsp microplaned or very finely chopped fresh ginger*

*2 heads green garlic and cloves, separated*

*3 mature garlic cloves, crushed fine*

*1 can coconut milk*

*2-3 Tbsp fish sauce (or soy)*

*2 Tbsp lime juice*

*1 Tbsp thinly sliced fresh turmeric rhizome*

*½ cup chopped green garlic leaves*

*1½ cups cubed butternut squash*

*2 lb baby zucchini or older ones cut into chunks*

*8 dry daylily flowers*

*4 fresh daylily flowers (Hemerocallis fulva), anthers and pistil removed*

*8 daylily buds*

*1 makrut (Thai lime) leaf, sliced thinly*

*1 tsp chile flakes or a large fresh chile, chopped*

*2 cups loosely packed tender sweet potato shoots*

*4-6 sprigs Thai basil*

In a wide skillet that can accommodate the zucchini in a single layer, heat the oil over medium heat. Add the ginger and all the garlic.

Cook for a couple of minutes, stirring so it doesn't stick. Add the coconut milk, fish sauce, lime juice, fresh turmeric, green garlic leaves and dry daylily flowers. Increase the heat to high. When the liquid boils add the butternut and enough water to bring the liquid just over the vegetables. Cook covered, at a simmer, for 10 minutes.

Remove the lid and add the zucchini, the rest of the daylilies, the lime leaf and the chile. Cover and cook for another 10 minutes.

Remove the lid, increase the heat and cook at a gentle boil for 10 to 15 more minutes. The sauce will reduce and concentrate in flavor. Taste for seasoning and add a little more fish sauce or lime if necessary.

Stir in the Thai basil and the tender sweet potato shoots and cook until they have wilted into the sauce, about 4 minutes. Serve in shallow bowls.

*Recipe and photo courtesy of Marie Viljoen.*



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



## Early interventions beyond conventional solutions

Jean Marie Nordin, DDS, co-owner of Groton Wellness, in Groton, Massachusetts, added pediatric orthodontics to her practice after learning about early innovative interventions from her mentor, James Bronson, DDS, of Bronson Family Dentistry, in McLean, Virginia. “Our program for children involves a comprehensive evaluation on the first visit. We look at breathing habits, the way their tongue swallows and the function of the muscles. In medicine, we believe that form follows function; therefore, we observe what muscles around the mouth actually do when the individual swallows. It is really the way you breathe and swallow, as well as how the muscles work, that plays a significant role in where teeth end up and line up,” explains Nordin, who identifies problems in patients between 2 and 5 years old.

“We can start them on a removable Myobrace mouthpiece that can be worn at night and an hour during the day. The mouthpiece begins to change the way the tongue works, waking it up and strengthening it. If a child is born with the physiological problem of a tongue-tie that can’t swallow properly or get up onto the palate, that tongue will never expand the palate like it’s supposed to,” she clarifies.

For chronic mouth-breathers, the face grows long and narrow, which in the long term can cause cardiovascular disease. In the short term, it can cause anxiety, because the nitric oxide receptors located in the nose signal arteries and veins to relax. “A cardiologist knows about this phenomenon,” says Nordin, who notes that the dysfunction can be unwound before a child turns 9.

While early interceptive myofunctional orthodontic treatment methods such as Myobrace appliances have proven effective for children, there’s also good news for adults that suffer from breathing problems which cause sleep apnea, says

# WHOLE-BODY DENTISTRY

## Biological Dentists Get to the Root Causes

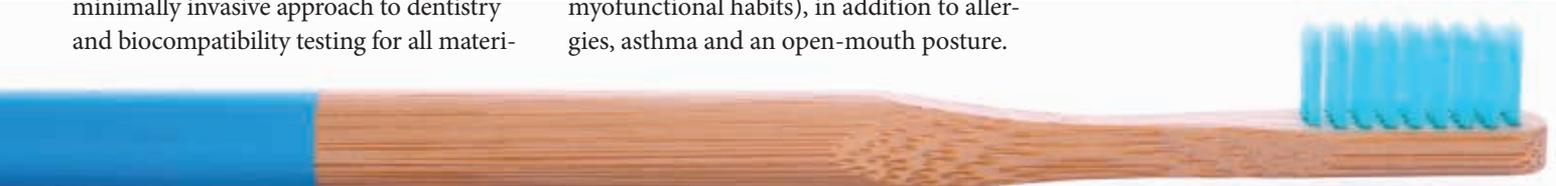
by Linda Sechrist

While the majority of individuals may consider oral health as separate from overall health, the mouth and body are very much connected. Until the late 1970s, this was rarely acknowledged outside a circle of dental professionals, physicians and allied researchers involved in organizations such as the International Academy of Biological Dentistry and Medicine, The International Academy of Oral Medicine and Toxicology (IAOMT) and the Holistic Dental Association.

Dentists associated with these groups favor the use of preventive measures, a minimally invasive approach to dentistry and biocompatibility testing for all materi-

als used in oral health procedures. Their individualized methodology and systemic health method of addressing the root causes frequently includes nutrition and lifestyle, providing patients with a less-toxic and safe experience for their overall health.

An important newcomer to this area is the myofunctional treatment system used in orthodontics for children 5 to 15 years old. Research in this field now points to the real causes for crooked teeth and incorrect jaw development—mouth breathing, tongue thrusting, reverse swallowing and thumb sucking (known as incorrect myofunctional habits), in addition to allergies, asthma and an open-mouth posture.





Nordin, who employs a myofunctional therapist. Orofacial myofunctional therapy is neuromuscular reeducation of the oral facial muscles via a series of exercises that work with the muscles of the lips, tongue, cheeks and other parts of the face.

## Early intervention and role modeling

“Parents can begin playing a pivotal role in how their children care for their teeth, as well as how they feel and behave in the dentist’s office, as early as age 1. I encourage every mother to bring their child to an appointment. They can hold the child in their lap so they can watch me caring for mom’s teeth. Generally, by the time they are alone in my chair, they aren’t frightened,” advises Pentti Nupponen, a doctor of dental medicine and owner of the Halifax Center for Holistic & Cosmetic Dentistry, in Halifax, Pennsylvania.

Chris Kammer, a doctor of dental surgery and owner of Gums of Steel Oral Hygiene Transformation, in Middleton, Wisconsin, also suggests early interceptive treatments for young children. “Early treatments with removable appliances which expand the arch in the roof dome, influence bone growth and make room for incoming teeth can be performed by general dentists,” says Kammer, who notes that a proper diet may help prevent crowding of teeth, as well as malocclusion, or misalignment, of upper and lower teeth.

## Gum and heart disease

Doctors practicing functional medicine are more likely to refer patients to biological and holistic dentists. Cardiologists are particularly aware of a 2014 *American Journal of Preventive Medicine* study in which researchers looked at individuals with gum and heart disease. Individuals that received adequate care for gum disease had 10 to 40 percent lower cardiovascular care costs than those who didn’t get proper oral care. Another study revealed that gum

disease increases an individual’s risk of heart disease by approximately 20 percent. Given such evidence, the American Dental Association and American Heart Association have acknowledged the relationship between the two diseases.

By neglecting important ongoing research regarding new and old dental practices, as well as orthodontics, mainstream media has largely left the public in the dark regarding problems associated with root canals, mercury amalgam fillings and some dental implants.

## Root canals, tooth extractions and gum disease

Iveta Iontcheva-Barehmi, owner of Boston Dental Wellness, in Brookline, Massachusetts, takes a holistic and biological approach to dentistry founded on the philosophy that everything within the whole body is connected. “Teeth are related to organs, tissues and glands along the body’s meridians, energy channels through which the life force flows,” says the integrative periodontist, who prefers extracting teeth when necessary and using zirconium implants rather than performing a root canal.

Iontcheva-Barehmi explains, “It’s logical that the connection between the meridians and teeth can indicate an individual’s overall health and wellness. Tooth extractions protect patients from tooth-related disease and systemic infections that can be harmful to overall health. A failing root canal is a chronic abscess around the root of the tooth. It has a direct connection with the bloodstream and disseminates infection through the whole body. This is the reason why holistic dentists recommend extractions.” She believes the best research on this was done by Weston Price, a Canadian dentist and pioneering nutritionist.

## Treating gum disease

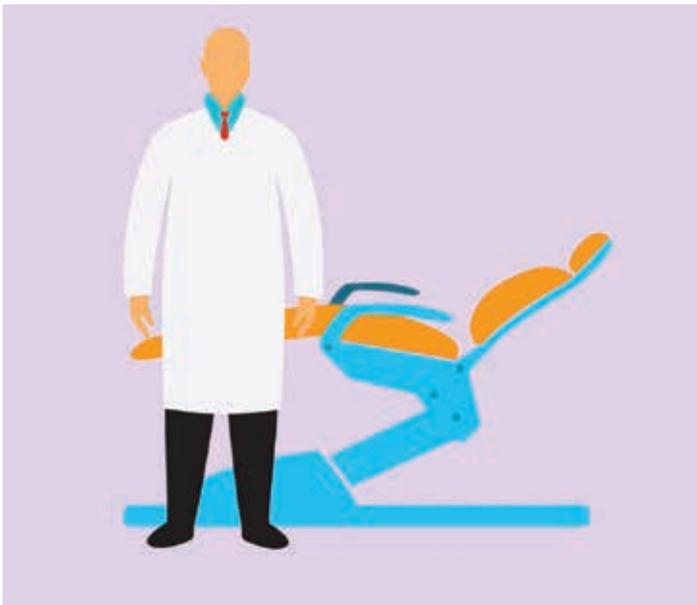
To treat gum disease, Amparo David, DMD, owner of Dentistry by Dr. David

and the founder of the TMJ & Sleep Therapy Center of New England, in Bolton, Massachusetts, refers patients to the periodontist she keeps on staff. “I can tell that a patient has internal inflammation by looking at the gums and tongue. Gum disease has been linked to health problems such as diabetes, heart disease, stroke and premature births or low-birth weight babies,” says David, whose preventive and healing suggestions for healthy gums includes chewable oral probiotics, daily coconut oil pulling, consisting of swishing a tablespoon of oil in the mouth for 15 to 20 minutes to reduce harmful bacteria there and on the teeth. She also recommends flossing with an electric toothbrush and a Waterpik. “I suggest adding one or two drops of tea tree oil and iodine to the water in the pick,” notes David, who urges patients to eat less sugar and carbohydrates and more vegetables, proteins and fruits.

“We treat gums with ozone after a deep cleaning because it kills bacteria on contact. Patients maintain healthier gums using ozonated oils twice a day and by using a good toothpaste with no glycerine or fluoride,” says David, who notes that temporomandibular joint (TMJ) problems are tied to sleep disorders. “Many adolescents have TMJ problems, and sometimes experience this after extraction or retraction orthodontics.”

Despite the slow trickle of related information to the public and the lack of acknowledgement by the majority of dental professionals, these new philosophies and biological dental protocols are definitely improving overall health and wellness. According to the IAOMT, a dentist that chooses to put biocompatibility testing first can look forward to practicing effective dentistry while knowing that patients are being provided with the safest experience for their overall health.

*Linda Sechrist is a senior staff writer for Natural Awakenings.*



# Biological Dentistry Myths Versus Facts

by Valdimir Gashinsky

When alternatives to traditional thinking appear, they typically attract a fair deal of skepticism. Unfortunately, this can lead to people missing out on something truly great because of a few baseless myths. This issue shows up in holistic, or biological, dentistry quite often. By dispelling some common biological dentist myths, we can get a better understanding of what it is and its many benefits over traditional dentistry.

### **Myth: Biological dentistry is pseudo-scientific.**

A common misconception about biological dentistry is that it is pseudo-scientific when compared to traditional dentistry. However, one could argue that biological dentistry takes more scientific information into account when treating a patient. Biological dentistry is the practice of considering a patient's overall health, rather than just their oral health.

Biological dentists understand that the body functions as a system, rather than parts to be treated separately. For example, traditional dentistry used toxic fillings for years because their only concern was filling a cavity. Biological dentists use non-toxic materials for all of their dental procedures. So, in reality, it was traditional dentistry that didn't take all the scientific information into account.

### **Myth: Biological dentistry is only concerned with using non-toxic materials.**

Another stereotype about biological dentistry is that it is ordinary dentistry that uses non-toxic materials. Biological dentists commit themselves to their patients' overall health and well-being. They take approaches that minimize invasive procedures and work to preserve natural teeth, rather than looking for quick fixes and will avoid procedures that could potentially harm a patient based on their individual health and condition.

Biological dentistry even works to reduce harm when it comes to issues like anxiety about a dental procedure. When patients experience "dentist anxiety", traditional dentists often use drugs to sedate them. Sometimes they use benzodiazepines, which are mind-altering substances with side effects that last long after a dental procedure is over. They also use nitrous oxide or even put the patient under anesthesia. In most cases, these techniques are overkill for something like anxiety about going to the dentist. Biological dentists understand this and will opt for less invasive techniques like NuCalm technology, a drug-free method of reducing anxiety during a dental procedure. The holistic approach is to use ingenuity rather than quick fixes that could cause a patient further harm.

### **Myth: All biological dentists are the same.**

One reason why biological dentistry can get a bad reputation is the fact that not all biological dentists are the same. Any dental practice can tack on the word "holistic" or "biological" to their name, but that's not all it takes to be truly holistic. Legitimate biological dentists strictly follow the protocols outlined by the International Academy of Oral Medicine and Toxicology. Make sure to choose a holistic dentist that is properly accredited.

### **Myth: Biological dentists are very expensive.**

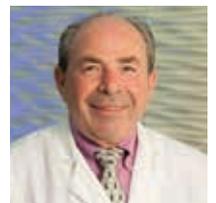
There is a misconception about biological dentistry that it is much more expensive than traditional dentistry. This is simply untrue. There is a difference between price and value. With a traditional dentist, patients come in and have their symptoms treated before they are sent on their way. If the root cause of that issue isn't fixed, there is nothing to stop it from occurring over and over again. Holistic dentists get to the bottom of a dental ailment, which takes more analysis to make a diagnosis. But when compared to having the same procedure done over and over again by a traditional dentist, the price difference evaporates.

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Valdimir Gashinsky, DDS, is the owner of The Holistic Dental Center of New Jersey. To schedule a dental appointment in Jersey, call 973-718-5104. See ad, page 7.





# The Healing Power of Food

by Doug Pucci

When choosing the foods we eat and considering their impact on our health, most people generally think about sugars, fats and carbs. That's important, but we need to go a step further and think about foods that help to strengthen our immune system. The connection between the foods we eat, the health of our gut microbiome and the strength of our immune system is undeniable. Functional medicine has recognized this connection for some time, and now mainstream medicine is finally beginning to study this relationship.

Physical injuries, allergic reactions and infections are examples of when an appropriate immune response is triggered, resulting in inflammation and a release of fatty acids called omega-3s from cell membranes. These fatty acids signal molecules that determine how inflammation is reduced and resolved.

The National Institutes of Health published a study on how n-3 polyunsaturated fatty acids (PUFA) modulate B cell activity (which produce antibodies and fight bacteria) and influence the immune system's response to infection. Researchers found that PUFAs boost B cell activation and antibody production and can potentially benefit several clinical populations such as the aged and obese that have poor humoral immunity. The good news is that we can get them from some whole food sources of PUFA include salmon, mackerel, chia seeds, flaxseeds, sardines, walnuts, grass-fed meats, pastured eggs, Brussels sprouts, spinach and avocado.

While everyone's dietary needs are different, the Mediterranean diet is good for just about everyone. Its focus on vegetables, fish and healthy fats is high in omega-3s, so it is easy to get what is needed in an optimal way through diet. Processed foods and fast foods, regardless of their package claims, are not healthy choices for myriad reasons.

As we age, there is a tendency toward chronic inflammation, as well as lower immune function, both of which are common factors in a variety of diseases and disorders. A NU-AGE study of the Mediterranean diet among a healthy older population group aged 65 to 79, published in the journal *Frontiers in Physiology*, showed that after one year, an individually tailored Mediterranean, diet coupled with vitamin D<sub>3</sub> supplements, can improve a person's natural immunity and could also aid the design of strategies to counteract age-associated disturbances.

Research has historically shown that n-3 PUFA found in omega-3-rich foods and high-quality fish oil supplements have a positive impact on immune response to infections by modulating B cell antibody functions that are imperative for protecting against infection and reinfection, improving response to pathogens and keeping tissues healthy.



Dr. Doug Pucci is an expert in functional medicine and was recently awarded for his work by The 2020 Best of Awards for Oradell. For more information, call 201-261-5430 or visit [GetWell-Now.com](http://GetWell-Now.com). See ad, page 3.

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# Strong and Healthy

## Five Ways to Strengthen Kids' Immunity

by Ronica O'Hara

**W**ith American children increasingly afflicted with asthma and allergies, it's critical to help them build up their natural immunity. Microbial ecologist Jack Gilbert, Ph.D., of the University of California San Diego School of Medicine, co-founder of the crowdsourced American Gut Project, advises, "Furry pets, the outdoors, dirt in the backyard, forests—life!"

As the co-author of *Dirt Is Good: The Advantage of Germs for Your Child's Developing Immune System*, Gilbert is part of an emerging scientific consensus called the "hygiene hypothesis", which posits that excessive sterility—being overzealous in protecting our children from germs and other microbes—can dampen the ability of their bodies to fight off allergens and infections. "As a species, we have evolved in a world full of microbes, and our immune systems have developed to cope with that," he says. "The immune system needs to be used and trained by exposure to the world around it." From birth onward, here are some proven strategies that strengthen kids' immune systems.

**1 Start off right with natural birth and breastfeeding:** One in three babies in the U.S. is born by

caesarean section, and about half the time it's optional rather than necessary—perhaps because parents don't understand that babies born in this manner have been shown to have altered immune development, reduced gut microbiome diversity and a higher risk of developing allergies, atopy and asthma in the short term, with a long-term risk of obesity, according to a study published in *The Lancet*. Likewise, breastfeeding protects against the likelihood of viruses, eye and urinary tract infections, inflammatory bowel disease, gastroenteritis, lymphoma, leukemia, and Type 1 and 2 diabetes, reports the American Academy of Pediatrics.

**2 Feed them the right foods:** Provide lots of antioxidant-rich fruits, veggies and fiber—organic when possible—while avoiding processed foods. "The intestinal lining of the gastrointestinal tract serves as the body's first line of defense against many pathogens. Through certain strains of probiotics and prebiotics found in whole food, we can help landscape our child's intestinal microbiome to create a positive effect on their innate and adaptive immune responses," says Krystal Plonski, a Seattle naturopathic physician with a pediatric focus.

**3 Avoid cleaning toxins:** The COVID-19 pandemic has many of us reaching for virus-zapping bleach disinfectants, but Gilbert advises not to overuse them. Once the viral threat is past, it's wise to go back immediately to natural cleaners like vinegar and baking soda. A 2015 study in *Occupational & Environmental Medicine* of more than 9,000 children ages 6 to 12 in Spain, Holland and Finland found the incidence of infections such as flu, tonsillitis, sinusitis, bronchitis and pneumonia was more prevalent in homes where bleach was used.

**4 Get them outside around dirt:** Whether toddlers are making mud pies, older kids are growing gardens or teens are kicking up dust on the sports field, children's immune systems thrive when they meet the microbial richness of dirt and the vitamin-D boost of the sunny outdoors. In a study in *The New England Journal of Medicine* that focused on two technology-free communities, Amish children that lived and worked at old-fashioned family dairy farms had a quarter and a fifth the rate of asthma and allergies, respectively, as Hutterite children that lived off-site from their community's large industrialized farms. Georgetown University researchers report that sunlight, besides producing vitamin D, energizes infection-fighting T-cells in the skin that play a central role in human immunity.

**5 Get them a pet:** The dirt, germs and fur that dogs and cats bring to a house may be just what young immune systems need. Finnish researchers following 397 babies found those that grew up in homes with pets were 44 percent less likely to develop an ear infection and 29 percent less likely to receive antibiotics than pet-free babies. Canadian researchers found that babies from families with pets—70 percent of which were dogs—showed higher levels of two types of microbes linked to lower risks of becoming allergic and obese. They theorize that exposure to dirt and bacteria early in life—for example, in a dog's fur and on its paws—can create early immunity.

Ronica A. O'Hara is a Denver-based health writer. Connect at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).



# Seven Benefits of Energy Healing

by Linda Armstrong

**1 There is a noticeable shift in how we feel:** After an energy healing session, most people will feel noticeably lighter than before the session—maybe even euphoric. Because energy that is not supporting us is released from our field, new light and new energy is downloaded into our cells. Negative energy is released and supportive, positive energy is returned.

**2 Subconscious blocks are removed:** Our subconscious mind is running the show. Most of our thoughts are subconscious. If we stop to listen to some of those thoughts, we would be amazed at how many are knocking us down and beating us up. An energy healer can uncover these subconscious blocks and release them. There are many methods that transform these subconscious blocks to new beliefs and open up to healing and creating new possibilities.

**3 Emotional trauma associated with past experience is released:** This is where energy healing really takes the lead in healing. Drugs cannot clear emotional trauma; they can put a Band-Aid on the problem, but cannot get to the root causes that created the problem. Most of the time, the actual original trauma cannot be known by the mind alone. An experience that we might

feel caused the problem may just be a restimulation of an older trauma. The original trauma is stored in the subconscious mind.

**4 Ancestral patterns and programs are removed:** Much of what holds us back in life and creates problems within the body comes from ancestral programs that are running in the subconscious. These are not easy to find on our own, let alone release. An experienced energy healer that is very intuitive can uncover these patterns and programs, bringing them up to the surface to be seen and released.

**5 Energetic ties to negative energies and experiences that are not supportive are cleared:** We are energy beings, and everything around us is also created out of energy vibrating at certain frequencies. We have energetic ties to everything in our existence. During healing sessions, the ties to any of the unsupportive energies of past experiences, places, homes, relationships, accidents and people can be released. Only the energy ties that were not for our highest good are released—all others remain. This is extremely freeing.

**6 Empowering beliefs are instilled:** Once negative, un-supportive energy is released, we can create new beliefs and new ways of being with the modalities of Theta Healing and the GATE method. Both work on the theta brainwave, which is very suggestible. It is a very meditative process that the client is very aware of. We all have free will, so an energy healer can never create new beliefs without permission.

**7 New energy and enthusiasm is gained for transformation:** Many times, people are depressed, anxious, fearful, full of worries, lost, a failure or feel powerless to make change, but in just one hour, they feel a shift. They again become empowered because new light has come in. New possibilities are coming in, new enthusiasm and vision for their future is born.

Energy healing is a personal journey. Whether it is physical, emotional or spiritual, energy healing can create big positive changes.

*Linda Armstrong is the owner of Pure Love Energy, LLC, located at 17 Washington St., in Tenafly, NJ. For more information, call 201-888-5832, email [Linda@LoveMyLife.coach](mailto:Linda@LoveMyLife.coach) or visit [LoveMyLife.coach](http://LoveMyLife.coach). See ad, page 6.*

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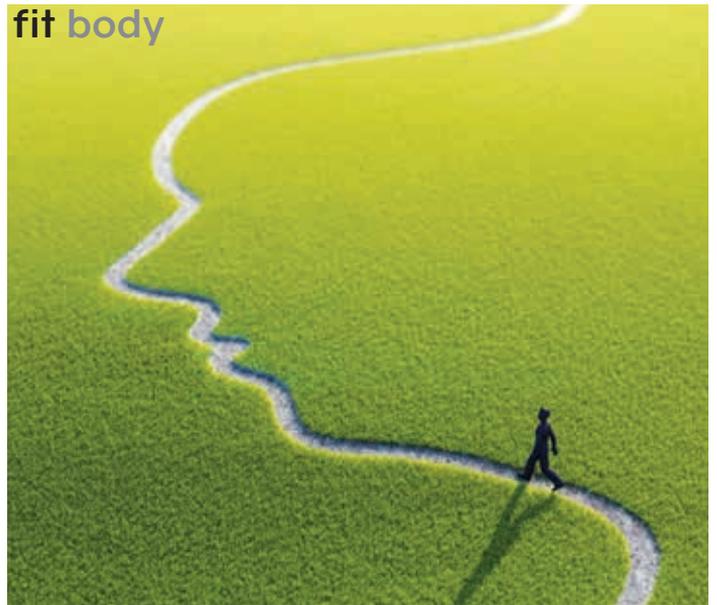


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# Mindful Walking

## Meditative Steps for Well-Being

by Marlaina Donato

The health benefits of walking, such as stress reduction, improved joint mobility, lower blood pressure and increased oxygen, are well known, but walking or hiking with a meditative focus offers some other unexpected perks. Mindful walking that fosters focus on each step can combat depression, anxiety and unhealthy food cravings by boosting neurotransmitters. Studies from the University of Exeter, in England, reveal that chocolate cravings and consumption are reduced after just a 15-minute walk, and a German study found overweight people that walked briskly for 15 minutes had less desire for sugary snacks.

A 2016 study in *Complementary Therapies in Medicine* found that meditative walking for 30 minutes three times a week reduced arterial stiffness and the stress hormone cortisol in a 12-week period. Individuals with Type 2 diabetes also had healthier blood sugar levels. Further, the group that employed mindful walking exhibited significant improvement compared to the control group that engaged in regular, non-meditative walking.

### Mindful Me-Time

Like seated meditation, meditative walking fosters mind-body awareness that can nourish the spirit. "Some of the world's greatest artists, like Johann Sebastian Bach and William Blake, were well aware of this, and spent much time on long walks exploring their inner worlds," says Reino Gevers, of Majorca, Spain. The author of *Deep Walking for Body, Mind and Soul*, he sees walking meditation as an invitation to tap into the bigger matrix of life. "Deep walking, also pilgrimage walking, is spending time alone in nature to walk off the things that are weighing heavy on your shoulders. These could be hurtful and traumatic

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events like the loss of a family member, divorce or financial loss. While practicing mindful walking, there is a reconnection to the natural rhythm of life.”

Meditative walking calms the amygdala, the portion of the brain that can become hyper-reactive from trauma and keep us in the loop of anxiety. Introduced to meditative walking by a spiritual teacher, Carolyn Sinclair, in Houston, found deep healing from depression after a devastating divorce. “Even though I knew tai chi, qigong and sitting meditation, I couldn’t lift my head off the pillow, couldn’t sleep and wasn’t eating,” says Sinclair, who relinquished all medications after six months of taking mindful steps. Today, she blogs at *Walking-Meditation.com* and attributes her capacity to feel joy and her improved emotional resilience to the practice. “We cannot stay in sitting meditation all day long, and life will always throw us a curve ball,” she says. “Walking meditation allows us to be in the world, but not attached to the chaos and drama. This form of meditation helps train the mind to reside in the present moment during our everyday activities.”

## Resetting Body and Soul

Going for a mindful walk can cultivate sensory nuance, especially to changing angles of sunlight and the dance of turning seasons. Psychologist Hugh O’Donovan, in Cork, Ireland, the author of *Mindful Walking: Walk Your Way to Mental and Physical Well-Being*, says, “The body is a powerful instrument

of connection. It appears too simple, but this is a necessary aspect of mindful walking for the beginner right through to the more experienced practitioner. It is in this slowing down that you begin to notice.” In 2015, he traversed the entire length of his native country and was reminded, he says, that “In this mindful walking space, the world can come alive at every sensory level. You can see the colors, the textures, the contrasts, the shade, the magic.”

Gevers concurs, “There is a major difference in just walking for exercise and deep walking. When you do mindful walking, you open your senses to the world around you. What do you smell, hear and feel?”

## Buddha Steps

Mindful walking begins with communing with each step, heel-to-toe, on Mother Earth. “The beauty of walking meditation is that once it becomes a habit, we can bring it everywhere, naturally,” emphasizes Sinclair.

O’Donovan, whose mantra is, “Show up, slow down and notice”, inspires us all when he says, “You might think, ‘I’ve seen grass a million times; I know grass,’ but this limits the possibility to know in a deeper way. Grass is not just grass when you walk mindfully.”

*Marlaina Donato is a composer and body-mind-spirit author. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*

# Tips on Meditative Walking

## From Carolyn Sinclair:

- Find a safe, quiet place to walk. A park, your yard, in nature is best, but you can even choose a mall before the stores open.
- Set aside a specific amount of time to walk and start with 10- or 15-minute increments.
- Wear shoes and set your gaze about 12 to 15 feet angled toward the ground in front of you. Relax. Keep arms and shoulders loose; head and neck in alignment.
- Observe the smell of the earth, flowers and trees. Feel the moisture in the air and how it effects your skin; recognize the temperature. Notice how you maintain balance as you walk; how a rock and uneven surfaces feel underfoot.
- Notice any tension without trying to change it—just observe and avoid analyzing, comparing or editing.
- Experience the sensation of feeling the soles of the feet as each foot touches the ground. One shouldn’t be fooled by its simplicity. The mind will always wander; consequently, it’s not necessary to try to stop the mind from thinking. All that is needed is to bring attention back to feeling the soles of the feet, again and again. They contain energy meridian lines and

acupuncture and chakra points that communicate energetically to every cell and every organ of the body.

- Avoid headphones or music whenever possible. With mindfulness, you will be tapping into the music of your sole/soul and experience peace and tranquility.
- If you don’t have time to go out, practice in the living room, going slowly in a clockwise direction, or walk down a hallway in your home or office.
- Something miraculous happens when we bring our awareness to the feet. This is one of the deepest secrets of the Buddha. Bring your awareness to the soles of your feet when grocery shopping or when you are standing in line at the bank. Always bring your awareness to the soles of your feet, even when sitting at a desk or waiting in the doctor’s office.

## From Reino Gevers:

- Start with a short 10- to 15-minute walk and do it every day of every week. You will soon begin to notice the positive effects on body and mind. If you put yourself under pressure by wanting to do too much too soon, you will inevitably fail and get frustrated. It’s a small change in one’s daily habit that has an enormous positive impact.

healing ways



# HEALING WATERS

## Hot Baths Rejuvenate Body and Mind

by Marlaina Donato

**D**own to our very cells, water is the foundation of life. In the ancient Greco-Roman world, bathing in hot mineral springs and cool saltwater was a common ritual for better health, and spaces dedicated to baths were considered sacred. Stepping into a warm tub harkens back to the safety of the womb while offering abundant health benefits. Opting for a bath instead of a shower can not only help minimize headaches, insomnia, menstrual cramps, depression and chronic pain, but soothe a burnt-out nervous system. It can also enliven stagnant blood and lymphatic fluids, enabling metabolic waste to be car-

ried out of the body through perspiration.

“Hydrotherapy is used in many natural health systems for a wide variety of ailments from inflammation to nervous system dysfunction and skin conditions. Whether you have access to a bathtub or not, there are many ways you can apply these traditional practices to your own self-care routine,” says Marlene Adelman, herbalist and founder of the Herbal Academy, in Bedford, Massachusetts.

Whether we step into a full-body tub or a foot basin, water is a balm for the modern spirit bogged down by information overload and world events. “Taking

time away in the sanctuary of warm water allows us to slip into a different state of mind and to release the energetic armor we defend ourselves with, as well as recuperate and heal internally,” says Kiva Rose Hardin, herbalist and co-editor of *Plant Healer* magazine, in New Mexico.

### Insulin Sensitivity, Pain and Depression

A good bath can lower chronic systemic inflammation associated with osteoarthritis, rheumatoid arthritis and fibromyalgia. It can also impact how the body uses insulin. A 2018 study published in the *Journal of Applied Physiology* shows that immersion in hot water counters low-grade inflammation and increases glucose metabolism in individuals unable to exercise.

Hot baths relax muscles by promoting blood circulation through the tissues and prompting the nervous system into a calming parasympathetic mode. Cold-water soaks—preferably in the morning—provide perks that include boosting immunity and increasing depression-zapping endorphins such as dopamine.

### A Handful of Nature

The skin is our largest organ, and what we put into the bath affects us from the outside-in. Bentonite clay for detoxing and Dead Sea salts for pain are great choices. Studies going back to the 1990s show significant, lasting effects of Dead

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Sea salts on those with osteoarthritis of the knee, as well as rheumatoid arthritis.

Fortifying the bath with Epsom salts, evaporated sea salt or Himalayan pink salt is highly beneficial. “Himalayan salt has 84 valuable trace minerals, including potassium, magnesium and sodium. It draws out toxins, cleanses the skin and helps cleanse the body energetically,” says Hellen Yuan, founder of the bath product company Hellen, in Brooklyn.

Adding bundles of fresh or dried herbs or snipping them into sachets can strengthen immune response and provide a welcome antidote to work-related stress. “Aromatic herbs and essential oils are inhaled through our olfactory system and make a beeline to our brains, signaling that it’s time to relax or feel energized,” says Adelman, who emphasizes practical common sense. “Although flowers and leaves floating in the tub make for lovely social media posts, most household plumbing cannot handle big, bulky plant material. The simplest way to add herbs to a bath is by making a super-concentrated tea.” Hardin concurs, recommending fresh or dried lavender, flowering goldenrod tops, holy basil leaves (*tulsi*, *Ocimum tenuiflorum*) or calendula blossoms.

## Sacred Waters

Baths are good medicine for both genders. “Men carry so much stress in their bodies and typically hold in a lot of tension. A good bath brew eases the muscles and replenishes the mind and soul,” says Yuan.

Bathing can be the ultimate sacred offering to the body. From her wood-fired outdoor tub at the edge of a starlit mesa, Hardin advises, “Efforts need not be expensive or time-consuming. Just focused intent will inherently return a sufficient degree of sensuality, magic and beauty to the bath.”

*Marlaina Donato is the author of Multidimensional Aromatherapy. Connect at AutumnEmbersMusic.com.*

## Essential Oils and Safety Tips

**From Hellen Yuan:** Foot baths are a great alternative to a full-body bath because of the 72,000-plus nerve endings in our feet and the six acupuncture meridians points.

### From Marlene Adelman:

Essential oils should always be properly diluted and dispersed in oil, thick aloe vera leaf gel, Castile soap or a dispersing agent such as Solubol. Water, alcohol and hydrosol are not safe carriers, as they do not disperse the essential oils.

For aromatherapy bath salts, dilute essential oils in a small amount of oil before stirring into the salt. For nut allergies, avoid almond oil.

## Nourishing Additions Add Zing to Bath Waters

**Organic apple cider vinegar:** 1 cup to a bath to balance skin pH levels, combat yeast infections and soothe sunburn

**Himalayan salt:** ½ cup to bath water for acne, eczema and psoriasis

**Dead Sea salts or sea salt:** ½ cup to bath water for psoriasis and arthritis pain

**Chamomile flowers or organic, dried rose petals:** 1 extra-strong cup to bath water for relaxation and better sleep or use herbs gathered in a muslin bag or sock and steep in the bath

**Ginger:** ½ cup shredded fresh ginger or 1 teaspoon ginger powder to bath water for increasing the body’s chi, boosting immunity and relieving pain. Follow-up with a shower to rinse off perspiration (contraindicated in the presence of high blood pressure, diabetes or a history of heart disease)

**Epsom salts:** ½ cup added to the bath to fortify magnesium and boost serotonin, which can increase energy and stamina, decrease irritability and adrenaline, lower blood pressure, increase concentration and improve sleeping habits

**Essential oils:** 5 to 7 drops mixed well into bath salts—lavender (for nervous system support), eucalyptus or tea tree (congestion, colds, flu), geranium (adrenal and reproductive hormonal support), pine or fir needle (adrenal and nervous system support)

### Marlene Adelman’s Go-to Bath Recipes:

#### Herbal Bath De-Stress Tea

- ¼ cup lemon balm leaves
- ¼ cup chamomile flowers
- ¼ cup peppermint leaves
- ¼ cup rose petals

Combine herbs together in a 2-quart jar. Pour 2 quarts boiling water over herbs and let steep for 15 minutes. Strain tea and discard or compost herbs. Pour tea into bath and enjoy.

#### Herbal Bath Salts

- 2 cups Epsom salt
- 1 cup sea salt
- ½ cup baking soda
- 2 Tbsp carrier oil
- 20 drops lavender essential oil

Put salts and baking soda in a bowl and combine thoroughly. Combine essential oil with carrier oil in a small bowl. Add essential oil mixture to salt mixture. Store in a glass jar for 6 to 12 months. Use 1 to 2 cups per bath.





# COOL TREATS FOR CATS AND DOGS

by Tonya Wilhelm

Spending quality time with our pets is always a win, especially if it's in the kitchen. Pet treats can be more than tasty; if we use the right ingredients, they can be downright nutritional. Stop at a favorite local health store to pick up the ingredients to prepare these easy and cool pet treats.

## Berry Delicious

Basil isn't just a culinary herb—it improves digestion, delivers anti-inflammatory properties and antioxidants, strengthens the immune system and helps to detoxify the liver. It's perfect for this summertime frozen snack.

Blueberries aren't the only healthy berries. Blackberries are full of vitamin C, high in fiber, manganese and antioxidants, are a good source of vitamin K and offer antibacterial and anti-inflammatory attributes. Coconut oil provides vitamins and minerals, is antibacterial, antiviral and has antifungal properties, making it a good choice for yeasty dogs. It also aids in digestion, although too much of a good thing can cause diarrhea. Berries are a great treat for pets. Raspberries contain quercetin, a naturally occurring flavonoid that reduces inflammation.

Yields: Depends on size of molds

- 1 cup coconut oil*
- ½ cup blackberries*
- ½ cup raspberries*
- 1 Tbsp basil leaves*

Place the coconut oil in a pan over low heat. Stir until melted and set aside. Place the blackberries, raspberries and basil leaves into a mixer and blend.

Add the melted coconut oil into the mixer and blend ingredients together.

Place a silicone ice cube mold on a cookie sheet for support. The smaller the cavities, the better.

Pour the mix into the molds and place in the freezer.

Once frozen, pop out treats and store in a glass container in the freezer.

Serve one frozen treat to each pet every few days.

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## Sardines and Milk

This frozen pet treat will delight both dogs and cats. Not only will they enjoy this treat, but it offers a powerhouse of nutrition. Sardines provide pets with healthy fats such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), otherwise known as omega-3 fatty acids. They also provide vitamin D<sub>3</sub>, B<sub>12</sub>, coenzyme Q<sub>10</sub> and amino acids. Not bad for a small fish.

Cow's milk for pets is pretty much a no-no. They do not tolerate its high level of alpha-s1-casein protein. Goat's milk, on the other hand, contains extremely low to no amounts of this protein, and so allows better absorption of the nutrients. Goat's milk also supplies essential nutrients such as iron, calcium, phosphorus, potassium, vitamin B<sub>5</sub> and A, as well as healthy fats, enzymes and minerals, making it a good choice for the liquid component in this frozen treat.

Yields: Depends on size of molds

*1 can (3.75 oz) wild-caught sardines in water*

*1 cup goat's milk, raw or fermented is best*

Place the ingredients into a mixer and blend. Place a silicone ice cube mold on a cookie sheet for support. The smaller the cavities, the better.

Pour the mix into the molds and place in the freezer.

Once frozen, pop out treats and store in a glass container in the freezer.

Serve one frozen treat to each pet every few days.



## Cooling and Soothing

Blueberries are quite popular as a healthy fruit for good reason. They are the most antioxidant fruit around. Because they contain natural compounds called anthocyanins, which are flavonoids, blueberries help protect against cardiovascular disease. They also have high amounts of EPA and DHA, making these little berries quite the superfood.

Carrots offer a great crunch. They also are a fine source of betacarotene, vitamin A, fiber and potassium. Not just a calming herb, lavender is also anti-inflammatory and even aids in digestion. Strawberries are fragrant and tasty, and also provide vitamins C and B<sub>9</sub>, magnesium and potassium. These sweet fruits are rich in antioxidants.

Yields: Depends on size of molds

*½ cup blueberries*

*½ cup carrots*

*½ cup strawberries*

*1 Tbsp dried lavender*

Place the ingredients in a mixer and blend.

Place a silicone ice cube mold on a cookie sheet for support. The smaller the cavities, the better.

Pour the mix into the molds and place in the freezer.

Once frozen, pop out treats and store in a glass container in the freezer.

Serve one frozen treat to each pet every few days.

*Tonya Wilhelm is a professional dog trainer, spreading the word about positive methods of preventing and managing behavioral issues with a holistic approach. To connect, visit [RaisingYourPetsNaturally.com](http://RaisingYourPetsNaturally.com).*

## 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](mailto:Publisher@NaturalAwakeningsNNJ.com) for guidelines and to submit entries.

### THURSDAY, AUGUST 6

**Women's Weekly Guided Clearing Meditation Circle** – Thur through Aug. 10:30-11:30am. Using visualizations along with guided meditations we begin to clear the accumulated stress, therefore clearing the self; w/Lois Kramer-Perez. No meditation experience required. Release your stress and relax. Register by 9am to receive the zoom link, emailed at 10am. Details: 201-906-5767. [Lois@LoisKramerPerez.com](mailto:Lois@LoisKramerPerez.com). [LoisKramerPerez.com/My-Events/](http://LoisKramerPerez.com/My-Events/).

### SATURDAY, AUGUST 15

**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](http://AdvancedMedicalCareCenter.com).

### THURSDAY, AUGUST 20

**Clear Your Stress: Online Conversation and Guided Meditation Online** – 7-8pm. Ready to release stress? Tired of COVID news and talk. Learn the tools to immediately find relief from the stresses of the uncertainty we are living in today. 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. Questions: [Lois@loiskramerperetz.com](mailto:Lois@loiskramerperetz.com). [LoisKramerPerez.com/My-Events/](http://LoisKramerPerez.com/My-Events/)

### SATURDAY, AUGUST 21

**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 online 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](http://StringsOfSerenity.com).

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## community resource guide

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Armstrong has a unique style in her work combining energy healing with coaching while tapping into her intuitive nature and spiritual guidance to help her clients live an inspired, high-vibrational life. She works with Access Bars, the GATE healing method and ThetaHealing technique. Armstrong is also a master certified Law of Attraction energy coach, reiki master teacher and Light Body Meditation practitioner. She works with people to release all that keeps stopping and pulling them off course—fear, doubt, worry, subconscious beliefs, thoughts, patterns, programs, releasing energetic and emotional ties to past trauma and negative experiences and much more. *See ad, page 6.*

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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 24.*

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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 22.*

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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

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## advertiser index

Company	Page
Abrahams Natural Foods, Natural Hummos	2
Access Bars, Christine DiDomenico & Theresa Obsuth	2
Advanced Medical Care Center, Dr. Roman E. Finn, M.D.	32
American Institute - Massage, Medical & Dental Assist Linda Armstrong	26 6
AW Acupuncture Herbs, Dr Andrew Wysocki	22
Body & Brain Yoga Tai Chi	22
Complete Wellness Within, Dr. Angela Serritella	12
Complete Holistic Health, Peggy Johnson, CHHC	24
Dian's Wellness Simplified, Dian Freeman	11
Feng Shui, Lois Kramer Perez	9
Hartsdale Homeopathy, Susanne Salzman, M.D.	9
Holistic Dental Center, Dr. Vladimir Gashinsky	7
LawnReminders.com	4
LED LightPath to Wellness, Scott Kennedy	8
Leslie Lobell M.A., L.P.C.	29
Pucci Wellness Center, Dr. Doug Pucci, D.C., FAAIM	3
Pure Balance Center, Dr. Michael Magwood	22
Reiki Sessions, James Angelico	29
Salt of the Earth, Center for Healing	2
Strings of Serenity, Elana Lehrer	24
Vista Natural Wellness Center, Thermographic Imaging	8



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