

FREE

HEALTHY LIVING HEALTHY PLANET

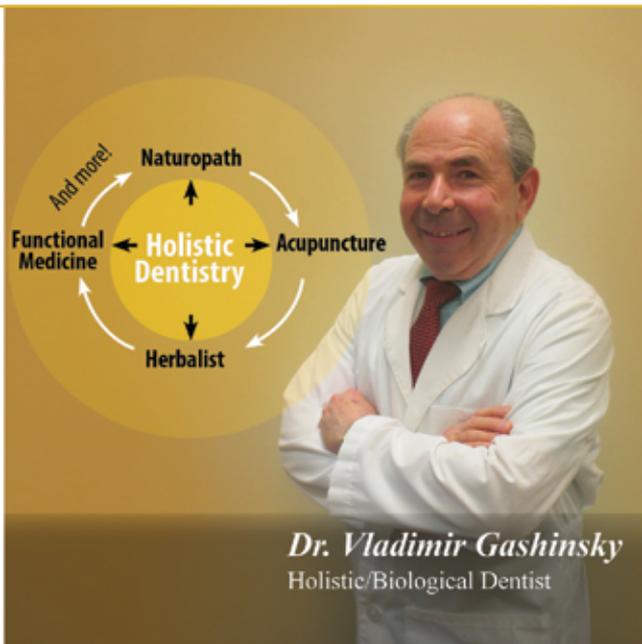
natural awakenings



**Stress
Busters**
For Teens

**CALM
DOWN**
Natural Ways to
Relieve Stress

Life Force
In Motion
**Tai Chi &
Qigong**



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.

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SPECIAL OFFER Patients worried about the health risks of cardiovascular and chronic heart disease can download the latest advice from Dr Pucci. Go to www.getwell-now.com to download his free resource on heart disease, and strategies for testing beyond cholesterol.

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:

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

To learn more about functional medicine and Dr Pucci's approach to heart health and chronic disease, download his FREE GUIDE.

CORONAVIRUS UPDATES

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

In my free guide [Heart Health Risk and COVID-19](#) we learn the flawed methodologies that put patients at risk and why the real culprit (or culprits) are often overlooked.

Whether you are in need of free resources or you want to dig a little deeper into your own unique biochemistry, start by downloading the Free Guide on my website:

www.getwell-now.com

NEW JERSEY NORTH EDITION

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letter from publisher



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

In the beautiful fall season of the Northeast, we can enjoy the leaves turning colors from green to shades of yellow, orange and red while geese can be seen flying south. Pumpkins are for sale everywhere, and so are pumpkin-flavored lattes, muffins and cakes... savor them while you can.

With about a month to go before election day in the most successful democracy on Earth, pundits and historians are touting this to be the most important decision in the history of mankind, so it is imperative that we all find time to exercise our right to cast our vote.

To borrow the words of my fellow publisher Paul Chan, "Start now and generate positive feelings throughout the month so that by the time November third rolls around, perhaps we can collectively generate a tidal wave of positivity that drives more positive people to the polls. Remember: like attracts like. If you spend October criticizing, decrying, screaming, abhorring and hating, what type of voters do you think are going to show up in waves?"

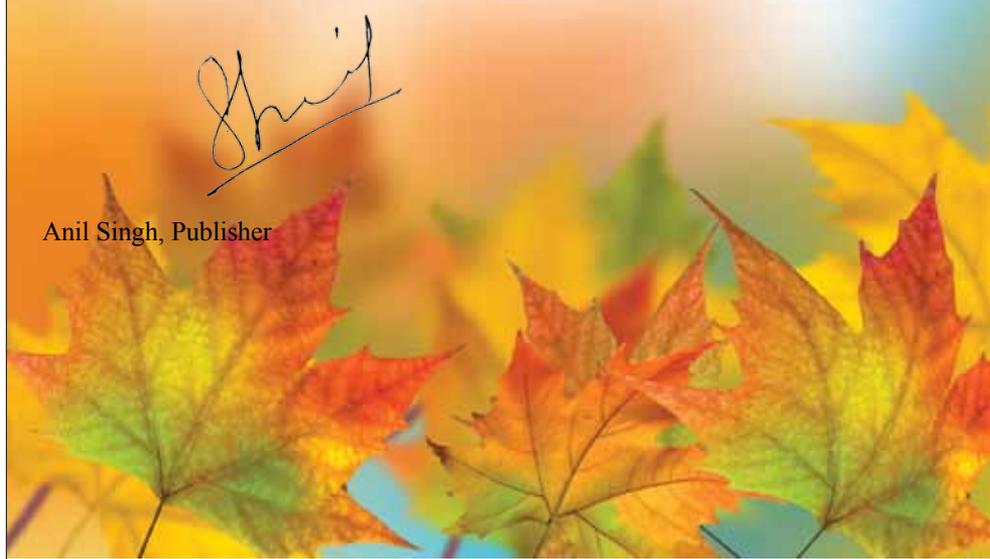
Our longtime participants in the magazine Sheryl Silver and Susan Toron are celebrating the fourth anniversary of Salt of Earth Healing Center. Check out their informative articles in the current issue and look out for events and special offers all through the month. Also read Thara Prasad-Jhooti's philosophy for founding her first-class Fire Shaper yoga studio and how she is working through the COVID-19 challenges.

As part of our evolution, North Jersey *Natural Awakenings* will be hosting our first live virtual event on October 15. We are working very hard to bring in an ensemble of distinguished local experts in health and wellness. I ask readers as well as patrons to RSVP to the email invites in the coming weeks. Lets get together and make North Jersey healthy and strong.

And it goes without saying, "mask on and stay safe." Find many more health and wellness resources in this *Natural Awakenings* magazine and online on Facebook and our website www.naturalawakeningsnnj.com.

Please email us about your summer endeavors and other thoughts at Publisher@naturalawakeningsnnj.com.

Anil Singh, Publisher



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.

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To advertise with Natural Awakenings or request a media kit, please contact us at 201-781-5577 or email Publisher@NaturalAwakeningsNNJ.com. 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.

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

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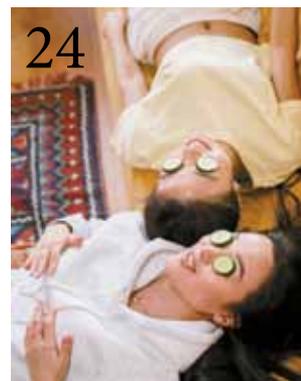
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Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., Oct 17 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.



Theresa Obsuth

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 access-consciousness.com. See ad, page 20.

news briefs

Mindful Living For Health and Wellness

In these stressful times, Body & Brain Yoga knows there are three things we can manage when we live mindfully: breathing, eating and sleeping. By developing daily habits of doing them well, our lifestyle becomes healthy and stable.

When we become aware of our breathing, it naturally becomes slower and deeper. Natural breathing improves circulation, refreshes energy, clears the mind, calms our emotions and enhances concentration.

Eating well means bringing awareness to what and how we eat. We notice our body’s response to food and make choices based on what our body needs versus what our body craves. We eat for nutrition rather than from emotion or habit. When we are mindful and present, we can enjoy our food with gratitude.

The key to better sleep is to empty the mind of concerns, thoughts, emotions, responsibilities, fast for about two hours before bedtime and practice breathing meditation. Daily mindfulness naturally grows into a healthy lifestyle.



Natural Awakenings readers receive an in-person or online introductory evaluation session for \$10 in Oct. Body & Brain Yoga Tai Chi has locations in Ramsey, Ridgefield, Wayne and Wyckoff. To schedule an appointment, visit bodynbrain.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., October 1, 8, 15, 22 and 29, 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.

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Improve Exercise and Recovery with Avocados and Beets



Tasty and loaded with vitamins and minerals, avocados are a “healthy fat” that can speed recovery after exercise, reports a new Brazilian study. Researchers gave 12 women either 600 milliliters (mL) of avocado pulp or a placebo in capsules. After waiting an hour, the women ran on a treadmill for half an hour, then recovered for an hour. Metabolic tests of heart rate, heart rate variability and skin conductance indicated those taking the avocado pulp recovered faster than those given a placebo. In another new study, 12 Spanish men were able to do more back squats in weight-lift training an hour after drinking 12 mL of beet root juice compared with a placebo, suggesting the nitrate-rich drink improves muscular endurance.

Eat Fruit, Veggies and Whole Grains to Lower Diabetes Risk

The risk of diabetes can be slashed by loading a plate with fruit, veggies and whole grains, suggests two new studies in *The British Medical Journal*. European researchers measured fruit and vegetable consumption by testing the blood levels of vitamin C and carotenoids, the pigments found in colorful produce, in 9,754 people with Type 2 diabetes and 13,662 people free of the condition. They found that each average daily intake of 66 grams of fruit and vegetables (about one-third of a cup) reduced diabetes risk by 25 percent. The top fifth of fruit-and-veggie eaters had half the risk of diabetes compared to those that rarely ate produce. In a second study, American researchers using population research with more than 200,000 participants found those that ate the most whole grains had a 29 percent lower rate of Type 2 diabetes compared to those that ate the least amount. Eating one or more servings per day of whole-grain, cold breakfast cereal lowered the risk by 19 percent; dark bread lowered it 21 percent. Eating two or more servings per week of oatmeal lowered risk 21 percent; bran, 15 percent; and brown rice and wheat germ, 12 percent.

Manage Bowel Disease to Reduce Dementia Risk

The 3 million Americans dealing with inflammatory bowel disease (IBD), which includes ulcerative colitis and Crohn's disease, may also suffer twice the risk of dementia, a new study in the journal *Gut* suggests. Taiwanese researchers tracked 1,740 IBD patients for 16 years and compared their cognitive health to that of 17,420 other adults without IBD. They found that IBD patients had more than three times the rate of all types of dementia—5.5 percent versus 1.5 percent—compared to those without IBD; after removing other factors like age and underlying conditions, they concluded that IBD doubled dementia risk. Of all the dementia types, the risk for Alzheimer's disease was greatest: those with IBD were six times as likely to develop it than were those without the disease. Also, people with IBD were diagnosed with dementia seven years earlier, at age 76 rather than 83. The study on the gut-brain axis aligns with others in indicating that chronic inflammation and imbalanced gut bacteria are potential contributors to cognitive decline. "The identification of increased dementia risk and earlier onset among patients with IBD suggest that [they] might benefit from education and increased clinical vigilance," wrote the study's authors.

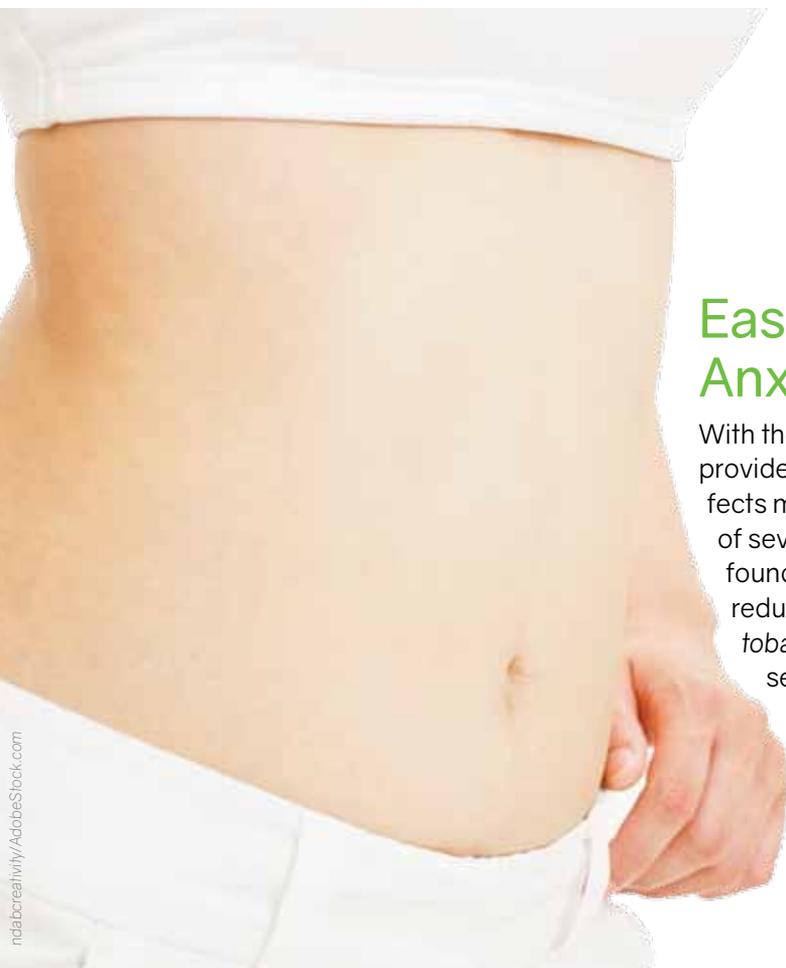


Try Cinnamon to Reduce Migraines

Cinnamon, long known to help blood sugar levels, can diminish migraine attacks, according to a new study in *Phytotherapy Research* from Iran. Fifty patients with migraines took either three capsules a day of 600 milligrams (about a quarter teaspoon) of cinnamon or a placebo. After two months, those taking cinnamon had significantly reduced severity, frequency and duration of migraine episodes. Most of the world's cinnamon is *Cinnamomum verum*, produced in Sri Lanka, also called Ceylon cinnamon. Cassia cinnamon (*Cinnamomum iners*) is not accepted as a true cinnamon by herbalists.

Ease Depression and Anxiety with Probiotics

With the gut-brain axis increasingly under scrutiny, two studies provide new evidence of how the microbiome, or gut bacteria, affects mental health. In a review in *BMJ Nutrition Prevention & Health* of seven high-quality probiotic and prebiotic studies, researchers found that 11 out of 12 probiotics studied produced "measurable reductions in depression." The major strains studied were *Lactobacillus acidophilus*, *L. casei* and *Bifidobacterium bifidum*. In a second study in the journal *Nutrients*, 20 male soccer players ages 18 to 21 received either a placebo or a probiotics drink with *L. casei* for two months. By week four, those drinking the probiotic drink had significantly more relaxed (theta) and attentive (delta) brain waves, suggesting lowered anxiety and enhanced training ability. The probiotics drink also improved cognitive reaction time in the subjects.



Relax and Rejuvenate with a Sauna

A hot sauna can be invigorating on a cold fall day, but there are many health benefits, as well.

■ Combats Aging and Increases Longevity

Using an infrared sauna activates heat shock proteins (HSP) to slow aging and enhance longevity. HSPs help to repair damaged cells due to the aging process. They also promote the recycling of damaged cell parts and prevent future damage by scavenging free radicals and upping antioxidant capacity by maintaining the super antioxidant glutathione.

■ Improves Mitochondrial Health and Energy Production

Heat stress initiated by infrared sauna improves mitochondrial health in a number of ways. The body is stimulated to make more mitochondria, increasing capacity to produce energy. The mitochondria also grow bigger and stronger producing more energy. Internal anti-oxidant and detoxification systems undergo improved functioning. Also, cells begin to repair and recycle damaged mitochondria. This makes space for new, better functioning mitochondria as old, damaged versions are excreted.

■ Boosts Detoxification and Weight Loss

Sauna use shows great promise for detoxification from many heavy metals and environmental chemicals including PCB, PBB, BPA, drugs and organochlorine pesticides such as DDT. The body accumulates such toxicants over time, and due to their long lives, avoiding them alone will not insure effective detoxing. The ability to sweat is critical, especially for heavy metals like mercury, cadmium, arsenic and lead, which appear to

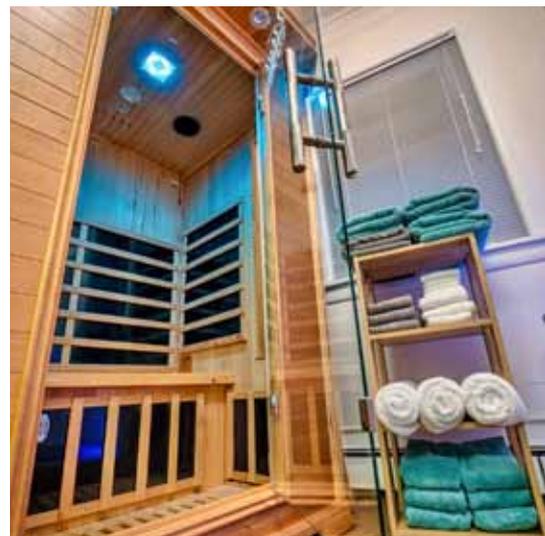
come out in higher concentrations in sweat.

Infrared sauna use appears to help with weight loss and appetite modulation, as well. Studies show that using an infrared sauna to create more HSPs can lower body fat mass, increase the number of mitochondria and oxidative enzymes, improve insulin tolerance and glucose clearance, and decrease intramuscular lipid accumulation. Sauna use increases metabolic rate and oxygen consumption similar to moderate exercise, which means that it may help with weight maintenance even if someone is unable to exercise due to injury or illness.

■ Enhances Physical Performance and Workout Recovery

Sauna use increases endurance. Cardiovascular improvements gained via hyperthermic conditioning such as increased plasma volume, increased red blood cells and blood flow to the heart improve athletic endurance and performance for all levels of athletes. Hyperthermic conditioning insures the body stays cooler and performs better at higher temperatures induced during exercise. Sauna use seems to help the body perform exercise more efficiently and with greater ease.

Infrared saunas use speeds up post-workout recovery. Studies show that lactic acid build up in the muscles after exercise is reduced as a result of hyperthermic conditioning. It also reduces exercise-induced muscle damage and delayed-onset muscle soreness. Researchers have found that infrared heat improves recovery of the neuromuscular system as well. HTPs created from sauna sessions increase muscle growth and reduce oxidative stress and muscle breakdown to increase recovery time.



■ Fights Depression

Infrared sauna use has been shown to combat depression in numerous ways. Through the process of hormesis, the body temporarily increases temperature and spikes inflammation, while increasing HSPs, which work to lower baseline body temperature and inflammation associated with depression. Hormesis may also promote autophagy in the brain, which makes brain cells more resilient and resistant to stressors. Sauna use has been shown to cause a massive release of beta-endorphins in the brain, leading to better mood and fewer negative effects of stress. Also an increase in the body's production of endorphin receptors means it takes less to feel good even while not under heat-stress, leading to more pleasure from everyday activities.

Light Path To Wellness is located at 209 Main St., in Fort Lee. Natural Awakenings readers receive the first session for \$25. Make an appointment at 833-544-4865. For more information, email Info@LightPathToWellness.com. See ad, page 29.

An advertisement for Linda Armstrong, an energy healer and spiritual awakening coach. On the left, there is a blue sign on a post that reads "ARE YOU HAPPY?". The background is a soft-focus image of a woman with dark hair, smiling. The text in the center reads: "Clear what's blocking you from waking up each day feeling happy and eager to move forward creating a life you LOVE. It's Time!". Below this, a quote says: "I clear subconscious programming so you can step into your full potential to create a life you love" ~ Linda Armstrong Energy Healer & Spiritual Awakening Coach. At the bottom, the contact information is: lovemylife.coach ~ tenafly, nj ~ 201-888-5832.

Microneedling Offers Health Benefits and Convenience

Microneedling, also known as collagen induction therapy (CIT) is the practice of inserting extremely fine needles into the skin at a minimal depth for the purpose of tissue rejuvenation. The concept is simple—create a “micro” wound and the skin will respond by producing collagen and elastin, creating new skin cells. This in turn smooths, firms and brightens the skin, similarly to Botox.

Depending on the depth of penetration, microneedling can be used to treat and improve conditions such as fine lines and wrinkles, loose skin, acne, scars, stretch marks, under-eye bags and issues pertaining to skin texture and pigment. Microneedling can even be applied to the scalp to promote hair growth.

The modality has gained in popularity because it is a minimally invasive, gentle and painless procedure that produces profound results in many cases. Unlike ablative cosmetic treatments like microdermabrasion, microneedling accesses and activates



the dermis level of the skin (where collagen is produced) without removing or severely damaging the epidermis; the protective and essential barrier level of the skin.

Microneedling creates micro-channels in the skin and allows amplified product absorption. When used in conjunction with topical hyaluronic acid, a lubricating substance produced by the body which holds 1,000 times its weight in water, the result is deep hydration and nourishment of the tissue, and an accompanying glowing visage.

Not surprisingly, all of the buzz around microneedling has given rise to a plethora of cheap microneedling devices for at-home use, both motorized and not. Instead, seek the services of a qualified professional using

a device that includes a motorized, oscillating microneedling pen with adjustable needle depths and up to 10,000 rpm. Many of the at-home motorized devices vibrate rather than oscillate, which can cause drag on the surface of the skin and increase the risk of scarring and infection. Similarly, derma-roller devices are not ideal for the same reasons.

The importance of impeccable sanitizing can not be overstated. In a provider’s office clients should expect a brand-new, sterile needle cartridge for each microneedling treatment, whereas home devices tend to come with only one or two needle tips that the consumer is responsible for adequately sanitizing or continually replacing. Without proper sterilization, reused needles can spread bacteria across the skin and even introduce it below the surface, promoting acne, infection and inflammation.

A growing number of medical and skincare professionals offer microneedling, so don’t take chances at home. The investment is a sound one; treatment is only recommended once a month for a period of four to six months on average, and results can last as long as four to six years without maintenance.

Hillary Wells, MS, L.Ac, is a NY-licensed acupuncturist offering Japanese-style acupuncture and holistic facial rejuvenation at Salt of the Earth Center for Healing, in Chestnut Ridge, NY. For more information, visit SaltOfTheEarthcsh.com. See ad, page 13.



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Oarweed Odyssey

Scottish Kelp Provides Clues to Climate Change

The BBC reports that experts from Heriot-Watt University, in Orkney, Scotland, have discovered kelp off the coasts of Scotland, Ireland and France that has survived for 16,000 years since the last ice age. Analyzing the genetic composition of oarweed from 14 areas across the northern Atlantic Ocean, they found three distinct genetic clusters and hope the discovery will show how marine plant life survives extreme changes in climate. Their findings were published in the *European Journal of Phycology*. Marine ecologist Dr. Andrew Want says that oarweed populations from Kirkwall Bay managed to hang on and survive amid dramatic changes: "As the ice sheets retreated from northern European shorelines at the end of the most recent ice age, oarweed distribution followed and recolonized [in] the higher latitudes of the Atlantic. Kelp plays a critical role in the Atlantic, so it is important to understand what affects its distribution and survival over time and how sensitive it is to change."

Molecular ecologist Dr. Joao Neiva, from Portugal's University of Algarve Centre of Marine Sciences, says, "Our study shows how marine organisms adjust to shifting climates by migrating polewards and even across the Atlantic, when conditions are favorable."

Corporate Hero

Apple Seeks 2030 Carbon Neutrality

Apple, Inc., the maker of the iPhone, iPad and Mac computers, has committed to becoming 100 percent carbon neutral overall, from its supply chain to retail outlets, by 2030. The goal is to achieve a zero net climate impact. According

to *BBC Science Focus Magazine*, CEO Tim Cook says, "Businesses have a profound opportunity to help build a more sustainable future, one born of our common concern for the planet we share. The innovations powering our environmental journey are not only good for the planet, they've helped us make our products more energy-efficient and bring new sources of clean energy online around the world. Climate action can be the foundation for a new era of innovative potential, job creation and durable economic growth. With our commitment to carbon neutrality, we hope to be a ripple in the pond that creates a much larger change." If successful, the 10-year plan will reduce carbon emissions by 75 percent and develop solutions such as the use of low carbon and recycled materials to achieve the other 25 percent.



Short Circuit

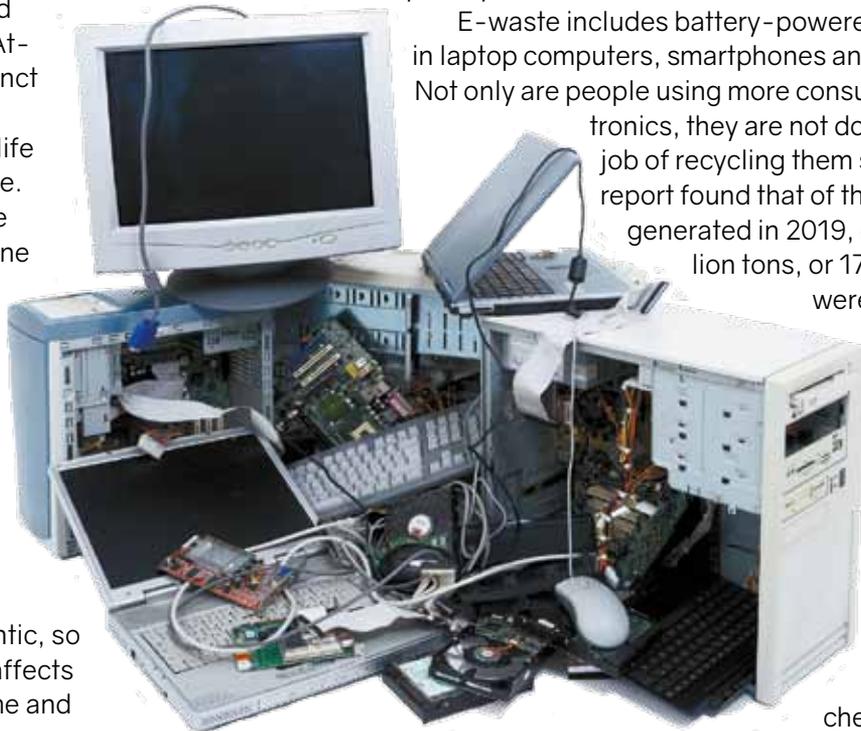
Electronic Waste is Out of Control

A partnership formed in 2017 between the United Nations International Telecommunication Union, the International Solid Waste Association and other groups to track the accumulation of electronic debris has reported via the publication *Global E-Waste Monitor 2020* that a record 53.6 million metric tons of electronics were discarded in 2019 and could likely increase to 74.7 million tons per year by 2030.

E-waste includes battery-powered and plug-in laptop computers, smartphones and televisions. Not only are people using more consumer electronics, they are not doing a good job of recycling them safely. The report found that of the e-waste generated in 2019, only 9.3 million tons, or 17.4 percent, were recycled.

Cadmium and mercury are conspicuous sources of pollution from these devices, as are refrigerant chemicals like

chlorofluorocarbons and hydrochlorofluorocarbons that can leach into the environment. Plastic waste is another concern. The report states that e-waste contains so many valuable recoverable metals such as iron, copper and gold that it represents a prime opportunity to reclaim these raw materials instead of mining them anew.



Baby Boo-Boo

Falling Fertility Rate Threatens World Stability



As reported in *The Lancet*, researchers at the University of Washington Institute for Health Metrics and Evaluation showed the global total

fertility rate (TFR) nearly halved from 1950 levels, when women had an average of 4.7 children each, to 2.4 in 2017. The study indicates it could fall below 1.7 by the turn of the

century. As a result, global population may peak at 9.7 billion around 2064 before falling to 8.8 billion by 2100. Some nations will also age dramatically, with as many people becoming senior citizens as those being born. If the fertility rate falls below a ratio of about two to one, then the size of the population starts to fall. Funded by the Bill & Melinda Gates Foundation, the report states, "Our findings suggest that continued trends in female educational attainment and access to contraception will hasten declines in fertility and slow population growth. A sustained TFR lower than the replacement level in many countries, including China and India, would have economic, social, environmental and geopolitical consequences. Policy options to adapt to continued low fertility while sustaining and enhancing female reproductive health will be crucial in the years to come."

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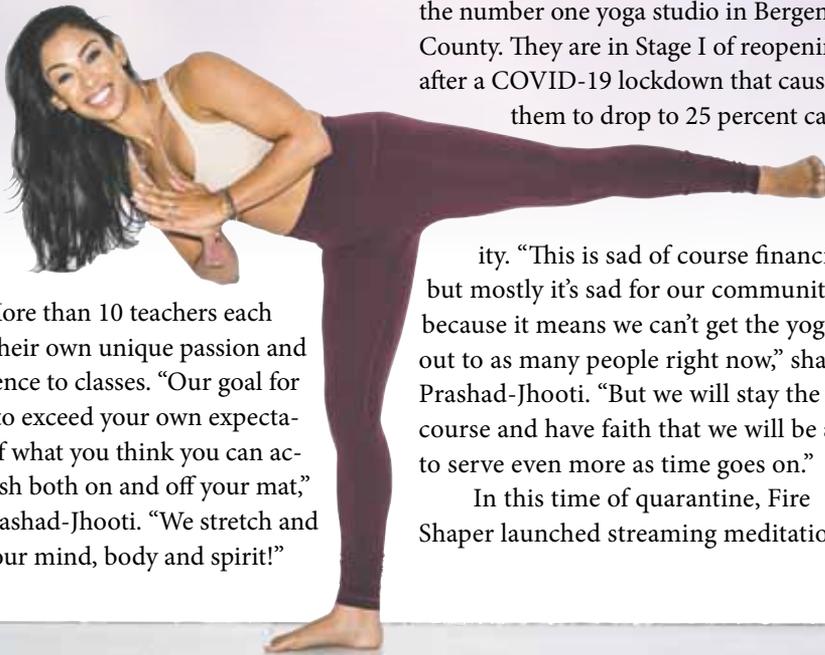
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Fire Shaper Maintains Yoga Link to Better Health

The Fire Shaper Tenafly hot yoga studio has been open for five years offering different types of classes in the heat, from flow to power flow to strength and toning classes. Owner Thara Prashad-Jhooti is a certified yoga instructor, Karuna reiki master, meditation teacher and health coach. She says, “Yoga has made such a distinct impact in my life that I knew my calling was to share it with others to help bring healing and peace to as many people as possible!”



More than 10 teachers each bring their own unique passion and experience to classes. “Our goal for you is to exceed your own expectations of what you think you can accomplish both on and off your mat,” says Prashad-Jhooti. “We stretch and tone your mind, body and spirit!”

Yoga means union or to unite. “We are not just here to offer classes, says Prashad-Jhooti. “We are here to unite you first with yourself and next with your community. When you join our studio, you become part of our family. You don’t need to be flexible to do yoga! That is one of the biggest misconceptions and a block that stops many from trying out a class. You come to class—our job is to help you become more flexible in both mind and body.”

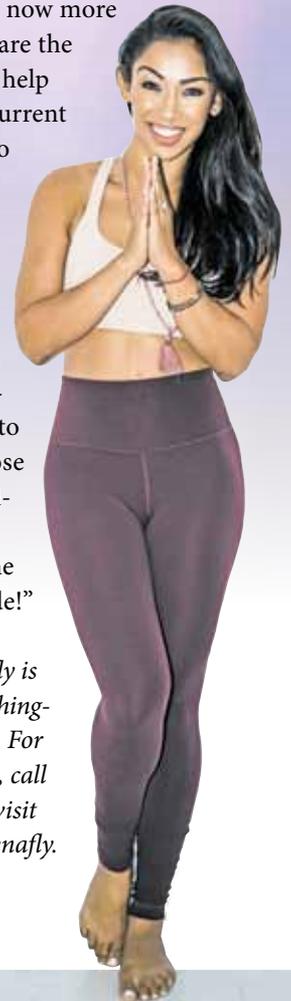
Fire Shaper has been repeatedly voted the number one yoga studio in Bergen County. They are in Stage I of reopening after a COVID-19 lockdown that caused them to drop to 25 percent capac-

ity. “This is sad of course financially, but mostly it’s sad for our community, because it means we can’t get the yoga out to as many people right now,” shares Prashad-Jhooti. “But we will stay the course and have faith that we will be able to serve even more as time goes on.”

In this time of quarantine, Fire Shaper launched streaming meditations

at *SpiritWarriorNation.com*. Prashad-Jhooti says, “We need meditation and inward reflection now more than ever! These are the tools available to help us navigate our current times. We are also looking forward to the launch of Spirit Warrior Nation, an online member community for yoga and meditation. Our goal is to serve not just those that we can physically see, but we want to spread the healing worldwide!”

Fire Shaper Tenafly is located at 20 Washington St., in Tenafly. For more information, call 201-266-8004 or visit FireShaper.com/tenafly.



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Discover the Law of Polarity

by Dr. Anne Deatly

There are seven major universal laws that govern every aspect of the universe. Because of these laws, the universe exists in harmony. The Law of Polarity is always operating. The universal Law of Polarity states there is an equal and opposite to everything. Nothing exists alone. Hiram Pagan explains the Universal Law of Polarity: "Everything can be separated into two wholly opposite parts, and that each of those still contains the potentiality of the other."

It's actually impossible to have one part without the other opposite (and equal) aspect. This universal law is in alignment with yin and yang philosophy that opposites coexist to create the balance of the universe with the underlying purpose of equilibrium and synchronicity. Every event or situation just is. We each make it negative or positive by how we interpret it. If we're thinking negatively, we can change our perspective to see the positive. We create our lives from our thoughts and beliefs.



If we are experiencing fear and anxiety during this time of social distancing to stop the spread of the virus, then be heartened to learn this event exists with its equal and opposite. If the COVID-19 event is fear and anxiety, the opposite is freedom and joy, or courage and peace. According to the universal Law of Polarity, these positive emotional states exist with the fear and anxiety of COVID-19.

Those deeply immersed in fear and anxiety won't experience the freedom and joy or courage and peace. For every reason

we feel sad or depressed, there's going to be a reason to also be happy. This is a universal law. Every time we allow ourselves to feel an emotion, we also create the equal experience of the opposite. One-sidedness is an illusion. If we realize our negative thoughts aren't the truth, then we'll be able to open up to what the universe is really showing us. The universe is a completely balanced system equilibrated because of divine order.

If we're able to perceive both sides of a situation (positive and negative), we will witness the divine perfection and balance of the universe. When we understand the Law of Polarity, we can apply it and align ourselves with it, and use it to our advantage and benefit. Only then will we transform the way we think, do and how we are being in every area of life.



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Calm Down

Taming the Flames of Stress-Related Illness

by Marlaina Donato

We are beings of neurochemical and hormonal intricacy, and within this mixed bag of biology lies our magic. Our human experience is visceral; we cry from sadness and joy, flush from embarrassment, laugh with amusement and exhibit quirky mannerisms when we lie. Whether we see it as a blessing or a curse, we're hard-wired to embody the sacred fire of our emotions.

It also means that stress and our bodies are in perpetual partnership. "Systematically, the mind and body work together. Grabbing your belly when you hear bad news and saying, 'I feel sick,' or having 'butterflies in your stomach' are a testament to how everyday stress affects us physically," says Stephanie Mansour, Chicago fitness expert and host of the national PBS show *Step It Up With Steph*.

"Stress serves a useful purpose by increasing alertness—the sometimes lifesaving 'fight-or-flight' response—but chronic stress leads to elevated stress hormones like cortisol and catecholamines," says emergency room physician Thomas Krisanda, at Northwest Hospital, in Randallstown, Maryland. "Cortisol can elevate blood glucose and suppress the immune system. Elevated catecholamines raise blood pressure and stress the heart. Over time, this can lead to hypertension, heart disease, kidney disease, diabetes or strokes."

According to The American Institute of Stress, 77 percent of people experience the physical backlash of emotional stress in the form of headaches, chronic migraines, fatigue, digestive woes, muscle tension, dizziness and changes in libido. Research published this year in the *Journal of the American Heart Association* shows that children that experience severe adversity or live with alcoholics or drug addicts are at a 50 percent higher risk for developing cardiovascular disease later in life. Experts agree that this statistic goes beyond poor lifestyle choices, and might point to a biological inability to cope with everyday pressures.

Working with—rather than against—the body's nervous system by employing lifestyle changes, releasing trauma and considering options like a nourishing diet, safe herbal options and gentle energy modalities can help to break a vicious cycle.

Gut Instincts

Studies involving both mice and humans show that beneficial gut microorganisms are altered by emotional stress. The same bacteria responsible for bolstering the body's fortress of immunity also generate neurotransmitters like serotonin, dopamine and norepinephrine. These neurochemicals in the

guthermalmeida/pexels.com

gut's enteric nervous system control major biological functions that include heart rate, sleep cycles, muscle movement and mood.

While commonly prescribed antibiotics eradicate infectious invaders, they also kill off beneficial bacteria and neurotransmitters, opening the door to depressive disorders. Because approximately 95 percent of the body's serotonin is produced in the gut, it's not surprising that overuse of antibiotics has been associated with mental health conditions. British research published in the *Journal of Clinical Psychiatry* in 2015 documents case-control studies over an 18-year period involving 202,974 patients with depression. The findings show a high risk for anxiety and depression following repeated antibiotic use.

Connecting the dots further, 2018 research published in the *Journal of Neuroendocrinology* correlates compromised intestinal permeability with a weakened blood-brain barrier and alcohol addiction. Research published in 2014 in the journal *PLOS One* involving patients with irritable bowel syndrome (IBS) reveals abnormalities in catecholamines, elevated plasma cortisol and hyperactivity of the amygdala—the part of the brain that can become stuck on overdrive from trauma and other life stresses.

In a nutshell, negative emotional states can suppress immunity and foster more frequent antibiotic prescriptions and in turn, promote neurological loops of chronic depression and anxiety, and even more compromised immune response.

Functional gastrointestinal disorders like IBS and inflammation-driven Crohn's disease are often exacerbated by emotional upset and improved with stress management techniques like biofeedback, cognitive behavioral therapy, psychoanalysis, hypnotherapy, meditation and breath work.

One Body, Many Selves

Resolving emotional trauma can offer unexpected hope for conditions that elude improvement or scientific understanding. A deeper look into how unrecognized or unreleased emotional pain can contribute to disease might



help to solve the riddle of digestive problems, eczema, inflammatory bowel conditions and pain syndromes, including the multi-system agonies of fibromyalgia and chronic fatigue syndrome. It's a widespread misunderstanding that psychosomatic (mind-body) health conditions are imaginary or the product of mental instability. In actuality, the term psychosomatic simply refers to physical diseases with no organic origin that are presumed to have unconscious emotional taproots.

"We are made up of different types of energy," explains LaStacia Ross, a reiki master and sound healer at Eclectic Soul Studio, in Pittsburg, Kansas. "Physical or sensory energy is the energy of the physical body. Our outer energy field is subtle energy which consists of layers and includes thoughts and emotions. I like to think of the subtle energy field as a library containing the records of everything we've ever experienced."

Reiki, a form of non-touch therapy, is now deemed valuable by many respected hospitals, like the Memorial Sloan Kettering Cancer Center, in Manhattan. Springboarding from the philosophy that we are trinities of body, mind and spirit, reiki and other forms of energy medicine aim to encourage the flow of vital life force. Ross, who also uses sound resonance via tuning forks in her work, has witnessed significant

improvement in her clients. "Energy work can help release stored energetic patterns of trauma and stress that no longer serve us," she says. "Relaxation is an immediate benefit of energy work. People often feel a huge mental weight lifted and report pain relief, sometimes after just one session." Despite the many gains of energy work, Ross emphasizes individual timing. "On a subconscious level, pain or illness can serve us in some way without us realizing it. Sometimes we're not ready to work through our issues or let them go, even if we think we are."

Investing in Equilibrium

Stress-induced psychosomatic illness does not discriminate, and even affects members of the medical field. A 2009 study published in the *Indian Journal of Occupational and Environmental Medicine* found that professional burn-out in nurses can manifest as back and neck pain, acidity, anger and impaired memory.

Krisanda underscores the importance of self-care in all walks of life. "If you don't take care of yourself, you are useless to care for others. Adopt a healthy diet and exercise and make it a routine. We live in a very materialistic society, and I believe this also leads to stress, unhappiness and a sense of being entitled and never being satisfied. Just let go."

Everyday Practical Tips

From Stephanie Mansour:

- Deep breathing and rolling the shoulders forward and back a few times can relieve muscle tension.
- Eating something crunchy like an apple or carrots can lessen feelings of stress.
- Meditating for even one minute can help reduce excessive cortisol in the body. Doing small increments daily rather than over long intervals net better and bigger benefits.
- If your mind is racing 24/7 and breathing techniques don't work, change your environment. Get up and go to another room in the house. Go outside. If tight on space and can't go outside, turn your body to look in a different direction. Stay in the same spot on the couch and just look at something else.
- Don't put your body under more stress with demanding, cortisol-fueling workouts; opt for yoga, meditation and Pilates.
- When you get your heart rate up (in as quickly as five minutes of doing cardio), you feel happier.
- Maintain a healthy sleep schedule and go to bed earlier.

From Sarah Kate Benjamin:

- Reconnect to the earth in whatever way you can; go for a walk, cook a meal, smell flowers or just sit outside.

From LaStacia Ross:

- As an energy exercise, try what I call The Fountain of Light: See and feel white light coming up from the earth and into your feet. Feel it move all the way up through your body, out of your head and back down to your feet to start again, like a fountain. Repeat this many times, feeling the

He also stresses the importance of support. "An emergency room is an incredibly hectic, frightening and sometimes violent place. I rely on my colleagues, and we support each other. For me, the most important thing is to realize that I'm not in it alone." Krisanda also finds balance by taking a few minutes in a quiet place to collect his thoughts and enjoy a peaceful moment.

Basic, whole foods can help to maintain homeostasis. "Make sure that food is fueling you," says Mansour. "Cooked vegetables and broths are very soothing. Instead of a juice cleanse or an extreme diet, focus on nourishing, calming foods like soups, lean proteins to stabilize blood sugar levels and healthy fats to support brain function. Reducing alcohol can help improve liver function."

Sarah Kate Benjamin, a holistic chef and herbalist in Sebastopol, California, finds her own healing rhythms by eating with the seasons and using medicinal plants in inspired, everyday dishes. Co-author of *The Kosmic Kitchen Cookbook: Everyday Herbalism and Recipes*

for *Radical Wellness*, she sees herbs as life-giving examples of resilience. "Herbs have been here long before us and have experienced their own form of stressors. Working with nervous system-supportive herbs in my food, beverages or even as tinctures really help me find balance when I'm overwhelmed."

Some of her allies are oat tops, lemon balm, skullcap, chamomile and passionflower. For Benjamin, everyday choices play a huge role in healing. "Making small lifestyle shifts in your work or home life can really help you move into a more relaxed state. I like to think of it as a sort of mantra: 'Help the herbs help you,'" she says. In a world that is fixated on external validation, little things matter. "If I give myself permission to do the things that really nourish me, I'll be the best version of myself. Perhaps most importantly, I will like me, and that matters tremendously."

Marlaina Donato is an author and recording artist. Connect at AutumnEmbersMusic.com.

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Imbalance in the Gut-Brain Connection

by Doug Pucci

Irritable bowel syndrome (IBS) is one of today's most common gastrointestinal (GI) disorders that can significantly impact health and life. It's estimated that between 10 and 25 percent of adults worldwide and between 5 and 20 percent of kids suffer with IBS. The uncertainty of not knowing when an immediate need to find a bathroom will occur (or what triggered the episode) is enough to cause those who suffer to avoid public or social settings.

Symptoms may include lower abdominal cramping/pain, frequent diarrhea, frequent constipation, alternating constipation and diarrhea, mucus in stools, changes in stool consistency, foods that trigger symptoms (intolerances), gas, bloating, depression, fatigue, anxiety and poor quality of sleep.

The sources of IBS isn't typically diagnosed by doctors, and the syndrome itself is not well understood among the medical community; causes may include stress, antibiotics, trauma, adverse personal experiences and hormonal changes. Among functional medicine doctors, the latest findings get to the root of these causes, such as a strong connection between imbalance in gut microbiota (dysbiosis), either killing off good bacteria or causing bacterial overgrowth.

While it's claimed that there is no

known cause of IBS, the Journal of Neurogastroenterology and Motility reports, "Gut microbiota is thought to play important roles in the pathogenesis of IBS. This is evident from the fact that IBS occurs more frequently after intestinal infection or antibiotics treatment. Studies have shown that the alterations of the intestinal microbiota are observed in IBS patients."

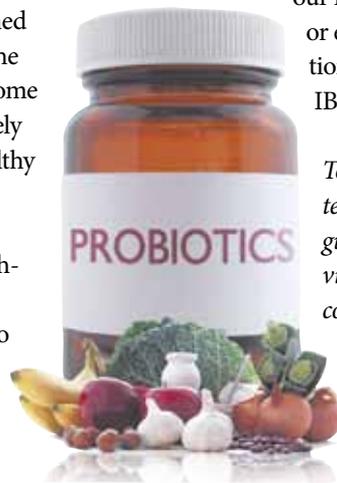
Although genetics are said to be another factor in developing IBS, a study published by the National Institutes of Health (NIH) states "Recent research suggests that environmental factors such as diet, drugs and lifestyle exert a greater influence on the gut microbiome than genetics." This indicates that we can take measures to prevent IBS even if it runs in our family. Another study published by the NIH stresses, "... the intestinal microbiota in some IBS patients was completely different from that in healthy controls, and there does appear to be a consistent theme of firmicutes enrichment and reduced abundance of bacteroides" (two types of gut bacteria).

The NIH reports that because certain pro-

biotic bacterial species are typically reduced in people with IBS, giving patients specific probiotics with anti-inflammatory properties improved their IBS symptoms. On the other hand, "Antibiotic use can have potential side effects such as depleting levels of beneficial commensal gut microbiota, thus opening niches for nonspecific species to establish themselves." In addition, "The administration of antibiotics in an attempt to solve the problem has potential side effects by depleting levels of commensal microbiota, thus resulting in an opening for nonbeneficial microbiota to establish themselves." Commensal bacteria are those that work together without either helping or harming the other.

Although there have been successful results in treating IBS with probiotics, it's not a singular or one-size-fits-all solution; each IBS sufferer needs to find out exactly what is at the root. Something about the gut-brain connection is out of balance and needs restoration. It's helpful to have comprehensive lab tests done prior to starting on any prebiotic or probiotic supplementation. It's equally important that any necessary lifestyle changes—diet in particular—be incorporated to keep our microbiome in balance, reducing or eliminating intestinal inflammation and minimizing or eliminating IBS symptoms.

To maintain a healthier immune system, reduce inflammation, improve gut function and lower the risk of virus infection, schedule a free discovery call at 201-261-5430 or visit GetWell-Now.com. See ad, page 3.



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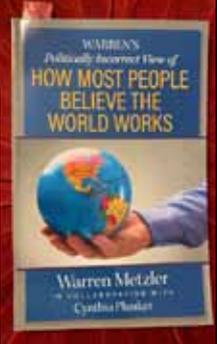
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Understanding the Universe

Catherine Perman, LMBT CMLDT, administers therapeutic body balancing treatments at Body Therapeutics, LLC. She states, "I'm a hands-on therapeutic bodywork practitioner. But since mid-March, coronavirus, quarantine and pandemic high alert, I have been hands-off!" After seeing her business get lost in the ensuing economic shuffle, she was grateful to be in a safe place with her family and plenty of room.

Despite these blessings, Perman found herself in despair at the daily consumption of news. She was also not alone, and so along with some fellow colleagues, took classes on remote distant healing. To their surprise, it seemed to work. "I felt like I had a small connection on a silver thread with the universe

by being able to help facilitate healing long distance. How intricately connected we all are somehow."

Around the same time, Perman was introduced to a frequency microcurrent device from Germany being introduced into the U.S. Not knowing much about the subject, she settled into many Zoom sessions to learn more and get ready to use it. The device is cleared by the U.S. Food and Drug Administration for local relief of acute, chronic and arthritis pain and muscle soreness due to overexertion. It also has non-medical applications that use individualized frequencies to help balance the mind and body and relieve stress in support of wellness.

Perman tested the device on her own health issues; joint aches when the weather

changed disappeared. "I typically don't get headaches, but I did find myself getting an occasional one, and found myself watching them vanish as soon as in several minutes. A ticklish throat and even back pain have had a nice exit from my body with the use of this awesome invention." She says that it even helped her pets' anxieties from fireworks and thunderstorms.

"I also discovered I could send long-distance healing vibrations to a loved one in need with this device with affirmative results. It also has an aura analysis, which is awesome when you need a little encouragement to stack up those chakras with infused energy," she shares.

Perman notes, "With the guidelines opening up for us practitioners, I'm slowly getting back to in-person, hands-on healing again. I am also introducing my clients to this personal, wearable frequency device by giving them in-person demonstrations. Having options for self-care is a big step in all of our futures."

For more information, contact Perman at 917-701-1162 or visit iahp.com/Catherine-Perman and BodyTherapeuticsLLC@gmail.com.

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Salt of the Earth Offers Cannabidiol Consultations

Salt of the Earth Center for Healing is celebrating their fourth anniversary. Owners Susan Toron, DC, AFMCP, and Sheryl Silver, MS, FMCA, are reflecting on how grateful they are for the people they have met at their holistic wellness center in Chestnut Ridge. When the women opened the salt cave in 2016, they weren't sure how it would be embraced by the community. As more practitioners have joined the center, their original vision of a true healing center has come to fruition. Salt of the Earth now offers a variety of natural healing treatments that complement traditional therapies, including a Himalayan salt cave, BioMat therapy, acupuncture, chiropractic, CBD consultations, reiki, functional medicine counseling, CranioSacral Therapy, massage and manual lymphatic drainage.

In the cave, patrons are surrounded by thousands of pounds of pink Himalayan salt in an environment that recreates the microclimate of naturally occurring subterranean salt caves (speleotherapy). In addition to salt on the walls and floor, a halogenerator crushes salt into micron-sized dry particles to be inhaled. (halotherapy). This is a non-invasive treatment that allows the body to use the aerosolized salt as a method of natural healing. Himalayan salt particles have anti-inflammatory and antimicrobial properties which open the airways and reduce or eliminate mucus from the lungs. That makes it an ideal natural therapy for symptoms associated

with asthma, allergies, COPD, sinusitis and more.

Toron, a chiropractor, and silver, a health coach, work together to implement a functional medicine approach to wellness for their clients. They believe it is best to get to the root cause of a patient's condition rather than address only the symptoms. This philosophy allows them to incorporate the multitude of healing modalities offered at the cave. At Salt of the Earth, they will create a plan that is specific for each client's health needs and assist them on a journey to wellness, including proper eating plans, vitamins and lifestyle changes.

Another specialty they offer at the cave is private cannabidiol (CBD) consultation. This has become a major offering in the health and wellness industry in recent years, and along with the popularity comes a lot of misinformation and products of varying quality. At Salt of the Earth, Toron and Silver have spent the time researching CBD: how it's made, what the potential benefits are and how best to use it. In the process, they've investigated many products to establish the brands they are comfortable carrying at their center.

Salt of the Earth Center for Healing is located at 811 Chestnut Ridge Rd., in Chestnut Ridge, NY. For more information, call 845-290-0678, email SaltOfTheEarthcfh.com@gmail.com or visit SaltOfTheEarthcfh.com.



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TAI CHI AND QIGONG

Life Force in Motion

by Marlaina Donato



The flowing movement of tai chi mirrors the serenity of water, but still waters run deep. This ancient practice of gentle meditative movement is an offshoot of Chinese martial arts that offers a spectrum of surprising benefits, including healthier soft tissues and bones, as well as improved sleeping.

According to *Harvard Health Publishing*, when practiced consistently, tai chi supports both upper and lower body strength with effects that are akin to resistance training and brisk walking. Tai chi helps to fine-tune neurons of the inner ear and encourages muscle and ligament flexibility, resulting in better balance and fewer falls. The practice is highly adaptable and anyone can benefit, even those that are wheelchair-bound or recovering from surgery.

“It appears effortless, with slow and smooth movements, but there is immense power underneath the tranquility,” says Paul Lam, family physician and director of the Tai Chi for Health Institute, in Sydney, Australia. “Tai chi has been shown by over 500 medical studies to benefit almost all as-

pects of health, including mobility, immunity and heart and lung function.” Lam also highlights other related benefits, including lower blood pressure, less arthritis pain and stress relief.

Research published last year in the journal *Evidence-Based Complementary and Alternative Medicine* shows that 12 weeks of tai chi practice initiated beneficial changes in the immune system with subsequent improvement of lung function in children ages 6 to 12 with asthma.

A River of Energy

While tai chi is a modified martial art with a focus on form, its close relative, qigong, is a mind-body wellness system that uses breath, simple movement and stillness. Both cultivate *qi*, or life force, that is believed to permeate all natural existence. The concept of *qi*, yet to be understood scientifically, is the basis of Traditional Chinese Medicine and the focus of many studies in China and elsewhere.

“It is believed that *qi* flows throughout and around the

body. If we are healthy, the qi will be moving smoothly and abundantly. If we are not healthy, the qi may be stagnant, excessive or deficient,” says qigong instructor and acupuncturist Jeffrey Chand, in British Columbia, Canada.

Robert Chuckrow, a retired physics professor in Ossining, New York, and the author of *Tai Chi Dynamics* and *The Tai Chi Book*, explains, “When muscles are tensed, qi is inhibited. Instead, when muscles are relaxed and the body is open and moves naturally, qi is enhanced. Such cultivation of qi is the main component of qigong. Tai chi actually includes qigong.” Chuckrow currently has two students that are 100 years old and notes that seniors greatly appreciate and benefit from these arts once they experience the connection between mind and body.

Lee Holden, a qigong master teacher at the Holden QiGong Center, in Santa Cruz, California, emphasizes the consequence of being in perpetual “fight-or-flight” mode from everyday, non-threatening life stresses. “The waves crashing to the shore, the river flowing down the mountain, demonstrate nature’s boundless energy. We, as human beings, have cut ourselves off from that source of energy. Through qigong practice, we plug back into that natural energy reserve and circulate it through our minds and bodies. Stress, like a kink in the hose, causes a stagnation of qi. Relaxation, like unwinding the kink, gets the qi to flow.”

Nourishing the Nervous System

Tai chi and qigong lower the stress hormone cortisol, improve brain function and have been shown to decrease symptoms of anxiety and depression. Both approaches are part of many addiction recovery programs to help nourish mind-body connections for better managing stress.

“In my view, both qigong and tai chi are wonderful exercises for the nervous system, which during practice, undergoes intense moment-to-moment receiving, processing and sending of neural electrical information. This electricity stimulates cells to absorb oxygen and nutrients and expel waste products, and it beneficially helps arrange material within cells,” says Chuckrow.

In essence, it’s all about encouraging calm, something we all need. Chand summarizes its benefits superbly. “It empowers individuals to help themselves. The more stress management tools we have to help ourselves, the better our overall health and quality of life is.”

Helpful Links

Communi Qi is an online video library of qigong practices offered temporarily on a complimentary basis “to help people thrive through this challenging time,” says Jeffrey Chand. Tinyurl.com/PositiviQiSeries

How Does Practicing Tai Chi Reduce Falls? by Robert Chuckrow Tinyurl.com/TaiChiReducesFalls



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Stressed-Out Teens

Ways to Help Them Chill

by Ronica O'Hara

Being a teenager is never easy, but it's even harder these days, with the upheaval of the pandemic intensifying the normal academic, social and hormonal turmoil of these pivotal years. It's no wonder teens are reporting record levels of stress, anxiety and depression: In a Pew Research survey, 70 percent of teens said mental health was a major problem among their peers—and that was in February, before the pandemic hit. A recent online poll found that most teens are worried that the pandemic will affect their family's physical or financial health and that many feel lonelier than usual and worry about losing ground in academics and activities.

Extending a helping hand to teens is not always well received. They can be notoriously resistant to advice, even when they're stressed, partly because of their brain chemistry, explains Gail Saltz, M.D., clinical associate professor of psychiatry at the New York Presbyterian/Weill Cornell School of Medicine and host of the *Personology* podcast. A teen's highly active amygdala makes risk-taking a thrill even as the frontal lobe that weighs consequences is not fully developed, while at the same time, a teen seeks independence—an identity and freedom to be more like an adult. "This combination means their capacity and interest in taking parental direction is not there," she says. "As a result, parents in reaction often get louder and more insistent in telling them what to do, which fails and drives them further away."

The best way to communicate with a stressed teen, say many child psychologists, is to listen deeply while letting them do most of the talking, and offering sympathetic support while withholding judgment. Instead of giving advice, "Validate your teen's experience and attempt to step into their shoes. Let your teen know that you hear them, that you support them in their decisions and ask your teen what you can do to help them," advises clinical psychologist Alyssa Austern, PsyD, of Chatham, New Jersey. Other steps can help a teen weather this time of high stress:

1 Back up the basics. Make sure there's healthy food and snacks in the fridge. Encourage teens to exercise daily, especially outdoors, and support them in getting eight to 10 hours of sleep.

2 Make self-compassion a family habit. The self-compassion approach to self-care, which is rapidly gaining ground among psychologists, has three elements: treating ourselves as kindly as we would a dear friend, realizing that many other people have the same problems so we're not alone, and mindfully and nonjudgmentally observing our emotional state.

This method has proven to be helpful not just for adults, but for teens, as well. A University of Edinburgh meta-analysis that synthesized 17 studies of more than 7,000 teens in six countries concluded that those with high levels of self-compassion had lower levels of stress caused by anxiety and depression. University of North Carolina researchers found that teens exhibited lower stress, anxiety and depression, as well as more resilience and gratitude, after six self-compassion sessions.

A good place for parents to start is with themselves: If they are anxious, overprotective or fearful, a teen is likely to follow suit, reports a study in the *Journal of Abnormal Child Psychology*. Helpful books, websites and programs for both teens and adults can be found at *Self-Compassion.org*, operated by Dr. Kristin Neff, an associate professor of educational psychology at the University of Texas at Austin who was a pioneer in the concept.

3 Engage them with creative activities. As teens can seek independence, making sure they spend quality time with the family is also important for their well-being, research shows. "Find ways to connect, converse and unwind together as a family," advises Crissy Fishbane, of Raleigh-Durham, North Carolina, co-founder of HER Health Collective, an online community for mothers. "Teens need to see their parents engaging in self-care behaviors themselves, and it's even better if you can engage in self-care as a family." She suggests taking a virtual or outdoor yoga class together, playing a board game, having sudoku competitions, learning deep-breathing techniques or starting a family book club.

4 Encourage reaching out to help others. A study in the *Journal of Adolescence* suggests that altruistic behaviors, including large and small acts of kindness, may increase teens' feelings of self-worth, especially if it involves helping strangers. In Poland, the more teens helped out others in a flood, the more supportive and proactive they became, another study found. Depending on their interests, teens may be drawn to local environmental, social justice, religious or political activities. *DoSomething.org* offers useful ideas and links, and environmental projects for teens can be found at *EarthForce.com*, *SierraClub.com* and *GlobalClimateStrike.com*.

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

Other Helpful Resources

Making Friends with Yourself: A Mindful Self-Compassion Program for Teens and Young Adults: centerformsc.org/msc-teens-adults

Seven Expert Tips for Talking with Teens: ParentAndTeen.com/keep-teens-talking-learn-to-listen/tal

How to Communicate with Your Teen Through Active Listening: Psy-Ed.com/wpblog/communicate-with-teen

The Kid's Guide to Service Projects: Over 500 Service Ideas for Young People Who Want to Make a Difference

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Paperless Shopping

BPA Exposure from Store Receipts

There's an emerging trend in physical retail stores—the use of email or electronic receipts. One of the principal reasons for this change is that most credit card and U.S. store receipts use thermal paper, which contains bisphenol A (BPA) in a free, unpolymerized form that can be readily rubbed off and ingested orally or absorbed through the skin.

BPA Health Risks

According to the Environmental Working Group, more than 30 years of studies have linked BPA exposure to brain, behavioral, learning and memory impairment; cardiovascular abnormalities; diabetes; obesity; breast and prostate cancer; thyroid and sex hormone disruption; early puberty; changes to egg and sperm development and fertility; and genetic alterations that can be passed on to future generations. Of special concern are pregnant women and children, because BPA appears to disrupt hormone functions integral to growth and development.

Thermal Paper Linked to Higher BPA Levels

Despite health risks, BPA-laden thermal receipts continue to be used widely in the retail industry, exposing us to cumulative levels of the dangerous chemical. Studies have measured it in human blood, urine and breast milk. Workers that handle hundreds of receipts every day have 30 percent more BPA in their bodies than the average U.S. adult, according to data collected by the Centers for Disease Control and Prevention.

Steps to Reduce BPA Receipt Exposure

Thermal paper contains a powdery layer of BPA and a special dye to create visible impressions when pressure and/or heat is applied. When thermal paper is scratched with a fingernail or coin, a dark line appears. To reduce exposure, follow these precautions:

- Do not allow children to handle receipts.
- When the option is available, choose email or electronic receipts.
- Keep saved receipts in an envelope or zipped plastic bag.
- Wash hands after handling receipts, especially before preparing or eating food.
- Do not recycle receipts or other thermal papers. Throw them in the trash, as they will contaminate recyclables.
- Avoid using alcohol-based hand sanitizers before or after handling thermal receipts, because they increase absorption of BPA through the skin.
- Cashiers and other workers that handle receipts all day are advised to wear gloves and wash hands thoroughly and frequently.

Beware of BPA Replacements

Responding to consumer complaints, some manufacturers have replaced BPA with bisphenol S (BPS), expecting it to be more resistant to leaching and therefore less likely to be absorbed by people. However, BPS is detectable in human urine and has similar health risks as BPA.

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THURSDAY, OCTOBER 1

Women's Weekly Guided Clearing Meditation Circle – Thur through Oct. 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. LoisKramerPerez.com/My-Events/.

SATURDAY, OCTOBER 3

Massage Weekend at the Cave – Oct 3-4. Sat, 12-4pm; Sun, 11am-3pm. Meet the Cave's massage therapists and try a 20 min head/neck/shoulder massage. Call for appt. \$25. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge. 845-290-0678. SaltOfTheEarthCFH.com.

WEDNESDAY, OCTOBER 7

Feng Shui Your Space for Abundant Living – 7-9pm. Online class: learn some of the secrets of feng shui to create an abundant life; how to arrange your space to achieve your hearts desires; learn why bathrooms are so important in feng shui? 201-906-5767. Lois@LoisKramerPerez.com. Register Conscious Design Institute: BIT.ly/CDIFengShuiWLois

SATURDAY, OCTOBER 10

Reiki Weekend – Oct 10-11. Sat, 12-5pm; Sun, 11am-3pm. Reiki master Lisa LaCava offers a special 20 min chakra balancing session. Call for appt. \$25. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge. 845-290-0678. SaltOfTheEarthCFH.com.

WEDNESDAY, OCTOBER 14

Mindfulness and Personal Clearing Techniques – 7-8:30pm. Online class. Learn simple mindfulness and personal clearing techniques to go from victim to victor. Each participant receives a recording of the meditation portion. No meditation experience required. Register with Ridgewood Community School. 201-670-2777 (press 6 for Education Center and then 6 again. Zoom link emailed hour prior to class. Questions: Lois@loiskramerperetz.com.

SATURDAY, OCTOBER 17

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. Access-Consciousness.com.

Salt Cave 1/2 price Weekend – Oct 17-18. Sat, 12-5pm; Sun, 11am-3pm. Help celebrate the Cave's 4th anniversary with 1/2 price salt cave sessions all weekend. \$20 reduced per session fee. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge. 845-290-0678. SaltOfTheEarthCFH.com.

SATURDAY, OCTOBER 24

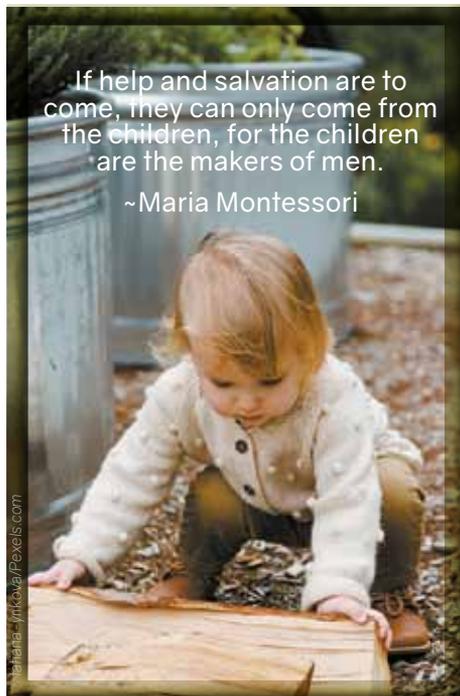
Acupuncture Weekend at the Cave – Oct 24-25. Acupuncturist Hillary Wells offers a special 20 min ear acupuncture session for stress relief. Call for appt. \$25. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd, Chestnut Ridge. 845-290-0678. SaltOfTheEarthCFH.com.

TUESDAY, OCTOBER 27

The 5 Element Archetypes – 7-9pm. Learn how the essence of the five elements (water, tree, fire, metal and earth) are expressed in our nature, our clothing, our surroundings, and find out how they support our desires, our life path. 201-906-5767. Lois@LoisKramerPerez.com. Register Conscious Design Institute: BIT.ly/CDI5ElementWLois.

WEDNESDAY, OCTOBER 28

Introduction to Face Reading Techniques – 7-9pm. Online class. You can understand how to communicate with anyone on their terms just by looking at their face. Learn these face reading principles and never look at faces the same again. Register with Ridgewood Community School. 201-670-2777 (press 6 for Education Center and then 6 again. Zoom link emailed hour prior to class. Questions: Lois@loiskramerperetz.com.



If help and salvation are to come, they can only come from the children, for the children are the makers of men.

~Maria Montessori

classifieds

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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.

HOW MOST PEOPLE BELIEVE THE WORLD WORKS—Uncertain times call for a new outlook. The empirical worldview is just that, and Warren provides practical information about how to become an empiricist. Most people believe that life leads to more limitations as they age. But could it be that life is a process of development, leading to more proficiencies and quality sensations? Read about specific limitations people experience and discover what they reveal about your individual needs for healing and growth. Limitations you experience are clues to areas in your life that need renovation. Learn from a well-being physician what to focus on in order to experience a life of increasing freedom and quality. Discover the way to an optimal life experience—not trouble free—but a life of forward movement, developing successful life skills and becoming more of what you can be. Discover how the world really works. Begin now. Get Your Copy on Amazon and <https://arbolistradingco.com/>

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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 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.



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

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