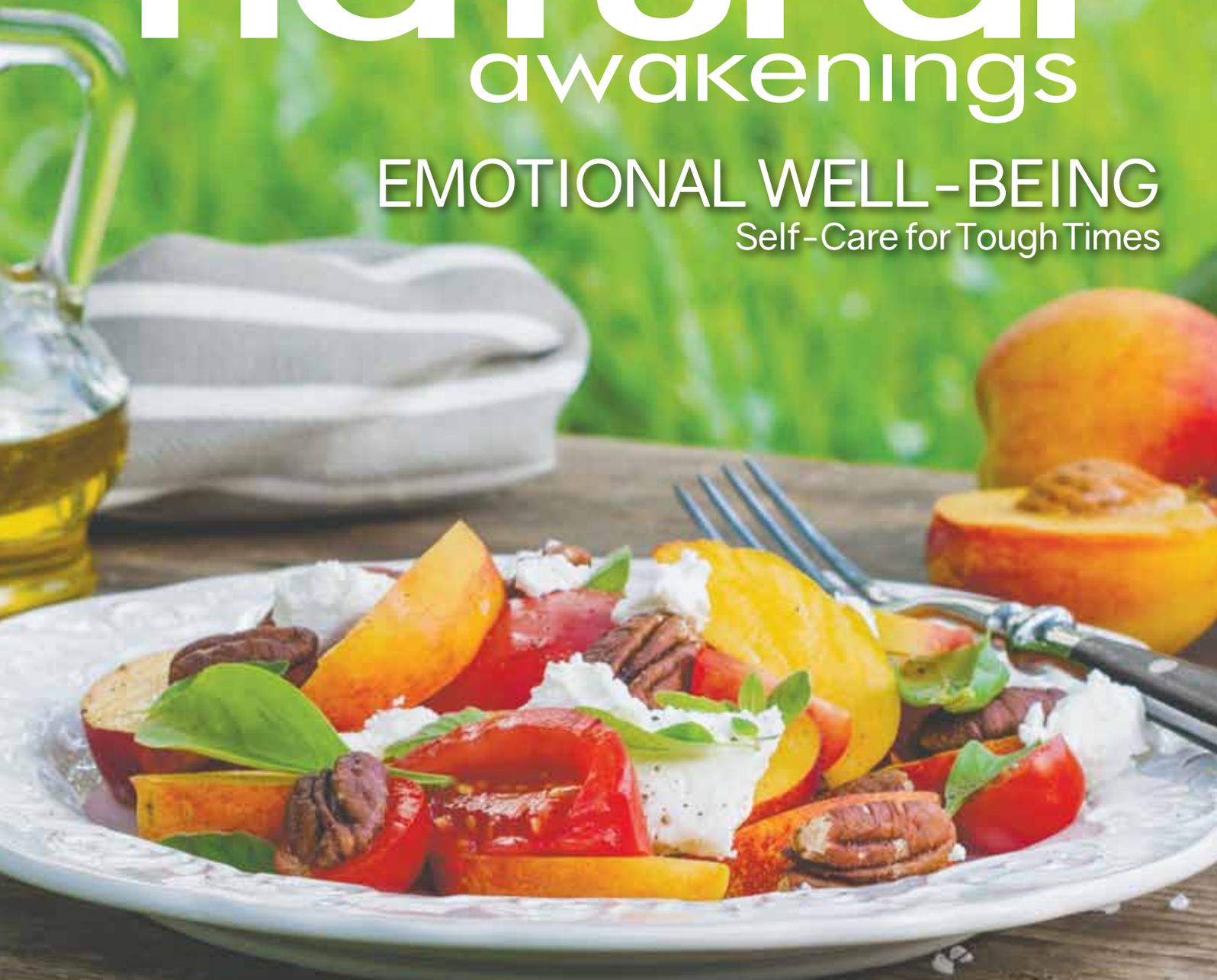


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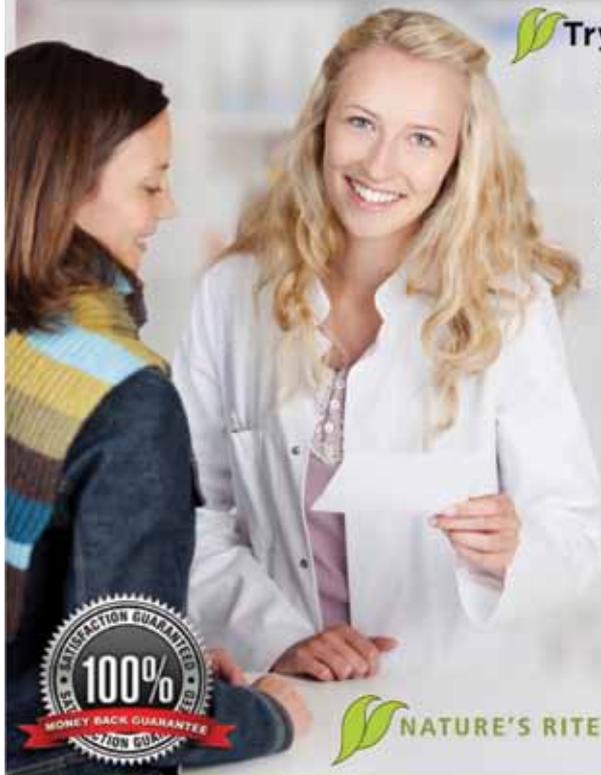


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**D**id you know that patients with high blood pressure who admitted to the hospital for COVID-19 were at grave risk because of arterial collapse and a condition called hypoxia.

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

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- Autoimmunity
- Cardiovascular Disease
- Obesity
- High Blood Pressure

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## letter from publisher



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

### Have You Tried Something New?

This summer of physical distancing and work from home has given us all some extra time. Besides spending it with family or getting extra ZZZs, you may have been inspired to try something new. Whether it is a new hobby, a new experience or a new frame of mind, we would love to hear from you.

The economy has been slowly improving, and we have learned new ways to live in the pandemic. Local businesses that are agile have an opportunity to adapt to these new consumer behaviors and lifestyles. Some aspects that all businesses can improvise on are contactless interactions, increased screen

times—especially for kids—increased digital media and social networks, gathering in open spaces and more.

We at *Natural Awakenings* magazine understand our readers and advertisers very well, and can help in creating an effective digital marketing strategy and social media management plan.

We are excited to announce our social media collaboration with Gillian Stollwerk Garrett, aka “Gilly”, founder of Gilly’s Organics. Gilly (pronounced with a strong G, like “greens” and “girl power”), is a speaker, coach, advocate for women and a mentor in her spare time, in addition to being a wife and mom of three terrific kids.

We have been following Gilly on social media for some time now, and we love her warm, empowering vibe and how she supports entrepreneurs, especially in the wellness space. She has an exceptional line of skin and hair products that are found in Whole Foods in NY, NJ, CT, online, in wellness centers, health food stores and more ([GillysOrganics.com](http://GillysOrganics.com)). We were taken with her contagious energy, charisma, drive and generosity, and are also big fans of her healing products. Look for some really cool interviews on Instagram, where she will be highlighting wellness and well-being warriors.

Mask on and stay safe. Find a lot more health and wellness resources in *Natural Awakenings* magazine and online on Facebook and our website.

Please tell us about your summer endeavors and other thoughts at [Publisher@naturalawakeningsnnj.com](mailto: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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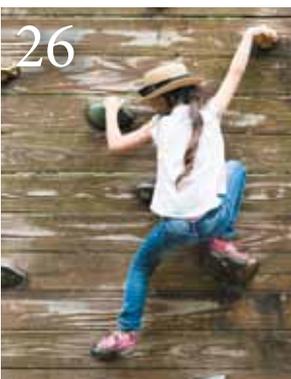
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It is health that is real wealth and not pieces of gold and silver.  
~Mahatma Gandhi

## news briefs

### 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., September 2, 9, 16, 23 and 30, in Saddle Brook. Treatments are \$35 (regular \$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 most addictions, as well as other benefits.

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

*Location: 337 Market St., Ste. 5, Saddle Brook. For more information or to register (required), call 973-615-2486, email [Info@CompleteWellnessWithin.com](mailto:Info@CompleteWellnessWithin.com) or visit [CompleteWellnessWithin.com](http://CompleteWellnessWithin.com).*



### Learn Access Bars in Paramus



The Access Bars (Bars) class from 9 a.m. to 5 p.m., September 19, 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 [AccessConsciousness.com](http://AccessConsciousness.com). See ad, page 19.*

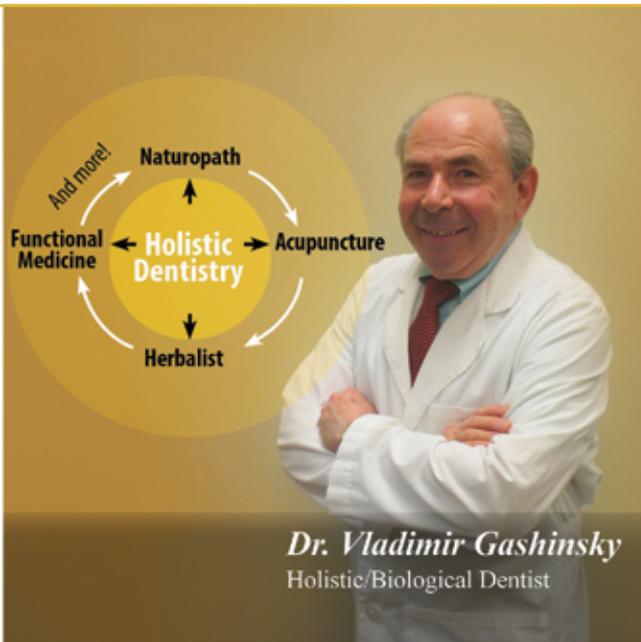


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*Dr. Vladimir Gashinsky*  
Holistic/Biological Dentist

# 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](http://HolisticDentalCenterNJ.com).*

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## health briefs

### Try Foot Reflexology After Heart Surgery

A brief, hands-on reflexology treatment after a major heart operation can have a significant impact, scientists at Iran's Tabriz University of Medical Sciences report. Immediately following coronary

bypass surgery, 60 of 120

male patients received a 15-minute foot reflexology treatment from nurses. The researchers found that foot reflexology decreased patient agitation and reduced the average amount of time spent on a ventilator.



microgen/AdobeStock.com



### Oak Wood Extract Can Lessen Post-Surgical Effects

Hysterectomy surgery is sometimes necessary and may result in postoperative fatigue, headache, nausea, depression or pain.

In a study reported in the journal *Nutrients*, researchers from Slovakia's Comenius

University gave 66 women recovering from a hysterectomy either a placebo or 300 milligrams of oak wood extract. Eight weeks later, those given the oak wood extract had lower oxidative stress, better energy and mood, and a greater ability to perform physical tasks and participate in social activities compared to the placebo group, which mostly saw declines in those areas.



chamilew/AdobeStock.com

### Consider Mindfulness for Multiple Sclerosis

Mindfulness training may help the estimated 1 million Americans with multiple sclerosis (MS) manage their emotions and process information quicker, according to a new study from Ohio State University. Researchers split 62 people with MS into three groups. The mindfulness group learned such practices as focusing on the breath and doing mental "body scans". A second group underwent adaptive cognitive therapy training with computerized games that focused on skills like paying attention, switching focus and planning. The third group was a control. After four weeks, those in the mindfulness group were more likely to report being better able to handle their emotions than those in the other groups. The mindfulness group also had higher levels of cognitive processing speed, a reduction in the time it takes to complete mental tasks, along with increased understanding and response times.

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# Consider Therapy to Reduce Inflammation

In exploring the mind-body link that is particularly relevant during the current pandemic, an analysis of 56 randomized clinical studies found that cognitive behavior therapy (CBT) and similar approaches reduced inflammation and enhanced immunity in subjects, reports *JAMA Psychiatry*. University of California, Davis, researchers reviewed studies that included 4,060 participants undergoing behavior therapy (which seeks to help patients understand and change problematic behaviors), cognitive therapy (which teaches patients how to change negative thoughts or mindset), CBT (that combines elements of both), bereavement or supportive therapy, psychoeducation and other therapies such as stress management. Those that received these psychosocial interventions experienced a 14.7 percent increase in positive immune outcomes such as lower viral load and an 18 percent decrease in negative outcomes, including pro-inflammatory cytokines, compared with those not receiving therapy.

The immunity improvements were strongest among patients that received CBT or multiple interventions.



colombro/Pexels.com

## Boost Fun Nutrition with Microgreens

Halfway in size between sprouts and full-grown plants, microgreens are bursting with nutrients, but have been mostly relegated to garnishes at upscale restaurants. Researchers at Colorado State University, exploring their acceptability, fed 99 people six separate types of microgreens: arugula, broccoli, bull's blood beet, red cabbage, red garnet amaranth and tendril pea. The red-colored varieties—beet, cabbage and amaranth—received top marks for appearance, but broccoli, red cabbage and tendril pea scored the highest overall grades. The

subjects found the greens were fun (“funfetti”), colorful and attractive. Microgreens, which can be grown quickly indoors year-round with minimal water, offer a possible solution to sustainably feeding the planet, the researchers pointed out.



amber-engle/Unsplash.com

## Planetary Planning

Keeping Half  
the Earth Natural



A study led by the National Geographic Society and the University of California (UC), Davis, published in the journal *Global Change Biology* compared four recent global maps of the conversion of natural lands to anthropogenic (human activity) land uses. It concluded that if we act quickly and decisively, there is an opportunity to conserve about half of the planet's ice-free land. The developed half includes cities, croplands, ranches and mines.

The authors note that areas having low human influence do not necessarily exclude people, livestock or sustainable management of resources. A balanced conservation response that addresses land sovereignty and weighs agriculture, settlement or other resource needs with the protection of ecosystem services and biodiversity is essential. Approximately 15 percent of the Earth's land surface and 10 percent of the oceans are currently protected in some form.

Lead author Jason Riggio, a post-doctoral scholar at the UC Davis Museum of Wildlife and Fish Biology, says, "The encouraging takeaway from this study is that if we act quickly and decisively, there is a slim window in which we can still conserve roughly half of Earth's land in a relatively intact state."

## Drawdown Direction

### Nurses Stand Up Against Climate Change

Nurses, the most numerous and trusted health profession in the world, have organized the Alliance of Nurses for Healthy Environments and partnered with Project Drawdown to significantly impact climate change. Together, they are working to help decrease greenhouse gas emissions and create a healthier future for humans and the planet. Nurses from all specialties and in all practice settings are encouraged to take action in four key areas.

**Energy:** Supporting a clean energy future by promoting energy efficiency and advocating for a transition to renewable energy.

**Food:** Committing to a plant-based diet, use of clean cook stoves and reduced food waste.

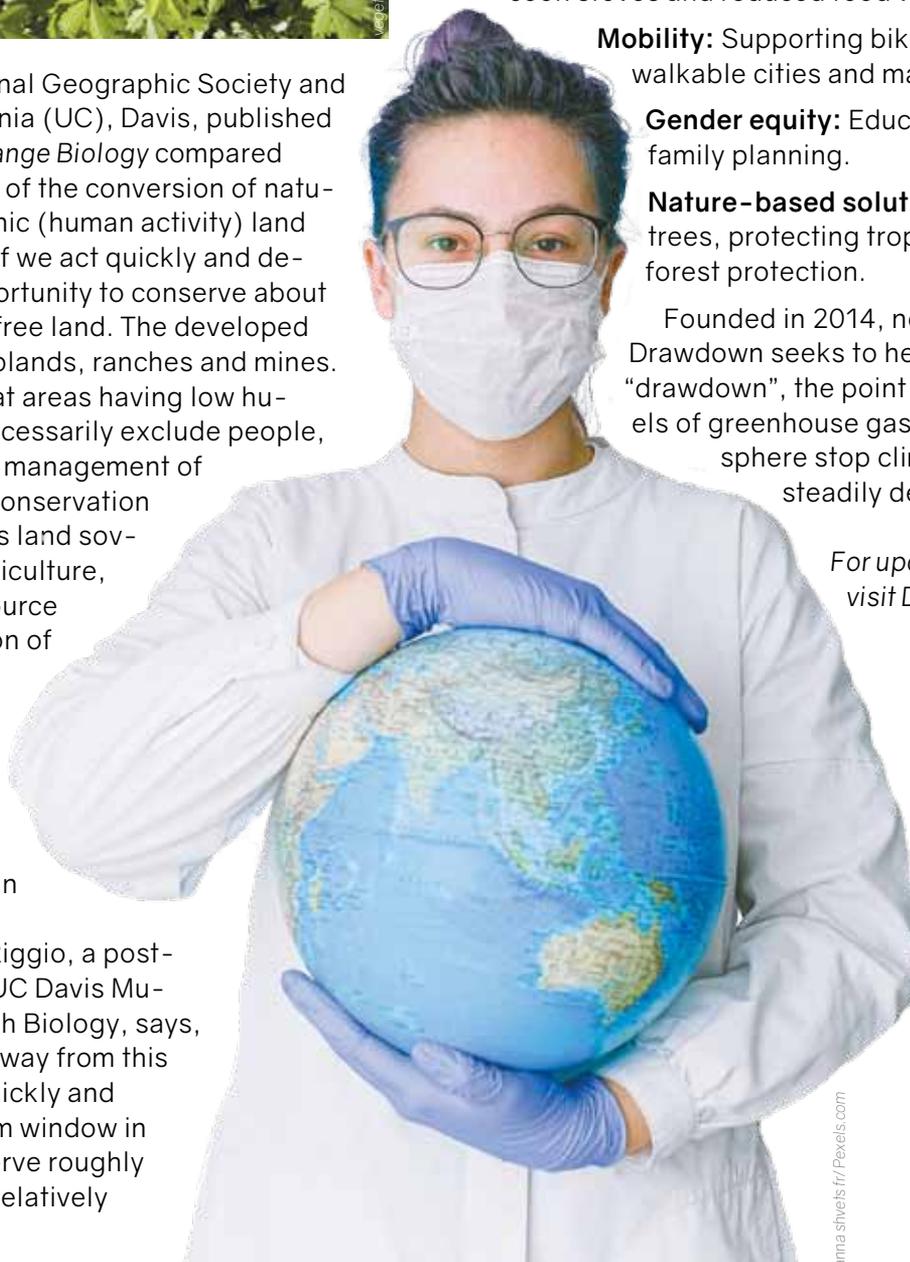
**Mobility:** Supporting bike infrastructure, walkable cities and mass transit.

**Gender equity:** Educating girls and family planning.

**Nature-based solutions:** Planting trees, protecting tropical forests and forest protection.

Founded in 2014, nonprofit Project Drawdown seeks to help the world reach "drawdown", the point in time when levels of greenhouse gases in the atmosphere stop climbing and start to steadily decline.

For upcoming events,  
visit [Drawdown.org](http://Drawdown.org).



## Starchy Solution

A Plant-Based Alternative to Plastic



Japanese manufacturer Kuraray has introduced a renewable and sustainable starch-based barrier film called Plantic. The plant-based packaging material can be recycled or composted to achieve a circular

product cycle. Conventional packaging made from multiple layers of plastic can cause recovery issues, and perishable food imposes unique demands on wrapping. Plantic packaging washes away or decomposes after use. It includes compostable coffee pouches, as well as a barrier layer to package meat, seafood and poultry products with continuous protection against oxygen and other gases that spoil food. The Food and Agriculture Organization estimates that one-third of all produced food is wasted in the supply chain.

## Tasty Trap

Sea Turtles Attracted to Deadly Ocean Plastic

Loggerhead turtles may think they're biting into a favorite food when they encounter some synthetics, a study of 15 turtles in the journal *Current Biology* posits. Ocean plastic is often covered with algae and other marine organisms (biofouled), making it smell delicious to them. At least 1,000 die every year because they swallow plastic or get tangled up in it.



Exposed to different odors in the lab, the loggerheads responded to the smell of turtle food, distilled water, clean plastic and biofouled plastic. The team found that the turtles had similar responses to biofouled plastic as to their normal food.

Kayla Goforth, a Ph.D. student in biology at the University of North Carolina at Chapel Hill who worked on the study, says, "So they have to come up to breathe. And we know that they can detect airborne odors. So when they find that there's an odor of interest in the air, they'll spend an increased amount of time at the surface with their nostrils out of the water. And we found that the turtles spent more time with their nostrils out of the water when there was this biofouled plastic odor or a food odor."

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# Emotional Well-Being in the Pandemic Age

## Self-Care Strategies for Tough Times

by Sandra Yeyati

**A**s the pandemic ravages our country, we are engulfed by a sea of challenging emotions, including fear, loss, anger, disappointment and grief. Compounding the suffering, past emotional traumas and pent-up desires are surfacing and crying for attention. One way to navigate these treacherous waters is by first enveloping ourselves in self-compassion. Next, we can gather the courage to face our fears and experience unpleasant feelings in order to heal them and let them go. Then, we search for and internalize positive emotional states to rewire our brains for positivity. This noble voyage promises immense rewards along the way.

### **The Cocoon of Self-Compassion**

Some of us chase self-esteem like the Holy Grail, yet it eludes us when we need it most. Faced with a failing grade or cruel insult, our self-worth withers. We can't understand why we lost it or how to get it back. When we attach our self-worth to achievements or comparisons with other people, self-esteem becomes unstable and unreliable.

Enter self-compassion, the life-changing perspective of showing kindness to ourselves in any and all situations—a supportive best friend that lives within us and can be accessed any time, every day. A pioneer and expert in this topic, Kristin Neff believes

that self-compassion has three components: a decision to be kind to ourselves, a mindful awareness when we are in pain so that we can seek some relief and a sense of common humanity or connectedness.

We already know how to be compassionate, says Neff, an associate professor of educational psychology at the University of Texas at Austin and co-author of *The Mindful Self-Compassion Workbook*. “It’s linked to the parasympathetic nervous system, which is a natural part of our organism. We’re tapping into this way of feeling safe, which is through care, bonding and connectedness.”

Encouraging our friends when they’re

feeling down or hugging our moms in the morning is hardwired into us. When we decide to be kind to ourselves, it's easy to think of what we would say: "I'm sorry you failed that test. You'll do better next time. How can I help you?" To lend perspective, add a statement about our common humanity, counsels Neff. "This is hard for everybody. You're not alone."

We must be aware of our pain before we can comfort it, and many of us try to suppress or resist pain, choosing to numb it with distractions like alcohol addiction or compulsive shopping. Others may get lost in the storyline of what's happening and succumb to suffering with no apparent way to obtain relief. Self-pity or self-criticism may creep in.

Mindful awareness is the antidote to these emotional extremes, because it helps us become aware that we are experiencing pain and to stay with that pain long enough to make a conscious decision to take care of ourselves. "One easy thing is physical touch," says Neff. "The first few years of life you have no words, so the body is programmed to respond to touch as a signal of care. Put your hand on your heart or your stomach, or hold your hand. This changes your physiology, activates your parasympathetic nervous system, helps you calm down and helps you feel physically supported. Sometimes, that's an entryway for people."

## Finding Confidence Through Unpleasant Feelings

Nobody likes to feel sad or embarrassed. We'd rather have an ice cream cone or turn on the TV. But for Dr. Joan Rosenberg, a prominent psychologist and speaker, uncomfortable feelings present an invaluable opportunity for people to transform into confident individuals that relate to the world around them with authenticity and resilience.

In her book *90 Seconds to a Life You Love*, Rosenberg offers a formula—one choice, eight feelings, 90 seconds—to experience and move through eight of the most common unpleasant feelings: sadness, shame, helplessness, anger, embarrassment, disappointment, frustration and vulnerability.



"The choice is to stay aware of and in touch with as much of your moment-to-moment experience as possible and not get lost in avoidance," she explains, adding that there are more than 30 behaviors, thoughts and emotions that we employ as distractions, including substance abuse, social media, pornography, exercise, obsessive thoughts about body image, humor and denial.

"Be aware of what you're aware of," she advises. "If we know that we don't like feelings, and we know we've been engaged in using ways to distract ourselves, then our challenge is to be more awake and aware of those times we do it, and as soon as we start to do the thing and become aware, that's when we make the decision to stop and ask, 'What's really going on?'"

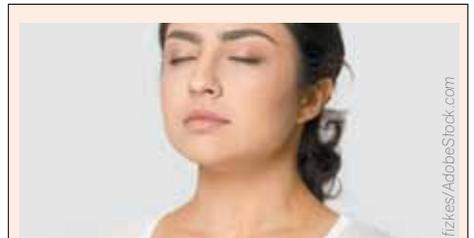
Discoveries in neuroscience suggest that most of us come to know what we're feeling emotionally through bodily sensations. We might feel heat in the neck and face when embarrassed or a sinking feeling in the chest when disappointed. As feelings get triggered in the body, a rush of biochemicals in the bloodstream activate these sensations and are flushed out of the bloodstream in roughly 90 seconds.

"Most people have the impression that feelings linger a whole lot longer and that they're going to be overwhelmed by it and never come out of it if they start. But when they understand that what they're trying to avoid are uncomfortable bodily sensations that help you know what you're feeling emotionally, and that these are short-lived, most people will start to lean into them, and once

they do, their life changes," Rosenberg says.

To move through bodily sensations, which may come in multiple waves, take deep, slow breaths. Try not to tighten up or clench the jaw and swallow. Notice the location and nature of the bodily sensations to help identify which of the eight unpleasant feelings it might be, and be curious as to what might have triggered it. All of this will take a few moments. With practice, identification will become faster, easier and more accurate.

"If I have more time, then I can think about whether this is connected to anything else. Is it just one thing that triggered it, or is it like something else that's happened before?" Rosenberg says. This level of awareness leads to a calming effect, clearer



## Making Courage a Habit

In her book *The Courage Habit*, life coach Kate Swoboda presents a four-part method for people to face their fears, release the past and live their most courageous life.

**Access the body.** Practice any body-centric activity like mindful meditation, exercise or dancing every single day to release stress and anxiety, become centered and more present, and clear the mind.

**Listen without attachment.** When your self-critic offers a warning or criticism, hear the words, understanding that this is fear trying to protect you and deciding that it's misguided and not true.

**Reframe limiting stories or beliefs.** Amend your internalized self-critic's messages to be more respectful and supportive. If it says, "You're stupid to try that," revise it to, "I'm smart because I'm willing to try."

**Create community.** Reach out to like-minded individuals that are supportive of the changes you are trying to make.

thinking, improved decision making and, perhaps most importantly, an ability to speak authentically.

“If we don’t handle the eight feelings, we don’t feel capable in the world,” she says. The ability to speak adds to that empowerment. “From asking someone to stop a behavior so that you feel safer to telling someone you love them, asking your boss for a raise or letting people know about yourself and your work to garner opportunities and desired experiences—it cuts across every aspect of our lives and is absolutely crucial to our sense of well-being.”

### Rewiring the Brain for Positivity

Discoveries in neuroplasticity have revealed that the brain changes throughout life well into adulthood. It’s designed to learn not just ideas and information, but skills, attitudes, feelings and moods. Rick



Hanson, a clinical psychologist and author of several books, including *Hardwiring Happiness and Resilient*, contends that we can develop greater happiness, just like we can develop greater depression.

“There’s a lot of research that shows

that through deliberate little practices spread out through the day or sometimes more formal practices like psychotherapy or meditation, we can actually produce physical changes in the brain that are now measurable with things like MRIs,” he remarks.

Hardwiring happiness is easy, pleasurable and doesn’t take a lot of time. “If you take care of the minutes, the years will take care of themselves,” says Hanson. “Little steps gradually move us forward a breath at a time, a minute at a time, a synapse at a time. Bit by bit, we grow the good inside while gradually releasing the bad.”

“Our power to positively influence who we are in small, genuine ways every day is really important to compensate for the brain’s negativity bias, which makes it like Velcro for bad experiences, but Teflon for good ones,” he says. “We evolved a negativity bias over the 600-million-year evolution of the nervous system. Learning from negative experiences and mistakes was a critical survival skill, so we have a brain that is designed to scan for bad news, overreact to it and fast-track it into memory. It’s not our fault, but it is our responsibility to deal with it by first, feeling the negative without reinforcing it and second, focusing on the positive and taking it in. Gradually, you can give yourself a brain that’s like Velcro for the good and Teflon for the bad.”

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

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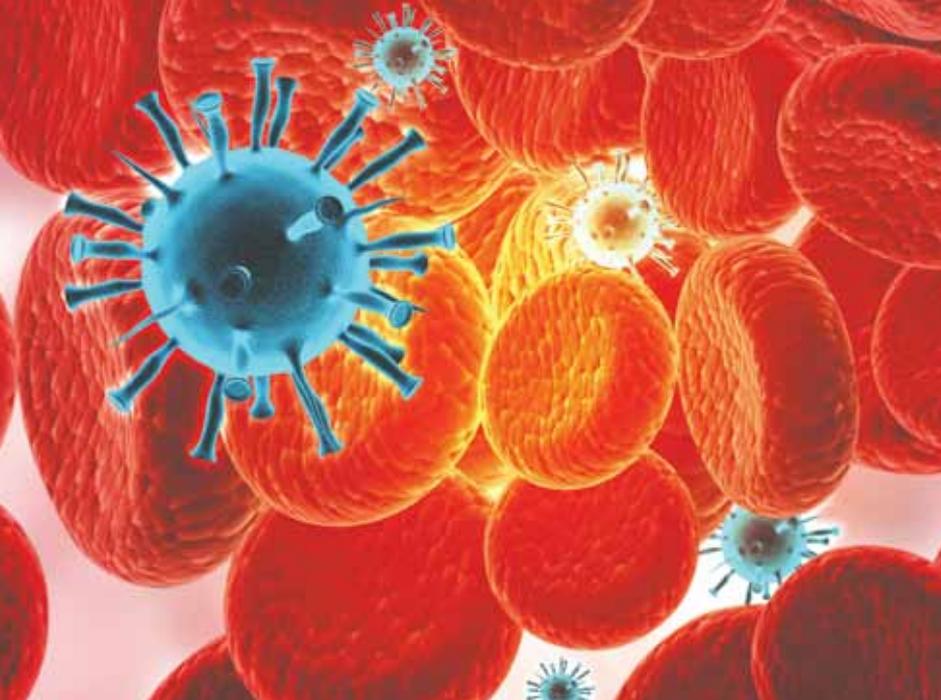


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### Building Up Our Happiness Quotient

These exercises are recommended by psychologist Rick Hanson:

*Slow down, breathe and see the big picture.* This simple practice brings us into the present moment, reduces the stress activation in the body, disengages us from verbal chatter and negative reactivity, and buys us time to see more clearly. Take three breaths, making the exhalation longer than the inhalation.



# Understanding and Avoiding Virus Infections

by Doug Pucci

**V**iruses are everywhere—they are living microscopic organisms that are simply a fact of life. We come in contact with viruses and germs of various strengths and types every day, but not every virus causes a noticeable reaction. Understanding what a virus is, how it works in our bodies and how to minimize any vulnerabilities can help lessen fear and give a proactive advantage.

Viruses are even smaller than bacteria, which is why some types of surgical masks are ineffective at preventing them from getting through. Made of genetic material coated in a protective protein, a virus needs a host in order to survive, which is why they're considered parasitic.

Once it finds a suitable host cell—which can be human, animal or plant, depending on the virus type—a virus replicates quickly. It's only after the incubation period, once virus has replicated enough, that we start feeling symptoms. Some viruses cause more serious diseases like smallpox, measles, Ebola, herpes, rabies and others. Unlike bacterial infections, there are no cures for viral infections. Antiviral drugs only work to potentially stop the spread or replication of viruses, but they cannot penetrate the protective protein coating or kill existing virus-infected cells.

The best defense against any type of virus is to keep our immune systems as healthy and strong as possible. Of course, good personal hygiene, including frequent hand washing, is always important to help reduce

the chances of getting any type of bacterial or viral infection.

Hippocrates wisely wrote, "Let food be thy medicine, and let medicine be thy food," and one of his lesser-known writings states, "In food, excellent medicine can be found." More than 2,000 years later, these beliefs still prove true. Foods have medicinal value—both healing and preventive—as long as they're fresh and not processed; it's also best to choose organic produce and organic, grass-fed meats to avoid toxins as much as possible. Increasing the variety of greens and other fresh fruits and veggies creates a healthy and diverse gut microbiome, the basis of a strong immune system, and get our system in disease-fighting shape.

Known immune boosters include citrus fruits, broccoli, green and red peppers, strawberries, cauliflower, green leafy vegetables, brussels sprouts, garlic, ginger, turmeric (added to cooking or made into tea), spinach, sunflower seeds and nuts.

In addition, staying away from added sugars, highly processed industrial cooking oils like canola, cottonseed, safflower, soybean and corn, and processed foods, as well as any foods that cause allergic reactions or produce sensitivities to stay healthy, recover from an infection quicker and minimize chronic inflammation. Avoiding unhealthy choices is as important as including healthy choices in empowering our bodies to fight off infections. Also make sure to get enough sleep and make positive lifestyle choices, like not smoking and exercising regularly.

Viruses can spread easily in a number of ways, including person-to-person contact and consuming food or water that has been contaminated; some viruses can survive on surfaces for hours or even days. Touching a surface that has been handled by someone with the virus and then eye rubbing or face touching before hand washing thoroughly can transfer the virus. This is one reason why frequent hand washing is always recommended, whether there's a widespread viral outbreak or just as a precaution against the common cold and flu.

Quarantine and self-isolation during a large-scale outbreak can feel challenging to individuals and families used to leading busy, active lives, but this can become a teaching moment, too. This is the time to go old school—with young kids, view this as an opportunity to bond. Rather than each family member spending hours on their own social media, encourage some "together time" with puzzles, games, arts and crafts, watching cute animal videos and coming up with other creative ideas. Reading, enjoying movies together and just taking the time to talk not only helps pass the time, but draws a family together in ways that can create better understanding and closeness in the long term.

*To dig a little deeper and discover changes that will help maintain a healthier immune system, reduce inflammation, improve gut function lower the risk of virus infection, schedule a free discovery call at 201-261-5430 or GetWell-Now.com.*



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# Yoga for Every Body

## Adaptive Ways Ease Pain and Immobility

by Marlaina Donato

**T**aming chronic pain, restoring energy reserves, improving heart health and relieving symptoms of depression and anxiety are only a few of the science-backed perks of spending time on a yoga mat. However, misconceptions about this ancient practice can make yoga seem intimidating for individuals that could benefit the most from it.

Adaptive yoga, designed for people challenged by injury, chronic pain, autoimmune disease or debilitating conditions like multiple sclerosis, can foster perhaps unexpected gains through the use of props, chairs, wall space and even countertops. From wheelchair-bound veterans to seniors with compromised balance, adaptive yoga offers new horizons for achieving well-being.

Yoga's gentle influence goes beyond physical benefits. A 2017 British study published in the *Journal of Pain Research* found people with spinal cord injuries that took sitting yoga classes twice a week for six weeks were less depressed, more self-

compassionate and more mindfully in the moment than those in a control group.

### Empowerment, Not Perfection

"Yoga is for any body, no matter the size, shape or color. It's not about designer clothing, athletic ability, talents or perfection in the pose. Adaptive yoga is a movement to change this misconception and mitigate the anxiety to try yoga," says Mindy Eisenberg, a Detroit-area certified yoga therapist and author of *Adaptive Yoga Moves Any Body: Created for Individuals with MS and Neuromuscular Condition* and the accompanying *Adaptive Yoga Cards*. For Eisenberg, the focus is about the internal experience, healing and most of all, "the sense of joy that comes from a regular practice."

Ora Ramat, owner of the Wagging Tail Yoga Studio, in Bethel, New York, witnesses remarkable, everyday mastery in her students through adapted poses. "Many of my students are 40 to 95 years young, and the range

of modification I do with them is endless," says Ramat, who underscores the importance of listening to the body. "I learned the hard way 17 years ago when I first became a teacher. I am gentle with myself if I am unable to do a pose and embrace the modification. I go deeper in my poses now than when I was younger."

### Freedom Through Support

"Our students have a wide range of health conditions including spina bifida, arthritis, MS, cerebral palsy, Parkinson's disease, fibromyalgia, stroke, chronic obstructive pulmonary disease, paraplegia, epiphyseal dysplasia, Ehlers-Danlos syndrome, chronic back pain and more," says Miranda McCarthy, CEO of Wavelength VR (*WavelengthVR.com*), a healthcare company that produces a library of science-supported content for pain management without medication. The London-based creator of **Adaptive Yoga LIVE**, which offers seated online classes, knows firsthand how yoga can change lives.

"Until I found adaptive yoga, I felt like I was constantly at war with my body," she says. Diagnosed with rheumatoid arthritis at the age of 2 and the youngest recipient of bilateral hip replacement surgery in the U.S., McCarthy thought she knew her body inside and out. After 40 surgeries and decades of rehabilitation and medication, she went through a radical shift in perspective. "When I discovered adaptive yoga, I soon realized my relationship with my body had only just begun."

Eisenberg highlights the internal process that adaptive yoga can catalyze: "The energy and sensation that yoga students feel on the inside is much more important than what the pose looks like on the outside." Items such as chairs, blocks, straps, blankets and bolsters are used to make traditional postures more accessible to those with physical challenges and to ensure safety. "Using props is not a sign of weakness or inferiority. We even use ambulatory devices such as a cane as a prop. Those who require assistive devices cease to see them as a hindrance. In fact, they become an accessory," says Eisenberg.

For McCarthy, the biggest takeaway is simple, yet profound self-acceptance. "I no longer judge myself or compare myself to

able-bodied people. I gained a newfound love for my body and a love for myself.”

Eisenberg affirms, “It’s exciting to realize that our bodies are so much more capable than we thought, and we learn that we are not defined by our individual disease or limitations. As my teacher Jon Kabat-Zinn says, ‘As long as you are breathing, there is more right with you than wrong.’”

*Marlaina Donato is an author and composer. Connect at [AutumnEmbersMusic.com](http://AutumnEmbersMusic.com).*

## Online Yoga Resources

Free adaptive yoga classes online from Miranda McCarthy.  
[AdaptiveYogaLive.com](http://AdaptiveYogaLive.com)

YogaJP, YouTube chair yoga classes for people in wheelchairs.  
[Tinyurl.com/WheelchairYogaClasses](http://Tinyurl.com/WheelchairYogaClasses)

*Yoga and MS*, book from the National Multiple Sclerosis Society.  
[omsyoga.org](http://omsyoga.org)



## Adaptive Yoga Benefits

**from Miranda McCarthy**

- Increased strength, balance and flexibility—both mental and physical
- Discovery of a subtle level of mind-body sensation not impeded by disability
- Improvements in the quality of breathing
- A sense of lightness and freedom within the body
- An increased ability to manage stress
- A deepened sense of wholeness and connection with others

## Body & Brain Yoga Month Special

**B**ody & Brain yoga regards the brain as the central control system for our body and its energy system. They are offering a National Yoga Month special: an in-person or online introductory evaluation session for \$10 in September. Training is designed to develop mastery of the body and mind through physical movements, breath work and energy meditation. It is organized into four components.

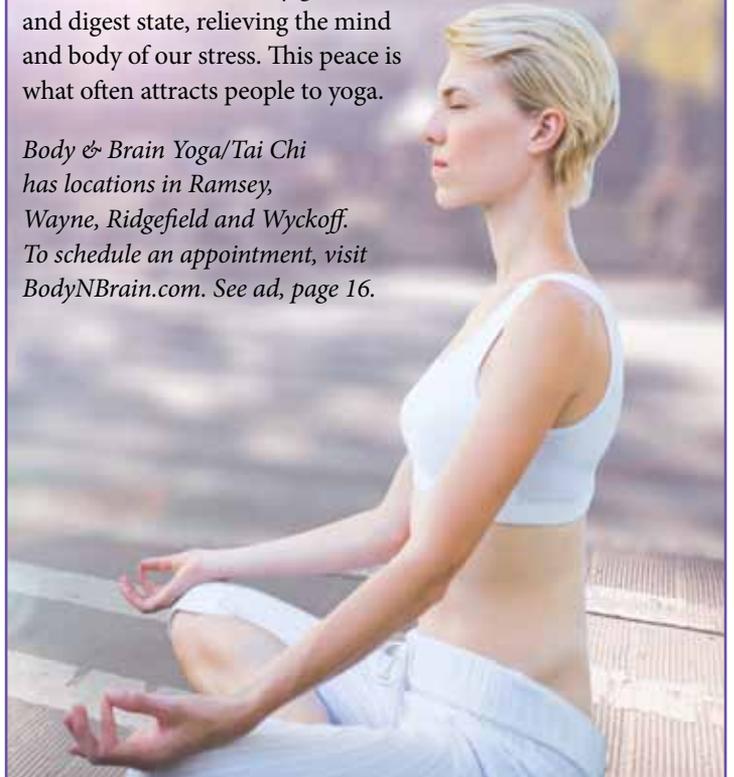
The first component is meridian stretching. Used primarily as preparation for more intense activities, it loosens the upper body and strengthens the lower body with stretches to relax the muscles and open the joints for increased strength and flexibility.

The second step is meditative breathing, which combines sequential static postures with focused breathing. This facilitates energy accumulation and circulation throughout the body, including the chakras and meridians.

Third is their signature tai chi training, which combines Eastern energy principles and traditional Korean healing martial arts. Practitioners train the basic foot and hand movements of tai chi and learn to strengthen the body’s energy system through proper breathing and mental concentration. The discipline required by the training relaxes the brain and develops body awareness and coordination. It is effective for enhancing the mind/body connection and helps develop balance and physical power.

The fourth component is energy meditation, which brings stillness of mind and increases sensitivity to *ki* energy. As energy sense grows, the mind/body connection increases. In this deep meditative state, the body goes to the rest and digest state, relieving the mind and body of our stress. This peace is what often attracts people to yoga.

*Body & Brain Yoga/Tai Chi has locations in Ramsey, Wayne, Ridgefield and Wyckoff. To schedule an appointment, visit [BodyNBrain.com](http://BodyNBrain.com). See ad, page 16.*





# Getting Old Is No Fun

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and feel better than you have in years and get you back on track with the things you love. It’s no wonder NASA, professional sports teams like the Cowboys and U.S. Olympic teams are using red light therapy to improve performance and decrease pain and recovery time. If it can work for them, it most certainly can work for you!

### How does red light therapy work?

Simply put, specific wavelengths of light enter your body and interact with unhealthy cells, giving them the boost necessary to

produce more energy, called ATP. This promotes increased oxygen for energy, reduction in inflammation and pain, and an increase in melatonin, serotonin and dopamine so that you sleep better and feel healthier and happier.

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At the conclusion of your 40-minute session, we bid farewell, and then you can decide if our center is a good fit for your wellness goals. From there, we can discuss affordable packages or memberships that are in line with the cost of a massage. Our hours are very flexible, including evenings and weekends.

Keep it moving. Age does not define how your body looks, feels, and functions: Don’t accept pain and low energy as a consequence of getting older. You can maintain abundant energy levels and dramatically decrease aches and pains that were previously described as “just signs of aging”. It’s time to take action. Make your goals a priority and redefine what your health looks like at any age!

*We look forward to being a part of your journey at Lightpath to Wellness. Visit us at [LightPathLED.com](http://LightPathLED.com) or call 833-544-4865 (lightNJ). See ad, page 2.*

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# Understanding the Universe



Catherine Perman, LMBT CMLDT

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.

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 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 from weather changes. "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 device by giving them in-person demonstrations. Having options for self-care is a big step in all of our futures."

For more information, call 917-701-1162 email [BodyTherapeuticsLLC@gmail.com](mailto:BodyTherapeuticsLLC@gmail.com) or visit [iahp.com/Catherine-Perman](http://iahp.com/Catherine-Perman) and [HealyWorld.net/en-us/partner/BodyTherapeutics](http://HealyWorld.net/en-us/partner/BodyTherapeutics).

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# Quantum Breakthroughs Are Always Available

by Anne Deatly

A quantum breakthrough is the result of breaking through a blockage, barrier or limitation that has been holding someone back. Life force energy is used in the breakthrough and revitalizes the person through the removal of the blockage or limitation. The energy systems in the person's body are able to flow more optimally after the breakthrough.

The physical, mental, emotional and spiritual aspects of the person are all

significantly enhanced in the process—there is new freedom. The breakthrough can be so transformative that the person can live and achieve at an exponentially higher potential.

Typical blockages in the energy fields include stress/anxiety, physical pain, stuck emotional issues (fear, grief, anger, panic and worry) and self-limiting beliefs. An-

other major way to block energy flow

is negative thinking, negative thought patterns and negative actions. Frequently, misguided paradigms are the cause of negativity in someone's life. In other words, negative experiences can give the person a misconception on how the universe works.

The universe works through constant evolution, which results from growth and expansion as a result of new creation. An idea is an example of a creation. The universe is constantly changing and improving. Universal laws govern the growth and expansion of the universe. One of the first universal

laws is the Law of Frequency and Vibration, which states that everything in the universe is vibrating, and nothing is at rest.

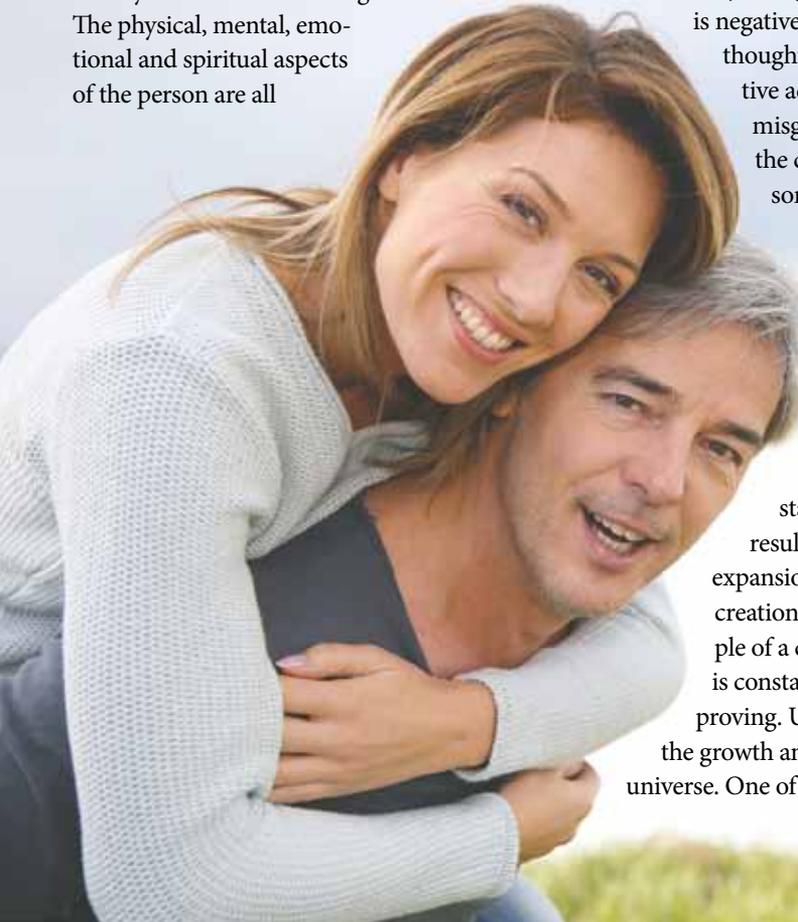
A breakthrough can open the individual up to receive higher vibrational frequencies. Divine energy, for example, can now flow through the individual where previously energy was blocked. The divine energy becomes the energy of the receptacle or the recipient. Vibrating at higher frequencies and being at higher levels of consciousness adds to the growth and expansion not only of the individual, but also the universe.

The universe is ready to give us a breakthrough. We can't see it because our energy systems are blocked in some way. The breakthrough possibility is always there for us, so clear the blockages and be free to allow higher vibrations to flow.



*Dr. Anne M. Deatly, an advanced energy medicine practitioner, is the director and CEO of E Quantum Breakthroughs. For more information, call 201-925-1046*

mail [Anne.Deatly@gmail.com](mailto:Anne.Deatly@gmail.com) or visit [DrAnneDeatly.com](http://DrAnneDeatly.com) or [Tinyurl.com/Letting-GoGuide](http://Tinyurl.com/Letting-GoGuide) for a free copy of *Letting Go: Energy Guide To Transform Anxiety & Fear To Freedom & Joy*.



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## Connecting the Dots to Better Health

by Joe Dunne

**C**linical nutritionist Dian Freeman, owner of Wellness Simplified, teaches a nutritional certification course to become a certified holistic health counselor. She holds seminars, lectures widely and has a private nutritional consultation practice. Freeman is currently completing a doctorate at Drew University in Madison, New Jersey. Each year, Freeman conducts two, six-month courses on nutrition. The next training course begins in October. She has added virtual classes and offers her nutrition course online. More than a course in nutrition, her program teaches a way of life, a behavior change, self responsibility and a new awareness.

Sometimes we meet people whose accomplishments are so vast and eclectic that it's hard to comprehend their total scope without referencing something visual, such as climbing a mountain or navigating stepping stones. Freeman is one such person. From Texas to New Jersey, she never turned away from the stepping stones that appeared before her, even when she couldn't see where the path would end. In fact, traversing those stones taught her that often it's the unexpected side step that takes us where we need to go in our journey.

Freeman's early efforts, while accomplished, were far from the nutrition business. She worked as a designer of corporate parks and homes, which led to specializing in stylizing walls, shelves and accessories. Freeman is also an artist on canvas, painting in five

different styles under five different names as she provided art to decorators and art galleries for corporate offices and collections. She also took commissions, and some of her oversized canvases hang in The Hamptons and New York City homes.

During this time, Freeman was not physically well. She saw traditional medical doctors, but her health didn't improve. She had studied nutrition earlier in her life and dabbled in helping friends through the years, but began to pursue more education in higher levels of nutrition to bring herself back to good health. Her success brought requests for help from others, which led her on the path that would become her life's work.

Through research and education, Freeman pursued a deeper knowledge of the human body—blood, cellular system, skeletal makeup—and most importantly, the interactions of good nutrition and its effects on disease. She explored how properly applied nutrition works to prevent disease, improve health, strengthen the immune system and support the body and mind.

As Freeman progressed, not only did her health improve, but she also found herself increasingly helping others that were in similar positions and weren't getting better. She became so busy helping others manage their health through private nutritional consultations that she found herself without the time to do much else. Freeman now counts more than 5,000 clients in her database.

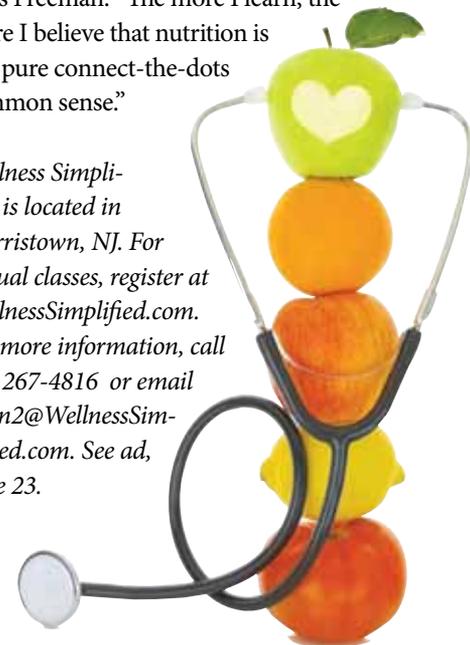
In the 1980s, Freeman completed her

long-delayed undergraduate work and started on a master's degree. Then she decided the best way to share her knowledge widely was by creating an educational business of her own. "This was way before the internet," recalls Freeman. "I was seeking events to speak at and places where I could lecture. I spoke at spas, gyms, local PTA meetings—if someone would listen, I was talking nutrition."

Seventeen years ago, Freeman began teaching classes on nutrition, which organically led to the creation of her own company, Wellness Simplified, where her nutrition certification program provided more than 800 graduates with certification as a certified holistic health counselor. The courses invite those from all walks of life; mothers that want advanced knowledge to protect the health of their families, individuals seeking information for personal health conditions, professionals wishing to add nutritional guidance to their practices and those desiring a new career path. Her students include medical and naturopathic doctors, chiropractors, dentists, physical therapists, massage therapists, retirees and others interested in holistic health.

Even as she teaches others, Freeman is pursuing a doctorate in medical humanities at Drew University. "Take care of yourself, understand the system of your body and plug into the principles of good health," advises Freeman. "The more I learn, the more I believe that nutrition is just pure connect-the-dots common sense."

*Wellness Simplified is located in Morristown, NJ. For virtual classes, register at [WellnessSimplified.com](http://WellnessSimplified.com). For more information, call 973 267-4816 or email [Dian2@WellnessSimplified.com](mailto:Dian2@WellnessSimplified.com). See ad, page 23.*





# Finding Transformation

by Linda Armstrong

## Through Energy Healing

**W**e carry energy in our system that may be blocking us from the things we want to create in our life. Stress exerts harmful effects on our body, mind and spirit. When we feel like we keep hitting a wall, nothing we do is working, we're stuck, disconnected, and destructive patterns keep repeating in our life, we must realize the power of the energy connected to our thoughts and discover which beliefs are limiting us. Energy healing can release the negative energy that is holding us back.

The truth is that everyone is an energy being. Everything we know of is made of energy, which has an effect in our whole system and within the very cells of our body. These hidden forces drive us in good and bad directions. When we are not aware of

our energy, we don't realize that we can work with it to enhance the good and rid the bad, and live a better life.

We are the energy (spirit) that lives in a body, a vehicle with which we navigate the planet. Just as an automobile needs a tune-up now and then, so does our body. Energy healing is the body's tune-up.

When we don't regularly tune up our body and ignore the little symptoms that tell us it's time, the little symptoms grow. We then find ourselves feeling stuck, losing enthusiasm for the things we once enjoyed. Or perhaps we ignored our energy needs long enough that we have illness in our body.

effect on all that we do, but don't necessarily make sense. Many times we can't connect the dots as to why something that happened long ago is effecting us today. It can all be cleared up with energy healing.

We can release this negative energy and feel it as it leaves the body. It's really quite magical. When we release the old, stuck energy, we make room for good energy to come into the body—pure, positive energy.

We may find that our body feels lighter, as if a weight has been lifted, and feel a shift in energy; the world look brighter, our vision seems sharper and clearer, and we just feel great.

Life force energy will reenergize our whole entire system, body, mind and spirit. We can then go forth having reclaimed our power to heal and create with ease. As we receive energy healing we also become more connected to our intuition and receive inspiration as to how to create our desires and take inspired action. We're no longer forcing things to be, no longer ignoring what we don't like. Instead, we are clearing out the old and bringing in the new as magic starts to take place in our life.

*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 or visit LoveMyLife.coach. See ad, page 6.*

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# Sound Bath Experience Brings Health Benefits

by James Angelico

A sound bath is experience where vibrational instruments are used to create sounds that produce frequencies affecting mind and body in beneficial way. These instruments include Himalayan and crystal singing bowls, chimes, gongs, shruti box and the human voice. Recipients lay on mats or sit comfortably with eyes closed. Breathing techniques and sometimes chanting is done to raise the vibration and provide more receptivity, followed by the sound session.

A clinical study in 2013 found that sound baths, or sound therapy, can improve short-term memory, while another study in 2017 reported a decrease in tension, fatigue, anger and depression. During a sound immersion, brainwaves can slow down, shifting from an active to a relaxed state of consciousness.

The goal can be to invite restorative relaxation, while gently inviting self-discovery. Some of the benefits include improved mood, reduced worry and anxiety, enhanced self esteem, less fear and loneliness, increased memory, lower blood pressure, improved immune system and more.

One interesting aspect of this experience is its uniqueness. Each individual perceives the experience in a different way, according to personality, current mood and life experience. Also, each sound bath will have its own signature. A sound bath experience can cleanse the mind and spirit. The healing vibration can help remove blockages, hurts and situations that no longer serve us.



James Angelico is a reiki master. For more information, call 201-251-3153, email jimhollyfire@aol.com or visit EarthWaterSkyHealing.com.

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# SPICE UP HEALTH

## Using Herbs for Flavor and Medicine

by April Thompson

**H**erbs add lush flavor to all kinds of dishes, and they are culinary friends that bring the benefits of helping to restore and maintain health. “Food is medicine, and herbs bring out the medicinal properties of food,” says Kami McBride, of Sebastopol, California, author of *The Herbal Kitchen: Bring Lasting Health to You and Your Family with 50 Easy-to-Find Common Herbs and Over 250 Recipes*. “The spice rack is a relic from another time when we knew how to use herbs and spices to optimize health and to digest our food.”

To get a medicinal dose of an herb, consider making teas, vinegar extracts or pestos, says Brittany Wood Nickerson, the Conway, Massachusetts, author of *The Herbalist’s Kitchen: Delicious, Nourishing Food for Lifelong Health and Well-Being*. “Parsley, for example, is a nutrient- and vitamin-rich herb. If you garnish with parsley, you won’t get a significant amount of vitamin C, as you would if you make a pesto from it.”

Salads can also pack a healthy dose of herbs into a meal, says Martha’s Vineyard resident Holly Bellebuono, an herbalist and author of *The Healing Kitchen: Cooking with Nourishing Herbs for Health, Wellness, and Vitality*. “So many herbs, including violets, mints and red clover, can just be tossed fresh into a salad, offering both fiber and minerals.”

Vinegars are one of Bellebuono’s go-to methods to incorporate herbs into a diet, infusing fresh or dried herbs into red wine or apple cider vinegar for salad dressings and other uses. “Vinegar is great at extracting minerals from herbs and making them more bioavailable,” she says.

Drying herbs does not diminish their medicinal properties, but rather concentrates their essence, as it removes excess water, according to Bellebuono. “Dried and powdered herbs are a great way to preserve the garden harvest and add herbs into everyday dishes. You can throw a teaspoon of turmeric, a wonderful anti-inflammatory herb, in spaghetti sauce or oatmeal, and you won’t even notice it,” she says.

### Best Herbal Buddies

While Mediterranean herbs like oregano and basil are often at the front of the spice rack, Nickerson also suggests lesser-used herbs such as sour sumac, anise-accented tarragon and versatile, yet often discarded orange peels, which can be added to soups along with fennel seed and bay leaves for a complex flavor. Thyme is another of Nickerson’s favorites, a hearty herb for fall dishes that’s also a powerful antifungal and aids with digestion, lung health and detoxification.

While some may think of parsley as a garnish, “It offers incredible freshness and livens up almost anything,” says Nickerson. “I use it as a vegetable and make a salad of its leaves or add handfuls of it into a quiche. Parsley is loaded with vitamins and minerals, and has detoxification properties.” Adding it near the end of cooking maintains its vibrant flavor and color, she notes.

McBride loves versatile herbs like mint and coriander that can be used in sweet and savory dishes with antimicrobial properties that help fight colds and flu. She also keeps salt shakers on the table filled with spices like cardamom, an antibacterial, anti-spasmodic and expectorant, to sprinkle onto beverages and dishes. Bellebuono also recommends infusing honey with herbs such as sage or oregano that support the immune system.

## Herbal-Aided Digestion

All herbs, whether leafy, green culinary herbs or spices like coriander and clove, are carminative, meaning they help digest food, McBride says. “Digestion can use up to 40 percent of your day’s energy, which is why you often get a nap attack after a big meal. Every meal needs a carminative, even if it’s just black pepper, which is one of the problems with most fast food.”

Pungent and bitter herbs, in particular, support digestion and absorption of nutrients and make them more bioavailable, says Nickerson: “Activating the taste buds dedicated to sensing bitter stimulates the digestive system.” A salad of bitter greens, for example, can help prepare digestion of a heavier meal to come, whereas a post-meal aperitif can help with digesting the food afterward.

“It absolutely adds up when you add small doses of herbs to your meals every day,” McBride advises. “Many Americans suffer from gastrointestinal inflammation from modern diets and lifestyles, and herbs can help reverse that. Your gut gets a little healing every day.”

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



dommekittie/Unsplash.com

## Some Herbal-Aided Delights



### Spinach & Grapefruit Salad with Toasted Pumpkin Seeds

The floral notes of tarragon in the dressing and the juicy, sour grapefruit invigorate the senses and wake up the digestive processes.

Yields: 4 to 6 servings

8 oz spinach (about 4 packed cups)  
1 large or 2 medium-size grapefruits  
½ cup pumpkin seeds

#### Dressing

½ cup olive oil  
1 Tbsp lemon juice  
1 Tbsp white wine vinegar  
1 tsp Dijon mustard  
1 Tbsp finely minced shallot  
1 tsp finely chopped tarragon  
Pinch of salt

Tear the spinach into bite-size pieces, if necessary, and place in a large bowl.

Cut the top and bottom off the grapefruit so that the flesh of the fruit is exposed so it sits flat on a cutting board. Cut the peel and pith from the fruit using a sharp knife or vegetable peeler.

Set the grapefruit on one of its flat ends on a cutting board. The sections of the fruit will face up. Cut out the sections,

slicing from the outside toward the center of the fruit, just inside the membranes. Leave the sections whole or cut them into bite-size pieces.

Toast the pumpkin seeds in a skillet over medium heat, stirring often, until they are lightly browned, have puffed up and begin to pop—4 to 7 minutes.

Combine the oil, lemon juice, vinegar, mustard, shallot, tarragon and salt in a bowl and whisk together. Stir in any grapefruit juice that may have puddled on the cutting board while sectioning the fruit.

Pour the dressing over the spinach. If any dressing is left over, it will keep in the fridge for up to a week. Toss the spinach well, then add the grapefruit and pumpkin seeds and toss gently again to combine.

*Recipe and photo from Recipes from the Herbalist’s Kitchen by Brittany Wood Nickerson.*

### Cilantro Pesto

Yields: about ½ cup

2 Tbsp (heaping) walnuts  
2 cups packed cilantro leaves and stems (one large bunch)  
2 garlic cloves  
2 Tbsp olive oil  
Salt and freshly ground pepper

Soak the walnuts overnight in enough water to cover them. (This makes them easier to digest and helps remove some of the bitterness in the skin.)

Drain and rinse the walnuts. Combine them with the cilantro, garlic, oil and salt to taste, and a few grinds of pepper in a food processor. Blend until smooth.

Taste and adjust the seasonings as necessary. The pesto will keep for 5 to 7 days in the fridge or for 6 months or more in the freezer.

*Recipe and photo from Recipes from the Herbalist’s Kitchen by Brittany Wood Nickerson.*



# Raising Resilient Kids

## How to Help Them Bounce Back

by Ronica O'Hara

**I**n these turbulent times, children need to know how to confidently weather and deal with changes no matter what life hands them, say many psychologists. Studies show that when kids are resilient—having the ability to recover quickly from difficulties—they are less fearful and anxious, more confident and empathetic, and better able to handle cataclysmic events like 9/11.

Resilience can help them deal creatively with everything from cyberbullying to societal change. A Florida Atlantic University study of 1,204 children found that those that agreed with such statements as, “I can deal with whatever comes my way,” “I am not easily discouraged by failure,” and, “Having to cope with stress makes me stronger,” were less likely to be bullied in person or online and better able to cope when it occurred.

Resilience can be taught and learned at any stage in a child's life, studies suggest. Some useful strategies include:

**1** Let them know they're loved and supported. One stable, committed relationship with a supportive adult such as a parent, grandparent, aunt, teacher or coach is what a child needs to be resilient, according to research from Harvard's Center for the Developing Child. This can be particularly important for children raised in less-than-ideal circumstances. “It is absolutely critical for African-American children to learn resilience due to the current climate of hostility and racism, the inherent disadvantages in education and household income they are born into and hostile, crime-

infested neighborhoods where they live,” says Damon Nailer, a Monroe, Louisiana, motivational speaker and author of *Living, Loving, Leading*. For children in all circumstances, he says, it's important to “teach them that setbacks, failures, losses and adversity help you to learn, grow and become stronger.”

**2** Make resilience a household word. When San Diego child psychologist Bruce Thiessen's daughter Cassidy was 4, he'd pretend to be the wolf in *The Three Little Pigs*, howling, “I'll huff and I'll puff and I'll blow your house down!” She would reply, “Go ahead! I'll rebuild it tougher and stronger!” It was his way of embedding resilience in her, which he and his wife Roxie have reinforced with books, movies and songs. “Making the theme of resilience dominant in multiple activities will make an enduring, indelible impression on your child,” he says.

**3** Be a good example. “The most important thing to cultivate resilience, mindfulness and any other emotions really, is for parents to practice and model these things themselves,” says Christopher Willard, Ph.D., a Harvard lecturer and author of *Raising Resilience: The Wisdom and Science of Happy Families and Thriving Children*. Adults need to bounce back from setbacks, whether it's a social media mistake or a lost job, and find ways to reframe what happened in a positive light. To convey that attitude to a child, ask at dinner or bedtime, “What was the rose in your day? The thorn? What did you learn? What would you do differently next time?” The parent can model responses to these questions by sharing their own rose and thorn.

**4** Let them figure things out. “As tempting as it may be to step in every time you see your children struggling, allowing them to figure things out on their own builds resilience,” says Katie Lear, a Davidson, North Carolina, therapist specializing in childhood anxiety. “On the flip side, when a parent hovers or immediately steps in to solve a

child's problem, the child may interpret that behavior as, "I don't trust you to be able to do this without help." Asking a child how they plan to solve a problem rather than questioning why the problem happened in the first place is a way to teach them creative problem-solving, advises Lynn Lyons, a Concord, New Hampshire, psychotherapist and co-author of *Anxious Kids, Anxious Parents*.

**5** Teach thankfulness. Feelings of gratitude bolster resilience, studies show. For example, college students that performed gratitude-inducing

exercises reported feeling better able to handle academic challenges. "Teach your child to look for the gift within every problem," advises C.J. Scarlet, author of *Heroic Parenting: An Essential Guide to Raising Safe, Savvy, Confident Kids*. "That's often hard to do in the midst of challenges, but just knowing there will be a gift found at some point can help your child to ride out the storm with greater patience and confidence."

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

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James Angelico  
Reiki Master

## 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, SEPTEMBER 3

**Women's Weekly Guided Clearing Meditation Circle** – Thur through Sep. 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/).

### THURSDAY, SEPTEMBER 17

**New Moon Ritual:** Online Meditation Circle – 7pm. Embrace the magic of the new moon, clear your energy and create a ritual to manifest a desire. Understand the power of clarity in this time preceding the autumn equinox. No meditation experience required. \$20. Details: 201-906-5767. [Lois@LoisKramerPerez.com](mailto:Lois@LoisKramerPerez.com). Register: [LoisKramerPerez.com/My-Events/](http://LoisKramerPerez.com/My-Events/).

### SATURDAY, SEPTEMBER 19

**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. [AccessConsciousness.com](http://AccessConsciousness.com).

### WEDNESDAY, SEPTEMBER 23

**Introduction to I Ching: The Book of Changes** – 7pm. Online workshop with Conscious Design Institute. Join Lois Kramer-Perez to learn the background and a brief history of the I Ching, the messages it holds and how it is connected with feng shui. Also learn methods to use for asking questions for life guidance. Details: 201-906-5767. [Lois@LoisKramerPerez.com](mailto:Lois@LoisKramerPerez.com). Register: [LoisKramerPerez.com/My-Events/](http://LoisKramerPerez.com/My-Events/).

## community resource guide

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

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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

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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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