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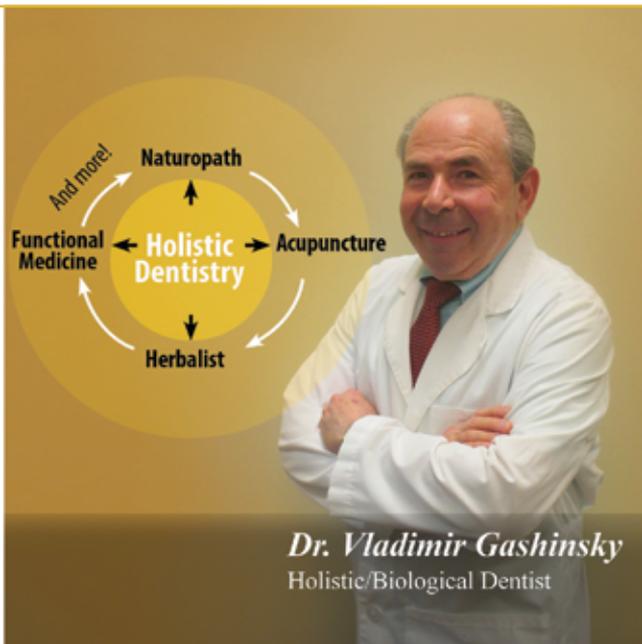
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Dr. Vladimir Gashinsky
Holistic/Biological Dentist

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.

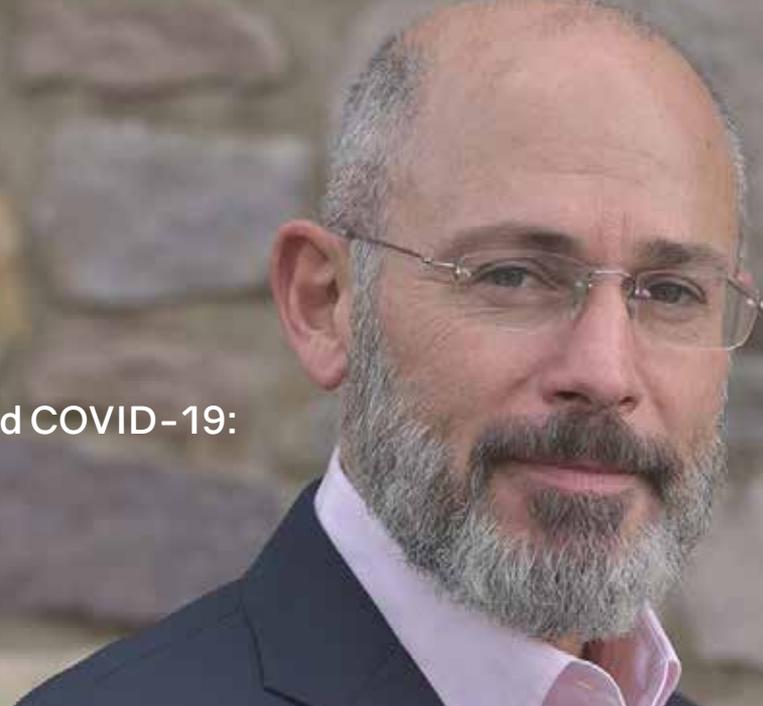
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Hypertension, Heart Disease and COVID-19: Dr Pucci's Latest Advice

DOWNLOAD THE RESOURCE



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:

- Adrenal Exhaustion
- 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

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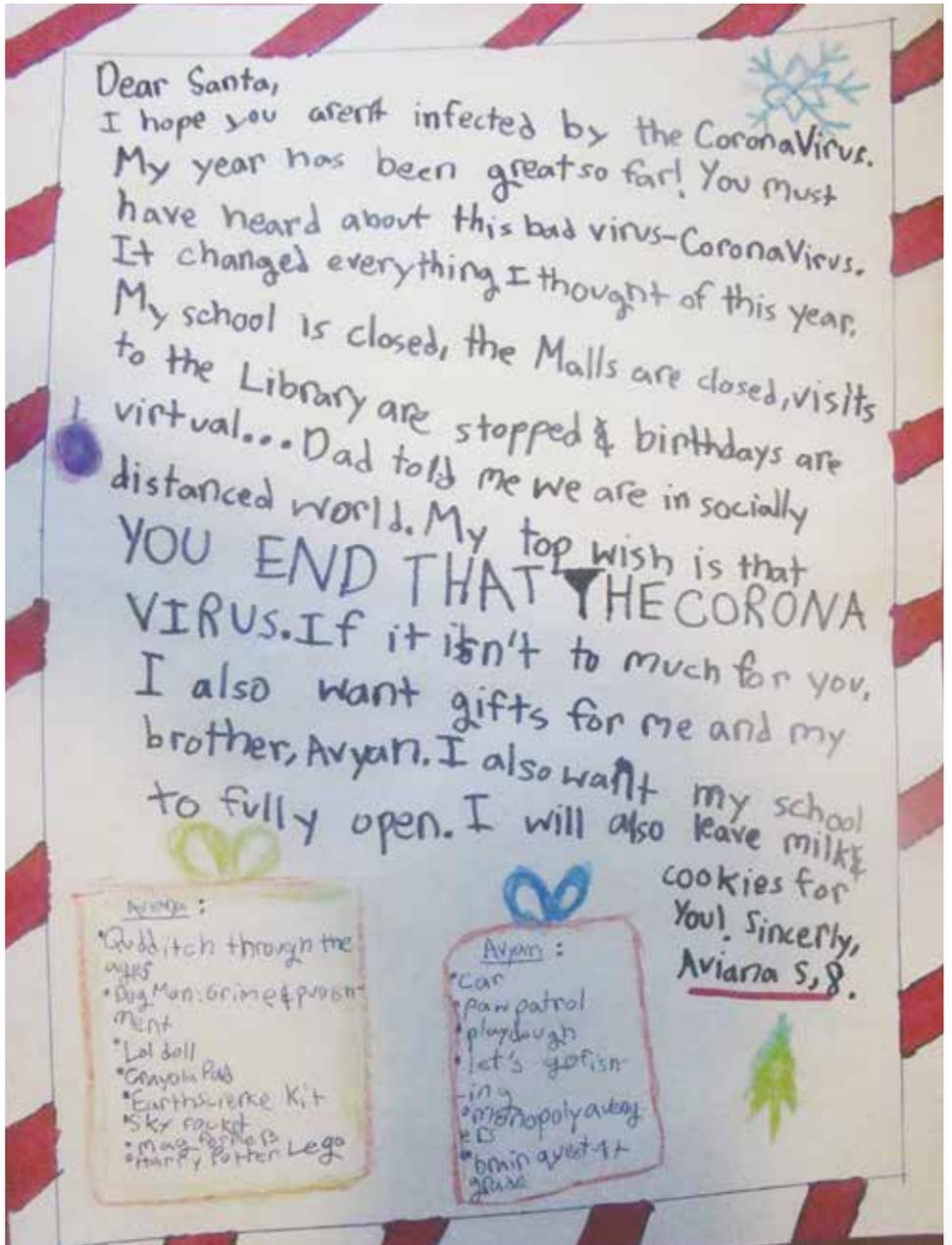
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letter from publisher



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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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., Dec 2, 9, 16, 23 and 30, 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 Street, Suite 5, Saddle Brook. For more information or to register (required), call 973-615-2486, email Info@CompleteWellnessWithin.com or visit CompleteWellnessWithin.com. See ad, page 13.

news briefs

Letters & Journals Magazine Launches Online

Jackie Flaherty, former publisher of *Natural Awakenings* Twin Cities, has launched a new magazine called *Letters & Journals*. This 48-page online magazine published its first issue in November 2020. Flaherty plans on publishing two times a year with potential to increase to quarterly and possibly also a print edition. Future editions will cost \$2.99 to access and download. The first issue is free.



Letters & Journals celebrates all things having to do with letter writing (mail, postage, postcards); journal keeping (blank, travel, bullet); using planners (day planners, illustrating, doodling); office supplies (pens and notebooks); and writing areas (desks, tools, creativity).

The blog for *Letters & Journals* began in 2009 and has been published regularly since then. In 2012, Flaherty bought the *Natural Awakenings* magazine franchise to the Twin Cities. She published NA Twin Cities from 2012 until 2017 when she sold the magazine to its current owner and publisher, Candi Broeffle. Regarding her new venture, Flaherty states, "The analog ways of communication are making a comeback." She proffers as evidence the wildly popular planner conferences where people gather to learn about day planners, including new trends, who is using what, sharing supplies and ideas, workshops, vendors and speakers.

Flaherty, who wrote her master's thesis on the history of letter writing, is passionate about the subject and has been a long-time letter writer. One of the findings of her 2005 thesis was, contrary to eliminating this long-neglected hobby, the internet was actually creating a platform for it to be revived. "With key words and Google searches, hobbyists of any hobby can now easily find each other online," explains Flaherty. "Yes, letter writing has changed, but what hasn't changed? Many who bemoan the loss of letter writing never wrote letters in the first place."

Flaherty is excited about the prospect of connecting with others who share a love of letters and journals, office supplies and new notebooks.

Cost: Free. For more information and to view the premiere issue online, visit LettersAndJournals.com.



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Free Virtual Diabetes Education From Valley Hospital

The Valley Hospital Department of Community Health, will host a day of free virtual programs on diabetes on December 15. *Happy Feet! Protecting my Diabetic Feet*, will be presented from noon to 12:45 p.m. by Mina M. Hanna, DPM, a podiatrist with Valley Medical Group. *My Sweet Life: Living with Diabetes*, with Castro Bali, M.D., an endocrinologist with Valley Medical Group, will be presented from 6:30 to 7:15 p.m. *In the Driver's Seat: Taking Control of Your Diabetes*, with Cindy Luer, RN, a certified diabetes educator, will be presented from 7:30 to 8:15 p.m.



Learn about the risk for diabetes, its complications and treatments, and lifestyle changes to better manage diabetes. Foot problems are serious health concerns that can be unique to people with diabetes, especially if sugar levels are not controlled. Nerve damage and lack of feeling are two serious concerns with diabetes, so proper foot care is essential.

Admission is free. Registration is required at 1-800-825-5391 or ValleyHealth.com/events to receive a link.

Golden Principle of Health: Cool Head and Warm Belly

Body & Brain Yoga Tai Chi, in Wyckoff, will present a webinar, *Water Up, Fire Down*, from 1 to 5 p.m., December 12. Based on Body & Brain founder Ilchi Lee's newest book of the same name, it will present the principle and practice of energy circulation. The webinar will include energy circulation meditations and practical tips for daily body and mind management.



Ilchi Lee

Our mind and body, including immunity, function optimally when we keep a cool head and a warm belly. This is the Eastern energy principle of yin/yang energy movement. When we make harmony with ourselves and nature, we can flow abundantly with the great life force and live with confidence and vitality.

Our body has a system for maintaining health and balance, even in the presence of a novel coronavirus. Even with our existing healthcare system, many still feel vulnerable and fearful during this pandemic time. The master key to maintaining health and strong immunity is energy circulation.

Cost is \$195. Register at 201-444-6020 or Wyckoff@bodynbrain.com. For more information, visit bodynbrain.com/Wyckoff. See ad, page 10.

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news briefs



Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., December 12 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. See ad, page 26.

Bioidentical Hormone Replacement Advantages

Hormone replacement is not a panacea and will not reverse aging. But for those looking for a way to improve energy and mood and lose weight while reducing the risk of heart disease, osteoporosis and dementia, bioidentical hormone replacement is an option to consider. Understanding the literature and the distinction between synthetic and bioidentical hormones is key to understanding the risks and benefits. Bioidentical hormone replacement for women is underused because its positive effects are underestimated while its risks are exaggerated.

The three most common causes of death and disability in women are heart disease, hip fractures and dementia. Estrogen prevents heart disease with dramatic effects. When a woman has elevated cholesterol, the most likely prescription will be for a statin drug. This will most likely lower cholesterol, but the literature reports minimal effect on mortality related to cardiovascular disease. On the other hand, taking estradiol has been shown to lower LDL cholesterol while raising HDL cholesterol and reduces risk of cardiovascular disease.

Hip fractures result from osteoporosis. Bone loss starts at age 30 and dramatically accelerates at menopause. Many women who have osteoporosis are treated with bisphosphonates, the most common are

alendronate (Fosamax), which have some benefit but the bone loss progresses. On the other hand, estradiol actually promotes bone formation, so bone density increases. Instead of preventing bone decay, estradiol promotes bone growth.

Dementia can lead to total dependency and even death. There are no effective treatments for dementia. There are medications that slow down the progression but do not reverse Alzheimer’s. Estrogen prevents dementia. When women start estrogen early in menopause the risk for Alzheimer’s dementia decreases between 30 and 70 percent, varying among studies, but consistently showing benefit. The protective benefit of estrogen for dementia when starting later is less dramatic, but it still helps cognitive function.

These conditions may seem remote to someone in their 40s and 50s, they are common as women approach their 70s and 80s. Fortunately, bioidentical hormone replacement can help prevent all these conditions. Also, women that replace hormones have more energy, more vitality and better sexual health.

Dr. Warren Slaten is a wellness physician in Ridgewood specializing in regenerative pain treatments and lifestyle counseling. He is certified in advanced bioidentical hormone replacement. For more information, visit njprp.com.



JANUARY

Holistic Hospital Care

Plus: Health & Wellness on a Budget

natural awakenings

Health & Wellness Issue



Quantum Breakthrough Opportunities

by Dr. Anne M. Deatly

Quantum breakthrough opportunities relate to a new type of science, quantum physics. This science includes the seen and the unseen forces in our universe. In *You2*, author Price Pritchett explains quantum physics as “the most powerful science ever conceived by human beings. It requires a major rethinking of such concepts of time and space and how human consciousness operates.”

In *Taking the Quantum Leap*, Fred Alan Wolf suggests a quantum leap is “the explosive jump that a particle of matter undergoes in moving from one place to another... in a figurative sense, taking the quantum leap means taking a risk, going off into uncharted territory with no guide to follow.” An image of an electron jumping from one orbital to another orbital without any effort could help the understanding of a quantum breakthrough.

Most of our childhood or even adult programming has been that success happens in a step-wise fashion with small, incremental shifts. The small gradual step approach is the pathway of conventional or traditional growth. This slow and steady approach is actually limiting in its nature, but it may feel safer. Quantum leaps or breakthroughs may appear to be outside the realm of possibility or believability. If this is how we are thinking, we have a misconception. We are meant for much faster and much higher growth in our lives and our missions.

The truth is we are better and the universe is better off when we create a quantum breakthrough. This quantum breakthrough concept will require us to think differently and to allow new opportunities to lift us out of our comfort zone to be and achieve at much higher levels. A quantum breakthrough will require that we form new habits and new levels of action. We will have to let go of old programming and allow new programs to come in. A quantum breakthrough will require us to shatter our old mindset and adapt to the principles of quantum physics. Persistence, discipline and consistency are needed. More of the same only creates more of the same.

Imagine being an electron jumping effortlessly into a new orbital level to create a bond with another atom to form a new molecule. We can feel the freedom, the simplicity, the ease, the efficiency and instantaneous nature at which an electron can create the breakthrough.



Dr. Anne M. Deatly is an advanced energy medicine practitioner and director and CEO of E Quantum Breakthroughs. For more information, visit DrAnnedatly.com. See ad, page 13.

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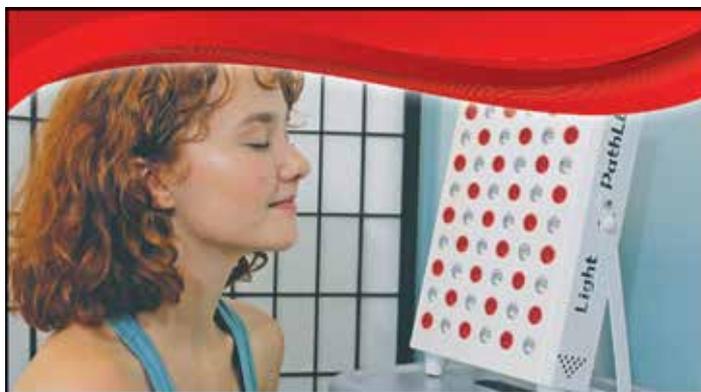


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Microcurrents

by Elana Lekach

Very low voltage microcurrents are being studied for their effects on chronic pain, anxiety, depression and many other health issues because they can potentially initiate electrical impulses that are innate to the body.

The idea that the body can produce its own electrical impulses was discovered by Luigi Galvani (1737-1798), an 18th-century Italian physicist, biologist and philosopher. He and his wife conducted an experiment with a dead frog to see what effects electrical currents might have on it. He constructed lightning rods from two different types of metal and when lightning struck, it went through the rods and the frog's leg twitched.

From that experiment, he deduced that because lightning, a natural source of electricity, caused a response in the frog, electrical impulses were innate to animals. This was known as animal electricity. Today we know that all the nerves in our body generate electrical impulses. Animal electricity captured the imagination of the public, inspiring some of the material for what would become Mary Shelley's novel Frankenstein.

The Italian physicist and chemist Alessandro Volta (1745-1827) formed his own theory about Galvani's experiment. Originally enthusiastic about the idea of animal electricity, he found a potential flaw in Galvani's theory. He believed

electrical current was generated from that reaction of the two metals involved in the experiment. He believed electrical current came from this external source, and therefore was not innate to the animal.

Volta conducted experiments that proved that combining different metals created electrical current. He came up with the term "galvanize," meaning direct current produced by the chemical reaction. The galvanized metal in use today is metal coated in the another metal to prevent rust. The way it works is by creating electrical charge.

Volta's experiments involved alternating discs of copper and zinc separated by the cardboard or felt spacers soaked in salt water. This "Voltaic pile" as it was called, was an early form of one of the most important inventions of all time, the battery. The term "volt" is named in his honor.

Both scientists were right. Living organisms generate their own electrical impulses, but they can also be influenced by current produced outside the body. Lehrer notes, "Some of my most powerful healing has come from frequency-specific microcurrents. It takes the frequencies I produce with tuning forks and brings them to a whole new level."



Elana Lekach is the owner of *Strings of Serenity*, in Saddle brook. For more information, call 551-206-6085 or visit StringsOfSerenity.com.

See ad, page 20.



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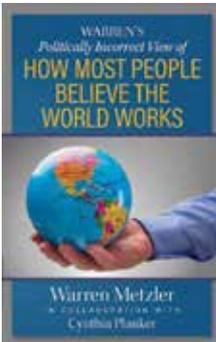
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Infrared Sauna Makes a Great Holiday Gift

Those looking for a great gift for just about anyone can check out the many benefits of infrared saunas. They are easy to use and getting in a session can be simple without breaking the bank. This great pick-me-up tool packs a powerful health-boosting punch. Because safety is a huge factor, it's comforting to know that through heat, red light, UV filters, disinfectant sprays, masks, and temperature checks all keep bacteria and viruses at bay.

Unlike a traditional sauna, which heats the air to extremely high temperatures, infrared saunas use infrared lamps that easily penetrate human tissue, warming the body directly. An infrared sauna can operate at a lower temperature (between 120 °F and 140 °F), while as traditional saunas typically run between 150 °F and 180 °F. The deeper heat penetration of an infrared sauna promotes a more intense sweat at a lower, more tolerable temperature, while raising core body temperature by two to three degrees.

Research into positive effects of infrared saunas continues to prove promising for overall quality of life and well-being. Studies continue to show that they help with pain management, relaxation, energy and mood. Users of infrared saunas say they achieve better sleep, weight loss, relief from sore muscles and joint pain, and improved skin tone. These saunas can even improve heart

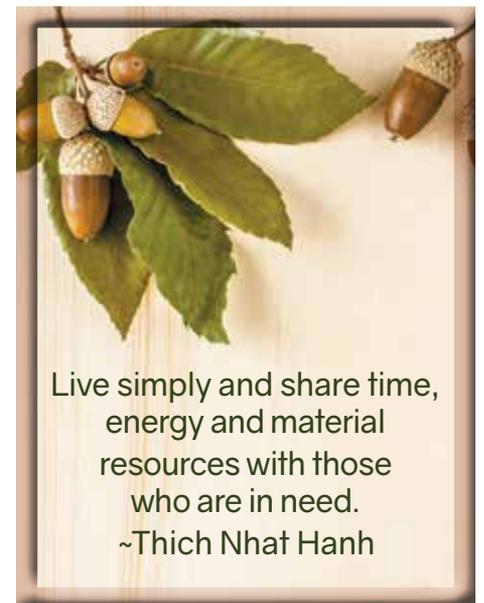
function by reducing blood pressure, regulating heart rate and improving circulation. Infrared saunas can also boost our immune system and cellular health. Many users report increased sweating and heart rate, which aids in detoxification with the same type of clarity of mind feelings as moderate exercise, and deep relaxation.

Anyone looking to improve their overall well-being. Including those suffering specific health conditions, can benefit from infrared saunas. One of the biggest benefits is that they're comfortable and simple to use, even for people that struggle with pain or have sensitive skin and stomachs when it comes to heat, all with no need for medications or doctor visits. Studies have shown benefits of infrared sauna therapy for people with cardiovascular disease, diabetes, high blood pressure, congestive heart failure, rheumatoid arthritis, chronic fatigue, poor digestion, depression and anger, and chronic muscle and joint pain. As research continues to grow, so do the possibilities of how infrared saunas can affect positive changes in our daily lives.

Light Path to Wellness, located at 209 Main St., 2nd floor, in Fort Lee, offers a year-end \$25 initial session special. For appointments, call 833-544-4865 or visit LightPathLED.com. See ad, page 8.



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Live simply and share time, energy and material resources with those who are in need.
~Thich Nhat Hanh





Heart Health and Lowered Dementia Risk

by Doug Pucci

Until recently, most studies regarding cognitive decline have focused on circulation problems caused by events such as stroke. However, more attention is now being paid to the connection between heart and brain function through the lens of vascular health. With the World Health Organization projecting that 82 million people will develop dementia by 2030 (an increase of 32 million since 2017), action is needed.

Research compiled by the National Institutes of Health showed that up to three-quarters of patients hospitalized for heart failure experienced cognitive impairment (CI), with the highest percentage accounting for patients with acute decompensation (a sudden worsening of heart failure typically marked by swelling of the legs or feet, fatigue or difficulty breathing).

Because of the prevalence of CI in these patients, these researchers recommended that cognitive assessments become part of the routine examinations for heart failure patients. There are a number of factors that contribute to cognitive problems in patients with heart failure, including stroke, atrial fibrillation, hypertension, impaired blood flow, medications, poor nutrition,

metabolic abnormalities, and co-morbidities that include diabetes, anemia and atherosclerosis.

Cognitive impairment due to heart failure, which typically fits the parameters for vascular dementia or vascular cognitive impairment, can range from mild or moderate symptoms to advanced dementia; even mild symptoms can negatively impact independence and self-care. The cognitive areas typically affected include learning; concentration; visual-spatial function; short-term memory; task processing speed (coordination, accuracy, smoothness); executive functions (decision-making, problem solving, planning, social abilities, adaptation); reaction time; and difficulty recalling personal memories.

Research has shown that some of the same risk factors for cardiovascular disease—diabetes, obesity and high blood pressure—are also associated with impaired cognition. Cholesterol and fats as cardio- and brain-protective. According to the American Heart Association, 121.5 million American adults—more than 48 percent—have some form of cardiovascular disease. This is one major area where functional

medicine parts ways with certain conventional medicine recommendations:

Conventional medicine advocates for low-to-no-fat diets and makes a generally sweeping claim that fats clog arteries and cholesterol is the enemy, while functional medicine has embraced a multitude of studies that continue to prove healthy fats and cholesterol are necessary for their anti-inflammatory properties and improvements to arterial flexibility, blood and nerve flow and vascularity.

In general, a good balance can be found in the Mediterranean diet, which includes high amounts of olive oil and fish, but just as important are sufficient fruits, vegetables, meats and healthy fats for each person's specific brain and heart health needs. A fast-food hamburger, with its heavy sodium content and low-quality meat, does not offer the same health benefits as a homemade, grass-fed, beef hamburger. Frozen vegetables processed with chemical-laden cheese sauces are not the equivalent of fresh vegetables lightly cooked with grass-fed butter or eaten raw. Sweetened fruit juices or juice drinks don't replace fresh fruits.

If we are to lower our risk of cognitive impairment brought on by cardiovascular disease, we must first understand our own medical risk factors such as history of heart attack, hypertension and stroke, and replace outdated therapeutics and "wait and see" approaches with better tools of inquiry such as brain health functional assessments that include cognitive reasoning. There is ample evidence of diet and lifestyle, along with rigorous attention to cardiometabolic activity, can improve vascular health and lower the risk for heart and brain problems.



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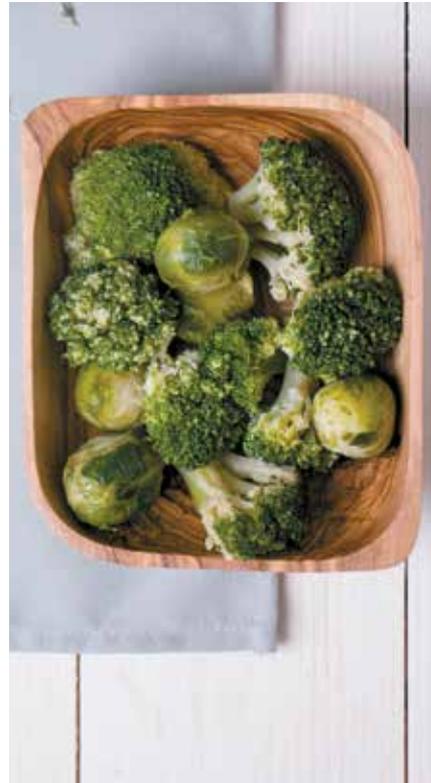
Retain Muscle Mass with Vitamin C



“Bulking up” evokes images of body-builders and possible steroid use, but new research shows that older people that simply eat lots of vitamin C-rich fruits and vegetables have greater skeletal muscle mass than those that don’t eat these foods. Researchers from the UK’s University of East Anglia collected data from more than

13,000 people between 42 and 82 years old and reported in *The Journal of Nutrition* that the highest amounts of vitamin C correlated with the greatest estimated skeletal muscle mass—an important finding, as people older than 50 typically lose half a percent of muscle fat each year, leading to frailty and a lower quality of life. Sixty percent of men in the study and 50 percent of women were not getting enough vitamin C from food or supplements. “We’re not talking about people needing megadoses. Eating a citrus fruit such as an orange each day and having a vegetable side to a meal will be sufficient for most people,” says study co-author Richard Hayhoe.

Eat Cruciferous Veggies for Cleaner Blood Vessels



Pile on the broccoli, Brussels sprouts and cabbage. In a study of 684 older Australian women published in the *British Journal of Nutrition*, researchers found those that ate more than 45 grams of cruciferous vegetables a day—about one-quarter cup of steamed broccoli or one-half cup of raw cabbage—were 46 percent less likely to have calcium buildup in the aorta, the main vessel carrying blood from the heart into the body. Fatty

calcium deposits in the aorta are a key marker of vascular disease linked to heart attacks and strokes. “One particular constituent found abundantly in cruciferous vegetables is vitamin K, which may be involved in inhibiting the calcification process that occurs in our blood vessels,” says lead author Lauren Blekkenhorst, of Edith Cowan University, in Perth.

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Amazon is labeling approximately 25,000 products with a Climate Pledge Friendly (CPF) designation to meet a commitment to become carbon neutral by 2040. The selection includes grocery, household, fashion, beauty and personal electronics products, as well as from brands such as Seventh Generation and Burt's Bees Baby. CPF products are clearly labeled in shopping results, have additional sustainability information on their product page and are featured in a dedicated section of the online store.

The Seattle company, which currently delivers 10 billion items a year, has an enormous carbon footprint due to its commitment to speedy deliveries, transportation-related emissions and data centers. A paper in *Environmental Science & Technology*, published by the American Chemical Society, found that going to a physical store actually has a lower carbon footprint than shopping on Amazon because customers tend to buy fewer items at a time online. When they go to a store, they're more likely to stock up and reduce the need for more trips.

Skin Relief

California Passes

Toxic-Free Cosmetics Act

California governor Gavin Newsom has signed the Toxic-Free Cosmetics Act into law, which bans 24 ingredients from cosmetics and personal care products sold within the state. The list includes mercury, formaldehyde, per- and polyfluoro-alkyl substances, endocrine-disrupting phthalates and long-chain parabens used as preservatives, among other chemicals. Many have been linked to breast cancer, reproductive and neurological damage, birth defects, organ system toxicity and developmental delays.

National standards lag behind the rest of the world and have not been updated since being created in 1938. Despite the industry's immense size, only two pages of the 829-page Food, Drug and Cosmetic Act govern cosmetics. The new California law will make products safer for everyone, but Black women stand to benefit more because they represent the biggest U.S. market for cosmetics. Environmental watchdog Treehugger notes that Black women account for an estimated 22 percent of the country's \$42-billion per year personal care products market, despite comprising less than 7 percent of the national population.



Shining Example

Saving Arctic Ice

Using Glass Beads

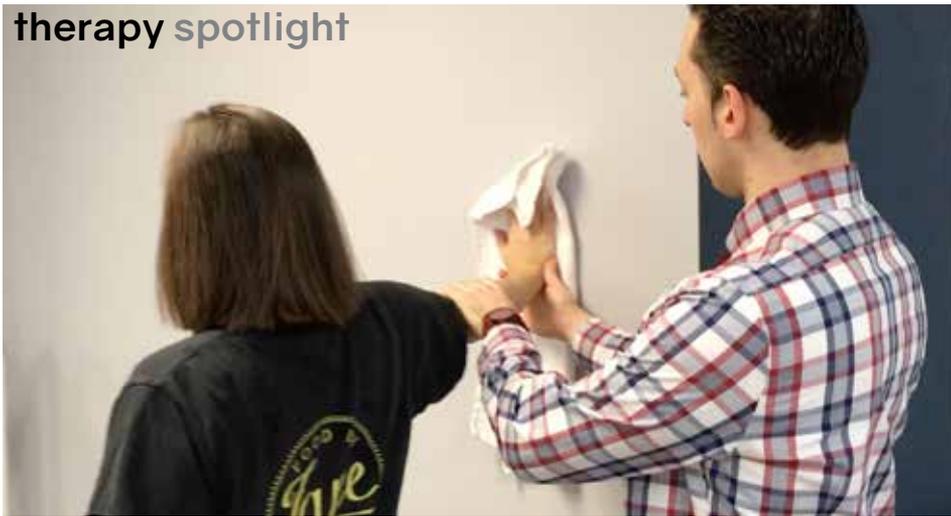
The California non-profit Arctic Ice Project is proposing to scatter a thin layer of reflective silica glass particles over parts of the Arctic in an effort

to protect it from the sun and help ice to re-form. Engineer Leslie Field, an adjunct lecturer and chief technical officer at Stanford University, says they are trying to break a self-destructive feedback loop.

An underrated feature of Arctic sea ice is the ability of its bright, white surface to reflect light. The frigid poles have acted for millennia as a massive umbrella that helps keep the planet cool and climate stable. Now much of that ice is rapidly melting. As temperatures rise, the reflective white ice dissolves into darker blue water that absorbs more of the sun's energy instead of reflecting it into space. Warmer water accelerates melting, which means yet more absorption of heat, which drives further melting, in a cycle that is part of the reason why the Arctic is warming about twice as fast as the rest of the planet. In July, the ice cover was as low as it has ever been at the same time of year.



therapy spotlight



A New Way to Address Health and Wellness Needs

by Bryan Munoz

2020 has caught us all off guard and has made us make changes to the way we live our lives. For most of us, that might have looked like the living room or kitchen table being transformed into an office space or learning area. In either situation, we might have also started to feel more muscle aches, pain, or tension in the body due to a lack of movement during the day. With all the pandemic rules, regulations, and even gym closures, we might have also put our body's health on the back burner.

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tion. They focus on managing pain through an individualized movement solution.

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Restore:

The final phase is to unlock the body's potential. After working on the baseline and building a strong resilience, now reap the benefits of the new gains acquired. Whether personal goals may be to pick up a new sports hobby, improving the body's efficiency or learning how to work out at home, client can reinvent themselves by looking for new ways to challenge their body and see its full capability.

Bryan Munoz, PT, DPT, a mobile concierge physical therapist serving Bergen County and Surrounding Areas, is the owner of BR3 Health & Performance, LLC, located at BR3HealthAndPerformance.com. See ad, page 7.

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A New Story for the World

Re-Visioning the Script for a Healthier Society and Planet

by Linda Sechrist

The most familiar form of human activity and the most natural way to describe what happens in our lives is through telling stories. Toddlers listen to stories that have contained the same archetypal characters acting out similar plots for millennia. In literature, folktales and myths all over the world, stories serve the purpose of providing life instructions and answering humanity's fundamental questions about the nature of existence, such as who we are, where we came from, the definition of our purpose and the nature of our reality.



In the 1980s, author and cultural historian Thomas Berry declared that humanity needed a new story that is less destructive and dysfunctional. Berry filled lecture halls, telling attendees, “We are in trouble now because we don’t have a good story. The old story, the account of how the world came to be and how we fit into it, isn’t functioning properly. What once sustained us, shaped our emotional attitude, provided us with life purpose, energized action, consecrated suffering, integrated knowledge and guided education is no longer serving humanity.” As we are discovering globally through hard experience, the old stories of rugged individualism and conquering and dominating the natural world have run their course with grim results.

In the last four decades, fragments of a new story have been slowly emerging. Because it isn’t deemed worthy of mainstream media, the public is left in the dark about new, life-instructing stories capable of altering human civilization in positive ways. Were these story fragments woven together in an anthology, chapters on climate, economy, religion, environment, science, politics, medicine, education, conscious evolution and community would constitute a useful account of ideas and concepts capable of bringing about a brighter future for humanity and the planet. These possibilities would surely capture readers’ imaginations.

New Climate Story

In *Climate: A New Story*, writer and activist Charles Eisenstein suggests that we need a new story that makes possible the

more beautiful world our hearts know is achievable. The story, which he believes is attainable, calls for people, governments and organizations to embrace a partnership paradigm to protect, restore, regenerate and repair damages to our planet's natural world, which we call the environment. Using indigenous wisdom, organizations such as the Pachamama Alliance and Bioneers are helping individuals worldwide to recognize that humanity is here to be in service to life. Creating the right conditions for revitalizing life is the opposite of our collective story that views the natural world only as a resource.

Eisenstein's ideas for regenerative agriculture match those described in environmentalist Paul Hawken's *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*. In October, Drawdown Georgia became the first state-centered effort to crowd-solve for climate change, with solutions tailored to Georgia's unique natural, economic and social resources.

New Science Story

Evolution biologist Elisabet Sahtouris' stories about science shine a light on the broader perspective of life and science gained from studying multiple worldviews. A scholar of ancient sciences, Sahtouris reminds us that the original purpose of science was to find guidance for human affairs by studying nature. During a recent conversation with Ubiquity University founder Jim Garrison in the online Humanity Rising's Global Solutions Summit, she says, "We have acted in opposition and made ecology subservient to our economy, using ecology as a set of resources for human economics. When we make our economy fit into nature's economy, which we call ecology, we'll have ecosophy, the 'wisdom of the Earth itself' that occurs when a man knows how to listen with love."

Sahtouris teaches corporations about ecosophy's new view of a conscious universe and a living Earth in which we are co-creators. This, she believes, takes humans out of fatalistic victimhood so that we can become consciously active agents of our destiny. Lifting the fog of our



self-image as consumers of stuff gives humans the rights and responsibilities to live out our full co-creative humanity.

A Global Commons Sharing Solutions

Through the daily sharing of stories with keynote speakers and panel discussions, Garrison increases the momentum of the Humanity Rising movement, which includes Ubiquity University students, program participants and more than 400 organizations that come together as a "global commons" to take counsel and share what they are developing for their own networks.

Humanity Rising was launched to try to leverage the crisis of the coronavirus pandemic into an opportunity for human renewal and increase our resilience to future challenges. This new form of real-life competency education delivered in TED Talk-style presentations, moderated dialogues, working groups, blogs, ongoing conversations, group discussions and other interactions provides participants a wide scope of possibilities and activities for working together for global solutions.

Economics Story

If British economist Kate Raworth writes a follow-up to her bestselling book *Donut Economics: Seven Ways to Think Like a 21st Century Economist*, she'll certainly add a case study of her consulting work in Amsterdam, where her donut model is now embraced as the starting point for public policy decisions. Amsterdam is the world's first city to make a commitment to Raworth's concepts: "Out with the global attachment to economic growth and laws of supply and demand, and in with ... what it means for countries, cities and people to thrive in balance with the planet," as reported in *The Guardian*. The simple central premise of Raworth's alternative to growth economics is that the goal of economic activity should be to meet the core needs of all within the means of the planet.

Interconnectedness

Author Robert Atkinson's contribution to the new story is his understanding of the underlying unity in all religions and all humanity, expressed throughout his book *The*

Story of Our Time: From Duality to Interconnectedness to Oneness. “Nature is an embodiment of the divine, and the whole Earth is sacred. Its vast resources are our common heritage entrusted to us,” he says. “Humanity is one family. Having passed through the stage of childhood, humanity is now struggling to leave behind its adolescent ways while taking on new patterns of thought and action in approaching its maturity. Accepting the oneness of humanity as a biological fact, a social necessity and a spiritual reality will lead us further along our journey toward lasting peace.”

Atkinson believes global harmony is inevitable when we exercise our obligation to independently investigate reality and stop blindly and uncritically following various traditions, movements and opinions. He says, “I consider this as one of the main sources of world conflict.”

Undivided Wholeness

In a world engulfed by fragmentation, the film *Infinite Potential: The Life & Ideas of David Bohm* is a healing balm with the potential to overturn our ideas about the world and ourselves. “The core work of David Bohm, considered one of the most significant theoretical physicists of the 20th century, is our essential interconnectedness and undivided wholeness from which we get a sense of our own interconnectivity,” says producer and director Paul Howard. “This realization makes it logical to start taking better care of ourselves, each other and planet Earth.”

Howard notes, “David was interested in the nature of thought and consciousness. Realizing that he wanted to develop full expression of his interests, he explored wider domains and investigated different worldviews with sages, philosophers and spiritual leaders such as the Dalai Lama, who called David his ‘science guru.’ A lifelong concern with social and political change led him to develop the Bohm Dialogue, a form of communication aiming to break through our collective modes of habitual thought. He also spent time with indigenous people, searching

for a new form of language in which to express his ideas in a more process-oriented way.”

Indigenous Wisdom

While the early church developed and grew in numbers by assimilating the wisdom of the world about it, including paganism, it neglected to assimilate the intuitive ways in that indigenous people knew the natural world, how it functioned and how intimately they were integrated with it.

Tribes around the globe have ancient extinction stories that foretold the crises we are collectively experiencing, as well as potential outcomes and possible solutions. In *Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change*, Sherri Mitchell (Weh’na Ha’mu Kwasset) tells the story of the Mohawk Seventh Generation Prophecy. “The Onkwehonwe, or real people, rise up and demand their wisdom and way of life be respected and that the natural way of the Earth and way of life be fully restored. Teachings on the indigenous way of life are being sought after, and all that remains is that we work together to restore the Earth to a state of balance and good health,” she says.

Medicine and Community

Thousands of people are gathering in online intentional communities associated with personal growth, healing and spiritual awakening. Jennifer Phelps, M.D., owner and director of Phelps MD Integrative Medicine, in Redding, Connecticut, practices mind-body medicine and is a faculty member of the Center for Mind-Body Medicine, in Washington, D.C. A trained facilitator of small groups, she has been teaching trauma and stress healing via Zoom calls during the pandemic.

Initially, Phelps was concerned about how the levels of intimacy, trust and vulnerability necessary for individuals to develop a sense of cohesiveness and bonding could be formed via computer screens. By using the center’s model of self-care, self-awareness and mutual support that has its roots in indigenous

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culture, she felt her concern dissipate as group members began to bond quickly. “Our guidelines call for no cross-talking and no interrupting. Confidentiality is sacred. I’m a facilitator and a participant, which most models don’t allow,” says Phelps. She speculates that the success of online bonding might be due to participants feeling safer in their homes with a little extra anonymity, noting, “Not being face-to-face seems to allow people to share more freely. These weird times are creating a commonality and a sense of community connection.”

Conscious Choice

Leah Lamb, a sacred storyteller in Topanga, California, defines her role as a seer far beyond the present moment. In Lamb’s online classes with her storytelling community, she loves sharing quotes by other storytellers such as Rebecca Solnit, “We think we tell stories; but stories often tell us ... Too often stories saddle us, and they ride us and whip us onward and tell us what to do and we do it without questioning. The task of learning to be free is to learn to hear them; to question them, to pause and hear silence, to name them and then become a storyteller of your own story.”

“In our role of storyteller, we can’t be without understanding that we tell stories about how we are in the world as much as stories tell us how to be in world. Identify and notice your stories, then understand how they are running you, so you can consciously choose your place in them,” advises Lamb, who encourages her students to discover the genius of their own calling.

These are only some chapters in the new story that calls for each of us to be aware of the stories we live by, as well as those we tell ourselves and others. It also begs us to ask what is our role in the new story.

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at LindaSechrist.com.

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PAY WHERE WE PLAY

Boosting the Hometown Economy

by Sandra Yeyati

A message we hear throughout the year, but especially during the holidays, is, “Buy local.” The idea is to purchase from locally owned and operated businesses. Facing competition from big chains like Walmart or internet companies like Amazon, they need our support. But it’s not just a nice thing to do; consumers that buy local help build robust hometown economies with a long list of impressive benefits.

“About three dozen studies have found that two to four times more money stays in the economy for every dollar spent in a locally owned business rather than a nonlocal one,” says economist Michael Shuman, author of *The Small-Mart Revolution*, *Put Your Money Where Your Life Is* and *The Local Economy Solution*. “What’s more, the community enjoys a multiplier effect, generating two to four times more job opportunities, two to four times more income and two to four times greater tax collections. If your interest is in reducing poverty and raising social equality, locally owned businesses are your ticket to doing so.”

According to Shuman, cities that rely on just one or two large companies to drive their economies are far less self-reliant and less resilient than towns that support a diversified base of smaller, locally owned businesses. “The more you have control over your economy, the less likely you’re going to be hurt if one big company splits for Mexico,” he explains.

Cities that have many thriving local businesses enjoy other benefits, too. “We know from political science studies that they have higher rates of voting participation and vol-

unteering,” Shuman says. “Sociology studies show lower crime and greater degrees of social organization and civil society. Health studies reveal that local business communities replace a lot of unhealthy, imported food with healthier, fresher, less-packaged food that lowers rates of diabetes and obesity. Unique local businesses attract tourists. And because they shorten the lines of distribution and supply, we know they bring down carbon footprint.”

Phoenix business leader Kimber Lanning, who opened a record store in 1987 and an art gallery in 1999, has witnessed firsthand the transformative power of local commerce. “Doing business with people we know heightens our connection to place, and when we care about place, we’re more likely to vote, volunteer and give charitably.”

In 2003, Lanning founded the nonprofit Local First Arizona (LFA) to help local businesses thrive and eventually eliminate city, state and federal subsidies that multinational companies were receiving. “Big chains move in, claiming they’re going to drive so much sales tax revenue that the city should pay them to be there,” she explains. “Cabela’s [the outfitter chain] got a \$68 million subsidy from Glendale to open one retail location. These sweetheart deals extract money out of the community that could have been spent on parks, libraries and fire departments, but instead goes to shareholders living elsewhere.” Responding to political pressure by LFA and others, Arizona passed a law banning these subsidies five years ago—a major victory—leveling the playing field for smaller businesses, according to Lanning.

As the author of 13 destination guidebooks, Florida-based travel journalist Karen T. Bartlett helps people discover the often-hidden flavors and experiences unique to their own region, meeting neighbors and supporting the local economy along the way. “From kayak adventures and foodie tours to community theater productions and galleries featuring local artists, fun and meaningful ways to enjoy the distinctive offerings of home abound,” she says.

“Think local first,” Lanning says. “Spend your money with people you know in your

community—from haircuts to oil changes. Use a local pharmacy. Go to the farmers' market and move your money to community banks and credit unions."

"For people to get excited about the purchase of a five-dollar hammer and not pay attention to where they have their mortgage is utterly irrational. Rank [in] order your business expenditures, which starts with your home, then probably goes to your car and then health care, and think about ways of localizing those things, rather than every grocery item," Shuman advises.

"Usually, you find cheaper, better-quality goods and services, or at the very least, comparable options," he says, adding that even if a purchase is slightly more expensive or a bit less convenient, favoring the neighborhood vendor is always going to benefit the local economy.

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

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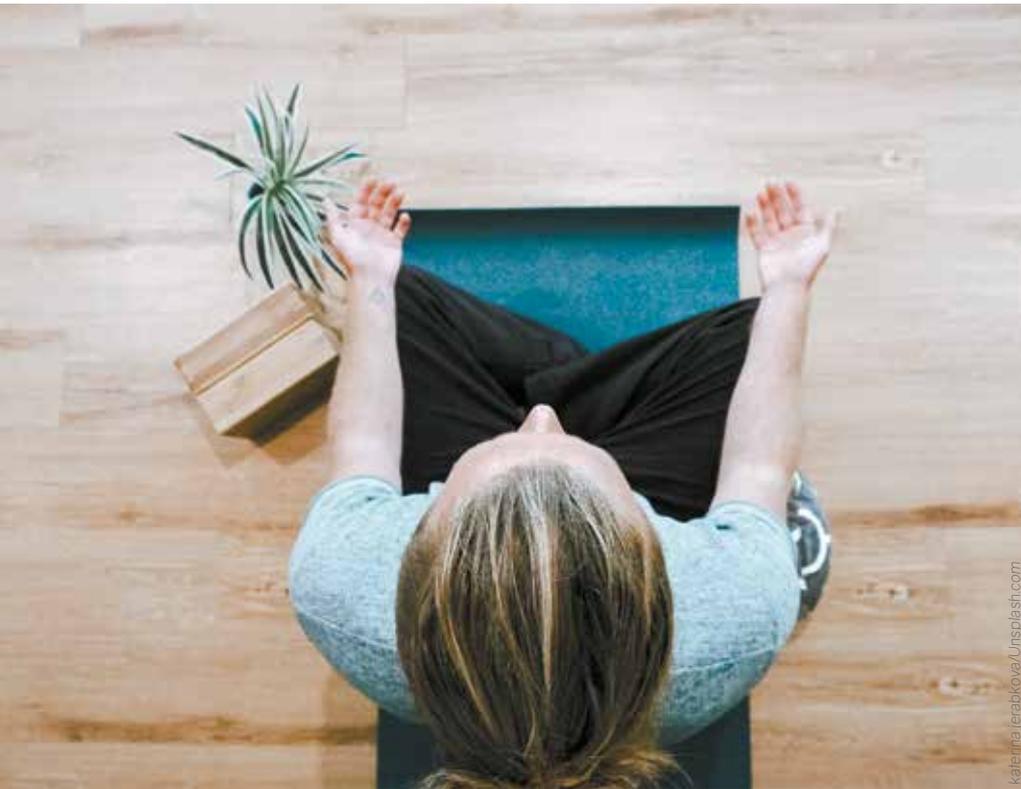
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Mind-Body Fitness

How Mindfulness Benefits Workouts

by Marlaina Donato

When mindfulness approaches are applied to fitness training—which can be as simple as breathing consciously and tuning into subtle body sensations—the results can be fewer injuries, improved immunity, a lowered stress response, a brighter mood and a deeper commitment to staying fit. Being in the present moment can also spark enjoyment.

Research shows that mindfulness training can also significantly raise self-esteem, and women that cultivate meditative self-compassion experience a boost in acceptance of and satisfaction with their bodies.

“In nature, the bigger the eye of the storm, the more powerful the winds, suggesting that our workout potential and enjoyment is dependent not on how hard we push, but how calm and self-aware we can be,” says John Douillard, DC, author of *Body, Mind, and Sport* and the founder of LifeSpa, in Boulder, Colorado. “Slowing down and being aware of the body allows the mind to attend to muscles, which can

increase blood supply, lymph drainage and replace a potentially damaging fight-or-flight response during a workout with a rejuvenating parasympathetic response.”

Tapping into Contentment

Mindful fitness instructor Ellen Barrett, in Washington Depot, Connecticut, offers clients a full-body experience with a fusion of movement forms and weight training. “We think mindfulness is some sort of yoga thing, but everything can become mindful. Jumping jacks and biceps curls can be mindful. It’s not the movement, but the awareness behind the movement. Mindfulness is about being present.”

Adding in balance training, tai chi and Pilates, and swapping a bit less time on the treadmill for a few moments of meditation or visualizing positive results can go a long way, say fitness experts. Debbie Rosas, founder and co-creator of Nia—a body-mind conditioning program anchored in martial arts and modern dance—underscores the importance of listening to cues. “Notice any areas that feel tight, blocked, rigid and bound. This wisdom through felt sense and awareness will immediately alert you to stop, adjust and slow down.”

The Portland-based co-author of *The Nia Technique* points to the fun factor. “I believe

that when you stop exercising and start moving, anything you do can bring you enjoyment. Do things that leave you feeling successful and motivated to do them again.”



Breath as a Compass

Practicing conscious breathing fortifies the positive impact of exercise and can prevent injuries like hernias that can arise when the breath is held during heavy lifting. “One of the most

powerful tools for mindfulness during a workout is following your breath. Mindfulness is the key, but it's hard to be mindful when you're breathing 26,000 times a day into the upper chest, activating a fight-or-flight response," says Douillard.

Breathing through the nose instead of the mouth during exercise bolsters mindfulness, and as Douillard has demonstrated in studies, causes brain waves to shift from stressed beta waves to a meditative alpha state. "It takes longer to fully inhale and exhale during nose breathing, which creates a baseline of calm," she says. "Don't rush. Be aware of the body breathing and feel each muscle contracting and relaxing with each rep and stretch."

Chicago-based fitness expert Stephanie Mansour, host of the PBS weekly *Step it Up with Steph* show, concurs. "Sync your breath with your movement. Mindfully transition from exercise to exercise." Mansour also suggests working out next to a mirror to improve alignment and avoiding the distraction that can come with having a workout buddy. "Another trick to improve form is to put on headphones and zone out by listening to white noise so that you have no distraction," she says.

Exercising with deep body-presence is something we do for ourselves. "If you're really paying attention, you can steer yourself towards invigoration and away from irritation. The body is always providing feedback, but we're often too 'out of body' to notice. Giving full attention to your body is a big gift of self-love," says Barrett.

"Breathe. Move. Be free," adds Mansour. "This is your dedicated 'me' time and you can use it to feel good about yourself."

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.

Live simply and share time, energy and material resources with those who are in need.

~Thich Nhat Hanh

More Helpful Tips

Body scan from Ellen Barrett:

Establish a body scan ritual before working out. Either sitting or standing, close your eyes and take a second or two to focus on each part of the body with your mind's eye. Start with the feet and then move up to the ankles, legs, spine, etc.

Nasal breathing from John Douillard:

Establish a comfortable, slow, nasal breathing rhythm in the beginning of your workout and try to maintain that throughout your practice. Give it time. It will take about three weeks of nose breathing practice to begin to run at the same pace or lift the same weight as you did before as a fight-or-flight mouth breather.

To begin: Breathe deeply in and out through the nose with each rep on the weight machine and lengthen your nasal breathing during cardio [workouts]. As soon as your nasal breath rhythm begins to speed up or you have to open your mouth to breathe, slow down and reestablish a comfortable rhythm of nasal breathing again. Once the mindful calm has been reset, begin to increase your intensity, letting the nose breathing set the pace.

Breathing tip from Stephanie Mansour:

Inhale on the easier movement and exhale on the more challenging movement. For example, inhale as you bend down into a squat and exhale as you press up to standing.

Pull your belly button in toward your spine in all workouts. Engage your core whether you're working your legs, arms, back or chest.

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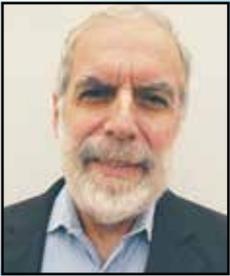
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Holiday Gift-Giving Recipes

Lentil Brown Rice Soup

YIELD: 6 SERVINGS

If presenting the soup mix as a gift, layer dry ingredients in a Mason jar and print recipe to attach to the jar.

1 cup green or brown lentils
½ cup uncooked brown rice
½ cup green split peas
1 Tbsp Italian seasoning
1 Tbsp dried parsley
1 Tbsp garlic powder
½ tsp ground black pepper
2 large vegetable bouillon cubes
(1 cube should be equivalent to 1 Tbsp of granulated bouillon)
8 cups water

Optional:

1 medium yellow onion, diced
1 Tbsp canola oil
1 can (14.5 oz) diced tomatoes, no salt added

Optional: Sauté onion in oil in a large stock pot over high heat for 3 minutes. Add can of diced tomatoes.

Add dry soup ingredients and 8 cups of water to the same large stock pot (unless starting with this step). Bring the mixture to a boil over high heat. Lower the heat and simmer for 40 minutes, covered with a lid. Taste and adjust seasonings if necessary. Serve with crusty

bread and parmesan cheese, if desired.

Store any leftovers in the fridge for up to 4 days or freeze for up to 4 months.

Recipe from Mackenzie Burgess, Cheerful Choices.



Christmas Cocoa Crunch Bark

YIELD: 30 PIECES

½ cup 100% cocoa powder, unsweetened
½ cup coconut oil, melted
2 Tbsp raw quinoa
2 Tbsp maple syrup
¼ tsp stevia
¼ cup dried cranberries
¼ cup pistachios, roughly chopped
2 Tbsp candied orange, diced in small pieces
½ tsp pink Himalayan salt
2 Tbsp white chocolate, melted (optional)

Toast raw quinoa over medium-high heat until slightly browned and nutty aroma.

In a small bowl, mix together cocoa powder and melted coconut oil. Stir in toasted quinoa, maple syrup and stevia.

Pour mixture onto a plate or sheet pan lined with parchment paper or wax paper. Sprinkle pistachios, dried cranberries, candied oranges and salt over the melted chocolate mixture. Drizzle white chocolate over the top and use a toothpick to create swirl effect if desired.

Freeze for 1 hour. Break into pieces and enjoy. Store leftovers in freezer for up to 3 months.

Recipe from Mackenzie Burgess, Cheerful Choices.



Energy Bites

YIELD: 12 LARGE BITES OR 24 SMALL BITES

These energy bites are the perfect snack to grab and go. They're completely customizable and take 5 minutes or less to make. It's easy to create festive, colored bites for the holidays. Simply add one-quarter cup of oats into a bowl with 15-30 drops of food coloring and give it a stir. Then, simply roll your finished balls in the food-colored oats.

1 cup rolled oats or quick oats

½ cup add-ins (dried fruit, chocolate chips, shredded coconut, chia seeds, ground flaxseed, chopped nuts or a mixture)

½ cup nut or seed butter (peanut butter, almond butter, cashew butter, sun butter)

1 Tbsp liquid (plant-based milk, dairy milk, water, coconut oil)

2-3 Tbsp honey or maple syrup

Add oats, add-ins, nut or seed butter, and liquid to a large bowl. Stir to combine. Mixture should be slightly sticky, but still crumbly.

Add in honey or maple syrup, 1 tablespoon at a time, to reach desired sweetness. Stir until mixture starts to come together in a sticky ball. If the mixture is still too dry, add in 1-2 more tablespoons of liquid.

Place bowl in the freezer for at least 30 minutes to chill, then roll mixture into balls using hands.

Store in the fridge until ready to eat or pack into a jar for a gift. Store any leftovers in fridge for up to 1 week or the freezer for up to 3 months.

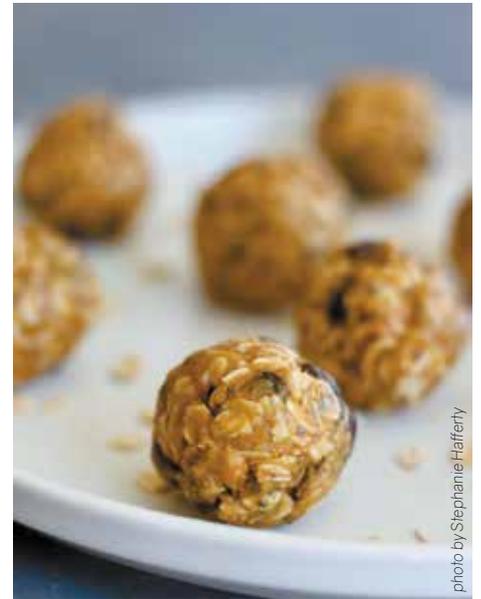


photo by Stephanie Hafferty



photo by Stephanie Hafferty

Rosemary-Infused Vinegar

This fragrant, versatile vinegar makes a delightful holiday gift that can be enjoyed for months. Rosemary vinegar is delicious in salad dressings, sprinkled on vegetables (it is especially good on Brussels sprouts, cabbage and other brassicas) or added to sauces and homemade mayonnaise. It is also an excellent natural cleaner.

Fresh sprigs rosemary

Light vinegar (organic apple cider vinegar or white wine vinegar)

Clean bottles

Labels

Wash the bottles and lids until they sparkle and then dry them thoroughly. Shake the rosemary sprigs to dislodge any dirt or insects if taken from the garden, then rinse and air dry.

Cut the rosemary so that it is two inches shorter than the bottle. This is so that all of the herb will be submerged in the vinegar. Place two sprigs of rosemary into each bottle.

Cover with vinegar until the bottle is almost full and replace the lid.

Label creatively; a small sprig of dried rosemary tied to the outside of the bottle is a nice touch.

The vinegar will store for a long time in the refrigerator. When using in the kitchen, the level of vinegar will fall below the sprigs. When this happens, remove the rosemary—the vinegar will still taste of the herb. Use up any vinegar past its best as a bathroom cleaner.

Recipes courtesy of Stephanie Hafferty.

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

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calendar of events

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

TUESDAY, DECEMBER 1 -

THURSDAY, DECEMBER 24

Photos with Santa at Paramus Park – Dec 1-24. Mon-Sat, 11am-7pm; Dec 24, 9am-5pm. If you're looking for a fun and festive way to celebrate the holiday season, you're in luck. They are offering professional photos with Santa in the South Court at Paramus Park. Face coverings for you and Santa may be required during your contactless visit based on current state regulations; visit the Safety Measures page. Reservations are required, so secure your spot today: ParamusPark.com/En/Events/Photos-With-Santa-34993.html.

TUESDAY, DECEMBER 1

Playing with Pendulums: Online class with Lois – 7-9pm. Pendulums have been used for dowsing and accessing intuition for hundreds of years. Learn how to set your pendulum to access information. Find out what to do when you do not have your favorite pendulum on hand. Have your pendulum, or a tea bag on a string with a quarter taped to each side of the teabag, ready for practice to clear your space, clear yourself and clear others. Zoom link emailed from Conscious Design Institute prior to class. Lois@loiskramerperez.com. Register: [Lois Kramer Perez.com/My-Events/](http://LoisKramerPerez.com/My-Events/).

WEDNESDAYS, DECEMBER 2-30

Chair Yoga – Wed through Dec. 11am-12pm. class designed for those who need to move their body during this pandemic time. Alyse will guide you to open your joints, stretch your body, and warm your core. Each movement is expertly guided for participants' maximum benefit as per your condition. Each class includes breathing exercise, and energy meditation. \$12, \$55/5-class package. Upon registration, you receive detailed Zoom information for joining the class. Body & Brain Yoga Tai Chi Wyckoff, 525 Cedar Hill Ave, 2nd Fl, Wyckoff. 201-444-6020. BodyNBrain.com/Wyckoff. Register: [Sites.Google.Com/BodyNBrain.com/Chair-Yoga-With-Alyse-Wyckoff/Home](https://sites.google.com/bodynbrain.com/chair-yoga-with-alyse-wyckoff/home).

SATURDAY, DECEMBER 5

Holiday Model Train Exhibit – Dec 5, 6, 12, 13, 19, 20. 1-6pm. The New York Society of Model Engineers is opening its doors to visitors for the holiday season. Both layouts, and the Thomas exhibit, will be operating. The show will also feature a candy train and an ice cream train. The souvenir shop will be open for purchase of videos, books, trains and railroad related items. \$7, \$1/children, free/under 5. The New York Society of Model Engineers, 341 Hoboken Rd, Carlstadt.

TUESDAY, DECEMBER 8

Advanced Dowsing: Playing with Pendulums – 7-9pm. Dowsing is a tool for finding hidden things. Dowsing has been a divination tool for hundreds of years: finding water, finding people, finding energy fields. In this online class, you will learn about such tools used for dowsing as the pendulum and L rods. Practice using the pendulum to receive specific information. Practice using your pendulum to clear yourself, your chakras. Some pendulum experience

beneficial. Have your favorite pendulum or a tea bag on a string with a quarter taped to each side of the teabag. Zoom link emailed from Conscious Design Institute prior to class. Lois@loiskramerperez.com. Register: [Lois Kramer Perez.com/My-Events/](http://LoisKramerPerez.com/My-Events/).

SATURDAY, DECEMBER 12

What Is Water Up, Fire Down: livestream webinar – 1-5pm. The subtle energy in our bodies has long been recognized by traditional Asian medicine. When we are healthy, bright, pure energy flows freely according to the laws of nature. *Water Up, Fire Down* is a law of energy flow that's the foundation of the energy balance in our body. In this livestream webinar, discover how to use this energy principle for your optimal health. \$195. Body & Brain Yoga Tai Chi Wyckoff, 525 Cedar Hill Ave, 2nd Fl, Wyckoff. 201-444-6020. BodyNBrain.com/Wyckoff. Register: [Bit.ly/WaterUpFireDnNJ](https://bit.ly/WaterUpFireDnNJ)

MONDAY, DECEMBER 14

Reiki 1 Training – Class includes lecture, discussion and practice as well as an attunement which connects the student to the Reiki source. Students will learn the introduction and history of Reiki, hand positions, Japanese Reiki techniques and treatment on self and others. Led by Reiki Master Lisa LaCava. Monday, 9 am - 4 pm at Salt of the Earth, Center for Healing 811 Chestnut Ridge Rd., Chestnut Ridge, NY 10977. Cost \$225; Deposit \$100; Maximum of 4 students. Call 845-290-0678 to register.

THURSDAY, DECEMBER 17

Joyful Meditation Circle: Online with Lois Kramer-Perez – 7-8pm. Going deep into gratitude and joy with neuro-transformational meditation. You are ready to release stress & take control. Through breathing, visualization and guidance, even the most active minds are surprised to find ease by clearing the self, using these simple personal clearing techniques. No experience required. Registrants will receive the zoom link from Lois 6:30pm on class day. Lois@loiskramerperez.com. Register: [Lois Kramer Perez.com/My-Events/](http://LoisKramerPerez.com/My-Events/).

classifieds

Fee for classifieds is \$33 (up to 40 words) + \$1 per word over 40 words, prepaid. To place listing, email content to Publisher@NaturalAwakeningsNNJ.com or Call 201-781-5577. Deadline is the 10th of the month.

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

STRINGS OF SERENITY

Elana Lehrer
337 Market St, Saddlebrook, NJ 07663
551-206-6085
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Elana is a violinist, sound healer and a certified reiki master. She has been healing people through sound for more than 25 years. Originally trained as a musician, her interest in healing was sparked by the observation that playing and teaching violin

helped with her own health challenges. She is passionate about helping others on their journey towards wellness. Sessions are tailored to each person's goals and focused on deep relaxation and well-being. *See ad, page 19.*

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techniques that help clients sharpen their awareness, clarity and empowerment through *feng shui*, personal meditative clearing, and environmental space clearing. Each of these services can provide anchors for creating change from the inside out. *Let's get started! See ad, page 23.*

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vitamins, minerals, herbal medicine and nutrition to replenish the body of what it is lacking and alleviate current symptoms. During consultations, Dr. Humaira teaches her clients on how the body is supposed to function and what happens when it is out of balance. In this way, she seeks to educate her clients on prevention and improved quality of life. *See ad, page 8.*

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Natural Foods Chef & Holistic Health Coach
201-889-5001
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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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Our *Natural Awakenings* team in Northern New Jersey is honored to be part this strong community and cannot show enough gratitude to all the businesses and area leaders that support us. We are thankful to our readers who have found us in both the print and digital worlds for supporting local businesses that help them making safe and healthy choices. We wish all our readers and sponsors a safe, healthy and strong holiday!

Anil Singh,
Owner/Publisher

As the founder and CEO of *Natural Awakenings* Publishing Corp. I hope that our efforts here in the home office to our 50 plus *Natural Awakenings* publishers has uplifted and benefitted your life in special ways during 2020. As we embrace the new year let's hold the vision of living in a world where vibrant health and well-being is available to all living things. By working together all things are possible.

Sharon Bruckman

It is taught in many belief systems that we find meaning in life by improving the lot of others. It is one definition of love. I am very thankful that through my decades of teaching and practicing nutrition that so many clients and students have thanked me for making such a positive difference in their health and their lives.

I thank them back for the opportunity of bringing to my life so much meaning through knowing and teaching them how to take care of their own health. We have all become richer in spirit through the process.

I am grateful!

Dian Freeman, Dian's
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Whatever is beautiful.
Whatever is meaningful.
Whatever is safe. Whatever is healthy. Whatever brings you happiness. May it be yours this holiday season and throughout the coming year.

Thomas Masloski,
editor

Big thank you to all *Natural Awakenings* readers for being loyal to the magazine and I wish you all a healthy, happy and successful New Year 2021 with lots of self-respect, self-love and self-awareness.

Iva Sebestyan, Flora's
Cottage Spa

The *Natural Awakenings* family of publications provides a clear alternative to other, corporate-driven publications. We truly care about our readers and believe it is actually possible to live a healthy, sustainable and happy life in the 21st century.

Martin Miron,
editor

From our Northern NJ *Natural Awakenings* Wellness Ambassador ...Wishing the beautiful *Natural Awakenings* community my warmest thoughts and best wishes for a happy and healthy holiday season! It's been a great joy to connect with you this year. May peace, love, and wellness follow you all!

Gilly, Gilly's Organics

"Our hearts go out to the many who faced much uncertainty this year, and who still found time to care for others... and themselves.
In gratitude,
Dr. Pucci & Team

"I'm wishing you a very Happy Thanksgiving! I myself am extremely grateful for my family, friends and clients. I'm grateful to the magic that nature stirs up within me and oh so grateful for the many little moments of joy that come into my life each and every day. I'm sending you so much Love & Lights this holiday season."
Linda Armstrong, Energy Healer and Life Coach.

Happy Holidays from Dr. Warren Slaten and the Regenerative Healing Center. May you have a year of good health!

Warren Slaten, M.D.

Hello, Avid readers of *Natural Awakenings*! I want to thank you for reading this magazine and gaining insight on health and wellness. Remember, you hold the power to your health and I am glad you trust us to help you through your health journey.

Thank you, once again.
Dr Humaira Qurarishi,
Naturopathic Doctor and Nutritionist

Sending you good "chi" energy with gratitude for being part of our community. Together we create peace, together we make a difference.
Namaste.

Lois Kramer-Perez, C.Ht.
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Our Sincere Wishes for your Happy and Healthy Holidays from
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