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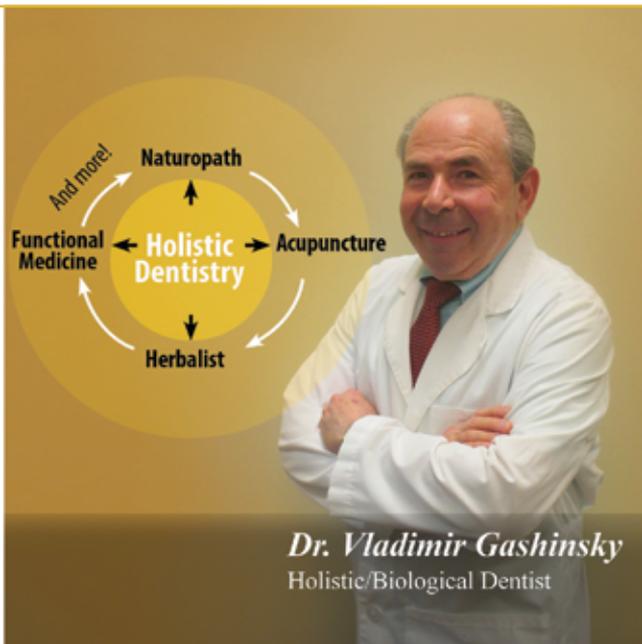
natural awakenings

SUSTAINABLE LIVING ISSUE

WAYS TO DETOXYFY YOUR HOME

CLIMATE CHANGE AND OUR HEALTH





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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- Heart health and cardiovascular risk
- Headache and joint pain

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Natural Awakenings publisher
Anil Singh and his wife Vartika

Spring Has Sprung

Hope you all are safe and doing well. It's been a year now that we have adopted a new way of life! I remember coordinating with some of the Earth Day events when suddenly things changed. Events were cancelled. We had the April 2020 issue printed, but could not distribute on time because of lockdown. We all thought it will be few weeks or may be couple of months for life to return back to normal. With the advent of vaccines, that spirit has returned.

Generally this time of the year, we experience winter fatigue, but now we have spawned a new subset of fatigue conditions: social media fatigue, news fatigue, troll fatigue, digital exhaustion and on top of it all, Zoom fatigue. Whether this tiredness is a post-COVID-19 symptom or just depletion from the day-to-day rigors of life, most of us could use a sustainable energy boost.

Spring brings us brighter and warmer days. This year, it also brings the warmth of hope to local businesses as lockdown restrictions ease. I know we all are planning to do our best to get things back on track.

During this month of Earth Day, readers can enjoy insights into sustainable living and climate change, and how we can contribute in little ways. For fitness enthusiast, we have a very interesting article, "Eco-Athletes" (page18). We all can get ready and healthy to enjoy spring and summer using some valuable detox tips found on page 20.

Find more health and wellness resources for your body, mind and soul—the outer body and inner, spiritual well-being—in Natural Awakenings magazine and online on Facebook, Instagram and our website, NaturalAwakeningsNNJ.com.

Mask on and stay safe!

Please share your feedback and thoughts at Publisher@NaturalAwakeningsNNJ.com.

Anil Singh, Publisher



Natural Awakenings is a family of nearly 70 healthy living magazines celebrating 27 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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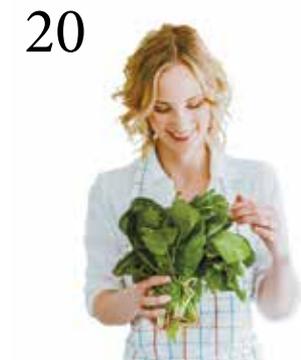
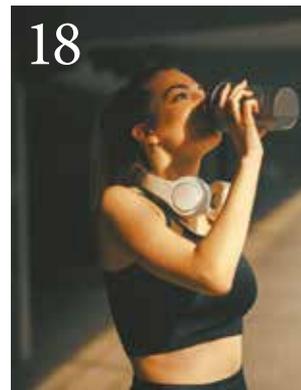
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Attaining Our Desires

Dr. Anne M. Deatly offers help and guidance in assuming the feeling of wishes fulfilled. She advises, “Consciousness does not know the difference between imagination and reality. It can only function with what it is fed. Our consciousness only acts on what we put into it.”



Dr. Anne M. Deatly

In the book, *Feeling is the Secret*, Neville Goddard explains the secret of getting what we want: “Assume the feeling of your wish fulfilled. You must imagine that you are already experiencing what you desire.”

“The laws of energy flow operate on the principle that what you put out energetically comes back to the original source. The truth is that we have been programmed by society, by parents or teachers that we aren’t good enough. We are programmed for lack and limitation That is why it is so important to think and feel at higher vibrational frequencies,” says Deatly.

For more information, call 201-925-1046 or email Anne.Deatly@gmail.com. See ad, page 21.

news briefs

Electronics Recycling and Paper Shredding

The Bergen County Utilities Authority is sponsoring an electronics and automobile tire drop-off and document shredding recycling event from 9 a.m. to 2 p.m., rain or shine, April 25, at Bergen Community College, in Paramus.

Four tires will be accepted per person, per delivery—with or without rims. Computers, televisions, modems, fax machines and more are welcome. Confidentiality of documents is insured by observing shredding onsite—limit of four bags/boxes weighing no more than 10 pounds each. Remove binder clips; paper clips and staples are acceptable. No materials will be accepted from businesses, only individuals.



Free for Bergen County residents, proof of residency required. Location: 400 Paramus Rd. For more information, call 201-807-5825 or visit bcua.org.

Playing With Pendulums Online

Lois Kramer-Perez, CHt, will conduct a class from 7 to 9 p.m., April 21, online for those curious about pendulums. She says, “Pendulums have been used for dowsing and accessing intuition for hundreds of years. You may have seen people hold a ring on a string over a pregnant woman’s belly to see if she is having a boy or a girl. Pendulums have become a very popular tool today.”



Students will learn the basics about pendulums, how to set a pendulum to access information and what to do when a favorite pendulum is not available. “In this class, practice using the pendulum to receive information and learn how to begin using your pendulum to clear your space, clear yourself and clear others,” says Kramer-Perez. No pendulum experience is required— make one by taping a quarter to each side of a teabag that has a string.

To register, call Ridgewood Community School at 201-670-2777 or email Lois@LoisKramerPerez.com. See ad, page 21.



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Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., April 24, 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 19.

Auriculotherapy Wellness Day Discounted at Saddle Brook Wellness Center

Complete Wellness Within Wellness Center is hosting an Auriculotherapy Wellness day from noon to 5pm on April 14, May 12 and June 16, in Saddle Brook. Treatments are \$40 (reg. \$60) for a limited time. Participants will learn how Earseeds can improve your overall health and try them for yourself.

There are hundreds of points on the ear that are believed to correspond with the organs in the body, as well as specific emotional and physical issues. Auriculotherapy can help with these common issues such as headaches, allergies, weight loss, pain, and even hormonal imbalances and many other issues.



Location: 337 Market St., Ste. 5, Saddle Brook. For more information or to book an appointment (required), call 973-888-9591, email Info@CompleteWellnessWithin.com or visit CompleteWellnessWithin.com. See ad, page 16.

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Timing is Everything for a Greener Lawn

Nothing is more true about lawns than the idea of “right time, right place”! A little planning and timely action will make the lawn healthy, lush and green for the whole year. A timely and well-fed lawn is always in the pink of health, with a more vital and resilient root system to resist heat, drought and foot traffic.

Early Spring

Take a good look at the lawn once the snow has melted and temperature gets into the mid-40s. The lawn has endured the winter frost and now needs nourishment and caring. The most important time is in the early spring—with good nourishment, we can have a green lawn and surely prevent a crabgrass attack.

Dethatch and Aerate

Rid the lawn of dead grass, leaves, branches, twigs and any other debris. Dethatch to open it up and get the air circulating around the base of the grass. Its optional, but aeration helps compacted soils (often clay-heavy) to allow oxygen, water and nutrients to penetrate the topsoil and reach the root zone. The majority of lawns don't need aeration, but it will be beneficial.

Test the Soil

Also optional, but a good indicator of the lawn's condition. Test the soil lawn to see what nutrients are required and choose a fertilizer to apply. A good soil test kit will test for nitrogen, phosphorus and potassium (NPK), as well as acidity (pH) levels.

Spring Preemergent

This is the most important application of the year. Apply before temperatures reach the mid-to-high 50s, which is when crabgrass and other weeds seed start to

germinate. Choose a preemergent with the active ingredient prodiamine. Preemergents applied to lawns will prevent weed seeds from growing roots and shoots. A timely and effective preemergent weed control application targets the most damaging summer annual weeds. A few weeks delay will limit the options and make it expensive to get rid of these weeds.

Mowing

Mow the grass high, about three to four inches in the spring and early summer to ensure that the roots reach deep and the soil stays moist to reduce the need for watering.

Spring

Generally, spring activity will occur about six to eight weeks after applying early spring feedings.

Seed to Prevent Weeds

Fill in the lawn. Patching bare spots and overseeding will help prevent weed growth and yield a thick, full lawn. Tall fescue grass should be overseeded once a year. Other cool-season grasses are more flexible, but annual overseeding is a good habit to get into for a healthy lawn that crowds out weeds. Remember to wait at least two weeks before and after application of fertilizers.

Fertilizing

Choose NPK fertilizers based on a soil test or another spring application fertilizer. This application will support the growth needed to maintain lawn health in the summer. It will stimulate healthy top growth as it produces strong roots and knocks off dandelion, clover and other annoying weeds.

Grub Control

If the lawn had grub problems in the past, then this is also the time to apply a grub

preventer. Maintain a minimum three-week gap between applications.

Pest Control

Be on the lookout for pests in the summer months. Not all insects will damage the lawn, but proper identification of lawn pests such as grubs and turf caterpillars is important. Look for feeding symptoms throughout the summer. If there is unusually high feeding activity, or if the lawn begins to wilt in patches or form bare patches, call a pest control company immediately, as it could be signs of an insect infestation.

Mowing

Keep mowing high and check to ensure the blades haven't grown dull, which can harm grass and cause blade damage. Avoid mowing cool season grasses on hot days. Warm season lawns will require more frequent mowing in summer to avoid scalping. Every once in a while, leave the clippings on the lawn, as they will break down and help feed the grass.

Watering

Ensure that the grass is getting at least one inch of water per week. Water deeply to help support root growth. Plan to water the lawn once a week for about an hour to provide an inch of moisture. Measure water with a rain gauge or place a tuna can under the sprinkler system. The can is about an inch high, so once it's full, we're done watering. We can also measure the depth of the water by how easy it is to push a dowel or screw driver into the earth.

For more information, visit LawnReminders.com. See ad on page 27.



Turnabout on Fats for Healthy Weight and Heart

by Doug Pucci

Americans are waking up to a profound new reality about the health benefits of good fats. For more than 50 years, fats have been targeted by mainstream outlets as the enemy and a prime contributor to obesity and heart disease. There has been particular emphasis on reducing cholesterol by eliminating saturated fats. In response, butter was replaced with margarine skim or low-fat milk was recommended over whole milk, canola oil was glorified, and eggs were practically viewed as evil. Many Americans complied with these recommendations, but decades later, cardiovascular disease is still the number one non-viral cause of death in America.

Several scientists took delved deeper, pushing beyond the standard focus of what causes cardiovascular disease and asking why saturated fat raises blood cholesterol and whether cholesterol should be regarded as dangerous. In January 2021, their research was published in *The American Journal of Clinical Nutrition*. The answer appears obvious: saturated fats raise cholesterol and cholesterol leads to cardiovascular disease, but the research results suggest the solutions are not so cut-and-dried.

Health Benefits of Good Fats

Outdated recommendations that people should eliminate fats, particularly saturated fats, from their diets caused a dangerous dietary move to include more added sugars, carbs and processed foods. This led to a worldwide epidemic of weight gain, obesity and a multitude of illness. For years, no

differentiation was made between healthy fats and bad fats—all fats were considered equally bad and led lead to high cholesterol and heart disease. Processed industrial vegetable oils such as canola, sunflower, safflower and soybean became the recommended choices for cooking, dressings and marinades.

Healthy fats such as grass-fed butter and even beef tallow, as well as coconut, macadamia and avocado oils, not only offer a wide range of health benefits, they also stand up well to cooking with high heat levels because they are not prone to oxidative damage the way other oils are. The proven benefits derived from healthy fats are actually directly opposed to the arguments against saturated fats. These benefits, among others, include lowering bad cholesterol while increasing the good cholesterol; lowering blood pressure; lowering triglycerides; lessening the risk of stroke and heart attack; protecting against arrhythmia; preventing and regulating

mood disorders; contributing to good mental health; contributing to skin, hair, and eye health; improving blood sugar regulation; and helping with vitamin absorption.

Healthy fats also help eliminate cravings for sugars and carbs after a meal. Keep in mind that when it comes to animal fats like beef, butter, beef tallow and other dairy, there is a big difference between products derived from grain-fed animals and grass-fed animals. Some of the benefits of nutrient-rich grass-fed animal products include five times more omega-3s; twice as much conjugated linoleic acid (CLA); higher carotenoid levels (precursors to vitamin A, including beta carotene); and higher levels of antioxidants, including vitamin E.

Not All Trans Fats Are Equal

Trans fats are typically lumped into a single category of “unhealthy”, but there are two kinds of trans fats: natural and artificial. Moderate amounts of trans fats—CLAs—occur naturally in grass-fed animals, but less so in grain-fed animals. Grass-fed animals are healthier in general and are typically antibiotic- and hormone-free. These natural trans fats have been shown to lower the risk of cancer and are associated with the management and prevention of diabetes through the improvement of insulin resistance and glucose tolerance, as well as lowering the risk of heart disease.



To learn about Dr. Pucci's root cause solution to chronic health concerns, call 201-261-5430 or register at GetWell-Now.com/webinar. See ad, page 3.

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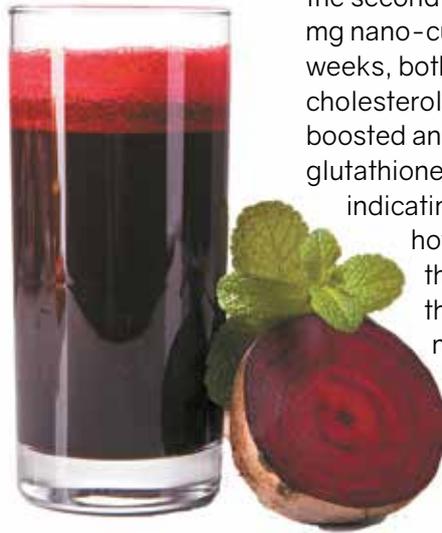


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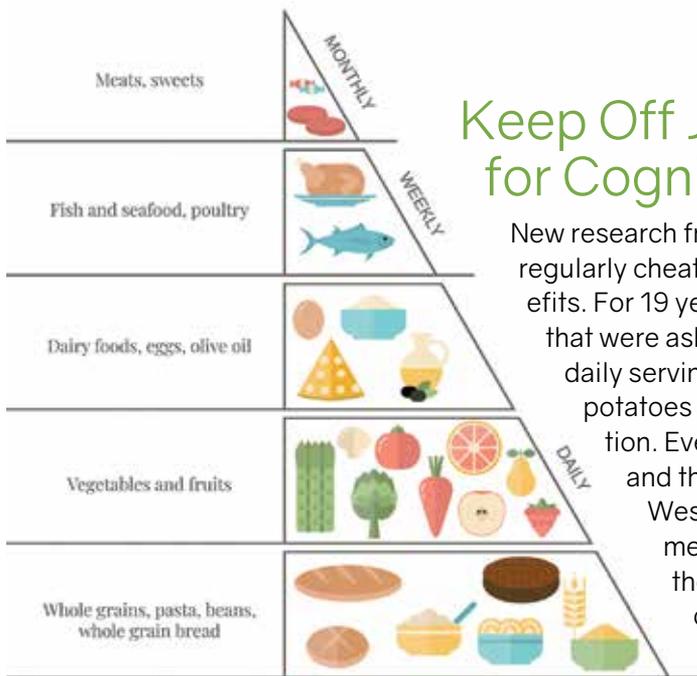
Drink Beet Juice to Lower Blood Pressure

Hypertension is a global disease that particularly affects people in low-income communities, but a new study by the UK University of Nottingham suggests that beetroot juice may be a practical solution for people with high blood pressure that have little access to diagnostic help or money for medication. Researchers divided 47 people between 50 and 70 years of age in Tanzania into three groups. For 60 days, one group drank nitrate-rich beetroot juice and folic acid; another was given nitrate-rich beetroot juice and a placebo; and the third drank nitrate-depleted beetroot juice. The researchers found that systolic blood pressure dropped by 10.8 millimeters (mm) Hg (mercury) in the nitrate-rich plus folic acid group and 6.1 mm Hg in the nitrate-rich and placebo group. Studies have shown that the high level of nitrates in beets is converted by the digestive system into nitric oxide, which relaxes and widens blood vessels.



Consider Curcumin and Nano-Curcumin for Heart Health

Iranian researchers tested 90 patients undergoing elective heart angioplasty, giving one group 500 milligrams (mg) curcumin, the second group 80 mg nano-curcumin, and the third a placebo. After eight weeks, both types of curcumin significantly improved cholesterol, triglyceride and LDL-C levels. They also boosted antioxidant levels, superoxide dismutase and glutathione, and reduced C-reactive protein levels, indicating less inflammation. The nano-curcumin, however, produced even better results in five of those indexes, leading the authors to conclude that the effects of curcumin on the nano formula may be more conducive for cardiac patients due to its high bioavailability. Nano-curcumin is made through a process that encapsulates the herb, allowing it to be metabolized better.



Keep Off Junk Foods for Cognitive Wellness

New research from Rush Medical College, in Chicago, shows that regularly cheating on a healthy diet undermines its cognitive benefits. For 19 years, researchers followed 5,001 adults over age 65 that were asked to eat the Mediterranean diet, with its emphasis on daily servings of fruit, vegetables, legumes, olive oil, fish, potatoes and unrefined cereals, plus moderate wine consumption. Every three years, their cognitive abilities were tested and their diets reviewed, including how often they ate a Western diet of fried foods, sweets, refined grains, red meat and processed meats. After almost two decades, those that adhered most faithfully to the Mediterranean diet were cognitively 5.8 years younger than those that followed it the least.

Mediterranean Diet

PART I - Brain Reflexes - What You Should Know For Your Child and Yourself

Brain Reflex Therapy, developed by Dr. Bruno Chikly, M.D., DO, LMT, is hands-on, non-invasive, fast-acting and relatively simple to apply affecting body, emotions and cognition of adults and children. When our hand touches a hot stove, we jerk it away. When the doctor taps a knee, the leg kicks forward. These automatic actions are reflexes, involuntary physical reactions to external or internal stimuli acting on our bodies. Reflexes are linked to specialized neural pathways that allow us to act upon signals before they reach the brain—meaning we can react quickly to important environmental cues without the need for conscious thought.

Nothing grabs our heart strings like a newborn wrapping their little hands around one of your giant fingers. Newborns have a unique set of primitive reflexes that help with the birthing process, early stages of development and are a crucial step in the maturation of the nervous system. Primitive reflexes are important for protection, nutrition and survival, and help the body get organized at a very deep level. As the child grows, these primitive responses become inhibitory and are replaced with higher-level reflexes like voluntary motor skills, called postural reflexes. The integration of reflexes may correlate with the acquisition of a new skill for the child.

However, if these primitive reflexes persist beyond a normal developmental timeline, typically within the first year of life, the child may fall behind developmentally.



The reflexes should have become inhibited and will stay inactive in the brain, but they don't completely disappear. If the reflexes remain active, they can inhibit development. These are called unintegrated, uninhibited or retained reflexes. When our reflexes are retained or uninhibited, our brains need to work harder to accomplish tasks that are not yet automatic.

Many children and adults have neurological disorders, learning disabilities and cognitive challenges. When tested, they often are found to have retained primitive reflexes that inhibit development and impact them physically, behaviorally, emotionally and socially with numerous dysfunctions.

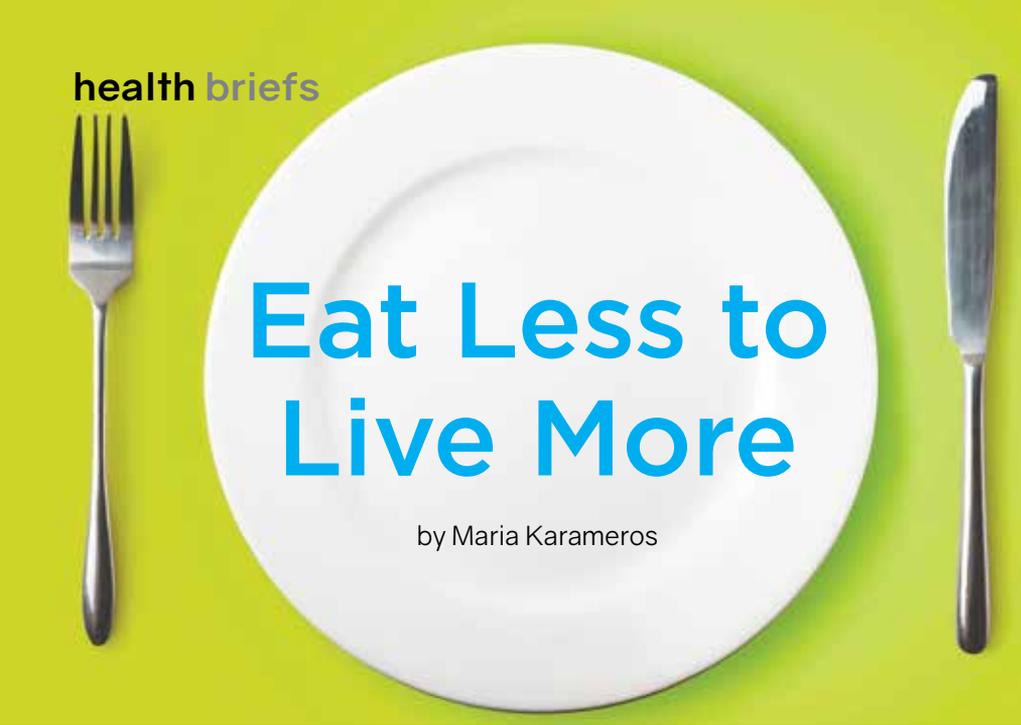
No one really knows how these reflexes get retained or uninhibited. Possible reasons could include the emotions of parents and family, birth process, toxicity, pollution, vaccinations, physical/emotional stress, diet, lack of movement or stimulation, environmental stress or head trauma. Later in life,

because these reflexes are just inhibited, great physical or emotional stress, illness or trauma may cause them to become uninhibited and cause some sort of regression. Adults can see the reoccurrence of these developmental reflexes in many pathologies, including trauma, whiplash, PTSD, Parkinson's, stroke and dementia.

The brain is extremely plastic, meaning it can change for better or for worse at almost any age. Children who have fallen behind developmentally are often able to regain lost ground, if given proper guidance, and adults can finally achieve some sense of normality.

Catherine Perman, LMBT, CMLDT, is the owner of Body Therapeutics, LLC. For more information, call 917-701-1162, email cperman@cs.com or visit iahp.com/ Catherine-Perman.





Eat Less to Live More

by Maria Karameros

Intermittent fasting (IF) is quite popular—Internet testimonials abound about how great it is for weight loss, but other benefits are often ignored. Judging by recent studies by the National Institute of Health, Johns Hopkins University and the Longevity Institute at the University of Southern California, IF shows potential to be a virtual fountain of youth.

IF is defined as routinely abstaining from intaking calories for a specific amount of time, followed by eating within various time intervals. To be effective, the fast must last long enough to deplete the liver's glycogen stores. When sugar is stored in the liver, it turns into glycogen; when there is none left, the liver allows fat to be converted into energy. This state is called ketosis. This also occurs with intense exercise, however, fasting is a much easier way to flip the switch into burning fat for fuel.

Implementing a feast-and-famine cycling to caloric intake allows the freedom to eat all foods, including carbs, rather than subsisting entirely on meats and other fats to obtain and maintain ketosis, as with ketogenic diets.

While the science behind IF fat-burning is simple, its other benefits are more complex. Most come from a cellular process called autophagy, when parts of a cell “eat” the unhealthy parts. Such cellular waste has mutated, aged or been ravaged by free radicals, and this cleaning process can result in a more youthful appearance and perhaps

a lower likelihood of cancer. When the body is not using up energy and time digesting food, it has more of both to use for other important functions.

The most convenient aspect of IF is that the time intervals are flexible. It can be practiced for a certain amount of time daily, for just a few days a week, or in the case of longer fasts—once per week. Time spent sleeping (assuming food was not consumed immediately beforehand) counts toward the hours spent on a fast. Therefore, it is easiest to begin doing IF by simply skipping breakfast.

No need to about give up that morning cup of coffee, though, it still counts as fasting if all liquids consumed are free of calories and sugar (green tea and black coffee are not fast-breakers). Many proponents claim that this method is so easy they don't want to ever go back to eating breakfast again and never looked at eating the same way. For others, it has given them control—the power of choosing when to eat instead of wavering to the habit of doing it at the times that society, or their mind, has deemed appropriate. This is another of the benefits of IF, it reduces the “hunger hormone”, ghrelin, which rises when the body expects a meal, not necessarily when it requires one, and it is often the culprit in overeating.

IF is safer than general caloric restriction because it still allows for the daily required calories to be consumed, or in the case of 24-hour long fasts, the benefits

outweigh the loss in calories. Caloric restriction, although helpful for losing weight in the short term, can be risky for health reasons such as nutritional deficiencies and muscle loss, and is tough to sustain. On the other hand, IF is easy to continue indefinitely and can help maintain lean muscle mass when performed appropriately.

Some options for IF cycles are eating with a window of 10, eight or six hours, or only eat a large dinner at the same time. The most popular seems to be the 16/8 cycle, in which there are eight hours to consume calories followed by 16 spent fasting. Glycogen stores are depleted in no less than six hours of fasting, but it takes most people 12 hours; Weight, physical activity and genetics play a role, so it may take some experimentation to find out the minimum time needed to fast effectively. For assistance, there are inexpensive urine-testing strips that detect ketones, a sign that the body has switched to ketosis.

According to a 2007 review of human and animal trials related to fasting and chronic disease in the *American Journal of Clinical Nutrition*, the metabolic and cellular changes from IF result in lower inflammation and triglyceride levels, which in turn reduces the risk of chronic disease and heart disease, respectively; and because IF increases insulin sensitivity it also can lower the risk of diabetes. As if this isn't enough reason to try IF, it can also boost immune function, which may aid allergy symptoms and those of autoimmune disorders such as lupus and rheumatoid arthritis, according to research performed on subjects fasting for Ramadan.

A Japanese researcher that won the Nobel Prize in 2016 for their work on autophagy is building upon the known evidence that IF improves brain function to support the idea of it in fighting neurological diseases like Parkinson's and Alzheimer's.

IF is likely the easiest and most affordable way to promote weight maintenance, slow aging, stave off illness even reverse some diseases. Intermittent fasting is not just the latest weight-loss fad, it can be a lifestyle.

Maria Karameros is a contributing writer to Natural Awakenings magazine.

Group Hug

Nations Band Together to Preserve One-Third of the Planet



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While human activity has transformed 75 percent of the Earth's surface and 66 percent of ocean ecosystems, the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services determined in a 2019 assessment that approximately 1 million plant and animal species are threatened with extinction, some in mere decades. In response to the crisis, more than 50 countries representing 30 percent of the world's land-based biodiversity, 25 percent of its land-based carbon sinks, 28 percent of important areas of marine biodiversity and more than 30 percent of ocean carbon sinks have united as the High Ambition Coalition for Nature and People (HAC 30x30), avowing to preserve 30 percent of the planet's land and oceans by 2030.

The group announced its goal at the One Planet Summit for Biodiversity in January, hosted by French President Emmanuel Macron, along with the World Bank and the United Nations. "We call on all nations to join us," Macron said in the video launching of the plan. Biologist E.O. Wilson has called for the "conservation moonshot" of protecting half of the land and the sea. Goals include preventing biodiversity loss, solving the climate crisis and preventing pandemics.

Freedom of Information

Access Expanded for Scientific Papers

A two-year, open-access project organized by more than 20 organizations, including Wellcome, in London, the Bill & Melinda Gates Foundation, in Seattle, and Dutch NOW—some of the world's largest research funders—began requiring in January that scholarly papers published from the work they fund be made immediately available for public reading at no charge. The initiative, Plan S, may usher in the end of journal subscriptions and allow anyone to read scientific literature. Plan S has already prompted several titles, including *Nature*, to offer open-access publishing for the first time.

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image courtesy of PlanS.org

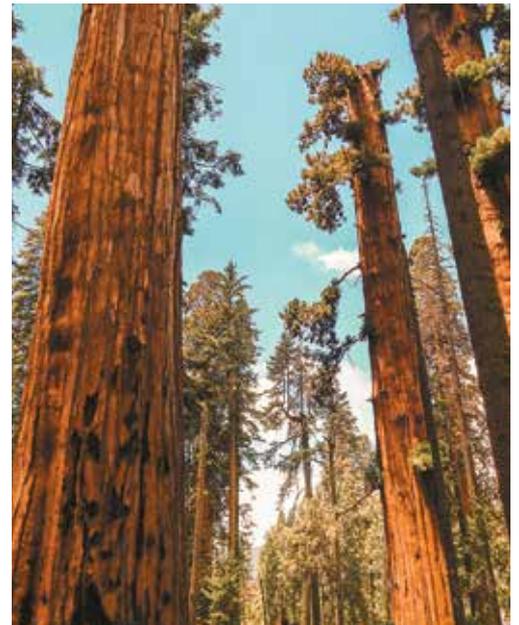
World Watchers

Deforestation Alert System Mitigates Climate Change

Deforestation, which contributes to warming the planet, is a key factor behind the 40 percent increase in atmospheric carbon dioxide since the beginning of the industrial age. According to the National Oceanic and Atmospheric Administration, the global average atmospheric carbon dioxide concentration in 2018 was 407.4 parts per million, higher than it's been in almost 1 million years. Avoiding deforestation is much better than conducting reforestation efforts after the fact, and should be a key global climate change mitigation strategy, says Jennifer Alix-Garcia, a researcher at Oregon State University.

The Global Land Analysis and Discovery System (GLAD), founded in 2016 by the University of Maryland's Department of Geographical Sciences, is based on high-resolution satellite imaging from the NASA Landsat Science program. Subscribers can access data via a free interactive web application, Global Forest Watch. So far, forest loss

has declined 18 percent in African nations where GLAD provided alerts when detecting deforestation activities. Previously, government agencies and other groups had to use reports from volunteers or forest rangers.

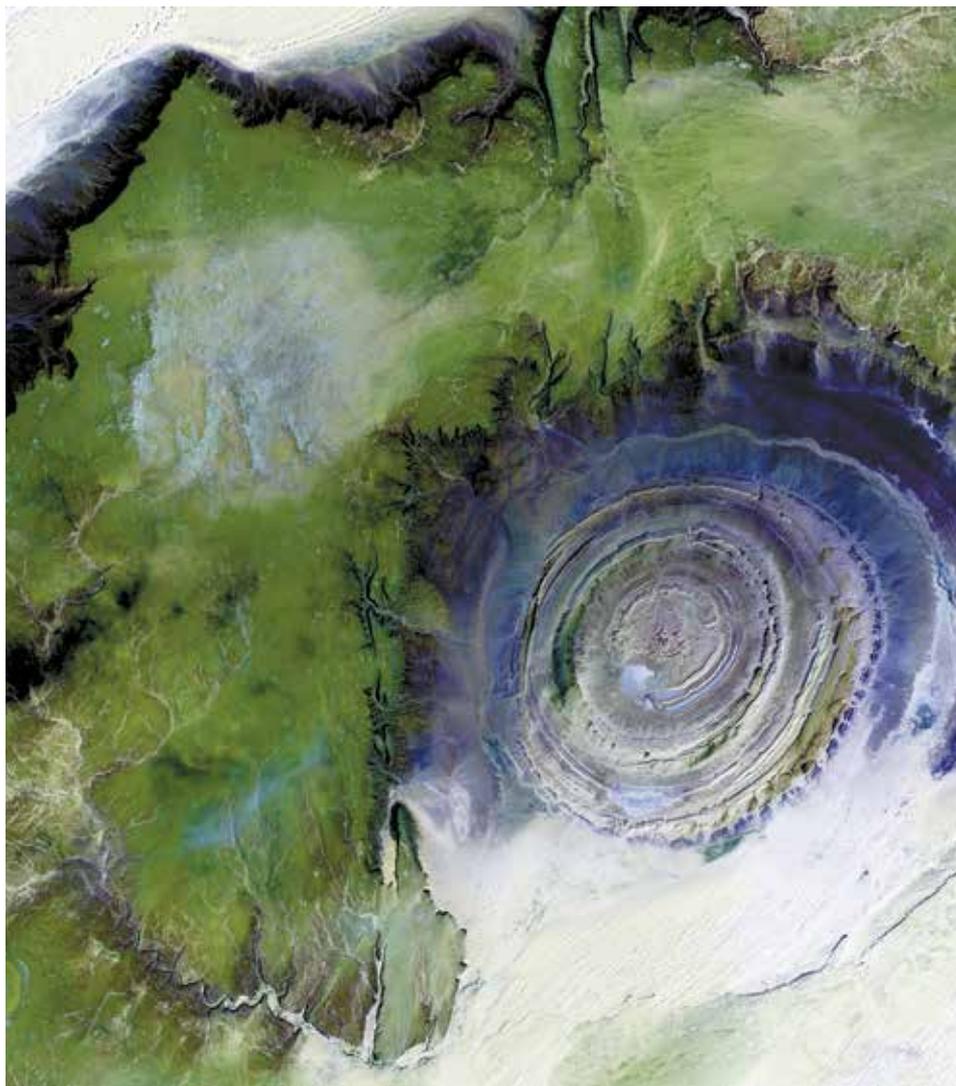


CLIMATE CHANGE AND OUR HEALTH

The Human Costs of a Warming Planet

by Sandra Yeyati

Global warming is not just threatening polar bears far away in the Arctic, and its effects are not somewhere in the distant future. With every new wildfire, hurricane and flash flood, people are understanding that the warming of the planet poses dire consequences for human health right here, right now. It's personal, and while some sectors of the population are unfairly and disproportionately impacted, we are all in harm's way.



This is no time to panic, say climate and public health advocates, but rather a moment for preparation, adaptation and mobilization. Prospects are hopeful as we tackle new realities together and evolve our conversations about climate change so we can build resilient, thriving communities. The good news is that many of the individual and policy changes we need to make are exciting opportunities for positive transformation and justice.

Health Threats in Our Midst

The warming of the planet is becoming more noticeable. “That historic two weeks anywhere in the United States where it’s the heat wave of high summer is now six weeks to two months,” says Jay Lemery, M.D., professor of emergency medicine at the University of Colorado and co-author of *Enviromedics: The Impact of Climate Change on Human Health*. “There are parts of the Middle East now where you can’t be outside and meaningfully cool your body during certain parts of the day.”

“With warming, we’re seeing drought, wildfires, hurricanes, extreme precipitation, flooding and sea level rise, all of which have health consequences,” says Surili Patel, director of the Center for Climate, Health and Equity at the American Public Health Association. “With rising temperature and heat waves, we’re seeing heat stroke, dehydration, diarrheal disease, cardiovascular distress and respiratory illnesses. Extreme weather like wildfires, hurricanes and flooding cause direct injuries, as well as vector-borne illnesses (Lyme

disease carried by ticks or dengue fever and malaria by mosquitoes), mold and harmful algal blooms that happen when it's really hot, but also show up in places that otherwise wouldn't have because of the combination of heat and flooding.”

Lemery notes that incidences of mosquito- and tick-borne diseases are moving higher in altitude and latitude, affecting historically naive populations that have not had levels of disease immunity, the infrastructure or cultural habits to protect them. “These are huge killers worldwide, and we're seeing more and more of that,” he says.

“When you have a warmer winter, spring starts earlier, trees bloom early and pollen season starts early too, and longer exposure to pollen increases your risk of having an asthma attack,” says Professor Amir Sapkota at the University of Maryland School of Public Health, adding that the Northeast is heavily impacted by this phenomenon.

“Here in Colorado, in the summer heat, we have these huge swaths of wildfire smoke hanging over Denver, and people come in to the emergency department. Their inhalers aren't working anymore, and they're having chest pain and shortness of breath when they're on oxygen at baseline,” says Lemery. “These are people normally able to walk across a parking lot with their walker and their oxygen, but now they can't. We see this all summer long, and we admit them for asthma exacerbation, shortness of breath and COPD (i.e., emphysema), but what we don't write down is that the air quality is the worst it's been all year, or that it's the hottest day of the year.”

“Air pollution contributes to climate change, but it also gets into your lungs and irritates them, exacerbating chronic respiratory illnesses, and can even lead to a heart attack,” says Jennifer Roberts, director of the Path of Positive Communities program at EcoAmerica, noting that the biggest culprits are carbon emissions from coal-burning power plants, diesel fuels and ground-level ozone, which is created when pollution reacts to heat and sunlight.

“With sea level rise, things are flooding more often and we get septic tanks overflowing, sending fecal matter into our drinking water supplies and expos



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ing us to diarrheal diseases. We also see offices and industrial sites getting flooded and, whether it's paint, fertilizers or other toxins, those get into our water and it's very unhealthy," Roberts says.

The Most Vulnerable Among Us

Certain segments of the population are more at risk. "Lower socioeconomic groups are suffering more from extreme heat events. The urban heat island effect, which unfortunately correlates very well with poorer neighborhoods, means that they'll have heat waves seven to 10 degrees hotter in their neighborhoods than surrounding places with more green space," Lemery says. "You see the public health infrastructure less robust to be able to attend to communities of color—like you saw with COVID. There are also physiologic vulnerabilities. Climate change affects the very young, the very old and the very sick much more because of their preexisting vulnerabilities, and then we have geographic vulnerabilities—people who live on the coast without sea walls or in flood plains. As sea level rise proliferates, and that data is really straightforward, they're going to be going under increased storm surge stress and flat-out flooding."

Achievable Public Health Solutions

The experts agree that it's important to frame climate change as a public health issue because it brings a sense of urgency to act. "If it isn't a crisis, if it isn't something



we're seeing every day on the front page, then you forget about it. And when you forget about it, the funding doesn't come," says Patel, whose work focuses on underprivileged communities that need special attention and funding.

Sapkota advocates for the development of early warning systems so that local health departments can anticipate and adapt to impending extreme weather events, directing resources to the most impacted and vulnerable communities. In some cases, moving people out of flood plains and vulnerable coastal areas through eminent domain might be needed.

Lemery believes that doctors are in a prime position to counsel their patients on preventive measures against climate hazards with "credible messaging repeated over and over again with clarity and no hedging: Wear a mask. Stay indoors during high-heat events. Don't let children play outdoors when the air quality index is at a dangerous level."

There are many ways to mitigate threats. As experts point out, we know what to do, and it's just a matter of putting our attention and resources on their implementation. "One of the biggest ways is let's remove the sources of harmful spewing pollution—move away from coal, oil and gas—and invest in clean sources of energy, which will also create jobs in these new industries," says Patel.

Another big step would be to promote mass transit and active transportation—walking and biking—over individual, gas-guzzling vehicles. Patel advocates for local investments in bike lanes and sidewalks that encourage the switch. Both Lemery and Roberts express excitement about clean-running electric cars as potential game-changers in transportation.

Planting trees and vegetable gardens are easy, community-building solutions. "Trees are very beneficial to everything from shade to water filtration to producing oxy-

gen and taking up carbon," says Roberts, who adds that much can be done to restore and protect streams, ponds and lakes from the ill effects of pollution and development. "You get volunteers to clean up the gunk and increase regulations for developers to keep stuff out of the waterways."

Eco-Anxiety and Making Positive Change

Jessica Schiff, a second-year master of science student at the Harvard University T.H. Chan School of Public Health, struggles with eco-anxiety—the depression, anxiety or dread associated with climate change. She says, "It impacts the decisions I make for my life and the future, just trying to think about overall impacts. Where is my food coming from? Do I want to have kids or adopt? Should I live in the suburbs or the city because of transportation and fossil fuel consumption? This all adds a layer of unease or uncertainty about the future. Sometimes I look at Greta [Thunberg] and how far she's taken things, and feel guilty about not taking things to such an extreme. Is it hypocritical for me to care about climate change but still eat meat occasionally or take a plane to explore the world?"

Schiff deals with eco-anxiety by taking action. "We're not going to reverse climate change at this point, but that doesn't mean that we shouldn't take steps to slow it down or reduce emissions. There are many small things we can each do, like biking or walking instead of taking a car or bus and reducing our use of plastic. It's a process. You can't do it overnight, but if you make a lot of small changes, and if everybody makes small changes, that has a bigger effect."

Roberts acknowledges the power of small, individual actions, but stresses that we should not let the big polluters off the hook. "We need to continue to press for policy changes, holding polluters accountable, passing regulations based on protecting human health and climate, requiring cleaner cars and buildings, and more. That's the only way we will get to the scale of change needed to truly bring global warming to a halt."

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

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The Natural Flow of Life

The moon waxes and wanes, the ocean ebbs and flows, and spring awakens dormant trees. I can't help but notice how much nature mirrors our life's journey. So many aspects of our lives lie dormant like trees in winter. We get bored with work. We become fickle with our friends. Family members irritate us. There are periods of life that mirror the perpetual overcast of the winter sky.

Marriages lie dormant during difficult times and as couples

experience silent tension, they may wonder, "Is this all there is?" But just as a dormant tree's roots continue to work and create a stronger base, marriage too needs time to rest before it can emerge stronger and better. This is hard to understand while the relationship appears to have lost its spark, but on the other side of those hardships is a deep, rewarding connection that you can only experience after the still of darkness.

Just like a tree, a marriage needs light to bloom again.

We can find ways to rejuvenate ourselves, and as the flowers blossom, I am excited to see what will blossom for me as well. My son is attending a local college, but he is talking about dorming next year. My husband and I dream of owning a second home in South Carolina. My mother is aging. The dog is aging. It seems like all the stability I nurtured for so many years is fading away, and it seems natural that things will change - just like the seasons.

I have experienced deep darkness. So many of my most beautiful life lessons about love, grace, gratitude and forgive-

ness have risen because I didn't want to be depressed anymore, which required me to look deep within my soul to understand all that was troubling me. I like to think of the darkness as the winter sky - grey and murky. It seems like the sun will never shine again, but it does. And when it finally comes, it is strong, ever-present and warms my body and soul.

There is no roadmap that can speak to every human being. We are all unique and have to figure it out for ourselves. The natural flow of life isn't perfect. As a mindset coach, I am constantly reminding people that life isn't a Hollywood movie. There will be challenges. Relationships will experience ebbs and flows. Sometimes you can stand still - in neutral - just like the grey sky, and relax and expect the best. We can trust that life has a way of working things out for us. We don't have to do anything but flow with the rhythm and the seasons of our lives.



Georgette is a certified life coach who specializes in positive mindset strategies to overcome life's challenges. Reach her at georgettevanvliet@gmail.com. See ad, page 21.

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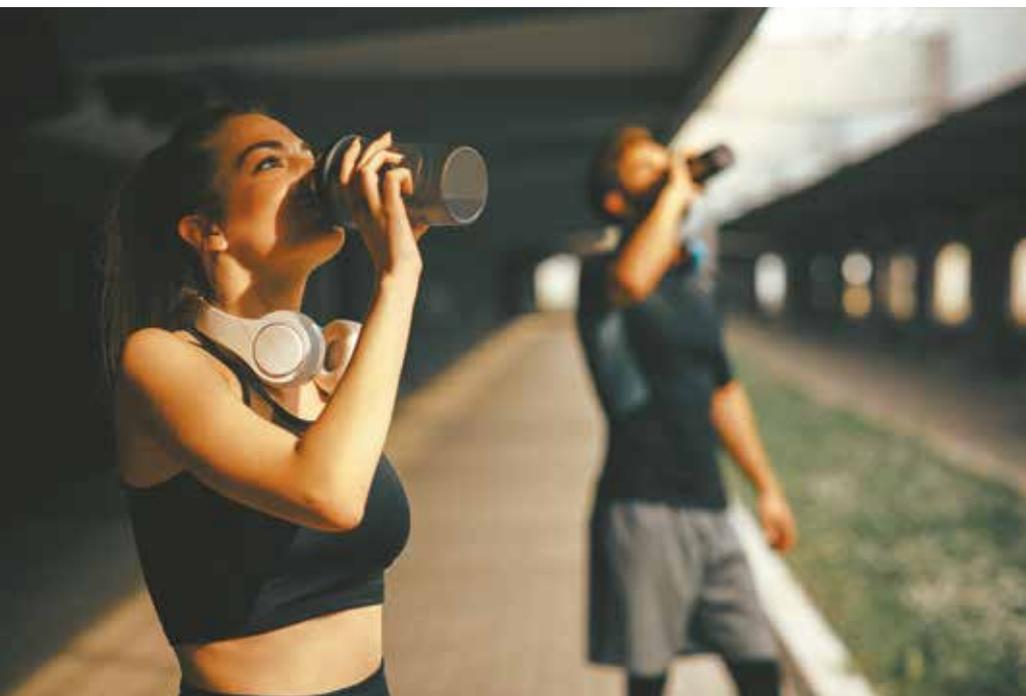
Eco-Athletes

Working Out with the Planet in Mind

by Marlaina Donato

From human-powered gyms that generate electricity to Earth-friendly activewear, professional and recreational athletes alike are increasingly working out with the planet in mind. Taking a recycled yoga mat to class, nixing the plastic water bottle and going “plogging”—picking up litter while out for a run—are just a few examples of eco-fitness in motion.

“We believe that movement and nature go hand-in-hand, yet the world of sports isn’t as green as it should be, with plastic bottles at events, junk food in canteens and monotonous movement in the gym,” says Saraï Pannekoek, co-founder of the Sustainable Athlete Foundation, which strives to create a sustainable sports environment through coaching, workshops and campaigns.



Working Out Green

Links between personal fitness and environmental toxicity are critical. Sixty percent of clothing is manufactured with fossil fuel-derived plastics, and activewear rates highest for eco-toxic fibers. Choosing workout clothes made from sustainable bamboo and cotton can soften the impact. With name brands like Adidas offering sustainable footwear, staying fit doesn’t need to increase the toll on the environment. Pannekoek, who hosts the Sustainable Athlete Podcast with co-founder Paul Venner in Amsterdam, emphasizes personal responsibility. “We believe that there isn’t a quick fix. It’s all about habits and conscious behavior, while still being able to peak perform.”

Supplementing the usual gym routine with self-powered workouts and outdoor activities like gardening, sustainable charity races and hiking are sound choices that can help to buffer climate change. “Being eco-centric enriches life and enhances health, but while it’s per-



sonally gratifying, it also makes you keenly aware of just how far the world is from taking action sufficient to keep climate change in check. We all need to do more,” says Bruce Rayner, founder and chief green officer at Athletes for a Fit Planet, in Portland, Maine, who was enlightened to the problems firsthand at a half-ironman distance race. “When I got to the finish line, I was given my obligatory plastic water bottle. I looked around for a recycling bin, and all I saw was an overflowing trash bin.” Founded in 2008, Rayner’s organization partners with pro-environment races like the TD Beach to Beacon 10K, in Cape Elizabeth, Maine, recently named the most sustainable 10-miles-or-less race in the country.

Fueling Up, Protecting Natural Resources

A pillar of the eco-fitness movement is eating clean and going plant-based for the health of people and planet. “Diet is a big part of being eco-fit. The best action you can take is to support local farms, specifically organic farms,” emphasizes Rayner.

To minimize global greenhouse gas emissions and water usage, eating more nutrition-packed produce, whole grains, legumes and nuts instead of animal products supports sustainability. For Adam Layzell, sports therapist, nutritionist and author of *How to Train Your Vegan: The Comprehensive Guide to Plant-Based Fitness*, going vegan is a win-win situation. “A vegan diet encourages fat loss, improves endurance and recovery and has plenty of all the necessary components such as protein to build strength and muscle.” Layzell underscores that the vegan diet preserves animals and their ecosystems, prevents deforestation and destruction of wild land and lowers the impact on climate change and global warming.

Athlete Engagement

For Lewis Blaustein, managing editor of *GreenSportsBlog.com*, climate change action and sports are an ideal marriage. He recently launched *EcoAthletes.org* to encourage sports figures to speak up about global warming. “Nelson Mandela once said, ‘Sport has the power to change the world.’ EcoAthletes aims to show that athletes are the agents of that change and that they, by mobilizing millions if not billions of fans, can do so on climate.” Blaustein sees a surge of climate-concerned athletes leading radical changes. “There will be many different looks—from athletes endorsing green products à la solar power, electric vehicles, etc., to athletes speaking out for environmental/climate justice in a similar fashion to WNBA and NBA players on Black Lives Matter.”

Pannekoek concurs, “All small steps taken still go a great distance. Elite athletes are role models. If they would support more conscious brands to influence the youth, we believe that they can make such a difference.”

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

WHAT WE CAN DO

BRUCE RAYNER:

■ After pandemic restrictions lift, when signing up for a race, pick one that's local and carpool with friends.

■ Washing polyester clothing means microplastics are in the wastewater, which means they make their way into the environment. Consider getting a filter for your washing machine that catches microplastics.

■ Tell race directors that you appreciate their efforts to be more sustainable.

ADAM LAYZELL:

■ Reuse clothes to lower the carbon footprint and plastic production. Go to the charity shop, borrow, repair and buy second-hand.

■ Choose reusable water bottles.

■ Exercise in nature, a great way to appreciate what we need to be protecting.

■ Litter pick when exercising in nature. Have a small backpack and clean up as you run.

SARAÏ PANNEKOEK:

■ Consume intentionally and more mindfully. Think and act long-term instead of going for quick fixes.

■ Change your movements instead of doing simple repetition over and over again.

■ Replace sugary snacks with quick, energizing exercises throughout the day. (We call this “movement snacks”.)



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Spring Cleaning the Body

Simple Ways to Detox Naturally

by April Thompson

As we shake off the sluggishness of winter, many of us feel an urge to “spring clean” our bodies with a detox or cleanse. Yet health experts say such programs should help jumpstart new healthy habits and not necessarily be seen as a short-term fix.

“The air we breathe, the water we drink, the cosmetics we use, the materials we build with and most notably, the food that we eat, are loaded with chemicals that are toxic to our metabolism,” says Alejandro Junger, a Los Angeles cardiologist, author and founder of *CleanProgram.com*. “The systems in the body designed to clear toxicity are overwhelmed, and this leads to the imbalances and damage that is at the root of most diseases today.”

Detoxification functions are performed by many different organs and tissues, including intestinal flora, the immune system, the nervous system and the liver, so its imbalances can manifest in diverse ways, according to Junger. “Symptoms of detox imbalance include sleep and mood disorders, anxiety, rashes, lack of energy and libido, autoimmune disorders, inflammation and cancer.”

While some health professionals say that detoxes are unnecessary because the body is capable of cleansing itself, others make a compelling case for the need to help it along, given our heightened exposure to manmade toxic elements. Information of varying repute swirls around the internet, offering approaches ranging from juice cleanses to total fasts.

Everyday Toxin Cleaners

Simple dietary strategies can help sweep out toxins, explains Robin Foroutan, an integrative dietitian and nutritionist in New York City. She points to cruciferous vegetables like cabbage, broccoli, collards and kale, which promote cytochromes P450, a family of enzymes critical in helping toxins clear the body. She also recommends foods high in fiber that can bind to toxins and bile, and transport them out of the body through the stool. Berries, green tea and turmeric are also helpful for their antioxidant and anti-inflammatory properties; even water facilitates the excretion process, supports the lymphatic system and replenishes fluids lost through sweat. Using a water filter and eating organic foods when possible also reduces incoming toxins, she says.

Healthy smoothies are a great way to get water, fiber and easily digestible nutrients into our body at the same time, according



to Junger. “When using a good, clean, protein powder in addition to fruits and leafy greens, healthy fats such as nuts, and coconut or cashew milk, a smoothie can provide us the nutrients needed to support our energy for hours,” he says. Adding herbs like mint or holy basil (tulsi) and spices like turmeric and cinnamon elevate both flavor and healing. Liquids such as celery juice provide highly concentrated nutrients and hydration, but lack the fiber of a blended drink. Both juices and smoothies give overtaxed digestive systems a needed break.

Deep Detox

Fasting (occasionally for a prolonged period, such as three days without food) and intermittent fasting (abstaining from food for a shorter period, such as 16 hours per day on a regular basis) are great tools for deeper detoxification, says Junger. “Digestion takes energy and resources from the detox functions, so eating less, eating less often and allowing time for digestion to stop so that detox can intensify is crucial.”

For a comprehensive detox, experts recommend working with a health practitioner to assess toxic burdens and develop a personalized plan. Russell Jaffe, a physician in Ashburn, Virginia, crafts a detox program based on four self-assessments, including digestive transit time, urine pH, hydration levels and vitamin C levels.

Jaffe claims our bodies are burdened by excess acid, rendering them less resilient to stress and resulting in fatigue, illness and infection risks. “When we enjoy a diet rich in greens, fruits, vegetables, minerals and antioxidants, our cells become more alkaline and more resistant to everyday stress,” he states.

Experts emphasize that a short-term program must be part of a longer-lasting lifestyle and diet shift. “It is not enough to do periodic detoxes if you go back to old habits. I offer these programs as a jumpstart in hopes that participants feel so much better that they never want to go back to what they were doing and eating before,” says Junger.

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.

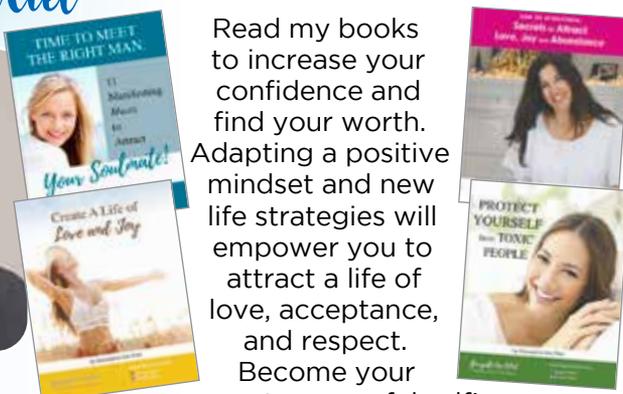
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calendar of events

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

EVERY THURSDAY

Weekly Online Neuro-Transformational Guided Meditation Circle — 10:30-11:30am, Online. Release your stress and relax with Lois Kramer-Perez. Using visualizations along with guided clearing meditations, clear accumulated stress therefore clearing the self. No meditation experience required. Register by 9am to receive the Zoom link from Lois emailed at 10am. Details: Lois@loiskramerper.com. 201-906-5767. Register: [LoisKramerPerez.com/My-Events/](https://loiskramerper.com/My-Events/).

WEDNESDAY APRIL 7

Feng Shui Your Space for Abundant Living — 7-9 pm, Online. Learn the secrets of Feng Shui to create an abundant life by arranging your space to achieve your hearts desires. Find out how your front door can impact your career. Ever wonder why bathrooms are so important in feng shui? What is the best use of mirrors using feng shui principles? What is going on in your bedroom? Find out how photographs and storage in the bedroom can influence your relationships. Participants will find the right method and actions to fit their needs. Questions? Contact with Lois Kramer-Perez C.Ht. at lois@loiskramerper.com, Call Ridgewood Community School to Register 201-670-2777.

WEDNESDAY APRIL 8

Learn To Meditate With Lois Kramer-Perez, C.Ht. — 7-8.30 pm, Online. Ready to meditate? You can do it! During this class we explore different methods to begin creating your meditation using mantras, guided imagery, tingsha bells and crystal bowls. NO EXPERIENCE NEEDED. Contact lois@loiskramerper.com. Each participant receives a recording of the conversation and meditations. Registration required, call Emerson Community School 201- 262-5502.

WEDNESDAY APRIL 14

Introduction to Face Reading Techniques with Lois Kramer-Perez, CHt. — 7-9 PM, Online. Learn your unique elemental style based your archetype: Are you a Thinker, Ground-breaker, Transformer, Supporter or Diplomat? Begin operating with your natural strengths through understanding and knowledge. Face Reading Techniques teach us how to communicate by understanding not only our own inherent style but how to recognize that in others - in an instant! What would you say if I told you that you could understand how to communicate with anyone on their terms just looking at their face! Learn significance of ears, nose and mouth, size and shape. What do the eyebrows reveal? How about the ears? The shape of a hairline & lines on the face also tell a story. Learn these Face Reading principles, you will never look at faces the same again! Questions? Contact lois@loiskramerper.com Call Ridgewood Community School to Register 201-670-2777.

THURSDAY APRIL 15

Waxing Moon Energy Clearing Online Meditation Circle, Lois Kramer-Perez, C.Ht — 7-8 pm, Online. Connect with the energy of the waxing moon for manifesting action with Neuro-Transformational Meditation. You are ready to release stress & take control. Simply get clear and connect to the magic of the waxing moon phase. Make the most of the energy around you. 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 receive the zoom link from Lois at 6:30 pm. Questions? Ask lois@loiskramerper.com, Register: loiskramerper.com/my-events/.

SUNDAY APRIL 18

Reiki 2 Training Led by Reiki Master, Lisa LaCava — 9 am - 4 pm, Online. Review and discuss concepts learned in Reiki 1 & expand on it through the use of Reiki symbols and additional Japanese Reiki techniques. Students will receive a Reiki 2 attunement which connects the student to the symbols and to the Reiki source. Call 845-290-0678 to register. Cost \$200; Deposit \$100; Maximum of 4 students. Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY 10977.

WEDNESDAY APRIL 21

Women's Healing Circle — 6:30 - 8 pm, Online. Join Aarti, an Intuitive Health Coach and Shaman, and an intimate group of women for this month's Women's Healing Circle where we'll tap into our body wisdom, inner knowing, and Spirit Helpers for guidance, support, and healing. I'll hold sacred space and guide you to deepen your intuitive listening skills so you can hear what needs to be shared with you for healing. You'll gain a path forward, inner peace, clarity, and sisterhood. Zoom link will be provided day of Circle. Fee: \$35. Email hello@intuitivelywell.com for more info & registration link.

SATURDAY, APRIL 24

Access Bars Class — 9am-5pm. A class that has the potential to change anything! Learn to give and receive Access Bars, a light touch energy process for dynamic change. By gently touching 32 points on the head, one can release the energetic charge of thoughts, feelings, emotions, beliefs and attitudes that create limitations in your life. Create the change you are longing for, opening you up to more peace, possibilities, ease and awareness. No prerequisites required. Registration required. Theresa Obsuth, 22 Madison Ave. Paramus. 201-655-3836. [Access Consciousness.com](https://www.accessbars.com).

Unexpected kindness is the most powerful, least costly and most underrated agent of human change.
~Bob Kerrey

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/>

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change easily and create a new way of life for you. Let me introduce you to the process of Access Bars and a way to live life where you function from your own awareness having more happiness and ease. Offering Access Bars and Access Energetic Facelift sessions and classes. *See ad, page 19.*

EMPOWERMENT COACH

GEORGETTE VANVLIET

Georgettevanvliet@gmail.com



Georgette Van Vliet is a self-help author and life coach. She is a passionate promoter of positive thinking who helps people find and keep love, attract financial prosperity, and develop a mindset for successful weight loss. Her books offer

simple ways to release negativity, so anyone can enjoy a life of love, joy and abundance. Follow her on Facebook and Instagram @Georgettevanvliet for inspiration. Her books are available at www.georgettevanvliet.com. *See ad, page 21.*

When we seek to discover the best in others, we somehow bring out the best in ourselves.
~William Arthur Ward

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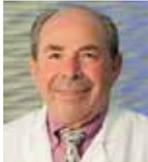


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throws out roots in all directions,
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and make new trees.
~Amelia Earhart

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Lois has developed simple, effective techniques that help clients sharpen their awareness, clarity and empowerment through *feng shui*, personal meditative clearing, and environmental space clearing. Each of these services can provide anchors for creating change from the inside out. Let's get started! *See ad, page 21.*

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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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~Randy Pausch



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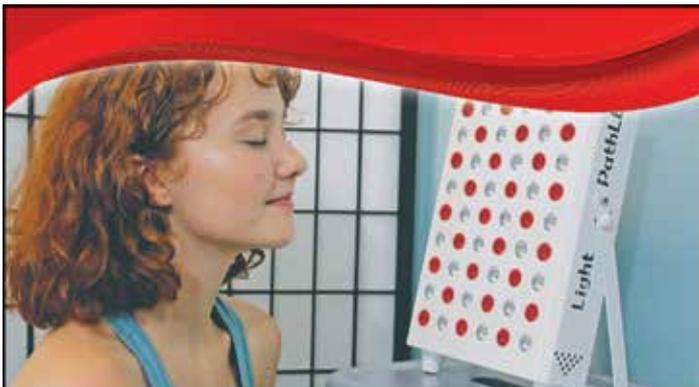
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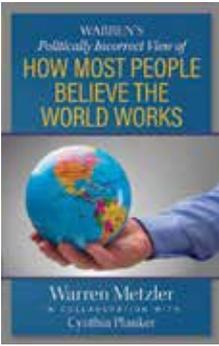
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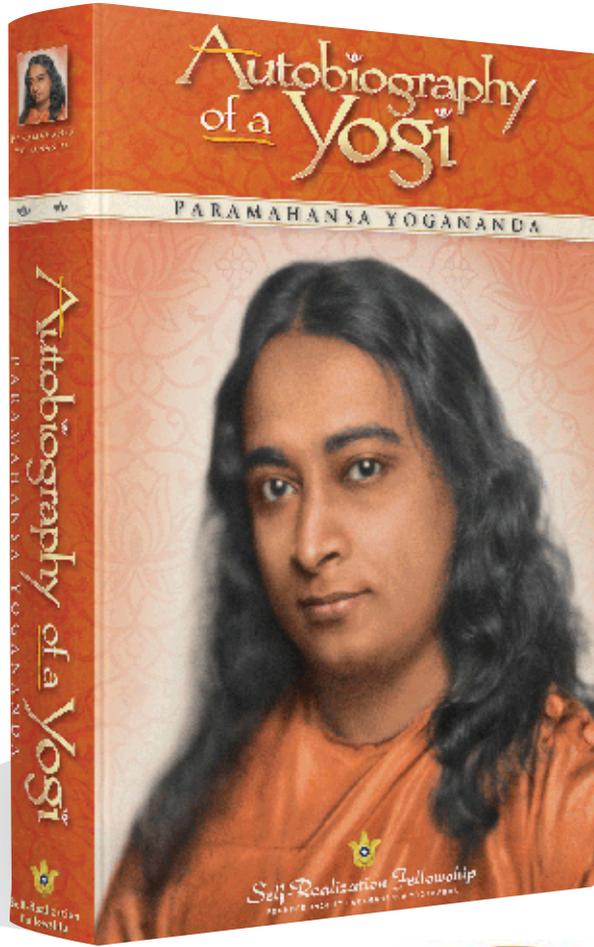
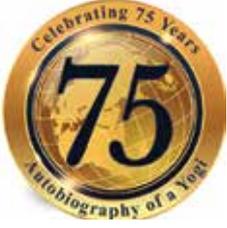
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