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SPECIAL EDITION

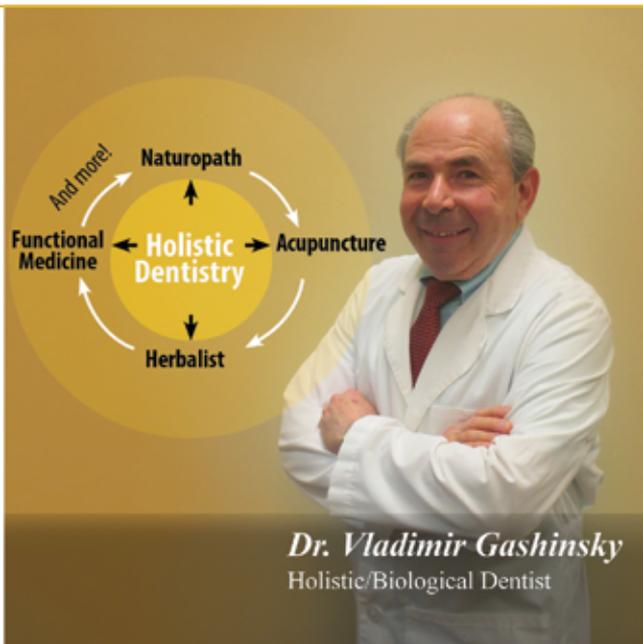
## Women's Wellness

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*Dr. Vladimir Gashinsky*  
Holistic/Biological Dentist

# The Holistic Dental Center

Working Together with Other Holistic Practitioners to Create a True Holistic Approach to Your Health

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

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

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

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

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

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

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

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

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

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letter from publisher:

Onward

It's May, and spring has never been more welcome. Join us in celebrating not just a return to normalcy or even a sense that we can make things better than before, but that we will achieve the best that's even been.

We have all just weathered a historically tragic year in our nation's history. In the face of a once-in-a-century pandemic, our response was hobbled by stark political division. The status quo for many was severely damaged, and racial and economic injustice were laid bare. These are all significant issues, but we will repair them. Worst of all, hundred of thousands of mothers, fathers and extended family members will not be alive to witness the recovery.

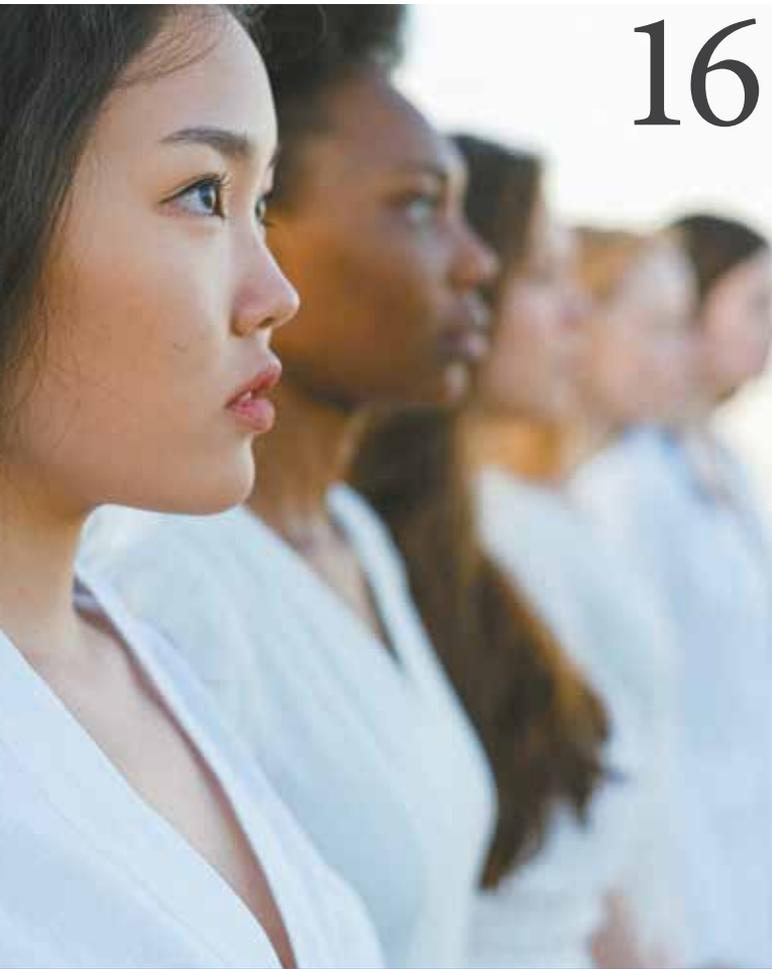
This magazine is part of more than 50 Natural Awakenings franchises that began 25 years ago with a simple premise to provide, free of charge, professionally written stories on topics of mindfulness, green living, sustainability and natural health of universal appeal. In addition, each independently owned magazine would contribute hyperlocal coverage of events, products, services and developments of interest to the community.

In this issue, we have stories about women's wellness, hair loss prevention, bodywork therapy, natural childbirth, homeopathy, cancer in pets and more. You'll even find some interesting recipes. We haven't forgotten about climate change, electric cars and organic farming, either. It's what we do.

Martin Miron, editor



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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## ADVERTISING & SUBMISSIONS

### HOW TO ADVERTISE

To advertise with Natural Awakenings or request a media kit, please contact us at 201-781-5577 or email [Publisher@NaturalAwakeningsNNJ.com](mailto:Publisher@NaturalAwakeningsNNJ.com). Deadline for ads: the 15th of the month.

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Email articles, news items and ideas to: [Publisher@NaturalAwakeningsNNJ.com](mailto:Publisher@NaturalAwakeningsNNJ.com). Deadline for editorial: the 10th of the month.

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## Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., June 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](http://accessconsciousness.com). See ad, page 23.*

## news briefs

### Auriculotherapy Day Discounts at Saddle Brook Wellness

Complete Wellness Within Wellness Center is hosting an Auriculotherapy Wellness Day from noon - 5 p.m. on 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 themselves.

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](mailto:Info@CompleteWellnessWithin.com) or visit [CompleteWellnessWithin.com](http://CompleteWellnessWithin.com).*

## health brief

### Appreciating Integrated Energy Therapy

Many people are already familiar with reiki, a Japanese energy healing technique for stress reduction and relaxation. Many people pursue reiki healing because they feel a sense of sadness or anxiety, have pain management concerns, are looking for a deeper sense of happiness and meaning in life and want to bring their best self to relationships, work and every part of their life.

Reiki is universal life force energy that promotes healing. The energy healing flows from the practitioner’s hands and into the client’s body and energy field for a deep healing by unblocking energy and creating proper balance with the body.

While reiki is a more commonly known and highly effective way to rid our bodies of harmful energy, there is another energy healing modality that is just as highly effective—Integrated Energy Therapy (IET), a safe, gentle, nurturing way to balance life by helping release patterns of the past. It “gets the issues out of the tissues” and helps people feel re-balanced and empowered.

Every experience in life leaves a mark on us physically, emotionally, mentally and spiritually. Throughout life, positive experiences can make us feel hopeful, light and upbeat; negative experiences can cause worry, pain and suffering, and obstruct our energy system.

Most people hold negative energy that has been stored in their bodies for years. Negative or traumatic experiences, stress, unexpressed emotion, fear, anger or resentment can become suppressed in the body and disrupt our physical, emotional, mental and spiritual well-being at a cellular level. Whether it came from childhood or happened yesterday, that negative “stuff” interferes with today’s life.

IET will clear or alter unwanted recurrent or chronic emotional, mental or behavioral patterns and imprint new, desirable patterns or intentions such as love, trust, power, safety and forgiveness, release past traumas in a gentle and supportive way (without re-experiencing them), reduce stress and anxiety, achieve and maintain balance.

IET facilitates healing as we let go of old, negative energy and beautiful, positive energy takes its place. The end result is a new beginning. It is a new way of looking at life, letting the past go, and embracing a bright, new tomorrow.

*Lisa LaCava is a reiki master/teacher and IET practitioner located at Salt of the Earth Center for Healing, in Chestnut Ridge, NY. She is offering 10 percent off packages in May. For appointments, call 914-527-9273. For more information, visit [HeartfeltHealing.abmp.com](http://HeartfeltHealing.abmp.com) or [saltoftheearthcfh.com](http://saltoftheearthcfh.com). See ad, page 13.*



*Lisa LaCava*



## Healthy Living Directory

### PRICING

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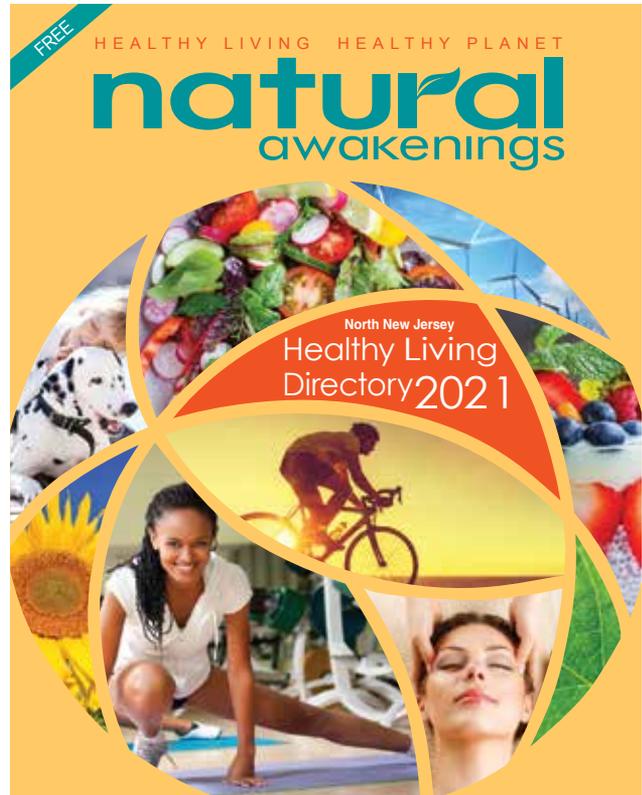
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## health briefs

# Hair Loss is Reversible

**H**air loss, or alopecia, affects 80 million people in the U.S. Forty percent of which are women. For some individuals, hair loss/thinning has an impact on many aspects of their life and they spend a big chunk of their day trying to hide it—the situation may make them feel sad, angry and even depressed.



The first step in the journey toward hair regrowth is to understand what is causing the loss.

In some cases, the origin may be genetic. In others, it may be a reflection of an imbalance inside the body such as hormones, metabolic issues, nutritional deficiencies, medications, etc. Environmental factors or chemical injury may also play a role.

An initial consultation with a hair specialist includes trichoscopy, a technique used to establish a diagnosis and start narrowing down the root cause of the hair loss. The doctor observes the scalp and hair shafts with magnification and uncovers pathologies not visible to the naked eye. Each type of hair loss has specific characteristics. In a hair check, a scientific instrument quickly and objectively measures the density of a bundle of hair in three or four specific areas of the scalp. The hair specialist will monitor the hair regrowth process every three months and make adjustments in the treatment if needed.

A comprehensive examination is crucial for the diagnosis and the design of treatment to regrow hair. Hair loss is reversible with medical treatment. The process takes time and requires patience and commitment. With the help of trichoscopy and hair check, the doctor starts detecting improvement in approximately three months.

*Dr. Veber is an experienced physician Board Certified by The American Academy of Aesthetic Medicine. For a complimentary consultation, call Dr. Veber at 201-981-4811. See ad, page 27.*

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## The Exercise Program that Fights Parkinson's Disease

**P**arkinson's disease is a progressive disease of the nervous system marked by tremor, muscular rigidity, and slow imprecise movement, mainly affecting middle-aged and older adults. It is associated with degeneration of the basal ganglia of the brain and a deficiency of the neurotransmitter dopamine. Nerve cell damage in the brain causes dopamine levels to drop and slowly damages the central nervous system leading to the symptoms of Parkinson's. There are more than 200,000 cases per year.

Delay the Disease is an evidenced-based fitness program designed to optimize physical function and help delay the progression of symptoms associated with Parkinson's and the exercises are designed to retrain the mind and body. Many participants report a regained ability to successfully manage the disease, improve their quality of life and take back control over their body movements. Delay the Disease



*Kim Mihov*

fitness includes symptom-specific exercises and also address daily functional challenges such as rising from a chair, getting out of the car, moving about in big crowds, dressing and getting off the floor.

Fitness plans are adapted to all levels of the disease. Symptom-specific exercises target altered balance, bradykinesia (slowing of all movements), depression, diminished voice volume, freezing, masked facial expressions, rigidity (stiffness), stooped posture and walking/gait.

Founders David Zid and Jackie Russell are motivated by the fact that Parkinson's disease can be managed with daily exercise, putting patients back in control. They teach an accredited, evidenced-based educational course for healthcare professionals with 10 continuing education credits to broaden understanding of Parkinson's disease and help healthcare professionals become Parkinson's-specific with respect

to exercise and physical therapy.

Zid, the owner and president of Total Health Works, a personal training company that he started in 1999, is a graduate of The Ohio State University and has been a professional fitness instructor in Columbus, Ohio, since 1997. Certified through the American Council on Exercise and Absolute Performance Group as a personal trainer and functional fitness trainer, respectively.

Russell is a graduate of The Ohio State University, holding a Bachelor of Science degree in nursing. Credentialed with professional achievement in perioperative nursing and ACLS certified, she has been employed in a variety of nursing specialties, including neurosurgery and critical care cardiology. She is presently surgical nursing supervisor for Michael McShane, M.D., at Orthopedic One, in Columbus. She is a co-author of the peer-reviewed study "Effects of a Formal Exercise Program on Parkinson's Disease: A Pilot Study Using a Delayed Start Design." published in Parkinsonism and Related Disorders. Her support of the classes has encouraged outcome measurement and data collection from participants all over the country, proving that participation in Delay the Disease improves functional mobility and quality of life and fights depression.

In 2005, Zid and Russell collaborated to create the wellness program for people with Parkinson's that includes community exercise classes, two books and corresponding DVDs, evidenced-based professional education, CarePartner seminars and research studies. As the co-founder and program development coordinator for OhioHealth Delay the Disease, Russell has been a featured speaker at many Parkinson's symposia, live webinars and community events all over the country.

*For more information, visit Foundation. OhioHealth.com/delay-the-disease. See ad, page 23.*



## Chronic Stress Affects Every System in the Body

by Doug Pucci

**W**e've all experienced stress, it's a normal reaction to emergencies or other serious events in life. Short-term, situation-related (acute) stress reactions to specific events can actually help us cope with the temporary issue at hand. But stress can become toxic when it's chronic—ongoing, daily heightened stress can take a serious toll on our health and negatively impact our overall well-being.

Being in a stressed state activates the central nervous system's "fight-or-flight" response, which creates a cascade of neuroendocrine-immune responses and tells the adrenal glands to release cortisol and adrenaline. These two stress hormones immediately affect the cardiovascular and respiratory systems: they are what cause heart rate to increase and your breathing to become shallow and rapid. This emergency response sends blood rushing to the muscles, heart and organs. Oxygen is sent to the muscles, blood vessels constrict, extra blood sugar is produced in the liver to increase energy, more acid is produced in the stomach, muscles become tense and the immune system is stimulated.

All this is necessary for a physical response to an emergency, but when stress becomes chronic—constant reactions to regular annoyances, feeling under pressure, ongoing worries that we can't shut off—it begins to damage systems in the body. Toxic stress can cause damage to the immune system, which becomes weakened. This makes us more susceptible to sickness and can make it harder to recover from viral and bacterial infections.

The digestive system produces more

acid. This can cause heartburn, acid reflux and can increase ulcer symptoms. Chronic stress is also a factor in eating disorders, including both overeating under-eating, as well as making poor food choices (stress eating). In addition, when the liver is signaled to produce more sugar due to chronic stress, the risk of developing Type 2 diabetes increases.

The muscular system remains tense and tight. This can cause myriad symptoms from backache and headache to neck and shoulder pain, as well as overall body aches.

The reproductive system affects both men and women. Men can experience low testosterone and an increased risk of infection in male organs; women's menstrual cycles can become heavier, more painful, or irregular.

The cardiovascular system becomes overtaxed under chronic stress, increasing the risk for heart attack and stroke.

The respiratory system, taxed by more rapid, shallow breathing, can make respiratory problems like COPD, asthma and emphysema worse by making breathing even more difficult.

In addition, toxic stress can lead to sleep disorders, depression, leaky gut and autoimmune disease. Leaky gut occurs when the stomach barrier system becomes permeable, allowing foreign particles into the bloodstream. While leaky gut can be healed, the unfortunate reality is that once we develop an autoimmune disease, we have it for life. But that doesn't mean we have to suffer with constant flare-ups and symptoms—autoimmune diseases can be managed once the triggers are determined.

A report published by the National

Institutes of Health (NIH) states that at least 50 percent of autoimmune conditions are triggered by unknown factors, but "physical and psychological stress has been implicated in the development of autoimmune disease." However, a number of studies have shown that as many as 80 percent of patients with autoimmune disease reported having "uncommon emotional stress" prior to the onset. The NIH report points out a somewhat vicious cycle: not only does stress cause autoimmune disease, but once diagnosed with autoimmune disease, patients' stress levels increase significantly.

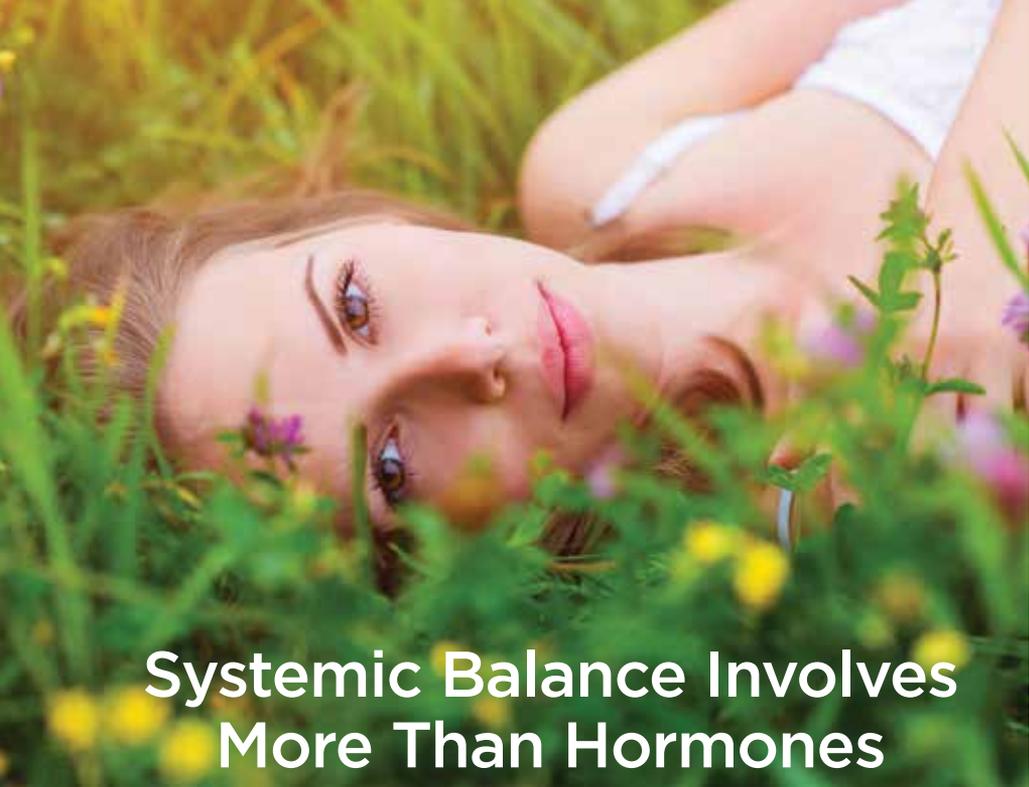
These findings led to the report's conclusion: "It is presumed that the stress-triggered neuroendocrine hormones lead to immune dysregulation, which ultimately results in autoimmune disease, by altering or amplifying cytokine production." In such cases, chronic stress would be a likely culprit in triggering autoimmune flare-ups, so stress management and a better understanding of stress reactions would help these patients better manage their autoimmune condition, while at the same time improving the health of their immune system.

Of course, diet and specific foods can also be triggers for autoimmune disease, so it's important to pay close attention to any food-related reactions. Once a dietary trigger is determined, the food or foods should be eliminated from the diet permanently, because the immune system remembers whatever it has an antibody against. For example, if the thyroid is reacting to gluten (a common food sensitivity that can also contribute to leaky gut), it can't just be eliminated for a matter of weeks or months; any time we have gluten, the thyroid will react to it.

It's important to note that there is no way to supplement around these necessary diet and lifestyle changes. Managing any autoimmune disease can be successfully accomplished by eliminating toxic stress and/or trigger foods permanently, which will also help to improve overall health and well-being.



To learn about Dr. Pucci's Root Cause Solution to chronic health concerns, call 201-261-5430 or register at [GetWell-Now.com/webinar](http://GetWell-Now.com/webinar). See ad, page 3.



# Systemic Balance Involves More Than Hormones

by Dian Freeman

**H**ormones are important. Most women would benefit from transdermal natural progesterone to help regulate hormone fluctuations. Women in their 50s and older might consider adding the supplement DHEA to maintain their most youthful balance. There are other herbs and supplements available to address more specific hormone needs. However, women do not live by hormones alone.

Younger and younger women are describing symptoms and chronic conditions once relegated to those of more advanced age. There is one condition that lies at their root, and that condition can be best defined as frustration. This is one of today's major sources of inflammation, stress and disease, often due to the inability to perform at optimal levels because of chronic fuzzy thinking, aches and pains, impulsiveness, the inability to sort things or to prioritize and memory problems.

There are several nutrients that we need enough in order to better manage our existence. Two very important ones are enough sleep and enough water. If a lack of sleep and water are causing actions that are leading to day-to-day frustrations, then addressing that lack will present solutions.

Enough sleep means enough to awaken feeling physically refreshed and mentally

sharp. A sure sign of sleep deprivation is the inability to instantly recall a necessary word or name. This used to be called a "senior moment", but today it can be everybody's moment. The importance of sleep cannot be stressed too much. When we sleep, our brain organizes the previous day's activities and files them away. Without enough sleep, the activities of the day before can really muddle up the following day. It is during sleep that we produce human growth hormone (HGH), without which our cellular reconstruction cannot occur at youthful levels, and we show signs of premature aging. Disturbed or too little sleep disrupts our production of acetylcholine, which is the determinant of the speed at which our brain functions. Low acetylcholine equals slow thinking.

So turn off the TV and keep the bedroom dark at bedtime. Think, meditate or pray before sleep. Seek the help of a natural practitioner that can recommend the right dietary supplements that aid in obtaining a natural sleep pattern. For slow thinking, consider taking supplemental acetylcholine until adequate sleep patterns can be restored. Resistance exercise is the only next best bet to produce enough HGH to stave off premature aging.

Another cause of fuzzy thinking is

dehydration. If we feel thirsty, the body already has been dehydrated for some time. In the case of water, we need to be preemptive drinkers. Don't wait until we are thirsty to drink. Studies show that even a 2 percent drop in hydration can cause fuzzy thinking and short-term memory problems. Studies also show that dehydration slows down the metabolism, leading to weight gain and tight, thin skin that wrinkles easily. A lack of water is the number one trigger of daytime fatigue.

Eight to 10 glasses of water a day could significantly ease back and joint pain for up to 80 percent of sufferers. Aches and pains account for chronic problems with prospective memory, defined as the ability to "remember to remember", according to a study at Keele University in the United Kingdom.

Along with adequate water, adequate magnesium can be helpful for aches and pains, especially muscle spasms. Magnesium is a very powerful sleep aid when taken before bed with food. Recent studies show that those with normal to high blood pressure may require at least 500 to 750 milligrams per day.

With memory loss, inability to meet deadlines, slow thinking, weight gain, wrinkled skin, mental blackouts, impatience, irritability, fatigue, impulsive behavior and aches and pains, it's no wonder women get frustrated. Hormones are not well regulated in a dehydrated, exhausted body. It is hard to attribute the chronic inability to function to two such simple nutrients, but once gaining adequate sleep and water, many women have found that their debilitating symptoms, previously attributed to wayward hormones, simply go away.



*Clinical nutritionist Dian Freeman maintains a private nutrition practice in Morristown, NJ, teaches a nutritional certification course, offers Ondamed frequency biofeedback, holds healthbased classes and lectures widely. she may be reached at 973 267-4816, Dian2@wellness-simplified.com or WellnessSimplified.com. See ad, page 21.*



## The Phenomenon of Distance Healing

by Susan Bischak

Some practitioners claim that they can heal patients remotely; that is, not in physical proximity. Healing is something that cannot be packaged and delivered like groceries. The healer must be either in person or electronically via Zoom or other means, such as with online classes and appointments with doctors and psychologists.

We are all a big bundle of energetic atoms with whirling electrons. We are beings of energy. We are electromagnetic. Our heartbeats are analyzed with an EKG and our brains with an EEG. Our cells have powerhouses called mitochondria that create ATP to keep us going. Our bodies respond to Earth's electromagnetic fields. All around us is what we may think

of as empty space, but it actually isn't empty at all.

In quantum physics, this space was referred to as aether (until being debunked by the Michelson–Morley experiment in 1887), the zero-point field, the quantum field or the Higgs field. “The Higgs field is a field of energy that is thought to exist in every region of the universe that gives rise to and interacts with matter,” writes Eileen McKusick in *Electric Body, Electric Health*. Author and researcher Lynne McTaggart has written about this field in her book *The Field*. The book is full of examples of research about people being beneficially affected at a distance by healers and lay people getting together to create good in the world.

Her most recent book, *The Power of Eight*, goes deeply into this phenomenon of people affecting others at a distance. “In physics, action at a distance is the concept that an object can be moved, changed or otherwise affected without being physically touched (as in mechanical contact) by another object. That is, it is the non-local interaction of objects that are separated in space.” By extrapolating this concept, which helped form our early theories about magnetism in the 19th century, as the ability of a practitioner to “send” healing to someone at a distance no matter how far, focused intention is perceived as relevant to the desired result.

Practitioners in Biofield Tuning, created by McKusick, are taught to use tuning forks to benefit a person at a distance in the same room or far away. The sound of the tuning forks, which is normally transmitted through the air, is said to move through the aether and interact with a person's biofield, a hypothetical, toroidal-shaped space around the body containing stress from our lives, thus alleviating the stress.



Rev. Susan Bischak, CCT, CNC, is the owner of Natural Harmony LLC, and a Biofield Tuning practitioner. For more information, call 973-838-

7211 or visit [SusanBischak.com](http://SusanBischak.com). See ad, page 13.

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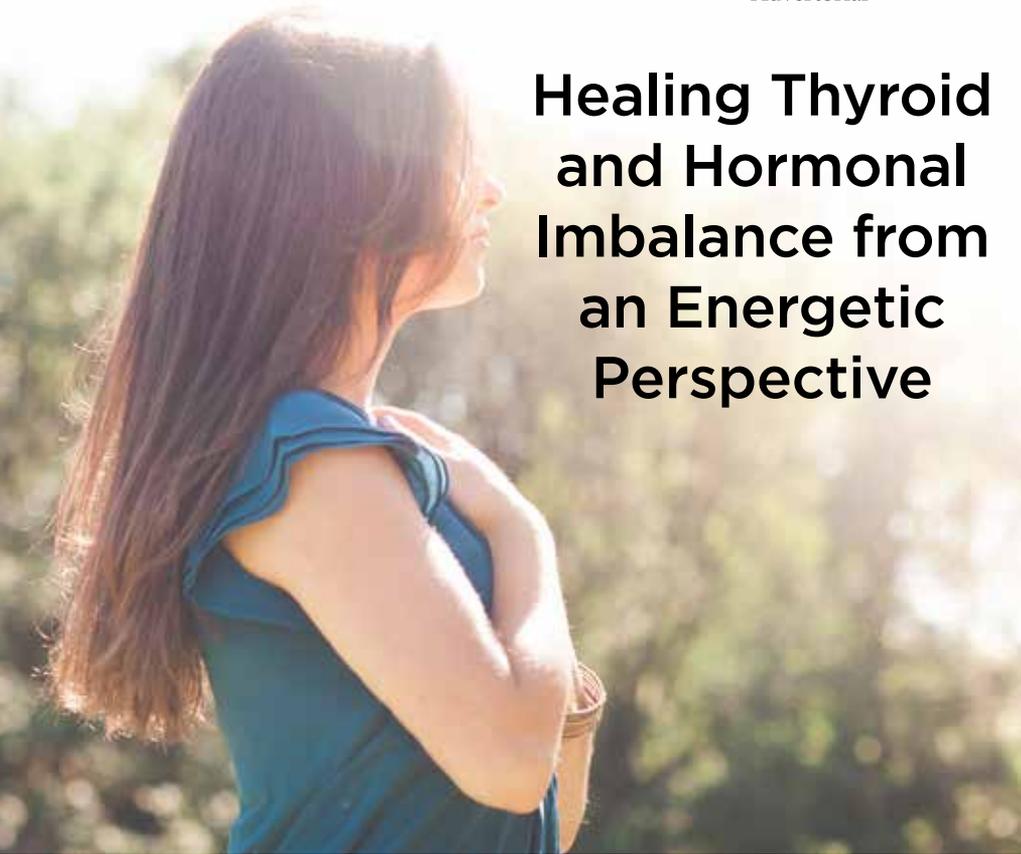
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# Healing Thyroid and Hormonal Imbalance from an Energetic Perspective



These feelings directly relate to being disconnected or cut off from inner expression.

This disconnection also causes a host of energetic problems in tandem with thyroid or hormonal health challenges, such as:

- Indecisiveness and fuzzy or unclear thinking
- Difficulty accessing one's creative flow
- Downstream blockages and imbalances in other chakras/energy centers
- Blocks in expressing life purpose
- Issues with boundaries
- Allowing toxic relationships and situations to flourish in one's life
- Causing one to prioritize outer standards versus internal standards such as familial or cultural vs. heart and soul.

Having a clear connection to one's inner expression is the default state when we are born on this Earth. But over time, due to various traumas, experiences, familial and cultural situations, this connection can get disrupted.

Restoring a woman's connection to inner expression allows her to develop a clear awareness of what in her personal history and present moment needs addressing. With this awareness she can work on her energetic and soul lessons or traumas and support her body in shifting her hormonal and thyroid health into a more optimal state.

*Aarti Awatramani is an Intuitive Health Coach, Shaman, and the founder of*

*Intuitively Well ([intuitivelywell.com](http://intuitivelywell.com)), a platform devoted to liberating women from the cloud of chronic health conditions, excess weight, and hormonal imbalances that prevent them from living life rooted in their power and beauty. Visit [IntuitivelyWell.com](http://IntuitivelyWell.com) for more information. See ad, page 8.*

If a woman is struggling with persistent thyroid or hormonal health, it's important to take a multi-faceted approach because the body, mind, emotions, and spirit are intimately connected.

Paying attention to the energetic components of what is going on is crucial because the bodily manifestation of an imbalance in hormones is a messenger that something deeper needs healing or addressing.

A common reason from a Shamanic and energetic perspective on why women struggle with thyroid and hormonal health is a sense of dissatisfaction about something in their lives but not knowing what it is or how to shift it.

This happens because of a cut-off from one's inner expression.

What is inner expression? Inner expression is the ability to tell oneself the truth or express an accurate assessment of what's going on in any given situation. That includes both external experiences as well as



*Aarti Awatramani*

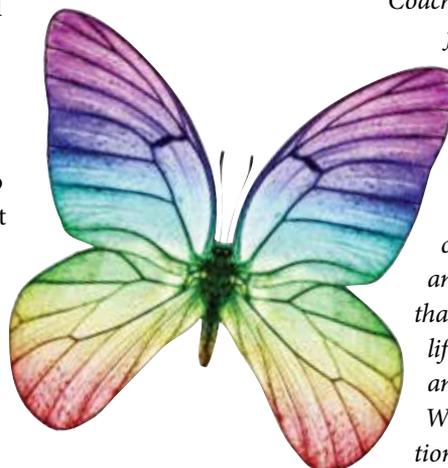
internal experiences.

Let me explain further. In some cases, a woman can be very clear that something needs to shift in her life, or she is aware of the patterns and places in her emotional landscape that are causing dissatisfaction.

But sometimes, a woman will know she is unhappy or dissatisfied with her body, health, or life but doesn't have a clear and

accurate sense of what needs to shift in her emotional or spiritual landscape.

In this case, often times, a woman can feel frustrated and blocked as she tries to shift patterns or adopt healthier ways of living and being. She can struggle with consistency and focus as she tries to solve her most challenging problems.



## Ark Park

World's Largest Wildlife Highway Crossing Opens in San Antonio



photo courtesy of phil hardberger park conservancy

The new Robert L.B. Tobin Land Bridge connects people with nature in the heart of San Antonio across a six-lane highway at Phil Hardberger Park. Private donations and a five-year bond program

approved by voters helped fund the \$23 million bridge, the largest wildlife crossing of its kind in the U.S.

Wildlife and vehicle collisions are a big problem across the country, increasing by 50 percent in 15 years, with an estimated 1 to 2 million large animals killed by motorists every year, according to *National Geographic* sources. In the U.S., 21 threatened and endangered species face extinction partly because of traffic accidents. Wildlife crossings are seen as an effective solution to the problem, with fatality reductions of up to 95 percent, depending on the location. The San Antonio bridge is notable for its size—150 feet wide and 150 feet long—and that it accommodates people, too. Animals in the 330-acre park that benefit from the bridge include ringtails, squirrels, coyotes, lizards, raccoons and deer. They are using it as intended, and it also serves as a habitat for native plants.

## Climbing Time

Critters React to Warming Temperatures in the Rockies

A 13-year study at the University of Colorado at Boulder published in the journal *Ecology* reveals that the popular golden-mantled ground squirrel and 46 other species of rodents and shrews in Colorado are climbing uphill to escape warm-



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ing temperatures in the state. The report states that, on average, the ranges of the animals have shifted more than 400 feet in elevation since the 1980s. Montane mammals, or those already living at higher elevations like the ground squirrel, have moved up 1,100 feet on average. It's a significant change that could rob them of their environmental niche. The same species may be harbingers of larger and more urgent changes in the Rocky Mountains.

Colorado has warmed by nearly 3.5 degrees Fahrenheit since the 1980s because of human-caused climate change. As the state continues to heat up, scientists say that ponderosa pine forests and other mountain ecosystems will have to move higher to find cooler weather. Beginning in 2008, the team visited multiple sites in Colorado's Front Range and San Juan mountains to collect records of the current ranges of 47 species of rodents and shrews. They compared their findings with approximately 4,500 historic records from museum collections dating back to the 1880s and included animal specimens stored at the university museum, which houses nearly 12,000 mammals from Colorado.

## Ah-Choo!

Climate Change Makes Pollen Season Worse for Allergy Sufferers

A new study by the University of Utah published in the journal *PNAS* found that pollen seasons have been getting longer and more intense in North America over the last 30 years, aggravating asthma and weakening defenses against respiratory viruses, resulting in more emergency room visits that disrupt lives. Researchers comparing pollen metrics between 1990 and 2018 from 60 monitoring stations indicate that seasons are starting up to 20 days earlier and lasting up to eight days longer, affecting millions of allergy sufferers. The study looked at variable factors such as temperature, rainfall, frost days and carbon dioxide concentrations, and found that an increase in mean annual temperatures was the strongest driver. According to the U.S. Centers for Disease Control and Prevention, about 19 million adults have been diagnosed with hay fever, an allergic reaction to pollen, a fine powder from plants that can come into contact with the eyes, nose, mouth and throat.



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# INTEGRATIVE WOMEN'S WELLNESS

## Five Top Health Concerns and What to Do

by Ronica O'Hara

Anyone walking into a U.S. hospital today will notice something that was inconceivable 50 years ago—one in three practicing physicians is a woman, and among physicians under age 35, it's three in five. That compares to one in 14 in 1970. For women needing health care, that fact can change everything. “Research says that female physicians provide better care to female patients than male physicians do,” says Harvard Medical School Associate Professor Alice Domar, Ph.D., a pioneer in women's mind-body medicine. “They are more likely to listen carefully and take complaints seriously.”

That's just one factor in how health care is improving for women. Only three decades ago, women were simply considered “small men” in medical research and rarely included as subjects in clinical studies. Today, after a 1993 federal mandate ensured their inclusion, it's been well established that women metabolize drugs differently than men, respond to health threats with a more robust immune system and are more likely to experience side effects. These findings have helped spur major changes for women in standards, dosages, medications and procedures—resulting in fewer cancer deaths, better treatment of autoimmune disorders and more nuanced cardiac care strategies. Although much has improved about women's health, much more remains to be done.

### Cancer

About one in three women is diagnosed with cancer in the course of a lifetime, and they have better survival rates than men, of which one in two receives that diagnosis. Between 2001 and 2017, the overall cancer death rate for women declined by 1.4 percent each year as diagnoses and treatments became more refined and targeted. The number one cancer killer for women is lung cancer, although 19 percent diagnosed have never smoked. The next most deadly are

annasthewts/Pexels.com

cancers of the breast, colon/rectum, pancreas and ovaries.

Breast cancer deaths have dropped by 40 percent since 1989, thanks to greater awareness, early detection and better treatments. “Women learned from the AIDS crisis that making noise gets results,” says Domar. “Look at how far breast cancer research and treatment has come in the past 10 to 20 years, how powerful Breast Cancer Awareness Month is, and that everyone recognizes that pink ribbon.”

**Common symptoms:** Bowel changes, lingering sores, fatigue, lumps, unusual discharge, difficulty digesting or swallowing, nagging cough or hoarseness, belly or back pain.

**New research:** An international research team has identified a direct molecular link between meat and dairy diets and the development of antibodies in the blood that increases the chances of developing cancer.

**Medical advances:** Painful, invasive biopsies may become a thing of the past. Mayo Clinic researchers have developed a simple blood test that detects more than 50 types of cancer, as well as their location within the body, with a high degree of accuracy, and the City of Hope Cancer Center, in Los Angeles, has developed a urine test that analyzes cell-free fragments of DNA to detect cancer.

**Preventive strategies:** Vitamin D supplementation lowers the risk of mortality across all cancers, German researchers found, estimating that if all Germans older than 50 took such supplements, up to 30,000 cancer deaths per year might be avoided. A 10-year study found that people between 55 and 74 that took a low-dose aspirin at least three times each week lowered their risk of all types of cancer by 15 percent and overall mortality by 19 percent.

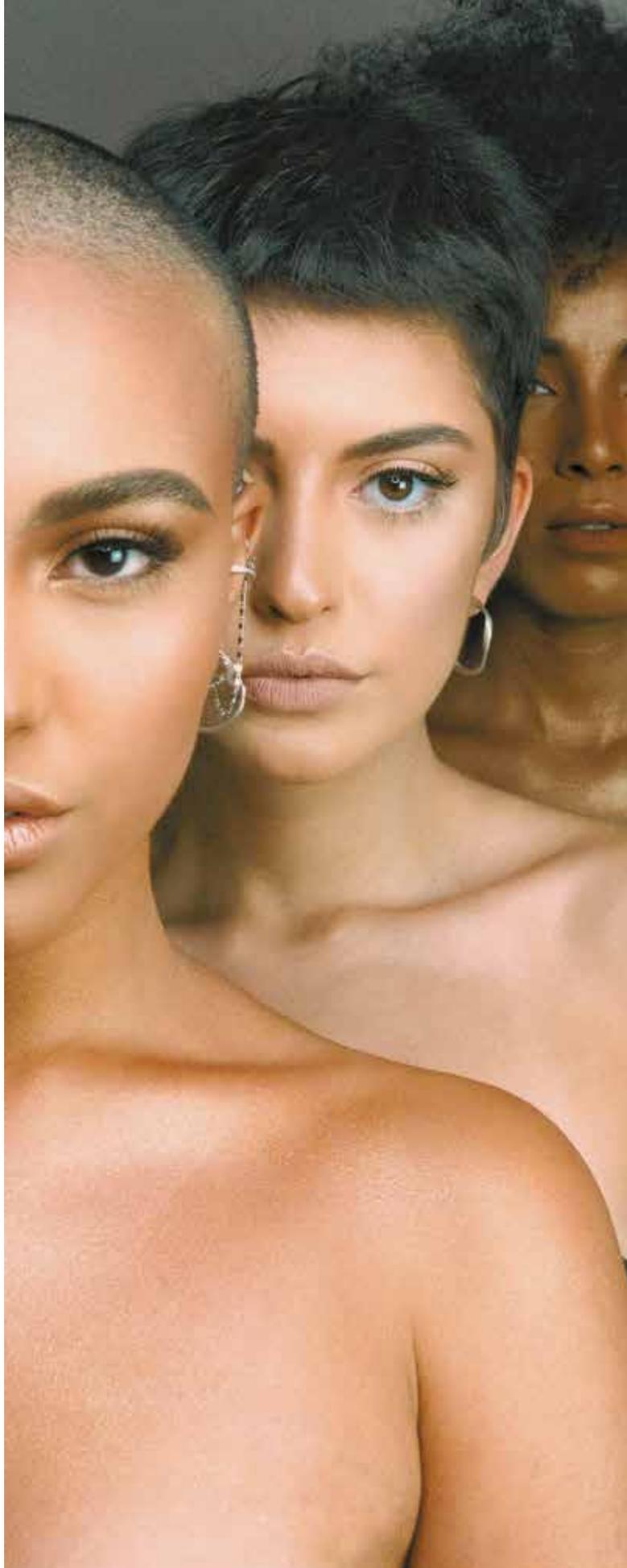
## Heart Disease

One in three American women die from heart disease, more than all cancers combined. “Unfortunately, awareness that heart disease can and does happen to women remains low, and this results in delay of care,” says cardiologist Nicole Harkin of Whole Heart Cardiology, in San Francisco. “Women tend to seek medical care later in the course of their heart attack and with more risk factors, resulting in poorer outcomes, and they are more likely than men to die of their first heart attack.”

Women have different symptoms of heart disease than men, are often misdiagnosed and have a 20 percent greater risk of dying within five years of a heart attack. Pregnant women that develop hypertension are two to five times more likely to later develop cardiovascular disease.

**Common symptoms:** Heart pressure, fatigue, breathlessness and pain between the shoulder blades.

**New research:** Eating more than seven servings per day of refined grains like croissants and white bread increased the risk of heart disease by 33 percent and stroke by 47 percent, concluded a study in *The British Medical Journal*. In a Stanford study, participants that ate plant-based meat for eight weeks had improved markers of heart health, lower LDL levels and lost two pounds compared to those eating meat.



lionidas/akaolshnik ama/Pexels.com

**Medical advance:** To successfully fix a floppy mitral valve that's hampering blood flow in the heart, doctors can guide a catheter up a patient's leg vein and staple the troubled parts of the valve with a tiny clip, a safer and less invasive procedure than open-heart surgery.

**Preventive strategies:** Eating nuts several times a week lowers by 30 to 50 percent the risk of heart attacks, sudden cardiac death and cardiovascular disease, four large cohort studies have shown. Older women with high fitness levels have one quarter the risk of dying from heart disease as women that are out of shape, report Spanish researchers.

## Autoimmune Diseases

The prevalence of autoimmune diseases has grown by one half in two decades, even as medications and targeted therapies have kept more patients active and out of wheelchairs. "Where it used to be the norm for many physicians to consider women with some autoimmune illnesses to be neurotic, that approach is now being recognized as being abusive and unacceptable. This is a critical step towards recovery," says chronic fatigue expert Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!*

About 80 percent of the 23 million Americans that suffer from debilitating autoimmune diseases are women, and those conditions tend to develop during childbearing years. The eighth-leading cause of death among women, these illnesses shorten lifespan by an average of eight years. The 80-plus diseases, including fibromyalgia, lupus, celiac disease, Type 1 diabetes, psoriasis and rheumatoid arthritis, are linked to genetics, environmental triggers, some medications, obesity, injuries and stress.

**Common symptoms:** These vary widely, but may include achy muscles, fatigue, recurring low-grade fever, joint pain and swelling, skin problems, abdominal pain and swelling, hair loss, swollen glands and tingling in hands and feet.

**New research:** Eating significantly fewer foods containing the amino acid methionine, found at high levels in meat, fish, dairy and eggs, could slow the onset and progression of autoimmune disorders such

as multiple sclerosis in high-risk individuals, reports a study in *Cell Metabolism*.

**Medical advance:** Evidence is mounting that low doses of naltrexone, a substance-abuse treatment drug, can treat conditions like lupus, Crohn's disease and rheumatoid arthritis by normalizing the immune system and relieving pain with few side effects. "It costs only about 70 cents a day, is made by compounding pharmacists and is remarkably beneficial for a host of autoimmune conditions," says Teitelbaum.

**Preventive strategy:** To fight inflammation, take a daily turmeric or curcumin supplement that includes piperine (black pepper) for better absorption. A University of Houston meta-study in *Nutrients* found that curcumin supplements improved symptoms in 14 osteoarthritis, two ulcerative colitis and eight Type 2 diabetes studies.

## Hormonal Imbalances

The past 20 years has seen significant improvements in the studies and treatments of female hormonal issues. "There are now treatment options that allow women to transition into menopause, options for prevention of osteoporosis and momentous changes in fertility," says Stephanie Seitz, a naturopathic family physician in Scottsdale, Arizona. At the same time, she adds, "I have seen environmental toxins rising in my female population. I see young girls coming in with polycystic ovary syndrome, early menarche and painful menstrual cramping; women having trouble getting pregnant for unknown reasons; the rise of fibroids, premature ovarian insufficiency and endometriosis."

Hormones are the body's chemical messengers, regulating processes ranging from hunger to blood pressure to mood and playing a key role in reproduction. They have come under assault from endocrine disruptors, thousands of largely unregulated per- and poly-fluoroalkyl substances, abbreviated PFAS. These "forever chemicals" are found in everything from plastics to cushions to canned foods, and are in the blood of 98 percent of Americans. Studies have linked them to girls experiencing puberty one year earlier than 40 years ago; to rising cases of infertility, miscarriages and low birth weight;

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to menopause occurring two to four years earlier; and to obesity, polycystic ovarian syndrome, endometriosis and breast cancer.

**Common symptoms:** Because hormones regulate all of the body's processes, symptoms of imbalance run the gamut and may include fatigue, weakness, erratic menstrual cycles and weight gain or loss.

**New research:** Early menstruation increases the likelihood of hot flashes and night sweats decades later at menopause, according to a University of Queensland study. Eating five teaspoons of extra-virgin olive oil daily reduced women's moderate to severe menstrual cramps by 83 percent in two months, Iranian researchers found.

**Medical advance:** A major study of 9,000 postmenopausal women with hormone-sensitive breast cancer showed 94 percent that received hormonal therapy, but not chemotherapy, did not have recurrences.

**Preventive strategies:** To avoid toxic chemicals, buy organics; replace plastic kitchen containers with glass; replace Teflon pans with ceramic or cast-iron; use chemical-free cosmetics and shampoos; nix air fresheners and chemical cleaners; and check out food and care products at the Environmental Working Group ([ewg.org](http://ewg.org)). To help detox the body, consider working with a naturopathic doctor to develop a program that may include cleansing foods, herbs, saunas, elimination diets and chelators such as activated charcoal and algae.

## Depression

Women are twice as likely as men to develop depression, with one in four having a major episode at some point in life, yet fewer than half seek treatment. "Many women are too busy caring for others and feel guilty about their depression, fearing it could get in the way of their caregiving goals," says New York psychoanalyst Claudia Luiz. "Many have the fantasy that if they open that door and allow themselves to focus on their feelings, they won't be able to keep going."

Depression occurs most frequently in women ages 25 to 44, and one in five teenage girls reports having had a major depressive episode, a number that has exploded due to social media use. Psychotherapy is effective for 62 percent of adults with depression, antidepressants work for 54 percent and combining the two is helpful for 72 percent.

**Common symptoms:** Sadness, anxiety, flat feeling, loss of motivation or feelings of pleasure, change of eating or sleeping patterns, low energy, difficulty concentrating or headaches.

**New research:** Sleeping irregular hours, doing night shifts and working for more than nine hours a day have been shown to put women at higher risk of depression, while eating more dietary fiber in produce, grains and legumes significantly lowers this risk.

**Medical advances:** For the estimated one in four people with depression that doesn't respond to medication or therapy, emerging approaches offer fresh hope. Low doses of the anesthetic drug ketamine lifted the depression of 70 percent of hard-to-treat subjects by targeting specific serotonin receptors, Swedish researchers report. Transcranial magnetic stimulation, which uses magnetic pulses to stimulate parts of the prefrontal cortex, lifts symptoms for 50 to 60 percent of subjects, studies show.

**Preventive strategies:** Eating at least two servings a week of wild-caught, oily fish or a daily 1,000-to-2,000-milligram fish oil supplement with a 60-to-40 EPA to DHA ratio has been shown to be effective for symptoms of depression, bipolar disorder, attention deficit hyperactivity disorder and postpartum depression. Taking a brisk daily walk in nature with a friend or dog lowers four factors linked to depression: a "nature deficit", physical inactivity, low vitamin-D levels and isolation.

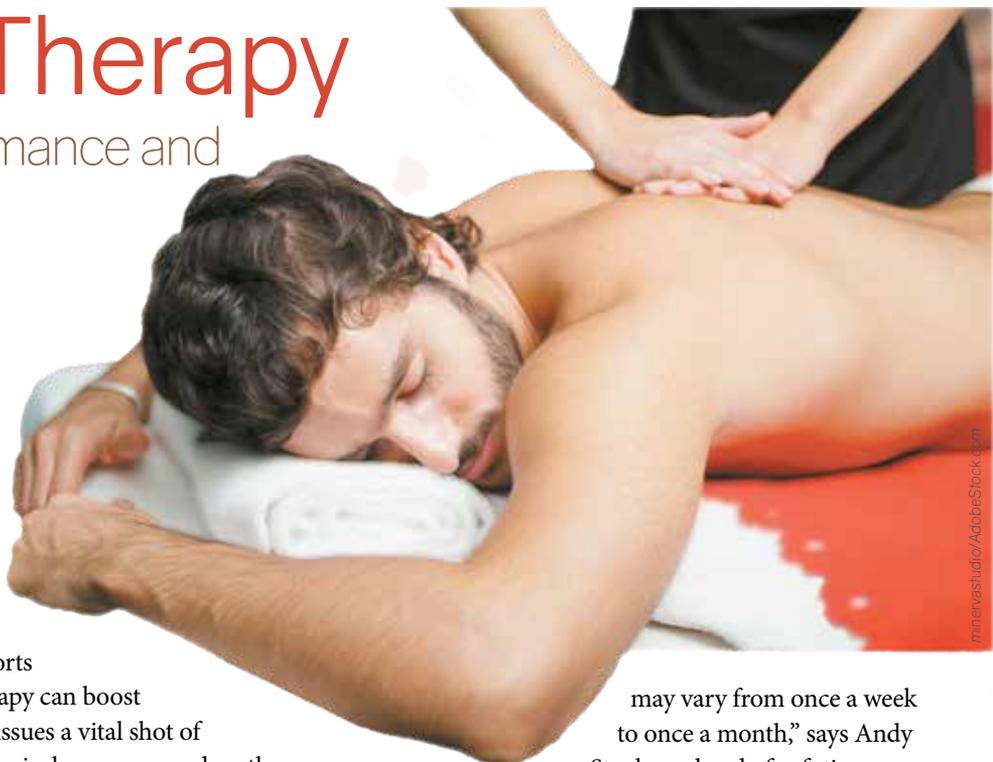
*Natural health writer Ronica O'Hara can be reached at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).*



# Stay Fit with Bodywork Therapy

## Enhance Workout Performance and Recovery with Massage

by Marlaina Donato



**T**herapeutic massage and other bodywork modalities are well-known stress-busters, but they can also hasten recovery after a workout or injury. A little restorative TLC with a bodywork practitioner before or after exercise can combat post-workout soreness and stiffness, maximizing our fitness investments in and out of the gym.

Approaches such as Swedish, deep tissue and sports massages, and myofascial trigger point release therapy can boost both blood and lymphatic circulation, giving soft tissues a vital shot of cellular nutrition. Massage modalities affect biochemical processes and on the deepest level, mitochondria—the cell’s energy-producing engines. Research from 2015 published in the journal *Medicine & Science in Sports & Exercise* shows that massage immediately following injury due to resistance training encourages tissue regeneration.

### Tailored Tools

“In the context of exercise, someone who trains three to five times per week at a high intensity will likely have a higher level of fitness. However, the demand placed on the soft tissue structures will equally be high, and may require more treatment to offset this. This

may vary from once a week to once a month,” says Andy Stanbury, head of soft tissue therapy at Pure Sports Medicine, a London clinic for sports injuries.

After working with high performance athletes for 15 years, he always asks, “What do I need to add to improve a patient’s fitness or performance?” For a patient that wants to improve fitness by running, “I would want to optimize their range of movement and stimulate the nervous system in readiness to exercise. I may look to use some myofascial release techniques, active release therapy, instrument-assisted soft tissue mobilization or muscle energy techniques. This would of course take place before the run.” For post-run recovery, Stanbury suggests more relaxing modalities, such as gentle massage, combined with breathwork.

### The Fascia Factor

Fascia, a network of connective tissue, wraps the body in protective layers from the most superficial muscle to the deepest organs and plays a central role in flexibility. This complex netting can become stuck due to inactivity, injury or surgery. Keeping it

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supple is vital for everyone.

Bodywork like myofascial release that targets trigger points—knots of tension—can help to ramp up postoperative and overall injury recovery. “Myofascial release is a technique used to reduce the tension in the fascial membrane. Slowly stretching the fascia will unwind and reduce the pressure on the muscles and nerves, reducing pain and creating range of motion and flexibility,” explains Anthony Hansen, a myofascial release therapist at Therapy on the Gulf, in Naples, Florida.

Hansen, who specializes in a “fast release” technique, emphasizes the importance of a gentle approach. “Trigger points are caused by cellular debris encapsulated by the fascia, so it’s much better to stretch it loose than it is to force it. Normally, it takes about three to five sessions, depending on the condition of the patient, for the fascial system to unwind before the patient will feel relief.”

Active trigger points refer, or radiate, pain elsewhere in the body while latent points tend to be more localized and are sore when compressed. “From a whole-body perspective and when we put this in the context of fascial planes, restoration of efficient movement is key, particularly post-surgery and when progressing training load,” says Stanbury. “However, this is not just movement of the body (muscles), but movement of blood, lymph and energy.”

A supple, tension-free body helps deter and bounce back from injuries. Regular bodywork, especially Swedish and deep tissue massage, fosters muscle recovery and helps prevent future issues. Self-massage using foam rollers and massage balls or canes can also be very helpful.

Bodywork offers full-spectrum perks, points out Stanbury, including “improved tissue mobility and elasticity, more efficient blood circulation and reduced anxiety and stress. This will, in turn, help promote better sleep, which is, of course, where we recover best.”

*Marlaina Donato is a body-mind-spirit author and composer/recording artist. Connect at AutumnEmbersMusic.com.*

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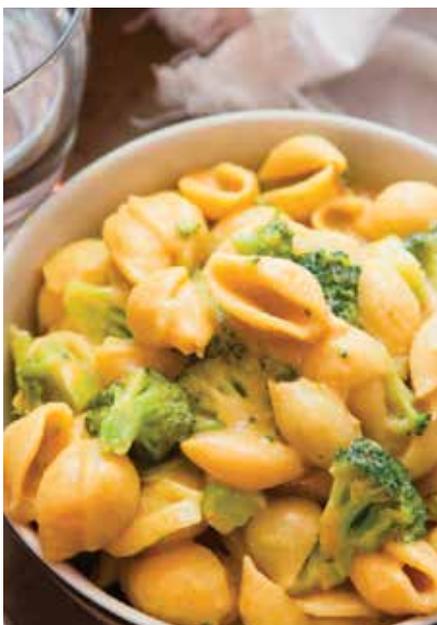
**James Angelico**  
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# A Match Made in Culinary Heaven

For decades the conundrum of whether to create comfort or healthy food has perplexed chefs and foodies. A balance of comfort food with healthy ingredients and vegetables might solve the problem. After a stressful day, nothing is more comforting than a plate of mac and cheese. Better still, a healthier, plant-based version that could satisfy the pickiest eater.

## Hearty Vegan Broccoli Mac and Cheese

- 12 oz whole grain macaroni such as elbows, shells or penne
- 1 small head of broccoli cut into bite-sized pieces
- 2 cup plant-based milk such as almond, coconut or cashew
- 2 Tbsp olive, avocado or grapeseed oil
- 1 Tbsp whole wheat flour
- ½ cup nutritional yeast
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp sea salt or to taste



8 oz shredded plant-based cheddar cheese

Preheat oven to 350 degrees. Bring a large pot of water to a boil and cook pasta according to package instructions. About three minutes before pasta is

ready add broccoli. Drain and set aside. In a medium saucepan, heat oil over low heat and add flour stirring vigorously with a whisk until mixture begins to bubble. Add garlic powder, onion powder, salt, milk and nutritional yeast. Continue to stir until mixture is hot and beginning to thicken. Remove from stove and incorporate into pasta/broccoli. Sprinkle in some of the cheese and pour mixture into a greased casserole or baking dish. Top with remaining cheese and bake for 20 minutes. For optimum flavor, allow to rest for about 10 minutes, then serve.



Recipe courtesy of James Angelico.

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### BOOKS

**THE GREAT COSMIC TEACHINGS OF JESUS OF NAZARETH**—The one who does not live in God lives in his self-made world of sensations, thoughts, words and deeds - the small world of the human ego. Gabriele-Publishing- House.com. Toll-free: 1-844-576-0937.

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

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## calendar of events

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

### 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@loiskramererez.com](mailto:Lois@loiskramererez.com). 201-906-5767. Register: [LoisKramerPerez.com/My-Events/](https://www.loiskramererez.com/My-Events/).

### THURSDAY MAY 6

**Viral Infections Part 3, What We Have Learned in a Year, Plus: To Vax, Or Not to Vax!** — 7-9:30 pm *Online*. Dian's two 2020 Viral Infections classes, taken by hundreds of people, reflected her almost forty years of teaching about how viruses work and how to prevent or treat them successfully. The current virus has proven to be no different than previous corona viruses. This class reviews the info of the first two classes, adds new information and the many remedies for treating viruses simply and naturally. Plus, this class will discuss the Covid vaccines, in which case, data matters. Call 973 267-4816 or register at [WellnessSimplified.com](http://WellnessSimplified.com) to receive Zoom meeting details.

### WEDNESDAY MAY 15

**Natural Harmony Services** — 1-5 pm. Susan Bischak of Natural Harmony LLC will be at The Health Stop on Saturday, May 15 from 1-5pm offering a variety of health and wellness services. Call Karen at 201-904-2273 for more details and to reserve your spot at 291 Franklin Ave., Wyckoff.

### WEDNESDAY MAY 15 & 16

**International Feng Shui Summit, FREE Online Join Featured Presenter Lois Kramer-Perez C.Ht.** — Lois will present how you can recognize your true nature to be yourself with purpose and find new ways to communicate effectively with others. Each specialist has a different background and focus, which will make for a fascinating week-end of presentations and experiential workshops. Each speaker will highlight their own specialized approach to creating healing and harmonious spaces. This is so greatly needed during these difficult and unprecedented times. Register FREE <https://www.fengshuitraining.co.uk/online-summit-2021-8> or contact [Lois@LoisKramerPerez.com](mailto:Lois@LoisKramerPerez.com) for details.

[fengshuitraining.co.uk/online-summit-2021-8](https://www.fengshuitraining.co.uk/online-summit-2021-8) or contact [Lois@LoisKramerPerez.com](mailto:Lois@LoisKramerPerez.com) for details.

### THURSDAY MAY 20

**Energy Blooming Clearing - Neuro-Transformational Meditation™ Circle with Lois Kramer-Perez, C.Ht, 7-8 pm Online** — Connect with the blooming energy of spring to unfold your magnificence with Neuro-Transformational Meditation™. You know how awesome it feels to start living with choice rather than reaction. Simply get clear and connect to the blooming energy – tapping into the lotus flower. Benefit from 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 6:30 pm Questions? Ask [lois@loiskramererez.com](mailto:lois@loiskramererez.com), Register: [loiskramererez.com/my-events/](https://www.loiskramererez.com/my-events/)

### THURSDAY MAY 20

**Detoxing Chemicals, Heavy Metals and Vaccine Residue Naturally** — 7-9:30 pm *Online*. Our bodies were not designed to clear the chemicals and metals we absorb in this modern world. Our liver and other cleansing systems get overwhelmed our health suffers. There are many natural ways to help the body clear the agents that can block our body's systems and degrade our health. This class addresses many of the successful detox methods Dian has used successfully with her thousands of clients and students for the past forty years. Call 973 267-4816 or register at [www.WellnessSimplified.com](http://www.WellnessSimplified.com) to receive Zoom meeting details.

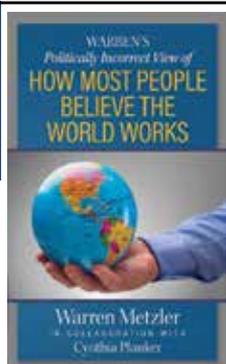
### SATURDAY, JUNE 12

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

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## community resource guide

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

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What if you are far greater than anyone has ever acknowledged? Where have you not acknowledged this for yourself? What keeps you in frustration of limitation, judgment of yourself and the lack of peace and joy in your life? What if this could all

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 23.*

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Susan is an energy medicine specialist working in-person and virtually. She is highly intuitive and skilled in many areas: Biofield Tuning, Biosyntonie, Mediumship, Past Lives, Quantum Energy Shift, Reiki, Holistic Health, Thermography, Weddings, and Ceremonies. She works in tandem with her clients to decide which method or combination suits their specific needs and has a uniquely guided approach. Her website has more information and testimonials: [www.susanbischak.com](http://www.susanbischak.com). *See ad, page 13.*

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~Roald Dahl

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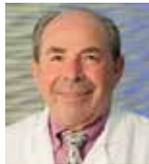


Clinical Nutritionist Dian Freeman teaches a Six-Month Nutritional Certification Course twice a year for over 17 years. The course leads to a certification as a Certified Holistic Health Counselor, CHHC, which is being used by many of her over 800 graduated students in practices of their own. Others take the course for their own use. The course is based upon a combination of her degrees and certifications, plus her almost 40 years of clinical experience with over 6,000 clients. Dian also offers private nutritional consultations, On-demand biofeedback sessions and multiple Electro-Magnetic Energy Healing technologies. *See ad, page 21.*

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~Maya Angelou

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Kim Mihov is a certified Delay the Disease instructor working in Bergen County. For the past 14 years. She runs group programs and is available for one on one training. She is also certified through the American Council on Exercise (ACE) and Physicalmind Pilates. *See ad, page 23.*



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