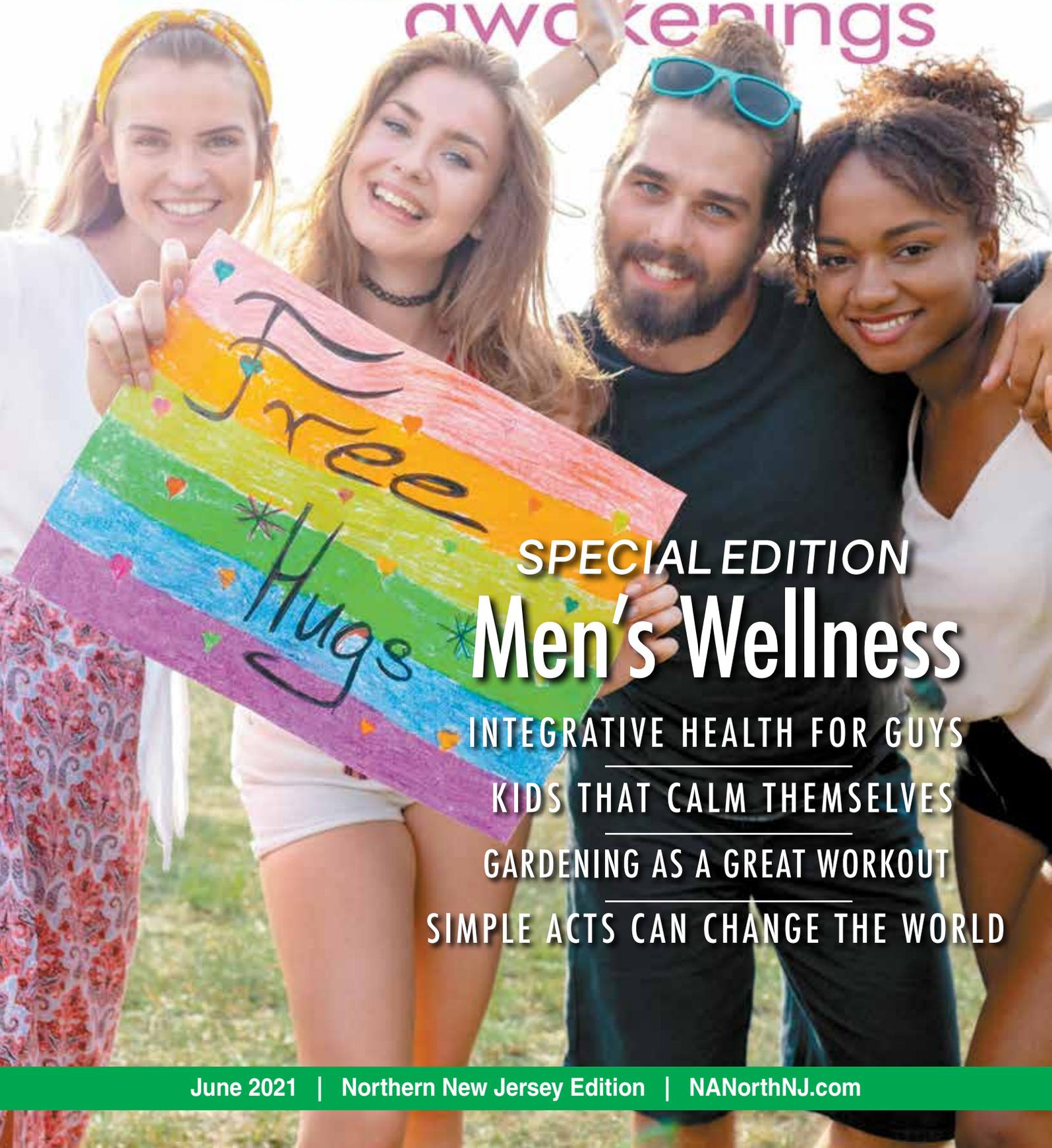


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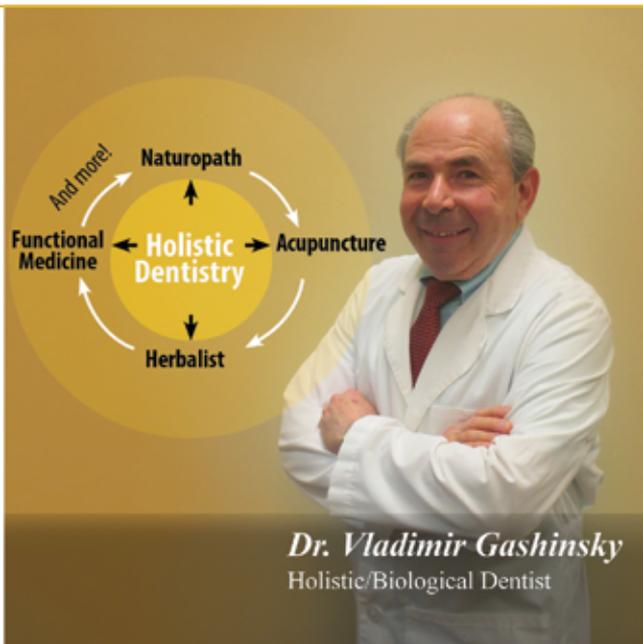
SPECIAL EDITION  
**Men's Wellness**

INTEGRATIVE HEALTH FOR GUYS

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GARDENING AS A GREAT WORKOUT

SIMPLE ACTS CAN CHANGE THE WORLD



*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:

### Feeling Summer's Familiar Growth and Warmth

This summer is like no other summer due to the pandemic. I hope you all are safe and doing well. Its already June, so we are almost halfway through the year. It's a good time to reflect upon our personal goals for the year, review them and adjust the plan for the next six months.

In positive sign of things to come, I have been receiving anecdotal feedback from businesses in our Bergen and Passaic county communities about increased activity. This is and much awaited boost.

It was one year ago, on May 25, that the world was shocked by killing of George Floyd, which also ignited another chapter of the civil rights movement in America. The subsequent events demanding that we come to terms with the racism that continues to pervade society. Thousands of people marched peacefully and expressed the views of millions more in a call for honest and open self-evaluation redefining the purpose of the individual and society as a whole. natural awakenings of North Jersey wants to take the responsibility of helping to promote that spirit.

In our June issue, we bring readers information about local events for health and wellness, informative articles on men's health, sustainable, Earth-friendly travel trips and ideas for relaxing kids. There's an article on staying fit while gardening in the summer and the inspirational "Simple Acts Can Change the World."

Find more health and wellness resources for your body, mind and soul—the outer body and inner, spiritual well-being—in this 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.

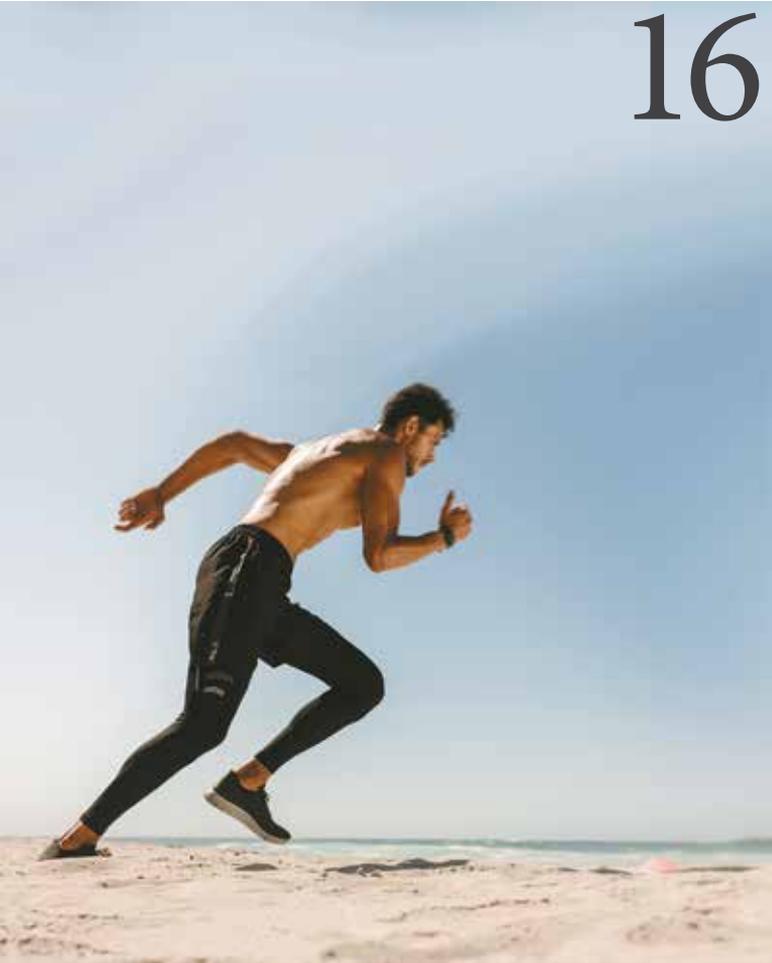


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 Anil Singh and his wife Vartika

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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## Discounts at Saddle Brook Wellness Center

Complete Wellness Within Wellness Center is hosting an Auriculotherapy Wellness day from 12 p.m.- 5 p.m. on 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](mailto:Info@CompleteWellnessWithin.com) or visit [CompleteWellnessWithin.com](http://CompleteWellnessWithin.com). See ad, page 12.*

## news briefs

### 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 10.*

### Learn About Brain Injuries

The Brain Injury Alliance of New Jersey (BIANJ), in North Brunswick, will hold a Virtual Family FEST (Fun Education Support Togetherness) online from 10 a.m. to 2 p.m., June 15, funded by the New Jersey State Department of Human Services, Division of Disability Services Traumatic Brain Injury Fund.



The event will feature educational, interactive and fun activities including Brain Injury and COVID Awareness: What You Need to Know, arts and crafts, transportation information and resources, and mindfulness.

*Admission is free. A \$5 donation earns BIANJ annual membership. Register at [Tinyurl.com/VirtualFamilyFest](http://Tinyurl.com/VirtualFamilyFest). For more information, email [ljacobs@bianj.org](mailto:ljacobs@bianj.org).*

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## Quantum Crystal Skull Healing and Gong Bath

Su Walenta, a professional percussionist and sonic alchemist, is offering a Quantum Crystal Skull Attunement meditation and Sacred Healing Gong Bath from 6 to 8 p.m., May 23, June 27 and September 26. Walenta has studied crystal skulls, sonic alchemy, sacred geometry, archangels, chakras, the core of the Earth, the center of the universe and healing gong baths, and developed an extensive collection of traditional instruments from cultures around the world. Most of these instruments were originally created for the healing of mind, body and spirit, not solely for entertainment.



Su Walenta

Su has chosen to work with a 40-inch symphonic gong for its ability to resonate in sonic, ultrasonic and subsonic healing frequencies. This broad spectrum has far reaching healing properties, at the same time activating and opening up communication pathways for those seeking healing and guidance from higher dimensional energies and intelligence via the Quantum Crystal Skull.

Natural Awakenings readers receive a 10 percent discount. Location: Holistic Healing Studio 1371 Kings Hwy., Sugarloaf, NY. For reservations, call 845-239-7205 or text 917-653-8841. For more information, visit [QuantumCrystalSkull.com](http://QuantumCrystalSkull.com) and [SuWalentaMusic.com](http://SuWalentaMusic.com).

## Women Empowering Women: Every Body is Beautiful

The Washington Hospital Healthcare System will present Women Empowering Women, facilitated by Victoria Leiphart, M.D., online from 7 to 8:30 p.m., June 17. The 30-minute lecture is followed by an hourlong open discussion regarding women's issues. This month's topic is Every Body is Beautiful.

Leiphart is an obstetrician-gynecologist in Fremont, California affiliated with Washington Hospital-Fremont. She received her medical degree from University of Virginia School of Medicine and has been in practice for more than 20 years.

*This class will be hosted on Zoom. Include an accurate email address at registration to receive a link for the event at [Tinyurl.com/WomenEmpoweringWomenClass](http://Tinyurl.com/WomenEmpoweringWomenClass).*



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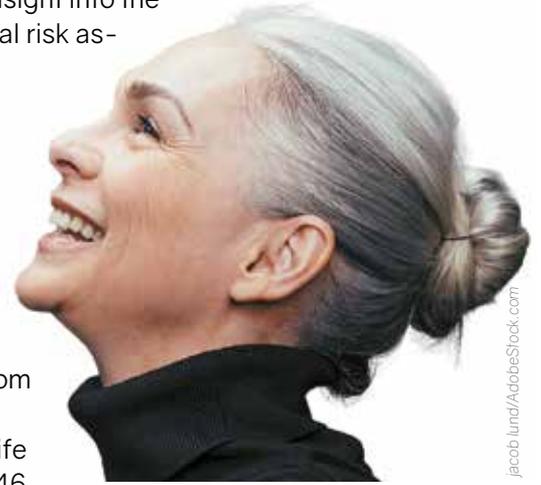
## Nix Sweeteners to Avoid Spreading Antibiotic Resistance



Four widely used artificial sweeteners—saccharine, sucralose, aspartame and acesulfame potassium—promote the transfer of antibiotic resistance genes in both environmental and clinical settings, report researchers at the University of Queensland, Australia, in *The ISME Journal*. They found that these four nonnutritive sweeteners promote horizontal transfer of the genes between bacteria, furthering the spread of antibiotic-resistant genes in the intestine. The researchers say the findings provide insight into the spread of antimicrobial resistance and point to a potential risk associated with ingesting the artificial sweeteners.

## Cultivate Satisfaction to be Healthier and Happier

Older people with high levels of life satisfaction—a favorable attitude toward life—have healthier habits, less depression and pain, better sleep and a longer life, reports researchers from the University of British Columbia. They studied nearly 13,000 U.S. adults older than 50 for four years and found that higher life satisfaction was linked to 26 percent reduced mortality and a 46 percent lower depression rate. People that felt good about their lives had fewer chronic conditions and pain, exercised more often, were both more optimistic and likely to be living with a partner and experienced less hopelessness and loneliness. However, such positive feelings were not associated with fewer health conditions such as diabetes, heart disease, arthritis or obesity; were not marked by less alcoholic binging or smoking; and were not affected by frequency of contact with children, family and friends.



jacob.lund/AdobeStock.com

## Eat Five Veggies and Fruits Daily to Live Longer



People that struggle to eat the often-recommended nine servings of fruit and vegetables each day can relax: The latest research from Harvard, based on 26 studies of 2 million people from 29 countries, found that two and three daily servings of fruit and vegetables, respectively, were linked to the most longevity. Compared to only two servings of produce per day, five servings lowered the risk of death overall by 13 percent, cardiovascular disease by 12 percent, cancer by 10 percent and respiratory disease by 35 percent. Green, leafy vegetables, including spinach, lettuce and kale, and fruit and vegetables rich in beta carotene and vitamin C, such as citrus fruits, berries and carrots, showed benefits. Starchy vegetables, like peas and corn, fruit juices and potatoes, did not appear to reduce the risk of death.

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# The Journey To Better Health

by Aarti Awatramani

From a shamanic perspective for health and wellness, it's important to honor the range of feelings that come up for an individual. Feeling all emotions keeps energetic pathways clear in the body. This is important because when one is energetically healthy, one is physically healthy, as well. To illustrate how emotions work energetically to help with healing, here is an explanation/mini meditative exercise often shared in shamanic journeys:

You're going along a highway and there are different exits with different emotions on the green exit signs. Each exit is an emotion that exists in your inner world, whether you are conscious of it or not. You have a few choices.

You can never take any exits and continue on the road. This is analogous to never stopping to feel a feeling or allowing emotions an opportunity to rise up. Or you can choose to only take so-called "good" exits, like happiness or joy or positivity, and never take any of the so-called "bad" exits,

—Sponsored Content—

like anger or fear or sadness. In either case, if you never take an exit, you lose out on the chance to explore what's behind that feeling.

If you only ever take the same exit or the same few exits, life becomes routine and rote. You never explore, you never learn something new, you never experience the richness that trying different roads offer you. As to the spiritual aspect, you avoid some of the lessons of your time here on Earth.

So as you're going along the highway, notice the different exits. Pay attention to each one and see if you need to take that exit and explore more. Ultimately, what this vision was conveying was that feelings are a map to healing; that emotions and feelings provide information on what's going on at a deeper level, and all one needs to do is follow the signs.

Take anxiety as an example, because it's quite a common feeling. Many people feel anxious about a variety of things. Maybe it's about their loved ones, their health, finances, jobs, businesses, etc. This anxiety isn't a pleasant feeling, and it may feel overwhelming, so the tendency is to cut those feelings off, stuff them down or avoid them.

On an energetic level, by not allowing oneself to feel the feeling, in this case anxiety, the pressure at a certain point builds. The once smaller feeling is now getting bigger and bigger, creating an energetic blockage. It will do two things at this point: either it will start seeping into other areas of life or it begins to get stored somewhere in the body. Neither of these is good for health, as the

blockage eventually leads to physical disease. So how does one "feel their feelings"?

First, name it and acknowledge the existence of the emotion. It's important for all emotions to have permission to express themselves. Every feeling is valid. Be aware not to control, deny or stuff down feelings, especially those seen as "bad". There are no "bad" feelings, as feelings are just information and offer a map to healing.

Say out loud or in your head, "I am feeling... because of... It's okay. It's valid." Then see if there's anything there that you may need to learn. If not, release it.

Additional to note, feeling one's emotions as described here is not about stewing in emotions indefinitely. It's not about having any one emotion or feeling become all-consuming. It's about allowing space for emotions and feelings to move through the body and out.

Also note, different emotions and feelings will hang around for varying lengths of time. Not everything needs to move through immediately, so approach this with kindness, gentleness and understanding for the self.

And lastly, remember there's much to learn from positive emotions as there is from "negative" emotions.



Aarti Awatramani is an intuitive health coach, shaman, and the founder of Intuitively Well. For more information, visit [IntuitivelyWell.com](http://IntuitivelyWell.com). See ad, page 12.



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## health briefs

# Manage Parkinson Symptoms with Delay the Disease



Approximately 60,000 Americans are diagnosed each year in addition to the nearly 1 million that currently live with Parkinson's and the 10 million more worldwide. The economic cost totals exceeds \$51.9

billion annual, with medication alone \$2,500 a year per person and therapeutic surgery up to \$100,000.

Symptoms of Parkinson's include tremors, rigidity, balance problems and slow movement. It affects 1 percent to 2 percent of the population over the age of 65 and 2 percent to 10 percent of those younger than 50. Researchers estimate less than 10 percent is caused primarily due to genetic factors. The risk for men is 1.5 times greater than women.

For more information, call Kim Mihov at 201-722-1303 or visit [Foundation.OhioHealth.com/delay-the-disease](http://Foundation.OhioHealth.com/delay-the-disease).



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# Healing at a Distance with Biofield Tuning

by Rev. Susan Bischak

Practitioners of different disciplines in the healing arts can send healing over long distances. Whether it is Biofield Tuning, Reiki, or even prayer, the “sender” has the intention of increasing the well-being of the “receiver”. The focused intention of many, a few, or a single individual can make it happen. Einstein had the belief that there was something, some force, that united the universe. We need physics to explain this.

Scottish theoretical physicist Peter Higgs continued this exploration and named the field he discovered after himself: 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,” wrote Eileen McKusick in her new book titled *Electric Body, Electric Health*. It is also called the quantum field or the zero-point field that author Gregg Braden and others refer to. Lynn McTaggart researched the ability of groups of people to send healing in her books titled *The*



*Field and The Power of Eight*. Much of her findings were supported by lab results. This unifying field seems to be electromagnetic and so are we. In physics, the phenomenon is called non-local action at a distance with no physical contact.

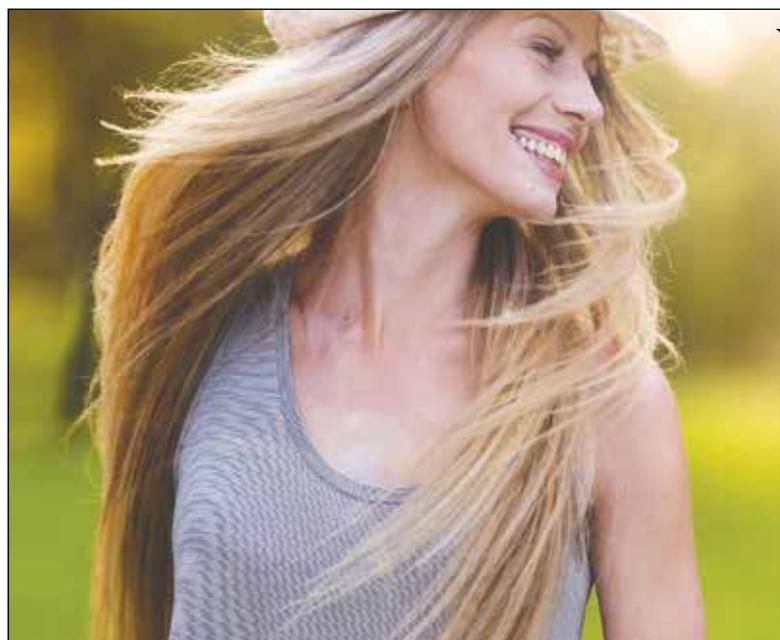
Biofield Tuning professionals work in the area around the body that has been scientifically measured and named the biofield. A Biofield Tuning practitioner senses where there are areas in the field that need attention and uses tuning forks, in a variety of vibratory rates, to relieve areas of stress. This can be done

in person, but also at a distance, making use of the field to connect the vibrations of the tuning forks and their intended recipient. Feeling is believing in this case. Since there is nothing to see, it must be experienced. This is an ideal way to receive assistance without being in the presence of a practitioner.



*Rev. Susan Bischak, CCT, CNC, is a Biofield Tuning practitioner and owner of Natural Harmony LLC. For more information call 973-838-7211 or visit*

*SusanBischak.com. See ad, page 7.*



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# Overweight? Testosterone May Save Your Life

by Warren Slaten

**N**ote: If You Are An Overweight man, I am talking to you, so I am writing this article for you in the second person. This article should not be considered medical advice. If you have any follow-up concerns or questions, you can contact my office or your physician.

Obesity is an epidemic. Among adult men, 70% are overweight. When you are overweight,

you are likely to have increased visceral fat. This is fat around the organs such as the liver kidneys and intestines. This fat is dangerous because visceral fat generates inflammation which leads to many chronic diseases including heart disease, cancer and dementia.

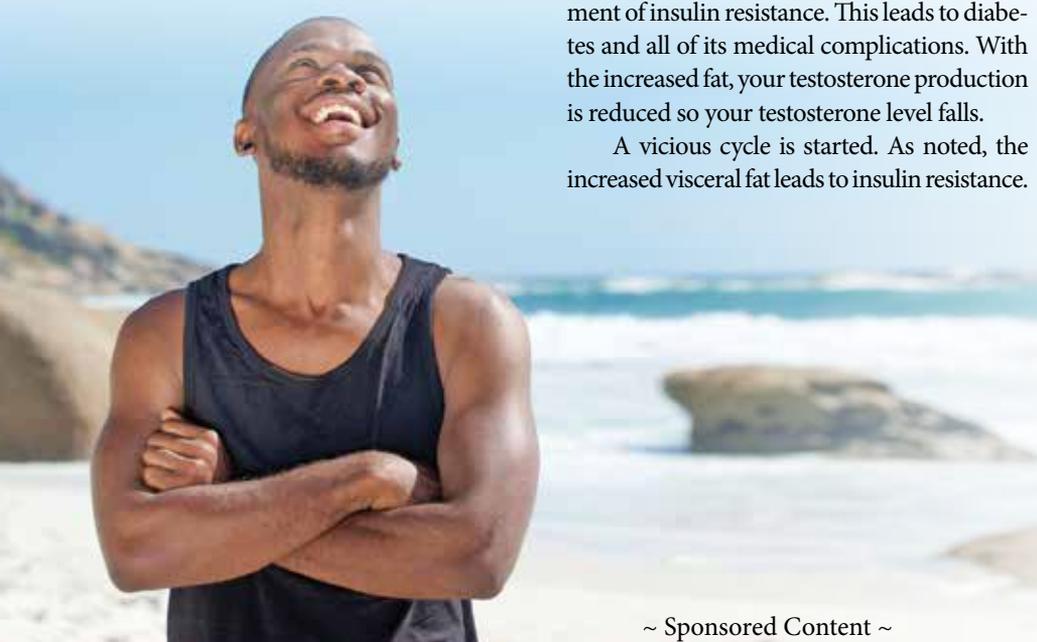
Inflammation creates an environment in the blood vessels that promotes clotting. This leads to heart disease and strokes. Another result of your increased visceral fat is development of insulin resistance. This leads to diabetes and all of its medical complications. With the increased fat, your testosterone production is reduced so your testosterone level falls.

A vicious cycle is started. As noted, the increased visceral fat leads to insulin resistance.

Thus, there is increased insulin circulating. The insulin leads to increased fat storage. As your fat increases, your insulin resistance worsens and your testosterone level falls further, both of which lead to further increased fat. Unfortunately, this increased fat is a breeding ground for all those chronic diseases. The key point I will discuss is how you can use testosterone to break this vicious cycle.

Testosterone is the primary male sex hormone, responsible for male sexual development and critical in maintaining your erectile function, libido, normal energy levels, and mood. Testosterone also controls a whole range of physiological functions throughout the body. As you reach your 40's, your testosterone levels begin to decline. This decline leads to a reduction in your energy and a slowing of metabolism. Thus, it is very common for you to develop a paunch in your 40's and 50's. This reflects the weight gain that occurs with decreased metabolism.

Multiple studies have shown cardiac benefit from testosterone replacement. Testosterone can improve lipids raising the good HDL cholesterol while lowering the bad LDL cholesterol. Testosterone improves your metabolism and reduces your visceral fat. By reducing your visceral fat, insulin resistance starts to decrease, and that vicious cycle starts to get reversed. Testosterone starts to eat away at your visceral fat and converts your fat to muscle. This cardiac benefit is why testosterone replacement can save your life.



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If you are overweight, you may have low testosterone levels. Because testosterone is a key factor for energy and motivation, if you have low testosterone, you may have low motivation to do something about it and low energy to take the steps necessary to correct the problem. This is another reason testosterone can break the vicious cycle. By taking testosterone, you have improved energy and increased motivation. With this increased energy, you have increased motivation to improve your health.

I do not want to suggest that testosterone will miraculously eliminate all of your excess weight. However, I can confidently tell you that you will lose visceral fat, which is the fat that causes all of those chronic diseases. Furthermore, there is a good chance that if you take testosterone replacement, you will have increased motivation to improve your health. You will feel better with more energy and better mood. As part of that improved energy, you will have a more positive outlook of your health and will want to do more things to take better care of yourself. That includes eating better and exercising more. As your body fat gets converted to muscle with the use of testosterone, you have increased exercise capacity. When you start testosterone replacement, you are more likely to begin workouts because you will tolerate exercise better and have more energy to participate in an exercise program.

The key point is that with excess weight, you may have many increased inflammation in your body. Also, you may have insulin resistance which leads to increased insulin which leads to food craving and further increased body fat. Your decreased testosterone further increases your body fat and more important, decreases your motivation and energy to do something about it. The good news is that by taking testosterone, you can start to reverse the cycle by eating away at the body fat and converting it to muscle. This starts to reduce the insulin resistance, which further reduces body fat. This reduces the risk of all the chronic illnesses that can kill you. You will have improved motivation, increased energy and improved mood so you will have a better outlook to improve your health and improve your life.

*Dr. Slaten is a wellness physician specializing in regenerative pain treatments and lifestyle counseling. He is certified in advanced bioidentical hormone replacement. You can learn more at his website: [njhormones.com](http://njhormones.com). See ad, page 10.*



## What Food Allergy Testing Gets Wrong

by Doug Pucci

**B**efore blaming Mother Nature for sneezing fits, consider how seasonal cross-reactivity to certain foods might be the real culprit. It's estimated that at least 60 million Americans suffer from seasonal allergic rhinitis, and that number is growing. But having an allergy to a particular type of plant or pollen is a likely indicator for cross-reactivity, too. This is an emerging field of study for allergies and food sensitivities.

For instance, with a known sensitivity to birch trees and birch tree pollen, a patient could also be reacting to cherries, peaches, apples, pears, prunes, carrots, celery, almonds, hazelnuts and peanuts year-round below the threshold for detection, and then more severely during the seasonal tree blooming period. Seasonal flares during ragweed season may include cucumbers, bananas, zucchini and sunflower seeds.

If an apple, for example, causes a histamine response—the classic itchy mouth and throat, swelling difficulty breathing, what exactly is causing the immune system to react could be the apple alone or something more complicated. Perhaps the apple is one of many triggers during times of high cross-reactivity, such as when environmental antigens like pollen are present. When birch trees are in full bloom in the spring, reactions to certain kinds of foods can be higher because antigen exposure is also at its highest.

The reaction to a particular food could be caused by what is commonly known as mast cell activation. Mast cells are released following an active immune response to any kind of foreign pathogen. It may be the flood of mast cells, together with elevated histamine, that produces discomfort, and

not really the food itself.

Many popular forms of food allergy testing on the market are not the correct clinical approach. They do not meet the gold standard and provide numerous false positives and false negatives that don't take into consideration a number of factors such as whether the person's immune system is already out of balance and on high alert.

Food testing can be used as a shortcut to know which foods to eat or not to eat to solve a particular health problem, but it's not that simple. Those two findings can be in conflict and change seasonally. Our bodies and immune systems are in a constant state of flux due to age and hormonal shifts, changes in metabolic status or seasonality.

Frequently, patients with highly sensitive immune systems or compromised immunity will react to an outside environmental antigen and mistakenly believe a particular food is causing the reaction, when the issue is simply that their immune system is on alert for all kinds of foreign antigens. Sometimes an overabundance of a specific food can be problematic for that individual.

A better testing approach considers food sensitivity in the broader context of environmental inhalants and focuses on detecting imbalances in gut and immune systems and resolving these first, while also rotating in and out problematic foods. This would help eliminate false beliefs about food while increasing the ability to predict and manage seasonal or cyclical flare-ups.



*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.*

## Burn Notice

### Sunscreens Harm Hawaiian Reefs



Bill 132, banning sunscreens containing the chemicals avobenzone or octocrylene, has progressed through the Hawaiian House and Senate. If it passes, the bill will go into effect January 1, 2023, to prohibit the sale or distribution of any sunscreen containing

the targeted chemicals unless the buyer has a valid prescription. The outlawed chemicals can make corals more susceptible to viral infections and bleaching. Octocrylene can disrupt human hormones and harm marine animals. Avobenzone is an endocrine disruptor and can make coral less resilient to high temperatures.

Maxx Phillips, Hawaii director and staff attorney at the Center for Biological Diversity, says, "This is great news for our imperiled coral reefs and marine life. People can protect their skin without harmful petrochemicals while Hawaii protects public and environmental health." For those needing to protect themselves from the sun without harming ocean life, scientists and the National Oceanic and Atmospheric Administration recommend products containing non-nanoized titanium dioxide and non-nanoized zinc oxide.

## Mischievous Metal

### Lithium Mining for Electric Vehicles Creating Tension

The proposed Thacker Pass lithium mine in northern Nevada, the largest in the U.S., has passed a review by the Bureau of Land Management (BLM) and construction of mining facilities could begin later this year. But unhappy residents and conservation groups are filing lawsuits. Lithium Nevada expects to pump up to 5,200 acre-feet of groundwater per year, and critics say this may draw down groundwater levels and affect soils, streams and springs. In addition, other expected environmental impacts include groundwater pollution and detrimental impacts to sensitive wildlife.

The challenge is to quickly transition the U.S. economy to carbon-free energy sources by acquiring the vast mineral resources needed, such as lithium, cobalt and nickel for batteries, without endangering biodiversity or the health of nearby communities. John Hadder, executive director of Great Basin Resource Watch, one of the environmental nonprofits suing BLM over the Thacker Pass mine, says, "There is a lot of pressure to extract materials for what we consider to be the new energy economy, but we have to do it in a way which isn't business as usual." The goal is to get the federal government to do a more thorough review of the project so that the surroundings won't become an arid, polluted wasteland.

## Leftover Love

### Olio App Prevents Food Waste



Uneaten food often ends up in the trash, but Olio, an app created in 2015 by English entrepreneurs Tessa Clarke and Saasha Celestial-One, allows people with extra food to post a picture online. Anyone that wants the food can respond and pick it up as a gift. There is no money exchanged, and no swapping or

bartering. Almost 3.5 million people use Olio in 50 countries. The app claims to have prevented "3,775 tonnes of CO2 emissions from entering the atmosphere and eliminating 12,171,045 car miles from the road."

Nonprofit Project Drawdown notes, "Almost 1.4 billion hectares of land; close to 30 percent of the world's agricultural land, is dedicated to producing food that is never eaten; and the carbon footprint of food wastage makes it the third emitter of CO2 after the U.S. and China, according to the UN Food and Agriculture Organization. Reducing food waste is one of the most effective ways of tackling the global climate crisis."



# Most Pain is Due to Blocked Energy

by Anne Deatly

Many people need to release pain from their bodies. They may have had the pain for years or even decades, indicating chronic pain, which means our bodies are letting us know there's excess energy in that location. The body wants to release the excess energy for better flow through the body. Stuck energy and pain blocks the flow of energy in our whole energy field and takes our life force from us, compromising our vibrancy and resilience and reducing our peace and joy.

It is easy to remove stuck energy and improve energy flow in our body because energy develops habits of flow. Sometimes it takes several sessions, because over time the stuck energy develops layers of imbalances. Sometimes it's not safe for the body to release all stuck energy to which it has adapted at once. Instead, unwinding the stuck energy allows the energy to flow in the blocked area. The longer the energy has been stuck, the longer it takes to remove.



For more information, call energy medicine practitioner Dr. Anne Deatly, Ph.D., at 201-925-1046 or email Anne.Deatly@gmail.com.



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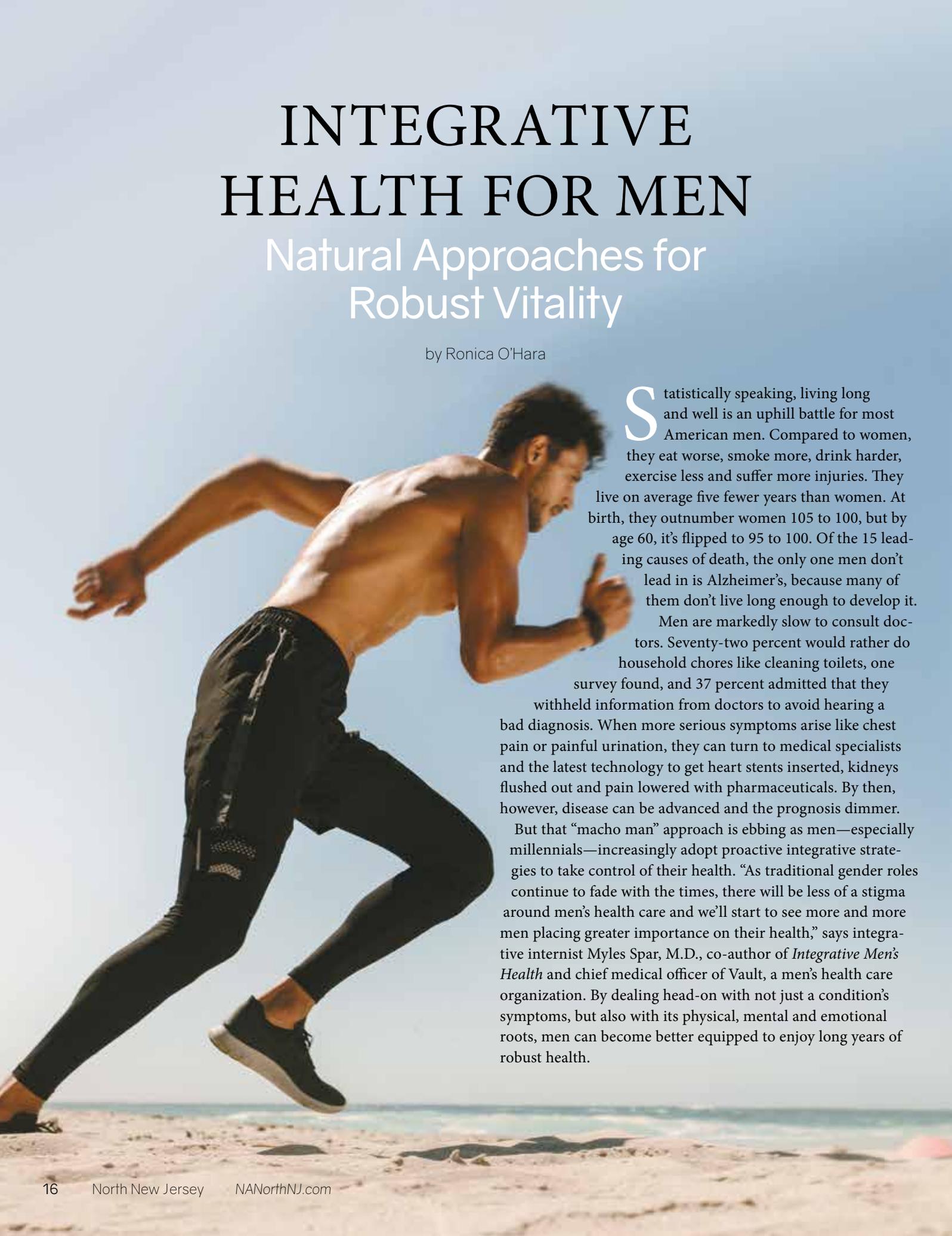
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# INTEGRATIVE HEALTH FOR MEN

## Natural Approaches for Robust Vitality

by Ronica O'Hara

A shirtless man with dark hair and a beard is captured in a dynamic running pose on a sandy beach. He is wearing black athletic shorts and black sneakers. The background shows a clear blue sky and the ocean waves in the distance. The lighting is bright, suggesting a sunny day.

Statistically speaking, living long and well is an uphill battle for most American men. Compared to women, they eat worse, smoke more, drink harder, exercise less and suffer more injuries. They live on average five fewer years than women. At birth, they outnumber women 105 to 100, but by age 60, it's flipped to 95 to 100. Of the 15 leading causes of death, the only one men don't lead in is Alzheimer's, because many of them don't live long enough to develop it. Men are markedly slow to consult doctors. Seventy-two percent would rather do household chores like cleaning toilets, one survey found, and 37 percent admitted that they withheld information from doctors to avoid hearing a bad diagnosis. When more serious symptoms arise like chest pain or painful urination, they can turn to medical specialists and the latest technology to get heart stents inserted, kidneys flushed out and pain lowered with pharmaceuticals. By then, however, disease can be advanced and the prognosis dimmer.

But that “macho man” approach is ebbing as men—especially millennials—increasingly adopt proactive integrative strategies to take control of their health. “As traditional gender roles continue to fade with the times, there will be less of a stigma around men's health care and we'll start to see more and more men placing greater importance on their health,” says integrative internist Myles Spar, M.D., co-author of *Integrative Men's Health* and chief medical officer of Vault, a men's health care organization. By dealing head-on with not just a condition's symptoms, but also with its physical, mental and emotional roots, men can become better equipped to enjoy long years of robust health.

## HEART DISEASE

The leading cause of death for men in the U.S., heart disease kills one in four men. Half of those that died suddenly exhibited no previous symptoms. Men develop heart disease 10 years younger than women on average, possibly because estrogen has a protective effect on coronary arteries. Stress, especially in economically beleaguered occupations and areas, takes a toll, as evidenced by rising drug abuse among men nationwide. “Overall, it appears that men’s coping with stressful events may be less adaptive physiologically, behaviorally and emotionally, contributing to their increased risk for coronary heart disease,” concludes a State University of New York at Stonybrook study.

**SYMPTOMS:** chest pain, irregular heartbeat, dizziness, shortness of breath, extreme fatigue, sensations in arms and legs such as pain, swelling, weakness or tingling.

**NEW RESEARCH:** Active, 40-ish men that were able to do 40 pushups had a 96 percent lower risk of cardiovascular disease in the next 10 years than men doing less than 10 pushups, a Harvard study concludes. A 10-year study of 134,297 people from 21 countries found that eating six ounces or more each week of processed meat like bacon, sausages and salami was linked to a 46 percent higher risk of cardiovascular disease and a 51 percent higher risk of death.

**INTEGRATIVE APPROACHES:** “An integrative model for heart disease, when done properly, hunts down chronic inflammation in the body wherever it is and attempts to remedy it naturally, which is why we have had so much more success and significantly fewer side effects than conventional medicine,” says naturopathic cardiologist Decker Weiss, of Scottsdale, Arizona, a pioneer in the field. Typically, integrative cardiologists will interview a patient to determine the root causes of inflammation, including diet, physical activity and emotional stress. After targeted lab tests, they may prescribe botanicals along with pharmaceuticals like diuretics and beta blockers to manage fluids and vital signs. They often focus on repairing the gastrointestinal tract with specific probiotics and restoring the endothelium (the inner lining of blood vessels) with nutrients like magnesium, coenzyme Q10 and alpha-lipoic acid. They’ll encourage patients to switch to healthier, plant-based diets; perhaps to undergo a colon, liver or lymph cleanse; and exercise and use stress-reducing practices like meditation or martial arts.

## ERECTILE DYSFUNCTION

Erectile dysfunction (ED), the inability to get and keep an erection firm enough for sex, often drives a man to seek medical care. An erection—a complex interplay among the brain, hormones, emotions, nerves, muscles and blood vessels—can be

hampered by such conditions as hypertension, diabetes, obesity, high cholesterol, insomnia and alcohol use. Although a quarter of new patients with ED are under age 40, mild and moderate ED affects approximately 50 percent of men in their 50s and 60 percent in their 60s.

Integrative medicine offers potent strategies such as exercise, weight loss, good sleep and a varied diet, factors that can reverse ED, according to Australian researchers. “Men aren’t ever going to stop eating hotdogs in the name of ‘wellness,’ but if you tell a man that eating hotdogs will impact his ability to get erections, he’ll never eat a hotdog again,” says Spar.

**SYMPTOMS:** repeated difficulty getting or maintaining an erection, reduced sexual desire.

**NEW RESEARCH:** In a survey of 12 studies involving 8,300 participants, the longer-lasting erection drug Cialis (tadalafil) beat out Viagra (sildenafil) as the drug of choice by a three to one margin. Cornell researchers found that of the 48 percent of older men in one study with ED, only 7 percent had tried an erection drug, and fewer than half refilled the initial prescription, partly due to unpleasant side effects.

**INTEGRATIVE APPROACHES:** An integrative strategy typically involves a doctor checking and increasing a man’s testosterone levels if necessary; a thorough checkup and lab tests to detect and treat causes such as diabetes and high cholesterol; and vetting and replacing medications such as antihistamines and blood pressure drugs that might cause ED. For relationship problems, anxiety or depression, a cognitive behavioral therapist might be recommended and mindfulness meditation might be encouraged to reduce stress.

A weight-loss plan featuring more produce and less meat is typically suggested: men with a 42-inch waist are 50 percent more likely to have ED than men with a 32-inch waist. Some foods like arginine-rich oatmeal and antioxidant-rich pomegranate juice, as well as supplements like DHEA, L-arginine, zinc and panax ginseng have also proven helpful in studies. Effective exercises include Kegels to strengthen pelvic floor muscles, Pilates to build core strength and aerobic workouts to strengthen blood vessels. Just 30 minutes of walking each day was linked to a 41 percent drop in risk for ED, Harvard researchers found.

## PROSTATE CANCER

Prostate cancer affects one in eight men, 60 percent of which are over age 65. African American men get prostate cancer younger, have more severe cases and are twice as likely to die from it. Although it’s not as virulent as most other cancers, it

requires monitoring, sometimes for decades, which compels some men to get serious about diet and exercise. “If you hear you have cancer, the rug is pulled out from underneath you and you feel you’ve lost your locus of control to surgeons and other doctors,” says integrative oncologist Donald Abrams, of the Osher Center for Integrative Medicine at the University of California at San Francisco. “But lifestyle changes are important, useful and have an impact, and they’re something patients themselves have control over and can decide to do.”

**SYMPTOMS:** They may be silent or involve frequent urination, weak or interrupted urine flow, urinary leaking, needing to urinate frequently at night, blood in the urine, erectile dysfunction or discomfort when sitting.

**NEW RESEARCH:** The more faithfully that men with localized prostate cancer followed a Mediterranean diet, the better their disease fared, report University of Texas MD Anderson Cancer Center researchers. Drinking several cups of coffee every day may be linked to a lower risk of developing prostate cancer, suggests a pooled data analysis in the online journal *BMJ Open*. A new urine test for prostate cancer is so accurate it could have eliminated the need for one-third of biopsies in a recent study of 1,500 patients in the *Journal of Urology*.

**INTEGRATIVE APPROACHES:** In a 2018 comprehensive review of prostate cancer studies published in the *Journal of Alternative and Complementary Medicine*, Abrams recommends a plant-based, antioxidant-rich diet that emphasizes cruciferous vegetables, tomatoes, soy, pomegranate, green tea and fish-based omega-3s; limiting meat, sugary drinks and saturated fats; supplementing with vitamin D<sub>3</sub> and omega-3s while avoiding selenium and vitamin E; exercising daily, with yoga and tai chi especially providing mind-body benefits; and using acupuncture to manage the side effects of conventional treatments. To combat the anxiety that can arise during the period between a diagnosis and surgery, Abrams suggests stress-reducing therapies like mindfulness training, reiki and support groups.



*A patient receiving NeuroStar transcranial magnetic stimulation therapy.*

## DEPRESSION

Up to one-third of men may experience depression, but it’s marked more by bravado than tears. “Rather than appearing sad, men with depression are more likely to react with anger, self-destructive behavior, self-distraction, or numbing of pain with substance use, gambling, womanizing and workaholism,” concludes a major University of Michigan study in *JAMA Psychiatry*. Irritability, blowing up at minor annoyances, sudden spells of aggression and risky behaviors are other hallmarks. Men are far less likely than women to seek treatment and four times as likely to die by suicide.

**SYMPTOMS:** Besides anger and irritability, depressed men are more prone to lose weight rather than gain it, become obsessive-compulsive rather than anxious and experience physical problems like headaches, stomach ailments and chronic pain.

**NEW RESEARCH:** Men with moderate to high levels of what Russian researchers call “vital exhaustion”, marked by excessive fatigue, demoralization and irritability, are 16 percent more likely to have a heart attack within 15 years. The risk doubles for men that never married, were divorced or became widowed.

**INTEGRATIVE APPROACHES:** “First, it is important to get a lab screening to rule out low testosterone, vitamin deficiencies, anemia and thyroid problems,” says holistic psychiatrist W. Nate Upshaw, M.D., medical director of NeuroSpaTMS, in Tampa. He also checks for sleep disorders, treats with cognitive behavioral therapy and after getting lab results, suggests such supplements as vitamins B<sub>12</sub>, D<sub>3</sub> and methylfolate. His lab focuses particularly on transcranial magnetic stimulation therapy, which a 2020 Stanford study found to be 90 percent effective in relieving drug-resistant depression. “It restores healthy brain function without medications, and with essentially no side effects,” says Upshaw, adding that the approach is particularly good for men that want to avoid the sexual side effects of antidepressants.

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

## TO LEARN MORE

**INTEGRATIVE CANCER CARE:** A four-part video lecture series by integrative oncologist Donald Abrams, M.D., of the Osher Center for Integrative Medicine at the University of California at San Francisco. [Osher.ucsf.edu/patient-care/patient-care-team/donald-abrams](https://osher.ucsf.edu/patient-care/patient-care-team/donald-abrams).

**HEALTH SELF-QUIZ:** Myles Spar, M.D., co-author of *Integrative Men’s Health*, offers a simple quiz that helps identify health problems and proposes integrative strategies. [Tinyurl.com/DrSparHealthQuiz](https://tinyurl.com/DrSparHealthQuiz).

# Simple Acts Can Change the World



by Julie Peterson

**I**t's easy to feel small and helpless in a world full of big problems, but there are simple, daily actions we can take to change it for the better.

**BE THE CHANGE.** If the park needs more shade, ask permission to plant a tree. If there is trash on the sidewalk, pick it up. An eyesore building could be a community art project. The possibilities are endless. Sometimes the very things that we complain about can be turned into action items, improving conditions for everyone. Fix something.

**CHOOSE GRATITUDE.** It's difficult to miss the news as it pops up on phones, computers and TV. But media outlets can offer a repetitive loop of negativity and conflict. When exposed to this for hours, it can erode faith in humanity and hope for the future. To prevent feeling a sense of soul-crushing doom, we must tune out of the constant chatter. Select 30 minutes every other day to read news. We will become more positive if we spend the former news time listening to music or writing in a gratitude journal. Appreciate the good.

**FIND COMPASSION.** When there is no shortage of road rage, angry customers and political divisiveness, don't engage. We never know what another person has gone through in life or earlier that day. Don't be a judge; be a vector to peace. Let the driver merge, let others be right, let our buttons get pushed without escalating the situation. Loving kindness for others involves wishing them health, happiness and safety. It doesn't need to be outwardly expressed; it can be an internal thought. Respect everyone.

**BE KIND.** Perhaps there is someone that would appreciate a meal or help with chores. Offer time without expectation of a reward. Random acts of kindness can be

done anonymously: pay the toll for the next car, deliver a care package, donate supplies to a local nonprofit or simply smile at strangers. Give freely.

Every time we fix, appreciate, respect and give with a genuine heart, there is a ripple effect. Everyone we touch feels better. Moving forward, these people likely will be kinder to others. Envision each genuine act pouring forth like a wave of light, gathering momentum as others add their light. Imagine it can wash over the Earth, touching everyone. We can make a difference. Start now.

*Julie Peterson is a Random Acts of Kindness activist (RAKtivist.com), an assistant to the Wisconsin Kindness Angel and an advisor for Kindness Bank, a nonprofit invested in improving community health and well-being.*



# The Fit Gardener

## Backyard Workouts Good for Mind and Body

by Marlaina Donato



**B**oth gardeners and researchers know that tilling the soil can lower stress and uplift the mood, and gardening can also foster fitness, burn calories and support heart health. By offering an opportunity for moderate intensity exercise, it provides a challenging workout with aerobic benefits. According to the U.S. Centers for Disease Control and Prevention, light yardwork can help burn 330 calories an hour, so using a trowel, pruning bushes and putting down some mulch can go a long way toward realizing this benefit. Heavy yard work, like hauling buckets of dirt and moving rocks, burns 440 calories an hour.

Time spent in the garden can be a dynamic fitness investment, whether it's for 10 minutes or two hours. "Gardening is a full-body workout that uses every muscle. There's bending and squatting, carrying and lifting, digging, walking and reaching high," says Pollyanna Hale, the British author of *The Fit Mum Formula*. "Another benefit to gardening is that you can go at your own pace."

### Power Up Outside

Staying active fortifies the immune system, and gardening provides a way to work out while working the earth. Cynthia Miller, a seasoned bodyworker and passionate gardener for 30 years in East Stroudsburg, Pennsylvania, attests to the fitness challenge. "Gardening can involve many forms of physical activity, including carrying plants, hoeing, shoveling, lugging buckets of compost, pulling weeds, bending, kneeling and constantly getting up and down. Initially, in the spring, there may

be a lot more intense physical labor involved to get a garden started, especially if you need to break ground. Keeping up with the weeding can be a good workout in and of itself.”

Hale emphasizes working within the scope of our personal fitness level and taking advantage of outdoor perks. “The fresh air and sunshine you get in your garden are benefits not found in a sweaty gym,” she says. “Many people are deficient in vitamin D, which we get primarily from sun exposure. Even if it’s cloudy outside, you’ll still be getting some benefits.”

## Aerobic Gardening

With mindfulness, gardening can be a self-paced power workout, especially when muscle groups are treated equally. “Incorporate some stretches when you’re raking and cleaning up before your session. Engage your core and pull your abs in tight during your movements,” recommends Chicago-based Stephanie Mansour, host of the weekly national PBS health and fitness show *Step It Up with Steph*.

Mansour highlights the power of raking and underscores that any gardening session can become more aerobic by adding quicker movements. “Move quickly with your upper body to get in cardio. Moving faster will get your heart rate going and will help you burn calories. Another strategy to incorporate cardio into your gardening is to encourage yourself to stand up after each flower you plant or run in place for 10 seconds with each task completion.”

## Yoga in the Garden

Incorporating some asanas adds another dimension to garden fitness, offsetting potential bodily discomforts from hours of work. A yoga mat can be used outside to protect from wet or muddy ground. “Additionally, you may find yourself in uncomfortable positions while gardening. Kneeling or squatting can cause aches and pains,” explains Mansour. “I suggest transforming these positions into yoga movements. You can garden in a modified low lunge position, with one leg behind you and the other foot forward, resting on the knee of your back leg while getting a hip flexor stretch in the front leg. While on your knees, put one leg out to the side so that you’re resting just on one knee and stretching the inner thigh and hamstring of your extended leg.”

Depending upon climate and personal ambition, garden workouts can nourish in other ways, as well. “Once you feel the physical and mental benefits of an hour outside in nature, you’ll wonder why you didn’t do it more often,” says Hale.

Miller agrees. “There is nothing like getting your hands in the soil to literally ground you. Nature calms our nervous systems. Watching the tiny seeds you planted burst forth and grow into something you can harvest is a miracle like none other.”

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

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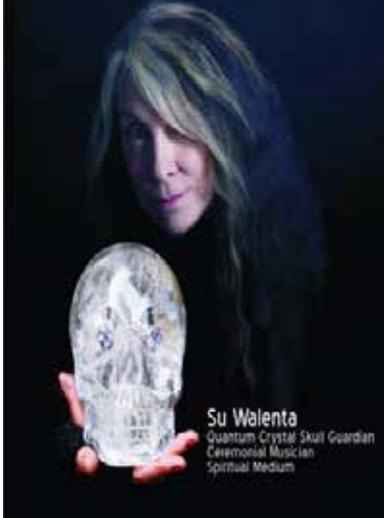
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# Relaxed Kids

## Simple Ways to Calm Anxious Children

by Sandra Yeyati



It doesn't take a full-on tantrum for children to experience or exhibit stress. According to licensed school psychologist and spiritual counselor Zemirah Jazwierska, anxiety is a child's natural response to not having consistency or predictability in their environment. During the pandemic, with school closings, social isolation and associated challenges, childhood angst is on the rise, says the Boulder, Colorado, blogger at [KidsRelaxation.com](http://KidsRelaxation.com).

### Setting a Calm Example

Jazwierska believes that it's never too early to expose kids to relaxation practices. She invites moms to incorporate meditation even while they're pregnant, "to bathe their little babies in lots of good-feeling hormones and chemicals." After birth, while an infant may be too young to learn how to meditate, she recommends that parents create relaxing

home settings where impressionable kids will naturally learn to chill out. "Babies are continually sensing their environments," she says. "Just speaking in a calm voice or slowing down the pace of life, taking time to connect or practicing infant massage can prime their little minds and bodies for learning how to self-regulate, cope with life and default to relaxation mode just as soon as they feel stressed."

### Benefits of Kid Relaxation Techniques

From breathing games and animal-like yoga positions to meditative art activities and mindful nature walks, child-friendly relaxation techniques are limited only by our imagination. When practiced consistently, they offer numerous benefits, including increased awareness, attention, empathy, resilience and generosity; less emotional reactivity; and improved memory, according to Whitney Stewart, meditation teacher and author of *Mindful Kids: 50 Mindfulness Activities for Kindness, Focus and Calm* ([BarefootBooks.com/mindful-kids](http://BarefootBooks.com/mindful-kids)).

### Getting Started

Stewart recommends that parents and caregivers consider adopting their own mindfulness or meditation practices before introducing them to their children. "The next step could be to invite children to practice with you," she advises. "With toddlers, this may be an invitation to sit or lie down with hands on their tummy or chest to let them feel their breath coming in and going out of their body. Young children don't always have an awareness of their breath. Parents and caregivers can help them understand how we breathe in different situations; how breath can speed up or slow down in response to our physical and emotional state."

### Making Relaxation Fun

According to Stewart, small children respond best to mindfulness exercises that are both physical and fun. Her *Animal Antics* is one example, in which kids explore movement meditation by pretending to be different animals. Another is Shake

the Sillies Out, which involves “happy-shaking until you finally flop on the floor with a deep exhalation, followed by three mindful breaths. This one really helps work out kids’ excess energy,” she says.

On her website, Jazwierska offers myriad examples of fun and creative activities to calm and awaken children. She teaches breathing techniques by offering imagery kids can understand, like smelling a flower to learn deep inhalations and blowing out a candle for the exhalations. When kids are overcome with strong emotions, she offers a snow globe. “It’s a great tool for seeing how things start to swirl when our emotions are too strong and our minds too worried. As you take a deep breath and stop moving the globe, the snow settles. We have to stop moving, or move very slowly, for everything to settle for ourselves.”

Jazwierska’s Rock and Floppy Sock exercise instructs a child to make a tight fist—the rock—when they feel anger or another strong negative emotion, and then release their grip, turning it into a floppy sock. “It’s related to progressive muscle relaxation where you provide tension in the body and then you provide the contrast and let go, training the mind. Next time they feel tension, they’ll know how to relax,” she says.

## Planting Seeds for Inner Happiness

As children grow older, they can add visualization to their repertoire, like Stewart’s Heart Garden exercise, in which the child sits mindfully while relaxed, takes three mindful breaths and then thinks of a word that makes them smile. “That can be anything—like butterfly, rainbow or watermelon,” she explains. “Imagine planting that word like a seed in your heart. Repeat the word and imagine watering the seed in your heart garden. Repeat the word and imagine the seed opening and growing in your heart. What does it become? See it blossom. True happiness comes from inside. Everyone can plant their own inner happiness.”

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

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## Vegan Blue Corn Lasagne

This is actually an easy-to-make enchilada casserole that can be made with a variety of toppings and fillings. It is both dairy-free and gluten-free.

### Sauce

1½ cups canned tomatoes  
1 chipotle pepper in adobo (add more for a spicier sauce)  
½ tsp cumin powder  
¼ tsp garlic powder  
½ tsp salt  
1 bunch cilantro, washed, chopped and divided

Combine first five ingredients in a blender and puree. Pour mixture into medium sauté pan and simmer for five to 10 minutes. Remove from heat and add half the cilantro. Set aside.

### Filling

1 tsp oil  
1 15-oz. can black beans (drained and rinsed)  
1 cup corn kernels  
1 bunch scallions, chopped  
1 clove garlic, minced  
1 shredded vegan cheddar or jack cheese  
8 blue corn tortillas, torn or cut in half (yellow or white)

Heat oil in small sauté pan. Add garlic and stir until it becomes translucent. Add scallions and remove from heat. Add beans and corn.

In a medium baking dish, spoon some of the sauce over the bottom and spread it evenly. Line the bottom of the dish with a layer of tortilla halves.

Spoon half the filling over the tortillas with a little more sauce and half the cheese. Add the other layer of filling. Top with the remaining tortillas, sauce, cheese and cilantro.

Bake in a preheated oven at 350° F for about 20 minutes or until thoroughly heated. Allow to cool slightly and serve with or without guacamole.



Recipe courtesy of James Angelico. Contact 201-251-3153 or email jimhollyfire17@aol.com. See ad, page 15.

## 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. 201-906-5767. Register: LoisKramerPerez.com/My-Events/.

### 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. Access Consciousness.com.

### SATURDAY JUNE 19

**Natural Harmony Services**—1-5 pm. Susan Bischak of Natural Harmony LLC will be at The Health Stop on Saturday, June 19 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 The Health Stop, 291 Franklin Ave., Wyckoff.

### WEDNESDAY, JUNE 23

**Women's Healing Circle**—9am-5pm. Tap into your body wisdom, intuition, and Spirit Helpers for guidance, support, and healing. Join Aarti, an Intuitive Health Coach and Shaman, and an intimate group

of women for a Women's Healing Circle. Aarti will hold sacred space for you and guide you to deepen your intuitive listening skills so you can hear what wants to come up for healing. You'll gain a path forward, inner peace, clarity, and sisterhood. Beginners welcome. Zoom link will be provided day of Circle. Email [hello@intuitivelywell.com](mailto:hello@intuitivelywell.com) for more info and registration link.

### SUNDAY JUNE 27

**Attunement Meditation & Sacred Healing Gong Bath, Classes**—6 - 8pm. Su Walenta, a professional percussionist and sonic alchemist, is offering a Quantum Crystal Skull Attunement meditation and Sacred Healing Gong Bath. For reservations, call 845-239-7205 or text 917-653-8841. Fee: \$60. Event held at Holistic Healing Studio, 1371 Kings Hwy, Sugarloaf, NY.

### SUNDAY JUNE 27, JULY 11,18, 25

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