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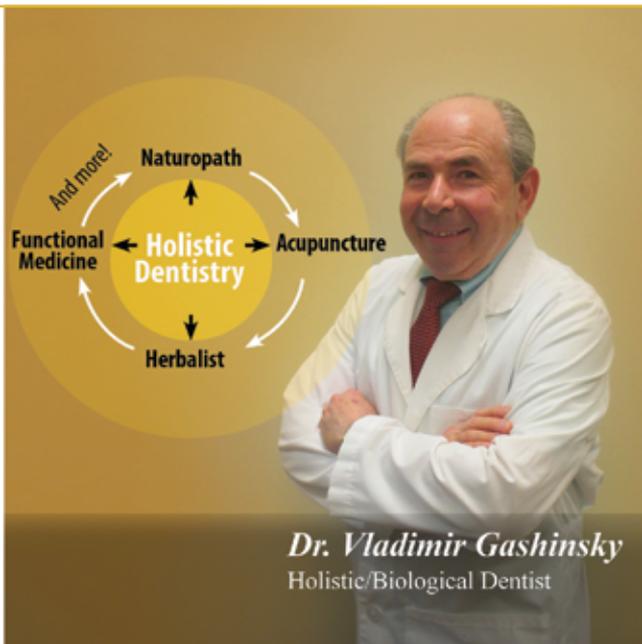
HEALTHY LIVING HEALTHY PLANET

# natural awakenings



## YOGA for TRAUMA RECOVERY

THE HEALING POTENTIAL OF ART • RELIEVING THE BODY'S TOXIC LOAD  
CONQUERING CHRONIC PAIN: HOW THE BODY-MIND CONNECTION WORKS



*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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Dr. Pucci, Bergen County's Face of Functional Medicine  
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letter from publisher:

With the summer winding down, we want to hear about what you've been up to these past few months! Did you embrace a new hobby or interest? Read a really good book that changed the way you see the world? We want to hear from you.

Life keeps changing, and we keep learning about the new impact of COVID-19 on our life and business. If you are not running giant companies like Amazon, Uber and Netflix, what will you be doing this autumn and winter to energize and raise awareness of businesses and engage customers in our local communities? We'd like to hear your plans, because we can learn from each other and perhaps help each other by sharing information about different local businesses in our communities.

September is our annual Yoga Awareness month, in that stride we have a very well-researched article, "Yoga to Heal Trauma," that addresses stress management. This is a good reference for everyone in our current lifestyle full of stress. Also check out the fall training programs from the Yoga Teachers Association.

Natural Awakenings of North Jersey is your all season health and wellness resource for body, mind and soul—the physical body and inner, spiritual, well-being. We are online on Facebook, Instagram and our website, [NaturalAwakeningsNNJ.com](http://NaturalAwakeningsNNJ.com).

Stay Safe, Stay Happy!

Please share your summer takeaways and thoughts at [Publisher@NaturalAwakeningsNNJ.com](mailto:Publisher@NaturalAwakeningsNNJ.com).

Anil Singh, Publisher



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

Natural Awakenings is a family of nearly 70 healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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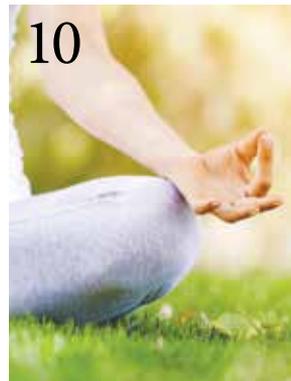
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## Celebrate Peace

Lois Kramer-Perez, CHt, will conduct an online Peace Calming Circle from 7 to 8 p.m., September 16. She asks, “Do you want to be part of a universal peace calming project? It’s easy, just join the circle. Enjoy connecting with community of like-minded spiritual people. Join the peace calming circle as we connect to the waxing gibbous moon, refine your intentions to prepare for the upcoming International Day of Peace and autumn equinox.

Kramer-Perez will guide participants through a relaxing process connecting with universal peace. No meditation experience is required. All attendees will be invited to a special International Day of Peace celebration.

*Fee is \$20, link will be email at 6:30 p.m. Register at [LoisKramerPerez.com/my-events](http://LoisKramerPerez.com/my-events). For more information, call 201-906-5767 or email [Lois@LoisKramerPerez.com](mailto:Lois@LoisKramerPerez.com). See Ad page 25.*

You only live once, but if you do it right, once is enough.  
~Mae West

## news briefs



## Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., September 25 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 11.*

## Support 4-H at the County Fair

The Bergen County Fall Harvest Fair will be held from 6 to 9 p.m., September 17; 10 a.m. to 5 p.m. September 18; and 10 a.m. to 5 p.m., September 19, at Van Saun County Park. There will be a craft fair, carnival rides, a farmers’ market, animals, music, face painting, pumpkin picking, entertainment, food trucks, 4-H and master gardener exhibits, and hands-on activities.



The Eugene Chrysler Band will perform at 2 p.m. Saturday and Crash Gordon & Debra Dynamite will appear at 2 p.m. Sunday.

*Admission and parking are free. Location: 216 Forest Park, Paramus. For more information, call 201-336-6780 or visit [Facebook.com/bergen4h](http://Facebook.com/bergen4h).*

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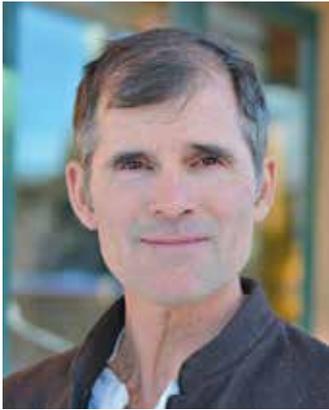


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## September Yoga Workshop Lineup



Tias Little

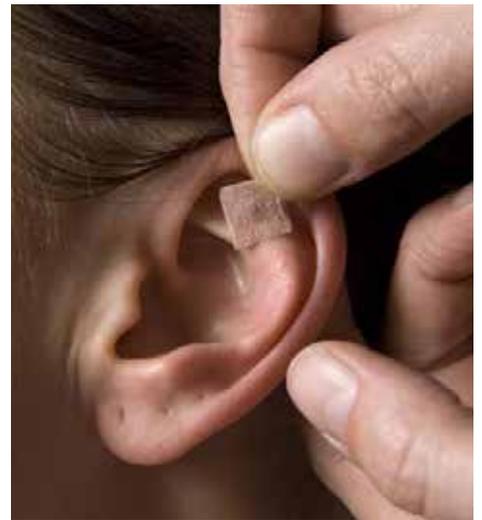
The nonprofit Yoga Teachers Association of the Hudson Valley (YTA) will begin fall training on September 11 with Tias Little, the cofounder of Prajna Yoga and creator of Sensory Awareness Training for Yoga Attunement, a somatic practice that combines dance, yin yoga, Feldenkrais and myofascial release. Workshops are usually held from 1:30 to 4:30 p.m. on the second Saturday of the month.

Lifting the Sails of the Lungs: Yoga, Pranayama, and the Art of Breathing, will be held via Zoom, and covers how to make the lungs more responsive and expandable to increase circulation, and the body's natural defenses.

Other offerings this season will be led by Stephen Cope, Jovinna Chan, Shraddha Hilda Oropeza and others. YTA President Lorraine Burton is hoping to return to holding workshops in person at Club Fit, in Briarcliff Manor, in October, with a Zoom option for those that prefer the virtual format.



Cost is \$45 for members, \$65 for nonmembers in advance. Some continuing education credits are available. For more information, email [yta\\_communications@ytayoga.com](mailto:yta_communications@ytayoga.com) or visit [ytayoga.com](http://ytayoga.com). See ad, page 23.



## Discounted Auriculotherapy at Saddle Brook Wellness Center

Complete Wellness Within Wellness Center is hosting an Auriculotherapy Wellness day from noon to 5 p.m. on September 15, in Haskell. Treatments are \$40 (usually \$60) for a limited time. Participants will learn how earseeds can improve your overall health and try them.

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: 1069 Ringwood Ave., Ste. 311A-B, Haskell. 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 17.

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# Plant-Based Meals Reduce Severe COVID-19 Risks



Eating more plants than meat is not only good for the planet, it might also be protective against COVID-19 severity, reports a new study in *BMJ Nutrition, Prevention & Health*. Researchers from Johns Hopkins and other universities analyzed web-based responses from almost 2,900 frontline doctors and nurses in the U.S., France, Germany, Italy, Spain and the UK that had been significantly exposed to COVID-19, 95 percent of which were doctors and 70 percent males. Those that ate a plant-based diet, described as high in vegetables, legumes and nuts, and low in poultry and meats, were 73 percent less likely to contract moderate to severe COVID-19. Those with pescatarian diets allowing fish were 59 percent less likely. However, those following low-carbohydrate, high-protein diets had 48 percent greater odds of moderate to severe

COVID-19. "Our results suggest that a healthy diet rich in nutrient-dense foods may be considered for protection against severe COVID-19," researchers concluded.

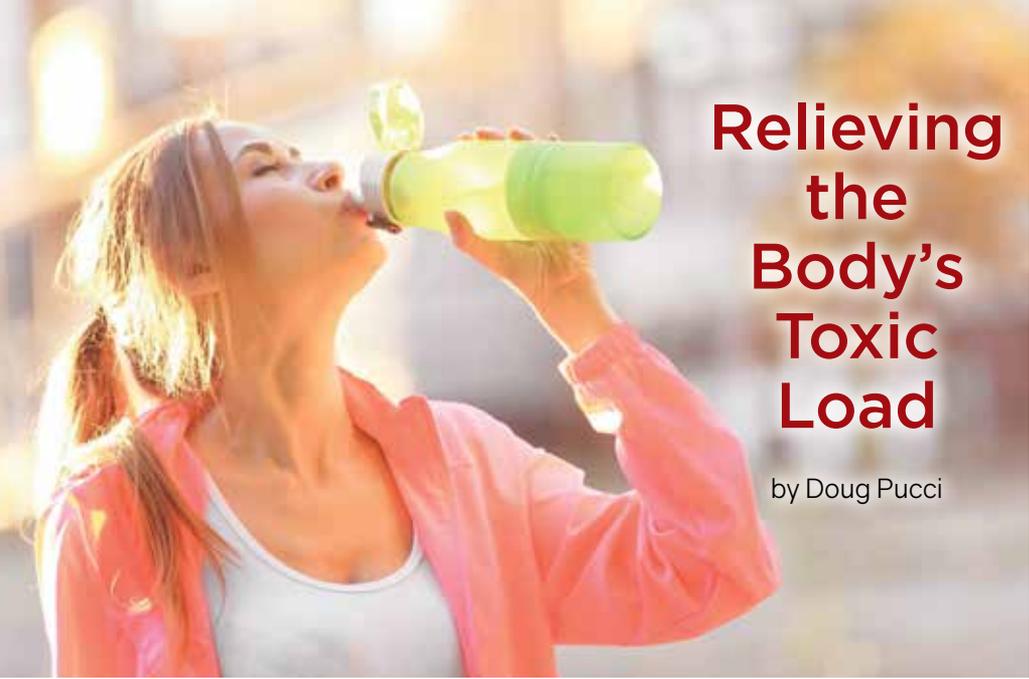
## Certain Fruits Can Protect Against Diabetes

Eating two servings of fruit a day lowers the risk of developing Type 2 diabetes by 36 percent in five years compared to eating less than half a serving, suggests research from Australia's Edith Cowan University Institute for Nutrition Research. The study followed 7,676 people and found that higher total fruit intake of apples, bananas, oranges and other citrus fruits was linked to better measures of glucose tolerance and insulin sensitivity. The same pattern did not hold for fruit juice. Previous U.S. cohort studies have found that eating three servings per week of certain fruits lowers the risk of Type 2 diabetes by the following percentages: blueberries (26 percent), grapes and raisins (12 percent), apples and pears (7 percent) and bananas and grapefruits (5 percent). Three servings of cantaloupe, however, raises the risk by 10 percent.



## Healthy Choices Mitigate Cognitive Health Reduction

A Chinese study of 6,160 adults 80 or older found that a healthy lifestyle cuts the risk of cognitive impairment by half, even if a person carries the APOE ε4 gene that is linked to cognitive loss and Alzheimer's. Researchers used data from the ongoing Chinese Longitudinal Healthy Longevity Survey to determine the eating, exercising and smoking habits of subjects. They found that those with healthy lifestyles were 55 percent less likely to be cognitively impaired and those with intermediately healthy lifestyles lowered their risk 28 percent. This reduction was greater than the increased risk of cognitive impairment resulting from the APOE ε4 gene, which was 17 percent.



# Relieving the Body's Toxic Load

by Doug Pucci

The key to detox is eliminating toxins naturally instead of mobilizing them into the bloodstream. There's a huge difference between moving toxins and stirring them around, and actually eliminating them. We can take botanicals or go on fasts that stimulate the movement of toxins, purging them out of tissues, but that doesn't necessarily mean that we're eliminating them from our body through the waste stream.

Elimination of toxins is critical because when toxins can't evacuate, they're simply being redistributed—they're going back into circulation and being dumped elsewhere in the body. This can have an even more serious consequence. For instance, cortisol stress can create perforations in our barrier system that allow toxins that are mobilized in the bloodstream to cross the barrier and cause "leaky" gut. The brain and lungs also have a protective barrier system.

Our bodies have multiple detoxification pathways that make up the drainage system used to eliminate wastes: skin releases toxins through perspiration, lungs filter toxins and expel them upon exhale, liver cleanses blood and prepares toxins for excretion by the kidneys, kidneys convert water-soluble toxins and waste to urine, then flush them from the body, lymphatic system removes pathogens like bacteria, infections, etc. from circulation and the colon excretes solid waste.

Because we live in a toxic world,

there's no longer a question as to whether our bodies are toxic or not—everyone's body contains toxins. Through a process of bioaccumulation, successive generations have become more toxic than those before. The questions to ask ourselves is how toxic we now are and how well our detoxification systems are working to lower the body's toxic burden. The reality is that most of the degenerative diseases we see today are in part due to toxic burden, so keeping our body's detoxification system functioning smoothly is an important facet of healing.

Lowering the body's toxic burden is among the most important starting points, and it all begins with foods and beverages we consume. A primary example is something many of us drink—coffee, one of the

most chemically treated crops on the planet. That doesn't mean giving it up, just prioritizing it as one of those purchases to make that is organic. Where practical, switching to an organic diet overall is a great way to help lower toxic body burden and avoid ingesting the pesticides, herbicides and fungicides that are used in agriculture.

Another way to lower the toxins in our bodies is to use less plastic and choose "cleaner" containers, like glass, bamboo and stainless steel. When taking out a hot drink in a to-go cup, the plastic lid on top likely contains the chemical compound BPA (bisphenol A), which is the number one endocrine (hormone) disruptor and notorious for increasing "fake" estrogens in the body. BPA is also used in K-Cup pods, which release BPA directly into the coffee when "brewed". With plastic to-go cup lids, the steam hitting the lid inside the cup releases BPA that leaches right into any hot drink.

A great strategy to start with is hydration. Begin each morning with a large glass of filtered, purified water and follow that up two or three more times throughout the day.



To view a free, three-Minute Blood Sugar Quiz, visit [DrPucciBloodSugarQuiz.com](http://DrPucciBloodSugarQuiz.com). To learn about Dr. Doug 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.



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## Transforming Stress and Anxiety into Peace and Calm

by Anne Deatly

In our physical, three-dimensional world, stress and anxiety are the norm and may even be a status of success. Being stressed and anxious may help with success in the short term, but not long-term. If we have chronic stress, then stress energy is stuck in our body. The body can store both low and high levels of stress. If high-level stress is embedded in the physical body for a long time, it causes the organs to start shutting down. Optimal health is no longer a possibility unless the stress and anxiety is cleared.

Stress affects our physiology; mainly, the nervous and circulatory (vascular) systems. Two aspects of the autonomic nervous system include the sympathetic and parasympathetic systems. The sympathetic nervous system is turned on in response to

stress or a threat. When the stressful state is released, the body relaxes into the parasympathetic mode.

The sympathetic aspect mediates the neuronal and hormonal responses to activate the “flight, fight or freeze” mode to prepare the body for intense physical activity. Accelerated heart rate, constricted blood vessels, expanded bronchial passages, increased esophagus peristalsis, dilation of the eyes and increased sweating are physiological results. Blood is shunted to the organs involved in physical activity. Energy, blood and oxygen leave the brain, reducing mental clarity.

The parasympathetic system mediates unconscious actions like “rest and digest” and “feed and breed”. When there is a threat and the sympathetic mode is activated, the parasympathetic functions are turned off; the body can't support relaxation, digestion or reproduction in a time of danger.

Reactive stress (heightened stress and anxiety) in the body can be detected by energy testing. Two systems, Triple Warmer and Circulation/Sex (heart protector energy), are imbalanced resulting in reduced or blocked energy flow. It is like a wall of energy to protect the body from the threat. The first thing to do to remove the energetic walls, stress and anxiety from the body is to

hold the Triple Warmer and Circulation Sex Reactivity Poses.

### Triple Warmer Reactivity Pose

Put your index fingers on your thumbs. Put your thumbs in your temples. Place the other fingers on the main neuromuscular points on the forehead (above each eye). Your index fingers should lay flat along the outside of the eye. Hold for three to five minutes or until you feel energy pulses in your fingers.

### Circulation/Sex Reactivity Pose

Same as the Triple Warmer Reactivity Pose, except the middle finger is used instead of the index finger.

Holding these poses for three to five minutes will take you from stress and anxiety to peace and calm.

The more time spent in the parasympathetic state of relaxation and peace, the healthier we will be, the better we will feel, the better we will do mentally, the more creative and successful we will be and the longer we will live..



For more information, call Dr. Anne Deatly at 201-925-1046 or email Anne.Deatly@gmail.com. See ad, page 6.



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## A New Approach to Health

Intuitive eating is a concept rising in popularity among nutrition communities. It is an evidence-based framework with 10 guiding principles developed by two registered dietitians, Evelyn Tribole and Elyse Resch. The principles include philosophies like “Reject the diet mentality,” and, “Challenge the food police.”

Some critics say that intuitive eating is just an excuse to eat whatever we want and ignore basic nutrition. Without reading their book, *Intuitive Eating: A Revolutionary Program That Works*, it’s easy to see why the mainstream narrative of this movement has created skepticism by advocating for “listening to your body.”

Intuitive eating does not deny the basic

tenets of nutritional wisdom, but asks us to instead consider attuning to our body’s natural cues in the pursuit of that wisdom. Many of us have learned to suppress our hunger and food inclinations in favor of diet rules and nutritional lifestyle restrictions. When the opportunity to eat restricted foods presents itself, we naturally feel compelled to “get it all in now,” because the body learns that it will likely be suppressed again in the future.

This is not evidence that we cannot trust ourselves, but that our body has learned it cannot trust our mind. In the same way that we would gasp for air when our breath was held for too long, our cravings steer us toward pleasurable foods when

it feels a lack of access.

After a period of time allowing ourselves to eat fun foods without restriction, the urgency around them diminishes. Over time, foods become less charged under “good” and “bad” categories and our bodies feel more free to make choices that feel nourishing. Without the demonization and fear of certain foods or food groups, the body can relax and move toward a more holistic version of health, which includes nutrition, but also eating for reasons like joy, tradition and community.

People can experiment with the principles on their own or find support from a certified intuitive eating counselor or health coach trained to help navigate this path without falling into some of the common pitfalls and misconceptions usually associated with intuitive eating.

*Stefanie Michele works with women in group and one-to-one coaching programs with an Intuitive Eating approach. For more information, email [Stefanie@iamstefaniemichele.com](mailto:Stefanie@iamstefaniemichele.com) or visit [IAmStefanieMichele.com](http://IAmStefanieMichele.com).*

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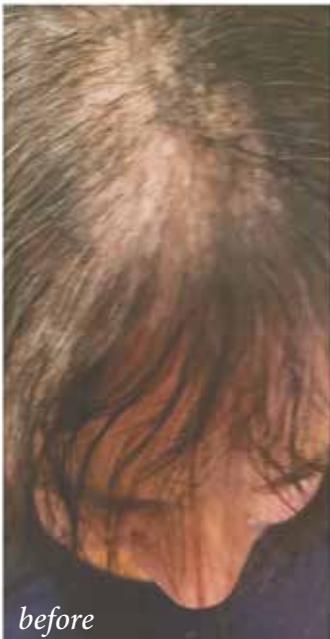
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# Complementary Creative Therapies for Parkinson

People with Parkinson's disease (PD) are encouraged to research and find the creative therapies that are a good fit for their talents and abilities. Here are a few to get started.

## Massage Therapy

Massage therapy has been shown to increase circulation, stimulate lymphatic drainage, reduce muscle tension and promote relaxation. It can be particularly helpful to the person with PD that experiences problems with rigidity. Massage is not a substitute for movement and exercise, but may be very helpful in the healing journey. Try to select a massage therapist certified by the American Massage Therapy Association and find out what techniques they prefer to use. It's also important to provide feedback to the therapist during the massage regarding the comfortable level of pressure.

## Tai Chi

Tai chi is an ancient form of Chinese exercise. It is a slow, flowing, form of movement



which has been shown to aid in flexibility, balance and relaxation. Many people with PD have reported benefits from learning and practicing tai chi principles.

There are several forms of tai chi that can be done by anyone, regardless of their age or physical condition. Classes are found at fitness centers, senior centers and community recreation centers. It is important to find the tai chi form that is best suited to the individual. There are also videotapes for purchase and online classes.

## Yoga

Yoga is a form of exercise that can be very helpful for those with PD. It has been shown to increase flexibility, breathing and posture awareness, and help with relaxation and

stress reduction. Yoga is a go-at-your-own-pace activity, which means that not everyone has to perform a pose the same way or hold it for the same amount of time. Most poses can be modified, depending on personal needs. It can even be performed in a chair.

## Art Therapy

Creative expression is unique to each individual and may also stimulate movement and physical activity. Painting on an easel with large, forceful strokes stretches the arms and shoulders. Ceramics, woodworking (use caution with power tools) and other creative endeavors stimulate fine motor skills and improves dexterity and strength. Singing alone or in a choral group promotes deep breathing much needed for louder speech.



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). See ad, page 13.



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## Good Inflammation and Bad Inflammation

by Warren Slaten

**I**nflammation is a function our bodies require on a daily basis to survive. This is good inflammation. When inflammation is increased throughout the body, an environment for disease is created. This is bad inflammation.

### Good Inflammation

When we get a wound, there is damage to tissue that needs to be repaired. For instance, if you have a small cut, we need good inflammation or else the hole could become permanent. First, there are chemical signals that increase the blood flow to the area of the wound. This is followed by the migration of growth factors to the area. Those growth factors lead to the formation of collagen, the building block of many tissues. Then the tissue starts to heal and the wound fills in.

When muscles are injured, they generally heal fairly quickly, even if a muscle is torn, in a matter of weeks. That is because muscles get ample blood flow, hence their red color. Tendons and ligaments do not get as much blood flow, so when they are injured, they heal slowly, if at all. This is reflected in their whitish-yellow color. Those with tendonitis often experience long-standing pain that is unresponsive to many types of treatment.

Fortunately, there are treatments that work with this 'good inflammation' to heal tendonitis, ligament injuries and arthritic

pain. One of the best treatments for stimulating this healthy reaction is prolotherapy. Instilling a small amount of a dextrose solution over the tendon and ligament creates a mild irritation that stimulates a healing reaction in the body, thus increased blood flow delivers growth factors to the tendon or ligament. These growth factors lead to collagen production and the growth of healthy tissue. With prolotherapy, we are changing an injured tendon which may have tears into a healthy tendon that is able to function normally.

Prolotherapy is not a quick fix. Rather, the treatment stimulates long-term healing. The body has the ability to heal itself, but for tendons and ligaments this is very challenging for two reasons. One challenge for tendons and ligaments is the decreased blood flow; the other is that these tissues are often injured due to repetitive biomechanical stress that wears away at the tendon. This stress is often persisting because we continue the irritating activity, thus it becomes hard to heal the tissue while the causative stress continues.

A potential third factor is the use of anti-inflammatory medication such as ibuprofen (Advil, Motrin, Aleve). This impedes the body's own healing mechanisms by preventing increased blood flow and migration of growth factors that lead to resolution of the localized injury. We end up blocking

the good inflammation that can potentially heal the injury. Prolotherapy stimulates the good inflammation that nurtures healing of tendons, ligaments and arthritic pain.

### Bad Inflammation

A key driver of systemic inflammation is the presence of visceral fat that encases the internal organs such as the liver and intestines. This fat secretes inflammatory cytokines which leads to disease. Within the blood vessels, these cytokines lead to clot formation. When clots occur in the heart's blood vessels, this can lead to a heart attack. When the clots occur in the arteries to the brain, this can lead to a stroke. Also, the increased cytokines in other organs can create an environment for cancer formation.

We can reduce systemic inflammation with lifestyle adjustments. For those with thyroid deficiency (hypothyroidism), taking thyroid replacement will improve metabolism and decrease the bad inflammation. For women that have reached menopause and men that have decreased testosterone, starting bioidentical hormone replacement is a great first step to reducing bad inflammation and the risk of these diseases.

Eating whole foods while reducing carbohydrate intake, especially sugar, will reduce our inflammatory load. Many people are unknowingly allergic or sensitive to grains or dairy, and may not be aware of the connection until they see how much better they feel when they stop eating them.

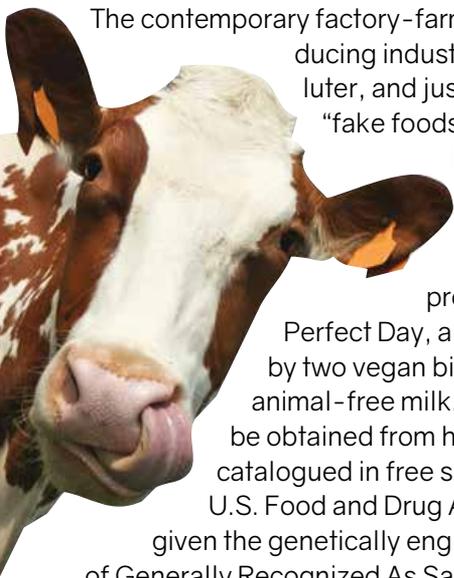
The third principle of reducing inflammation is maintaining an active lifestyle with an emphasis on aerobic exercise that increases heart rate. Multiple studies have shown that exercise helps clear the unhealthy metabolites that cause inflammation. Bioidentical hormone replacement will help the process by supplying energy to get started, and then when the person can start an exercise program, they make dramatic progress in reducing their inflammation and improving their health.



*Dr. Warren Slaten is a pain wellness physician in Ridgewood. For more information, visit [HormonesNJ.com](http://HormonesNJ.com). See ad, page 11.*

## Holy Cow

### Artificial Milk is Next 'Frankenfood'



The contemporary factory-farmed meat and dairy-producing industry is an egregious polluter, and just as the crisis has inspired “fake foods” like the Impossible Burger, genetically recombined *Trichoderma reesei* fungus is producing synthetic versions of dairy proteins casein and whey for Perfect Day, a company founded in 2014 by two vegan bioengineers looking for an animal-free milk. The cow genes used can be obtained from hair or even a swab, and are catalogued in free scientific databases. The U.S. Food and Drug Administration has already given the genetically engineered proteins the status of Generally Recognized As Safe, although it's unknown what the long-term consequences of ingestion will be.

Vandana Shiva, a founder of Navdanya, an Indian-based, non-governmental organization that promotes biodiversity conservation, biodiversity, organic farming, the rights of farmers and the process of seed saving, says, “On a small scale, you can help by supporting your local organic and regenerative farmers by purchasing their goods at local farmers' markets or purchasing your meat and dairy products directly from your local farm, while avoiding lab-produced fake food for the sake of your health and the planet's.”

## Sweet Shade

### Wealth Distribution Linked to Urban Canopies

It's not surprising that more urban trees lower the levels of heat and pollution. Although many cities maintain tree-planting programs, not all canopies have equivalent value. A new analysis from the American Forests conservation organization states that the U.S needs to plant more than half a billion trees across 500 metropolitan areas and 150,000 local communities. A new Tree Equity Score data tool ([TreeEquityScore.org](http://TreeEquityScore.org)) allows users to see where urban trees exist and where they don't. American Forests identified 20 large American cities that are lacking in canopies to protect their populations from hotter temperatures. Tree canopies are particularly effective in reducing health stress associated with urban heat “islands”.

It was also found that a pattern of inequitable distribution of trees has deprived many communities of the health and other benefits that sufficient tree cover can deliver. Communities of color have 33 percent less tree canopy on average than majority white communities. Jad Daley, American Forests president and CEO, says, “We need to make sure the trees go where the people are, and more than 70 percent of the people live in cities or suburbs, so it's a place-based problem with a place-based solution.”



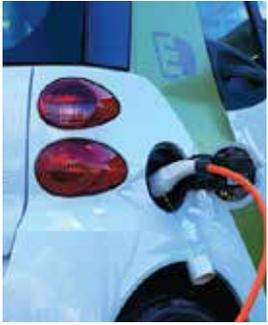
## Fitter Fodder

### Farm Waste Doubles as Construction Material

Agricultural waste (agro-waste) such as manure, leaf litter and crop residues may not be thought of as likely raw materials for sustainable construction, but with traditional materials like concrete eliciting a negative environmental reputation, implementation of agro-waste is being explored around the world. Recycling, as an important part of agro-waste's green potential, is making the use of construction materials more organic and sustainable, and helping reduce landfill issues.

A 2018 study, *Agro-industrial wastes and their utilization using solid state fermentation: a review*, notes agro-wastes are an eco-friendly means of manufacturing “biofuels, enzymes, vitamins, antioxidants, animal feed, antibiotics and other chemicals.” This same study observed, “Many agro-industrial wastes are untreated and underutilized, therefore disposed of either by burning, dumping or unplanned landfilling, which contributes to climate change by increasing greenhouse gases.” Another study found that integrating agro-wastes such as sugarcane bagasse, rice husks and groundnut shells improved the construction materials by enhancing their sustainability properties, boosting their durability and reducing costs.

## Penny Pincher



### Electric Vehicles Demand Far Less Maintenance

The U.S. Department of Energy Argonne National Laboratory reports that overall maintenance costs for a light-duty, battery-powered car are around 40 percent less per mile than for a gasoline-powered model. Not only do they not require motor oil, they also have no timing

belts, oxygen sensors, fuel filters, spark plugs, multiple-speed transmissions and other parts. The difference is on average for gasoline-powered cars—10 cents per mile; hybrid cars—nine cents per mile; and electric cars (EV)—six cents per mile. EVs may have a higher initial investment cost, but their lower maintenance and increased mileage make them especially attractive to companies or government agencies with large fleets of vehicles. *Motor Trend* magazine estimates that an all-electric fleet of the federal government's light-duty vehicles would be \$78 million cheaper per year to maintain than if it were entirely gas-powered.

## Finny Friendship

### Worldwide Shark Extinction Risk



A study by Global FinPrint ([Ti-nyurl.com/SharkMap](http://Ti-nyurl.com/SharkMap)) discovered sharks to be absent from many of the world's coral reefs, indicating they are "functionally extinct",

that is, too rare to fulfill their normal role in the ecosystem. Of the 371 reefs surveyed in 58 countries and territories, sharks were not observed on nearly 20 percent, indicating a widespread decline that has gone undocumented on this scale until now. Other studies of shark populations show a decrease of more than 70 percent over the last 50 years. According to nonprofit Oceana, more than 73 million sharks are killed and traded annually.

An article in *Nature* lists overfishing as the primary cause and found that three-quarters of shark species are threatened with extinction. On June 8, World Oceans Day, the Senate took steps to ban U.S. commercial shark fin trade. The Shark Fin Sales Elimination Act is part of the broader United States Innovation and Competition Act. Similar legislation has been introduced in Congress with more than 130 bipartisan cosponsors, but has not yet become law. Industry resource *Seafood Source* notes that fishing industries in the U.S. have traditionally opposed bans, citing our successful management of shark fisheries.



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# Shedding Light on Lightbulbs

## The Ins and Outs of Our Options



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Don't be left in the dark when choosing lightbulbs. Lighting accounts for up to 20 percent of a household's energy bill, and untold numbers of bulbs end up in landfills. Let's illuminate some bulb options to increase savings and reduce waste.

**INCANDESCENT BULBS**, the iconic symbol for a bright idea, were the only option until the early 2000s. They're hot to the touch and no longer easy to find because governments worldwide have ordered them phased out to lower energy consumption.

**Energy efficiency:** Each bulb lasts one to two years, and 80 percent of the electricity is lost as heat.

**Cost efficiency:** Estimated \$4.80 to \$7.01 annual cost of operation.

**Potential health risks:** No toxic chemicals. They can cause burns or fires if hot from use.

**Proper disposal:** Not recyclable. Throw away in garbage.

**COMPACT FLUORESCENT LIGHTS (CFL)** were a great answer to the incandescent bulbs that came before them as far as energy efficiency, but they have disadvantages, as well.

**Energy efficiency:** About 65 to 75 percent more efficient than incandescent.

**Cost efficiency:** Estimated \$1.25 to \$1.75 annual cost of operation.

**Potential health risks:** CFLs contain small traces of mercury and emit puffs of toxic powder when they break. Visit the U.S. Environmental Protection Agency's website [epa.gov](http://epa.gov) for safe clean-up instructions.

**Proper disposal:** Go to [Earth911.com](http://Earth911.com) to search for nearby CFL disposal facilities.

**LIGHT EMITTING DIODES (LED)** bulbs are here to stay and illuminate the majority of households. To compute old bulb wattage compared to LED wattage, divide roughly by five or six. For example, a 60-watt incandescent bulb is equivalent to a 10-watt LED. It's not an exact equation, but it's close.

**Energy efficiency:** Up to 83 percent more efficient than incandescent.

**Cost efficiency:** Estimated \$1.19 annual cost of operation per bulb.

**Potential health risks:** Age-related macular degeneration is more likely with high exposure to low-intensity "blue light"; however, the warmer glow from LEDs typically used in home light fixtures is not the culprit. The "blue light" LEDs are typically glowing from computer screens, mobile phones and other devices or appliances.

**Proper disposal:** Big-box and local hardware stores often offer free or low-cost recycling, as do online recyclers and local facilities because there are no toxins or hard-to-recycle wires.

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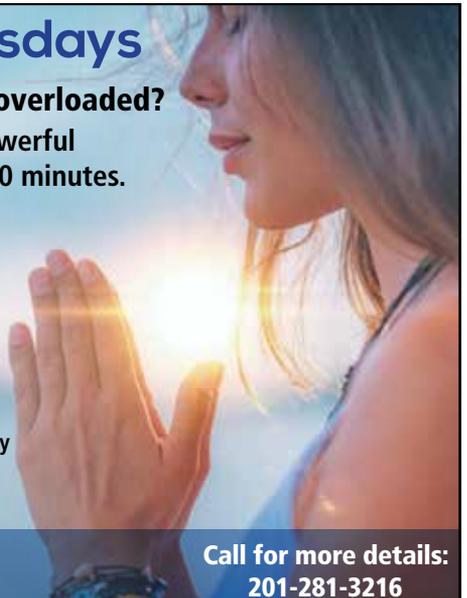
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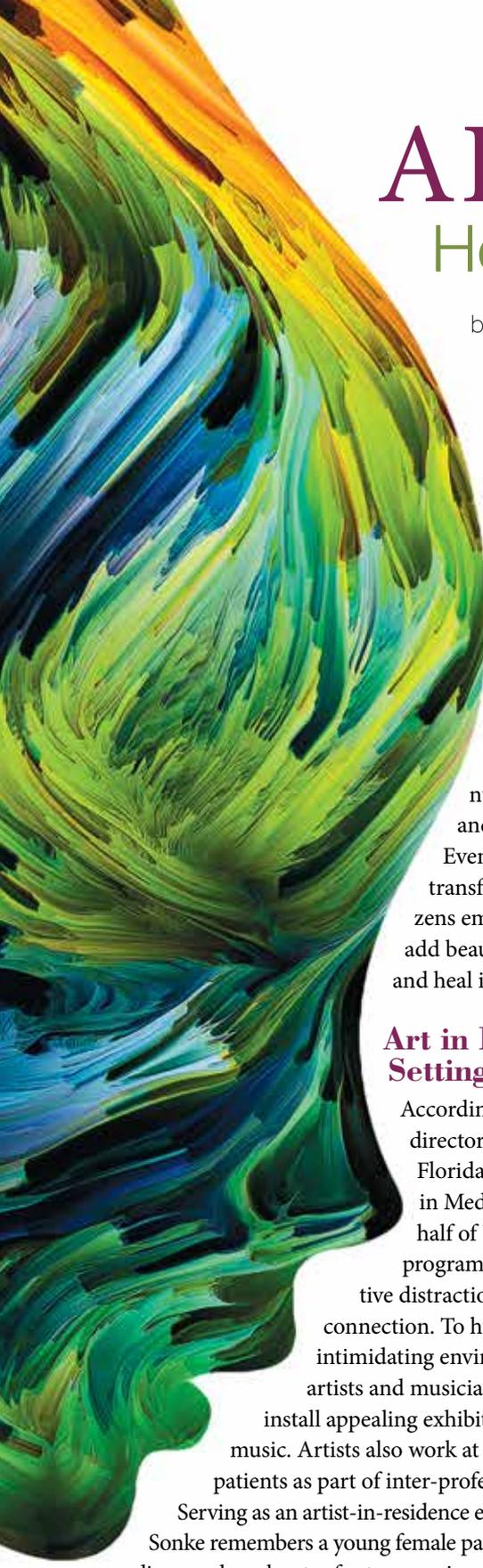
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# ART'S EMBRACE

## Healing Through Creativity

by Sandra Yeyati

**A**rt can be a powerful force for healing. Its potential manifests in a disabled man's triumphant dance or cancer patient's stirring self-portrait. Throughout America, art's redemption takes center stage at hospitals, nursing homes, jails and homeless shelters.

Even an entire city can be transformed when its citizens embrace public art to add beauty, create community and heal its broken places.

### Art in Medical Settings

According to Jill Sonke, director of the University of Florida (UF) Center for Arts in Medicine, approximately half of U.S. hospitals have art programs that provide positive distraction, enjoyment and connection. To humanize otherwise intimidating environments, visual artists and musicians are employed to install appealing exhibits and play relaxing music. Artists also work at the bedside with patients as part of inter-professional care teams.

Serving as an artist-in-residence early in her career, Sonke remembers a young female patient with sickle cell disease whose bouts of extreme pain required hospitalization. Dance sessions eased her suffering and enabled doctors to reduce pain medications. "The way the patient described it was not that the pain was going away, but that she didn't mind it as much because she was enjoying dancing," she says.

While facilitating Dance for Life classes for Parkinson's patients,

Sonke encountered a man suffering limited mobility and an inability to form facial expressions. After two months of biweekly sessions, he could lift his arms over his head and, to his wife's delight, smile again. "It's that multimodal capacity of the arts," Sonke explains. "All at the same time, he was engaging in music, movement and imagery. He was moving with others and experiencing joy and laughter."

According to Sonke, ongoing research seeks to pinpoint the public health benefits of art. In Britain, they have learned that people over 50 visiting museums or concerts once a month are almost half as likely to develop depression in older age. Other studies suggest that music can unlock memories and improve cognition. UF researchers are currently investigating whether live music in emergency and trauma care settings can reduce the need for opioids.

"When people engage in the arts, they often enter into a flow state, that experience of losing yourself in art where we lose track of time and what we're doing is intrinsically motivated," Sonke says. "A flow state can engage a relaxation response, helping to reduce stress and anxiety, which can enhance immune function."

### Art Therapy for Cancer Patients

Board-certified art therapist Mallory Montgomery helps cancer patients in Detroit's Henry Ford Hospital work through symptoms of depression, anxiety or trauma. "Any person seeking a talk therapist or social worker could also consult with an art therapist," she says. "We have the same training, but use art instead of just words. Evidence suggests that art therapy accesses healing faster because you're forging a deep mind/body connection."

When counseling a double mastectomy patient that has questions about who they are now that they're missing a part of their identity, Montgomery might offer a printed body map so that they can pinpoint where they carry feelings of loss, pain or confusion. "By drawing or coloring in those areas, I'm asking them to show how they're being affected physically, emotionally and spiritually, and to externalize the overwhelming, negative side of their problem," she explains.

Using a second body map, Montgomery might invite the patient to draw or paint in those same areas to transform the pain into something more positive. "Is it going to blossom like a flower or be soothed with water? What imagery can you create that represents the opposite of your pain or an improvement of your concerns? We might also do a portrait to highlight other aspects of you and your personality that still exist, even though you no longer have a body part that was killing you," she says.

Montgomery's emphasis is never on the quality of the art. "I walk the fine line between allowing patients to problem-solve how to make something look like what's in their head and providing them with comfort and intervention so they don't get so frustrated that they want to give up," she notes.

Montgomery keeps a visual journal for her own self-expression. "It helps me make sense of the world," she says. "Art gives my voice and thoughts an outlet, something concrete and representational that reaches into the depth of what I'm experiencing."

## Redemption Songs in Skid Row

About 10 years ago, violinist and recording artist Vijay Gupta took a wrong turn and ended up in Skid Row, a disadvantaged downtown Los Angeles neighborhood. "It felt like a gut punch," he recalls. "I saw the gross inequality between Walt Disney Concert Hall where I performed for the LA Philharmonic and a community of 5,000 people less than two miles away sleeping in tents in extreme poverty."

To uplift and inspire people recovering from homelessness, addiction and incarceration, Gupta founded Street Symphony in 2011 as a series of concert performances by world-class musicians. "One of our first venues was the Department of Mental Health," he recalls. "After the second movement, the young violist I was performing with turned to the audience with tears in his eyes and said, 'I've loved playing for you because I can feel your hearts.' He shared that his mother had grappled with schizophrenia, his father was a prison guard and whenever he played for his family, he felt more connected to them. That's when I began to see him as a human being who was in deep need of this work himself."

Gupta has learned firsthand that healing is a two-way street. "When I come to Skid Row, I'm the one who feels lifted," he says. As a result, Street Symphony has morphed into a collection of workshops and conversations that also employs jazz, reggae, hip-hop and West African musicians and vocalists from the Skid Row community. "We might play 30 minutes of music and then ask the audience what images, thoughts or memories came up for them," he explains.

In this community, art is neither entertainment nor a commodity, Gupta says. "It's a lifeline; a way for people that have been devastated by poverty, addiction or trauma to add to their lives in a constructive way. We all have devastated places within ourselves that need healing and attention. Visiting Skid Row is a pilgrimage to the broken place within myself, and in that way, it's a spiritual place; my temple where I go to worship."

## Creative Care for People with Dementia

Drawing from her theater background, Anne Basting, author of *Creative Care*, has developed an innovative approach to dementia and elder care. "Our current caregiving model envisions one person that's empty and has lots of needs and the other person that's full and pours themselves into the other person, which leads to burnout," she says. "Dementia and aging are experiences of increasing separation. People isolate themselves and learn not to trust their own expressive capacities, because their relatives and

friends no longer know how to relate with them and often ignore their words."

Basting's Creative Care changes this depleting dynamic. "In improvisational theater, you observe everything that's happening on stage and try to figure out how you can add to the performance positively," she explains. "Applying that idea to a care situation, you observe the person's facial expressions, what they're saying, how they're behaving and then invite them into expression out of that moment with what we call a 'beautiful question', one that has no right or wrong answers and draws on the person's strengths."

A beautiful question might be, "If your feet could talk, what would they say?" This offers people with pain a poetic way to express it. "I invited a gentleman with dementia who had no language—no words left—to show me how water moves. His response was the most beautiful dance I'd ever experienced, performed in the kitchen of his duplex," Basting recalls, adding that it's important to acknowledge the person's expression so they know they've been heard.

The final step in Creative Care is to accumulate these experiences over time and shape something larger and universally meaningful that can be shared with others—an artistic product. Basting founded the nonprofit TimeSlips to train artists and caregivers worldwide to do this visionary work. Their efforts have resulted in art exhibits, dance and theater productions, books and animations. "My dream is that meaning and beauty will be made every day in nursing homes, creating care settings so interesting that people want to visit them—a new kind of cultural center, integrating health and art," she says.

## Transforming a City with Public Art

More than 4,000 works of public art grace the city of Philadelphia, three-quarters of which are breathtaking murals that combine world-class paintings and images with provocative words and healing messages. Art permeates virtually every neighborhood on walls, billboards, sidewalks, rooftops, swimming pools and basketball courts, enriching people from all walks of life, even those that don't have access to galleries and museums.

"Public art lifts our spirits, provides us with beauty and inspires us," says Jane Golden, founder and executive director of Mural Arts Philadelphia (MAP). "It can be evocative, challenging and educational, as well, serving as a barometer of our time—a system of checks and balances and a mirror that we hold up to people and say that your life counts and you matter." In addition to sponsoring 75 to 100 new works every year, MAP's \$10 million budget funds programs related to criminal justice, art education, housing insecurity, behavioral health, community development and environmental justice.

According to Golden, the healing power of art is not just in the mural, but also in its collaborative creation. In addition to artists and educators, hundreds of people work on these projects, including individuals grappling with addiction or homelessness, veterans with PTSD and immigrants and refugees facing isolation and stigma. "The act of creating is a meditative and healing experience."

# Conquering Chronic Pain

## How the Body-Mind Connection Works

by Ronica O'Hara



ters such as the Mount Sinai Health System and Cleveland Clinic, as well as practitioners such as chiropractors and homeopaths, offer dozens of modalities to turn around painful conditions. Sometimes a single simple method works quickly for a patient with a straightforward symptom; more often, it takes a combination of approaches over time to reverse pain, especially if it is complex, sustained or recurring.

Launching on his own healing path, Hanscom came to a critical understanding: The abuse he had suffered as a child from a rage-filled mother, coupled with emotional repression and a fierce drive to excel as a surgeon, produced his high levels of anxiety. It turbocharged his central nervous system and set off a cascade of reactions that fed ever-rising levels of pain.

“Your mind and body function as a unit with no separation,” he says. “Chronic pain results when your body is exposed to sustained levels of stress hormones, excitatory neurotransmitters and inflammatory protein. Your brain is sensitized and the nerve conduction speed is faster, so you physically feel more pain. It’s not ‘all in your mind’—it’s a normal physiological process.”

After six months of intense inner work focused on his rage, Hanscom calmed his overwrought nervous system and his symptoms “essentially disappeared.” He began applying his experience to hundreds of spine patients, helping the great majority of them to avoid surgery altogether. In the book *Back in Control*, he describes his approach, which is designed for people with pain that is not caused by underlying structural or organ issues. He recommends these initial steps.

**F**or three decades, David Hanscom was a top-ranked orthopedic surgeon in Seattle who daily put the scalpel to injured, deformed and twisted spines. Privately, he writhed in pain himself. He was beset over 15 years with burning feet, insomnia, tinnitus, anxiety, skin rashes, crushing chest pain, depression, sweats, heart palpitations and tension headaches, among other symptoms.

That put him among the estimated 50 million American adults afflicted with chronic pain for which relief is hard to come by and often short-lived. The standard medical approaches of surgery and injections often don’t work well or last long for many patients, research shows. Opioids, once a standby, are now prescribed sparingly after being implicated in half a million overdose deaths. Treatment is especially elusive for the one in six adults and 30 to 40 percent of primary care patients with pain or chronic conditions considered “medically unexplained”.

As a result, integrative pain management, which focuses on both mind and body and incorporates medical and holistic approaches, is growing in importance. Major medical cen-

■ Getting at least seven hours of sleep a night, which may require sleeping pills or natural methods.

■ Doing expressive writing twice a day, which involves writing down in longhand whatever is on the mind using graphic and descriptive language for 10 to 30 minutes, and then promptly tearing it up. Neurological research shows that this simple practice rewires the brain. “Some people experience remarkable pain relief right away,” he says.

■ Practicing “active meditation” throughout the day by mindfully focusing each time on a sight, sound or sensation for five to 10 seconds.

For deep, sustained healing, he stresses the importance of forgiveness, gratitude, self-discovery, exploring a spiritual path, relearning playfulness and connecting with others. Medication may be necessary initially, he says, and as pain levels recede, most people become ready to improve their diet and exercise more.

Understanding the mind/body connection is key in pain management, concurs gastroenterologist David D. Clarke, M.D., author of *They Can't Find Anything Wrong!* and president of the Portland, Oregon-based Psychophysiologic Disorders Association. “When medical evaluation shows no problems with organs or structures, then the pain is being generated by the brain, similar to what happens in phantom limb pain, where people feel pain in the location of an amputated arm or leg,” he says.

“Chronic pain generated by the brain generally occurs due to stress, an emotional/psychological trauma or strong negative emotions (often toward people the patient cares about) that are not fully recognized. Often, these issues began due to adverse childhood experiences, which can be anything you would not want a child of your own to endure. I recommend people explore these possibilities on their own, with a loved one or with a therapist.”

That process might sound daunting, but so is suffering crippling pain. “The most important thing for people to know is that pain can be successfully treated, relieved and often cured with the right techniques,” says Clarke.

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

## Learn More

**Direct Your Own Care Journey** is a free, online course for healing chronic pain. Designed by David Hanscom, M.D., it includes an experiential app, group sessions, video tutorials and webinars at [TheDocJourney.com](http://TheDocJourney.com).

**Stress-Disease Information**, including videos, a webinar-based course, recent research and a list of practitioners, can be found at [ppdassociation.org](http://ppdassociation.org), the website of the Psychophysiologic Disorders Association, founded by stress-disease expert David Clarke, M.D.

**American Chronic Pain Association**, at [theacpa.org](http://theacpa.org), lists treatments, clinical trials, support groups and other resources.

## PROMISING PAIN RELIEF THERAPIES

In the offices of holistic practitioners and in some medical centers, a wide range of integrative modalities to treat chronic pain are healing the afflicted. Some commonly used options, which can be part of a multipronged approach or effective individually, include:

■ **CBD.** Studies show this cannabis-derived substance, the non-mind-altering form of marijuana, acts on multiple pain targets in the central and peripheral nervous systems. It has demonstrated pain-relieving effects for neuropathy, some cancers, arthritis and irritable bowel disease, among other conditions. A University of Michigan study of 878 people with fibromyalgia that had used cannabidiol (CBD) products found that more than 70 percent had substituted it for opioids or other pain medications, with many stopping them altogether as a result. With research mounting, almost every state now allows CBD use in some form.

■ **TURMERIC/CURCUMIN.** The Indian spice that makes curry yellow has potent anti-inflammatory properties, especially in formulations that combine it with piperine (black pepper) to enhance bioavailability. A meta-analysis in Oxford Pain Medicine of eight randomized controlled trials of curcumin involving 800 patients with muscle pain, osteoarthritis or postoperative pain found that it effectively lowered pain levels without adverse reactions, outperforming nonsteroidal anti-inflammatory drugs and paracetamol (ibuprofen) for knee osteoarthritis pain.

■ **HYPNOSIS.** By lowering the fear and anxiety that aggravate pain sensations, hypnosis reduces pain as effectively as many other approaches at a relatively low cost. A meta-analysis of 18 studies found that 75 percent of people, including those with both acute and chronic pain, received substantial relief from hypnotic techniques without side effects. In a University of Washington study, patients kept practicing self-hypnosis after completing the study even if it had not relieved their pain, saying it gave them better sleep, lower stress and a greater sense of calm and well-being. Hypnotherapy treatment usually involves four to 10 sessions and is often covered in full or in part by insurance companies or Medicare.

■ **LOW-DOSE NALTREXONE.** When taken at levels of 50 to 100 milligrams (mg) daily, this medication weans people off opioids and alcohol, but when used at low doses of less than 2 mg, research suggests it can ease the pain of autoimmune and inflammatory conditions like Crohn's disease, multiple sclerosis and fibromyalgia. Stanford School of Medicine researchers reported it significantly reduced pain for 32 percent of fibromyalgia patients and also improved mood and life satisfaction, noting, “The medication is widely available, inexpensive, safe and well-tolerated.”

# YOGA TO HEAL TRAUMA

## Soothing Poses Calm the Nervous System

by Marlaina Donato



A vinyasa-style yoga session for six weeks showed significantly lowered post-traumatic stress disorder (PTSD) symptoms, as well as less insomnia, depression and anxiety.

### Trauma-Intelligent Fitness

Yoga performed with trauma sensitivity can pick up where talk therapy leaves off, targeting the amygdala, the danger detector in the brain, and the vagus nerve that runs from the brain to the abdomen, which plays a vital role in processing trauma. “Somatic processing and treatment

Getting on the yoga mat can be a powerful stress-buster that lowers blood pressure and excessive cortisol, but yoga can offer an added boon for those living with the lasting effects of traumatic events. Trauma-informed yoga (also called trauma-sensitive yoga) is a promising therapeutic branch of the yogic system designed to quell the body’s programmed “fight-or-flight” responses.

Founded on yoga, psychology and neurobiology principles, the approach is in harmony with the ancient yogic concept of *samskaras*, or memories imprinted on our cellular consciousness. People from many walks of life can benefit from trauma-sensitive yoga including bullied teens, women rebounding from abuse and anyone impacted by pandemic turmoil. Research published in the journal *Military Medicine* in 2018 reports that U.S. veterans of the wars in Afghanistan and Iraq that participated in a one-hour

methodologies like yoga are now being used to help repair and rebuild distressed nervous systems, which in turn helps the brain integrate and ‘file’ distressing memories,” says Beth Shaw, founder of YogaFit Training Systems Worldwide, the largest yoga teacher training school in North America, and the author of *Healing Trauma with Yoga: Go From Surviving to Thriving with Mind-Body Techniques*. The Fort Lauderdale-based yoga therapist and entrepreneur highlights the body’s role in trauma and stress. “The brain rewires itself around the traumatic event and memories stored in the tissues throughout the body. Yoga can help to free those memories, alleviating troubling emotions and thought patterns, as well as chronic somatic tension and hypervigilance.” Shaw draws upon new psychological and neurological discoveries, including polyvagal theory, that help explain the full impact of trauma and most importantly, how and why yoga helps to lessen these impacts.

Trauma-informed yoga keeps the nervous system in mind,

excluding poses and breathing techniques that might provoke a sense of vulnerability or overstimulation. Trained teachers adhere to non-touch assistance methods and often opt for well-lit studios to avoid a possible triggering atmosphere.

A trauma-informed yoga teacher knows the inner workings of the nervous system,” explains Mandy Eubanks, a trauma-trained yoga educator and certified yoga instructor in Tulsa. “We have respect for the variety of responses that our clients have to yoga, meditation and breathwork practices. For example, we understand deep breathing will be calming to one person and agitating to another. We normalize clients’ responses and work with them to find an effective technique for that individual.” Teachers with specialized training and access to props can also support people on a yoga journey that are limited physically. Eubanks emphasizes, “Yoga truly is for everyone and every body.”

## The Power of Choice and Individuality

Lisa Danylchuk, the Oakland-based author of *Yoga for Trauma Recovery: Theory, Philosophy, and Practice*, underscores that in a trauma-informed environment, everything a teacher instructs is an offering or invitation. “This is important because people who have endured trauma have often not had a say over what happens to their bodies. A good trauma-informed class cultivates somatic and psychological resources, and focuses, above all, on cultivating a sense of physical, mental, emotional and spiritual safety.” The founder of *The Center for Yoga and Trauma Recovery* believes it’s important to be responsive to individual needs. “Trauma affects so many different individuals and groups of people and in such a variety of ways that it is impossible to give one prescription. Some people might benefit from a weekly, 60- to 90-minute vinyasa-style class. Others might benefit from a short, five-minute daily restorative practice.”

Shaw also stresses a tailored approach. “How one wishes to practice is up to the individual, but I suggest a combination of both one-on-one instruction and class format. If someone is in the throes of trauma, they will need a private session to start.”

Eubanks adds the importance of consistency. “In my experience, it is about finding which yoga practices work best for the client and then encouraging them to find time to practice every day. Yoga for PTSD is not a one-and-done deal. It takes time, effort and belief in oneself.”

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



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Tias Little

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Lifting the Sails of the Lungs  
with **Tias Little**

October 9

The Anatomical Body: Perception and  
Practice for Yoga with **Lauri Nemetz**

November 13

Refining the Path to Your Greatest  
Self with **Luke Ketterhagen**

December 11 Zoom Only

The Sahana of Love with **Jovinna Chan**

January 8

The Bhagavad Gita with **Devarshi  
Steven Hartman** (to be confirmed)

February 12 Zoom Only

Yin Yoga for Endurance and  
Resilience in Times of Grief and Loss  
with **Shraddha Hilda Oropeza**



Jovinna Chan



Shraddha Hilda Oropeza

March 12

Krama: Creating Sacred Connections  
for Practice Through Order and  
Sequencing with **Carla Stangenberg**

April 9

The Dowel as a Tool for Alignment  
and Support: Working with a  
Neutral Spine with **Alison West**



Stephen Cope

May 14

Yoga and Lifestyle Practices  
for Hormonal and Immune  
Health, Vitality, and Well-Being  
with **Jeff Migdow**

June 11

Dharma: Finding Your Place in the  
Order of Things with **Stephen Cope**

The past year of online workshops revealed that geography does not need to limit the presenters we bring to the YTA community—or prevent you from joining us from wherever you are to deepen your knowledge of yoga and earn CEUs. Workshops are set to return to in-person format with a remote option, with some to be held via Zoom only. Visit our website to become a member, register for workshops, or sign up for our mailing list.

**ytayoga.com**

## classifieds

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

### BOOKS

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

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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 SUNDAY

**Ramsey Farmers Market**—9am - 2pm Award winning non-profit Ramsey Farmers Market features 50 local vendors, music craft, chef demos and special fun events for whole family. For more information: <http://ramseyfarmersmarket.org/>. Location: Erie Plaza Station, 2 West Main St, Ramsey.

### EVERY WEDNESDAY

**Eye Exercise Class**—6pm-8pm. Did you know the pain or tension in your neck, back and shoulders affect your vision? Learn many useful techniques to elevate stress in these areas. While eyes exercise may be boring and tedious if done alone or on Zoom. Join us and see what a difference 1 hour of fun exercise can make. Location: The White Butterfly Spa and Wellness Center, 668 American Legion Dr, Teaneck, NJ

### 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://LoisKramerPerez.com/My-Events/).

### EVERY 2<sup>ND</sup> SATURDAY

**Yoga Teachers Association Workshops**—Open to yoga teachers and students, members and nonmembers. Club Fit, 584 N State Rd, Briarcliff Manor, NY and/or via Zoom. Info: [ytayoga.com](http://ytayoga.com).

### EVERY MONDAYS & FRIDAY

**Delay the Disease—Parkinson Disease Fitness Training, Group Classes**—1:30-2:30 pm. Kim, a certified Delay the Disease instructor will teach

group classes at Holyname Hospital Fitness center on Mondays and Fridays. For more information contact Maxwell Edmiston 201-262-4626. Address: 514 Kinderkamack Rd. Oradell NJ 07649.

### SATURDAY, SEPTEMBER 11

**Lifting the Sails of the Lungs**—1:30–4:30pm. With Tias Little. Learn how to expand the lungs using yoga and breathing to improve circulation and build defense. \$45 members/\$65 nonmembers in advance. Via Zoom. Info: Lorraine Burton: 914-391-3389. [ytayoga.com](http://ytayoga.com).

### SUNDAY, SEPTEMBER 12

**The Metaphysical Fair**—11:30am–2:00pm. Featuring all the leading healers and practitioners of the area at one place. Free admission to general public, practitioners can contact Jim at [angeljimbo@aol.com](mailto:angeljimbo@aol.com).

### FRIDAY-SUNDAY, SEPT 17 -19

**The Bergen County Fall Harvest Fair**—6-9pm, September 17; 10 a.m. to 5 p.m. September 18 & 19. Fair features farmers' market, animals, music, face painting, pumpkin picking, entertainment, food trucks, 4-H and master gardener exhibits, and hands-on activities. Admission and parking are free. Location: 216 Forest Park, Paramus. For more information, call 201-336-6780 or visit [Facebook.com/bergen4h](https://Facebook.com/bergen4h).

### SATURDAY, SEPTEMBER 25

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

### SUNDAY SEPTEMBER 26

**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.

### SATURDAY, OCTOBER 9

**The Anatomical Body: Perception and Practice for Yoga**—1:30–4:30pm. With Lauri Nemetz. A playful mix of anatomy stories, hands-on exploration, and practice to understand our bodies on a deeper level. \$45 members/\$65 nonmembers in advance. Club Fit, Briarcliff Manor, NY, and via Zoom. Info: Lorraine Burton: 914-391-3389. [YTAYoga.com](http://YTAYoga.com).

## 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.

### ENERGY HEALING

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Creating Change  
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# Copper Stops Germs Before They Spread

Scientists have discovered a natural way to kill germs fast.

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Germs, such as viruses and bacteria, can multiply fast. When disease germs get in your nose they can spread and cause misery unless you stop them early.

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The EPA officially declared copper to be “antimicrobial”, meaning it kills microbes, including viruses, bacteria, and fungus.

The National Institutes of Health says, “The antimicrobial activity of copper is now well established.”

Copper’s power to kill germs has been used for thousands of years. Ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn’t know about microbes, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell by touch and destroys it in seconds.

Some hospitals tried copper for touch surfaces like faucets and doorknobs. They say this cut the spread of MRSA, which is antibiotic resistant, and other

illnesses by over half and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe with a tip to fit in the bottom of his nose.



**New device puts copper right where you need it.**

The next time he felt a tickle in his nose that felt like a cold about to start, he rubbed the copper gently in his nose for 60 seconds.

“I didn’t get sick,” he exclaimed.

“Due to regulation we don’t make health claims, so I can’t say if it is cause and effect.”

“That was September 2012,” he continued. “I have been using it every time and have not had a single cold since then.”

He asked relatives and friends to try it. They reported the same thing, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. The feedback was 99% positive if they used the copper within 3 hours after the first sign of unwanted germs, like a tickle in the nose or a scratchy throat.

Early user Mary Pickrell said, “I can’t believe how good my nose feels.”

“What a wonderful thing!” exclaimed Physician’s Assistant Julie. Another customer asked, “Is it supposed to work that fast?”

Pat McAllister, 70, received one for Christmas and called it “one of the best

presents ever. This little jewel really works.”

Frequent flier Karen Gauci had been suffering after crowded flights. Though skeptical, she tried copper on travel days for 2 months. “Sixteen flights and not a sniffle!” she exclaimed.

Businesswoman Rosaleen says when people around her show signs of cold or flu, she uses copper morning and night. “It saved me last holidays,” she said. “The kids had crud going round and round, but not me.”

Attorney Donna Blight tried copper for her sinus. “I am shocked!” she said. “My head cleared, no more headache, no more congestion.”

A man with trouble breathing though his nose at night tried copper just before bed. “Best sleep I’ve had in years!” he said.

In a lab test, technicians placed 25 million live flu viruses on a CopperZap. No viruses were found surviving soon after.

Some people press copper on a lip right away if a warning tingle suggests unwanted germs gathering there.

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.



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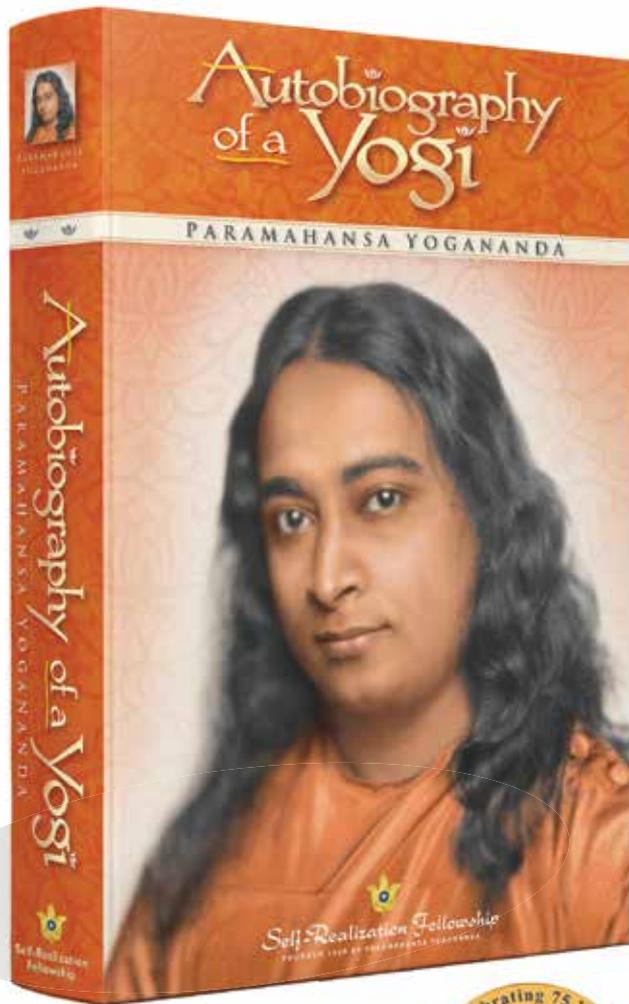
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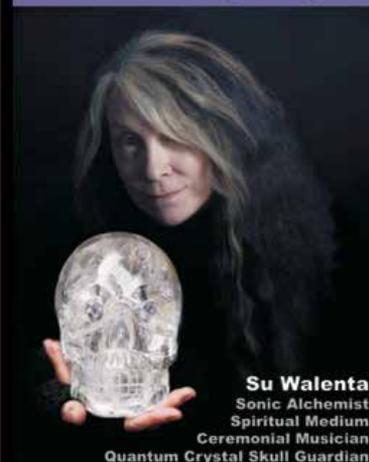
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- Experienced Professionals Providing Compassionate Care
- Comprehensive Analysis of Your Current "Level of Health"
- Prevention and Treatment of Various Medical Conditions
- Non-Invasive Testing of Cardiovascular System
- Diagnosis & Treatment of Musculoskeletal, Neurological Disorders
- Stress Management, Including Biofeedback
- Most Labs & Tests Performed on Premises
- Working with Major Insurance Companies & Medicare



### Services Available:

- Cardiovascular, Gastrointestinal, and Immune System Disorders Treatment
- Evaluation of Endocrine and Skin Disorders
- Uncover Food Sensitivities/Allergies
- Metabolic Testing
- Gentle Detoxification
- I.V. Nutrient Therapy
- Chelation Therapy
- Colon Hydrotherapy
- Nutritional/Herbal Medicine
- Natural Hormone Treatment
- Weight Loss Programs
- Physical Therapy/Therapeutic Massage

### Staff Includes:

- Internist
- Chiropractor
- Acupuncturist
- Physical Therapist
- Gastroenterologist
- Podiatrist
- Psychologist
- Massage Therapist



To schedule an appointment or to learn more about our practice and services, please contact:

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**201.291.0401**

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*"America's Top Doctors" - 2017*

