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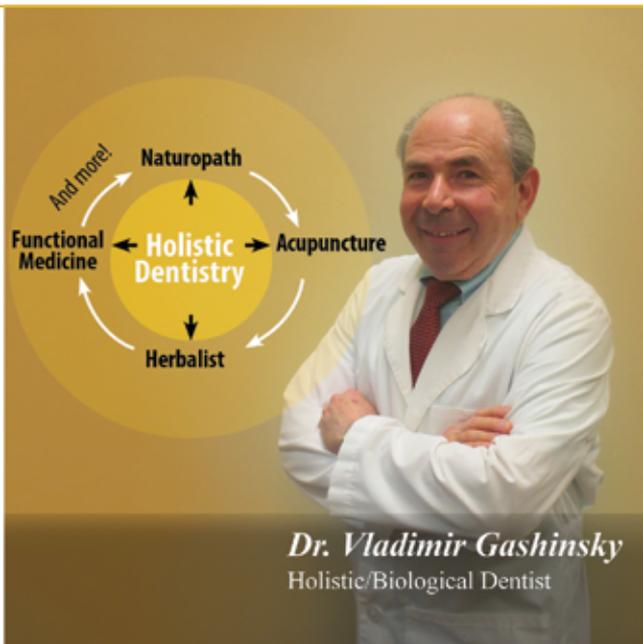
# natural awakenings

## HOLIDAY FOODS that BOOST OUR MOOD

DANCE as a  
Sacred Practice

Mindful Strategies  
for Anxious Teens

Practical Steps to a  
Good Death



*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) 457-4244 or visit [HolisticDentalCenterNJ.com](http://HolisticDentalCenterNJ.com).*

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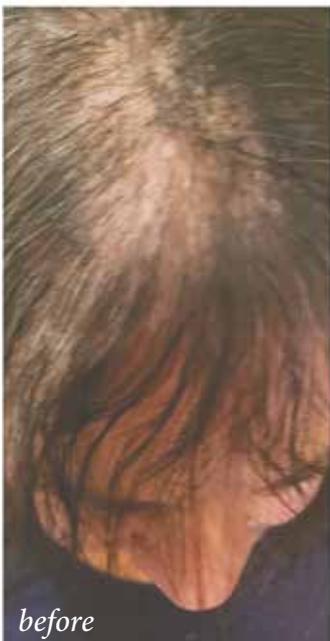
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**letter from publisher:**

**Here come the holidays!**

**T**hanks to all our readers, the annual business directory issue last month was a great success as a handy reference guide to community health and wellness practitioners and businesses offering goods and services that complement the *Natural Awakenings* lifestyle. Show your love and support for local business and make communities stronger!

The cooler weather has got us all thinking of the eagerly awaited holiday season. Festivities are in the air after a very different year as friends and family come together to celebrate and enjoy the season's spirit. One important ingredient for great holidays is food, and we have a delightful article, "Eat Well to Feel Well", to uplift your mood.

Don't miss another very important, informative and thoughtful article, "Dying Well", about end-of-life planning. It's a necessary topic to address for the sake of our loved ones, specially with today's uncertain events. Above all, don't forget to take precautions and practice safety per CDC guidelines for the greater good of our own loved ones and the entire community.

*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*.

Stay Safe, Stay Happy!  
Please share your feedback and thoughts at *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 50 healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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## ADVERTISING & SUBMISSIONS

### HOW TO ADVERTISE

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

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Email articles, news items and ideas to: [Publisher@NaturalAwakeningsNNJ.com](mailto:Publisher@NaturalAwakeningsNNJ.com). Deadline for editorial: the 15th of the month.

### CALENDAR SUBMISSIONS

Email Calendar Events to: [Publisher@NaturalAwakeningsNNJ.com](mailto:Publisher@NaturalAwakeningsNNJ.com).  
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### READERSHIP SURVEY

- 21% purchase from our advertisers between 1 and 3 times per month
- 34.2% share their copy with 2 or more additional readers
- 84.7% are female 47.7% between 35 and 54 years of age
- 60% have one or more college degrees
- 88.1% purchase healthy or organic food

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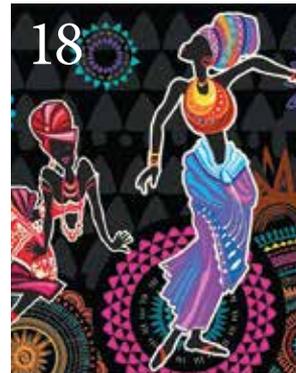
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## Learn Access Bars in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., November 20, 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.

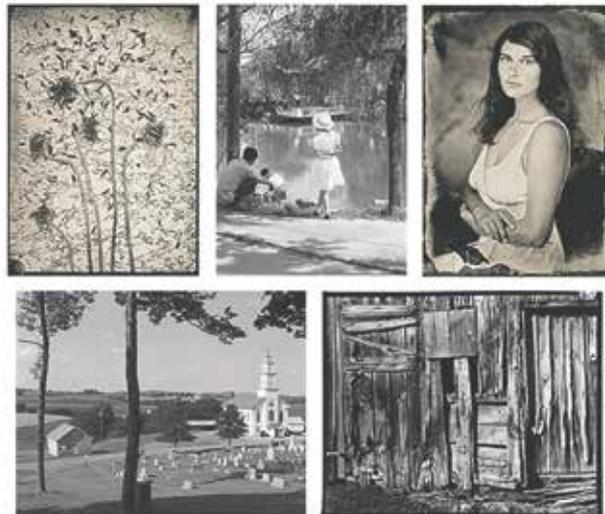
*Location: Paramus. For more information, or to preregister (required), or to book a private session, call Theresa Obsuth, 201-655-3836 or visit [Access Consciousness.com](http://AccessConsciousness.com). See ad, page 3.*

## news briefs

### Classical Photography Exhibit and Sale

The Monalog Collective will be featured in-person from 7 to 9 p.m., November 11, at Gallery 270, at Bergen County Camera. Guests can meet some of the 12 artists involved and enjoy light refreshments.

A big part of the mission of the Gallery and Collective is to support photography’s vintage processes. They work to create and promote an amazing variety in singular photographs of



outstanding value in platinum/palladium, silver gelatin, carbon transfer, tintype, wet plate collodion tintype and ambrotype, where the hand of the artist is intimately engaged.

Although Gallery 270 shows these singular pieces through the highest-quality scans on their digital platforms, the full dimensionality of the work can only be seen, appreciated and experienced in person; all the better at an opening where attendees can learn firsthand from the creators themselves. Prices begin at \$500, including frame.

*Admission is free with registration at [Tinyurl.com/MonalogCollectiveOpening](http://Tinyurl.com/MonalogCollectiveOpening). Location: 270 Westwood, Ave., Westwood.*

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## Buy Local for the Holidays

The Paramus High School Thanksgiving Craft Show will take place from 10 a.m. to 5 p.m., November 28. At the show, running for more than 25 years, 120 artists and crafters with unique gift ideas will kick off a bout of holiday shopping.

Popcorn and homemade pickles are available for purchase. The show is held indoors and face masks are required to enter.

Admission is \$3. Location: 99 E. Century Rd., Paramus.

For more information, visit

[Tinyurl.com/ThanksgivingCraftShow](http://Tinyurl.com/ThanksgivingCraftShow).



## 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 Nov 17, in Haskell. Treatments are \$40 (reg. \$60) for a limited time.



Participants will learn how earseeds can improve 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, NJ. 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 9.



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For More Information See Our Website: [regenerativehealingcenter.com](http://regenerativehealingcenter.com)

## health briefs

# Lose Weight with Small Calorie Reduction



A reduction of just 200 calories a day combined with aerobic exercise four times a week produced greater weight loss and better heart health in obese, sedentary adults than exercise alone or a 600-calorie reduction plus exercise, reports a new study in *Circulation*. Researchers from the Wake Forest School of Medicine,

in Winston-Salem, North Carolina, tested 160 adults ages 65 to 79. Those that combined exercise with 200 fewer calories a day lost 10 percent of their weight, about 20 pounds, over five months. They had a 21 percent average increase in the aorta's ability to expand and contract, a key indicator of heart health. Measures of aortic stiffness did not change significantly for the exercise-only group or the 600-calorie-reduction-plus-exercise group. Weight loss was similar for both calorie-reduction groups, even though one group consumed nearly three times fewer calories per day.

# Boost Kids' Learning Abilities with Exercise



The right kind of exercise can help kids learn vocabulary better, suggests research from the University of Delaware. An article published in the *Journal of Speech Language and Hearing*

Research reports that when 48 children between 6 and 12 years of age were taught new words before swimming, they scored 13 percent higher on a test of the words than children that did CrossFit-like exercises or colored pictures. Lead researcher Maddy Pruitt says that exercise is known to increase levels of brain-derived neurotrophic factor, a protein she describes as the "Miracle-Gro of the brain." Swimming made a difference, she says, because it is an automatic movement, while the CrossFit exercises were new to them and required mental energy.

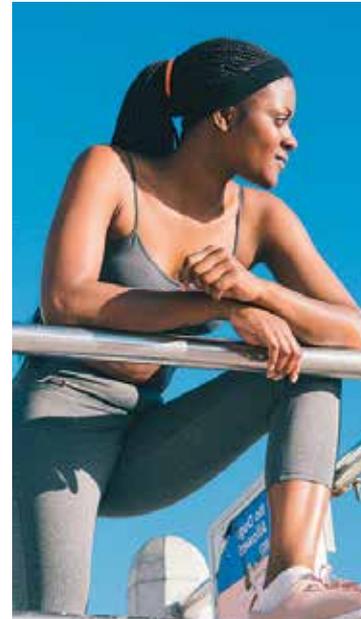
# Boost Cognition with Green Tea Compound



A single dose of 100 milligrams of the compound L-theanine—the amount found in four cups of green tea—improved reaction times and working memory of men and women in new research from Japan's Central Research Institute, in Shizuoka. In the double-blind, placebo-controlled study, 69 adults that self-reported cognitive decline

reacted more quickly to computer-generated promptings and answered more questions correctly after ingesting the compound compared to the placebo.

# Live Healthfully to Mitigate Genetic Cancer Risk



Healthy lifestyle factors such as exercise, proper diet, low body mass index and abstinence from smoking and drinking correlate with decreased cancer incidence, even in those with a high genetic risk, according to a Chinese study published in *Cancer Research*. The researchers calculated and applied the genetic risks for 16 cancers in men and 18 cancers in women to genotype information from 443,000 citizens from England, Scotland and Wales registered in

a databank. Notably, 97 percent of patients in the study had a high genetic risk of at least one cancer type. Among patients with high genetic risk, the five-year cancer incidence was 7.23 percent in men and 5.77 percent in women with an unfavorable lifestyle. That compared with 5.51 percent in men and 3.69 percent in women with a favorable lifestyle, effectively moving them into an intermediate risk category.

# The Cellular Stages of Aging

by Doug Pucci

Inside our cells are chemical cycles, enzymatic processes, electron transport mechanisms, nutrient exchange, utilization of sugars, conversion into ATP molecules and then the slow breakdown of waste and decay. And that's only the beginning.

There are 11 different systems that collectively make up the human body; within those systems are numerous different organs, each made up of cells. All 37 trillion cells in our body need to make energy to perform all those above tasks. This is why when a person suffers from systemic health concerns—whether digestive, cardiovascular, respiratory, muscular, etc.—the problem needs to be diagnosed as an “energy” problem, at the cellular level.

It's our mitochondria that are the energy-producing organelles inside our bodies, and this is where medical research and science is now turning its investigation. When our mitochondria become weakened and die off early, that's what is called “premature” aging—it is the loss of mitochondria.

Think of it like the advancing stages, or aging, of a banana, from being under ripe through to becoming overripe. From the time the banana is underripe and green to the point where it turns yellow, it has the lowest amount of sugar and the highest amount of fiber, antioxidants and prebiotics—these are the stages when the banana's mitochondria are strong and healthy.

But once a banana starts reaching the stage where it develops brown spots and then becomes dark and overripe, the vitamin and fiber content becomes depleted and the sugar content goes up—in these stages, the banana's mitochondria have degenerated and are dying. These last two stages reflect the standard American diet, which is high in sugar and low in fiber; this demonstrates how such a diet ages people prematurely as we accumulate more damaged mitochondria and oxidative stress is advanced far beyond our years.

Even though we can't prevent aging and we naturally lose mitochondria for

an average decade of life, we can prevent premature loss of mitochondria and actually build it with the right activations and stimulation through lifestyle changes. This is where the concept of chronological age (actual age in years) versus biological age (the speed at which cells are aging) comes in. It's rare that these two ages are equal—a person whose chronological age is in their 30s can have cells that are at a biological age of over 60. This is determined through the testing of cardiac output, which reveals arterial health and elasticity.

Proactive lifestyle changes and nutritional interventions can reverse this problem. There is testing that can be run that will give us insight into how healthy the cells are. These advanced markers indicate where to take action and how to better support the mitochondria. Lowering the amount of sugar and simple carbohydrates in the diet to prevent further premature aging, called oxidative stress, while increasing the amount of fiber, nutrients, and antioxidants can support whole body health, thereby lowering the biological age of cells.



To view a free, three-minute blood sugar quiz, visit [DrPucciBloodSugarQuiz](#). 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](#).

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*Naturopath, Nutritionist, Herbalist, Aromatherapist*



## Exercise is Key for Parkinson's Disease

Research from the Parkinson's foundation Parkinson's Outcomes Project that for people with advanced Parkinson's Disease (PD), exercise has positive effects on health-related quality of life, so it is really important to keep exercising as the disease progresses, but not to the point of feeling discouraged. Exercise is a daily achievement.

Those struggling with motivation or with believing in their own ability should ask

their care team, friends or family for encouragement. They might want to join a group fitness class or ask a friend to go for walks. In this way, exercise can provide social and emotional benefits, as well as a physical and mental bonus.

Here are some suggestions of different types of movements.

- Aerobics exercise makes the heart healthier and improves how the body uses oxygen.

Studies also show that aerobic exercise can improve age-related changes. Scientists are studying and how aerobic exercise works to slow Parkinson's Disease and how much exercise is required to get the best benefits.

- Skill-based exercises focus on complex movements of the whole body, such as balance, hand-eye coordination and reaction time. Studies of skill-based exercise have been shown to improve motor function, but so far we still don't know if aerobic or skill-based exercise is better for PD, so the answer might be doing both, especially for targeting cognition.

A physical therapist may incorporate skill-based and aerobic training by doing exercises with specific goals. An example might be to do a walk through the neighborhood and finish at a preset time. The most important thing is to be consistent and to use exercise as part of a wellness routine.



For more information, call Dr. Kim Mihov at 201-722-1303 or visit Foundation. [OhioHealth.com/delay-the-disease](http://OhioHealth.com/delay-the-disease). See ad, page 14.



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# I Feel like My Thyroid is off, but My Doctor Says...



One of the very most common reasons that someone comes to my office today (other than for Covid-related issues, of course!) is to discuss concerns that they believe to be associated with their thyroid. They will tell me that, for some period of time, they have been experiencing at least several clinical symptoms widely known to be related to these glands, including, but not limited to:

- ◆ Weight gain
- ◆ Fatigue
- ◆ Loss/shedding/thinning of hair
- ◆ Change in the texture of nails or hair
- ◆ Poor sleep
- ◆ Diminished concentration or memory brain fog
- ◆ Irregular or slowed heartbeat
- ◆ Menstrual irregularity
- ◆ Increased sensitivity to cold
- ◆ Constipation
- ◆ Dry skin
- ◆ Puffy face
- ◆ Hoarseness
- ◆ Swelling/pressure in the lower neck
- ◆ Depression

Typically, they have already asked their primary care docs to check their thyroid, and, lo and behold, they are told that their tests came back “normal”. But they don’t feel “normal”. And that is often when these folks come to consult with me.

There are SO many aspects to thyroid function and efficacy that need to be addressed when someone is experiencing “hypothyroid symptoms”. For whatever reason, the in-depth investigation of the thyroid often falls into province of functional physicians such as myself.

For many physicians, thyroid testing consists of a TSH test (thyroid stimulation hormone that emanates from the pituitary gland). If this number is elevated, it will trigger a response with medication. The functional “cutoff” for a “good” TSH vs. a not-so-good TSH is quite different from the

traditional/lab cutoff. This is one of many distinctions in the traditional as opposed to the holistic approach to establishing thyroid status.

Some physicians will also check “T4”, the precursor to the active thyroid hormone in the body, known as “T3”. A decent T4 level does not insure adequate ACTIVE T3 levels, as sufficient and accurate conversion is by no means guaranteed. Therefore, it is critical to check not only for actual T3 levels, but also for levels of poorly-manufactured, and hence ineffectual, T3 (so-called “reverse T3”).

Other considerations in a thorough evaluation would include:

- 1 – Is there adequate iodine in the body to

support thyroid function?

- 2 – Are other nutrient levels that support thyroid function optimal?

- 3 – Is thyroid hormone being well-received in the body’s tissues?

- 4 – Is auto-immune disease interfering with thyroid function?

- 5 – (A big one!) Are the adrenals that partner with the thyroid glands in good shape, doing their part in working with the thyroid to produce “good thyroid” results – or not?

In finding the answers to these questions, we are in a much better position to understand why someone may indeed be experiencing thyroid-like symptoms, even though their most basic tests are coming out seemingly “normal”. Once we discover exactly where the issues, lie, it is not difficult to treat and correct the problem or problems at hand, and alleviate symptoms, restoring a patient back to a more robust level of health. As they say on TV: “The more you know. . .”

*Robin Ellen Leder, M.D. was mentored by Robert Atkins, M.D. of “The Atkins Diet” fame, and has been practicing integrative/alternative medicine for over 30 years at her own office, A Better Alternative Medical Center, in Hackensack, NJ.*

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## Dealing with Childhood Trauma

The National Institute of Mental Health defines childhood trauma as “The experience of an event by a child that is emotionally painful or distressful, which often results in lasting mental and physical effects.” Childhood trauma has significant health and quality of life issues through adulthood. As adults, traumatized children embody trauma at many levels. They feel emotional pain. They are easily triggered in reacting to upsetting (but not traumatic) events. Some people have developed a self-hatred so deep that it is hard to separate from it and see the reality of the magnificent opportunities around them in the present.

As a child, the conscious mind develops after the age of 7. Anything that

happens to a child before that age is controlled by the subconscious mind, which is all about protecting the child and keeping them safe. When the child develops their conscious mind, they are able to create new ideas and thoughts about how he/she views life according to their own experiences—either pleasant or unpleasant.

If trauma was experienced, the subconscious mind develops its own response to an event or situation based on the traumatic experience in earlier childhood. Even as an adult, the subconscious mind holds people back to protect them from the earlier trauma. The subconscious mind interferes with where you go and what you do because it is coming from the viewpoint of an unsafe world.

The subconscious mind clearly holds adults back. We are living a completely different life, and the threats in our lives from childhood simply are not present. The subconscious is stuck in the past at the time of the trauma. The great thing about the subconscious mind is that it can be reprogrammed. If we are aware of being held back from living life freely, then we probably want to change this blockage in our life.

The subconscious mind cannot reject anything that we tell it because it doesn't have the same capabilities of our conscious minds. The first thing we can do is respond to the thoughts of the inner critic (subconscious) and tell it that a specific negative thought is not true anymore. There is then an opportunity to reinforce the real, presentday truth. The subconscious has to accept the present truth if you claim it.

Discovering the core issues of the trauma and the triggers for the subconscious is important to respond differently to threats as adults. The subconscious often reacts in fear, anxiety, and even panic attacks. As an adult, we lose conscious control and the subconscious takes over, preventing us from living a full life.



For more information, contact Dr. Anne Deatly at 201-925-1046 or Anne.Deatly@gmail.com. See ad, page 9.

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# Wellness Gala Expo

The Wellness Gala Expo—Balance Your Life, will be held in person from 12:30 to 6:30 p.m., November 14, at Birchwood Manor, in Whippany. Experts in the fields of health, beauty and wellness will provide mini-sessions, workshops and demonstrations.

Guest speakers will discuss massage, anti-aging, medicine, nutrition, acupuncture, chiropractic, skin care, energy medicine, art and jewelry, mind-body stress, management and aromatherapy, plus there will be intuitive counselors, unique vendors, refreshments, live music and a silent auction. The mission is to create awareness, educate and promote the benefits and effectiveness of holistic health and integrative healing modalities

Event host and founder **Debbie Peterson**, says, “Since 2008, we have produced over 500 Wellness Gala events nationwide. These include



*Debbie Peterson*

our own Wellness Galas, corporate events, fundraisers, spa and beauty, and grand openings. We have also produced events in hospitals, schools and department stores, helping to educate and create awareness to all the benefits of holistic and integrative medicine.”

A graduate of Old Dominion University with a degree in marketing, Peterson was a successful sales executive for 15 years before branching out on her own. She shares, “I was a marketing professional working for Russ Berrie & Co., Inc. in outside sales for 15 years when quite unexpectedly, my oldest son started to display unusual behavior. From that moment on, my life was completely changed.”

Her son was diagnosed with severe Tourette’s Syndrome. “I exhausted all traditional medical treatments available, yet his symptoms worsened and his prognosis was bleak. The mainstream medical community states that there is no cure for this syndrome and that over time, symptoms can worsen. Even though I was completely unaware of holistic

healing techniques, I was so desperate to help my son that I turned to integrative healing practices as a last resort,” says Peterson.

Dr. Robert Kandarian, an energy healer, completely healed her son in conjunction with a Columbia University neurologist, medication and other therapies. His philosophy is to work with the parents first to begin a child’s healing process. It has been more than 16 years since her son has displayed any symptoms and has not been treated since.

Peterson states, “The idea to create a Wellness Gala event grew from my realization that integrative healing modalities can work miracles. My goal is to inform people everywhere that these modalities are legitimate options that can help any type of physical, emotional, mental or spiritual issues or concerns. I wanted it be different from anything I had ever seen or attended before.”

The Wellness Gala Balance Your Life event has established itself as a unique event that allows attendees to experience the special gifts of a select group of experts in the fields of health, beauty and wellness. A portion of the proceeds from each Wellness Gala event are donated to selected local charities within the area the event is being held.

Keynote speaker **Anthony Mrocka** (*AnthonyMrocka.com*) is a renowned intuitive medium. He believes that everyone has an intuitive sense, but of varying levels. Mrocka is more sensitive—able to connect his energy vibrations with higher energy forms from other dimensions and stream information into his consciousness.



*Anthony Mrocka*

Traumatic early childhood experiences taught him to block part of his memory to deal with pain and suffering. In search of approval and acceptance, he fell into a vicious cycle of addiction, rehabilitation and relapse. It was during one of his lowest points that he began to pray to God and surrender his life a higher spirit. He meditated and prayed to

Mother Mary.

He began to hear, see and feel things that were not of this world and tried to control or shut them out. Serendipitously, he encountered mentors and teachers that guided and honed his natural ability to connect and receive messages.

Mrocka uses his psychic mediumship with evidence by establishing a connection and showing that energies from other dimension are present around us. Regular mediation and breathing exercises have helped him to channel his spiritual talents to new levels.

Keynote Speaker **Concetta Bertoldi** is a medium and *New York Times* bestselling author. She was interviewed and selected to attend the Edgar Cayce



*Concetta Bertoldi*

Institute, in Virginia. She shares, “It was a big help, and later Ginger Grancagnolo helped me to believe in forgiveness. She helped to be more spiritual and believe in God and build a bridge between this world and the spiritual world.”

Her husband started to believe after experiencing some very prescient events, and Bertoldi has been in public life helping people to get messages from other side for about 30 years. She has been sought out by royals, scientists and politicians from around the globe, as well as regular people living in the New Jersey suburbs.

Bertoldi believes in everyone making their own choices, but wants to help everyone to heal and get closure through messages from their loved ones. Her books are about having faith and belief to attain peace and spirituality. “From time to time, certain individuals are born with extraordinary abilities—they are able to do, see and hear things most people cannot. I am one of those people,” says Bertoldi. “I share heartfelt messages from the other side that can provide comfort and insight. She will conduct a book signing of *I Kissed A Ghost* from 1 to 2:30 p.m.

## Storm Clouds

### Water Shortage is a Global Problem

Lake Urmia, in Iran, has decreased in size by 50 percent from 2,085 square miles in the 1990s to 965 now, and the Department of Environmental Protection of West Azerbaijan is concerned that it may disappear entirely. Scenarios like this are multiplying in the Middle East because the water table is becoming depleted. Persistent drought and high temperatures, in addition to poor water management and overuse, create a bleak outlook unless changes are made. A study by the Iranian Energy Ministry found the fate of the lake was more than 30 percent attributable to climate change.

Iran, Iraq and Jordan extract copious amounts of water from the ground for irrigation, and Charles Iceland, global director of water at the World Resources Institute, says, "They're using more water than is available routinely through rain." In Iran, a network of dams used by the agriculture sector uses about 90 percent of the nation's supply. "Both declining rainfall and increasing demand in these countries are causing many rivers, lakes and wetlands to dry up," Iceland says. As areas become uninhabitable in the future, political violence may emerge over how to share and manage rivers and lakes. Transboundary usage must be regulated and monitored if there is any hope to resolve the crisis.



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## Love Bugs

### The Food Revolution—Miniaturized



egor kamelev/Pexels.com

It may come as a surprise to most Americans, but people have been eating insects (entomophagy) for thousands of years, and they are part of the diets of more than 2 billion people. The United Nations predicts that this rapidly growing industry could be worth \$6.3 billion by 2030,

so bug-based products may soon appear in local stores. Although Western food markets have excluded insects in favor of animal-based protein, insect-based foods offer many health and environmental benefits, especially in light of the pressures from climate change.

Insects produce 80 times less methane than cattle and use less space, feed, water, housing and maintenance. One pound of beef requires 1,850 gallons of water, one pound of chicken uses 500 gallons and one pound of crickets requires one gallon. Nestlé and PepsiCo are conducting research and development forays into the field, and smaller, nimble startups are making plans to introduce new products. Names to watch include Mighty Cricket, Illegal Oats, Jiminy's, Aspire (Exo Bar), BeoBia and Farmlnsect. Public acceptance is expected to be gradual.

## Kid Safe

### Bye-Bye to a Nasty Pesticide



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After a multiyear effort, the U.S. Environmental Protection Agency (EPA) has ruled that chlorpyrifos, a pesticide linked to neurological damage in children, including reduced IQ, loss

of working memory and attention deficit disorders, can no longer be used on food. EPA Administrator Michael Regan cites the action as an overdue step to protect children and farmworkers from dangerous consequences of the pesticide. "EPA will follow the science and put health and safety first." The ruling will take effect in February 2022.

Patti Goldman, an attorney for Earthjustice, says, "Chlorpyrifos will finally be out of our fruits and vegetables." The pesticide has been sprayed on crops such as strawberries, apples, citrus, broccoli and corn since 1965. Up until 2000, it was used to kill ants, roaches and mosquitos. The Natural Resources Defense Council notes that it will still be allowed for other uses such as cattle ear tags.

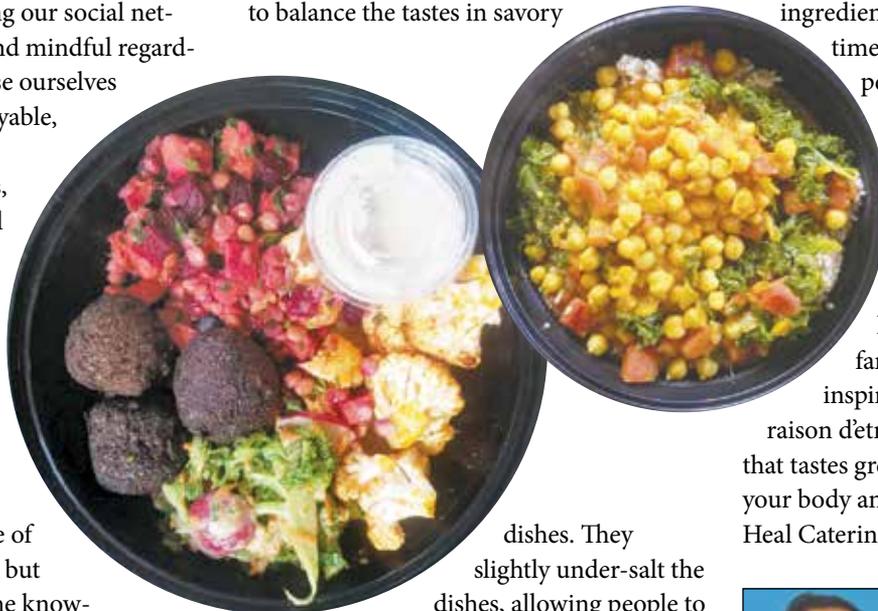
# Healthy Meals Delivered

The great thing about money is that when we have it, we don't have to think about it. The same thing can be said about health. When we live healthfully, we can go through life with greater ease and most likely never fear getting a call from the doctor with bad news. On the other hand, good health must be continually cultivated by exercising, expanding our social network, being selective and mindful regarding the media we expose ourselves to and consuming enjoyable, nutritious food.

Donn Gross states, "I started Meals to Heal Catering, a healthy, plant-based home delivery service, two years ago to provide folks with nutritious and delicious meals, delivered right to their door. Many people appreciate the importance of food upon their health, but they may not possess the know-how or the time to prepare great meals. The goal of Meals to Heal is to provide healthy and delicious food at an affordable price. We are dedicated to the healthful and sustainable lifestyle and care for you, our customer, and this drives our attentiveness to detail and creativity."

A vegetarian for 18 years, his brother's cancer diagnosis motivated Gross to study the anti-cancer lifestyle. "I came across this fascinating study which caused a major shift in my life and perspective. Experimenters dripped garlic juice on cancer cells and the cancer cells died! The fact that food we eat could combat cancer inspired and excited me and inspired me to go vegan." Since then, he has introduced hundreds of people to a vegan diet.

The meals are well balanced and packed with nutrients, following the protocols of doctors such as Neal Barnard, Michael Greger, Joel Fuhrman, Michael Klapner and Caldwell Esselstyn. Each meal is roughly between 500 to 600 calories and is quite filling because of the high fiber content, with very little oil and small amounts of sweetener to balance the tastes in savory



dishes. They slightly under-salt the dishes, allowing people to adjust seasoning to their liking. The Chef's Menu changes weekly to maintain interest and excitement. The standard service is eight meals for \$99.

"We like to spice our food to add

interest and taste and anti-inflammatory healing properties, but not everyone prefers spices. Some people like their food to be more toned down. Some people have sensitivity to gluten or tomatoes, some dislike corn and cranberries. And of course, the list of allergies is lengthy," says Gross. "We try to work with everyone and customize our food to their liking. We go to great lengths to fulfill the wishes of our customers by changing recipes or making separate containers of food with the ingredients they need and most of the time we satisfy the customer. Even people with IBS have found that our meals sit comfortably and digest easily in their stomachs."

Gross likes to provide food for joyous occasions to share the gift of health and happiness with friends and family. He states, "Assisting and inspiring people to health are our raison d'être. In the end, if you love food that tastes great, looks beautiful and treats your body and the planet well, Meals to Heal Catering is for you!"



Donn Gross - Owner of Meals to Heal, a daily healthy meal service. Call 973-226-9170 or visit [MealstoHealCatering@gmail.com](mailto:MealstoHealCatering@gmail.com). See ad, page 11.

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# DYING WELL

## Four Steps to a Good Death

by Ronica O'Hara

On his deathbed, Apple founder Steve Jobs looked for a long time at his children, his sister and his wife, then moved his gaze to the space behind them. “Oh wow! Oh wow! Oh wow!” he gasped. No one can know for certain what he was experiencing, but his words point to the deep, mysterious potential of our final hours—the awareness of which can transform our life long before its end.

“An awareness of dying, of death, can wake us up to life. It helps us live a life that’s rich and full and meaningful. When we deny the truth of dying, we live less wholeheartedly, less completely,” says Frank Ostaseski, founder of the pioneering San Francisco Zen Hospice Project and author of *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*.

The pandemic has 51 percent of us thinking more about our own mortality, a survey shows. The subject of death has been slowly opening up in America: TV programs like *Six Feet Under* and *Alternative Endings: Six New Ways to Die in America* present dying and grief more realistically; thousands of small conversational gatherings called “death cafes” are being held each year; people are designing their own funerals and choosing green burial sites; and the field of “death doulas” is emerging to help families navigate the legal and emotional shoals. Half a century after the release of Elisabeth Kübler-Ross’ seminal book *On Death and Dying*, palliative care to ease pain is offered by two-thirds of American hospitals, and Medicare funding for end-of-life hospice care has grown tenfold over the last two decades.

Yet for many, death remains the last taboo—85 percent of us have not discussed our last wishes yet with loved ones. Thousands of studies in the emerging field of experimental existential psychology have found that when reminded subconsciously of death, people tend to drive faster, drink harder, smoke more and get meaner to out-groups in attempts to lower their anxiety.

But when we look death squarely in the face, that anxiety recedes, the research concludes. Gratitude, self-honesty and the humility of recognizing our place in the larger whole are also proven antidotes. With less fear, we are better able to take the proactive, concrete steps that ease our passage—getting clear on our values and desires, having important conversations, attending to final decisions and opening to our spiritual process. Although death has its own ways and means, these four processes can make it more likely we will die as we would like to.

**Defining What We Value** “Deeply consider what your priorities in life are,” says Tarron Estes, founder and CEO of The Conscious Dying Institute, in Boulder, which has trained more than 6,500 doulas since 2013. “Ask yourself, if I had only three months to live, what’s important to me spiritually, emotionally, physically? What do I still need to do or say?” She recommends Stephen Levine’s book, *A Year to Live*, for exercises and meditations for that process.

“Don’t wait until the time of your dying to discover what it has to teach you,” advises Ostaseski, who has sat beside more than 2,000 hospice patients in their last hours. “When I’m with dying people, the things that are important to them are not their spiritual beliefs, but are more about relationships—‘Am I loved? Did I love well?’ Those two questions are useful inquiries now. They help us to discover where value and meaning can be found.”

By applying our values to the dying process, we can start sorting through options. Do we want to die at home or in a hospital? What medical procedures will we accept or decline? What measures do we want to be taken to sustain our life? Who do we want to be at our side? And what do we need to say before that time?

**Having Important Conversations** As daunting as the prospect of an end-of-life talk with family and friends may seem, it can start with simple words like “I want to talk with you about something important to me.” Without spelling out our desires, death can become inadvertently medicalized: Nine in 10 of us say we want to die in our homes, but only two in 10 do. “The default systems are all to treat, treat, treat, until someone finally says, ‘No,’ so many people end up on a high-tech conveyor belt to the ICU,” says award-winning journalist Katy Butler, author of *The Art of Dying Well: A Practical Guide to a Good End of Life*. Among people that undertake such talks, 73 percent describe the experience as positive, reassuring and productive. A downloadable Conversation Starter Guide ([TheConversationProject.org](http://TheConversationProject.org)) provides practical guidance for these critical conversations.

**Attending to Medical and Burial Decisions** Taking care of business—the paperwork aspects of death known as advance directives—spares loved ones from having to make tough decisions later. A last will and testament precludes pain and infighting among family and friends. A living will specifies what treatments are wanted under what conditions. A medical power of attorney designates a trusted person to make medical decisions if a patient is not capable. A Do Not Resuscitate order approved by a doctor means emergency medical workers are less likely to give CPR, which frequently causes trauma and broken ribs in elderly or frail patients. Either cremation or a burial can be decided upon; environmental options such as a forest burial in a wooden casket can be explored. Local hospice options can be surveyed in advance; nonprofits generally are rated better than profit-making groups.

**Opening to the Spiritual Process** Whether or not we have religious beliefs to carry us through waves of loss and sorrow, death can spur spiritual insight. “In dying, we withdraw from our outer circles and come into the inner circles of our lives—the relationships that matter most to us,” says Ostaseski, who has worked

four decades with hospice patients. “There’s a growing silence that has us becoming more contemplative and reflective. Our sense of time and space changes and we enter into a kind of free flow. The boundaries we have lived by begin to dissolve, and we start to feel ourselves as part of something larger—not as a belief, but as a natural occurrence. Often people realize themselves to be more than the small, separate self they had thought themselves to be.”

Joan Tollifson, a Zen-trained spiritual teacher and author of *Death: The End of Self-Improvement*, concurs: “When the future disappears, we are brought home to the immediacy that we may have avoided all our lives. With no future left to fantasize about, the focus of attention may finally be fully on right Now, the only place where our life ever actually is. Really getting that ‘This is it,’ there may be a sudden recognition of the absolute preciousness and wonder of every simple ordinary thing and of the people around us, just as they are, with all their flaws and foibles. Old grudges and resentments often melt away, and love shines through.

“All the things which may have been part of our self-image—dependence, physical strength, cognitive sharpness, good appearance and so on—have either disappeared or are rapidly collapsing, which invites the discovery that none of that really mattered, that what we truly or more fundamentally are is not dependent on any of that.

“The greatest gift we can give to a loved one who is dying,” says Tollifson, is to “simply be present, listen, follow your heart, trust the process. Everything else will follow from that. There’s no right or wrong way.”

It can be difficult to know what to say to a loved one near the end, but hospice workers recommend five phrases that have deep healing potential, even if a person seems unconscious: “I love you,” “Thank you,” “Please forgive me,” “I forgive you,” and “Goodbye” or “Until we meet again.” As Butler points out, the first four phrases can be said any time in our lives.

Increasingly in hospice care, loved ones are encouraged to sit with the body after the death, touching it, sharing stories, perhaps gently bathing it and dressing it in favorite clothes. “Touching the body, feeling the coolness, makes the death real to the family,” Ostaseski says. “Research shows that people that went through that process still grieved, but they were able to be with the emotion and not be overwhelmed by it.”

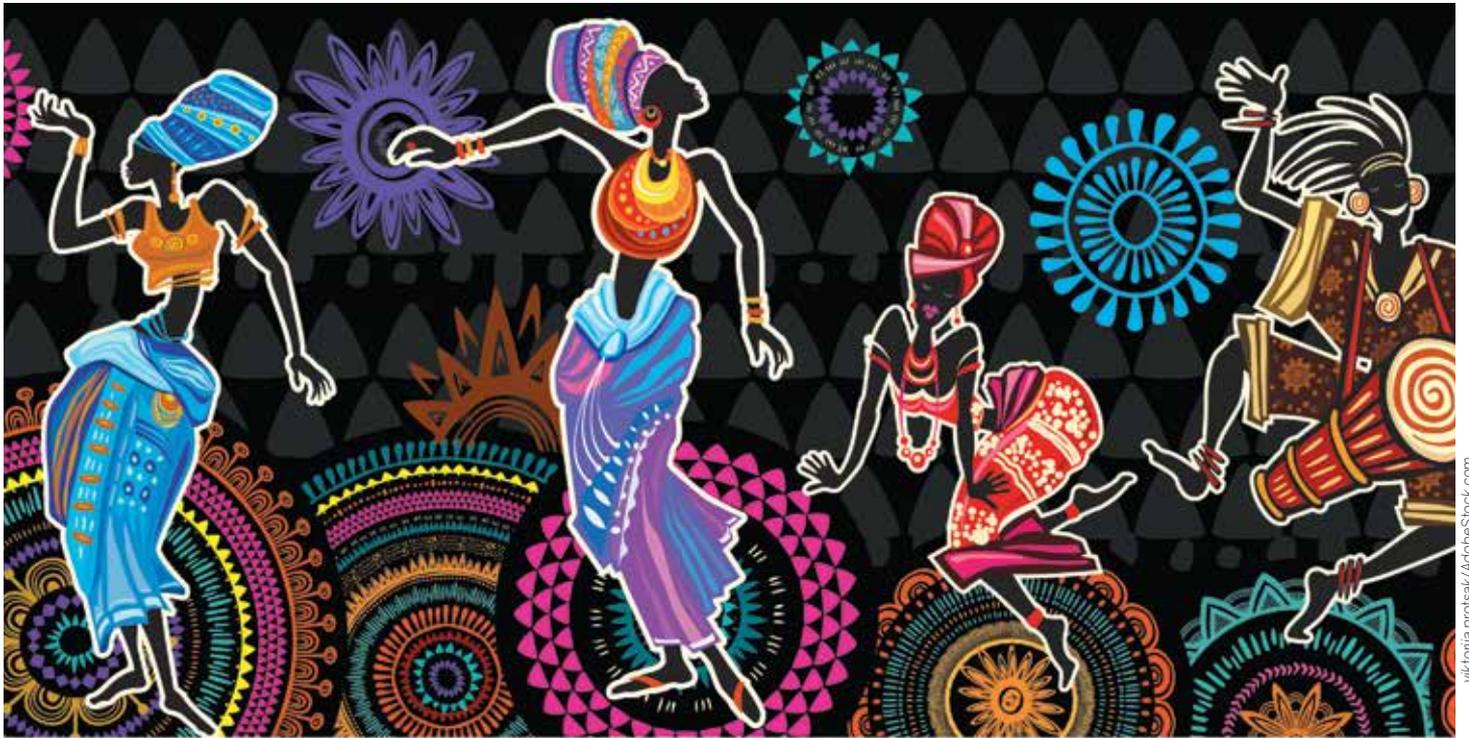
Facing the reality of death—as hard and heartbreaking as that can be—can free us to truly live life, said Jobs. After his terminal cancer diagnosis, he told Stanford students in a commencement address, “Remembering that I’ll be dead soon is the most important tool I’ve ever encountered to help me make the big choices in life. Because almost everything—all external expectations, all pride, all fear of embarrassment or failure—these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.”

Health writer Ronica O’Hara can be contacted at [OHaraRonica@gmail.com](mailto:OHaraRonica@gmail.com).

# SACRED DANCE

## Moving into Divine Energy

by Marlaina Donato



viktoria prolsak/AdobeStock.com

**H**earth-healthy dancing of all types is known to promote overall physical and mental health. When they are spirit-infused, forms like African, Middle Eastern, ecstatic and yoga-inspired kundalini dance offer us the opportunity to stay in shape while also fortifying the body's intrinsic life force.

Classes in these styles of dance, which are most often conducted barefoot, draw upon a deep cultural well and include the infectious heartbeat of live accompaniment. Just about anyone can find their own blissful groove when going with the flow is the focus. "In class, I choose to emphasize the feeling more than the step itself. The goal is always to get a spiritual release," says Darian Parker, a Brooklyn-based West African dance teacher, professor and choreographer. "I always encourage my students to privilege 'having a good time' over succumbing to self-criticism from not perfecting a step."

### Modern Moves, Ancient Roots

There are more than 3,000 ethnic groups on the continent of Africa, and each dance style has a purpose that is defined by its unique history. In the West African tradition, dances are designed to heal the individual and from the broader perspective, restore community. Parker, a faculty member of Cumbe: Center for African and Diaspora Dance, in Brooklyn, celebrates the culture and art of the Mande people. "In short, Mande dance trains your spirit just as much as it trains your body," says Parker. "In many Mande cultures, the ground is thought

to be the habitation of our ancestors, who are thought to animate our bodies when we dance. In this way, you can think of dance as a ritual technology that renews our connections with those who came before us."

While an African dance class encourages high energy and joyous expression, ecstatic dance can be a portal to self-discovery and connectedness. Springboarding from ancient societies worldwide, modern ecstatic dance is freeform and hallmarked by trance or tribal beats. "Ecstatic dance has offered me a portal to my subconscious, my spirit, my deep knowing. It's a way to, as Gabrielle Roth, the creator of 5Rhythms, put it, 'Get out of my head and into my body,' and in my body there is wonderful wisdom," explains Heidi Sheldon, a seasoned ecstatic dancer and licensed counselor in Stroudsburg,

Pennsylvania. “Your spirit knows what to do when it hears and feels the rhythms. You just need to allow your body to follow.”

## Belly of Bliss, Heart of Light

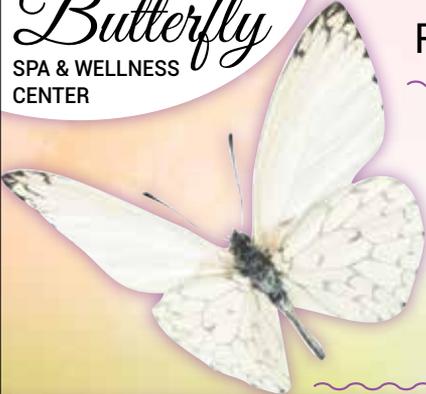
Middle Eastern dance is comprised of many dance styles—folk and tribal, classical and most widely known, belly dancing. In ancient times, the latter was practiced in rituals for fertile harvests and women’s fertility, including physical preparation for childbirth. In 2017, a pilot study published in the *Journal of Bodywork and Movement Therapies* showed that belly dance improves depressive symptoms, fatigue and quality of life in women with breast cancer.

“Belly dancing is a tantric form of dance that empowers women to release shame and accept and love themselves and their bodies just as they are. The movements open us to pleasure and sensual bliss in our very own skin. In this way, it is very healing and therapeutic,” says Banafsheh Sayyad, a Persian dance artist and founder of the Dance of Oneness Academy, in Los Angeles. Sayyad’s movement, a fusion of Persian and Middle Eastern dance, flamenco, contemporary dance and meditative whirling, is deeply connected to an ancient feminine ethos.

As a teacher, she brings the *Sama*—the dervish (pronounced “darvish” in Persian) dance of the Sufis historically reserved for men—into the hands of women. “In the traditional Sama, the right arm is extended up toward the sky with the palm facing up,” she says. “The left arm is extended out with the palm facing down toward the Earth. In so doing, you transmit and emanate the light you’ve received into the world through your heart. So, this dance is about becoming a channel for light and love in the world.”

In essence, stepping into any dance class can be good for the soul. Sayyad reminds us, “Every movement and dance style, if done with the intention of surrendering one’s sense of separateness into an experience of the greater or dissolving one’s identity as a drop of water into the greater ocean of oneness, can be sacred.”

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



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# Eat Well to Feel Well

## THANKSGIVING FARE THAT BOOSTS MENTAL HEALTH

by Christy Ratliff



Across America, people of all ages are struggling with mental health issues. Nearly one in five people is living with a mental health condition, and the number of people seeking help for anxiety and depression is skyrocketing, reports Mental Health America. According to the organization's *2021 State of Mental Health in America Report*, suicidal thoughts are increasing among both adults and children, and 9.7 percent of youth is experiencing severe major depression compared to 9.2 percent last year. The highly contagious COVID-19 Delta variant has only exacerbated these mental health challenges.

The hope and help we seek may be as close as our own kitchen. Accumulating research shows that a diet rich in highly processed foods may increase the risk of developing or worsening various mental health conditions. But a nutrient-based diet rich in fresh fruits and vegetables; omega-3 fatty acids; nuts, seeds and legumes; whole grains, fresh herbs and spices; fish and olive oil, may help to support and enhance mental health. We can start this Thanksgiving by serving up healthier, nutrient-rich options to alleviate anxiety and depression, stabilize mood and promote mental health and wellness.

“The gut/brain connection helps us understand the food/mood connection,” explains Dr. Uma Naidoo, a Harvard-trained nutritional psychiatrist, professional chef, nutrition specialist and author of the national bestseller *This is Your Brain on Food*. “The enteric nervous system—that is, the nerves supplying the gastrointestinal tract—totals over 100 million neurons and communicates directly with the brain, or central nervous system, by way of the vagus nerve, which is responsible for our ‘rest-and-digest’ response.

“It's also vital to note that the gut contains the highest number of serotonin receptors, and the gut itself produces all the neurotransmitters that are also made in the brain, including serotonin, often called the happiness hormone. In turn, these neurotransmitters are implicated in sound mental health or potential problems when they are deficient.”

“What we eat affects mental health in many ways,” adds Amy Spindel, a functional holistic nutritionist in Plano, Texas, and founder of *FoodWithThoughtNutrition.com*. “Nutrient deficiencies can cause poor neurotransmitter production. Insufficient vitamin B<sub>6</sub>, folate and vitamin B<sub>12</sub> can be implicated in depression and anxiety

jchizhe/AdobeStock.com

symptoms, as they are all needed for various stages of neurotransmitter production, especially serotonin, dopamine and GABA.”

“Traditional sugary, high-carbohydrate foods promote unstable blood sugar and selectively feed inflammatory gut microbes,” Spindel says, suggesting that we skip the typical foods many of us associate with the holidays such as pecan pie, marshmallow-topped sweet potato casserole and canned cranberry sauce. “Blood sugar fluctuations cause the body to scramble in an attempt to re-regulate glucose, which may mean spikes of cortisol or adrenaline, as well as insulin. The end result can be depression and anxiety from excessive stress hormones and a glucose-starved brain.”

But making such changes, particularly during the holidays, isn't easy. “If the thought of changing up the traditional Thanksgiving menu gives you pause, you are not alone—and this is why I believe in adding in habits (and in this case, dishes) which have a positive ripple effect on our bodies and our brain, allowing for a self-sustaining cycle in our lifestyle,” advises Naidoo.

“As a nutritional psychiatrist, I feel that we are more emotionally nurtured by a feeling of abundance in ‘adding’ new Thanks-

giving dishes than thinking about this as ‘excluding’ foods,” she notes. “For example, tossing a fresh, folate-rich spinach and arugula salad with bits of antioxidant-rich strawberries, crisp roasted chickpeas and omega-3-rich olive oil adds color, flavor and a plethora of mood-nourishing ingredients to the dinner table. Even adding extra veggies to existing dishes, such as allicin-rich garlic to green beans or extra celery and fresh herbs to stuffing, adds in powerful phytonutrients with gut-loving fiber.”

“Thanksgiving favorites that are ample in neurotransmitter-producing nutrients include turkey, shellfish, sweet potatoes and acorn squash, asparagus, leafy greens, oranges and green beans,” Spindel adds.

While it's true that we cannot control a global pandemic or solve the mental health crisis in America with positive thinking alone, we can minimize our feelings of powerlessness and despair by making small but significant dietary changes—not just on Thanksgiving, but every day of the year.

*Christy Ratliff is a professional health and wellness writer based in Central Florida.*

## Feel-Good Recipe Ingredients

Some study-proven foods to enhance mood found in the following recipes include:



■ **Pistachios.** These tree nuts, which are actually seeds, are rich in healthy fats, vitamins and minerals. According to a Pennsylvania State University study, eating pistachios may reduce the body's response to daily stress.



■ **Honey.** A National Institutes of Health study shows that the nutrients in raw honey may enhance mood and help with insomnia. It's also rich in antioxidants, which contain anti-inflammatory properties that help protect the brain.

■ **Fresh herbs.** Sage provides natural anti-anxiety properties, while thyme and rosemary are rich sources of micronutrients and flavonoids, shown to protect against inflammation in the brain, a key factor in major depressive disorder.



■ **Apples.** Nutrient-rich apples are a good source of quercetin, a plant flavonoid, which studies suggest may be beneficial for mental health.

■ **Green beans.** An excellent source of vitamin A, green beans help fight inflammation and support the nervous and immune systems. They are high in folic acid, a B vitamin that studies have shown to potentially lower the risk of depression.



■ **Tomatoes.** Several studies show that regular consumption of tomatoes may help ward off depression.

■ **Olive oil.** Multiple studies show that low levels of olive oil, in conjunction with a Mediterranean-style diet, has a positive impact on mental health and brain function.



■ **Cornmeal.** Naturally gluten-free, cornmeal is an excellent source of folate, an important B vitamin. Research from the National Institutes of Health suggests that those with low levels of folate are more likely to experience depression.



■ **Raisins.** A great source of vitamin B, raisins can help the brain produce serotonin, an important neurotransmitter for reducing many anxiety-related symptoms.



## Goat Cheese Appetizer with Honey, Fig and Pistachios

1 medium, fresh goat cheese log (about 11 oz)  
¼ cup roasted pistachios, chopped  
¼ cup honey (this recipe calls for 2 Tbsp; others call for ¼ cup)  
1 to 2 Tbsp fig spread  
Healthy selection of whole-wheat crackers, vegetable chips, etc.

Spread chopped pistachios on a small plate. Roll goat cheese in pistachios to coat sides and top. Transfer to a serving tray and sprinkle whole pistachios on top and around the cheese. Drizzle honey over and around cheese log. Warm fig spread for 5 to 10 seconds in a microwave. Drizzle spread over cheese log or half of cheese log, as desired. Serve with whole-wheat crackers or chips.

Courtesy of Susan Randall. For more information, visit [SimpleHealthyKitchen.com](http://SimpleHealthyKitchen.com).



photo by Christy Rahlif



photo by Christy Rahlif

## Buzz's Fresh Herb and Apple Sage Stuffing

1 loaf bread, toasted (whole wheat (WW) or half WW, half French bread)  
¼ cup unsalted butter  
2 cups celery, chopped  
1 large yellow onion, chopped  
1 to 2 cloves garlic, chopped (to taste)  
3 Granny Smith apples, chopped, with skin on  
¼ cup sage leaves, chopped  
¼ cup fresh rosemary, chopped  
1 to 2 Tbsp fresh thyme, chopped  
2½ cups reduced sodium vegetable or chicken broth  
2 eggs  
1 to 2 tsp salt to taste (may substitute nutritional yeast or fresh dill)

Preheat oven to 350° F. Grease a large, 2-to-3-inch-deep casserole or baking dish. Toast bread and cut into 1-inch cubes. Set aside. Melt butter in a large pan. Add celery, onion, garlic, apples and fresh herbs. Stir to mix and cook until softened, about 10 to 15 minutes. Remove from heat and cool. Beat eggs in a large mixing bowl. Add bread cubes and apple/vegetable/fresh herb mixture into the egg mixture. Add broth and salt (or nutritional yeast or fresh dill) and mix well. Spoon stuffing into prepared casserole dish. Cover with foil and bake for 30 minutes. Uncover and bake for 20 to 30 minutes more or until golden-brown crust forms. Remove from oven, uncover and cool.

Courtesy of Buzz Spence. For more information on fresh herbs for emotional health, visit [MotherEarthLiving.com](http://MotherEarthLiving.com).

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# Nature's Virus Killer

## Copper can stop a cold before it starts

By Doug Cornell

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria in the nose and on the skin.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

That's why 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 and destroys the cell in seconds.

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The

cold never got going. That was September 2012. I use copper in the nose every time and I have not had a single cold since then."



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

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

"We can't make product health claims," he said, "so I can't say cause and effect. But we know copper is antimicrobial."

He asked relatives and friends to try it. They reported



**Dr. Bill Keevil: Copper quickly kills cold viruses.**

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 through 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.

Dr. Bill Keevil led one of the teams confirming the research. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

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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ADVERTORIAL

## 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**—9 a.m. - 2 p.m. 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**—6-8 p.m. 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**—10:30-11:30 a.m., 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@loiskramerperetz.com](mailto:Lois@loiskramerperetz.com). 201-906-5767. Register: [LoisKramerPerez.com/My-Events/](https://loiskramerperetz.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 p.m. 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.

### THURSDAY, NOVEMBER 4

**Discover Your True Nature w Lois Kramer-Perez CHt**—7:00 – 9:00 p.m. Learn how the essence of the 5 Elements: Water, Tree, Fire, Metal and Earth are expressed in your nature, your clothing, your surroundings & find out how they support your desires, your life path. Understand not only your own true nature but understand those around you. Enhance every relationship immediately. <https://loiskramerperetz.com/my-events/> Questions? ask Lois [lois@loiskramerperetz.com](mailto:lois@loiskramerperetz.com)

### SUNDAY, NOVEMBER 14

**Integrative Energy Therapy-Basic Training**—9:00 am - 5:30 p.m. This entry-level class, taught by Reiki master Lisa LaCava, provides you with the ability to give a powerful IET® session on yourself or another.

At Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY 10977. Cost \$225, Call 845-290-0678 or register online at [SaltOfTheEarthCFH.com](http://SaltOfTheEarthCFH.com).

### SUNDAY, NOVEMBER 14

**Wellness Gala**—12:30 - 6:00 p.m. The Wellness Gala is back ! Experience Experts in the Fields of Health, Beauty and Wellness through Mini-Sessions, Workshops, Demonstrations and Guest Speakers. Massage, Anti-Aging, Medicine, Nutrition, Acupuncture, Chiropractic, Skin Care, Energy Medicine, Art & Jewelry, Mind Body Stress Management, Aromatherapy, Intuitive Counselors & more! Unique Vendors, Refreshments, Live Music & Silent Auction. For details visit [wellnessgala.com/events.html](http://wellnessgala.com/events.html)

### WEDNESDAY, NOVEMBER 16

**Transform Your Essence with Feng Shui Style**—7 - 9 p.m. Feng Shui is everywhere and in everything, it is in nature, in your space and in your unique personal elemental archetype. You know about creating a space using the feng shui principles to support your desires and your unique elemental archetype. Join us for a fun and informative session to learn how to use the Feng Shui Principles to state your intention by how you dress. Dress for the person you choose to be in any given situation. <https://loiskramerperetz.com/my-events/> Questions? ask Lois [lois@loiskramerperetz.com](mailto:lois@loiskramerperetz.com)

### SATURDAY, NOVEMBER 20

**Access Bars Class**—9 a.m.-5 p.m. 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, NOVEMBER 21

**Crystal Skull Attunement Meditation & Sacred Healing Gong Bath**—6 - 8 p.m. 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.



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Love the trees until their leaves fall off, then encourage them to try again next year.  
~Chad Sugg



## CALENDAR

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## business directory

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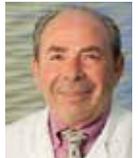


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