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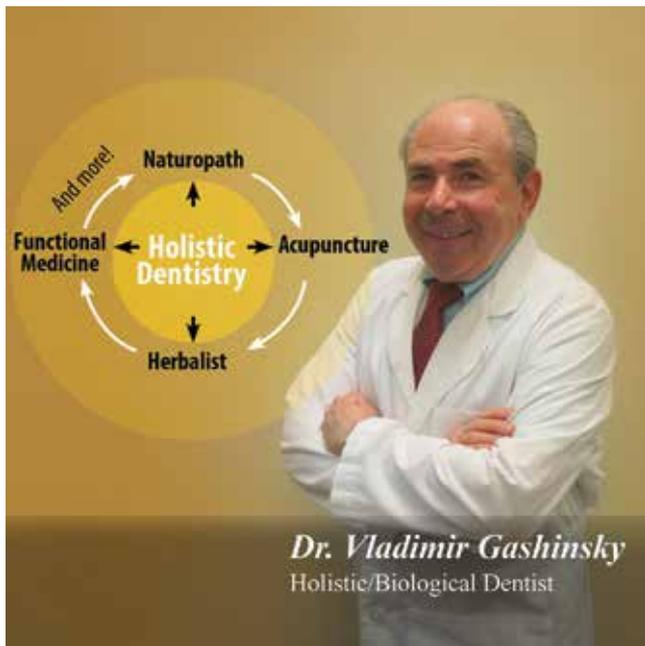
natural awakenings

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Silent Hike in Nature

Shellfish Gets Sustainable
Farming Creates an
Eco-Comeback



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.

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letter from publisher:

Did we just get a taste of global warming?

We finally have a break in the high temperatures, based on reports from May, June and July, the hottest since 2011. Are we witnessing the impacts of global warming? Yes, but unfortunately not for the first time. This year alone, we all have experienced multiple flash floods due to unusually heavy downpours in a very short period of time. Our drainage systems are not designed for this, leading to floods in non-flood zones, causing lots of damage and even loss of life. Cars were completely submerged in Fairlawn, North Bergen, Hackensack, Rochelle Park...



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

I think we can all agree that we owe this place, this Earth, to our kids—the younger generation. Let's promise to make an urgent, genuine attempt to give them a better planet then we have now before its too late.

Talking about kids, this issue has practical tips to grow well-rounded kids with practical approaches and toolsets for parents. Also check out how to praise and boost confidence in kids in "Mindful Kudos."

Our Green Living department provides insight about new trends in green packaging industry for cleaning and personal care products. "Planet-friendly Picnic" has good tips for enjoying a plastic-free outdoor summer picnic.

Read about all this and much more about health and wellness from our local health care providers Dr. Leder, Dr Finn, Dr Slaten and Dr. Gashinsky. There is lot of good information inside this magazine, with something for all ages. There is even more in our online edition at NaturalAwakeningsNNJ.com. 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. Like us on Facebook and Instagram.

Stay Healthy, Stay Happy!

Anil Singh, Publisher



Natural Awakenings is a family of nearly 50 healthy living magazines celebrating 28 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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Lois Kramer-Perez

Trained and certified by noted author Brian L. Weiss M.D., Kramer-Perez says, "Understanding the past opens your ability to embrace your present. Have you ever sensed something familiar when visiting a place for the first time or when meeting someone new, you felt an instant connection? You may have found yourself repeating the same pattern over and over again without any rhyme or reason. Maybe you have recurring dreams that feel so real. Karma—what part does it play in your life today, tomorrow or the past?"

Cost is \$45. Location: 2 Walnut St., Hope. Register at LoisKramerPerez.com/my-events. For more information, call 201-906-5767 or email Lois@LoisKramerPerez.com. See ad on page 10.

news briefs

Craft and Antiques Living Together

Sponsored by the Westwood Heritage Society, the Craft Show and Antique Corner from 10 a.m. to 5 p.m., August 28, in Veterans Park, features more than 100 exhibitors with arts, crafts and photography, plus woodworkers, pottery, apparel, florals, jewelry, totes, country crafts, metal and abstract art, home decor, signs, tie dye, soaps, candles, framed puzzles, sports clocks and more. Festival foods, Italian ice, homemade pretzels, pickles and Kettle Korn will be available.



The Antique Corner showcases 15 dealers with antiques and collectibles such as toys, country store items, silver, estate and costume jewelry, glassware, silver, paper, books, pottery, linens and more. Well-known appraiser Jon Felz will be appraising items for \$4 each from 11 a.m. to 4 p.m.

Admission is free. Location: Corner of Broadway and 3rd Ave., Westwood. For more information, visit pjspromotions.com.

Food Truck Heaven

The Paramus Summer Food Truck Festival from 11 a.m. to 7 p.m., August 14, at the Paramus Park Mall, features 20 gourmet food trucks, DJ Louis, vendors, kid activities, including pony rides, petting zoo, face painting, sand art, knocker ball, axe throwing, knockerball, bounce house, slide, games and more.



Here are some of the trucks in attendance: Angry Archies, Brownie Bar, Chick Wings & Things LLC Food Truck Catering, Cold Stone Creamery, El Lechon De Negron,

Fossil Farms, G'Day Gourmet, Good Mood Truck, Hold My Knots, House of Cupcakes, Johnny Zeppoli, Kona Ice of Paramus, The Lomo Truck, Mac Truck, Master Asador, Rev Taco, Rolling Pita, Shake It Up Desserts, Snatch Yo Soul Food, Taxi Cab Burger, Uncle Sals Gourmet Egg Rolls and Who Cut the Cheese Lady.

Admission is \$5/under 5 free. Location: Location: 700 Paramus Park, Paramus.

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Become an Access Bars Practitioner in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., Aug 20, with Theresa Obsuth is a one-day training session where participants will 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 our 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, preregister (required, or book a private session, call Obsuth at 201-655-3836 or visit AccessConsciousness.com. See ad, page 15.

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health briefs

Take a Social Media Break to Improve Mental Health



Karolina Grabowska/Pexels.com

With 82 percent of Americans using apps like Facebook, Instagram and TikTok, scrolling through social media has become an unconscious automatic behavior for many. But that distraction comes with a price, indicates a new study by the UK's University of Bath. Half of the

154 participants ages 18 to 72 stopped using virtually all social media for one week, reducing their average usage time from eight hours to 21 minutes for that period. After the seven days, they showed significant improvements in their well-being, depression and anxiety scores compared to those in a control group that did not take such a break. "Scrolling social media is so ubiquitous that many of us do it almost without thinking, from the moment we wake up to when we close our eyes at night," says lead researcher Jeff Lambert. "But if you are spending hours each week scrolling and you feel it is negatively impacting you, it could be worth cutting down on your usage to see if it helps."

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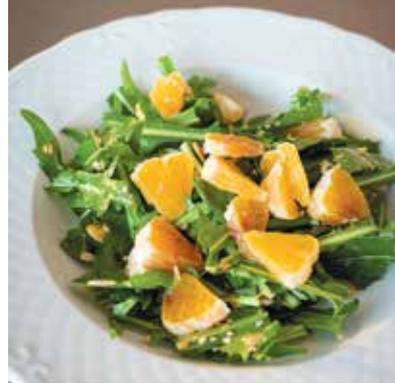
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Eat Green and Orange Produce to Lower Dementia Risk



Simone Impe/Unsplash.com

Green veggies and orange fruits can help stave off dementia, according to new findings from the National Institutes of Health's National Institute on Aging. Researchers gave 7,283 people physical exams and blood tests, and then monitored them for

dementia symptoms for 16 years. Those with higher levels of lutein, zeaxanthin and beta-cryptoxanthin in their blood had significantly less incidence of dementia compared to those with lower levels of these antioxidants. Lutein and zeaxanthin are found in green, leafy vegetables like spinach, kale, peas and broccoli. Beta-cryptoxanthin is found in orange fruits like papaya, oranges and persimmons.

Follow a Mediterranean Diet to Tackle Depression



michelle doti.com/Pexels.com

Depression has risen during the pandemic among people ages 18 to 24. A recent Rutgers University survey found that half of a group of young adults reported moderate or severe symptoms of depression and another 23 percent noted milder symptoms.

A new Australian study points to an effective strategy: a Mediterranean diet. Researchers from the University of Technology Sydney tested 72 men with depression between 18 and 25 years of age. After 12 weeks, those in the group that ate colorful vegetables, legumes, whole grains, oily fish, olive oil and raw, unsalted nuts had significantly lower levels of depression and reported a higher quality of life compared to those in the control group that did not cut back on fast foods, sugar and red meats.

"We were surprised by how willing the young men were to take on a new diet," says lead researcher Jessica Bayes. "Many were keen to continue the diet once the study ended, which shows how effective, tolerable and worthwhile they found the intervention. It suggests that medical doctors and psychologists should consider referring depressed young men to a nutritionist or dietitian as an important component of treating clinical depression."

Mercury Removal Gains International Approval

The U.S. Food and Drug Administration has acknowledged that dental amalgam—the mercury alloy used to make “silver” fillings is not safe for everyone. They now say roughly two-thirds of the U.S. population should avoid them due to the risks they pose to human health. The two major dental supply companies here in the this country have chosen to stop making and marketing amalgam.

At the same time, an amendment requiring nations to discourage the use of mercury amalgam in children under the age of 15 and in pregnant and nursing mothers to the Minamata Convention, a global treaty to reduce mercury pollution, was recently accepted.

Mercury is a neurotoxin, dangerous to the brain, and it's off-gassed with every bite and swallow. Once that vapor is inhaled, it's a quick trip from the lungs into the bloodstream, and from there to organs that have a special affinity for attracting heavy metals, particularly the



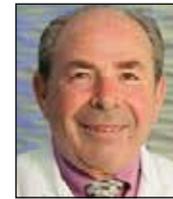
kidneys and brain.

Mercury-free is not enough. When people learn about the health hazards posed by dental amalgam, they naturally favor healthier and more aesthetic alternatives. This consumer demand has inspired more dentists to quit the material even before the changes of the past couple years.

But mercury-free isn't mercury-safe, and safety is paramount when it comes to removing old amalgams, whether that

removal is due to wear or breakage, or because a patient chooses it for health reasons. Such exposure could make a healthy person sick and a chronically ill person even sicker. Instead of solving the problem, it creates a worse one.

Special precautions must be taken when removing mercury amalgam to protect the health of patients, dental workers and the planet. While any dentist can follow the strict International Academy of Oral Medicine and Toxicology guidelines, the only assurance of having amalgams removed safely is by choosing a dentist that is Safe Mercury Amalgam Removal Technique (SMART) certified.



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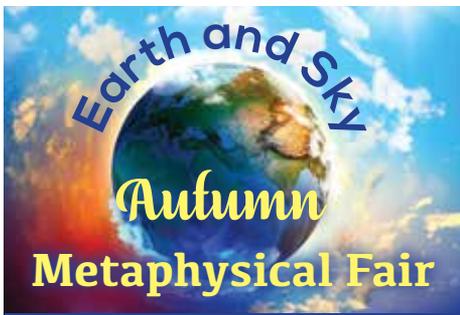
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health **briefs**

Surviving Traumatic Events

by Anne Deatly, MD

One common way to survive traumatic events is to suppress its memory. This is a natural, instinctive way our bodies help us to continue to function and survive horrific events. Traumatized people can exist as though nothing happened. This natural survival technique helps protect us.

Even though suppressing a traumatic memory appears advantageous, there are some downsides to the suppression.

Memories of other things from that same time period are also suppressed. Suppression of a memory could lead to amnesia. For example, some students of school shootings may suppress the memory of the horrific events of that day, while also suppressing the memory of what they were learning in school up to that event.

No learning or growth can occur from the experience. If we don't learn from the trauma, we might not be able to protect ourselves from it happening again. We could get caught in a repetitive patterns of behavior and situations that perpetuate the trauma.

Memory deficits could lead to depression.

Suppression of the memory may only be temporary. As in post-traumatic stress disorder (PTSD), patients that suppress memories of war, for example, are often triggered months or even years later by a sound or smell that jogs that suppressed memory. If a PTSD reaction occurs from triggering the memory of horrific events, then the subconscious mind can continue to play

the tapes over and over of the event. That is why so many PTSD patients cannot return to normal living once they are safe at home. They're still haunted by the event in their subconscious mind. It's possible the ability to suppress a memory is key to post-traumatic adaptation.

Suppressing trauma memory also desensitizes the traumatized to other horrific events. Scientific MRI studies reveal a reduction in activity of the hippocampus section of the brain associated with memory as a result of memory suppression. This indicates how the brain likely induces suppression or amnesia to protect the traumatized.

Thought substitution can also protect subjects from remembering traumatic events with fewer side effects. It's healthy for trauma patients to learn to understand their role in the trauma, to cope with the situation and to understand they didn't cause the trauma. They need to know they are faultless. For example, a person who is an abuser is the one with the problem, not the abused.

A generalized way to disrupt the memory control system entirely is to essentially erase the energetic imprint of the traumatic event stored as memory in the chakra energy system.



Contact Dr. Anne Deatly by
calling 201-925-1046 or
email Anne.Deatly@gmail.com.
See ad, page 19.



How to Manage Stress, Depression and Anxiety

by Roman E. Finn, MD

The pandemic years 2020 and 2021 have taught us that there is no end to uncertainty, and every family has a difficult story to tell. There have been many theories, speculations and situations, none of which can help when suffering from extensive stress, anxiety or depression. Although it is helpful to keep up to date, too much information can lead to panic attacks or mood swings. We are fighting not just the disease, but also the fear that it causes. Here are some tips to help manage the stress, depression and anxiety in any situation.

■ **Relax:** Whether a professional or managing the household, working from home or going to work, it is important to take care of our mental health. We should make an effort to find time every day to unwind, relax and do something that we enjoy. Be aware that the heart also needs to relax. It cannot remain in a contracted state for long periods of time, it needs to rest: contract – relax, contract – relax, and so on. We could do anything from watching a favorite show, writing, crafting, meditation, mindfulness

practice, reading, or even just lying down for a half hour. It doesn't matter what we do, it is more important that we don't judge ourselves and take time off from excessive thinking. Do not feel guilty about not doing more or being productive. We all are adapting to the new lifestyle, so it is important to do things that will improve our mental health.

■ **Exercise:** Exercise can help release stress and free up energy. It can also be a great excuse to get out of the house and go for a walk. We also have the option of not leaving the house and doing yoga, dancing to a YouTube workout in the living room, gardening or finding other creative ways of getting some steps in. For example, we could go up and down the stairs several times per day, playing with kids or some physical activity that could help release some tension and stress. In case we have stopped playing some sport due to pandemic, this is the right time to start again. Exercise and any form of physical activities release endorphins, which are hormones that help relieve pain, reduce stress and improve our sense of well-being.

■ **Connect With People:** Many people find this one of the most difficult things to deal with. After the phase where we were interacting with our friends and families via Zoom calls, Facetime, etc., we may find it difficult to communicate with people in person effectively. It's never been easier to communicate via video and phone. When feeling isolated, we can reach out and make a call to a friend. Although it can seem daunting to reach out to someone, it is worth it. The connection that we make with them will be a great help. Anyone with deep anxiety and stress should have a support network. Do not hesitate to approach friends for help by writing or emailing to reach out if we aren't feeling up to speaking.

■ **Mindfulness:** Although mindful meditation may take a while to master, it is a very useful tool. We might also find that a hobby such as puzzle-solving or baking makes it easier to be mindful, which is about being present in the moment and thinking positively. Thinking about the present, letting go of the past and not worrying what the future brings will help relieve stress that has been building up for a long time. Mindfulness allows us to pay attention to what is happening and push aside other thoughts. It can help to be present even if we are having a million thoughts per minute. It is not possible to be mindful by binge-watching TV shows. Make sure to set aside 10 minutes each day to practice it. We can also use it as a tool whenever needed. If we need help in practicing mindfulness, don't hesitate to approach a professional, licensed practitioner for help.

An engaging social circle, exercising, relaxing, meditating and affirmative actions will help in dealing with stress, depression and anxiety. It will not be easy initially, but with determination and support, we will gain confidence in doing it ourselves. If we feel the need, see a good doctor with reference from a reliable source.



Roman E. Finn, M.D. is a holistic and integrative practitioner of traditional medicine in modern ways. For consultations, call

201-291-0401 or visit citm-drfinn.com. See ad, back page.



A Novel Approach to Headaches

by Warren Slaten, MD

Headaches can be very difficult to treat. A common approach is to use medications to relieve the symptoms. When the underlying contributors to headaches are addressed, they often improve, and if the causes can be eliminated, the headaches improve on a long-term basis for lasting relief.

One area that needs to be assessed in anyone with persisting headaches is the neck, or cervical spine. Commonly, the head and neck conspire together to cause headaches. This connection can be through nerves and muscles, or even the joints of the cervical spine.

When the neck muscles are tight and tender, they tend to contract, and can sometimes go into spasm. We can visualize that the neck muscles are connected to the scalp muscles, so as the neck muscles contract, they pull on them, which can lead to tension headaches. If we can get the neck muscles to relax, the scalp muscles may loosen up, resulting in release of the tension headache.

The nerve supply to the scalp and face has connections with the cervical spine, so if a nerve is irritated in the neck, it can send

a pain signal to the head. The nerves come off the spinal cord and go through a narrow space called the spinal canal, exiting through a small canal called the foramen. When there is arthritis in the spine, bone spurs grow into the foramen, narrowing the space around the nerve further. Also, the disc, which is a cushioning material between the spine bones (vertebra), can also push out and pinch the nerve while it is in the spinal canal. Whether pinched by a bone spur or disc, the nerve may send a signal to the scalp and/or face, which can cause a headache. By treating the pinched nerve, the headache will improve. A nerve can also be compressed if a muscle contracts around a nerve. In that case, working at relaxing the muscle can release the nerve, which will also resolve the headache.

The joints of the neck are called the facet joints, which have a characteristic referral pattern at each level. This means that when a joint at a particular level in the neck is dysfunctional, that joint will refer pain to a predictable area in the neck, upper back or head. Several joint levels refer pain to the head which results in headache. By treating

the dysfunctional facet joints, the headaches will improve.

A treatment that can address all these aspects of neck pain is prolotherapy, the use of a dextrose solution around ligaments and tendons that creates a mild irritation of the tendon or ligament. This leads to increased blood flow with healing factors which help strengthen the ligaments. That is important because the ligaments and tendons do not get a lot of blood flow otherwise and do not heal well. When the neck ligaments are strengthened, neck pain will improve. When the ligaments are loose, the muscles tighten up to stabilize the neck, which can lead to headaches. By strengthening the ligaments, the neck muscles can relax and that releases the scalp tension. Pinched nerves in the neck can also improve with prolotherapy because strengthening the ligaments improves the stability of the cervical spine. This makes the disc or bone spur less likely to irritate or pinch the nerve. This improves headaches which are caused by a nerve that is irritated in the neck. Facet joints are also surrounded by ligaments. By strengthening them, the dysfunction in the facet joints is improved, so the associated headache also improves. Thus, prolotherapy improves the headaches caused by neck abnormalities.

Another excellent treatment for headaches is neural therapy. Many headaches are caused by nerve imbalances. The autonomic nervous system functions best when in a state of balance between the sympathetic nerves (stress system) and parasympathetic nerves (relaxation system). Today, many people are in sympathetic overdrive. Neural therapy uses procaine to modulate the autonomic nerves and restore nerve balance. Some of the targets that improve headaches include the scalp muscles, the ganglia (nerves) in the head and neck or other structures such as the sinuses, tonsils and scars in the head and neck area.

Nerve cells cluster in the ganglia, so they have a wide range of influence along the area they supply. Two common ganglia that are targeted for headaches include the stellate ganglion in the neck, which has a wide range of influence in the neck, head and even the arms; and the sphenopalatine ganglion in the skull, which is often involved in headaches. By blocking either or both of these ganglia,

headaches may lessen in intensity or even resolve.

Sinus headaches respond very well to neural therapy. They result from congestion and poor drainage. As the sinus fluid backs up, it becomes stagnant—an ideal environment for bacteria to thrive. A good metaphor is a swamp that becomes clouded with algae and bacteria. Compare this to a clean river that is flowing well with refreshing water. With procaine in the sinuses and tonsils, the autonomic nerves are balanced, enabling the sinuses to drain. This is complemented and enhanced by clearing the sinuses out further with the vapors of ozonated olive oil. By clearing the sinuses, the sinus headache resolves.

Another source of headache is abnormalities in the temporomandibular joint (TMJ), which responds very well to prolotherapy. The TMJ is a small joint that is prone to instability, and the muscles in the area tighten up to compensate for its looseness. Prolotherapy strengthens the joint capsule, which comprises small ligaments around the TMJ. The prolotherapy solution is applied to the joint capsule and to the small muscle tendons in the area of the TMJ. When successfully treated, the headaches caused by the TMJ will resolve.

Multiple structures may be contributing to headaches, and a prominent cause is the neck, which can usually be treated successfully with prolotherapy. Nerves in the neck and skull may be irritated or out of balance, so by addressing these nerve issues, headaches will often improve or resolve. By treating sinus congestion with neural therapy, headaches will also be relieved successfully. A commonsense approach to treating headaches is to look for what structures might be causing the headache and then treat those structures. Rather than taking medications that mask the headache symptoms, this approach treats the causes of headaches and leads to long-term resolution.



Warren Slaten, M.D., is a pain wellness physician in Ridgewood. For appointments and more information, call 201-882-1500 or visit njprolo.com. See ad, page 9.

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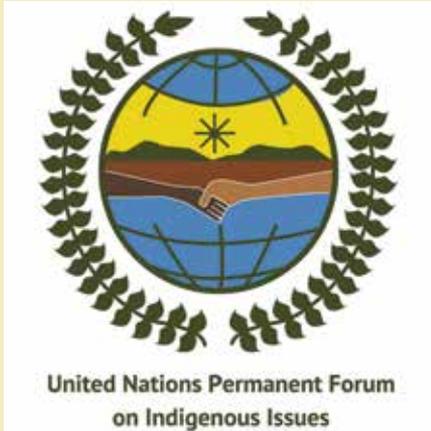
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Native Voices

United Nations to Better Represent Indigenous Peoples



The United Nations Permanent Forum on Indigenous Issues (UNPFII) called on governments, courts and UN agencies to implement mechanisms to support and protect Indigenous peoples' lands and lives in its 21st session, as well as more opportunities to participate in the General Assembly process. Although Indigenous voices are currently heard, their role is constricted because only UNPFII members can make recommendations to other bodies like the Economic and Social Council or UNESCO. Indigenous nations, communities and non-governmental organizations cannot vote or speak to UN bodies, including the General Assembly, without an invitation.

At the forum, Indigenous representatives and leaders discussed how dangerous mining practices driving the green energy transition are threatening Indigenous peoples around the world, how harmful conservation practices are impacting traditional territories and the need for urgent attention on

violence against Indigenous land defenders and women. Geoffrey Roth, a Standing Rock Sioux descendent and UNPFII member, says, "A basic first step for enhanced participation would be the United Nations recognizing that tribes have a right to be here and have a right to be able to attend." With enhanced participation, they can engage equally with member states to ensure rights are protected and concerns are heard.

Smoke Screen

Tobacco Industry is Big Plastic Polluter



The once-common sight of public smoking is fast disappearing from society, but cigarette butts are still the most common source of plastic pollution in the global environment, not bottles, plastic bags or food wrappers. Smokers generate almost 900,000 tons of toxic waste annually, deposit-

ed on streets, landfills, rivers and beaches in every country. They take 10 or more years to degrade, releasing more than 7,000 toxic chemicals into the environment. The Ocean Conservancy found partially digested cigarette butts in 70 percent of seabirds and 30 percent of sea turtles sampled in one study. The industry sponsors clean-ups, anti-littering campaigns and other gestures to distract the public, say critics. Cigarettes could theoretically be banned if they were treated as single-use plastics.

Smokeless and chewing forms of tobacco like gutka and khaini are sold in South Asia, with millions of their plastic pouches littering the environment. From the mining of materials for batteries to metal and plastic waste leaching into soil and water, electronic tobacco and nicotine products such as vaping are creating a new wave of pollution. The U.S. Environmental Protection Agency reported last year that lithium-ion batteries are entering municipal waste systems because consumers dispose of these products labeled as disposable in household trash.

Greenwash 'N' Wear

Fashion Industry Sustainability Campaigns Fall Short

The Changing Markets Foundation, founded in 2015 and based in the Netherlands, discovered that environmental certification programs claiming to verify the sustainability of fashion brands facilitate "greenwashing" for the apparel industry. A recent report proposes the certification programs provide, at best, a "patchy promise of sustainability." The organization's analysis of voluntary efforts designed to reduce fashion's growing environmental footprint found the efforts instead led to increased pollution, and are helping to solidify the industry's reliance on nonrenewable resources.

The report, which evaluated 10 of the most prominent sustainability certification programs for the fashion industry, states that fashion retailers are "lauded for working towards the reduction of plastic hangers, bags and other packaging, while their huge and growing use of plastic for clothes passes under the radar."

George Harding-Rolls, a campaign manager at Changing Markets and lead author of the report, says, "Waste increases, utilization of clothes decreases and reliance on fossil fuels increases, yet these schemes continue to exist and say that sustainable fashion is just around the corner. This is actually preventing us from taking the more systemic action that we need, such as more regulation and legislation."

Fallow Fields

Abandoned Farmland Regeneration Can Mitigate Climate Change



Jesse Zheng/Pexels.com

A new study, "Rural Land Abandonment Is Too Ephemeral to Provide Major Benefits for Biodiversity and Climate," from the Princeton School of Public and International Affairs published in the journal *Science*

Advances analyzed the phenomenon of farmers worldwide moving to urban centers due to finances, conflicts or climate change. This rural outmigration is leaving hundreds of millions of acres of cropland abandoned, affording an opportunity for ecological restoration and carbon sequestration that could lead to a positive impact on the climate crisis if the land is allowed to regenerate. The report states, "Unless policymakers take steps to reduce recultivation or provide incentives for regeneration, abandonment will remain a missed opportunity to reduce biodiversity loss and climate change."

David Wilcove, professor of ecology and evolutionary biology and public affairs at the High Meadows Environmental Institute, one of the co-authors of the study, says, "As people move from rural areas into cities, there is a chance for wildlife and the climate to gain ground, literally, as abandoned farms and pastures revert back to forests and grasslands." However, he also notes, "Our work shows that this is not happening, because the abandoned lands are being rapidly recultivated."

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natural awakenings

RAISING A WELL-ROUNDED CHILD

PRACTICAL WAYS TO BUILD LASTING LIFE SKILLS

by Marlaina Donato



Childhood is a time of magical discovery and a training ground for adult life. Yet today's world introduces unprecedented problems that can challenge a child's bedrock: escalating violence including mass shootings, bullying, social media pressure, environmental crises and cultural conflict, not to mention the COVID-19 lockdowns.

For kids to develop the solid foundation they will need in these trying times, a powerful approach is a full-spectrum one that rounds out their experiences and skills, while instilling confidence and resilience. It includes a broad-based education, artistic and cultural exploration, experiences of diverse cultures, training in mind-body tools, healthy eating habits and connecting with nature. These facets enable children to cope, adapt and thrive in a changing world. It gives them

the necessary building blocks for the rest of their lives, which has an invaluable return for all of us now and for future generations.

The Parental Toolbox

Boston-based Casey O'Brien Martin, an expressive arts therapist and author of *Skills for Big Feelings: A Guide for Teaching Kids Relaxation, Regulation, and Coping Techniques*, defines a well-rounded child as "one who is balanced in the many different areas of their life: socially with friends and by having their own interests and hobbies; physically by being active and eating nourishing foods; emotionally by accepting and acknowledging their feelings and using coping skills to deal with uncomfortable or stressful situations."

Encouraging kids to try new things—and allowing them to

experience failure—affects how they respond to life. “Well-rounded children are flexible in their thinking toward changes in schedule or environment, have been exposed to boundaries and as they mature, can apply their different experiences to their understanding of safety, social skills, fundamental learning and communication,” says April Christopherson, an occupational therapist and owner of Exploration Kids Therapy, in Gunnison, Colorado.

Kids keenly observe and try on adult behavior, and in this practice lies tremendous potential. “One of the very best things parents, caregivers and educators can do is to model healthy coping skills. Just telling kids what to do is not enough. We need to walk the talk, too,” Martin says. Attaining family balance is key to avoid overscheduling and feeling overwhelmed, especially if prompting kids to follow their bliss. Integrating mindfulness techniques like meditation, yoga and sensory engagement into a household’s everyday routines can help to fortify emotional stability when kids experience rough waters.

“When kids learn to focus on their breathing, it helps to bring their attention to the present moment. By practicing mindfulness daily, these practices become second nature, and kids are able to tap into them whenever they need to. By teaching children these tools at a young age, we are planting seeds that they will be able to grow and cultivate throughout their lives,” says Maura Bradley, founder of Bee You Yoga and Mindfulness, in Manasquan, New Jersey. The author of *Mindfulness For Kids In 10 Minutes A Day* emphasizes that mindfulness can be a formal or informal practice, can involve the entire family and does not require a lot of time. It can be as simple as taking a moment each morning to connect with each other, notice the weather or play an “eye spy” game on the way to school.

Christopherson concurs: “I suggest a child practice meditation, breathwork and mindfulness, first together with a parent or caregiver to get familiar with the practices, and then practice the techniques during non-stressful times.”

The Colors of Learning

Focusing on grades with a one-size-fits-all educational model poses many problems, and changing times demand a broader, more vibrant paradigm. COVID-19 lockdowns brought radical changes to the classroom, and more than ever, parents are opting for a more holistic approach with various methods of homeschooling or whole-child curriculums like those offered at Waldorf, Sudbury and Montessori schools. Alternative learning presents the world as a laboratory, goes beyond math, reading and science, and endorses character-building immersion in community, compassion and culture.

“Montessori learning stresses the beauty of nature,” says Ruth Tencati, a Montessori teacher in Charlotte, North Carolina. “Geography, music, art and practical life skills are taught. Ideally, each child is given lessons that balance learning in all areas and at the right time for each child’s level of skill and curiosity.” Students are given peace education, “where they are encouraged to think of others, as well as themselves, and to see themselves as part of a community of learners,” she says. Tencati views technology as an ally when it is used to deepen students’ understanding of lessons, but believes it should never be used as a pacifier.

Familiarity with the arts is key to a well-rounded view of life, but the number of school-based arts programs has been declining since 1980 due to a heavy focus on standardized testing. To assess the impact of art on children, Rice University researchers ran a randomized controlled trial in 2019 with 10,548 students enrolled in 42 schools in the Houston area. They found that students that participated in the arts at elementary and middle school levels improved their writing skills, increased their compassion for others and were less likely to misbehave in class.

In lieu of school-based art programs, kids can learn from virtual tours designed specifically for them by the Louvre, the Van Gogh Museum and other outstanding art museums. For a fun dive into history, the British Museum, Boston Children’s Museum and the Smithsonian National Museum of Natural History bring the past to life with online “field trips” just for kids.

When kids learn about other cultures, religions, languages and belief systems, it increases their capacity for empathy and the ability to see different perspectives, a trait often found in successful adults. To introduce kids to an expanded worldview, families can enjoy a weekly ethnic meal, go to local heritage festivals and celebrate the holidays of different countries.

Food for Life

Giving a child lifelong tools includes instilling a healthy respect for good health. Positive eating habits have been shown to boost academic performance and lessen the potential for speech and language acquisition delays. Research on laboratory animals by the University of Georgia in 2021 published in *Translational Psychiatry* showed that sugar consumption in adolescence diminished learning capacity even into adulthood, possibly due to imbalances in gut bacteria.

“Hundreds of studies identify nutrition as one of the most critical factors in the development of robust brains,” says Lorie Eber, a holistic nutritionist in Orange County, California. “Consumption of whole foods such as eggs (choline), oily fish (omega-3 fatty acids), vegetables (folate and antioxidants), beans (zinc) and Greek yogurt (gut health) are vital for the healthy development of children’s brains in the first years of life.”

Nutrition has a measurable impact on psychological health, she says. “Diets high in refined sugars and saturated fats increase the risk of kids developing hyperactivity and ADHD. Children who skip breakfast have difficulty concentrating and low moods, which detract from learning.”

Eber encourages children’s participation in meal planning and food preparation, as well as weekly excursions to farmers markets, to experience the colors and tastes of local produce. “All of these things will lay the foundation for your children to develop a healthy relationship with food. That is a rare gift in today’s food-centric society.”

Natural Instincts

Connecting to nature is not only good for growing bodies, but also for self-image. A 2018 systematic review of 35 studies published in the *Journal of Epidemiology and Community Health* shows time spent outdoors positively impacts young people’s mental health.

Research conducted by the Institute of Education at University

College London drives it home even further: Primary school children that connected with nature in brief Wildlife Trust programs felt better about themselves and experienced more positive relationships with their teachers and classmates. Adding to Mother Nature's feel-good benefits, exercise during childhood and adolescence, according to the U.S. Centers for Disease Control and Prevention, lowers the risk of depression, improves academic performance and reduces the risk for chronic diseases later in life.

In the end, parenting is about doing our best for our children while being human. "Being a parent is hard. One of my mantras for myself is 'grace, gratitude and grit,'" muses Martin. "Giving grace to myself by forgiving myself for my parenting mistakes, being grateful for my family and having grit to keep persevering and working hard to build a good life for my family."

Each parent's formula might be different, but the basics never get old. "Let a child experience life! Give them opportunities to get into nature, play with non-toy items, interact with animals and support their curiosity," advises Christopherson. "Be safe, but let your kids be kids."

Marlaina Donato is an author, painter and visionary composer. Connect at WildflowerLady.com.

TAKEAWAYS FROM CHILDHOOD EXPERTS SOME SOUND STRATEGIES FOR CHILD-RAISING

- Expose kids to different cultures and countries to broaden their horizons and instill compassion and tolerance.
- Encourage unstructured playtime, spontaneity and social interaction, while allowing kids to also value solitude and the enjoyment of their own company.
- Foster creativity with such strategies as simple arts and crafts, keeping a nature journal, taking up a performing art, taking virtual museum tours or learning about the history of an art form.

fit body

Take a Silent Hike

TIPS FOR WALKING MINDFULLY IN NATURE

by Sheila Julson



Silent hikes offer an opportunity to be immersed in nature and quiet the internal chatter that too often consumes our daily routine. Wesley Trimble, communications and creative director of the American Hiking Society, has observed a growing interest in ecotherapies such as silent hikes that meld solitude and mindfulness with outdoor recreation. "Just getting out into nature, no matter where you are, is a great way to enjoy its beauty and focus on the experience," he says.

When heading out on a silent hike or walk, in a group or alone, in a park or around the neighborhood, Trimble recommends taking long, deep, deliberate breaths. This allows the body to relax and focus on moving through space while being aware of sensory experiences.

Acoustic ecologist Gordon Hempton takes a quiet hike every day. The author of *One Square Inch of Silence* has traveled the globe for four decades in search of quiet, natural spaces in which to record ecological soundscapes such as crashing ocean waves or the snowy crickets of Washington State. "Opening up in a naturally quiet place in nature or the wilderness lets you become physically

healthier, mentally clearer and more in touch with what you really want,” he says.

Hempton suggests that a silent hike begin with listening, which for mammals is a primary way to gather information: “Any event creates a sound, and that sound carries information about that event.” When heading into a natural area, he recommends listening for the furthest sounds and focusing on the faintest ones. “Then listen to the whole place and notice what you feel. There’s nothing you need to say, but everything you need to hear.”

According to Hempton, it takes less time to enjoy the benefits of a silent hike than people might imagine. “Even five minutes can produce huge relief,” he says. “Don’t make it a stressful thing. Recognize how much time you have, give it that and notice how you feel.”

Advice for silent wilderness experiences can be found at the website of Quiet Parks International (QuietParks.org), a nonprofit that Hempton co-founded which is dedicated to preserving quiet in the wilderness.

Exercises to Quiet the Mind on a Silent Hike

Author and nature educator Joseph Bharat Cornell affirms that silent hikes help instill a sense of vibrant calmness. He created an outdoor learning strategy named Flow Learning, which is highly recommended by the U.S. National Park Service. It incorporates playful experiences into wellness walks to lessen internal dialogue and sharpen intuitive perception.

His book, *Sharing Nature: Nature Awareness Activities for All Ages*, includes activities like the Silent Sharing Walk. “Teams of three people walk along and don’t say anything, but look and enjoy together,” he explains. “When you see something intriguing, gently tap the others on the shoulder, point and look together, and then quietly move on.”

The Trail of Beauty exercise encourages hikers to consider quotations like George Washington Carver’s “If you love it enough, anything will talk with you.” Participants explore trails to find something captivating that relates to the noteworthy words. Cornell advises to not use quotes that are too philosophical, because that can lead to internal dialogue that takes focus away from nature.

Group hikers can use the Nature In Me exercise to develop points of awareness. After finding a captivating spot outdoors, participants sit down and rest their hands palms-down on their thighs, allowing awareness to flow from one observation to the next. Lightly press a finger on the leg for each noticeable observation—a passing cloud, chirping birds or the splash of a river otter. Cornell advises against slipping into passivity, because then the mind tends to wander.

The Sound Map activity encourages hikers to take paper and pencil on a silent hike. “Close your eyes and cup your hands around both ears and listen for a sound,” Cornell explains. “Mark an X at the center of your paper to represent where you are. Then make

a simple symbol to represent your sound and its location. This encourages people to listen and focus.” Trimble cautions that silent hikes can increase the chances of an animal encounter, so it’s important to remain aware of surroundings at all times. Silent hikes can also help wildlife. “One of the components of ‘leave no trace’ is the respect of wildlife,” he says. “Many studies show the impact of noise pollution on different types of ecosystems. Silent hikes let us enjoy nature without disturbing wildlife.”

Sheila Julson is a freelance writer and regular contributor to Natural Awakenings magazines throughout the country.

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Sustainable Shellfish

SUPERFOOD OF THE SEA

by April Thompson



The perfect food may not be underfoot, but rather, underwater. It's delicious, fast-growing, nutritionally dense, sustainably produced, locally available from coast to coast and comes in nature's own sturdy packaging. "Shellfish is the most sustainable protein on the planet. There are no antibiotics, no pesticides, no fertilizer and no feed needed to raise shellfish," says **Bob Rheault**, executive director of the East Coast Shellfish Growers Association, which represents 1,500 shellfish farmers from Maine to Florida.

Shellfish is a nutritional powerhouse, providing proteins, essential amino acids, long-chain polyunsaturated fats, vitamins and carotenoids. The drastically shorter life cycle of shellfish compared to other farmed seafood also means shellfish producers can generate more food more quickly.

Shellfish also offer many ecological benefits; they filter the water, remove excess nutrients and create habitat for juvenile fish, Rheault says. A single oyster can filter up to 50 gallons of water per day, according to the Oyster Recovery Partnership, an organization that restores reefs in conjunction with a shell recycling network of restaurants and public drop sites across the mid-Atlantic region.

Ray Hilborn, a biologist and professor at the University of Washington School of Aquatic and Fishery Sciences, in Seattle, has compared the relative environmental costs of different food sources, including grains, poultry and imitation, plant-based meats. He has found that farmed shellfish, specifically mollusks like oysters, clams and mussels, provide the lowest impact protein of them all. "Shellfish has a very low carbon footprint and enormous yield per area," he

jabinu/AdobeStock.co

“Shellfish has a very low carbon footprint and enormous yield per area.”

Ray Hilborn

says. “Mussel farms, for example, are pretty much just ropes hung from rafts, with no changes to the ecosystem or loss of biodiversity, as compared to agriculture.”

Bivalve shellfish like clams and oysters are mainly sourced from farms because wild stocks are largely depleted due to overharvesting, habitat loss and other contributing factors. “Somewhere around 90 percent of mussels and oysters on the market are farmed,” Rheault says. “If you see perfect-looking oysters at the raw bar, you know they are farmed. Out of the wild, they can look gnarly.”

Restorative aquaculture, which produces seafood using scientific principles that enhance coastal environments, may be one of the best opportunities to restore ecosystems while feeding the Earth’s growing population, according to a report from The Nature Conservancy. However, Hilborn points to “the impact of food, not just how it’s grown, but how it got to you.” Processed shellfish has a bigger carbon footprint, so it’s ecologically desirable to look for fresh, local options whenever possible.

Local production has a culinary benefit, too. “Every waterway has its own unique ‘merroir’, or flavor, that comes from the local environment. The differing levels of salinity and minerality, among other things, can lead to a very different flavor,” adds Rheault. While there is only one dominant species of oyster on

the East Coast, there are three varieties found on the West Coast and dozens more around the world, each with different flavor profiles, according to Rheault; oysters also have differing flavors throughout the year. “Fall oysters have a rich, full flavor; they can be skinny in the spring. I like them in winter best of all.”

Perry Raso, owner of the Matunuck Oyster Bar and Farm, in Wakefield, Rhode Island, and a leader in the growing shellfish farming industry, grew up digging littleneck clams as a youngster. He earned a graduate degree in aquaculture before launching and growing a multifaceted business, including a restaurant, a seven-acre oyster farm and an organic vegetable farm. He raises and sells more than 1 million mature oysters a year and also supplies 5 million seed oysters to other aqua farmers.

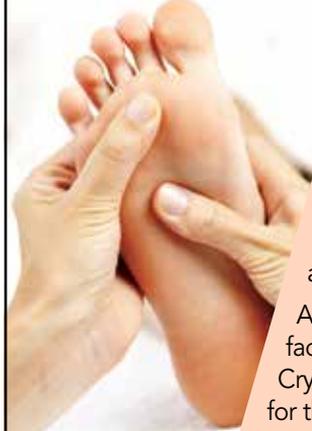
Voted one of the top 20 seafood restaurants in the country by *Time Out*, Matunuck Oyster Bar serves several shellfish delicacies, including a classic oyster stew made with rosemary broth, scallop ceviche, quinoa crab salad and oysters on the half shell with a cucumber passionfruit gazpacho. The menu also features “vegan scallops” made from seared king oyster mushrooms.

Rheault’s favorite way to eat an oyster, though, is simply with two drops of lime. “The lime knocks out your salt receptors and allows you to really taste the other flavors,” he says. “Grilling is another great way to introduce people to oysters. You don’t even need to shuck them; the grilling firms up the meat.”

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

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For those who don’t know me, my name is Catherine. I opened Sole Revival Reflexology in 2008. In 1990 I was a Manicurist doing pedicures, and at that time, I was introduced to foot Reflexology. I was so intrigued with the response from my clients, just by doing their pedicure. I immediately and eagerly signed up & trained at The International Institute of Reflexology

Yes, a foot massage is wonderful & relaxing. However, I believe we still need more trained Reflexologist in our future. Trust me! You will have an abundance of clients, family & friends who will need you. Whether you work in a spa, go mobile, independent contractor or already have massage experience.

Add Reflexology on to your existing profession. Such as, a nurse, facialist, manicurist, Massage therapist, Reiki practitioner, Crystal Chakra healer, or a Mom - Dad just doing reflexology for the family. Great for a 2nd income or retiree.

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- Reflexology book complete by the book teaching
- Two hour class once a week for five weeks
- 6th week is follow-up & diploma
- Free demo practice foot pillow
- Job placement opportunities
- Reciept for tax deduction

Sole Revival is equipped with spa style tables for Reflexology training. I give a fun and unique method of learning. You will be confident and able to work on people right away!

Reflexology school can be as much as \$4,000. And can take up to 6 months to one year.

This is my last group class, and it only \$375. Deadline date August 23, 2022

Classes held at Sole Revival Reflexology Spa • 790 Kinderkamack Road, River Edge

We begin on Sept. 7th - 28th @ 6pm. Day/morning class will be determined upon demand. Follow-up class on, and around Oct. 12th, 2022
201-261-0003 | SoleRevivalReflex@yahoo.com | SoleRevivalReflexology.com



Is Your Diet “Healthy”: Food as Medicine, Part II

by Robin Leder, MD

In addition to personal body weight, what other factors go into determining a “healthy diet”?

One major factor is known as “food sensitivities”. It is obvious to anyone when they are allergic to a food. They will develop hives, or even anaphylaxis, with swelling of the tongue and shutting down of the airway. But, there is another level of immunological peril related to food, more subtle and so, harder to determine: “food sensitivity”. Although the symptoms associated with food sensitivities are not as acute and typically not as grave as common food allergies, food sensitivities can wreak havoc on nearly every organ system in your body. Surely, they can cause gastrointestinal problems. But they can also manifest in ways that you might not expect, including headache, memory/focus issues, sleep problems rashes, fatigue, arthritis, ear/nose/ and throat issues, anxiety, depression, and cancer.

One very challenging aspect of these sensitivities is that they are not readily detectable, as are common food allergies, for several reasons. The manifestations of food sensitivities are not immediate, taking 72 hours or more to become apparent. This lack of a clear-cut “cause and effect” con-

nection is compounded by the physiology of the immune system. If we are sensitive to a given food, eating it routinely tends to “dampen down” the symptoms the food may cause, making it more tolerable on the one end, but also much harder to clearly pinpoint as a culprit in feeling “not good”.

Hence, specific detection techniques are employed to unearth the list of foods to which one is sensitive. One approach is blood tests, a number of which are commercially available. These test for a class of antibodies known as IgG, which correlate well with food sensitivities. They are NOT the same as those offered by traditional reference labs (LabCorp, Quest, etc.), which test rather for the antibody group known as IgE antibodies. IgE antibody tests are supposed to detect outright food allergies, but typical food allergies are actually easily and best detected via experience, (i.e., eating the food and getting an immediate and severe reaction). So, IgE antibody tests for foods are not especially useful.

IgG food tests are an excellent starting point in learning one’s food sensitivities. Importantly, not all test labs are equal; a good lab is key, and your professional can direct to a lab that produces reliable, repeatable data. Using your list to best

advantage requires strictly following a regimented medically directed protocol. This entails elimination of the sensitivities list for a period of time, “rotation” of non-sensitive foods so the same foods are not eaten daily, re-“challenging” of the eliminated foods observing their effects, and finally, attempting to rotate back in foods that are not well tolerated on an occasional basis.

Done correctly, with or without lab tests, identifying and eliminating “sensitive foods” can make quite a significant contribution to understanding and creating a diet that is uniquely perfect and healthy for you. If you are ready and willing to follow instructions carefully, a qualified and knowledgeable healthcare professional can guide you through this process and help you to achieve results that are nothing short of remarkable.



Robin Ellen Leder, M.D., was mentored by Robert Atkins, M.D., author of The Atkins Diet, and has been practicing integrative/alternative

medicine for more than 30 years at A Better Alternative Medical Center, in Hackensack. See ad, page 3.

~ ADVERTORIAL ~

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- They **DON'T** recommend Root Canals because they harbor bacteria and toxins.
- They **DON'T** use conventional standards for their cleanings because tap water and chemicals are full of toxic substances.
- They **DON'T** use fluoride because it has been shown to be a neurotoxin.
- They **DON'T** use metal in their restorations because many people have metal allergies and sensitivities.
- They **DON'T** treat sensitive patients without biocompatibility testing because allergic reactions and systemic reactions can occur which burdens the body.



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calendar of events

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

EVERY SUNDAY

Ramsey Farmers Market – 10 am - 4 pm. 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 THURSDAY

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

EVERY 2ND 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.

EVERY MONDAYS & FRIDAY

Delay the Disease – Parkinson Disease Fitness Group Training – 1:30 – 2:30pm. 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.

THURSDAY - SUNDAY, AUGUST 11-14

Passaic County Fair – The fair will feature four days of unique activities for all to enjoy from games and rides to art activities and environmental excursions. In addition, there will be pony rides, bounce houses for the kids, and more. The four-day celebration will also feature two fireworks displays on Friday and Saturday. The County Fair stage will feature an array of local musicians. Live music will be complimented with a beer garden and some of the best food from around Passaic County. Address: Garret Mountain Reservation, 8 Mountain Avenue, Woodland Park, NJ

SUNDAY, AUGUST 14

Paramus Food Truck – 11 am - 7 pm. The Paramus Summer Food Truck Festival on August 14, at the Paramus Park Mall, features 20 gourmet food trucks, DJ Louis, vendors, kid activities, including pony rides, petting zoo, face painting, sand art, knocker ball, axe throwing, knockerball, bounce house, slide, games and more.

THURSDAY AUGUST 18

Online Peace Circle. August Theme: Connecting to the Pause – 7-8pm Inspiring hour of circle talk & guided medi-

tation. Do you want to be part of a universal peace calming project? It's easy, join the circle. Enjoy connecting with a community of like-minded spiritual people. No meditation experience required. Fee: \$20 per person. Register loiskramererez.com/my-events/ to receive the zoom link - emailed from Lois at 6:30 pm on evening of the session. Questions? Ask lois@loiskramererez.com

SUNDAY, SEPTEMBER 18

Psychic Fair – 2-6pm. Readings, Tarot, Reiki and more. Unitarian Society of Ridgewood, 113 Cottage Place. Ridgewood NJ. Free admission. Separate fee for readings/healings. To pre-register contact Jim Angelico at angeljimbo@aol.com

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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 Publish-er@NaturalAwakeningsNJ.com to request our media kit.

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

change easily and create a new way of life for you. Let me introduce you to the process of Access Bars and a way to live life where you function from your own awareness having more happiness and ease. Offering Access Bars and Access Energetic Facelift sessions and classes. *See ad, page 15.*

FUNCTIONAL MEDICINE

ROBIN ELLEN LEDER, M.D.
A Better Alternative Medical Center
Hackensack, NJ
201-525-1155 • RobinLederMD.com



Since initially working with Dr. Robert Atkins, Dr Leder has successfully delivered a full range of integrative/alternative medical care to thousands of tri-state residents of all ages. Every patient is provided a personalized care. Dr. Leder works with patient to achieve long-term optimal health and the healthiest lifestyle, using diet, supplements, exercise, sleep, exercise, nutrient IV's, coaching/counseling, and always prioritizing non-pharmaceutical options. **SERVICES OFFERED:** Medical Assessment/Comprehensive, Cutting-edge Lab Testing, Individualized Nutrition/Supplement Programs, IV Immune Support, Chelation (heavy metals & arterial plaque), Reconfiguration of the Gut Microbiome, Individual/Couples Counseling, Weight Loss. **MODALITIES:** Chronic Fatigue, Diabetes, GI Distress, Hormonal Imbalances, Psychological Issues/Stress, Thyroid/Adrenal Issues, Excessive Weight, Impaired Memory/Concentration, Autoimmune Disease, Metal Toxicity, ADD/Autism, Food Sensitivities. *See ad, page 3.*

Do not go where the path may lead; go instead where there is no path and leave a trail.
~Ralph Waldo Emerson

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Warren Slaten, M.D. is a wellness physician with a focus on regenerative pain treatments that help build tissue including platelet rich plasma injections, stem cells and prolotherapy. These are ideal for long term healing of tendonitis and joint arthritis. He also is certified in bioidentical hormone replacement, helping men and women feel great with energy and vitality. Dr. Slaten's approach to total wellness includes ozone therapy and intravenous nutrition which supports the immune system. He also does natural cosmetic treatments including the Vampire Facial, removing undesired moles and getting rid of spider veins and varicose veins with electrical energy (radiofrequency). *See ad, page 9.*

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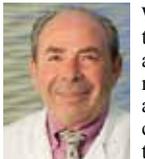
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Clinical Nutritionist Dian Freeman teaches a Six-Month Nutritional Certification Course twice a year for over 17 years. The course leads to a certification as a Certified Holistic Health Counselor, CHHC, which is being used by many of her over 800 graduated students in practices of their own. Others take the course for their own use. The course is based upon a combination of her degrees and certifications, plus her almost 40 years of clinical experience with over 6,000 clients. Dian also offers private nutritional consultations, On-demand biofeedback sessions and multiple Electro-Magnetic Energy Healing technologies. *See ad, page 13.*

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"If we want to make changes in our lives, we must start from within." Are you ready? Through her own journey of self-discovery, Lois has embraced diverse energy modalities as a way of life, and she wants to share them. Lois has developed simple, effective techniques that help clients sharpen their awareness, clarity and empowerment through *feng shui*, personal meditative clearing, and environmental space clearing. Each of these services can provide anchors for creating change from the inside out. Let's get started! *See ad, page 10.*

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Are you ready to start attracting at you want, instead of what you don't want, in all areas of your life? I am an experienced and certified Law of Attraction life coach, and I can help you do that. Once you start living your life from a Law of Attraction point-of-view it only gets better. I am also a certified Consulting Hypnotist. Hypnosis is great for stress reduction, sleep issues, fear of public speaking/performing, smoking cessation, etc. I am also certified in Thinner Band Hypnosis for extreme weight loss.

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As an Institute for Integrative Nutrition graduate and certified Integrative nutrition health coach, I focus on a holistic approach to health by providing a safe and supportive space empowering clients to overcome health obstacles and achieve full-body wellness. I integrate the modalities of detoxification, herbal medicine, lifestyle changes, nutrition.

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Rock Collage is a collage of healing experiences. Since its start in 2013, Rock Collage has become a place where individuality thrives, where self-love is the norm and there is a second chance at life for everyone! Rock Collage is a healing epicenter for the entire mind, body, and soul of each individual's healing for the collective to thrive. We custom create your wellness plan to fit your desires. Not only is Judith a Grandmaster Reiki healer, but she is also an experienced nutritional consultant, crystal practitioner, astrologer, herbalist, jeweler, yogi, artist, musician, life coach, and intuitive reader. Judith has invested in herself to impact your communities through healing. *See ad, page 7.*

Nature's Virus Killer

Copper can stop a virus 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 that cause illness.

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



New research: Copper kills viruses in seconds.

Hundreds of studies confirm copper kills viruses and bacteria almost instantly just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

"The antimicrobial activity of copper is well established." National Institutes of Health.

Scientists say copper's high conductance disrupts the electrical balance in a microbe cell and destroys it in seconds.

The EPA recommended hospitals use 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. He made a smooth copper probe

with a tip to fit in the bottom of the nostril, where viruses collect.

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

"It worked!" he exclaimed. "The cold never happened. I used to get 2-3 bad colds every year. Now I use my

device whenever I feel a sign I am about to get sick."

He hasn't had a cold in 10 years.

Users say:

"It works! I love it!"

"I can't believe how good my nose feels."

"Is it supposed to work that fast?"

"One of the best presents ever."

"Sixteen flights, not a sniffle!"

"Cold sores gone!"

"It saved me last holidays. The kids all got sick, but not me."

"I am shocked! My sinus cleared, no more headache, no more congestion."

"Best sleep I've had in years!"

After his first success with it, he asked relatives and friends to try it. They all said it worked, so he patented CopperZap® and put it on the market.

ADVERTORIAL

Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of germs, like a tickle in the nose or a scratchy throat.

Longtime users say they haven't been sick in years. They have less stress, less medical costs, and more time to enjoy life.

Customers report using copper against:

Colds
Flu
Virus variants
Sinus trouble
Cold sores
Fever blisters
Canker sores
Strep
Night stuffiness
Morning congestion
Skin infections
Infected sores
Infected wounds
Styes
Ringworm
Other microbial threats

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.

The EPA says copper works just as well when tarnished.

Dr. Bill Keevil led one of the science teams. He placed millions of viruses on a copper surface. "They started to die literally as soon as they touched it."

CopperZap® is made in the USA of pure copper. It has a 90-day full money back guarantee. Price \$79.95. Get \$10 off each CopperZap with code **NATA29**. Go to www.CopperZap.com or call toll-free 1-888-411-6114.

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