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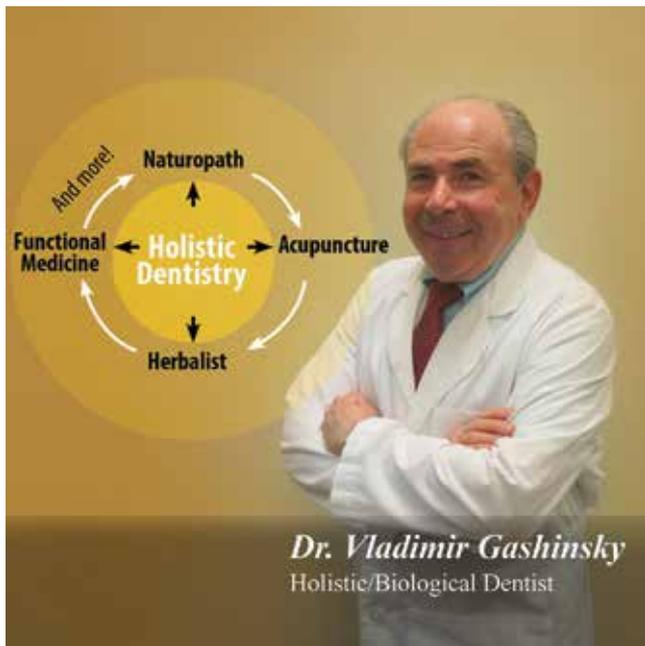
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Dr. Vladimir Gashinsky
Holistic/Biological Dentist

The Holistic Dental Center

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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:
It is Possible to Reverse Aging

The heat wave continues, but we all can feel that fall is around the corner. Things are looking good all around—a mild recession, eventually leading to more economic activity— with the pandemic mostly under control, Our American values of compassion and leadership are preserved and thriving.

The misunderstood idea of abundance is generally a source of confusion. We are lucky in one sense to enjoy an abundance of natural resources and consumer goods, and thus are at a disadvantage in valuing the importance of it all. But our unsustainable lifestyle and actions are leading to unprecedented changes in nature.

Our fall edition wonderfully depicts both the challenges and ways to stay healthy, younger and reverse the aging process. Researchers are able to reverse biological age using factors that turn on positive gene expressions and turn off those that may activate life-threatening diseases. The use of natural and yoga moves to gracefully age while preserving our energy, flexibility and strength. For food enthusiasts, we showcase dehydration techniques to preserve nutritional value and use produce in off season without preservatives.

Read about all this and much more about health and wellness from our local health care providers. 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


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


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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news briefs

Dian's Wellness Simplified is Back

Clinical nutritionist Dian Freeman, with 40 years in practice, will be teaching her Nutrition Certification course to become a certified holistic health counselor (CHHC), in person again as she has done for more than 18 years after teaching on Zoom for two years due to the lockdown.

The next six-month course, held every other week, begins from noon to 5 p.m., October 16, in Morristown. The same classes will be taught again on the following Tuesday and Wednesday nights on Zoom from 7 to 9:30 p.m. Once enrolled in the course, students may take it in person and on Zoom, and again free for as long as they like.

Each student receives a free consultation with Freeman and is mentored in both business and health for as long as they need. She will also be giving separate health and energy classes.



Dian Freeman



For more information, call 973 267-4816, email Dian2@WellnessSimplified.com or visit WellnessSimplified.com.
See ad, page 17.

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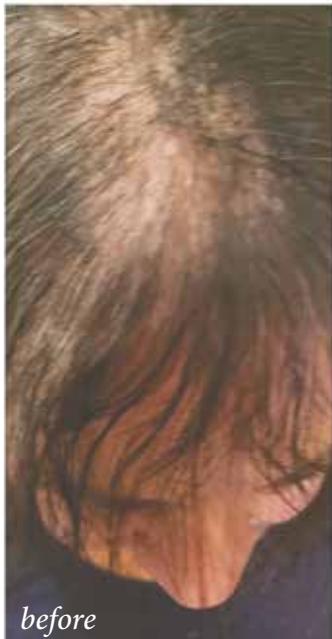
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The Access Bars (Bars) class from 9 a.m. to 5 p.m., September 10, with Theresa Obsuth is a one-day training session where participants will learn to administer an innovative energy clearing technique that can create greater ease and cultivate more 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 21.

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health briefs

Fermented Dairy Helps Sidestep Depression



NuruddinBharmal/Pexels.com

Sales of fermented dairy products like yogurt and kefir have been steadily rising in the U.S., and a new study from Australia's Deakin University might accelerate that trend. Researchers examined 24 years of nutritional and health data from 2,603 Finnish men between 42 and 60 years old. They

found that men that ranked in the top third of consumption of non-fermented dairy products such as milk and cream had double the risk of depression, while those in the top third of consumption of fermented dairy products like kefir, yogurt, cottage cheese, sour cream and butter-milk enjoyed a 45 percent reduced risk of depression.

Vitamin E Enhances Cancer Immunotherapy



ready made/AdobeStock.com

In a study published in *Cancer Discovery*, researchers at The University of Texas MD Anderson Cancer Center reported that vitamin E can enhance immunotherapy responses in cancer patients by stimulating the activity of dendritic cells in tumors. Combining the records of patients with melanoma,

breast, colon and kidney cancers that were being treated with immunotherapy, they found that taking vitamin E improved survival times and boosted treatment responses. In laboratory work, the researchers demonstrated that vitamin E directly binds and blocks the activity of the SHP1 checkpoint protein in dendritic cells, which primes T cells for an anti-tumor immune response. "This study broadens our understanding of factors that can influence responses to immunotherapies," says author Dihua Yu, M.D., Ph.D. Unlike chemotherapy, which acts directly on cancerous tumors, immunotherapy treats patients by revitalizing their immune system and "teaching" it how to identify and destroy cancer cells.

Nettle Root Improves Prostate Symptoms



svechlik/AdobeStock.com

An enlarged prostate, known as benign prostate hyperplasia (BPH), afflicts half of men by age 60 and 90 percent of men by age 85. Although it isn't cancerous, treatment can involve medications and surgery. European doctors often prescribe the herb nettle root, and Iranian researchers tested its effectiveness in a study that divided 80

BPH patients into two groups. One was given 300 milligrams of nettle root extract twice a day for eight weeks; the other group received a placebo. The researchers found the nettle root significantly improved urinary frequency, urinary urgency and night urination compared with the placebo group. It was not effective in modifying prostate volume, the feeling of incomplete emptying, intermittency, urine stream and straining.

Revised Supplement Formula Slows Macular Degeneration



Camilie Richert/Pexels.com

Age-related macular degeneration (AMD), the most common cause of blindness in older Americans, became less of a threat in 1996 when the national Age-Related Eye Disease Study (AREDS) verified that certain nutrients—beta-carotene, vitamin C, vitamin E, copper and zinc—slowed its progression. But after other

studies showed a link between beta-carotene and lung cancer, it was removed from the formula. Two carotenoids found in the retina—lutein and zeaxanthin—were added, and the formula was rebranded as AREDS2. In a new, 10-year, follow-up study by the National Eye Institute (NEI), AREDS2 was found to reduce late AMD symptoms an additional 20 percent compared to the original formula. "This 10-year data confirms that not only is the new formula safer, it's actually better at slowing AMD progression," says Emily Chew, M.D., lead author of the study and director of the NEI Division of Epidemiology and Clinical Application.

Estrogen and the Skeletal System

by Warren Slaten

Osteoporosis leads to fractures, sometimes occurring with minimal or no trauma. The bones most commonly affected are the femur (hip), the vertebra (bones in the spine) and the radius (forearm). Half of women above age 50 will have a fracture related to osteoporosis. Hip fractures can be debilitating and even life-threatening. The mortality rate for women resulting from hip fractures means that one out of five will not live more than one year. A much higher percentage of women are debilitated, as it is often an event that leads to placement in a skilled nursing facility. The risk of hip fracture is equal to the combined risk of getting breast, uterine or ovarian cancer combined. The risk of dying from a hip fracture is greater than the risk of dying from any of those three cancers.

The conventional treatments for osteoporosis have limited efficacy and significant side effects. The most common class of drugs used is bisphosphonates. This includes Fosamax (alendronate), Boniva (ibandronate), Actonel (risedronate) and Reclast (zoledronic acid), among others. These drugs don't help grow bone; rather they slow the rate of bone loss. Many patients have difficulty tolerating these drugs due to gastrointestinal side effects including reflux. If they are able to tolerate this, there may be long-term side effects, including osteonecrosis (wearing away) of the jaw, esophageal cancer and a femur fracture at the mid-shaft. Prolia (denosumab) is another commonly used drug for osteoporosis. It has the advantage that there can be some bone growth, but with significant side effects including bone, muscle and joint pain and increased risk of fracture in the spine after stopping Prolia or missing a dose. Similar to bisphosphonates, jaw osteonecrosis and femur fracture can occur.

Taking estrogen as part of a bioidentical hormone replacement program is a great strategy for treating osteoporosis. In contrast to the bisphosphonates that slow the rate of bone loss, estradiol can actually increase bone density—the bones gain mass and thus become stronger. The stronger the bone, the less likely there will be a fracture. Another



benefit of estrogen is that the tensile strength of bone is increased.

In contrast to bisphosphonates, estradiol has many other benefits. For instance, with estradiol, the risk of heart disease, which is the leading cause of death of older women, is reduced by about 60 percent. Another potential cause of death of older women is Alzheimer's disease, and estradiol significantly reduces the risk. Women that take advantage of the benefits of bioidentical hormone replacement typically feel more energy, have increased libido and have better mood and sleep. While bisphosphonates can cause erosion of the jaw, estradiol increases bone strength in the mouth so women will have healthier teeth and gums, with decreased loss of teeth.

Throughout life, there is an ongoing balance between bone formation and bone destruction. When women lose estrogen at menopause, bone destruction far outpaces bone formation, thus there is a decline in bone density. Until a fracture occurs, osteoporosis is painless. Bone density can be measured with a DEXA scan. Using a small amount of radiation, bone density is measured and compared to women of the same age and to 20-year-old women. When the bone density declines to more than 2.5 standard deviations of the bone density of a young woman, osteoporosis is diagnosed.

Another useful diagnostic test is measuring N-telopeptide, a metabolite that is produced when bone is broken down, in the urine or blood. It is measured as a ratio to creatinine called NTX. Because this is a better measure of bone physiology, it can be detected sooner.

Other lifestyle changes can help improve bone health. Weight-bearing exercises such as walking and running will be a positive factor that promotes bone strengthening. Supplements such as vitamins and minerals can also promote bone health. Vitamin D can promote bone health. When taken with vitamin K, the effect on the bone is magnified. Strontium has also been shown to promote bone health. If someone has an adequate level of vitamin D, they will usually have enough calcium so that additional calcium supplementation is not necessary. While all these measures should be part of a healthy lifestyle, when osteoporosis is already developed, these lifestyle changes are not enough to reverse the condition and estradiol is needed.



Warren Slaten, M.D., a wellness physician specializing in regenerative pain treatments and lifestyle counseling, is certified in advanced bioidentical

hormone replacement. For more information, visit HormonesNJ.com. See ad, page 21.



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Cholesterol Is Not the Bad Guy

by Dian Freeman

There are few words today that can bring about more discussion and debate than the word “cholesterol”. The discussion generally centers around how high or how low one’s personal cholesterol levels are, while the debate generally addresses the best way to lower those numbers or even on how to get rid of cholesterol altogether. Such discussions and debates are based both upon misinformation and the lack of information about the value of cholesterol to the body.

The human body, which has thrived for tens of thousands of years, is not as flawed as we are led to believe. Common sense should tell us that if cholesterol were not needed for human survival, it would not have evolved as part of the human design in the first place. Modern medicine’s concern is to lower cholesterol levels without understanding and treating the cause of why cholesterol might be high. This action often lowers cholesterol to levels below its ability to fulfill its functions in the health of the body.

The liver produces cholesterol at a rate dictated by the body’s need. When toxins are present in the bloodstream, the liver manu-

factures low-density lipoproteins, (LDL), often called “bad cholesterol”, and sends them out into the bloodstream to attach to the toxins and bind to them so that they will be unable to cause damage to the body. The high-density proteins (HDL), known as “good cholesterol”, is then sent to sweep up the toxin-loaded LDL so it can be cleared out of the body by way of the bowel. Then LDL levels can return to normal.

Therefore, a high LDL level can be indicative of a high toxicity level in the body. This is a situation best alleviated by the natural clearing processes of the body (i.e., temporarily elevated LDL levels combined with adequate HDL clearing ability and optimal bowel function).

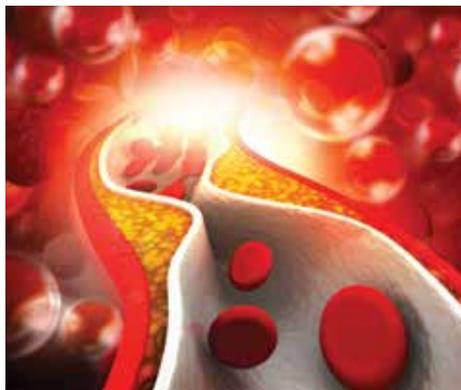
Other valuable services performed by cholesterol include the patching of cracks in arterial walls. Arteries are lined with muscle that must remain flexible for proper circulatory function. When the body senses an arterial crack, the liver sends cholesterol, a flexible, waxy substance, to plug the crack, which in turn enhances arterial flexibility and circulation.

Because sexual hormones are made in the

cholesterol, lowering its levels often leads to impotency and infertility. Russian and Scandinavian studies have shown that men with low cholesterol have higher suicide rates, and that severe depression is alleviated when low cholesterol returns to normal levels. Some forms of dementia have reportedly become reversed when low cholesterol levels return to normal, at which time brain function also often improves. This may be due to the fact that cholesterol-lowering programs include the avoidance of fat, a substance necessary for optimal brain function.

Another result of artificially lowering cholesterol levels is exemplified in studies from Canada, Europe and Japan that show people with total cholesterol levels below 150 or 160 have triple the chance of getting cancer. Both the side effect rates and the detrimental effects of low cholesterol should be part of a patient’s informed choice equation.

Years from now, historians will probably look back at the current cholesterol-lowering trend as detrimental to the health of the human body as the once touted medical practice of bloodletting and tonsil, uterus and gall bladder removal. Man has yet to improve upon the designs of nature in any scientific field by interfering and interrupting the natural balance of nature. Replacing and repairing broken parts and the prevention of disease by living a healthy lifestyle, eating healthy food and using effective supplements is where humans can excel. It is in the attempt to redesign natural processes that humans continually fail. The true debate over cholesterol should be whether to lower it at all, and the discussion should be about how we can help cholesterol better fulfill its protective functions naturally.



Dian Freeman, MA, is certified in clinical nutrition with a private practice in Morristown, teaches a nutritional certification course, is certified in and

practices frequency biofeedback, holds health-based seminar and lectures widely. For more information, call 973 267-4816, email Dian2@WellnessSimplified.com or visit WellnessSimplified.com. See ad, page 17.

Five Responses to Trauma

by Anne Deatly

Traditionally, trauma invokes one of three responses: fight, flight or freeze. Recent discoveries show two more responses to trauma—fawn and flop. Four responses are attempts to find safety in dangerous situations.

Fight: We can fight to achieve safety. By combatting the threat, our cortisol and adrenaline hormones are engaged, in addition to our sympathetic nervous system. Our muscles tighten and our jaw clenches in preparation to fight the danger. We believe an offense will bring safety. To focus and fight, our eyes may narrow and our bodies may be tense and rigid. Rage may well up within us. If we acknowledge our anger, we are less likely to attack. Taking deep breaths can shift us to a calmer, less aggressive state.

Flight: Fleeing to find safety means physically removing ourselves from the danger or threat. Fleeing invokes the sympathetic nervous system and hypothalamus, resulting in more energy. Anxious and hypervigilant, we scan the horizon knowing danger is there. To be safe, we need to find the danger before it finds us. Often, we need to flee emotions or memories we can't deal with. Fleeing the physical reality may also mean overeating, stuffing emotions, distracting ourselves, staying busy, being perfectionistic and taking on addictive behaviors. We overwork, overeat and even over-exercise to avoid confronting the issue. Addictive behavior helps us flee dangerous situations.

Freeze: A freeze response results when we're so terrified we can't fight or flee. We're physically frozen in time and space. We're not able to think clearly or respond verbally. Our mind may experience dissociative paralysis. We may shut down, as with stage fright.

Fawn: Fawning to find safety is people pleasing. Avoiding danger and pain is key. A fawn response is common in trauma-bonded relationships with abusers and narcissists, especially if the abuse involves rage, sexual trauma or violence. We become compliant and helpful to avoid conflict. We acquiesce

readily and disregard, repress or silence ourselves and our needs. We've lost ourselves.

Becoming attached is a primary goal. We accommodate the other person, and may attach to our abuser and develop co-dependency. Our heightened emotions are out of control. We need someone else to normalize our emotions. We submit ourselves, go along with and stay in unhealthy relationships. We are unable to stand up for ourselves. We become invisible and silence our voice, while repressing our needs or wants. We feel infe-

rior and unworthy. Detached from ourselves, we need to attach to someone else.

Flop: We can flop, or play possum, to find safety. Overwhelmed by stress we become physically weak, limp, disoriented and lose muscle and/or bodily control. It's surrendering. We may even faint. Like feigning death before a predator, the flop response is used when there's little chance of fighting or fleeing successfully.



To contact Dr. Anne Deatly for a complimentary Ultimate Breakthrough Session, call 201-925-1046 or email Anne.Deatly@gmail.com. See ad,

page 22.



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Low Copper and COVID-19

by Robin Leder

Most people that are interested in health through nutrition have made certain basic adjustments to their nutrient protocols in light of COVID. If nothing else, they have increased vitamin D₃, vitamin C, zinc and likely quercetin to assist in driving the zinc into the cells where it is necessary to work directly against the virus. On the flip side, one of the classic concepts in nutrition is not to take excessive zinc for an extended period of time as it is notorious for driving down the absorption of copper. Or, if ongoing high-level zinc is taken in an urgent situation, make sure to add at least a modest dose of copper to counterbalance its effects.

Some copper-rich foods include leafy greens, oysters, chocolate and peanuts. Medications such as Nexium or Prilosec (proton pump inhibitors for stomach issues) can inhibit the absorption of copper and therefore lower it, so they are to be avoided. Vitamin C also has a mild effect of diminishing copper absorption.

When neglect, failure to pay attention or overzealousness in pursuing anti-COVID protocols blossom into a full-fledged medical problem, low copper can present clinically as strange sensations (paresthesia) focused on the lower limbs and occasionally the hands; anemia, best seen on blood testing, often

with associated fatigue; unsteady ambulation, known as ataxia; and poor thermal/heat regulation, especially in the lower limbs (Because this is a rare, but potentially very dangerous situation, it can easily fly under the radar in many instances, being mistaken for some other illness, and in going undiagnosed, can potentially lead to paralysis and even death. The sooner it is detected and recognized the better).

The solution is easy and straightforward. While boosting zinc intake to ward off COVID-19 and other viruses, be sure to take a zinc product that includes one to two milligrams of copper in each dose; and ask a physician to include a blood test for both serum zinc and copper in a yearly test panel.

If fatigue or any odd neurological sensations/symptoms develop while taking extra zinc, think of a zinc/copper imbalance as a possible source, along with the usual metabolic suspects of low vitamin B₁₂, low folic acid, a thyroid/adrenal issue, sugar problems and viral possibilities. A few simple blood tests done promptly can immediately lead in the right direction to regain full health.



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

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Hurricane-Resilient Wind Turbines Modeled After Palm Trees

Atlantic hurricanes pose risks to renewable energy wind turbines, and researchers at the University of Colorado-Boulder are developing more resilient models. Lucy Pao, the Palmer endowed chair in the Department of Electrical, Computer and Energy Engineering, says, “We are very much bio-inspired by palm trees, which can survive these hurricane conditions.” Traditional upwind turbine blades face into the wind, so the blades must be stiff, which requires more material and increases cost. Blades on downwind rotors face away from the wind, with less chance of hitting the tower when the winds pick up, so they can be lighter and more flexible, requiring less material. Downwind blades can also bend, instead of break, like palm trees do.

Over the last six years, Pao’s team, in conjunction with collaborators at the University of Virginia, the University of Texas at Dallas, the Colorado School of Mines and the National Renewable Energy Laboratory, have collaborated to develop the Segmented

Ultralight Morphing Rotor turbine, a two-bladed, downwind rotor, to test the concept in action. The researchers found that their turbine performed consistently and efficiently during periods of peak wind gusts. Mandar Phadnis, lead author of a study in *Proceedings of the 2022 American Control Conference*, says, “The blades are manufactured to be lightweight and very flexible, so they can align with the wind loads.”

Common California Bumble Bees Go Missing



The Western bumble bee, once easily spotted in California, could not be found in a recent survey led by the University of California-Riverside (UCR). The first statewide census of California bumble bees in 40 years found several other species absent, as well. UCR entomologist Hollis Woodard’s

research group collected bees from 17 sites representing six different ecosystems previously known to host a large variety of bumble bees, as documented in the journal *Ecology and Evolution*. One of the missing species, the Western bumble bee, is an important pollinator of wild plants and crops. “We didn’t find it, even once,” says Woodard.

This study was an effort to document changes in bumble bee populations across large geographic areas in California since the last one in the 1980s. Smaller-scale studies have documented significant declines in bumble bee populations around the world due to climate change, development of wild habitat and the use of bee-killing pesticides, so it is important to have data that documents bee health. Bumble bees can fly in cooler temperatures and lower light levels than many other bees, helping to pollinate crops worth \$3 billion annually in the U.S., including tomatoes, peppers and cranberries.

Carbon Labels Cut Environmental Impact of Dining

Making changes while shopping at supermarkets, restaurants and with delivery apps can change minds about sustainable options and garner public support. Psychologist Ann-Katrin Betz and her colleagues at Germany’s University of Würzburg studied the design of restaurant menus and tested how adding carbon labels indicating the greenhouse gas emissions per dish and changing the most prominent menu items to foods with a lower impact on the climate affected the choices people might make when dining out.

When people were given menus with the low-emission option as the default, the share of high-emission choices decreased by an average of 31.7 percent. When given menus with carbon labels, the emissions associated with their dish choices averaged 13.5 percent lower per dish. Combining carbon labels with prominent placing for low-emission options appears to have the greatest effect.

Other strategies might include increasing the availability of plant-based options; making them more prominent elsewhere (the meat aisle); and renaming veggie options to make them sound more appealing (slow-roasted, butternut squash and seasonal vegetable lasagna versus vegetarian lasagna). Multiple practices are needed to persuade people to adopt sustainable diets, so all of these methods are just the beginning of a shift away from high-emission food by overcoming unconscious barriers.

GROWING YOUNGER

LONGEVITY STRATEGIES THAT HELP REVERSE THE AGING PROCESS

by Marlaina Donato



Longevity, a human quest through the ages, is now a hot topic among scientific researchers that assert there has never been a better time to maximize our potential for metabolic renewal. Biological age—the state of our health at the cellular level—is in the spotlight, as are the anti-aging benefits of science-supported phytonutrients, cell-rejuvenating foods and safe, non-surgical, stem cell procedures. Functional medicine, with its focus on the biology-based root causes of disease, is also a rising star in the arena of age reversal.

No matter which path we follow to aging vibrantly, the most inspiring takeaway is that lifestyle, not genes, determines destiny. “On average in the United States, the last 16 years of life are spent with multiple diagnoses and on multiple medications. We are giving our hard-earned money to pharmacies, hospitals and nursing facilities,” says Kara Fitzgerald, a naturopathic doctor in Newtown, Connecticut, and the author of *Younger You: Reduce Your Bio Age and Live Longer, Better*. She and other researchers contrast “lifespan”, the years from birth to death, to “healthspan”, the years spent in good health free of age-related disease and disability. “Lifespan is not necessarily healthspan, and we can change that,” she says.

Age Is Not Just a Number

Until recently, age was determined by the year on our birth certificate, but “bio age” is the new number to pay attention to. It might not only predict health outcomes down the road, but also add years to our lives. In groundbreaking work in 2017, anti-aging researcher Steven Horvath at the University of California, Los Angeles, used algorithms to calculate biological age on the basis of how extensively our genome is modified by a process called DNA methylation. Researchers are now understanding what factors can turn on positive gene expressions and turn off those that may activate life-threatening diseases.

“Bio age is how fast our bodies are aging, and aging is the main risk factor for all diseases, including Type 2 diabetes, cardiovascular disease, dementia and neurodegenerative disorders,” says Fitzgerald, noting that only 10 to 20 percent of longevity outcomes are genetic.

Fitzgerald and her team drove this point home with the first randomized, controlled study on the power of lifestyle and diet to turn back the biological age clock. Based upon functional medicine, the program enrolled 18 healthy men between ages 50 and 72 in a target group and 20 in a control group. Those in the target group ate a nutrient-rich diet, slept seven hours a night, practiced relaxation techniques and took supplemental probiotics and phytonutrients. They ate only between 7 a.m. and 7 p.m., exercised for at least 30 minutes five days a week, avoided sweets and consumed two cups of dark, leafy, greens and three cups each of cruciferous vegetables and colorful vegetables daily, as well as six ounces of animal protein.

The results, published last year in the journal *Aging*, showed that three years of bio age were reduced in the target group in just eight weeks compared to the control group. “What we eat, our stress load and our response to it, the quality of the air we breathe and

if we exercise are all drivers or reducers of our bio age. Knowing this, we absolutely need to take responsibility for our lives,” says Fitzgerald.

This bio age reversal is good news when we look at the grim statistics. According to the U.S. Centers for Disease Control and Prevention and the [American Cancer Society](#), approximately 610,000 people die of heart disease in this country each year and more than 600,000 Americans are predicted to succumb to cancer this year alone.

Molecular Magic

Harvard genetics professor David Sinclair, author of the seminal *Lifespan: Why We Age—And Why We Don't Have To*, discovered antioxidant-rich resveratrol in grapes in 2003. Since then, he and other researchers have found additional compounds with the ability to activate longevity pathways. Nicotinamide adenine dinucleotide (NAD, or B₃), a coenzyme involved in many metabolic processes essential to life, has been shown to rejuvenate aging mice, increasing energy-producing mitochondria in the cells and fortifying muscle mass. The body makes less NAD as we age, but research suggests that intermittent fasting, exercise and heat saunas can stimulate this youth-preserving molecule. NAD-boosting supplements are also on the market, but consuming foods like naturally fermented sauerkraut, raw milk, nutritional yeast and pumpkin seeds is also a good strategy.

SIRT6, an enzyme in close relationship with NAD and responsible for many molecular anti-aging processes, including DNA repair, is abundant in seaweeds, especially the strain *Fucus vesiculosus*, commonly known as bladder wrack. Research published in the journal *Marine Drugs* in 2017 indicates bladder wrack's anti-inflammatory and anti-tumoral properties, as well as its potential to protect the liver and normalize high blood sugar and blood pressure.

Fisetin, a powerful flavonoid found in certain foods like strawberries, peaches, apples, persimmons, tomatoes, onions and cucumbers, rivals ever-beneficial quercetin. Research published last year in the *European Journal of Pharmacology* cites fisetin's numerous potential benefits for neurodegenerative conditions such as Parkinson's disease, amyotrophic lateral sclerosis, Alzheimer's disease, stroke and vascular dementia.

The Trifecta of Acid, Inflammation and Stress

Chronic systemic inflammation is now understood to be the physiological springboard for most diseases ranging from cancer to depression, but its connection to uric acid is critical in producing free radicals that accelerate aging. “Unfortunately, most doctors look upon uric acid solely as a risk marker for gout. We now recognize that uric acid serves as a powerful signal in the body to prepare for food and water scarcity,” says neurologist David Perlmutter, author of *The New York Times* bestseller *Grain Brain* and the recent *Drop Acid*, a guide to lowering uric acid in the body. “Uric acid levels above 5.5 milligrams per decilitre trigger the body to raise the blood pressure, increase the blood sugar, become insulin-resistant and

increase the formation and storage of body fat,” he says. “Central to regaining metabolic health and reducing risk for metabolic conditions like Alzheimer's disease, coronary artery disease and Type 2 diabetes is reining in uric acid.”

Chronic, unmanaged stress is a major factor in physical and mental decline due to elevated levels of cortisol. “Stress threatens the health and diversity of our gut bacteria, leading to increased gut permeability, a central mechanism underlying widespread inflammation, which is the cornerstone of all chronic degenerative conditions,” says Perlmutter. “Those conditions as a category are ranked by the World Health Organization as the number one cause of death on our planet today.”

Fitzgerald concurs, “Excessive inflammation—an imbalanced immune response—accelerates the aging process, and it increases with stress. Stress is the gasoline on the fire of aging.”

Eating to reduce inflammation is key, and there is power on our plates when we add some of Fitzgerald's longevity boosters like turmeric, green tea, shitake mushrooms, wild-caught salmon, eggs, liver and sunflower seeds. A study last year in *Experimental Gerontology* reported that the amino acid L-theanine, found particularly in green tea, reduced oxidative stress, liver degeneration and inflammatory responses in aging rats.

Radical Renewal Without Surgery

In the daily survival game, the body's stem cells generate specialized cells to replace those throughout the body that are damaged and dying. This ongoing repair process slows down as we advance in years, but cutting-edge procedures offer new hope for conditions ranging from arthritis to age-related brain fog.

“Stem cells improve DNA methylation and telomere length, and result in a reduced physiologic age compared to your chronologic age,” says Chadwick Prodrimos, a Chicago-based, board-certified orthopedic surgeon and the founder of the Prodrimos Stem Cell Institute, in Antigua. “Joint replacements are offered quite liberally nowadays, but most of our patients with severe arthritis who were offered joint replacements do well in our care without them for virtually any joint in the body.” Prodrimos and his team combine umbilical cord-derived stem cell treatment (non-embryonic/fetal) with specially selected nutritional supplements and in some patients, platelet-rich plasma and hyaluronic acid injections.

Even with exciting advances in the promotion of long life, experts are unanimous in stressing that going into our golden years disease-free begins and ends with individual lifestyle choices, starting with what we put in our mouths. “Diet is the most critical variable in terms of our metabolic destiny. It's been said that a person can't exercise away a poor diet, and there's great wisdom in this statement,” says Perlmutter.

“While stem cell treatment has been quite effective, it is important to remember that avoiding chemicals in the environment, exercising vigorously and maintaining a low BMI [body mass index] are clearly the most important factors in good health,” advises Prodrimos.

Marlaina Donato is an author, composer and painter. Connect at [WildflowerLady.com](#).

Aging Gracefully

HOW A YOGA PRACTICE KEEPS US YOUNG

by Maya Whitman

In 1967, Tao Porchon-Lynch left a successful Hollywood career as a model and actress to become a full-time yogi in her 50s. At age 87, she added ballroom dancing to her list of passions and at 93, she landed in the Guinness World Records as the oldest yoga teacher on the planet. She continued to teach a weekly yoga class just days before her death at age 101. “I love seeing students realize what is possible,” Porchon-Lynch said in an interview, and her words are an added incentive to reap the many benefits of a regular yoga practice at any age.

Whether it involves getting down on a mat or practicing modified poses with the use of a chair, yoga helps us to stay nimble, manage stress, reduce symptoms of depression and tame high blood pressure. Yoga has been around for thousands of years for good reason, and health organizations like the Johns Hopkins Arthritis Center are now recommending the healing modality for a better quality of life.

Ancient Moves for Modern Life

“What I learned is that we need four essential physical skills to navigate through life as we age—strength, flexibility, balance and agility—and we get that from yoga. We can find independence in our everyday life, and we don’t need a vigorous yoga class to do that,” says Ruth Pipitone, a gentle yoga instructor at various studios and senior centers in Northeastern Pennsylvania. For those that only associate the practice with youthful bodies and hip yoga gear, yoga is a full-spectrum practice. “Anyone can do yoga—gentle yoga, chair yoga and even wheelchair yoga.”

According to a 2016 study of 227 participants reported in the journal *Topics in Geriatric Rehabilitation*, just 12 minutes of daily gentle yoga over 10 years improved bone mineral density in the spine and upper legs. About four in five participants had osteoporosis or osteopenia (low bone density),



PeopleImages/AdobeStock.com

indicating that yoga is a good strategy for the 10 million Americans over the age of 50 with osteoporosis and the 44 million with osteopenia.

For Terecita “Ti” Blair, yoga offered a new way of life after a catastrophic automobile accident in 2009. The Denver-based trauma and resilience educator and 2017 Silver-Sneakers Instructor of the Year says, “Virtually any style or type of yoga can appeal and work well for you today, but not tomorrow. Therefore real ‘yoga’ is about adaptability, and yes, those of us with compromised joints, immune systems, pain, disability and illness can absolutely benefit from yoga.”

Those with conditions ranging from cancer to Parkinson’s disease can reap benefits from an appropriate yoga environment. In 2021, a meta-analysis of 12 studies published in the *International Journal of Environmental Research and Public Health* found that yoga can increase muscle strength, mobility, balance and lower body flexibility in mature adults. An older study from Temple University showed that Iyengar yoga can improve balance and prevent falls in women over 65 years old.

The Breath of Now

The keystone of all yoga practice is working with the breath, an action that is naturally compromised by just getting out of bed and into the day’s challenges. “Most adults breathe from their chest. That’s where we activate the stress response of fight, flight or freeze. We need to use the lower lungs, too, so we can activate the parasympathetic nervous system to find calm,” says Pipitone.

Blair, who specializes in helping others to find emotional equilibrium after trauma, concurs: “The nervous system is symbiotic with the breath, and vice versa. A long, deep inhale and a long, slow exhale can act as an immediate elixir for the nervous system to recognize that, in that moment, we are okay.” She has taught groups of people, some in wheelchairs and hospital beds, and she “still experienced the entire room shift when breathing together. As long as we are able to consciously notice breath, we can do yoga.”

No matter how many trips we take around the sun, tapping into the life force can give us a new perspective. “I use *asana* (yoga

poses) to examine my thoughts and feelings and to find introspection to examine what is happening with myself physically, as well as mentally and emotionally,” says Pipitone. “You become more mindful of what you need to carry with you and what you don’t need to carry with you.”

In essence, we deepen as we age, and yoga

can meet us on a multidimensional level. “Yoga does not have to mean poses. Possibilities are infinite, and adaptations are unlimited, based upon our needs,” says Blair.

Connect with Maya Whitman at ekstasis28@gmail.com.

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Food Dehydration Made Easy

BEST WAYS TO PRESERVE THE HARVEST

by Sheila Julson

Drying food is the oldest known method of food preservation. Middle and Far Eastern cultures have used the sun and wind to dry foods since 12,000 B.C., according to the National Center for Home Food Preservation (NCHFP). Today, the easy availability of food dehydrators offers a convenient way to preserve the fall harvest.

When done correctly, dehydrating food is a safe method for maintaining its original state, says Tracey Brigman, NCHFP associate director and University of Georgia clinical assistant professor. “Dehydrators remove the water content in foods, resulting in a low risk of bacteria and spoilage.”

Unlike other food preservation methods such as canning or fermenting, dehydrating food does not require lots of special equipment, tools or skill. “Dehydrating food is super easy to do,” says Carole Cancler, the Hawaii-based author of the *Complete Dehydrator Cookbook*. “Drying food is more forgiving. You can’t make a lot of mistakes. Canning, if you do it wrong, can make everyone in your family sick.” The only caveat, Cancler says, is that food not thoroughly dried will get moldy. In humid environments, dehydrated foods must be kept tightly sealed to keep out moisture and prevent mold from forming.

Julia Skinner, founder and director of *Root-Kitchens.com*, an online fermentation and food history company, adds that when foods are dehydrated, they shrink and therefore take up less storage space. “They’re great to pack for traveling or for small kitchens. Dehydrating can also concentrate some flavors, such as with dried tomatoes.”

Almost Anything Can be Dehydrated

Many types of food can be dehydrated, including fruit, veggies, meat, fish, herbs and nuts. “It’s easier to say what can’t be dehydrated,” Cancler says. “The general rule is you don’t want to dehydrate food that has a high fat content, such as fatty meats or avocados.” They go rancid quickly during storage. While there are dehydrated, high-fat foods sold commercially such as cheese, peanut butter and eggs, these are processed using special equipment and techniques that can’t be copied in a home kitchen.

Sliced strawberries, chopped onions or celery are good foods for beginners.

“People tend to throw those foods away a lot. They buy them and don’t use it all up before they spoil. Dehydrate leftover strawberries for snacks and dehydrate vegetables to use in soups or stews,” Cancler suggests.



Getting Started

Starter model home food dehydrators, often found at resale stores or rummage sales, can be purchased for about \$50. Some have adjustable temperature settings for different kinds of foods.

When purchased new, most food dehydrators include recipe booklets.

When using a dehydrator, Skinner advises, turn it on to the appropriate setting and lay the food in a single layer on the trays provided, then let the dehydrator run for a few hours. She usually turns food halfway through to prevent sticking.

Cancler says that in some cases an oven can be used to dehydrate food, but it isn't the most cost-effective method. "I don't recommend continued use of the oven, because depending on where you live and the type or size of food being dried, drying can take anywhere from eight to 36 hours. Running an electric or gas range for that long uses a lot of energy."

She says that ideal temperatures are 125 to 135 degrees, but most standard ovens only go as low as 170 degrees, which is too warm to dehydrate fruits or vegetables. "Then you must do wacky things like prop the door open to cool down the oven." The exception, she says, is jerky: "It must be dried at a higher temperature, and lower-end food dehydrator models don't get hot enough."

Sun-drying foods outdoors is risky, Brigman cautions, due to varied weather conditions. In addition, insects and air pollution have to be considered. "For safety reasons, consumers should really purchase a food dehydrator. While it may be a high cost when you begin dehydrating, if you are a serious food preserver, it will save you money in the long term," she says.

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



AIR-DRYING FRESH HERBS

Fresh herbs of choice (basil, parsley, sage, rosemary, thyme and dill are all good candidates) String (such as cotton baker's twine)

Rinse off the fresh herbs and pat them dry. Tie the herbs by the stems in small bunches. Hang them upside-down indoors and out of direct sunlight. Depending on the type of herb, they will take several days to a week or longer to dry. When dry, crush herbs with a mortar and pestle or in a clean coffee grinder. Store in glass jars with tight-fitting lids.



MANGO LEATHER

YIELD: 8 FRUIT ROLLS FROM ABOUT 2, 14-INCH-DIAMETER DRYER TRAYS

*4 cups mango purée (from about 4 large, unripe mangoes)
1 cup clover honey
½ tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp ground cloves*

Preheat electric dehydrator to 140° F. Wash and peel mangoes, chop roughly into chunks. Purée in blender until smooth. Pass purée through a food mill or sieve; discard any coarse fiber extracted in food mill. Add honey and spices to the purée and mix thoroughly.

Lightly spray two fruit roll tray liners from an electric dehydrator with vegetable oil cooking spray. Spread mango mixture evenly to ¼-inch thickness on the trays. Position fruit roll liners on dryer trays and place in dehydrator. Dry continuously for about 10 hours. Maintain dehydrator air temperature steadily at 140° F. (Monitor the dehydrator air temperature periodically with a thermometer.)

Remove trays from dehydrator when purée is dry, with no sticky areas (about 10 hours—this will be highly dependent on the relative humidity of the drying room). Test for dryness by touching gently in several places near the center of leather; no indentation should be evident.

Peel leather from trays while still warm. Leave the second tray on the dehydrator while peeling the first leather, or re-warm leathers slightly in the dehydrator if they cool too much prior to peeling. Cut into quarters, lay on a piece of clean parchment paper about 1 to 2 inches longer at each end of the leather and roll into fruit leather rolls. When cool, twist the ends of the parchment paper tightly to close.

Store fruit rolls in an airtight container for short-term storage, up to about 1 month. Leathers should be stored in a cool, dark dry place. For longer storage up to one year, place tightly wrapped rolls in the freezer.

Source: National Center for Home Food Preservation



Covid 19: The Fallout

By Robin Leder

With a great deal of fear and acrimony surrounding COVID for so long, perhaps some of the most important current medical issues have not been paid the attention they deserve. The covering media tend to focus and re-focus on the earlier concerns: prevention, isolation, vaccination and for some, treatment. But little is shared about the enormous epidemic that has superseded direct infection with COVID. We know little, surely not nearly enough, about the two pandemics that represent the “fallout” of COVID, namely 1) “long COVID”, a wide-ranging constellation of persistent symptoms that befall those who had clinically positive cases of COVID and 2) post-vaccination syndromes. To write a wholly accurate piece on these two mega-problems is not truly possible, as it would require quoting material from sources coming from vastly different “viewpoints” and vastly different statistics to back their claims. This lack of factual clarity is, in fact, a major piece of

the problem. Public faith in statistics and studies has been undermined as sharing of data is limited at best, and discovery by citizens is left to a range of sources that may not have access to or offer all the facts. This combination of fear and lack of trust is not a context ideally suited to pulling our citizens together to do our best.

From reports that are partly statistical and partly anecdotal, we know that there is fair amount of overlap between the post-COVID and post-vaccination syndromes, and that any and all body systems can be disaffected in both of these scenarios. But clarity is sorely lacking. We know that those who are vaccinated can nonetheless get COVID; how significant is the difference in severity or mortality? We hear about heart/lung effects and clotting issues that require “d-dimer testing”. What is the percentage affected and how can these effects be prevented? More than 30 percent of COVID patients lose their hair, fertility may be affected, pregnancy in progress many be

terminate, autoimmune and low immune-status conditions may occur and the list goes on. These are not small health matters, but where are the accurate statistics, and how can these situation be handled?

Fortunately, the FLCCC group, for one, is working diligently to create protocols for these “brave new world” situations. Go to their website and you will find protocols for people of all ages that can be followed by lay people. Most physicians would love to find and implement solutions for this new, semi-mysterious category of medical issues to treat their patients. Many pieces of the FLCCC protocols can be administered by patients themselves, but several steps require the assistance of an open-minded, patient-focused physician.

If you suspect that you may be experiencing long COVID or post-vaccine syndromes, if you are experiencing or suspect that changes in your health that are new in onset and challenging to understand/diagnose, do not hesitate to seek the answers and medical assistance you need. Share what you learn online with your physician, who may be ready to fill in the “medical pieces” of any given protocol and do specific testing to pinpoint your needs.

Hopefully, over time, full transparency will make clear all the hazards and side effects of both COVID and vaccination, enhancing physician efforts to provide optimal service. But if you have CURRENT concerns, you must advocate for yourself NOW and find a physician who will listen, partner with you and provide you with the currently available treatments you need and deserve.



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

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Living Life in Full Color

by Marlaina Donato



Madhuri Mohite/Pexels.com

Nature concludes each day with a fiery mural, never again to be exactly duplicated and missed if we look away for a moment too long. “What color is in a picture, enthusiasm is in life,” said Vincent van Gogh, and to live with passion is to live life in full color.

As children, it was in our nature to live out loud. We sang off-key, belly-laughed and showed off our blueberry-stained tongues. Somewhere between grade school and adolescence, we learned to swim with the social current, content to blend in for comfort.

As adults, too often we are barely aware of our lives stuck in grayscale, but if we look deep inside, we long to be the brave red rose in a black-and-white world. Sometimes it takes something drastic, like being faced with a terminal illness, to throw off the shackles of, “What would they think?” and follow our own brand of bliss. Hopefully, most of us can make that decision without such a drastic wake-up call.

In many parts of the world, nature saves her best for last and pulls out all the stops. She dresses the trees in unapologetic glory, inviting us to live more boldly before it’s too late, and to express the passions we’ve held in for dear life. If we are wise, we will follow our bliss, whether it’s painting that wall in a color that might compromise resale value or dusting off the violin we set aside after high school. Autumn gives us much-needed permission to let our hair down, let our locks go silver or feisty red, let our souls blow in the wind and come in for dinner a little late and disheveled.

What parts of ourselves do we hold inside for fear of standing out a little too much? What would we wear if we defied fickle trends? How would we love if we realized that there is nothing more important than embodying love?

Here’s to living in full color, come what may.

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

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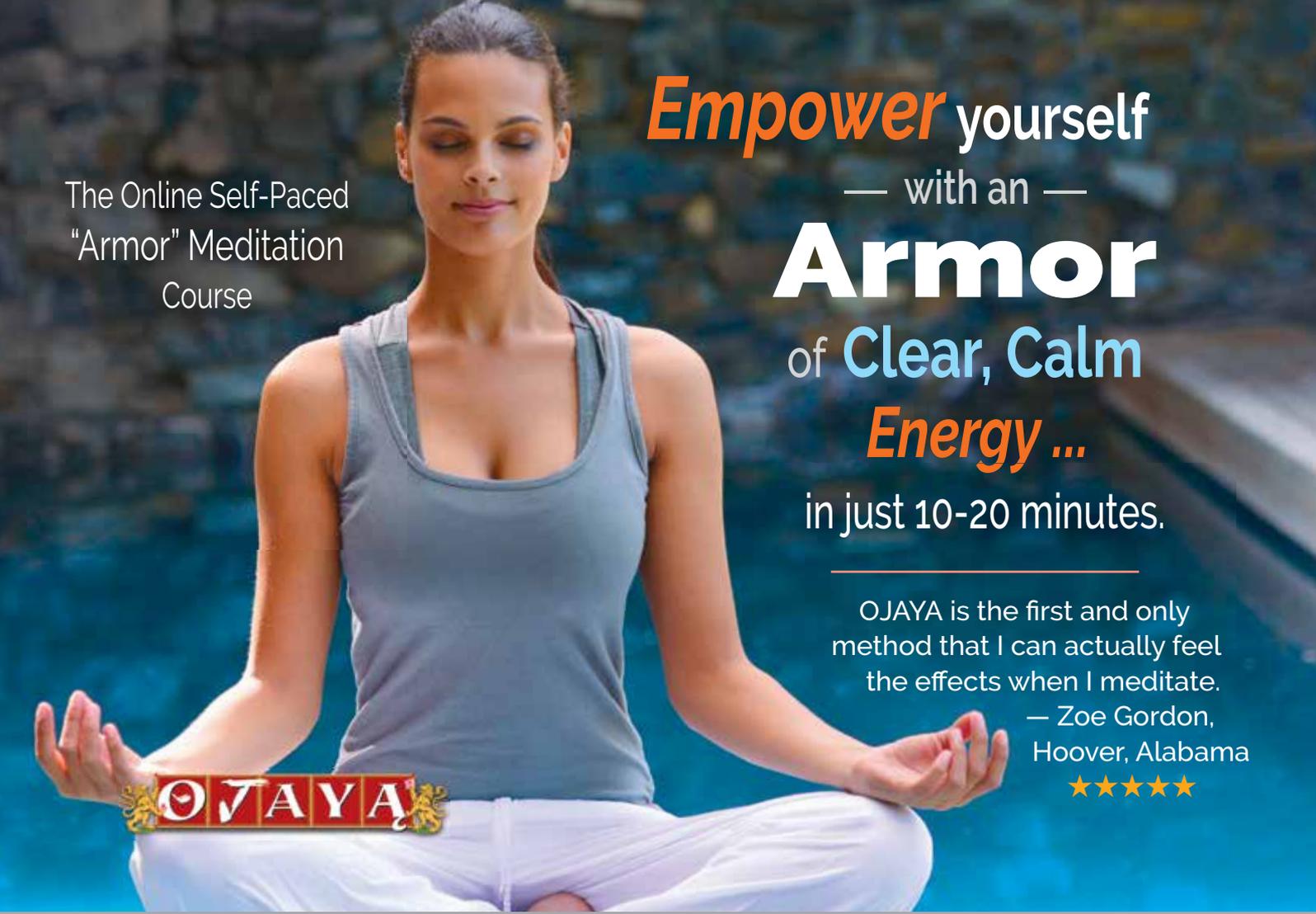
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calendar of events

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 – 10am - 4pm. 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@loiskramerpererez.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: yayoga.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.

SATURDAY, SEPTEMBER 10

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

THURSDAY SEPTEMBER 15

Monthly Online Peace Circle: World Peace –7-8pm. Join together to celebrate the upcoming International Day of Peace. Inspiring hour of circle talk & guided meditation. Enjoy connecting with a community of like-minded spiritual people. No meditation experience required. Everyone is welcome only \$20 per person. Register loiskramerpererez.com/my-events/ to receive the zoom link - emailed from Lois at 6:30 pm on

evening of the session - we begin at 7pm. Questions? Ask lois@loiskramerpererez.com.

FRIDAY SEPTEMBER 16 - 18

Fall Harvest Festival – 10am- 5pm. Enjoy the Craft Fair, Rides, Farmers Market, Animals, Music and much more at Van Suan County Park.

SUNDAY SEPTEMBER 18

Dowsing with Lois Kramer-Perez, C.Ht – 10am-3pm. Enjoy a morning of dowsing review, practice and experience. New to all of this? We got you covered. It is worth the time to experience the amazing energy at Columclle. Bring your pendulums & dowsing rods, if not let us know and we will provide. We begin at Hope Wellness Center, Hope NJ, Only 50 Min from Bergen County. Details & Register at loiskramerpererez.com/my-events/. Questions? ask lois@loiskramerpererez.com

SATURDAY SEPTEMBER 24

Bergen County Multicultural Family Fun Fest – 12-4pm. Bergen county executive and Board of county commissions cordially invites you free multicultural family fun fest celebrating National Family Day at Van Saun County Park. For More information call 201-336-7463 or email hsplanning@co.bergen.nj.us.



Learn Reflexology

Learn to be a professional Reflexologist in six weeks.



My focus is on teaching genuine Reflexology techniques, not just a foot massage. There is a call for this original healing technique of knowing the real foot & hand reflex method.

How would you like to be able to instantly relieve, anxiety attack, heart palpitation, sinus congestion, stomach cramps, stomach pain, headache, constipation, gas pains, reduce fever, back ache, and so much more, without hesitation? And get to the problem fast? I can show you how!

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.

With registration you receive:

- 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
- Receipt 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

business directory

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 Publishers@NaturalAwakeningsNJ.com to request our media kit.

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Protect Yourself from EMFs and other Negative Energies. A professional dowser can block the negative affect of cell phones, satellite dishes, high tension wires, geopathic stress, interference lines and more. If you've been experiencing unexplained health issues and would like to be protected from this negative energy, call to see how dowsing can help protect you.

ENERGY HEALING

ACCESS CONSCIOUSNESS
Theresa Obsuth, Access BARS Facilitator
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201-655-3836 • AccessConsciousness.com



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 21.*

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ROBIN ELLEN LEDER, M.D.
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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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Dr. Roman Finn has successfully combined holistic and integrative ways as well as modern developments in traditional medicine to treat a wide range of conditions including cardiovascular, pulmonary, gastrointestinal, musculoskeletal and immune disorders as well as diabetes, hypertension, asthma, fibromyalgia and stress related conditions. An all-encompassing holistic approach provided through non-invasive testing. Most labs and tests are performed on premises. We are working with major insurance companies and Medicare. *See ad, back cover.*

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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 21.*

HEALING EDUCATION

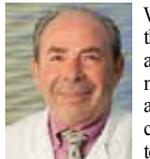
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"If we want to make changes in our lives, we must start from within." Are you ready? Through her own journey of self-discovery, Lois has embraced diverse energy modalities as a way of life, and she wants to share them. Lois has developed simple, effective 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 9.*

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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.

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 throat
Night stuffiness
Morning congestion
Nasal drip
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 NATA30.

Go to www.CopperZap.com or call toll-free 1-888-411-6114.

Buy once, use forever.

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