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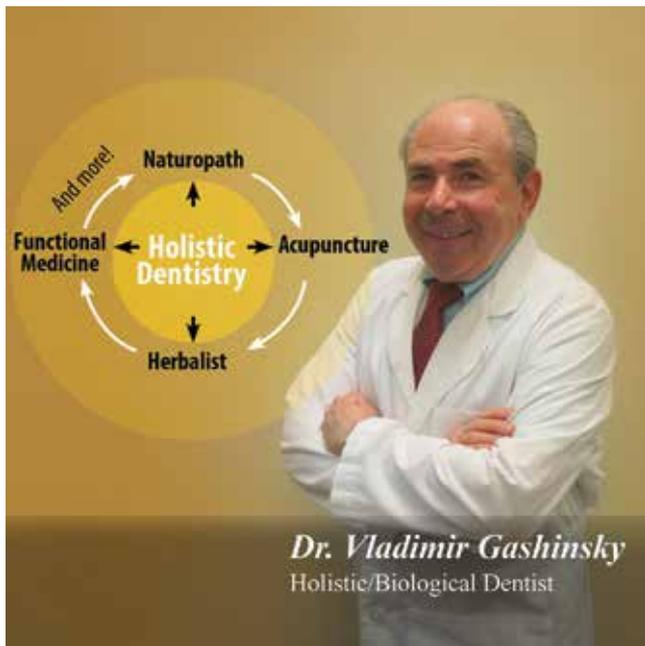
SPECIAL EDITION  
HEALTHY  
PLANET

TIPS FOR  
CREATING A  
SUSTAINABLE  
HOME



WHY DANCING  
MAKES US  
HAPPIER

FENG SHUI  
FOR PETS



*Dr. Vladimir Gashinsky*  
Holistic/Biological Dentist

# The Holistic Dental Center

Working Together with Other Holistic Practitioners to Create a True Holistic Approach to Your Health

A team approach to your overall health and it starts at the Holistic Dental Center in Millburn, New Jersey, with their highly skilled team of trained professionals in holistic and biological dentistry. From their award winning doctors and their state of the art technology to their use of ozone and self-healing therapies, they are committed to not only treating your dental related symptoms, but also, the root cause thereby eliminating disease and promoting optimal health.

Little did conventional practitioners know so many years ago that it took more than just looking at the mouth. A generation ago there was a disconnect, a thought that our mouth and teeth had no bearing on the health of the rest of our body. Now more and more research has been showing that there is a strong connection between dental disease and systemic health. Dr. Gashinsky, Holistic Dentist, has always known that. A holistic approach to health is multifaceted, so he has built a network of healthcare practitioners to assist his patients in obtaining their desired level of optimal wellness.

Working hand in hand with Naturopaths, Functional Medicine practitioners and many others in the field of holistic medicine has expanded Dr. Gashinsky's ability to help more people. "I find it to be incredibly fulfilling to work synergistically with these practitioners to be able to improve patients' health so dramatically. Some are coming to me so very sick and by working together we're seeing drastic improvements in their quality of life," says Dr. Gashinsky.

Dr. Gashinsky feels strongly in the need to practice in such a manner as to take patients whole health into consideration. So much so, that he traveled to Switzerland this past spring to visit the Paracelsus Clinic and Swiss BioHealth Clinic; two healthcare models that promote the oral-body connection, to study their holistic approach to patient care. Dr. Gashinsky says, "To truly practice holism; the thought that everything is understood in relation to the whole and not just its parts, it's important to remember that when treating a person it's not just what one practitioner does, but how they can work together to improve the final outcome."

"Finding and working with like minded practitioners to help my patients has not only been professionally satisfying, but also on a personal level knowing that my patients are being well taken care of," say Dr. Gashinsky. "Finding and addressing the root cause of disease in all our disciplines is the key to success in our patients' health. What

they don't see, I do, and vice versa, seeing dental infections and how they can affect organ systems through meridians or directly and utilizing the benefits of networking with a holistic practitioner can and does make all the difference in patient care...I wouldn't have it any other way," Dr. Gashinsky says about working with other practitioners.

So if you're looking for an approach that is inclusive of all aspects of holistic care, visit Dr. Gashinsky and his team at The Holistic Dental Center in Millburn, New Jersey. It's their priority to ensure complete holistic care by promoting the benefits of holism. "It's not just your teeth anymore," as he says, "It never was," but now they have the ability to not just treat overall disease but truly prevent and promote whole body wellness.

*Other than being a dentist for 40 years, Dr. Vladimir Gashinsky, is a certified nutritional consultant, Accredited by the International Academy of Oral Medicine and Toxicology, SMART certified and a Naturopathic doctor "My passion for learning is never complete, I will continue to research and learn the latest in alternative treatments and team up with the best in the fields of holistic and alternative medicine to bring my patients the best treatments available, this I can assure you."*

*Holistic Dental Center is located at 91 Millburn Avenue, Millburn, New Jersey. For more information, call 973-457-4244 or visit [HolisticDentalCenterNJ.com](http://HolisticDentalCenterNJ.com).*

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## letter from publisher:

### Sustainable Living ... Healthy Planet

As we head into fall, 2022 seems to be year of festivals and getting everything back together, and it's good to see the array of events and activities planned. This stream of activities flowing through social media feeds and email are a reflection of our buoyant community.

We are witnessing new awareness and conscious efforts, at least in U.S., to change our industries and individual lifestyles. Programs and funding are available through federal agencies, California and some other states toward adopting forward-looking regulations to eliminate gasoline-powered vehicles in next 10 years and other climate-related issues. Now the onus is on all of us as individuals to make adjustment and changes for a sustainable and healthy Mother Earth!

We can start with houses—the biggest and most important investment for most of us. Our main feature this month is “Sustainable Sanctuaries,” about creating a sustainable home, and it contains good advice for someone looking to upgrade, remodel or rebuild their own. It covers every aspect of home building, including eco-responsible materials, energy conservation, water preservation, durability and more. Even if you are not doing these things now, you might want to keep this article for quick reference when you need it.

As for festivities, we are thinking of meeting friends and family more often post-COVID. There will be dancing too, not only fun and relaxing, but one of the best workouts. In our Fit Body department, “The joy of Movement”, we explore not so obvious benefits of dancing.

Our October issue contains all this and much more about health and wellness from our local healthcare providers, with something for all ages. Find even more great information in our online edition at [NaturalAwakeningsNNJ.com](http://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!

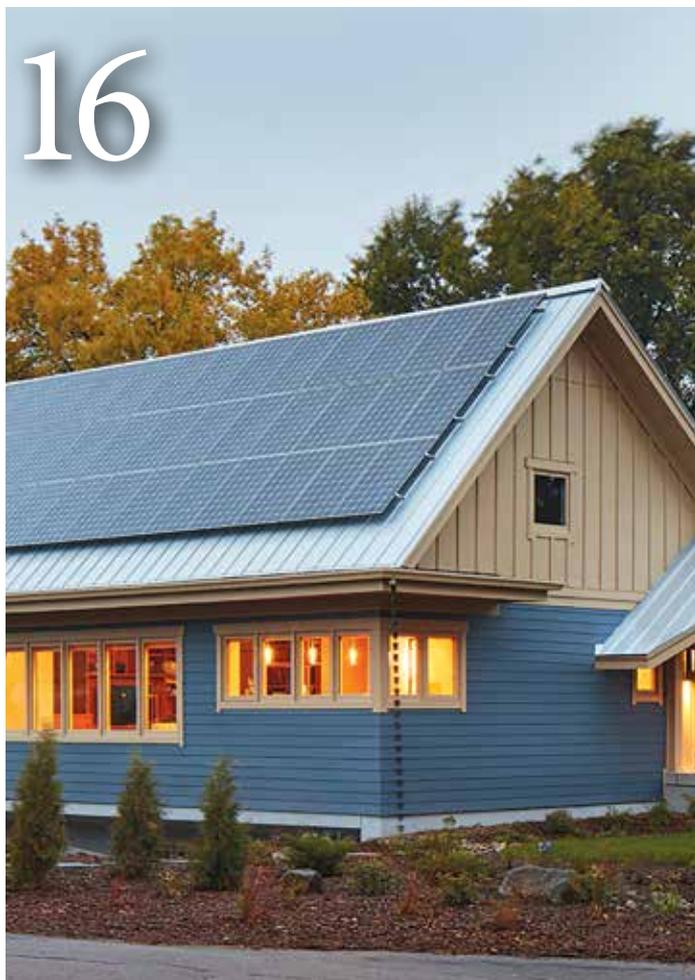
Anil Singh, Publisher



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

### Become an Access Bars Practitioner in Paramus



The Access Bars (Bars) class from 9 a.m. to 5 p.m., Oct 15, 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 7.*

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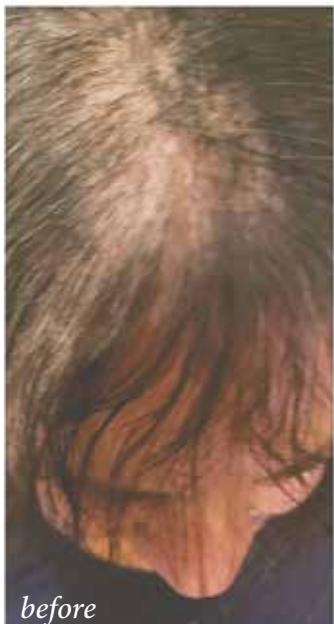
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after

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## Taking Therapy Outside in Nature

Be Well Psychotherapy is a private practice of eight mental health clinicians offering holistic and compassionate mental health services. “Walk and talk” sessions in an outdoor, park-like setting where clinicians and clients can walk side-by-side, and an outdoor “office” outside in a private grass courtyard integrate the benefits of movement, fresh air and nature.

An “Ask the hive” feature on their website and social media welcomes anyone to ask an anonymous question. This free resource offers the opportunity for a dialogue about mental health, along with an enriching psychoeducation opportunity.

Owner Lauren Taibi, a licensed professional and board-certified counselor, says, “Within our group practice, we are able to work with families as a whole, but also individually. We are able to collaborate where appropriate and beneficial to the individual, as well as family unit. Our team participates in ongoing continuing education, as well as team-building events to ensure we are operating cohesively utilizing the most current research based trends providing clinically strong mental health services.”

*Location: located at 175 Fairfield Ave., Ste. 1C, West Caldwell. For appointments and more information, check us social media @BeWellCaldwell and call us 973-886-8300 or visit BeWellCaldwell.com.*



## 25 Years of Health and Wellness at Center for Integrative & Traditional Medicine

The Center for Integrative & Traditional Medicine (CITM) is celebrating 25 years of service to communities in northern New Jersey. Roman E. Finn, M.D, medical director of the center, has practiced in Paramus for 25 years, and believes that true wellness embraces the mind, as well as the body.



Roman E. Finn, M.D

Finn listens carefully to each patient’s concerns, whether it is physical pain or psychological and medical conditions, because all body systems are connected. He also believes a big part of taking care of the patient is teaching them how to take care of themselves and says, “Remember, your body is always trying to save you and be your friend.”

The CITM team addresses the root causes of primary and secondary medical conditions. The team of board-certified physicians and licensed practitioners develop a comprehensive treatment plan for each patient based on their unique needs and goals, incorporating the ancient wisdom of healing using techniques such as acupuncture, chiropractic care, physical therapy, therapeutic medical massage and the latest advancements of modern medicine.

*For more information, 22 Madison Ave., Ste. 106, Paramus or call 201-291-0401 or visit citm-drfinn.com.*

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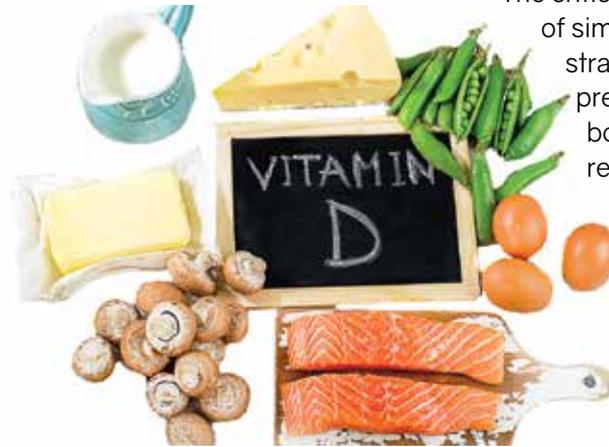
## health briefs

### Cordyceps Sinensis Enhances Performance in Distance Runners

A Himalayan fungus that has long been used in Traditional Chinese Medicine, *Cordyceps sinensis*, attracted global attention in 1993 when Chinese athletes broke world records in track and field. To study its effects, Brazilian researchers conducted a randomized, double-blind, placebo-controlled study in which they gave 30 amateur marathoners two grams of the fungus each day for 12 weeks. Compared to the placebo group, those in the Cordyceps group had significantly lower heart rates at eight weeks and improved aerobic performance at 12 weeks.



### Supplements, Exercise and Non-Western Diet Lower Cancer Risk



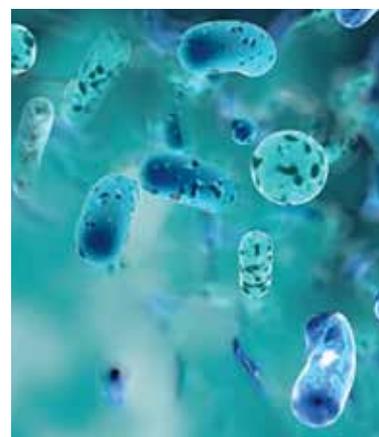
The critical importance of simple lifestyle strategies in cancer prevention has been borne out by two recent endeavors. In a five-year study of 2,157 physically active people over 70 from five European countries, international researchers found that

2,000 International Units a day of vitamin D<sub>3</sub> and one gram a day of marine omega-3s, plus a simple home-strength exercise program, reduced the risk of invasive cancers by 61 percent. Researchers at Brigham and Women's Hospital, in Boston, that analyzed the diets and health outcomes of 134,775 people, found that a Western-style diet rich in red and processed meat, sugar, refined grains and carbohydrates was linked with an *E. coli* strain prominent in colorectal cancer.

### Malignant Melanoma Linked to Seafood Consumption

Eating higher amounts of fish, specifically tuna and non-fried fish, appears to increase the risk of malignant melanoma, according to a Brown University study of 491,367 U.S. adults published in the journal *Cancer Causes and Control*. Examining 15 years of data, the researchers found that compared to subjects with a median daily fish intake of .11 ounces, those with a median daily intake of 1.5 ounces had a 22 percent higher risk of malignant melanoma and a 28 percent increased risk of melanoma *in situ*, characterized by abnormal cells in the outer layer of the skin. "We speculate that our findings could possibly be attributed to contaminants in fish, such as polychlorinated biphenyls, dioxins, arsenic and mercury," says study author Eunyoung Cho, an associate professor of dermatology and epidemiology. Pending further research on the underlying biological mechanisms, the authors did not recommend any changes to fish consumption.

### Probiotic May Increase Skin Moisture



Dry skin can afflict people at any age, particularly those living in dry climates, and it is commonplace in older people due to the natural loss of oil glands. Japanese researchers have found a possible solution: a probiotic originally fermented from a Southeast Asian rice-and-fish dish that

boosts skin moisture within weeks. In a double-blind study, they tested 80 middle-aged adults with a supplement of heat-killed *Lactiplantibacillus plantarum* probiotics for 12 weeks. They found the supplement significantly increased skin water content and reduced transepidermal water loss in the face, particularly for seniors and those with the driest skin.

# Shed Unwanted Illness and Maintain Health Abundance

by Doug Pucci



Earth is not only the ecosystem where we humans take residence, but it is what gives us life. From freshly grown food to an oxygen-rich atmosphere, vibrant sunshine, warmth and a million other little things in-between, this is exactly why the health of our planet has a direct impact on our own health and longevity.

Just like the Earth, our bodies function as one living organism, complete with various systems that work together in unison to maintain a certain level of homeostasis. If we look at our bodies as unique individual planets with different bodily systems that are also trying to maintain a state of homeostasis, it can help us gain a unique perspective on how we can assess and fine-tune our bodies to create opportunities throughout life for future abundant health.

Not only does Earth experience a wide range of changing seasons, but so do our own states of health. We may face times where we're sick, confused, stressed out or feel downright lost. We may even feel irritated or out of rhythm. But deep down, we know that if we look close enough, there's usually something we can do to bring ourselves back into a state of balance and come out of whatever dark season may be troubling our mind or health.

Through science, we are able to look deeply into and even beyond the problems we face, develop analysis through various tests and observations and eventually come to a solution. This is what functional medicine is all about—using the tools of science to problem solve and create abundance.

Just as Mother Nature may feel the need to shed unwanted irritants that may be disrupting the balance of the ecology of the planet, when we look at our own health, we can find what we need to shed from our own lives to improve our health, or even our sanity.

Using a bit of investigative analysis, we can look at and bring change to the problem areas, thereby getting help where it's needed most. Functional labs help us to see beyond what's inside the bloodstream and look for patterns within the microbial terrain, for example. This gives us the ability to recognize and apply corrective feedback before it's too late. The good news is that no matter how lousy we may feel physically or mentally, we have the power to change by harnessing the positive rhythms of our lives.

Noted wellness consultant Barbara De Angelis says, "The moment in-between what you once were and who you are now becoming is where the dance of life really takes place." If we want to experience

the greatest dance, or health, of our lives, then it's important that we not only tap into the natural rhythms of our bodies, but also treat our bodies as evolving, individual ecosystems. This means paying close attention to how we feel, how we think, and most of all—making adjustments.

We need to feed our bodies, nourish them, allow them to move, give them fresh air and sunlight, and trust that if we shore up any weak spots in our midst, they will return the favor with more abundant health, improved energy and greater personal vitality.



*For information on conquering health issues naturally using a natural, holistic approach called functional medicine, visit the website and register*

*for the free Root Cause Solution mini-course. Go to [GetWell-Now.com](http://GetWell-Now.com) and click "Learn More." See ad, page 15.*

coming in the  
november issue

**MENTAL HEALTH  
& WELL-BEING**





# The Medical Uses of Ozone

by Warren Slaten

Oxygen is O<sub>2</sub>. Ozone is O<sub>3</sub>. The additional oxygen atom creates a high-energy molecule that is converted quickly to ozonides in the body that enhance metabolism. The better our metabolism, the better is our energy level and health in general.

Ozone in the atmosphere is considered a pollutant because it is associated with toxic hydrocarbons pollutants, but in a medical setting, it is very safe and well-utilized almost everywhere in the body. The one organ that ozone can potentially irritate is the lungs, so it is not applied directly there.

Regenerative treatments, including prolotherapy and platelet-rich plasma (PRP) injections, strengthen and enhance heal-

ing of ligament and tendon injuries and arthritic joints. With prolotherapy, dextrose is injected, which creates a mild irritation to which the body responds by growing stronger tissue. When prolotherapy is combined with ozone in a treatment called Prolozone (developed by Dr. Frank Shallenberger, one of the leading pioneers of ozone therapy), the metabolic boost that ozone provides increases the effectiveness of prolotherapy. For instance, to treat knee arthritis usually takes four to six prolotherapy treatments, but we often achieve successful results in three or four treatments on a consistent basis by adding ozone.

Although it is not applied directly to the

lungs, ozone can be instilled into olive oil, with the ozonated vapors providing comfort for sinus congestion. While ozone will not cure sinus problems on its own, ozonated oil vapors play an important role by soothing the nasal passages and airways. This is especially helpful when sinus congestion is affecting breathing.

For wounds, pressure sores and other skin conditions, ozone can be applied to the affected areas to enhance healing. Wounds heal poorly when they do not get adequate tissue nutrients and oxygen. Applying ozone to area of the wound improves the local metabolism and provides an opportunity to heal.

For digestive problems, intestinal insufflation (blowing into) with ozone can be used for its metabolic benefit. The ozone helps with intestinal symptoms and enhances body health. As a gas, ozone travels within the intestine and can reach up to the liver. Usually, the first treatment is done in the office and subsequent treatments can be done at home.

One of the greatest uses of ozone is applying it intravenously (IV). This is done by a method called major autologous hemotransfusion, or MAH, a fancy way of saying that we donate blood to ourself. After a predetermined amount of blood is taken, usually starting with 100 milliliters, the blood is combined with saline and ozonated. The ozonated blood is then returned via IV as a series of treatments. MAH improves overall metabolism, which can greatly enhance health. Many diseases are related to poor metabolism, including heart disease, diabetes mellitus and chronic fatigue syndrome. There are also medical studies that have shown benefits of MAH for heart disease. While ozone treatment can be effective as a standalone treatment, it is even more effective as part of a multifaceted approach to wellness.



Warren Slaten, M.D., is a wellness physician certified in advanced bioidentical hormone replacement specializing in regenerative pain treatments and lifestyle counseling. For more information, call 201-882-1500. See ad, page 22.

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- QUANTUM BREAKTHROUGHS

# Recognizing Chronic Fatigue Syndrome

Chronic fatigue syndrome (CFS), or myalgic encephalomyelitis is characterized by extreme fatigue for six months or more in the absence of any other illnesses. Signs and symptoms include irritability, difficulty concentrating, struggling to fall asleep or stay asleep, sore throat, bodily aches and pain, weakness, gastrointestinal distress, and abnormal heart beat. Fatigue remains unresolved despite a full night of sleep.

Approximately more than two million Americans suffer from CFS, a long-term illness without a current cure. Its causes are unclear, with research pointing to infection, genetics or physical/emotional stress. Common day-to-day activities like showering or getting dressed result in profound exhaustion. Energy crashes occur as the patient struggles to recover from overexertion.

With such a poorly understood illness, a significant need exists for more clinical studies and increased data on minority race populations. Although mainly a disease seen in white adults 40 to 60 years old, CFS affects patients of all ages and backgrounds. The diagnosis is less prevalent among children than adolescents. Patients go without treatment partially due to being undiagnosed or underdiagnosed.

Mitochondria produces more than 90 percent of human body energy used by cells to carry out their jobs. In case of mitochondrial dysfunction, less energy is produced, preventing the cells from doing their jobs properly. Prescription medication to treat the pain, insomnia, anxiety and depression associated with chronic fatigue syndrome can provide relief, but a more holistic approach is required to treat CFS.

Acupuncture, a form of Traditional Chinese Medicine, is used for pain alleviation and improving mental focus. Stress management through biofeedback involves using electronic measurements of bodily responses like breathing and relaxing techniques to analyze them. Intravenous nutrient therapy replenishes vitamins and boosts energy. Gentle exercise, beginning slowly and lightly, such as yoga, stretching or walking assists in easing gastrointestinal discomfort. Maintaining a journal of pain frequency and severity, activities and how energy levels are affected, daily caffeine intake and its impact on sleep is recommended.



*Roman E. Finn, M.D. is a holistic and integrative practitioner of traditional medicine in modern ways. The Center for Integrative and Traditional Medicine in Paramus, uses a multidisciplinary approach, including licensed physicians, massage therapists,*

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# How Shock and Trauma Invade and Dysregulate the Body

by Anne Deatly

Shock and trauma can enter the energy body and physical body quite unexpectedly. Trauma energy can disrupt the regulated cycles and patterns of energy flow known as optimal health, resiliency and vibrancy. If the energy systems are balanced, grounded, organized and flowing well, the trauma energy may easily leave the body and ground into the earth. In this case, there may not be any long-term effects.

However, if the energy systems are not organized, grounded or balanced, there's an increased likelihood the trauma energy will get stuck or congested in a place already experiencing stagnation or blocked energy flow. This trauma energy will likely cause distortions, disconnections and disorganization that leads to dysregulation in the physical body and/or the nervous system.

For example, the skeletal structure of

the body, the grid, can break. The circuitry of the body can be affected easily by disruptive forces such as cold, wind, heat, damp heat, dampness and dryness. These "climates" in the body can blow the circuits within the body like electric circuits in our houses.

In general, we all are naturally oriented to danger and receive the danger signal of the trauma/shock in the sensory organs like the eyes and ears. Often, there are physical symptoms or tension around the eyes, neck or the forehead in people that have experienced trauma/shock. In our orientation toward danger, we could likely turn our heads and neck in the danger direction and our internal circuitry can be affected.

If the danger signal is too overwhelming, the information gets sent to the mid-brain, the emotional part where all the autonomic nervous system responses like

rapid breathing, increased heart rate and flight/fight/freeze responses occur. These responses are all non-cognitive. Danger that comes into the midbrain may result in a feeling of shutting down, which is the shock aspect. We may feel our breath taken away, our heart cold or icy, and immediate coldness or hollowness can result. Our shoulders and neck may brace or tense up due to the danger. We may also experience the feelings of being pushed back, throat tightness and nausea or abdominal pain.

There are lots of negative effects on the energy body and the physical body from trauma and shock. Some people live with the effects for their whole lives and it becomes their norm. However, there's a safe way to resolve the dysregulation and blown circuitry of trauma.



*Dr. Anne Deatly, an energy medicine practitioner, can guide the trauma energy out of the mental/emotional body and the physical body, and then rebalance all the energy systems that were disrupted. For more information, call 201-925-1046 or email Anne.Deatly@gmail.com.*

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# Food as Medicine Part 3: Weight/ Overweight



When we think of food as medicine, many may think of how food supplies essential nutrients: vitamins, minerals, proteins and “good” fats. But perhaps even more basic is that food and drink provide the energy as calories that fuel our very lives. Excess “fuel” gets stored as body fat or “weight”. Some may consider excess weight to be a cosmetic issue, but many men and women with weight above optimal “chart weight” look quite attractive and fashionable. Some may look at overweight as an issue of shame, but current trends tell us emphatically that we should all be proud of our bodies, regardless of size and shape. It is true that we are all created in nature with unique shapes and features, and all are beautiful in their own way.

When a physician suggests weight loss to a patient, it should not be for cosmetic reasons. Put simply as possible, significant overweight without any additional medical diagnosis, is a serious and potentially fatal disease.

What constitutes overweight medically? On average, chart weight for a woman is roughly 100 plus the number of inches in height above 5 feet multiplied by 5, and for men, the same formula multiplying each inch above 5 feet times 6. Add 10 pounds based on age over 25, factor in build and ethnic-

ity (African Americans are denser per inch, hence chart weight is slightly higher.) Note: Typical or average weight may increase over the lifespan, but healthy weight does not.

So, what are the features of the disease of overweight?

- To be overweight is inherently to be inflamed
- Overweight causes depression, and likewise depression leads to overeating.
- Insulin resistance is directly proportional to one’s level of accumulated body fat. Hence weight is a direct cause of adult-onset diabetes, and once this develops, insulin resistance leads to rapidly increasing weight and sugar levels spin out of control.
- Every extra pound leads to an extra mile of blood vessels to feed that pound with blood, hence increased heart work and hypertension.
- Extra weight is hard on the joints. Inflammation + overworked joints = osteoarthritis.
- Inflammation, diabetes and hypertension all damage the lining of the blood vessels, hence, heart disease, kidney disease, strokes, blindness, cellulitis, peripheral neuropathy, certain forms of dementia and more.
- Overweight plus diabetes are major un-

derlying causes of atrial fibrillation, a dangerous irregularity of the heart rhythm. Overweight often underlies sleep apnea, disturbing restorative sleep.

- Inflammation sets the stage for all cancers.
- Overweight diminishes energy, sometimes profoundly.
- Significant overweight makes surgeries more difficult and dangerous to perform.

In short, when considering your weight goal with your physician, set a goal based on what will make you truly healthy, not what you think is “doable.” When your doctor asks you to lose weight, she is trying to help you to enhance, prolong and even save your life. If your body weight considerably exceeds normal healthy weight, can you really afford to wait get the help you need now? Do not hesitate to seek and find the professional help you need for yourself. You are worth nothing less.



*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.*



## global briefs

### Save the Sequoias

The U.S. Forest Service is speeding efforts to protect giant sequoias from wildfires; almost 20 percent of the ancient trees have been destroyed by wildfire in the last two years. They will thin the forest in and around sequoia groves by removing brush and smaller trees from 13,000 acres of national forest to protect 12 giant sequoia groves this summer and conduct prescribed burns using the agency's emergency authority under the National Environmental Policy Act. Forest Service Chief Randy Moore says, "Without urgent action, wildfires could eliminate countless more iconic giant sequoias."

Giant sequoias can live for more than 3,000 years and are found only on the western slopes of California's Sierra Nevada mountains. The trees are adapted to fire with thick, spongy bark, and the heat releases seeds from their cones, allowing young trees to take root in areas cleared by fire. A policy to put out wildfires as quickly as possible has created unnaturally dense forests and allowed brush and dead wood to accumulate. Climate change has led to hotter temperatures, severe drought, a year-round fire season and the proliferation of bark beetles that have killed the drought-weakened trees. Bigger, hotter fires are more likely to reach giant sequoias' crowns, killing them.

### Monarch Butterfly Now Officially Endangered

The International Union for Conservation of Nature (IUCN) *Red List of Threatened Species* numbers 147,517 species, including 41,459 that are threatened with extinction. The latest update adds the migratory monarch butterfly, a subspecies of the monarch butterfly (*Danaus plexippus*). In the past decade, the native population has shrunk by between 22 percent and 72 percent during winter migrations from Mexico and California to summer breeding grounds throughout the U.S. and Canada due to logging and deforestation for agriculture and urban development. Pesticides and herbicides kill butterflies and milkweed, the host plant that the larvae of the monarch butterfly feed on. Drought related to climate change limits the growth of milkweed and increases the frequency of catastrophic wildfires, and temperature extremes trigger earlier migrations before milkweed is available, while severe weather has killed millions of butterflies.

Possible remedies are planting native milkweed, reducing pesticide and protecting the overwintering sites. IUCN Director General Dr. Bruno Oberle says, "To preserve the rich diversity of nature, we need effective, fairly governed, protected and conserved areas alongside decisive action to tackle climate change and restore ecosystems. In turn, conserving biodiversity supports communities by providing essential services such as food, water and sustainable jobs."

Luis/AAdobeStock.com



## Decontaminating Water with Plant Waste Protein

Scientists have created a membrane using sunflower and peanut oilseed meal that shows potential as a cheap, low-power, sustainable and scalable method to decontaminate heavy metals from water. As published in the journal *Chemical Engineering*, a research team led by Professor Ali Miserez, of the Nanyang Technological University (Singapore) School of Materials Science and Engineering and School of Biological Sciences, and visiting Professor Raffaele Mezzenga, from the Department of Health Science and Technology at the Swiss Federal Institute of Technology, discovered that proteins derived from the byproducts of peanut or sunflower oil production can effectively attract heavy metal ions. They demonstrated that the process of attraction called adsorption is able to purify contaminated water to a degree that meets international drinking standards.

Miserez says, "Water pollution remains a major global issue in many parts of the world. Heavy metals represent a large group of water pollutants that can accumulate in the human body, causing cancer and mutagenic diseases. Current technologies to remove them are energy-intensive, requiring power to operate, or are highly selective in what they filter. Our protein-based membranes are ... viable for use throughout the world, and especially in less-developed countries." They are exploring commercial applications with the water filtration company BluAct.

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# SUSTAINABLE SANCTUARIES

## SUPPORTING HUMAN AND PLANETARY HEALTH AT HOME

by Sandra Yeyati

Nothing underscored the importance of a comfortable and versatile sanctuary quite like the pandemic. Stuck at home isolating, many families reconfigured their living arrangements to accommodate expanding uses for work, schooling, cooking, entertainment and more. Today, that spirit of renewal lingers, prompting steady and robust activity in the construction and interior design industries.

A house is literally our shelter from the storm, made more critical as we increasingly encounter extreme and unprecedented weather events due to climate change. When we upgrade, remodel, build or buy new cocoons for our families, the time is ripe to incorporate elements that preserve and promote the health of humans and the planet.

### Inspiring Goals

Lindsay Baker, CEO of the International Living Future Institute (ILFI), is part of a



Photo courtesy of International Living Future Institute

growing community of industry professionals trying to figure out how to design, build and operate structures in more environmentally sustainable, socially impactful and healthy ways. “We ask what would it look like if a building were to give back more to the world than it took,” she explains. “We’re a resource-consumptive industry with a large carbon footprint. Forty percent of global carbon emissions are caused by the energy required to construct and operate buildings. We also use lots of materials that pose negative impacts on people’s health—products known to contain carcinogens or cause respiratory problems—and people spend 90 percent of their time indoors, so everything we’re exposed to indoors has a huge impact on our health.”



Photo courtesy of Pulte Homes at Babcock Ranch

The ILFI Living Building Challenge sets bold aspirational goals, and buildings around the world have proven that it is possible to hit these benchmarks. “The energy imperative is that the building produces more energy than it consumes, and that happens by generating renewable energy like solar power onsite and using very little energy,” Baker asserts. “For water, we ask that everyone return the water that goes through the building cleaner than it entered, which means people need to treat water onsite and use a lot less of it. You can do that with composting toilets, as well as grey water systems and rainwater recapture strategies.”

Baker is proud of ILFI's ambitious goals. "If you decide to do a renovation to save 5 or 10 percent of your water or energy consumption, it will feel good to get there, but what we've found is that when you set a really exciting target for yourself, the whole process is more fun and you get further with similar amounts of effort and money, because you're thinking about systems differently, questioning assumptions about what a home might be capable of doing and employing a different level of creativity. At the end of the day, it can lead to a much more beautiful, more efficient building."



Alexey Kovalev/AdobeStock.com

## Energy Conservation

Energy conservation is job number one for Jennifer Languell, founder and president of Trifecta Construction Solutions, in Babcock Ranch, Florida. "An inexpensive but impactful upgrade is adding insulation. If you're in an existing house, add insulation on top of what you already have. If you're new construction, beef it up. You also want to address unwanted points of air infiltration using gaskets, weather stripping and caulking around exterior doors and windows. Over time, these items can shrink or get damaged, and may need to be replaced to seal the house and minimize air drafts," she says. "You want to improve efficiency first, which costs much less than transitioning to renewable energy. And when you do transition, you only have to buy smaller quantities of photovoltaic panels to offset your power generation."

According to Languell, windows are climate-specific and can be modified by adding or subtracting panes, coatings and treatments. "In Montana, I want the heat from the sun coming into my house, but in Florida, I don't," she says. "Natural light is great, but there's a balance between your glass-to-wall ratio. In Florida, you would never have a skylight, but up north you'd consider it. And at this point, everyone should be transitioning to LED lighting, which will save money and energy."

## Water Preservation

As waterways dry up and areas around the world become more drought-prone, water conservation becomes an increasingly important imperative. The simplest

modifications are low-flow shower heads, toilets and faucets, which cost the same as traditional-flow fixtures, as well as a visit from the plumber to fix any leaks. Minimizing or eliminating turf grass and planting drought-tolerant, native vegetation outside will also significantly cut water use, Languell suggests.

"Grey water and rainwater collection systems are gaining momentum, and these systems for home use have come leaps and bounds from where they were 10 years ago," she says. "They can take water from your laundry or shower, treat it, and use it to flush toilets, for example—a huge benefit for the West Coast and a huge water savings, because you're using your water twice before you dispose of it."

## Eco-Responsible Materials

With regard to building materials and products, the annual ILFI Red List calls out chemicals with negative human health impacts that shouldn't be used in buildings, such as bisphenol A, chlorofluorocarbons, formaldehyde, flame retardants, phthalates, toxic heavy metals and volatile organic compounds (VOC). Its Declare label is like a nutrition sticker that details what is in a building product, whether it is free of Red List chemicals and what its carbon footprint is.

"Consumers should demand transparency; they should know what is in the products put in their homes," Baker says. "One of the rules of thumb I like to apply is to ask, 'How far is this material removed



Zsibok/AdobeStock.com

from nature?’ Wood is one of the better materials from an ecological and health standpoint. Fake wood flooring that is meant to look like wood but in fact isn’t—not so much. A lot of what we’re supporting is about getting back to the basics, removing chemicals and using brick, wood and clay.”

According to Languell, the more durable and local a material is, the better for the environment. “I’d never say no to a metal or concrete roof that lasts 50 years versus shingles with a 15-year cycle. Although bamboo is rapidly renewable, most of it comes from China, so the greenhouse gases associated with the transportation makes it less environmentally friendly. Local materials are ideal. The closer the better. Get granite from Georgia, instead of Italy.”

When it comes to human health, home décor and cleaning products are equally as important as the construction materials, Languell advises. “Many times we’ll build a healthy and efficient home and then people put all sorts of fabrics and chemicals in there that are off-gassing because they’re not thinking about the health of the indoor environment.”

## Sustainable and Healthy Furnishings

“There’s good, better and best quality furniture,” says Robin Wilson, a New York City eco-designer and founder of Robin Wilson Home. “Good might use inexpensive

wood or heavy-duty cardboards that look great, but if you sit on the arm of the sofa, it caves in. Better might have a less expensive wood, but it’s solid frame construction. The best is a very good wood and solid frame construction made for heirloom quality. There are costs associated with each level, and I recommend spending the most budget you have on a quality product, because that sofa, if it’s made well and it’s styled in a classic design, can be recovered over and over again; therefore, you’re being eco-friendly to the world because it’s not going into a landfill.”

Her favorite materials for furnishings are sustainably forested or reclaimed wood, long-lasting metals like steel and aluminum, fast-growing bamboo and recycled or reclaimed plastics. She’s also a proponent of vintage pieces. “With all furniture, if it can be salvaged, salvage it. Healthwise, make sure the materials are hyper-washed to protect you from allergens. Old glazes or paints might have lead in them, so take vintage furniture to a professional that uses the right safety equipment or go to YouTube University and make sure that you protect yourself with gear to rework the piece in a garage or outdoor space. Always choose nontoxic paints and stains with low to no VOCs.”

## Biophilic Design

Baker is particularly excited about interior design innovations that reconnect us to nature, known as biophilic design. “Natural light is important, but also, lighting manufacturers are figuring out how to produce lighting that feels like you’re sitting outside in a forest while a cloud passes by or under a tree with dappled light. Mohawk and Interface offer low-carbon, healthy carpets that mimic natural forms like a rocky beach,” she says. “Fractals are often mentioned in biophilic design because they’re fascinating geometric compositions in nature like fly wings and bark that have an inherent intelligence to them, and we’ve come to understand that these natural elements are not just interesting, they also have measurable positive impact on our psyche and mental health.”

## Durability

“I rate durability over everything else. If you build it once and it doesn’t get destroyed by a natural disaster, you’re going to generate less waste and use fewer resources,” Languell says. “Durability might mean fireproofing in California, windproofing in Florida and floodproofing in Louisiana.

It also means futureproofing your home, especially if you’re building new. Anticipate technologies that are coming. Even if you can’t afford photovoltaic panels now, for a couple of bucks, you can run electric conduit from your panel up to your roof so if ever you decide to buy them, it’s not a major overhaul of your house. Dual-pipe your house and have the pipes ready to tie in rainwater or grey water, even if it’s not financially viable right now. Wire your house for a 220-volt plug in your garage so everyone that has an electric vehicle can charge it overnight.”

*Sandra Yeyati, J.D., is a professional writer and editor. Reach her at [SandraYeyati@gmail.com](mailto:SandraYeyati@gmail.com).*



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# The Joy of Movement

## DANCING BOOSTS OUR HEALTH AND HAPPINESS

by Marlaina Donato

**W**hether it's salsa, hip-hop, belly dance or ballet, finding our groove has proven to ease depression, support the cardiovascular system and improve overall joint function. By all accounts, dancing gives us a step toward better health, but equally as noteworthy is its potential to bring more fun into our lives. Contrary to popular opinion, dancing is not just for kids, and special ability is not necessary. "You are never too old, and there is no such thing as two left feet, but we can also argue: When you have great instructors teaching you, you can learn anything as a beginner," says Monique Maldonado, marketing director of the Latin Rhythms Academy of Dance and Performance, in Chicago.

### Brainy Benefits

Stepping into a dance studio can help us enrich our lives while sharpening cognitive function. After participating in an eight-month dance program during which they memorized intricate steps of the merengue, salsa and samba, Spanish-speaking, middle-aged and older adults had significant improvement in working memory scores, reported University of Illinois Chicago researchers in *Frontiers in Aging Neuroscience*. "Just like working out and puzzles, dancing works out brain paths and keeps them active and healthy," says Maldonado.

Tango lovers will be pleased to know that the passionate dance style has

been shown in a 2017 study published in *Complementary Therapies in Medicine* to lower anxiety and stress levels more effectively than mindfulness meditation.

### Individual Moves

Mike Hallworth teaches cruise ship passengers, mostly in their 60s and 70s, how to navigate the dance floor. "We teach all the main dance genres, including ballroom and Latin American, salsa and mambo, along with modern jive," says the Southport, England-based, lifelong dancer who teaches with his wife, Jan. "For those not as agile as they would like to be, I would suggest starting with ballroom, social foxtrot and waltz, then progress to Latin American, cha-cha and rumba."

At age 75, he partially attributes his basal metabolic rate of 60—common in men 15 years his junior—to his love of dancing, which "can burn up to 385 calories per hour with salsa or 400 calories per hour with swing," he notes.

Joan Price, a contemporary line dance instructor in Sebastopol, California, also attests to the longevity-promoting perks of moving joyfully. "At 78, line dancing keeps me physically fit, mentally alert and happy to be alive. The older we get, the more we



need social activity, physical movement and mental stimulation. You get all three at once with line dancing.”

The form has long outgrown its country-western music roots and now offers something for everyone, including Latin, swing, contemporary pop and Broadway. “Since you dance on your own in a row, line dancing is ideal for singles and for partners of non-dancers. It’s also wonderful for people who want a social activity that doesn’t involve dating or partnering,” says Price. She says that there are thousands of different line dances, ranging from super-simple to extraordinarily complex. “As a beginner, be sure and choose a class that is beginning level,” she says. “Beginning level teaches basic steps, patterns and terminology—and the joy of dance!”

For those looking for a little more heat, Latin dance can accommodate any fitness level. “If you are looking for a fun, new

“Being a part of any dance community can truly be life-changing.”  
~Monique Maldonado

hobby, any style is a fit, but if you are more interested in advancing your salsa skill level, trying mambo and cha-cha can be a nice challenge,” says Maldonado. “Sensual bachata is for those who want a little more spice and advanced body movement.”

Hallworth often sees people approaching dance with uncertainty and apprehension, and he encourages an open mind: “Dancing isn’t for everyone, but if you give it a chance, you will be well rewarded. Most people learning to dance are a friendly bunch and will help newcomers.”

For Maldonado, it is also about shared experience, which she feels is one of the most beautiful aspects of Latin dance: “It’s a great, diverse group of people who can change your outlook on life. Being a part of any dance community can truly be life-changing.”

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

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# Feng Shui for Pets

by Lois Kramer-Perez



**T**ranslated, Feng Shui means wind water. Wind represents the energy we feel. Water represents the energy we can see. Balanced together, these principles are beneficial for all living things. We are constantly communicating energy to our pets, feeling it before we're aware, such as walking into a room feeling uneasy or into an argument, or comfortable and calm entering a new place. Our pets have highly developed senses, and they pick up messages from energy just as keenly as they do from a scent.

Notice how pets respond to our emo-

tional state and whether it is different when we are agitated versus calm and peaceful. Dogs are attracted to positive energy. They bask in feelgood places. If a dog won't go into a room or an area, there is something out of whack. Cats, on the other hand, transmute negative energy. Notice how a cat may rest on our tummy if we have a tummy ache or sleep on/near a computer.

In doing feng shui for our pets, we must create a balanced environment to support their greatest good, which relates to how we feel coming into our home, when

we may be calm and peaceful or distracted and chaotic. An environment supporting us directly benefits our pet.

Create a safe nurturing home for the pet. Give them a favorite spot for nesting and sleeping, and their own eating area. Choose healthy food, clean water and keep bowls clean. Ceramic or stainless steel bowls are favored. Treat the pet with the same consideration as we treat ourself.

An important experience for a pet is going to the veterinarian. Notice how we feel when it's time to visit the doctor's office; just the thought of it can cause anxiety. Our feelings are transmitted to our pets, so they associate anxious feelings with the situation.

Feng Shui teaches us to honor and respect all living things. The biggest influence we have on all living things is our demeanor; actions speak volumes. The next time we feed, walk or book an appointment for our pet, notice if we are calm, agitated or nervous. The chances are that is the feeling being transmitted to the pet.

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- Neural therapy - Balance autonomic nerves.
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**For More Information See Our Website: [regenerativehealingcenter.com](http://regenerativehealingcenter.com)**

# Inviting in the Wild

by Marlaina Donato



Photographie.eu/AdobeStock.com

Amidst the whirlwind of our daily busyness, Mother Nature goes about her own affairs, conjuring everyday miracles from the humble trinity of tangled roots, dark soil and sunlight. On our way to our next task, we might catch snippets of afternoon gold blur past in a window, but we may long for more time to

accept October's invitation of long shadows.

Having an indoor haven touched with nature's balm takes the edge off the work-at-home days, the can't-catch-a-breath days and the won't-stop-raining days. Bringing a bit of the outside in helps us to remember the big picture. The 12th-century mystic

and healer Hildegard of Bingen called the energy of the Earth *veriditas*, or greenness, and it is easy to tap into this life force by aligning our senses with the rhythms of nature.

Beauty is an often forgotten necessity, but can gently lead us back on track when we place a vase of fresh flowers, pine branches or wild rose hips on a windowsill. Designating one wall in the house for a photographic tapestry of spring cherry trees, mountain snow, a turquoise beach or majestic oaks can lower blood pressure just as effectively as actually being there. Keeping a "scent jar" on the desk filled with dried garden basil, bee balm or sweet grass clippings from the lawn can give us a breath of summer all year long. Placing a piece of found driftwood, preserved birch or a bowl of handmade potpourri on a coffee table can make afternoon breaks more mindful. A simple table fountain can bless any space with the harmony of its waters. Creating a "changing season" shelf and celebrating the hour invites the whole family to contribute to inspired whimsy.

Even if we simply place found branches in a basket with amber holiday lights in a cozy corner, living more closely with nature can help us maintain core serenity. The dance of each season is brief, but tuning into their wealth can make our own dance a bit more magical.

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

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# 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.

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.

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 **NATA31**.

Go to [www.CopperZap.com](http://www.CopperZap.com) or call toll-free 1-888-411-6114.

Buy once, use forever.

*Statements are not intended as product health claims and have not been evaluated by the FDA. Not claimed to diagnose, treat, cure, or prevent any disease.*

ADVERTORIAL



**New research: Copper kills viruses in seconds.**

## calendar of events

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

### EVERY SUNDAY

**Ramsey Farmers Market**—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@loiskramererez.com](mailto:Lois@loiskramererez.com). 201-906-5767. Register: [LoisKramerPerez.com/My-Events/](http://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](http://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.

### FRIDAY, OCTOBER 7

**Sound Bath Breathwork/Healing Meditations**—7:30pm-9 pm. Session begins with breathing techniques to achieve beta, alpha, delta, and theta states to induce physical, emotional, spiritual and mental healing followed by sound bath with singing bowls, chimes and gong. Register: Contact Jim at [AngelJimbo@aol.com](mailto:AngelJimbo@aol.com).

### FRIDAY, OCTOBER 7-8

**Fall Festival in East Rutherford**—10am-5pm. Fall Fun is back at annual Fall Festival. It offers an afternoon of outdoor excitement with activities for all ages. Enjoy live music, finger-licking good BBQ, games and crafts, nature walks, fun photos and more. Location: Park Ave, East Rutherford.

### TUESDAY, OCTOBER 11

**Everything Bergen Business Networking Launch Event**—5:00-8:00pm. Everything Bergen is a new online publication that covers everything that's happening in Bergen County, from community to business. Network with Bergen County business owners and get a chance to win prizes (\$8,000 value!). Location: Stern & Bow Restaurant 171 Schraalenburgh Road Closter, NJ 07624.

### WEDNESDAY, OCTOBER 12

**Five Elements Natural Care Presents Fall Special**

**Shopping Extravaganza**—A holistic beauty, and a shopping event, on October 12 at Spring Hill Suites, Woodbridge, NJ from 11 AM to 7 PM. Supriya Madan, a Holistic cosmetologist, and wellness practitioner is organizing this event to bring together women entrepreneurs. A unique event for Tristate to shop for Holidays, Diwali, Dandiya, Karvachauth, Clothes, Reiki infused jewelry, theme jewelry, hand-made bracelets, Reiki infused skincare, and natural ingredient skincare products, children can enjoy games at the fun table. Enjoy henna tattoos, and skin rejuvenation, and get arched eyebrows in minutes.

### SATURDAY, OCTOBER 15

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

### TUESDAY, OCTOBER 18

**Learn to Meditate & Release Your Stress**—7:00-8:30pm. By Lois Kramer-Perez, C.Ht. According to doctors and health practitioners, meditation can help save your life. Regular meditation can lower your blood pressure. Learn various techniques for meditation. We will be using imagery, crystal bowls & Tingsha Tibetan chimes. Learn how to manage your stress easily and how to cope with situations you which you have no control. No meditation experience required. Even the most active minds are welcome! Join us for three interesting and relaxing evenings! Tuesdays 10/18, 10/25 & 11/1. Emerson Jr/Sr HS School, 131 Main St Emerson NJ. Registration required call 201- 262-5502 Questions? [Lois@LoisKramerPerez.com](mailto:Lois@LoisKramerPerez.com)

### WEDNESDAY, OCTOBER 26

**Chakras & Shui - Feng Shui for Your Soul**—7:00pm. Lois Kramer-Perez C.Ht. "As Within, So Without". Your space is a reflection of what is going on inside of you. Learn how the chakras in your body are always sending you personal messages. Fabulous feng shui tips to create your space to thrive mind body & soul. Experience a chakra clearing meditation and receive a special crystal. Enjoy a fun & informative presentation giving you insight & tools to manage your personal "Chakras & Shui.". \*No Chakra, Feng Shui or Meditation Experience Required. All Are Welcome! Ridgewood HS 627 East Ridgewood Ave Ridgewood NJ 201-670-2777 Registration Required Questions? [Lois@LoisKramerPerez.com](mailto:Lois@LoisKramerPerez.com).

## plan ahead

### MONDAY, NOVEMBER 7

**Coffee Morning**—10am-12am. Unique meeting and discussion group covering any and all metaphysical and spiritual topics. Tea and Coffe provided. Location: Unitarian Society of Ridgewood. Prebook with Jim at [AngelJimbo@aol.com](mailto:AngelJimbo@aol.com).

## classifieds

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

### BOOKS

**THE TRUE SCHOOLIS LIFE, BOOKS FOR CONSCIOUS LIVING**—Such as: "Recognize and Heal Yourself through the Power of the Spirit", "Living and Dying to Keep on Living", "Cause and Development of All Illness", "The Life I Chose Myself"... and much more! <http://www.Gabriele-Publishing-House.com>. 1-844-576-0937. 20% Off with coupon code: OFF20

### FOR SALE

**ELEGANT KAWAI PIANO**—Mahogany upright with matching bench. Dimension: 5' 2" x 2' 2" x 3' 5", Perfect for interested child of 5-7 years of age to begin study in keyboarding. Bench has finally crafted, hinged top opening to store music books. Price cut to \$2500. Separate Piano lamp, marble and brass available at \$150. Located close to Bergen Town Center/Whole Foods. Call 201-487-4839.



**OCEAN-FRONT PROPERTY IN BELIZE FOR SALE**—This expensive oceanfront property is an amazing opportunity to develop beachfront lots, a resort, nature reserve, or your own private oasis. The 37-acre property stretches 700 feet along the Caribbean coastline. The land has been surveyed. Priced for quick sale: \$550,000. 201-926-0338.

### OFFICE SPACE

**WELLNESS PROFESSIONALS**—Health and Wellness Coaches, Acupuncturist P/T or F/T independent Position in the e-commerce Wellness Industry, a Life giving opportunity. Create your own Schedule from Home, Complete training for passionate, Knowledgeable, Enthusiastic, Wellness Professionals. Please contact: Dr Marianne Messian at (914) 309 4741 or [mmessinad@gmail.com](mailto:mmessinad@gmail.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 [Publish-er@NaturalAwakeningsNJ.com](mailto:Publish-er@NaturalAwakeningsNJ.com) to request our media kit.

### DOWSING

**JEANIE PASQUALE**  
Professional Dowser  
[dowsing@househarmony.org](mailto:dowsing@househarmony.org)  
845-709-5245 • [HouseHarmony.org](http://HouseHarmony.org)



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  
Paramus, NJ  
201-655-3836 • [AccessConsciousness.com](http://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 7.*

### FUNCTIONAL MEDICINE

**ROBIN ELLEN LEDER, M.D.**  
A Better Alternative Medical Center  
Hackensack, NJ  
201-525-1155 • [RobinLederMD.com](http://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

**ROMAN E. FINN, M.D.**  
Center for Integrative & Traditional Medicine  
22 Madison Avenue, Paramus, NJ 07652  
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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.*

**WARREN SLATEN, M.D.**  
Regenerative Healing Center  
89 N Maple Ave, Ridgewood, NJ 07450  
[regenerativehealingcenter.com](http://regenerativehealingcenter.com)



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 22.*

### HEALING EDUCATION

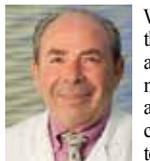
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Clinical Nutritionist Dian Freeman teaches a Six-Month Nutritional Certification Course twice a year for over 17 years. The course leads to a certification as a Certified Holistic Health Counselor, CHHC, which is being used by many of her over 800 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 12.*

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[LoisKramerPerez.com](http://LoisKramerPerez.com)



"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 12.*

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973-444-7301 • [LifeCoachDavid.com](http://LifeCoachDavid.com)



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/performance, smoking cessation, etc. I am also certified in Thinner Band Hypnosis for extreme weight loss.

### NUTRITION & WELLNESS COUNSELING

**CHELSEA CAPONE WELLNESS**  
[ChelseaCaponeWellness@gmail.com](mailto:ChelseaCaponeWellness@gmail.com)  
201-446-0578 • [ChelseaCaponeWellness.com](http://ChelseaCaponeWellness.com)



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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Judith P-Dazzle  
201-357-2347 • [RockCollage.com](http://RockCollage.com)



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.

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