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## TOP FITNESS TRENDS FOR STAYING WELL IN 2022

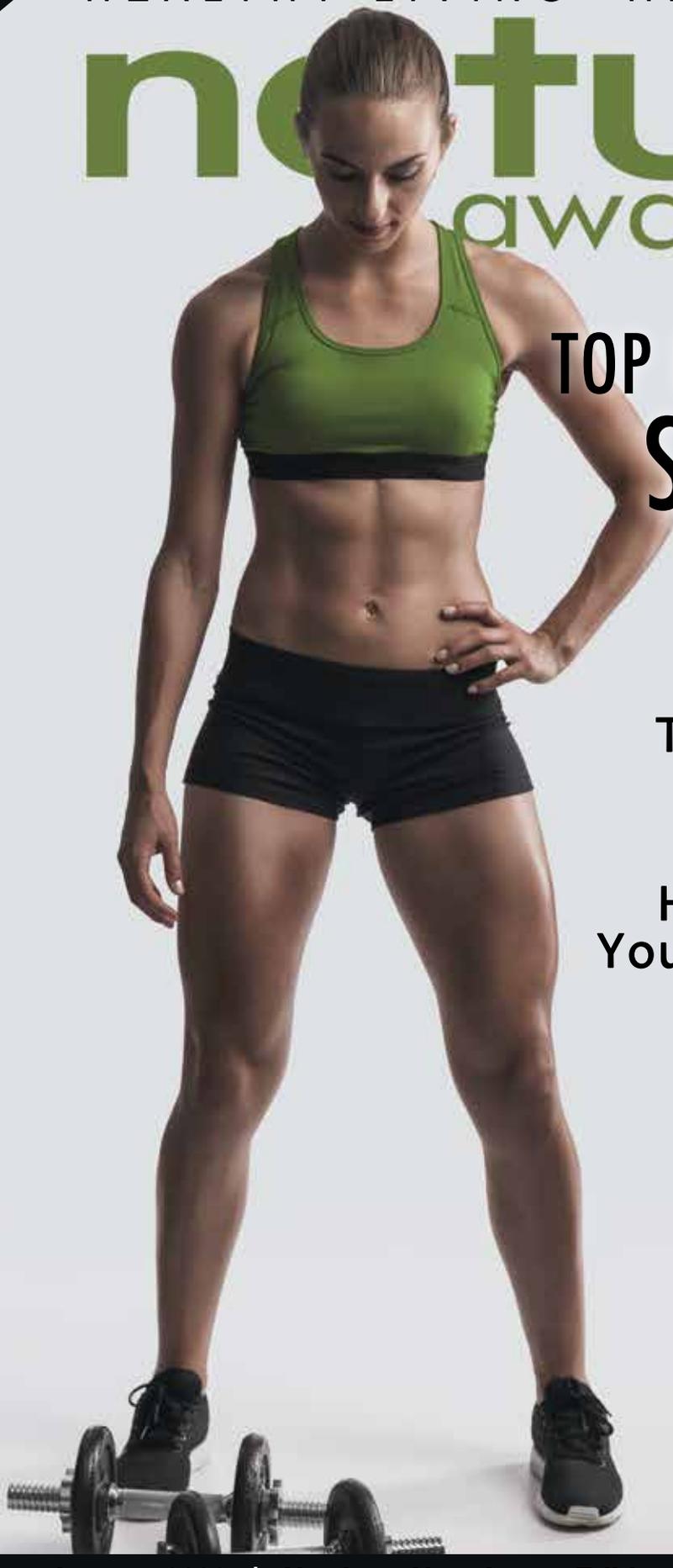
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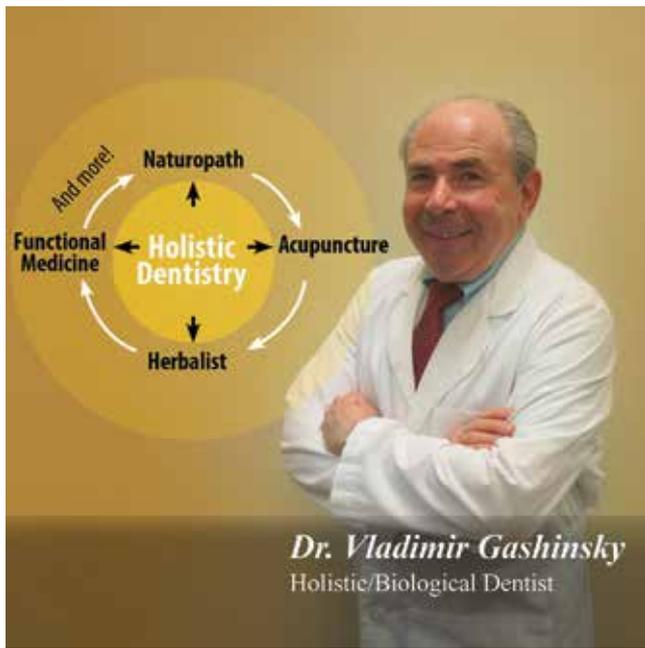
Healthy Alternatives to  
Your Morning Cup of Java

Self-Care by reHemp

Mercury, Arsenic, Lead  
by Dr. Robin Leder

Zirconia Dental Implants  
Dr. Vladimir Gashinsky





*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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Why do I **keep getting colds and always feel so tired**?

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**letter from publisher:**

**Wishing you all a wonderful 2022.**

2021 has been a challenging year for all of us, but we are heartened by the strength and vibrance of our community. The holidays are a time for us to come together and be grateful for our blessings amid such difficulties.

To kick off the season, we have top the 10 wellness trends for 2022, including the increasing role of genetics, as well as telemedicine, identifying the power of low stress, mindfulness becoming mainstream and mental health getting more attention and being destigmatized. Check out our health alternatives and recipes for a great cup of coffee.

We are also witnessing the evolution and adaptation of cannabis, leading to the creation of a whole new industry. Several local entrepreneurs have ventured into the fray, including Natasha and Karen from Edgewater, launching reHemp. Show your love and support for the local business and make communities stronger, Build and buy local!!!

We want to express how much we value every reader and business partner in the community and wish you the happiest and safest of holiday seasons.

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. Visit us online on Facebook, Instagram and our website, [NaturalAwakeningsNNJ.com](http://NaturalAwakeningsNNJ.com).



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

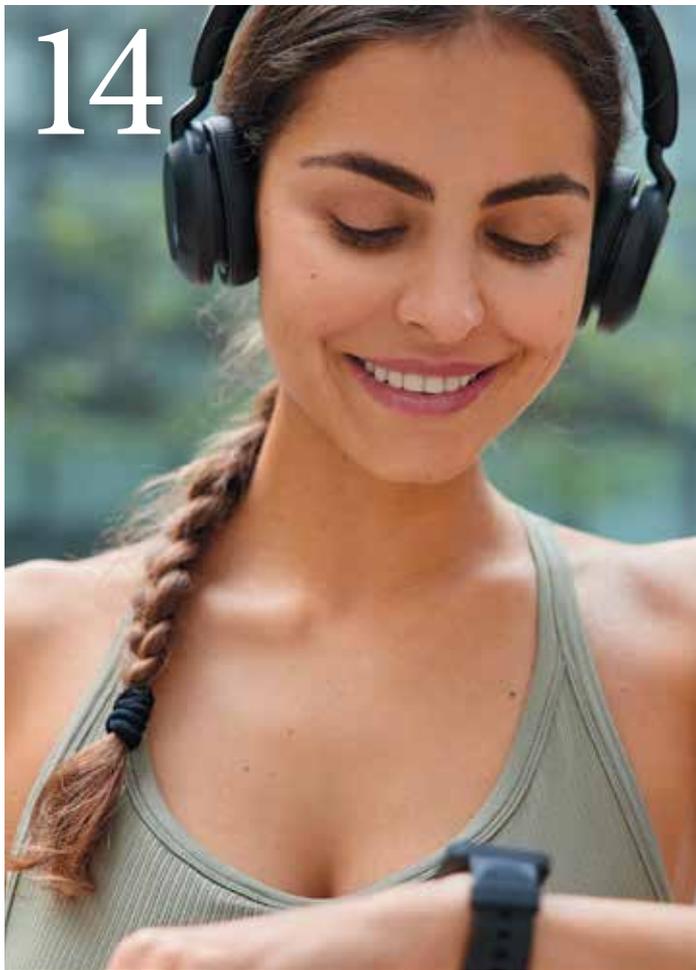
Stay Healthy, Stay Happy!



Anil Singh, Publisher



Natural Awakenings is a family of nearly 50 healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.



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- 21% purchase from our advertisers between 1 and 3 times per month
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- 60% have one or more college degrees
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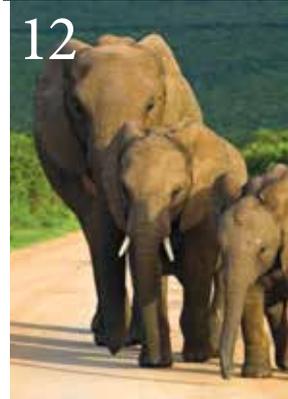
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## Personal Empowerment for a Successful Life

Thalia Alexiou will present an interactive workshop, *Become the Architect of Your Life*, from 9:30 a.m. to 4 p.m., February 5 and 6, at the Black Box



Thalia Alexiou

Performing Arts Center. She states, "You deserve to have the life you desire. It is your birthright!"

Alexiou's insights on ancient Greek and Chinese techniques include how to create the best environment for yourself; how to listen to your intuition and thrive; how to achieve long-term goals with ease; and how to overcome emotional and financial hardships.

*Location: 49 E. Palisade Ave., Englewood. For tickets, visit [thitathalia.com](http://thitathalia.com). For more information, email [TrinityTheatrics@gmail.com](mailto:TrinityTheatrics@gmail.com). See ad, page 20.*

## Chinese New Year Events in Bergen County

Hackensack: Celebrate the Year of the Dog with The Shops at Riverside, located at 390 Hackensack Avenue, from 1 to 3 p.m., February 10, with performances by Choomnoori, a Korean traditional dance group, dressed in beautiful costumes performing traditional Korean dances such as the fan dance and the drum dance.

Paramus: Celebrate the Lunar New Year from 11 a.m. to 1 p.m., February 10, at the Garden State Plaza with the lion dance, live performances, kids' activities and retail Promotions. The first 1,000 guests will receive a red envelope filled with retail offers and prizes including a \$1,000, \$500 and \$250 shopping spree.



## Auriculotherapy Wellness Day Discounts at Haskell Wellness Center

Complete Wellness Within Wellness Center is hosting an Auriculotherapy Wellness Day from noon to 5 p.m., January 5 and 12, in Haskell. Treatments are \$50 (regular \$70) for a limited time. Participants will learn how ear seeds can improve overall health and try them.



Hundreds of points on the ear are believed to correspond with the organs in the body, as well as specific emotional and physical issues. Auriculotherapy can help with issues such as headaches, allergies, weight loss, pain and even hormonal imbalances and many others.

*Location: 1069 Ringwood Ave., Ste. 311A-B, Haskell. For more information or to book an appointment (required), call 973-888-9591, email [Info@CompleteWellnessWithin.com](mailto:Info@CompleteWellnessWithin.com) or visit [CompleteWellnessWithin.com](http://CompleteWellnessWithin.com). See ad, page 9.*

## Become an Access Bars Practitioner in Paramus

The Access Bars (Bars) class from 9 a.m. to 5 p.m., January 22, 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](http://AccessConsciousness.com). See ad, page 20.*

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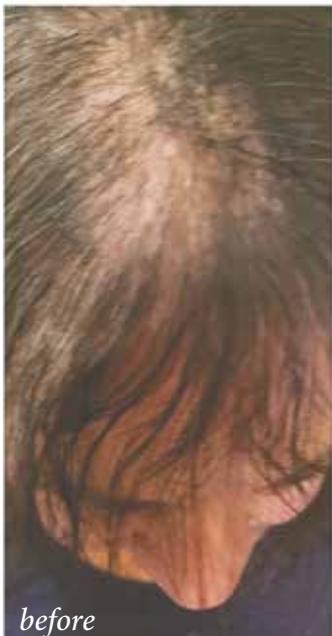
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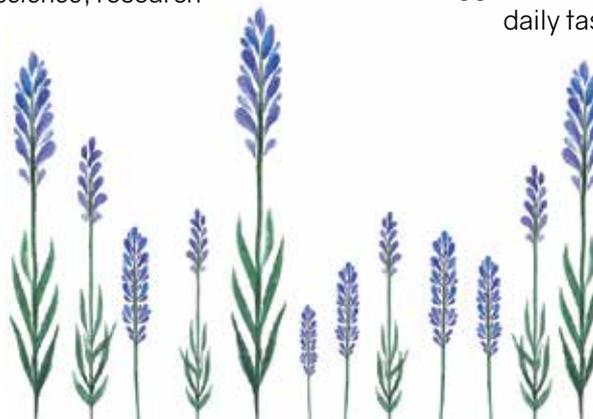
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## Consider Basil to Fend Off Alzheimer's

A natural compound called fenchol, found in basil and other plants, may help to reduce the risk of Alzheimer's disease by preventing toxic proteins from accumulating in the brain, report researchers from the University of South Florida. In a new study published in *Frontiers in Aging Neuroscience*, researchers reported that a sensing mechanism called the FFAR2 receptor on short-chain fatty acids in the gut microbiome reduces neurotoxicity in a brain with Alzheimer's. After screening more than 144,000 natural compounds to find those that activate that receptor, they discovered that the fenchol in basil bound to it the best. Fenchol was also found to clear harmful amyloid protein from the brain much faster than other compounds and to prevent the formation of half-dead, inflammatory "zombie cells" found in deteriorating brains. Future research will focus on whether fenchol is best delivered through basil itself, a nasal application spray or a pill.



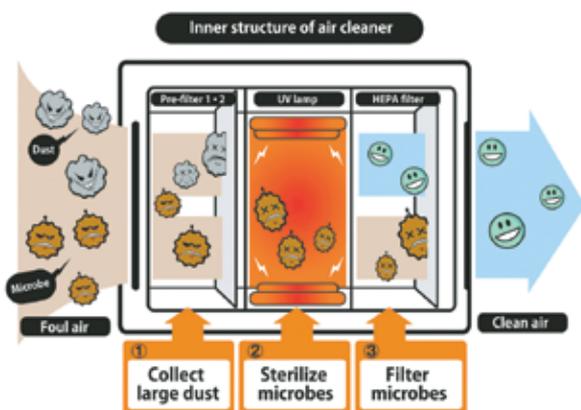
## Try Lavender and Valerian to Ease Heart Fatigue

People with chronic heart failure often struggle with fatigue, making simple daily tasks difficult, but a new

Iranian study suggests that lavender and valerian may help counter this symptom. Researchers divided 120 patients with heart failure into three groups that were given either a 530-milligram valerian root capsule,

lavender aromatherapy or routine care. In a two-week period, people taking either of the herbal therapies reported significantly less fatigue than the control group.

## Use UV Rays and HEPA Filters to Kill COVID-19 Virus

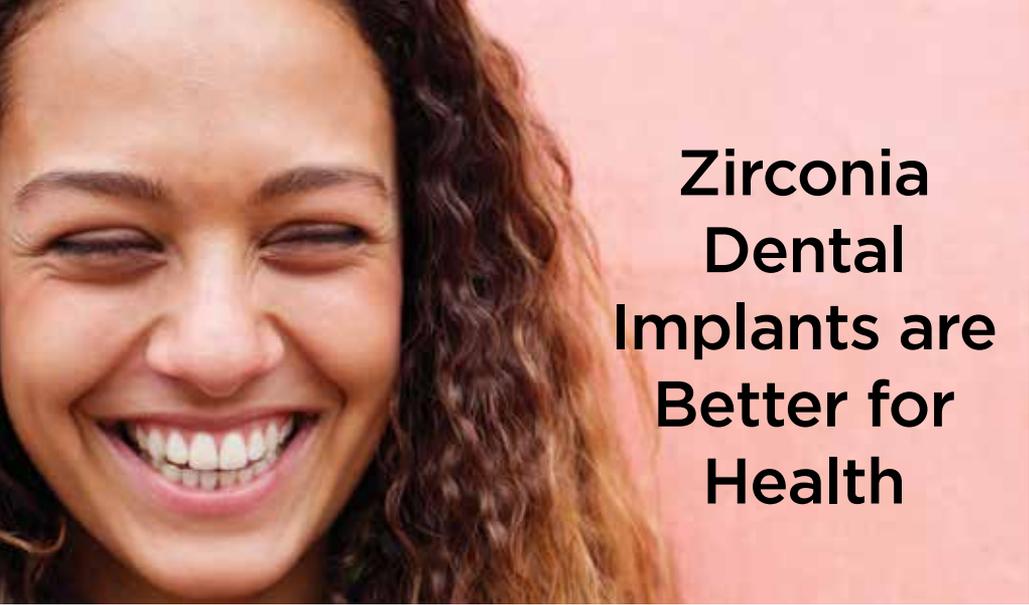


Ultraviolet (UV) light in various forms has been used widely in the last century to disinfect water, air and surfaces, but its use in public spaces is increasingly common since the COVID-19 pandemic. In a new study published in *Applied and Environmental Microbiology*, University of Colorado researchers report finding the sweet spot in the UV spectrum that is both extremely effective at killing the virus and also safer for human exposure, allowing airports and entertainment venues to disinfect even when people are

present. The researchers found that while the virus was quite susceptible to UV light in general, a specific wavelength of far-ultraviolet C at 222 nanometers was particularly effective, while remaining safe for human skin and eyes. The highest disinfection rate was from krypton chloride (KrCl) excimers, a low-pressure, mercury-vapor lamp.

"Of almost every pathogen we have ever studied, this virus is one of the easiest, by far, to kill with UV light," says senior author Karl Linden, professor of environmental engineering.

Also, researchers at the United Kingdom's Addenbrooke Hospital, in Cambridge, studied the use of portable high-energy particulate air (HEPA) filters in crowded COVID-19 wards. They found that the relatively inexpensive machines effectively removed COVID-19 particles from the air—the first such evidence in a real-world setting. Researchers noted the HEPA filters also removed detectable amounts of other pathogens that cause infections in hospitals, such as *Staphylococcus aureus*, *Escherichia coli* and *Streptococcus pyogenes*—a surprising finding because these pathogens are not typically considered to be airborne.



# Zirconia Dental Implants are Better for Health

It has been documented that as far back as 4,000 years ago, civilizations attempted to place dental implants to replace missing teeth. In China, they carved bamboo pegs which were actually fixed onto the bone in the mouth. About 2,000 years later, the Egyptians attempted a similar practice of carving precious metals and pegging them onto the jaw. The first recorded case of a metal implant was found in an Egyptian king from 1000 B.C. Archeologists have also found skulls with artificial and transplanted teeth made from ivory or jade.

Advances in technology and materials have improved substantially, and it is easier to replace missing teeth with a non-metallic alternative. Research has found that metal sensitivities are on the rise, but many individuals don't realize they may have a sensitivity until it's too late. Because of this,

scientists began to look for healthier alternatives to dental metal. There are many studies that reveal that metal in the mouth can pose serious risks and lead to health issues that are not easily treated.

Ceramic zirconia dental implants were introduced because of their outstanding aesthetic properties. The non-metallic zirconia is white and much more natural-looking, closely mimicking the natural color of the jawbone and teeth, unlike titanium metal, which is noticeably gray on the gumline.

The latest research shows aesthetic quality is not the most important characteristic of this material. Due to their non-corrosive and non-allergic properties, zirconia dental implants may actually be safer and more beneficial to the patient than any other dental material.

Another important benefit is that the

metal-free zirconia dental implant is resistant to chemical corrosion and will not conduct electricity or heat. It will never trigger chemical reactions, travel to other sites in the body or interfere with the maintenance of optimal oral health.

Unlike titanium metal implants, the fact that zirconia does not conduct an electrical charge is a big benefit. Growth of bacteria on the surface of a zirconia implant is far less likely to adhere to them due to its nonconductivity, thus creating an oral environment that promotes much healthier gums.

Designed to withstand significant force, zirconia implants mimic the best of nature with a variety of tooth-like contours and inert makeup. Zirconia is well-known for its durability and inflexibility under pressure—an excellent combination for dental restorations and comprehensive, long-term effectiveness. Overall, zirconia dental implant patients experience a shorter implantation process along with a significant increase in comfort and function afterward, due to its compatibility with the body and its strength.



*The Holistic Dental Center of New Jersey, in Millburn, is mercury-free and metal-free. Vladimir Gashinsky, DDS, has been in private practice for more than 20 years. For appointments and more information, call 973-457-4244 or visit [HolisticDentalCenterNJ.com](http://HolisticDentalCenterNJ.com). See ads, pages 2 and 21.*

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# Conquering the Diet Myth

by Doug Pucci



Overcoming false beliefs about food, dieting and health, and taking personal inventory about why it matters, can yield lasting weight loss results. Almost everyone has tried a “diet plan” which either is unsustainable (often unsafe), or yields only temporary results. Instead, let’s shift the focus to what can be done to start getting healthier. Flip the internal dialogue to, “I don’t lose weight to get healthy, I get healthy to lose weight!” A first step is to gain clarity about the why of weight loss, such as having more energy, gaining more confidence, lowering the risk of disease where weight is a contributor or healing our gut from toxins, which makes for a stronger commitment to reaching weight-loss goals.

### Three Myths About Weight Loss

Beyond that is what I call the outdated traditional weight loss mindset. This mindset involves 3 competing false beliefs about weight loss that I believe are hold us back from the desired health transformation:

**Myth No. 1** - I have to lose weight first, and after that I will feel better about myself, and then I will work on getting healthy. Fact - Many factors, including our toxic body bur-

den, hormones, inflammation and inability to detoxify actually cause our bodies to hold onto weight; without addressing these, our bodies cannot release the weight.

**Myth No. 2** - We have to spend a lot of time counting calories and restricting our food choices, or we can take a miracle supplement and have a quick, easy surgery. Fact - A low-calorie food is not necessarily a healthy food, and even weight-loss surgery still requires healthy habits and a healing mindset; plus, fad cures are not lasting.

**Myth No. 3** - Above all else, I have to eat low-fat and avoid cholesterol, because it is bad for me. Fact - Neither fat nor cholesterol is bad; in fact, cholesterol is a “molecule of life” that is necessary for brain function, cellular health and adequate hormone production. Plus, low-fat has led to high blood sugar and lack of glucose control.

There are many myths about food, fad diets and dietary strategies that we must focus on the facts instead of becoming paralyzed about what to put in our mouths or on the table. Start with how a lack of glucose control has indeed caused hormones (and metabolism) to run amok. It’s well-known

that everything we consume falls into three main food categories:

**Proteins** – Proteins, called amino acids, are converted into the fundamental building blocks our bodies need to build and repair tissue. Choose non-inflammatory protein and introduce it at each meal for building or retaining muscle mass.

**Fats** – Eating healthy fats is the body’s best source of sustained energy, and eating them correctly does not produce fat. Instead, fat is often a result of “excess energy”, where the carbohydrate load is either too high or such that it triggers a hormonal stress response.

**Carbohydrates** – Carbs are the cheapest source of energy that most quickly converts to fuel; while that can be helpful for fueling a workout, it also helps us to pack on the pounds. Include good (complex) carbs and replace simple carbohydrates with healthy fats to feel fuller.

Regarding food, take personal inventory and introduce those foods that produce long-lasting metabolic energy. At the same time, take out and remove those that trigger a negative response regarding blood sugar and hormones. A functional medicine doctor that understands metabolism can support weight loss and a return to health with proper testing and essential nutrients.



To view a free, three-minute blood sugar quiz, visit [DrPucciBloodSugarQuiz.com](http://DrPucciBloodSugarQuiz.com). To learn about Dr. Doug Pucci’s Root Cause Solution to chronic health concerns, call 201-261-5430 or register at [GetWell-Now.com/webinar](http://GetWell-Now.com/webinar).

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# Mercury, Arsenic, and Lead – OH MY!!

It was only a few years ago that the country learned with horror about a city an American city that was forced to find their clean drinking water in plastic bottles distributed by compassionate beverage manufacturers. That city was Flint, Michigan.

Many other cities, other states likely thought: “Oh my goodness, that’s awful. But surely, it can’t happen here.” However in short order, it did happen, right here in Newark, New Jersey, only 17.5 miles from the capital of Bergen County, right here “in our own backyard”, so to speak. People were told by government officials that if they wanted clean water, they needed to, “Come and get it!”

If any of you are by some crazy chance thinking that our own drinking water is not still full of toxic metals, dream on. This threat to your health and to the health of your family may be out of sight, and you may have put it out of your mind. Unfortunately, that will not take it “out of body” – your body, to be precise.

Toxic metals of all varieties abound in our water supplies and in the foods we eat. Government regulation to protect us is quite modest, at best. Left unchecked, even in a situation far less acute than in Flint or Newark, these metals can build up in our bodies over time, based both on our exposure and on our own uniquely individual ability to



detract. Whatever is not detoxified readily in a given day and excreted via the urine or the stool ends up getting stored in the body’s fatty tissues, predominantly, but not limited to, the nervous system and the skin.

It would take another full article or more to review all of the many ways that heavy metals such as lead, mercury and arsenic (among others) can potentially ravage your health over time. An abbreviated list would include deleterious effects on the nervous system, the immune system (leading to autoimmune conditions), the GI tract (common), the endocrine glands and the parts of the brain that control them, and the reproductive system. If this were not enough, they are also potent carcinogens. All in all, it is surely not a very pretty picture.

Very few folks are aware that these under-the-radar killer toxins can be detected by easy, inexpensive testing. The Home Depot

has traditionally offered a free at-home test for your water. And a urine collection lab kit ordered for you by a physician can readily identify the heavy metal load or “burden” in your body. Whether as a way to understand any medical symptoms you may currently be experiencing or as a way to unearth hidden threats to your long-term health, there is no excuse NOT to test and find out what heavy metals are buried inside your body.

The best news is that these metals can effectively be removed by the treatment process known as “chelation therapy” which can be provided at the offices of all medical doctors trained in this process. It is safe, painless, it works, and it can change your current health and protect your body’s total health going forward. With this opportunity to correct any toxic metal problems so fully available, it only makes good sense to act at your very earliest convenience to find out (to paraphrase the Capital One commercial): “What’s in YOUR body?”



*Robin Ellen Leder, M.D. was mentored by Robert Atkins, M.D. of the “The Atkins Diet” fame, and has been practicing integrative/alternative medicine*

*for over 30 years at her own office, A Better Alternative Medical Center, in Hackensack, NJ. See ad, page 3.*

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## Never Forget

### Tuskless Elephants Adapting to Poaching Scourge

Approximately 90 percent of the elephants in the present-day Gorongosa National Park, called one of the “last wild places” by *National Geographic*, were poached for ivory to finance the civil war in Mozambique from 1977 to 1992. Before the conflict, less than one-fifth of females were born without tusks. Now the number is closer to 50 percent. A study published in *Science Friday* reveals “smoking-gun evidence for genetic changes,” according to University of Victoria (Canada) conservation scientist Chris Darimont. He believes the study helps us understand how humans can have a major influence on evolution.



peter beits/AdobeStock.com

The same phenomenon has also been observed in Uganda, Tanzania and Kenya after periods of intense poaching. Although female and male elephants can be born with tusks, tusklessness occurs at around 2 percent in a well-protected population. Study co-author and Princeton evolutionary biologist Robert Pringle thinks the changes are reversible as the population recovers, saying, “There’s such a blizzard of depressing news about biodiversity and humans in the environment, and I think it’s important to emphasize that there are some bright spots in that picture.”

## Cloudy Skies

### It’s Not the Heat, It’s the Humidity

For more than 20 years, a large part of the tropical North Atlantic Ocean has been warmer than usual, causing more moisture to evaporate and fueling strong

hurricanes. The amount of vapor in the atmosphere has increased about 4 percent since the 1990s, and a wetter atmosphere provides extra energy and moisture for storms of all kinds. According to data from the *Bulletin of the American Meteorological Society*, midlatitude storms are feeding on the atmosphere’s extra vapor too, creating more precipitation. Although carbon dioxide is the more recognized problem, water vapor is a more impactful greenhouse gas by far because it absorbs a greater amount of the infrared energy radiated off the planet’s surface than other greenhouse gases, thus trapping more heat.

A doubling of atmospheric carbon dioxide concentrations alone would warm the globe approximately one degree Celsius, but feedback loops make the temperature rise twice as much. Even though disappearing sea ice may be dramatic, the extra vapor causes evaporation, which traps heat and creates even more warming, representing the strongest feedback loop in the climate system. We can reduce the effect indirectly by reducing the warming caused by emissions of carbon dioxide and methane, as well as propagating trees that absorb carbon from the air.



## Regulation Needed

### Plastic is the New Coal

A new report from the advocacy group Beyond Plastics has found that emissions from the plastic industry may be greater than those from coal-fired power plants by 2029. Founder Judith Enck, a former U.S. Environmental Protection Agency regional administrator, says, “Plastic is intimately connected to the climate crisis. Plastic is the new coal.” The report details ways plastic contributes to global warming, beginning with its manu-

facture as petroleum products. Some of the issues are related to fracking, pipelines, toxic chemical byproducts, carcinogenic smoke, atmospheric hydrofluorocarbons and waste disposal on land and sea.

The Beyond Plastics report estimates that U.S. production of plastic in 2020 caused about 210 million metric tons of greenhouse gas emissions, or the equivalent of 116 medium-sized, coal-fired power plants. Aarthi Ananthanarayanan, senior fellow at the Ocean Conservancy Plastics Initiative, says the report highlights the need for policymakers to better regulate petrochemical producers, saying, “We have to start considering plastics as part of the fossil fuel industry.”

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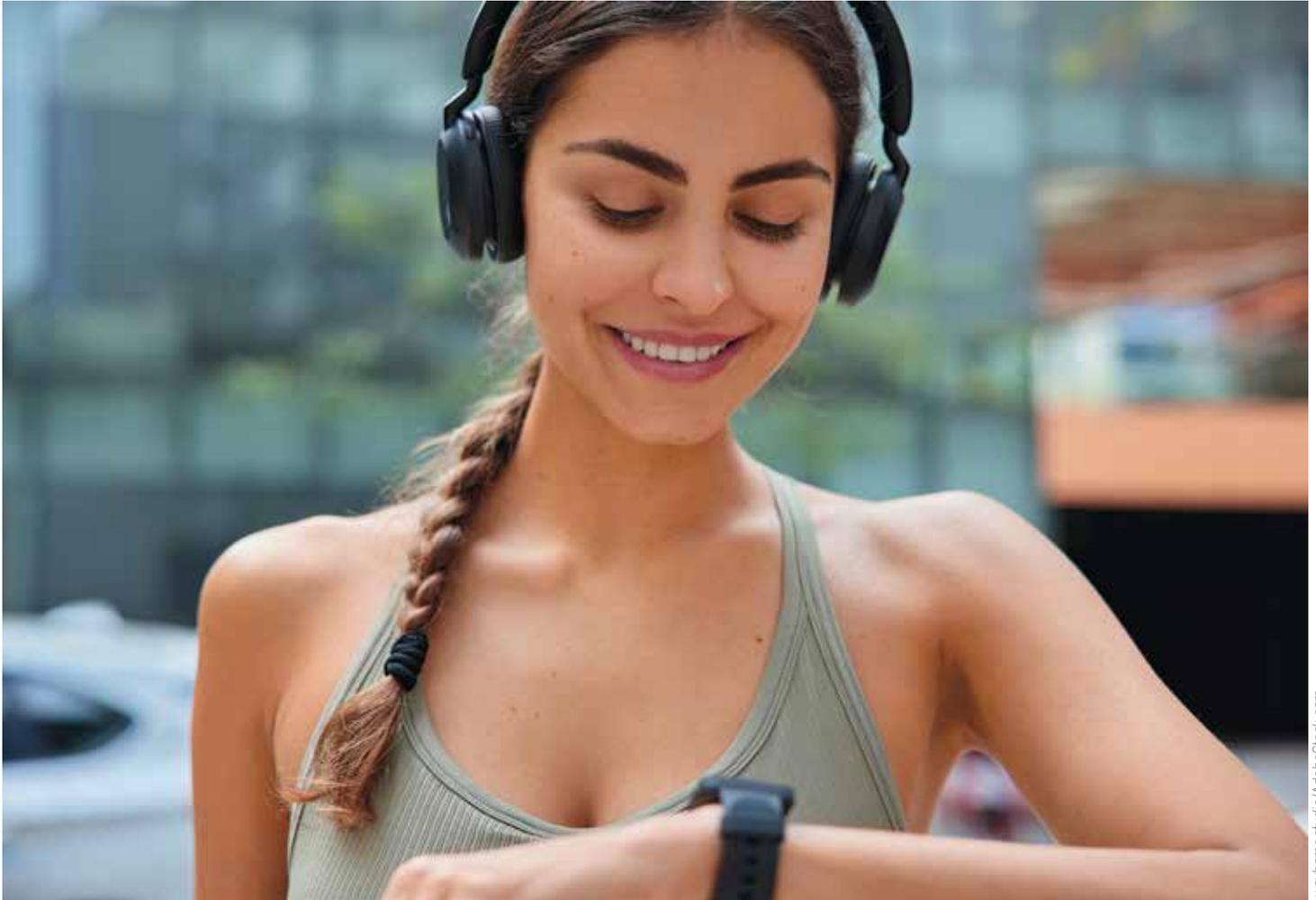
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# Health in the New Year

## 10 Top Wellness Trends for 2022

by Sandra Yeyati



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Every new year marks the convergence of endings and beginnings—an opportunity to assess where we’ve been and anticipate where we’re going. As this dynamic relates to our health, this year promises an intensification in the development and adoption of several trends that have been years in the making.

### Plant-Based Foods Take Center Stage

The consensus among researchers is that filling our plates with colorful vegetables and fruits improves health and reduces our risk of developing a number of chronic degenerative diseases. “This approach, along with eating less meat and avoiding sugar, is wonderful to control blood sugar, lower uric acid and nurture your microbiome, which is fundamentally important to reduce inflammation, increase your body’s production of antioxidants and vitamins and help

maintain the integrity of the gut lining so that you don’t get leaky gut and, therefore, inflammation,” says board-certified neurologist David Perlmutter, author of *Grain Brain* and four other *New York Times* bestsellers.

Awareness of the devastating effects of industrialized meat production is also accelerating. “Avoiding animal products is probably the first and most important ethical choice one can make,” says Princeton University bioethics professor Peter Singer, author of the seminal *Animal Liberation*. “That’s going to dramatically lower your carbon footprint. You will no longer be complicit in the suffering of tens of billions of factory-farmed animals, and you won’t be contributing to the increasing risks of viruses being bred in factory farms.”

According to market analysis firm CB Insights, “As COVID-19 spread across the globe, shifting consumer behavior and virus

outbreaks in factories has dealt major blows to the meat supply chain, with the beef industry alone facing an estimated \$13.6 billion in losses.” Several U.S. meat processing plants were forced to close their doors.

In response, a growing inventory of plant-based alternative proteins is emerging, offering new products that seek to mimic the experience of eating a juicy hamburger (Beyond Meat and Impossible Foods) or crispy chicken nugget (Simulate). Banza makes high-protein pasta from chickpeas. Retail sales of plant-based meals in the U.S. have grown by 25.5 percent over the past two years, and other manufacturers joining the field are Plantible Foods, Rebellious Foods, Livekindly and InnovoPro. A recent survey found that 36 percent of consumers intend to increase their consumption of alternative protein sources in the near future.

Perlmutter cautions, “Just because they’re plant-based doesn’t give them full sanction. They may contain unfermented soy, which may not be non-GMO or organic, and per an article in the *New York Times*, their carbon footprint may be a lot higher in production of these products than we have been led to believe. Do a little research on these manufactured foods and go for plant-based options that aren’t processed. Shop the periphery of the grocery store.”

## Telemedicine Will Continue After the Pandemic

According to management consultants McKinsey and Company, when COVID-19 began, the level of telemedicine increased in America 78-fold, peaking in April 2020. Although it has been declining since then, the use of telemedicine is still at a 38-fold increase compared to pre-pandemic times. “While it has leveled off, we are going to see persisting use of telemedicine in situations that involve basic communication with a patient,” says Perlmutter, citing compelling attributes such as cost savings, convenience and a lower carbon footprint because people don’t have to commute to a doctor’s office.

## Wearable Devices and Home Testing Empower Patients

Perlmutter also anticipates an amplification of the use of wearable devices and home testing to provide biometric data that informs people about their health status and inspires them to modify lifestyle choices. The Oura Ring records the time it takes to get to sleep, how many times the wearer awakens during the night and how much time they spend in REM and deep sleep. This information enables people to modify day-to-day activities to improve the quality and quantity of sleep.

Apple Watch aficionados are increasingly relying on the device’s biofeedback features, including its newest metric, blood oxygenation, while diabetics and non-diabetics alike employ continuous glucose monitoring systems to pinpoint how lifestyle choices like food, exercise and sleep affect blood sugar levels. “That is not only trending now, but will increase quite dramatically as consumers push to learn more about themselves,” Perlmutter predicts. “No longer is

“Core concepts like being present in the moment or taking in the other person in an empathetic way are rippling out into so many aspects of life.”

—Leslie Davenport

this information going to be siloed in the doctor’s office. People are becoming more and more empowered to learn this data about themselves and act on it.”

## Learning to Improve Genetic Expression

“Our evolving understanding of epigenetics—how we can change our gene expression—is bringing more people on board to the idea that our lifestyle choices matter,” Perlmutter says. “When I went to medical school, we thought our DNA was locked in a glass case and that it would determine everything about us. Nowadays, we know that the expression of more than 70 percent of our DNA that codes for health and longevity is under our control and influenced by our lifestyle choices. The food we eat, whether or not we slept well last night, the stress in our lives, whether or not we spent time in nature—all of these things, moment-to-moment, change our gene expression. Holy Toledo! We now know that certain lifestyle choices are good for you because they favorably change gene expression. They teach it in med school now. It’s a breathtaking reality.”

## Harnessing the Power of Low-Level Stress

Life hackers and high-performance junkies are looking to leverage something called hormesis, which involves introducing low-level stress to the body for a positive outcome, so that when the body repairs itself from that condition, it doesn’t just repair back to the previous level, but to a new one with an advantage. This includes exposing the body to a hot sauna or cold exposure through cryotherapy, as well as intermittent fasting or time-restricted eating.

“People are starting to see how good things happen when we engage in things that push us in places that are perhaps a little bit uncomfortable, activating mechanisms that help with metabolic health, immunity, cognitive function and even the growth of new brain cells,” Perlmutter explains.

## Mental Health Destigmatized

When U.S. gymnast Simone Biles dropped out of the 2021 Summer Olympic Games citing mental health challenges, she created an opening for other people to speak up. If a world champion could reveal her vulnerability on the global stage when the stakes were so high, certainly so could they. Her compelling story is emblematic of an emerging trend: Mental health is gradually becoming destigmatized.

“It’s becoming acceptable to talk about our feelings and ask for help, and this trend is shattering unhealthy cultural myths, like the erroneous assumption that if we talk about our emotions we’re going to fall into a pit of despair and sadness,” says Licensed Integrative Psychotherapist Leslie Davenport, the author of *Emotional Resiliency in the Era of Climate Change*. “There’s a boldness among younger generations that are challenging the status quo and demanding to be accepted as they are. Tucking away anything that might not be socially acceptable is a part of the past. Kids want their families and adults to accept and love them exactly as they are.” On Twitter,

Instagram and Facebook, #itsoknottobeok is a popular hashtag.

Mental health surveys show that eco-anxiety in particular is prevalent among the young. Late last year, scientists at the University of Bath, in England, interviewed 10,000 youth between the ages of 16 and 25 across 10 continents. In the U.S., 68 percent said that the future was frightening. Almost half

admitted that they had distressing feelings related to climate change on a daily basis, 42 percent believed that the things they valued most would be destroyed and 35 percent feared that their family security would be threatened.

### A Surge in Coaching

According to Davenport, “In addition to

therapy becoming more acceptable, I’ve seen coaching become more common as another option in which people don’t have to examine their past and can instead look forward. A coach can help them make sense of their life, set goals and hold them accountable.”

### Mindfulness Becomes Ubiquitous

In a few decades, mindfulness practices have catapulted from Buddhist monasteries to corporate boardrooms and have become a billion-dollar industry in the U.S. with an 11 percent annual growth rate. “Mindfulness has been emerging for a while, but at this point, it’s a household word,” Davenport says. “People are talking about mindful eating or mindful conversations. Core concepts like being present in the moment or taking in the other person in an empathetic way are rippling out into so many aspects of life.”

### Therapy and Meditation Apps Abound

Redefining the conventional, in-person therapy session that is 50 minutes in a quiet room, therapy apps allow people to have short phone calls, video chats or text exchanges with a therapist for a low monthly fee. Notable therapy apps include *BetterHelp.com*, *OnlineTherapy.com*, *BrightSide.com* and *Calmerry.com*. For meditation, *Calm.com*, *InsightTimer.com* and *HeadSpace.com* are dominating the field.

### Virtual Experiences Are Here to Stay

Many people that were devastated by isolation and loneliness during the pandemic sought social engagement via streaming and app-enabled webinars, exercise routines or art classes. Suddenly, virtual conferences attracted participants from all over the world. Davenport relishes the fact that she was able to take tap dancing classes from a renowned New York City teacher, even though she lives in Washington State. “In a surprising silver lining, we’ve come to appreciate the convenience of these virtual experiences, which we likely wouldn’t have attended in person before the pandemic.”

*Sandra Yeyati is a professional writer and editor. Reach her at SandraYeyati@gmail.com.*

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## 11Eleven Makes Spiritual Connections with a New Generation

11Eleven crystal healing boutique and studio has had an unexpected increase in clientele of young teenagers and college students. Owner and reiki master Renee Jensen says, “The life has come to full circle at 11Eleven; it started with adults in the hope that they can teach their kids. It was a realization to understand that teenagers and young adults have same issue and concerns, which are mostly brushed aside by parents, friends etc. They are in a critical phase of their lives, and it is important to channelize their energies.”

She thinks the key to success and acceptance in the younger generation is to present spiritualism in tangible form, close and relevant to them. “Real-life examples and a cautious explanation of the disciplined approach to energy and spiritualism. There is no hot girlfriend or boyfriend crystal, but there are crystals that align with you and remind you to project right you (i.e. positive energy), which will align you with right partner.”

Ali Haci, a talented young Reiki I certi-



Ali Haci

fied intuitive who can read cards as a support system to help people connect to the things they already know, works primarily with the 18 to 25 age group. “He is pretty amazingly savvy with his crystal knowledge and practices a lot of what he knows and is learning in his own life! He came to store one day with his friends and soon he became part of 11Eleven,”

explains Jensen.

11Eleven evolved and soon became center for younger generation to understand their energies, ego and develop intuitive balance. 11Eleven programs help them to become calmer and disciplined; not to react to the voice of ego, but invoke a higher self after evaluating all options and choosing better alternative.

Jensen notes, “Haci has realized that self love and respect is the best for younger generation. It makes them independent

and helps to find themselves instead of by the stereotype and models of the society. He teaches positive affirmations and share them with his friends to do right things for themselves without getting lost in misguided information on the internet, but finding the right balance for themselves through the journey of experience at 11Eleven.”

11Eleven is launching a reiki residency that will feature two student practitioners that have been working with Jensen for

more than two years. They will be working on clients (Level II, the fee is less). She states, “It’s a great program because it gives more accessible options for those who want to try reiki, but may be hesitant or not have it in their budget.”



*The 11 Eleven Healing boutique and studio are located at 14 W. Ridgewood Ave., in Ridgewood. Functional intuitive wellness offices are located at 4 Wilsey Square, Ste. 9. For more information, visit [11ElevenHealing.com](http://11ElevenHealing.com). See ad, page 10.*

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## reHEMP Self-Care Tips for the New Year

by Karen Horan

The waning days of the old year provide us with the rare opportunity to slow down and reflect. Celebrate this necessary pause to breathe more mindfully and recharge so you can welcome the new year with fresh optimism and renewed strength. At reHEMP, our favorite New Year’s ritual is a long, hot, bath with a few drops of our nourishing rejuvenate body oil added to the water.

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thick layer of reHEMP replenish lip balm to your lips. Relax for one-half hour as your skin drinks in vital nourishment and hydration. Use the time to meditate, reflect and give thanks. Visit [re hempit.com](http://re hempit.com) for more self-care tips and suggestions we like to call “Pilates for your face”. This new year, take time for yourself and nurture your skin and mind. Relax, breathe in deeply and glow. You are beautiful!

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# WHOLE-PERSON FITNESS

## Current Trends in Wellness Tools

by Maya Whitman



Insiders agree that the idea of fitness is changing, and this means an exciting wave of trackers and apps that go beyond achieving the ultimate six-pack abs. “So many of us want a nice exterior, but now more than ever, we realize how important it is that the interior match that exterior,” says Dominic Kennedy, a Los Angeles trainer and founder of the Dominic Effect, an app that provides fitness workouts, customized meal plans and mind-body tools like meditation, yoga and affirmations.

The industry of wearable technology has been expanding since the advent of the FitBit Tracker in 2014, and the trend is not slowing down. Current fitness wearables even include rings that offer more detailed biometric data including blood pressure, heart rate, sleep and calories burned. With some smartwatches now priced under \$50, it’s clear why the business marketing firm Grandview Research predicts significant annual growth for such products for the next six years.

### Making it Personal

For this year, fitness and wellness choices will focus more on practical effectiveness within the new normal. “I see that most don’t want to spend hours in the gym. The way life is now, we do things differently: home gyms, home office, home childcare,” notes Kennedy.

The world of fitness is extending beyond the gym, taking inventory of all the aspects that factor into maintaining wellness. “This year, fitness is all about making workouts work for you and your lifestyle. Whether it be wearable technology, customized online personal training apps or mindset workouts that work on getting your mind in

fotohelmi/AdobeStock.com

gear, 2022 has me excited,” says Stephanie Mansour, a Chicago-based fitness coach and host of the national PBS fitness and wellness show *Step it Up with Steph*. “I think we’re going to be focusing on habits and other areas of life like food, sleep and mindset that contribute to the effectiveness of workouts.”

She also foresees people picking up inspiration from hardcore fitness devotees that share more of their personal daily habits such as journaling, affirmations and how they stay committed to investing in health.

Bringing a water bottle to a yoga class or slipping on activewear is becoming digitalized, making it easier to target overall health. Staying hydrated based on individual needs is effortless using a Thermos app-connected hydration bottle with a smart lid that tracks daily intake. Mansour’s favorite fitness ally is clothing inlaid with resistance bands. “You can actually get in a workout while doing everyday activities with this resistance apparel. I love how resistance bands are built into these

pants so my daily walk, yoga session or washing dishes and doing laundry turns into a workout because my muscles engage and work harder,” she says.

## More Support, Less Pressure

Kennedy sees a sense of community taking root since the start of pandemic, especially via online forums and groups centered on health and fitness. “We spend so much time on the internet and social media, and during the pandemic, it was a huge outreach that will continue to grow since you can do it right from your computer or phone.”

New Jersey-based fitness trainer Nadia Murdock sees a trend of prioritizing ourselves without all-too-common feelings of guilt. The founder of Core Program, designed to help entrepreneurial mothers take charge of their health and fitness, she warns about the possible trigger effect of digital trackers that use pop-up screens or reminders about daily steps. “I would suggest asking yourself why you want to use a tracker.

Once you have identified the reason, you can now seek out alternative options that may cause less pressure,” she says. To stay accountable without mental anguish, she suggests using a multisport watch that offers the perk of real-time audio coaching.

Kennedy concurs, saying, “The point is not to cause any more anxiety and to create a safe space. We should not be obsessing about weight and putting ourselves down, but finding a space that will lift our spirits.”

Despite the benefits of the latest technology and extras, Mansour reminds us to adhere to “tried and true methodologies like regular workouts that you enjoy, eating nutritious foods and taking care of your mental health through meditation, stress-reduction techniques and getting adequate sleep.”

*Maya Whitman writes about natural health and living a more beautiful life. Connect at Ekstasis28@gmail.com.*



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# Erasing Past Trauma

by Anne Deatly

**T**rauma remains in our energy body far beyond the occurrence of the event. The trauma energy holds us back, so we don't express who we really are or move forward toward what we really want in life. This traumatic energy can result in self-hatred, disrespect, self-diminishment and even suicide.

We cannot talk ourselves out of the stuck trauma energy—we have to release it. One place energy practitioners look for trauma energy is in the chakra layers. There are seven major embodied chakras (root, sacral, solar plexus, heart, throat, third eye and

crown). These chakras each have seven layers that represent different stages of life. The chakras store all our significant memories, and unresolved emotional issues become stuck if the trauma energy is not resolved or released during that stage of life.

A chakra-clearing process can significantly change people's lives by reducing panic, wresting control from the subconscious mind, improving confidence and reinforcing leadership skills. This clearing process may also lead to a new dimension of understanding about our mission in life.

People traumatized at very young ages

have been asking for help because their chakra systems are not functioning well. The first two layers of each chakra contain the energy or memories of recent events too recent to be referred to as stuck emotional issues. Layers three through seven contain earlier memories, and if there is an unresolved emotional issue, it is stuck. The good news is that emotional issues can be released energetically long after the traumatic event.

One thing to consider is that if the serious trauma occurred early in life, it continues from that time until the present. At a young age, we don't have the skills to resolve emotional issues, but even in older traumatized individuals, a ripple effect of unresolved emotional issues may persist throughout their lives.



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

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**Nancy Barrett, Certified Holistic Manual Lymphatic Therapist:**

"Every health problem begins in the mouth..." "I am also a patient of Dr. Gashinsky and the reason I go holistic is because I understand that every health problem begins with your mouth..." "I love the staff I love also the cleanings that they do here and I am also very aware of the benefits of going holistic. I really highly recommend Dr. G and his staff!"

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# A Better Morning Jolt

## HEALTHY COFFEE ALTERNATIVES AND HACKS

by April Thompson



Most Americans enjoy a daily dose of coffee, and an increasing body of research indicates it's not a bad habit to have. Meanwhile, a growing number of people are adapting their morning drink rituals to incorporate ingredients ranging from matcha to mushrooms in search of additional health benefits.

"After many years of research, we have concluded that coffee can be a fantastic additive to the diet. Coffee consumption is associated with a decrease in all-cause mortality, risk of cardiovascular death and stroke," says Claudia Hleap, a registered dietitian nutritionist in Philadelphia.

Regular coffee consumption is also correlated with a decreased risk of Type 2 diabetes, potentially due to its naturally containing polyphenols, which are plant compounds with protective antioxidant properties. The caffeine in coffee, as well as in tea and cocoa, can also boost short-term metabolism and brain function.

As with most things in life, moderation is key; overconsumption of coffee can result in insomnia, irritability, gastrointestinal

issues and other short-lived side effects. "Caffeine intake may negatively impact sleep duration and quality, which is essential for optimal health," says Hleap. "Coffee can also serve as a vessel for added sugars and unhealthy fats in the diet if you are adding sweeteners and artificial creamers."

Many java drinkers today are experimenting with healthy alternatives and add-ons to shake up their routine morning pick-me-up. Chicory-based drinks, made from roasted ground chicory root, are a favorite for Lauren O'Connor, a Los Angeles registered dietitian nutritionist and author of *Healthy Cooking for One*. "Chicory is caffeine-free, acid-free and a gut-friendly alternative to coffee," she says. "It also has a robust, roasted taste that can satisfy those who desire more than an herbal tea. Date 'coffee', made from date seed, also has a deep, rich flavor."

Some chicory tea blends also incorporate roasted dandelion root, which has been used by herbalists for centuries to enhance the body's detoxifying functions, particularly of the liver. Golden milk, a traditional Indian beverage associated with Ayurvedic

medicine, is another flavorful alternative with numerous health benefits. Recipes vary, but golden milk is typically prepared by heating milk or a plant-based milk alternative along with turmeric, black pepper, ginger, cinnamon, honey, vanilla and/or cardamom. "These warming spices go above a simple caffeine replacement to provide powerful anti-inflammatory benefits," says Trista Best, a registered dietitian in Dalton, Georgia.

Best also recommends matcha, a traditional Japanese drink made from powdered, young, green tea leaves whisked in water as a coffee alternative with less caffeine and other added benefits. Because the tea leaves are essentially consumed in powder form rather than just steeped in water, matcha contains more catechins, an important antioxidant, than a typical preparation of green tea. "The L-theanine, an amino acid, in matcha is known to improve brain health, which shows itself through improved memory, attention and reaction time," notes Best.

### A Better Bean

Rather than swap out coffee altogether, some java lovers are bettering their beloved beans with healthy add-ons such as powdered mushrooms, ghee and spices. "A healthy addition to coffee can include coconut oil, collagen or butter. These can add some fat and protein content, which will provide more energy while also jumpstarting your metabolism at the beginning of the day," says holistic health coach Virginia Gruhler. Ghee, a clarified butter that originated in ancient India, has been touted as a "keto-friendly" way to help neutralize the acidity of coffee while adding healthy fats and nutrients.

Spices like cinnamon and cardamom have been added to coffee and black tea for centuries in the Middle East and Asia to enhance both flavor and health. Cinnamon, for example, may help lower blood sugar, in addition to having antioxidant, anti-inflammatory and antimicrobial properties.

Mushroom coffee is another popular "coffee-plus" beverage which combines the flavor and energy boost of java with

the benefits of medicinal fungi like turkey tail, lion's mane and chaga, boosting the immune system and potentially warding off serious health conditions like dementia and cancer.

Because caffeine can stay in the bloodstream for up to 10 hours, staying clear of all caffeinated drinks in the later hours

of the day will help ensure a better night's sleep. When a mid-afternoon slump hits, a brisk walk followed by a cup of a flavorful herbal tea like Rooibos or lemongrass can wake up the body and the brain naturally.

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

## Turmeric Golden Milk

### YIELD: 2 MUGS

3 cups organic, natural milk such as oat, almond, coconut, hemp or another

2 tsp ground turmeric powder

½ tsp ground cinnamon

1 Tbsp coconut oil (skip if using a full-fat coconut cream or milk)

¼ tsp ground ginger powder

Dash of black pepper

Maple syrup, agave syrup or honey to taste

Optional, but luxurious and delicious:

Pinch of ground cardamom (about ⅛ tsp or just under)

Dash of vanilla extract or vanilla powder

Pinch of ground nutmeg (about ⅛ tsp or just under)



Gently heat milk of choice in a pot on the stovetop over medium heat. Once it's warm, add the suggested spices, oil and sweetener.

Use a whisk to thoroughly combine all of the ingredients. Depending on the type of milk used, vigorous whisking may create a nice, latte-like "foam". Continue to heat for about five minutes, whisking occasionally. Serve immediately and enjoy it warm.

Golden milk is also delicious cold over ice, although oil is not recommended to use in this case. Store any leftovers in an airtight container in the refrigerator for up to three days. Reheat leftovers on the stovetop (rather than in a microwave) to preserve maximum nutritional value.

Source: Deanna, creator of HomesteadAndChill.com.

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# Nature's Virus Killer

## Copper can stop a cold before it starts

By Doug Cornell

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

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

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

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

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

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

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

"It worked!" he exclaimed. "The

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



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

the same thing, so he patented CopperZap® and put it on the market.

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

Early user Mary Pickrell said, "I can't believe how good my nose feels."

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

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Frequent flier Karen Gauci had been suffering after crowded flights. Though skeptical, she tried copper on travel days for 2 months. "Sixteen flights and

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

He asked relatives and friends to try it. They reported



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

not a sniffle!" she exclaimed.

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

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

A man with trouble breathing through his nose at night tried copper just before bed. "Best sleep I've had in years!" he said.

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

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

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

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

The EPA says copper still works even when tarnished.

CopperZap is made in the U.S. of pure

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*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

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

### EVERY WEDNESDAY

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

### EVERY THURSDAY

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

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

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

### EVERY MONDAYS & FRIDAY

**Delay the Disease** – Parkinson Disease Fitness Training, Group Classes 1:30-2:30pm. Kim, a certified Delay the Disease instructor will teach group classes at Holyname Hospital Fitness center on Moxssndays and Fridays. For more information contact Maxwell Edmiston (201) 262-4626. Address: 514 Kinderkamack Rd. Oradell NJ 07649.

### SATURDAY, JANUARY 15

**Join Lois Kramer-Perez, C.Ht.,** – 10am, Online. Certified Feng Shui Practitioner & Master Teacher, Learn practical easy methods to create your best 2022. The Water Tiger reminds us the value of communication. Water Tiger energy shares his enthusiasm for life, so let's all ride the wave together to receive opportunities that await. The Water Tiger reminds us that 2022 brings us opportunities with emphasis on having experiences. Learn how to make the most of this! All Participants Receive A Bonus Gift! Tickets: <https://bit.ly/CNYTicketsWaterTigerwithLois> Questions? Ask [lois@loiskramer.com](mailto:lois@loiskramer.com)

### SATURDAY, JANUARY 22

**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. Access Consciousness.com.

### FRIDAY, JANUARY 28

**Sound Healing** – 7:30pm – 9pm. Sound Bath Healing Meditation with Jim Angelico. Himalayan and Crystal Bowls, Gong, Chimes and Rattle can contact Jim Angelico at [angeljimbo@aol.com](mailto:angeljimbo@aol.com). Location: The Unitarian Society of Ridgewood, 113 Cottage Place, Ridgewood.

### SATURDAY, JANUARY 29

**Messages From Your Loved Ones** – 6:30pm – 8:30 pm. Join Acclaimed Evidential Medium Anthony Mrocka for An Evening With Spirit. It will be an evening of spirit communication as Anthony will bridge the gap between the two worlds. Venue: Bozza Yoga Littles, 1 Myrtle Avenue, Allendale. For details visit: [www.AnthonyMrocka.com](http://www.AnthonyMrocka.com)

### JANUARY 31, FEBRUARY 1 & 4

**Chinese New Year** – Online. 3 Important Date to Prepare; Jan. 31: Chinese New Year's Eve: What to Do to Prepare; Feb. 1: Lunar New Year Day How to Welcome Prosperity Good Health & Happiness; Feb. 4: "Early Spring" All Bonus Boosters & Energy Stabilizers in place. Tips for Chinese New Year's Eve & Chinese New Year's Day: for a prosperous healthy 2022. Insights into how each of the 12 animals of the Chinese zodiac will fare. \* What you need to become best friends with the Tiger. Learn where to place bonus energy, you'll learn how and which areas in your home and office to boost this year and which areas to quiet down You'll discover how to boost your creativity, prosperity, career and more in 2022. Earlybird Tickets Now Through 1/08/2022! <https://bit.ly/CNYTicketsWaterTigerwithLois> [www.LoisKramerPerez.com](http://www.LoisKramerPerez.com) Zoom Link and Workbook Emailed on January 16, at 8:00am.

### FEBRUARY 5 & 6

**Become Architect of your life with Thalia Alexiou** – 9:30am - 4pm. Everything starts at home. Learn in an interactive 2 day session about ancient Greek and Chinese techniques to create happy home and achieve a happy life. Tickets: [thitathalia.com](http://thitathalia.com). Location: Blackbox PAC, 49 E Pallisade Ave, Englewood, NJ. For questions, contact [trinitytheatrics@gmail.com](mailto:trinitytheatrics@gmail.com).

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## 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](mailto:Publishers@NaturalAwakeningsNJ.com) to request our media kit.

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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 20.*

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