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# natural awakenings

HEALTHY LIVING | HEALTHY PLANET

## Health & Wellness

**Health  
In a Smile**

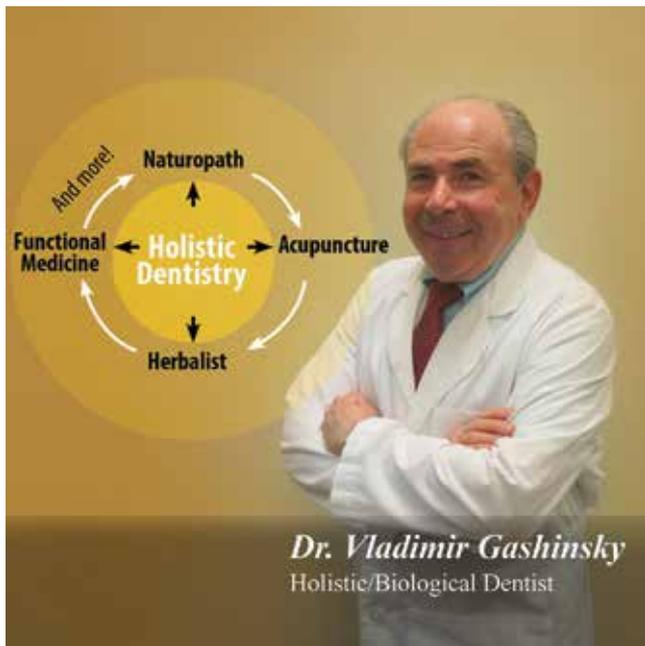
**Healing  
Psoriasis**

**Memory  
Boosters at Any Age**

**Exercise  
Guru at Home**

**Welcoming the Unknown**

2023



*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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5. Stress/Insomnia/Anxiety/Depression
6. Heavy Metal Intoxication (Lead, Mercury)
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8. Blood Sugar Issues/Overweight
9. Avoid/Reduce/Eliminate Medications
10. Arthritis/Autoimmune Disorders

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NaturalAwakeningsMag.com

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Natural Awakenings is printed on recycled newsprint with soy-based ink.

**letter from publisher:**

**Happy New Year and an amazing opportunity for a new you!**

As 2022 comes to a close, we give a warm welcome filled with hope and joy to 2023, and are so grateful to our readers and sponsors for your belief, trust and support of our mission. Reviewing the past year and planning ahead for the coming year presents an opportunity to restart things that we couldn't do before, set new goals and create a new vision for personal and professional growth.

So the big question everyone asks around this time of year is: what 2023 will be like? We want to have crystal ball to see in future and hope to influence it to be even better. But the reality is that the future is in our hands, and we can make it what we want it to be. What you think about, you bring about. If you put all your focus, energy and positive thoughts toward whatever it is you want, you'd be amazed at what opportunities come knocking.

“When you want something, all the Universe conspires in helping you to achieve it.”

~Paulo Coelho's *The Alchemist*

Our January issue has a new look, but is the same source of rich information for everyone about health and wellness from our local community and health care providers. We focus on all-important brain health and its longevity in our feature story, “Brain Power Boosters,” which outlines healthy eating habits, but equally important, mindful practices like meditation and breathing exercises, along with being socially active with friends and family. With the annual outbreak of flu season, refer to the healing benefits of halotherapy in “Salt Therapy for Wintertime Woes.”

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. Find even more great information in our online edition at [NaturalAwakeningsNNJ.com](http://NaturalAwakeningsNNJ.com).

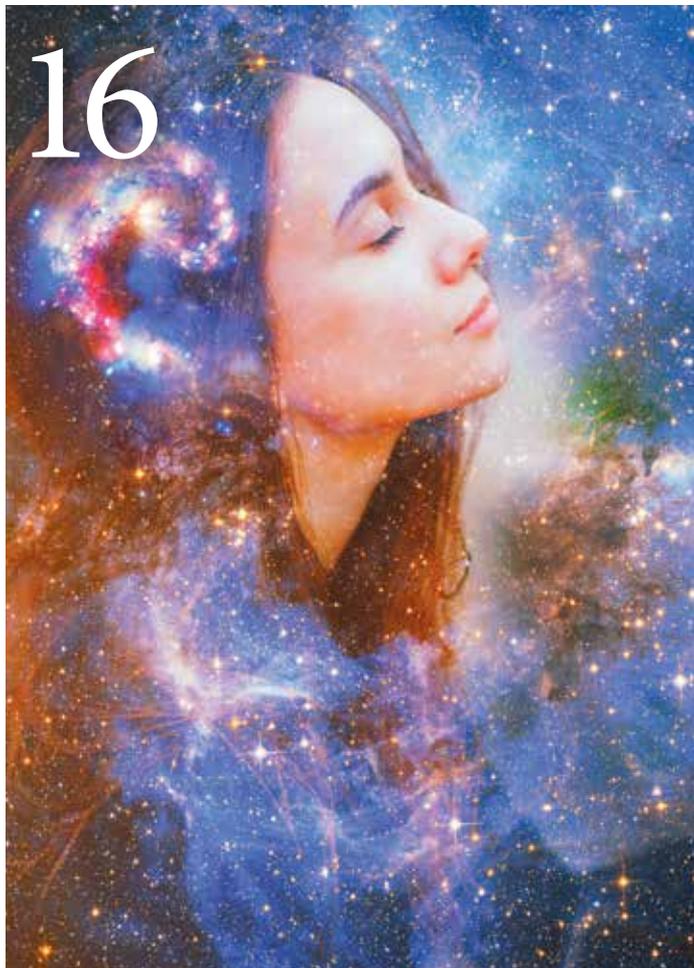
Stay Healthy, Stay Happy!

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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Deadline for ads: the 15th of the month.

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### READERSHIP SURVEY

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

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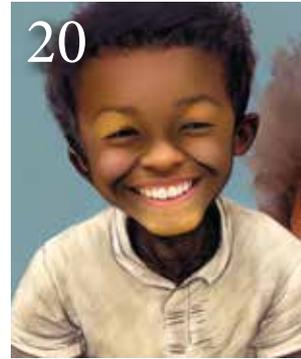
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## Sound Healing Workshops in NY

Debbie Hawker-Misra, a certified teacher with The Sound Healing Academy International, is offering a 3 day Level 1 Foundation Certificate workshop  
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at Balance Arts Studio, Midtown, NYC  
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*Debbie is a certified sound healing practitioner with The Sound Healing Academy. She has over 20 years of experience across many healing modalities and is a trained classical musician and teacher.*

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## news briefs

### Don't Sweat the Small Stuff

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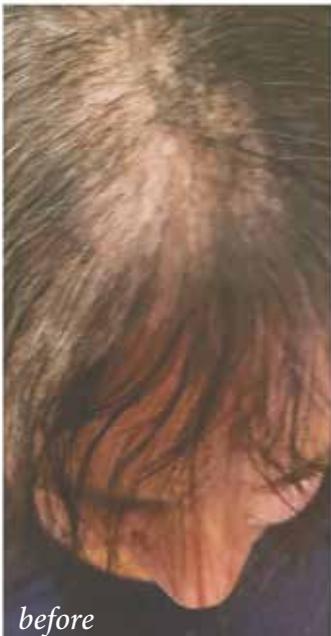
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before



after

## The Hair for Life Center

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

## Avoid Digital Disaster

Organizing Your Digital Life 101 will be offered in six weekly Monday evening sessions online by Let's Get Organized (LGO), beginning January 9 through February 13. This basic class is for anyone that would like to let go of fear, overwhelm and intimidation around organizing their digital life.



Participants will learn how to gain control of their computer, tame their tablet, preserve power over their phone, and manage their inbox, digital files, photos, apps and more in six short, easy and fun sessions. Novices are welcome.



Early bird promo code is LGO23 \$139. Register at [lgoorganized.com/events](http://lgoorganized.com/events).

Gale Gruenberg

## kudos

### Holy Name - The Best Hospitals for Obstetrics and Gynecology in New Jersey

Holy Name has been placed on the list of "The Best Hospitals for Obstetrics & Gynecology in New Jersey" for maternity services by *U.S. News & World Report*, for delivering the highest levels of quality care for mothers and newborns. The ranking was based on patient outcomes, nurse staffing, patient services, surgeries and technology.



More than **1,500 babies** are born every year at the **Holy Name Maternity Child Health Center**, which offers a family-centered approach to care with advanced medical expertise, specialized support classes and newly renovated, state-of-the-art private suites. **Board-certified obstetricians/gynecologists, anesthesiologists, pediatricians, perinatologists and neonatologists are available onsite 24 hours a day, seven days a week.** In addition, they provide extensive educational programs and expanded lactation services from pregnancy through delivery.

For more information, visit [HolyName.org](http://HolyName.org).

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## Multiple Benefits for Early Rising Active Seniors



Older adults that consistently get up early and stay active throughout the day are happier and perform better on cognitive tests than those with irregular activity patterns, according to a new study led by researchers at the University of Pittsburgh. The researchers studied 1,800 adults 65 or older and divided them into four subgroups of activity patterns: earlier rising/robust, shorter activity duration/less modelable, shorter active periods/very weak and later activity offset/very weak. Both groups with weak rhythms had twofold odds of clinically significant depression symptoms and cognitive performance deficits. As we age, disruption in activity patterns may be common. More research is needed into why earlier and robust patterns appear to be protective and whether modifying disrupted patterns improves health outcomes.

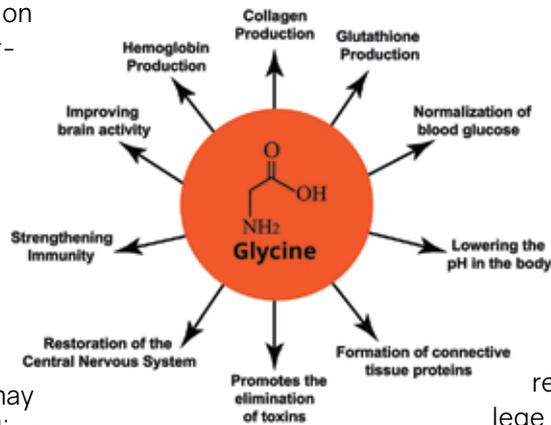
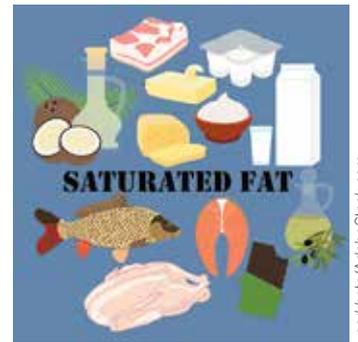
## Two Cups of Tea May Avert Early Death

A few cups of black tea a day might help to avoid an early death, a study published in *Annals of Internal Medicine* suggests. Among nearly half a million adults ranging from 40 to 69 years old, those that consumed two or more cups of tea a day saw a modest, but lower risk for all causes of mortality over a median follow-up of more than 11 years. Participants of the large cohort study, called UK Biobank, self-reported tea intake from 2006 to 2010, while researchers noted mortality from all causes, including cardiovascular disease, ischemic heart disease, stroke and respiratory disease. The researchers concluded that drinking more than two cups of tea per day can be part of a healthy diet.



## A New Look at Saturated Fat

For decades, conventional wisdom has been that consuming saturated fat is a surefire way to sabotage cardiovascular health, clog arteries and advance the path to a heart attack. A new paper published in the *European Journal of Preventive Cardiology* looked at the relationship between consuming saturated fat and the development of cardiovascular disease by conducting a review of articles published between 2010 and 2021 on the subject. The researchers found there is no scientific ground to demonize saturated fat as a cause of cardiovascular disease, and saturated fat naturally occurring in nutrient-dense foods can be safely included in the diet.



## Glycine and NAC May Delay Aging

A new clinical trial by researchers at Baylor College of Medicine, in Houston, found that a combination of N-acetyl cysteine and glycine (GlyNAC) boosted glutathione—often referred to as the body’s master antioxidant—and improved or reversed many signs of aging. Twenty-four older adults and 12 young adults were studied. The older group was randomized to receive either GlyNAC or a placebo for 16 weeks, and the younger adults received GlyNAC for two weeks.

Participants were studied before, after two weeks and after 16 weeks of supplementation to assess glutathione concentrations, oxidative stress, mitochondrial fatty-acid oxidation, molecular regulators of energy metabolism, inflammation, endothelial function, insulin resistance, aging hallmarks, gait speed, muscle strength, walking (via a six-minute test), body composition and blood pressure. Supplementing with GlyNAC in the older adults was found to improve or correct these markers. Researchers concluded that this nutritional supplementation was a safe, well-tolerated and effective method for improving or reversing multiple, age-associated abnormalities to promote health in aging adults.

# Parental Depression May Affect Childhood Development



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According to a new study funded by the Welsh government, children that live with a parent that has depression are more likely to also develop depression and not achieve educational milestones. Information on children born in Wales from 1987 to 2018, as well as their parents, was used in the study.

The researchers found that living with a parent with depression is detrimental to a child's outcome, but having a parent that has had a history of depression, even prior to the birth, increases the risk of depression and lowers the educational attainment of the child. The highest level of childhood depression risk was associated with exposure to a mother that had depression both before and after the birth of the child.

The risk of failing school exams was highest when the child was exposed to either a mother or father (or another stable male figure) with a history of depression, both before and after the child's birth. These results suggest that exposure to a chronically depressed parent(s) is important in determining if the child will develop depression and have trouble with schoolwork.

Other findings included: having no father figure in the child's life resulted in a higher risk of childhood depression and poorer results in school, and having a father with depression was associated with poorer results in school.

Depression is an issue that impacts the entire family, not just an individual. Taking a whole-family approach to addressing mental health will help ensure positive outcomes for both parents and children in the long term.



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# Neural Prolotherapy: Part 2

by Warren Slaten



Neural prolotherapy is ideally suited for nerve pain. One such condition is carpal tunnel syndrome, a pinched nerve at the wrist. In addition to treating the nerve at the wrist, the nerve is treated along its course in the arm and elbow, which frees up the entire nerve, leading to resolution of the carpal tunnel syndrome. Any nerve pain, including a pinched nerve in the neck or back, shingles, trigeminal neuralgia (a painful facial nerve) and cubital tunnel syndrome (pinched nerve at the elbow), responds well to neural prolotherapy.

The nerve and muscle work together. Thus, even a direct muscle injury such as a hamstring tear can be treated with neural prolotherapy. This is because it is an unhealthy nerve that predisposes the muscle

to an injury such as a tear, and the muscle tear also affects the nerve to that muscle, so it is no longer delivering normal signals. By treating the nerve to the hamstrings with 5 percent dextrose, the restored nerve helps the muscle heal faster. A hamstring tear almost always gets better, but it gets better a lot faster with neural prolotherapy.

Similarly, a tendon is part of a muscle that attaches to bone, so by treating the nerves that supply that muscle and tendon, the tendonitis is resolved. Thus neural prolotherapy is a great treatment for tendonitis. Neural prolotherapy also treats joint pain, because the same nerve that supplies a muscle also supplies the joint. By restoring the health of the nerve, the inflammation of the joint is reduced and arthritic pain is relieved.

The treatment is only about 15 years old. It was developed by Dr. John Lyftogt, a sports medicine physician in New Zealand. Looking into the nerve-muscle connection, trying to find a way of restoring nerve health, he tried many different agents including other concentrations of dextrose and finally found that 5 percent was the most effective. There are a number of research studies that have shown its efficacy. Most pain is relieved dramatically at each treatment.

An important aspect of neural prolotherapy is its simplicity and safety. The treatment involves placing the 5 percent dextrose just under the skin adjacent to the nerve. This is why another name for the treatment is perineural injection treatment (PIT). Because the injections are done with very fine, acupuncture-sized needles, there is usually minimal pain with the treatment. Also, the 5 percent dextrose solution is neutralized, which causes much less pain and is more effective. It is very safe because the 5 percent dextrose solution is very well tolerated with no toxicity.



Warren Slaten, M.D., is a pain wellness physician in Ridgewood. For appointments, consultation and more information, call 201-882-1500 or visit

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# Our Brains and Hearts are Affected by Trauma by Anne Deatly



Trauma affects how our brain, heart and sympathetic nervous system function through the stress response. Energy medicine techniques help reverse the effects of trauma on the heart and brain by reducing the effects of stress and emotional imbalance. These techniques also improve the heart-brain connection to reduce the effects of trauma.

There are three main areas of the brain affected by trauma: the amygdala, hippocampus and prefrontal cortex. The amygdala's main functions include emotional control, memory, self-protection, self-preservation and fight-or-flight responses. After a traumatic experience, the amygdala becomes hyperactive to keep the individual safe. This heightened sense of environment and awareness of potential harm is a positive aspect for self-protection. The negative aspects may result in an inability to relax, fall asleep and be at peace.

The hippocampus (part of the limbic brain, along with the amygdala), assists

in memory, emotions and motivation. Trauma victims often have smaller hippocampi than non-traumatized individuals, and this may correlate to elevated levels of stress hormones released during and after traumatic events. The hippocampal cells are likely destroyed by prolonged exposure to high levels of these hormones, so memories and emotional control can be negatively affected.

The prefrontal cortex of the brain performs executive functions such as controlling emotions, making decisions and solving problems. It helps us focus our attention, anticipate events, control impulses and emotions, coordinate and adjust complex behaviors, and plan. The prefrontal cortex forms our personality, goals and values. For individuals that have been traumatized, fear and other emotions are not easy to regulate. Out-of-control fear leads to panic and anxiety, so that even in safe situations, a traumatized individual can be anxious and experience panic attacks because of a perceived threat.

Heart rate variability, the ability of the heart rate to change or adapt to changing situations and events, is also affected by trauma. High heart rate variability indicates the body adjusts easily to life situations and environmental conditions. Access to the parasympathetic mode (or peace) is controlled by the vagus nerve, which regulates the heart's ability to be at peace. Trauma can reduce the ability of the vagus nerve to influence the heart and exhibit high heart rate variability, which can eventually lead to cardiovascular disease.



For more information about Dr. Deatly, call 201-925-1046 or email [Anne.Deatly@gmail.com](mailto:Anne.Deatly@gmail.com). See ad, page 17.

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# New Year-New You

by Lois Kramer-Perez, CHT.

January is the beginning of the new year and a perfect time to begin a “new you”. We may not always be ready with our feet planted on the ground to start running, but we can take a lesson from feng shui and tap into the wisdom of Chinese New Year. It fluctuates depending on the cycles of the lunar calendar, falling somewhere between mid-January to mid-February. This year, the lunar new year is January 22, with plenty of time to get ready to create a 2023 filled with prosperity, good health and happiness.

2023 is the Year of the Water Rabbit, bringing more opportunities for peace, communication, respect and understanding. The water rabbit influence brings potential for solutions and change. Without awareness, action and an open mind, potential is



Lois Kramer-Perez

not realized. Our space, or “living vision board”, is having a conversation with our subconscious all the time, so pause and notice how we are feeling and make this a new habit. Here are a few tips to get started.

- Make a plan. Be realistic and go for it.

- Create fabulous firsts:

What you see is what you become whether you are conscious of it or not.

- Make the first words we think upon awakening each day sweet and positive, filled with love and gratitude to set the daily tone.

- Keep only things that make us feel good. Clear out and de-clutter, making room for new opportunities. Whether a drawer, wallet or closet, every little bit makes room for a little more.

- Clean for a fresh start. Clean windows and mirrors and replace needed lightbulbs. Wash the front door to create a fresh start and attract new opportunities. This is the perfect time to get a new welcome mat.

- A bouquet of live, blooming Fresh Flowers represents rebirth and new beginnings. Feel alive by bringing in plants and flowers to inspire action.

- Stock the fridge and cupboards with an abundance of fresh, nutritious foods. A colorful fruit bowl connects our vibration to health and well-being. Oranges and tangerines represent money and prosperity; apples symbolize good health and safety.

- Our appearance, actions and attitudes set the tone for the New Year. When we are filled with love and laughter, we are unstoppable.

*Kramer-Perez will hold an informative webinar from 11 a.m. to 1 p.m., Jan. 15, online. Register at [Tinyurl.com/WaterRabbitSeminar](https://Tinyurl.com/WaterRabbitSeminar). For more information, call 201-906-5767, email [Lois@LoisKramerPerez.com](mailto:Lois@LoisKramerPerez.com) or visit [LoisKramerPerez.com](http://LoisKramerPerez.com). See ad, page 31.*

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

By Robin Leder, M.D.

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

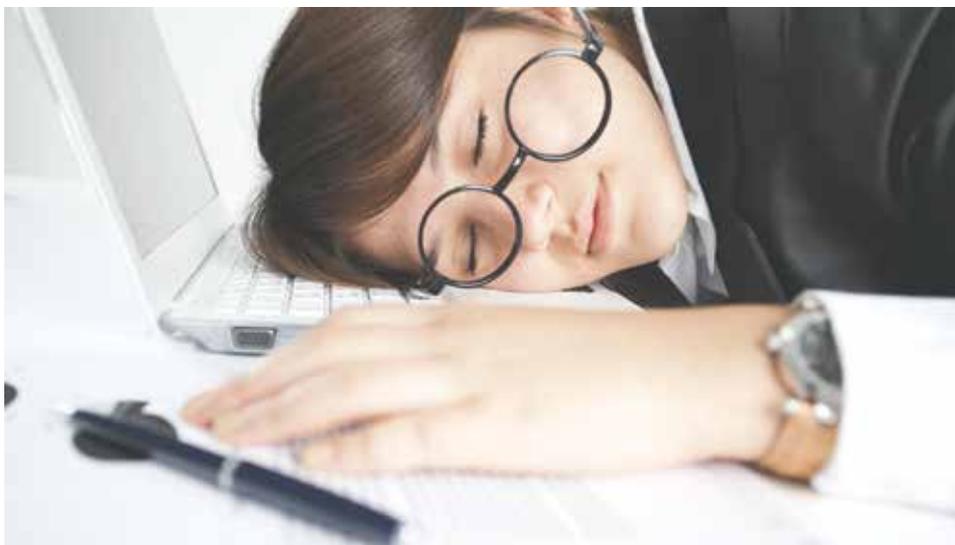
- Weight gain
- Fatigue
- Loss/shedding/thinning of hair
- Change in the texture of nails or hair
- Loss of the outer third of eyebrows
- Poor sleep
- Diminished concentration or memory/brain fog
- Irregular or slowed heartbeat
- Menstrual irregularity
- Increased sensitivity to cold
- Constipation
-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

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

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

For many physicians, thyroid testing consists of a TSH test (thyroid stimulation hormone that emanates from the pituitary gland). If this number is elevated, it will trigger a response with medication. The functional “cutoff” for a “good” TSH vs. a not-so-good TSH is quite different from the traditional/lab cutoff. This is one of many distinctions in the traditional, as opposed to the holistic, approach to establishing thyroid status.

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



Other considerations in a thorough evaluation would include:

- 1 – Is there adequate iodine in the body to support thyroid function?
- 2 – Are other nutrient levels that support thyroid function optimal?
- 3 – Is thyroid hormone being well-received in the body’s tissues?
- 4 – Is autoimmune disease interfering with thyroid function?
- 5 – (A big one!) Are the adrenals that partner with the thyroid glands in good shape, doing their part in working with the thyroid to produce “good thyroid” results or not?

In finding the answers to these questions, we are in a much better position to understand why someone may indeed be

experiencing thyroid-like symptoms, even though their most basic tests are coming out seemingly “normal”. Once we discover exactly where the issues, lie, it is not difficult to treat and correct the problem or problems at hand and alleviate symptoms, restoring a patient back to a more robust level of health.



*Robin Ellen Leder, M.D., was mentored by Robert Atkins, M.D., author of The Atkins Diet. She has been providing alternative medical care,*

*including intravenous treatments, for more than 30 years at A Better Alternative Medical Center, in Hackensack. See ad, page 3.*

## Farmers Benefit from Harvesting Solar Energy



Researchers calculate that devoting about 1 percent of U.S. farmland to agrivoltaics, the emerging practice of integrating solar installations with working farmland, would satisfy about 20 percent of present electricity demand. Agrivoltaics can reduce emissions, save water and possibly even boost crop yields.

A 2019 study from the University of Utah and Oregon State University found that the best places for solar installations tend to be the areas where we already grow food, because photovoltaic (PV) panels lose their efficiency at higher temperatures. By elevating the panels far enough above the ground, we can essentially harvest the sun twice, according to University of Arizona researcher Greg Barron-Gafford. Enough sunlight to grow crops gets past the panels, which act as a shield against extreme heat, drought and storms.

Solar panels reduce the amount of sunlight hitting the soil, “which means you have less evaporation of water,” says Barron-Gafford. He and his team were able to triple the yield of chiltepin peppers by growing them under PV panels on test plots versus unshaded control plots. Cherry tomato output doubled, and the soil on the PV plots retained 5 to 15 percent more moisture between waterings. “The plants aren’t just freeloading under the solar, they actually help the panels become more efficient,” he adds.

## School Districts Getting Electric Buses



A \$1 billion effort to electrify school buses will provide renewable fuel vehicles for around 400 school districts, including Indigenous tribal lands, Puerto Rico and American Samoa. At present, fewer than 1 percent of the country’s 500,000 school buses are electric or run on low-emission fuels. The government grant program

wants to reduce children’s exposure to harmful exhaust from diesel buses as part of a broader effort to address climate change and environmental justice by making it easier for communities to have access to zero-emission vehicles. The funds come from \$5 billion that the U.S. Environmental Protection Agency received to purchase around 2,300 electric buses. Many will be available to select school districts by the start of the next school year, with the rest by the end of this year.

A 2021 study found that even brief exposure to air pollution, including wildfire smoke and car exhaust, can alter a child’s DNA and increase their risk of heart and lung problems as adults. Seventy percent of students from low-income families take a bus to school, increasing their exposure to diesel exhaust. Children of color, in particular, are more likely to live near heavy transit routes, industrial facilities and other sources of vehicular and industrial pollution. This is in large part due to historic housing, zoning and transit policies that leave Black and Brown communities with few options.

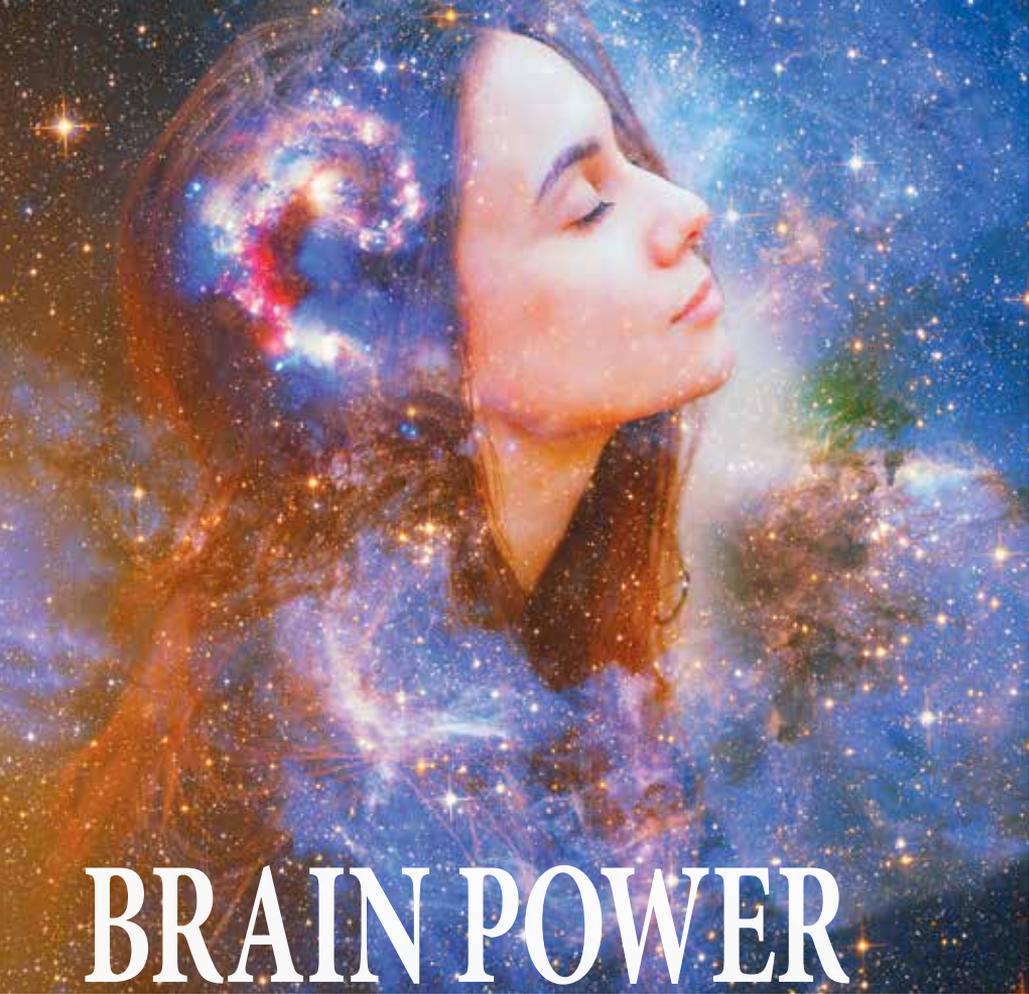
## Our Helium Is Running Out

Liquid helium, the world’s coldest element, is needed to operate the magnets in magnetic resonance imaging (MRI) machines. The high-resolution, 3-D images generated by this critical medical tool allow doctors to see details in the body that might not show up on X-rays, so that they can diagnose brain tumors, strokes, spinal cord injuries, liver disease and cancer.



Helium is a nonrenewable element found deep underground, and supplies are becoming harder to find for the Federal Helium Reserve, in Texas. Russia was gearing up to supply nearly a third of the world’s reservoir, but the war in Ukraine has halted trade. Phil Kornbluth, president of Kornbluth Helium Consulting, says that four of five major U.S. helium suppliers are rationing the element, prioritizing the healthcare industry over less essential customers. Donna Craft, a regional construction manager for Premier, Inc., which contracts with helium suppliers for about 4,000 hospitals, says, “Helium is on allocation, for sure.”

Inside an MRI magnet, helium lets the current travel resistance-free. Harvard University physicists Amir Yacoby and Philip Kim shut down about half of their projects. Kim says, “There’s only a finite amount of helium in the Earth’s crust. Once it evaporates off, it’s completely lost into outer space.”



# BRAIN POWER BOOSTERS

## TIPS TO PRESERVE MEMORY AT ANY AGE

by Sheryl Kraff

**A**lthough it is completely normal to feel like our memories are failing us as we get older, this is not the time to panic. Regardless of age, it is always possible to learn, store and recall information, and there are numerous practices we can adopt to nourish and optimize our brains. Whether we're looking for the car keys in all the wrong places or experiencing way too many tip-of-the-tongue moments, it may be high time to adopt the brain-boosting recommendations by these four experts.

### Eating for Cognitive Power

“Having a better memory now and in the future means taking care of your brain and making the right lifestyle choices to slow

down the aging process,” says Annie Fenn, M.D., founder of *BrainHealthKitchen.com*, who believes that what we choose to eat is one of the most significant decisions we make each day.

Foods high in antioxidants like vitamins C and E, beta carotene and selenium have been shown to slow age-related memory loss. Think berries, grapes (which contain resveratrol, a memory-enhancing compound), beets, broccoli, almonds, avocados, carrots, eggs, salmon, onions and dark, leafy greens.

Avoid foods high in saturated and trans fats, which can increase “bad” cholesterol and lower “good” cholesterol. Studies find that high cholesterol diets can increase the risk of memory loss, among other cogni-

tive functions.

Whole grains and legumes like cracked wheat, whole-grain couscous and lentils are complex carbohydrates that boost the brain by providing a steady, sustained supply of glucose, and are high in folate, the memory-boosting B vitamin.

Finally, don't forget to include culinary herbs like curcumin, rosemary, saffron, oregano and mint. They all help support brain health, especially saffron, which contains a potent constituent called crocin that is associated with slowing cognitive decline in human and animal studies.

### Brain-Nourishing Supplements and Stress Reduction

Wendy Warner, M.D., the founder of Medicine in Balance, an integrative healthcare practice in Langhorne, Pennsylvania, recommends Ginkgo biloba (one of the oldest living tree species in the world) and ginseng, which have both been found to help enhance memory with their neuroprotective and antioxidant effects. Noting that the brain works best with adequate nourishment, she asserts that these supplements can play a role in increasing blood circulation to the brain, thus improving its function.

Also on her list are Bacopa monnieri for its antioxidant capacity, Rhodiola rosea for its neuroprotective and antioxidant effects and licorice (*Glycyrrhiza glabra*) for its ability to increase circulation in the central nervous system.

HAVING A BETTER MEMORY NOW AND IN THE FUTURE MEANS TAKING CARE OF YOUR BRAIN AND MAKING THE RIGHT LIFESTYLE CHOICES TO SLOW DOWN THE AGING PROCESS.  
~ANNIE FENN, M.D.

Warner recommends regular stress management techniques like yoga, qigong and tai chi as well, noting, “These all help lower inflammation and cortisol (an inflammatory stress hormone) and have been shown to improve memory.”

## Medicinal Herbs for Mental Clarity

**Heather Houskeeper** is a certified herbalist, long-distance hiker and author. When venturing out into the wild, she is able to spot and identify hundreds of medicinal herbs, including her favorite, top five memory boosters, starting with Ginkgo biloba, as well as:

**ROSEMARY** (*Rosmarinus officinalis*) supports healthy blood flow to the brain. It can be enjoyed through food, tea or diffused as aromatherapy.



**ASHWAGANDHA** (*Withania somnifera*), traditionally ingested as food or tea, can support mental alertness, focus and clarity of mind. Mix ashwagandha powder with warm milk, hot water or broth.



### HOLY BASIL

(*Ocimum tenuiflorum*) is rich in antioxidants and supports cerebral circulation. Enjoy this delicious and fragrant herb as tea up to three times per day, use in cooking or take as a tincture.



### GOTU KOLA

(*Centella asiatica*) is a restorative herb that can support alertness and mental clarity. It is also popularly used as a tea, tincture or extract for up to 14 days at a time.



## Slumber Savvy

Insufficient sleep can result in a variety of cognitive problems, including memory loss. Those suffering from obstructive sleep apnea (OSA), a common sleep disorder condition that affects breathing, should not ignore it.

High-quality sleep is key to reactivating memories, especially recalling the names of people we've

recently met, according to Northwestern University researchers. Other experts have reported a strong association between sleep and the formation of memories. Strive for uninterrupted and deep sleep, as follows:

- The ideal amount for most adults is between seven and nine hours a night.
- Wind down before bed with a consistent routine like reading, stretching or meditation.
- Keep the bedroom cool—somewhere around 65° F—and dark.
- Shut off all electronics.
- Avoid late-day caffeine, alcohol and spicy, heavy meals too close to bedtime.

Treating OSA is important to improve both sleep and brain health, says Thomas M. Holland, M.D., of the Rush Institute for Healthy Aging, explaining, “Impaired sleep can lead to biochemical processes that can impact memory and cognition.”

*Sheryl Kraft writes about health and wellness for Sage by Gaia and a variety of print and online media sources. Visit [SherylKraft.com](http://SherylKraft.com) and [SageByGaia.com](http://SageByGaia.com) to read more of her work.*

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# FITNESS DELIVERED

## BENEFITS OF AN IN-HOME PERSONAL TRAINER

by Kirby Baldwin



It's a new year—the perfect opportunity to set positive intentions for a fresh start. One of the most popular New Year's resolutions is to be healthier, but according to research, only 46 percent of people that set such a goal are successful in keeping it at the six-month mark, largely due to having unrealistic expectations or not keeping track of progress. To detox from the holidays, look and feel better—and stick to a resolution without becoming another statistic—an in-home personal trainer may be the perfect solution.

### Benefits of In-Home Personal Training

According to Jenna Scott, of J Scott Wellness, an American Council on Exercise-certified trainer and health coach who has worked as a personal trainer for more than 15 years, “The benefits to in-home training are countless. It takes many of the perceived (or not-so-perceived) obstacles out of the equation. From taking out travel time in our busy day to simply feeling more comfortable in our home, in-home training is a great alternative to the traditional gym.”

Because workouts are individually tailored to each client, they can be more efficient and effective. For those with busy schedules, in-home personal training provides the consistency needed to attain fitness goals with the added benefit of convenience—no commuting to a gym, waiting for equipment or finding child care. It can also be done at any hour

of the day, rather than within the confines of a gym's hours. Some people may be hesitant to go to a gym, and the privacy of working out in the comfort of a living room is a boon for those that feel self-conscious when exercising in a group environment.

The rapport that may develop between a trainer and client can provide the accountability and motivation to meet goals, and the gratification that comes from seeing results quickly can reinforce the behavior. It is much more difficult to get into a workout rut when there is another person present, continually customizing the workout program and providing motivation and inspiration.

Casey Mahoney, a busy mom and volunteer who works out with an in-home personal trainer, says, “The main benefits

for me of working with an in-home trainer are accountability and comfort. There is something to be said for training in the comfort of your own home. It can also be a time saver! I know I can always find other things to fill my time and not make working out a priority. It is much harder to cancel on someone coming to your house than it is to cancel your trip to the gym!”

An added bonus to seeing quick physical gains is the mental fitness that comes with it; numerous studies show that exercise causes the brain to release feel-good chemicals (endorphins) that make people feel happier and less stressed. Research also points to exercise as a source of more energy and an immune system boost. Because a personal trainer will take an individual’s health history into consideration—whether it’s a surgery, a physical limitation or the recent birth of a child—in-home personal training is beneficial for all levels of fitness, even beginners.

## How to Get Started

According to Scott, “Do your research. Ask where they were certified and what type of insurance they carry. Don’t be afraid to ask questions.” Because a personal relationship is foundational to in-home personal training, it is important to find someone that makes us feel comfortable and motivates and inspires us to achieve goals and create positive changes.

In-home personal training comes at different price points. For those seeking a more affordable option, invite a couple of friends over to the house for a semi-private or small group training session. This format provides all the benefits of in-home personal training at a more accessible cost, with the added benefit of a more social environment.

Leveling up our physical fitness this new year will take dedication and commitment, and adopting an exercise program with the guidance of a personal trainer in the comfort of home may be the perfect strategy to stick to new, healthy habits for the long haul.

*Kirby Baldwin is an editor and writer for the KnoWEwell Regenerative Whole Health hub.*

## inspiration

# Welcoming the Unknown

by Marlaina Donato



Ushering in a brand-new year can be filled with hope, but it can also feel as daunting as a blank sheet of paper. We might pause at the threshold with pen in hand, recounting past mistakes and failures, hesitant to make our mark. The unforeseen is like a stranger, easy to mistrust. Dreading the unknown can be a self-sabotaging habit that obstructs the view and keeps us wishing instead of living.

Nature’s great gift is her constancy of seasons, but she thrives on change. Despite the human propensity for clutching what is familiar and predictable, we do best by leaving the door ajar for the unexpected. If we are fortunate, we will have 12 more months to have another go at it.

Setting a place at the table for delight shifts our frequency from resistance to receiving our highest good, and swapping anxiety for excitement can be a spiritual practice during our most uncomfortable moments. Instead of making a resolution, what if we made the simple decision to not believe our fears?

With no concept of limitation or worry of scraped knees, we once learned to walk, happily undiscouraged when we stumbled. That first spark of eager curiosity remains

deep in our memory, not confined to youth. Embracing possibility this year can be a subtle, mantra-in-motion as we go through our days, a cellular willingness to expect an outcome tailored specifically for us. Here are some prompts for embracing possibility:

- On scraps of paper, write down 12 things you have postponed doing or trying and keep them in a special canister. Pull one out each month and follow through with joyful anticipation.
- Witness the sunrise once a week and designate it as an opportunity to open your heart and mind to the new and glorious.
- Change things up in the kitchen: Buy new dishes and donate the old to a local thrift store. Try a new food every week and explore herbs and spices not usually in the cupboard.
- Notice something in your daily surroundings that might have gone unnoticed before.

*Marlaina Donato is an author, painter and composer. Connect at [WildflowerLady.com](http://WildflowerLady.com).*

# Health in a Smile

## A HOLISTIC SOLUTION TO IMPAIRED MOUTH SYNDROME IN CHILDREN

by Brooke Goode



Rick/AdobeStock.com

IMS is an all-too-common condition that often goes undiagnosed, untreated or incorrectly treated. The result is a child that falls short of their full genetic potential and an adult that suffers recurring pain and fatigue. An underdeveloped maxilla—the upper jaw that also forms part of the nose and eye socket—can lead to a litany of symptoms, including teeth grinding, a weak chin and jaw pain, and may also impact the appearance of the face, causing imbalanced features. By contrast, a well-developed facial structure will support better breathing, sleep and postural alignment, and benefit from high cheekbones and full lips.

“Rarely does managing symptoms result in a healthy child,” says Ben Miraglia, DDS, a board member of the American Academy of Physiological Medicine & Dentistry. IMS symptoms improve when the jaws are activated to grow to their full potential. This is now possible with a partnership between parents and a new breed of dentists known as Airway-centered Mouth Doctors (AMD) that receive specialized training on the syndrome and its treatment.

These specialists work in the realm of whole health, looking at the interconnectedness of the body rather than individual body parts in isolation. They collaborate with other doctors and therapists, including myofunctional therapists that devise exercises for the mouth muscles and encourage nasal breathing. AMDs also work with dietitians to devise a bone-building diet free of the toxins, pollutants and chemicals found in processed foods that can impair normal facial development.

AMDs approach the condition without drugs or surgery, often without having

One of the first things we notice when we meet someone is their smile, so it is easy to understand why children with crowded teeth might be self-conscious when they encounter new people. But the condition is not just a cosmetic concern. “Teeth crowding are surface markers of structural chaos below,” says Felix Liao, DDS, author of *Your Child’s Best Face: How to Nurture Top Health & Natural Glow*. Dental crowding results from a deficiency in jaw growth, which can contribute to a partially stunted face, narrower airway, poor sleep and consequent learning and behavior problems.

According to a recent medical research review, its prevalence among children and adolescents is up to 84 percent. Fortunately, parents can take steps to nurture healthy dental/facial development in their children so that there is enough room for all 32 teeth to line up straight and for the tongue to operate between the two jaws without occupying the airway.

Crowded teeth are the tip of an iceberg called Impaired Mouth Syndrome (IMS), a term coined by Liao in 2017 for a wide-ranging set of medical, dental and mood problems in children, from sleep and growth disturbance to respiratory infections and poor focus. According to a 2013 study by the Stanford Sleep Center, “Pediatric obstructive sleep apnea in non-obese children is a disorder of oral facial growth.”

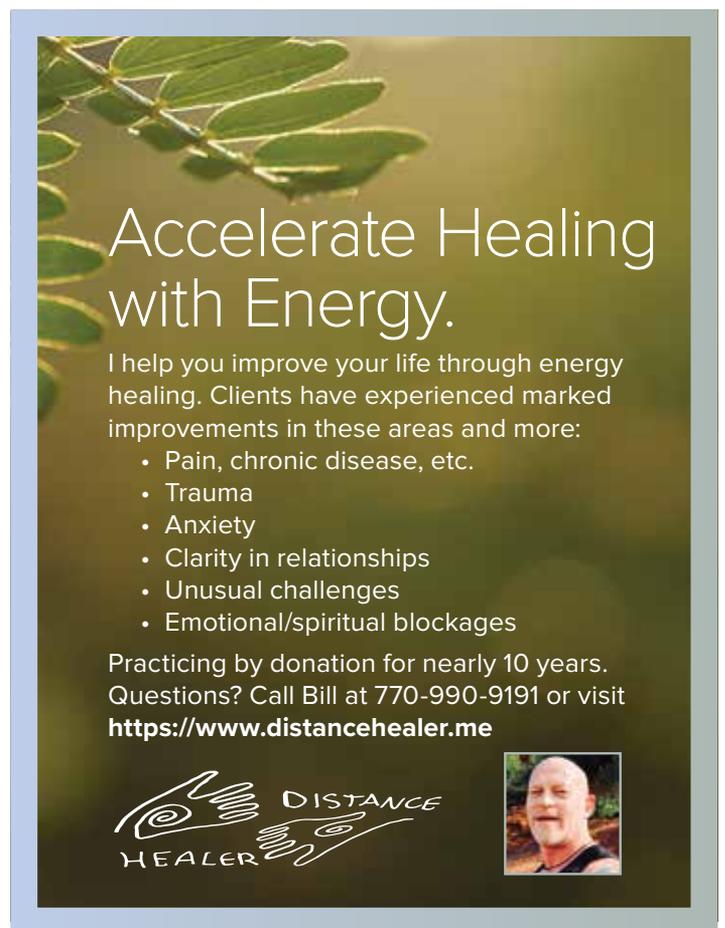
to use braces which can result in a deflated mid-face. By designing retainer-like oral appliances to be placed over the teeth, they spur the growth and alignment of the jaws to help widen the airway and support sleep.

Mouth structure and jaw alignment are foundational to whole-body health in children, and Liao's vision for achieving thriving health in kids includes these recommended steps:

- Early recognition by parents of IMS red flags in their child, including chapped lips, a weak chin, crooked teeth, dental cavities, disrupted sleep, slumped posture, fatigue, lethargy, hyperactivity and learning or behavior problems
- Diagnosis of an impaired mouth by a trained AMD
- Complying with AMD guidance, including the use of a professional oral expander appliance
- Eating a non-inflammatory, bone-building diet
- Following whole health team protocols to align the head, jaws and spine, and integrate mind, body and mouth

Growing the jaws is the groundbreaking solution to crowded teeth in children that parents have been hoping for. A plant will blossom more fully in sunshine than in shadow. The same can be said when it comes to a child's smile and overall health.

*Brooke Goode is the National Editor for KnoWEwell, the Regenerative Whole Health hub.*



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# THE PERILS OF PLASTIC CLOTHING

## EMBRACING SLOW FASHION AND SUSTAINABLE FABRICS

by Sandra Yeyati

**M**ost clothes made today contain plastic. The non-biodegradable polymer is a major component of elastic waistbands and nylon sneakers. But by far, the largest fossil-fuel culprit is polyester, commonly used in shirts, pants, hoodies, dresses, jackets, underwear, socks, blankets and hats, according to Sewport, an online marketplace serving the garment industry.

In 2021, polyester comprised 54 percent of all new fabrics, according to Textile Exchange, a global nonprofit of fashion insiders promoting sustainability. Because it is inexpensive to make, this synthetic fiber is the darling of fast fashion which entices consumers to wear cheap garments a few times, throw them away and promptly buy replacements. Every year, an estimated 92 million tons of clothing end up in landfills worldwide; and in America, 85 percent of all textiles get discarded, according to *Earth.org*.

### Environmental Costs of Plastic Clothes

Plastic produces greenhouse gases at every stage of its long life—from extraction, refining and manufacturing to transportation and waste management. Researchers have found that washing polyester releases tiny synthetic microfibers into the water supply, harming marine life and contaminating human drinking water. It also breaks down into micro-plastics while languishing in landfills for hundreds of years.

The manufacture of polyester has social costs, too. According to Sewport, the vast majority of producers worldwide exploit uneducated people in impoverished countries, where workers are regularly exposed to highly toxic chemicals.

### Recycled Plastic Textiles

Among conscientious environmentalists, there's an aspirational trend toward textiles made of recycled plastic, such as Econyl. Patagonia promotes NetPlus material made



*Made from mushroom mycelium, this textile is a sustainable alternative to animal leather.*

Rodica/Shutterstock.com

from discarded fishing nets. Repreve transforms reclaimed water bottles into yarn that is used to make various garments. Currently, these eco-friendly textiles make up a tiny fraction of the global market; only 14 percent of all polyester was recycled in 2020.

Textile Exchange and the United Nations Framework Convention on Climate Change's Fashion Industry Charter for Climate Action have launched an initiative to shift the market toward recycled polyester. But even recycled plastic garments shed micro-plastics when washed. Consider using a washing bag like Guppyfriend, which keeps micro-plastics from escaping, or choose items that aren't washed as often, such as sneakers.

## Better Fabric Choices

"Organic and more sustainable counterparts from almost all types of natural fibers, including cotton, linen, down and wool, are becoming available at retailers across the globe," says La Rhea Pepper, managing director of the Textile Exchange. Here are notable fabric options that are kinder to the planet.

**LYOCELL:** Trademarked as Tencel, lyocell is made from sustainably sourced wood cellulose and used in denim, dress shirts and underwear. Less water and lower-impact chemicals are used in manufacturing this material. It's biodegradable and easily recycled.

**ORGANIC OR RECYCLED COTTON:** While conventional cotton is a natural fiber harvested from plants, it consumes an inordinate amount of water and involves the use of toxic chemicals. The better choices are organic cotton certified by the Global Organic Textiles Standards (GOTS), which requires less water and doesn't use chemicals, or recycled cotton, which repurposes already existing fibers.

**PLANT-BASED LEATHER:** Companies making these animal-free alternatives using mushrooms, pineapples, bananas, apples, cacti and other vegetables are highly

innovative and represent an exciting, emerging sector.

**PEACE OR AHIMSA SILK:** Silk is biodegradable and requires much less water and chemicals than cotton, but it's traditionally made by boiling or gassing silkworms. The cruelty-free approach behind peace or Ahimsa silk is that moths are allowed to emerge naturally before their cocoons are harvested. Look for GOTS-certified silk to ensure humane manufacturing.

**WOOL:** Made from the fleece of sheep and other animals, wool is naturally biodegradable, regrows continually and can be harvested

without harming animals. Still, industry players have been known to abuse animals, land and workers. Certifiers like the Responsible Wool Standard encourage better stewardship.

**ORGANIC LINEN:** Made from flax, linen requires little water, is biodegradable,



moth-resistant and considered more eco-friendly than cotton.

**ORGANIC HEMP:** Humans have been harvesting hemp for thousands of years. It's considered one of the most sustainable fibers because it requires very little water and no toxic chemicals to produce.

## Living with the Complexity of Environmentalism

As the annual global textile market nears \$1 trillion in value, the environmental stakes are enormous, and sustainable choices aren't always easy to make.

Ultimately, it's the new clothes we don't buy that will help our planet the most. Vow not to purchase fast fashion. Invest in well-made, longer-lasting clothing. Mend clothes to extend their lives. Shop at secondhand stores. Wash clothing less often to reduce the release of micro-plastics. Choose

brands committed to responsible fabrics and transparent labeling.

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

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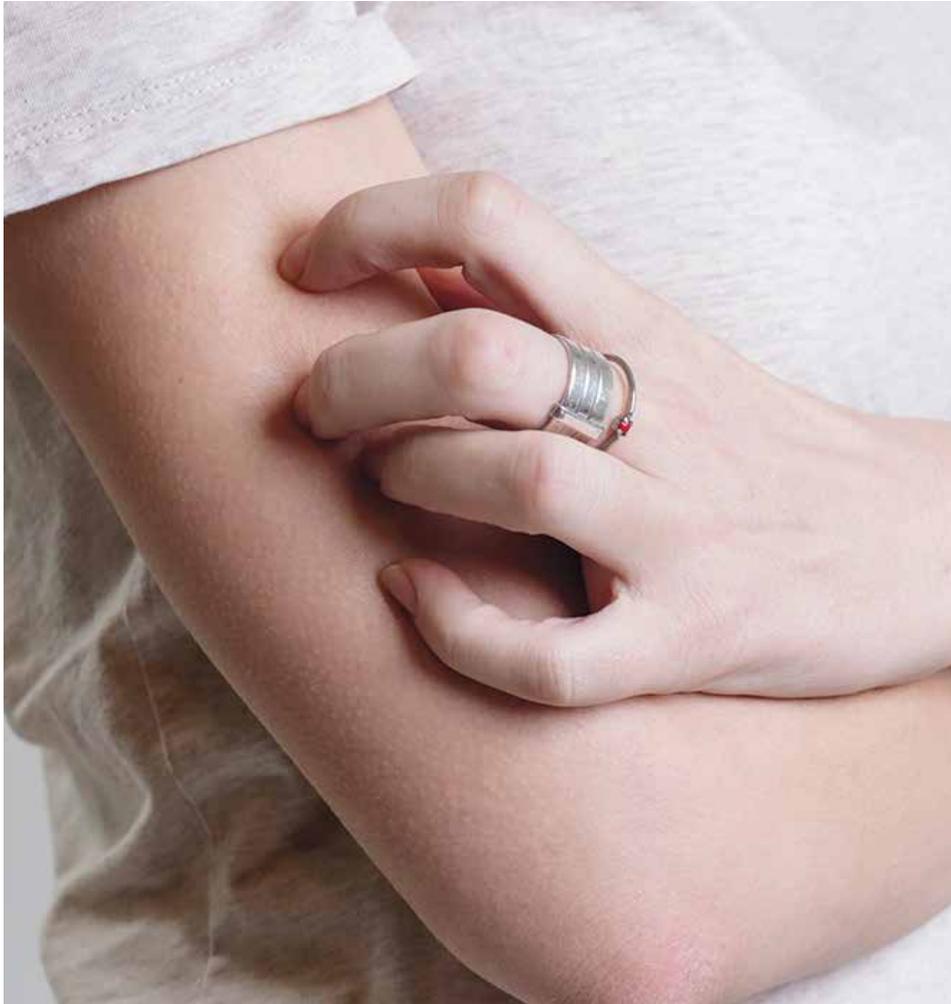
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# More than Skin Deep

## HEALING THE HEARTBREAK OF PSORIASIS

by Lorraine Maita, MD



**P**soriasis affects approximately 3 percent of the U.S. population. According to Dr. Mark Hyman, founder of the Institute of Functional Medicine, the condition involves terrible suffering from scaly, itchy, inflamed and peeling skin; aching joints; burning genitals; broken nails; and the resulting depression that inevitably comes from such conditions—all of which explains why it is often referred to as “the heartbreak of psoriasis.”

The Cleveland Clinic describes psoriasis as an autoimmune condition of the skin. The immune system of people with psoriasis overreacts, causing inflammation and an overly rapid growth of new skin cells, which in turn causes a buildup on the surface that creates the appearance of scaling, but the effects are much more significant than cosmetic.

Psoriasis is associated with psoriatic arthritis, ulcerative colitis, Crohn’s disease,

autoimmune thyroiditis, lymphoma and cardiovascular disease. The National Psoriasis Foundation (NPF) describes a link between psoriasis and cardiovascular disease and metabolic syndrome known as the “march of psoriasis.” Widespread inflammation may cause insulin resistance that triggers cells lining the blood vessels to malfunction, potentially leading to atherosclerosis and heart attack or stroke. The ailment also increases the risk of diabetes, obesity and high cholesterol.

Traditionally, psoriasis is treated with steroids and immunosuppressive drugs that can be harsh on the body and quite expensive while failing to address its root cause. Alternatively, the functional medicine approach is to treat the disease’s underlying causes: inflammation and triggers.

“I have psoriasis,” says Dr. Brad Shook, a chiropractic physician and member of The Institute of Functional Medicine. “I worked hard, and I’ve had my psoriasis and my autoimmunity under control and in remission. Through functional medicine, we can identify these drivers and help you to unwind this process, heal your body and then through that process of healing, you learn what the triggers were.”

### Psoriasis Triggers

Functional medicine practitioners use the acronym STAIN to categorize five triggers that activate inflammation and psoriasis: stress, trauma or toxins, antigens or adverse food reactions, inflammation or infections and nutrition. Removing these triggers allows for healing.

### Stress

Psoriatic patients report worsening of symptoms with stress. Modulating the reaction to stress and adding relaxation techniques can calm the inflammatory response. Practicing relaxing activities such as deep belly breathing, yoga, tai chi, prayer, meditation, visualization, Heart-math, massage, acupuncture or biofeedback can relieve stress. Exercise can also release endorphins that reduce pain perception.

### Trauma or Toxins

The NPF states that physical trauma can

induce the development of psoriatic plaques. Toxins such as smoking and alcohol have been shown to increase the risk and severity of the disease. Obesity may also play a role in worsening symptoms because toxins are stored in fat, which emits inflammatory cytokines. It's recommended to maintain ideal weight, abstain from smoking and alcohol consumption, and avoid trauma. Detoxifying and removing heavy metals can decrease the inflammatory response, as well.

### Antigens or Adverse Food Reactions

Studies show that a Western diet rich in sugar and fat leads to an imbalance in gut bacteria known as dysbiosis. These harmful bacteria may contribute to psoriasis. Allergens or reactions to food can cause increased intestinal permeability, or leaky gut. The most common triggers tend to be wheat and dairy.

The Chopra Center recommends the 4 R Gut Healing program. Removing foods patients are sensitive to is key to calming down the immune system, as well as avoiding sugar, wheat, dairy and processed foods. To improve the gut, replace digestive enzymes, replenish healthy bacteria with a probiotic and repair the gut lining with butyrate or L glutamine.

### Inflammation or Infections

To diminish inflammation, modify the diet to include more anti-inflammatory omega-3 fats found in fish, avocado, nuts, seeds and olives, and fewer inflammatory omega-6 fats found in wheat and dairy. Look for and eradicate hidden infections. Decrease inflam-

mation with a high-quality fish oil, curcumin, probiotics and a whole foods diet free of food sensitivities.

### Nutrition

Studies show that having adequate amounts of vitamins A and D, fish oil, probiotics and zinc are important for maintaining both a healthy gut and a healthy immune response. Supplementation can be helpful in maintaining appropriate levels of these vital nutrients. Some patients using topical vitamin D products found they had effects similar to topical corticosteroids.

“When I started working at the Ultrawellness Center, I learned about how to address the root causes of a problem, not just the symptoms, and have found a new way of approaching psoriasis,” says Adonica Nichols, a psoriasis patient and a licensed practical nurse at the center, in Lenox, Massachusetts. “Living with psoriasis is still an everyday struggle for me, but I have implemented many of these changes in my diet and lifestyle over the past several months, and I am feeling better than I ever have.”

Psoriasis is a multifaceted, complex illness that may require a deeper look at the triggers. A functional medicine physician can offer a systematic approach to uncover and remove these triggers, helping patients heal from the heartbreak of psoriasis.

*Board-certified in integrative, anti-aging and internal medicine, Lorraine Maita, MD is an award-winning functional medicine specialist and author in Short Hills, NJ. For more information, visit [HowToLiveYounger.com](http://HowToLiveYounger.com).*



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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.
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# END THE MAILING MADNESS



Ekaterina/Adobe Stock.com

Junk mail is wasteful. In our digital age, email and the internet have become the preferred modes of communication. When a shiny, multipage magazine or catalog arrives in the mail, we must view it as an unsustainable practice and take action to curb it.

### SQUANDERED RESOURCES

According to Jean-Michel Cousteau's Ocean Futures Society, "More than 100 million trees are destroyed each year for junk mail plus 28 billion gallons of water and enough energy to power more than 9 million cars! When we stop junk mail and catalogs, we keep trees in the forests doing what

they do best—providing oxygen for us to breathe and absorbing CO<sub>2</sub> to keep our planet cool and healthy."

### ADDED LANDFILL BURDEN

Junk mail also adds 1 billion pounds of waste to landfills each year. U.S. Postal Service Senior Director of Environmental Affairs and Corporate Sustainability Jennifer Beiro-Réveillé says, "We buy over \$392 million worth of products containing recycled material every year and reduce waste by recycling 277,000 tons of material annually," at more than 4,000 postal paper recycling stations around the country. But the post office cannot control what is being mailed.

### WHAT TO DO ABOUT IT

Almost all magazines have an online edition, and companies likely prefer shoppers to visit their websites rather than go to the expense of designing, printing and mailing bulky catalogs that cannot be updated as inventory and prices change. It is usually a simple matter to contact a company by email, phone or even via a website and request the mailings to be stopped. All it takes is a little time and effort to make a big, cumulative difference.

### STRENGTH IN NUMBERS

Taking matters a step further, the Ocean Futures Society has partnered with 41Pounds to offer a membership plan (866-417-4141 or [41Pounds.org](http://41Pounds.org)) to stop junk mail. They will contact 20 to 35 direct mail companies to remove a name from their distribution lists, including almost all credit card applications, coupon mailers and magazine offers, plus specific catalogs.

### REGULATORY OPTIONS

The Sierra Club wants to ban junk mail outright, reporting, "An estimated 44 percent of junk mail is thrown away unopened." Margaret Klein Salamon, founder and director of The Climate Mobilization, likens the idea of banning junk mail to bans on plastic straws. The Netherlands, the United Kingdom and Canada already enforce junk mail restrictions.

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# Natural Virus Killer

## Copper can stop a virus before it starts

By Doug Cornell

**S**cientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria that cause illness.

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



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

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

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

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

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

The EPA recommended hospitals use copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe

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

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

seconds.

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

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

He hasn't had a cold in 10 years.

Users say:

**"It works! I love it!"**

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

**"Is it supposed to work that fast?"**

**"One of the best presents ever."**

**"Sixteen flights, not a sniffle!"**

**"Cold sores gone!"**

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

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

**"Best sleep I've had in years!"**

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

ADVERTORIAL

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

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

Soon people found other things they could use it 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  
Warts  
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 NATA34.

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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.*

# calendar of events

Email [Publisher@NaturalAwakeningsNNJ.com](mailto:Publisher@NaturalAwakeningsNNJ.com) for guidelines and to submit entries

## EVERY SUNDAY

**Ramsey Farmers Market**—10 am - 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 MONDAY

**THUG Stretch Classes**—Come join ACE certified fitness instructor Donay every Monday at 6 pm for his THUG (thigh, hip, upper body, glutes) class and 7 pm for his Stretch AB-ility (ab and stretching) class at Strong and Shapely Gym, 150 Union Ave. East Rutherford. Each single class is only \$10 but combine the 2 for \$15. Both classes are co-ed. No membership is required. For more information please email: [donaysfitness4u@gmail.com](mailto:donaysfitness4u@gmail.com) or call 201-894-0138.

## 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/](https://www.loiskramererez.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 - 2:30 pm. Kim, a certified Delay the Disease instructor will teach group classes at Holyname Hospital Fitness center on Mondays and Fridays. For more information contact Maxwell Edmiston (201) 262-4626. Address: 514 Kinderkamack Rd., Oradell NJ.

## SATURDAY, JANUARY 7

**Salt & Sound Meditation**—4pm and 7pm. A total body immersion inside the enchanting himalayan salt cave room where you will receive sound frequency and Chromotherapy that cleanses the soul, encourages a meditative state and settles you into deep relaxation. Location Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn NJ 07410. Cost is \$40. Call (201) 429-3214 or register online [paypal.me/CattleyaTrianaeSpa](https://paypal.me/CattleyaTrianaeSpa)

## TUESDAY, JANUARY 10

**Baby ER/A Night with a Pediatrician**—7 - 8pm. In-Person class featuring a Valley Pediatrician, who will teach you what to do in case of emergency. Topics include: First Aid, Immunizations, Illnesses, Safety at home, Fevers. This one-session class DOES NOT include CPR. Location 140 E. Ridgewood Ave, Suite 501N, Paramus. Cost is \$40. Call Valley Hospital's Education Dept. 201-291-6100 for details or email: [cprtraining@valleyhealth.com](mailto:cprtraining@valleyhealth.com)

## SATURDAY, JANUARY 14 - 16

**Sound Healing Workshops in NJ and NY**—Debbie Hawker-Misra, a certified teacher with The Sound Healing Academy International, is offering a 3 day Level 1 Foundation Certificate workshop January 14th-16th at Sacred Space, Tenafly, NJ. Learn more and sign up at [www.academyofsoundhealing.com](http://www.academyofsoundhealing.com). Spaces are limited. Early bird discount before 12/17.

## SUNDAY, JANUARY 15

**Respectful Confrontation: Navigating Difficult Conversations**—1:30 pm-3:30 pm. As civil norms are being tested nationally, internationally, and closer to home, Joe Weston, an expert in conflict prevention, is offering a workshop. Those who register by Dec. 31 will receive a discount, bringing the price to \$50. The workshop, Joe says, is designed to provide the tools and insights for learning to speak truth skillfully and to develop more effective, resilient ways of communicating. Workshop requires registration, for details: <https://ethicalfocus.org/respectful-confrontation-workshop/>. Location: Ethical Culture Society meetinghouse, 687 Larch Avenue, Teaneck, NJ

## SUNDAY, JANUARY 15

**Past Life Regression**—2:30 - 3:30 pm. In the relaxing and healing environment of the salt cave, learn to understand yourself better by connecting with your past life. Led by Lindsey Sass - owner of the NJ Healing Center. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY. Cost \$55 Call 845-290-0678 or register online at [saltoftheearthcfh.com](http://saltoftheearthcfh.com)

## SUNDAY, JANUARY 22

**Sound Healing Singing Bowls**—2:30 - 3:30 pm. In the serene environment of the salt cave, join sound healer Beth Lantigua for a relaxing and restorative session of Himalayan and crystal singing bowls. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY. Cost \$55 Call 845-290-0678 or register online at [saltoftheearthcfh.com](http://saltoftheearthcfh.com)

## SUNDAY, JANUARY 29

**Integrative Energy Therapy Basic Training**—9:00 am - 5:00 pm. This is an entry-level class that provides you with the ability to give a powerful IET® session on yourself or another. This is a one-day class taught by Reiki Master Lisa LaCava. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY. Cost \$225, Call 845-290-0678 to register.

## SUNDAY, FEBRUARY 11

**Past Life Regression**—4:00 - 5:00 pm. In the relaxing and healing environment of the salt cave, learn to understand yourself better by connecting with your past life. Led by Lindsey Sass - owner of the NJ Healing Center. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY. Cost \$55 Call 845-290-0678 or register online at [saltoftheearthcfh.com](http://saltoftheearthcfh.com)

## SUNDAY, FEBRUARY 26

**Sound Healing Singing Bowls**—2:30 - 3:30 pm. In the serene environment of the salt cave, join sound healer

Beth Lantigua for a relaxing and restorative session of Himalayan and crystal singing bowls. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY. Cost \$55 Call 845-290-0678 or register online at [saltoftheearthcfh.com](http://saltoftheearthcfh.com).

## SUNDAY JANUARY 15

**Chinese New Year Webinar, Year of the Water Rabbit**—Get the scoop to make the best of 2023. Find out how the Water Rabbit will influence you, your power areas and fun traditions for the Lunar New Year. This the webinar for creating prosperity, good health & happiness for 2023. Water Rabbit Workbook plus FREE Gift for all participants. Register <https://bit.ly/CNY2023WaterRabbitTicket> Questions? [lois@loiskramererez.com](mailto:lois@loiskramererez.com).

## THURSDAY, JANUARY 19

**New Beginnings, New Moon, Monthly Online Gratitude Peace Circle**—7 - 8 pm. Join together as we prepare for the coming New Moon on this day of "New Beginnings". Inspiring hour of circle talk & guided meditation. Do you want to be part of a universal peace calming project? It's easy, just join the circle. No meditation experience required. Everyone welcome. only \$27 per person. Online 3rd Thursday Every Month 1/19 at 7-8 PM EDT. Register [loiskramererez.com/my-events/](https://www.loiskramererez.com/my-events/) zoom link - emailed from Lois at 6:30 pm on evening of the session - we begin at 7 PM. Questions? Ask [lois@loiskramererez.com](mailto:lois@loiskramererez.com).

## FRIDAY, JANUARY 27

**Elvis Birthday Bash at BergenPAC**—8:00 pm. Celebrate Elvis at the Elvis Birthday Bash at the Bergen Performing Arts Center! Scot Bruce and Mike Albert will perform as the younger and older versions of Elvis. Come out and see why this show is considered one of the most authentic King of Rock n' Roll tribute shows around. For tickets: <https://www.bergenpac.org/events/detail/elvis-birthday-bash-1>

## MARCH 2-9, 2023

**Soul Shine Retreat in Kauai, Hawaii**—5-star resort accommodations, daily yoga, meditation, past-life regression and reiki workshops, nature walks and tons of beach time! For more information, visit [www.pure-bliss-yoga.com/events](http://www.pure-bliss-yoga.com/events).

## FEBRUARY/MARCH 2023

**Yoga Nidra Training with Cathy Dirckx**—Save the date! with Cathy Dirckx, formerly of Laughing Lotus, NYC, now teaching in-person, at Pure Bliss Yoga. Learn the art of conscious relaxation! Yoga nidra, roughly translated as yogic sleep, can help you compress 4 to 5 hours of deep rest inside a 20-minute nidra session! Open to all. CE credit available for yoga teachers. Register under Trainings at [www.pure-bliss-yoga.com/events](http://www.pure-bliss-yoga.com/events) (early bird savings and scholarships available).



## CALENDAR

Check out the latest events at [NANorthNJ.com/calendar](http://NANorthNJ.com/calendar)

## business directory

To find out how you can be included in Business Directory, email  
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### DOWSING

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

change easily and create a new way of life for you. Let me introduce you to the process of Access Bars and a way to live life where you function from your own awareness having more happiness and ease. Offering Access Bars and Access Energetic Facelift sessions and classes. *See ad, page 12.*

### FUNCTIONAL MEDICINE

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Since initially working with Dr. Robert Atkins, Dr Leder has successfully delivered a full range of integrative/alternative medical care to thousands of tri-state residents of all ages. Every patient is provided a personalized care. Dr. Leder works with patient to achieve long-term optimal health and the healthiest lifestyle, using diet, supplements, exercise, sleep, exercise, nutrient IV's, coaching/counseling, and always prioritizing non-pharmaceutical options. SERVICES OFFERED: Medical Assessment/Comprehensive, Cutting-edge Lab Testing, Individualized Nutrition/Supplement Programs, IV Immune Support, Chelation (heavy metals & arterial plaque), Reconfiguration of the Gut Microbiome, Individual/Couples Counselling, 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.*

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#### ROMAN E. FINN, M.D.

Center for Integrative & Traditional Medicine  
22 Madison Avenue, Paramus, NJ 07652  
201-291-0401 • citm-drfinn.com



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 25.*

### HEALING EDUCATION

#### DIAN'S WELLNESS SIMPLIFIED

Dian Freeman  
Morristown, NJ, (973) 267-4816  
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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.

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91 Millburn Ave, Millburn  
973-457-4244 • [HolisticDentalCenterNJ.com](http://HolisticDentalCenterNJ.com)



We focus on performing holistic dental care that is good for the body as well as the teeth and gums. We put an emphasis on a more natural or holistic approach to dentistry. As a holistic dentist, Dr. Gashinsky treats the cause of the problem and not just the symptoms. He seeks to improve his patients' quality of life through holistic dental care that respects and honors the body. *See ads, pages 2 & 26.*

### INTUITIVE PRACTITIONER & FENG SHUI

#### LOIS KRAMER-PEREZ

Intuitive Practitioner, Meditative Clearing & Feng Shui  
201-906-5767 • Fax 201-265-6037  
[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 31.*

### NUTRITION & WELLNESS COUNSELING

#### AMY VESPA NUTRITION

Amy Bespa  
Clinical and Integrative Nutritionist  
201-228-0774  
[Amy@amyvespanutrition.com](mailto:Amy@amyvespanutrition.com)  
Based in New Jersey and Vermont



As a Clinical Nutritionist, Amy Vespa helps improve frustrating health issues using food, lifestyle changes, and mindset. Her clients have reduced anxiety, reversed Hashimoto's, rebalanced digestion, increased energy, dropped excess weight, and more. Does your lab work report everything as 'normal' but you still don't feel well? Amy analyzes labs from a functional perspective and completes a thorough diet and lifestyle analysis to create a personalized plan to help you feel better. Join Amy's newsletter for free monthly talks! *See ad, page 9.*

#### CAMILLE ROSE HEALTH & WELLNESS

Camille Alonso  
[www.camillerosewellness.com](http://www.camillerosewellness.com)  
[Camirosa@Verizon.net](mailto:Camirosa@Verizon.net)



Camille Alonso is a certified Integrative Nutrition Health Coach. She is also a certified Yoga & Mindfulness Meditation Teacher. Camille began her focus on health and wellness while she was in high school dealing with horrible anxiety attacks. She noticed how her anxiety affected every part of her life including diet, hormones and energy levels. She then took it upon herself to find a more holistic path to manage her anxiety at its root cause. She is now passionate about guiding others to reach their health and wellness goals through yoga, meditation, and healthy nutrition and lifestyle habits. *See ad, page 7.*

### PHONE SYSTEMS, LABEL PRINTING, IT SERVICES

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



Business phone solutions: Legacy Avaya, hosted VoIP Outlook integration and texting to landline, printers, copiers, fax, sales, service and supplies, DesignJet plotters sales, service programming and more. For manufacturing and product distribution: Zebra Sato thermal labels for products, GHS, barcodes and shipping. Barcode scanning and complete integration. Fail-safe Internet via 4G/LTE for 100% survivable reliable internet. Backup for phones cameras and credit card processing. Enterprise Solutions: NetGear managed POE switches. Third-generation HIPPA-compliant security firewalls featuring Sonic Wall. VPN and WFH solutions.

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Jacquie is a Wellness Guide, helping people to connect to their deeper, quieter, Witness Selves. I offer products and services to reduce stress and anxiety; to increase mindfulness, awareness, and personal growth. My service StressBusters Guided Meditation is a system I developed using sound, breath, aromatherapy, gemstones, journaling, and movement. Private and group sessions are available. I also create audiobooks, eBooks, custom guided meditation audio and music with the intent to calm, support, guide and empower. *See ad, page 7.*

## YOGA

### PURE BLISS YOGA

Zeni Pepper  
Pure Bliss Yoga  
pure-bliss-yoga.com



Pure Bliss Yoga was founded by Zeni Pepper, a lifelong yoga and meditation practitioner, who regularly leads classes, workshops, teacher trainings and retreats. Echoing her multi-faceted life experiences, Zeni's yoga classes are varied and deep, infused with energetic practices, philosophy, mythology, poetry and spirituality. She teaches a broad range – from intelligently weaved vinyasa flows, to blissful restorative yoga, meditation and yoga nidra, in group, private or corporate settings. You can follow and connect with her on Facebook or Instagram @zeniyoga. *See, ad page 11.*

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