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NEW JERSEY NORTH EDITION

Publisher **Anil Singh**  
Editor **Martin Miron**

Contributing Writers **Thomas Brenton**  
**Ashley Di Capri**  
**Lisa Poquinto**  
**Joseph Quiroz**  
**Nayda Rondon**

Design & Production **Kim Cerne**  
Sales & Marketing **Anil Singh**

CONTACT US

Natural Awakenings  
North NJ – Bergen & Passaic Edition  
247 Ehret St., Paramus, NJ 07652  
PH: 201-781-5577  
Publisher@NaturalAwakeningsNNJ.com  
NANorthNJ.com



@NANorthNJ

SUBSCRIPTIONS

Free subscriptions are available for our digital edition by emailing:  
Publisher@NaturalAwakeningsNNJ.com

NATIONAL TEAM

CEO **Kimberly B. Whittle**  
COO/Franchise Sales **Joe Dunne**  
Editor **Sandra Yeyati**  
Layout Designer **Gabrielle W-Perillo**  
Proofreader **Melanie Rankin**  
National Advertising **Lisa Doyle-Mitchell**

CONTACT US

Natural Awakenings Publishing Corporation  
350 Main Street, Suite 9B  
Bedminster, NJ 07921  
Ph: 239-206-2000  
NaturalAwakenings@KnoWEwell.com

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

letter from publisher:

Just saying, “An appetite does not need any skill . . .” can easily be misunderstood. In today’s health-conscious environment amid information overload, part of humanity is engaging in very mindful and conscious eating habits.

One positive trend is adopting a balanced, less-processed, low-fat, high-fiber, plant-based diet lifestyle, which has quite a few obvious health benefits. Also, we are not hurting living animals to feed our consumption. “Veggies for the Win” gives some good reasons and ways to go about it.

I have also seen people ordering food at the restaurant and only eating 30 percent to 60 percent, wasting the rest. This has multiple of impacts because we are straining Earth’s resources to produce food. Waste is waste even though we can “afford” to waste. The discarded food rots in landfills and produces methane, which has four times the adverse impact of the CO2 emitted by cars, etc.

I recommend reading “Loving Our Kidneys” because it has lots of information for long-term health consideration. The article mentions specific conditions and taking a holistic approach toward them, but the suggested lifestyle choices can be preventive, too.

“Finding Hope in Action” advocates for taking small steps toward the larger cause of saving the Earth and preserving its key resource, water. There are many ways that our small actions today will pay it forward to future generations.

*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*.

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Anil Singh, Publisher

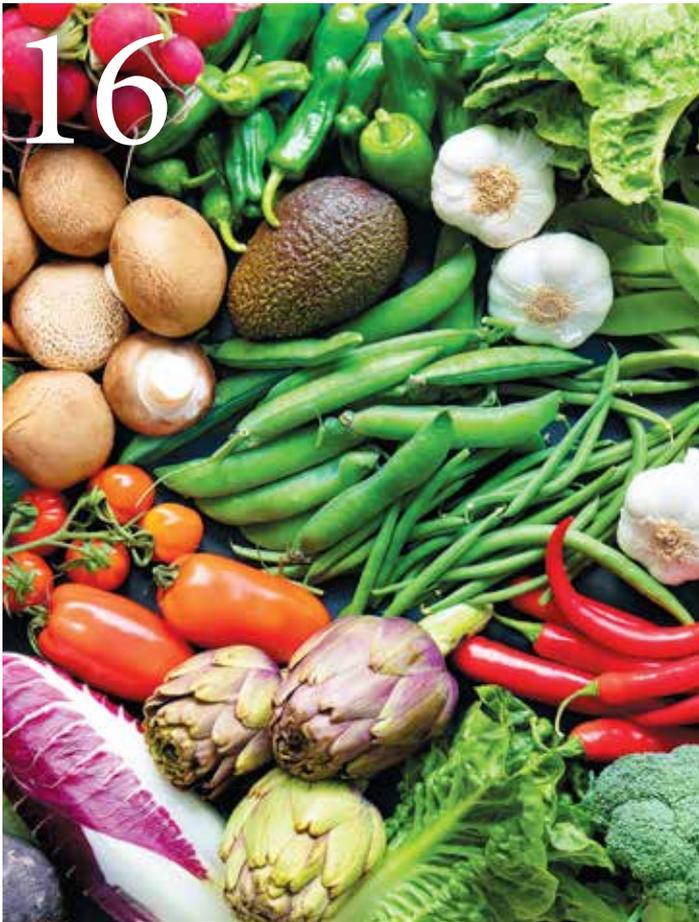


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Anil Singh and his wife Vartika



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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- 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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## news briefs

### A Heavenly Gift from China

The culture of ancient China was divinely inspired. Shen Yun's works reflect this rich spiritual heritage at the New Jersey Performing Arts Center from May 4 through 7. Travel back to the magical world of ancient China and experience a lost culture through



the incredible art of classical Chinese dance and see legends come to life. Shen Yun pushes the boundaries of the performing arts with a unique blend of stunning costumes, high-tech backdrops and a unique orchestra.

In 2006, a group of Chinese artists came together in New York with a vision to revive the best of China's

cultural heritage and share it with the world. They drew courage and inspiration from their practice of Falun Dafa—a spiritual discipline based on the principles of truthfulness, compassion, and tolerance. The company's repertoire includes important works shedding light on the plight of people like them in communist China today. After a decade of performing around the world to sold-out audiences everywhere, Shen Yun has brought a great civilization back from the brink of extinction.

*Admission starts at \$80. Location: 1 Center St., Newark. For tickets, call 888-907-4697 or visit [ShenYun.com/newark/new-jersey-performing-arts-center](http://ShenYun.com/newark/new-jersey-performing-arts-center).*

### StressBusters Guided Meditation

Jacquie Bird will present 30-Minute Reset: StressBusters Guided Meditation online on March 15 and 16 at 7 p.m., March 18 at 10 a.m. and 5 p.m., and March 19 at 2 and 4 p.m. She describes it as, "a deep reset for mind, body and spirit. Ground and center with sound, breath, visualization and mindfulness, taking you on a soulful journey. Reduce stress and anxiety, feel good and refreshed in the comfort of your home with this virtual event."

Bird says, "Immerse yourself within the vibrations of sound and breath while you float upon the positive visualizations you will receive in this restorative guided meditation.



As the energies shift from winter into the spring equinox and toward the end of the month, give yourself the gift of reset and rejuvenation in the comfort of your own home. Reduce stress, anxiety, feel good and refreshed. Feel calmer, more grounded and centered. Gain clarity and balance in this 30-minute StressBusters Guided Meditation session."

*Cost is \$25. Register at [Tinyurl.com/StressBustersMeditation](http://Tinyurl.com/StressBustersMeditation). See listing, page 29.*

## Don't Sweat the Small Stuff

For those that feel stressed, tired, anxious or worried and can't seem to shut off their mind no matter what they try, an Access Bars session can reduce the noise in their head without having to meditate for hours, releasing disharmonious thoughts and behavior patterns while allowing greater possibilities into their life.



Access Bars is a gentle treatment using light touch on the head. No matter what age, everyone has the potential to benefit greatly from an Access Bars session. Trusted by many, this gentle, innovative energy process is practiced in more than 100 countries with positive results.

*Location: Paramus. To preregister (required) or book a private session, call 201-655-3836. For more information, visit [AccessConsciousness.com](http://AccessConsciousness.com) or [citm-drfinn.com](http://citm-drfinn.com). See ad, page 15.*



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## Gut Microbiome May Influence Obesity



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A new study may shed light on why some people gain more weight than others regardless of diet and activity levels. Led by researchers at the University of Copenhagen and published in the journal *Microbiome*, the study found that being overweight may also be related to the makeup of a person's gut microbiome. The researchers studied 85 overweight adults and found that 40 percent of the participants had more *Bacteroides* in their gut microbiome, which are more effective at extracting nutrients from food, possibly causing leftover food to be stored as fat. Before they began their study, the researchers had hypothesized that a long digestive travel time would allow people to extract more energy from their food, but they found instead that people with shorter digestive travel times were actually the ones that extracted the most nutrition. Those with *Bacteroides* had shorter intestinal transit times and higher body weight.

## Human-Grade Dog Foods Lead to Less Poop



Although human-grade foods for pets are commercially available, little research has been done on their health impacts. A 2021 study published in the *Journal of Animal Science* compared the fecal output of 12 dogs that ate one of three types of dog food: fresh, human-grade or extruded (kibble). The researchers

found that the dogs that were fed fresh and human-grade food excreted about half as much as those that were fed classic, processed dog food. The human-grade foods were also found to be extremely digestible, and the dogs that ate them had to eat less food to maintain the same weight. There were many differences in fecal microbiota among the three diets, and the scientists stated that this was likely because of differences in ingredient source, nutrient concentrations and processing methods.

## Walnuts to Relieve Exam Stress

Stressed college students might benefit by adding walnuts to their diet before their next exam. A randomized clinical trial published in the journal *Nutrients* sought to investigate the effects of academic stress and daily walnut consumption on mental health, general well-being and gut microbiota in a group of 80 college students. Walnuts are full of nutrients that support brain and gut health, including omega-3 fatty acids, antioxidants, melatonin (sleep-inducing hormone), polyphenols, folate and vitamin E.



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The University of South Australia researchers concluded that daily consumption of one half cup of walnuts improved self-reported mood and mental health status, metabolic biomarkers and sleep quality. The data also suggested that walnuts might counteract the negative effects of academic stress on the gut microbiota in women. The scientists noted that more research was needed with respect to males, as far fewer men participated in this study. They also cautioned that the placebo effect could have influenced results, as this was not a blind study.

## Supplements That Help the Heart



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A new study conducted by researchers at Brown University has identified certain supplements that may be beneficial for heart health. The meta-analysis published in the *Journal of the American College of Cardiology* reviewed more than 884 studies on 27 types of micronutrient supplements among 883,627 participants and found strong evidence that omega-3 fatty acid, folic acid and coenzyme Q10 (CoQ10) are micronutrients that reduce cardiovascular risk. Omega-3 fatty acid was found to decrease mortality from cardiovascular disease; folic acid lowered stroke risk; and CoQ10 decreased all-cause mortality. Omega-6 fatty acid, L-arginine, L-citrulline, melatonin, magnesium, vitamin D, zinc, alpha-lipoic acid, catechin, flavanol, curcumin, genistein and quercetin also showed evidence of reducing cardiovascular risk.

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# Miracles Flow from Love

by Anne Deatly

Our inner world is the most important to create the lives we want—a world without material possessions, social status, money or success ladders. If we want to change our life, we must change our internal world. It's not what we're doing, the secret is who we're being, which determines everything in our lives. Who we are being determines whether we can live a life as if everything is a miracle.

Miracles are connected to the vibrational frequency of love. They flow naturally from love. When we understand miracles, we believe in miracles, can create and offer miracles. We can let go of grievances against others and extend love instead. The more we extend love to the

universe, the more miracles will come to us. Living in miracle energy is expecting miracles to happen.

Living in miracle energy is knowing we're conduits of goodness and love if we choose to be. What can we do to live a life as if everything is a miracle? Believe in our unlimited potential, expect to achieve that level. Own our magnificence—own our soul's magnificence, see magnificence in others. Know we are infinite spirits. Be soul-centric, not ego-centric. Believe that everything is happening for each of us. Believe that only love is real. Seek and witness the love in others. Open our heart energy. Let go of the past. Forgive someone, forgive ourselves. See every living thing as

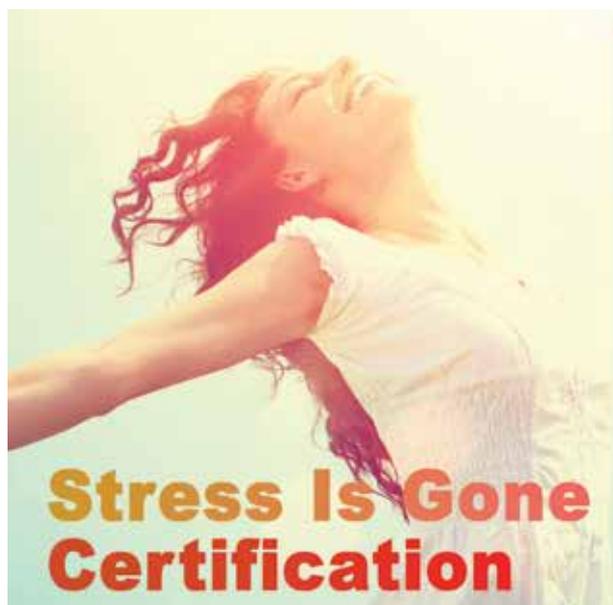
divine. Raise our vibrational frequency. Be grateful for everything. Be in the energy of what we want. Understand the oneness of the universe; understand we are all one. Be in the flow of the universe.

We can become miracles for ourselves and others. We're entitled to have extraordinary things happen such as miracles. We receive miracles because the divine loves us. We can create miracles because of our oneness with the divine. If we connect to the oneness of the universe and tap into divine love, we can express divine love through us. The key is to be our authentic selves and share our unique gifts and talents with others. In doing so, we give others permission to share their gifts.

There is a ripple effect throughout the universe with a simple act—and acknowledgement—we can be the conduits of divine energy. We can be the conduits of miracles. We don't always witness the effects of our way of being in the miracle. We don't always receive the miracle. We need to trust the miracle is blessing whoever needs the miracle. Trust and surrender what is needed from our service and being authentically us. Let the miracle go where it's needed.



Contact Dr. Anne Deatly at 201-925-1046 or Anne.Deatly@gmail.com. See ad, page 12.



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## IV Nutrition Therapy for Vitality

by Roman Finn

**M**edicine, vitamins, minerals and other nutrients can boost immune function, increase energy levels and help manage a variety of chronic health conditions, and they are often delivered faster and more effectively intravenously through an intravenous (IV) drip. Each IV infusion produces benefits on top of previous infusions, enhancing health benefits exponentially. But it is important to remember that IV nutrients have greater efficacy when combined with improvements in diet and lifestyle modification.

When acutely or chronically ill, we may benefit from jump-starting the system with a high concentration of nutrients delivered directly to the cells affected, getting them instantly on the road to healing. By directly administering nutrients to the body, higher

blood levels can be achieved, which can provide the immediate therapeutic response needed.

Specific benefits of IV nutrient infusion therapy may include improved immune function, increased energy, more restorative sleep, decreased stress and anxiety, enhanced mood, and overall enhancement of well-being.

IV nutrient infusion is a powerful therapy for numerous health-related issues and medical conditions, including athletic enhancement and recovery, atherosclerosis (hardening of the arteries), autoimmune diseases, cardiovascular disease, chronic fatigue, fibromyalgia and neuropathic pain, gastrointestinal problems, heavy metal toxicity, acute and chronic rheumatoid arthritis, malnutrition, hepatitis, infections, multiple chemical

sensitivities and multiple sclerosis.

**Restore:** This vitamin therapy is often used in a medically supervised plan of care for chronic fatigue and other autoimmune disorders, in which a powerful immune-enhancing IV delivers vitamin C into the body that goes straight into the bloodstream.

**Antioxidant glutathione:** This is a potent antioxidant that quenches dangerous free radicals and binds to dangerous toxins through a process called conjugation so that they can be safely eliminated. Oral glutathione is not very stable; stomach acid and enzymes break it down into its three component amino acid parts, thereby rendering it useless. To address that, IV glutathione ensures effective delivery of the nutrient directly into the bloodstream. Further, a IV therapy of vitamin C combined with glutathione improves detoxification.

**Anti-Inflammatory:** When life gets extra busy, an IV designed to combat stress, anxiety and depression may help to nourish and calm the nervous system with high-dose magnesium. Intravenous magnesium sulfate has been clinically proven to help battle several kinds of cardiovascular disease. Minerals are extremely important in the regulation of nerve impulses and muscle contraction.



*Roman E. Finn, M.D., is the medical director of the Center for Integrative & Traditional Medicine, in Paramus. For more information, visit*

*citm-drfinn.com. See ads on pages 6, 13, 32.*

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# Bioidentical Hormones for Women: What, Why and How

Unlike men, all women can expect over the course of their lives to see their sex hormone levels, plummet to nearly undetectable levels. This drop may begin years before menopause (i.e., during perimenopause) or at the onset of menopause. Menopause may occur from as early as age 40 to as late as the late 50's. Peri (or pre-) menopause and menopause are characterized by a well-known constellation of symptoms, most prominent of which are "hot flashes", often causing drenching sweats and disrupting sleep. These symptoms often lead sufferers to consider relief from hormones. Here are some FAQs about hormone replacement therapy:



## Are sex hormones safe?

They are entities inherent to the body, not foreign or modified. In the famous WHO study showing that hormones increased the risk of breast cancer, it was a synthetic version of progesterone (i.e., a pseudo-progesterone) that was linked to cancer risk. No such relationship has been shown with natural hormones. In fact, natural progesterone cream applied to an inflamed breast can calm and reverse early signs of pre-cancer.

## What are bioidentical hormones?

While the popular pharmaceutical hormones do indeed act in a similar fashion in some ways to our natural hormones, the active part of these drugs is bonded to one or more synthetic components to intentionally make them "not natural", marketing them as "patent-able", brand name entities. In distinction, bioidentical hormones have the precise chemical makeup as our inherent hormones, and so, act PRECISELY as natural hormones do in our bodies. They are not "foreign" to the body,

## What are the benefits of BIHRT (Bioidentical Hormone Replacement Therapy)?

Not only can hormones eliminate menopausal hot flashes, but short and longer term, they play multiple positive roles. They enhance sleep, improve cognition/prevent dementia, support bone strength and heart health, enhance GI function, maintain youthful skin and hair, provide vaginal lubrication, increase libido, and improve mood.

## How long should one take hormones?

Considering the many benefits of sex hormones for women, the answer is really "As long as you want to continue to experience these benefits."

## What is the best way to use BIHRT?

Hormones are properly used "in concert". This means that a formulation should include all hormones that are deficient to work at its best, so, not only estrogen and progesterone, but also several other hormones that derive from the adrenal glands, including testosterone, as indicated by lab testing. The optimal way to create the ideal blend for an individual is to have a customized prescription cream formula prepared by a specialized "compounding pharmacy, though other formats (e.g., lozenges, pellet inserts) are possible as well. The ultimate decision is made by doctor and patient as a "team".

## How are hormones monitored?

Dosing adjustments are based on periodic lab testing, ultrasounds, and attention to patient symptoms/well-being. Importantly, an array of nutrients is used to protect against breast and gynecological cancers.

To maximize results, seek a physician experienced in customizing and monitoring hormones for you. A standard "cookie-cutter" prescription for non-bioidentical pharmaceutical preparations simply cannot provide all the long term benefits you seek nor the safety you deserve.



*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.*

# There's Nothing Like a Good Story

by Jeanie Pasquale

I recently read a story that wonderfully illustrated the power of dowsing. In November 2022, my wife Angie and I attended a Raymon Grace Seminar in Virginia. There were about 30 people from all walks of life in attendance, many of whom had worked with Raymon on their own personal experiences. We were also encouraged to share our issues and worries in hopes he may help. I had recently drilled a new well on my property and brought a few bottles of the well water for Raymon to energize. From the beginning, our new well had a terrible sulfur smell and taste.

Raymon performed a dowsing and “found something” on our property and got rid of it. However, we noted no change in the water at home. So we shared the story of the Darr Mine disaster with Raymon, who immediately felt the miners spirits were still in the mine. We live in rural Southwestern Pennsylvania, directly on top of the Darr Mine where 239 local coal miners lost their lives in a major mine explosion in December 1907.

Raymon and I each dowsed to release the miners. I envisioned the last two miners leaving the mine, following a trail of yellow smoke in front of them, and Raymon



confirmed that he sensed that all the miners had left the mine. However, even after this, Angie and I still noted the smell in our water at home and we let Raymon know via email. That next morning, we checked again and the water was pure! He let us know that after we had let him know the smell was still there, he had proceeded to release the trauma from the Earth that the mine disaster had caused. As part of this release, Raymon also did an energizing of the water, changing the well's sulfur content to the frequency of pure water. Since these dowsings, our well water is sweet and pure now.

I didn't have a doubt in my military mind. I just knew we had to find the right path of intention, which Raymon helped us achieve. Who would think releasing trauma from the Earth caused by a disaster 115 years ago would also be beneficial to water quality?

The Darr Mine Disaster has had a lasting effect on our local community to this day. My barber, Bill, and his wife used to live about half a mile away from us. Their home sat over the Darr mines, as well. Years ago, his wife talked about the miners' effect, believing they had caused her to levitate, and insisted their home was haunted by their restless spirits. Bill didn't believe her, but they did move, upon his wife's insistence.

As an interesting side note, the Disaster occurred on December 19, 1907, which was the Feast of St. Nicholas. Some miners opted to go to church that day. The grandfather of Jim and Paul Reho, who drilled the well on our property, was one of the miners that went to church that day instead of the mine and was spared. Without meaning to, Jim and Paul may have contributed to finally releasing the last of the 239 spirits of their grandfather's fellow miners and friends that perished 115 years ago.



To learn more about dowsing or schedule a checkup or clearing, contact Jeanie Pasquale at 845-709-5245 visit [HouseHarmony.org](http://HouseHarmony.org). See

listing, page 29.

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# Dental Allergies are Common

by Vladimir Gashinsky

Allergies are more common than they used to be, but while food allergies seem to command the most attention, other kinds have been on the rise, too. Data from the World Health Organization shows that the number of allergy sufferers rose from 3 percent to 30 percent between 1960 and 1995. In the 2013 study on Adult Health in Germany, nearly 20 percent of respondents reported an allergic disease during the last 12 months. The most common allergic diseases were hay fever (14.8 percent), bronchial asthma (8.6 percent) and contact dermatitis (8.1 percent). Allergic contact dermatitis has thus reached an alarming frequency similar to that of diabetes mellitus. The introduction of new materials into dentistry also increased the likelihood of an allergic intolerance reaction as a result of dental treatment. A 2018 study citing those statistics aimed to investigate those dental allergies.

## Heavy Metals Top the List of Dental Allergens

Eighty-six patients, mostly female, took part in the study, all of whom had oral symptoms of a contact allergy. Information was collected about their general medical history, history of allergies, and objective symptoms. Each patient underwent an oral exam with close attention to changes in all tissues that came in contact with materials used for crowns, implants, dentures, and the like. Metals, including nickel, cobalt and mercury were found most apt to cause a reaction.

This study focused mainly on contact



allergies, not systemic effects, although the other identified metals have those, too. Nickel, for instance, is extremely toxic. It's known to contribute to oxidative damage, impaired kidney and liver function, reproductive problems and more. Nickel is used in stainless steel crowns, orthodontic brackets and retainers. Trace amounts have been found in titanium implants, as well. Other common dental materials found to cause reactions include components in some resins used to make dentures, local anesthetics, toothpastes, fluoride gels, nylon and even some ceramics.

## Choosing Materials Wisely with Biocompatibility Testing

It is the dentist's responsibility to choose which materials and combinations of materials to use. Detailed medical and dental history and material knowledge are crucial in preventing sensitization to individual material components and side effects. The appropriate material cannot be chosen by dentists and/or allergists alone, however, because both groups do not know all the component ingredients in dental materials and more importantly, which ingredients

may actually be released in the oral cavity. The manufacturer's safety data sheet does not usually show all ingredients in their dental materials.

Dentists can choose the appropriate materials when guided by biocompatibility testing. The gold standard Clifford test uses a small sample of blood to identify the brand-name materials that are most and least likely to cause a reaction. The test focuses on antibodies formed against 94 chemical groups, and screens for 16,000 individual dental products, considering not just the materials themselves, but byproducts they may release.

It is hard to overemphasize the importance of this testing and choosing dental materials carefully. In the case of restorations (fillings, inlays, onlays and crowns) and prosthetics (implants and dentures), the materials are in our mouth 24/7. There's never any break from exposure.

True, there are some materials that are considered broadly biocompatible, like zirconia and some BPA-free composite resins. Still, no two people are exactly alike. Each of us is genetically different, with different environmental influences and health histories.



*Dr. Vladimir Gashinsky is the founder of the Holistic Dental Center, located at 91 Millburn Ave., in Millburn. For appointments and more information, visit [HolisticDentalCenterNJ.com](http://HolisticDentalCenterNJ.com). See ad on page 2.*

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## Crackdown on Musical Bows Made from Rare Wood

For centuries, brazilwood (*Paubrasilia echinata*) has been used to make the finest bows for classical stringed instruments due to its unmatched ability to project sound. The wood comes from Brazil's Atlantic Forest, one of the most threatened biomes in the world. This once abundant wood is now endangered, and its trade is regulated under the Convention on International Trade in Endangered Species (CITES).

Since 2018, Brazilian authorities have been cracking down on brazilwood smuggling. They've confiscated almost 150,000 bows (and sticks) and last year raided 37 properties connected to their manufacture. In November 2022, signatories to the CITES treaty voted to expand restrictions and require permits to export newly made brazilwood bows. The classical music industry and several of its stars have voiced their opposition to such restrictions, but ecologists assert it is the only way to save the species.



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## First Honeybee Vaccine Approved



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According to the U.S. Department of Agriculture (USDA), more than 100 U.S. crops depend on pollination by honeybees and other insects. Safeguarding commercial honeybee colonies is critical to food production as there has been an alarming population decline in wild species due to habitat loss, pesticide use and the climate crisis.

Recently, the USDA granted a two-year conditional license for a vaccine that protects honeybees from American foulbrood disease (AFB), a widespread, destructive ailment. The non-GMO inoculation will initially be available to commercial beekeepers and can be used in organic agriculture.

Prior to this booster, the only treatment method for AFB required beekeepers to burn the infected hives and equipment. According to vaccine manufacturer Dalan Animal Health, their vaccination is incorporated into the royal jelly, which worker bees feed to the queen. Once ingested, fragments of the treatment are deposited in the queen's ovaries, providing developing larvae AFB immunity as they hatch.

## Wooden Wind Turbines



Dasya - Dasya/AdobeStock.com

Wind turbines provide one of the cleanest sources of energy; the power they produce is free, helping us reduce our dependence on fossil fuels. Several European companies are working to improve wind turbines by further reducing their carbon footprint. Stora Enso, one of the largest private forest owners in the world, has partnered with Voodin Blade Technology of Germany to make sustainable wooden, wind turbine blades. They are currently producing 66-foot blades and plan to make 262-foot blades in the future. These sustainable, laminated veneer, lumber blades have a high load-bearing capacity, are lighter and reduce the use of fossil fuels in manufacturing. Because they are relatively lightweight, the blades can be transported without heavy-duty equipment, further reducing their carbon impact. Stora Enso is also partnering with Swedish wood technology company Modvion in an effort to make wood the material of choice for wind turbine towers.

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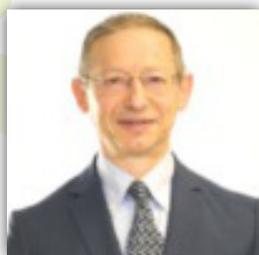
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# Veggies for the Win

## FIVE REASONS TO CHOOSE A PLANT-BASED LIFESTYLE

by Kiki Powers, MS, CNC

**M**any of us have come across the term “plant-based eating”. Perhaps the regimen was recommended to us by a medical or nutritional professional. We may have read about it in a magazine or seen a documentary on the subject. Scientists around the globe have studied this lifestyle choice, and persuasive evidence is mounting that eating a preponderance of foods from plant sources has health merits.

The concept is attributed to T. Colin Campbell, Ph.D., the Jacob Gould Schurman professor emeritus of nutritional biochemistry at Cornell University. Based on his extensive research, he has advocated a low-fat, whole food, plant-based diet since the 1980s, and his commentary appears in *Forks Over Knives*, an influential 2011 documentary on the subject that is still worth viewing.

Americans love their cheeseburgers and french fries, and breaking a habit that we thoroughly enjoy might be challenging at first. But we need not completely ban such delights from our menu, so long as our plates are brimming with vegetables, fruits, legumes, whole grains, beans, healthy oils, nuts and seeds most of the time. Gradually transitioning to a whole food, plant-based, low-fat diet is the winning formula for positive change and long-term compliance.

Here are five compelling reasons to make this promising dietary shift.

### Cost-Effective Disease Prevention

As so many Americans struggle with chronic health issues, including obesity, diabetes and heart disease, physicians are hard-pressed to find the right combination of treatments to help their patients lead healthier lives. At the same time, healthcare costs continue to skyrocket. In 2020, health spending rose to \$4.1 trillion, or \$12,530 per capita, according to the American Medical Association.

In a 2013 article published in *California* physicians surveyed leading research and case studies and found that plant-based diets offer patients a low-risk, cost-effective intervention to regulate weight, blood pressure, blood sugar and cholesterol levels. They also asserted that such eating regimens could reduce the number of medications patients would have to take for chronic disease, and that physicians should recommend such diets to all of their patients, especially those suffering from high blood pressure, diabetes, cardiovascular disease or obesity.

Besides saving money on drugs and medical procedures, a plant-based menu has never been easier or more affordable. According to recent data conducted by the UK nonprofit

Veganuary, plant-based meals eaten at home cost 40 percent less than meat- or fish-based meals and take one-third less time to prepare.

“The most powerful tool I discovered while in practice for both preventing and treating chronic diseases such as diabetes, obesity, heart disease, high blood pressure and arthritis was the implementation of a plant-based nutritional plan to a patient’s life,” says Ted Crawford, a board-certified family physician featured in two inspiring documentaries about the life-changing benefits of a plant-based diet: *and* .

### Flavor, Freshness and Flavonoids

The latest food trend is a “burger” made entirely of plants. The race is on to see which one looks and tastes closest to a juicy, all-beef patty. Whether it’s mushrooms posing as “steak” or wheat-based seitan kneaded into “chicken”, recipes catering to carnivores have their audience. For some, these tasty alternatives may offer a path toward becoming a vegetarian or vegan.

Oven-roasted on a sheet pan, splashed with extra virgin olive oil and lemon juice, sprinkled with fresh herbs and spices, served with a creamy dip, slow-cooked in a crockpot, baked into a pie, frothed into a sweet smoothie or freshly pulled from the vine, consider the fact that whole, plant-



based foods taste delicious on their own and deserve the spotlight.

They are good and good for us, packed with nutrition while low in fat and calories. The vibrant colors of fruits and vegetables—as varied as the rainbow—are evidence of the many healthful attributes they offer. Ditching animal fats, white flour and sugar in favor of fresh, whole plant foods found at a local farmers market ensures a rich intake of vitamins, minerals, trace elements, phytonutrients, fiber, antioxidants, flavonoids, protein, fiber and more—the building blocks of a robust, disease-fighting body.

Those that believe a plant-based diet is too limiting might be surprised to learn that there is a wealth of meat-free culinary possibilities. Garth Davis, M.D., author of *Just 12 Plants*, notes, “Just 12 plants and five animals compose about 75 percent of the world’s food, and yet there are approximately 300,000 known edible plant species, only about 150 of which are used commonly around the world.”

There are so many plant-derived flavors and recipes yet to explore. Try a new plant-based recipe weekly. Let the kids select their favorite fruits and veggies to prepare. Enjoy reimagining old favorites like lasagna, enchiladas, chili and tacos. Simply swap out the meat in favor of beans, tofu, tempeh or faux meat products, which have become quite sophisticated in recent years.

## Anti-Inflammatory Benefits

While acute inflammation is a protective bodily response to heal infections and repair tissues, metabolic inflammation—or metaflammation—refers to chronic, systemic inflammation. According to a 2020 study published in *Metabolism*, metabolic inflammation is associated with increased risk of Type 2 diabetes, nonalcoholic fatty liver disease and cardiovascular disease.

Numerous studies have explored the inflammatory and anti-inflammatory effects of foods. According to a 2021 article in *Frontiers in Nutrition*, the following foods cause inflammation: refined carbohydrates like white bread; fried foods like french fries; sodas and other sugary drinks; red meat; processed meat, including hot dogs, sausage and cold cuts; and margarine, shortening and lard. Conversely, the best anti-inflammatory foods are tomatoes; olive oil; leafy, green vegetables such as spinach, kale and collards; nuts like almonds, walnuts, pistachios and pecans; and fruit such as apples, strawberries, blueberries, cherries and oranges. Omega-3 fatty acid-rich fish like salmon, mackerel, tuna and sardines are also recommended for their anti-inflammatory properties.

## Environmental Sustainability

According to the Food and Agriculture Organization of the United Nations, total greenhouse gas emissions from global livestock represents 14.5 percent of all greenhouse gas emissions worldwide. Cattle raised for both beef and milk are the animal species respon-

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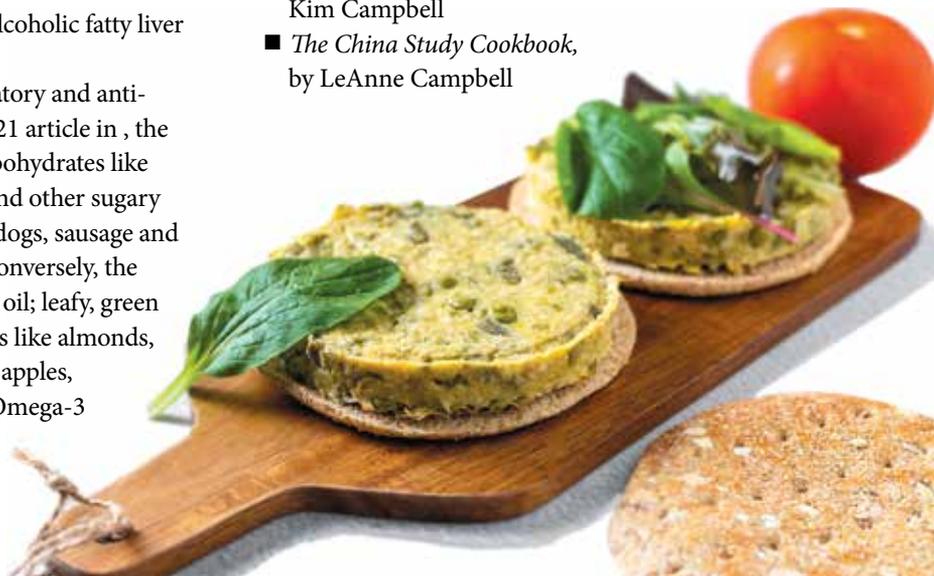
- *PlantPure Nation*
- *Forks Over Knives*
- *Eating You Alive*
- *What the Health*

**Websites** offering tips, recipes and advice for plant-prominent menus

- [HappyHerbivore.com](http://HappyHerbivore.com)
- [ForksOverKnives.com](http://ForksOverKnives.com)
- [NoraCooks.com](http://NoraCooks.com)
- [CleanFoodDirtyGirl.com](http://CleanFoodDirtyGirl.com)

**Cookbooks** that make whole, plant-based foods shine

- *Oh She Glows Every Day*, by Angela Lindon
- *The Happy Herbivore Cookbook*, by Lindsay S. Nixon
- *The PlantPure Nation Cookbook*, by Kim Campbell
- *The China Study Cookbook*, by LeAnne Campbell





## Coaching to Make Permanent Changes

Camille Rose Wellness is a health coaching business that focuses on helping women reach their health and wellness goals. Owner Camille Rose is a certified health coach and yoga and meditation teacher, as well as a graduate of the Culinary Institute of America.



Camille Rose

Rose received health coaching certification at the Institute for Integrative Nutrition, where she studied more than 100 dietary theories, nutrition and health coaching tools. Her interest in health and wellness began high school while dealing with anxiety and panic attacks. By incorporating a healthier diet, yoga and meditation into her daily routine, she was able to better

manage the anxiety and is now passionate about helping others reach their health and wellness goals.

Rose combines her skills in nutrition, fitness, and healthy lifestyles to guide clients in reaching their individual health and wellness goals working one-on-one remotely with clients every other week to discuss clients goals, progress and obstacles while providing recommendations based on their needs.

As a health coach, Rose helps clients make lasting healthy diet and lifestyle changes by having them stay accountable and

motivated to reach their goal. During sessions, the client can discuss a variety of topics, such as what they eat and drink daily, physical activity, stress management techniques and morning and nighttime routines. She works with women that experience difficulty losing weight, painful periods, PCOS, anxiety and stress or that want to learn to cook healthier at home.

Using a holistic approach instead of focusing on symptoms, it is much more effective for Rose to get to the

root cause in order to make lifelong changes in diet and nutrition, home cooking, career and relationships.

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# FINDING HOPE IN ACTION

## SAVING EARTH AND WATER WITH SMALL STEPS

by Marlaina Donato

In her book *One Makes the Difference: Inspiring Actions That Change Our World*, environmental activist Julia Butterfly Hill asserts, “Everything we do and say does change the world. Even our inactions have impact.” Spring-boarding from Hill’s keen observation, the efforts each of us make can add up to much more than we ever imagine.

This year, the International Day of Forests and World Water Day are celebrated during the spring equinox (March 21 and 22), when nature kicks into high gear for annual renewal. For those dedicated to Earth awareness, this is a wonderful opportunity to commune with like-minded activists and learn about our impacts on vanishing resources.

### Progress as Incentive

It is easy to be hopelessly discouraged when we look at the statistics of vanishing rain forests, polluted waterways and an astonishing output of “forever chemicals”, but focusing instead

on the headway we’ve made worldwide can be a shot in the arm. The ozone layer, according to reliable accounts, is in recovery, thanks to reduced production of chlorofluorocarbons. Plastic policies in cities across the U.S., Europe and Australia are reducing waste, especially plastic shopping bags, plates, straws and cutlery. To fight the demise of vital coral reefs due to ocean acidification caused by the plastic pandemic, scientists are seeding reefs with coral offspring to promote restoration. The United Nations biodiversity conference held last year initiated an agreement among world leaders to restore 30 percent of natural resources by 2030 through concentrated efforts across the globe.

### Fostering Forests

Major culprits of deforestation are food production (soy, corn and livestock), illegal logging and excessive paper manufacturing, which uses hazardous chemicals that compromise the air and human health. But there is much we can each do to counterbalance this devastation.

Besides going paperless whenever we can at home and work, opting for paper alternatives like bamboo, hemp and sugarcane can reduce energy production and pollution. “The three Rs—recycle, reuse and reduce—are still very important,” says Todd Larsen, executive co-director at Green America. “Look for paper products made with post-consumer recycled fiber, and consumers can encourage companies they support to use recycled paper as much as possible.”

The people behind *TreeSisters.org*, a registered charity in the UK spearheading social change and tropical reforestation, explain, “Tropical forests are more than ‘the lungs’ of our world. They are the beating heart of the hydrological cycle. As weather stabilizers, rain creators and cleansers, they are intimately tied to our health and our food.”

Supporting reputable organizations for land and water extends beyond funds. Volunteer work, initiating a fundraiser and spreading the word about their efforts on social media or over a coffee



© iStockphoto.com/Stephanie

break are love in action. Choosing to buy from organic farmers with Earth-positive practices like crop rotation, cover cropping and composting is an investment in the future. Brady Smith, the public affairs officer for the Coconino National Forest, in Arizona, emphasizes, “If people can practice ‘leaving no trace’ ethics, that would go a long, long way in helping preserve our forests.”

## Walking Our Talk for Water

It is a frightening prospect that the world’s oceans will have more plastic than marine life in just 30 years. The impact of overfishing adds to the grim reality, but we can choose sustainable, wild-caught seafood that requires minimal fresh water (and produces fewer carbon dioxide emissions than the beef industry).

According to UNICEF and the World Health Organization, one in three people suffer from the consequences of contaminated water. Supporting clean water projects sponsored by charities like *Water.org* can help provide safe drinking water for families in impoverished countries. Donating \$200 can help a family receive a water credit loan to connect to a water supply inside the home. A borrower’s payback rate in a country like the Philippines is an inspiring 99 percent.

## Full Circle

Even surfing the net can have environmental implications. Instead of conducting web searches on Google, consider Ecosia. They use the profit they make from people’s searches to plant trees where they are needed most. What we do matters.

Canadian activist Maude Barlow’s inspiring words at the World Future Council last year remind us, “We can’t know what the outcome is going to be, but we have to have faith that others are doing very important work and that, collectively, that’s going to make a difference.”

*Marlaina Donato is an author, painter and host of multimedia art exhibits intended for healing the community. Connect at [WildflowerLady.com](http://WildflowerLady.com).*

## healthy kids



# SWEET LULLABY

## BETTER SLEEP FOR CHILDREN

by Marlaina Donato and Kirby Baldwin

**S**leep is essential for both survival and the ability to thrive, yet as children’s schedules get busier and they spend more time in front of screens, their average sleep time often decreases. While the American Academy of Pediatrics recommends that kids between the ages of 6 and 12 get nine to 12 hours of sleep per night for optimal health, they’re regularly getting less, and about 15 to 25 percent of youngsters and adolescents have trouble falling and staying asleep.

In a recent study published in *The Lancet*, researchers at the University of Maryland School of Medicine found that children that get less than nine hours of sleep per night have notable differences in areas of the brain that influence memory, intelligence and well-being compared to those that sleep more than nine hours. According to researchers, such insufficiencies in early adolescence can lead to long-lasting neurocognitive consequences.

## Why Kids Aren’t Sleeping

Anna Esparham, M.D., FAAP, an integrative medical expert with the American Academy of Pediatrics, recommends that parents look for clues as to why their children can’t sleep, including stress, increased screen time and less physical activity. However, there may be other underlying issues.

A lesser-known culprit that may contribute to a child’s compromised sleep is impaired mouth syndrome (IMS), a term coined by dentist Felix Liao, a certified airway-centered mouth doctor and past-president of the International Academy of Biological Dentistry and Medicine. “Most people, including many dentists, don’t realize the influence that the mouth has on the body,” he says. “The mouth is the portal to the inside. With impaired mouth syndrome, the child can still chew, smile and talk, but the body’s health can be compromised.”

While birth trauma, concussion and viruses can precipitate mouth breathing, and chronic allergies often exacerbate matters, immature swallowing can set off a cascade of problems. The mouth is a critical infrastructure for proper breathing, circulation, digestion, energy and sleep. IMS occurs when jaw development is insufficient, thereby giving rise to numerous difficulties, such as a narrower airway, which can cause hypoxia, or low

levels of oxygen. Liao notes that poor sleep quality can also lead to learning and behavioral problems.

“Breastfeeding stimulates bone growth and jaw development through the tongue’s instinctive action and ideally enables a child to have a mature swallow by age 2,” says Amy Dayries-Ling, DMD, FAIHM, a national spokesperson for the American Dental Association. In her book *Solve Your Sleep: Get to the Core of Your Snore for Better Health*, Dayries-Ling connects the dots between the vital role of the tongue during breastfeeding, balanced stimulation from the vagus nerve and beneficial spaces between milk teeth for a well-developed dental arch.

## Correcting Structural Problems

From a holistic perspective, improperly working muscles of the tongue, throat and face or a compromised jawbone can foster a predisposition to a number of seemingly unrelated conditions, including dental problems, teeth grinding, asthma,

bedwetting, attention-deficit hyperactivity disorder, poor growth, swollen tonsils and pediatric obstructive sleep apnea. Dayries-Ling recommends that parents seek out a myofunctional therapist that can help retrain muscles and free up the airway. Building an integrative team is vital, including a dentist trained to address structural issues.

As a certified, airway-centered mouth doctor, New Jersey-based holistic dentist Nemie Sirilan understands the link between sleep deprivation and airway obstructions. She uses 3D scans and thorough examinations to identify craniofacial abnormalities and customize treatments that correct structural anomalies.

“When I examine young patients, I want to see how baby teeth are forming, whether they have a tongue-tie and how their upper and lower jaws are positioned, to see if they have some kind of bad bite. These are all telltale signs of airway obstruction,” Sirilan explains, adding that another common indicator of breathing difficulties is the wearing down of tooth enamel that results from persistent teeth grinding.

Sirilan recommends that parents consult an airway-centered mouth doctor as soon as possible before other complications arise, noting that these problems are often easily corrected with customized corrective appliances, as well as collaborative consultations with other practitioners, including functional doctors, nutritionists, chiropractors and physical therapists to treat the whole person.

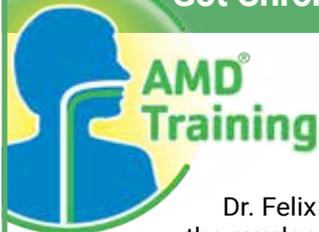
Life seems to be a much brighter place after a good night’s sleep, and kids are our future. Digging deeper for their optimum, long-term well-being is a vital investment.

*Marlaina Donato is an author, painter and host of multimedia art exhibits intended for healing the community. Connect at [WildflowerLady.com](http://WildflowerLady.com).*

*Kirby Baldwin is an editor and writer for [KnoWEwell](http://KnoWEwell.com), the [Regenerative Whole Health Hub](http://RegenerativeWholeHealthHub.com) and parent company of [Natural Awakenings Publishing Corp.](http://NaturalAwakeningsPublishingCorp.com)*

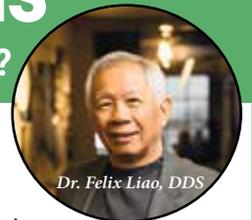
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# Thriving With Multiple Sclerosis

## HOW TO REDUCE INFLAMMATION AND PROMOTE NEUROREGENERATION

by Noelle Citarella, RDN, CDN, IFNCP



For people with multiple sclerosis (MS), the concept of “thriving” is becoming increasingly attainable thanks to advances in lifestyle-related research. While MS is not yet curable, life choices that reduce inflammation and promote neuroregeneration can slow or reverse disease progression. This is great news for nearly 1 million Americans living with MS, as estimated by a 2019 National Multiple Sclerosis Association study.

Tony Ferro, the founder of Change MS, credits diet modifications for improving his own symptoms of numbness, tingling, blurred vision, extreme fatigue, brain fog and depression. “It was hard work, but the more I learned and understood, the more I applied and the better I felt,” he says. Recognizing the transformative power of behavioral and attitudinal choices, his nonprofit helps people with MS adopt a wellness mindset and learn strategies to achieve their fullest potential.

According to a 2018 review article published in *Current Nutrition Reports*, a number of recent studies provide strong preliminary evidence that diet can influence the rise and progression of MS and its symptoms. Large-scale clinical trials are needed to be certain, but the emerging research suggests that the right foods not only provide essential nutrients for cellular function and repair, but also offer anti-inflammatory effects that slow MS activity, protect the nervous system from further damage and allow for nervous-system repair.

A study spearheaded by Terry Wahls, M.D., at the University of Iowa, found a significant improvement in fatigue, quality of

life and mental health in MS patients following a modified paleo diet that was rich in certain vitamins, minerals, amino acids and enzymes that have been found to support energy production and nerve repair.

### Eating to Reduce Inflammation

Vegetables should make up the bulk of each meal, followed by a smaller portion of fruits. Eat many different-colored varieties to benefit from a full gamut of bioactive compounds. Consume sulfur-rich foods like broccoli, cabbage, asparagus and leafy greens daily.

Quality protein is essential, including omega-3-rich fish, like salmon, twice weekly. Saturated fats found in butter, cheese and red meat are associated with inflammation and should be limited. Use olive oil, which contains more than 30 neuroprotective antioxidants and has been shown to reduce inflammation and promote immune tolerance.

An elimination diet may identify food triggers that exacerbate MS symptoms.

### Maintaining a Healthy Microbiome

Most people need 25 to 30 grams of fiber daily. Consume fermented foods, such as pickled vegetables and kefir, as well as prebiotic ingredients like onions, garlic, oats, bananas, apples, cocoa and flax seeds. The microbial fermentation of prebiotic fiber and phytonutrients produces beneficial byproducts including vitamin K, biotin,

neurotransmitters like dopamine and serotonin, and short-chain fatty acids, which help promote gut integrity, mood, immune balance and overall health.

## Fasting Regularly

Studies have found that fasting for 12 to 16 hours increases cell repair and positively impacts hormone balance, metabolism and weight. Start with an overnight fast of 12 hours and slowly extend the fasting period one hour at a time to lengthen the body repair window.

## Improving Sleep

The body does most of its restorative work while we sleep. Adequate, quality slumber is crucial for healthy immune function, balanced hormones and tissue repair. Ensure that the bedroom is quiet, dark and cool. To keep circadian cycles on track, get a daily dose of sunlight. Consider taking melatonin, L-theanine, lemon balm, holy basil, reishi mushrooms or other natural supplements recommended by a healthcare provider, as needed.

## Remaining Active

For people with MS, regular physical activity can improve their quality of life. According to Dr. Lacey Bromley, a physical therapist who specializes in neurological rehabilitation, “Study after study examining the influence of exercise and physical rehabilitation on persons with MS continue to provide positive outcomes. With the correct rehabilitation program, there is ample opportunity for the central nervous system to recover lost function by enhancing previous motor programs or developing new neural pathways.”

## Staying Hydrated

Fluids are essential for important bodily functions, including digestion, nutrient absorption, temperature regulation and toxin excretion. They also help prevent constipation.

Bladder dysfunction, a common MS symptom, leads many patients to restrict fluid intake. This is inadvisable because even mild dehydration can promote fatigue, cause urinary tract infections and impair cognitive function and exercise performance. A better approach is to decrease caffeine and alcohol consumption while slowly increasing fluid intake to build up a tolerance for additional fluids.

## A Life Worth Living

By focusing more attention on the delights that can be added rather than what is taken away, people with MS can move forward on a much brighter path.

“We want to support our cells, brain and body with the nutrients we need to thrive, not just survive,” Ferro says. “Make small, obtainable goals, stay consistent and keep a journal to track your food, symptoms and journey along the way.”

*Noelle Citarella is a registered dietitian specializing in neurological nutrition and autoimmune disease in the Buffalo, N.Y., area.*



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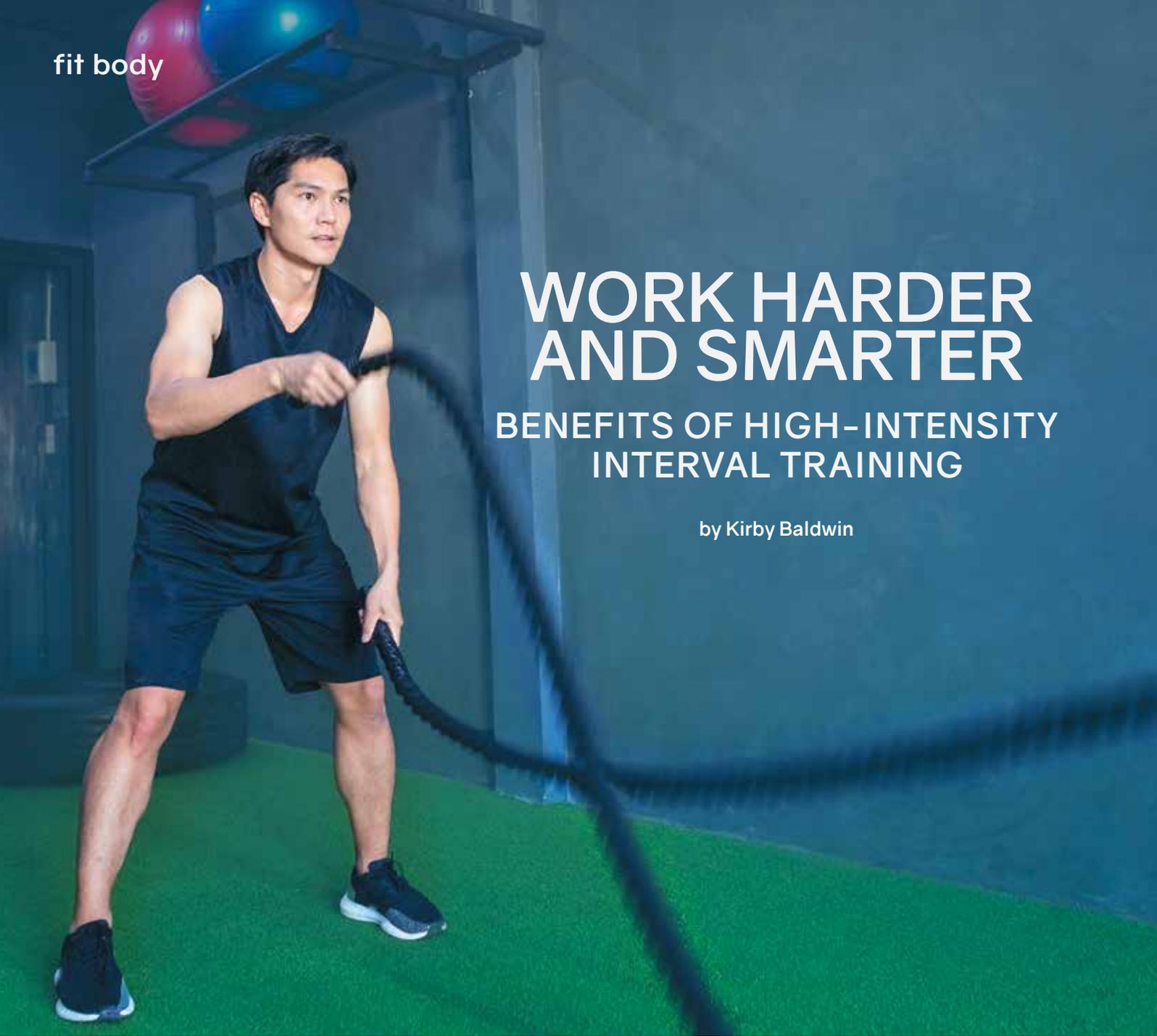
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# WORK HARDER AND SMARTER

## BENEFITS OF HIGH-INTENSITY INTERVAL TRAINING

by Kirby Baldwin



**H**igh-intensity interval training (HIIT) workouts may sound like a trendy buzzword reserved only for experienced athletes, but this versatile, short-form exercise is safe and effective for just about everybody, including beginners, as long as it is done properly. According to Bogdan Goia, fitness expert and founder of Far Hills Fitness, in New Jersey, “HIIT training can benefit almost any age demographic, from teenagers to clients in their 70s and 80s.”

“In a recent study, even menopausal women diagnosed with osteoporosis successfully completed 13 months of high-impact HIIT with a very high adherence rate, with no injuries and high satisfaction ratings,” shares Debra Atkinson, a medical exercise specialist, certified strength and conditioning coach, and founder of Flipping 50 (.

### Basic Principles of HIIT

A HIIT workout consists of a series of short bursts of intense activity interspersed with periods of rest or low-intensity movement called “active recovery”. A session is deemed to

be high intensity when it is at or near peak effort, which translates to an eight or nine out of 10 on the exercise intensity scale, or 80 to 95 percent of an individual’s maximum heart rate. Such exertion is characterized by heavy sweating and an inability to say more than a few words without gasping for breath.

While HIIT workouts provide many of the same benefits as traditional, “steady state” exercise training, where the required amount of effort remains relatively consistent, HIIT sessions are typically shorter in duration, ranging anywhere from 10 to 30 minutes.

HIIT is the perfect solution for busy people that are short on time or those hesitant to commit to longer exercise routines.

The exercise format is easily adaptable to most types of physical activities, such as running, weightlifting, swimming or biking, as long as a high level of intensity can be maintained. Adding to the convenience factor, HIIT does not require a gym membership or access to specialized equipment.

## Benefits of a HIIT Workout Regimen

HIIT workouts have been the subject of numerous studies and have been shown to help with fat loss, improved metabolism and muscle gain. One study found that participants burned 25 to 30 percent more calories during a HIIT workout than in other forms of exercise. Because HIIT boosts metabolism, calorie burn has also been shown to last beyond the workout.

Researchers have discovered other health benefits, from reducing blood sugar levels, resting heart rate and blood pressure, to balancing hormones, slowing the rate of cellular aging and even increasing longevity.

The practice also reduces the wear and tear that chronic cardio can inflict on the body. While federal guidelines currently recommend 150 to 300 minutes per week of moderate exercise, only 75 minutes per week are recommended when the exercise is vigorous.

## How to Get Started

For those looking to improve aerobic fitness, intervals typically involve a one-to-one or one-to-two work-to-rest ratio. For example, in a one-to-one cardio workout, the person would exercise strenuously for 30 seconds and rest for 30 seconds.

If the goal is to gain strength, longer rest intervals are needed, with at least a one-to-five work-to-rest ratio. A person might exercise for 30 seconds, followed by 150 seconds of rest, for example, allowing their targeted muscles to recover and heart rate to drop before the next exertion.

HIIT should not be performed daily or when energy levels are low, to avoid injury and give the body enough time between workouts to rest and repair. Atkinson cautions, "Injury rates increase considerably doing more than 50 minutes per week of HIIT, due to the additional stress and need for recovery between. The good news is, there's no need to do more. Short sessions actually get the best results."

According to Goia, "I believe the key is to have a fitness professional select the exercise, monitor form and function, adjust work-to-rest ratios and monitor heart rate variability. HIIT workouts give my clients a 60-minute workout in 30 minutes and, if done correctly, will greatly increase the vitality, longevity and strength of any client."

## Jump Right In

For a flexible, efficient path to fitness, HIIT checks all the boxes. By starting small and slowly working up to a high level of intensity, a whole host of fitness gains and health benefits are possible without sacrificing time.

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# calendar of events

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

## sunday

**Ramsey Farmers Market**—10am - 4pm. Award winning non-profit Ramsey Farmers Market features 50 local vendors, music craft, chef demos and special fun events for whole family. For more information: <http://ramseyfarmersmarket.org/>. Location: Erie Plaza Station, 2 West Main St, Ramsey.

## monday

**THUG Stretch Classes** — Come join ACE certified fitness instructor Donay every Monday at 6 pm for his THUG (high, 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: donayfitness4u@gmail.com or call 201-894-0138.

## thursday

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

**Come join ACE certified fitness instructor, Donay, for his “Thank You, Spank You, Who’s Your Daddy?”** — Class at 6 pm, a full body workout, using dumbbells for upper body and your own body weight for lower body. Then join him afterwards at 7 pm for his “AB-Appreciation” class, a complete all-inclusive abdominal workout. Classes are held at Strong & Shapely Gym, 150 Union Ave., E. Rutherford, NJ 07073. No membership is required. Classes are only \$10 each but if you combine both classes, the fee is only \$15. For more info, contact Donay at: 201-894-0138, email: donaysfitness4u@gmail.com. Instagram: fitness4ubyme.

## saturday

**Come join ACE Certified fitness instructor, Donay, for his “The Art of Mobility and Flexibility”** — Class at 11 am. People who are at their best are those who have premium mobility and flexibility, whether it’s in weight training, sports or everyday living. This class is designed to take you there. Learn how to stretch your entire body to stay healthy and supple throughout your life. Classes are only \$10, no membership required. For more info, contact Donay at: 201-894-0138, email: donaysfitness4u@gmail.com, Instagram: fitness4ubyme.

## EVERY MONDAY & FRIDAY

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

## SUNDAY, MARCH 5

**Past Life Regression** — 2:30 - 3:30pm. 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)

## MONDAY, MARCH 6

**Coffee Morning in Waldwick** — 10:30am -12:30pm. Monthly in person discussion group dealing with spiritual/ metaphysical topics. Share your questions, concerns and ideas in our new group. Coffee, tea and vegetarian breakfast provided. Contribution \$15. Limited seating. Register at: [angeljimbo@aol.com](mailto:angeljimbo@aol.com).

## SUNDAY, MARCH 12

**Sound Healing Singing Bowls** — 2:30 - 3:30pm. 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, MARCH 12

**The 25th Annual Putnam County Spelling Bee** — 3:00 - 4:30pm. A riotous ride, complete with audience participation, The 25th Annual Putnam County Spelling Bee is a delightful den of comedic genius. The small cast and unit set make this a perfect option for high schools or community theatres. The 25th Annual Putnam County Spelling Bee is a fast-paced crowd-pleaser and an instant theatre patron favorite. Tickets available online. Location: The Hackensack Performing Arts Center, 102 State Street, Hackensack.

## TUESDAY, MARCH 14

**Karma, Attraction & Past Life Experiences with Lois Kramer-Perez** — 7:00 – 8:00 pm. Understand the Connection: Heal the Past, Embrace the Present. Karma – what part does it play in your life today, tomorrow or the past? Understanding the past, you embrace your present. There’s nothing to prepare, relax & enjoy. Is this your first time? Beginners are welcomed. You’ve done this before? Experience a new journey. Registration Required. Call Emerson Community School 201- 262-5502, Emerson Jr/Sr HS School 131 Main St, Emerson NJ

## SATURDAY, MARCH 18

**Outdoor Adventures Family Program: Sugar Maple Trees** — 10:00am – 12:30pm. Join with family to explore and learn about the outdoor world through

crafts, scavenger hunts, activity sheets and displays. The Van Vleck Education team will guide through this interactive learning experience. Registration is required and includes everything you need to participate in the program. Designed for children ages 4 -11 but all are welcome. Fee: \$15. Locations: Van Vleck House & Gardens, 21 Van Vleck Street, Montclair.

## SUNDAY, MARCH 19

**Spring Nature Walk with Bergen County Audubon** — 10:00 am – 12:00pm. Join Bergen County Audubon Society and TCC as we celebrate the arrival of spring! Free and open to all ages. Meet in the parking lot off of 20 Puffin Way. Contact: Don Torino [greatauk4@gmail.com](mailto:greatauk4@gmail.com) (201) 230-4983

## WEDNESDAY, MARCH 22

**Karma, Attraction & Past Life Experiences with Lois Kramer-Perez** — 7:00 – 8:00 pm. Understand the Connection: Heal the Past, Embrace the Present. Karma – what part does it play in your life today, tomorrow or the past? Understanding the past, you embrace your present. There’s nothing to prepare, relax & enjoy. Is this your first time? Beginners are welcomed. You’ve done this before? Experience a new journey. Registration Required. Call Ridgewood Community School 201-670-2777. Ridgewood High School, 627 East Ridgewood Ave, Ridgewood NJ

## SATURDAY, MARCH 25

**Guided Family Day Hike with Nature Place** — 10:00 am. Join Nature Place trip leader, Roger Dubin, for fun, family-friendly excursions in Harriman State Park and other area locales! Hit the trails with us and meet other outdoor-loving families. Locations: The Nature Place Day Camp, 285 Hungry Hollow Rd, Chestnut Ridge, NY.

## SUNDAY, MARCH 26

**Sound Healing Singing Bowls** — 2:30 - 3:30pm. 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)

## MONDAY, MARCH 27

**Healing Share in Waldwick** — 7pm -9pm. Reiki and other healing modalities invited for healing energy exchange. Lets heal ourselves, each other and others. Contribution \$15. Please register at: [angeljimbo@aol.com](mailto:angeljimbo@aol.com)

## TUESDAY, MARCH 28

**Learn to Meditate w Peace & Mindfulness with Lois Kramer-Perez, C.Ht** — 7pm. In this class you will learn various techniques for meditation. We will be using imagery, crystal bowls & Tingsha Tibetan chimes. You’ll learn to manage your stress easily in between the moments of meditation and how to cope with situations you which you have no control. Registration Required. 3 Tuesdays 3/28, 4/4 & 4/18. Call Emerson Community School at 201- 262-5502. Emerson Jr/Sr HS School, 131 Main St Emerson. For Questions: Lois@LoisKramerPerez.com

## business directory

To find out how you can be included in Business Directory, email [Publisher@NaturalAwakeningsNJ.com](mailto:Publisher@NaturalAwakeningsNJ.com)

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

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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 7.*

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— Dalai Lama

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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 13.*

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Jacquie is a Wellness Guide, helping people to connect to their deeper, quieter, Witness Selves. She offers products and services to reduce stress and anxiety; to increase mindfulness, awareness, and personal growth. Her service Stress-Busters Guided Meditation is a personally developed system using sound, breath, aromatherapy, gemstones, journaling, and movement. Private and group sessions are available. Jacquie has also created audiobooks, eBooks, custom guided music with the intent to calm, support, guide and empower. *See ad, page 13.*

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