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NORTHERN NEW JERSEY EDITION

SEPTEMBER 2023

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Lisa Mack, Certified Thermographic Technician:

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



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About Dr. Robin Ellen Leder

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235 Prospect Ave. Hackensack NJ 07601 Suite LB
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Website: www.drrobinleder.com

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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
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@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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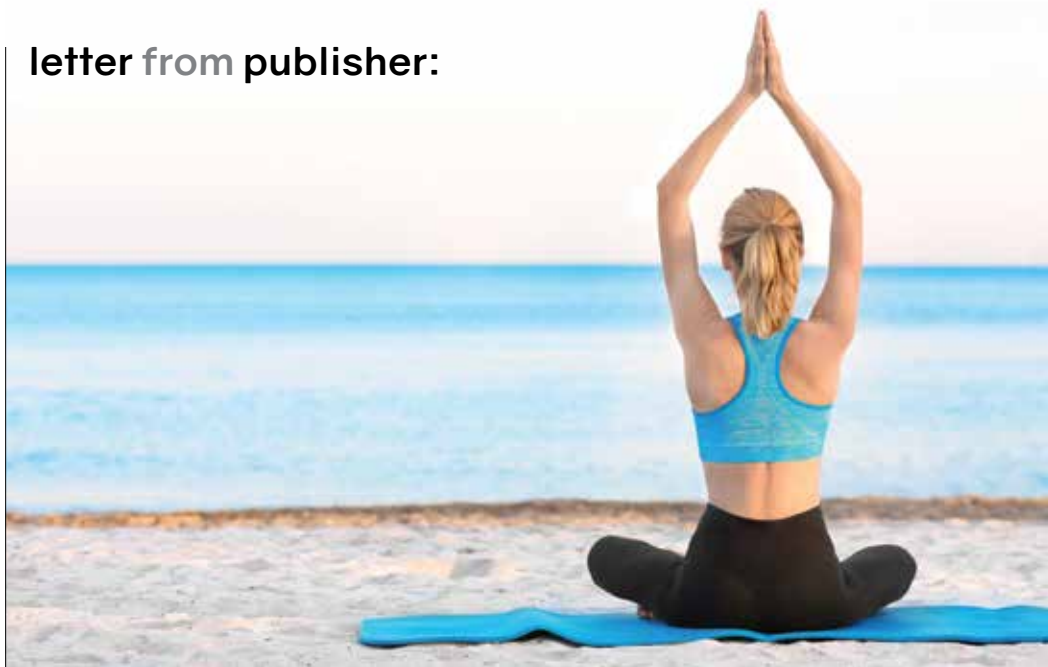
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letter from publisher:



Aloha, Maui...

We all saw the heartbreaking devastation of beautiful Maui—it seems to be a disaster of our own making due to the ignorance of what we have been doing to nature for decades and unapologetically denying it. World temperatures are rising, and these catastrophic events across the globe are warning signs that we have let things progress too far to be able to reverse them without paying a very, very high price.

I was told that the readers of this magazine have a very strong likelihood of being a lightworker, way-shower, indigo or hippie (some people call us strange). But we embody a specific way of living and interacting with others. We are full of the spirit of hospitality, unity and harmony with the world and people around us. This virtue which we work hard to embrace and live daily extends beyond words to encompass actions and intentions, doing our best every day to treat each other and the environment with respect and care. This is the definition of aloha.

Won't you join me in saying a prayer for all the lost, beautiful souls who perished and are now left in the dusty ashes of their aloha life? Lahaina served as the capital of the Kingdom of Hawaii from 1820 to 1845. This neighborhood was populated by the ancestors of the past kings. This was the heartbeat of aloha. Please join me and pray for our friends in Maui and across the globe.

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.

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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Impacts of Radio Frequency Radiation



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The introduction of 5G mobile phones and infrastructure has given rise to concerns about their safety, as more than 1 million new antennas will be required in the U.S. Currently, the Federal Communications Commission and International Commission on Non-Ionizing Radiation Protection consider only the thermal effects (tissue

heating) from electromagnetic frequency (EMF) exposure as potentially harmful.

A group of researchers led by Ariel University, in Israel, evaluated the non-thermal effects of exposure to EMF radiation on biological systems and human populations by reviewing *in vitro* [outside a living organism] and *in vivo* [inside a living organism] studies, as well as clinical studies on electromagnetic hypersensitivity and the epidemiological evidence for cancer due to the action of mobile-based radiation exposure. Although data derived from these studies was inconsistent, the researchers found supporting evidence that this radiation may contribute to cancer, endocrinological, neurological and other adverse health consequences. The researchers call for a more targeted, interdisciplinary research effort by national governments to ensure public health.

Sucralose May Damage DNA



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Sucralose is an artificial sweetener 600 times sweeter than table sugar. The U.S. Food and Drug Administration has approved its use in baked goods, beverages, chewing gum, gelatins and frozen dairy desserts. A recent study conducted by scientists at the University of North Carolina found that ingesting sucralose may

cause the formation of a genotoxic chemical called sucralose-6-acetate. Genotoxicity refers to the breaking up of DNA, resulting in damage that could potentially contribute to health problems. Researchers also found trace amounts of this dangerous chemical in sucralose itself, even before it was consumed and metabolized.

The study included eight projects that exposed human blood cells to sucralose-6-acetate, which researchers found induces the expression of genes associated with inflammation, oxidative stress and cancer. Exposure to certain concentrations of sucralose-6-acetate and sucralose also appeared to impair the gut lining, and sucralose-6-acetate inhibited certain enzymes, which could interfere with the body's ability to metabolize medications.

Children's Physical Activity Declined Since Pandemic

In a new systematic review and meta-analysis published in *JAMA Pediatrics*, researchers found that children's physical activity has been greatly reduced by the COVID-19 pandemic. The researchers looked at data from 22 studies that included 14,216 participants ranging from 3 to 18 years old. The data showed that children's total daily physical activity decreased by 20 percent (17 minutes), irrespective of pre-pandemic baseline levels, and the reduction was larger for higher-intensity physical activity. This reduction represents almost one-third of the daily dose of moderate-to-vigorous physical activity recommended for young children and adolescents.

These effects are largely due to social distancing policies and related school closures, which affected 1.5 billion youth worldwide. Under lockdown, children no longer had access to regular physical activities, recreational facilities or outdoor recess, and online learning increased sedentary screen time, disrupting healthy habits. Physical activity affects not only physical health, but also psychosocial functioning and mental well-being.

The study's results align with another meta-analysis showing that the pandemic increased the prevalence of youth depression and anxiety symptoms, highlighting the tremendous challenges that public health officials face to revive young people's interest in physical activity since the pandemic.



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Testing Acupuncture for Long-Term COVID



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Long COVID affects nearly 14 percent of adult patients that had COVID-19. It is characterized by symptoms lasting at least 12 weeks after the initial infection, including fatigue, brain fog and breathlessness. Although there is no standard treatment for this clinical diagnosis, researchers in the UK are currently studying

the impact of acupuncture on this lingering condition, as the practice has been successfully used to treat similar symptoms associated with other ailments.

The randomized trial began in 2022 and is expected to collect data from 160 participants until the year 2025. Participants with long COVID are selected if they have a fatigue score greater than five on the COVID-19 Yorkshire Rehabilitation Scale. The experimental group will be offered weekly 15-minute acupuncture treatments for six weeks, while the control group will receive no acupuncture treatments. Both groups will be required to complete questionnaires on their general physical and mental fatigue at baseline and at two, six and 12 weeks. Throughout the study, both groups will be provided with general advice on managing their symptoms. As reported by *NBC News*, the participants receiving acupuncture so far “do seem to be responding” positively to the treatments, according to Dr. Imogen Locke, a clinical oncologist at the Royal Marsden Hospital, in London, who is leading the study.

Rise in Children With Autism



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The U.S. Centers for Disease Control and Prevention (CDC) released updated statistics on the rate of children diagnosed with autism spectrum disorder (ASD), which has been on the rise. The data is based on reviews of developmental evaluations and records from medical and educational service providers.

One in 36 children was diagnosed with autism by age 8 in 2020, or about 2.8 percent of children, up from one in 44 children in 2018 and one in 150 children in 2000, when the CDC first began tracking ASD prevalence in this country. Autism was also 3.8 times as prevalent among boys as girls, and for the first time the prevalence was slightly lower among white children compared to other racial and ethnic groups, which is a reversal of racial and ethnic differences observed in the past. However, Black children with ASD remain more likely than white children with ASD to have a co-occurring intellectual disability.

The CDC partially attributes these patterns to improved screening, awareness and access to services. They highlight the importance of accessible and equitable ASD diagnostic treatment and services for children of different backgrounds and call for more research to comprehend the emergence of diagnostic differences across states.

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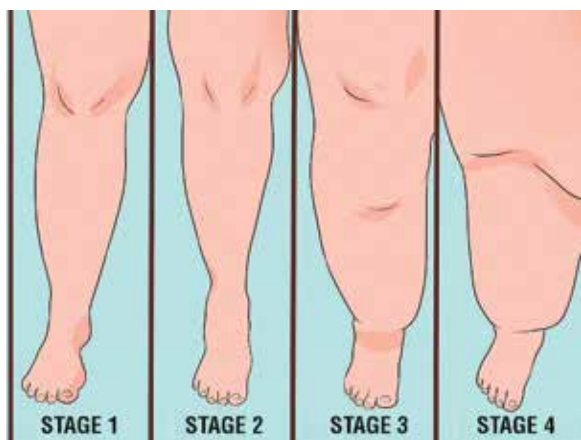
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Disease Most Doctors Call Being Fat

by Boris Volshteyn M.D.

Do you have heavier legs, pain in the legs at the end of the day, feeling of concrete blocks attached to your skin, easy bruising in the legs for no reason, abnormal sensitivity of the skin to touch and difficulty losing weight? Do most doctors dismiss your complaints and tell you to lose weight? You may be undiagnosed or misdiagnosed **LIPEDEMA PATIENT**.



WHAT IS LIPEDEMA

Lipedema is under-recognized and often misdiagnosed condition. Even though statistically Lipedema is as common as Breast Cancer affecting up to 11% of females, most doctors are not familiar with it and they just call it being fat. Patients are usually sent home with instructions to learn to live with it, or lose weight, which they are commonly unable to do. No surprise, average time for diagnosing Lipedema is 15 years.

Lipedema is a chronic genetic condition that primarily affects females. It causes an abnormal buildup of painful fat in the lower half of the body including legs and lower abdomen but spares feet. Sometimes it can also affect arms and forearms but spares hands. Patients complain of easy bruising, difficulty losing weight with diet

and exercise, increased skin sensitivity, heaviness of the legs and lumpy nodules under the skin.

Misunderstood and Misdiagnosed

TYPICAL LIPEDEMA PATIENT

Typical story of Lipedema patient starts at puberty when girl start becoming heavier in her lower half of the body. Family tries to adjust diet, exercise but size does not change. Eventually she accepts having heavier legs and leans to live with it. Overtime with pregnancy she notices that it is very difficult if not impossible to lose weight, heaviness and bruising and skin

sensitivity of the legs is becoming progressively worse. It may be difficult to walk, stand, or even cross legs. Symptoms get worse with menopause when arms start getting involved. However, most doctors do not recognize this as a disease still.

CAUSE OF LIPEDEMA

The exact cause of lipedema is not fully understood. Hormonal changes like puberty, birth control pills, pregnancy and menopause appear to contribute to the progression of Lipedema. As the condition progresses, it can lead to worsening pain, decreased mobility to the point of disability and severe emotional distress. Many patients experience significant orthopedic issues, including hip, knee and ankle pain, deformity and even may require surgery.

DIAGNOSING LIPEDEMA

Diagnosing lipedema can be challenging, as it is often mistaken for obesity or lymphedema [occlusion of lymphatic vessels]. Most doctors do not learn much about Lipedema, so do not be surprised if you mention it, you may get some blank stares. Diagnosis is clinical. There are no specific blood, x ray or genetic testing available.

HOW TO TREAT LIPEDEMA

Traditional treatment includes following gluten free or keto diet, Selenium and Vitamin D Supplements, compression garments and Lymphatic massage, or lower extremity pumps. However, the only definitive treatment is Lymph Sparing Liposuction, when diseased fat and skin are removed.

INSURANCE COVERAGE

Liposuction for Lipedema is not cosmetic, but reconstructive in nature and is considered to be a standard of care. Fortunately Many Major Insurance companies now cover Lipedema treatment under health benefits.

Living with Lipedema can take a toll not only physically but also mentally. Ongoing research aims to uncover the genetic and hormonal underpinnings of Lipedema, Raising awareness among healthcare professionals and the general public is crucial for early detection and proper management.



*Boris Volshteyn MD
Board-certified,
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Do You Have **LIPEDEMA**

Have you experienced....

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After



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*"I was diagnosed with Lipedma ... It Completely changed my life, its complete 360° ..Looking forward to all these walks in the park, museaums ..."
~ Louis ★★★★★*



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Dental Hygiene and Gum Disease

Maintaining good dental hygiene is not only about achieving a bright smile, but it also plays a crucial role in preventing gum disease. The interplay between dental hygiene and gum health cannot be underestimated. They are intricately linked, forming a symbiotic relationship that significantly impacts oral health. Dental hygiene is not just about keeping the teeth clean, it is about safeguarding the foundation of oral health, the gums.

Dental hygiene refers to the practice of maintaining the cleanliness of teeth, gums and the entire oral cavity, while gum disease, or periodontal disease, encompasses a range of conditions that affect the supporting structures of the teeth. A consistent and thorough dental hygiene routine is instrumental in preventing gum disease and promoting overall oral well-being.

Brushing and flossing are the cornerstone practices that help eliminate plaque, the sticky film of bacteria, from teeth and gumline. Plaque buildup, if not effectively removed, can progress into tartar, a hardened form of plaque that may irritate the gums and lead to inflammation. By brushing at least twice a day and flossing once daily, individuals can disrupt the plaque accumulation process and prevent the onset of gum disease.

To understand the importance of dental hygiene in preventing gum disease, compare the consequences of neglecting oral care with the outcomes of diligent practices. Individuals that overlook regular brushing and flossing can develop gingivitis, the earliest form of gum disease, characterized by red, swollen, bleeding gums. If left untreated, gingivitis can progress to periodontitis, a

more severe condition that can lead to tooth mobility and even tooth loss. On the other hand, prioritizing dental hygiene significantly reduces the risk of experiencing gum disease and its potential complications.

Prevention is the best medicine when it comes to gum disease. Dental hygiene empowers individuals to take control of their oral health and proactively prevent the development of gum-related issues. Regular dental check-ups are also pivotal, as they provide professional cleaning to remove stubborn tartar and assess the overall condition of the gums. Incorporating antimicrobial mouthwashes and interdental brushes can further enhance the efficacy of dental hygiene routines, creating a comprehensive defense against gum disease.

The diligent practice of brushing, flossing, and maintaining a consistent oral care routine forms the bedrock of gum disease prevention. The symbiotic relationship between dental hygiene and gum health underscores the need for everyone to prioritize these practices as part of their daily routine. By doing so, individuals can take proactive steps towards not only preserving their teeth but also enjoying the confidence that comes with a healthy smile.

Dr. David Hanna, owner of Town Dentist, has locations at 122 E. Ridgewood Ave., in Paramus (201-345-3898); and 115 Grand Ave., in Englewood (201-304-7077). For more information, email DentistParamus@gmail.com or visit TheTownDentist.com. See ad, page 20.

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Physical Therapy for Balance and Fall Prevention

Bustling urban landscapes and modern lifestyles keep us perpetually on our toes, so maintaining balance and preventing falls has become a crucial concern as the risk of falls lurks around every corner. This is where the significance of physical therapy shines.



required to navigate such challenges.

Now, let's delve into the comparison between physical therapy and traditional approaches to balance and fall prevention. While handrails, grab bars and caution signs offer some degree of safety, they primarily focus

The delicate art of balance is an integral aspect of human movement and functionality. Our bodies are designed to adapt and maintain equilibrium, allowing us to stand, walk and perform different activities without a second thought. However, the process of aging, underlying medical conditions and sedentary lifestyles can erode this natural ability, making us susceptible to falls that can lead to severe injuries. Uneven surfaces, crowded streets and all the distractions inherent of a vibrant city can challenge our sense of balance. This is where physical therapy steps in as a vital tool for equipping individuals with the skills and strength

on mitigating risks after a fall occurs. Physical therapy, on the other hand, takes a proactive approach by addressing the root causes of imbalance and fall risks using personalized assessments and tailored exercises that target specific muscle groups responsible for maintaining stability. These exercises encompass a wide range of techniques, including strength training, flexibility exercises and proprioception enhancement. Physical therapists employ techniques like balance boards, resistance bands and functional movements to simulate real-life scenarios and enhance an individual's ability to respond to unexpected challenges.

Physical therapy even extends beyond the physical aspect, encompassing education about fall prevention strategies, lifestyle adjustments and proper footwear choices to support everyday activities. This holistic approach not only improves physical well-being, but also empowers individuals to actively participate in their own fall prevention journey.

While traditional methods have their merits, physical therapy emerges as a comprehensive solution that addresses the underlying causes of imbalance and equips individuals with the tools needed to navigate the dynamic urban environment. By combining tailored exercises, education, and a holistic approach to well-being, physical therapy stands as a beacon of hope for those seeking to maintain their equilibrium and independence.

Town Physical Therapy has locations in Maywood, Emerson, Bergenfield, Clifton and Paramus. For appointments and more information, visit Town-pt.com. See ad, page 25.

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Physical and Emotional Shock is Stored in in the Heels by Dr. Anne Deatly

Every person has shock stored in their body from an overly emotional or physical response to a trauma, accident, violence or devastating news from some event in life. Additionally, shock can be the result of severe burns, allergic reactions, heatstroke, infections, poisoning or blood loss. Any critical condition that induces a sudden drop in blood flow in the body is shock. People respond differently to shock. What shocks one person's systems does not necessarily shock another's, just as they respond differently to bad situations and bad news.

As we might have experienced, shock isn't good for our bodily systems. It primarily affects the systems that move energy, oxygen and glucose through the blood to the cells. If the shock is severe enough, cells and tissues cannot receive the much-needed energy, oxygen and glucose to function optimally because blood flow is impaired. People can go into comas because of a

shocking event.

Shock disrupts energy flow in the body and affects the balance of the sympathetic and parasympathetic nervous systems, so it isn't surprising that it would affect the nervous system. Shock may also seriously affect the heart and kidney organs. Even the heart organ can experience severe long-term effects if the shock is severe and not released.

The body has such intelligence that if the shock is not released immediately, it stores the shock in an area farthest away from the heart to protect it—in our heels. There is a specific bone in the heel, the calcaneus bone, that absorbs the shock energy until it can be released. The calcaneus bone is the largest bone in the foot and takes up the whole heel area.

To help someone out of shock, the main thing is to rub or hold their heels. Ideally, push your thumbs into the heels of someone with shock as hard as you can to release the shock and hold for several min-

utes. If they are able, they could also stomp their heels to release the trauma stored in their calcaneus bone. Even if people get bad news, it can be shocking to their system. In this case, the person with shocking news could even push their thumbs into their heels with pressure to release the shock.

There are other energy healing protocols to release shock in the moment, or when people go into and then out of shock. There are even protocols to help with residual effects of shock. If our systems are off, it could be due to shock in the body. If we or someone we know has ever experienced shock, it is important to release the shock to prevent long-term damage to the kidneys and heart organs.



Contact Dr. Anne Deatly at 201-925-1046 or Anne.Deatly@gmail.com. See ad, page 30.



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Bridging the Gap: Traditional and Modern Medicine

by Roman E. Finn

Holistic wellness has gained significant traction of late as integrative therapies such as herbal medicine aim to harmonize the mind, body and spirit. They stand at the crossroads of ancient wisdom and contemporary science. Holistic wellness acknowledges that health is more than just the absence of disease; it is the optimal balance of physical, mental, emotional and spiritual well-being.

Integrative therapies such as herbal medicine transcend the limitations of modern medicine by considering the interconnectedness of these aspects. Integrative therapies integrate evidence-based practices with age-old wisdom. This approach not only addresses the symptoms, but also delves into the root causes of ailments. Holistic wellness complements this approach, promoting lifestyle changes, mindfulness, and self-care, thereby fostering a harmonious balance between the mind and body.

Traditional and Modern Approaches

Conventional medicine often relies on targeted treatments to alleviate specific symptoms, sometimes overlooking the underlying causes. Integrative therapies, on the other hand, emphasize a comprehensive analysis of the individual's overall health, addressing root causes and focusing on prevention, rather than just treatment.

Herbal medicine, a key component of integrative therapies, draws on ancient traditions passed down through generations. Unlike modern pharmaceuticals that isolate and synthesize active compounds, herbal medicine embraces the synergy of nature's matrix of ingredients.

Herbs are often used in combinations that enhance their effects and minimize potential side effects. Many pharmaceutical drugs originate from plant compounds discovered in traditional herbal remedies. This convergence of ancient wisdom and contemporary research highlights the validity of integrative approaches.

Herbal medicine offers

a diverse array of remedies, each tailored to address specific ailments while supporting overall wellness. Unlike some modern medications that may cause adverse reactions or interactions, herbal remedies are generally considered gentler to the body. Moreover, they often provide additional benefits beyond the targeted treatment, contributing to holistic well-being.

Where the limitations of conventional medicine are increasingly evident, integrative therapies emerge as a beacon of hope for comprehensive health care. The integration of traditional practices like herbal medicine with modern medical knowledge paves the way for a more patient-centered and holistic approach to well-being.

The holistic wellness journey encompasses a blend of physical, emotional and spiritual factors. Integrative therapies recognize this complexity, and offer a path that considers the whole person, rather than just isolated symptoms. By embracing ancient practices alongside cutting-edge research, individuals can access a wider range of options for maintaining health and preventing illness.

The world of integrative therapies and holistic wellness is a dynamic landscape where traditional and modern approaches harmoniously coexist. Herbal medicine, deeply rooted in history, showcases its relevance by bridging the gap between traditional practices and modern medical advancements. As individuals increasingly seek comprehensive well-being, the integration of diverse therapies becomes essential.

The journey to holistic wellness is not a departure from modern medicine, but an evolution toward a more balanced and integrative approach. By acknowledging the potential of herbal medicine and other integrative therapies, individuals can tap into a richer tapestry of healing methods, ultimately leading to a healthier and more harmonious life.



Dr. Roman E. Finn is the owner of The Center for Integrative and Traditional Medicine, located at 22 Madison Ave., in Paramus.

For appointments or more information, call 201-291-0401 or visit citm-drfinn.com. See ad, back cover.

Harvesting Solar Power in Space



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Space-based solar power (SBSP) is the concept of collecting solar energy during a space orbit and beaming it safely to a fixed point on Earth. Recently, the British government sponsored an SBSP competition to award more than \$5.5 million in grants to the most promising innovators of this novel technology, which may be the key to producing cost-effective, cleaner, more renewable energy. The goal is an array of spacecraft to collect sunlight and convert it into microwaves before beaming them to a receiver on Earth, where it is converted into electricity.

Because space has no atmosphere, the sunlight is undiluted, which means that a space-based solar panel would be able to generate more energy than a comparable panel on Earth. The other potential benefit to collecting solar power in space is that there are no day-night cycles, cloud cover or seasonal variations to contend with.

Among the grant winners were two British schools: Cambridge University, which is developing ultra-light-weight panels that can withstand high radiation levels, and Queen Mary University, which is working on a wireless system to safely beam the energy to Earth. In related research, scientists at the California Institute of Technology were able to successfully transmit power wirelessly in space and to beam detectable power to Earth using an experimental spacecraft.

Ayurvedic Cosmetics on the Rise



Anna Ok/Shutterstock.com

In Sanskrit, Ayurveda translates to “the science of everyday living,” and it is one of the world’s oldest systems of medicine. Offering a holistic path for cultivating health and well-being, Ayurveda promotes balance and harmony with the use of natural herbs, plant-based medicines and spices.

According to a recent comprehensive research report by Market Research Future (MRFR), the worldwide Ayurvedic products market size is expected to grow from \$12.6 billion in 2023 to \$31.8 billion by 2032. MRFR analysts ascribe this impressive growth to increased availability and public awareness of such goods, as well as a deepening distaste for the adverse side effects of conventional medicines and products.

Demand for Ayurvedic cosmetic products is also on the rise, according to the same MRFR report. Supporting the idea that outer beauty reflects what is going on inside the body, beauty brands like Kama Ayurveda, RANAVAT and Forest Essentials are expanding into the global sector. Their increasing popularity follows broader trends toward organic and natural medicines and “clean beauty”, as well as increasing awareness about toxic ingredients in some Western products. Ayurvedic components have been used recently to balance Western formulas. For instance, in skincare, sandalwood is added as an antioxidant, and turmeric is combined with topical retinoid medications to reduce irritation.



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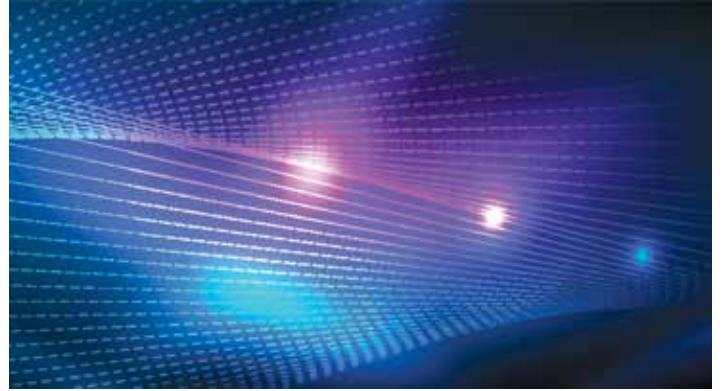
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As temperatures rise due to global warming, scientists are worried about how extreme heat may impact heart health. Research published in the *Journal of Applied Physiology* warns that air temperatures as low as 93° F may lead to a steady increase in heart rate under humid conditions. This increase, referred to as cardiovascular heart strain, can occur even before a person's internal temperature starts to rise.

The study involved healthy participants engaging in light physical activity inside an environmental chamber. As the chamber got hotter, participants' heart rates increased and then plateaued. However, when the chamber continued to heat up, heart rates began to rise again and continued to rise even after the experiment. This rapidly increased heart rate indicates cardiovascular strain.

A related study published in *Physiological Reports* reported that even at rest, heat can affect the heart. Researchers found that at 50 percent humidity, the heart rate of participants at rest was, on average, 64 percent higher at 122° F than at 82° F. These findings are concerning, as extreme heat events are becoming more common around the world and could be lethal for vulnerable and older populations.

Light-Emitting Technology on the Horizon



Researchers from Japan and Germany are developing eco-friendly light devices that use a single layer of organic film mixed with light-emitting materials and an electrolyte. These light-emitting electrochemical cells (LEC) are gaining attention due to their simplified structure and because they consume less energy and cost less than the organic light-emitting diodes (OLED) currently on the market.

The research team is using molecules called dendrimers, new organic materials that can extend the life of LECs. The electrolyte in an LEC can be made from inexpensive materials, such as biomass-derived cellulose acetate, a compound used in clothing fibers and eyeglass frames, whereas OLEDs use rare or heavy metals. Researchers are also using graphene, a single layer of carbon atoms, as the electrode. While the progress is exciting, the developers of this new lighting technology note that more research is needed before it goes to market in order to make the devices brighter and capable of illuminating in three primary colors.


Hummingbirds That Don't Pollinate



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Every day, hummingbirds must drink nearly their body weight in nectar to survive. Most hover above their food by beating their wings up to 80 times a second and inserting their beaks into the tubes of flowers. As they consume their food, grains of pollen stick to their foreheads, pollinating the next flowers they encounter.

Scientists from the University of Connecticut recently identified 66 species of hummingbirds that may be harvesting nectar without pollinating flowers by using tiny toes to cling to a nearby branch rather than hovering above. These birds, which have a longer hallux claw to hold on to a stem and a shorter beak to get in closer, are able to save energy and obtain nectar from previously inaccessible flowers by poking into the side of the flower tube. This method, however, appears to prevent pollination from occurring.

A person with grey hair, wearing a light blue long-sleeved shirt, is lying face down on a mossy, grey rock. Their head is buried in their arms, and a wide-brimmed hat lies on the ground near their feet. A colorful, patterned bag is also on the ground. In the background, a steep, dark mountain rises against a cloudy sky. The overall scene is one of quiet reflection and connection with nature.

TRAVELING WITH PURPOSE

NINE DESTINATIONS FOR SPIRITUAL ENLIGHTENMENT

by Kiki Powers

Throughout history, humans have embarked on pilgrimages in pursuit of wealth, good fortune, divine intervention, spiritual enlightenment and other blessings. These journeys could be considered the earliest manifestations of one type of adventure travel, while today some of these would be defined as spiritual tourism.

The notion of “spirit” refers to both our conscious and subconscious minds. A spiritual practice, then, is any activity that enables us to step away from the noisy parade of life and explore our emotions, where any concept of the human spirit resides. This spiritual self-care includes any ritual or practice that helps connect us with our most authentic higher self.

Travel can be an amazing way to explore metaphysical interests with new people, sites and scenes, in order to invigorate the senses, stimulate the imagination, refresh the mental framework and invite new ideas and personal insights. Some places qualify for spiritual travel by virtue of their natural beauty, or due to some historical, mythological or religious significance. For a trip that fosters mind-body-spirit self-care with a generous portion of adventure, check out these sacred sites.

Mount Shasta

This Northern California treasure is believed to be a powerful spiritual vortex that has long captured the imagination of spiritual seekers. By some accounts, Mount Shasta is reputed to be the Earth’s root chakra, in keeping with the belief that, like the human body, planet Earth possesses chakra energy centers.

This majestic mountain, which is associated with healing, transformation and spiritual awakening, is a stunning backdrop for the many spiritual retreats and workshops offered locally that include meditation, energy healing, yoga, sound therapy and other restorative modalities.

Spiritual guide Andrew Oser, who has led Mount Shasta retreats for decades, says, “I can help you allow Mount Shasta’s transforming energies into the core of your very being, and by utilizing my direction to harness the mountain’s heightened vibration, you will feel it almost magically dissolve all of your fears.”

Seeker rests on Machu Picchu while
viewing Huayna Picchu in Peru



Sedona, Arizona

Surrounded by red rock canyons, whimsical forests and waterfalls, Sedona's natural beauty inspires spiritual reflection. It is also part of one of the most powerful energy vortexes in the world and a New Age Mecca for those seeking transcendence through energy healing, yoga, sound baths and a host of other spiritual offerings.

From venturing to the bright turquoise waters at Havasu Falls nearby to visiting the Chapel of the Holy Cross, there are many activities in Sedona for those wishing to connect more deeply to nature and themselves.

Bali, Indonesia

Known as the "Island of the Gods", Bali is a captivating destination with a serene, spiritual ambiance. Nestled amidst lush greenery and terraced rice fields, the town of Ubud, in the uplands of Bali, enjoys international recognition for its spiritual offerings and welcoming vibe for those seeking inner peace and self-discovery.

Holistic healing options in Bali include energy therapies, sound healing and traditional Balinese massage. Yoga enthusiasts will be delighted with the varied class options, immersive programs and specialized workshops. Along with wellness spas offering rejuvenating treatments that harmonize the body, mind and spirit, Bali offers beautiful meditation areas for quiet contemplation.

Machu Picchu, Peru

Spirituality runs deep in the Peruvian culture, from the ancient temples of the Incas

to the living history of shamanism in the Amazon jungle. Machu Picchu has long been a revered site, and historically the place for worshipping the sun, the main Inca deity. Seekers can explore Machu Picchu on their own or participate in guided spiritual meditations—either way, it is a beautiful destination for a mind-body-spirit getaway.

For those seeking a deep mystical experience, Peru Sacred Tours provides a safe haven for spiritual advancement with the individualized attention and guidance of indigenous practitioners, including the herbalist shamans of the rainforest, Q'ero Inca priests of Cuzco or Moche San Pedro shamans of Chiclayo.



Egypt

Egypt is considered a land of majesty and mystery, attracting treasure hunters, history buffs and adventure seekers, as well as those searching for spiritual transformation. This world-renowned destination has a long history of spirituality, with a colorful tapestry of beliefs and practices. The ancient Egyptians were convinced of the existence of a spiritual plane, while also maintaining deep reverence for the natural world, and these concepts continue to inform contemporary Egyptian culture and spirituality.

In recent years, there has been a surge in demand for spiritual tours in Egypt, particularly for meditation workshops in iconic places like the Great Pyramid of Giza, Valley of the Kings, Mount Sinai and Nile River. One of the more well-known tour guides is Freddy Silva, a leading researcher of ancient civilizations, sacred sites and their interaction with consciousness, as well as the bestselling author of *The Divine Blueprint*.

Varanasi, India

Varanasi may be the world's oldest city, settled more than 4,000 years ago. Located on the banks of the Ganges River, it is regarded as the spiritual heart of India, with a tradition of Hindu mythology, as well as Buddhism. Religious, humanist and secular visitors frequent the evening *aarti* ceremony, when *sadhus* [sages] show their devotion by raising flaming lamps amid the aroma of incense.

If this strikes a chord, renowned author and spiritual teacher Andrew Harvey is offering a 14-day pilgrimage to the artistic, historical and spiritual soul of North India in November. He is the founder and director of the Institute for Sacred Activism, an international organization that inspires people to take up the challenge of our contemporary global crises by becoming effective, practical agents of institutional and systemic change.

Kyoto, Japan

Imbued with the rich heritage and history of Zen Buddhism, this enchanting city is an ideal destination for seekers to explore close to 2,000 Shinto shrines and Buddhist temples, as well as the iconic Golden Pavilion, where centuries of devotion and wisdom have been housed. Many of these sites also provide inspiring settings for quiet contemplation, meditation and discussions of The Buddha's teachings.

The traditional tea ceremony offered at numerous venues around the city is a refreshing, meditative practice that cultivates a sense of tranquility and connection to the present moment. Kyoto is also home to exquisite Japanese gardens that illustrate the profound relationship between nature and spirituality in this gentle culture.



Italy

As there are many sacred sites in Italy, a guided experience or well-planned itinerary may help facilitate an immersive spiritual journey. This is a labor of love for Phil Cousineau, author of more than 40 books, teacher, editor, independent scholar, documentary filmmaker, travel leader and storyteller. His lifelong fascination with art, literature and history of culture has taken him on journeys around the world.

Author of *The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred*, Cousineau has stated, "To shine the light of your own natural curiosity into the world of another traveler can reveal wonders—to remember the mysteries you forgot at home. What matters most on your journey is how deeply you see, how attentively you hear, how richly the encounters are felt in your heart and soul."

In partnership with Sacred Earth Journeys, Cousineau has prepared a guided tour in November entitled *The Sweet Life of Mythic Italy*, which will explore sacred locations in Rome, Perugia, Assisi, Montepulciano,



Florence, Verona and Venice. To learn more, visit Tinyurl.com/SweetLifeTour.

Stonehenge, England

Every year, more than a million people make the spiritual voyage to Stonehenge, in Wiltshire, England. Archaeologists are still

seeking a plausible explanation as to how the stones weighing multiple tons were transported to the site. This ancient masterpiece of prehistoric engineering remains shrouded in mystery to this day.

There is further spiritual charm in myths around the purpose of Stonehenge. People ask, "Was it intended as a funeral monument, an astronomical observatory, a tool to predict the seasons or a sanctuary where the sun was worshipped?" Stonehenge is believed to be an epicenter of Earth energy with as many as 14 ley lines converging on the site—powerful channels of energy associated with places of ancient and primordial significance.

It is plain to see that when we are ready to invest in our spiritual well-being in a fun, mind-expanding way, many mind-body-spirit travel options abound.

Kiki Powers is a health writer, blogger and national speaker specializing in plant-based nutrition and healthy green living. Learn more at RawKiki.com.

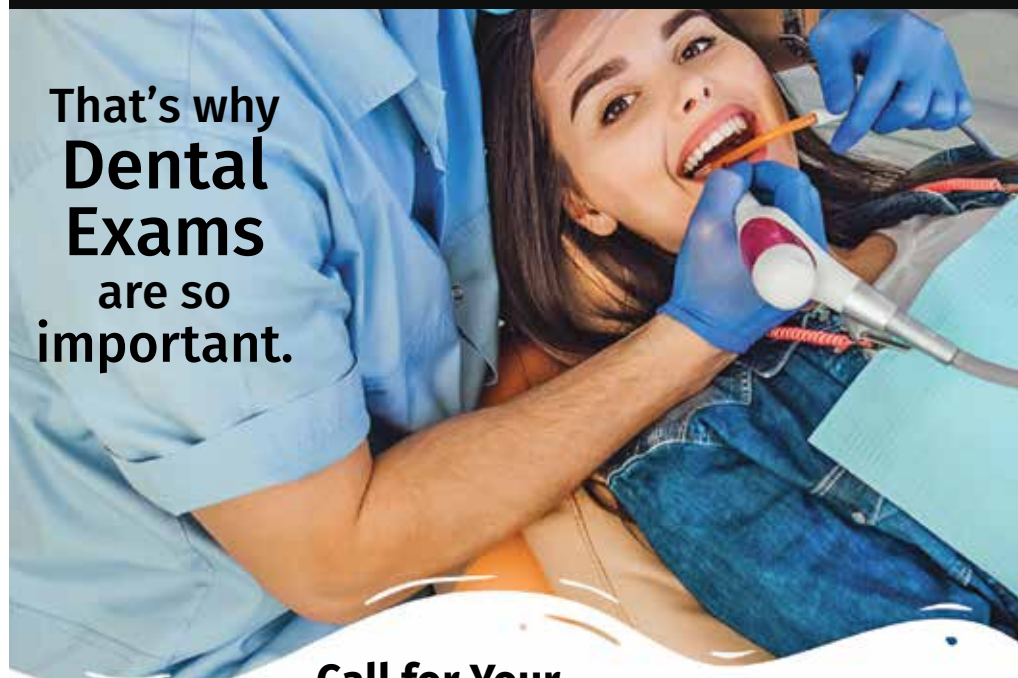
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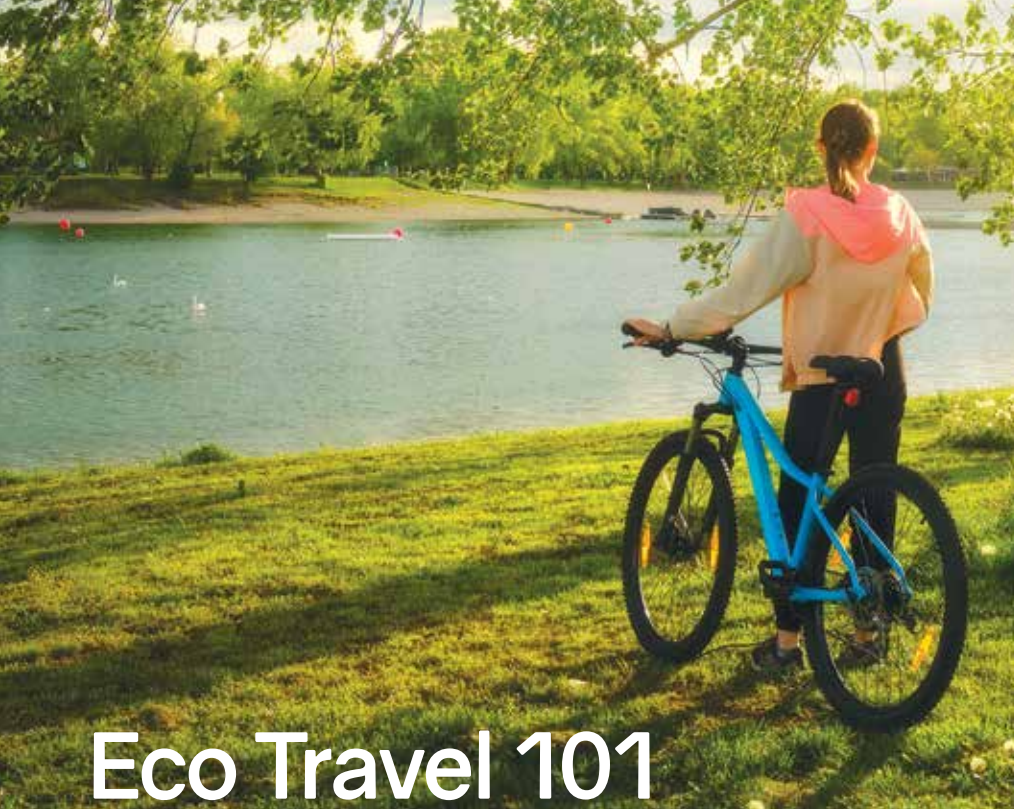
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Eco Travel 101

While checking places off the travel bucket list, keep in mind these traveling tips for leaving small footprints across the Earth.

REDUCE FARAWAY TRAVEL

Burning up jet fuel to fly to places represents a large affront to the environment. Staycations are the most eco-friendly. The shorter the distance we travel from home, the lower our carbon footprint. Because takeoffs and landings use the most fuel, fly direct whenever possible.

AVOID OVER-TOURISM

Some sites are so popular that they are prone to being overrun and abused. To avoid becoming part of the tram-

pling herd and minimize tourist impact, visit the most popular tourist destinations during off-peak months or avoid them altogether. A green travel agent can help find less-trafficked destinations, book hotels with green certifications and secure eco-friendly tours and adventures.

SAY NO TO DISPOSABLE PLASTICS

Put together a travel kit that doesn't include throwaway plastics. Pack soap, shampoo and conditioner bars, as well as soap sheets that fit in a wallet, lather up with water and disintegrate. Invest in a reusable travel bottle—collapsible types use less space—along with a filter or purifier, in case of non-potable water. Pack a few lightweight cloth bags for souvenir shopping.

GO PAPERLESS

Most transportation tickets can be purchased online and stored on a phone, with no paper needed. The same is true for maps, brochures and guidebooks.

RESPECT RESOURCES

Help the local economy by using less of the area's resources. Turn off the lights and air conditioning when not in the hotel room. Take short showers. Don't get the bed remade with fresh sheets every day, and reuse towels as much as possible.

SUPPORT LOCAL BUSINESSES

To support community talent, purchase from local artisans for unique gifts. While a chain restaurant might seem fun, a local restaurant is more likely to serve authentic dishes. Ask residents where they would go, or hire a guide that lives in the area.

USE PUBLIC TRANSPORTATION

Rental cars and taxis use more resources and may not give the best travel experience. Taking a local bus or train across town helps the environment and provides a great way to experience the culture. Biking and walking are even more environmentally friendly and allow for some of the best meandering and sightseeing.

LEAVE NO TRACE

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Yoga on Vacation

SIMPLE POSES AND TIPS FOR TRAVELERS

by Carrie Jackson



Travel can broaden our perspective of the world and take us on breathtaking adventures. These new experiences, however, often come with unexpected mental and physical challenges, stresses and anxieties. By incorporating yoga into the itinerary, we can cultivate a sense of peace, allowing us to show up as our best selves. From asanas after long hours of sitting to breathing exercises while waiting for a flight, yogic techniques can open the body and mind, letting us enjoy both the journey and destination.

According to Jenny Kaufman, a Chicago-based yoga professional who leads international retreats and manages yogaview, in Wilmette, Illinois, a mindful yoga practice is different from stretching and is available for anyone, regardless of physical flexibility. “Yoga encompasses well-being, mindfulness, breathing and spiritual awareness. It leads you to pull inward, notice what and where you feel a sensation, and mindfully progress to another asana, or pose. Increased flexibility might be the byproduct of the practice, but that is not the point,” she explains.

“Long layovers, changing time zones and different foods can confuse our internal clocks and wreak havoc on sleep and digestion,” Kaufman says. She recommends some poses to mitigate disruption and bring renewed vigor to body and mind: “To wind down before bed, incorporate cooling postures, such as Seated Forward Bend and Child’s Pose, that encourage the body to fold in and rest. For a burst of energy, try warming poses and heart openers, such as Cobra, Sphinx and Backbends. If space is limited, stand with fingers interlaced behind the back and gently press the pelvis forward. If digestion is slowed, simple twists and Wind-Relieving Pose can help move things along.”

Kim Larkin, a New Jersey-based certified yoga teacher, leads international retreats as a way to share heart-opening cultural adventures with other curious beings. “My main practice when travel stress is creeping in is to drop my attention into my breath,” she says. “Just focusing on one breath cycle at a time will help to settle my attention into my body, begin to quiet my nervous system and bring me to a more grounded place. It can also be helpful to count the breath, as in Sama Vritti Pranayama or “box breathing”. Like a square, box breathing has four even-length parts to it. Inhale to a count of four or five; hold the inhale for the same count; exhale to four or five; and hold at the bottom of the exhale. Repeating this as needed helps to calm both the mind and body.”

Margi Young, an Oakland, California-based yoga instructor and retreat leader, says, “When traveling, it’s natural to want to jump into a busy schedule of exploring new destinations, but starting the day with a few conscious breaths and Sun Salutations can set the foundation for a more grounded experience. This allows you to

be your best self and move through your journeys with less anxiety and fresh eyes. Or, get off the traditional yoga script and take a few minutes to put on your favorite tunes and dance to get into your body.”

Young also recommends incorporating yoga throughout the day while traveling to reset from any physical and mental stress. “In an airport, find a secluded place you feel comfortable doing a Downward Dog. Instead of putting your hands on the ground, you could put them on the seat of a chair. This grounding pose lengthens the spine, opens the shoulders and draws your attention inward,” she explains. “On a plane or bus, reaching your arms overhead gives space to condensed organs; ankle circles help increase circulation; and seated Figure Four opens up tight hips,” she advises.

If time allows, Young also suggests finding a yoga studio and popping in for a class. “Taking a yoga class in a new country or city can provide an immediate sense of community and is often a uniting gateway to other connections when navigating new and different surroundings,” she asserts.

Yoga helps to develop patience, an aptitude that Kaufman says can serve us throughout our travels. “Mindfully moving through a practice encourages us to listen and be patient with our bodies, and it provides valuable feedback on where we are and what we need. Instead of jumping into a deep stretch, purposefully encourage the hamstring to open up and notice how that feels. Cultivating that patience for ourselves changes the chemistry in your brain and becomes a microcosm for how you put yourself into the world. You’re able to be more patient with flight attendants, travel partners and everyone else you may encounter,” she shares.

For Larkin, practicing yoga while traveling cultivates inner peace. “The stress of travel can bring out the worst in us, but we can do our best to stay kind and considerate by keeping in mind the yoga teaching of Ahimsa: non-harming,” she says. “Most things work out, even if you lose your luggage or miss your flight. And most people are good, wanting to help you find your luggage or rebook your flight or commiserate when your vacation didn’t go quite to plan.”

Carrie Jackson is a Chicago-based freelance writer. Connect at CarrieJacksonWrites.com.

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Helping Kids Cope

GUIDING CHILDREN THROUGH TRAUMA AND ANXIETY

by Carrie Jackson



Children today are facing ever-increasing amounts of stress and anxiety. In addition to academic pressure, bullying and family dynamics, kids are worried about navigating social media, climate change and school shootings. While a certain amount of stress is normal and healthy, too much can cause debilitating physical, emotional and cognitive effects.

A 2010 study published by the National Scientific Council on the Developing Child, at Harvard University, reports that persistent fear and chronic anxiety can have lifelong consequences by disrupting the developing architecture of the brain. Parents can help anxious kids by modeling stress-management and problem-solving techniques, and inviting their children to talk about their feelings.

Acknowledging and Coping With Fear

While each child's anxiety is unique, the themes are often universal. "Children fear not being liked, being made fun of, failing when they try new things, getting hurt, losing a loved one, being left out and not fitting in. If this list seems familiar, it's because they are all the same fears adults have too," says Michelle Nelson-Schmidt, an author and illustrator of 32 children's books, including *What If I Know My Feelings?* and *The Whatif Monster* series. "It is debilitating when we don't talk about our fears and anxieties. Children often don't have the vocabulary to verbalize their fears, so they bottle it up, letting fears get bigger and scarier. The earlier they learn that it's okay to be scared, to talk about their fears and to ask for help, the less power fear and anxiety will have over their brains."

According to Dr. Carol Penn, author of *Meditation in a Time of Madness: A Guidebook for Talented Tweens, Teens, Their Parents & Guardians Who Need to Thrive*, "Fear is a natural phenomenon. It's how we're hardwired to survive as a species. However, when fear turns into anxiety and the body enters a chronic state of hyper-arousal with raised cortisol levels, it can be debilitating. This shortens attention spans and disrupts

the hypothalamic loop, which deals with creating short-term memory, causing kids to lose the ability to engrain long-term learning.”

Penn notes that kids can pick up on their parents’ anxiety, so it is imperative to model self-care and create a soothing home environment. “Children are unsettled when their parents are unsettled. By observing body language and energy, kids can intuitively gauge when something is wrong, and they often make up stories about why,” she explains. “Teaching kids to take regular breaks throughout the day for relaxed awareness encourages them to notice a mind-body connection. Take two minutes before getting out of the car or starting a new activity to pay attention to your breath and observe and label pain or tension in the body. If you are hunching your shoulders or clenching your jaw, make mindful adjustments to reset and settle the body and nervous system.”

Overcoming Anxiety After a Traumatic Event

Last year, Highland Park, Illinois, experi-

enced the improbable yet possible event of a mass shooting during their Fourth of July parade. “While the community worked to rediscover a sense of safety, our school focused on the necessary structures and initiatives to help students heal and rebuild,” says Holly Fleischer, the assistant principal of diversity, equity and inclusion at Highland Park High School. “As we started the school year, we recommitted to a focus on social-emotional learning by teaching strategies to manage emotions, sustain healthy relationships, develop an awareness of self and make healthy decisions. By practicing coping skills with everyday stressors, our students are learning to develop feelings of control, safety and resiliency as they navigate a traumatic experience or event.”

According to Fleischer, “While there is little control of one’s outside world and circumstances, kids can find calm in a storm through strategies like deep breathing, recognizing your five senses, listening to music, reaching out to loved ones, using ice packs for sensory intervention and giving oneself a strong bear hug. Students will get to know

which ones work for them. It is also essential to disrupt maladaptive coping mechanisms like avoidance, which do not allow for the practice of these healthier ways of self-management.”

Building Resilience for the Future

“Thoughts are the language of the mind, and feelings are the language of the body,” Penn counsels. “When stress develops, have kids draw three pictures identifying what it looks like for them. The first is a picture of themselves right now; the second is the challenge they’re facing; and the third is how they will feel when the challenge is resolved. This gives children control over their feelings, allowing them to self-soothe and creatively work through challenging situations. When children learn to be adaptable, flexible and imaginative critical thinkers, they can respond to even the darkest days and move forward with grace and hope.”

Carrie Jackson is a Chicago-based freelance writer. Connect at CarrieJacksonWrites.com.

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calendar of events

Email Publisher@NaturalAwakeningsNNJ.com for guidelines and to submit entries

sunday

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

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: donay-sfitness4u@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/](https://www.loiskramererez.com/My-Events/).

Weekly Qigong classes with Fabienne Louis—6:30 PM. Embark on a journey of self-healing and vitality with Qigong classes led by Fabienne Louis. Join us every Thursday at 6:30 pm at Moon House Yoga in Emerson, NJ, and experience the profound benefits of this ancient practice. Boost your energy, find inner peace, and rejuvenate your body and mind. Location: Moon House Yoga, 45 Emerson Plaza E, Emerson, NJ 07630. For more details contact: www.fabiennelouis.com

WEDNESDAY, SEPTEMBER 6

Friends and Family CPR—7:30pm-9:30pm. This program was developed to instruct parents, grandparents, babysitters, and nursery school personnel on prompt care for the choking infant or child along with the CPR skills. Visit Website & Register at www.EnglewoodHealth.org. Location: EMS Training Center 122 South Van Brunt Street Englewood, NJ.

THURSDAY, SEPTEMBER 7

BCAS Nature Walk—10:00am-12:00pm. BCAS offers two walks monthly at the Conservancy. One walk is typically on the weekend and one during the week. BCAS will have additional guides on hand to help newer birders identify birds. For more information, Call Don Torino at 201-230-4983 or email greatauk4@gmail.com. Visit Website & Register at www.teaneck-creek.org. Location: Teaneck Creek Conservancy, 20

Puffin Way, Teaneck, NJ.

THURSDAY, SEPTEMBER 7

Pediatric Emergency Assessment Recognition and Stabilization Course (PEARS)—9:00am – 5:00pm

Updated to reflect the 2010 AHA Guidelines for CPR and ECC, PEARS helps healthcare providers develop the knowledge and skills needed for emergency evaluation and treatment of seriously ill infants and children. Visit Website & Register at www.EnglewoodHealth.org. Location: EMS Training Center 122 South Van Brunt Street Englewood, NJ.

Introduction to Acupuncture for Seasonal Allergies—7:00pm 7:45pm. Learn the benefits of acupuncture to help combat seasonal allergies during this 45-minute workshop. This is an online event. Visit Website & Register at www.EnglewoodHealth.org. Location: EMS Training Center 122 South Van Brunt Street Englewood, NJ.

TechRoots Coding Class—3:30pm - 4:30pm. Students will learn and gain an understanding in how to code their own website, game, or mobile application. Each week will build upon itself and by the end they will have their own custom coded website! Call (201) 529-7323 ext. 230 or Email kbrown@mahwahlibrary.org. Visit Online and Register. Location: Mahwah Public Library, 100 Ridge Rd Mahwah, NJ 07430

FRIDAY, SEPTEMBER 8

Hedgehog Book Art—3:30pm-4:30pm. Join us as we upcycle books and turn them into adorable Hedgehogs! (201) 529-7323 ext. 224 or Email djukniewicz@mahwahlibrary.org. Visit Online and Register. Location: Mahwah Public Library, 100 Ridge Rd Mahwah, NJ 07430.

Teacher Training Fall—Our 2023 200 Hour Teacher Training / Advance Your Practice sessions starts September 8! Only Few positions left. DISCOUNT Code: "LASTCALLTT" \$200 off (thru Labor Day). Ccall us at 518-406-8077.

SATURDAY, SEPTEMBER 9

Ramsey Food Truck & Music Festival—11:00am-7:00pm. Guests can expect at least 20 gourmet food trucks as well as live music, activities, vendors, and more. Visit Website at www.justjerseystest.com. Location: Father Adornos, 575 Darlington Ave, Ramsey, NJ.

Restorative Yoga and Sound Bath—Try our restorative yoga and Sound bath session With Fabienne and Zeni in Edgewater. Call us at 518-406-8077.

SUNDAY, SEPTEMBER 10

Bergen County Food & Wine Festival 2023—12:00pm - 5:00pm. Dozens of Restaurants will serve up Bergen County's finest fare, complete with beer, wine and spirit tastings both local and from around the world. Your ticket purchase provides entry to the festival and includes ALL food and drink samplings (including all alcohol samples). Visit Website & Register at www.bergencountyfoodandwine.com/home. Location: Westfield Garden State Plaza One Garden State Plaza Pkwy, Paramus, NJ.

Mind, Body, and Art: Relaxation and Creation—3:00pm-3:45pm. Connect with your inner self to express creativity through art. Our art facilitator will

guide you through projects designed to relax and rejuvenate the mind and body with a creative flair. Visit Website & Register at www.EnglewoodHealth.org. Location: Graf Center for Integrative Medicine Englewood Health - Main Campus 350 Engle Street Englewood, NJ.

MONDAY, SEPTEMBER 11

Reiki Level 1 Certification Class—1:00pm-3:30pm. This class is an introduction to Reiki. Learn Reiki hand positions, receive personal attunement to open the crown and palm chakras, and treat yourself using the modality. Visit Website & Register at www.EnglewoodHealth.org. Location: Taub Family Education Center Englewood Health - Main Campus, Berrie Center, 5th Floor 350 Engle Street Englewood, NJ.

TUESDAY, SEPTEMBER 12

Annual Senior Festival—10:00am-2:00pm. If you are 60+ years old, please join us for a special day including lunch, craft fair, zoo, music & entertainment, information tables & much more. Visit Website & Register at www.co.bergen.nj.us. Location: Van Saun County Park, 216 Forest Ave, Paramus, NJ.

Baby ER/A Night with a Pediatrician—7:00pm-8:00pm. This is an IN-PERSON one session class featuring a Valley Pediatrician who will teach you what to do in case of emergency. For more information, email familyeducation@valleyhealth.com with questions. Visit Website at www.valleyhealth.com/events. Location: 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Past Life Regression—7:30pm-9:00pm. 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. Call 845-290-0678 to register! Visit Website at <https://saltoftheearthchf.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd. Chestnut Ridge, NY.

WEDNESDAY, SEPTEMBER 13

Live Snake Show—3:30pm-4:30pm. Meet and interact with snakes from around the country and around the world, including Banana Peel, a 12-foot Albino Burmese python. For ages 5 and up. Call (201) 529-7323 ext. 230 or Email kbrown@mahwahlibrary.org. Visit Online and Register. Location: Mahwah Public Library, 100 Ridge Rd Mahwah, NJ 07430

THURSDAY, SEPTEMBER 14

Stress Management for Parents (4-Session Series)—7:00pm-8:00pm. Join us to explore the brain science behind stress and experience how meditation, movement, acupuncture, and breath work can help relieve it. Visit Website & Register at www.EnglewoodHealth.org. Location: Graf Center for Integrative Medicine Englewood Health - Main Campus 350 Engle Street Englewood, NJ.

SATURDAY, SEPTEMBER 16

Ridgefield PBA Food Truck & Music Festival—11:00am-7:00pm. Featuring 18 gourmet food trucks, stage with 3 live bands, 50/50, kids zone, vendors & various local business, pony rides, petting zoo, miniature golf, bungee trampoline, rock climbing, bounce house, face painting, sand art & A Great Day of fun for the whole Family! Visit Website at www.justjerseystest.com. Location: Veteran's Memorial Park, 554 Shaler Blvd, Ridgefield, NJ.

SUNDAY, SEPTEMBER 17

Sound Bath—3:30pm-5:00pm. Enjoy deep relaxation with Reiki infused Vibrational Sound Healing with crystal bowls, gong and soothing chimes. Call (201) 788 6322 or Visit Website & Pre-register at www.essenceofself.com. Location: Essence of Self Health Spa, 52 Skyline Dr. Ringwood NJ.

BCAS Nature Walk—10:00am-12:00pm. BCAS offers two walks monthly at the Conservancy. One walk is typically on the weekend and one during the week. BCAS will have additional guides on hand to help newer birders identify birds. For more information, Call Don Torino at 201-230-4983 or email greatauk4@gmail.com. Visit Website & Register at www.teaneck-creek.org. Location: Teaneck Creek Conservancy, 20 Puffin Way, Teaneck, NJ.

MONDAY, SEPTEMBER 19

Singing Bowls Sound Healing—7:30pm-8:30pm. In the serene and relaxing environment of the salt cave,

enjoy the sounds and vibrations of singing bowls and meditation with sound healer Beth Lantigua. Call 845-290-0678 to register. Visit Website at <https://saltoftheearthcfh.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd. Chestnut Ridge, NY.

Pack It Up: Learn to Live a Smoke-Free Life (4-Session Series)—5:30pm-7:00pm. Our group smoking cessation program will teach you strategies to commit to quitting smoking over the course of four weeks. Visit Website & Register at www.Englewoodhealth.org. Location: Graf Center for Integrative Medicine Englewood Health - Main Campus 350 Engle Street Englewood, NJ.

THURSDAY, SEPTEMBER 22

BMW Group Family Fall Fest 2023—4:00pm-8:00pm. Join us for an afternoon full of fun fall activities, classic Bavarian and American fare, live entertainment, and more! If you have any event related questions, please email corpcomm@bmwna.com.

Location: 250 Chestnut Ridge Rd 250 Chestnut Ridge Road Woodcliff Lake, NJ.

FRIDAY, SEPTEMBER 23

Sisters In Stride: Women's Gynecologic Cancer Awareness Walk—10:00am-12:00pm. Stand united against ovarian, uterine, cervical, vulvar, and vaginal cancers. This event will take place rain or shine! Join us for walking, a giveaway to the first 75 to register and attend, educational information, and more! Visit Website at www.valleyhealth.com/events. Location: The Luckow Pavilion, 1 Valley Health Plaza, Paramus, NJ.

Bergen County Fall Harvest Festival (Day 1 of 3)—6:00pm-9:00pm. Craft Fair, Carnival Rides, Famers Market, Animals, Music, Face painting, Entertainment, Food Trucks, 4-H & Master Gardner Exhibits and Hand-On Activities. Call 201-336-6780 or Email bergen4H@njaes.rutgers.edu, you have any event related questions, please email corpcomm@bmwna.com. Location: Overpeck County Park, 199 Challenger Road, Ridgefield Park, NJ.

Advanced Cardiac Life Support Course - Renewal Course—9:00am-5:00p. This course provides reinforcement of the knowledge and skills to recognize and treat cardiac arrest in adults. Visit Website & Register at www.Englewoodhealth.org. Location: EMS Training Center 122 South Van Brunt Street Englewood, NJ.

Ardie Walser Quartet for the Autumn Equinox concert—10:00am - 12:00pm. Relax in the comfort of nature and the music of Ardie Walser and his quartet. Bring chairs and blankets and prepare for a great time. For more information, Visit Website at www.teaneck-greenway.org. Location: Teaneck, NJ.

Glen Rock Street Fair & Craft Fair—11:00am - 4:00pm. This Fair includes Live Music, DJ, Dancing, Delicious foods, Performances and more! Children's rides, Games, and More! For more information, Call 908-654-1400 or email info@StreetFairs.org. Visit Website at <http://streetfairs.org>. Location: Downtown Glen Rock Rock Rd and Maple Ave, Glen Rock, NJ.

Bergen County Fall Harvest Festival (Day 2 of 3)—10:00am - 10:00pm. Craft Fair, Carnival Rides, Famers Market, Animals, Music, Face painting, Entertainment, Food Trucks, 4-H & Master Gardner Exhibits and Hand-On Activities. Call Monique Bliss on 201-336-6780 or Email bergen4H@njaes.rutgers.edu, Visit Website at <https://bergen.njaes.rutgers.edu/4h/fair/>. Location: Overpeck County Park, 199 Challenger Road, Ridgefield Park, NJ.

SUNDAY, SEPTEMBER 25

Bergen County Fall Harvest Festival (Day 3 of 3)—10:00am - 8:00pm. Craft Fair, Carnival Rides, Famers Market, Animals, Music, Face painting, Entertainment, Food Trucks, 4-H & Master Gardner Exhibits and Hand-On Activities. Call Monique Bliss on 201-336-6780 or Email bergen4H@njaes.rutgers.edu, Visit Website at <https://bergen.njaes.rutgers.edu/4h/fair/>. Location: Overpeck County Park, 199 Challenger Road, Ridgefield Park, NJ.

SATURDAY, SEPTEMBER 30

Fair Lawn Food Truck & Music Festival—11:00am - 7:00pm. 17 Gourmet Food Trucks, Live Music, vendors, kids activities, pony rides, petting zoo, miniature golf, face painting, sand art, knockerball & its all to Benefit Fair Lawn Rescue. Bring your appetites friends, family, furry friends, chairs & blankets. Visit Website at www.justjerseyfest.com. Location: MEMORIAL PARK, 2 Avenue of Heroes, Fair Lawn, NJ.



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Dr. Ian Thomson has completed his Bachelor of Sciences in Kinesiology from Penn State University, with a focus in Movement Science, followed by graduation from New York Chiropractic College, earning both his Doctorate of Chiropractic and Master's of Science in Applied Clinical Nutrition. Dr. Thomson employs a variety of soft tissue techniques, chiropractic manipulative therapies, with an emphasis on functional exercise, to obtain optimal patient results. Dr. Thomson aims to treat the entirety of the patient and he joins the Maywood Physical Therapy team utilizing a multidisciplinary approach, treating the many factors contributing to pain. Through his experiences in clinical rotations and a background in personal training, Dr. Thomson has had the pleasure of working with a variety of age groups and abilities, to help them maximize their overall function and quality of life. He works compassionately alongside each patient, to create a thorough and achievable treatment plan to reach individual goals. *See ad, page 25.*

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ly 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 21.

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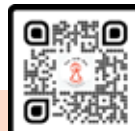
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REGENERATIVE WHOLE HEALTH HUB

Together We Inspire and Empower **WELL**thier Living – Happy. Healthy. People. Planet. Purpose.



Scan Here for Your Exclusive, Limited-Time Only
LIFETIME MEMBERSHIP



Priceless lifetime, life-changing whole health benefits for less than the cost of a smoothie a week!

CENTER FOR INTEGRATIVE & TRADITIONAL MEDICINE

Successfully combining the very best of Integrative and Traditional Medicine Since 1990



- Prevention & treatment of various medical conditions
- Comprehensive analysis of your current "level of health"
- Non-invasive testing of Cardio Vascular System and Preventive Therapy
- Intracellular analysis and correction of vitamins, minerals and toxic element levels
- Evaluation of Gastrointestinal, Endocrine and Immune System Disorders
- Diagnosis and treat Musculoskeletal, Neurological Disorders
- We uncover Food Sensitivities/Allergies
- Offering State-of-the-Art Metabolic testing and analysis

ROMAN E. FINN, M.D.



- Internist
- Gastroenterologist
- Chiropractor
- Physical Therapist
- Acupuncture
- Podiatrist
- Massage Therapist
- Access Bars

Americas' Top Doctors' - 2021

Services we provide to meet your needs

- Intravenous Nutrient Therapy – a blend of vital vitamins & nutrients
- Colon Hydrotherapy
- Gentle Detoxification Programs
- Nutritional Evaluation & Counseling
- Allergy Desensitization
- Hormonal Testing and balancing



- Pain Management
- Physical Therapy & Medical Massage
- Trigger Point Therapy
- Acupuncture
- Podiatry
- Stress Management
- We treat patients involved in motor vehicle accidents



Experienced
Professional
Providing In-Depth
Compassionate
Care

Most labs &
tests performed on
premises



201-291-0401
www.citm-drfinn.com

Working with
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& Medicare

22 Madison Avenue
Paramus, NJ 07652