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# natural awakenings

## Heart Healthy Lifestyle

**Ayurveda  
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**Empowering  
Wellness:  
Tips for Stroke  
Prevention**

**Traditional and  
Modern Medicine  
Working Together**

NORTHERN NEW JERSEY EDITION

FEBRUARY 2024

# Natural Awakenings Readers...Looking for a More Natural Approach for Your Dentistry?

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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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**letter from publisher:**



**Resolve to Stay Healthy and Happy!**

**A**t *Natural Awakenings*, we are committed to your health. This February, the focus is on heart health and helping you and your loved ones lead a healthy lifestyle. The key to good heart health depends on our lifestyle choices, including nutrition and exercise.

Research shows that a good nutrition plan can make the difference in healthy living, starting with a good mix of fruits and vegetables, preferably organic. Another factor is understanding your own personal risk factors for heart disease, including periodic CT calcium scoring scans and AngioScreens that can help shape lifestyle habits.

This issue also brings more information about heart health such as our dental health cover story and its role in heart health. You can refer to our plant-based alternatives and recipes, too. Mindful breathwork is a very effective way to manage stress, which impacts heart health both directly and indirectly.

This month, make a promise to be heart strong. Try a new exercise routine, add more fresh fruits and vegetables to your diet or schedule a heart screening. By making a commitment now, you can prevent being forced to make up for it later.

*Natural Awakenings* of North Jersey is your best all-season health and wellness resource for body, mind and soul—the physical body and inner, spiritual, well-being. For regular updates on natural health and wellness, like and follow us on Facebook and Instagram. Find even more great information in our online edition at *NaturalAwakeningsNNJ.com*.

Enjoy the life and Stay healthy, Stay happy!

Anil Singh, Publisher

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## Psychic Reading Event

The Wellness Gala will present *A Day Like Never Before* from 1 to 5 p.m., March 3, at Calandra's Best Western, in Fairfield, featuring *New York Times* bestselling author and psychic medium Concetta Bertoldi as part of a panel of intuitives and healers.



They will give the audience insights on pertinent topics and answer questions about matters of the heart, career choices, spiritual growth or communicating with a loved one that has passed. There will also be coffee, dessert, readings, healing sessions and unique vendors.

*Location: 216 US-46, Fairfield. For tickets. Visit [WellnessGala.com/events](http://WellnessGala.com/events). For more information, call 973-713-6811.*

## Save on Red Light Treatment

At Beauty From Inside and Out, Contour Red Light Therapy is used as a non-invasive aesthetic treatment for reducing the circumference of the hips, arms, waist and thighs. The first session is \$99 (regularly \$344) from noon to 5 p.m., February 13, 20 and 27 only. Also included in this session is a free ear seeds acupressure treatment.



It is also great for the relief of minor muscle and joint pain, arthritis, muscle spasms and relieving stiffness. Many people have also seen improvements in their stress levels, anxiety, mood and have experienced better sleep.

*Location: 1069 Ringwood Ave., Ste. 311, Haskell. For appointments (required) and more information, email [Angela@Beautyfio.com](mailto:Angela@Beautyfio.com) or visit [InnerBeautyNJ.com](http://InnerBeautyNJ.com). See ad, page 10.*

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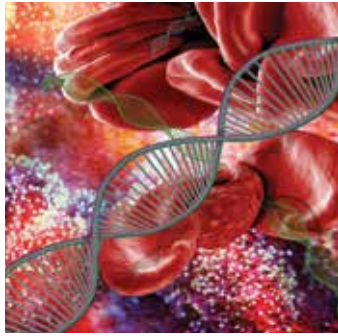
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## New Sickle Cell Treatment Approved

The U.S. Food and Drug Administration recently approved the first gene editing treatments for sickle cell disease. Co-developed by Vertex Pharmaceuticals and CRISPR Therapeutics, the exa-cel treatment uses new technology to modify a gene involved in red blood cell shape and function. It is too early to say whether the treatment will be permanent and without side effects, as only about 100 people have undergone the procedure, and they have been followed for less than two years.



Science Photo Library/Canva

According to the National Institutes of Health, sickle cell disease is a group of genetic disorders that affect hemoglobin, the protein that carries oxygen to the body. In sickle-cell patients, red blood cells are crescent-shaped and do not bend, instead of being disc-shaped and flexible. This anomaly can block blood flow to the body, leading to strokes, eye problems, infections, fatigue and severe pain. Until now, a bone marrow transplant was the only cure.

CRISPR technology—short for clustered regularly interspaced short palindromic repeats—allows scientists to strategically modify the DNA of organisms. The exa-cel treatment involves removing a patient's bone marrow stem cells, editing them using the CRISPR technology, destroying the untreated bone marrow and re-infusing the modified cells to replicate and repopulate the body.

## Citrus for Heart Health

A common flavanone called hesperidin found in citrus fruit may help protect against heart disease, according to a meta-analysis of randomized controlled trials published in *Current Developments in Nutrition*. Researchers analyzed 12 studies involving 589 participants that examined the effects of hesperidin extracts on various outcomes, such as inflammatory markers, body mass index, insulin resistance and lipids. After accounting for variability across the groups of participants, researchers found that hesperidin significantly reduced both total cholesterol and low-density lipoprotein (LDL or “bad” cholesterol) in obese individuals under age 50 that consumed approximately 500 milligrams per day of hesperidin for more than six weeks. It also had a positive impact on inflammatory markers, insulin sensitivity and fasting blood glucose.

Beneficial effects were not noted on other risk factors of heart disease, such as high-density lipoprotein (HDL or “good” cholesterol), triglycerides, body mass index and blood pressure. Hesperidin can be found in oranges, lemons, limes, tangerines and grapefruit, in whole fruit or juice form and in commercially available supplements. Consuming grapefruit might interfere with certain medications for heart disease, so patients should consult with their doctor before making any dietary changes.



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# Traditional and Modern Medicine Working Together

by Dr. Roman E. Finn

In a world where the landscape of health care is constantly evolving, a paradigm shift is occurring, ushering in an era of integrative care that combines the strengths of both traditional and modern medicine with the potential to provide patients more comprehensive and effective treatment options. At the forefront of this movement is the concept of integrative healthcare, where traditional and modern approaches complement each other, creating a holistic and patient-centered approach to well-being.

This synergy is a powerful force to address the limitations of each individual approach. Traditional medicine, often rooted in centuries-old practices and cultural wisdom, offers a wealth of knowledge about natural remedies, herbal treatments and lifestyle interventions while, modern medicine brings advanced technologies, diagnostic tools and pharmaceutical interventions that have revolutionized healthcare in recent decades.

While modern medicine may provide pharmaceutical interventions and state-of-the-art monitoring devices for diabetes, traditional medicine can offer insights into dietary changes, herbal supplements and stress-reduction techniques. By combining these approaches, patients may experience enhanced outcomes and an improved quality of life.

The key to successful integrative health care lies in the seamless integration of traditional and modern approaches. Complementary approaches serve as a bridge between these two

worlds, allowing for a harmonious collaboration that maximizes the benefits of both.

One example of complementary medicine is the integration of acupuncture with conventional pain management techniques. Acupuncture, rooted in traditional Chinese medicine, has shown efficacy in alleviating pain and promoting overall well-being. When used in conjunction with modern pain medications or physical therapy, the result is often a more comprehensive and sustainable approach to pain relief.

Similarly, mindfulness practices such as meditation and yoga can complement psychiatric treatments for mental health disorders. Integrating these holistic approaches into a patient's treatment plan may enhance the effectiveness of medications and therapy, leading to improved mental and emotional well-being.

## The Role of Personalized Medicine

One of the pillars of integrative health care is personalized medicine, which tailors treatment plans to the individual needs of each patient. By considering factors such as genetics, lifestyle and cultural background, health care providers can create a roadmap that combines the best of both worlds.

For instance, a personalized approach to cancer treatment may involve a combination of chemotherapy, surgery and radiation therapy from modern medicine along with nutri-

tional support and mind-body practices from traditional medicine. This personalized integrative approach not only targets the disease, but also supports the patient's overall health and resilience during treatment.

As the field of integrative healthcare continues to gain recognition, it is essential for healthcare providers, researchers and policy-makers to collaborate by creating a supportive and inclusive health care system. Education and training programs that integrate both traditional and modern medical approaches can empower professionals to offer more comprehensive care.

Research initiatives exploring the synergies between traditional and modern medicine can pave the way for evidence-based integrative health care practices. Combining the wisdom of traditional healing practices with the rigor of modern scientific inquiry can unlock new possibilities for patient care and treatment modalities.

The complementary relationship between traditional and modern medicine represents a promising frontier in health care. Integrative healthcare, with its emphasis on synergy and personalized approaches, has the potential to revolutionize the way we perceive and treat health conditions. By embracing the strengths of both worlds, we can create a healthcare system that is not only effective, but also deeply attuned to the diverse needs of individuals on their journey to well-being. As we navigate the evolving landscape of health care, we should recognize the value of this complementary relationship and work toward a future where the best of both traditions collaboratively contribute to a healthier world.



*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](http://citm-drfinn.com). See ad, back cover.*

# Pilates and Yoga in Physical Therapy

For physical therapists, the fusion of ancient mind-body practices such as Pilates and yoga has emerged as a powerful avenue for holistic healing. Integrating them into physical therapy routines has gained prominence due to their unique benefits to rehabilitation.

Pilates and yoga share common principles rooted in mindful movement, breath control and the connection between the mind and body. Both practices prioritize flexibility, strength and balance, making them ideal companions to traditional physical therapy modalities. Pilates focuses on core strength and controlled movements, while yoga incorporates postures, meditation, and breathing techniques. When integrated into physical therapy, these practices enhance overall well-being by addressing not only the physical, but

also the mental aspects of rehabilitation.

**Physical Benefits:** Pilates and yoga offer myriad physical benefits crucial for rehabilitation, as improved flexibility, enhanced muscle strength and heightened body awareness contribute to the restoration of physical function. The controlled movements in Pilates target specific muscle groups, aiding in the rehabilitation of injuries and promoting overall body strength. Yoga engages the body in diverse postures, promoting flexibility and balance.

**Mind-Body Connection:** Both Pilates and yoga emphasize the mind-body connection, a fundamental aspect of holistic healing. Mindful movement and intentional breathwork foster a deep connection between mental and physical well-being. This aspect is particularly valuable in physical therapy, where the psy-

chological aspects of recovery are as significant as the physical.

**Stress Reduction:** Stress often accompanies physical injuries and conditions, and Pilates and yoga, with their emphasis on relaxation and mindfulness, serve as effective stress-reduction tools. Integrating these practices into physical therapy not only aids in managing stress, but also contributes to a more positive outlook during the recovery process.

The therapeutic benefits of Pilates and Yoga extend far beyond the confines of a studio, creating a paradigm shift in how we perceive and implement physical therapy. As the health care landscape evolves, the incorporation of these ancient practices heralds a new era of personalized, comprehensive care, paving the way for a healthier and more balanced future.

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# Chinese Lunar New Year Traditions

by Lois Kramer-Perez

**T**here is still time to get a boost for 2024 by tapping into Chinese New Year traditions before the New Moon on February 9, Chinese New Year's Eve.

■ Clear out and de-clutter, making room for new opportunities.

■ A drawer, shelf, room, wallet, purse; every little bit makes room for a lot more. Including cleaning up debts and finishing projects. No lending money on New Year's Eve or New Year's Day.

■ Clean to prepare for a fresh start. Thoroughly clean windows with all light bulbs working so that all opportunity and wisdom is clear to "see". Clean mirrors reflect beauty and double what is reflected.

■ Check out the front door entrance; wash the door and make it inviting, maybe it is time for a new welcome mat.

■ Stock the fridge and cupboards with an abundance of fresh, nutritious foods. Having enough leftovers after New Year's Day assures abundance throughout the new year.

■ A festive, colorful fruit bowl connects our intention to abundance. Oranges and tangerines represent money and prosperity; apples symbolize good health and safety; pineapples symbolize recognition and promotion. Grapes symbolize success and abundance. Feast on noodles; uncut, they represent long life. Invite friends and family for a celebratory dinner.

■ Live, blooming flowers represent rebirth, new growth and new beginnings. Fortunate plants include plum blossoms, bamboo, evergreen pines, pussywillows, peonies and azaleas.

■ Our appearance, actions and attitudes set the tone for the new year. Prepare to strut

and indulge in a manicure, pedicure, massage new hair style or any activity to set the intention for the year to come. Prepare a wealth vase as part of an intention to prosper.

## On Chinese New Year's Day, February 10:

■ The first words spoken should be sweet and filled with love to enjoy for sweetness the next 365 days. No crying or reprimanding anyone. Don't talk about the past, death or use negative language.

■ The first thing eaten should be sweet, to ensure that only sweetness fills up all days of the new year.

■ Wear new clothes and include something red, whether seen or unseen. Don't wash hair on New Year's Day—it will wash the luck away.

■ We are all set; no chores are done on New Year's Day to ensure a smooth AND easy year. Hand out Lucky Red Envelopes filled with rice for prosperous year.



For instructions to make a wealth jar and more red envelope tips, visit [LoisKramerPerez.com/chinese-lunar-new-year-2024](https://LoisKramerPerez.com/chinese-lunar-new-year-2024). See ad, page 23.

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# Starseeds in Our Midst

by Misty Bella

**T**he star people, or Starseeds, are intergalactic beings that come in human form from other star systems and planets as new energy children and adults. These awakened souls have come to Earth to help us through these taxing times. There have been waves of such beings born on Earth for many decades, especially since the turn of the century; they are the bearers of light.

Children born as Starseeds are quite aware of the role they will play of holding vibrations in a way that supports growth for all humanity through all dimensions to release old paradigm and ethereal awareness of our true self of infinite potential and power within. Earthlings have been conditioned to believe we are weak or insufficient, which has mostly induced a mindset of lack and limitations

for centuries. These children come honoring their soul contract to serve humanity and uplift them to the highest potential of a self-reliant and abundant mindset.

As with Ang and his friends in the animated film *Avatar*, these interdimensional-savvy Starseeds have a very high intelligence of heart space, as well headspace, with the highest compassion and love. They have had these highest cosmic powers since birth, and their character and abilities, include the traits of characters from their planet of origin. That is why adapting to the Earth's environment can be difficult, because of the adjustment to the higher-density environment.

It can be challenging for them to adapt to Earthian environments with finite and lim-

ited mindsets. They would thrive and flourish with ease in their soul mission if the resistance against their journey were instead supplanted by support. However averse they might seem to the task, their contribution to transmuting Mother Earth to her original higher self is imminent. Children that are not supported in their mission turn toward outward validation, which leads to dependency on substance abuse and an addictive mindset. Once we generously and lovingly open our hearts to this new awareness to merge with us with love and grace, the transition for all will be very easy.

Humanity is discarding the constraints of limitations and slavery to gain sovereignty and liberation. Our moral responsibility is to accept and allow old paradigms of dogmatism to be released and replaced with an open mind and heart space of love, grace and ease.

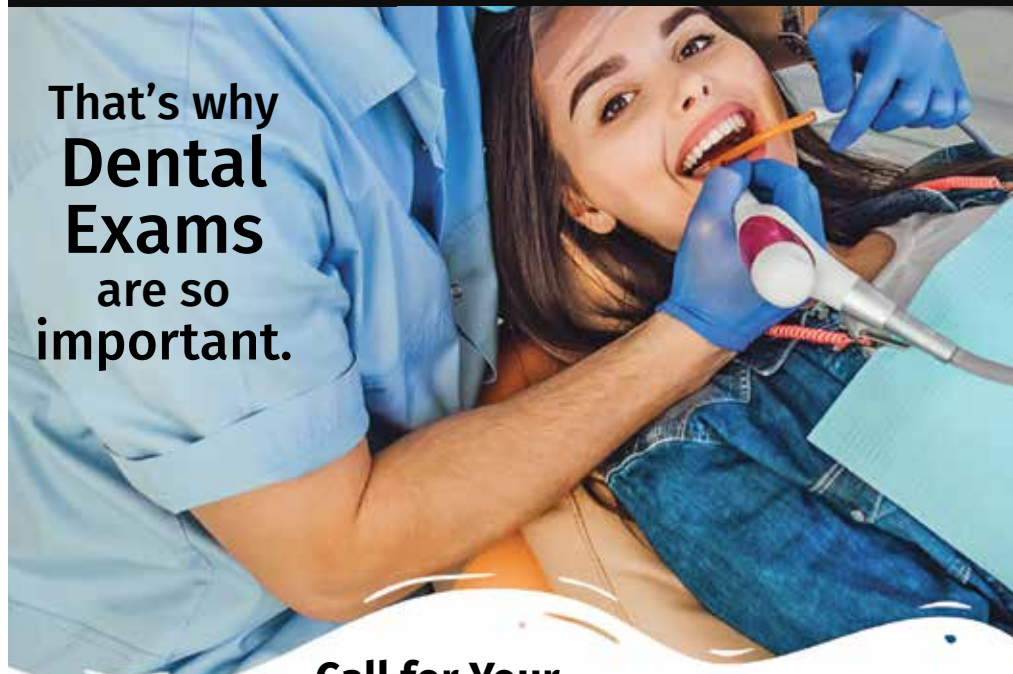
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# Empowering Wellness: Tips for Stroke Prevention



**P**rioritizing our health has never been more crucial. One of the significant health concerns that requires our attention is the risk of stroke. Incorporating stroke prevention strategies into our daily lives is not only essential, but empowering.

Reducing the risk of stroke involves a multifaceted approach, encompassing strategies that promote overall well-being. Empowering lifestyle choices form the foundation of an effective stroke prevention plan and include mental and emotional well-being. By understanding the importance of a holistic approach, individuals can adopt a lifestyle that significantly reduces the risk of stroke.

Holistic wellness practices stand out as a comprehensive and integrative approach. Unlike those focusing solely on physical health, holistic wellness practices address the interconnected aspects of mind, body and spirit. While conventional methods such as medication and medical interventions play a vital role, combining them with holistic practices enhances the overall effectiveness of stroke prevention.

## Wellness Empowerment Tips for Stroke Prevention

**Mindful Nutrition:** A well-balanced diet rich in fruits, vegetables, whole grains and lean proteins provides essential nutrients that

support heart health. Incorporating omega-3 fatty acids found in fish and nuts can further contribute to reducing the risk of stroke.

**Regular Physical Activity:** Regular exercise is a cornerstone of stroke prevention. Both aerobic and strength-training exercises contribute to maintaining a healthy weight, regulating blood pressure and improving overall cardiovascular health.

**Stress Management:** Chronic stress is a known risk factor for stroke. Adopting stress-reduction techniques such as meditation, yoga or deep breathing exercises can positively impact mental health and lower the risk of stroke.

**Adequate Sleep:** Quality sleep is crucial for overall well-being. Establishing a regular sleep routine and ensuring adequate hours of sleep can contribute to better cardiovascular health and reduce the risk of stroke.

**Monitoring Blood Pressure:** High blood pressure is a significant risk factor for stroke. Regular monitoring and management of blood pressure through lifestyle modifications or medications as prescribed by health-care professionals are vital components of stroke prevention.

Stroke prevention is not a one-size-fits-all approach, but a personalized journey toward holistic well-being. By embracing wellness empowerment tips, healthy lifestyle choices, and holistic wellness practices, individuals can take proactive steps to reduce their risk of stroke. It has explored the multifaceted aspects of stroke prevention, emphasizing the significance of a comprehensive approach that addresses both physical and mental health. In empowering ourselves with knowledge and actionable strategies, we pave the way for a healthier and more fulfilling life.



## Respiratory Illness in Dogs Sweeps the Nation

A respiratory illness with an unknown cause is affecting dogs across the United States. While respiratory infections are not uncommon, veterinarians are reporting very sick dogs with chronic coughs or pneumonia that last an unusually long time and do not respond to antibiotics. Common respiratory diagnostic testing for kennel cough has yielded mostly negative results. These cases have caused concern because they are at the severe end of the spectrum. While some deaths have been reported, they represent a small percentage of total cases. Efforts are underway to conduct widespread sampling of cases to diagnose the cause and implement a testing plan.

Dog parents are advised to contact a veterinarian if their pets exhibit symptoms such as coughing, fever, sneezing, nasal and/or eye discharge, intermittent loss of appetite and lethargy. When attending events or situations with a group of other dogs, owners are advised to ensure that theirs are properly vaccinated, have received all needed health checks and have a veterinarian available to address any health issues.



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## Quantum Dots to Light Up Televisions and Tumors

The development of quantum dots has won the 2023 Nobel Prize in Chemistry for chemists Moungi Bawendi and Louis Brus, and physicist Alexei Ekimov. Quantum dots are a new class of nanoparticles roughly a few billionths of a meter across that have significant implications.

They are illuminated by light, which energizes the electrons within them. These energized electrons subsequently release energy as fluorescent light, with smaller dots appearing blue and larger dots appearing red. By using different materials or adjusting the size of quantum dots, chemists can alter their properties.

Ekimov and Brus independently demonstrated the ability to precisely control the size of these nanoparticles, and Bawendi developed a method to precisely control their growth. These breakthroughs have opened up potential applications for various fields, including medicine and technology. For example, quantum dots could be used to improve the efficiency of LED lights and help surgeons identify tumors by injecting fluorescent dots into the body. The dots also have potential applications in solar cells and quantum computers.

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# Ayurveda Demystified

by “Dr. Tranquility” Lydia Belton

Caryn Challman, AP, is an Ayurvedic practitioner who studies of this 5,000-year-old healing tradition including at The Kripalu Center for Yoga & Health, where she attained the designation of Ayurvedic health counselor, and further advanced her expertise through ongoing education with Dr. Anusha Sehgal, BAMS, ultimately reaching the level of advanced Ayurvedic practitioner.

Ayurveda, an ancient system of holistic healing originating in India, places profound emphasis on balance and harmony within the body, mind and spirit. Rooted in the belief that each individual is a unique combination of three fundamental energies—Vata, Pitta and Kapha. Ayurveda tailors its approach to suit individual constitutions. By promoting the balance of these energies through personalized diets, herbal remedies and lifestyle practices, Ayurveda seeks not only to alleviate ailments, but to cultivate a sustainable state of



well-being. As we delve into the wisdom of Ayurveda, we embark on a journey that not only heals the body, but nourishes the con-

sciousness, recognizing the intricate connection between our inner and outer worlds.

**Vata:** Representing air and space, Vata governs movement and is associated with qualities like lightness and creativity. When balanced, Vata individuals are lively and enthusiastic. However, an excess can lead to anxiety and imbalance.

**Pitta:** Linked to fire and water, Pitta embodies transformation, and is characterized by qualities such as intensity and focus. Balanced Pitta results in intelligence and warmth, but an excess may manifest as irritability or inflammation.

**Kapha:** Grounded in earth and water, Kapha governs structure and stability. When balanced, Kapha individuals are calm and nurturing. However, an excess can lead to lethargy and stagnation.

Challman believes that understanding our unique dosha composition is crucial in Ayurveda, guiding personalized approaches to diet, lifestyle and wellness to maintain harmony within the body and mind. She tailors her practice to include ailments such as chronic fatigue menopause, hypertension, tremors, low energy, migraines, anemia, women's health, unexplained aches and pains, difficulty sleeping or waking, gastritis, bloating, abdominal distention, high blood pressure, heart palpitations, urinary health, diabetes, vertigo, arthritis, Parkinson's, hemorrhoids, digestive pain, osteoporosis, fibromyalgia, brain fog, sciatica, IBS, asthma, eczema, psoriasis and more.

With offices in Beacon and New York City, New York, she also teaches cooking classes to help people eat healthier balanced meals for their health and wellness.

*“Dr. Tranquility” Lydia Belton is a writer and a hypnotic anesthesiologist with a background in mind body medicine and Botanical Medicine, founder of Date Therapy. For more information, visit [satorixpr.com](http://satorixpr.com).*

# Oral Health Tips to Prevent Heart Disease

How Regular Trips to the Dentist Can Save a Life

by Steven Masley, M.D., FAHA, FACN, CNS

**H**eat disease is the leading cause of death in the United States, and, despite public opinion, it is just as deadly for women as it is for men. The illness was responsible for a staggering one in every four male deaths and one in every five female deaths in 2021, according to the U.S. Centers for Disease Control and Prevention. And yet, it is preventable 90 percent

of the time with the right lifestyle choices, such as saying goodbye to cigarettes, eating a healthy diet, exercising regularly, reducing alcohol intake and keeping stress at bay.

Other powerful precautions relate to oral health. Left untreated, gum disease and sleep apnea have the potential to cause dire cardiovascular consequences. The good

news is that treatments are available to decrease and often eradicate their threat.

## Gum Disease and the Heart

Although blood pressure and cholesterol are considered major risk factors for heart disease, there is another culprit that should not be ignored: inflammation. While arterial inflammation may be the vascular response to harmful assaults such as infections or injuries, it can also arise when there is an imbalance in the gut microbiome or inflammation of the gums—also known as periodontal disease.

According to the National Institutes of Health, gum disease affects 47 percent of adults aged 30 or older and 70 percent of adults by age 65. Bleeding gums are tell-tale signs of gingivitis, which can promote the growth of disease-causing bacteria and produce substantial, body-wide inflammation.

A 2021 study published in *Scientific Reports* evaluated the effect that oral health problems had on all-cause, cardiovascular



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disease and respiratory mortality. Scientists followed almost 3,000 white and African American men and women aged 70 to 79, as well as just over 7,700 British men aged 40 to 59 for nine and 15 years, respectively. Researchers reported that periodontal disease was associated with increased cardiovascular mortality in the American group, a finding that was consistent with a similar study of older people in Taiwan. The scientists also noted that tooth loss and cumulative oral health problems correlated with higher all-cause mortality and higher respiratory mortality, while dry mouth appeared to be related to only all-cause mortality.

A 2012 study published in *Kardiologia Polska* of people with diabetes and periodontal disease showed that gum inflammation was highly correlated with increasing arterial plaque, as well as increases in markers of inflammation and blood pressure levels, suggesting a significant connection between periodontal disease and an increased risk of atherosclerosis.

Another study published in 2013 in the *Journal of the American Heart Association* followed more than 400 subjects over three years and found that greater gum inflammation and higher growth of pathological bacterial species in the gums were strongly associated with increased growth of arterial plaque. The researchers concluded that an improvement in periodontal status was associated with less progression in carotid atherosclerosis, thereby emphasizing the importance of gum care as a possible preventive health measure.

## Preventing Gum Inflammation

In addition to a healthy diet, exercise and stress management, taking measures to improve dental hygiene will go a long way toward reducing the risk of heart disease. A dental hygienist can easily identify gingivitis and probe for deep gum pockets—an indication of periodontal disease—while a simple saliva test can determine the pres-



ence of disease-causing gum species. The following measures are recommended:

- Brush teeth for two minutes twice daily, ideally with an electric toothbrush.
- Floss and use a Waterpik every day.
- Visit the dental hygienist two to four times per year for a thorough cleaning.
- Have the dentist measure gum-pocket depth to check for inflammation.
- Especially for those with gum disease, have saliva tested for bad bacteria at least annually.

## Sleep Apnea

Considered and treated as an oral health issue, sleep apnea increases the risk for heart disease. According to the American Medical Association, approximately 30 million Americans experience sleep apnea, but only 6 million are diagnosed with the

condition where breathing and air flow repeatedly stops and starts. People that suffer from this ailment are more likely to experience abnormal heart rhythms, hypertension, heart attacks, strokes and diabetes, the Mayo Clinic cautions.

Sleep apnea gradually worsens over time. As the airway increasingly fails to deliver air to the lungs, oxygen levels drop, causing adverse impacts on the heart and brain. Three factors decrease airflow: weight gain, aging and, for some people, genetics. When a person puts on extra weight, their neck thickens, diminishing the airway, and as we age, tissues in the neck become softer and sag.

The symptoms for sleep apnea include excessive daytime sleepiness, loud snoring, noticeable stops in breathing at night, awakening with a dry mouth and morning headaches. These symptoms should prompt a discussion with a physician or dentist to schedule an overnight sleep test to confirm a diagnosis—either in a sleep laboratory or at home, depending on the degree of symptoms.

The mainstay of treatment for those with sleep apnea is a continuous positive airway pressure (CPAP) device worn over the nose or mouth to maintain pressure in the airway, keeping it open during sleep. Alternatively, a dentist can fit a patient with a mandibular device to help open the airway. The implement looks like a mouthguard that pushes the jaw forward to make the airway larger and improve airflow at night.

Another technique is to tape a patient's mouth shut while sleeping to force breathing through the nose. Continuous nose breathing helps promote nitric oxide in the bloodstream, which induces the relaxation and dilation of blood vessels and airways. Duct tape or another household tape should not be used for this, as there are specially designed, hypoallergenic strips that are shaped to sit directly on the



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lips. Some have a small vent that allows for a little mouth breathing. In a small study published in *JAMA Otolaryngology-Head & Neck Surgery*, mouth taping led to significantly less snoring and fewer instances of lapsed breathing in 30 patients with mild sleep apnea. After starting a chosen therapy, the overnight sleep test should be repeated to confirm that the airway is open and adequate oxygenation levels are being maintained. Additional tips to reduce sleep apnea include:

- Lose weight. According to the Sleep Foundation, a loss of 5 to 10 percent of total weight improves obstructive sleep apnea by 38 percent, and weight loss of more than 10 percent results in a nearly 49 percent improvement.
- Avoid alcohol and sleeping medications before bedtime, which suppress breathing and cause the airway to sag.
- Change from back-sleeping to side-sleeping. More than 50 percent of people with sleep apnea find that their symptoms worsen when they sleep on their backs.

*Steven Masley is a physician, nutritionist, trained chef, clinical professor at the University of South Florida, chief medical director of KnoWEwell and creator of health programs for public television. He is the author of The 30-Day Heart Tune-Up. Connect at DrMasley.com.*

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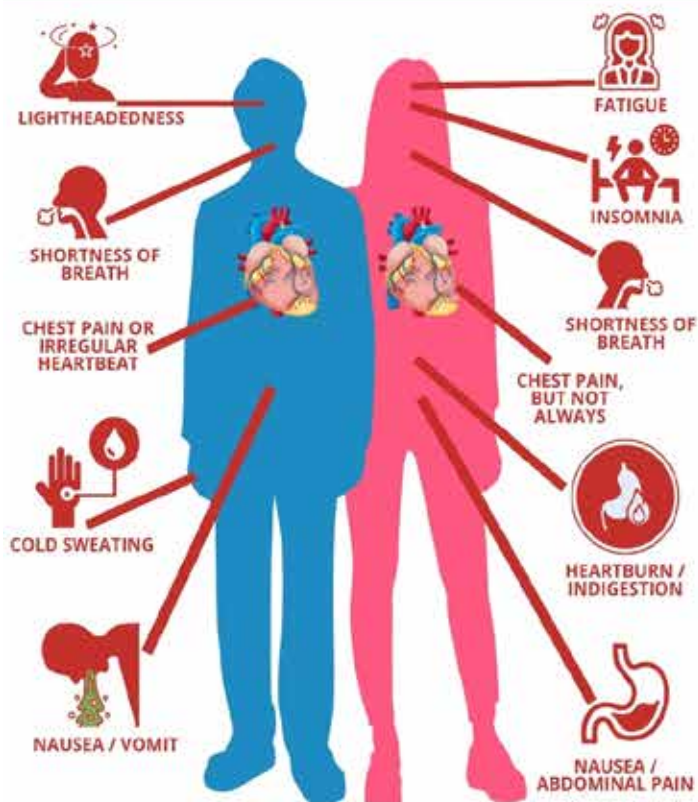
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# HEART ATTACK SYMPTOMS IN MEN & WOMEN

While heart attacks can affect both men and women, there are notable differences in how the symptoms manifest and how the condition is experienced between the genders. It's important to recognize that these are general trends, and individual experiences can vary.



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1 packet (sleeve) graham crackers, finely ground  
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16 oz nondairy cream cheese, room temperature  
1 cup powdered sugar  
½ cup pumpkin puree  
1 Tbsp pumpkin pie spice  
½ tsp salt

In the food processor, grind the graham crackers until they are as fine as possible. Add the coconut oil and pulse to combine. Transfer the mixture to an 8-inch springform pan and firmly press into an even layer, bringing the mixture about 1 inch up the sides of the pan. Transfer to the fridge to chill while making the filling. In a mixer with a paddle attachment, or using a hand beater, mix the nondairy cream cheese, powdered sugar, pumpkin puree, pumpkin pie spice and salt until smooth and uniform. Pour into the prepared crust and smooth into an even layer. Transfer to the fridge and chill for 3 hours, or overnight. When ready to serve, remove the outer ring of the springform pan. Slice and enjoy.

*Recipe courtesy of Caroline Schiff, a James Beard-nominated executive pastry chef.*





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# Homeopathy for Athletes

## Remedies to Address Common Sports Challenges

by Lauri Grossman, DC, CCH, RSHom(NA)

Being physically active is vital to good health, but accidents and injuries are bound to happen. This is where homeopathy can shine. The soccer star David Beckham used homeopathy for his broken foot before competing in the World Cup. James Ellington, the British Olympic sprinter, used homeopathy for muscle and joint pain before his competitions. Champion figure skaters Jayne Torvill and Elvis Stojko used homeopathy for their bruises. These world-class athletes recognized that homeopathic medicines speed healing and get them back in training quickly, and without troublesome side effects.

Arnica, bryonia, hypericum and ruta are go-to remedies for sports injuries. According to the National Institutes of Health, more than 6 million Americans and 200 million people worldwide use homeopathy on a regular basis.

Evaluating sports and activity injuries has changed. The most helpful remedies may turn out to be those that are not typically thought of for sports injuries. A person's underlying sensitivities

may necessitate a different remedy, one that addresses the whole person, even when their chief complaint is a sprain, bump or bruise.

At other times, athletes are looking for ways to get their mind in gear for fierce competitions and extreme training. The following remedies often prove helpful in such situations. These remedies are based on traditional homeopathic practices and have not been evaluated by the U.S. Food and Drug Administration. For dosages, consult with a local homeopath.

***Gelsemium sempervirens*** can bolster the timid athlete that reports a weak stomach, a jittery feeling and weak knees before the starting gun goes off. It can restore their calm and equilibrium. This remedy can ease performance anxiety in other settings as well; it's a favorite of actors and musicians to relieve stage fright, and executives choose it to calm nerves before major business deals.

***Nux vomica*** can help the athlete that is irritable, on edge and needs to chill out before climbing onto the racing block. It can also



help the super-competitive kid that loses a game and lambasts fellow team members about how their actions led to the loss. Nuxvomica helps them become more amenable to the idea that it is not okay to yell at teammates and shift their focus away from the loss and toward enjoyment of their sport.

**Aurum metallicum** is suited to the intense, idealistic competitor that sets impossibly high goals. From their perspective, it is their duty to win and become depressed if their team does not win. These people, young and old, are hard on themselves. Aurum metallicum can help soften the perspective on winning or losing and shift the mood away from depression. This remedy is also known for its ability to heal headaches that come on after experiencing loss or failure.

**Natrum sulphuricum** can help the athlete that becomes seriously depressed after sustaining a head injury in football, field hockey or other contact sport. It can also help with



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other types of mood changes after head injuries, as well as troubling physical symptoms.

**Magnesia phosphorica**, which is made from magnesium and phosphorus, can help alleviate cramps and muscle spasms that would be

improved by heat, such as those earned after a hard workout or challenging day on the golf course. It also offers temporary relief of menstrual cramps.

**Cuprum metallicum** is another approach to managing sudden cramps, especially those in the limbs, hands and feet.

**Arnica**, which is made from a type of mountain daisy, assists the athlete and weekend warrior to relieve muscle aches and stiffness, swelling and discoloration from bruises. It is also available in topical gel, cream and ointment forms that may be applied to the affected area.

*Lauri Grossman is a chiropractor and certified homeopath in New York City. She has been practicing, teaching and presenting on homeopathy for more than 40 years, and she serves as president of the board of directors for the National Center for Homeopathy, a leader in homeopathic education for 50 years.*



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# Helping America's Kids Eat Better

How Three Women are Leading the Movement

by Megy Karydes

According to the U.S. Centers for Disease Control and Prevention, nearly half of children aged 1 to 5 have not eaten a vegetable today. Each week, nearly one in three won't eat a piece of fruit, and more than half will have had at least one sugar-sweetened beverage. Kids consume 66 grams of sugar per day—that is a whopping 53 pounds of added sugar a year, according to the American Heart Association.

The foods and drinks kids consume have tremendous impact on their overall health, and these statistics suggest that many par-

ents and guardians need to do a better job of steering their offspring toward more nutritious options. Mounting scientific evidence reveals that a healthy lifestyle from infancy to adulthood helps people maintain good health and reduce the risk of chronic diseases. Many youngsters today don't eat enough nutritious meals, playing a major role in how they perform in school, according to a study published in *Journal of School Health*.

Prompted by perceived needed changes in childhood nutrition, the private sector is stepping up to improve the ways we

teach and feed our youngest, hoping to raise healthier future generations. Here are three examples.

## Putting Nutrition First

Former First Lady Michelle Obama launched the "Let's Move!" national campaign in 2010 to reduce childhood obesity and teach children and their caregivers how to create healthier eating habits and lifestyles, and her work didn't end when she left the White House. In May 2023, she helped launch PLEZi Nutrition, a food and beverage company for children with a stated mission "to be a driver of change, creating higher standards for how we make and market food and beverages for our kids, leading with nutrition, taste and truth."

"I've learned that on this issue, if you want to change the game, you can't just work from the outside. You've got to get inside—you've got to find ways to change the food and beverage industry itself," Obama said at *The Wall Street Journal's* Future of Everything Festival. "I'm proud to announce the national launch of a company designed not just to provide better products, but to jumpstart a race to the top that will transform the entire food industry."

## Teaching Healthy Eating in Schools

In 2009, Jyl Steinback created the national nonprofit Shape Up US to provide teachers, children, parents and communities with the tools they need to adopt healthy, life-



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long habits. Rather than trying to impact school lunch programs that are notoriously difficult to change, the author and co-author of multiple books, including *Think Outside the Lunchbox Cookbook*, brings her nutritional curriculum into classrooms. She created five booklets with hands-on activities that support sustainable living and plant-based nutrition, as well as the Hip Hop Healthy Heart Program for Children that focuses on cardiovascular health. Since 2009, her programs have been used in 34 states, reaching more than 100,000 children.

Steinback believes in the power of early education. “If you start with K [kindergarten] through sixth grade, you’re planting that seed,” she explains, adding that children are naturally curious and willing to try new things as long as they’re involved in the decision-making process. One way she coaxes kids to make better choices is by prompting them to go grocery shopping with their parents and pick a food they’ve never eaten before.

### Modeling Healthy Behavior

“We have this belief that we can feed children anything,” says public health nurse Meryl Fury, the president and CEO of Plant Based Nutrition Movement. “People will say, ‘Let them be kids; let them eat donuts; let them eat Pop Tarts.’ We feed them mac and cheese and chicken nuggets, and

we think it’s fine, but our data shows that children have increasing rates of obesity, high blood pressure and Type 2 diabetes. These are things that never occurred in children before, and it’s very much connected to our lifestyle.”

Fury recommends that parents and teachers model better behavior and improve the school food culture in general. Instead of using candy as rewards in the classroom, other incentives can be offered such as stickers, pencils or other non-food treats. She reminds parents and teachers that some children might have attention deficit disorder or other challenges that relate to impulse control or self-regulation, and high-sugar or highly processed foods and dyes are not good for them, or anyone.

If children initially resist trying new foods, Fury encourages adults not to give up. “Boil it, mash it, sauté it, simmer it, roast it, serve it raw, serve it with sauce or serve it as a dip,” she suggests. It can take one to two dozen times of exposing a child to a new food before they’re even willing to try it, but the healthy benefits could be lifelong.

*Megy Karydes is a Chicago-based writer and author of 50 Ways to More Calm, Less Stress: Scientifically Proven Ways to Relieve Anxiety and Boost Your Mental Health Using Your Five Senses.*



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# Chelation: The Elimination of Toxic Metals

Functional medicine is known for a focus on the gut, the adrenal/thyroid axis, vitamin IV's, and hormonal balance. One of the lesser-known treatments provided in integrative MD offices is chelation therapy. Physiologically, chelation is the introduction of one of a number of chemicals into the body, typically via the oral or intravenous route, with the intent of removing unwanted, undesirable minerals. There are two major reasons to do chelation treatments. One is the reduction of calcified plaque on the blood vessels throughout the body, using intravenous EDTA. The other is elimination of toxic "heavy" metals such as lead, mercury, arsenic, cadmium, and antimony, using various agents orally, intravenously, or both. Newer agents have been introduced to delete industrial toxins, such as gallium, present in the contrast medium used with CT scans.

Metal detoxification using chelation was actually developed and introduced first to combat arsenical weapons of destruction used in war in the 1940s. Unexpectedly, those treat-

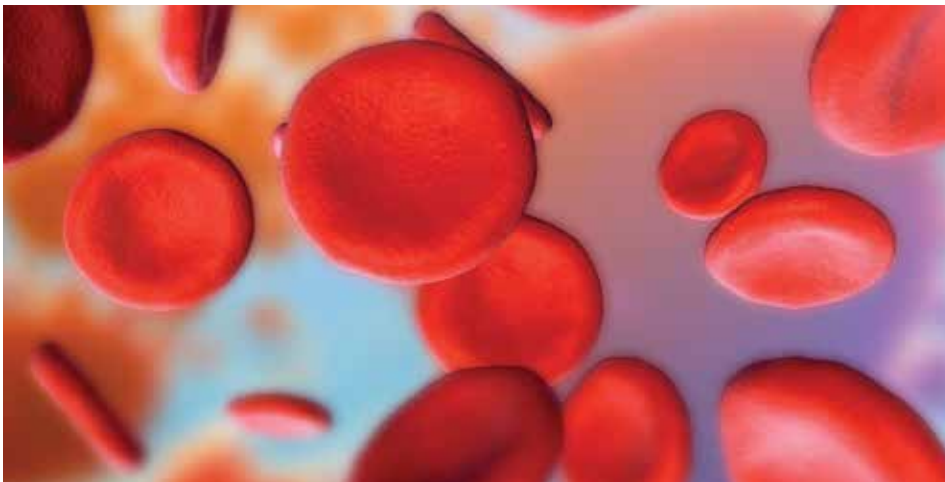
ed to remove arsenic got rid not only of the poison, but of such heart-related symptoms as angina (chest pain), and claudication (leg pain secondary to poor arterial circulation.) It was further noted in a retrospective study that people treated for lead poisoning with the chelating agent EDTA had a long-term 90% lower frequency of all-type cancer. The use of EDTA to treat atherosclerosis took off and persisted for many years and is still available and effective. However, with the advent of open-heart surgery, and then stenting via catheterization, hospital-based physicians became advocates of interventional approaches over "cleaning" the arteries, and the number doing atherosclerosis focused chelation has diminished. It is important to note that this latter treatment addresses the entire vascular system in a "root cause" way, whereas stents address only individual large vessels, and often close overtime.

Chelation focusing on removal of metals continues to be an important therapy to address the most common metallic toxins that we are

exposed to, especially in today's world. Lead is often found in substantial amounts as an impurity in water, including "natural" well water. Mercury is part of older crumbling fillings and some vaccines; hence, chelation of this element is a common part of treatment for autism and other neurological disorders. Arsenic is part of some animal feeds. Many metals are used in industry and the waste disposal is often less than careful; all of our waters up to the Arctic are at least mildly polluted. Metals in joint replacements are known to occasionally decay and leach into the body, causing severe symptoms.

When we are exposed to toxic metals, they go through our body's detoxification processes. If these are inadequate, or if the toxic exposure is great, some of the metals remain in the body, and settle and bond securely in the fattiest tissues, primarily the nervous system, gut, and skin. Without chelation, they remain in the tissues, wreaking slow havoc on the body. Hair and blood tests do not adequately show the level of toxicity in the body. To do that, a dose of a chelating agent must be administered to mobilize the metal back into the bloodstream; urine is then collected to evaluate post-chelation metal levels.

If testing is properly done, and metals are discovered to be in excess, a carefully designed and administered program of chelation can correct any current symptoms and provide many years of improved health going forward, hence, a most worthwhile investment of time.



*Robin Ellen Leder, M.D., has been seeing patients at her functional/holistic medical office for 30+ years since she learned sitting side-by-side with mentor Robert Atkins of The Atkins Diet fame. Since then, she has provided hundreds of IVs and chelation treatments to her patients, in addition to working with them to heal their guts, guiding them nutritionally, and prescribing hormonal regimens for both men and women. Comprehensive innovative functional testing is at the core of her practice. See ad, page 3.*



# Growing Hydroponic Produce at Home

**H**ydroponics is a method of gardening that does not use soil. The technique has been around since the Hanging Gardens of Babylon and the Aztec floating gardens. It is a fun, easy and eco-friendly way to grow fresh produce all year round.

## Simple and Cost-Effective Techniques

For do-it-yourselfers, free, detailed plans and videos for creating a system are available online without spending a fortune. Complete systems can also be purchased and assembled at home. There are several different types of hydroponic systems. The right one will depend on the space it will occupy, the types of plants grown and the cost. Several systems have common components such as a reservoir to hold the water and nutrient solution, net pots to suspend the plants, growing media, and an air pump and air stones to supply oxygen to the plants. Systems that move the nutrient solution also require a water pump. Here are examples of the types of systems for home use.

**Wicking Systems:** Most beginners start with a passive hydroponic system that relies on a wick to bring the nutrient solution to the growing medium and the plant roots. A wicking system is best for smaller plants like lettuce, mint and basil. They are the easiest to set up and maintain, take up the least space and are the least expensive.

**Deep Water Culture (DWC):** In this type of system, the plants are suspended over the reservoir and the roots are submerged in the nutrient solution. DWC is a low-cost,

low-maintenance system. Like the wicking system, DWC is not for large plants.

**Nutrient Film:** This technique delivers a constant thin film of nutrients and water to the roots, which are not submerged. The nutrient film technique ensures that the roots don't suffocate, a risk with DWC. Vigilance is required to ensure that the roots do not overgrow and clog the channels. This is a great system for a green house.

**Ebb and Flow:** Also called the flood and drain system, it works by flooding a grow bed with a nutrient solution from the reservoir. Gravity is used to slowly drain the solution from the grow bed and back into the reservoir. A timer is used to allow time for the roots to dry and oxygenate before being flooded again. This system can accommodate a large variety of fruits and vegetables.

**Aeroponics:** This system suspends plants

in the air and the roots are misted with the nutrient solution. An aeroponics system is enclosed in frameworks or towers. Because the roots hang naked, the plants take in extra oxygen, accelerating their growth. This type of system uses less water than any other system, and their vertical structure permits them to be used in small spaces. However, aeroponics have the highest initial cost and are more challenging for the do-it-yourselfer. Aeroponics systems require more maintenance and attention than other home systems.

## Additional Considerations

Begin with sterile seedlings or cuttings, as plants that have been in contact with soil can introduce harmful microbes into the hydroponic system. Use distilled or bottled water to reduce the risk of high levels of chlorine or other chemicals that can harm plants. Lastly, monitor the pH levels to ensure proper nutrient uptake by the plants.



Yang Zhen Siang/Shutterstock.com

## calendar of events

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

### Sunday

**Ramsey Farmers Market**—9am-2pm. 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.

### 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@loiskramerer-ez.com](mailto:Lois@loiskramerer-ez.com). 201-906-5767. Register: [LoisKramer-Perez.com/My-Events/](http://LoisKramer-Perez.com/My-Events/).

**Weekly Qigong classes with Fabienne Louis**—6:30pm. 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](http://www.fabiennelouis.com)

### Sunday, February 4

**Reiki Level 1 Training**—9:00am-5:00pm. International Center for Reiki Training (ICRT) manual is used for training which includes Reiki 2. \$225 plus \$25 manual fee, 4 person maximum. This is a one-day class. A deposit of \$100 is required in advance of training with the balance of \$150 due on class day. Call (914) 527-9273 or Email [Reikiwithlisa123@gmail.com](mailto:Reikiwithlisa123@gmail.com) to register! Visit Website at <https://saltoftheearthcfh.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd. Chestnut Ridge, NY.

### Monday, February 5

**Paper Quilling Craft**—3:30pm-4:30pm. Try your hand at twisting up some fabulous handmade shapes of paper with special quilling tools, and turning them into unique pieces of decorative art. Contact 201-529-7323 or Email [kbrown@mahwahlibrary.org](mailto:kbrown@mahwahlibrary.org). Visit Website & Register. Location: Mahwah Public Library, 100 Ridge Rd, Mahwah, NJ.

### Tuesday, February 6

**Tea Book Club**—2:00pm-3:00 pm. Join us to read and discuss Harlem Shuffle by Colson Whitehead. Visit Website & Register at [www.glenrocklibrary.org](http://www.glenrocklibrary.org). Location: Glen Rock Public Library, 315 Rock Road, Glen Rock, NJ.

### Tuesday, February 6

**Health for Your Heart**—12:30pm-1:30pm. Learn how proper nutrition and acupuncture can support a healthy heart. Contact

[grafcenter@ehmchealth.org](mailto:grafcenter@ehmchealth.org) or 201-608-2377 or Visit Website & Register at [www.engagewoodhealth.org](http://www.engagewoodhealth.org). Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street Englewood, NJ

### Wednesday, February 7

**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.engagewoodhealth.org](http://www.engagewoodhealth.org). Location: EMS Training Center 122 South Van Brunt Street Englewood, NJ.

### Thursday, February 8

**Meet a Local Children's Author**—5:00pm-6:00 pm. Meet local author Emeline Lee! She will be reading her book, Bonnie's Rocket. We will have signed copies of her book available for purchase. Registration is not required. Contact 201-343-4169 or Visit Website. Location: Johnson Free Public Library, Children's Room, 274 Main Street, Hackensack, NJ.

### Saturday, February 10

**Lunar New Year Celebration and Tea Tasting**—2:00pm-3:30pm. A time to learn about some customs and stories of the Lunar New Year while tasting different kinds of tea, and sampling snacks that are typical to the New Year. Contact 201-529-7323 or Email [dlaude@mahwahlibrary.org](mailto:dlaude@mahwahlibrary.org). Visit Website & Register. Location: Mahwah Public Library, 100 Ridge Rd, Mahwah, NJ.

### Sunday, February 11

**Sunday Yoga for Adults**—2:00pm-3:00pm. All levels and bodies are welcome! Students will learn basic yoga poses and sequences, build strength, and increase flexibility. Mats are available upon request. Visit Website & Register. Location: Paramus Public Library, 116 E Century Rd, Paramus, NJ.

### Monday, February 12

**DIY Bath Bomb Making**—3:30pm-4:30pm. Teens can come and learn to make their very own bath bombs. Use them yourself or give them as a gift! Pick your own scents and colors to make something unique! Contact 201-529-7323 or Email [djukniewicz@mahwahlibrary.org](mailto:djukniewicz@mahwahlibrary.org). Visit Website & Register. Location: Mahwah Public Library, 100 Ridge Rd, Mahwah, NJ.

### Tuesday, February 13

**Anti-Inflammatory Plant-Based Diet (3-Session Series)**—6:30pm-7:30pm. Learn the benefits of maintaining a plant-based anti-inflammatory diet. Visit Website & Register at [www.engagewoodhealth.org](http://www.engagewoodhealth.org). Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street Englewood, NJ.

### Wednesday, February 14

**Cookies & Chit Chat - Teen Fun**—3:30pm-4:15pm. Teens in grades 4 and up can relax and chit chat with their friends, while decorating delicious cookies! Trivia and other games might be part of the fun too! Contact 201-529-7323 or Email [djukniewicz@mahwahlibrary.org](mailto:djukniewicz@mahwahlibrary.org). Visit Website & Register. Location: Mahwah Public Library, 100 Ridge Rd, Mahwah, NJ.

### Thursday, February 15

**Breastfeeding Support Group**—11:30am-12:30pm. Talk to other breastfeeding moms and Valley's breastfeeding specialists from the comfort and safety of your home. A certified lactation consultant facilitates the group. Call 201-291-6151 to register! Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 223 N Van Dien Ave, Ridgewood, NJ.

### Friday, February 16

**Salt & Yoga Nidra**—7:00pm. Come join Linda for an evening of Salt & Yoga Nidra. This practice guides you toward an enhanced yogic meditation – a state of consciousness where you fall into a deep relaxation as you lay your body down and just relax while your consciousness remains awake and aware. Register at [cattleyatrianaespa.com](http://cattleyatrianaespa.com), Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

### Saturday, February 17

**Salt & Sound Meditation with Nick Sotomayor**—4:00pm and 7:00pm. Using the ancient healing properties of Color-therapy, Sound Vibration Frequency, Dry Salt Therapy, and Mindful Wellness Balancing. A 4 in 1 meditation and mindfulness session. Register at [cattleyatrianaespa.com](http://cattleyatrianaespa.com), Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

### Monday, February 19

**Cookbook Club**—2:00pm-3:00pm. Attendees pick a recipe to make at home and share with each other. Contact [sharon.kalman@paramusbccls.org](mailto:sharon.kalman@paramusbccls.org) or Visit Website & Register. Location: Paramus Public Library, 116 E Century Rd, Paramus, NJ.

### Tuesday, February 20

**Tiny Tots Storytime**—10:30am-11:00am. Get ready for stories, songs, fingerplays, and movement with Miss Libby! Contact 201-670-3973 or Email [acgrmembership@glenrocknj.net](mailto:acgrmembership@glenrocknj.net) or Visit Website & Register at [www.glenrocklibrary.org](http://www.glenrocklibrary.org). Location: Glen Rock Public Library, 315 Rock Road, Glen Rock, NJ.

### Wednesday, February 21

**Sunset Crafts**—6:00pm – 7:00 pm. Come to the library Wednesday evening for a fun drop-in craft project! Contact 201-670-3973 or Email [acgrmembership@glenrocknj.net](mailto:acgrmembership@glenrocknj.net) or Visit Website & Register at [www.glenrocklibrary.org](http://www.glenrocklibrary.org). Location: Glen Rock Public Library, 315 Rock Road, Glen Rock, NJ.



## Thursday, February 22

**Newborn Care/Take Care of Your Baby**—6:00pm-9:00pm. This is an IN-PERSON Newborn Care Class. Class fee includes participant and one adult partner. This one-session class details all the basics of newborn care for expectant parents. Call 201-291-6151 & familyeducation@valleyhealth.com to register! Visit Website at valleyhealth.com/events. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

## Saturday, February 24

**Winter Walk at the Celery Farm**—10:30am-12:00pm. Join us for a winter walk at the Celery Farm. Mike Lefebvre will talk about tree identification in the winter. We may even see some Skunk Cabbage starting to come up! Visit Website & Register at <https://npsnj.org/event>. Location: Celery Farm, 150 Green Way, Allendale, NJ.

## Sunday, February 25

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

## Monday, February 26

**Yarn Works Club**—6:30pm-7:30pm. Join fellow yarn lovers for an evening of knitting, crocheting, and needlework. Learn the basics like how to make a stitch or how to read a pattern. Participants must bring their own materials such as needles, hooks, yarn, thread, etc. Contact 201-343-4169 or Email [gavin.godbolt@hackensack.bccls.org](mailto:gavin.godbolt@hackensack.bccls.org). Visit Website & Register. Location: Johnson Free Public Library, 274 Main Street, Hackensack, NJ.

## Tuesday, February 27

**Special Olympics Young Athletes**—6:30pm-7:30pm. Our program is led by trained Young Athletes Coaches and Volunteers who want to share the joy of sports to play. All athletes must participate with a parent or legal guardian. Visit Website & Register. Location: Midland Park Memorial Library, 250 Godwin Avenue, Midland Park, NJ.

## Wednesday, February 28

**Heartsaver CPR AED (Adult/Child)**—6:30pm-9:30pm. This classroom course teaches basic CPR skills such as performing a head tilt-chin lift and giving compressions and breaths. Visit Website & Register at [www.inglewoodhealth.org](http://www.inglewoodhealth.org). Location: EMS Training Center, 122 South Van Brunt Street, Englewood, NJ.

## Thursday, February 29

**Childbirth Preparation (Lamaze)**—5:30pm-8:30pm. This is an IN-PERSON one evening Session Lamaze Childbirth Instruction class. This class explores a wide range of techniques for creating a safe and satisfying birth experience. Call 201-291-6151 & familyeducation@valleyhealth.com to register! Visit Web-

site at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

## Sunday, March 3

**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. Call 845-290-0678 to register! Visit Website at <https://saltoftheearthcfh.com>. Cost \$60, Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd. Chestnut Ridge, NY.

## Sunday March 3, 2024

**Wellness Gala**—1:00-5:00pm. A Day Like Never Before. Join us as Our Panel of World-renowned Psychic/Intuitives & Healers Give prophetic messages and guidance on a variety of topics. Featuring Concetta Bertold, NY

Times best-selling author & Medium. Q&A Audience follow-up with personalized readings. Demonstrations and Healing sessions with experts in the fields of Health, Beauty & Wellness. Coffee & Dessert, Massage, Intuitive Readings, Unique Vendors & more! Ticket \$45. Location: Calandra's Best Western, Fairfield. Buy Tickets: [Wellnessgala.com/events](http://Wellnessgala.com/events) or call 973-713-6811

## Tuesday, March 12

**Aging Appetites: Managing Hormonal Changes and Hunger**—6:00pm-7:00pm. Learn how to manage hormonal changes with proper nutrition and acupuncture. Contact [grafcenter@ehmhealth.org](mailto:grafcenter@ehmhealth.org) or 201-608-2377 or Visit Website & Register at [www.inglewoodhealth.org](http://www.inglewoodhealth.org). Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street, Englewood, NJ

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### CRANIOSACRAL THERAPY IASIS MICRO CURRENT NEUROFEEDBACK

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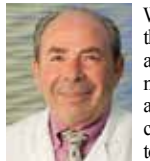


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Dr. David Hanna is a graduated from Bergenfield high school, Fairleigh Dickenson university and Rutgers Dental School, Connecticut, and the New York University College of Dentistry. He completed hospital residencies at Hackensack University Medical Center and St. Francis Hospital in Hartford, Connecticut. Dr. David Hanna has completed hundreds of hours of continuing education and performs all phases of dentistry.

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Dr. Bachiman is a Physical Therapist specializing in orthopedic injuries and post-operative care. Dr. Bachiman combines his background in Exercise Physiology and Personal Training with his passion for rehabilitation and recovery. He serves as the Clinical Director for Town PT and is certified in Dry Needling. *See ad, page 6.*

#### IAN THOMSON, D.C., MSACN

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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 6.*





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917-740-8097



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 StressBusters 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 28.*

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**EVERY SUNDAY**

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