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NORTHERN NEW JERSEY EDITION

JANUARY 2024

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Nancy Barrett, Certified Holistic Manual Lymphatic Therapist:

"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!
Times flies—we just breezed through 2023 and here we are in January, wishing 2024 to be a very healthy and rewarding year for you. At *Natural Awakenings*, health, wellness and sustainability is not a seasonal goal, but a year-round endeavor.

Speaking of lifelong intentions, our New Year issue focuses on ways to age gracefully. As general health awareness has increased, we are living longer, so it is imperative that we find ways to live a happy and vibrant life as seniors, too. A holistic approach that includes being mindful and practicing meditation, breathing, being socially interactive and maintaining an engaged lifestyle is the key to enjoying this extended lifespan.

We showcase local healthcare service providers to increase awareness about their services and offerings. Often, these modalities are not addressed comprehensively by larger networks which have a more traditional view of health care. So in the new year, make a strong resolve toward your health and community to check out our local practitioners, many of which are featured in this publication.

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*.

Welcome to this issue and stay healthy, stay happy in 2024 and beyond!

Anil Singh, Publisher

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Wildlife Art at Blauvelt

The Hiram Blauvelt Art Museum will present Art and the Animal Tour through February 10, featuring outstanding artwork and sculptures from members of the Society of Animal Artists. The museum is recognized by wildlife conservationists, artists and art lovers as one of only five museums in the U.S. to exclusively display wildlife art.

The Society of Animal Artists is an association of more than 525 talented painters and sculptors in 25 countries that work in the genre of animal art, illustrating the entire spectrum of the animal kingdom. They are dedicated to portraying our living heritage and its preservation through demonstrations, seminars, lectures and exhibitions.

The historic 1893 carriage house was founded in 1957 as a natural history museum by the Blauvelt-Demarest Foundation and serves as a legacy of the philanthropist, conservationist and collector Hiram Blauvelt, who contributed his private wildlife art and big game collections from around the world to promote the cultural value of wildlife art and the need for the conservation of wildlife and their habitats.

Admission is free, donations are welcome. Location: 705 Kinderkamack Rd., Oradell. For more information, call 201-261-0012 or visit BlauveltArtMuseum.com.

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Location: Paramus. To preregister (required) or book a private session, call 201-655-3836.. For more information, visit AccessConsciousness.com or citm-drfinn.com. See ad, page 11.



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New Personal Growth Book by Jacquie Bird

A new book, *28 Daily Thoughts & Mantras 4 Mindfulness - Keys 4 Stress Relief & Personal Growth*, by Jacquie Bird, offers tools and tips on reducing stress and anxiety. This full-color self-help workbook is accessible for the busy schedules of anyone that wants to begin and/or deepen a mindfulness practice.



Jacquie Bird

The easy-to-follow format is broken into sections containing a bold, striking image with "The Thought for the Day," followed by further exploration and the Mindfulness Mantra and Meditation. On some days, there is an Action section with concrete ways to put the Thoughts and Mantras into motion. There are also empty pages to write down thoughts, feelings, and reminders.

Bird says, "With 114 pages, *28 Daily Thoughts & Mantras 4 Mindfulness* is a guide to reduce stress and anxiety, increase mindfulness, realize more joy, and to live your best life! It is a must-have self-help book."

The book is available at JacquieBirdSpiritualWellness.com. See ad, page 27.

Kudos

On December 19, New Jersey Department of Agriculture (NJDA) awarded the **Sonia Sotomayor School**, in Passaic, the **Fresh Fruit and Vegetable VIP** award that goes to only one of 222 schools in the state each year.

U.S. Department of agriculture Mid-Atlantic Regional Office Administrator **Dr. Patty Bennett**, NJDA Assistant Secretary of Agriculture **Joe Atchison III** and NJDA Fresh Fruit and Vegetable Program coordinator **Janet Celi** presented the award to Sotomayor School Principal **Tiffany Crockett**, Passaic Schools Food Service Coordinator **Jessica Tomczyk**, NJDA Division of Food and Nutrition Director **Rose Chamberlain** and Passaic Schools Superintendent **Dr. Sandra Montanez-Diodonet**.



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BLOOD MARKERS OF LONG COVID IDENTIFIED

Long COVID has left millions with ongoing fatigue, cognitive issues, heart rate and blood pressure variation, and other debilitating symptoms. Recent findings reported in the journal *Nature* may help scientists develop a blood test to diagnose the illness. The study involved a cross section of 268 individuals—152 with long COVID and 116 without it as a control group.

Blood testing revealed significant differences between the two test groups. Long COVID patients exhibited irregularities in the activity of immune system T cells and B cells that help fight off germs, as well as significantly lower levels of cortisol, a hormone that helps people feel alert and awake. Dormant viruses, such as Epstein-Barr that causes mononucleosis, were activated in the long COVID patients.

While the scientists did not find significant evidence that long COVID was the result of an autoimmune disorder in which the body attacks itself, they suggested future studies would be needed to identify immune system problems. They also recommended further inquiry to understand cortisol's role in long COVID and to determine whether dormant viruses are causing symptoms. Long COVID affects one in 13 Americans, according to a survey by the U.S. Centers for Disease Control and Prevention.


BLOOD TEST TO DETECT PARKINSON'S DISEASE



Researchers led by a team from Duke Health have developed a blood test to detect Parkinson's disease, which afflicts 10 million people globally and is the second most common neurodegenerative disorder. The illness causes unintended or uncontrollable movements, such as shaking, stiffness and difficulty with balance and coordination. Symptoms start slowly and worsen over time.

Until now, diagnosing Parkinson's relied on a person's medical history, a neurological examination and observable symptoms. An accurate diagnosis is critical because there are other disorders with Parkinson's-like symptoms that require different treatments.

The Duke Health blood test focuses on DNA damage in mitochondria, the energy-converting factories within cells. Patients with Parkinson's had higher levels of mitochondrial DNA damage in blood cells, as compared to patients without the disease. The test also detects specific genetic mutations that are associated with an increased risk of the disease, which may be able to help doctors predetermine whether certain therapies would be effective on their patients. Researchers hope the new blood test will not only diagnose Parkinson's disease, but also identify drugs that reverse or halt mitochondrial DNA damage and the disease process.

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Three Secrets to an Amazing Life

by Dr. Anne Deatly

Three secrets of living really help people the most because they help to raise people's vibrational frequency and level of consciousness. In addition, these secrets help people to shift perceptions to align with their souls, rather than their egos.

The first secret is to love unconditionally. First, we must align with the high vibrational frequency of unconditional love. Loving unconditionally opens our heart and activates our heart energy to transmit high vibrational frequencies out into the world. This energetic transmission is key to what happens in our lives. Whatever vibration we transmit is what we receive back according to the universal law of energy and vibration.

Therefore, if we view life from the lens of our open hearts, our energetic vibration increases. Our hearts know we are all divine magnificent beings. Connecting to this spiritual paradigm of living in the physical will change everything for us. Everyone is a soul with a divine purpose who incarnated into

a physical form to accomplish this purpose. Most are unaware of our divine purpose. No matter what someone is doing or saying, they're ultimately a divine soul, learning, growing and evolving. Do not take anything personally. It's all about their journey and what they need to learn to evolve their souls. Detach.

The second secret is to forgive completely. Because each one of us is a divine soul, we're all amazingly magnificent at our core. We're invited to view others in this perspective. This isn't always easy when someone is hurting, betraying or abusing us. Try not to interpret the events from our ego that wants to keep us in fear and prevent us from living an amazing life. Connect to the soul to see that person from your soul's perspective.

It's possible both souls decided to have this experience to help each other grow in a much-needed way. If this situation is abuse, realize the gift of the lesson from the experience. One of our goals in this lifetime is to

discover who we really are—our soul. Once we learn the lesson of what this situation has revealed about who we are at our core, we don't need to continue in the relationship or the situation. Forgive them completely. Let go of any negative attachments to them.

The third secret is to be in gratitude. If we can understand the benefit of the challenges in our lives and realize how these challenges have helped us grow to be a better person, even perhaps able to vibrate at a higher frequency, then we're naturally grateful for the experience, relationship and situation. Everything is always happening for our best and highest good—even challenges. We can learn to trust this benevolent universe completely.



For more information, call 201-925-1046 or email Anne.Deatly@gmail.com. See ad, page 15.

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The Harmony of Holistic Dentistry:

A Closer Look at Dental Arts

by Martin Miron

In the realm of oral health, the convergence of traditional dental practices and holistic approaches has given rise to a paradigm known as holistic dentistry. This transformative branch of dentistry places emphasis not only on treating dental issues, but also on the interconnectedness of oral health with overall well-being. The fascinating world of holistic dentistry includes a focus on dental arts—an integral component that bridges the gap between conventional dentistry and holistic well-being.

HOLISTIC DENTISTRY PRACTICES

Holistic dentistry practices go beyond the conventional procedures typically associated with oral health because they adopt an all-encompassing approach that considers the interrelation between oral health and the overall well-being of an individual. Within the framework of holistic dentistry, dental arts encompass a spectrum of practices that aim to harmonize traditional dental techniques with holistic principles. This theme emphasizes the integration of natural and biological elements into dental care, fostering a more comprehensive and patient-centric approach.

DENTAL ARTS EXPLORATION VERSUS BIOLOGICAL DENTAL ARTS

Dental arts exploration and biological dental arts represent two facets of holistic dentistry that warrant a closer examination. Dental arts exploration involves innovative techniques that merge traditional dentistry with artistic elements, acknowledging the importance of aesthetics in oral health. On the other hand,

biological dental arts take a more naturalistic approach, using biocompatible materials and techniques to ensure dental treatments align with the body's natural processes.

While dental arts exploration leans toward the aesthetic dimension of dentistry, biological dental arts place a stronger emphasis on the materials used and their impact on the overall health of the patient. The former may involve cosmetic procedures like teeth whitening and veneers, while the latter focuses on restorative and preventive measures that prioritize the biological compatibility of dental interventions.

HOLISTIC DENTISTRY BENEFITS

The adoption of holistic dentistry, with an emphasis on dental arts exploration and biological dental arts, yields a multitude of benefits for patients. One notable advantage is the alignment of oral health with the broader well-being of individuals. By integrating natural and biocompatible materials, biological dental arts minimize the risk of adverse reactions, promoting long-term health.

Holistic dentistry also emphasizes preventive care, seeking to address the root causes of dental issues rather than merely treating symptoms. This proactive approach not only prevents the development of oral diseases, but contributes to overall health by reducing the risk of systemic conditions linked to poor oral hygiene.

The aesthetic dimension of dental arts exploration can enhance a patient's confidence and

self-esteem. By combining traditional dental techniques with artistic elements, holistic dentistry offers an approach that not only addresses functional aspects, but also considers the psychological and emotional well-being of individuals.

The synergy between holistic dentistry, dental arts exploration and biological dental arts creates a comprehensive approach to oral health that transcends conventional boundaries. The integration of holistic principles, biocompatible materials and aesthetic considerations marks a paradigm shift in dental care. The harmony of holistic dentistry not only addresses immediate dental concerns, but also contributes to the overall well-being of individuals, fostering a healthier and more balanced life.

When navigating the evolving landscape of dental care, embracing the harmony of holistic dentistry and exploring the nuances of dental arts becomes paramount. Understanding the interconnectedness of oral health with broader well-being paves the way for a future where dental care transcends its traditional confines, offering a holistic and patient-centric approach to a healthier smile and a healthier life.

NJ Dental Arts Group has locations at 555 Passaic Ave., Ste. 203 West Caldwell (973-575-1507); 108 N. Union Ave., Ste. 1 Cranford (908-276-4116); and 169 Mountain Ave., Westfield (908-654-0095). For more information, visit NjDentalArtsGroup.com. See ad, page 6.

CranioSacral Therapy and Microcurrent Neurofeedback

IASIS Industries Microcurrent Neurofeedback (MCN) is a non-invasive approach to help relax and balance the nervous system. This approach is centered around the concept of hormesis, which means that a low dose of a stimulus can be beneficial or effective, while high doses or levels can be harmful or inhibiting.

Many conditions can benefit from this amazing technology, such as ASD, ADHD, depression, anxiety, PTSD, tinnitus, OCD and addiction. It is also often used to optimize brain performance for business executives.

There are thousands of testimonies and several studies showing the positive effects of IASIS MCN. A pilot study by Ming-Xiong Huang, Ph.D., showed significant reduction in abnormal brain waves and post-concussive symptoms.



Craniosacral Therapy (CST), created by Dr. John E. Upledger, clinical researcher and Professor of Biomechanics at Michigan State University and certified fellow of the American Academy of Osteopathy, has said, "CST focuses on the gentle placement of hands to help release tension in your body's connective tissue. This is known as *fascia*, the Latin word for band. It's a casing found throughout your body that holds your organs, glands, nerves,

muscles, blood vessels, brain and spinal cord. The fascia forms a body-wide connective tissue network. The human body is interconnected both structurally and functionally. This means that one area of your body can affect another. The goal of CST is tension relief (fascial clearance). This may help other connected parts of your body function better through: self-regulation, self-correction and self-healing."


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Winter Home Workouts

by Martin Miron

As the winter chill sets in, staying committed to a fitness routine can be challenging. However, with the right home workouts, we can maintain our goals without braving the weather. Winter home workouts are essential for maintaining a healthy lifestyle, especially when the weather discourages outdoor activities. Incorporating strength exercises into our routine not only helps us stay physically active, but also boosts our mood during the darker and colder days.

Easy Strength Exercises: Incorporating strength exercises into a winter fitness routine is crucial for maintaining muscle mass and overall strength. These exercises do not have to be complicated or time-consuming. Simple, yet effective exercises can be performed without the need for a gym membership or specialized equipment. From squats and lunges to push-ups and planks, these exercises target multiple muscle groups, providing a full-body workout that can easily be adapted to suit any fitness level.

Winter Fitness Routine: In addition to strength exercises, include cardiovascular activities, flexibility training and recovery practices. A well-rounded winter fitness plan ensures that all aspects of physical fitness are addressed, promoting overall health and preventing monotony in workouts.

1. Bodyweight Squats: A fundamental exercise targeting the lower body, bodyweight squats help build strength in the legs, glutes and



core. Perform this exercise with proper form to maximize its effectiveness and prevent injury.

2. Push-Ups: Strengthen the upper body, including the chest, shoulders and triceps, with the classic push-up. Modify the intensity based on fitness level, making it an excellent choice for both beginners and advanced fitness enthusiasts.

3. Plank Variations: Planks engage the core, shoulders and back muscles. Experiment with different plank variations such as forearm plank, side plank and plank with leg raises to add variety and challenge to the routine.

4. Dumbbell Rows: Targeting the muscles of the upper back, dumbbell rows can be performed with household items like water bottles or actual dumbbells. This exercise helps improve posture and strengthens the muscles responsible for shoulder blade retraction.

5. Lunges: Work on lower body strength, balance and flexibility with forward lunges and

reverse lunges—effective variations that engage the quadriceps, hamstrings and glutes.

Warm up adequately to prepare the body for the exercises ahead. Because colder temperatures may affect joint flexibility, warming up becomes even more crucial. Choose exercises that can be easily modified based on fitness level, ensuring a gradual progression. Investing in indoor-friendly workout equipment such as resistance bands or kettlebells can add variety to the routine and enhance strength training.

Begin each winter home workout with a thorough warm-up. Cold temperatures can make muscles stiffer, increasing the risk of injury. Include dynamic stretches and light cardio to prepare the body for the exercises.

Even in colder weather, staying hydrated is essential. Indoor heating can lead to dehydration, so drink enough water before, during and after winter home workouts. Dress in layers to stay warm. As body temperature rises, we can shed layers to prevent overheating.

Understand that winter workouts may differ from a summer routine. Set realistic goals and be consistent with the efforts. Consistency is key to maintaining fitness levels during the colder months.

Invest in basic workout equipment such as dumbbells or resistance bands to enhance a strength training routine. Keep workouts interesting by incorporating a variety of exercises. Dress in layers to stay warm, and opt for moisture-wicking fabrics to keep sweat away from the body.

Staying fit during the winter is not only achievable, but enjoyable with the right approach. By incorporating winter home workouts focusing on easy strength exercises and following a well-rounded winter fitness routine, we can combat the challenges posed by the colder months.

Integrative Medicine and Well-Being

by Dr. Roman E. Finn

In a world where traditional medicine often focuses on treating isolated symptoms, a growing number of individuals are seeking a more comprehensive approach to health care. Integrative medicine, with its emphasis on the interconnectedness of physical, emotional and spiritual well-being, is gaining popularity as a holistic healing method. This approach recognizes that true wellness involves more than just the absence of disease; it encompasses the harmonious integration of the mind, body and soul.

UNDERSTANDING INTEGRATIVE MEDICINE

Integrative medicine is a holistic approach that combines conventional Western medicine with alternative therapies, considering the individual as a whole being, rather than a collection of symptoms. At the heart of integrative medicine is the belief that the mind, body and spirit are interconnected, and optimal health can only be achieved by addressing all aspects of a person's well-being.

The foundation of integrative medicine lies in personalized, patient-centered care. Practitioners of integrative medicine take the time to understand a patient's unique circumstances, lifestyle and health goals. This approach allows for a more comprehensive and tailored treatment plan that considers the interconnected elements of physical, emotional and spiritual health.

PHYSICAL/EMOTIONAL/SPIRITUAL INTEGRATION

Integrative medicine recognizes that physical health is deeply intertwined with emotional and spiritual well-being. It acknowledges that our thoughts and emotions can have a profound impact on our physical health and vice-versa. The body is not viewed as a collec-

tion of separate systems, but as an integrated whole, where the health of one aspect affects the others.

Physical well-being involves not only the absence of illness, but also the promotion of overall vitality. Integrative medicine employs a wide range of evidence-based practices, including nutrition, exercise and medical interventions to support physical health. However, it goes beyond the physical body and extends its focus to emotional and spiritual dimensions.

Emotional health is seen as a crucial component of overall well-being. Stress, anxiety and other emotional factors can contribute to physical ailments and vice-versa. Integrative medicine often incorporates mind/body techniques such as meditation, mindfulness and psychotherapy to address emotional health and promote balance.

Spiritual well-being, irrespective of religious beliefs, involves connecting with a sense of purpose and inner peace. Integrative medicine acknowledges the importance of spiritual health in the overall wellness equation. Practices such as yoga, meditation and contemplative exercises are often integrated into treatment plans to nurture the spiritual aspect of an individual.

MIND/BODY/SOUL HARMONY

The core philosophy of integrative medicine revolves around achieving harmony among the mind, body and soul. This harmony is not a static state, but an ongoing process of balance and self-discovery. The mind/body/soul connection emphasizes that our mental and emotional states directly influence our physical health and vice-versa.

Mindfulness practices such as meditation and deep-breathing exercises are integral components of integrative medicine. These practices not only promote relaxation and stress reduction, but also cultivate a heightened awareness of the mind/body connection. By fostering this connection, individuals can better understand the signals their bodies are sending and respond to them in a more conscious and intentional way.

Holistic healing through integrative medicine is not a one-size-fits-all approach. It acknowledges the uniqueness of each individual and tailors treatment plans accordingly. This personalized approach often involves a collaborative effort between the patient and a team of health care providers, including medical doctors, nutritionists, mental health professionals and alternative therapists.

Holistic healing through integrative medicine offers a transformative approach to health care, recognizing that true wellness extends beyond the absence of disease. By addressing the interconnectedness of physical, emotional, and spiritual well-being, integrative medicine fosters mind/body/soul harmony. As more individuals seek a more comprehensive and personalized approach to their health, the principles of integrative medicine provide a roadmap for achieving a balanced and fulfilling 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.



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TRACKING A PREHISTORIC WOOLLY MAMMOTH

Scientists have successfully followed the movements of a 17,000-year-old woolly mammoth named Kik, shedding light on the ancient mammal's epic journeys across Alaska. This groundbreaking study, published in Smithsonian magazine, used isotopes found in mammoth tusks to trace the animal's travels in unprecedented detail.

The arctic woolly mammoth, which stood 12 feet tall and had tusks up to 12 feet long, roamed the Alaskan interior during the Ice Age. Kik's range expanded as he grew, covering vast distances between the Brooks Range and the Alaska Range. The research revealed that mammoths walked much farther than previously believed.

To create an accurate map of Kik's journey, the researchers also collected isotopic data from rodents in Alaska. By analyzing the strontium isotopes in these rodents' teeth, they were able to establish a strontium map of Alaska. The team then matched the strontium values in Kik's tusk to the strontium map, allowing them to trace his travels and connect the dots of his route.



Science Photo Library

BUILDING CLIMATE-PROOFED HOMES

Yasmeen Lari, an 82-year-old Pakistani architect, is leading an initiative to transform how Pakistan rebuilds after natural disasters by abandoning the reliance on concrete and embracing local architectural traditions.

Pakistan is highly vulnerable to natural disasters, and the increasing frequency and intensity of floods demand sustainable and resilient solutions. By using local materials and design techniques, Lari addresses the environmental impact of construction, reducing carbon emissions and embracing a more climate-friendly approach.

She uses cheap, locally available, low-carbon materials to construct flood-resilient homes. This includes incorporating raised platforms and bamboo roofing waterproofed with straw and tarpaulin. The walls incorporate bamboo panels reinforced with earth and lime, ensuring waterproof structures that can withstand heavy rains.

To implement her ideas, Lari founded the Heritage Foundation of Pakistan, which trains villagers how to work with these sustainable materials. Her goal is to build 1 million homes by 2024.

20 Years of Illumination Beginning Now

by Lois Kramer-Perez, CHt.

There is still time to create a magnificent 2024. Start with lessons from feng shui, tapping into the wisdom following the Chinese astrology calendar. There are two dates of significance. First, the energy of the year changes on February 4, “early spring”. In addition to the energy of the wood dragon we are beginning a new 20 year feng shui cycle.

The wood dragons are confident, smart enterprising strong leaders with a wicked sense of humor. They can be egotistical and eccentric, demanding the same high standards from others that they hold for themselves. The wood dragon of 2024 is even more adventurous, and thrives on action ready to explore new ideas. The energy of this wood dragon is the fuel for the beginning of a new, 20-year 9 Fire feng shui cycle (wood feeds fire). The influence of this wood dragon offers the potential for success and growth by acting on new ideas.

This new cycle brings the fire element, and the quality of fire shines a light for all to be revealed. Fire ignites passion, enlightenment, transformation and fun. As the light of the fire shines bright, there are lots of opportunities for recognition and enhancing our reputation. Fire is spontaneous, so let go of holding on to unnecessary feelings and stuff to enjoy the fun in all that we do.

If we are ready for a transformation in our life, this is the year to make it happen. The wood dragon brings fuel to ignite this powerful fire energy. We may find this energy moving fast, attracting us to excitement and ready to explore new things. Fire ignites passion—when passion moves to extreme situations, it can become dramatic and aggressive. With all this fire light, many things will be revealed; no more hiding in the shadows. Stay in integrity and we will benefit greatly.



Lois Kramer-Perez, CHt., is the author of Feng Shui Your Space and Your Soul. She will host a 9 Fire Period & Wood Dragon online class at 11 a.m., Jan. 20. Register at bit.ly/WoodDragonCNYTickets. For more information, call 201-906-5767, email Lois@LoisKramerPerez.com or visit LoisKramerPerez.com. See ad page 17.

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Graceful Aging

Living Longer, Healthier and More Fulfilled

by Carrie Jackson



From left, Tom O'Bryan, Gladys McGarey and Deepak Chopra

People are living longer, and as we age, we increasingly become aware of a desire to remain healthy, vibrant and active for as long as possible. It's about extending our health span as much as our lifespan. While genetics play a role in how we experience the aging process, advancements in science are helping us understand that how we manage our mindset, physical activity, stress levels and diet can have just as much of an impact. By redefining what it means to get older and finding deeper meaning, we can embrace aging with grace and gratitude, rather than resist it. Many factors are within our control, and it is possible to live a fulfilling and vibrant life well into our twilight years.

At nearly 103 years young, Dr. Gladys McGarey wrote the book on graceful aging. As the author of *The Well-Lived Life: A 102-Year-Old Doctor's Six Secrets to Health and Happiness at Every Age*, she suggests that we reframe aging as an opportunity rather than a loss, thereby pioneering a new

way of thinking about disease and health. "At 102, I'm losing my eyesight, but my insight has improved," says the cofounder of the American Holistic Medical Association. "I have trouble reading but can listen to audiobooks and have deep conversations with people. If we look for illness and pain at the end of life, that's what our bodies will show us. But if we reach for health, joy, laughter and other realities of true humanity, that's what we will find."

McGarey asserts that our medical community is trained to eliminate pain and illness rather than learn from their messages. "If we can lean into what understanding a disease shows us, we can discover true wisdom," she explains. "You can hold onto the pain, or you can hold onto what you learn from the pain. When my son was training to be an orthopedic surgeon, he confided that he was afraid to have people's lives in his hands. I responded that if he thinks he's the one who does the healing, he has a right to be scared. Doctors provide the technology to turn the

healing over to the patient, and we have the core knowledge of what to do inside of us."

McGarey is a firm believer that forgiveness is essential to freeing up stuck energy. Life has to move, she says, and letting go of feelings that may be lingering in our subconscious allows us to move forward with grace. "If we hang on to the dark places in our lives, we will get stuck. Pay attention to your dreams, both during the day and night, because they hold the truth. We all came here for a reason and have our life's purpose. If you find that, you will always be fulfilled and can embrace the aging process instead of fighting it," she says.

Renowned alternative medicine advocate Deepak Chopra, M.D., is an author, speaker and founder of the Chopra Foundation, a nonprofit dedicated to research on well-being and humanitarianism. His latest book, *Quantum Body: The New Science for Living a Longer, Healthier, More Vital Life*, outlines how we can harness the power of the quantum body to significantly improve our physical and mental wellness, leading to a more fulfilling aging process.

According to Chopra, our well-being depends entirely on the quantum field, which exists on a subatomic level and is the infinite source of everyday reality that affects our thoughts, feelings, sensations and biological responses. "Your quantum body is the central hub for every process that requires intelligence, just as a power plant is the central hub for everything that requires electricity. The prospect of having your quantum body fail you is far more serious than any single symptom of disease and aging. Well-being is weakened whenever there is a failure of intelligence and is strengthened when intelligence flows naturally," he explains.

Disease and aging are further downstream in the intelligence flow, Chopra notes, and when someone succumbs to a heart attack or cancer, intelligence has failed in either the cardiovascular system or a single malignant cell. "Instead of being anxious about cells, tis-

sues, organs and systems, which aren't under your control, you can live from the source where all controls are overseen by your quantum body. Here, all information is perfect, the flow of intelligence is never wrong or distorted, and the creative possibilities for the future are boundless," Chopra contends.

One vital aspect of healthy aging that we can control is our approach to stress management, which Chopra says most people don't take seriously enough. Stress can come from myriad sources, including family and social relationships; workplace stresses; a poor-quality diet; deficient sleeping habits; lack of exercise and downtime; and constant distractions from texting, video games and around-the-clock news reports. That is why it is more important than ever to develop tools for self-care.

"The frenetic pace of modern life has overwhelmed the autonomic nervous system, which is responsible for all the processes, from heartbeat to respiration and digestion, that run independently of your conscious actions," Chopra advises. "Medical research validates how essential stress management is, but what needs to change are socially ingrained attitudes that persuade us to tolerate stress beyond what our bodies and psyches are designed for."

Chopra encourages prioritizing deep sleep, tuning into breath and awareness, and mindful exercises to return to our zero point—a state of rest from which activity springs. "Your awareness experiences the zero point as silent, calm, alert and pregnant with boundless possibilities, where you have access to your next thought," he explains.

Embracing instead of resisting our quantum body further helps the energy flow. "The most natural way to live is in your dharma, or your truth," Chopra says. "The greatest gift of self-awareness is that you can prove this to yourself every day by living with love, truth, beauty and bliss as your goal. Ultimate well-being requires no less, and living from

your source reveals that the infinite is personal and within reach. Physical well-being exists if you are able to live a long life in good health; mental well-being exists if you retain clear, sharp thinking; psychological well-being exists if you are free of anxiety and depression; and spiritual well-being exists if your life has higher purpose and meaning."

With more than 40 years of experience as a functional medicine doctor, Tom O'Bryan, DC, DACBN, CIFM, is an internationally recognized speaker and writer on chronic disease and metabolic disorders. He defines graceful aging as a state of full body function, without limitations and with rational expectations for what the body can do. O'Bryan points to the so-called Blue Zones, with an extraordinarily high percentage of people living into their 90s and above, as examples of those gracefully aging. "The lifestyle of people living in these areas includes daily rituals that reduce stress and reverse the inflammation associated with stress. As a result, they are able to live long, fruitful, happy lives as contributing and engaged members of society," he notes.

O'Bryan believes that the greatest contribution to living a vital life is identifying and reducing the triggers of inflammation in our bodies, which can largely be accomplished with lifestyle modifications. "According to the U.S. Centers for Disease Control and Prevention, 14 of the top 15 causes of death are related to chronic inflammatory diseases. Many people address inflammation with medication, but they don't realize that food is the best medicine," he explains. "With diet being the largest source of inflammation activation in the body, it's important to question what's on the end of our fork and nourish the body with an anti-inflammatory diet, including berries, leafy greens, garlic, curcumin and plenty of pure water. Your body always wants to be healthier, and if we identify and reduce our exposure to the triggers of inflammation, the inflammation calms down."

Reducing inflammation also allows the central nervous system to settle into rest-and-digest mode, which can help the body age more gracefully. "Inflammation is the immune system's response to harmful stimuli," O'Bryan says. "An activated immune system is a life-saving, non-negotiable state that sets our sympathetic nervous system into fight-or-flight mode. When we are stressed or fighting for our lives, our heart rate is fast; our breathing is short, sharp and shallow; and our muscles are tight and ready for action. When inflammation decreases, our bodies are able to calm down and activate the parasympathetic nervous system. In that very relaxed state, your heart rate is slow; your breath is deep; your muscles are relaxed; and your brain is open, expansive and daydreaming of new possibilities in life. That's when healing and regeneration occurs."

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

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Kidfluencers

Using Social Media for Positive Change

by Megy Karydes



Cash Daniels speaks to his peers about waterway conservation.

Social media has made it easier than ever to share ideas, and today's generation of digital natives are adept at using it. With one video post, they can reach thousands in minutes. Welcome to the world of "kidfluencers": young people with throngs of online followers that use their platforms to sway their peers (and adults, too). Aged 16 or younger, these engaged leaders know the ins-and-outs of the latest technology and understand that there is power in becoming more than just a passive viewer. While some use social media outlets to earn sponsorships or market products, others leverage their online brands to inspire agents of change and make a positive difference in the world.

REACHING THE READING MASSES

When eighth-graders Kyra and Phallon Pierce noticed a racially insensitive book and zero multi-cultural authors on an assigned reading list, the Chicagoland-based identical twins decided to take action. They launched Positive Change Charities, a non-profit that awards book grants to promote diverse authors to kids in need and underfunded K-12 libraries across Illinois.

"We've given out about 4,000 books, and I'm really excited about that because we go to the schools and personally get to give those books out," Kyra says. The twins are competitive dancers and use social media

to promote their performances, and they employ those same venues to get the word out about their book-focused work.

On Instagram, for example, the Pierce girls encourage Illinois kids to check out their curated reading list, apply for a grant or push for state legislation that compels the inclusion of diverse authors in K-12 curriculums. "I feel like [social media] is a really good tool to use, because it allows you to get to a wide variety of people," Phallon notes. "It hits adults; it hits teenagers; it hits anybody. It allows you to really push your message out there."

MOBILIZING COMMUNITY CLEANUPS

Known as The Conservation Kid, Cash Daniels is a 14-year-old influencer from Chattanooga who uses Instagram to promote Tennessee River preservation efforts. Since he began this work at age 7, he has helped recycle 2,000 miles of fishing line and remove more than 30,000 pounds of trash and two tons of aluminum cans from area waterways. He leads community cleanups and often speaks directly to children at school functions.

"Kids may be a small part of the population, but we're 100 percent of the future," Daniels asserts. "And if somebody says you can't do it, get out there and prove them wrong." Instagram is his preferred outlet because that's where he feels he can reach the most people in the limited time he can commit to online endeavors. In addition to leveraging social media to inspire others, he has met some of his best friends online, as well as people wanting to collaborate with him to amplify his message.

PROTECTING YOUNG INFLUENCERS

While influencers like the Pierce twins and Daniels work hard to promote positive messages online, they are not immune to the more negative realities of being in the spotlight. If their interests or values don't

align with abusive keyboard warriors, these well-meaning kids may be subjected to trolling, online bullying and hate speech.

Dr. Meg Arroll, a psychologist and author of *Tiny Traumas: When You Don't Know What's Wrong, but Nothing Feels Quite Right*, believes that online influencing is a form of work and families should try to strike the right work-life balance. "How many hours a day would we allow our kids to work, even if it's something that they wanted to do?" she asks.

Arroll highlights the complexities that parents must navigate when a child starts to earn money or products in exchange for social media influence. Those likes, shares and other types of engagement, she says, trigger the reward center in human brains, and that can lead to addictive-like behavior.

Recognizing the dangers, the parents of both the Pierce twins and Daniels limit their kids' social media use and monitor posts so that they can address any worrisome events or behaviors before they get out of control.

INSPIRING NEW KIDFLUENCERS

When the Pierce twins visit schools, their audiences are comprised of kids just like them. "There's no difference between us; we're all

the same," says Phallon, and Kyra chimes in that this commonality can be inspiring. Daniels believes that when kids see him in action on social media, they are motivated to act, as well. He is a role model—opening new possibilities for future kidfluencers. *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.*



A successful cleanup inspired by Cash Daniels.



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Preventing Falls in Advanced Age

Essential Tips for a Life in Balance

by David J. Sautter, NASM (CPT, FNS, PES), ACE (SCS)

According to the U.S. Centers for Disease Control and Prevention, one out of every four adults aged 65 and older report trips and falls each year, and 9 million of those falls result in an injury. These sobering statistics highlight the importance of learning how to prevent such mishaps. Here are five easy-to-follow tips.

- **Create a Safe Living Environment:** Decluttering walkways, securing loose rugs and keeping spaces clear can reduce the chances of tripping and falling.
- **Light Spaces:** Low-light conditions can be a major culprit in falls. Install bright lights and nightlights in essential areas like staircases and corridors to prevent missteps.
- **Equip the Home With Assistive Tools:** For added safety, especially in potentially slippery places like bathrooms, install handrails, grab bars and non-slip mats.
- **Make Smart Footwear Choices:** Opt for shoes that fit snugly, offer good grip and are comfortable. It is best to avoid high heels or any footwear with slippery soles.

- **Commit to Regular Exercise:** Focusing on exercises that enhance strength, balance and flexibility can significantly lower the risk of falls. Whether it's yoga, walking or tailored balance exercises, staying active is key.

IMPORTANCE OF EXERCISE IN PREVENTING FALLS

Physical activity isn't just about staying fit or losing weight. "Exercise plays a big role in fall prevention," says Debra Atkinson, certified strength and conditioning specialist and host of the Flipping 50 podcast. "Exercise goes far beyond strength, though. In fact, studies have shown just getting stronger doesn't always lend itself to better balance."

For older adults, a combination of regular exercise and balance training can play a pivotal role in preventing falls. Here's why:

- **Strengthening Muscle Tone:** Regular exercise helps to build and maintain muscle tone, which is crucial for everyday movements. Stronger muscles support the joints, making it easier to get up from a chair, climb stairs or recover quickly when starting to fall.
- **Improving Balance:** Balance exercises, such as tai chi and certain yoga poses,

train the body to control and distribute weight in a centered manner. With better balance, the chances of stumbling or tipping are substantially reduced.

- **Enhancing Flexibility:** Flexibility exercises can improve the range of motion in joints, resulting in smoother, more fluid movements, which can help prevent missteps and sudden falls.
- **Building Bone Density:** Weight-bearing exercises like walking or resistance training can strengthen bones, reducing the risk of fractures in the event of a fall.
- **Boosting Confidence:** Regular exercise can instill a sense of physical confidence. When individuals feel physically strong and agile, they're less likely to be overly cautious or afraid of falling. This can lead to a more active lifestyle, further reinforcing physical strength and balance.

EXERCISING TIPS

Exercise for fall prevention focuses on consistency and the right activities, not just intensity. Here's a concise guide:



Jacob Lund/Canva Pro

- **Start Gradually:** Begin with gentle activities like walking and stretching. As stamina is gained, increase the intensity.
- **Strength Training:** Use resistance bands or body weight. Emphasize leg and core exercises, such as squats and leg lifts, to enhance stability. “Increase intensity by closing your eyes, then moving your head left to right during single-leg lift variations,” recommends personal trainer Scott Elliott, of Del Mar, California.
- **Balance Exercises:** Enhance balance with activities like standing on one foot, walking heel-to-toe or standing up without hand support. Atkinson recommends disruption practice during balance exercises. “Have someone gently come up and push a bit on your shoulder, hip or leg. You will have to react and respond just as you would if you were righting a fall. Do it on both sides.”
- **Flexibility Workouts:** Opt for yoga or tai chi, both of which boost flexibility and coordination.
- **Join Group Classes:** Consider activities that offer physical and social benefits, such as Pilates. Elliot encourages older adults to try dancing or boxing. “The art of coordinating left foot, right foot not only moves your joints but also exercises the brain. Mind-to-muscle is a necessary component to building strength, awareness and balance.”
- **Safety First:** Exercise in a hazard-free space. If unfamiliar with equipment or exercises, seek guidance.
- **Set Goals:** Stay motivated with achievable targets, whether walking longer distances or mastering new exercises.

David J. Sautter is a certified trainer, fitness-nutrition specialist, and health and fitness writer.

Letting the Seasons Enrich Us

by Marlaina Donato

For most of us, the first half of our lives is spent tilling the soil of our careers, nourishing family and investing in our dreams. Before we know it, time engraves its signature onto our skin and weaves strands of silver into our hair, and we are presented with the unexpected but inevitable question of what comes next. The soil of Mother Earth is made fertile only by the debris of seasons. There would be no life without nature’s perpetual act of letting go and the sacred and inevitable growth that comes from decay. As we age, like trees in winter, our energy travels deep down into our roots—our bones. Only then can we stand sovereign, a stable foundation for others. Only when we are full of seasons can we offer the sweetest fruit in the form of shared knowledge, skills and hard-earned wisdom. Most of all, we become living examples of the Chinese proverb: “To know the road ahead, ask those coming back.”

Accepting the aging process can be challenging and sometimes frightening, but if we lean closer and listen to what the wisdom years have to offer, our journey can become more joyful. The stories of our seasons can be a wellspring bubbling to the surface in conversations, filling empty cups with empathy, hope and humor. We sit at a table called humanity. Let us create a feast of shared experience.

Here are a few ways to enjoy the riches of the journey:

- Instead of giving a loved one a store-bought gift to mark an important milestone, write a letter filled with practical and loving advice for the road ahead.
- Mentor a younger person or peer. Teach them how to make bread, paint a canvas, start a garden, fix a sink or make a quilt. Pay your passions forward
- Visit a relative or a stranger at a retirement home and ask them to share their stories.

Marlaina Donato is an author, wise-woman mentor and painter. Connect at JaguarFlower.art.



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 tai-



Caryn Challman

lors 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 consciousness, 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 hypnotherapist with a background in mind body medicine and Botanical Medicine, founder of Date Therapy. For more information, visit satorixpr.com. See ad, page 5.



Starting 2024 with Some Healthy New Year's Resolutions

With the new year often come “New Year’s resolutions”, decisions to change our lives radically in some way; many relate to improving our health. Here are thoughts on some of the most common:

STOP SMOKING: As a major cause for heart disease, lung disease (#1), and cancer (#1), this should be a no-brainer. Just do it! Once you make this decision, simple behavioral approaches and hypnosis are all quite effective. Programs including prescription medications can support a “nearly-painless” exit from this deadly habit.

EXERCISE: You know the benefits; it’s time and discipline that are required. It’s much easier if you create a routine and stick with it. Even a 1-hour walk in a mall three mornings a week can revolutionize a sedentary life, improving weight, tone, joint and heart health. Often a doctor can prescribe physical therapy for some reason (toning, heart, osteoporosis), and then you can get your own “personal trainer” covered by insurance to get you on track.

GET TO BED EARLIER: Especially when the daylight ends early as is the case currently, this is critical. The importance of natural sunshine and the health benefits of waking up to the first morning light have been established in countless studies. Additionally, sleeping the full night is one of the two factors known to extend longevity statistically. 7.8 hours is the exact amount of sleep necessary for optimal health. Less is inadequate; more, you may be fatigued or even depressed.

LOSE WEIGHT: This is probably the most common resolution, and it is enormously important. Underweight is that second



factor associated with extending longevity. But even normal weight is associated with many health benefits:

- To be overweight is to be inflamed. No one who is overweight, no matter how lovely they may look or dress, is healthy. Period!
- Increased weight places a burden on the joints
- Excessive weight contributes to heart disease and cancer risk
- Increased weight leads to insulin resistance, and ultimately to diabetes and its many associated pitfalls (retinopathy, kidney disease, atrial fibrillation, cellulitis and gangrene, etc.)
- Weight loss improves body image, confidence, and mood.

If being overweight is an issue for you, you need to create a plan with a professional.

There are many new medications advertised on TV that can conceivably be used to this end, but just like the old “Fen-Phen diet” in the ‘90s, these medications must be used lifelong to be effective and carry with them grave potential consequences, some that are still being identified.

As a first line approach, a nutritional program accompanied by checking up on body chemistry factors (such as thyroid, adrenals, hormone levels, food sensitivities, and insulin resistance) can be remarkably effective. Losing weight based on proper food choices and balanced body chemistry can produce safe, healthy, lifelong change. Don’t try to go it alone: supervision and coaching help a lot. With professional guidance, a weight loss program can be modified over time to become a long-term maintenance plan, leading successfully to a stable, normal weight for the rest of your life.

Sticking with any and all of these resolutions is absolutely the best investment of time, effort, and money you can make. Start it in 2024, live it for life!



Robin Ellen Leder, M.D. began her journey into functional medicine working side by side with Dr. Robert Atkins (“The Atkins Diet”). She has since treated thousands of patients with a holistic, more natural approach to wellness and healing, helping with weight loss, smoke stopping and addiction from a medical and psychological perspective. She provides innovative, comprehensive testing, IV chelation and vitamins, individualized nutrient programs, and counseling to achieve optimal health for her patients. See ad, page 3.

Finding the Right Eco-Friendly Roof

While a house is usually a family's biggest investment, improvements can be made to make it an environmental asset, too.

SOLAR PANELS

According to the U.S. Department of Energy, just one hour of sunlight can provide the Earth with enough energy to power the globe for an entire year. Solar panels are a remarkable technology to harness that abundant energy and convert it into clean electricity. By installing solar panels on roofs, homeowners can significantly reduce their reliance on conventional energy sources and contribute to a greener future.

Aside from their environmental benefits, solar panels can also save money on electricity bills. Research by Solar Reviews concludes that solar panel systems can pay for themselves within nine to 12 years through energy savings and various incentives. Plus, according to The Appraisal Journal, a home's value can increase by \$20 for every \$1 reduction in yearly energy bills, making solar an excellent long-term investment. To get an estimate on how much can be saved by installing solar panels on a home, visit UnderstandSolar.org.

GREEN ROOFS

Imagine transforming a roof into a vibrant oasis teeming with lush vegetation and blooming flowers. Green roofs consist of layers of soil, plants and a waterproofing system, which work together to create a natural haven atop buildings.

The Office of Federal High-Performance Green Buildings commissioned an in-depth

metadata analysis of 200 green-roof research studies. The analysis reported multiple benefits from living roofs. They act as insulators, reducing the need for heating and cooling and thereby lowering energy consumption.

Green roofs add beauty and value to the building and are expected to last twice as long as conventional roofs. They also improve air quality by absorbing carbon dioxide and releasing oxygen; reduce the urban heat-island effect; and retain rainwater,

thereby mitigating stormwater runoff and preventing the flow of pollutants into rivers and lakes.

Green roofs provide new habitats for plants, birds, insects and other wildlife that struggle to find shelter in concrete jungles. By bringing nature back into cities, we can foster biodiversity and create a more harmonious coexistence between humans and the natural world. Visit SFTool.gov for more information on green roofs.



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natural
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30th Anniversary



by Kimberly Whittle

Humans are social creatures by nature, and leaning into community is key to a long and healthy life. Look no further than the five so-called Blue Zones in places around the planet where people regularly live to be 100 years old. While eating nutritious food and exercising regularly are important aspects to a healthy lifestyle, Dan Buettner, a Blue Zones expert, believes part of the secret to a long and healthy life is finding purpose and doing it with help from a meaningful community.

Buettner's observations are supported by research. An article published in the *American Journal of Lifestyle Medicine* summarized the significant evidence that connection to a community helps people physically and mentally with improvements in weight control, blood sugar levels, cancer survival, cardiovascular health and overall mental health, as well as a notable mitigation of depression and post-traumatic stress disorder symptoms. In a Brigham Young University meta-analysis of 148 studies to determine the effect of social relationships on the risk of mortality, researchers reported that social connections with friends, family, neighbors or colleagues improved the odds of living longer by 50 percent.

A Nexus for Consciousness, Healing and Hope

Natural Awakenings, a pioneering magazine founded to educate and connect communities for healthy living on a healthy planet, is celebrating its 30th anniversary. In this digital era, *Natural Awakenings* continues to stand at the vanguard along with its parent company, KnoWEwell, and its Regenerative Whole Health Hub (Hub). The one-of-its-kind Hub uniquely builds communities, enables trusted connections to people and businesses, provides evidence-based resources, as well as local provider and thought-leader education and healing programs.

As global stressors continue to arise, now more than ever, it's important to us at Natural Awakenings Publishing Corporation and KnoWEwell to expand our community's impact to inspire, empower and connect our ecosystem locally, nationally and globally. We will be bringing our readers immersive engagement and learning opportunities, and amplifying our local businesses through multimedia publishing and business services in our local *Natural Awakenings* online communities, as well as within KnoWEwell's Regenerative Whole Health Hub.

As we enter our fourth decade, our print magazine will continue to grow while we embrace the ever-expanding new era of digital enlightenment. We intend to continue to be a beacon of hope and a connector for safe, trusted connections to real people, authentic experts, education, and our natural, integrative and whole-health communities. We are creating new opportunities for our readers to learn from and engage with local business owners, as well as national and global experts through the Hub by:





natural
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30th Anniversary

- Bringing articles to life and expanding services to local business owners to help them share their unique qualities, expertise and stories in online inspirational and educational webcasts and videos
- Engaging online community book discussions with luminaries such as Deepak Chopra (see *ChopraQuantumBodyDiscussion.KnoWEwell.com*)
- Providing access to immersive learning directories and 200-plus topic-specific communities
- Helping people find their best-matched providers, community members, businesses and locally grown foods based on their needs, values and preferences
- Saving members money with discounts on organic foods, courses, healing programs, products and services
- We promise to remain steadfast in our commitment to high-quality, evidence-based journalism to help our readers stay current and make informed decisions for sustainable, regenerative healthy living. Beginning this month and throughout our 30th year, we invite our readers and business owners to check out what's new in our print magazines and online. We hope everyone loves our fresh new magazine design this month.

We invite all to engage and connect with like-minded communities, submit feedback for a chance to be included in the new, "Members Comments" department of our magazine, and share your favorite businesses to help us continue to build trusted resources locally and globally. Together, we will be the change we seek in the world to build regenerative communities one at a time to achieve WELLthier Living: Happy. Healthy. Abundant. Purpose-Filled, People and Planet.

Kimberly Whittle is the founder and CEO of KnoWEwell, P.B.C., and the CEO of Natural Awakenings Publishing Corporation. Learn more about her personal journey and purpose at KnoWEwell.com/written-content/steppingstones-WELLthier-living.

What's New and Coming in 2024 at **Natural Awakenings**

Sign up today to be the first to know what's coming and what's new:

- Expansion online to all 50 U.S. states with interactive digital magazines
- New fresh look for our print magazine, websites and online communities
- Share your feedback and new *Member Comments* department
- Artist cover submissions
- Reader and business-owner surveys
- National book discussion communities with luminaries such as Deepak Chopra
- New rotating departments and exclusive online articles
- Inspirational local and global provider and business-owner spotlight webcasts
- 100-plus (and growing) whole-health educational webcasts both live and on-demand
- Giveaways and exclusive members-only discounts on programs and organic foods
- Late night show with Dr. Reef Karim
- Join our online community to receive *Natural Awakenings'* 30th anniversary cookbook.
- Love us! Own Your Own franchise! Learn more at Corp.NaturalAwakenings.com.



calendar of events

Email 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@loiskramerperez.com. 201-906-5767. Register: LoisKramerPerez.com/My-Events/.

Thursday

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

Saturday, January 6

Teen Breakfast Book Club - 11:00am-12:00 pm. Teens will read and chat about The Ballad of Songbirds and Snakes by Suzanne Collins, or chat about what they've been reading, while enjoying some breakfast goodies! Contact 201-529-7323 or Email djukniewicz@mahwahlibrary.org. Visit Website & Register. Location: Mahwah Public Library, 100 Ridge Rd, Mahwah, NJ.

Monday, January 8

Kids Yoga with Ms. Debbie - 5:45pm-6:30 pm. Stretch your body and your imagination with registered children's yoga instructor Ms. Debbie. We'll have fun with basic yoga poses that create a story we will read. Contact 201-529-7323 or Visit Website & Register. Location: Mahwah Public Library, 100 Ridge Rd, Mahwah, NJ.

Tuesday, January 9

NJ Women, Wellness & Wine Event: Hormone Imbalance Symptoms? - 7:00pm-8:30 pm. Join us for a discussion about women's health! Learn about vitamins, supplements, and Rx options to support health goals such as symptom management or prevention. Contact 201-447-2020 or Visit Website. Location: Town & Country Compounding Pharmacy, 535 East Crescent Avenue, Ramsey, NJ.

Wednesday, January 10

Think Tank for Creatives - 7:00pm-8:30pm. Let's learn from each other to improve our business situations as artists. Bring your questions and experiences to discuss! Email acgrmembership@glenrocknj.net or Visit Website & Register at www.glenrocklibrary.org. Location: Glen Rock Public Library, 315 Rock Road, Glen Rock, NJ.

Friday, January 12

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. Contact 201-429-3214 or Visit Website & Register at <https://cattleyatrianaespa.com>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

Saturday, January 13

Salt & Sound Meditation with Nick Sotomayor - 4:00pm & 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. Contact 201-429-3214 or Visit Website & Register at <https://cattleyatrianaespa.com>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

Sunday, January 14

Sunday Yoga for Adults - 2:00pm-3:00 pm. 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, January 15

Self-care for Caregivers: Introduction to Meditation and Yoga - 4:00pm-5:00pm. Join us to learn mindful movement and meditation practices designed to improve mind and body wellness by reducing stress and anxiety, increasing strength and flexibility, and boosting overall health. Visit Website & Register at www.EnglewoodHealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street Englewood, NJ 07631

Tuesday, January 16

Story Time Meditation and Music for Families - 11:00am-12:15pm. Explore story time and live music for children and families, adventuring on journeys to faraway places using guided imagery and meditation. Visit Website & Register at www.EnglewoodHealth.org. Location: Englewood Public Library, 31 Engle Street Englewood, NJ 07631.

Tuesday, January 16

Nutritional Support and Acupuncture for Weight Loss (4-Session Series) - 6:00pm-6:45pm. Learn how proper nutrition and acupuncture can help you meet your weight



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loss goals. Visit Website & Register at www.EnglewoodHealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street Englewood, NJ 07631

Wednesday, January 17

Sensory Playtime - 10:30pm-11:15 pm. Encourage your child to discover new things and play with others at our sensory free-play program! Visit Website & Register at www.glenrocklibrary.org. Location: Glen Rock Public Library, 315 Rock Road, Glen Rock, NJ.

Thursday, January 18

Embrace and Empower: Breast Cancer Support Group - 5:00pm-6:30pm. Support is vital in the face of breast cancer, and together, we can create a community of resilience, hope, and healing. Join us at the Englewood Health Breast Cancer Support Group, where you are never alone in your journey. Visit Website & Register at www.EnglewoodHealth.org. Location: Englewood Health Main Campus, 350 Engle Street, Englewood, NJ 07631

Friday & Saturday, January 19 & 20

Stuffed Animal Sleepover and Breakfast - 4:00pm-11:00 am. Bring your favorite stuffed animal for a story and a craft. Your furry friend will stay at the library overnight for a sleepover! Visit Website & Register. Location: Paramus Public Library, 116 E Century Rd, Paramus, NJ.

Sunday, January 21

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, January 22

Sensory Playtime - 6:30pm-7:30pm. Bring the family and make a blanket fort in the Children's Room! Strictly BYOB (bring your own blankets) but we will provide each family with a campfire, stories, games, and clamps for your blankets. Visit Website & Register at www.glenrocklibrary.org. Location: Glen Rock Public Library, 315 Rock Road, Glen Rock, NJ.

Tuesday, January 23

Prenatal Meditation and Yoga (6-Session Series) - 7:00pm - 8:00pm. Learn how to focus on breath and posture and connect to yourself and your baby to facilitate and prepare for labor and delivery. Visit Website & Register at www.EnglewoodHealth.org. Location: Englewood Health Main Campus, 350 Engle Street, Englewood, NJ 07631

Wednesday, January 24

Balloon-Powered Cars - 3:45pm-4:30pm. STEAM 2 Go is back! They're continuing the transportation theme with balloon powered cars. Visit Website & Register at www.glenrocklibrary.org. Location: Glen Rock Public Library, 315 Rock Road, Glen Rock, NJ.

Thursday, January 25

Clay Color Theory - 4:00pm-5:00pm. Learn about color theory and make a fun craft! After experimenting with different color combinations you will make colorful swirl ring dishes. Contact 201-529-7323 or Visit Website & Register. Location: Mahwah Public Library, 100 Ridge Rd, Mahwah, NJ.

Friday, January 26

Origami Winter Animals Envelope Craft - 3:30pm-4:30 pm. Come create a unique winter animal themed origami envelope that you can mail to a friend or loved one! All materials will be provided. Contact 201-529-7323 or Email djukniewicz@mahwahlibrary.org. Visit Website & Register. Location: Mahwah Public Library, 100 Ridge Rd, Mahwah, NJ.

Saturday, January 27

National Puzzle Day - Puzzle Pick Up and Puzzle Competition - 2:00pm-4:00pm. Calling all puzzlers. Today is the day to pick up your puzzles from the puzzle swap but you can also join our puzzle competition. The winning team will receive a gift card to a Paramus restaurant for \$50. Visit Website & Register. Location: Paramus Public Library, 116 E Century Rd, Paramus, NJ.

Sunday, January 28

Past Life Regression - 2:30 pm-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>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd. Chestnut Ridge, NY.

Monday, January 29

Snowy Penguin Craft for Kids - 3:45pm-4:30 pm. Join us for a cute penguin craft! Registration is required. Visit Website & Register at www.glenrocklibrary.org. Location: Glen Rock Public Library, 315 Rock Road, Glen Rock, NJ.

Tuesday, January 30

Tiny Tots Storytime - 10:30am-11:30am. Get ready for stories, songs, fingerplays, and movement with Miss Libby! Visit Website & Register at www.glenrocklibrary.org. Location: Glen Rock Public Library, 315 Rock Road, Glen Rock, NJ.

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. Visit Website & Register. Location: Mahwah Public Library, 100 Ridge Rd, Mahwah, NJ.

Tuesday, February 6

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

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Seda Melikyan has worked with families and children for over 15 years. Her family discovered IASIS on their Autistic son's healing journey. Ever since the entire family has benefited greatly from this amazing gentle and non-invasive technology! If you or your loved ones are suffering from ADD, ADHD, ASD, Trauma, PTSD, Depression, Anxiety, Stress, Insomnia we can help! IASIS micro current neurofeedback has been a life-changing technology for many people around the world! Especially when combined with Craniosacral therapy, the benefits can be amazing! Try it today for free and flourish into your wonderful self! *See ad, page 7.*

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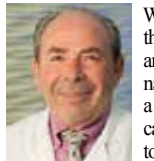


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Dr. David Hanna is a graduated from Bergenfield high school, Fairleigh Dickenson university and Rutgers Dental School, Connecticut, and the New York University College of Dentistry. He completed hospital residencies at Hackensack University Medical 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 8.*

IAN THOMSON, D.C., MSACN

Chiropractor
Town Physical Therapy
Town-Pt.com
Maywood | Paramus | Emerson
Bergenfield | Clifton
201-880-7787



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 8.*



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JACQUIE BIRD, SPIRITUAL WELLNESS
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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 27.*

YOGA

PURE BLISS YOGA
Zeni Pepper
pure-bliss-yoga.com



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



Pure Bliss Yoga



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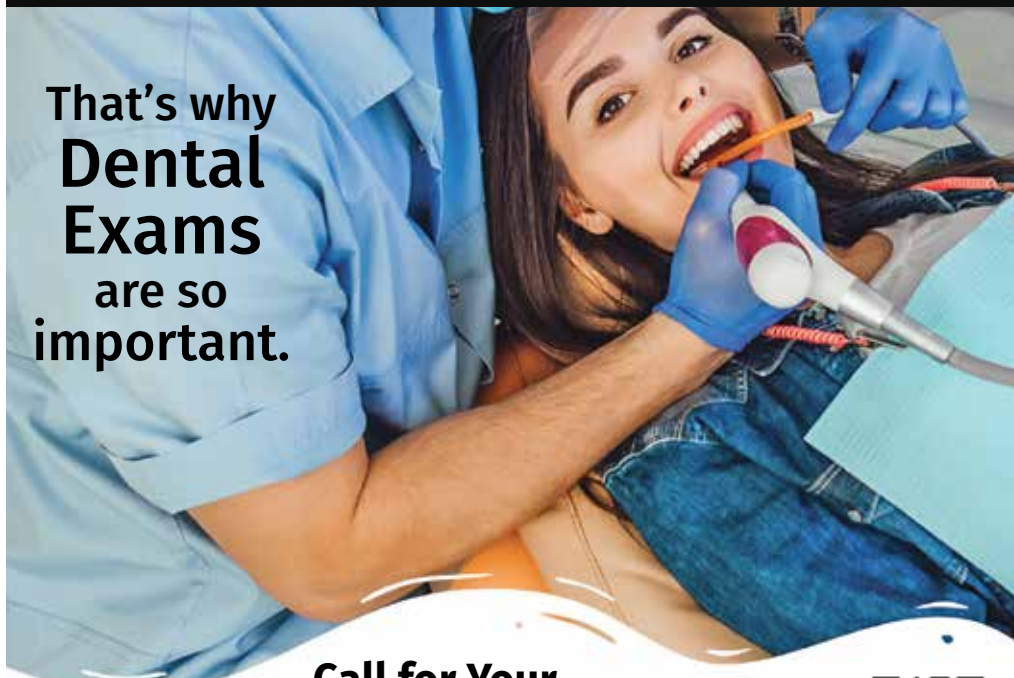
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