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natural awakenings



Food & Fitness Trends

NORTHERN NEW JERSEY EDITION

MARCH 2024

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

Choosing a new dentist can be a real challenge.

How do you know who is really a holistic dentist? Here are several things to look out for when choosing...

- They **DON'T** use mercury containing fillings because mercury is one of the most toxic substances known to man.
- They **DON'T** remove mercury fillings without protection because inhaled mercury vapors can be easily absorbed by the body.
- They **DON'T** recommend Root Canals because they harbor bacteria and toxins.
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- They **DON'T** use fluoride because it has been shown to be a neurotoxin.
- They **DON'T** use metal in their restorations because many people have metal allergies and sensitivities.
- They **DON'T** treat sensitive patients without biocompatibility testing because allergic reactions and system reactions can occur which burden the body.

**At the Holistic Dental Center, we strive to give our patients a "True" Holistic Dental Experience...
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Dr. Glenn Gero, Naturopathic Physician:

"I was seeing a dentist for over 30 years, and when I was invited to try the Holistic Dental Center for the first time, I was so impressed with the office....The best dental experience I have ever had in my life."

Lisa Mack, Certified Thermographic Technician:

"What I see in my Thermography, I see inflammation in the mouth, how important it is, you see the bacteria draining down into the lymphatic system and from there I always refer patients to the Holistic Dental Center. Why? Because they can test that bacteria to see exactly what it is so from there he can help you. I am also a patient of the Holistic Dental Center and I absolutely love coming here. The one thing that I love about the center is that when you walk in, it's like you're family. They are very caring and very loving and when you walk out of here you feel like you've been well taken care of...."

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Are you ready to make it your #1 priority?*

Top 10 Reasons to work with a Functional MD

**Have you experienced any of these deficiencies in
your current medical care?**

- 1.** Doctor treats symptoms but not the “**root cause**”.
- 2.** **Unaddressed symptoms/** inadequate explanations.
- 3.** Being **told everything is “normal”** but you don’t feel “normal.”
- 4.** **Too many medications/side effects.**
- 5.** **Lack of guidance regarding “optimal health”** maintenance.
- 6.** Repeated office visits with no **real answers.**
- 7.** Failure to **explore/explain** your underlying body chemistry.
- 8.** **Not viewed “as a whole”** by your doctors.
- 9.** 5-10 minutes visits/**only the most basic lab testing.**
- 10.** Physician chooses **medication/surgery** first line over natural options.

Health is your #1 asset. Are you ready to make it your #1 priority?



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Medical Center

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letter from publisher:



Keeping It Simple!

Sometimes, simplifying things is all that is required for complex and difficult issues and situations. It can allow us to excel beyond our expectations, but the more common path is to think, think and then eventually overthink, to make something more complex than it has to be.

Simply said, health is about what we eat—the biggest factors for wellness are food and nutritional choices. So check out the latest movements in our feature story, “Food Trends of 2024.” It covers a wide a variety of information, and there is something for every generation.

Our nutritional choices, however, are not just dependent on the natural environment. As we continue to learn about traces of microplastics, insecticides and synthetic fertilizers compounds in the food supply, it is more important than ever to take care of the planet, lest our mistakes come back to harm us in unexpected ways. The choices we make today will be felt for the next 100 years.

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 life and stay healthy, stay happy!

Anil Singh, Publisher

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New Red Light Service Available in Haskell

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., on Tuesdays March 5, 12, 19 and 26 only. Also included in this session is a free ear seeds acupressure treatment.

It is also used for the relief of minor muscle and joint pain, arthritis, muscle spasms and relieving stiffness. Many clients have also seen improvements in their stress levels, anxiety, mood and have experienced better sleep. Contour Red Light Therapy is also successful in the relief of minor muscle and joint pain, arthritis, muscle spasms and stiffness.

Location: 1069 Ringwood Ave., Ste. 311, Haskell. For appointments (required) and more information, email Angela@Beautyfio.com or visit InnerBeautyNJ.com. See ad, page 15.

Esoteric Learning at Essence of Self

Essence of Self Ayurveda Spa will conduct a free reiki share for reiki practitioners from 3:30 to 5 p.m., and Usui Holy Fire Reiki III Master teacher training from 10 a.m. to 5 p.m., June 7, 8 and 9, led by Nancy Smith, Milt Kohlmann and Jim Angelico (\$950)

Holy Fire is a form of reiki recently introduced by William Lee Rand that is considered to be more refined and comes from a higher level of consciousness.

There will be an Ayurveda and Yoga Workshop from 3 to 5 p.m., March 10, led by Smith (\$40). This workshop introduces the science of Ayurveda.

A Free Holy Fire Reiki Healing Circle will be led by Kohlmann and Angelico from 3:30 to 5 p.m., March 24 (donation).

A Sound Bath will be led by Angelico (\$40). A sound bath is an immersion in the deep sound vibrations of quartz crystal singing bowls, gongs, drums, flutes and other instruments.

Scents and Sensibility-Essential Oils Part 2: Basil and Cypress, led by Ann Solis, RN, from 3:30 to 5 p.m., April 14 (\$40) includes one basil and cypress sniffer inhaler.

Location: 52 Skyline Dr., Ringwood. For reservations, call 201-788-6322 or visit EssenceOfSelf.com. See ad, page 13.



Sole Revival Reflexology Spa's Crystal Shop

Sole Revival is now a crystal and gemstone shop added to my 15-year existing Reflexology Spa. Combining serenity, Reflexology and Crystal Healing.

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www.SoleRevivalReflexology.com

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Experience the art of reflexology call for your appointment 201-261-0003



Mental Spring Cleaning

Jacque Bird, owner of Spiritual Wellness, will conduct a virtual event from 10:30 to 11:30 a.m., March 17, via Zoom. She says, "As we move into the frequencies of spring, our homes and closets should not be the only ones to get a good cleansing—our mental homes and closets need a good cleansing, as well! Uplevel your vibe and frequencies in rebirth and renewal. Feel soothed and more calm—identify and shed those sluggish frequencies of worries and fears that really don't serve you."



Her StressBusters Guided Meditation incorporates sound, breath, movement, gemstones, aromatherapy, visualization and journaling. She advises, "Come shed the old skin and prepare a place for the new."

For more information, call 917-740-8097 or visit JacquieBirdSpiritualWellness.com. See ad, page 11.

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Cancer Increasingly Strikes Young Adults

A study in the journal *BMJ Oncology* reports a sizable global rise in cancers among adults under 50, with the highest rates found in North America, Australia and Western Europe. Between 1990 and 2019, the incidence of early-onset cancer increased by 79.1 percent, and early-onset cancer deaths rose by 27.7 percent. Of the 29 cancers included in the analysis, nasopharyngeal and prostate cancers showed the fastest upward trend, whereas early-onset liver cancer exhibited the sharpest decrease. In the U.S., early-onset cancer rates rose 12.8 percent, while the incidence rate of individuals 50 and older declined.

Although the exact reasons for this alarming trend have not yet been identified, the researchers pointed to the following likely culprits as the main causes: dietary risk factors, including eating excessive red meat and sodium and not enough fruits and vegetables; alcohol consumption; and tobacco use.



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Complementary Treatments for Kids With Irritable Bowel Syndrome

Treating children with irritable bowel syndrome (IBS) can be complex, and parents are looking for complementary and alternative therapies. A paper published in the journal *Nutrients* evaluated studies regarding the effect of herbal remedies and spices in youngsters with this painful disorder.

The researchers found that Iberogast, or STW-5, an herbal remedy containing licorice, peppermint and chamomile, improved symptoms in children with functional gastrointestinal disorders including IBS, and that peppermint oil reduced the severity, duration and frequency of IBS pain. Peppermint oil's primary benefit in IBS seems to be its anti-spasmodic effect, although more research is needed to understand its impact on the gut microbiome of pediatric IBS patients. Psyllium was also found to offer effective, short-term relief in children with IBS, but further studies are needed.

Although not yet studied for childhood IBS, remedies found to provide IBS symptom relief for adults are curcumin, the active component of the turmeric spice; fennel in combination with curcumin; and artichoke leaf extract.



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Living in a Quantum Reality

by Dr. Anne Deatly

You are a quantum reality. Imagine you exist as an invisible form beyond your physicality. You transcend the physical. At the boundary of your physical form, imagine layers of invisible energy that regulate all aspects of your physical body and your life on Earth.

Tune into yourself from the center of your physical body and move your awareness to your skin, and then to the invisible energy beyond. Now imagine from a distance outside your physical body. Move your awareness closer and closer to your physical body. Sense the increase in density until you sense your physical body. Perhaps you now realize your physical body is just compressed energy.

Now imagine a haze of dynamic, vibrant movement; a blurring of the lines between these two bodies, physical and energy, that represent the whole you. Allow these two bodies to merge. One becomes the other as the energy compresses into physical form. You are an example of how physical mass and energy are the same as in the famous formula $E=mc^2$ —energy equals mass or

matter multiplied by the speed of light squared.

You represent the merging of two realms of existence. Your physical aspect couldn't exist without the energetic aspect which provides the spark or the animation of all things physical in you. Life is the animation of the physical through the spiritual—the invisible energy body. At death, the spiritual body no longer animates the physical form.

Imagine you exist beyond your physical body in the three-dimensional space of the physical realm. You also exist as an invisible energy in dimensions of space beyond the three-dimensions of everyday life. You are a multi-dimensional being. Only the physical aspect of you is in the three-dimensional world.

This truth is your true existence is in a quantum energy field that is the Universe. You are pure Consciousness. You are part of this dynamic, living Consciousness—the Divine Mind. Your physical body blends into this vibrational frequency of Consciousness and exists beyond what your five senses can detect.

You are part of a world beyond this physical realm that is full of mystery and miracles—the Spiritual Realm.

Your physical body is an aspect of the merging of the physical and Spiritual Realms. Imagine you are a continuum of physical form to spiritual form—all based on the quantum field that constitutes or represents your true being. Your real body is the energy, invisible, or spiritual body—a quantum reality. Your real body is a creation of the Universe from the same quantum field or energy that created the Universe. You're a product of the Universe; therefore, you're One with the Universe.

Your life is a result of the physical and Spiritual Realms working together through you. Once you understand this wisdom, your life becomes extraordinary. Life is meaningful, joyful, peaceful, and free.



For more information, call 201-925-1046 or visit Anne.Deatly@gmail.com. See ad, page 8.

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Hydration and Exercise for Peak Performance

In the pursuit of peak physical performance, we often consider training regimens, nutrition plans and recovery strategies. The significance of hydration often takes a back seat, but it is not only essential for overall health, it also plays a pivotal role in optimizing performance during exercise and physical activity.

Hydration for peak performance is a critical aspect of exercise and physical activity. Proper hydration ensures that the body functions optimally, allowing individuals to push their limits, enhance endurance and recover efficiently. Understanding the dynamics of hydration and its impact on performance is key to unlocking our full fitness potential.

Hydration and Physical Activity: Hydration is crucial for sustaining bodily functions, especially during physical exertion. Adequate fluid intake ensures proper circulation, temperature regulation, nutrient delivery and toxin removal, all of which are vital for maintaining performance and preventing fatigue.

Staying hydrated also supports joint lubrication and muscle function, reducing the risk of cramps and injuries during exercise. Prioritizing hydration is a must for those seeking to excel in their fitness routines.

Hydration Tips for Better Performance

■ **Start hydrating early.** Begin hydrating well before exercise or physical activity to ensure adequate fluid reserves.

■ **Monitor perspiration loss.** Pay attention to sweat rates and adjust fluid intake accordingly to prevent dehydration.

■ **Choose electrolyte-rich beverages.** Use sports drinks or electrolyte-enhanced water to replenish lost minerals and maintain electrolyte balance.

■ **Hydrate consistently.** Drink fluids regularly throughout the day, not just during workouts, to maintain optimal hydration levels.

■ **Listen to the body.** Pay attention to thirst cues and bodily signals indicating the need

for hydration, and respond promptly.

■ **Hydrate during exercise.** Drink fluids regularly during physical activity to replace fluid losses and maintain hydration status.

■ **Consider environmental factors.** Adjust fluid intake based on temperature, humidity and altitude to account for increased sweat rates and fluid loss.

■ **Enhancing Exercise with Proper Hydration:** By integrating proper hydration practices into their routines, individuals can elevate their exercise experience and maximize performance. Whether engaging in endurance training, high-intensity workouts or recreational activities, staying hydrated is paramount for sustaining energy levels, enhancing recovery and optimizing overall performance. Embracing hydration as a cornerstone of fitness empowers individuals to push boundaries, surpass goals and unlock their full potential in the pursuit of peak physical prowess.

*For more information, visit
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Starseeds are All Around Us

by Reshma Shah

The standard for all Starseeds concepts shared are:

- Highly Sensitive Beings with higher perceptions and Intuitive Abilities.
- Sensitive to food allergies like artificial food colors, GMOs, gluten, some processed food, and inorganic or pasteurized dairy leads to digestive issues.
- Inorganic materials like toxic sunscreen with heavy metals, food cooked in heavy industrial settings, and lower-grade oils or food produced.
- Skin Allergies can be the end result of inorganic clothing. Fabrics like cotton, hemp, etc, could resolve these conditions where, as synthetic fabrics like polyester restricts breathability generating personal hygiene conditions.

There are many other common factors that are present on Earth which could be considered in addressing these precious energy beings amongst us.

Rainbow Starseeds are the most awaited Starseeds since the times of the ancient worlds. These Starseeds have been witnessed since the human DNA primarily experienced the discord in their higher consciousness due to extraterrestrials who visits earth and were not benevolent for humans. They brought in a fall from grace for humans, which led to human separation from unconditional love, which is our true Divine Blueprint. More details about this can be found on Starseeds Parenting.com.



These Rainbow Starseeds are highly intuitive. Rainbow Starseeds are born with infinite wisdom and capabilities to change the world around them. Rainbows are born with skills of other time, space, and continuum. In other words, multidimensional and other planetary capabilities. Rainbows are incredibly affectionate and loving. Rainbows adapt to human incarnations more efficiently than other Starseeds.

Rainbows are very well known to radiate enormous love and compassion and are highly influential as they are very perceptive about human requirements.

Rainbows have the infinite wisdom of divine judgments; hence, they can sense, scan, and alter these imbalanced energies for the betterment of planet Earth. They are genuinely pioneer gifts for humanity for the upliftment and ascension of humanity's consciousness and Mother Earth.

Reshma Shah has been working with young adults for over two decades. Receive information about current workshops and parenting solutions with individual and group sessions. For more information, call or visit Starseeds Parenting.com. See ad, page 5.

Holistic Pain Management with Physical Therapy

In the realm of pain management, the pursuit of relief often leads individuals to explore a multitude of options. Among these, holistic approaches to pain management through physical therapy have garnered significant attention.

Pain Management Techniques

Pain is a complex phenomenon that affects millions worldwide, influencing physical, emotional and psychological well-being. Traditional medical interventions typically focus on symptom alleviation through medication or surgical procedures. However, holistic approaches to pain management adopt a more comprehensive perspective, considering the interconnectedness of the mind, body and spirit. Holistic physical therapy encompasses a range of techniques aimed at addressing pain from multiple angles, promoting healing and enhancing overall quality of life.

Holistic Physical Therapy with Conventional Pain Management

Conventional pain management often relies on pharmaceuticals to alleviate symptoms, which may provide temporary relief, but often overlooks the underlying causes of pain. In contrast, holistic physical therapy adopts



a patient-centered approach, acknowledging the unique needs and circumstances of each individual. Rather than focusing solely on pain reduction, holistic physical therapy aims to address the root causes of pain, restore balance within the body and empower patients to actively participate in their healing process.

Holistic physical therapy incorporates modalities such as manual therapy, therapeutic exercise, acupuncture, mindfulness techniques and nutritional guidance that work

synergistically to optimize physical function, reduce pain perception and promote overall well-being. By integrating complementary therapies, holistic physical therapy offers a more comprehensive and personalized approach to pain management, catering to the diverse needs and preferences of patients.

Comprehensive Pain Management

Comprehensive pain management goes beyond symptom management to address the holistic needs of the individual. Holistic physical therapy plays a central role in comprehensive pain management by providing personalized care plans that encompass physical, emotional and spiritual aspects of healing. By fostering a collaborative relationship between the patient and the health care team, comprehensive pain management empowers individuals to take an active role in their recovery journey. Embracing the principles of holistic care, individuals can embark on a journey towards lasting pain relief and improved quality of life.

Town Physical Therapy has locations in Maywood, Emerson; Bergenfield, Clifto and, Paramus. For appointments and more information, visit town-pt.com. See ad, page 17.



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Reflexology Specialist and Crystal Shop

Sole Revival Reflexology Spa, in River Edge, was established in 2008 and has added more healing services such as reflexology and crystal healing; reflexology and reiki healing; traditional Japanese reiki; Usui reiki; holy Tibetan reiki; traditional pedicure and reflexology; and gua sha crystal face massage. They combine serenity, reflexology, reiki and crystals for a holistic approach.

Crystal Energy Stone Healing Foot Massage uses rose quartz, amethyst, jade and more. A crystal advisor is on staff for inquiries about crystals and how to use them in daily life. There is a crystal workshop once a month featuring topics of various crystals. The Sole Revival Crystal Shop is known for the lowest prices around.

Location: 790 Kinderkamack Rd., River Edge. For appointments and more information, call 201-261-0003 or visit SoleRevivalReflexology.com. See ad, page 6.



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Adding Sails to Ships to Save Money and the Planet

The maritime shipping industry contributes around 3 percent of the world's annual greenhouse gas emissions, and industry leaders are exploring ways to reduce their carbon footprint and save money. One promising innovation is the addition of specialized sails to cargo ships.



Cargill and BAR Technologies/Canva

In a collaboration between Cargill, BAR Technologies, Mitsubishi Corporation and Yara Marine Technologies, a cargo ship was retrofitted with cutting-edge rectangular sails called WindWings that tower nearly 123 feet. By harnessing wind power, the developers hope to save 30 percent in fuel expenditures.

Unlike traditional canvas sails, WindWings are comprised of rigid mechanical panels that rotate and spin based on computer instructions designed to maximize wind usage. The wings fold down to permit the ship to pass under bridges and allow for loading and unloading of cargo. This is one of many steps being taken by the maritime shipping industry to reduce emissions by 50 percent by 2050.

Self-Pollinating Wildflowers Worry Scientists

The global insect population is estimated to be declining at a rate of up to 2 percent per year due to a combination of climate change, habitat loss, pesticide use and human activity. That decline includes pollinators such as bees, butterflies, moths, beetles and wasps. Almost 90 percent of flowering plants depend entirely, or in part, on animal pollination.

According to a study published in the journal *New Phytologist*, researchers in France have found that wildflowers in a meadow near Paris have increasingly adapted to self-fertilization. They compared pansies grown from seeds harvested from 1992 to 2001 to pansies grown today, specifically examining their genetic and physical differences, and evaluating which pansies bumblebees preferred.

Finding that today's pansies are smaller, make less nectar and are less attractive to bumblebees, the scientists concluded that the flowers had increased self-pollination by 27 percent. While this rapid adaptation may be a win for the flowers, it could exacerbate the decline in insects, which are a major food source for other animals and are integral to natural decomposition processes. The scientists believe there is an urgent need to further investigate this pattern and to evaluate the possibility of reversing the process.



alexandrumagurean from Getty Images Signature/Canva Pro

Storing Renewable Energy in Hot Rocks

Storing energy from renewable power sources such as solar and wind remains a challenge. The use of large battery packs is expensive; relies on nonrenewable, environmentally problematic minerals like lithium; and comes with inherent safety risks. California-based Antora Energy is investigating ways to store energy inside insulated boxes of extremely hot rocks. The technology is based on blast furnaces that use massive towers of stacked bricks to absorb wasted heat to provide energy.

Antora's innovation uses solar electricity to heat blocks of carbon to almost 3,000° Fahrenheit, preserving it for later use. The stored thermal energy can then be delivered to customers as electricity or on-demand industrial-process heat. Antora's use of hot carbon solves the unreliability of providing 24/7 zero-carbon power solely with solar and wind energies, which vary depending on the weather. Notably, the rocks are not heated by burning coal or gas but by capturing sunlight with thousands of photovoltaic solar panels.

Company leaders assert that this technology is compact and modular, making it flexible enough to be configured to fit different needs, and manufacturers will not have to wait for grid connections and upgrades. Whether this technology can be scaled to meet the growing demand remains to be seen.

Finding Root Causes to Make Lifelong Changes

Camille Rose Wellness is a health coaching business that focuses on helping women reach their health and wellness goals. She is a certified health coach and 235-RYT yoga and meditation teacher, as well as a graduate of The Culinary Institute of America. Rose received her health coaching certification at The Institute for Integrative Nutrition, where she studied more than 100 dietary theories, nutrition and health coaching tools.



Her interest in health and wellness began in high school while dealing with anxiety and panic attacks, when she decided to take her health into her own hands and find the root cause of her anxiety. By incorporating a

healthier diet, yoga and meditation into her daily routine, she was able to better manage her anxiety. Rose is passionate about helping others reach their health and wellness goals. She combines her skills in nutrition, fitness and healthy lifestyles to guide her clients to reach their health and wellness goals. She works one-on-one remotely with clients, meeting every other week, and discusses their goals, progress and obstacles, providing recommendations based on their individual needs.

As a health coach, Rose helps clients make lasting diet and lifestyle changes by having them stay accountable and motivated to reach their goal. During their sessions, clients can expect to discuss a variety of topics such as what they eat and drink daily, physical activity, stress management techniques, and morn-

ing and nighttime routines. Rose provides personalized recipes, grocery lists and specific recommendations after each session. Private virtual yoga and meditation classes are available upon request. Rose works with women that experience difficulty losing weight, painful periods, polycystic ovary syndrome, anxiety and stress, or that want to learn to cook healthier at home for themselves and their family.

Rose takes a holistic approach to health and wellness. Instead of just focusing on symptoms, she believes it is much more effective to get down to the root cause in order to make lifelong changes.

For a free health consultation and more information, visit CamilleRoseWellness.com. See ad, page 13.

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The Safe and Conservative Use of Bio-identical Hormones

by Robin Leder

At some point in the lives of nearly all women and many men, an issue arises of the possible need for sex hormone replacement therapy. For women, this typically occurs with the onset of perimenopause or menopause. For men, this may occur at any age, even in one's twenties. When symptoms occur that suggest the necessity for hormone replacement, blood testing can be done although results must be paired with clinical reality. If low levels are established via testing, and/or clinically suspected, a course of hormone replacement monitored by an experienced physician is potentially in order. In a discussion about implementing hormone therapy, several questions arise:

Which kind is best?

Hormones are in our bodies all of our lives. The replacement hormones used in most traditional settings are manufactured with chemical alterations to allow pharmaceutical companies to brand and patent them. These hormones are not identical to those found in our bodies, and so, cannot interplay physiologically as can natural hormones. There does exist a class of hormones that are manufactured to be exactly the same in chemistry as innate bodily hormones, produced by smaller manufacturers. These are termed "bio-identical hormones", and they function just like those that have been in your body from day one.

Why are bio-identicals "better?"

First, they interact naturally with your body chemistry, as if your body made them itself. Second, they can be given with much greater precision, customized to each individual to

decimal specificity, and changed with the body's changing needs.

Are bio-identicals safe?

Used at low levels, they are not only safe, and provide relief from the many symptoms of hormone deficiency, but also, while taking them, a solid program of safety should always be part of any protocol. This would include:

- Balancing effective estrogens (E1, E2) with anti-carcinogenic estrogens (E3)
- Monitoring levels so they stay within guidelines
- Radiological/manual testing of the pelvic organs and prostate
- Switching from mammographic breast irradiation to thermology, a sensitive noninvasive breast screening tool
- Regularly using supplements tailored to protect the breasts, pelvic organs and prostate

What is the best way to administer bio-identical hormones?

This requires a thorough discussion with each individual to understand lifestyle and explain the pros and cons of each available treatment method. Methods include compounded topical creams, oral tablets, sublingual lozenges, vaginal suppositories, topical patches, pellet inserts, and intramuscular injections. Each of these has multiple pros and cons, and although one may more closely mimic physiology than another, it may not be right due to lifestyle, side effects, or lack of absorption in a given patient. It is impor-

tant that the physician explains the methods clearly and objectively and works with the patient to find the uniquely ideal solution for them.

How often are bio-identicals used?

Again, this is a personal choice partly related to method. Dosing may be daily, several times a day, weekly, or every few months. So, various regimens must be tailored to suit each person. Therapy can be continued for life to maintain benefits unless there is some specific contraindication.

Bio-identical hormones can offer so much more than symptom relief period they can improve the heart, muscles, bone, cognition, skin and hair, sleep, and overall longevity. Creating the right program with the right physician, and monitoring it regularly is critical to safety and success. It is a conversation well worth having with your doctor.



Robin Ellen Leder, M.D. provides functional medicine guidance at her office in Hackensack, NJ. After working with Dr. Robert Atkins, she opened her own office and there she has treated multiple thousands of patients seeking assistance with hormonal imbalance, fatigue, gut issues, psychological concerns, autoimmune disease and various forms of toxicity. In-depth, innovative testing, nutritional counseling, IV therapy, chelation therapy, and psychological counseling are all offered to patients on a one-on-one basis with the doctor. More is available at her website, drrobinleder.com. See ad, page 3.

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Food Trends for 2024

What We're Looking for at the Dinner Table

by Carrie Jackson

Few factors are as important to overall wellness as our diet. Besides taste and nutritional value, food preferences are influenced by convenience, availability, cost and personal values. Trends are shifting away from fad diets to more balanced eating, as people across generations are focused on living healthier well into their golden years. Equally as urgent is a demand for more sustainable products and manufacturing practices as consumers become increasingly aware of the impact their food choices have on the planet.

Dr. Melinda Ring is the executive director of the Osher Center for Integrative Health at Northwestern University, in Chicago. As a leading center for integrative medicine, their team helps patients achieve optimal health through innovative, whole-person care. Ring says that personalized nutrition, plant-forward diets and longevity protocols are overtaking older trends like low-carbohydrate or high-fat fads.

"In recent years, there's been a movement away from highly restrictive diets toward more balanced, sustainable eating patterns that emphasize whole foods over highly processed alternatives," says Ring. "Interest in local food sources is growing, driven by concerns about sustainability and food quality. While the pandemic highlighted concerns about access to healthy food for all, busy lifestyles continue to make convenience a key factor influencing food choices."

Ring cites nutritional psychiatry as a burgeoning field. "Emerging research suggests a link between diet and mental health, with diets rich in fruits, vegetables and omega-3 fatty acids potentially benefiting mood and cognitive function," she explains. Ring adds that there is an increasing focus on incorporating protein for overall health, as well as personalized nutrition, in which advances in genomics and biotechnology are used to tailor dietary recommendations to individual genetic, lifestyle and health factors.

Frances Largeman-Roth, RDN, is a *New York Times* bestselling author and nationally recognized health expert. Her latest book, *Everyday Snack Tray*, outlines fun, flavorful and nutrient-dense charcuterie boards for every occasion. She asserts that members of Generation Z—those born in the late 1990s and early 2000s—are driving many of the current shifts in food and beverage choices.

"The sober movement is rapidly gaining momentum, with an influx of mocktails, non-alcoholic beer and zero-proof wines on the market," she explains. "People in their 30s and older are realizing that alcohol interrupts their sleep and are looking for other ways to relax at night. They're also moving away from caffeine, which has a long half-life, so while the body

may feel tired at night, the brain is still triggered. Fast-casual restaurants and cafes have increased their selection of fruit-forward, caffeine-free drinks, and a new all-natural brew called figgee, made from ground figs, is emerging online."

Zoomers tend to be more conscious of the connection between their food decisions and impacts on the planet, which explains why they are more likely to choose and demand sustainably grown and packaged products. "This generation is drawn to brands that have carbon buy-back programs or help sequester nitrogen in their manufacturing," says Largeman-Roth. "While we've seen an influx of meat alternatives in the past, there's starting to be a pushback against the ones with long ingredient lists that are highly processed. Rubi protein made from lemna, or duckweed [a free-floating, aquatic plant], is gaining popularity as a plant-based protein alternative. It contains nine essential amino acids and uses 10 times less water to grow than soybeans and 100 times less water than beef. And, people are turning to the root system of mushrooms, instead of the caps, as a higher protein source. Their versatility makes them ideal for nuggets, jerky and other substantial snacks."

Consumers are looking for foods that can help regulate blood sugar, especially as more of the population is concerned about pre-diabetes. "People are continuing to choose nuts, beans and other high-protein boosts to refuel after a workout or in-between meals," Largeman-Roth points out. "Products such as Good Measure bars, made of almonds, peanuts and pumpkin seeds, are emerging as nutrient-rich and satisfying snacks. Consumers also realize how important fiber is for gut optimization, skin quality and mental health. Perhaps most top-of-mind in a post-pandemic world, it's vital for immune health, as well. Overall, people of all ages want products that make them feel better and fit into their lifestyle. A lot of boxes have to be checked for people to try a new product, and food manufacturers are stepping up."



Perhaps taking a cue from the younger generation, members of Generation X—Americans born between 1965 and 1980—are pioneering a new approach to healthy aging to help them thrive in their diverse lifestyles. According to the global market research company Mintel, aging concerns that were once considered taboo, such as menopause, are now being openly discussed.

“The new focus for our aging society will be an extended healthspan—the period of life spent in good health,” says Mintel Principal Analyst Jolene Ng. “This is an important shift, as population aging is a defining global trend of our time. By 2030, one in six people in the world will be aged 60 years and older, according to the World Health Organization. Brands need to consider the various nutritional, physical and mental health needs for middle-aged and older adults. Opportunities to improve healthspan include maintaining brain function with age and functional health solutions for common problems like disrupted sleep.”

Increasingly, Gen Xers aged 44 to 58 prioritize sleep as a tool for improving overall physical and emotional health. “Research has shown that total sleep time, sleep efficiency and deep sleep decrease with age,” says Ng. “Brands are focusing on innovating products with nutrients such as fiber or botanicals like lavender that can improve sleep quality. Products such as Bardo’s Calm snacks, which contain lemon balm and thyme, are emerging as a snack option for Gen Xers who are interested in trying food that supports relaxation.”

Many consumers are part of the “sandwich generation,” a term used to describe people in their 30s or 40s that are raising children while also caring for aging parents. Ng notes that brands are adjusting product lineups and marketing campaigns to address the specific requirements of these families. She expects to see more services like Magic Kitchen, which, she explains, is “a meal kit service that offers a range of healthy, dietitian-designed meals for families with different health needs, including seniors. Their objective is to bring families together during dinnertime, while respecting the specific dietary needs of individuals within the family unit. Brands also can help ease the stress and strain on these compound caregivers by offering convenience products and helpful tools for themselves and the loved ones they care for.”

Historically, food and beverages have been a source of great pleasure and social interaction, and Mintel Food & Drink Director David Faulkner envisions this as a continuing trend. “Just as we saw during COVID-19, food and drink will be the go-to source of comfort for consumers, delivering precious moments of joy,” he says. “It will be all the more relevant during the worsening climate crisis for food and drink companies to position pleasurable products as necessities, not as guilty self-indulgences.”

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. Connect at [CarrieJacksonWrites.com](https://www.CarrieJacksonWrites.com).



Emerging Trends in Fitness

The Latest From Workouts to Wearables

by Kimberly Whittle

Multiple studies report that an active lifestyle offers mental and physical benefits, as well as a longer healthspan. Workout strategies and fitness equipment are continually evolving to meet changing consumer interests, incorporate scientific discoveries and take advantage of technological advancements. Here is a look at the latest emerging trends in fitness.

In-Person Versus Online Fitness Programs

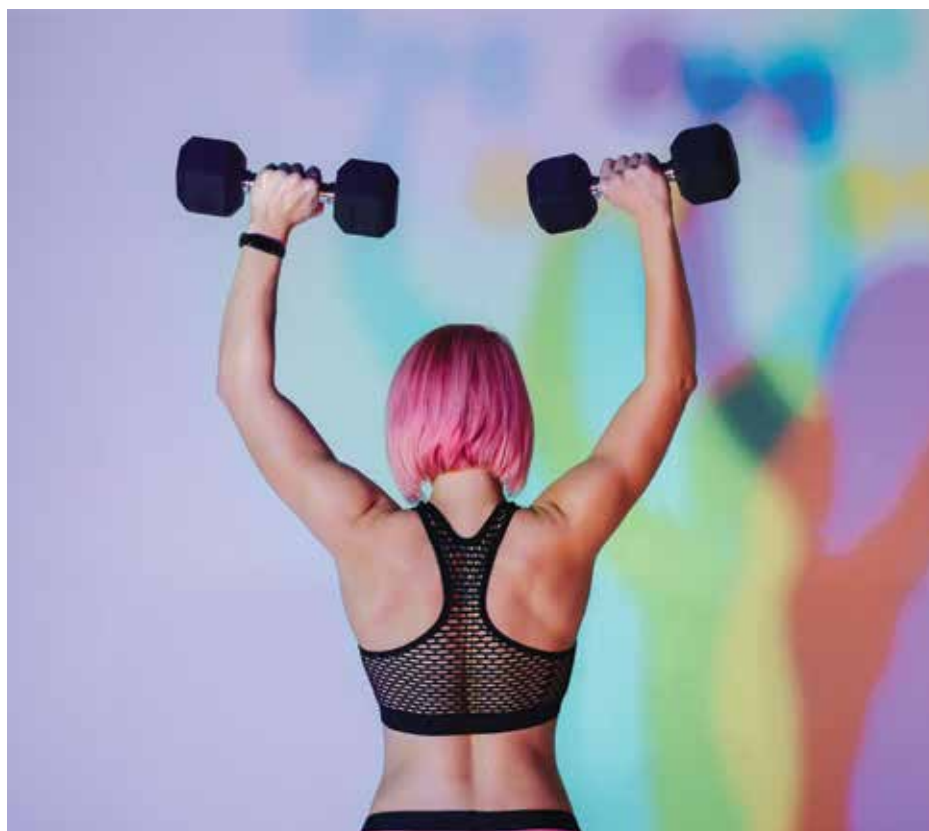
Connected fitness equipment that replicates the gym experience at home with online programs led by professional trainers has experienced a downturn in sales since the end of the pandemic. Lululemon Studio Mirror went out of business and Peloton has lost 40 percent of its value. The financial struggles for connected fitness are expected to continue in 2024

as consumers seek in-person connections in the post-pandemic world. The International Health, Racquet and Sportsclub Association's annual member survey reports a rise in gym and studio memberships and revenue across low-cost, luxury and boutique facilities; this upswing is expected to continue.

Advances in Technology

Wearable devices that track workouts, steps and active minutes, and use biosensors to monitor health data like heart rate, blood pressure and sleep patterns continue to be popular as their functionality expands. Enhancements to popular devices include Apple Watch's ability to identify abnormal heart rhythms; Fitbit's improved accuracy of health and fitness monitoring and storage software; and NADIX Activewear's capability to tell if yoga moves are being performed properly.

Tech companies are expected to continue to improve the accuracy of their sensors, technology and connectivity, as wearables are part of a broader trend toward data-driven training. Real-time statistics like heart rate, velocity and speed can help individuals monitor the effort and intensity of workouts and help coaches tailor programs to each client, even in group settings. Companies like Meta and Les Mills are also expanding virtual reality for workout applications, allowing users to visit surreal locations for real fitness results without leaving home.



Da Antipina/Shutterstock

New Weight-Loss Drugs

A combination of aerobic exercise, strength training and diet can improve metabolic function, reduce body fat and increase the chances of maintaining a healthy weight. A new class of drugs called glucagon-like-peptide 1 (GLP-1) agonists, such as Ozempic and Trulicity, which have been used to treat Type 2 diabetes, also lead to weight loss and may improve heart health.

“This class of medications is not a replacement for exercise,” stresses Steven Masley, M.D., a physician, nutritionist and author of *The 30-Day Heart Tune-Up*. “The drugs’ mechanisms of actions are very different; they are dramatically more expensive; and they have occasional worrisome side effects—in contrast with exercise that has multiple health benefits. Exercise does not just enhance weight loss and blood sugar control, it also improves brain function, helps you with sleep, reduces stress, strengthens bones, improves intestinal function and improves mood. For those taking GLP-1 medications, the best results will occur when they are combined with exercise.”

Blending of Health, Wellness and Fitness

An emerging trend is the blurring of lines between health clinics and fitness centers. Some medical offices are adding personal trainers to their teams in order to complement the work of doctors and nurses, while fitness centers are acquiring or developing their own clinics to prescribe weight-loss drugs, hormone replacement protocols, integrative therapies and infrared sauna sessions. One such example is Life Time Fitness’ flagship health club in Minneapolis.

Strength Training Craze

Strength, or resistance, training continues to grow in popularity, especially among Generation Z-ers that love to post photos of their fit selves on social media and appreciate the science-based benefits, including

muscle building, cardiovascular improvements, increased bone density, reduced body fat and stabilized joints.

A study of more than 400,000 people published in the *British Journal of Sports Medicine* found that those regularly practicing strength training along with aerobic exercise had a lower risk of death than those that performed only aerobic training. Another analysis from the same journal suggested that regular strength training was associated with a 10 to 17 percent lower risk of cardiovascular disease, diabetes, lung cancer and overall mortality.

In response to this emerging trend, Nike has developed a new line of strength training equipment; Pure Barre launched Define, a low-impact class that incorporates heavier weights; and Orangetheory Fitness expanded its workout offerings to include strength training.

Fitness in the Workplace

Some companies recognize the benefits of offering employees access to fitness facilities and health education classes, which lower insurance costs and increase productivity and mental health. If changes advocated by an American College of Sports Medicine task force come to fruition, billings for services by fitness professionals would be covered by insurance.

Staying Active for Mental Health

In a survey by Lyra Health of U.S. corporate employee benefit leaders, 95 percent of respondents said that mental health benefits are very important to prospective employees. Regular physical activity and exercise can boost mood and improve mental health, and individuals are increasingly recognizing their worth.

Kimberly Whittle is the founder and CEO of KnoWEwell, P.B.C. and the CEO of Natural Awakenings Publishing Corporation.

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Ear Infections

Holistic Treatments for Kids

by Jennifer Zethner, RN, MS, CPNP

More than two-thirds of children develop at least one ear infection by the time they are 3 years old, and a third of these kids experience three or more episodes. “Ear infections may be painful, can lead to complications and are stressful for the child and their parents,” says Andy Smith, a chiropractic doctor who treats adults and children in Den-ville, New Jersey. But as children grow, the structures in their ears enlarge, their immune systems strengthen and their risk of infections decreases, with most youngsters outgrowing ear infections by age 5.

The common ear infection, or acute otitis media (AOM), is caused by a buildup of mucus in the middle ear and is accompanied by pain, fever, redness, swelling and possibly discharge, as viewed through an otoscope by a pediatric provider. Mucus can develop from nasal congestion and cough associated with the common cold, as well as from inflammation caused by diet, allergens, smoke, mold and other environmental toxins.

Symptoms of an ear infection in babies and toddlers include tugging on their ears, irritability and fever. Older children may complain of ear pain that may worsen when laying down, have a fever or display irritability, clinginess, decreased activity, loss of appetite, dizziness, vomiting or difficulty hearing. AOM may be caused by bacteria or viruses. The American Academy of Pediatrics strongly urges pediatric providers to wait and watch before prescribing antibiotics for ear infections because they often clear on their own within two to three days.

Children may also develop fluid in the middle ear without signs of an infection, pain or fever. Middle-ear fluid can be chronic and may lead to hearing loss and speech delays. Symptoms can include complaints of difficulty hearing, lingering cough and

nasal congestion, or no symptoms at all. If a child is diagnosed with AOM and does not have pain or fever, parents should work with their pediatric provider to address the cause of the buildup of fluid rather than treat it with unnecessary antibiotics.



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Prevention Strategies

Ear infections may be prevented by avoiding foods that lead to inflammation and mucus development. Many parents report their child's first ear infection between 1 and 2 years old when they switch from formula or breast milk to dairy, including milk, butter, yogurt, cheese and ice cream. Dairy may also be an ingredient in prepared or processed foods found at the grocery store. Dairy is associated with recurrent AOM because it causes mucus production in the body.

Frequent ear infections may also be caused by other food sensitivities or allergies to eggs, nuts, soy, corn or gluten, as well as exposure to environmental allergens. A child with recurring infections should consider a food elimination diet to identify the culprit. Avoiding exposure to tobacco smoke, wood burning stoves, scented detergents, shampoos, conditioners, body care products, candles, air fresheners and other artificially scented items can also decrease the risk of developing an ear infection and its symptoms.

Breastfed infants have a decreased risk of developing ear infections, according to a study in the journal *Pediatrics*. A healthy diet for a child or breastfeeding mom aids in optimal bowel function, which decreases the risk of mucus proliferation. Healing foods include organic, leafy greens and other vegetables; seasonal fruits; seeds; nuts; beans; seafood; seaweeds; whole grains; healing roots, such as turmeric and ginger; and plenty of water.

Natural Treatments

- Rest.
- Increase fluid intake, but avoid overly sugary drinks.
- Eat a healthy diet that includes warm, home-cooked meals that include garlic, onion, turmeric and ginger.
- Avoid dairy, processed foods and sugary, floury, cold and raw foods.
- Ear drops containing mullein or garlic oil assist in decreasing inflammation associated with AOM, unless there is discharge from the ear, which can indicate a ruptured eardrum. Breast milk can also be used as ear drops to decrease inflammation.
- Gentle massage with essential oils containing oregano or lavender to the outer ear and surrounding area assists in clearing mucus. However, never place these oils inside the ear.
- "Chiropractic care is often effective in decreasing the symptoms and removing the cause of AOM," says Smith. "It enhances the brain-ear neurological control. A chiropractic treatment also improves cervical and thoracic lymphatic drainage, which allows the inner ear to properly drain."
- Homeopathic remedies, such as belladonna, ferrum phosphate, pulsatilla, chamomilla and silica, may reduce symptoms. For optimal results, consult with a homeopath.
- Vitamins C and D, zinc and elderberry boost immune function and aid in fighting many infections. Check with a pediatric provider to determine the appropriate dosage for a child.

As a holistic pediatric nurse practitioner on Long Island, New York, Jennifer Zethner focuses on the root cause of chronic and acute childhood conditions.

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Forest Stewardship

Spanning more than 31 percent of our planet's land, forests produce clean air and fresh water, offer a home to a multitude of plants and animals, and sequester enormous amounts of carbon from the atmosphere. And yet, human activity threatens these natural settings with deforestation, climate change and illegal logging. Here are actions we can take in celebration of International Day of Forests on March 21 and every day to ensure the future of our woodlands.

Support sustainable forestry. When purchasing wood, paper and other forest products, look for those that come from sustainably managed forests or are certified by reputable organizations like the Forest Stewardship Council (fsc.org) or BM TRADA (bmtrada.com).

Plant trees. Get those hands dirty and participate in tree planting initiatives with organizations such as the Arbor Day Foundation (ArborDay.org).

Reduce, reuse and recycle. Opt for recycled and eco-friendly products that lessen the demand for new products that may contribute to deforestation. Remember to recycle paper products to conserve valuable forest resources.

Go digital. Embrace digital solutions that minimize the need for paper. Store important documents electronically, read e-books instead of printed ones and consider digital alternatives before printing something.

Back sustainable livelihoods. Many communities depend on forests for their livelihoods. Encourage fair trade practices that support sustainable, forest-based industries, such as those promoting non-timber forest

products like honey, nuts, mushrooms, palm oil and maple syrup.

Engage in advocacy. Join local or global organizations dedicated to forest preservation and conservation such as the Rainforest Alliance (Rainforest-Alliance.org), The Nature Conservancy (Nature.org), Sierra Club (SierraClub.org) or Trees Forever (TreesForever.org). Each voice helps shape policies and promotes sustainable practices on a larger scale.

Educate others. Share knowledge about the importance of forests and their challenges. Organize workshops, give talks or simply have conversations with friends and family to raise awareness and inspire action.

Practice responsible tourism. When exploring forested areas, minimize the impact by following designated trails, respecting wildlife habitats, refraining from touching or feeding wild animals and taking trash home.

Support forest restoration initiatives. The Global Restoration Initiative (GRI) works with governments, businesses and communities worldwide to restore degraded forests and bring back life to these vital ecosystems. Consider supporting GRI (wri.org/initiatives/global-restoration-initiative) or local initiatives like American Forests (AmericanForests.org), Pennsylvania Parks & Forest Foundation (PAParksAndForests.org) and Tree Folks (TreeFolks.org) through donations or volunteer work.



Yang Zhen Siang/Shutterstock.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/.

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

Sunday, March 3

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 or call 973-713-6811

Free Reiki Share for all Reiki Practitioners—3:30-5:00pm. Calling Reiki Practitioners, come join us for a reiki share and reconnect to this wonderful healing modality. Call 201-788-6322 to register! Visit Website at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

Past Life Regression—2:30pm-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.

Wednesday, March 6

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

Saturday, March 9

Newborn Care/Take Care of Your Baby—9:30am-12:30pm. 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. Ridge-wood Ave, Suite 501N, Paramus, NJ.

Sunday, March 10

Ayurveda and Yoga Workshop—3:00pm-5:00pm. Come and enjoy a fun and informative Ayurveda yoga experience. This 2 hr. workshop will introduce you to the amazing Science of Ayurveda and Vata, Pitta and Kapha which represent Earth, Wind and Fire. Call 201-788-6322 to register! Visit Website at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

Monday, March 11

Ask the Nurse: Adult Health and Wellness—10:00am-12:30pm. Get your life back on track and learn to live a healthy lifestyle. Program led by a registered nurse. Call 201-891-2081 & TiffanyR@wyckoffymca.org to register! Visit Website & Register at wyckoffymca.org. Location: Wyckoff Family YMCA, 691 Wyckoff Avenue, Wyckoff, NJ

Tuesday, March 12

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. Contact grafcenter@ehmchealth.org or 201-608-2377 or Visit Website & Register at www.Englewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street Englewood, NJ

Story Time Meditation and Music for Families—11:30am-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

Aging Appetites: Managing Hormonal Changes and Hunger—6:00-7:00pm. Learn how to manage hormonal changes with

proper nutrition and acupuncture. Contact grafcenter@ehmchealth.org or 201-608-2377 or Visit Website & Register at www.Englewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street, Englewood, NJ

Wednesday, March 13

All About Weight Loss Surgery—6:00-7:00pm. Join us for an informational session discussing the medical and surgical options for treatment of obesity. Visit Website at valleyhealth.com/events. Location: Valley Health System, Dorothy B. Kraft Center, 15 Essex Road, Paramus, NJ.

Thursday, March 14

Pickleball, America's Fastest Growing Sport!—6:00pm-7:00pm. Join us to find out more about this popular sport and how it can be beneficial to your health. Visit Website at valleyhealth.com/events. Location: The Valley Center for Health and Wellness, 1400 MacArthur Blvd., Mahwah, NJ.

Friday, March 15

Salt & Yoga Nidra Clases—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. Class available to register at cattleyatrianaesp.com. Location: 5-05 Saddle River Rd Fair Lawn, NJ 07410.

Sunday, March 17

Singing Bowls Sound Healing—2:00-3:00pm. 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.

Wednesday, March 20

Mommy & Me Walking Group—9:15 am. Bring your little ones and get moving with moms in your community. Email Thrive@valleyhealth.com for queries and questions! Visit Website at valleyhealth.com/events. Location: The Valley Center for Health and Wellness, 1400 MacArthur Blvd., Mahwah, NJ.

Thursday, March 21

Flipping the Pain Switch—2:00-3:30pm. Through effective pain management, healthcare providers can help people manage all types of discomfort. Find out more about managing your pain so you can enjoy life. Visit Website at valleyhealth.com/events. Location: The Valley Center for Health and Wellness, 1400 MacArthur Blvd., Mahwah, NJ.

Saturday, March 23

Childbirth Preparation (Lamaze)—10:00am-1:00pm. This class explores a wide range of techniques for creating a safe and satisfying birth experience. This class is also for patients

with multiples. Class fee includes participant and 1 adult partner, two seats will be reserved. Call 201-291-6151 & familyeducation@valleyhealth.com to register! Visit Website at valleyhealth.com/events. Location: The Valley Center for Health and Wellness, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Sunday, March 24

Free Holy Fire Reiki Healing Circle—3:30-5:00pm. For everyone from beginners to Reiki Masters, these circles are a great opportunity to exercise your interest in this ancient Japanese art of healing and enhance your knowledge in a group setting. Call 201-788-6322 to register! Visit Website

at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

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://saltoftheearthcfc.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd. Chestnut Ridge, NY.

Access Bars Class—10:00am-6:00pm. By learning or receiving the Access Bar technique, you can give yourself and your clients, friends, family, and co-workers the care, kind-

ness, and nurturing you require with total ease. Call 201-491-6592 or Email msvee@alohahealthandwellness.com to register! Visit Website at www.alohahealthandwellness.com. Location: A Therapy Life Center, 132 Midland Ave Suite A, Garfield, NJ.

Monday, March 25

Grandparent Class—6:00-7:00pm. Join us in learning how to support, strengthen, and empower your adult children in their new adventure! This class fosters a better understanding between parents and grandparents. Email familyeducation@valleyhealth.com to register! Visit Website at valleyhealth.com/events. Location: The Valley Center for Health and Wellness, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Wednesday, March 27

Community Health & Wellness Expo—5:30-7:30pm. Join us for our first interactive health expo in collaboration to support you in making healthy changes and building a healthy future for yourself and your family! Visit Website at valleyhealth.com/events. Location: The Valley Center for Health and Wellness, Ikea, 100 Ikea Dr, Paramus, NJ

Tuesday, April 2

Pack It Up: Learn to Live a Smoke-Free Life (4-Session Series)—6:00-7:00pm. Our group smoking cessation program will teach you strategies to commit to quitting smoking. Contact grafcenter@ehm-health.org or 201-608-2377 or Visit Website & Register at www.inglewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street Englewood, NJ.

Sunday, April 7

Sound Bath led by Jim Angelico—3:30-5:00pm. From the center of sound therapy—A sound bath is an experience where you are immersed in the deep sound vibrations of quartz crystal singing bowls, gongs, drums, flutes and other instruments. Call 201-788-6322 to register! Visit Website at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

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://saltoftheearthcfc.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd. Chestnut Ridge, NY.

Sunday, April 14

Scents and Sensibility Essential Oils Part 2—3:30-5:00pm. Come learn about new line of Essential Oils, Some and do's and don'ts when working with oils as well as learning about some of the amazing benefits. Call 201-788-6322 to register! Visit Website at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.



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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 17.*

IAN THOMSON, D.C., MSACN

Chiropractor
Town Physical Therapy
Town-Pt.com
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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 17.*

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—Robert H. Schuller



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JacquieBirdSpiritualWellness.com
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 11.*

YOGA

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Zeni Pepper
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Pure Bliss Yoga was founded by Zeni Pepper, a lifelong yoga and meditation practitioner, who regularly leads classes, workshops, teacher trainings and retreats. Echoing her multi-faceted life experiences, Zeni's yoga classes are varied and deep, infused with energetic practices, philosophy, mythology, poetry and spirituality. She teaches a broad range – from intelligently weaved vinyasa flows, to blissful restorative yoga, meditation and yoga nidra, in group, private or corporate settings. You can follow and connect with her on Facebook or Instagram @zeniyoga. *See ad, page 19.*



CALENDAR

Check out the latest events at
NANorthNJ.com/calendar

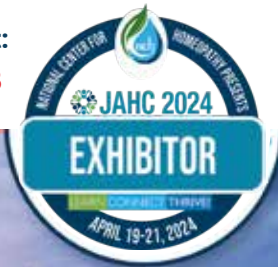
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