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EXPLORING BEYOND THE CLASSROOM

Nurturing Healthy Minds
Through Travel

GET FIT AND GET OUTSIDE

How to Prepare for
Outdoor Treks

A LOOK AT SINGLE-USE PLASTICS

Understanding the
Challenges and Solutions

Eco-Travel



NORTHERN NEW JERSEY EDITION

APRIL 2024

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

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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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- 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.

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letter from publisher:



Spring Is On!

The birds are chirping, the sunlight feels a little more brighter and warmer, and the flower garden is blooming! The promise of warmer weather changes everything as we start planning for summer vacations. To bring some new ideas to our feature article, we are showcasing plenty of adventurous destinations that can also be serene and helpful to Mother Nature.

One avenue is via agritourism; experience a farm and see up close their farming techniques, fresh produce and land conservation; a totally different experience than commercial vacation destinations.

Even better is to go out locally. You don't even have to take time off from work. Make it part of your lifestyle to spend time in outdoors with your family and friends. It could be visit to a nearby park, or find a hiking trail with a group of friends. Interest in hiking is at all-time high, something almost everyone can share.

Last but not least, we have Earth Day on April 22. Check out my daughter Aviana's suggestions to make it a special day for yourself and contribute toward preserving the environment.

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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Location: Paramus. To preregister (required) or book a private session, call 201-655-3836. For more information, visit [Access Consciousness.com](http://AccessConsciousness.com) or citm-drfinn.com. See ad, page 17.

Orloff Debuts New Book with Special Event

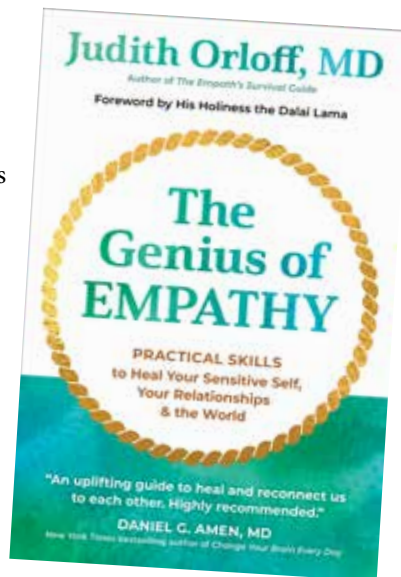


Dr. Judith Orloff will conduct an online global empathy event based on her new book, *The Genius of Empathy*, from 5 to 7 p.m. EDT, April 20. She says, "We can all learn how to harness empathy as a superpower. And when you do, it will accelerate your healing process in all areas of your life."

Orloff, a UCLA psychiatrist and *New York Times* bestselling author, presents empathy as a healing force that can transform the relationship with

ourselves, with others and communities. She is extending an offer of a special Empathy Gift Collection valued at \$300 plus her new eBook *4 Ways Empathy Can Empower You & Your Relationships* with each purchase.

To purchase the book and receive bonus gifts, visit DrJudithOrloff.com/order-confirmed/genius-of-empathy-book-launch. See ad, page 9.



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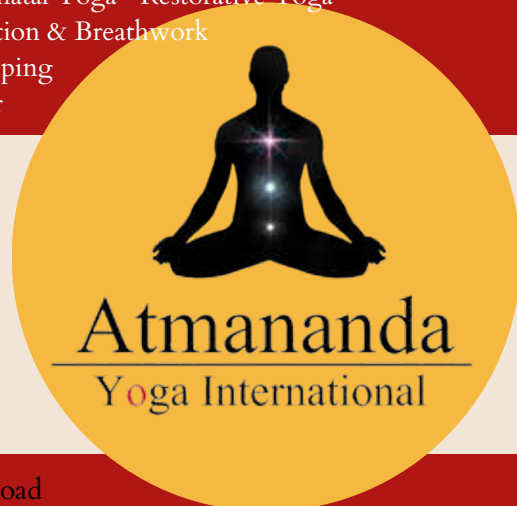
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ment for reducing the circumference of the hips, arms, waist and thighs. They are offering a special rate of \$99 (reg. \$344) plus free acupressure earseeds for the first session only from noon to 5 p.m., April 9, 16, 23 and 30.

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

Location: 1069 Ringwood Ave., Ste. 311, Haskell. For appointments (required) and more information, email Angela@Beautyfio.com or visit InnerBeautyNJ.com. See ad, page 21.



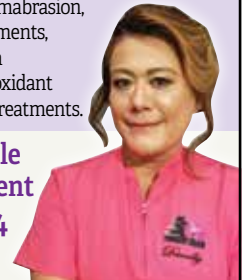
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New Way to Diagnose Autism

According to a 2023 study by Yale scientists published in the journal *Nature Neuroscience*, two distinct neurodevelopmental abnormalities that arise shortly after the start of brain development have been linked to the emergence of autism spectrum disorder (ASD). The researchers created brain organoids using stem cells from 13 boys with the disorder, including eight with macrocephaly, a condition in which the head is enlarged. The organoids were small replicas of developing brains that mimicked neuronal growth in the fetus.

The study found that children with ASD and macrocephaly showed an excessive growth of excitatory neurons, while those without macrocephaly exhibited a deficit of the same type of neurons. Measuring the prevalence of certain types of neurons, as was done in this study, could help doctors diagnose autism and also identify which autism cases might benefit from existing drugs that treat excessive excitatory neuron activity.

County Declares Loneliness a Public Health Crisis

San Mateo County near San Francisco is the first county in the U.S. to declare loneliness a public health crisis. The resolution, which commits the county to address the issue but does not set aside funds to reduce loneliness, was inspired by the United Kingdom and Japan, which appointed ministers to tackle the problem. Future efforts by San Mateo County may include investments in infrastructure to make neighborhoods more accessible, social media posts that encourage social interaction, and the earmarking of community mental health dollars for organizations that develop or offer solutions.

Loneliness has been associated with increased risk of dementia, depression, anxiety, heart disease and stroke. A British study found that those that lived alone and had no visitors had a 39 percent increased risk of premature death compared to those visited by loved ones daily.



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Dr. Anne Deatly
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PASS US AROUND

Please share



with friends and family

Tips for Freshening Up Bad Breath

by Dr. David Hanna

Bad breath, medically known as halitosis, is a common oral health issue that can significantly impact confidence and social interactions. While occasional bad breath is normal, chronic halitosis can indicate underlying oral health problems or lifestyle habits. However, we can combat bad breath and regain fresh, confident breath with proper understanding and effective remedies.

Fresh Breath Tips

1. Maintain proper oral hygiene: Regular brushing, flossing and tongue cleaning are essential for removing food particles and bacteria that contribute to bad breath.
2. Stay hydrated: Drinking plenty of water helps stimulate saliva production, which naturally cleanses the mouth and neutralizes odor-causing bacteria.
3. Watch the diet: Limit consumption of strong-smelling foods such as garlic, onions and certain spices, and incorporate fresh fruits and vegetables that promote saliva production and freshen breath.
4. Chew sugar-free gum: Chewing sugar-free gum can help stimulate saliva flow and mask bad breath temporarily.
5. Use mouthwash: Choose an alcohol-free mouthwash containing antibacterial ingre-

dients to reduce bacteria and freshen breath without causing dryness.

6. Practice good habits: Avoid tobacco use, which can cause dry mouth and contribute to bad breath, and schedule regular dental check-ups to detect and address any underlying oral health issues.

Oral Hygiene Techniques

1. Brushing: Use a soft-bristled toothbrush and fluoride toothpaste to brush teeth twice a day, including all tooth surfaces and the tongue.
2. Flossing: Clean between teeth and along the gumline daily using dental floss or interdental brushes to remove plaque and food debris.
3. Tongue cleaning: Gently scrape the tongue using a scraper or the back of a toothbrush to remove bacteria and residue responsible for bad breath.
4. Mouthwash: Rinse with an alcohol-free mouthwash after brushing and flossing to kill bacteria and freshen breath.
5. Hydration: Drink water throughout the day to keep the mouth moist and maintain saliva production, which helps wash away bacteria and food particles.

Halitosis Solutions

1. Identify underlying causes: Consult with a dentist or healthcare professional to identify and address any underlying oral health issues such as gum disease, cavities or dry mouth that may contribute to halitosis.
2. Treat oral infections: If there are untreated oral infections such as gum disease or tooth decay, seek appropriate treatment to eliminate bacteria and restore oral health.
3. Address dry mouth: If medications or medical conditions cause dry mouth, talk to a healthcare provider about possible solutions such as saliva substitutes or adjusting medication dosage.
4. Professional cleanings: Schedule regular dental cleanings to remove plaque and tartar buildup that can harbor bacteria and contribute to bad breath.
5. Lifestyle changes: Adopt a healthy lifestyle by quitting smoking, avoiding excessive alcohol consumption and maintaining a balanced diet to improve overall oral and systemic health.

Dr. David Hanna, owner of Town Dentist, has locations at 122 E. Ridgewood Ave., in Paramus (201-345-3898); and 115 Grand Ave., in Englewood (201-304-7077). For more information, email DentistParamus@gmail.com or visit TheTownDentist.com. See ad, page 17.



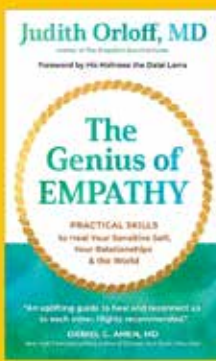
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Judith Orloff, MD
Foreword by His Holiness the Dalai Lama


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Exploring the Path to Inner Harmony with Meditation and Mindfulness

by Lois Kramer-Perez, C.Ht

Finding calm amidst the chaos can often feel like an overwhelming challenge, yet we already have the power—our breath. This is the connection to meditation and mindfulness. According to doctors and many health practitioners, embracing these practices not only enhances well-being, but it can also contribute to preserving life itself.

Meditating regularly has become a foundation of holistic health, with the ability to significantly lower blood pressure as one of its many benefits. Beyond the physiological effects, meditation provides us with the mental stamina to manage the stress and uncertainty we all face daily.

The beauty of meditation is its accessibility and ease of learning. With an open mind and a willingness to explore, we can easily begin a journey of self-discovery using techniques such as breathing, guided imagery, music and crystal bowls as guides along the way.

Meditation is just skimming the surface. Imag-



ine having the ability to manage our energy being anywhere, with anyone, regardless of what is happening around us. We can even learn how other people trigger feelings and emotions that are not relevant to our mood at that time.

The first step on the road of peace is using our breath. When we are stressed or anxious, we hold our breath without even realizing how

often it becomes shallow. To experience it right now:

Sit up comfortably, feel our feet on the floor, close our eyes and take three deep breaths. Pay close attention and feel how deeply we can move our breath into the body; imagine we can breathe all the way to our feet.

Now do it again, but on the next three deep breaths, imagine we are breathing in only what is beneficial for us right now (peace and calm) and as we exhale, imagine we are exhaling all the stuff that stresses us out.

This is meditation.



Experience the path to inner harmony every Thursday with Lois from 10:30 to 11:30 a.m. at bit.ly/WeeklyOnlineCircleLois. For more information, call 201-906-5767 or visit LoisKramerPerez.com. See ad, page 23.

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The Placebo Effect of Believing in Our Health

by Anne Deatly

Our mind, body and spirit work together for our highest good. The wisdom within guides wants us to be in homeostasis, balance and harmony, but we don't always listen. The placebo and nocebo effects are prime examples of the power and the reality of the mind-body connection. The placebo effect is the result of a belief that a treatment will solve the health problem or heal a disease or chronic condition even when the recipient doesn't receive the real treatment, drug or vaccine. The belief determines the outcome.

In well-designed clinical trials, the number of participants must be significantly high to determine a statistically significant difference between the results of the test drug and the control group which receives the placebo.

A clinical trial research team testing potential viral vaccines years ago witnessed the consistency of the placebo effect. The placebo effect is usually 30 to 35 percent of the control, non-drug or non-treatment group receiving a beneficial outcome. But if 35 percent of the clinical trial recipients were positively affected by the sugar pill or sham treatment, that percentage might be increased without drugs or vaccines simply by understanding how the placebo effect really works.

The nocebo effect works the opposite way. It is the result of a clinical trial recipient that doesn't believe the drug will have a positive effect on their illness or symptoms, and therefore doesn't benefit. The placebo and nocebo effects are simultaneously affecting any clinical trial or any treatment process. The clinical trial organizers cannot control the thoughts and beliefs of the clinical trial recipients. Of course, the placebo and nocebo effects also apply to efficacious drugs, treatments and vaccines that are accepted means of treating or preventing disease conditions.

Encouraging people to change their beliefs about drug treatment wouldn't likely be consistent either. We can have a placebo effect in all aspects of our life, not just our health. Whatever we believe, we can achieve. Start by setting expectations that things will work positively. If they don't, trust that there is something even better in store.



Contact Ann Deatly at 201-925-1046 or Anne.Deatly@gmail.com. See ad, page 8.

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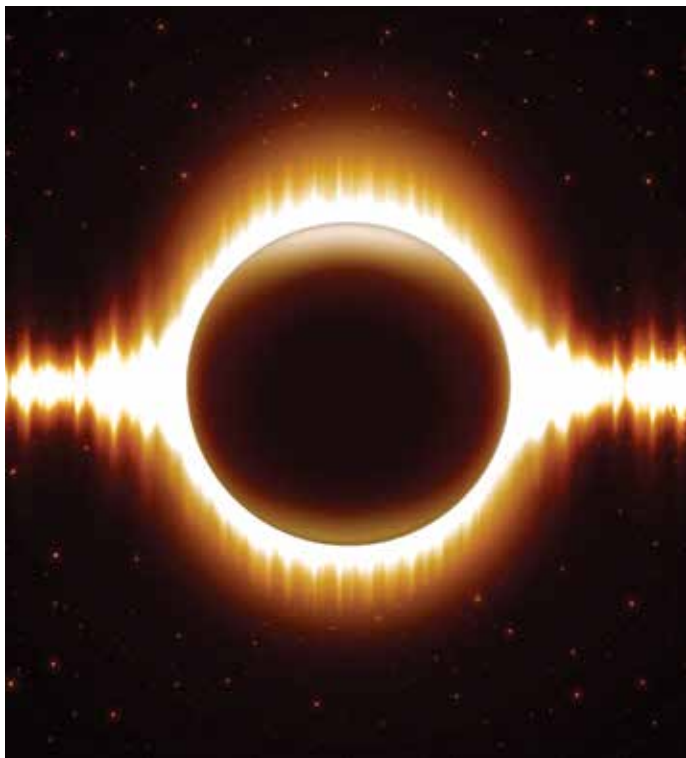




10 Takeaways From World Economic Forum

The 54th annual meeting of the World Economic Forum was held in Davos, Switzerland, in January. The meeting focused on the importance of trust and the fundamental principles driving it. Global management consulting firm McKinsey & Company reported ten key takeaways from the meeting.

1. **Speed is crucial to outperformance.** Compared to peers in slow-moving companies, leaders in fast-moving organizations experience higher operational resilience, financial performance, growth and innovation.
2. **Cooperation can coexist with competition.** Through the practice of “coopetition” leaders can advance shared interests in specific areas, even if they disagree elsewhere.
3. **The generative artificial intelligence revolution is just beginning.** This emerging tool has the potential to transform roles and boost performance in sales and marketing, customer care and software development, unlocking trillions of dollars in value.
4. **Sustainability is a business imperative.** Companies that navigate the increasingly complex net-zero economy can accelerate value creation and gain a competitive advantage.
5. **Investing in better women’s health can lead to economic prosperity.** Addressing the women’s health gap could boost the global economy by \$1 trillion annually by 2040.
6. **A comprehensive approach to transformation is most effective.** By incorporating will, skill, rigor and scope, leaders can outpace the competition in times of disruption and change.
7. **Matching top talent to the highest-value roles is essential.** Skills-based hiring can help organizations access new talent pools.
8. **The best CEOs leave companies in better shape than they found them.** The key is creating distinct value and avoiding complacency.
9. **Performance and diversity are not mutually exclusive.** The business case for diversity remains strong, even in a rapidly changing business landscape.
10. **India’s potential as one of the fastest-growing large economies deserves attention.** This is especially evident in technology, talent and health care.



Astartu / DepositPhotos.com

Hearing a Solar Eclipse

On April 8, millions of Americans along a 100-mile-wide path across 13 states from Texas to Maine will have an opportunity to witness a total solar eclipse. Thanks to a team from the Harvard University Astronomy Lab, people with visual impairments will be able to experience the celestial event, too, thanks to a smartphone-sized device called LightSound, which translates ambient brightness into sound.

Users of the LightSound device will hear a piping flute for daylight that will transition to a clarinet as the light dims when the moon passes in between the Earth and sun. As the eclipse reaches its zenith, LightSound will emit soft clicks to represent total darkness. The device is designed to complement the multi-sensory event, which may include a drop in temperature and the sounds of nighttime creatures like crickets and owls.

To make astronomy more inclusive, the Harvard team plans to distribute more than 700 LightSound devices at no cost. In addition, the device and its code are open-source so those with the skills can make their own. To learn more, visit Astrolab.fas.harvard.edu/LightSound.html.

Special Things to Do This Earth Day

by Aviana Singh

This Earth Day is Monday, April 22. What will you be doing? If you are out of ideas, try some of these!

Clean Up

If you notice any trash or pollution around your town, how about cleaning them up yourself? Organize a group clean-up with friends and neighbors and clean up around parks, libraries and streets! Of course, this doesn't just go for only one day a year, you could do this every month!

Air-Drying Towels and Clothes

If it's a nice, calm day, you could hang your clothes and towels on your balcony and porch. Of course, I wouldn't recommend this in winter or windy days, but you could definitely do this in spring or summer. Plus, it saves money!

Planting Trees And Plants

You could plant trees, make a garden or do anything with plants! Just remember that plants will clean our environment, so it doesn't matter what kind of shrub you plant. If you have a green thumb, you can start a compost pile from kitchen scraps and use organic soil to replenish the plants.

Reducing Our Carbon Footprint

If you are a family guardian, you can lock up all the cars and have quality family time without any electronics. You could play a board game, take a walk in the park and have other fun activities!

Try these activities, create your own, or follow these! You also don't have to do all of them, just try to do a few! I hope you do these activities often, not just on Earth Day!

Aviana Singh is a sixth-grader at East Brook Middle School, in Paramus, NJ. She is working against climate change to save our planet.



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Eggs and Sperm: Sometimes 'OK' Isn't Good Enough

Robin Ellen Leder, M.D.

A couple makes the momentous decision to "make a baby", tries for a while, and the effort fails. So begins an often frustrating, expensive, and sometimes disappointing journey, with numerous visits to doctors and specialists. Of course, both potential parents check to see if things are copacetic at their respective ends, for men, sperm count and motility, for women, multiple structural issues and the quality of eggs. If need be, medical interventions are made; treatments are used to enhance fertility as needed. Some succeed after several tries. But some don't. These are the cases of "unexplained infertility" or "idiopathic infertility." (Idiopathic is the medical jargon for "We haven't got any explanation for this problem.") It is assumed that there is still an issue with egg, sperm, or female anatomy, but it is unidentifiable. So, what to do?

Many physiologic factors can disaffect the viability of seemingly healthy eggs and sperm. Effective approaches lie in seeking and eliminating all "root causes", in an integrative fashion. Seeking and addressing all potentially contributory factors, though seemingly not directly related to successful conception, can make an enormous difference in successfully allowing a fertilized embryo to evolve into a fully formed fetus and, ultimately, a healthy baby. It is important to note that studies show that about 1/3 of infertility can be attributed to the female 1/3 to the male and a third to both. So, in this unclear scenario, it is essential that both partners participate fully in the effort to produce the best result.

The simplest steps, although not the easiest, are giving up smoking, unprescribed drugs, alcohol, caffeine, and excessive sugars. A nutritionist or nutritionally oriented/

functional physician can provide guidance with dietary changes and offer useful substitutions.

Other worthwhile changes would include:

- Reducing excessive weight in either partner insofar as possible

- Changing to a mostly organic diet

- Increased frequency of intercourse, timed to ovulation

- Adequate restorative sleep, 7 to 9 hours nightly

- Avoidance/reduction of stress, a huge negative in conception, via therapy/counseling, support groups for this specific issue, regular prayer, and meditation

- Optimizing nutrient status. Testing is available via local labs, and valuable in-depth specialty lab tests are a standard part of the functional medicine infertility workup.

- Reorganization of the bowel "microbiome," and restoration of gut/colon health. This one step serves many purposes. It is part of detoxification, defends against autoimmunity, and as, as a "bonus", it is a way of preparing a strong microbiome to deliver to the baby once conceived. Hence, even mothers without fertility issues would be well to clean up the microbiome prior to conception. This step is accurately guided by a variety of classic functional medicine tests. Results are addressed with straightforward, doctor-designed protocols to "remove", "restore", and "replace" the old population of organisms with one that supports not only pregnancy, but cognition,

suppresses inflammation, and is part of unimpeded detoxification via healing the "leaky gut" (an unhealthy, porous state of the colon related to unbalanced gut organisms.)

- Perhaps the most essential step in reducing inflammation is detoxification of toxins, including heavy metal toxins, industrial/ petrochemical toxins, and mycotoxins (from environmental molds). All of these can be detected readily under the guidance of a physician by appropriate lab testing and diminished and/or deleted using IV antioxidants and targeted nutrient programs.

These changes, consistently and comprehensively implemented, can have remarkable effects on the success rate of natural conception and/or IVF treatments in leading to healthy, happy pregnancies, overcoming unexplained fertility: solid effort, joyously rewarded.



Since initially being mentored by Dr. Robert Atkins, Robin Ellen Leder, MD has worked at her Hackensack office to address a wide variety of specific, often difficult-to-treat, medical issues, seeking the underlying "root causes" and correcting chemical, physical, and emotional imbalances. Using innovative, functional medical testing in combination with the best of traditional medicine, bio-identical hormone replacement, IV therapies, chelation therapy, diet/nutrient programs and behavioral change, she has successfully guided thousands of patients one-on-one to optimal short- and long-term health. See ad, page 3.

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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.

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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 15.

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Sustainable Travel

Wanderlust With the Earth in Mind

by Sara Kaplan

Whether travel is enjoyed for much-needed relaxation, cultural immersion or the opportunity to volunteer in an eco-program spotlighting permaculture or farming, journeying to places far and near greatly enriches our human experience. During these environmentally critical times, our travels may carry a hefty price tag that the planet can no longer afford. This does not mean we need to sacrifice adventure. Every traveler can make a difference not only for the Earth but for the local communities they visit.

According to the World Travel and Tourism Council, 8.1 percent of global greenhouse gas emissions can be attributed to travel and tourism. Being in the know and taking more responsibility for our environmental impact can be easier than commonly assumed, all the while inviting unexpected enjoyment.

Amanda Reiser, a global sustainable tourism specialist based in Pennsylvania, encourages her clients to consider the three pillars of sustainable tourism: environment, economy and equity. “We all can play a part in fostering sustainable tourism and creating a more sustainable world,” she explains, noting that a green-minded approach benefits not only the traveler but also the destination. “Ask yourself: Does my participation in this activity create a negative impact on the natural environment? Are there any actions to help reduce my environmental impact?”

A traveler’s footprint extends to the socio-cultural fabric of the destination, too. Reiser reminds travelers, “You may be in your destination for only a week, but the people who live there year-round feel the impacts of visitors every day, for better or worse.” By respecting local traditions and engaging locals in a respectful and inclusive manner, tourists can contribute positively to the cultural integrity of the communities they visit.

Greener Horizons

Instead of hitting all the trendy, transportation-reliant sights, opt to slow down and stay in one place for a longer period. This not only invites a richer, deeper experience but minimizes the need to hop onto another plane or bus. To support the local economy of a desired destination, buy locally produced items and book small, private hotels and inns, rather than international chains. Dining at locally owned eateries supports small business while giving travelers higher-quality fare and a more authentic cultural experience.

When planning a trip, contemplate the many treasures of domestic travel or choose a location that is not drowning in overtourism. The influx of tourists can significantly strain fragile ecosystems, deplete resources and disrupt the lives of local communities. Consider destinations that can be crossed via boat, train or bus, such as the New York-Montreal border or clusters of countries in Europe or Southeast Asia.

Packing With Purpose

Making small choices even when packing a suitcase goes a long way. Bring eco-friendly sunscreen and opt for brands that avoid chemicals harmful to coral reefs and tropical environments. Pack a cloth tote bag for daily excursions and a reusable water bottle to avoid single-use plastics. Remember that by using plastic containers more than once, we reduce the amount of waste that is released over time. Try not to overpack—bring only the most necessary items, preferably those that can be recycled, reused and disposed of properly.

Sojourning With Savvy

To avoid getaway glitches, become acquainted with local laws and regulations. When planning a fishing excursion, for example, identify the legally designated fishing spots and avoid harming endangered species, which are heavily protected under national and international regulations. The U.S. Fish and Wildlife Service (FWS) offers an interactive map to show where legal fishing areas are by state ([fws.gov/fishing/map](https://www.fws.gov/fishing/map)). Historical resources should also be taken into consideration. For instance, the Florida Keys require special permits for cultural, maritime, heritage and archeological explorations, including snorkeling expeditions of ancient shipwrecks and other unique, underwater sites.

It is always best to ask whether a destination is a naturally protected sanctuary or requires special permits. The FWS is a good reference site for information on activities in national wildlife refuges and the endangered animals that live there. To enjoy these areas to their fullest, make sure to find a knowledgeable local tour guide that understands the laws of the land.

Traveling consciously involves personal responsibility toward the environment through individual actions. “You can make a difference,” says David Knight, a professor of tourism management at Colorado State Univer-

sity. “Regenerative travel is not just leaving things the way you found them. It’s a matter of giving more than you take.”

Don’t Be Greenwashed

Greenwashing is a corrupt practice by companies that claim to support conscious tourism but fail to live up to their claims. Vetting businesses when planning a trip means delving into third-party research and reports to check the fine print. Before booking, make sure the ecolodge or eco-touring company being considered has a legitimate certification on their website. The Global Sustainable Tourism Council (GSTC) sets global standards and provides accreditations for destination managers, hotels and tour operators. There are also certifying groups in specific locations, such as the Sustainable Tourism Association of Hawaii, and others that are accredited by the GSTC, like Preferred by Nature.

For tourism operations that have not been certified, the onus is on the traveler. “Check with the local chambers of commerce. They should know who is working toward sustainability and can direct you to those aligned with what you are looking for,” says Claudia Gil Arroyo, an agricultural agent for the Rutgers University Cooperative Extension, in New Jersey. “If a tour operator or destination does not have a clear goal on how they’re contributing to the environment, it is unlikely that they are actually green.”

For tourism to be truly sustainable, it must also be economically viable for local communities. Economic sustainability ensures that tourism dollars benefit the local economy, creating fair wages, local sourcing and community empowerment, and allowing communities to thrive while preserving their cultural heritage. When traveling, support local, eco-friendly businesses that provide sustainable products.

A good example is agritourism—a vacation stay at a participating local farm—which can provide exciting, hands-on learning experiences. “Get out there. Look for your local



Dmitry Pichugin / CanvaPro

growers and check out the services and activities they offer,” says Gil Arroyo. “People have this idea that agritourism is just picking your pumpkins and that’s it, and there’s so much more that can be done at a farm.”

Eco-Friendly North American Parks

North America is home to many national parks—63 in the United States and 48 in Canada. Here are five exceptional examples that provide a sustainable, eco-friendly vacation experience.

Yellowstone National Park is known for its geothermal features, including the famous Old Faithful geyser. It also has a diverse range of wildlife, including grizzly bears, wolves and herds of bison. This U.S. park has implemented sustainable practices such as renewable energy installations, waste management programs and educational initiatives to promote conservation.

Great Bear Rainforest is a temperate locale on the central and northern coasts of British Columbia, Canada. It is home to a variety of wildlife, including the rare Kermode bear, also known as the spirit bear. The park works closely with First Nations communities, implementing conservation measures to protect biodiversity and support eco-conscious businesses.

Everglades National Park is a unique wetland ecosystem in Florida known as the “River of Grass”. It provides habitat for numerous endangered species, such as the Florida panther and the West Indian manatee. The park employs restoration efforts to preserve the natural water flow and conserve wildlife, with plenty of opportunities for eco-friendly recreational activities like kayaking and hiking.

Cape Breton Highlands National Park is located on the northern tip of the Canadian province of Nova Scotia. It offers breathtaking coastal views, rugged cliffs and stunning hiking trails. The park implements waste reduction, energy conservation, ecological restoration and educational programs to promote environmental stewardship.

Redwood National and State Parks, in California, are home to the tallest trees on Earth, the majestic coast redwoods. Sustainable eco-practices include trail maintenance and restoration, wildlife protection, interpretation programs to educate visitors about the delicate ecosystem, and conservation efforts to combat climate change and preserve redwood habitat.

Sara Kaplan is an environmentally conscious freelance writer and eco-traveler from Fort Collins, CO.



Get Fit and Get Outside

How to Prepare for Outdoor Treks

by Marlaina Donato

Hitting the trails offers something for everyone, whether it's hiking for the day or backpacking and roughing it overnight in remote areas. According to the 2022 *Outdoor Participation Trends Report*, getting up close and personal with Mother Nature is more popular than ever in the States, with 58.7 million hikers and 10.3 million backpackers in 2021.

With health benefits like stronger heart health, a lower risk of respiratory ailments and a boost in mental health, hiking is a fun way to stay fit, but prepping for the physical demands of local trails or wilderness is essential for both endurance and

injury prevention. “A strong, well-conditioned body is your best ally when crossing rough terrain and overcoming unexpected challenges,” says Larry Pringle, a certified fitness trainer and founder of Perfect Fit Training and Nutrition, a holistic training hub for busy entrepreneurs.

A Trail Plan for Any Age

With great diversity of trail challenges to choose from, hiking is doable for most people. “If you're generally healthy, no matter your age, you can complete any hike you've always wanted to do,” says Fit for Trips hiking coach Marcus Shapiro. “I have had the

privilege of working with many individuals who are over 70 years old, and they have successfully reached the summit of Mount Kilimanjaro and the base camp of Mount Everest.”

Shapiro estimates an eight-to-12-week training regimen for younger hikers and 12 to 16 weeks of preparation for older enthusiasts. For the best fitness outcome, he underscores the importance of choosing the right exercises for the sport, explaining, “Every recreational activity requires a unique training approach for best results. It's called ‘specificity of training.’” His Fit for Trips training includes inclines, stairs, lunges, distance and high-intensity interval training.

To meet the challenge of walking for hours at a time, cardiovascular conditioning like jogging, brisk walking, time on the treadmill or cycling is a good place to begin. Adding a heavy backpack of survival supplies to the equation requires extra strength in the legs, core and upper body and is best achieved through squats, planks, lunges and push-ups. Full body stretching with emphasis on hamstrings, quadriceps, hips and back are also essential.

Make It a Lifestyle

To avoid weekend warrior injuries, it is wise to adopt a hiker's mentality in everyday life. “Start slow and find ways to incorporate more movement into your daily life,” advises Maggie Peikon, communications director of American Hiking Society. “Skip the escalator or elevator and opt for taking the stairs instead. You'll be glad to have gotten those extra steps in when you're taking on uphill climbs out on the trail.” She also hails the perks of biking to the store with a backpack or walking to the park for a lunch break if it is safe and feasible. Most of all, Peikon stresses the value of going slow and listening to the body.



Jacob Lund / CanvaPro

The benefits of getting outdoors goes beyond physical health and spills over into positive impacts on the environment. Peikon muses, “When we hike, our connection to the places we explore grows. When we feel connected to a place—whether a trail or a favorite spot outdoors—we are more likely to step forward to protect the environment and change our behavior to lessen our negative impacts.”

For Pringle, having a strong body carries over into other areas of living. “Getting ready for the trails means getting ready for life. Before you hit those paths, hit the gym. It’s not just about reaching mountaintops; it’s about reaching for your best self.”

National Trails Day

June 1 is National Trails Day, a day of service for hometown trails and the people that love them. Promoted by the American Hiking Society, public events throughout

the country offer opportunities for tens of thousands of participants to come together in partnership to advocate for, maintain and clean up public lands and trails. To learn more and find a nearby event, visit AmericanHiking.org/national-trails-day.

Finding a Nearby Trail

Check out these sites for detailed information about hometown trails that match the hiker’s level of ability.

- AllTrails.com
- FaroutGuides.com
- HikingProject.com

What to Pack on the Trail

- Sturdy, appropriate footwear—from trail shoes for moderate terrain to heavy hiking boots for strenuous climbs

- Nutrient-dense food
- Rain gear and dry-fast layers for changing weather
- Means to start an emergency fire
- Whistle
- Flashlight
- First-aid kit
- Multi-tool or knife
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Marlaina Donato is an author, visionary painter and composer. Connect at BluefireStudio.art.

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Exploring Beyond the Classroom

Nurturing Healthy Minds Through Travel

by Megy Karydes

When Desiree Miller and her daughter visited Rome, they met a couple from Ukraine celebrating their honeymoon. There was talk of a possible war, so they chatted about what that might mean for the newlyweds. Later that day, her daughter asked their Italian driver his thoughts about the impending conflict in Ukraine with Russia, and he said he didn't like it because it was going to raise gas prices.

"Traveling feels like it shrinks the world," says Miller, an Atlanta-based travel writer, vlogger, digital streaming producer, co-host of the "Time to Talk Travel" podcast and mother of four. "So many children these days only know what's in their backyard or their general neighborhood or community, the school they go to, and that's the extent of their communication with other people. But when I take my daughter to other countries, she gets to experience people from those countries and beyond."

According to the 2023 U.S. Family Travel Survey released by the Family Travel Association, 80 percent of the respondents indicated that travel helps children see the world from a broader perspective, and 67 percent said their children have become more interested in other cultures because of their travel experiences.

Nasreen Stump agrees that travel expands a child's worldview. "I want my kids to be

curious, because curiosity leads to lifelong learning," says the mother of four, a content creator and co-host of the "Time to Talk Travel" podcast. "When you're in different places, and you see something that's different, you think, 'Oh, what's that?' and want to learn more about it. It's the same with similarities."

Managing Expenses

Families need not break the bank to enjoy meaningful experiences away from home. Here are a few money-saving travel ideas suggested by Stump and Miller.

- **Take shorter trips.** As they've grown older, each of Stump's children have developed different interests, so instead of traveling as a family all the time, she takes each of them on one-on-one trips based on their interests. When the family does come together for an excursion, a day trip or weekend getaway is a more affordable option.
- **Hop on the internet.** Miller's youngest daughter, now 18 years old, loves using TikTok as a jumping-off point to re-



search travel destinations, local restaurants, activities and events. Other kids rely on YouTube to get ideas or travel virtually.

- **Enjoy a staycation.** For families that can't afford multiple plane tickets, closer-to-home experiences offer fun learning opportunities such as attending a multicultural fair to watch live performances or trying a new cuisine at a nearby restaurant or in a cooking class.
- **Take advantage of free or discounted deals.** Some libraries offer free passes to museums for library card holders. National parks have free entrance days throughout the year. Check nps.gov for upcoming dates. Flights and hotels are often discounted during the shoulder season—the period between a region's peak season and offseason. Some credit cards allow members to use their reward points for travel-related discounts.

Preparing for Travel

- **Research destinations.** Bookmark areas of interest on a Google map or add them to a Pinterest board. Read books, magazine articles and travel blogs about different locales.
- **Sample the cuisine.** Much can be learned about a culture through food. Experiment with new ingredients by visiting specialized grocery stores that cater to different cultures, or join a snack subscription with selections from around the world.
- **Learn a new language.** Check out apps like Duolingo, Babbel and Rosetta Stone.

Traveling Is Empowering

Life is full of challenges, and traveling, especially to foreign ports, can test anyone's patience. Some of Miller's children don't love to travel because of flight delays or other unexpected mishaps. Her youngest is more adaptable. According to Miller, dealing with adversity is part of life, and travel is a great teacher.

Traveling allows kids to get out of their comfort zones, and for many, that sense of adventure is powerful. Whether exploring historical landmarks, taking part in hiking excursions, trying new foods, hearing different languages and dialects, or meeting new people, family travel can help children feel more comfortable, less isolated and see the world in a new light.

Making Memories

Children love to collect souvenirs on their travels as a way to remember their experiences. Miller and her daughter usually buy a piece of jewelry because it is small and doesn't take up any suitcase space. Stump's family likes to take lots of photographs and bring home candy from the culture. Rocks or shells, if permitted, also make wonderful keepsakes.

Memories go beyond objects. Multi-generational travel allows children to see their grandparents from a fresh perspective. Kids will remember travel experiences long after they return home. "Travel gives you a real appreciation of the world beyond what you see every day," Miller says, adding that her daughter has befriended other travelers with whom she still stays in contact.

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

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A Look at Single-Use Plastics

Understanding the Challenges and Solutions

by Sheryl DeVore

We might be tempted to bring plastic forks to a picnic or succumb to the expediency of prepackaged chips for our kids' lunches, but single-use plastics wreak havoc on the environment and human health. Although marketed as disposable, most of these fossil fuel-derived, non-biodegradable items are not being recycled, so they languish indefinitely in landfills or pollute our waterways in the form of microplastics. "Plastic pollution has been linked to everything from infertility and cancer in humans to severe injury and death in wildlife," says Veena Singla, senior scientist for the National Resources Defense Council, in New York.

Plastic Use Is Rampant

Roughly 30 percent of garbage in the U.S. comes from single-use plastics," says Shawn Flood, a partner and vice president of operations and customer care at SBC Waste Solutions, a waste collection company based in Broadview, Illinois.

Marketed for their inexpensive, lightweight, flexible and impermeable qualities, we have come to rely on plastic grocery bags, shrink wrapping, drink bottles, stickers, K-cups, straws, gloves, takeout containers and other throwaway products. According to the U.S. Environmental Protection Agency, approximately 380 billion plastic bags and wraps are

used annually, which require 12 million barrels of oil to make.

Recycling Is Not Happening

Many plastic products that could be recycled are still getting tossed into the landfill. "The biggest problem is contamination," Flood explains. "When someone puts a plastic milk jug into the recycling bin and there's still milk inside of it, that ends up getting trashed. Those products become single-use plastics when consumers don't do the correct job of washing recyclables."

Banning Single-Use Plastics

Over the past few decades, countries including Costa Rica, France and Italy, as well as some U.S. states, have introduced



McLitttle Andranik Hakobyan / CanvaPro

laws that prohibit or tax single-use plastics. "They are banning single-use plastics in California," Flood notes. "Everything is paper. Basically, you cannot find a plastic straw," Flood notes.

Other states following the trend to ban certain plastics include Connecticut, Delaware, Hawaii, Maine, New York, Oregon, New Jersey and Vermont. The U.S. Department of the Interior is phasing out single-use plastics on public lands, including national parks, by 2032. A Los Angeles County public works study reports that a ban on plastic bags in San Jose has led to reductions of plastic bags found in storm drains (89 percent), rivers (60 percent) and residential areas (59 percent).

Some states, however, have chosen to protect the continued use of these items. For example, Indiana passed a bill in 2016 prohibiting city and county officials from taxing or restricting the use of disposable plastic bags by certain retailers. Similar laws have been enacted or proposed in Wisconsin, Idaho, Florida and Arizona.

Beware of Greenwashing

New single-use products are continually being introduced that claim to be better for the environment, but consumers need to be cautious of such promises, says Brandon Leeds, co-founder of SOFi Paper Products, based in Miami, Florida. "There's a tremendous amount of greenwashing going on," he explains. "They stamp the products as eco-friendly. For example, some agave straws are predominantly made with plastic and just mixed with agave."

SOFi manufactures straws and drinking cups that are 100 percent paper, 100 percent plastic free and 100 percent compostable. They sell to 4,000 businesses in the U.S., including mom-and-pop coffee shops, high-end restaurants, convenience stores and popular food chains. Leeds remarks, "Our company mission is to educate people."

Choosing Better Options

Alternatives to plastic, such as cotton or paper bags, also have environmental impacts, and the jury is out on whether single-use plastic bans can really improve the environment, according to Enhesa, a company that helps businesses with regulatory compliance.

A study commissioned by the American Recyclable Plastic Bag Alliance, a group that represents U.S. manufacturers and recyclers of plastic bags, found that New Jersey's ban resulted in a 60 percent decline in bag volume. However, the study also found six times more woven and non-woven polypropylene plastic was used to produce reusable bags, which are not widely recycled. The non-woven bags consume 15 times more plastic, and their production generates five times the greenhouse gas emissions per bag than the thin plastic bags.

Flood says one solution may be "to go back to the early days when glass was used for everything, and it could be used over and over." Several states have created container deposit laws related to glass and plastic. In Oregon, for example, nearly every business that sells certain beverages in redeemable sealed containers is legally required to accept returned containers that can be recycled or reused.

The bottom line, Flood asserts, is that people need to move away from a throwaway mentality and stop using single-use plastics. "The consumer has the power to do anything," he says. "When I go on vacation and I'm walking on the beach, I'm picking up pieces of plastic everywhere."

Sheryl DeVore is a frequent contributor to national and regional publications and has authored six books on science, health and nature. Learn more at SherylDeVore.wordpress.com.



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PLUS: ALZHEIMER'S DISEASE

FEBRUARY HEART-HEALTHY LIFESTYLE

FEATURE: ORAL HEALTH FOR HEALTHY HEART

PLUS: BREATHWORK FOR STRESS REDUCTION

MARCH FOOD & NUTRITION

FEATURE: PLANT-BASED HEALING

PLUS: COLON HEALTH

APRIL ECO-TRAVEL

FEATURE: N. AMERICAN ECO-ADVENTURES

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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@loiskramerperetz.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

Thursday, April 4

Mindfulness Workshop with Bhante Sujatha—7:00-8:30pm. Explore how mindfulness and meditation can help you to clearly process the subtle patterns we develop when we experience gain and loss. Call (815) 451-2864 / (815) 337-7378 & bhante@bhantesujatha.org or bhantesassistantmichael@gmail.com to register! Visit Website at bhantesujatha.org. Location: Unitarian Society of Ridgewood, 113 Cottage Place #3213, Ridgewood, NJ.

Saturday, April 6

Childbirth Preparation (Lamaze)—9:00am-12:00pm. This is an IN-PERSON one evening Session Lamaze Childbirth Instruction class. This class explores a wide range of techniques for creating a safe and satisfying birth experience. Call 201-291-6151 & familyeducation@valleyhealth.com to register! Visit Website at valleyhealth.com/events. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Sunday & Thursday, April 7 & 11

Clear Your Stress, Manage Your Energy with Lois Kramer-Perez—7:00pm. Learn to enjoy being anywhere with anyone, at any time, regardless of what's happening around you. Through breathing, visualization,

and guidance, even the most active minds are surprised to find ease using these simple techniques. Receive a crystal & recording of the meditations. No meditation experience required. Call Ridgewood Community School 201-670-2777. Location:- Ridgewood High School 627 East Ridgewood Ave Ridgewood NJ. Questions: Lois@LoisKramerPerez.com

Sunday, April 7

Sound Bath led by Jim Angelico—3:30pm-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—2:30pm-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.

Tuesday, April 9

Stroke and Aneurysm Support Group—5:30pm-7:00pm. A positive forum for stroke survivors and their caregivers dealing with life issues after a stroke. Members share their challenges, triumphs, and other personal experiences after having a stroke. Call 201-389-0205 & strokesupport@valleyhealth.com to register! Visit Website at valleyhealth.com/events. Location: The Valley Hospital, 223 North Van Dien, Conference Center 5A/5B, Ridgewood, NJ.

Wednesday, April 10

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

Thursday, April 11

Breastfeeding Support Group In-Person—11:00am-12:30pm. Please join our Milk, Mommy and Me group for support with Valley's breastfeeding specialists and other moms. This group is for those breastfeeding and pumping, newborns up to 6 months. Call 201-291-6151 & familyeducation@valleyhealth.com to register! Visit Website at valleyhealth.com/events. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Sunday, April 14

Scents and Sensibility Essential Oils Part 2—3:30pm-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.

Latin Food Festival—9:00am-12:00pm. Kick off the spring festival season with the ultimate Latin food (and Music) party! Indulge in Latin Flavors at the Food Fest Fiesta and join a culinary journey through the vibrant and savory world of Latin cuisine! Visit Website at visitnj.org. Location: Garden State Plaza 1, Garden State Plaza Dr., Paramus, NJ.

Monday, April 15

Gardening Season 2024 - Interns Opportunities & Educational Workshops—9:30am-12:00pm. Join us for an exciting gardening season and environmental activism. We have 14 long-term environmental projects in Northern New Jersey and 8 community gardens associated to our Urban Growers Program. Call (973) 233-1106 & info@neearth.org to register! Visit Website at neearth.org. Location: 94 Pine Street, Montclair, NJ.

Tuesday, April 16

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.inglewoodhealth.org. Location: Englewood Public Library, 31 Engle Street, Englewood, NJ

Acupuncture for Pain Management—7:00pm-7:45pm. Learn how this gentle, noninvasive holistic treatment can be used to complement a traditional pain management plan. Visit Website & Register at www.inglewoodhealth.org. Location: EMS Training Center, 122 South Van Brunt Street, Englewood, NJ.

Wednesday, April 17

Chakras & Shui - Feng Shui Your Soul with Lois Kramer-Perez—7:00pm. Did you know the blocked areas in your life, & your physical space are connected to your body? Each area of the "bagua" (map of your space) is connected with one of your "chakras." Learn how the chakras in your body are sending you messages. Get simple ways to adjust specific areas in your home or office to create a healthy thriving environment for not only your space, but for your mind & your soul. Experience a chakra clearing meditation & enjoy getting insight & tools to manage your personal "Chakras & Shui." *No Chakra, Feng Shui or Meditation Experience Required. Registration Required. Call Ridgewood Community School 201-670-2777. Location:- Ridgewood High School 627 East Ridgewood Ave Ridgewood NJ. Questions: Lois@LoisKramerPerez.com

Thursday, April 18

Feng Shui Your Space & Your Soul with Lois Kramer-Perez—7:00pm. Feng Shui is more than where you place your sofa & the colors of your rooms? You are the major component. Learn the principles & the reasons for each action. Find your power sections in your home & office & plot the Feng Shui Bagua (map) on your floor plan. Learn the Feng Shui of YOU to understand Feng Shui to fit your personal energy & why. Everyone gets their personal Feng Shui Energy Numbers. No Feng Shui Experience Required. Call Ridgewood Community School 201-670-277. Location:- Ridgewood High School 627 East Ridgewood Ave Ridgewood NJ. Questions: Lois@LoisKramerPerez.com

Friday, April 19

Toddler Time—10:00am-11:00am. Join our fun, seasonal-inspired Toddler Time! Let's celebrate the spring season with sensory play, crafts, and snacks! Email Thrive@Valley-Health.com to register! Visit Website at valleyhealth.com/events. Location: Stew Leonard's, 700 Paramus Park, Paramus, NJ.

Saturday, April 20

Earth Day: Family Event—9:00am-12:00pm. Together we can roll up our sleeves and make a positive impact on our environment and community. We welcome all ages for this community clean-up event! Visit Website at www.westwoodwomansclub.org. Location: Westvale Park, 235 Harrington Ave, Westwood, NJ 07675.

Sunday, April 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.

Earth Day Celebration 2024—9:00am-1:00pm. We will end Earth Day Week with many activities including environmental displays, planting of native flowers, community recognitions, and live music. Call (973)

233-1106 & info@neearth.org to register! Visit Website at neearth.org. Location: Crane Park, Glenridge Avenue, Montclair, NJ.

Monday, April 22

Earth Day TRASHION Show—3:45pm-5:00pm. Celebrate Earth Day with Yellow Door's TRASHION SHOW! We'll be creating fashion art out of recyclable materials in this special workshop, with a runway show for our loved ones at pick-up! Visit Website at https://www.hisawyer.com/. Location: Yellow Door Art Studio, 24 Booker St, Westwood, NJ.

Tuesday, April 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. Contact graf-center@ehmhealth.org or 201-608-2377 or Visit Website & Register at www.Englewood-health.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street Englewood, NJ

Wednesday, April 24

Celebrate Earth Day—3:30pm-4:30 pm. On this Earth Day we will continue to be marked with activities such as tree planting & community clean-ups to promote sustainability and protect the planet for future generations. For Pre-K to Grade 8 & Paramus Residents Only. Visit Website at www.njbulletin.com/events/. Location: Paramus Charles E. Reid Branch Library, 239 West Midland Ave, Paramus, NJ.

Thursday, April 25

Miracles in Healing with Dr. Robert Kandarian DC - Wellness Gala—7:00-9:00pm. Receive Hands-on Intuitive Energy Healing by Dr. K to unleash your potential, remove personal blocks & conquer your fears. Ticket \$45. Location: Balance Your Life Studio 18 E. Main St, Suite 203, Denville, NJ. Buy Tickets: Wellnessgala.com/events or call 973-713-6811

Saturday, April 27

River Edge Run—9:00am-12:00pm. Get ready to lace up for the 41st Annual River Edge Run & Join us for a day packed with en-

ergy as we host a 5K race, a health walk, and a fun run for all ages. Visit Website at www.westwoodwomansclub.org. Location: 410 Bogert Rd, River Edge, NJ 07661.

Sunday, April 28

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, kindness, 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.

Tuesday, April 30

Aging Gracefully (In-person)—7:00pm-8:00pm. We all want to age gracefully and enjoy this next stage of life! Let's talk about how we can ensure our best years are ahead. Visit Website at valleyhealth.com/events. Location: Ridgewood Public Library, 125 N. Maple Ave., Ridgewood, NJ.

Sunday, May 5

Chakra Workshop—2:00pm-5:00pm. Learn what the chakra system is How it affects our thoughts, emotions, and physical health with techniques to nourish our chakras creating better health. Call 201-788-6322 to register! Visit Website at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

Wednesday, June 5

Wellness Gala—7:00-9:00pm. Join us as Our Panel of World-renowned Psychic/Intuitives answer your questions by giving prophetic messages and guidance. Audience Q&A with personalized readings. Get your questions answered Doors Open 5:30 for mini readings and high-vibrational products Tickets \$59 in advance, \$65 at the door Tickets: Wellnessgala.com/events or 973-713-6811. Location: Best Western Fairfield Executive Inn, Rt 46 Fairfield, NJ.

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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. 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 13.*

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Jacquie is a Wellness Guide, helping people to connect to their deeper, quieter, Witness Selves. She offer products and services to reduce stress and anxiety; to increase mindfulness, awareness, and personal growth. Her service StressBusters Guided Meditation is a personally developed system using sound, breath, aromatherapy, gemstones, journaling, and movement. Private and group sessions are available. Jacquie has also created audiobooks, eBooks, custom guided music with the intent to calm, support, guide and empower. *See ad, page 28.*

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