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Harmony**
Finding Balance
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Women's Wellness

NORTHERN NEW JERSEY EDITION

MAY 2024

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letter from publisher:



Spring Comforts

Most of us are creatures of comfort. We are in a quest for our comfort zone as an individual, a group or a community—even on macro level as a country. The definition of a comfort zone is different for everyone; some find a predictable daily routine to be their comfort zone, while others want adventure to be their comfort zone. Some enjoy the journey and some find more comfort in reaching their destination.

This month, we continue striving to provide the very best information to our loyal readers. Because bodies must remain in balance, hormones play a vital function. In our feature story, “The Road to Hormonal Harmony,” we outline the some easy-to-follow steps to achieve this balance. Also check out our 10 effective routines to sculpting your body for summer, and dance your way through the season in our Fit Body department, “Footloose Fitness.”

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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and skills to Salt of the Earth, Center for Healing. Toron combines her practice of health, wellness, nutrition and chiropractic with the benefits of a Himalayan salt cave.

Location: 811 Chestnut Ridge Rd., Chestnut Ridge. For appointments and more information, call 845-290-0678 or visit SaltOfTheEarthCFH.com. See ad, page 13.

New Red Light Service Available in Haskell

Contour Red Light Therapy at Beauty From Inside & Out Inner Beauty Services is used as a non-invasive aesthetic treatment 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., May 7, 14, 21 and 28.



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@Beauty-fio.com or visit InnerBeautyNJ.com. See ad, page 18.



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A Rise in Adult Seasonal Allergies

Seasonal allergies are not just a concern for children and can develop or worsen as we age. According to Dr. Gailen Marshall, president of the American College of Allergy, Asthma and Immunology, the prevalence of seasonal allergies among adults has increased, with about a quarter of U.S. adults reporting allergies compared to 19 percent of children.

Allergies occur when the immune system mistakenly identifies harmless substances such as pollen or grass as threats, leading to symptoms like sneezing, runny nose and itchy eyes. Moving to a different region with different pollen seasons can also trigger adult-onset allergies. Societal and environmental shifts such as climate change, globalization and air pollution have contributed to the increased prevalence of allergies among individuals of all ages.

While it is possible for children to outgrow their allergies, it is more challenging for adults to do so. Lifestyle changes, such as spending more time indoors or moving to another region, may help some individuals see improvement in their symptoms. Immunotherapy, which involves gradually exposing the person to small amounts of their allergen, is known to be an effective treatment for allergies regardless of when symptoms start.



Svetlana Parnikova from

Trends in Non-Alcoholic Drinking Habits

A 2023 Gallup Poll found that 62 percent of adults aged 18 to 35 say they drink alcoholic beverages, down from 72 percent two decades ago. The poll noted that young adults also drink less frequently and are less likely to drink to excess. As a result, bars like Happy Accidents, in Albuquerque, New Mexico, are increasing non-alcoholic options to cater to young consumers. The bar offers five mocktails that use ingredients such as matcha, garam masala and capsaicin oils to create complex and flavorful alcohol-free alternatives.

Mingle Mocktails was created by a recovering alcoholic looking for a way to feel included during social outings while choosing not to drink alcohol. Mingle offers flavors such as Key Lime Margarita and Cucumber Melon Mojito that are available in ready-to-drink cans, as well as in bottles for more premium mixing. NielsenIQ reports consistent double-digit growth in the non-alcoholic beer, wine and spirits market. The movement toward non-boozy alternatives is praised by experts for its positive impact on health and well-being, including improved sleep, energy, mental clarity, immunity and mood.



Olga Kochina 5PH/Can-

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Treating Fibromyalgia with Cognitive Behavioral Therapy

Fibromyalgia is a chronic disorder that causes pain and tenderness throughout the body, fatigue and sleeping difficulties. Scientists do not fully understand what causes it. In a randomized, controlled study published in *Arthritis & Rheumatology* involving 114 women, researchers found that cognitive behavioral therapy (CBT) was superior to educational materials alone in reducing catastrophic negative thinking associated with fibromyalgia.

CBT is a form of psychological treatment that usually involves efforts to change thinking and behavioral patterns. Strategies include facing fears instead of avoiding them, using role play to prepare for potentially problematic interactions and learning to calm the mind and relax the body.

To measure the participants' responses to CBT, researchers used various assessment tools alongside functional magnetic resonance imaging (fMRI), which measures the small changes in blood flow that occur with brain activity. The participants that received eight weeks of CBT experienced a reduction on the Pain Catastrophizing Scale, compared to a smaller drop in the group that received only educational materials. Furthermore, fMRI scans indicated changes in brain patterns following CBT, suggesting its effectiveness in addressing catastrophic thoughts. By providing evidence of tangible brain changes, this research can help validate the reality of chronic pain, which is often dismissed as being "all in your head."



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Zero Point Energy

By Dr. Anne Deatly

Good news for all who want to transform their lives! There is an amazing point-in the Universe--the origin point of creation-- called the Zero Point Energy or the Zero Point Field. The Zero Point is the Void from which everything in creation came from. I consider the Zero Point as Divine Intelligence. Scientists understand the Zero Point Field is not empty space, as once thought. It is filled with a flurry of activity at the subatomic level of quanta or strings of energy frequencies just waiting for us—any of us or all of us—to give it direction for our next creation.



The Zero Point or the white board represent the energized space where we can go and create something new- even something never done before. You can reinvent yourself, change your career, start a new business, spearhead a new mission project, run a marathon, write a book—yes, anything. There are unlimited possibilities and infinite potential in the Zero Point.

This Zero Point Energy is available to all of us. I also call the Zero Point the white board. We can erase the white board of aspects of our lives and start our lives over again. We can erase the past mistakes, grievances, unforgiveness, and all our emotional upset. We can let go of all the events of our lives that are holding us back. We can let go of our fears, anxiety, and stress. Letting all this go frees us up to discover who we really are meant to be. From that place, we can live from a higher vibrational frequency.

What is so wonderful about this type of transformation is that our past doesn't have to define us or limit us. We can start a new chapter in our life. I don't believe we are meant to do the same thing for our whole life! We are meant to explore, experiment, discern, grow, and evolve. We are meant to discover and

become our True Selves. We are meant to be aligned with the Divine's Plan for us.

We could get out of our comfort zones and go for the gold! We could discover what brings us joy, peace, and serenity. We no longer need to accept stress, fear, and anxiety as the way life is. We no longer need to let money control our lives and every decision. There are all kinds of new potentials for each of us in the vastness of unlimited possibilities—in the vastness of the Universe. We can be free and exercise our free will to align and be as the Divine created us to be- to make the impact our Souls planned for us, to make the world a more loving, benevolent place by creating that in our own lives.



This represents the benevolence of Divine Love. I wish you love, peace, and joy on your new adventure. If you want help connecting to this Zero Point Energy, please contact me at Anne.Deatly@gmail.com or 201-925-1046. See ad, page 8.

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Speech Therapy Improves Communication After Stroke

by Town Physical Therapy

Speech therapy for adults, particularly after experiencing a stroke, plays a pivotal role in restoring communication abilities and enhancing overall quality of life. Stroke survivors often face challenges in speech and language which can significantly impact their daily interactions and independence.

Adults without stroke may seek speech therapy for various reasons, including developmental speech disorders, acquired neurological conditions other than stroke or speech difficulties due to injuries or surgeries. The therapy approaches for these individuals may encompass a broader range of techniques targeting different aspects of speech and language functioning. However, regardless of the underlying cause, the overarching goal of speech therapy for adults remains consistent: to enhance communication abilities and promote a better quality of life.

Importance of Speech Therapy After Stroke

Speech therapy after a stroke is crucial for several reasons. Firstly, it helps individuals regain speech and language abilities by targeting specific areas of impairment. Secondly, it enhances overall communication effectiveness, including verbal and non-verbal cues. Thirdly, it aids in rebuilding confidence and self-esteem, empowering individuals to participate more actively in social and professional settings.

Adult Speech Therapy Techniques

Speech therapy techniques for adults encom-



pass diverse approaches tailored to individual needs and goals. Some common techniques utilized in adult speech therapy, particularly after stroke, include:

Aphasia Therapy: Aphasia, a language disorder commonly resulting from stroke, can affect speaking, understanding, reading and writing abilities. Aphasia therapy aims to improve language comprehension and production through exercises focusing on vocabulary, grammar, sentence construction and conversational skills.

Dysarthria Treatment: Dysarthria is a motor speech disorder characterized by weak, imprecise or slow speech due to muscle weakness or paralysis. Therapy techniques for dysarthria may include exercises to strengthen oral muscles, improve breath support, enhance articulation and increase vocal intensity.

Cognitive-Communication Therapy: Stroke survivors may experience cognitive-communication deficits, affecting attention, memory, problem-solving and social communication skills. Cognitive-communication therapy targets these areas through cognitive exercises,

compensatory strategies and functional tasks to improve communication effectiveness.

Augmentative and Alternative Communication (AAC): For individuals with severe communication impairments, AAC techniques provide alternative means of expression, such as communication boards, electronic devices or speech-generating apps. Speech therapists assist in selecting and implementing AAC systems tailored to the individual's needs and abilities.

Intensive Therapy Programs: Intensive speech therapy programs, often conducted in residential or outpatient settings, offer concentrated therapy sessions over a short duration to maximize outcomes. These programs may incorporate various techniques, including traditional therapy exercises, group activities and technology-assisted interventions.

Speech therapy for adults, especially after a stroke, is invaluable in helping individuals regain and enhance their communication skills. Through targeted techniques addressing aphasia, dysarthria, cognitive-communication deficits and other challenges, speech therapists empower adults to overcome barriers to effective communication. By facilitating improved communication, speech therapy contributes significantly to stroke recovery and enhances the overall quality of life for adult clients.

Town Physical Therapy has locations in Maywood, Emerson, Bergenfield, Clifton, and Paramus. For appointments and more information, visit town-pt.com. See ad, page 18.

The Power of Positive Affirmations for Women's Mental Health

In the realm of mental health and well-being, the power of positive affirmations cannot be overstated. Particularly for women that often juggle multiple roles and face unique societal pressures, incorporating affirmations into daily life can be transformative.

Women's mental health affirmations encompass a range of positive statements and beliefs aimed at cultivating a healthy mindset and self-perception. These affirmations are designed to counter negative self-talk, boost self-esteem and foster resilience in the face of challenges. Whether dealing with stress, anxiety, depression or simply seeking greater self-empowerment, affirmations offer a powerful tool for promoting mental well-being.

Mental Health Benefits of Affirmations for Women: The benefits of incorporating affirmations into daily life are manifold, especially for women seeking to prioritize their mental health. Firstly, affirmations serve to rewire negative thought patterns, replacing self-doubt with self-belief and fostering a more positive outlook. This shift in mindset can lead to reduced stress levels, improved mood and greater overall resilience. Affirmations can enhance self-awareness and self-compassion, helping women cultivate a deeper sense of acceptance and inner peace. Over time, regular practice of affirmations can contribute to long-term mental wellness and emotional well-being.



Empowering Women Through Positive Affirmations: One of the most powerful aspects of affirmations is their ability to empower women and instill a sense of agency over their own lives. In a world where women often face societal pressures to conform to narrow standards of beauty, success and worth, affirmations offer a counter-narrative rooted in self-love and acceptance. By affirming their inherent value and strengths, women can break free from limiting beliefs and embrace their full potential. Empower-

ment through affirmations extends beyond individual well-being to collective empowerment as women support and uplift each other through shared experiences of growth and self-discovery.

Enhancing Women's Mental Wellness with Affirmation Practices: To fully harness the benefits of affirmations for women's mental wellness, it is essential to integrate them into daily life in meaningful ways. This may involve establishing a regular affirmation practice and setting aside dedicated time each day for reflection and affirmation. Incorporating affirmations into daily routines such as repeating them during morning rituals or including them in meditation or mindfulness practices can help reinforce their positive impact. Cultivating a supportive community of like-minded individuals that share in the journey of self-discovery and growth can amplify the benefits of affirmation practices.

The power of positive affirmations for women's mental health is proven. By embracing affirmations as a tool for self-empowerment and mental wellness, women can cultivate a mindset of resilience, self-love and inner strength. Whether through traditional affirmations, tailored statements or creative expressions, the practice of affirmations offers a pathway to greater self-awareness, acceptance and fulfillment.

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Climate Change May Expose Buried Nuclear Waste

During the Cold War, American activities caused radioactive contamination in three countries, and the U.S. Government Accountability Office (GAO) recently issued a report about the status of these sites.

In the Republic of the Marshall Islands (RMI), the U.S. conducted 67 nuclear tests at the Bikini Atoll and Enewetak Atoll between 1946 and 1958. Rising sea levels caused by climate change could mobilize the radioactive contamination, posing risks to fresh water and food sources. According to the GAO, RMI officials (and residents) believe the U.S. Department of Energy is downplaying the current risk to human health posed by climate change-induced disturbances. Improvements in communication and environmental remediation strategies are recommended.

In Greenland (part of the Kingdom of Denmark), the contamination stems from a closed nuclear reactor that powered a U.S. military research base. Radioactive liquid is frozen in ice sheets, which Denmark is monitoring, as there is concern that climate change could release the contamination. While some studies suggest that much of the waste has decayed and will be diluted by melting ice, others highlight the presence of chemical waste such as polychlorinated biphenyls that could pose health risks.

In Spain, two U.S. defense aircraft collided in 1966, spreading radioactive debris on the town of Palomares. The countries worked together to remediate the area after the accident, but some radioactive contamination remains. Both countries signed a 2015 statement of intent to further clean up the site, but they still have not reached a final agreement.



DEBOVE SOPHIE from Getty Images/CanvaPro

The Lost Continent of Zealandia

According to a recent study published in *Tectonics*, scientists have completed the mapping of Zealandia, a largely submerged continent located below the Pacific Ocean roughly between New Caledonia and New Zealand. Zealandia covers an area of approximately 1.9 million square miles, nearly half the size of Australia. Only 5 percent of the continent is above water. The continent was first discovered seven years ago, but this study has provided a comprehensive map of its boundaries.

By analyzing rock samples and magnetic maps, researchers were able to gain insights into how Zealandia formed and separated from nearby landmasses. The granite samples collected from the northern portion of Zealandia contained zircon crystals, which hold valuable information about the continent's geology. Through radiometric dating, scientists determined that these crystals formed around 100 million years ago, coinciding with the breakup of the supercontinent that once contained Zealandia.

Magnetic mapping was also used to provide a broader understanding of Zealandia's shape and structure. The researchers found that highly magnetic rocks were aligned with fracture zones in the oceanic crust, indicating the stretching of the supercontinent's crust prior to the breakup. This analysis helped confirm Zealandia's geological connection to Antarctica and Australia.



lanm35 from Getty Images/CanvaPro

Stress Management Tips For Anxious Women

by Camille Alonso

Many women struggle with stress to the extent that it manifests as health concerns such as yeast infections, PCOS, painful periods, IBS, weight gain and more. Taking a holistic approach to healing and observing our health holistically allows us to see that everything in life is interconnected. Relationships, finances, career, physical activity, home environment and cooking all have an impact on stress levels and health.

Implementing stress management techniques into our everyday routine is key to managing the root cause of these health concerns. Making time to slow down and find stillness brings clarity, calmness and an opportunity to connect with ourselves. The nervous system can switch to parasympathetic, or “rest and digest” mode, which is optimal for healing.

We may wake up immediately on the go, without taking time to incorporate self-care practices into our morning routine, and end the day staring at a screen, taking care of everyone around us, but not ourselves. Our morning and nighttime routines set the tone for the day and let go at the end. It doesn't have to be long; even five or 10 minutes will do. Some activities include meditating, breathing exercises, journaling, walking outside and doing yoga.



Holistic health coach Camille Alonso, 200-RYT, is a mindfulness meditation teacher, former pastry chef and owner of Camille Rose

Wellness. She was certified at Indigo Yoga in 2018, studied mindfulness meditation at the Kripalu Institute in 2019 and earned coach-

ing certification at The Institute for Integrative Nutrition. For more information, visit CamilleRoseWellness.com. See ad, page 9.

The Art of Yoga: Exploring Yoga at Atmananda

by Martin Miron

Atmananda Yoga Studio is a sanctuary for the mind, body and soul amidst the chaos of urban life. Yoga has become an indispensable part of modern life, offering respite from stress, improving physical health, and fostering mental clarity.

Owner and founder Jhon Tamayo developed the Atmananda Yoga Sequence, which has its roots in Iyengar, Hatha and Ashtanga yoga to create a Vinyasa flow. The studio offers 200- and 500-hour teacher training, customized teacher training, all level yoga classes, meditation, workshops, Ayurveda diet counseling, nutrition counseling, acupuncture and massage.

Tamayo says, “Yoga has transcended its ancient origins to become a global phenomenon, embraced by people from all walks of life. However, not all yoga studios are created equal. Atmananda Yoga Studio stands out as a beacon of excellence, embodying the true essence of yoga practice. Nestled in the heart of New Jersey, this studio offers a holistic approach to yoga, catering to beginners and seasoned practitioners alike.”

When it comes to selecting a yoga studio, the options can be overwhelming. From traditional studios to trendy fitness centers, each

offers a unique experience. “Atmananda Yoga Studio distinguishes itself through its unwavering commitment to authenticity and quality. Unlike commercialized yoga chains, Atmananda prioritizes the spiritual aspect of yoga, providing a serene environment conducive to inner reflection and personal growth,” says Tamayo.

Atmananda Yoga Studio versus traditional studios: While traditional yoga studios may focus solely on the physical aspects of yoga, Atmananda adopts a holistic approach, integrating meditation, breathwork and philosophy into its classes. This comprehensive approach ensures that practitioners experience the full spectrum of benefits that yoga has to offer.

Atmananda Yoga Studio versus fitness centers: Fitness centers often offer yoga classes as part of a broader range of activities. However, these classes may lack the depth and spiritual dimension found at Atmananda, where instructors are not only skilled in yoga asanas, but also well-versed in yogic philosophy, enabling them to guide students on a transformative journey of self-discovery.

Atmananda Yoga Studio stands as a shining example of excellence in the world of yoga. Its

unwavering dedication to authenticity, combined with a holistic approach to practice, sets it apart. Whether a seasoned yogi or a curious beginner, Atmananda welcomes all to embark on a journey of self-exploration and inner peace, experience the transformative power of yoga and discover the true art of living.

Atmananda Yoga International is located at 982 River Rd., in Edgewater, NJ (201-367-1624); and 3241 Steinway St., in Astoria, NY (212-625-1511). For more information, visit Atmananda.com.





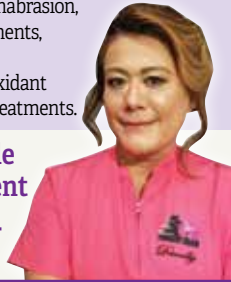
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But, coming into the world of post-training medical practice, things were not all as they may have imagined. Long hours and yards of paperwork didn't end with residency; things just changed. Earning a sizeable salary commensurate with the many years of work and dedication was not by any means a slam dunk. Relatively modest insurance reimbursements made it necessary to see more patients per day than was comfortable or medical-ideal. Patient visits had to be limited in length, or too many longer-than-5-to-10-minute visits would be frowned upon by insurance companies; getting cut from any major insurance panel could mean an immediate significant drop in annual income. Ordering all of the tests of interest had to be counterbalanced with the possibility that too many tests would again raise eyebrows or lead to being dropped by an insurance provider altogether. Or, just as bad, tests might not all be covered by insurance providers, leading an unhappy patient to cover unexpected costs.

And what of the paperwork? It has been said that the typical electronic record chart may consist of roughly 16,000 words to be reviewed and addressed by the examining physician for each and every individual patient whereas the entire play Hamlet, by William Shakespeare, consists of approximately 30,000 words. So, each time a physician writes up a patient chart, which he does nu-

merous times, perhaps 30 to 50 times daily, he must cover half of the play Hamlet in verbiage. Not only is this startling, but clearly it means that the physician must run through each record at breakneck speed and is not easily if at all able to attend to every recorded detail with the highest level of care or accuracy. An exhausting reality.

The physician may go on to join a large group to eliminate some administrative and business-related stresses. This may help or it may not. But then comes the loss of autonomy, more organizational regulations, and the requirement to conform to a group philosophy of how medicine should be practiced. Higher compensation? Perhaps. But diminished doctor-patient relationships and often less home/family/personal time for the doctor to be himself are very often the consequences. And isn't that "doctor-person" an essential element in caring well for patients? And in keeping the doctor satisfied and happy to remain a doctor and to his work with ongoing zest for life and dedication?



Self-employed docs are known to be happier with their practices than those in group practices or corporate practices, less burnout. More time with each patient is not only good for the patient, but also for the doctor. The ability to work without direct restriction by insurance panels and corporate higher-ups regarding time, testing, treatment, etc. and to instead pay real attention to a patient as a whole is one of the great joys for both physician and patient in the world of functional medicine. And overall turn towards this model, where doctor and patient cooperate, grow, and work together as a team on the physical emotional, mental, and spiritual aspects of individual health is the hope of the future for medicine as a whole. It is thankfully available today to those ready to step slightly outside the box and choose it.



Since initially being mentored by Dr. Robert Atkins, Robin Ellen Leder, M.D., 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, 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.



The Road to Hormonal Harmony

Finding Balance and Thriving

by Marlaina Donato

Like a well-built home, the human body's quality of life depends upon a sturdy foundation. A complex, hormonal matrix determines our vitality and impacts major areas of health, including growth and development, stamina, sleep cycles, bone health, blood sugar levels, fertility, weight and mood. Fifty hormones take turns keeping us alive, as well as impacting lesser concerns such as hair and skin quality. Excessive stress, certain pharmaceutical medications, hormonal contraception, autoimmune diseases and, in rare instances,

tumors can throw the body into metabolic chaos. Supporting these fundamental allies through lifestyle changes that include a nutrient-packed diet, improved gut health, supplementation and medication, when needed, can help us get back on track. Most importantly, prevention is possible with the same approach.

“Hormones are the behind-the-scenes influencers, ensuring your body operates smoothly and adjusting to the ever-changing demands of your environment and internal

states. When this delicate balance is thrown off, the consequences can be widespread, affecting virtually every aspect of your health,” affirms North Carolina-based hormone specialist Deborah Matthew, M.D., author of *This Is Not Normal: A Busy Woman's Guide to Symptoms of Hormone Imbalance*.

Even a slight imbalance of certain hormones—whether a deficiency or an excess—can compromise digestion, raise low-density lipoprotein (“bad” cholesterol), downgrade sex drive, foster cognitive issues, amp up



Jlco Amaral from Getty Images/CanvaPro

anxiety and even affect heart rhythm. Lifestyle factors like smoking, poor diet and lack of exercise also play a role in disturbing equilibrium. Matthew explains, “Hormones are chemical messengers that coordinate many functions well beyond the realm of reproductive health. They are produced by your endocrine glands and circulate through your bloodstream, delivering critical instructions to every tissue and organ.”

Oxytocin and Other Key Players

Like orchestra players, hormones work together, but the hormone oxytocin is the conductor. Hormones such as estrogen and testosterone, as well as the neurotransmitters dopamine and serotonin, cannot be produced or used properly without oxytocin. Good gut health also depends on it. “The most powerful hormone in our body, hands down, is oxytocin. It also happens to be an alkalinizing hormone and helps op-

pose the negative, chronic effects of cortisol, our stress hormone,” says Anna Cabeca, a triple-board-certified OB-GYN and author of *The Hormone Fix*, *Keto-Green 16* and *MenuPause*. “Oxytocin is what we refer to as the love and bonding hormone. It’s also a longevity hormone—muscle-regenerating, mood-elevating, pain-relieving and immune-boosting. It is vital to have a high level of it if we want to boost and support the other hormones.”

Cabeca recommends boosting oxytocin naturally. “It can be as simple as thinking of something that puts a smile on your face, brings you joy and happiness, makes you laugh or gives you that warm fuzzy feeling inside,” she explains, adding that cultivating a sense of gratitude “will help boost your oxytocin level and reduce your stress hormone cortisol, which, when too high, leads to inflammation and acidity.” Her other go-to oxytocin allies are funny movies, being in

nature, hugs, intimacy, therapeutic massage and activities with others like yoga classes, hiking or team sports.


The symbiotic relationship between the thyroid and our stress-fighting adrenal glands is also fundamental in systemic harmony. A 2015 study published in *European Thyroid Journal* revealed that 5 percent of patients with autoimmune thyroid disease also had an underlying primary adrenal insufficiency. An older study published in *The Journal of Clinical Endocrinology & Metabolism* in 2009 showed that 41 percent of patients with compromised adrenal function also suffered from hypothyroidism.

“In today’s high-stress environment, our cortisol production can become dysregulated. This is often called ‘adrenal fatigue,’ although that term is not recognized by the conventional medicine world,” says Matthew. “This cortisol dysregulation often re-

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sults in profound tiredness, cravings for salt or sugar, reliance on caffeine for energy and difficulty handling stress.” She notes that despite its widespread occurrence, adrenal compromise slips between the cracks of conventional diagnosis. Recognizing the interconnectedness of bodily systems is vital.

“A holistic approach to thyroid and adrenal health considers the entire spectrum of an individual’s health, lifestyle and emotional well-being,” Matthew says. “Holistic practitioners often employ comprehensive testing to uncover subtle imbalances, utilize natural supplements like adaptogenic herbs to support function and recommend dietary and lifestyle changes that address underlying causes of thyroid and adrenal symptoms.”



Fertility Factors

For many, planning a family is one of life’s high points, but according to the U.S. Centers for Disease Control and Prevention, 13 percent of married women under the age of 30 struggle to conceive; about 22 percent of married women between ages 30 and 39 are hit the hardest. The frustration can be agonizing. “I often say that infertility is not a diagnosis; it’s a symptom,” attests Aumatma Simmons, a double-board-certified naturopathic doctor, endocrinologist and fertility specialist at the Holistic Fertility Institute, in Berkeley, California. “When we consider infertility as a symptom, we start understanding that it is the check-engine light that our body is giving off, trying to tell us something is out of whack. Maybe it’s the hormones or something somewhere else in the body. The root causes must be discovered and addressed.”

Common contributors to infertility include amenorrhea (absent periods) caused by physical or emotional stress, weight extremes (obesity or underweight) and age. Simmons underscores the role of diet and lifestyle in both women and men. “It is well-researched that lifestyle habits like smoking, alcohol and marijuana can contribute to fertility and pregnancy outcomes. Additionally, there is ongoing research about the role of sedentary lifestyles and body mass index as potential indicators of pregnancy outcomes. Even blood sugar and inflammation in the male partner can impact fertility, as well as a woman’s ability to carry a pregnancy to term.”

Simmons directly attributes food habits to egg and sperm quality, asserting, “Diet is vital in the role of implantation. There are studies that have shown that gut inflammation contributes to uterine inflammation, which directly affects implantation and pregnancy outcomes.” She also connects the dots between the mental and emotional health of both parents and baby success. Negative talk, poor self-esteem, responsibility overload and an inability to let go or ask for help can also foster infertility.

What We Can Do

Taking a few steps toward a more balanced body can go a long way. Cabeza emphasizes, “Deep, restorative sleep is essential to regenerate and rebalance. Physical activity is absolutely necessary for hormone circulation throughout the blood and lymphatic system, so doing things that make you huff and puff and sweat daily is critical.” She also recommends alkalizing the diet by amping up hydration and fortifying meals with low-carbohydrate food sources, low-glycemic fruits like berries, leafy greens, cruciferous vegetables and sprouts. Adding intermittent fasting to the mix also packs a positive punch, especially as progesterone and estrogen levels decrease with age and we have a higher risk for developing insulin resistance.

Everyday foods for hormonal happiness include healthy, high-fat foods like avocados, raw butter, ghee, egg yolks (rich in choline and iodine for healthy thyroid function), soaked nuts and seeds, flaxseed, hemp and olive oil; clean proteins like quinoa, organic pasture-raised poultry and beef, wild-caught fish, lentils and beans; and spices like turmeric, cinnamon, cumin, garlic and fresh cilantro. Avoid trans fats, sugar and refined carbs, which trigger inflammation and disrupt hormonal balance.

Matthew recommends cortisol-lowering activities like meditation, yoga and breathwork, which help balance cortisol levels, improve our resilience to daily stressors and support overall hormonal health. She also stresses the importance of seven to nine hours of restful sleep by “establishing a consistent bedtime routine, minimizing exposure to blue light from screens before bedtime and creating a sleep-conducive environment in your bedroom. Many of your hormones are produced at night while you are in a deep sleep.” More shut-eye also regulates stress hormones and helps to repair the body’s cells and tissues.

Life is better when our bodies are happy, and change begins with small, inspired steps. Cabeza reminds us, “Create a life rhythm that works for you.”

Marlaina Donato is a visionary artist, composer, author of several books and long-time journalist for Natural Awakenings. Connect at BluefireStudio.art.



Footloose Fitness

The Joys and Benefits of Dance Classes

by Kelly Mercedes

Getting fit offers many health benefits, including stress management and better cardiovascular health, but stepping into a dance class can also increase levels of feel-good neurotransmitters that reduce pain and boost mood. From fusion dance to ballroom and hip hop, today's studios provide plenty of diversity in their class offerings; a welcoming, non-judgmental approach; and encouragement for all ages to try something new. "These days, there are many entries into dance that are non-performance-based—dancing

just for the joy of it, to feel the endorphin rush that happens when moving your body to music," says Jessica Gleason, founder and lead instructor of Seattle Dance Fitness, in Shoreline, Washington. Aside from the perks of better balance and a stronger, more supple body, dancing can help us build solid social bonds, too. "Step into a dance fitness class at a gym, studio or community center, and you will definitely meet new people, foster relationships and feel like you're a part of a bigger community, all things that are positive for your mental health and well-being," Gleason adds.

Kelly Peckholdt, owner and director of Positions Dance Studio in Babylon, New York, champions the "emotional regulation due to the release of serotonin when you are dancing. I personally always feel so much better after a dance class." She reminds us that we do not need to be born with a talent to boogie. "A lot of people believe that they must be flexible or have good balance in order to try a dance class, but we dance so that we can gain those benefits. Moving your body is for anyone at any age and any shape or size."

Benefits Abound

Taking up joyful swing or invigorating salsa can not only support muscle and joint health, but also get us to a healthier weight. A 2015 study led by Dr. Nick Smeeton, a UK lecturer at the University of Brighton Department of Sport and Exercise Science, revealed that many dance styles, including ballroom, ballet and contemporary, can burn more calories than running, cycling or swimming. The research team, which measured key biomarkers in adult dancers, found that up to 600 calories could be burned in one hour.

A 2017 meta-analysis of 18 studies involving ballroom, contemporary, jazz and cultural dance forms, published in *Alternative Therapies in Health and Medicine*, found significant improvement in stamina, muscular strength and balance in older adults,



Junessa Rendon from capture-

as well as improved psychological well-being. According to the Bone Health & Osteoporosis Foundation, dance can be a boon to the skeletal system. The brain is also positively impacted by doing a little cha-cha or line dancing. Research published in 2017 in *Frontiers in Aging Neuroscience* reports improved cerebral white matter—the part of the brain that governs thought processing and speed—through folk dancing.

Dance Class Options

“There is so much more to dance than classical ballet,” Peckholdt says. “I think that ballet, tap and jazz are very manageable for older adults, in perhaps a beginner-level class.”

Gleason recommends four branded modalities that are popular these days: Zumba, a cardio workout with Latin-inspired dance moves; Jazzercise, a high-intensity workout that blends dance with Pilates, yoga, kickboxing and strength training; REFIT, a dance class that incorporates emotionally uplifting and community-building components to keep students motivated; and WERQ, a cardio-dance workout that incorporates trending pop and hip-hop music.

Toss Out Perfection

To find a class, Gleason suggests Googling “dance workout near me”. She also advises a healthy amount of patience when trying something new. “We always remind newcomers that it takes some time to learn the moves and that they aren’t supposed to look and move like the instructor. They are supposed to move and look like themselves.”

For some, taking the plunge and walking into a studio is the hardest part. Gleason inspires us when she says, “So many people tell me it took them forever to try a class because they were nervous about trying, but once they did, they wished they’d done so sooner.”

Kelly Mercedes is a narrative journalist and contributor to KnowEwell and Natural Awakenings.

Sculpting Exercises for Summer Confidence

Summer is a season of fun in the sun, but it is also a time when many of us want to look and feel our best. Sculpting exercises target specific muscle groups, helping to define and tone the body for a leaner, more sculpted appearance. By incorporating these exercises into our workout routine, we can not only achieve visible results, but also enhance overall fitness and confidence.

Effective Workout Routines

Squats: Squats are a powerhouse exercise that targets multiple muscle groups, including the quadriceps, hamstrings, glutes, and core. Whether you perform traditional squats or variations like sumo squats or goblet squats, this compound movement is essential for sculpting strong and toned legs.

Targets: Glutes, quads, hamstrings.

How-to: Stand with feet hip-width apart, lower into a squat position, keeping knees behind toes, then return to standing.

Lunges: Lunges are fantastic for targeting the muscles in your legs and glutes while also improving balance and coordination. Whether you do forward lunges, reverse lunges, or walking lunges, incorporating this exercise into your routine will help you achieve toned and shapely lower body muscles.

Targets: Glutes, quads, hamstrings, calves.

How-to: Step forward with one leg, lowering your hips until both knees are bent at a 90-degree angle, then return to the starting position and repeat with the other leg.

Push-ups: Push-ups are a classic upper-body exercise that not only strengthens your chest, shoulders, and triceps but also engages your core for stability. By mastering different variations of push-ups, such as diamond push-ups or decline push-ups, you can sculpt defined arms and enhance your overall upper body strength.

Targets: Chest, shoulders, triceps, core.

How-to: Start in a plank position with hands shoulder-width apart, lower your body until your chest nearly touches the floor, then push back up to the starting position.

Plank: Planks are a simple yet effective core-strengthening exercise that engages multiple muscle groups simultaneously. By holding a plank position for a



set amount of time, you can strengthen your abdominals, obliques, and lower back muscles, leading to improved posture and a more defined midsection.

Targets: Core, shoulders, back.

How-to: Begin in a plank position with elbows directly beneath shoulders and body forming a straight line from head to heels, hold for as long as possible while engaging core muscles.

Deadlifts: Deadlifts are unparalleled for building strength in the posterior chain, including the muscles of the lower back, glutes, and hamstrings. Whether you opt for conventional deadlifts, sumo deadlifts, or Romanian deadlifts, this compound exercise is essential for sculpting a strong and resilient lower body.

Targets: Hamstrings, glutes, lower back.

How-to: Stand with feet hip-width apart, holding a barbell or dumbbell in front of thighs, hinge at hips to lower weights towards the ground, then return to standing while keeping back straight.

Russian Twists: Russian twists are a dynamic core exercise that targets the obliques and helps improve rotational stability. By twisting your torso from side to side while holding a weight or medicine ball, you can sculpt a defined waistline and enhance your overall core strength.

Targets: Obliques, core.

How-to: Sit on the floor with knees bent and feet lifted, lean back slightly, and rotate the torso to one side, then to the other, while holding a weight or medicine ball.

Bicycle Crunches: Bicycle crunches are a challenging yet effective exercise for targeting the rectus abdominis (the “six-pack” muscles) and obliques simultaneously. By performing a twisting motion with your upper body while pedaling your legs in a cycling motion, you can sculpt a strong and defined midsection.

Targets: Abdominals, obliques.

How-to: Lie on your back with knees bent and hands behind your head, bring opposite elbow to opposite knee while extending the other leg, alternating sides in a pedaling motion.

Shoulder Press: Shoulder presses target your deltoid muscles and help build strength and definition in your shoulders. Strong shoulders not only improve upper body aesthetics but also contribute to overall functional fitness.

Targets: Shoulders, triceps.

How-to: Hold dumbbells at shoulder height with palms facing forward, press weights overhead until arms are fully extended, then lower back down to the starting position.

Bent-Over Rows: Bent-over rows are a classic strength training exercise primarily targeting the muscles of the upper back, including the latissimus dorsi, rhomboids, and traps, as well as the biceps and forearms to a lesser extent.

Targets: Upper back, biceps.

How-to: Stand with feet hip-width apart, holding dumbbells with arms extended, hinge at hips and lower torso until nearly parallel to the ground, then pull weights towards the chest, squeezing shoulder blades together.

Glute Bridges: Glute bridges are excellent for targeting your glutes and hamstrings while also engaging your core muscles for stability. They're a simple yet effective exercise for sculpting firm and lifted buttocks.

Targets: Glutes, hamstrings, lower back.

How-to: Lie on your back with knees bent and feet hip-width apart, lift hips towards the ceiling while squeezing glutes, then lower back down to the starting position.

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2024

EDITORIAL CALENDAR

JANUARY HEALTH & WELLNESS

FEATURE: AGING GRACEFULLY

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

PLUS: PARKINSON'S DISEASE

MAY WOMEN'S WELLNESS

FEATURE: HORMONAL HEALTH JOURNEY

PLUS: LYME DISEASE

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calendar of events

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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@loiskramererez.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

Saturday, May 4

Manual Lymphatic Drainage Class — 4:30pm. Join us for an enlightening session as therapeutic technique aimed at enhancing the natural flow of lymph throughout the body. Call 201-261-0003 or Visit Website & Register at <https://solerevivalreflexology.com>. Location: Sole Revival Reflexology, 790 Kinderkamack Rd, River Edge, 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.

Springfest Craft Show & Antique Corner — 10:00am-5:00pm. One hundred & twenty exhibitors will be set up on the grass along the paths with an array of hand crafted items, art & gifts. The Antique & Collectible corner is where you will find treasures from the past. Festival foods will be available as well as home made pretzels, pickles, kettle corn, sweets, & Italian ice. Visit Website at www.mybergen.com & Register. Location: Westwood Veterans Park, Corner of Broadway & Third Avenue, 50 Madison Ave, Westwood, NJ.

Tuesday, May 7

Bergen Women's Health Experience — 5:30 pm-8:30pm. It is a time for you and your friends to get together and be inspiration for women from all around the county. Visit Website at www.healthandlifemags.com/bergen & Register. Location: The Terrace, 293 Paramus Road, Paramus, NJ.

Wednesday, May 8

Cafe and Chat - Destigmatizing Mental Health for Asian Americans — 12:00pm-5:00pm. Join us as we chat over coffee and pastries about how being multicultural can shape how we view mental health. Visit Website at www.nj4sbergenhub.org & Register. Location: Meadowlands Family Success Center, 100 Washington Avenue, Little Ferry, NJ.

Forest Friends Series: Decisions — 10:00am-11:00am. Come join us at the Paramus Public Library for an educational storytelling program called Forest Friends that will help students from kindergarten to second grade learn various social and emotional life skills. Visit Website at www.nj4sbergenhub.org & Register. Location: Paramus Public Library, 116 East Century Road, Paramus, NJ.

Saturday, May 11

Wild Edibles Walk & Talk with Bobcat Saunders — 2:00pm-4:00pm. A program and nature walk about foraging sustainably, cooking and healing with wild edible plants, medicinal herbs, and mushrooms! Learn early Spring plants and how their survival strategies depend on the seasons. Visit Website at <https://tenaflynaturecenter.org> & Register. Location: Tenafly Nature Center, 313 Hudson Avenue, Tenafly, NJ.

Sunday, May 12

Spring Family Hike — 11:00am-1:00pm. Celebrate family with a guided walk with a TNC Environmental Educator. Whether you're an outdoor enthusiast or just hoping for a pretty photo op with the family, a walk is the perfect activity to celebrate this special family day. Visit Website at <https://tenaflynaturecenter.org> & Register. Location: Tenafly Nature Center, 313 Hudson Avenue, Tenafly, NJ.

Monday, May 13

Women for Women Today - Empower, Connect, Inspire — 5:00pm-9:30pm. It is filled with dynamic speakers, mentor workshops, and a supportive community of women from all walks of life. Be part of a movement that celebrates empowerment, education, and personal growth. If you have any questions, email WomenForWomanToday@gmail.com. Visit Website at www.njbulletin.com & Register. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

Tuesday, May 14

Korean Book Club — 11:15am-12:45pm. Join the Korean Novel Book Club led by Crystal Lee, author, and translator. Meet new friends as we read and discuss Korean novels together in Korean. Visit Website at www.njbulletin.com & Register. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

Wednesday, May 15

Stunning Wrap Pants with Fashion Stitches — 6:30pm-8:30pm. Learn the art of crafting wrap pants from pattern to actual fabric with expert guidance. Visit Website at www.njbulletin.com & Register. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

Friday, May 17

2024 Stroke Symposium — 7:30am-12:30pm. Highlighted topics include neuroimaging in stroke, care for cardiac & ischemic stroke patients, & endovascular approach to brain hemorrhage. Visit Website & Register at www.Englewoodhealth.org. Location: Englewood Health - Main Campus, 350 Engle Street, Chiang Auditorium, Englewood, NJ.

Saturday, May 18

Salt & Guided Meditation with Michele Maltese — 3:00pm-5:00pm. All in one session you will receive various sound frequencies and vibrations, balance-(Grounding and Centering), Dry Salt Therapy, guided breath meditation and Chromotherapy(color therapy) . 5 treatments in 1 session that cleanses the soul, encourages a meditative state and settles you into deep relaxation. Call (201) 429-3214 or Visit Website & Register at <https://cattleyatrianaespa.com/>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

The Allendale Garden Club's Plant Sale — 8:00 am-12:00pm. Join us for our annual outdoor community event featuring a rich variety of native and pollinator plants selected from our gardens as well as nursery plants, baskets, and containers at reasonable prices. Visit Website at www.mybergen.com & Register. Location: The Lee Memorial Library Grounds, 500 West Crescent Avenue, Allendale, NJ.

Sunday, May 19

Free Holy Fire Reiki Healing Circle — 3:30 pm-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.

EarthFest Overpeck 2024 — 12:00pm-5:00pm. Come join us and a cast of thousands as we celebrate our beautiful planet this year at our annual EarthFest Overpeck Festival! Visit Website at www.hackensackriverkeeper.org & Register. Location: Overpeck County Park, 199 Challenger Road, Ridgefield Park, NJ.

Sunday, May 19

Demarest 5K Run — 7:45am-11:15am. Join 5K & One Mile Fun Run is a longstanding tradition in the Northern Valley that inspires runners and spectators young and old. Visit Website at <https://demarest5k.org> & Register. Location: County Road School, 130 County Road, Demarest, NJ.

Access Energetic Facelift Class — 11:00am- 6:00pm. In this 1-day class, experience and learn an energetic-treatment that soothes your mind, rejuvenates your face and relaxes your body. Call 201-491-6592 or Email mseeve@alohahealthandwellness.com to register! Visit Website at www.alohahealthandwellness.com. Location: A Therapy Life Center, 132 Midland Ave Suite A, Garfield, NJ.

Tuesday, May 21

Singing Bowls Sound Healing — 7:30pm-8:30pm. In the serene and relaxing environment of the salt cave, enjoy the sounds and vibrations of singing bowls and meditation with sound healer Beth Lantigua. Call 845-290-0678 to register! Visit Website at <https://saltoftheearthcfh.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd. Chestnut Ridge, NY.

Wednesday, May 22

Pendulum Power Workshop — 5:30pm. Join us for a captivating journey into the ancient art of pendulum dowsing, where you'll learn to harness the subtle energies around you to gain insights, clarity, and guidance. Call 201-261-0003 or Visit Website & Register at <https://solerevivalreflexology.com>. Location: Sole Revival Reflexology, 790 Kinderkamack Rd, River Edge, NJ.

Wellness Wednesdays — 4:00pm-4:45pm. Let's nurture our minds! Through fun and creative activities, learn how to connect with peers, the importance of self esteem and healthy ways to seek relaxation after a long day at school. Visit Website at www.njbulletin.com & Register. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

Friday, May 24

Trendy & Functional Bag with Fashion Stiches — 12:00pm-2:00pm. Craft a trendy bag that combines fashion, comfort, and functionality with expert guidance. Visit Website at www.njbulletin.com & Register. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

Monday, May 27

Ridgewood Run — 7:00am. It is a spirited, family-focused day of fun activities that include a 10K, 5K, the Ridgewood YMCA Kid's Fun Run, Competitive Mile, and a one-mile Community Run. Visit Website at www.ridgewoodrun.com & Register. Location: Veterans Memorial Field, Harrington Avenue, Closter, NJ.

Tuesday, May 28

Felting Workshop with Christine from Woolly Pets — 3:00pm-4:30pm. Christine has managed her creative and artistic skills into versatile and colorful 2D & 3D wool needlecraft. She is currently the instructor of needlecraft workshop at art schools and community centers, and has many pieces of artwork available. Visit Website at www.njbulletin.com & Register. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

Wednesday, May 29

Burnt Toast Club — 4:00pm-4:45pm. Let's get together and read! We will read and discuss a book and make a craft. Visit Website at www.njbulletin.com & Register. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

Sunday, June 2

Drum and Healing Circle — 3:30pm-5:00pm. Gathering all to celebrate the season in community with our loving ancestors. Some instruments will be provided. Bring your own drums and percussion instrument. No prior musical experience necessary. All levels welcome. \$40 per person. Call 201-788-6322 to register! Visit Website at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

Hasbrouck Heights Spring Fling Street Fair — 10:00am to 5:00pm. It features area merchants, quality exhibitors, a special crafter's section, lots of great food booths and trucks, kiddie rides and a kids' area, live music, performances by local groups, and more. Visit Website at www.mybergen.com & Register. Location: 216 Boulevard, Hasbrouck Heights, NJ.

Tuesday, June 4

Past Life Regression — 7:30pm-8:30pm. 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.

Balancing Hormones with Acupuncture — 7:00am-7:45pm. Learn the benefits of acupuncture to assist in balancing hormones and in managing hormone-related issues such as hot flashes, headaches, fatigue, insomnia, appetite control, stress management, and infertility. Visit Website & Register at www.EnglewoodHealth.org. Location: EMS Training Center, 122 South Van Brunt Street, Englewood, NJ.

Prenatal Meditation and Yoga (6-Session Series) — 7:00pm -8:00pm. Learn how to focus on breath and posture and connect to yourself and your baby to facilitate and prepare for labor and delivery. Visit Website & Register at www.EnglewoodHealth.org. Location: Graf Center for Integrative Medicine,

Englewood Health - Main Campus, 350 Englewood Street, Englewood, NJ.

Wednesday June 5

Wellness Gala - The Power of Thoughts and Words — 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.

Friday - Sunday, June 7 – June 9

Usui Holy Fire Reiki III - Master Teacher Training — 10:00am-5:00pm. This 3-day Master level Certification combines all the master training into one three-day format. It is both gentle and powerful and can provide healing, empowerment and guidance. Must have completed Reiki II for at least six months. Cost \$950 includes Master manual, ICRT certificate, vegan lunch and snacks. Call 201-788-6322 to register! Visit Website at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

Saturday, June 8

Salt & Sound Meditation with Nick Sotomayor — 4:00pm & 7:00pm. Using the ancient healing properties of Color-therapy, Sound Vibration Frequency, Dry Salt Therapy, and Mindful Wellness Balancing. A 4 in 1 meditation and mindfulness session. Call (201) 429-3214 or Visit Website & Register at <https://cattleyatrianaespa.com/>. Location: Cattleya Trianea Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

Sunday, June 16

Scents and Sensibility - Essential Oils Part 2 — 3:30pm-5:00pm. Come introduce yourself and Learn some of the Benefits and Cautions when using Specific ones. This class will focus on the amazing properties of select essential oils that specialize as an Insect repellent. \$40 per person (includes one repellent roll on). Call 201-788-6322 to register! Visit Website at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

Sunday, June 23

Free Reiki Share — 3:30p-5:00pm. Come join us for a Free Reiki Share and reconnect deeply to this wonderful healing modality. A Reiki Share is where each participant gives Reiki to others as part of a group and takes a turn on a massage table for a while as a group of people give them Reiki. All practitioners and friends welcome! 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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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 18.*

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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 17.*

YOGA

PURE BLISS YOGA
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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 21.*



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We Have a Choice

In times like today, when every aspect of society seems to be in chaos, one easy response is to escape—through drugs, alcohol, comfort food, non-stop entertainment or any other convenient mind-numbing practice. Many are defaulting to this “cure” for their discomfort. Others, feeling insecure, angry, and demanding change, agitate to take society back to what they remember as the “good old days.” They may not be clear about what exactly made the past better, but are more than willing to listen to people who place the blame for current troubles anywhere but where it actually belongs: on economic inequality and injustice.

A Major Transition

Most of us forget that another choice is possible. We can create a future completely different from the present or the past—one that expresses our most deeply felt desires to live together in peace, happiness, and prosperity. In fact, this choice is being reinforced, or perhaps stimulated, by the planetary energies now at play. We are currently in the midst of a major transition between two ages — moving from the Age of Pisces into the Age of Aquarius, and such transitions tend to create chaos as the energies of the two constellations involved compete with each other. The energies of Pisces support individuality and devotion to separate religions or causes, while Aquarian energies promote cooperation, group efforts, synthesis, and brotherhood. As our planet moves closer to Aquarius, the

polarization and divisions among people and ideas will diminish, and we will find more common ground.

So, now is the time to take advantage of the energies and to put forth visions of a world that would benefit all people—not just a few. In mundane terms, we need to expand the “Overton window”—the range of ideas that voters find acceptable—to include ideas that are not currently in the public eye—ideas that might at first be considered idealistic or even impossible to attain. For politicians to support policies outside of the window would be political suicide, as they would not be seen as legitimate options by society. Therefore, since it’s politicians who will be deciding the policies that will determine our future, we need to voice our desires for the kind of world we want, to make sure they are among the available options in the public discourse.

The Key: A Unified Vision of Sharing and Justice

How do we bring our ideas forward? The key is to have a unified vision, to voice it in large numbers, and to do so powerfully. Fortunately, we don’t have to do this alone. We have help in the form of the great spiritual teacher—Maitreya by name—who is here to accompany our transition into the Aquarian age, and we will see him soon. He has said that peace can be established and our societal ills transformed by simply sharing planetary resources more equitably, creating justice in every societal institution, and restoring and

preserving our environment. We can count on him to galvanize people of goodwill to champion these priorities when he appears publicly, but we can start now.

We can talk about the future we want to our friends and relatives, call and write the president and our Congressional representatives on a regular basis about it, and spread the ideas through our social media outlets. There is power in numbers, and the 99% of us non-wealthy are by definition the majority. We just need to project our vision of sharing and justice powerfully in as unified a way as possible everywhere, and together we can create a future that works for everyone.

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



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