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Men's Health



NORTHERN NEW JERSEY EDITION

JUNE 2024

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letter from publisher:



Summertime Is Here At Last!

It's summer, and I can see that it tends to get busier around this time of year, even though the days are longer. As schools work toward finishing all their coursework and kids have graduation concerts, as well as their annual assessments, business owners and managers wish to wrap up their projects or make arrangements to "park" them for the summer.

At *Natural Awakenings*, it is summer all the time as we work to bring the best of local content as well as very detailed and informative national articles to our readers. For our June topic of Men's Health, which is often the most neglected in the household due to negligence and procrastination over other priorities, we address their often-ignored mental health, which has seen a troubling increase in last few years, as well as a holistic approach with lifestyle and dietary habits for prostate cancer prevention.

I want to make special mention of a local entrepreneur, Ms. Ena Forbes, CEO and founder of Mom and Paps Home Care. LLC. She has worked to create a very valuable best-in-class home care service with customized service based on the clients' needs.

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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At 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. Silver's personal experience using natural therapies for her own cancer treatment motivated her to become a certified health coach in order to share her knowledge and experience with others.

Location: 811 Chestnut Ridge Rd., Chestnut Ridge, NY. For reservations or more information, call 845-290-0678 or visit SaltOfTheEarthcfh.com. See ad, page 18.

Red Light Therapy Now Available in Haskell

The Beauty from Inside & Out Beauty & Wellness Center for Women now provides contour red light therapy as a non-invasive aesthetic treatment for reducing the circumference of the hips, arms, waist and thighs. The first session is \$89 (regularly \$249) from noon to 5 p.m., May 7, 14, 21 and 28 only.



Owner Angela Serritella, a licensed cosmetologist with more than 27 years of experience, says, "It 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."

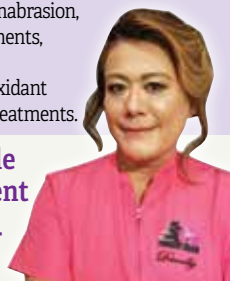
Location: 1069 Ringwood Ave., Ste. 311, Haskell. For appointments (required) and more information, email Angela@beauty-fio.com or visit InnerBeautyNJ.com. See ad, page 18.



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New Recommendations for Concussion Treatment

The conventional treatment for concussions has been to rest in a dark room until symptoms go away. Research has consistently shown that strict rest is not beneficial and may significantly delay recovery, but the medical community has been slow to change its ways. Organizations like the Concussion Alliance are working to change that by educating patients and providers.

The Consensus Statement on Concussion in Sport, a report prepared by an international panel of experts, recommends active rehabilitation. Immediately following a concussion, the report suggests continuing daily living activities, sleeping as needed and reducing screen time for 48 hours. Patients can return to light-intensity activity such as walking during the initial 24 to 48 hours following a concussion, provided the activity does not more-than-mildly exacerbate symptoms. After the first 48-hour period, the intensity of physical activity can be increased, so long as symptom exacerbation remains mild.

In a concussion, the brain jiggles and twists, causing the neurons—long, cordlike cells that transmit signals—to stretch and fray. During recovery, the brain reroutes signals around the damaged neurons. The healing process may result in exhaustion, headaches, feeling emotionally drained and having trouble performing simple tasks. Physical activity aids the healing process.



Antonio Diaz from Getty Images/CanvaPro

Familiar Smells Unlock Memories

Major depressive disorder (MDD) is a common mental disorder that affects an estimated 21 million adults in the United States, according to the National Institutes of Health. For some, MDD may severely interfere with or limit a person's ability to carry out life activities. People with depression also have trouble accessing memories.

JAMA Network Open recently published a study from the University of Pittsburgh School of Medicine involving 32 patients with MDD, which sought to evaluate whether the participants could be prompted to recall a specific personal memory when exposed to an odor or word cues. The researchers rated levels of arousal, vividness, repetition and recall response time based on those memory clues. Participants recalled more specific personal memories when cued with odors than with words. Odor-cued memories were more vivid and arousing than word-cued memories. The results could have implications for managing MDD and possibly reducing depressive symptoms.



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The Best Foods to Fight Inflammation

by Roman E. Finn, M.D.

Inflammation is a natural and essential process in the body, helping to protect and heal us from injury and infection. An anti-inflammatory diet focuses on consuming foods that help reduce inflammation in the body while avoiding those that can exacerbate it. These foods are typically rich in antioxidants, vitamins and minerals which help fight oxidative stress and support the immune system.

Fatty Fish

Fatty fish, such as salmon, mackerel, sardines and trout are excellent sources of omega-3 fatty acids, which are known for their potent anti-inflammatory properties. Fatty fish reduces inflammation because Omega-3 fatty acids help reduce the production of pro-inflammatory molecules, leading to lower inflammation levels in the body. Regular consumption of fatty fish has been linked to improved cardiovascular health, including reduced blood pressure and lower levels of bad cholesterol. Omega-3s can alleviate symptoms of rheumatoid arthritis by reducing joint pain and stiffness.

Berries

Blueberries, strawberries, raspberries and blackberries are packed with antioxidants, vitamins, and fiber. They are rich in antioxidants that neutralize free radicals, reducing oxidative stress and inflammation. Regular consumption of berries has been linked to improved cognitive function and a lower risk of age-related cognitive decline. The anti-inflammatory properties of berries contribute to lower blood pressure and reduced risk of heart disease.

Leafy Greens

Leafy greens such as spinach, kale, Swiss chard and collard greens are nutrient-dense foods that provide a wealth of vitamins, minerals, and antioxidants. They are packed with vitamins A, C and K, as well as iron and cal-

cium, all of which support overall health and reduce inflammation. The high vitamin K content in leafy greens is essential for bone health and can help prevent osteoporosis. Leafy greens aid in detoxifying the body by supporting liver function and promoting the elimination of toxins.

Nuts And Seeds

Nuts and seeds, including almonds, walnuts, chia seeds and flaxseeds, are excellent sources of healthy fats, protein, and fiber. The regular consumption of nuts and seeds is associated with lower cholesterol levels and reduced risk of heart disease. The high fiber and protein content in nuts and seeds can help with weight management by promoting feelings of fullness. Omega-3 fatty acids in walnuts and flaxseeds support brain health and cognitive function.

Olive Oil

Olive oil, particularly extra virgin olive oil, is a staple of the Mediterranean diet and is known for its anti-inflammatory and heart-protective properties. Olive oil contains compounds that have been shown to reduce inflammation and lower the risk of chronic diseases. The mono-unsaturated fats in olive oil help reduce bad cholesterol levels and improve heart health. Olive oil is rich in antioxidants that protect cells from oxidative damage and inflammation.

Tea

Tea has been cherished for centuries, not only for its comforting taste, but also for its numerous health benefits. From green tea to turmeric-infused blends, the world of tea is rich with varieties known for their anti-inflammatory properties. These teas work by reducing the levels of pro-inflammatory compounds in the body while promoting the activity of anti-inflammatory agents, ultimately restoring balance and harmony within.

Green Tea: Renowned for its high concentration of antioxidants called catechins, green tea is a potent ally in the fight against inflammation. Studies have shown that regular consumption of green tea can reduce markers of inflammation in the body, making it a staple in any anti-inflammatory diet.

Turmeric Tea: The golden spice turmeric contains curcumin, a compound with powerful anti-inflammatory properties. When brewed into tea, turmeric offers a warm and comforting beverage that can help alleviate inflammation and support overall wellness. Adding a dash of black pepper to turmeric tea can enhance the absorption of curcumin, maximizing its benefits.

Ginger Tea: With its zesty flavor and warming effect, ginger tea is not only soothing to the senses, but also beneficial for reducing inflammation. Whether enjoyed hot or cold, ginger tea can be a refreshing way to calm inflammation and promote digestive health.

Chamomile Tea: Renowned for its calming effects, chamomile tea is also a gentle anti-inflammatory agent. It contains flavonoids that inhibit the production of inflammatory cytokines, helping to soothe inflammation throughout the body. Sipping on a cup of chamomile tea can be especially beneficial for those dealing with digestive inflammation or muscle soreness.

Rooibos Tea: Hailing from South Africa, rooibos tea is celebrated for its rich flavor and an impressive array of health benefits. This caffeine-free herbal tea is packed with antioxidants, including quercetin and aspalathin, which possess anti-inflammatory properties. Incorporating rooibos tea into a daily routine can help reduce inflammation and promote overall well-being.



Roman E. Finn, M.D., is the owner of Center For Integrative & Traditional Medicine, located at 2 Madison Ave., in Paramus. For appointments and more information, call 201-291-0401 or visit citm-drfinn.com. See ad, back page.

Beauty Tips for Busy Women

by Martin Miron



Because women are juggling numerous roles and responsibilities from managing demanding careers to taking care of family and social obligations, it is not surprising that finding time for personal beauty routines can be a challenge. Whether a working professional, student or stay-at-home mom, these tips are designed to fit seamlessly into a hectic schedule. The focus is on simplicity, efficiency and effectiveness to ensure looking great even when short on time.

Time-Saving Beauty Hacks

1. Quick Hairstyles: Learn a few easy hairstyles that can be done in minutes, such as a messy bun, ponytail or a simple braid. These styles are chic and practical for busy mornings.

2. Use Technology: Beauty apps can provide personalized skincare and makeup recommendations, saving the time of trial and error with different products.

3. Sheet Masks: Sheet masks are a quick way to pamper skin. Use one for 10 to 15 minutes while doing other tasks to give skin a boost of hydration and nutrients.

4. Nail Care: Choose low-maintenance nail care options such as clear polish or gel nails that require less frequent touch-ups and keep hands looking neat.

Efficient Beauty Tips For Working Women

1. Time Management: Allocate specific times for a daily beauty routine. For instance, set aside 10 minutes in the morning and evening for skin care and makeup.

2. Weekend Prep: Use the weekends to do more time-consuming beauty treatments such as deep conditioning hair masks, manicures and pedicures, thus reducing the need for frequent touch-ups during the week.

3. Healthy Lifestyle: Maintain a healthy lifestyle with a balanced diet, regular exercise and adequate sleep. Good health is reflected in our skin and overall appearance, reducing the need for extensive beauty routines.

4. Professional Advice: Consult with a dermatologist or beauty expert to get personalized recommendations for products and routines that work best for each skin type and lifestyle.

Easy Beauty Tips For A Busy Schedule

1. Simplify the Wardrobe: A well-organized wardrobe with versatile pieces can save time when choosing outfits. Stick to a color palette that complements a preferred style and can be easily mixed and matched.

2. Quick Fixes: Learn a few shortcuts for common beauty emergencies, such as using a dab of toothpaste on a pimple or a bit of Vaseline to tame unruly eyebrows.

3. Stay Hydrated: Drinking plenty of water throughout the day keeps skin hydrated and glowing. Carry a water bottle to ensure hydration on the go.

4. Healthy Snacks: Keep healthy snacks including nuts, fruits and yogurt handy. Good nutrition supports beauty from the inside-out, making skin and hair look better naturally.

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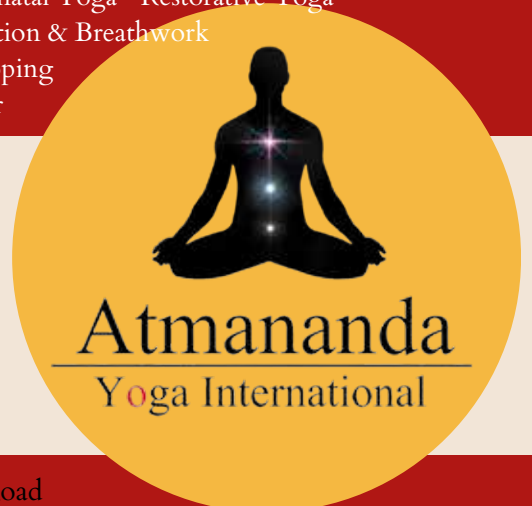
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The Truth About Amalgam Fillings

For many years, mercury-based amalgam fillings have been the standard of care in dental practices worldwide. The American Dental Association (ADA) maintains that these fillings are safe, but recent research from the University of Georgia challenges this long-held belief, definitively linking amalgam fillings to increased mercury levels in the blood and raising serious concerns about the potential health risks for those with multiple “silver” fillings.

Mercury exposure is a well-documented health hazard, known to cause a variety of issues including brain, heart, lung and immune system problems. While we can be exposed to mercury through certain foods and environments, dental amalgam fillings represent a significant, yet often overlooked source. According to recent research, adults with more than eight amalgam fillings have 150 percent more mercury in their blood compared to those without any fillings. This discovery underscores the need for a closer examination of the materials used in dental restorations.

The University of Georgia study analyzed data from more than 14,000 patients, exploring the relationship between amalgam fillings and various types of mercury in the body, including total mercury, inorganic mercury and the highly toxic methyl mercury. The findings revealed a direct correlation between the number of amalgam fillings and increased mercury levels in the blood. Notably, methyl mercury was found to be harmful even at low levels, posing a significant risk to overall health.

Dr. Xiaozhong Yu, co-author of the study, emphasized the importance of understanding mercury’s toxic effects, stating, “As toxicologists, we know that mercury is poison, but it all depends on the dose. So, if you have one dental filling, maybe it’s OK. But if you have more than eight dental fillings, the potential risk for adverse effects is higher.”

The use of amalgam fillings is widespread. In the UK, a dental health survey found that 90 percent of adults and two-thirds of

young adults aged 16 to 24 have at least one filling, with an average of seven fillings per adult. In the U.S., the average American has three dental fillings, with a quarter of the population having 11 or more. Given these statistics, the potential for widespread mercury exposure is significant.

The revelations about mercury in amalgam fillings raise an important question about whether we should rush to the dentist to have them removed. The answer requires careful consideration. Removing amalgam fillings can itself be a source of mercury exposure if not done correctly. Therefore, it is crucial to seek out a dentist that is not only mercury-free, but also mercury-safe.



Vladimir Gashinsky, DDS, AIAOMT, CND, CNC, is a holistic/biological dentist at The Holistic Dental Center of NJ, located at 91 Millburn Ave., in Millburn. For appointments and more information, call 973-457-4244 or visit HolisticDentalCenterNJ.com. See ad, page 2.

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How Emotional Imbalance Affects the Nervous and Vascular Systems

by Dr. Anne Deatly

Emotional imbalance affects the nervous system and the vascular (blood) system as part of the physiological response to stress. The nervous system and the vascular system are connected through an energetic junction or neurovascular point. This junction is called a point because we can easily access the energy through a specific small area on the skin. When we are imbalanced emotionally, the energetic junction is congested. The energy flow is blocked between the nervous and blood systems.

This blockage may be felt as physical pain, tenderness, tightness or soreness. Although this pain is a result of the physiological response to emotional stress, it also can highlight where the problem or congestion is located in the body.

With this specific communication, the congestion can be easily released using our hands. We all have amazing electromagnetic points in our fingers and hands. If we put these amazing electromagnetic points on our skin at specific places, these points magnetically attract the energy of the congestion to them, providing the opportunity to release the energetic blockage or congestion.

Energy medicine practitioners hold a three-finger notch (the thumb, index and middle fingers together) over the specific area or a specific neurovascular point for several minutes to open the energy flow there. For example:

- For heartache or grief, hold the heart and lung neurovascular point on the top center of the head in the baby soft spot.
- To let go or surrender, hold the large intestine neurovascular point in the center of each side of the head one to two inches below the top.
- If experiencing worry, hold the stomach neurovascular points on the jaw or cheekbones.
- If experiencing stress or blood flow issues, hold the main neurovascular points on the forehead above each eye.
- To give energy away to others, hold the spleen neurovascular points one inch above each ear.
- If experiencing fear, hold the kidney neurovascular point at the back of the head behind the eyes or in front of each ear.

■ If experiencing panic, hold the circulation/sex neurovascular points that are aligned with the top of the ears halfway between the back of the head and the ears.

■ In flight, fight or freeze reactive mode, hold the triple warmer neurovascular point at the back of the head behind the eyebrows.

■ If experiencing anger, frustration or self-doubt, hold the liver neurovascular points at the hairline above each eye.

■ If experiencing overwhelm, hold the area at the back of the jaws below the ears known as the stress lymphatic point. This point should be pressed in deeply to release the congestion.

After holding these neurovascular points, the pain or congestion will be greatly reduced or eliminated.



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Warming Climate May Change Forests

Trees have internal clocks that keep track of when to go dormant. Argentina's National Scientific and Technical Research Council studied the effect of rising temperatures on lenga beech saplings, a deciduous tree native to the cool temperatures of the Andes Mountains. The researchers found that higher temperatures altered the genes that regulate the tree's internal clock. These genetic oscillations resulted in smaller trees. Elsewhere, misaligned temperatures have caused other tree species to go into out-of-season dormancy. Researchers warn that future temperature increases could dramatically change the composition of forests in the Andean-Patagonian region and other vital areas around the world.



WVLADIMIR BULGAR/SCIENCE PHOTO LIBRARY from sciencephoto/CanvaPro

World's Oldest Forest Discovered in England

Cambridge University scientists have discovered a fossil forest in southwest England featuring plants with a woody root system and "twiglets" that are estimated to be 390 million years old. Their discovery was published in the *Journal of the Geological Society*. This forest is 4 million years older than an ancient forest discovered in 2019 in an abandoned quarry in Cairo, New York, and precedes dinosaurs by 150 million years. The oldest trees appeared approximately 500 million years ago, but it was the advent of forests that reduced global CO₂ levels to near-modern levels, while supplying the Earth with oxygen, thus paving the way for more complex life forms.



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Making Concrete Green

Concrete is the second most used substance in the world after water, and it accounts for seven percent of global carbon emissions. That is roughly the same amount of CO₂ produced by India. Large amounts of carbon dioxide are released when limestone and clay are super-heated to make cement, the glue that binds the sand and gravel together to produce concrete. This process is often powered by fossil fuels like gas and coal.

Driven by federal grants and state emission standards, a number of startup companies are developing technologies and techniques to produce cement with low or no CO₂ emissions. Brimstone, for example, asserts that it can make cement from rocks that contain no carbon, while Partanna claims it can produce cement with less CO₂. Eco Material Technologies sells coal and volcanic ash substitutes that reduce the amount of cement in concrete. Canadian startup CarbonCure Technologies has developed a process to pump the CO₂ from the cement process back into the concrete. Many companies in the green cement business face challenges to make their products and processes cost-effective, and some have not yet built scalable factories. Nevertheless, cement makers have no choice but to continue to search for cheap ways to cut pollution.



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Private Affordable In-Home Care With Dignity

by Martin Miron

As the Baby Boom generation continues to age, elder care, as well as medical assistance in general, have become more essential than ever, especially because family members may be spread out geographically due to career pursuits. Mom and Pap's Home Care is a privately owned and licensed home care service firm serving the state of New Jersey using only certified and licensed home health aides.

President and CEO Ena Forbes more than 14 years of experience with home care, starting with her 100-year-old grandmother. Through that experience she realized how important it is to have loved ones receive the best-hands on care possible. She says, "Our most important service is the coordination of care to our clients. Each of our client needs are unique so in order to provide them with the best possible one-on-one care. A structured care plan is created based on the requirements of the client as well as any special request from their PCPs." Forbes received a Bachelor of Applied Science degree in Business Administration and Management from Berkeley College NJ in 2014. They are licensed, accredited by the Better Business Bureau, insured and bonded.

"One of the things which sets us apart is that Mom and Pap's Home Care Agency is not apart of any franchises company. We are locally owned and operated, and since there's no pressure for franchise fees, this

makes a big difference to our clients' pocket. The company was created with the need for affordable service, which means our clients



are able to afford their service for as long as needed," explains Forbes.

Mom and Pap's Home Care provides three levels service: part-time, full-time and 24/7 companion service on location in an assisted living facility, hospital, rehabilitation facility or the comfort of home. Their flexible payment plan include long-term care insurance and affordable private pay rates. State community care program are also available.

Services include meal planning and preparation; accompanied service to appointments; hourly and 24/7 companion care; assistance with wheelchair; assistance with walking; bathing and dressing; fluid intake and feeding; incontinence care; light housekeeping; grocery shopping; medication reminders; personal hygiene; and pet care.

Forbes shares, "The biggest challenges are the overall day-to-day operations—staying on top

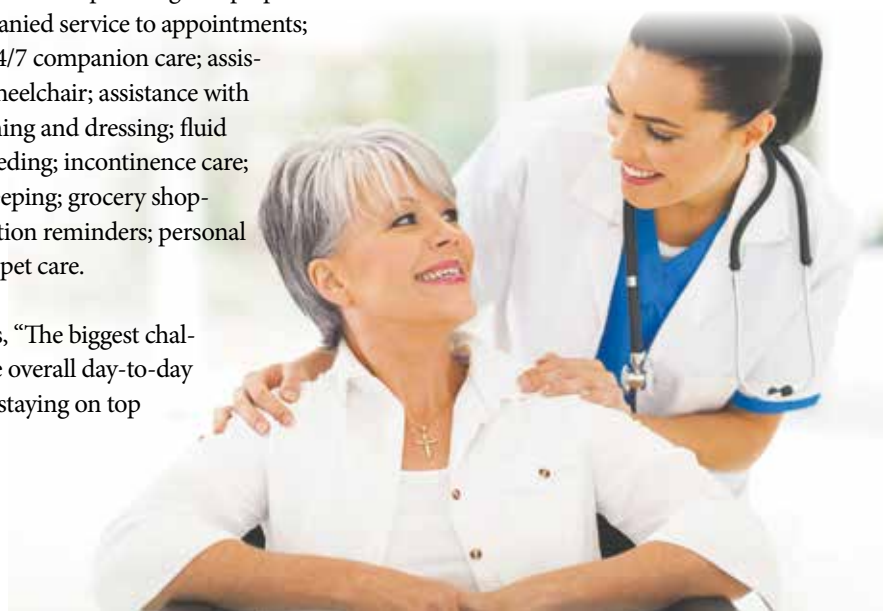
of state regulations while securing the right care team who are also very passionate about making a difference in the lives of others.

At Mom and Pap's, we aim to please our clients, therefore, my challenge is to ensure they are happy with our service."

She says, "Mom and Pap's success and growth is based on the

quality service that we have been providing thought the communities for over eight years now. And at between 75 to 80 percent of the clients came to us from referral of clients whom we have serviced in the past."

Mom and Pap's Home Care is located at 50 E. Palisade Ave., Ste. 206, in Englewood. For a free in-home assessment, call 201-567-3181 or 732-895-8696. For more information, visit MomAndPapsCare.com. See ad, page 7.



Solving Mental Health Issues in Men

Finding Meaning in Turbulent Times

by Dr. Reef Karim

Many men struggle with mental health issues, often experiencing debilitating emotional turmoil, alone and in silence. Evidence of this suffering can be quantified in a number of ways. An epidemic of “despair deaths” related to

alcoholism, substance abuse and suicide is documented to be worse in men than women. According to the U.S. Centers for Disease Control and Prevention, American males were almost four times more likely to commit suicide than women in 2021. The

National Institutes of Health reports overdose mortality rates for opioids and stimulant drugs such as methamphetamine and cocaine are two to three times greater in men. While men use drugs at higher rates than women, this alone does not explain the gap in overdose deaths.



Loneliness has become such a widespread problem that the U.S. Surgeon General recently called it an epidemic and the World Health Organization noted, “The effect of social isolation and loneliness on mortality is comparable to that of other well-established risk factors such as smoking, obesity and physical inactivity.” A 2021 report by the Survey Center on American Life stated that since 1990, the number of men saying they have no close friends has jumped from 3 percent to 15 percent.

Men’s Health and the Pandemic

COVID-19 incurred invisible costs such as increases in loneliness and mental health strain. Because men generally tend to spend less time and energy cultivating meaningful social relationships but still require structure to thrive, the pandemic was particularly destructive to them.

Roughly one out of three men in America under the age of 30 reported having no sex in the last year (a 30-year low), which is an obstacle to building meaningful relationships and families. Men have become not only socially disconnected, but also more vulnerable to following dangerous groups,

Expert from Getty Images/Deyan Georgiev/Canva Pro

influencers and others with extreme messaging. Men that fail to attach to partners, communities or careers may grow increasingly resentful and act out with volatility and unrest. An African proverb says, “The young men who do not feel the warmth of the tribe will burn down the village to feel it.”

Origins and Causes

According to Gabor Maté, a Canadian physician, author and speaker on addiction, stress and childhood development, “The issue is men’s value has been defined in a very narrow sense, and when the power is taken away from people, people have a loss of agency and loss of control, belonging, meaning and value. Men have become deprived of a sense of meaning and belonging, and that’s a function of the culture we live in.”

Possible Solutions

Men’s Mental Health Advocacy: Shame is the biggest barrier, preventing men from

seeking help and expressing vulnerability. We need to talk and stop shaming them.

Male-Specific Mental Health Treatment: Men communicate differently, so counseling must address unexamined feelings. Research shows that physical activity can help reduce anxiety and depression, so sports activities that draw men together such as softball, surfing or martial arts can offer a win-win situation.

Emotional Communication Training: Men need to develop their emotional communication skills, such as how to express themselves and share feelings through language, vulnerability and emotional expression, to deepen relationships. Men can be strong and competitive while also being authentic, vulnerable and emotionally connected.

Maté advises, “Men need to accept their

vulnerability and work it through, and not reject it or be ashamed of it. And to let go of, ‘I can’t be self-reflective; I have to be tough,’ and that takes a lot of help and support. Men who come back from war will heal by accepting their vulnerability and spending time in support groups. Another thing we should do is show respect for the courage of those men who choose to explore their vulnerability.”

Embracing Universal Masculinity and Femininity: We must realize there is masculinity and femininity in all of us. Neither masculinity nor femininity is the problem—hatred, oppression and inequality of opportunity are the problems, no matter the gender or ratio of masculine and feminine qualities within the individual.

Defining Healthy Masculinity: Masculine qualities are traditionally thought of as bravery, strength, courage, confidence, ambition, competitiveness, self-reliance

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and decisiveness. These standards are hard to live up to, so the question is how do we adapt healthy masculinity to be equipped with skills for success in changing times.

Offer Coaching Before Therapy: Because men may be more defensive, less open, less vulnerable and more disconnected from their feelings than women, many will respond to coaching over therapy, which can be a gateway to start thinking about deeper purpose and well-being. A personal development program geared specifically for men to build skills, share support and figure out how to excel in a changing world of technology and role-confusion may be helpful.

Encourage Inspiration and Purpose: Men need to find purpose by doing something meaningful that inspires them and makes them feel energized and appreciated. The more they feel helpless and stuck in survival mode, the more loneliness grows.

Psychologist Elizabeth Lombardo explains how a survival mentality doesn't allow for meaningful and purposeful pursuit. "Per-



LAONG from LAONG/CanvaPro

ceived or real threats put you in survival mode, and when you're in this mode, your limbic system takes over and you're not thinking about purpose, connection or collaboration (things that can pull you out of this mode); you're just trying to survive."

Men's health needs to become a movement that encourages males to be proud of their masculinity, but also add new skills in emo-

tional communication and vulnerability to find purpose, improve their health and have the best chance for success in turbulent times.

Dr. Reef Karim is a humanistic psychiatrist and founder of Mad Genius and The Madness Movement. For more information, visit TheMadnessMovement.com and MadGeniusLife.com.

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Prostate Protection

A Look at Holistic Cancer-Prevention Strategies

by Zak Logan

Most men don't usually think about their prostate until they face an exam or experience symptoms such as pain or difficulties while urinating. These symptoms may be attributed to a benign enlargement of the gland, usually in older men, or to the presence of cancer cells. This understated reproductive player, which can be stimulated for sexual pleasure, is responsible for regulating urine flow, secreting semen and converting testosterone into dihydrotestosterone (DHT) at puberty. Prostatic cancer usually affects men over 65. African American and Caribbean men are at a higher risk. Although the American Cancer Society predicts almost 300,000 new cases this year, overhauling the diet and get-

ting regular exercise can make a difference. "It's never too early to begin taking care of your prostate," says Dennis Golden, a two-time cancer survivor and prostate-cancer coach from New Kent, Virginia.

Proactive Lifestyle Measures

"In terms of lifestyle, everything is accumulative. If you put in junk, your body doesn't know what to do with it and stores all those chemicals that don't belong there, and it all eventually catches up with you someday. Read labels. If you can't pronounce it, don't eat it," says Golden, who went back to basics when he faced his frightening cancer diagnosis.

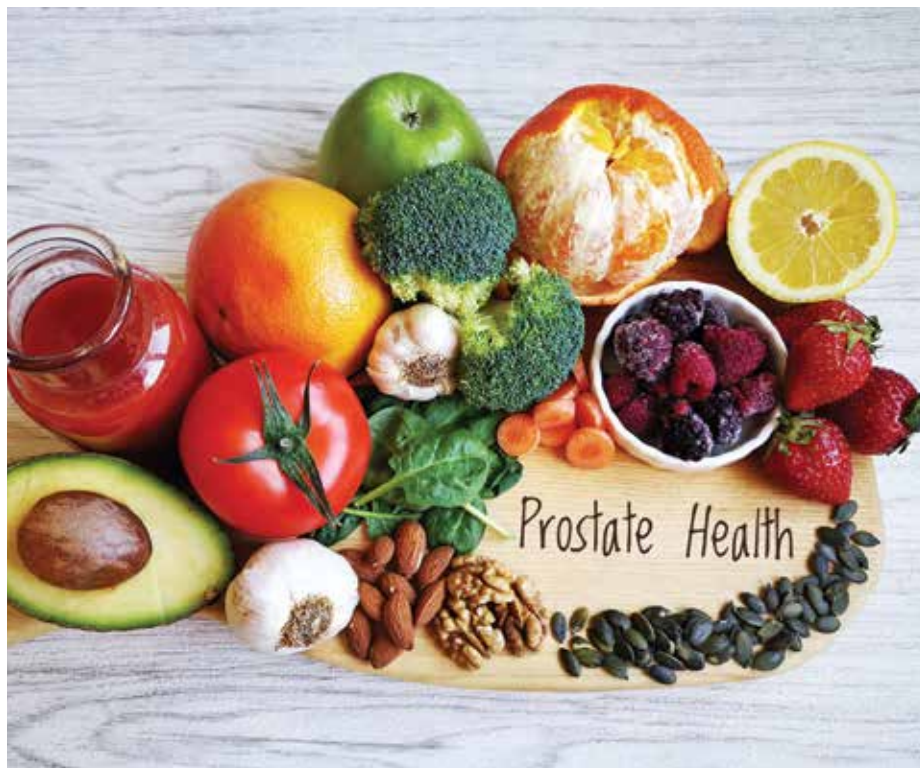
According to Jon Lanman, a registered dietitian nutritionist in Bend, Oregon, "In health care, we talk a lot about lifestyle change, and the reality is that lifestyle change is hard, and it takes time." He advises tossing aside perfection and expecting slip-ups while committing to small changes that add up.

For Golden, eliminating restaurant food, excessive sodium and alcohol has been key. A fan of quick and easy meals, he relies on pan cooking for healthy, delicious fare with plenty of steamed veggies. "There's no reason to grab a burger or to eat out when you can have a meal finished in 25 minutes. I veered away from beef and incorporated more chicken and fish like salmon and fresh trout," he explains, adding that biking also made a difference. Now 81, he pedals 25 miles several times a week.

Dietary Recommendations

Lanman notes, "There is no single miracle food, but I'd recommend limiting sugars and processed carbohydrates, as well as processed meats and red meats." To amp up nutrients, he spotlights the Mediterranean and DASH diets that accentuate fiber from fruits, vegetables and whole grains. Lanman also recommends lycopene, a compound found in tomatoes, beets, radishes, cherries and pink grapefruit, which has shown promise in the treatment and prevention of prostate cancer.

The Prostate Cancer Foundation (PCF) advocates cruciferous vegetables like cauliflower, bok choy, kale and Brussels sprouts. Packed with the phytochemical glucoraphanin that targets cancer cells, broccoli is a heavy hitter, as well.



Daniijela Maksimovic/Shutterstock

Recent research points to a number of nutritional guidelines. A 2021 study published in *European Journal of Public Health* noted that nitrites as food additives were positively associated with prostate cancer risk. A 2022 study published in *Frontiers in Nutrition* also found a higher risk of the disease in those consuming red and processed meats.

In a 2022 study published in *The American Journal of Clinical Nutrition*, researchers reported a lower risk of aggressive forms of prostate cancer in men under 65 that followed a diet rich in plant-based foods. After tracking men in a study for six years, a team of Harvard University scientists found that selenium supplementation was linked to a 65 percent lower occurrence of advanced prostate cancer, but it was contraindicated for individuals with high systemic levels of the mineral. Additional studies are underway to determine suggested dosages, but the researchers of this study suggested “a health-

ful diet that will provide good amounts of the mineral.”

Rethink Alcohol

Both Lanman and Golden recommend eliminating alcohol altogether. While research on the correlation between alcohol consumption and prostate cancer is inconclusive, a 2022 meta-analysis published in the journal *Biomolecules* suggests that alcohol intake and the development of prostatic cancer can create the perfect storm when poor diet, folate and fiber deficiencies, advanced age, race, smoking, obesity, genetics, stress and other factors are also present.

Mood Regulation


According to the PCF, extreme stress can have a cumulative effect on the body, allowing prostate cancer to take root and grow. This is because the stress response can activate certain hormones that make it easier for tumors to grow and spread, while also nega-

tively impacting the immune system.

To relieve stress and learn better coping skills, PCF suggests adopting relaxation and meditation practices, counseling, group therapy and exercise. For Golden, better health is a mindset. He endorses journaling and having good expectations daily. “Focus on the positives,” he says.

Zak Logan is a freelance health writer dedicated to holistic living and getting back to basics.





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White Quinoa Salad With Blueberries

YIELD: 2 SERVINGS

1 ¾ cups water

1 cup organic white quinoa

½ cup fresh or frozen organic blueberries

¼ cup finely chopped red or white onion

¼ cup finely chopped fresh Italian parsley

1 Tbsp aged balsamic vinegar

½ tsp Himalayan pink salt

Organic, extra virgin olive oil

Combine quinoa, water and salt in a medium pot. Bring to a boil; cover and reduce heat; and simmer for 15 minutes. Remove covered pot from heat and let sit for 10 minutes before removing lid and fluffing the grains with a fork.

Add vinegar, blueberries, parsley and onion; mix gently. Serve quinoa salad warm or cold with a drizzle of olive oil.

Recipe courtesy of frequent contributor Marlaina Donato.



Cucumber Apple Salad With Cilantro

YIELD: 4 SERVINGS

2 medium-sized cucumbers or 1 large English cucumber, sliced thin, peel optional

2 medium or large apples of choice, chopped into bite-sized pieces

¼ cup finely chopped fresh cilantro

½ lemon, juiced

½ lime, juiced

¼ tsp Himalayan salt

1 Tbsp organic, extra virgin olive oil

Combine all ingredients in a bowl. Gently toss and serve immediately.

Recipe courtesy of frequent contributor Marlaina Donato.

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Building Quality Muscle

How Diet and Resistance Training Can Help

by JJ Virgin, CNS, CHFS

Muscles act like metabolic Spanx, holding everything in the body tighter, supporting joints to prevent injuries, keeping bones strong and helping the immune system remain resilient to infection. Skeletal muscle acts as an endocrine-producing organ, supporting a healthy metabolism and balancing hormones. Strong, healthy muscles help us feel better, move more easily and live more powerfully. Once someone crosses the threshold into their 40s, there is a natural decline in muscle mass and strength, known as sarcopenia. Adults can lose 3 to 8 percent of muscle mass per decade after turning 30, with losses accelerating after 60. Preventing this decline and supporting quality muscle is key. “Muscle can be stimulated largely in two

ways: first, through dietary protein, and second, through resistance,” explains Gabrielle Lyon, a board-certified family physician and author of *Forever Strong*.

Optimal Protein Consumption

The building blocks of protein fall into two categories: essential amino acids, which are necessary nutrients that the body cannot make on its own and must be acquired through dietary intake; and non-essential amino acids, which can be synthesized by the body from carbohydrates and other dietary sources. To promote muscle recovery and development, it is important to consume protein that contains all nine essential amino acids in optimal amounts throughout the day.

More than half of older adults are not getting enough protein, and sarcopenia may increase their need for it. To offset age-related decline, every meal should contain a minimum of 30 grams of protein. Active people, including those that do resistance training, should target one gram of protein per pound of their ideal body weight daily.

The best animal proteins that offer all nine essential amino acids in the right balance include pasture-raised poultry and eggs, wild-caught seafood and grass-fed beef. Plant proteins often lack one or more crucial amino acid, so vegans or vegetarians should eat a minimum of 40 grams of protein per meal to reach an adequate intake.



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Breaking an overnight fast with a protein-packed breakfast jumpstarts metabolism and provides more sustained energy during the day, fueling morning activities and preventing mid-morning crashes. A protein-rich dinner supports muscle recovery and helps the body rebuild during sleep.

Benefits of Resistance Training

“The most important type of exercise is resistance training as you get older, because you need to build muscle,” says Mark Hyman, a functional-medicine doctor whose latest book, *Young Forever*, explores the secrets to longevity. “Without muscle, you become frail and dysfunctional.” Building muscle can improve the capacity for everyday activities, diminish the likelihood of chronic illnesses and decrease the risk of falls and frailty. Resistance training also improves bone density, metabolic health and overall quality of life.

Resistance-Training Tips

- Target multiple muscle groups simultaneously with compound exercises like squats, deadlifts, bench presses, rows and overhead presses.
- Focus on lifting the maximum weight manageable while maintaining proper form to avoid injury.
- Gradually increase the resistance or intensity of exercises over time to continually challenge the muscles.
- Aim for two to four weekly resistance-training sessions. Consistency and patience are the foundations for lasting strength and muscle-tone improvements.
- Engage all key muscle groups. For the upper body, try bench presses, overhead presses, dumbbell chest presses, pushups, pull-ups, bent-over rows, seated rows and lat pulldowns. To work the hips and thighs, try squats, lunges, deadlifts and step-ups. For core strength, consider planks, Russian twists and bicycle crunches.



- Perform two to four exercises for each muscle group, doing two to four sets for each exercise. Between sets, take 90- to 120-second rest breaks. Aim for eight to 15 repetitions per set.

Rest and Recovery

To prevent injuries or burnout, rest is crucial, allowing muscles to repair and rebuild. Give each muscle group 48 to 72 hours before targeting it again. It is normal to feel sore after a workout, but be mindful of the difference between soreness and pain. Soreness feels like mild, diffuse discomfort or stiffness and is a normal response to unfamiliar or intense exercise. Sharp, intense or persistent pain, particularly around a joint, indicates potential injury or overstrain.

On rest days, incorporate low-intensity, active-recovery activities like walking, yoga or swimming; try foam rolling, stretching and mobility exercises to improve flexibility and circulation; and consider meditation for mental-health benefits. Aim for seven to nine hours of quality sleep, which promotes tissue repair and growth-hormone release.

Monitoring Progress

- To optimize strategies and identify areas for improvement, regularly measure the circumference of the biceps, chest, thighs, waist and hips.
- Keep track of the amount of weight, repetitions, sets and intensity of every exercise session.

- Track muscle mass and body-fat shifts with a body-composition scale and take consistent photos from various angles to document muscle definition and physique evolution.

Staying the Course

- Adjustments to diet and training programs may be necessary based on changing goals or feedback from tracking methods.
- If progress stalls, adjust training variables such as workout intensity or frequency.
- Use fluctuations in muscle mass or body fat to refine protein intake or overall macronutrient ratios.

JJ Virgin is a certified nutrition specialist, certified fitness instructor and bestselling author of The Virgin Diet, JJ Virgin's Sugar Impact Diet and their companion cookbooks. Learn more at JJVirgin.com.

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Green-Home Design Tips

Healthy Options for a Sustainable Sanctuary

by Brian Johnson, BBEC, EMRS, BBNC

Americans spend about 90 percent of their lives indoors, according to the U.S. Environmental Protection Agency. Building and remodeling our homes to be eco-friendly, non-toxic and environmentally safe is more important than ever. Here are a few considerations.

Eco-Safe Planning

Previous industrial activity, legal and illegal dumping of waste material, and even past farming that relied on pesticides, herbicides and fungicides need to be identified before selecting a building site. Developers also need to look at surrounding properties to evaluate the sources of groundwater and locate hazards like electric substations, high-tension power lines and cellular towers. Naturally occurring toxins such as radon should also be considered before developing a site.

Ambient Quality

Homes must be as airtight as possible to ensure efficient temperature regulation, prevent

pests, keep out pollutants and withstand varying weather conditions, while also having breathable systems and allowing for proper ventilation. This is achieved by incorporating passive airflow through vents and windows, as well as active systems like air-handling systems that draw in filtered, fresh air and circulate it throughout the home.

Natural building materials such as wood, bamboo, clay, concrete and earth are breathable and produce negative ions that are found in outdoor environments like oceans, forests and waterfalls. A research review in *Environmental Science and Pollution Research* found that exposure to negative air ions may have a positive effect on amino acid metabolism, which manifests as reduced inflammation and anti-oxidation. Further, an *International Journal of Molecular Sciences* article noted that negative air ions are widely used in air cleaning and may relieve dust and mold spore allergies. Good ventilation assists in clearing out positively charged ions.

Toxic mold is a common issue in homes. It is essential to inspect and test for mold during



Boy Wirat from Getty Images/Fabian Montañío from Fabian Montañío/CanvaPro

construction and before installing insulation and closing walls. To minimize the likelihood of mold growth, ensure adequate ventilation and properly install equipment, such as air conditioning units, which may contribute to condensation.

Acoustic protection from noise and vibration adds to the overall quality of living spaces. Thoughtful building practices incorporate materials that help block, absorb, mitigate or reduce noise and vibration. These include soundproofing, insulated walls, low emissivity (Low-E) dual-glazed windows, and plaster- and clay-based paint systems.

Environmental Responsibility

Locally sourced materials like clay, lime-based mortars and natural stone reduce a home's carbon footprint by minimizing the need for extensive transportation. Avoid engineered wood, plastic, spray foams, metal, glues and adhesives that contain polymers and formaldehyde, which off-gas toxic chemicals. Some concrete fly ash contains naturally occurring uranium and thorium that have the potential to release radiation.

Incorporate energy-smart technology and appliances, and utilize renewable energy sources like solar power and geothermal climate systems. Select sustainably harvested timber, recycled steel, and products and appliances certified by the Cradle to Cradle Products Innovation Institute. Choose materials and appliances with lower environmental life-cycle costs, prioritizing options that are environmentally friendly in their production and have minimal negative effects when reaching the end of their useful life.

Green homes include water-saving technologies such as rainwater harvesting systems and low-flow toilets and showerheads. They also include water purification systems to reduce the occupant's exposure to lead, heavy metals, chlorine, and other chemicals and pollutants.

Electrical Systems

Electromagnetic fields (EMF) are invisible areas of energy associated with the use of electrical power, as well as natural and manmade types of light. EMF exposure can originate from electrical fields generated by wiring, radio frequencies from cellular and wireless devices, and micro-electrical surge pollution from transformers, motors, power supplies or solar equipment. The International Agency for Research on Cancer evaluated cancer risks from radiofrequency radiation (RFR) and classified it as a possible human carcinogen. A paper in *Environmental Research* concluded that "there is substantial scientific evidence that RFR causes cancer, endocrinological, neurological and other adverse health effects." Accounting for these factors in a green build identifies areas to address for mitigation.

Prioritizing natural light and using colors in harmony with nature not only promote sustainability, but also create aesthetically pleasing

spaces. Low-E windows allow natural light to enter the home while deflecting harmful ultraviolet rays and infrared light, reducing energy bills and blocking radio frequencies.

Home lighting considerations include light spectrums and intensities, color frequencies and placement decisions, all of which can affect our circadian rhythm and reduce EMF exposure. Newer indoor fixtures mimic the sun by automatically changing color, intensity and frequency throughout the day and night to support our natural body clock.

In a green home, the electrical panel and high-EMF-emitting appliances like the refrigerator are not placed against bedroom walls. Wires are run in single, continuous circuits, without junctions and extensions, to reduce the system's EMF profile. Internet connections for computers, printers, televisions and game systems are hardwired, which also increase connectivity and speed. A green home's phone is a landline that improves call clarity and reduces RFR exposure.

Brian Johnson is the CEO of SENERGY360, where he is a certified building biologist and general contractor working to bring optimized living solutions and approaches to modern living, creating efficient and sustainable home environments. Check out his monthly "Healthy Homes Show" at KnoWEwell.com.



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A Doctor's Dreams

Your doctors went to medical school with high hopes and big dreams. They were smart, good students, and wanted to do the best for their patients one day. They went through years of study, and nearly inhuman hours worked in residency. Then finally, it happened, and the dream was fulfilled: becoming a licensed, bona fide, independent physician.

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 numerous 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-pa-

tient 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 burn-out. 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.

calendar of events

Email Publisher@NaturalAwakeningsNNJ.com for guidelines and to submit entries

Sunday

Ramsey Farmers Market — 9 am - 2 pm. 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

Monday, June 3

Salt & Yoga with Michele — 6:00pm. Enjoy the benefits of Yoga infused with Salt Therapy! A change of scenery for your yoga practice bathed in the glow of crystal lamps and pink Himalayan salt breathing air similar to a day at the beach! Practicing yoga in a salt room is the increased presence of negative ions that can re-balance our senses and bring feelings of joy and increased energy. Registration is \$30. Call (201) 429-3214 or Visit Website & Register at <https://cattleyatrianaespa.com/>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

Tuesday, June 4

Past Life Regression — 7:30-8:30pm. 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) — 7:00-8:00pm. 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 Engle 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.

Thursday, June 6

Certified Medical Assistant Hiring Event — 4:00pm-7:00pm. Join our team and work alongside physicians and other healthcare professionals committed to serving our community with the highest quality of care. Comprehensive benefits and opportunities for growth, including tuition reimbursement, available. Visit Website & Register at www.EnglewoodHealth.org. Location: Englewood Hospital, 350 Engle Street, Englewood, 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 Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

Monday, June 10

Royalty Camp — 4:30pm & 5:30pm. Transform your mini dancer into royalty during a One Day enchanted experience. Dress as

your favorite prince or princess and twirl into a world of magical adventures! Call 201-529-1130 & Email colleen@infinitemotion-paa.com or Visit Website & Register at www.mybergen.com/events/. Location: Infinite Motion Performing Arts Academy, 21 Franklin Tpke, Mahwah, NJ.

Tuesday, June 11

Eating for Two: Nutrition during Pregnancy — 12:00pm-1:00pm. Discover your nutritional needs during pregnancy and develop healthy eating habits to build a strong immune system for you and your baby. Learn proper calorie intake during each trimester, identify foods to limit and avoid, debunk myths, and find healthy snacks on the go. Call 201-608-2377 or email grafcenter@ehmhealth.org & Visit Website & Register at www.EnglewoodHealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street, Englewood, NJ.

Wednesday, June 12

Empower Your Daily Life: A Mel Robbins Training Program — 6:30pm & 9:30pm. Join us as we gather to experience and appreciate Mel Robbins' powerful, and motivating two-part training program Make it Happen with Mel Robbins. Email hello@loopwithus.com or Visit Website & Register at www.loopwithus.com. Location: Loopwell, 80 Maple Ave, Montclair, NJ.

Thursday, June 13

Join the Ramsey Wind Symphony — 7:30pm & 9:30pm. Join RWS and be part of our musical journey! We're actively seeking new members! All ages, experiences, and skill levels are welcome in our musical family. From high schoolers to retirees, unite with us through our love for music. Visit Website & Register at www.mybergen.com/events/. Location: Community Church in Harrington Park, 1 Spring St, Harrington Park, NJ.

Saturday, June 15

Elmwood Park's Multi-Cultural Street Festival — 11:00am & 5:00pm. If you like shopping outdoors then this is the place to be. We have quality exhibitors selling a selection of assorted items, a special arts & crafts section, live entertainment, kiddie rides & games, great festival foods & food trucks, and so much more. Call 201-998-1144 & Email events@jcpromotions.info or Visit Website & Register at www.mybergen.com/events/. Location: 300 Market Street, Elmwood Park, NJ.

Sunday, June 16

Scents and Sensibility - Essential Oils Part 2 — 3:30 pm - 5:00 pm. 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 a 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.

Monday, June 17

Salt & Yoga with Michele — 6:00pm. En-

joy the benefits of Yoga infused with Salt Therapy! A change of scenery for your yoga practice bathed in the glow of crystal lamps and pink Himalayan salt breathing air similar to a day at the beach! Practicing yoga in a salt room is the increased presence of negative ions that can re-balance our senses and bring feelings of joy and increased energy. Registration is \$30. Call (201) 429-3214 or Visit Website & Register at <https://cattleyatrianaespa.com/>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

Soul Awakening Breathwork with Stephanie — 7:00pm & 9:00pm. This breathwork journey will support you in bypassing the thinking mind and emotionally cleansing your body from any stagnant and disharmonious energy that may be keeping you stuck in survival, disconnection, doubt, and limitation. Call 973-283-5290 & Email event@loopwithus.com or Visit Website & Register at www.mybergen.com/events/. Location: Loopwell, 80 Maple Ave, Montclair, NJ.

Tuesday, June 18

Childbirth Preparation (Lamaze) — 5:30pm & 8:30pm. This class explores a wide range of techniques for creating a safe and satisfying birth experience. This class is also for patients with multiples. Class fee includes participant and 1 adult partner, two seats will be reserved. Call 201-291-6151 & Email familyeducation@valleyhealth.com or Visit Website & Register at <https://www.valleyhealth.com/events/>. Location: 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Wednesday, June 19

Post-Menopausal Women and Cancer Concerns — 2:00pm & 3:00pm. For most women, the risk of developing certain cancers increases as we age. Join us to hear about these types of illnesses, their causes, and treatments. Visit Website & Register at <https://www.valleyhealth.com/events/>. Location: 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Thursday, June 20

Breastfeeding Basics — 7:00pm & 9:00pm. This class explores the benefits of breastfeeding and discusses nutrition, comfortable positions, common problems, returning to work, collection and storage of breast milk, and correct use of pumping equipment. Call 201-291-6151 & Email familyeducation@valleyhealth.com or Visit Website & Register at <https://www.valleyhealth.com/events/>. Location: 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Friday, June 21

Celebrating International Yoga Day: 108 Sun Salutations & Soundbath — 7:00pm & 9:00pm. In this yoga celebration event, you will be led to an illuminating 9 rounds of sun salutations practice, composed of 12 asanas in the classic Surya Namaskars, totaling 108. Followed by restorative Soundbath Savasana. Email hello@loopwithus.com or Visit Website & Register at www.loopwithus.com. Location: Loopwell, 80 Maple Ave, Montclair, NJ.

Saturday, June 22

Artisan Market at Bergen Town Center

— 12:00pm & 7:00pm. Spend the afternoon strolling through 25+ vendors selling one-of-a-kind and handmade gifts, jewelry, décor, apparel, candles, bags...plus much more! Visit Website & Register at <https://bergentowncenter.com/>. Location: Bergen Town Center, Route 4 East & Forest Avenue, Paramus, NJ.

Sunday, June 23

Oakland NJ Pride Festival — 1:00pm-5:00pm. June is Pride Month, a cultural celebration to honor and uplift the LGBTQIA+ community, and to acknowledge the important contributions and struggles of its members. Colorful parades, rallies, and festivals mark the month-long celebration throughout New Jersey. Visit Website & Register at <https://morejersey.com/events/>. Location: 33 Ramapo Valley Road Oakland, NJ.

Pride at the Zoo — 10am-4:00pm. Experience a special event that combines the excitement of zoo exploration with the spirit of Pride. So don't be hesitant to wear your Pride colors as well! Visit Website & Register at <https://morejersey.com/events/>. Location: Bergen County Zoo, 216 Forest Avenue, Paramus, NJ.

Sunday, June 23

Free Reiki Share — 3:30pm-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

Tuesday, June 25

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. Cost \$60. Visit Website at <https://saltoftheearthcfh.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd. Chestnut Ridge, NY.

Wednesday, June 26

Take Five - One night only — 7:00pm & 8:00pm. Calling all adults. Take a night for yourself to relax, stretch, unwind and breathe. Join Colleen with your yoga mat and relax. Call 201-529-1130 & Email info@infiniteemotion-paa.com or Visit Website & Register at www.mybergen.com/events/. Location: Infinite Motion Performing Arts Academy, 21 Franklin Tpke, Mahwah, NJ.

Thursday, June 27

Newborn Care/Take Care of Yourself/Take Care of Your Baby — 6:00pm & 9:00pm. This one-session class details all the basics of newborn care for expectant/adoptive parents. Topics will include bathing, bath products, diapering, cord care, temperature taking, sleep patterns as well as your postpartum care/topics. Call 201-291-6151 & Email familyeducation@valleyhealth.com or Visit Website & Register at <https://www.valleyhealth.com/events/>. Location: 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

health.com/events/. Location: 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Friday, June 28

Southern Paws Inc Pride & Puppies 2024 Fundraiser — 6:00pm & 10:00pm. Please join us for an incredible night out where we provide a safe space to celebrate Pride, the LG-BTQ+ Community and of course, PUPPIES! You and all your friends are invited to celebrate Pride in a safe and welcoming environment! This event is a 21+ Event. Call (973) 556-5885 & Email SouthernPawsRescue@gmail.com or Visit Website & Register at www.mybergen.com/events/. Location: Portobello Banquets 155 Ramapo Valley Rd Oakland, NJ.

Saturday, June 29

Salt & Sound Meditation with Nick Sotomayor — 4:00pm. 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.

Tuesday, July 9

Nutrition for Cancer and Survivorship (4-Session Series) — 6:30pm-7:30pm. Learn how to maintain proper nutrition before, during, and after cancer treatment. Call 201-608-2377 or email grafcenter@ehmhealth.org & Visit Website & Register at www.inglewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street, Englewood, NJ.

Thursday, July 11

Nursing Support Hiring Event — 2:00pm-4:00pm. We are hosting a hiring event for nursing support positions to learn about opportunities to provide safe, high-quality, patient-centered care at our Magnet-designated hospital. Visit Website & Register at www.inglewoodhealth.org. Location: Englewood Hospital, 350 Engle Street, Englewood, NJ.

Fri. - Tues., July 12 -16

Dream Food Fest — 4:00pm-10:00pm. Indulge in delicious foods provided by over 100+ street food vendors from around the Tri-state area. This is the perfect opportunity to discover local artists and handmade crafts while enjoying live music throughout the entire day. Visit Website & Register at <https://morejersey.com/events/>. Location: American Dream, 1 American Dream Way Lot 26, East Rutherford, NJ.

Tuesday, July 16

Mantra Meditation + Gong Bath Savasana with Chris — 7:00pm & 8:30pm. Join us for a heart-awakening meditation and sound experience to welcome the Spring season of new beginnings and growth. Email hello@loopwithus.com or Visit Website & Register at www.loopwithus.com. Location: Loopwell, 80 Maple Ave, Montclair, NJ.

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YOGA

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Zeni Pepper
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Pure Bliss Yoga was founded by Zeni Pepper, a lifelong yoga and meditation practitioner, who regularly leads classes, workshops, teacher trainings and retreats. Echoing her multi-faceted life experiences, Zeni's yoga classes are varied and deep, infused with energetic practices, philosophy, mythology, poetry and spirituality. She teaches a broad range – from intelligently weaved vinyasa flows, to blissful restorative yoga, meditation and yoga nidra, in group, private or corporate settings. You can follow and connect with her on Facebook or Instagram @zeniyoga. *See ad, page 17.*



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Services we provide to meet your needs

- Intravenous Nutrient Therapy – a blend of vital vitamins & nutrients
- Colon Hydrotherapy
- Gentle Detoxification Programs
- Nutritional Evaluation & Counseling
- Allergy Desensitization
- Hormonal Testing and balancing



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



Experienced Professional Providing In-Depth Compassionate Care

Most labs & tests performed on premises



201-291-0401
www.citm-drfinn.com

Working with major insurances & Medicare

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