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NORTHERN NEW JERSEY EDITION

JULY 2024

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- They **DON'T** remove mercury fillings without protection because inhaled mercury vapors can be easily absorbed by the body.
- They **DON'T** recommend Root Canals because they harbor bacteria and toxins.
- They **DON'T** use conventional standards for their cleanings because tap water and chemicals are full of toxic substances.
- They **DON'T** use fluoride because it has been shown to be a neurotoxin.
- They **DON'T** use metal in their restorations because many people have metal allergies and sensitivities.
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Lisa Mack, Certified Thermographic Technician:

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

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letter from publisher:



Summertime Sizzles

The time is now to break from the daily grind and enjoy longer, warmer days. Head south and enjoy some time on the beach or by the pool. A break can sometime be magical and give you new perspectives and energy. It has been a hot spring, and most likely a hotter summer is in the cards, so hydrate well and avoid the sun for extended periods.

In pursuit of holistic living, an Ayurvedic approach can play a very important role as a non-invasive, natural way to improve your health and wellness. The principle works by balancing three doshas, or principles. By incorporating dosha-balancing foods and herbs, along with other lifestyle changes, our bodies and minds can reset.

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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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., July 9, 16, 23 and 30 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@beautyfio.com or visit InnerBeautyNJ.com. See ad, page 23.

MindBody Activation/Qigong Breath Training

The Supreme Science Qi-gong Center Foundation will present three days of comprehensive training in qigong and tai chi movements, breathwork and food-based healing as taught in the Conquering Any Disease system in person from September 7 through 9 at the Powder Ridge Resort, 30 minutes from New Haven, Connecticut.



Participants can experience a profound sense of well-being at the largest outdoor qigong, breathwork and hands-on healing event in the U.S. with hundreds of dedicated healers.

Cost is \$299 for all three days. Register (required) at MindBodyActivation.Live. See ad, page 7.

Don't Sweat the Small Stuff

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Access Bars is a gentle treatment using light touch on the head. No matter what age, everyone has the potential to benefit greatly from an Access Bars session. Trusted by many, this gentle, innovative energy process is practiced in more than 100 countries with positive results.

Location: Paramus. To preregister (required) or book a private session, call 201-655-3836.. For more information, visit AccessConsciousness.com or citm-drfinn.com. See ad, page 18.

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New Bathroom Tech to Monitor Health

Imagine a toilet that not only cleans itself but also performs a urinalysis to detect hydration levels, urinary tract infections and kidney issues. A trip to the restroom may be the first step in monitoring and maintaining health and wellness, as a number of new products with medical monitoring features are finding their way into the latest bathrooms.

Toi Labs makes smart toilets equipped with advanced sensors that non-invasively monitor fluid intake levels, stool and urine contents, and other vital health metrics without any burden to the user. Withings, a French company, offers a toilet device that detects a large variety of biomarkers found in urine and offers actionable advice for improving health.

CareOS has unveiled the first AI-powered smart mirror for mental wellness that the company asserts can identify mood and help manage stress. Look into the mirror for skin care recommendations and how to correct yoga poses. A Canadian company, NuraLogix, offers a mirror that detects blood pressure and vital signs and assesses disease risk. A 2020 study found that smart floor sensors could be used to predict fall risk and signs of illness. Smart bath maker BBalance is hoping to launch a mat next year that can measure weight and body composition, and detect posture and balance to predict the risk of neurodegenerative disease.



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In Vivo Gene Editing

Several companies are experimenting on human subjects to develop gene editing that is performed inside the body. Such therapies differ from a recently approved treatment for sickle-cell anemia that removes bone marrow from the body before editing the genetic material and reintroducing it into the patient.

Intellia Therapeutics and Regeneron Pharmaceuticals are in clinical trials to use gene editing to knock out a gene that causes fibrous protein clumps, which can accumulate in organs and nerves, increasing the risk of heart failure and other serious complications. Verve Therapeutics is enrolling patients to test a gene-editing protocol designed to reverse the effects of a genetic disease that leads to severely elevated cholesterol and increased risk of early-onset cardiovascular disease. One caveat: These therapies carry the risk of editing unrelated genes.



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Cooling Breathwork Techniques for Stress Relief and Relaxation

by Anil Singh

Cooling breathwork, also known as mindful breathwork or relaxation breathing, involves intentionally controlling the breath to calm the mind and body. Drawing inspiration from ancient yogic traditions, it has been scientifically proven to reduce stress, lower blood pressure and promote relaxation. By focusing on the breath, we anchor ourselves in the present, quieting the chatter of the mind and experiencing a profound sense of peace and tranquility.

Stress Relief Techniques: One of the most effective stress relief techniques is diaphragmatic, or belly, breathing. Find a comfortable seated position and place one hand on the belly and the other on the chest. Inhale deeply through the nose, allowing the belly to rise and fill the lungs with air. Exhale slowly through the mouth, feeling the belly gently fall. Repeat this for several breaths, focusing on the sensation of the breath moving in and out of the body.

Relaxation Exercises: To reduce stress, progressive muscle relaxation systematically tenses and relaxes different muscle groups in the body. Start by tensing the muscles in the feet for a few seconds, then slowly release the tension while exhaling. Continue the process up through the body until each muscle group has been tensed and relaxed.

Breathing for Relaxation: Deep, slow breathing techniques



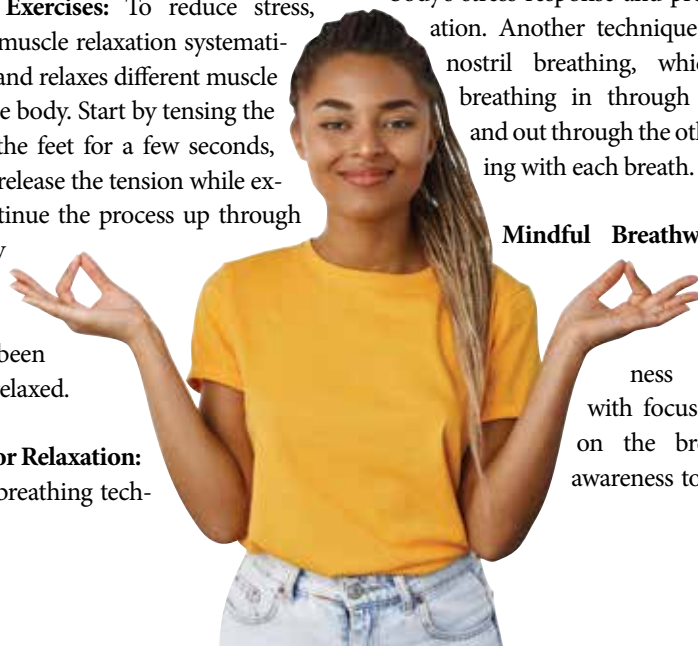
can activate the parasympathetic nervous system, which helps counteract the body's stress response and promote relaxation. Another technique is alternate nostril breathing, which involves breathing in through one nostril and out through the other, alternating with each breath.

Mindful Breathwork: Combining the principles of mindfulness meditation with focused attention on the breath brings awareness to the present

moment. By observing the breath without judgment, we can cultivate a sense of inner peace and calm. To practice mindful breathwork, find a quiet space and sit or lie down in a comfortable position. Close the eyes and bring attention to the sensation of the breath moving in and out of the body.

Cooling breathwork techniques offer a simple, yet powerful way to manage stress and promote relaxation in our daily lives. By incorporating these techniques into our routine, we can cultivate a greater sense of peace, balance, and well-being, amid life's challenges.

For more information, visit NaturalAwakeningsNNJ.com.



Functional Medicine for Sustainable Weight Loss

In the pursuit of sustainable weight loss, the principles of functional medicine offer a profound shift from conventional approaches addressing the root causes of weight management issues by emphasizing personalized care and holistic health over quick-fix solutions. For those seeking effective, long-term weight loss strategies, understanding the role of functional medicine can be transformative.

It operates on the belief that each person is biochemically unique, and factors such as genetics, environment and lifestyle significantly impact health outcomes, including weight. Unlike traditional weight-loss programs that often focus solely on calorie restriction and exercise, functional medicine delves deeper into the underlying imbalances that contribute to weight gain or difficulty losing weight.

At the heart of this approach to weight loss is identifying and addressing the underlying causes, which may involve lab testing to as-



sess hormone levels, nutrient deficiencies, gut health and inflammation markers. By uncovering these factors, functional medicine practitioners can create personalized treatment plans that support the body's natural ability to achieve and maintain a healthy weight.


Healthy lifestyle modifications are also central to this functional approach. Rather than prescribing one-size-fits-all diets, practitioners work with individuals to develop sus-

tainable dietary changes that suit their unique nutritional needs and preferences. This may include emphasizing whole, nutrient-dense foods, managing stress levels, improving sleep quality and incorporating regular physical activity tailored to individual capabilities.


For those frustrated with yo-yo dieting and temporary results, embracing the functional medicine approach offers a path to sustainable weight loss and overall well-being. By treating the whole person rather than just symptoms, it empowers individuals to achieve and maintain their ideal weight while enhancing overall vitality and quality of life.



Dr. Roman E. Finn is the owner of The Center for Integrative and Traditional Medicine, located at 22 Madison Ave., in Paramus. For appointments or more information, call 201-291-0401 or visit citm-drfinn.com. See ad, on back cover.



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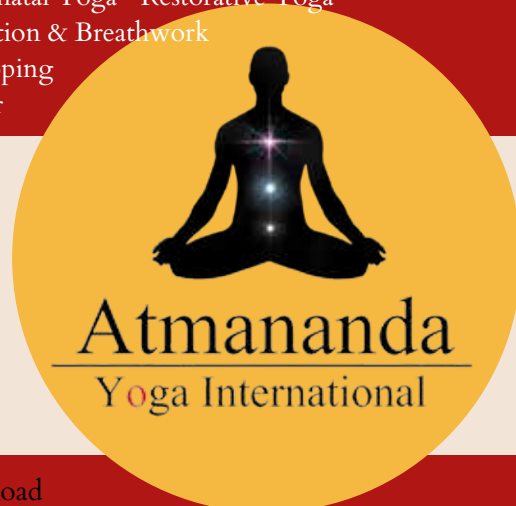
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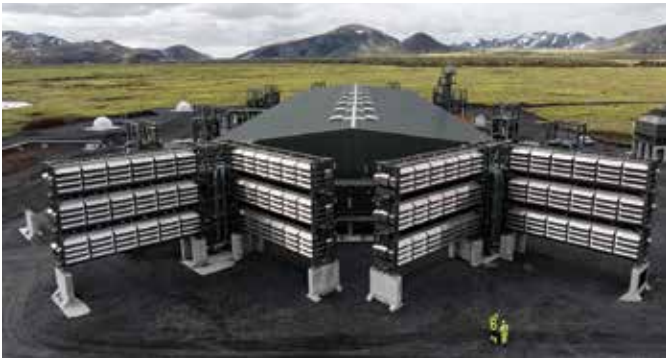
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Mammoth Pollution Vacuum

The world's largest pollution vacuum started operating in May. Built in Iceland by Swiss company Climeworks, the direct air capture and storage plant named Mammoth is designed to draw in air, filter out up to 36,000 tons of carbon dioxide annually and either store it permanently underground, reuse it or transform it into solid products.

This is the second large-scale carbon vacuum by Climeworks. Its predecessor, which launched in 2021, captures 500 tons of CO₂ each year. Both facilities are powered by a geothermal power plant. According to Jan Wurzbacher, co-founder and co-CEO of Climeworks, the company intends to scale up its technology to remove 1 million tons of carbon per year by 2030 and 1 billion tons by 2050.



Climeworks/CanvaPro

Wild Orangutan Treats Own Wound

According to a scientific article published in *Nature*, a male Sumatran orangutan was observed self-treating a facial wound with medicinal plants in Southeast Asia. Three days after the injury, he ripped off leaves from a liana vine, chewed on them and applied the resulting juice onto the wound. As a final step, the orangutan covered the wound with the chewed leaves. The liana is a tropical plant that has antibacterial, anti-inflammatory, antifungal and antioxidant properties. This is the first documented case of wound treatment by a wild animal, providing insight into the origins of human wound care.



263582 from Pixabay/CanvaPro

Acknowledging Animal Consciousness

For most of human history, the possibility that animals experience sensations and feelings has been dismissed. The New York Declaration on Animal Consciousness, which is signed by nearly 300 university educators and scientists worldwide, challenges this view. The signatories assert that there is “strong scientific support for attributions of conscious experience to other mammals and to birds,” and that “the empirical evidence indicates at least a realistic possibility of conscious experience in all vertebrates (including reptiles, amphibians and fishes) and many invertebrates (including, at minimum, cephalopod mollusks, decapod crustaceans and insects).”

The declaration is supported by 10 years of scientific discoveries about the possibility of animal sentience, including crows that can be trained to report what they see, octopuses that avoid pain and value pain relief, cuttlefish that remember details of specific past events, zebrafish that show signs of curiosity, and bees that display apparent play behavior. The signatories conclude, “When there is a realistic possibility of conscious experience in an animal, it is irresponsible to ignore that possibility in decisions affecting that animal. We should consider welfare risks and use the evidence to inform our responses to these risks.”



Michael Nivelet from Getty Images/CanvaPro

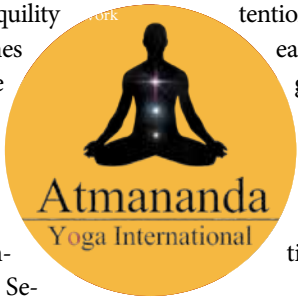
Atmananda Provides Certified Yoga Teacher Training

by Martin Miron

Finding moments of tranquility and self-discovery becomes paramount amidst the daily chaos, and yoga brings serenity, solace and rejuvenation. For those seeking to delve more deeply, selecting the right studio for certified teacher training is crucial. Atmananda Yoga Sequence (AYS), a sanctuary in the heart of New Jersey, offers the perfect choice for aspiring yogis in the Garden State.

AYS embodies the essence of authentic yoga teachings, blending traditional wisdom with modern innovation. Founded by renowned yogi Jhon T, they provide a comprehensive curriculum designed to nurture both the body and the mind. An emphasis on alignment-based yoga, coupled with mindfulness practices, sets it apart as a premier destination for yoga teacher training in New Jersey.

Atmananda creates an environment where aspiring yogis can flourish personally and professionally with an unwavering commitment to quality instruction and individualized at-



ention. Small class sizes ensure that each student receives personalized guidance from experienced instructors. This intimate setting fosters a sense of community and allows for deeper connections to be formed among participants.

The AYS teacher training curriculum stands out for its comprehensive approach, covering not only the physical aspects of yoga asana practice, but also yoga philosophy, anatomy, meditation and teaching methodology. This holistic approach equips trainees with the knowledge and skills necessary to become well-rounded yoga instructors capable of guiding students on their own transformative journeys.

Atmananda's emphasis on inclusivity and diversity also sets it apart. With a welcoming atmosphere that embraces practitioners of all backgrounds and abilities, they have created a space where everyone feels empowered to explore their yoga practice without judgment or limitations.

Among a plethora of yoga studios from which to choose, Atmananda's commitment to quality education and personalized guidance shine. Instead of standardized curricula, they tailors its lessons suit individual needs and aspirations. The studio's team of experienced instructors brings a wealth of knowledge and expertise, ensuring a holistic learning experience for students.

Atmananda Yoga Sequence represents the epitome of excellence in the realm of yoga teacher training. With unwavering dedication to authenticity, innovation and personalized guidance, they empowers individual to embark on a transformative journey toward becoming certified yoga instructors. Whether a novice yogi or a seasoned practitioner, all are welcome to explore the depths of yoga and uncover the true essence of self.

Atmananda Yoga Sequence is located at 982 River Rd., in Edgewater, NJ; and 3241 Steinway St., Queens, NY. For more information, call 201-367 - 1624 or visit Atmananda.com/studio/new-jersey. See ad, page 11.

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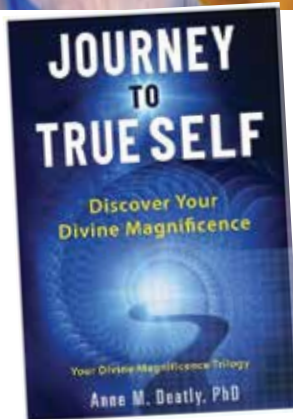
Discovering Our Divine Magnificence

by Martin Miron



Dr. Anne Deatly works with professionals that are stuck in their career. She holds a bachelor's degree in biology from Smith College, a Ph.D. in microbiology from the Vanderbilt School of Medicine and is an advanced certified Eden Energy Medicine practitioner. She says, "I show them how to tap into their innate wisdom and discover their unlimited potential. I bridge science, spirit and human potential so professionals can be their best physically, mentally, psychologically, emotionally, spiritually and energetically."

Her new book, *Journey to True Self: Discover Your Divine Magnificence*, she



says "primarily for people that want to be on a spiritual journey to know the truth and the wisdom about life in our universe. They are seeking to know themselves at a deeper level. This is not a journey of religion. This journey is an inward journey that helps you finally discover who you really are and why you are here on Earth. My personal belief is that all people here now are involved in this great awakening—the discovery that we are way more than just a human physical body. We are Souls within a body."

Deatly explains, "We are here on Earth to discover who we really are and to learn,

grow, and evolve in specific and unique ways. It is our soul that guides us in life if we are connected to it. Our soul is all about evolving to higher vibrational frequencies and higher levels of consciousness. Our souls can only learn and grow through the physical experience where there are challenges, blocks and obstacles that help us grow and expand. Once you understand this concept, you will learn to embrace all that is happening and to understand the higher purpose of the situation."

The book is written as four sections of a spiritual journey. "Life is a spiritual journey, our divine purpose, awakening on the spiritual journey, and crossing the bridge from the physical to the spiritual. It is packed with wisdom and opportunities to grow," advises the author. In addition to the wisdom content, there are verses on specific topics, personal stories and reflections, client stories and specific exercises to help in each of the journey sections.

She says, "To explain how magnificent we all really are, I share content about consciousness, energy healing, quantum physics, science, spirituality and sacred geometry, along with universal wisdom and truths. It is my deepest desire that you benefit from the teachings I share in this book to become your true self and discover your divine magnificence."

For more information, call 201-925-1046 or visit DrAnneDeatly.com. See ad, page 13.

A Spiritual and Holistic Approach To Therapy

by Martin Miron

Quantum Psychotherapy Group is a holistic psychotherapy group that treats adults, adolescents and couples, owned by psychotherapist Erica Tait, LCSW, LCADC, with locations in Northvale and Montclair. Opened two years ago, they employ eight therapists.

They provide therapy for adults and adolescents, as well as marriage and couples counseling, specializing in anxiety and depression; trauma healing; eye movement desensitization and reprocessing (EMDR); spirituality and consciousness; plant medicine preparation and integration; addiction; and dialectical behavior therapy.

Tait says, “I have wanted to be a social worker since I was 12 years old. I’ve always had a deep passion for serving others, even as a child.” A



profound near-death experience at age 24 completely transformed the way she related to life. “I fell off a 60-foot cliff while hiking alone and was at the bottom of the cliffs for seven hours, in which I had many experiences that transformed my perception of reality.”



She explains, “I went from being a huge atheist to having an embodied understanding of what being a spiritual being really means, and all that lies beyond our five senses. This event is what inspired me to incorporate a more spiritual and holistic approach to therapy, and is really at the foundation of Quantum Psychotherapy Group.”

What gives her the most satisfaction is witnessing clients’ journeys not only in healing and relief of suffering, but transforming into their highest potential. “The influences that drive the way I think are my personal experiences, spiritual practices and the experiences of my clients.” Tait affirms. “In the end, the most important thing is how aware and loving we are and to assist in the evolution of consciousness on the planet.”



Her biggest challenge has been learning how to live an empowered life as a highly sensitive person. “Modern society is not built for sensitives, so it has been a huge lesson on the importance of self-care, boundaries and listening to intuition,” she shares. “There is something much greater working through me, and as long I keep surrendering to that, success comes. I’ve learned that the universe rewards those who are benefiting the whole.”

Tait wants her practice to grow the northern New Jersey community and is looking forward to facilitating more group experiences, saying, “I believe that some of the greatest transformation happens when we come together.”

Quantum Psychotherapy Group is located at 408 Paulding Ave., Ste. 408B, in Northvale; and 80 Park St., in Montclair. For appointments and more information, call 201-719-5919, email visit Info@QuantumPsychotherapyGroup.com or visit QuantumPsychotherapyGroup.com. See ad, page 5.

Ayurvedic Seasonal Eating

How to Balance Doshas With the Right Foods

by Carrie Jackson

Each season brings a unique bounty of fresh food to sustain and nourish us. A ripe tomato off the vine in the summer or a hearty winter squash stew highlights what the Earth naturally offers. Seasonal eating is a rhythmic approach that is more sustainable than relying on grocery-store staples and connects us to the world around us. Combining seasonal eating with the Ayurvedic concept of balancing our doshas helps to maintain harmony with nature. It also helps support local farmers, reduce carbon emissions, maximize the food's nutritional value and nourish holistically.

The Fresher the Better

Seasonal eating is intuitive, but modern technology and busy lifestyles get in the way. “For

thousands of years, people ate seasonally all the time, as there was no other option,” says Erin Casperson, director at Kripalu School of Ayurveda, a global leader in mindfulness education. “They trusted that each harvest gave us exactly what we needed to survive and thrive. It is only recently, with the development of refrigeration and modern transport, that we are able to access food from other areas of the world and store it for long periods of time.”

Eating local food when it is fresh not only helps to maximize the food's nutritional value, it strengthens our connection to its origin. “From an Ayurvedic perspective, we look at the prana, or life force, in food,” explains Casperson. “Generally, the shorter it's been

off the plant, the more life, or nourishment, it will supply. When it's treated with pesticides and sits in storage or refrigeration for days or weeks, it starts to lose that life force. Looking at a freshly picked strawberry, you can see the value it has. If I pick up a plastic box of spinach at the grocery store, there's no connection. I have no idea how long it's been traveling or what it's been exposed to.”

Kadiatou Sibi, a board-certified Ayurvedic and reiki practitioner and founder of Los Angeles-based A Web of Wellness, recommends frequenting farmers markets, co-ops and grocery stores that offer locally grown food to maximize freshness. “Consuming foods during their harvest honors the natural cycle of the Earth. The crops are brighter, tastier and more nutritionally dense. By purchasing food from a [farmers] market, you are supporting marginalized communities, which historically are often women and families working in the fields. Cultivating locally grown foods also helps to maintain the biodiversity of crops and prevents big corporations from taking over the land.”

Cutting out long-distance transportation doesn't just increase the food's freshness, it is better for the environment, too. “When we eat locally, we lower the carbon footprint and greenhouse gas emissions it takes to access the food. It also eliminates the need for pesticides and other harmful agents that make the food last longer,” Sibi explains.



Zffoto from Getty Images/CanvaPro

Eating seasonally is a cornerstone of Ayurvedic practices, which Sibi says are rooted in a deep connection with nature. “The idea of seasons is based around the cycles of the moon and sun,” she asserts. “Food is one important way we can balance ourselves holistically. Seasonal eating teaches us to wait for the right time and not rush nature. We can look forward to watermelon in the summer and Brussels sprouts in the winter. We learn to cultivate deep gratitude and respect for the land and all it provides for us. It fosters deep stewardship for the Earth.”

Balancing Our Doshas

Incorporating the Ayurvedic understanding of doshas into our diet further supports our connection to nature and intuitive eating. “According to Ayurveda, everything and everyone is comprised of five elements: space, air, fire, water and earth,” says Veena Haasl-Blilie, founder of Minnesota-based Saumya Ayurveda. “These elements combine to form three basic energy properties called the doshas. These foundational energies, known as

vata, pitta and kapha, are the building blocks of our universe. While all three doshas are present in every one of us, they manifest to varying degrees. Our distinct physical, mental and spiritual traits are the result of our unique dosha constitution.”

Disruptions in our daily routines, stress and diet changes can cause doshas to get out of balance. By mindfully incorporating dosha-balancing foods and herbs into our day, our bodies and minds can reset. “In Ayurveda, food is medicine. When we eat to balance the doshas, we are eating in the most supportive and nourishing way possible,” explains Haasl-Blilie. “Instead of a one-size-fits-all diet, we are eating what is balancing to us specifically in that season.”

Understanding an individual’s own dosha type is a key starting point. Haasl-Blilie recommends, “Fiery pitta is best balanced through naturally sweet foods like fruit, most grains, squash, root vegetables, milk and ghee. The best tastes for balancing pitta are

sweet, bitter and astringent, while sour, salty and pungent tastes should be minimized. Airy vata has a cold, dry, light nature that can be countered with foods that are warm, moist and grounding, such as hearty soups and healthy fats. Sweet, sour and salty foods help to balance it. For kapha’s cool, dense, oily nature, we should favor food that is light, dry and easy to digest, ideally served warm or hot with invigorating herbs or spices. Sweet, sour and salty tastes should be minimized.”

Cooking with seasonal food that supports dosha balance helps to further nourish holistically. Chef Divya Alter is a cookbook author and the co-founder of Divya’s, which combines culinary education, good-for-you packaged foods and a plant-based restaurant in New York City. Aiming to offer practical ways to bridge the ancient wisdom of food with modern living beyond the boundaries of India, she notes, “Part of my mission is to show people how to apply the universal Ayurveda principles to every part of the world, incorporating the ancient principles of food compat-

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ibility and digestion into local cuisines.”

The Joy of Summer Foods

Alter says that in warmer months, choosing balancing foods helps to naturally regulate our bodies and our doshas. “Summer is the season of outdoor activities, travel, vacationing and more. The heat and exertion tend to deplete our systems, but nature’s peak harvest season provides us with abundant produce to help us replenish. Ayurveda is all about balancing with nature, so in the hot summer, when we tend to sweat more and feel dehydrated, we need to incorporate cooling and hydrating foods. We feel extra pleasure eating the juicy seasonal fruits like peaches, apricots, berries and watermelon because they quickly cool and nourish us. Zucchini, fennel, leafy greens, okra, carrots and green beans are all great vegetables to give us minerals, vitamins and fiber, plus keep our bodies cool. Coconut in every form is our best friend in summer because it is very cooling and nourishing. Fresh coconut water is the best natural electrolyte drink, and you can add fresh coconut milk to

your curry or smoothie. For plant-based protein, mung beans and red or green lentils are all great choices.”

For a simple complement to any dish, Alter recommends using fresh herbs, most of which can be grown locally. “Cilantro, basil, parsley, dill, rosemary, thyme, curry leaves and tarragon, and the cooling spices such as coriander, fennel, cumin and cardamom, add flavor without overheating the body. I use very little or no chili, and if my digestion needs a bit more heat, then I’d use warming spices like black pepper, turmeric, cinnamon and ginger in small amounts,” she says.

Sibi points out that using fresh herbs and spices while cooking also helps to preserve cultural traditions. “While they may not have originated here, locally grown and ethically sourced herbs honor global cooking and customs,” she says. “Incorporating fresh cilantro into a Mexican dish, turmeric into an Indian recipe, or parsley into a Mediterranean meal reminds us of their origins. Besides the me-

dicinal benefits, the flavors are more palatable, and it’s a valuable way to teach these traditions to a younger generation. They learn that what you put in your mouth doesn’t just affect you, but has a larger global impact.”

While this may seem like a lot to consider when making daily food choices, Casperson recommends starting with seasonal eating and balancing our doshas using ingredients that are readily available. “Seasonal eating is more accessible, because you can literally choose what to eat by what is in the market. From there, have some fun with it,” she suggests. “Look up recipes and menus that you can easily digest to support your dosha balance, and add in herbs grown in your own garden. Sit down and eat in a relaxed setting without distractions and really connect with how you’re nourishing yourself.”

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. Connect at CarrieJacksonWrites.com.



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Hormone Replacement Therapy: FAQ's Part I

At some point in the life cycle, most women and many men have physical and/or cognitive/emotional symptoms that lead them to consider using hormone replacement as a solution. There are many variables to consider, and though there may be no objective “right” or “wrong” answers to some questions, it is important to consider these variables in making the best possible choices as to how to use hormones, or even whether to use them.

Here is a list of some important things to think about before proceeding

■ Our hormones work together as a group, what some physicians call the “concert” of our hormones. If one is replacing estrogen or testosterone, simply using these treatments alone without testing the rest of the hormones that participate in this “concert” is to ignore how the body truly functions. The basic group to be considered is: Estradiol (or perhaps the full spectrum of multiple types of estrogen), Progesterone, DHEA/DHEA-S, Testosterone, Pregnenolone, (the so-called “mother hormone” to the others), HGH (human growth hormone), a full set of thyroid hormones (including “T3”), and cortisol

■ Although men may think only of using testosterone alone, it is essential that their estrogen levels are checked to make sure that their low testosterone is not in some part a result of testosterone converting excessively to estrogen. If it is, this process can be blocked and corrected. Not only does this raise testosterone levels, often considerably, but it lowers estrogen levels, a major factor in causing prostate cancer. Men sometimes even need to take progesterone, not a lot but a little. – so all hormones must be investigated.



■ By the same token, not only do women usually benefit from the use of estrogen and progesterone at some point, but often need “androgens” or male-style hormones, like DHEA and testosterone, to provide immune strength, heart strength, muscular strength, and bone support, as well as supporting healthy libido. High “androgen” levels can cause undesirable effects in women, such as hair loss on the scalp, facial and body hair, excessive musculature, acne, irritability, and even masculinization of facial features. As with so many things, the right amount is essential, and too much is too much.

■ Hormones are FAR from a one-size-fits-all affair. When formulas are prescribed, or changed, they should be carefully monitored with lab tests, and tailored to each individual. Specialized “compounding” pharmacies are able to create customized formulas that are geared uniquely to patient needs. Your prescribing physician should be able to guide you to a pharmacist who can work with you. It is nearly impossible to target patient needs accurately and comprehensively sticking strictly with products available at standard pharmacies.

In the next articles in this series, you will learn:

- The difference between traditional and compounded hormones
- When is it time to start hormones and when should they be stopped
- Are bio-identical hormones “natural,” and why are they called bio-identical
- Are hormones safe and what are the best practices to use them most safely
- What is the best delivery system for hormones? (pellets, shot, cream, oral) and why
- What are the various options for hormone protocols

If you have your own questions that you would like to see included in “Hormone Replacement: FAQ’s,” please submit them to a.better.alternative.medical@gmail.com.



Since her mentorship with Dr. Robert Atkins, Dr. Robin Ellen Leder has provided functional/ holistic medical care to thousands of patients at her Hackensack office. She has taken numerous courses in the safe and effective use of bioidentical hormones to achieve long term health and well-being. Each of her patients is evaluated individually, and ultimately decisions are made by doctor and patient working as a team. To learn more about the doctor’s work and approach, visit her website at drrobinleder.com, or see her ad, page 3.



Summer Splash

Keeping Cool With Water Fitness

by Megy Karydes

Whenever we're swimming or participating in other water-based activities, all of our senses are engaged and exhilarated. Aquatic sports can help us stay fit, strong and cool during the hot summer months. Here are a few recommendations to remain safe and reap all of the splashy benefits.

Learn to Swim Early

Cullen Jones, a four-time Olympic medalist and the first African American swimmer to hold a world record, credits his parents for encouraging him to learn to swim even after he nearly drowned at a water park when he was 5 years old. "I recommend getting

infants into the water as early as 6 months old. This helps the child get acclimated to the water and pool environment, easing things when it's time for professional swimming lessons by a trained instructor," says Jones, the water-safety expert for Leslie's Inc., a pool- and spa-care retailer.

Jane Brenner, a water aerobics instructor and lifeguard at YMCA of Metro Chicago, similarly believes that it is never too early to expose young children to water and never too late to learn how to swim. "I see people starting their relationship and journey with water in their 50s, 60s and 70s," she says. "And I think that's just as beautiful."

Water-Based Exercises

Jones notes that any exercise can be done in the water for the added benefit of staying cool. Activities such as running, aerobics, Zumba, cycling and resistance training become a bit harder in the pool, upping the workout benefits.

Hydrostatic pressure is another advantage. "When you get into a pool, even if you're just holding on to the wall, even if you're not doing anything, you are wearing a gentle compression sleeve around your whole body," Brenner explains. "The water is pushing down on you in a way that you barely even notice. You can't reg-



nomadsoulphotos/canvaPro

ister that slight increase in pressure, but it's more than the air, and that's going to increase blood flow. It's going to decrease pain and swelling. It's going to do all that while decreasing impact on joints."

"While other activities may target only one region of the body, water sports—and in particular, swimming—offer a full-body workout," Jones asserts. "When it comes to swimming, you are using your legs to kick, your arms to paddle and your core to hold it all together. Swimming delivers a whole-body workout and mind-enhancing experience."

While people can and do enjoy being in the water without knowing how to swim, Brenner notes that anyone that feels they can't learn is selling themselves short. "I really believe that there is space for a relationship with swimming and water in every person's life," she says.

Jones admits it took working with five swim coaches before it clicked for him. Had it not been for his parents' persistence, he never would have become an Olympic swimmer and gone on to win medals.

Water Safety Is Paramount

According to a 2023 survey commissioned by Leslie's and conducted by The Harris Poll, only 63 percent of U.S. adults say they are very comfortable being around water, and as much as 36 percent of those surveyed say they do not know how to swim. Nearly half the parents of children under 18 say their child does not know how to swim, and 61 percent say their child has not taken swimming lessons. At the same time, almost 30 percent of parents say they are concerned about their child drowning.

"Swimming lessons save lives," Jones says. "It's also an important life skill that can open up a whole new world of recreational and athletic possibilities, such as boating, fishing and competitive swimming,



FatCamera from Getty Images Signature/CanvaPro

among others." Still, Brenner and Jones say non-swimmers may enjoy the benefits of being in the water, whether to stay cool in the summer or to stay healthy and fit, both in mind and body.

Brenner teaches water aerobics to people from all walks of life and all ages. She notes that there is a real sense of community that happens in those 50-minute classes. "People are bringing cookies, and others are telling us about the garage sale that's happening down the street," she quips. In addition to the physical benefits of water fitness, coming together at the community pool or in a natural body of water offers mental-health rewards and fellowship.

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

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Planting Seeds of Knowledge

Teaching Kids About the Origin of Foods

by *Thais Harris, BCHN*

There is a growing disconnect between children and the origins of their food. It stems from the urbanization of communities and the prevalence of processed foods. As a result, many children don't know how their food is grown, processed and brought to them, contributing to a lack of understanding about the nutritional value and environmental impact of their choices.

Why Knowing Food Origins Matters

A 2012 study by Stanford University showed that teaching young children that food is a source of diverse nutrients and explaining the importance of eating a variety of healthy ingredients significantly improved their understanding of nutrition, and even prompted them to voluntarily eat more vegetables at snack time.



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“Gardens are a crucial part of how we change eating patterns and teach about health,” shares Sara McCamant, program director at Ceres Community Project (CCP), a nonprofit that provides meals to people facing health crises. “We put youth at the center of our program with the goal of having them understand where food comes from, as well as learning how to cook it, so it can create health. It is crucial that they understand the bigger picture of how food is grown and how the food system impacts access to healthy food. Many youth are also very concerned about the environment and climate change, and learning about growing food in a sustainable way gives them a way to make an impact on the environment.”

CCP reports that teens participating in their programs are more motivated to consume vegetables and fruits than other kids their age: 54 percent are eating six or more servings of produce a day. By contrast, only 22 percent of California teenagers that have not experienced CCP activities eat five or more servings a day.

Pilot studies by Harvest for Healthy Kids and the National Institute of Food and Agriculture both found that hands-on experiences with different fruits and vegetables in the classroom, garden and kitchen caused children to be more likely to taste and enjoy a wider variety of foods.

Cultural Heritage

“Children’s limited recognition of food mirrors a deeper loss of cultural identity and heritage,” laments Sebastian White, founder, president and executive director of The Evolved Network. The limited understanding of food through commercial packaging not only deprives children of the rich stories and meanings embedded in their cultural diets, but also reflects broader implications for how they perceive and interact with the world.

“The Evolved Network addresses these issues by integrating the tangible aspects of food preparation, such as cooking skills and community building, with intangible values like cooking with love and the significance of meals as communal gifts,” White explains. “This holistic approach fosters a sense of purpose and inclusivity, treating food education as both therapeutic and educational, with the goal of restoring a deep connection to food that transcends mere nutrition and taps into cultural identity and self-expression.”

Empowering children with knowledge about their food sources is a vital step toward fostering a healthier and more sustainable future. By engaging in hands-on experiences and understanding the journey of food from seed to plate, children can develop a deeper appreciation for nature, make informed dietary choices and support the environment.

What We Can Do

- **Visit local farms or farmers markets.** Encourage children to ask farmers about how food is grown and the significance of seasonal produce. This direct connection can spark curiosity and appreciation for the hard work behind each item on their plate.
- **Start a family garden.** Create a small bed or planter box so children can grow some of their own vegetables, herbs and fruits. This active participation not only teaches them about the growth process, but also instills a sense of responsibility and pride in nurturing and harvesting their own food.
- **Cook together using fresh, whole ingredients.** Teach children how to read labels and choose organic and minimally processed options. Preparing meals together provides an opportunity for practical learning about nutrition and the importance of making healthy choices. Plus, it's a fun way to bond and instill lifelong skills.
- **Eat as a family.** Sit-down meals with kids can leave a lasting and positive impression, fostering a lifelong appreciation of dietary quality and communal dining. A 2007 five-year study published in the *Journal of the American Dietetic Association* found that more frequent family meals during adolescence predicted a higher consumption of fruits, vegetables and key nutrients, and a lower consumption of soft drinks. The young people also placed a higher priority on meal structure and social eating.

Thais Harris is a holistic nutritionist and author. Her children's book, Little Red, told from the point of view of an apple, teaches children about the benefits of consuming fresh fruit. Find recipes and resources at NourishTogether.com.

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Farm Foods in a Capsule

Finding Sustainable, Nutrient-Dense Options

by Kelcie Ottoes

The global dietary supplement industry reached sales of more than \$177 billion in 2023. Natural supplements are gaining more attention for their emphasis on whole-food ingredients and for their holistic approach to nutrition.

Growing Demand

A nationwide survey by the Council for Responsible Nutrition found that 74 percent of American adults take dietary supplements, with 92 percent of users reporting that they are essential for maintaining health. According to the National Institutes of Health, although supplements cannot replace a healthy diet, they can help ensure adequate amounts of essential nutrients and improve health. For example, calcium and vitamin D support strong bones, folic acid decreases the risk of certain birth defects and omega-3 fatty acids may help some people with heart disease.

David Perlmutter, M.D., a neurologist and expert in gluten issues, brain health and nutrition, sees an increased role of supplements in the future. He explains, “The world of health care is moving to a place of recognizing the fundamental role of metabolism in general health and compromising health through chronic degenerative conditions. I think there is a place for appropriate use of nutritional supplements when they are developed and validated in this arena.”

Synthetic Supplements

“Most nutritional supplements are the product of something going on in a chemistry laboratory,” laments Perlmutter, adding that manmade supplements contain nutrients that are artificially created, which may be harder for the body to recognize and process.

“Synthetic supplements are loaded up with excipients like magnesium dioxides, silica, etc.,” explains David Stelzer, founder and chief executive officer of Azure Standard, a producer of organic foods and natural products. “A lot of times, the minerals aren’t even predigested. If you’re taking iron, you wouldn’t be getting much better in those pills than if you were sucking on rusty nails, and that is not what the body can utilize.”

Whole-Food Supplements

Sometimes referred to as farm-focused supplements, whole-food supplements are made by extracting nutrients from fruits, vegetables and herbs with an emphasis on raw, unprocessed ingredients. They often contain organic food extracts and include a variety of vitamins, minerals, enzymes, antioxidants and phytonutrients in their natural forms that can boost absorption, compared to synthetic alternatives.

Whole-food supplements come in the form of multivitamins, mineral formulas, herbal blends and specialized formulations. Some food products such as energy bars, shakes and powders may also incorporate whole-food supplementation to boost their nutritional value and provide a natural source of vitamins, minerals and antioxidants.

“What we want to look for [in food-based supplements] is that they are sourcing sustainably; that they’re emphasizing organic, raw materials and non-GMO sources; that no harmful chemicals have been used, nor is there any part of the manufacturing process that does a significant amount of damage,” Perlmutter recommends. “Look for the emblems that indicate USDA Certified Organic ingredients. Some manufacturers also have B Corp certification, indicating the company is socially and environmentally sensitive.”

“Look at the source. Where is it from? What kind of products is it made from? What is being used as a flow agent or filler, if anything? How has it been produced? Make sure you can trust the company as well,” says Stelzer, adding that brands like Garden of Life, AzureWell, MegaFood and Standard Process promote their commitment to quality and transparency.

Shopping Tips

- **Certifications:** Choose products that are Food Alliance Certified, USDA Certified Organic, Demeter Certified Biodynamic, Non-GMO Project Verified and Rainforest Alliance Certified.
- **Ingredients:** Opt for organic ingredients and avoid supplements with artificial colors, flavors and fillers.
- **Nutrient Density:** Prioritize supplements that contain a variety of vitamins, minerals and phytonutrients from whole food sources.



Viktor LA/Shutterstock

- **Manufacturer:** Visit brand websites, looking for the transparency of their manufacturing, quality control and sustainability disclosures.

“Food should be our medicine,” insists Stelzer. “Supplements, in and of themselves, should be the exception rather than the

rule. There are some folks with exceptions. When your body has been depleted in nutrients for an extended period of time, like those recovering from serious illnesses, supplements help their bodies to catch up. Also, if your body is depleted and showing signs of fatigue or illness, then there’s definitely a place for supplements.” As with any dietary changes, it is important to consult with a healthcare professional before starting something new.

Kelcie Ottoes is a content writer for sustainable businesses, specializing in blog posts, case studies and white papers. She is a frequent contributor to Natural Awakenings.

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In every garden's life, there comes a time when weeds attempt to take over, turning what was once a serene escape into chaos. But combatting weeds does not require a chemical solution. By adopting these eco-friendly practices, we can maintain soil health and biodiversity, eliminate toxin exposure to people and pets, contribute to healthier air quality and lower the cost of weed management.

- **Plant Spacing.** Plants need space to grow, but too much of an open area can lead to weed proliferation. The goal is to keep plant spacing narrow enough to create a canopy that limits sunlight to areas where weeds would otherwise flourish. For an optimal garden layout, follow the instructions that often come with purchased plants or seed packets, or use an online space calculator like ViteGreenhouses.com/plantcalculator.asp.
- **Solar Power.** Covering the soil with clear plastic during warm months creates a greenhouse effect that heats the soil, killing weed seeds and harmful pathogens. It's a great way to prepare garden beds without lifting a hoe.
- **Mulch Magic.** A thick layer of organic mulch comprised of wood chips, straw or grass clippings is a formidable barrier against weeds. Mulch offers the added benefits of regulating soil temperature, retaining moisture, providing nutrients, preventing erosion and inviting beneficial earthworms.
- **Hand Weeding.** There's something meditative about getting down on hands and knees and connecting with the garden.

Pulling weeds removes invaders directly from the root, preventing regrowth.

- **Natural Predators.** Birds, insects and even certain types of fungi feast on weed seeds. Installing bird feeders and creating habitats for beneficial insects can tip the balance in the garden's favor.
- **Boiling Water Blitz.** For the toughest of weeds sprouting in cracks and crevices, pouring boiling water directly onto them will cook them from the inside out. Just be mindful of surrounding plants.
- **Vinegar Solution.** Spraying a vinegar-based solution directly onto the leaves of

unwanted plants can dehydrate and kill them, making this a quick and easy spot treatment. Vinegar is non-selective, so precision is key. Martha Stewart's recipe includes a well-combined mixture of one tablespoon of dish soap, one cup of salt and one gallon of white vinegar.

- **Soil Health.** Robust soil is the foundation of a thriving garden and a natural deterrent to weeds. Regular supplementation with compost and organic matter improves soil structure and fertility.
- **Native Plants.** Selecting plants that are native or well-suited to the area's climate and soil conditions creates a resilient ecosystem. Such plants are more likely to thrive and outcompete weeds, reducing the need for maintenance.
- **Barrier Methods.** For particularly vulnerable areas, physical barriers such as landscape fabric or cardboard can prevent weeds from taking root. Covered with mulch, they blend seamlessly into the garden.



Alter photo from Getty Images/CanvaPro

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.

Tuesday

Weekly Silent Meditation Circle—6 - 7 pm. Erica Tait, LCSW, LCADC will conduct the silent meditation session. Dedicate time and practice to come home to self in a most welcoming atmosphere. No meditation experience required. No Cost, donation based in Northvale office. Location: 408 Paulding Ave., Suite 2B, Northvale, NJ. 201-719-5919. More info: Email info@quantumpsychotherapygroup.com or visit <https://quantumpsychotherapygroup.com>

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/.

Thursday, July 4

Bergen County's Star-Spangled Spectacular—5:00 pm. Bergen County presents a brand new Independence Day Celebration, featuring the New Jersey Wind Symphony, plus an afternoon of entertainment, children's activities, food trucks, a beer and wine garden, and stunning fireworks at Overpeck Creek. Visit Website at <https://mommpopins.com/>. Location: Overpeck County Park, 40 Fort Lee Road, Leonia, NJ

Saturday, July 6

Kids Yoga at Bozza Yoga Littles—8:00 am. We teach kids yoga from the ages of 3 to 19 years old. We also have Mommy and me yoga classes for children 6 months to 2 years of age, each accompanied by a guardian. Visit Website at <https://bergenmomsnetwork.com/>. Location: Bozza Yoga Littles, 1 Myrtle Avenue, Allendale, NJ.

Sunday, July 7

Reiki Level 1 Training—9:00 am - 5:00 pm. International Center for Reiki Training (ICRT) manual is used for training which includes Reiki 2. \$225 plus \$25 manual fee, 4 person maximum. This is a one-day class. A deposit of \$100 is required in advance of training with the balance of \$150 due on class day. To register for this class, contact Lisa LaCava, Heart-

felt Healing (914) 527-9273 or Email Reikiwith-lisa123@gmail.com. Visit Website at <https://salthoftheearthcfh.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd. Chestnut Ridge, NY.

Monday, July 8

Kids Yoga at Bozza Yoga Littles—4:00 pm - 8:00 pm. We teach kids yoga from the ages of 3 to 19 years old. We also have Mommy and me yoga classes for children 6 months to 2 years of age, each accompanied by a guardian. Visit Website at <https://bergenmomsnetwork.com/>. Location: Bozza Yoga Littles, 1 Myrtle Avenue, Allendale, NJ.

Tuesday, July 9

Transformative Tapping & Breathwork with Sloane—7:00pm & 9:00pm. We will then be guided into a flow of somatic body movements and intentional breathwork to tap into a beautiful heart space, clearing out held negative energy and emotions. Email hello@loopwithus.com or Visit Website & Register at www.loopwithus.com. Location: Loopwell, 80 Maple Ave, Montclair, 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. Visit Website & Register at www.englewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street, Englewood, NJ.

Wednesday, July 10

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

Thursday, July 11

MetLife Stadium Wedding Expo—4:30 pm - 9:00 pm. This once a year Wedding Expo gives couples everything to plan a wedding all in one incredible place. Meet hundreds of vendors, find thousands of ideas, get valuable show special offers to save thousands of dollars, and save time and money you'd spend driving to many appointments. Visit Website & Register at <https://morejersey.com/events/>. Location: MetLife Stadium, 1 MetLife Stadium Drive, East Rutherford, NJ.

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.englewoodhealth.org. Location: Englewood Hospital, 350 Engle Street, Englewood, NJ.

Friday - Tuesday, July 12 -16

Dream Food Fest—4:00 pm - 10:00 pm. 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.

Saturday, July 13

Annual Meadowlands Pace & Burger Battle—6:00 pm - 11:30 pm. Savor a range of delicious burgers and participate in the festivities including a T-shirt giveaway, DJ entertainment, and carnival games like axe throwing and a mechanical shark. Visit Website & Register at <https://morejersey.com/events/>. Location: Meadowlands Racing & Entertainment, 1 Racetrack Drive, East Rutherford, NJ.

Sunday, July 14

Creating a Conscious Home from Within with Blanche—1:00pm - 3:00pm. Explore design, intentionality, and spiritual connection in an intimate setting that promises to leave you rejuvenated and inspired. Email hello@loopwithus.com or Visit Website & Register at www.loopwithus.com. Location: Loopwell, 80 Maple Ave, Montclair, 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.

Thursday, July 18

Dining Out Jersey Foodie Expo—6:00 pm - 10:00 pm. Indulge in a wide variety of fine cuisine from among the most popular restaurants and chefs in the area, at The Terrace, one of Northern New Jersey's top event and catering venues. Featured in the Main Ballroom are Fine Dining, Wine Tasting, and Delicacies exhibitors. Visit Website & Register at <https://morejersey.com/events/>. Location: The Terrace, 293 Paramus Road, Paramus, NJ.

Embrace and Empower: Breast Cancer Support Group—5:00pm - 6:30pm. Support is vital in the face of breast cancer, and together, we can create a community of resilience, hope, and healing. Visit Website & Register at www.englewoodhealth.org. Location: Englewood Hospital, 350 Engle Street, Englewood, NJ

Paddles and Prosecco—7:00 pm - 9:00 pm. Perfect for all skill levels, this event features pickleball games, delicious prosecco, and a chance to give back. With all proceeds sup-

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porting youth and seniors, you can enjoy food, drinks, giveaways, 50/50 raffles, a silent auction, and participate in lessons and matches. Visit Website & Register at <https://morejersey.com/events/>. Location: Bergen County Pickleball Club, 101 North Summit Street, Tenafly, NJ.

Friday, July 19

Barnyard Petting Zoo—9:00am - 6:00pm. Visit our goats, sheep, alpaca, donkeys, ponies, bunnies, pigs, and more! Barnyard is a fun and educational experience for the whole family to enjoy. All ages are welcome! Visit Website & Register at www.abmasfarm.com. Location: 700 Lawlins Road, Wyckoff NJ.

Sunday, July 21

Power of Attraction with Karena - Yoga & Meditation—1:00pm - 3:00pm. Guided by intuitive healer Karena Virginia, explore the law of attraction through quantum physics as you immerse yourself in practices to connect more deeply. Email hello@loopwithus.com or Visit Website & Register at www.loopwithus.com. Location: Loopwell, 80 Maple Ave, Montclair, NJ.

Tuesday, July 23

Sound Healing Journey with Vinni—7:00pm & 8:00pm. Kickstart your Spring season with an opportunity for inner stillness. In this sound bath, you will be guided to release things that no longer serve you on a physical, emotional, mental, energetic, and/or spiritual level honoring the full moon in the sign of Scorpio. Email hello@loopwithus.com or Visit Website & Register at www.loopwithus.com. Location: Loopwell, 80 Maple Ave, Montclair, NJ.

Thursday, July 25

Meet the Artist Within Workshop—7:00pm - 9:00pm. This workshop is led by Reiki Master Teacher, a former art teacher, and artist, who will bring the class on a meditative and sound healing journey where all will receive Reiki healing and a self-created art piece. Email hello@loopwithus.com or Visit Website & Register at www.loopwithus.com. Location: Loopwell, 80 Maple Ave, Montclair, NJ.

Saturday, July 27

Women Of Courage Annual Conference—12:00 pm - 4:00 pm. Connect with strong, resilient men & women who inspire and support each other in a journey of growth and empowerment. Visit Website & Register at <https://morejersey.com/events/>. Location: Marriott Saddle Brook, 138 New Pehle Avenue, Saddle Brook, NJ

Tuesday, July 30

Camp Cock-a-Doodle-Do—8:30 am - 10:30 am. Each morning your chickadees can expect an exciting story time, a jam out session to some classic kid tunes, a farm fresh snack, playtime on our tractor jungle gym, and of course, a visit from some of our very favorite (and friendly) farm animal friends. Visit Website & Register at www.abmasfarm.com. Location: 700 Lawlins Road, Wyckoff NJ.

Saturday, August 3

Hambletonian Day—10:00 am - 7:00 pm. Celebrate Hambletonian Day with a festive blend of live music, carnival rides, and horse racing! Join the Hambo Hat Contest for a chance to win prizes, or collect autographs from your favorite drivers and trainers. Visit Website & Register at <https://morejersey.com/events/>. Location: Meadowlands Racing & Entertainment, 1 Racetrack Drive, East Rutherford, NJ.

Thursday, August 8

Wine & Design: Build Your Own Bouquet—6:30 pm. Get creative, have fun, and relax with a wine tasting and charcuterie board followed by a hands-on floral bouquet workshop. This event is for adults 21+. Visit Website & Register at www.abmasfarm.com. Location: 700 Lawlins Road, Wyckoff NJ.

Monday, August 19

Nutrition for Enhanced Surgical Recovery and Outcomes—6:30 pm - 7:30 pm. Learn how to maintain proper nutrient intake to promote healing and expedite recovery after surgery. Visit Website & Register at www.inglewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street, Englewood, NJ.

Thursday, August 22

Camp Cock-a-Doodle-Do—8:30 am - 10:30 am. Each morning your chickadees can expect an exciting story time, a jam out session to some classic kid tunes, a farm fresh snack, playtime on our tractor jungle gym, and of course, a visit from some of our very favorite (and friendly) farm animal friends. Visit Website & Register at www.abmasfarm.com. Location: 700 Lawlins Road, Wyckoff NJ.

Tuesday, August 27

Prenatal Meditation and Yoga (6-Session Series)—7:00 pm - 8:00 pm. 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.inglewoodhealth.org. Location: Englewood Hospital, 350 Engle Street, Englewood, NJ.



CALENDAR

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NANorthNJ.com/calendar

business directory

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selling, and always prioritizing non-pharmaceutical options. SERVICES OFFERED: Medical Assessment/Comprehensive, Cutting-edge Lab Testing, Individualized Nutrition/Supplement Programs, IV Immune Support, Chelation (heavy metals & arterial plaque), Reconfiguration of the Gut Microbiome, Individual/Couples Counselling, Weight Loss. MODALITIES: Chronic Fatigue, Diabetes, GI Distress, Hormonal Imbalances, Psychological Issues/Stress, Thyroid/Adrenal Issues, Excessive Weight, Impaired Memory/Concentration, Autoimmune Disease, Metal Toxicity, ADD/Autism, Food Sensitivities. *See ad, page 3.*

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A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

—James Dent

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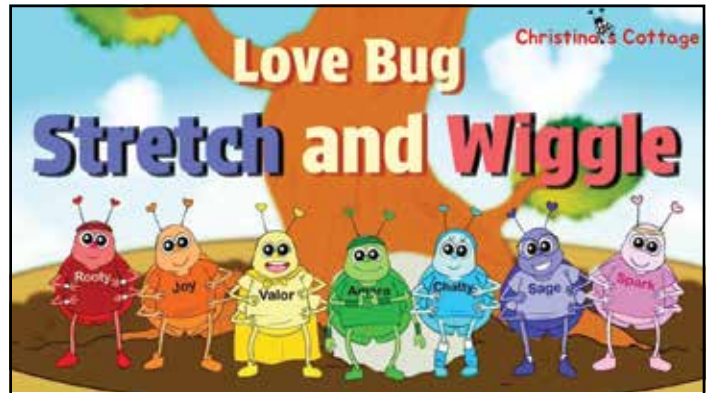
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