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## awakenings

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NORTHERN NEW JERSEY EDITION

OCTOBER 2024

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**letter from publisher:**



**Doing it For Others is Also Doing it For Ourselves**

**W**e sometimes make small choices which can have a significant impact on the future of others; for example, extra help with a child's class work or their favorite sport. We always give it our best effort and think about how relevant it could be when they are in high school, college or their first job which is 10 or 15 years away.

We find ourselves on the precipice of one such moment in this November's elections. Use your better judgement after considering a holistic picture that is not simply based on partisan rhetoric, because this decision is not just about today, but how it will influence the next 10 to 15 years or longer.

We approach this month issue with a holistic approach to the wellness spectrum that includes modalities like acupuncture and other management therapies based on centuries-old traditional practices from Chinese or Indian health practices. We also have a very informative article about proven ergonomic approaches which have proven to be preventive of many ailments that are due to our remote and work-from-home culture.

*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](http://NaturalAwakeningsNNJ.com).

Enjoy life and stay healthy, stay happy!

Anil Singh, Publisher

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## Advertising & Submissions

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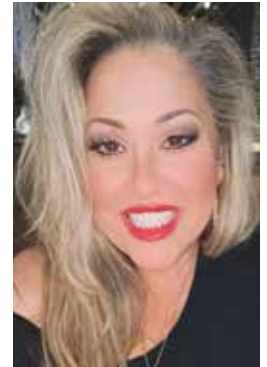
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**The Psychic Housewife of New Jersey**

The Wellness Gala will presents *The Power of Intuition* on November 10 at the Sheraton Hotel, Parsippany. Doors open at 12:30 p.m. From 1 to 2:30 p.m., there will be a panel of world-renowned intuitives and psychics offering profound insights on a variety of topics, including, matters of the heart, career choices, spiritual growth and communication with loved ones that have passed. The session will then open up to the audience for Q&A, where attendees can ask questions and receive prophetic messages and guidance.



April Busset

April Busset, "*The Psychic Housewife of New Jersey*" and renowned celebrity medium from The Holzer Files, will be part of the panel with live readings and messages from those beyond the veil. From 2:30 to 6 p.m., there will be complimentary mini sessions, massages, high-vibrational products, hors d'oeuvres and refreshments.

Wellness Gala aspires to introduce, bring awareness and educate the public about the benefits of holistic and integrative healing practices that can be used to bring wellness into our everyday life through events that provide a holistic and wellness practitioner and vendor directory, event planning, and business and marketing consultation.

Location: 199 Smith Rd., Parsippany. For tickets and more information, call 973-713-6811 or visit [WellnessGala.com/events](http://WellnessGala.com/events). See ad, page 7.

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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 now \$60 was \$89 (regularly \$249) from noon to 5 p.m., Tuesdays October 8, 15, 22 and 29 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 6.*

## Access Bars Quiets the Mind

Theresa Obsuth, an Access Bars practitioner in Paramus, says, “Are you reacting to the smallest of things or can’t seem to shut off the intensity of your thoughts no matter what you try? For those feeling stressed, anxious, tired or worried, there is a way to reduce the noise in your head. What if you could experience more peace, quiet and yet be more vibrant than you have ever been?”



Access Bars is a gentle process using points on the head that anyone can receive. When lightly touched, these points stimulate a positive neurological response in the recipient that quiets a racing mind, reduces stress and gives the brain a replenishing space allowing more intuition, awareness and creativity to be experienced. “By having your Access Bars ‘run’, you actually start to become more present in your life, and the past doesn’t project into the future the same way,” advises Obsuth.

*Location: 22 Madison Ave., Paramus. For appointments, call 201-655-3836. For more information, visit citm-drfinn.com. See ad, page 6.*

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# Entelechy as a Guiding Force Within

by Dr. Anne Deatly

There is an inherent life force within guiding us to become who we are meant to be. This inherent force, or entelechy, guides our inherent potential to become realized, or self-actualized, in the world. DNA, the template or blueprint of our physical self, is not enough to program us to become our true essence. Our entelechy presides over our evolution. This may be a way the spiritual and physical realms are inextricably connected and work together. Perhaps our entelechy is an expression of our unique divine magnificence.

There is an entelechy that guides the DNA blueprint of the acorn to become an oak tree. There is an entelechy within the caterpillar to become a butterfly. There is an entelechy within a basil seed to become a basil plant. The DNA is the blueprint, but there is a guiding force or energetic field that plays a role in initiating the process of becoming. This guiding force represents the environment, surroundings, conditions and influence under which the potential becomes actualized.

Entelechy, from the Greek word *entelecheia*, is that which creates reality from potential. This concept and its use as a metaphysical term likely originated with Aristotle, who considered entelechy as the realization, or evolved state, of a potential concept or function. Other philosophers and thought leaders have also weighed in on what entelechy is. One interpretation is that entelechy is an inner motivation, inner determination, inner strength and/or inner wisdom that works through a purposeful organizing field to direct the growth to become the full



potential. Inherent within us is the desire or the urgency to become our inner truest essence.

The entelechy of a human adult is already in the baby. The entelechy to become a butterfly is already in the caterpillar. Entelechy conveys a certain transformation starting from the inside, as with a caterpillar. There is something that guides the caterpillar to eat a lot of leaves before creating the cocoon and going through metamorphosis into a butterfly. There is an internal and external transformation that helps the caterpillar actualize into its true self.

Self-actualization can be a lifetime process for humans. Some thought leaders think of entelechy as a code within us, but that is not enough; the right circumstances and the right conditions are also needed.

Nonetheless, the potential or entelechy to become the highest versions of ourselves is always present within us. It is our journey in life that helps guide us along the path to that highest potential. Our journey in life reveals to us our inner essence in how we respond to life—"I resonate with this and I don't resonate with that." Being aware of this inner guidance, this inner urging and emergent potential, is the key to self-actualization. To determine our entelechy—our true and highest potential—requires a process of self-discovery.



For more information, call 551-500-5011 or email [Anne.Deatly@gmail.com](mailto:Anne.Deatly@gmail.com). See ad, page 18.

### Evening Primrose May Ease Childbirth

Cervical ripening is the natural process of softening and opening the cervix before labor begins. Pregnant women that need labor induction, have an overdue pregnancy or encounter risks to their health or their baby's health, such as preeclampsia or gestational diabetes, may need assistance ripening the cervix. In a study published by *Complementary Medicine Research* involving 96 low-risk women with term [39 to 40 weeks] pregnancies, half of the participants received a daily vaginal capsule of evening primrose oil prior to delivery; the other half received a placebo. The need for labor induction was significantly higher in the placebo group, showing that the vaginal use of evening primrose oil could be safe and effective for cervical ripening in low-risk, full-term pregnant women.



Heike Brauer from Getty Images/CanvaPro

### Synthetic Protein May Slow Alzheimer's Progression

Experiments on mice with Alzheimer's at the Okinawa Institute of Science and Technology (OIST) have made significant progress in slowing cognitive decline and improving memory, using a synthetic protein called PHDP5 delivered through the nasal cavity that can cross the blood-brain barrier to directly affect the memory center. Researchers believe this protein could also prevent Alzheimer's symptoms if administered early in the disease's progression.

Brain cell communications depend on the health of nerve synapses and synaptic vesicles, which need the protein dynamin to function properly. In Alzheimer's, the tau protein, which usually stabilizes structures inside neurons, detaches and binds to dynamin, disrupting synaptic vesicle recycling and causing communication problems between neurons. As the disease progresses, tau forms tangles that further damage synapses. PHDP5 works by preventing tau from interacting with dynamin. Researchers note that turning this discovery into an approved treatment for humans will likely be a long process.

According to Alzheimer's Disease International, the disease is expected to affect 78 million people by 2030 and 139 million by 2050 globally, leading to high economic costs. Alzheimer's is a complex disease caused by a mix of genetic, environmental and lifestyle factors, making it hard to treat, especially after symptoms appear.



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### Studying Animals From Space

In 2025, the Max Planck Society, a German research organization, plans to launch into space five miniature satellites, each the size of a Rubik's Cube, as part of the International Cooperation for Animal Research Using Space (ICARUS) project, which is designed to track the movements and body temperature of tagged animals, as well as the surrounding air temperature, air pressure and wind speed. Tiny solar-powered tags and artificial intelligence applications will allow scientists to gather and evaluate data on migration, nesting and mating patterns, while also determining the environmental and human conditions that may lead to an animal's death. Because of advancements in tagging modalities and ICARUS's relatively low cost, tags may also be employed to follow more obscure species, as well as things such as glaciers and plastic debris.



claffra from Getty Images/CanvaPro

### European Union Bans Mercury Dental Fillings

Dental amalgam, a material used to fill cavities caused by tooth decay, is made by mixing a powdered alloy of silver, tin and copper with liquid mercury. The European Union already bans its use for treating children under 15 years old, as well as pregnant or breastfeeding women. New rules adopted by the European Council completely ban the use of dental amalgams for all ages starting in 2025, unless deemed strictly necessary by the dental practitioner to address the specific medical needs of a patient. In this country, the use of dental amalgam is permitted even though the U.S. Food and Drug Administration warns that exposure to mercury may pose a greater health risk to pregnant and nursing women, newborns and infants, children younger than 6 and those with neurological disease, impaired kidney function or an allergy to mercury.



Eraxion from Getty Images/pupunkkop

### Boy Scouts Save Life Mid-Flight

On a Southwest Airlines flight to LaGuardia Airport, a flight attendant asked over the public address system if there was a doctor on board. Three doctors and a nurse responded to the request and began treating a man in cardiac arrest with cardiopulmonary resuscitation (CPR). Because CPR is exhausting to do for more than a few minutes, the professionals needed help, at which point a group of boy scouts returning from the Philmont Scout Ranch, in New Mexico, jumped into action and helped perform CPR for 40 minutes until the plane was able to make an emergency landing in Pittsburgh.

To receive training and certification in this life-saving skill, contact the American Red Cross or the American Heart Association.



amykermeyerphotos/Canva



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# A Full Spectrum of Healing Arts

by Martin Miron

**O**ra Wellness, owned by Julie Diasparra and Ceres Ruzich, opened five years ago as a gym under the name Tenafly Art of Fitness and expanded to become a fully integrated wellness center that supports the body, mind and spirit of individuals.

Diasparra's 27-year journey in personal training and nutrition brings a wealth of experience and expertise to the health and fitness realm. She believes that fitness takes dedication in and out of the gym to achieve results. As a seasoned professional figure athlete, she not only continues to hone her physique, but also serves as a distinguished judge for prestigious competitions such as the American Natural Bodybuilding Federation, Organization of Competitive Bodies Natural Bodybuilding and Mr. America competitions. As well, Diasparra is a personal trainer, professional figure athlete, doctorate of acupuncture candidate and reiki master.

Ruzichis is a former corporate executive with more than 25 years of experience specializing in helping Fortune 500 companies undergo global transformations. She left to focus on supporting individual transformations and customizing her approach to clients' individual needs. Ceres is also a past-life regressionist, career, life and health coach, reiki master, transcendental rebirthing facilitator, soul life intuitive and certified medium.

Services include Cryo-T (cryotherapy), detox (heavy metal and parasite), Graston Myofascial Release, health coaching, massage, nutritionist, personal training, physi-



Julie Diasparra

cal therapy, one-on-one Pilates Reformer (private), stretch and release, thermogram, coaching (life, career, accountability, spiritual mentorship), house blessing, past-life regression, transcendental rebirthing, one-on-one yoga (private), acupuncture, one-on-one meditation (private), reiki, multi-dimensional reiki and one-on-one sound healing (private).

Classes include Yoga, Meditation, eight-week Women's Circles and Full Moon/New Moon Circles. Workshops encompass mala bracelets and vision/intention boards. Products include handmade soaps, candles, tinctures, essential oils and crystals. Additionally, they bring experts from around the country to offer workshops in crystals, feng shui, feminine movement, astrology and CPR/first-aid.

Diasparra says, "We are thrilled to be working with subject matter specialists in the healing arts, including yoga teachers, meditation and sound bath instructors, physical therapists, naturopaths, nutritionists, acupuncturists, reiki masters and facilitators of sacred space."

Ruzichis says, "There are many amazing yoga studios, acupuncturists, physical therapists, coaches and meditation studios in the area. However, at Ora Wellness, our goal is to be a home to support individuals holistically—a one-stop center to meet individuals' needs, especially when they



don't know where to go. We are not in competition with others supporting the community. In fact, we believe more wellness centers are needed to support the increasing demand of individuals looking for support. We are looking to collaborate with other businesses to bring these services more mainstream."



Personal Power & Prosperity is a yearlong transformational program designed to help clients understand how the past affects their current life and identify which personal areas they need to work on to become the best version of themselves. Many individuals recognize the need for change in their lives, but may require support to make those changes, whether creating a plan or being held accountable for making necessary changes.

Each person is unique, so the program

is customized to fit their needs on a customized journey where individuals take responsibility for their changes and healing, guided by specialists in their respective fields. The program starts with two in-person days dedicated to exploring major life milestones, identifying areas of focus, past-life regression, integration, movement, removing unsupportive belief systems, quantum healing sessions, coaching and creating an individual plan.

Follow-up remote sessions lasting 60 to 90 minutes are scheduled monthly to keep them accountable for the year-long plan, identify and overcome obstacles and provide the necessary support and encouragement to move forward. To support the journey, Ora Wellness uses modalities such as astrology, human design, gene keys, channeling and soul readings/Akashic records. The program costs

\$5,555 for 13 months. Payment plans are available.

Diasparra says, "It is important to have services and classes available to all individuals, regardless of income level. We are committed to offering free workshops and low-cost classes. We also provide scholarships for individuals experiencing difficult financial times and payment plans for higher-priced services. We don't want to turn anyone away who is looking to make changes in their life."

They plan on opening a satellite location in Wyckoff, as well as offering New Moon and Full Moon events monthly and an eight-week women's circle.

*Ora Wellness is located at 5 Atwood Ave., in Tenafly. For more information, call 201-741-4196 or email Info@OraIntegrativeWellness.com. Sign up for classes, workshops and individualized services at Tinyurl.com/OraWellnessEvents. See ad, page 12.*



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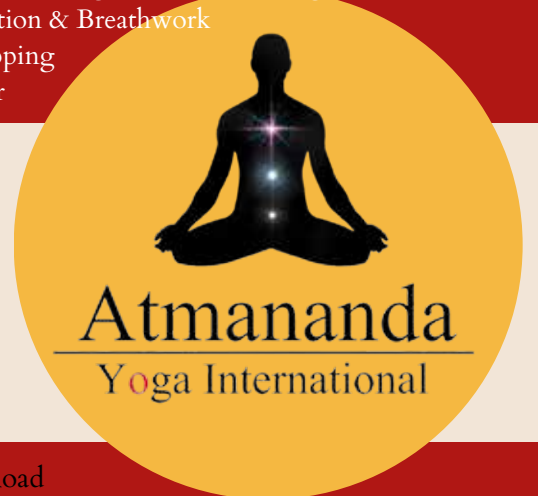
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# Hormone Replacement Therapy FAQ: Part 4

by Dr. Robin Ellen Leder

The prior three articles in this series on hormone replacement therapy (HRT) have addressed:

Part 1: Use of the full hormone spectrum and monitoring fluctuating levels.

Part 2: Custom formulation and duration of HRT use.

Part 3: Bioidentical vs. traditional pharmaceuticals and safe use of HRT: Surveillance and protection.

In this last article, various protocols for the use of HRT will be summarized:

**1 Pellets:** The use of implanted hormone-containing pellets is an available option for both men and women. Clearly the “pro” here is expediency, as once a hormonal pellet is inserted beneath the skin, it releases hormones continually over the course of months. If this created evenly-sustained levels over time, this “pro” might be considerable, but this is not the case. At the outset, the body levels of hormones are high, often too high, and gradually over months, they dwindle to nothing. As the benefits of a steady level are great, this method, although nearly effortless, does not provide sustained benefit levels. Also, if undesirable effects occur, the ability to make adjustments is very minimal until the pellets “wear off.”

**2 HRT for Men:** Other options for men are intramuscular injections or creams, with lozenges a distant third. As with pellets, weekly shots yield fluctuating results. Daily injections hurt; however, absorption issues are bypassed. With a compounded cream, all hormones in the “concert of hormones” (DHEA, estrogen, progester-

one, and pregnenolone) can be included, and levels of each can be adjusted readily and independently. When used morning and evening, consistent body levels can be achieved day in and day out. This method provides a comprehensive approach, with steady levels and consistent effect. Sometimes, use of a pharmaceutical drug to prevent conversion of testosterone to estrogen must be included, since with the use of bioidentical products, this natural flux can potentially occur unless prevented, and this can undermine achievement of desired goals.

**3 HRT for Women:** For women, other than pellets, options include lozenges, creams, and topical patches. The issue here is: Do we want to recreate a menstrual-cycle-like hormonal pattern or anything close? For some, who have read Suzanne Somers book series, there is a strong wish to recreate the period cycle, although no longer fertile with an egg, but nonetheless still complete with a monthly shedding of a bloody uterine lining. For most who try this once, once is enough, and a less aggressive approach is chosen going forward.

Many variations in usage protocols are available, none clearly being “right” or “wrong.” Two or three estrogens (bi-estrogen or tri-estrogen) are used once or twice daily in combination with progesterone.

- a) More estrogen may be used in the morning, as it has an “energizing” effect<sup>2</sup>
- b) Progesterone may be removed from the compounded cream and used only at night, taken orally, to provide maximal sleep benefits.
- c) Estrogen may be used the first part of

the month and progesterone the latter part to mimic the menstrual cycle.

d) Both estrogen and progesterone may be discontinued or cut in half for several days per month to provide a “time off” from full level HRT. Most women, however, prefer daily use to provide sustained benefits for sleep, mood, cognition, and relief of body pain.

Additionally, clinicians vary widely as to what constitutes “optimal” hormone levels. All customized creams should include any other hormones found to be deficient, such as testosterone.

All protocols have their proponents, and so, after thorough discussion, final choices should be made in a partnership of physician and patient. Such a partnership is the cornerstone of decision making in all of functional medicine.



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, treating a wide variety of hormonal, immunological, metabolic, GI, psychological and auto-immune issues through diet, supplements, and minimal use of medication. 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. For more information, email [a.better.alternative.medical@gmail.com](mailto:a.better.alternative.medical@gmail.com). See ad on page 3.

# Repairing Hair Loss is Possible at Hair For Life

by Martin Miron

**T**he Hair For Life Center salon owner and operator Stacy Costabile, a licensed cosmetologist for 40 years, says, “The business was founded in 1960 by my father, James Costabile, who was also a licensed cosmetologist and the inventor of the method we use to replace hair loss.”

The Intralock process is a nonsurgical application for hair enhancement focusing on women that experience hair loss due to illness, hormonal imbalances, heredity or a compulsive disorder called trichotillomania (hair pulling). They can also help men and children as young as 9.

“Our proprietary method of hair enhancement differs from other companies because we do not use glue or clips that would normally be used with a topper or extensions by your typical hair replacement center,” she explains. “These hair



Stacy Costabile

products cover and damaged the clients’ existing hair, which leaves a very unnatural appearance.”

Intralock allows the existing hair to be blended with the new hair, providing a natural, healthy approach to enhance what is still there; not shave it away or apply glue for a hairpiece or topper.

Costabile says, “We feel our biggest accomplishment is helping to regain someone’s confidence, as well as their sense of well-being. The biggest challenge is working with the clients emotionally more than physically, because when someone loses their hair, it is devastating, especially for

women! We always say that for a woman, hair is not a luxury—it is a necessity!” To avoid any possibility of embarrassment, they provide a private room for the applications, as well as the initial consultation.

“I think the reason for our longevity all these years has been the proprietary process my father created long ago,” explains Costabile. “When a woman experiences hair loss to the point of baldness, no other hair product can achieve the most natural way to create a beautiful head of hair that will never have to be removed and can allow you to live your life normally. Our hair loss center is not just for someone who wants hair for a special event or for more length and volume. That is what makes what we do so rewarding!”

*The Hair For Life Center is located at 120 County Rd., in Tenafly. For appointments and more information, call 201-731-3530 or visit [TheHairForLifeCenter.com](http://TheHairForLifeCenter.com). See ad, page 8.*



After

Before





# The Rise of Bodywork Modalities

Integrating Innovative and Ancient Healing Arts

by *Marlaina Donato*

Only a few decades ago, healing modalities like chiropractic care and acupuncture received little attention in the realm of conventional medicine. Today, the wellness spectrum is much more diverse, and although additional research is needed to confirm their efficacies and treatment guidelines, many forms of bodywork once associated with only spa pampering are now considered allies in the treatment of a wide array of health conditions. With new therapies emerging annually, there are more than 180 bodywork modalities, including cold laser therapy for non-invasive pain management and ancient massage techniques

## Full-Spectrum Acupuncture

According to the market research company Technavio, the global acupuncture market is predicted to expand by \$16.83 billion from 2023 to 2027, with much of the growth attributed to an aging population opting for non-invasive, drug-free solutions.

Cancer patients are increasingly accessing this 2,500-year-old therapy, as well. The National Institutes of Health reports that acupuncture is used to ease the side effects of chemotherapy and radiation at major treatment centers, including MD Anderson Cancer Center, in Houston, and Memorial Sloan Kettering Cancer Center, in New York, with the latter offering the modality in their accredited continuing education programs. Ac-

cording to a 2023 study published by *JAMA Network Open*, both integrative acupuncture and massage applications for advanced cancer patients over the course of 26 weeks were associated with decreased pain and improvements in sleep and quality of life.

“Our patients love having one more expert on their integrative medicine team, an additional professional to help them navigate the

rollercoaster stressors of cancer treatment, recovery and survivorship,” says Pauline Sok Yin Hwang, an acupuncturist, registered Traditional Chinese Medicine practitioner and the clinical director of Hillgreen Oncology Acupuncture & Herbs, in Toronto, Canada. Hwang also employs other therapeutic elements of Traditional Chinese Medicine that harmonize well with oncology acupuncture, including herbal applications; nutrition; moxibustion, the burning of dried mugwort near parts of the body; cupping; and electroacupuncture, which combines electrical pulses with needles to target specific energetic points on the body.

“Given a prompt, every tiny cell knows where it is and what it should do. The relationship between cells allows them to calibrate, but cancer cells have lost this connection, causing them to proliferate,” explains Jill Blakeway, an acupuncturist and founder of The Yinova Center, in New York City and Long Island. Blakeway adds that acupuncture can also stimulate the nervous system to release serotonin and other endorphins that can dial down pain and elevate mood, something that is much needed by anyone enduring a cancer diagnosis.



Mariah Maven/CanvaPro



Feel-good neurotransmitters are major players in the complex journey of addiction recovery, as spotlighted in a clinical trial published earlier this year in *Annals of Internal Medicine*. Participants given acupuncture treatments three times a week for eight weeks reduced their methadone dosage by 20 percent or more as compared to subjects that received placebo treatments.

For those that are squeamish about needles, Hwang says, “About 40 tiny acupuncture needles can fit into the hole at the end of a hypodermic needle,” adding that most of her clients do not experience pain throughout treatment, and they are able to relax and even fall asleep by the end of a session.

Moxibustion—an extension of acupuncture that utilizes an herb called *Ai Ye*—may be promising for chronic kidney disease as a complementary therapy. A 2020 meta-analysis published in the journal *Evidence-Based Complementary and Alternative Medicine* shows the potential of moxibustion to significantly reduce serum creatinine, 24-hour urine protein excretion and blood urea nitrogen—all of which are indicators of compromised kidney function—and markedly improve quality of life of chronic kidney disease patients.

### Chiropractic Goes High-Tech

With 150 techniques in its toolbox, today’s

chiropractic medicine incorporates more sophisticated and gentler methods than ever before, especially for individuals with osteoporosis, a medical condition in which the bones become brittle and fragile from loss of tissue. Fueled by advanced software, modern diagnostic tools give doctors an edge over standard evaluation methods to provide personalized treatment plans.

The chiropractic use of electric current-based muscle stimulation encourages circulation in muscles along the spine to minimize pain, a technique that is safe for patients with fragile bones or spinal stenosis. Another method—cold laser therapy—springboards from traditional ultrasound using specific wavelengths of light. Also known as low-level laser therapy, cold laser aids injured tissues by amping up the production of adenosine triphosphate, a molecule crucial for energy production within cells, to reduce inflammation and pain and promote healing. A 2021 systematic review published in the *Journal of Medicine and Life* reports that cold lasers can be effective for decreasing pain and may also improve coexisting emotional factors associated with temporomandibular joint disorders in the jaw.

As with traditional chiropractic care, the objective of modern styles is to address the root cause of neuromusculoskeletal dysfunction, which, if not treated, can lead to health issues and pain. “When the body is unable to adapt to chemical, physical or emotional

stressors, tension within the nervous system is a common result. This often shows up as misaligned vertebrae [bones in the spine], but it can manifest in many ways,” says Brian Stenzler, a chiropractor and author in Sarasota, Florida, and vice president of operations at KnoWEwell, P.B.C. “Every organ, muscle, gland, tissue and cell of the body knows exactly what to do, when to do it and how to do it, as long as the ‘communication lines’ are clear between those body parts and the brain.”

Stenzler notes that because only a small percentage of nerves transmit information about pain, it is unreliable for determining if a chiropractic adjustment is needed. Instead, chiropractors use a combination of objective measures to identify misalignments causing nerve interference, such as posture, x-rays, motion and static palpation, range of motion, heart rate variability, thermography and surface electromyography, which assesses muscle function using electrodes placed on muscle groups.

### New Horizons

Swedish and deep tissue massage have long given sore muscles and overextended nervous systems balm, but massage modalities are expanding their scope. Ancient massage systems making their way out of the shadows include Egyptian (Pharaonic), Balinese and *gua sha*, among others. More traditional approaches are being used to release trauma held in the body and to aid challenging conditions like Parkinson’s disease, cerebral palsy and cancer. “After a mastectomy, for example, a patient may experience swelling in the arm due to obstructed lymph flow. Specialized massage practitioners can offer lymphatic drainage massage to treat lymphedema, a common side effect of cancer treatment,” says Blakeway.

Tuina, one of the four branches of Traditional Chinese Medicine, is believed to be the oldest form of bodywork and, like acupuncture, targets acupoints, but without the use of needles. In research from 2018, this modality—when combined with other aspects of Chinese medicine—shows promise for early-stage diabetic foot disease, a condition resulting from peripheral artery disease or sensory neuropathy.

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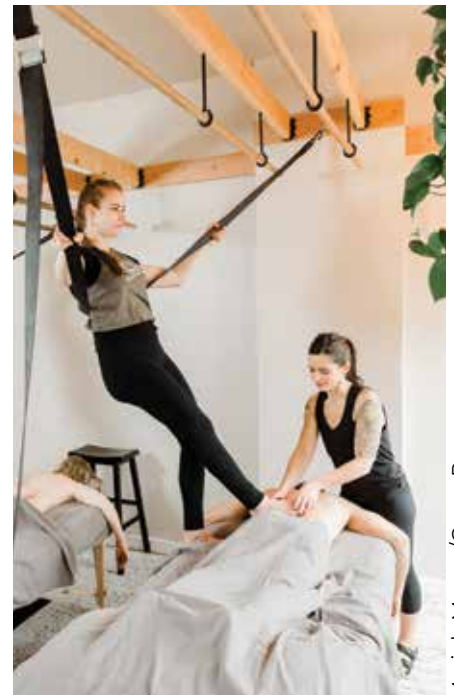
Guided by overhead bars for balance and support, practitioners of the Japanese modality *ashiatsu* primarily use their feet to ease their clients' tight muscles. "The foot's broad surface allows for comprehensive muscle manipulation, targeting larger groups while maintaining precision for specific areas. While we may combine foot and hand techniques for certain areas such as the neck, the primary focus is on harnessing the foot's unique capabilities for a truly transformative experience," explains Mariah Maven, a licensed massage therapist, *ashiatsu* educator and owner of THE SPACE, in Spokane, Washington.

Maven points out that *ashiatsu* can help stabilize the shoulder while gently stretching the neck, creating an unparalleled sense of traction and release, as well as promote better posture, flexibility and quicker recovery from sports injuries, but cautions that "it is contraindicated for individuals with osteoporosis or osteopenia [reduced bone mass]."

Ortho-Bionomy, pioneered by British osteopath Arthur Lincoln Pauls, has gained atten-

tion for its positive effect on pain and postural problems by working with the body's natural capacity to find balance and reset the nervous system. "Pauls took the osteopathic principle of positional release, gently placing the body in a position of optimal comfort and adding gentle compression into a joint from its position of greatest ease. He found that this stimulated proprioceptor nerve endings [sensors in muscles, tendons and ligaments] and produced a release response," explains Donna Racik, a certified Ortho-Bionomy practitioner in Leonia, New Jersey, adding that she has found this modality to be effective in relieving pain, restoring alignment and improving the flow of blood and lymph.

Stenzler, who believes that tomorrow looks brighter with the education and guidance of integrative health providers that encourage people to lead healthier lifestyles, says, "While helping people overcome health challenges is very noble and an extremely important aspect of health care, I strongly believe that the future should lie in a salutogenic model," which focuses on the origins of health and



Mariah Maven/CanvaPro

well-being rather than the causes of disease.

*Marlaina Donato is an author, artist and composer. Connect at BluefireStudio.art.*

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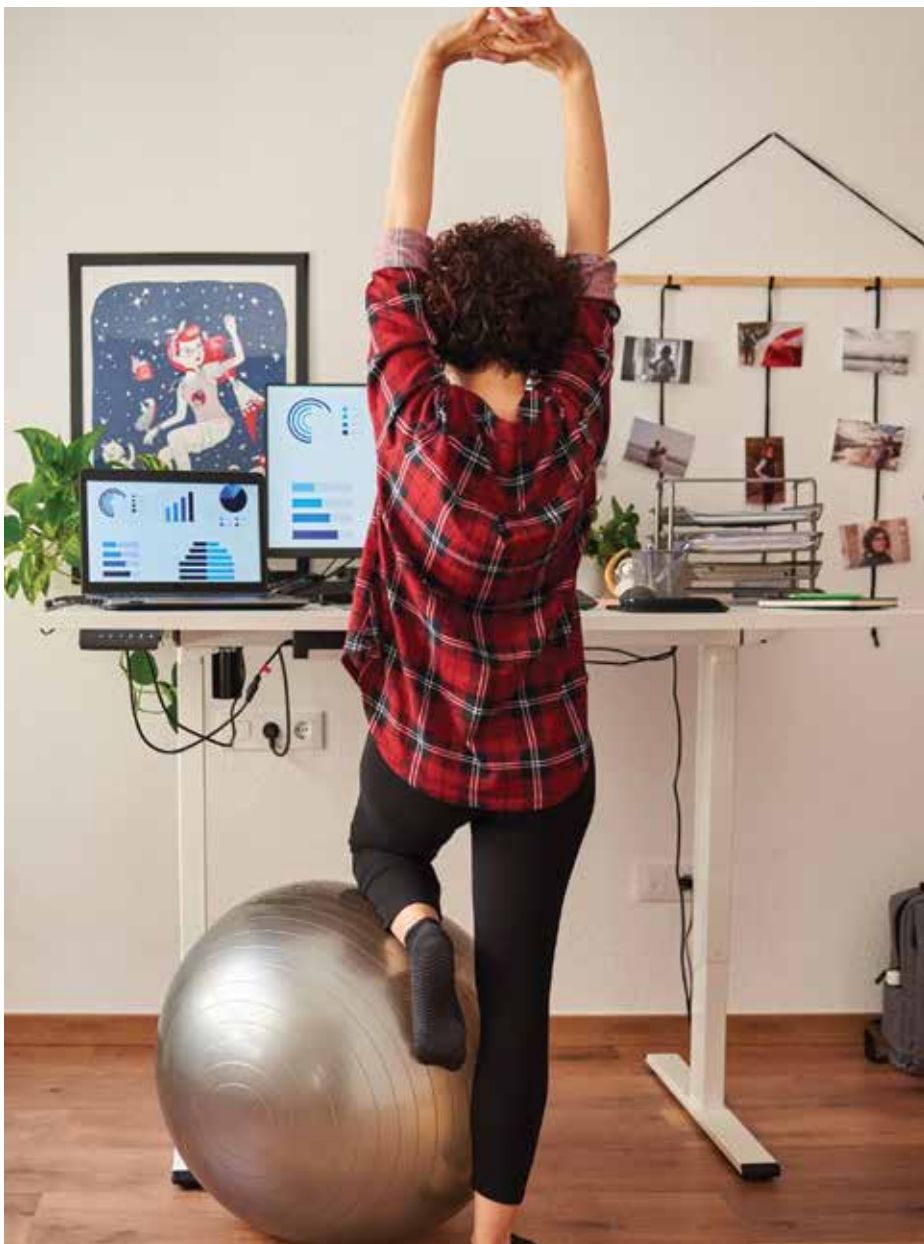
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# Ergonomic Solutions at Work and Play

How Good Posture and Mindful Habits Prevent Injury

by Maya Whitman



Regardless of lifestyle, many people experience everyday aches as they strive to balance work and play. Recurring movements while sitting or standing with bad posture can take a toll on the body. Jobs involving typing, hairstyling, power-tool use or assembly-line tasks, as well as asymmetrical recreational activities such as golf, tennis, bowling, electronic gaming or even playing musical instruments, can amplify the risk for chronic pain.

The American Heart Association reports that 80 percent of all U.S. jobs are mostly sedentary, a problem even without the added burden of too much screen time, poor sitting positions and the long-term effects of repetitive motion. The National Spine Health Foundation offers three recommendations for office workers: be mindful of posture, don't look down at screens and get up and move around on a regular basis.

The importance of prevention cannot be ignored when we look at the cost of workers' compensation cases. According to the U.S. Bureau of Labor Statistics, 2021 claims included \$4.7 billion for awkward postures and \$1.7 billion for repetitive motions involving "microtasks" performed in a matter of seconds or a few minutes, such as typing.

## Pressure Points

According to Margie Bissinger, a physical therapist and integrative health coach in Parsippany, New Jersey, one of the most common conditions caused by repetitive movement is carpal tunnel syndrome resulting

Imágenes de Hassel/CanvaPro

from pressure on the median nerve, which extends along the hand, arm and shoulder. Symptoms include numbness, tingling and weakness in the thumb and fingers.

“Ergonomics is the design of working environments to help individuals use the best postures and habits that will keep their bodies healthy and avoid injuries,” Bissinger explains, noting that good posture is designed to maintain the inward curve of the lower back. To reduce the risk of carpal tunnel syndrome, pain on the pinkie-finger side of the wrist or other related injuries, she recommends keeping the shoulders relaxed, the wrist in a neutral position, the thumb in line with the forearm and elbows close to the body while typing.

Gamers are prone to tendinitis in the hands and forearms, notes Shari Berkowitz, biomechanist, ergonomist and founder of The Vertical Workshop, in Beverly Hills, California. She remarks that compression in the neck can lead to not only carpal tunnel syndrome, but also double crush syndrome, a condition associated with compression at more than one location along a nerve path.

“Gamers have a lot of repetition of movement in small joints, as well as holding patterns in the arms, shoulders and spine over a prolonged period. They would benefit from using ergonomic devices that require very little force to press buttons, toggle, etc.,” she advises, adding that players should position themselves to support the entire body, not just the wrists. Whether working or playing, Berkowitz stresses the need to step away from the desk every hour for five minutes to get something to drink, go to the bathroom or just move around.

Bissinger cautions that slouching at the desk or while playing electronic games is a surefire way to set off pain patterns. “You don’t want to be on the couch hunched with your low back rounded,” she says. “You should make sure your neck is looking straight ahead, not up or down, for extended periods of time.”

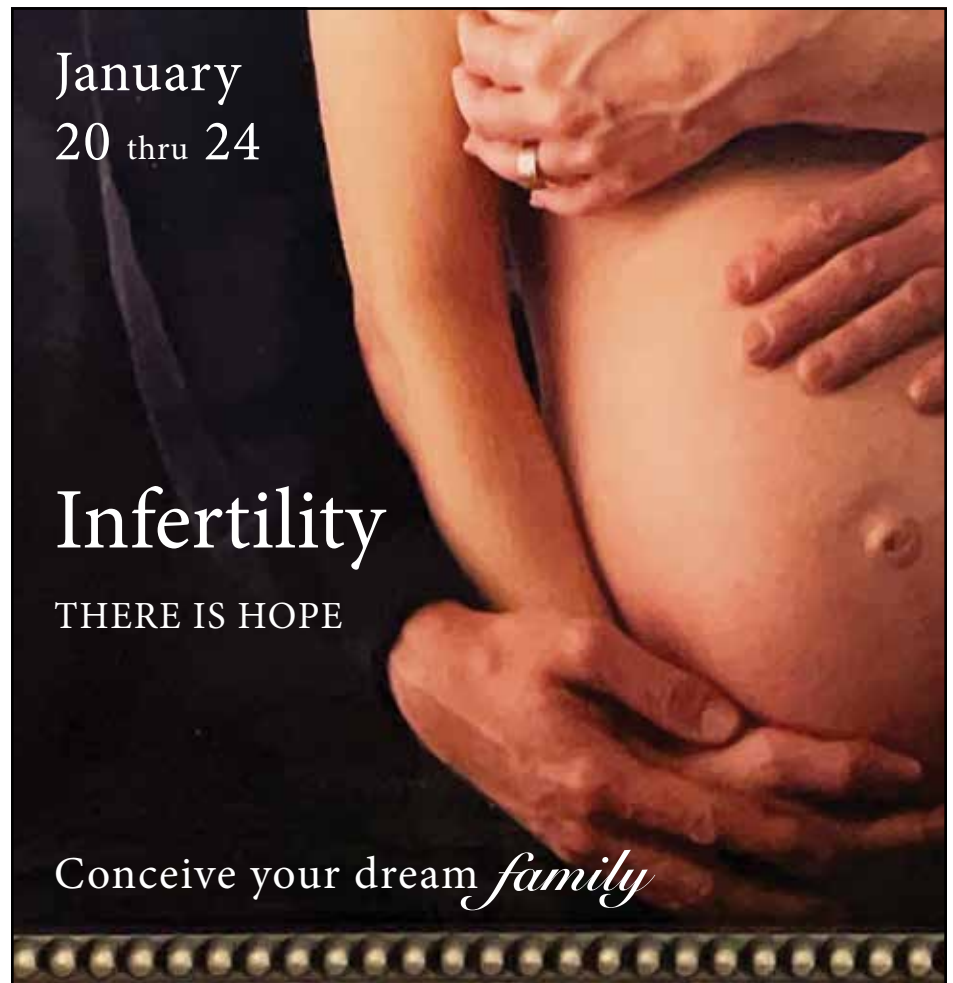
### Exercise Ergonomics

Bad habits in the gym or on the yoga mat can foster chronic pain in the lower back, knees,

neck, shoulders and wrists. “Learn about proper joint alignment for whatever exercises you’re doing and then try to achieve that for each movement,” advises Berkowitz. “When a set of muscles that are primary to a movement is fatigued, synergists, or assistant muscles, must work more than they are supposed to. That means strain is going to happen.” She recommends stopping as soon as there is a feeling of muscle fatigue and decreasing the weight and repetitions.

For a well-rounded approach to exercise that aids in preventing issues, Berkowitz suggests mobility training such as Pilates, yoga, tai chi and dance, along with running, walking or strength training. She also suggests replacing backless shoes like flip-flops and slides with ankle-supporting, foot-forming options such as Flux Footwear.

*Maya Whitman is a frequent writer for Natural Awakenings.*



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# Whole Body Alignment Exercises



**M**aintaining optimal body alignment is essential for preventing injuries, improving posture and promoting overall well-being. When the body is properly aligned, each joint, muscle and bone functions as it should, reducing tension and stress on different parts of the body. Stretching plays a crucial role in achieving and sustaining this alignment.

A strong core supports the spine and helps maintain good posture throughout the day. Regular stretching of muscles such as the hamstrings, hip flexors and shoulder muscles helps improve alignment and range of motion. Many alignment exercises incorporate balance work to improve body awareness and ensure even weight distribution across the body. Regularly engaging in whole-body alignment exercises can support the body's natural structure and movement patterns, avoiding unnecessary stress on muscles and joints. Here are some daily alignment exercises for flexibility.

Wall angels help improve shoulder and upper back alignment, as well as posture. Standing with the back to a wall, press the head, shoulders and lower back against it. Bending the elbows, lift both arms into a “W” position, then slowly elevate them overhead to form a “Y” shape. Raise and drop the arms while maintaining contact with the wall for 10 repetitions. This exercise is great for correcting rounded shoulders and poor posture, which are common issues for those that spend long hours at a desk.

Pelvic tilts help strengthen the core and lower back, promoting proper spinal alignment. Place the feet flat on the floor and bend the knees while lying on the back. The lower back should be flattened and arched against the floor while slowly tilting the pelvis forward and backward. Execute 10 to 15 repetitions, emphasizing deliberate and fluid motions. Pelvic tilts are ideal for improving the alignment of the lower spine and core muscles, which are essential for overall posture.

Heel raises strengthen the calves and improve alignment in the ankles and lower legs. Place feet a hip-width apart and raise the heels gradually while maintaining balance on the balls of the feet. Carefully lower the heels back down, then continue for 10 to 15 repetitions. Strong ankles and calves are important for maintaining proper lower body alignment, especially during activities such as walking or running.

Achieving and maintaining whole-body alignment is essential for optimal health, flexibility and movement efficiency. Incorporating simple stretches for daily practice and following a full-body stretching routine can significantly improve posture, reduce muscle imbalances and prevent injuries. Whether looking to enhance flexibility or address specific alignment issues, daily alignment exercises for flexibility are an easy and effective way to support the body's overall well-being.

*For more information, visit [NaturalAwakeningsNNJ.com](http://NaturalAwakeningsNNJ.com).*



# The Case for Cloth Diapers

Saving Money and the Environment

by Kelcie Ottoes

Disposable diapers hit the shelves in 1948 and have become a household staple. The International Market Analysis Research and Consulting Group estimates that 28.8 billion diapers were sold in 2023 in the United States. Parents concerned with environmental, monetary and other associated costs of disposables are moving back to cloth diapering.

“Both my husband’s mom and my mom mentioned that they cloth-diapered. They said it was really no big deal. Cloth diapers used to be the norm just a few generations ago,” says Kate Sawyer, a water and wastewater professional in Durango, Colorado.



## Health Benefits

Babies are more susceptible to harmful chemicals due to their thinner, more permeable skin. The U.S. Consumer Product Safety Commission does not require diaper manufacturers to test their products for toxins other than lead. A 2019 study published by the French Agency for Food, Environmental and Occupational Health and Safety tested 23 bestselling disposable diapers and found toxic substances, including volatile organic compounds like naphthalene, styrene, toluene, chlorobenzene, phthalates, formaldehyde, pesticides and dioxins. A 2000 study published in the journal *Archives of Disease in Childhood* showed that boys exhibited a higher scrotal temperature when wearing disposable diapers than cotton varieties, posing possible fertility issues in later life.

Cloth diapers are made of natural, breathable materials such as cotton, bamboo or hemp, which generally do not contain perfumes, polyacrylate (a super-absorbant polymer) or chlorine that can strip away protective bacteria, causing a baby’s skin to become dry and irritated. Look for organic versions free of toxins from the farm and factory.

Unlike disposables designed to absorb moisture quickly and keep it away from the skin, cloth diapers need to be changed as soon as they are wet or soiled, and the baby’s bottom must be cleaned well and allowed to dry before applying a fresh diaper.

Toddlers wearing cloth diapers can feel the wet sensation against their skin and are more aware of when they have relieved themselves, making potty training easier. According to an article in *Parenting Science*, approximately 60 percent of American children in 1947 were potty trained by 18 months old, whereas the average age rose to 37 months by 2004, in part due to the use of disposable diapers, researchers believe.

When washing cloth diapers, follow the manufacturers’ instructions, use recommended



Zuzule from Getty Images/CanvaPro

amounts of detergent, run an extra rinse cycle to thoroughly remove all the soap, and avoid fabric softeners or dryer sheets, as they can be irritants. Responding to parents that don't want to deal with the messiness of cloth diapers, Sawyer says, "No matter what, you're going to deal with poop as a parent. Using cloth diapers actually gives you a process to deal with poop, so when a blowout happens—cloth diaper or not—you can deal with it quickly and efficiently."

### **A Cleaner Option**

Each year, 3.6 million tons of disposable diapers are sent to landfills. The American Academy of Pediatrics estimates that a child will require up to 3,000 diapers in the first year, and about 8,000 by the time they're potty-trained. Most disposable diapers are made of cellulose, polypropylene, polyethylene and absorbent polymers that take up to 500 years to break down. The fecal contents can also leach into groundwater.

Parents that use cloth tend to buy between 20 and 40 diapers, which can last up to 400 washes if they're well maintained and can be repurposed into dust rags to extend their life. Although they usually do not pile up in landfills, cloth diapers still pose some environmental concerns. Hot water and energy are needed to wash and dry them. Cotton is also a chemically dependent crop, but when regenerative organic principles are employed, the cotton-growing process conserves water, protects biodiversity and avoids toxic fertilizers and herbicides.

### **Cheaper in the Long Run**

The average cost of one disposable diaper is 29 cents; cloth diapers are about \$2 to \$21 each. "It can be expensive to get started [with cloth diapers], but the long-run savings more than make up for the up-front costs," says Leah Black, a mom and founder of Cheeks Ahoy, a reusable baby-wipe company in Canada. "You don't have to buy all brand-new stuff. Well-made cloth diapers

will last much longer than your child's diapering stage, so there is nothing wrong with looking for gently used cloth diapers."

### **A Flexible Approach**

Families that want the benefits of cloth diapering do not have to make it an all-or-nothing decision. Many use disposable diapers when a newborn first comes home, because they require so many changes at that time, and then switch to cloth diapers once the child is a few weeks old. Some parents choose to use cloth diapers only during the day and avoid fuss by using disposables at night when they are tired and trying to get back to sleep. Others go with cloth diapers at home and disposables when they are out, so they aren't carrying around soiled diapers at the grocery store or park.

*Kelcie Ottoes is a frequent contributor to Natural Awakenings.*



# Fair-Trade Environmentalism

How Our Purchases Help Workers and the Planet

by Megy Karydes

In a 2021 study by sustainability consultancy GlobeScan, 41 percent of U.S. respondents said they had changed their purchasing choices to make a difference on economic, social or environmental issues. Walk into a grocery store today and the likelihood of finding fair-trade coffee or chocolate is higher than five years ago. The same GlobeScan study found that about 80 percent of U.S. consumers were aware of the Fairtrade America certification, viewed it favorably and would pay up to 35 percent more for Fairtrade coffee. The trend is clear: people are increasingly seeing their everyday shopping as an important way to make a difference.

None of this is by accident. Large and small nonprofits—such as the Oxford Committee for Famine Relief (Oxfam) America, which fights global inequality to end poverty and injustice, and Chicago Fair Trade, a grassroots coalition—as well as independent retailers have been raising awareness by advocating on behalf of farmers and producers for years. Another growing trend in the fair-trade space is an understanding that environmental concerns need to be part of the conversation.

## Sustainability Goals

Eric Muñoz, associate director for Inclusive and Resilient Food Systems at Ox-

fam America, notes one of the key issues of concern for their organization is an acknowledgement that hunger and poverty are concentrated in rural areas. Fair-trade efforts address those inequalities while also supporting community engagement and dialogue, democratic participation in decision-making and women's empowerment.

“Some of the poorest and most vulnerable communities and households are those that rely on agriculture for their livelihoods,” he remarks. “Farmers involved in or selling into global supply chains, or even regional or national value chains, find themselves at



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disadvantage. They are least able to negotiate a good return on the cost of their goods, or access markets that are going to adequately compensate them for their work and benefit from their labor. Fair trade is an effort at getting at that issue.”

Environmental concerns are inextricably involved in fair-trade negotiations. Nancy Demuth, director of outreach for Chicago Fair Trade, cites the example of coffee bean farmers in East Africa that are dealing with the negative impacts that unpredictable weather patterns have on their yields. “Those farmers will be farming less, and that means they’re earning less money,” she explains. “If they are using unsustainable environmental techniques, then that might be negatively impacting their soil health, and in 10 to 20 years’ time, their soil will be less productive.” To be Fair Trade Certified, farmers must improve soil and water quality, avoid harmful chemicals and reduce waste and emissions.

## Retailers Leading the Way

Since 2010, Tracy Zhu has been selling fair-trade items at her clothing shop, Tango Zulu, in Port Gamble, Washington, and about two years ago, many of her customers began to ask for environmentally responsible products. “There seems to be more awareness of the waste and pollution in the garment industry,” Zhu says. “People are interested in sustainable clothing and also items made from clothing scraps, like upcycled kantha dish towels [made of quilted rags].”

Melissa Kendrick of Sojourns, a fair-trade retailer in Birmingham, Alabama, has likewise changed her inventory to serve a burgeoning interest in conservation. “Upcycled items received lots of attention, and more and more, we saw customers reacting to the information we posted about sustainability aspects of our products,” she says. “Now we see them actively asking about and seeking out items that have a smaller environmen-



Acquir from Getty Images

tal footprint. We even have a section in our online shop that highlights items that are exceptionally eco-friendly.”

Zhu and Kendrick are responding to a rising and vocal support for companies and brands that align with their interests and values. Consumers increasingly ask questions about issues beyond the working conditions or compensation of the people producing the items. They want to know how fair trade impacts the environment and are willing to shift their purchasing power accordingly.

## Reducing Consumption

Dampening uncontrolled consumerism is also a concern. “Part of what we do is talk about stopping the madness of mindless consumption,” notes Katherine Bissell Cordova, executive director of Chicago Fair Trade. The nonprofit hosts free clothing swaps, fashion shows featuring recycled garments and opportunities to engage with other advocates at the Chicago Fair Trade Museum, the first of its kind in the U.S.

What consumers do makes a difference, and Demuth encourages individuals to do all they can where they live. “Pick something that is of interest to you and see if you can make one switch,” she recommends. “Do one thing to make a positive difference, rather than overwhelm yourself by trying to suddenly shop 100 percent ethical, because it’s impossible to do that in our society.”

*Megy Karydes is a Chicago-based writer and author of 50 Ways to More Calm, Less Stress.*

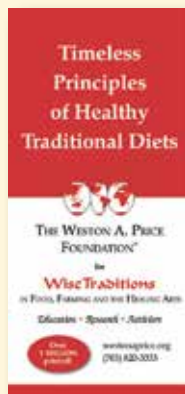
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## calendar of events

Email [Publisher@NaturalAwakeningsNNJ.com](mailto: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://ramsey-farmersmarket.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](mailto: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](mailto:Lois@loiskramererez.com). 201-906-5767. Register: [LoisKramerPerez.com/My-Events/](https://LoisKramerPerez.com/My-Events/).

### Saturday, October 5

**Coldwell Banker/Allendale Dog Adoption** – 12:00 pm -3:00 pm. Connect with local shelters and help unite dogs with loving homes and families! Shelters are invited to reach out to participate and bring dogs in need of families. Visit Website & Register at <https://morejersey.com/events/>. Location: Four Star Construction & General Contractors 69 E Allendale Road Saddle River, NJ.

### Sunday, October 6

**Sunday Yoga for Adults** – 2:00 pm - 3:00 pm. Students will learn basic yoga poses and sequences, build strength, and increase flexibility. Mats are available upon request. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus Public Library 116 E. Century Rd Paramus, NJ.

### Monday, October 7

**High School Book Club** – 2:30 pm - 3:30 pm. Book club will take place after school in the High School Library. Please register so we have enough pizza and snacks for all. Books can be picked up at the Public Library. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus High School Library 99 E. Century Road Paramus, NJ.

### Tuesday, October 8

**Prenatal Meditation and Yoga (6-Session Series)** – 7:00pm - 8:00pm. Learn how to fo-

cus 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](http://www.EnglewoodHealth.org). Location: Englewood Hospital, 350 Engle Street, Englewood, NJ.

### Wednesday, October 9

**Acupuncture for Pain Management** – 12:30pm - 1:00pm. 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](http://www.EnglewoodHealth.org). Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street, Englewood, NJ.

### Thursday, October 10

**High Blood Pressure and My Heart** – 7:00 pm - 8:00 pm. Learn how high blood pressure can affect your heart along with the steps you can take to reduce your risks. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

### Friday, October 11

**Eco-Dyeing Cushion Class** – 12:00 pm - 2:00 pm. Discover your creativity with the stunning colors and patterns of nature. In this special class, you'll use natural dyes to create unique designs on cushions. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus Public Library, Main - 116 E. Century Road, Paramus, NJ.

### Saturday, October 12

**Salt & Sound Bath Healing with Michele** – 5:00pm. Michele Maltese of Freedom Healing Arts will be hosting a guided blissful and powerful ancient healing practice of sound bath meditation. Register here and call (201) 429-3214 to confirm your space. Visit Website at <https://cattleyatrianaespa.com>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

### Saturday, October 13

**Sound Bath and Reiki Healing** – 3:30pm -5:00pm. Reiki infused vibrational healing experience using singing bowls, gong, chimes and bells to promote relaxation and vibrant health. Call 201-788-6322 to register or visit website at [www.essenceofself.com](http://www.essenceofself.com). Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

### Sunday, October 13

**Access Energetic Facelift Class** – 10:00 am - 6:00 pm. In this 1-day class, experience and learn an energetic-treatment that soothes your mind, rejuvenates your face and relaxes your body. Call 201-491-6592 or Email [msvee@alohahealthandwellness.com](mailto:msvee@alohahealthandwellness.com) to register! Visit Website at [www.alohahealthandwellness.com](http://www.alohahealthandwellness.com). Location: A Therapy Life Center, 132 Midland Ave Suite A, Garfield, NJ.

### Monday, October 14

**Toddler Tales** – 10:00 am - 10:30 am. Children ages 2-3 years and a caregiver will enjoy stories, crafts, and songs! Visit Website & Register at <https://www.njbulletin.com/>. Location: Wyckoff Public Library, 200 Woodland Ave Children's Program Room, Wyckoff, NJ.

### Tuesday, October 15

**Past Life Regression** – 7:30pm - 8:30pm. In the relaxing and healing environment of the salt cave, learn to understand yourself better by connecting with your past life. Led by Lindsey Sass – owner of the NJ Healing Center. Call 845-290-0678 to register! Visit Website & Register at <https://saltoftheearthchf.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY.

### Tuesday, October 15

**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](http://www.EnglewoodHealth.org). Location: Englewood Hospital, 350 Engle Street, Englewood, NJ.

### Wednesday, October 16

**Parenting Puberty: Navigating Change Together** – 7:00 pm - 8:00 pm. This program is tailored to equip parents and grandparents with essential skills and tips to guide children through the transformative period of puberty changes. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

### Thursday, October 17

**All In One Art Class** – 12:00 pm - 1:30 pm. Join us for engaging art lessons tailored for all levels and ages, led by renowned artist Sungho Choi. Experience step-by-step techniques in still life, landscape, and portrait drawing and painting. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus Public Library 116 E. Century Rd Paramus, NJ.

### Friday, October 18

**Friends Friday: Walk the High Line** – 10:00 am - 11:00 am. Take a virtual walk on The High Line with Mario Medici, amateur photographer and historian, and discover how The High Line was transformed from a historic elevated freight rail into one of New York City's most popular parks. Visit Website & Register at <https://www.njbulletin.com/>. Location: Teaneck Public Library, 840 Teaneck Rd Teaneck - Municipal Building North, 1st Floor Council Chambers, Teaneck, NJ.

### Saturday, October 19

**Autumn Awakenings Women's Wellness** – 8:00am - 4:00pm. Join us for a day of self-care, sistership & more. Call 973-769-6118 to Register at [www.eventcreate.com/e/autumn-awakenings-women-s-w](http://www.eventcreate.com/e/autumn-awakenings-women-s-w). For more details contact D.J. Neill at [donnajeaneill@gmail.com](mailto:donnajeaneill@gmail.com). Location: West Milford Elks, 1860 Union Valley Road, West Milford, NJ.

## Saturday, October 19

**Union Beach Recreation Fall Festival** – 1:00 pm - 4:00 pm. Explore a wide selection of local craft and merchandise vendors, and grab a bite to eat from one of the local food trucks. Visit Website & Register at <https://morejersey.com/events/>. Location: 605 Spruce St., NJ, USA Union Beach, NJ.

## Sunday, October 20

**IET Basic Training** – 9:00am - 5:00pm. Led by Reiki master Lisa LaCava, this is an entry-level class that provides you with the ability to give a powerful IET® session on yourself or another. \$235 (includes manual), 4 person maximum. This is a one-day class. Contact Lisa LaCava to register – 914-527-9273. Visit Website & Register at <https://saltoftheearth-cfh.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY.

## Monday, October 21

**Living Beyond Cancer Support Group** – 12:00pm - 1:00pm. Join us for the Englewood Health Cancer Survivorship Support Group to ease your transition into this new chapter of your life. Visit Website & Register at [www.engagewoodhealth.org](http://www.engagewoodhealth.org). Location: Englewood Hospital, 350 Engle Street, Englewood, NJ.



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## Tuesday, October 22

**Salt Cave & Yoga with Michele** – 6:00pm. We will be hosting our very first “Salt Cave Yoga”. No experience needed and it is great for beginners and open to all levels. A change of scenery for yoga practice with well-being similar to a day at the beach. Register here and call (201) 429-3214 to confirm your space. Visit Website at <https://cattleyatrianaespa.com>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

## Wednesday, October 23

**Fad Diets** – 6:00 pm - 7:00 pm. Join us for an informational lecture on the importance of long-term and balanced eating, rather than quick fixes. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

## Thursday, October 24

**Understanding Hearing Tests & Speech Delays** – 7:00 pm - 8:00 pm. Join us for an insightful session led by our pediatric team as they delve into the essential relationship between hearing tests and speech delays in children. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

**CIANJ: Annual Meeting and Luncheon** – 11:30 am - 2:30 pm. Join this special luncheon to connect with business leaders, gain insights, and share the latest industry trends. Visit Website & Register at <https://morejersey.com/events/>. Location: Hilton Meadowlands, Two Meadowlands Plaza, East Rutherford, NJ.

## Friday, October 25

**Toddler Time** – 10:00 am - 11:00 am. Join our in-person Toddler Time! Let's celebrate spooky season with our littles with crafts, pumpkins, and snacks! Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Stew Leonard's, 700 Paramus Park, Paramus, NJ.

## Saturday, October 26

**Speed Cubing** – 3:00 pm - 4:00 pm. Bring your Rubik's cube and other twisty 3-D puzzles. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus Public Library 116 E. Century Rd Paramus, NJ.

[njbulletin.com/](https://www.njbulletin.com/). Location: Paramus Public Library 116 E. Century Rd Paramus, NJ.

## Sunday, October 27

**Usui/Holy Fire Reiki Healing Circle** – 3:30pm - 5:00pm. Guided meditation and hands on healing for stress, pain and spiritual guidance. Call 201 788 6322 to register or visit website at [www.essenceofself.com](http://www.essenceofself.com). Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

## Sunday, October 27

**Tennis for Newbies** – 1:30 pm - 2:30 pm. basics and teach you the proper grips and strokes, including the forehand, backhand, volley, overhead, serve and return. You'll also learn to rally and keep score. Get in the game and jump-start the learning process with our special clinics for beginners. Visit Website & Register at <https://www.njbulletin.com/>. Location: Wayne Racquet Club, 170 Colfax Rd, Wayne, NJ.

## Monday, October 28

**The Lowdown on Dementia** – 10:00 am - 11:00 am. Learn the basics of what dementia is and how to help yourself or a family member who may be struggling. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Ridgewood Public Library, 125 N. Maple Ave, Ridgewood, NJ.

## Tuesday, October 29

**Medicare Made Easier** – 10:00 am - 12:00 pm. Learn about the Medicare open enrollment period for 2025 coverage. A Q&A session will follow. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Luckow Pavilion, One Valley Health Plaza, Second Floor Conference Room, Paramus, NJ.

## Wednesday, October 30

**Heartsaver CPR AED (Adult/Child)** – 6:30pm - 9:30pm. The course provides training for anyone who wants to learn basic CPR and obtain a Heartsaver course completion card. Visit Website & Register at [www.engagewoodhealth.org](http://www.engagewoodhealth.org). Location: EMS Training Center, 122 South Van Brunt Street, Englewood, NJ



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*The heat of autumn is different from the heat of summer.  
One ripens the apples, the other turns them to cider.*

—Jane Hirshfield



# The Eye-Opening Truth About Fertility

by Dr. Susan Fox

**G**lobal declines in birth rates have made headlines, but the rise of male and female infertility has largely been overlooked. Infertility is defined as the inability to get pregnant after trying for one year. In 2021, *Scientific American* reported that the world-wide fertility rate dropped by almost 1 percent per year from 1960 to 2018.

The Centers for Disease Control and Prevention reports that about 1 in 5 American married women in their reproductive years have difficulty in either getting pregnant or carrying to a live birth, and 11.4 percent of men ages 15-49 have some form of infertility.

For women, a study found a 1 percent per year increase in reported miscarriage rates in the US over a two-decade period. The increase in infertility among women has manifested itself in the increased use of assisted reproductive technologies, including egg freezing and in vitro fertilization among younger women, not just those that waited to start families until after age 35. There also has been an increasing trend in the use of gestational surrogacy as family has taken on a wider definition than traditionally, and as corporations have begun to include fertility benefits in their employee compensation packages.

Numerous studies have identified an increase in male fertility issues, including:



- Declines in sperm concentration (52 percent) and total sperm count (nearly 60 percent) between 1973 and 2011. At this rate, average sperm count could be zero by the middle of this century.
- Decreases in testosterone levels of almost 1 percent per year during recent decades in excess of natural, age-related declines.
- Declines in total testosterone levels among adolescent and young adult males from 1999 to 2016.
- Increases in testicular cancer rates.
- Increases in the prevalence of erectile dysfunction among younger men.

*Susan Fox is Doctor of Acupuncture and Chinese Medicine in Marin County, California, and has specialized in working with women and couples navigating fertility challenge for more than 20 years. Connect at [healthyouniversity.co](http://healthyouniversity.co) and [drsusanfox.com](http://drsusanfox.com).*

There is hope! Watch in November for our next article in this series. Also, learn more, access valuable resources today, and get your **COMPLIMENTARY ACCESS PASS** for the very special **January 20-24** fertility immersive event. Scan the QR Code.



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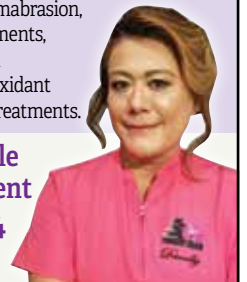
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# CENTER FOR INTEGRATIVE & TRADITIONAL MEDICINE

## Successfully combining the very best of Integrative and Traditional Medicine Since 1990



- Prevention & treatment of various medical conditions
- Comprehensive analysis of your current “level of health”
- Non-invasive testing of Cardio Vascular System and Preventive Therapy
- Intracellular analysis and correction of vitamins, minerals and toxic element levels
- Evaluation of Gastrointestinal, Endocrine and Immune System Disorders
- Diagnosis and treat Musculoskeletal, Neurological Disorders
- We uncover Food Sensitivities/Allergies
- Offering State-of-the-Art Metabolic testing and analysis

## ROMAN E. FINN, M.D.



- Internist
- Gastroenterologist
- Chiropractor
- Physical Therapist
- Acupuncture
- Podiatrist
- Massage Therapist
- Access Bars

*Americas' Top Doctors' - 2021*

## 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



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Working with major insurances & Medicare

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