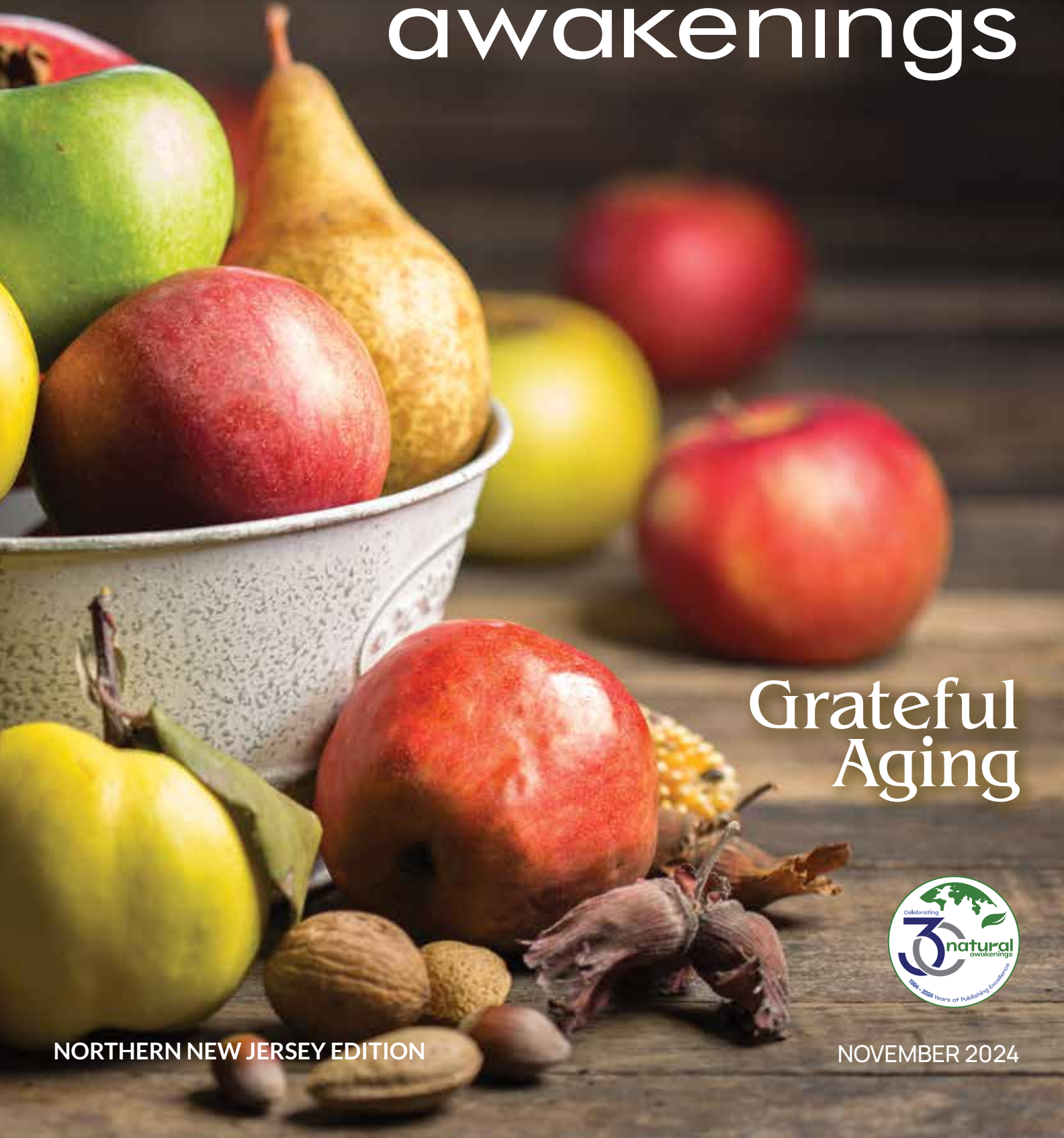




HEALTHY LIVING | HEALTHY PLANET

COMPLIMENTARY

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Grateful
Aging



NORTHERN NEW JERSEY EDITION

NOVEMBER 2024

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

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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.
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- They **DON'T** use fluoride because it has been shown to be a neurotoxin.
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Dr. Glenn Gero, Naturopathic Physician:

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Lisa Mack, Certified Thermographic Technician:

"What I see in my Thermography, I see inflammation in the mouth, how important it is, you see the bacteria draining down into the lymphatic system and from there I always refer patients to the Holistic Dental Center. Why? Because they can test that bacteria to see exactly what it is so from there he can help you. I am also a patient of the Holistic Dental Center and I absolutely love coming here. The one thing that I love about the center is that when you walk in, it's like you're family. They are very caring and very loving and when you walk out of here you feel like you've been well taken care of...."



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

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letter from publisher:



All those years ago



One thing that never stops is time as we age. There are many sayings about ageing such as:

- ~ Age is just a number
- ~ 60 is new the 40
- ~ Count your age by your friends, not your years
- ~ Age is a question of mind over matter ...
- ~ Oldies are goldies
- ~ Beautiful elders are works of art ...

Thanks to increased awareness about health and wellness, life expectancy has increased, and we living better, not just longer. It's important to stay healthy and strong to enjoy those years. It's even easier if you follow a natural and holistic lifestyle, they motto of *Natural Awakenings*. Lets look forward to all those years to come ...

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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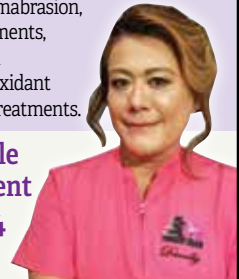
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November 2024

5

Thanksgiving Weekend at the Salt Cave

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Location: 811 Chestnut Ridge Rd., Chestnut Ridge, NY. For more information, call 845-290-0678 or visit SaltOfTheEarthCFH.com to book a session online. See ad, page 21.

The Psychic Housewife of New Jersey



April Busset

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, “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. See ad, page 30.

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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 30.

Indigenous Columbian Speaker at Ora Wellness

Ora Wellness will host Mamos, from the Kogi indigenous tribe in the Sierra Nevada of Columbia, from noon to 5 p.m., December 7 and 8, to share their culture and bless humanity.



For reservations and more information, call 201-741-4196, email Info@OraIntegrativeWellness.com or visit Facebook.com/TenafllyArtofFitness. See ad, page 11.


Kudos

Ora Wellness opened a more than 5,000-square-foot facility opening **October 17 at 5 Atwood Avenue, in Tenaflly**, including a ribbon-cutting ceremony with **Mayor Mark Zinna**. The integrative wellness center supports everyone on their healing journeys and improves the body, mind and spirit.



They have a **full gym** for personal training and physical therapy sessions, a studio for events, yoga and meditation classes and workshops, a **reception area** with a bar for tea, cacao and juice events, a **boutique** where locally sourced artisan products are available for purchase, and **seven treatment rooms** for individualized services such as acupuncture, coaching, cryotherapy, past-life regression, reiki, massage, nutrition, stretching and thermograms.

For more information, call 201-741-4196, email Info@OraIntegrativeWellness.com or visit Facebook.com/TenafllyArtofFitness. Sign up for classes, workshops and individualized services at OraIntegrativeWellness.com. See ad, page 11.



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E. coli Linked to Urinary Tract Infections

Urinary tract infections (UTI), which occur when bacteria enter the urethra and infect the bladder, urethra or kidneys, are more common in women and can be dangerous if left untreated. They often follow sexual activity or poor bathroom hygiene practices.

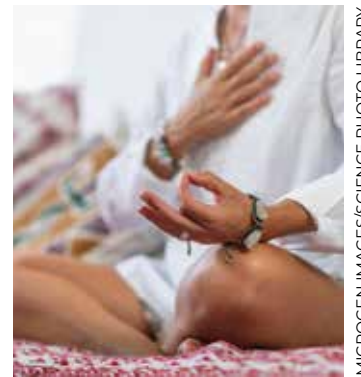
According to a 2023 study by George Washington University published in *One Health*, as many as 640,000 UTIs in the U.S. are caused by consuming meat that contains *E. coli* bacteria. To reduce the risk of a foodborne UTI infection, it is important to keep kitchen surfaces, tools and hands clean and to cook meat to recommended minimum temperatures, thereby killing the bacteria.

Physiological Response to Spirituality

A 2023 study in *Integrative Medicine Reports* involving 68 undergraduate college students evaluated the physiological effects of an eight-week wellness intervention called Awakened Awareness for Adolescents and Emerging Adults designed to help participants develop a personal relationship with their higher self and a higher power, while broadening their awareness toward outward accomplishments.

At the beginning of the study, the researchers collected self-reported information about clinical, psychological and spiritual well-being from the participants and measured their heart rate variability (HRV)—the slight variation in time between heartbeats. HRV is an indirect measure of stress because it indicates the balance between the sympathetic and parasympathetic branches of the nervous system. A person in a fight-or-flight mode will have lower HRV, whereas a relaxed person may have higher HRV.

Participants attended weekly, 90-minute group sessions. After the last session, the same HRV and well-being data were collected. Significant improvements were noted in the participants' HRV, suggesting improvements in the ability to recover from stress and spiritual decline. Further research is required to fully understand the role of spirituality in resilience and recovery from stress.



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Homeopathy for Arm Fracture

Fractures of the upper end of the humerus, or upper arm bone, that connects to the shoulder joint are the third-most common fractures among the elderly. In a case report published in *Integrative Medicine Reports*, a 53-year-old patient with multiple fractures of the humerus selected homeopathy rather than surgery to repair the fractures, which consisted of keeping the arm and shoulder immobilized and daily doses of a homeopathic anti-inflammatory made from the roots and leaves of *Symphytum officinale*, commonly referred to as the comfrey plant.

After two weeks, a follow-up X-ray showed the first signs of healing, and the patient reported a reduction of pain. After three weeks, the fracture had consolidated, and the patient was advised to start gentle movement of the arm. The final X-ray after six weeks of homeopathic treatment showed the fracture had healed.



MilenaKatzner from Getty Images/CanvaPro

Microplastics Found in Part of the Brain

According to a study published in *JAMA Network Open*, Brazilian scientists discovered microplastics in the olfactory bulb, a rounded structure of the brain above each nasal cavity that receives information from the nose and relays it to the brain. Upon analyzing samples of olfactory bulb tissue from 15 deceased individuals, the researchers found tiny microplastics in eight of them, including polypropylene, polyamide, nylon and polyethylene vinyl acetate. Whether these plastics can reach the brain through the olfactory bulb is not clear, but the potential is worrying. While microplastics have been found in the bloodstream and other tissue, their presence in the human brain has not yet been documented.



Billion Photos/Olena Sakhenko from Getty Images/CanvaPro

Cardiometabolic Benefits of Caffeine

A study in *The Journal of Clinical Endocrinology & Metabolism* found that moderate coffee or caffeine intake was associated with a lower risk of developing cardiovascular disease. Researchers in China and Sweden analyzed the consumption habits of more than 188,000 coffee and tea drinkers in the UK Biobank, a large database of genetic, health and lifestyle information from half a million participants accumulated since 2006.

None of the participants in the study were diagnosed with cardiometabolic disease, which is defined as having at least two of three conditions—Type 2 diabetes, coronary heart disease or stroke. After tracking these participants for 12 years, the researchers found that those consuming 200 to 300 milligrams of caffeine daily had a lower risk of cardiometabolic disease than those consuming less

than 100 milligrams. Coffee drinkers had a nearly 50 percent reduction in risk. A 12-ounce cup of coffee contains 100 to 180 milligrams of caffeine.



Nadia Palicis Images/CanvaPro



Master Yourself, Master Your Life

by Dr. Anne M. Deatly



To master yourself is to be intentional about who you are. Be the master of your existence and life experience. You have an entelechy within you—an inherent force within guiding you to becoming who you're meant to be. Although you have free will, it's best to follow the entelechy guidance to connect more fully with your True Self.

Self-mastery is taking responsibility for your energy and your consciousness. Self-mastery is mastering your energy flow, who we are being in any given moment, and your focus on creating what comes most naturally to you. Be the director of your life on this elevated path or higher frequency living. Use your energy and consciousness to serve you. Master your mind. Focus your mind on your body. Focus the body, breath, and love to work together to guide your mind. Be the loving presence within. Always include this presence—as much as possible. It's the core of you. Be connected to the vibrational frequency of loving presence often to become your True Self. Ideally, your True Self guides your mind—not your mind guiding your True Self.

Come to terms with being a creator. You can create what you want if you align and go deep within. Discover your truth and wisdom. Be your free and creative self. Be a creator creating—all the time; creating is a significant aspect of your life. You are always creating—relationships, opportunities, situations, wealth, health, joy, peace, love. In addition, you're creating obstacles

to grow into becoming a new version of you—a version that vibrates at a higher frequency. Be a creator of the highest good that you innately are. Be the master of who you're becoming. Allow the universal flow to guide you on your way to become your True Self. Build the energetic circuits of becoming with intention and love.

You will master your life as you are becoming the master of you. The main concept to master your life is first feeling safe and secure in who you are. Your life is created at the same vibration of who you are being. Although you're independent, you are also a unique and essential part of universal oneness. You're on a unique life path as designed by your Soul. Align with your Soul—even identify primarily as your Soul. Honor your Soul and your physical self as the vehicle you're using in this lifetime. You're connected to your Soul as a loving presence and sense this connection most of the time. You are the universe since universal energy or quantum reality flows through you and enlivens you to become who you are meant to be. You recognize and live into being a Divine magnificent being expressing Divine love through your thoughts, beliefs, and actions. You feel grateful and blessed. You no longer respond to life; life responds to you.



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Acupuncture and Weight Loss

by Dr. Roman E. Finn



In seeking effective weight-loss solutions with acupuncture, many people explore various diets, exercise routines and lifestyle changes. When searching for a natural method to support a weight loss journey, acupuncture could be the solution. This traditional Chinese medicine practice has emerged as a holistic and natural option that addresses imbalances which may contribute to weight gain such as stress, digestive issues and hormonal imbalances. It focuses on holistic health, treating not only the physical symptoms of weight gain, but also the underlying factors that may be preventing people from losing weight.

Appetite Suppression: One of the most common benefits of acupuncture for weight loss is its ability to suppress appetite. Many acupuncture practitioners target specific points on the body that regulate hunger signals, helping individuals curb cravings and reduce their caloric intake.

For example, auricular acupuncture (targeting the ear) is a popular technique used to influence appetite control, helping people avoid overeating and unhealthy snacking.

Reducing Stress and Anxiety: Stress is a major contributor to weight gain, particularly when it leads to emotional eating or a lack of motivation for physical activity. Acupuncture's benefits for weight loss include its ability to reduce stress and anxiety levels by promoting relaxation and stimulating the release of endorphins, the body's natural "feelgood" hormones.

Balancing Hormones: Hormonal imbalances can often lead to weight gain, especially in cases of thyroid dysfunction or insulin resistance. Acupuncture is thought to help regulate the endocrine system, which governs hormone production and balance. By targeting specific points, acupuncture may support the body's ability to regulate

hormones more effectively and can aid in weight-loss efforts.

Improving Digestion: Poor digestion can lead to bloating, water retention and difficulties in absorbing essential nutrients, all of which can hinder weight loss. Acupuncture helps stimulate the digestive system, encouraging better nutrient absorption, reducing bloating and promoting regular bowel movements.

Boosting Metabolism: Metabolism plays a key role in how the body burns calories and fat. Acupuncture stimulates the body's natural metabolic functions by enhancing the flow of energy through meridian points. By activating these points, acupuncture may boost metabolism, helping the body burn calories more efficiently and aiding in fat reduction.

Promoting Healthy Sleep: Poor sleep can contribute to weight gain by affecting the hormones that regulate hunger and fullness such as ghrelin and leptin. Acupuncture is known for improving sleep quality by promoting relaxation and balancing the body's internal rhythms. Better sleep can lead to better energy levels and fewer cravings for unhealthy, high-calorie foods.



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.



Making Hospice Care Sustainable

The hospice industry is witnessing a surge in environmental sustainability efforts. Providers like Agrace Hospice & Supportive Care and Amedisys, Inc. are making strides toward long-term ecological responsibility. Despite the need for initial investments, hospices anticipate cost savings from reduced energy consumption and enhanced staff recruitment and retention. Agrace aims to achieve carbon neutrality by 2025 by investing in renewable energy sources and transitioning to electric vehicles. Similarly, Amedisys has plans to reach net zero greenhouse gas emissions by 2050. Other examples, like Hospice of the Western Reserve, demonstrate the ripple effects of sustainability initiatives on the community, aligning with the mission to promote quality of life and leave a lasting legacy for future generations.



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Marine Life Migration Blocked by Infrastructure

Karissa Lear, an aquatic ecologist at Australia’s Murdoch University, observed that a long jetty and rock wall built for a marine loading facility disrupted the migration patterns of young green sawfish in Western Australia. Afraid of predators, these juvenile fish were unable or unwilling to swim around the manmade barrier to get from their shallow nursery to essential feeding grounds. Lear believes that marine animals need a hand in getting around human infrastructure, much like wildlife-crossing bridges help animals cross highways and fish ladders help salmon bypass dams on their way to spawn. Modifications to the design and construction of infrastructure are needed to ensure the sustainability of our oceans.



Anurag Modak from Getty Images/CanvaPro

New Findings About Dinosaur-Killing Asteroid

Scientists in Europe and the U.S. have discovered some surprising facts about the asteroid that struck the Earth 66 million years ago and wiped out the dinosaurs. By analyzing the dust that covered the Earth following the collision, they surmise that it was formed beyond the orbit of Jupiter in an extremely cold region. The asteroid was rich in water and carbon, making it unique among those that have hit the Earth in the last 500 million years. Additional research is needed to help policymakers implement appropriate countermeasures.



Science Photo Library/CanvaPro

Tenaflly Gets A Full Spectrum of Healing Arts

by Martin Miron

Ora Wellness, owned by Julie Diasparra and Ceres Ruzich, opened five years ago as a gym under the name Tenaflly 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.



Julie Diasparra

Ruzich 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, nutrition, personal training, physical 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."

Ruzich 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."



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 OraIntegrativeWellness.com. See ad, page 11.

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

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Wisdom as We Age

Earning Wisdom as We Age

by Carrie Jackson

With knowledge that extends beyond any classroom and humility that provokes a familiar kinship, wise elders have been the pillars of communities for millennia. Their nurturing energy, loving warmth and eternal wisdom provide a foundation for learning and growth. By harnessing a connection to nature, reframing cultural roles and cultivating grace and self-care, we all have the capacity to embody the role of a wise elder in our own way.

Nature's Lessons

“Wise elders are repositories of how to live a good life within nature, and not against it. They are able to perceive and act according to the bigger picture and see the impact

of actions now on future generations,” says Dr. Darcia Narvaez, professor of psychology emerita at the University of Notre Dame, president of the nonprofit Kindred World and founder of its initiative, The Evolved Nest.

In her book, *The Evolved Nest: Nature's Way of Raising Children and Creating Connected Communities*, Narvaez and co-author G.A. Bradshaw, Ph.D., examine how we can restore natural wellness in our families and communities by living in harmony with nature. She points to the idea of “nestedness” as an inspiration for reexamining our own systems of nurturing, understanding and caring

for our young and one another.

“A wise elder is one who is deeply nested. They display horizontal nestedness in that they attend to honoring ancestral wisdom and to living for the well-being of future generations. They display vertical nestedness in that they honor and live with Earth's cycles and nature's laws, but also feel connected to and confident in the cosmos,” Narvaez explains.

Instead of teaching, wise elders act as guides and model behavior for others. “Wise elders know everyone's path is unique, and everyone has a gift to uncover, develop and share with the community,” advises Narvaez. “They encourage us toward love and openness, instead of bracing against change. They inspire us to work through our fears and know that words matter. It is easy to discourage the spiritual development of others with words. Stories provide an invitation, instead of persuasion or coercion.”

This wisdom often comes from lessons they have embraced when facing challenges. “It's not that wise elders are naive liverers of life. They are scarred. To become self-actualized,



one must accept suffering and learn from it," she says.

At the same time, they acknowledge that every moment is a gift and live life to the fullest. "Wise elders know enjoyment and want others to experience it, too, whether it's ice cream, cookies or a sunset. After all, if you are not experiencing foundational joy in your life, something is quite wrong," asserts Narvaez.

Seeds of Wisdom

A wise elder's connection with nature is deeply rooted—grounded by the land and inspired by the promise of cultivation. "Seeds are our 400 million-year-old ancestors and elders. Gardens grow us more than we grow them. They nod and bow to seeds; and gardens as teachers are gardens as elders," says Petra Page-Mann, co-owner of Fruition Seeds, a farm in Naples, New York, that grows and shares regionally adapted seeds.

Founded in 2012, Fruition Seeds is rooted in the idea that each seed, like each of us, is meant to change the world. In August 2024, they shifted from seed sales to sharing seeds as an embodied gift practice, honoring the co-owners' desire to respect the seeds and practice reciprocity. "This move deliberately mirrors and honors what the seeds are teaching us," Page-Mann explains. "They are gifts to the Earth, as we all are, and not ours to buy and sell. It's a way to practice remembering and reimagining a culture of care and belonging. We are rehydrating our relationship with seeds and the land and moving away from a transactional being to an open place of giving and receiving."

Page-Mann says, "I think of an elder as someone who inspires, challenges, uplifts and comforts. They are people who can accompany us into our challenges and through them, and not just try to fix problems. I see our relationship to wise elders in the way a river flows

and changes on a whim. Sometimes it flows quickly, and at other times it moves smoothly and slowly. There might be rocks under the surface or waterfalls and dams along the way. At any moment in our lives, we experience different elements of that river. The river holds us as elders do: always present, offering diverse forms of medicine. There might be a lightning bolt of wisdom or awareness, followed by a cascade of insight. Other times, it's just sweet meandering; but we don't need to paddle or swim because we are held by their flow."

Rising From Adversity

Wise elders teach us that by leaning into challenges, we can reframe the risks associated with growth. "If we are in our comfort zone, we are safe, and if we are in our panic zone, we are not safe. There's a discomfort in between. Wise elders are constantly extending their comfort zones and window of tolerance a little wider, so they can move and breathe

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more freely in that space,” says Page-Mann.

Although anyone can step into elderhood, Page-Mann believes that society needs to reframe its priorities in order to nurture the process. “We don’t have a cohesive cultural fabric for the role of a wise elder,” she points out. “It’s a capitalist and supremacy culture not grounded in love and belonging. Elders have been eroded from our lives. We’re all really shrunken, disconnected versions of ourselves.”

By challenging current priorities and shifting back to the organic flow of the Earth, we can embrace and embody the traits we seek and become role models and guides for others. “There is a natural progression of maturation where we play different roles in the community and can accompany each other with those roles. If we are held in a cohesive cultural fabric of love and belonging, we can step into whatever role is calling us,” Page-Mann asserts.

Self-Care Comes First

While wise elders are generous with their time and attention, they value staying grounded. Cheryl Richardson, the Massachusetts-based author of *Self-Care for the Wisdom Years: Practical Ways to Celebrate the Mystery and Wonder of Aging*, says that doing inner work



slobo from Getty Images Signature/CanvaPro

allows elders to become more available for others. “Wise elders are full of life, steeped in gratitude, eager and excited for new adventures, and able to respond to anything placed before them with wisdom and grace,” she says. “They face aging and mortality with open eyes and a curious heart. They are self-reflective, committed to personal growth and anxious to invest time and energy into their inner lives. They are also happy to share what they’ve learned about life and aging with others. They make their greatest contribution to society by being a powerful example of what it means to embrace aging and the wisdom it provides.”

According to Richardson, “Wise elders see aging as a gift and an opportunity to learn about themselves in new and different ways. They are able to step back, take a deep breath and check their reactions before responding to life’s challenges. They consciously cultivate patience and self-reflection when faced with adversity. The wisdom years are an excellent time to challenge the voices that cling to old ways of life. It’s an opportunity to focus less on where you should be and more on where you are and what your soul wants. That’s when the magic of the moment sweeps you off your feet.”

Time Is Essential

At a time when we are living longer than ever, Richardson sees an opportunity to maximize our later years. “Now that longevity affords us a second adult life, we have time to evolve even more before we die. When people age consciously and prioritize their emotional and physical health, inner life, intimate connections with others and managing their minds, they age with far less fear and much more aliveness, peace and emotional freedom,” she explains.

Wise elders are in tune with their own capacity and availability, and they understand the importance of setting limits. “The gift of mortality is that it makes it easier to say no to those things that are no longer important. Therefore, boundary-setting becomes easier,” Richardson says. “When you know you have limited time left, you are passionate about spending it wisely. Wise elders have a unique ability to let go of responsibilities that are no longer theirs, and to make space and sit with it. They know when enough is enough and can set firm, loving boundaries. Cultivating these capabilities will not only help us make the most out of our remaining years, but they’ll also mold us into the kind of wise elders so many of us wish we had growing up.”

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

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Who Needs Functional Medicine and Why

Most people know that functional doctors often require out-of-pocket payments. So the question is, why bother? What is so special about going to see a functional/holistic medical provider that makes it worth the extra effort and the (possible*) extra investment?

1 Functional doctors typically spend considerably more time with their patients. They literally want to know as much as possible about each patient's health, not only physical health, but mental, emotional, and spiritual. This is because they want to know the whole patient; hence, the term "holistic."

2 These doctors do a lot more in-depth testing, again, to find out as much as they can. Many tests can be processed through traditional labs such as Quest or LabCorp. However, functional physicians will also, as indicated, order unique tests from specialty labs to investigate such things as the gut microbiome, heavy metal toxicity, food sensitivities, and nutrient status in the body, as well as deeper "dives" into traditionally-tested parameters. The good news is that the labs run through LabCorp or similar are largely covered by most medical insurances, as these labs are in-network with nearly all insurance providers.

3 The standards applied by functional doctors to test results are often quite different from traditional standards. This being the case, many results that traditional docs deem to be acceptable may be judged by holistic doctors to be inadequate or out of optimal range, indicating a need for treatment. When reviewing tests with a holistic doctor, patients will often say: "Why

didn't my doctor tell me about that?" And that is the answer: Different standards for what is acceptable lead to different diagnostic conclusions.

4 Treatments are often different. Functional doctors gravitate toward natural solutions, including changes in diet, exercise, increased sleep, supplements, and psychological exploration. Traditional physicians are more likely to favor pharmaceutical options or surgeries.

5 The goals of treatment also differ substantially. Traditional/pharmaceutical medicine focusses treatment on elimination of the symptoms and manifestations of a condition. Functional medicine's goal is, just as the name suggests, restoration and maintenance of optimal function. This can be conceived of in three stages: Acute, sub-acute/chronic, and long-term. Acutely, when symptoms are prominent or debilitating, a drug or surgical intervention is sometimes the best choice, although many natural options are often viable and worthwhile, alone or in combination, depending on the situation. In the chronic phase, it is important to try to eliminate or reduce the use of pharmaceuticals that may cause protracted unpleasant or even dangerous side effects. To eliminate drugs, the search for underlying causes of or vulnerabilities to illness is critical, so that any such causes can be addressed and corrected. Functional medicine is known for its focus on the "root causes" of illness. In the long-term, after health has been restored, health maintenance, prevention, and overall optimization become the focus of functional medicine as a primary care specialty.

*As a quick note, it should be added that visits to a licensed functional medicine provider (MD, DO, DC, NP) who does not participate in your insurance network are covered in the same way as any other out-of-network physician visits. Those with out-of-network benefits should be able to get reimbursed for these visits.

In short, in many situations, functional /holistic medicine provides significant benefits regarding diagnosis, treatment, and long-term health issues. Are these benefits worth a possible initial out-of-pocket outlay? In simple, easily-addressed situations, perhaps not. However, in conditions difficult to address, diagnose, and treat to resolution, in settings where use of medications is chronic and perhaps less than effective or fraught with side effects, or in creating a proactive plan for anti-aging and life-long health, the functional medicine alternative can prove to be invaluable.



Robin Ellen Leder, M.D. has been providing functional/holistic medical care in her Hackensack office for over 30 years since she initially did a mentorship working with Dr. Robert Atkins, famous for the Atkins Diet. Using this approach, she has assisted thousands of patients with a wide range of medical conditions (fatigue, thyroid/adrenal burnout, overweight, diabetes, auto-immune disease, arthritis, psychiatric issues, gut dysfunction, etc.) to live healthier, happier lives with minimal use of pharmaceutical drugs. See ad on page 3, or learn more at www.drrobin-leder.com.

The Role of Gratitude in Healthy Aging: Body, Mind and Spirit



As we age, the pursuit of health and happiness becomes a central theme in our lives. One powerful, yet often overlooked, tool in promoting healthy aging is gratitude. The practice of gratitude has profound effects on our physical health, mental well-being and emotional resilience.

Benefits of Gratitude for Seniors

Improved Physical Health: Research indicates that individuals that regularly practice gratitude experience better physical health. For older adults, this can translate into improved sleep quality, lower blood pressure and a strengthened immune system.

Enhanced Mental Well-being: Gratitude significantly contributes to emotional wellness in older adults. It can combat feelings of depression and anxiety often prevalent in aging populations. By focusing on what they are thankful for, seniors can cultivate a more positive mindset which can help mitigate negative emotions. Journaling about positive experiences or sharing gratitude with others

can further enhance this effect.

Social Connections: Expressing gratitude fosters social bonds and strengthens relationships. As seniors navigate life changes such as retirement or the loss of loved ones, maintaining social connections becomes vital. Gratitude practices including sending thank-you notes or expressing appreciation during conversations, can enhance social interactions and create a sense of community.

Mindfulness and Aging Well

Mindfulness encourages individuals to appreciate the here and now, allowing seniors to recognize and savor daily experiences that bring them joy. Integrating mindfulness into gratitude practices can amplify their effects.

Heightened Awareness: Mindfulness promotes heightened awareness of thoughts and feelings, enabling seniors to identify moments of gratitude more easily.

Stress Reduction: Mindfulness is known to

reduce stress, which is essential for healthy aging. When seniors practice mindfulness alongside gratitude, they create a powerful antidote to stress and anxiety. Mindful gratitude practices can be as simple as taking a few moments each day to reflect on what they are thankful for.

Gratitude Practices for Healthy Living

Gratitude Journaling: Encourage seniors to keep a gratitude journal where they can write down a few things they are thankful for each day.

Gratitude Meditation: A short daily meditation focusing on gratitude can be a powerful tool. Seniors can find a quiet space, close their eyes and reflect on the things they appreciate, such as relationships, experiences and even their own abilities.

Expressing Gratitude: Encourage seniors to express their gratitude verbally. This can be done through phone calls, notes or face-to-face conversations. Sharing their appreciation not only strengthens relationships, but also creates a positive feedback loop, enhancing their feelings of gratitude.

Gratitude Walks: Taking a mindful walk while focusing on gratitude can be invigorating. As seniors stroll through nature or their neighborhood, they can appreciate the beauty around them, such as flowers, trees or friendly faces.

For more information, visit NaturalAwakeningsNNJ.com.

Portrait of a Psychic

Celebrity psychic medium April Busset, “The Psychic Housewife of New Jersey”, a natural-born clairvoyant, remote viewer, automatic writer and ghost hunter, was featured on the Travel Channel series *The Holzer Files*. She will be featured at The Power of Intuition Wellness Gala on November 10 at the Sheraton Hotel in Parsippany as part of a panel with live readings and messages from those beyond the veil.

Busset is the creator, founder and CEO of *Ghosted Magazine*. Her unique abilities to connect with spirits have been instrumental in resolving intense hauntings and possessions throughout the United States, providing comfort and closure to her clients. She has also named a killer live on her show *Cocktails & Readings With April, The Psychic Housewife of New Jersey* and currently



April Busset

does private readings for thousands of clients worldwide.

Busset works with the most well-known ce-

lebrities in the paranormal field, investigating some of the most notoriously haunted locations. She has worked with law enforcement in missing person cases, successfully helped a family locate a loved one with the use of her ability to do remote viewing and has been communicating with spirits since the age of 4 after she was visited by her deceased father that passed two years prior.

Event location: 199 Smith Rd., Parsippany. For tickets and more information, call 973-713-6811 or visit WellnessGala.com/events. For more information about Busset, visit IntuitiveApril.com. Her social media links include [Facebook.com/pip.psychichousewife/](https://www.facebook.com/pip.psychichousewife/); [Instagram.com/psychichousewifeofnewjersey/](https://www.instagram.com/psychichousewifeofnewjersey/); [TikTok.com/@aprilpsychichousewifenj](https://www.tiktok.com/@aprilpsychichousewifenj); [IMDB.com/name/nm14372495/?ref_=fn_al_nm_1n](https://www.imdb.com/name/nm14372495/?ref_=fn_al_nm_1n); and GhostedMagazine.com.

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Raising Children To Be Thankful

Benefits of Feeling and Expressing Appreciation

by Christina Connors

American adults are feeling increasingly troubled. According to a 2024 American Psychiatric Association poll, approximately 43 percent of respondents say they are more anxious now than in previous years (up from 32 percent in 2022), with current events like the economy, elections and gun violence driving 70 percent of worries. As is often the case, children can be affected by the emotional state of adults in their lives. A 2022 meta-analysis published in the *Journal of Anxiety Disorders* reported that children of anxious parents are at higher risk of developing anxiety disorders and twice as likely to have anxiety problems than children of non-anxious parents.



To mitigate this trend, parents, guardians and teachers have a powerful tool at their disposal: gratitude. By championing, modeling and encouraging a grateful heart, they can teach kids to temper episodes of anxiety and regain a sense of safety.

Benefits of Gratitude

“Gratitude is one of these micro-behaviors that creates macro-change,” says Roseann Capanna-Hodge, a Connecticut-based certified school psychologist, neurofeedback provider, author, speaker and podcast host specializing in childhood mental health. “When we have gratitude, there are a lot of overall benefits to our health. Research has shown that gratitude can trigger the brain to release hormones and neurotransmitters that are associated with happiness, such as dopamine and serotonin. Having a gratitude practice as a family can even break negative patterns in the family ecosystem, moving toward generational mental wealth.”

“Humans are hardwired to notice and acknowledge negative experiences due to our natural instinct for survival, but we can overcome our negative biases by incorporating gratitude into our daily routines,” says Andrea Trank, an integrative medicine health coach, HeartMath trainer and trauma-sensitive practitioner in Norfolk, Virginia. “We can shift from feelings of sadness, anxiety and anger to feelings of hope and calm simply by focus-

ing on what we are grateful for. Gratitude also supports immune health, helps us respond, rather than react, to life's stressors, and shifts the rhythm of the heart into physiological coherence, resulting in the release of oxytocin and DHEA [dehydroepiandrosterone], which promote positive feelings."

Modeling Gratitude

One of the most effective ways to teach children to be grateful is to express our own gratitude with actions and words. "Forcing our children to be grateful doesn't work. Model gratitude in a natural and authentic way," Trank advises. "Notice the little things, and when you are out as a family, slow down and verbally point out the moments of beauty and generosity you see around you. Showing gratitude through action is the way your child will naturally be inspired to do the same."

Practicing gratitude as a family can be fun, and it's a great way to connect deeply with one another. Invite everyone around the dinner table to identify the things for which they are grateful or reflect on moments of gratitude that they witnessed throughout the day. Such positive conversations help develop optimistic outlooks for the whole family. Make it a routine for each family member to simply say "Thank you" upon waking, and to jot down thoughts of gratitude in a journal before the lights go off at the end of the day.

The Thank-You Note

Handwritten thank-you notes are being replaced by texts, emails and emojis as a means of expressing gratitude, but if parents encourage their daughters and sons to see the value of a written note at a young age, this worthwhile activity can become second nature for a child. While

it takes a little more time than composing a text, scribing a thoughtful and meaningful written message that expresses gratitude can be read over and over again and reminds the recipient that they matter. When we receive gratitude from others, we are accepting a gift that strengthens the bonds of connection.

Research in 2018 published in *Psychological Science* points out that people underestimate the power of expressing gratitude and overestimate how awkward it will be, which may keep them from engaging in this impactful practice. This Thanksgiving, embrace the power of gratitude and share it with the next generation to make a positive impact on everyone's mental health.

Christina Connors is a writer, singer and creator of a YouTube series for children. Learn more at ChristinasCottage444.com.



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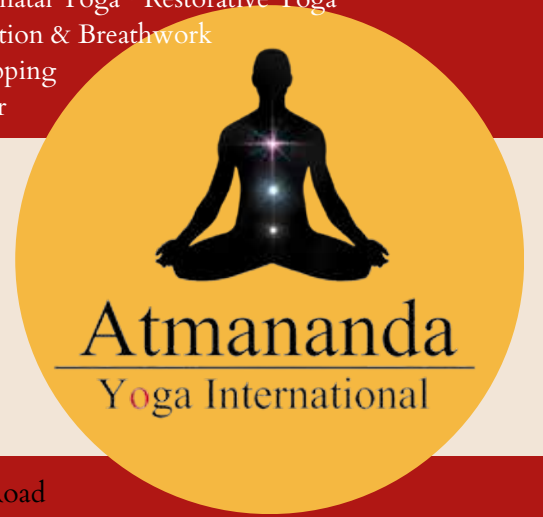
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Leg up



High lunge



Forward fold



Bridge pose

Handcrafted Thanksgiving Decor



pixelshot/CanvaPro

For much of the country, autumn is a wonderful season of falling temperatures and the changing colors of leaves in nature's last hurrah. Celebrate this Thanksgiving with eco-friendly, handmade decorations that commemorate the season and honor our living planet.

Acorn Wreath

Welcome guests to the house with a wreath that can last for years. Collect acorns from the yard or purchase them from a craft shop. Using a glue gun, randomly affix the acorns one at a time around a 12-inch grapevine wreath, ensuring even coverage. Allow the glue to dry completely before moving. Add a bow by cutting burlap or another festive cloth into a 4-by-20-inch strip. Fold the strip lengthwise and add double-sided tape to hold the ends together. Pinch the middle of the strip and wrap it with a separate 2-by-5-inch burlap strip, then glue it in place on the wreath.

Clove Apple

To add a wonderful, sweet smell to the house, use a bamboo skewer to poke holes in an apple and stick cloves, stem first, into the holes. To ensure the apple will last, the cloves must be fairly close together but do not need to touch. Once the apple is covered in cloves, tie twine or ribbon to the stem for added pizzazz.

Gratitude Place Cards

Giving and receiving thanks is good for the body and soul, and these place cards are a great way to introduce gratitude around the Thanksgiving table. Cut scrap card stock into 2-by-3-inch pieces and write a guest's name on the front. With a serrated knife, slice off one quarter of a wine bottle cork lengthwise so it can lie flat on the table. Make a cut about halfway through on the rounded side and slide a place card into the cut. Encourage guests to flip over their card and write down what they are thankful for. When everyone is done, ask them to share their gratitude with the table.

Hand-Turkey Tablecloth

Get the kids in the holiday spirit with this fun project. First, gather the supplies: a new tablecloth, assorted fabric paints, paintbrushes and fabric pens. Paint a child's palm and fingers, then help them press their hand firmly onto the tablecloth to make an imprint. Slowly peel their hand off the tablecloth to prevent smudges. Using a fabric pen, add an eye, wattle and feet to the hand turkey. Write the child's name and the year next to their imprint. Fill the tablecloth over time to see how their hands grow and remind the family of their blessings.

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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://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 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/.

Sunday, November 3

Singing Bowls Sound Healing – 2:30pm - 3:30pm. In the serene environment of the salt cave, join sound healer Beth Lantigua for a relaxing and restorative session of Himalayan and crystal singing bowls. Cost \$60. Call 845-290-0678 to register! Visit Website & Register at <https://saltoftheearthcfh.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY.

Tuesday, November 5

Baby ER/Night With a Pediatrician – 7:00 pm - 8:00 pm. This is an in-person one session class featuring a Valley Pediatrician who will teach you what to do in case of emergency. Visit Website at valleyhealth.com/events. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Wednesday, November 6

Yoga for Addiction Recovery and Overcoming Eating Disorders – 11:00am - 12:00pm. The practice can stabilize your mood, help you relax and manage anxiety, allow you to reconnect with your body, increase self-control and coping skills, explore self-compassion and acceptance, and even improve insomnia. Visit Website & Register at www.inglewoodhealth.org. Location: Graf Center for Integrative Medicine, 350 Engle Street Berrie Center, 5th Floor Englewood, NJ.

Thursday, November 7

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, November 8

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, 116 E. Century Rd, Paramus, NJ.

Saturday, November 9

Steampunk Workshop – 2:00 pm - 4:00 pm. Teens from Bergen County Tech who are passionate about science, technology, and art share their knowledge and love of these things with younger students. Visit Website & Register at <https://www.njbulletin.com/>. Location: Tenafly Public Library, 100 Riveredge Road, Tenafly - Teen Space, Tenafly, NJ.

Sunday, November 10

Access Bars Class – 10:00 am - 6:00 pm. By learning or receiving the Access Bars technique, you can give yourself and your clients, friends, family, and co-workers the care, kindness, and nurturing you require with total ease. Call 201-491-6592 or Email msvee@alohahealthandwellness.com to register! Visit Website at www.alohahealthandwellness.com. Location: A Therapy Life Center, 132 Midland Ave Suite A, Garfield, NJ

Sunday, November 10

Scents and Sensibility – 3:30pm - 5:00pm. Come Learn how make your own Essential Oils Blends for Home and great Holidays gifts Led by Nancy A. Smith \$40 per person (includes 1 blended product). Learn the Benefits and how to make your own Roll Ons, Sprays, Body Lotions, Air Freshers and more. Call 201-788-6322 to register or visit website at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

Past Life Regression – 2:30pm - 3:30pm. In the relaxing and healing environment of the salt cave, learn to understand yourself better by connecting with your past life. Led by Lindsey Sass – owner of the NJ Healing Center. Call 845-290-0678 to register! Visit Website & Register at <https://saltoftheearthcfh.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY.

Monday, November 11

Meditation and Yoga for Cancer – 10:00am - 11:00am. Learn guided meditation, therapeutic yoga, and breath work to relax, refocus,

and reconnect in a supportive environment. Visit Website & Register at www.inglewoodhealth.org. Location: Graf Center for Integrative Medicine, 350 Engle Street Berrie Center, 5th Floor Englewood, NJ.

Tuesday, November 12

Stroke and Aneurysm Support Group – 5:30 pm - 7:00 pm. A positive forum for stroke survivors and their caregivers dealing with life issues after a stroke. Members share their challenges, triumphs, and other personal experiences after having a stroke. Please call 201-389-0205 or email strokesupport@valleyhealth.com to register for our monthly invitation. Visit Website at valleyhealth.com/events. Location: Valley Health System - Ridgewood Campus, 223 North Van Dien, Conference Center 5A/5B, Ridgewood, NJ.

Wednesday, November 13

Acupuncture for Migraines – 4:45pm - 5:15pm. Learn how acupuncture can help reduce the frequency and intensity of your migraines, and improve your quality of life. Visit Website & Register at www.inglewoodhealth.org. Location: Graf Center for Integrative Medicine, 350 Engle Street Berrie Center, 5th Floor Englewood, NJ.

Thursday, November 14

Learn How Money Work Series – 12:00 pm - 2:00 pm. Join us each month to play a game, win prizes and learn how money works. You will learn about budgeting, saving, investing, and borrowing. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

Friday, November 15

Walking with Grief Support Group – 11:30am - 12:30pm. Join us for a walk with others who are grieving, along with bereavement counselors, to share your story and experiences. Visit Website & Register at www.villamarieclair.org. Location: Villa Marie Claire, 12 West Saddle River Road, Saddle River, NJ.

Saturday, November 16

Access Bars Class – 10:00 am - 6:00 pm. By learning or receiving the Access Bars technique, you can give yourself and your clients, friends, family, and co-workers the care, kindness, and nurturing you require with total ease. Call 201-491-6592 or Email msvee@alohahealthandwellness.com to register! Visit Website at www.alohahealthandwellness.com. Location: A Therapy Life Center, 132 Midland Ave Suite A, Garfield, NJ

Sunday, November 17

The Oakland Outdoor Market – 10:00am - 3:00pm. Come out to our new weekly outdoor market featuring handmade and unique items from crafters, artisans, makers, bakers, and some events will have local musicians too! Visit Website & Register at www.mybergen.com. Location: Oakland Public Library LOT, 2 Municipal Drive, Oakland, NJ.

Monday, November 18

Power of the Inner Light – 7:00pm - 8:00pm. Let's Meditate Together led by Catherine

Roig, RMT. One way of finding time to take care of yourself is to strengthen your meditation practice. I'm offering this Guided Meditation to relieve stress and anxiety, especially during the holiday season. Let's take one hour-just one hour-during this busy time to meditate together. You'll feel so much better! And, you deserve it! To register text 908-617-1106! \$25 Venmo accepted: @poweroftheinnerlight24. Location: 601 Washington Ave, Dumont, NJ

Monday, November 18

Living Beyond Cancer Support Group – 12:00pm - 1:00pm. This support group is a helping hand to ease your transition into this new chapter of your life. We invite you to join us where we create a community of empowerment, resilience, and hope beyond cancer! Visit Website & Register at www.Englewood-health.org. Location: Englewood Hospital, 350 Engle Street, Englewood, NJ.

Tuesday, November 19

Childbirth Preparation (Lamaze) – 5:30 pm - 9:00 pm. This class explores a wide range of techniques for creating a safe and satisfying birth experience. Visit Website at valley-health.com/events. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Thursday, November 21

Dreams for Kids Annual Tricky Tray – 6:00pm - 11:00pm. Get ready for an exciting evening of chance and charity, including fun games like Last Man Standing and Mystery Boxes along with multiple cash raffles. Visit Website & Register at <https://morejersey.com/>. Location: The Fiesta, 255 NJ-17, Wood Ridge, 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.

Friday, November 22

Art Class with Miss Kelley – 3:30 pm - 4:00 pm Join us for arts and crafts! Best suited for children 3 1/2 - 7 years old. Visit Website & Register at <https://www.njbulletin.com/>. Location: Teaneck Public Library, 840 Teaneck Rd New Milford - Small Meeting Room, New Milford Public Library, Teaneck, NJ.

Saturday, November 23

Chemistry Club – 2:00 pm - 3:00 pm. Local teens are volunteering their time and expertise in chemistry to teach children ages 7 to 10 how chemical reactions can be interesting, fun, and exciting! Website & Register at <https://www.njbulletin.com/>. Location: Tenafly Public Library, 100 Riveredge Road Teen Space, Tenafly, NJ.

Saturday, November 23

The Open Door Death Cafe – 10:00 am - 11:30 am. The Café is a space where adults can engage in open, meaningful conversations about life, death, grief, and loss. Com-

Part Two of Special Series on Fertility



Whole Health Approaches to Women's Infertility

by Dr. Susan Fox, DACM, LAc., FABORM

For many couples, starting a family marks a beautiful chapter of life. However, the path is not always straightforward for everyone. Tackling infertility can be an emotional rollercoaster, with emotions ranging from hope to heartache.

For women, the causes of infertility may range from health conditions like hormonal imbalances, ovarian dysfunction and endometriosis; and lifestyle causes such as poor diet, exposure to environmental toxins and weight management; to emotional and mental causes including anxiety, depression, stress and trauma.

Understanding the root causes of infertility is crucial; it's about unraveling the complex web of underlying issues. In addition to standard blood tests, there are new functional medicine tests for finding the root causes of infertility challenges, including a comprehensive assessment of hormonal imbalances, a test to assess microbiome and detect gastrointestinal pathogens, and a test that provides both insights into nutritional deficiencies and guidance on diet and supplementation.

Research indicates that obesity makes it harder to conceive and leads to more miscarriages. Being underweight increases the risk of ovulatory disorder. A functional medicine or integrative health approach includes managing diet and improving nutrition that also works to balance hormones and microbiomes.



Lifestyle habits like smoking and alcohol and caffeine consumption are also addressed.

A mother's toxic load can be passed to an unborn child through the umbilical cord. Detoxification prior to trying to conceive can improve not only the mother's whole health, but her fertile health and the health of her baby.

While not fully understood, research has indicated a correlation between increased stress and decreased likelihood of egg fertilization. Incorporating exercise and mindfulness practices such as meditation and yoga is part of a comprehensive approach to creating the ideal environment for a healthy pregnancy and delivery.

Susan Fox is a 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 HealthYouUniversity.co and DrSusanFox.com.

There is hope! Learn more, access valuable resources today, and get your **COMPLIMENTARY ACCESS PASS** for the very special **January 20-25** fertility immersive event. Scan the QR Code.



ing together in a confidential setting, we'll enjoy delicious tea, cake, and conversation. A Death Café is not a grief support or counseling session. Visit Website at <https://deathcafe.com>. Location: Suffern Free Library, 210 Lafayette Street, Suffern, NY.

Sunday, November 24

Wayne PAL 2nd Annual Holiday Craft Show Fundraiser – 10:00am - 4:00pm. We have over 100 crafters in three large gyms selling everything from handmade jewelry, home and holiday décor including ornaments, wreaths and lighted Christmas trees (just to name a few) & fancy baked goods and chocolate & More. Visit Website & Register at www.northjersey.com. Location: Wayne Police Athletic League (PAL), 1 Pal Drive Wayne, NJ.

Clifton HS Holiday Flea Market – 9:00am - 4:00pm. Enjoy a vibrant collection of holiday gifts, arts, crafts, fashion, and more while supporting the Clifton High School Wrestling Team. Visit Website & Register at <https://morejersey.com/>. Location: Clifton High School, 333 Colfax Ave, Clifton, NJ.

Jingle Fest Craft Show – 10:00am - 5:00pm. At this exciting holiday shopping event you will discover a diverse array of items including florals, holiday, ceramics, pottery, jewelry, fine art, chocolates, photography, charcuterie boards, birdhouses, fiber, lighted bottles and much more will be available. Visit Website & Register at <https://pjspromotions.com/>. Location: Wayne Hills High School, 272 Berdan Avenue, Wayne, NJ.

Heal and Hike – 2:00pm - 3:30pm. A transformative 90-minute experience designed

to rejuvenate your mind, body, and spirit. Visit Website & Register at www.Englewoodhealth.org. Location: Tenafly Nature Center, 313 Hudson Avenue, Tenafly, NJ.

Monday, November 25

Breastfeeding Basics – 6:00 pm - 8:00 pm. This class explores the benefits of breastfeeding and discusses nutrition, comfortable positions, common problems, returning to work, collection and storage of breast milk, and correct use of pumping equipment. Visit Website at valleyhealth.com/events. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Wednesday, November 27

Meditation and Movement Using a Chair – 10:00am - 11:00am. Learn ways to calm your mind and body through mindful meditation, chair stretching/yoga, guided imagery, and breathing techniques. Visit Website & Register at www.Englewoodhealth.org. Location: Graf Center for Integrative Medicine, 350 Engle Street Berrie Center, 5th Floor Englewood, NJ.

Saturday, November 30

North Jersey Masters Beginner Running Program – 8:00am - 9:00am. Improve your health, get fit and have fun in this structured and progressive learn-to-run outdoor group class that will take you on an exciting and rewarding eight-week journey to the finish line of your first 5K. Visit Website & Register at <https://njmasters.com/beginner-program/>. Location: Glen Rock Duck Pond, 149 Alan Avenue, Glen Rock, NJ.

Sunday, December 1

Thanksgiving Craft Fair – 10:00am - 5:00pm. This year the show is bigger than ever with 135 exhibitors set up in two gyms, the vestibule and cafe with arts, crafts, and photography. Everything from holiday decor, hand crafted jewelry, hand painted ornaments and glassware, pottery, ceramics, apparel, woodworkers and much more will be available. Visit Website & Register at <https://pjspromotions.com/>. Location: Paramus High School, 99 East Century Road, Paramus, NJ.

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

Monday, December 2

Meditation for Stress, Anxiety, and Depression – 5:30am - 6:30pm. Learn simple meditation techniques to help relax the body, center your mind, and build resistance to stress. Visit Website & Register at www.Englewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street, Englewood, NJ.

Tuesday, December 3

DASH Diet (In Person) – 3:00 pm - 4:00 pm. The DASH diet, or Dietary Approaches to Stop Hypertension diet, is a meal plan that aims to lower blood pressure and reduce the risk of heart disease. Visit Website at valleyhealth.com/events. Location: The Valley Center for Health and Wellness, 1400 MacArthur Blvd., Mahwah, NJ.

Thursday, December 5

Healthy Holiday Simple Swaps – 4:30am - 5:30am. Filled with frequent gatherings, big meals, and extra treats, the holiday season can put your healthy eating plan to the test. Learn how to make meals clean and easy without completely changing your diet. Visit Website & Register at www.Englewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street, Englewood, NJ.

Saturday/Sunday, December 7 and 8

Indigenous culture and bless humanity – 12 to 5 p.m. Ora Wellness will welcome Mamos from the Kogi indigenous tribe in the Sierra Nevada of Columbia to share their culture and bless humanity. Call Ora Wellness at 201-741-4196 to reserve your spot.

Joy is the simplest form of gratitude.

—Karl Barth

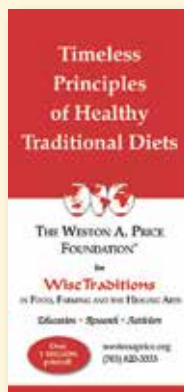
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*Dwell on the beauty of life.
Watch the stars, and see yourself
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—Marcus Aurelius

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