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NORTHERN NEW JERSEY EDITION

DECEMBER 2024



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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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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.

Health is your #1 asset. Are you ready to make it your #1 priority?



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NEW JERSEY NORTH EDITION

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Natural Awakenings is printed on partially recycled and fully recyclable newsprint with black soy ink.

letter from publisher:



Happy Holidays for the Best of Times!!!

It seems that this holiday season has just snuck on us. Only few weeks back we were talking about a warmer fall season and then a late Thanksgiving, and here we are in December already. It's time to make the most of the remaining holiday time of year!

I hope you can celebrate and enjoy the holidays with friends and family. Good health makes it enjoyable for you as well as for others around you. Spread the joy with kindness, sharing and caring for rest of the year and resolve to do even better next year.

Natural Awakenings of North Jersey is your best all-season health and wellness resource for body, mind and soul—the physical body and inner, spiritual, well-being. For regular updates on natural health and wellness, like and follow us on Facebook and Instagram. Find even more great information in our online edition at NaturalAwakeningsNNJ.com.

Enjoy life and stay healthy, stay happy!

Anil Singh, Publisher

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Red Light Therapy Now Available in Haskell



The Beauty from Inside & Out Beauty & Wellness Center for Women now provides contour red light therapy as a non-invasive aesthetic treatment for reducing the circumference of the hips, arms, waist and thighs. The first

session is now \$60 (was \$89, regularly \$249) from noon to 5 p.m., Tuesdays on December 3, 10, and 17 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 9.

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 5.

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Celebrate Chinese Lunar New Year Traditions

Certified feng shui practitioner Lois Kramer-Perez will conduct a Chinese New Year Wood Snake Workshop online at 11 a.m., January 18, 2025, to set the stage for the most prosperous, balanced and joyful year yet. She says, “Celebrate the lunar new year with easy-to-apply feng shui tips that help you welcome abundance, health and happiness into every aspect of your life. Don’t miss this transformative experience! Reserve your spot today and step into 2025 with confidence and clarity!”



Lois Kramer-Perez

Highlights include—Prepare for Chinese New Year’s Eve (December 28) and Lunar New Year (January 29) with simple, powerful traditions—Year of the Wood Snake: Discover how this wise, ambitious, creative energy can shape your year—Zodiac Insights: Learn what’s in store for each of the 12 Chinese zodiac signs in 2025—Home and Office Energy Boosters: Find out how to optimize your space to attract creativity, career success, prosperity and harmony, plus how to stabilize those wonky areas just in time for “early spring” on February 4.

Early bird tickets at bit.ly/CNY2025TicketsYearofWoodSnake end Dec. 15. They include a comprehensive workbook, encore session, recording and a special gift. For more information, email Lois@LoisKramerPerez.com. See ad, page 14.

Indigenous Colombian 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.



Location: 5 Atwood Ave., Tenafly. For reservations and more information, call 201-741-4196, email Info@OraIntegrativeWellness.com or visit Facebook.com/TenaflyArtofFitness. See ad, page 13.

Holiday Week at the Salt Cave


Salt of the Earth, Center for Healing will conduct half-price (\$20/person) salt cave sessions from December 26 through 29 to relax and rejuvenate after enjoying the holiday with family and friends. Susan Toron, DC, says, “This is a great time to reset alone or in a private group session and get the new year off to a healthy start!”



As clients relax during their 45-minute session, the air in the cave is closely monitored to maintain a precise concentration of aerosolized salt, keeping it in a therapeutic range. Breathing in the micron-sized salt particles stimulates an anti-inflammatory response, reducing irritated airways and thinning mucus in the bronchial tubes and lungs.

Salt of the Earth, Center for Healing is located at 811 Chestnut Ridge Rd., in Chestnut Ridge, NY. To book sessions and for more information, call 845-290-0678 or visit SaltOfTheEarthcfh.com. See ad, page 6.

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Bergen Weight-Loss Challenge

New Jersey is the richest state in the U.S. it ranks third as the state with the greatest number of wealthy counties: Bergen County ranks as number 33 in a recent list of the wealthiest counties in the nation. How then, with all of its affluence and its highly sophisticated and educated population is it possible that a substantial segment of our residents suffer from extreme poor health in the form of profound obesity? Isn't this level of obesity a manifestation of poor education, and likely associated with low income and a substandard awareness of health and the role of proper nutrition? How in this fancy, elegant, county can this problem exist? But it surely does, and that is a sad and dangerous reality.

Obesity is an epidemic in our county, perhaps less than in some areas, but the issue is far too prevalent here and nationwide. Any degree of obesity is associated inherently with a laundry list of physical health and emotional/social concerns, including full-body inflammation, elevated blood pressure, coronary artery disease, lung disease, arthritis/joint pain, diabetes, stroke, atrial fibrillation, fatigue/exhaustion, inability to exercise, cancer (due to inflammation), irregular menses in women, low testosterone in men, erectile dysfunction, sleep apnea, low self-esteem loss of independence, low libido, vulnerability to ridicule, absenteeism from work and lower earnings/lesser job opportunities.

Most people are aware that overweight is not good for you, but knowing and doing something about it are two entirely dif-

ferent entities. Something should, and in fact, MUST be done. The extreme version of overweight is called "morbid obesity". In medical terms, this means being two times of greater than one's normal healthy chart weight, so even though any considerable degree of overweight can cause the listed health problems and more, clearly those who suffer from morbid obesity are an especially enormous risk proportionate to the degree of their excessive weight.

A group of concerned professional has gathered now to put together a challenge to Bergen County residents, tentatively called the Bergen Weight-Loss Challenge. Drawing together a number of specialists in their fields, the plan is to identify a group of people in very serious, even extreme, need of guidance and education in nutrition, helping them to take affirmative actions toward achieving a normative weight status.

As envisioned, we would like this group to consist of (but not be limited to) a physician, psychologist, pharmacist, physical therapist/personal trainer, supplier of wholesome/nutritional meals, life coach, medical lab, supplier of supplements, mindfulness guide, cardiologist and perhaps a beauty salon,. This group and others will all provide needed materials, time and support to enable several identified Bergen residents who suffer with morbid obesity to allow them to begin their respective weight-loss journeys successfully with all of the necessary tools, physical and emotional support, and motivation.

We need help from each and every person who reads this article and those you know to ask about how you can each support this critically important project: Ask yourself this: Can you think of a service that you can offer or contribute? Do you qualify to be a participant in this challenge or do you know someone amongst your friends, family, at your workplace a member of a club or the congregation at your place of worship who might qualify for this program? Would you be willing to pledge any amount towards the individual candidates to motivate them towards their respective program goals?

If you in fact have a person in mind who you think could benefit from this opportunity, please email our contact information to them or have them download a printable application from our Facebook page. Or send them one today while you remember to do so. If you or anyone interested have any input, ideas, questions, or suggestions, please post them on our FB page, or email them to bergenwlc@gmail.com.

Importantly, the goal here is not only to help several selected participants to lose significant weight and keep it off, and learn how to eat properly going forward, but also to raise obesity awareness county-wide, to inspire others who follow along with the contest as it progresses to seek their own healthiest weight and come to appreciate the importance of weight control in achieving optimal health and happiness in life.

This program is supported by Robin Ellen Leder, M.D.; Tara Ramos, personal trainer/physical therapist; John Bellitti, owner of HB Pharmacy; and Anil Singh, owner of Natural Awakenings magazine. See ad, page 26.



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Mindfulness App Helps Intensive Care Patients

Individuals recovering from critical illnesses that spend time in an intensive care unit (ICU) frequently experience depression, anxiety and post-traumatic stress disorder. Existing interventions in and out of the hospital have not been effective in relieving the psychological distress symptoms of these patients. A study published in *JAMA Internal Medicine* tested various ways of delivering a mobile app-based mindfulness intervention to ICU survivors.

The study included 247 ICU patients that had been in the hospital for an average of more than 15 days and in the ICU for an average of almost seven days. The patients were randomly assigned to one of eight intervention groups that evaluated different combinations of treatment elements, including an introductory session via mobile app or therapist call, a once- or twice-daily guided mindfulness meditation regimen, and management of increasing symptoms via mobile app or therapist call. While all eight groups showed significant improvements in their psychological distress symptoms after three months, the optimal intervention included an app-based introduction, twice-daily guided meditations and an app-based response when a participant had increasing symptoms of depression.

Stem-Cell Treatment To Reverse Type 1 Diabetes

Reports from an early phase 1 clinical trial are encouraging for the reversal of Type 1 diabetes, an autoimmune disease in which the immune system attacks the pancreas's insulin-producing cells. Without insulin, blood sugar builds up in the bloodstream and causes damage to the body. The U.S. Centers for Disease Control and Prevention estimates that 1.7 million Americans have the disease, for which there currently is no cure.

The study, published in the journal *Cell*, reported on the progress of a 25-year-old woman with Type 1 diabetes who underwent stem-cell therapy made from her own cells. She began producing her own insulin less than three months after the treatment and continued to be free from insulin injections after one year. More research and development of cost-effective manufacturing processes are needed before a stem cell-derived therapy will be available to patients.



Jasper Chamber from Getty Images/CanvaPro

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Wet Cupping Therapy for Asthma

A study published in the *Turkish Journal of Medical Sciences* evaluated the use of wet cupping therapy (WCT) for mild to moderate asthma. Cupping therapy, in which localized suction is created on the skin with the application of heated cups, is a traditional method used in Persian medicine for treating various ailments. The study included 82 asthma patients divided into two groups: the control group was treated with common asthma medications, and the intervention group received three sessions of WCT between the shoulders. Clinical signs of asthma were gathered from all patients over eight weeks following the WCT. The researchers concluded that WCT can be an efficient therapy to improve respiratory complications of asthma patients.



SimpleFoto/CanvaPro

Acupuncture for Shingles

Shingles (herpes zoster) is a viral disease that causes a red rash on the face or one side of the body, accompanied by fluid-filled blisters, pain, burning and tingling. According to the U.S. Centers for Disease Control and Prevention, approximately 1 million Americans suffer from this condition every year. In a systematic review of studies, researchers evaluated 59 randomized controlled trials involving almost 4,000 shingles patients that had been treated with acupuncture. They concluded that acupuncture therapies were effective and safe for the treatment of this viral disease, reducing pain and skin lesions with few adverse effects.



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Holistic Weight Loss and More Using Acupuncture

by Dr. Roman E. Finn, M.D.

Acupuncture helps achieve weight loss by stimulating acupoints that regulate the body's energy, digestive functions and hunger cues. Through acupuncture, practitioners aim to restore balance to these meridians. Needles are inserted into the body at specific points to release blockages, improve circulation, enhance digestion and stimulate the metabolism. The goal is to balance the body's energy, also known as *qi*, and promote its ability to burn fat more effectively.

Acupuncture and Fitness Goals

Enhanced recovery: Acupuncture promotes blood circulation, reduces inflammation and encourages the flow of oxygen to muscles, which can enhance post-workout recovery. After intense exercise, muscles may experience microtears and inflammation. Acupuncture helps accelerate the healing process by stimulating the body's natural pain-relieving mechanisms and reducing swelling.

Athletes often use acupuncture to address muscle soreness, tendonitis and joint pain. This form of treatment is considered a safe and non-invasive way to reduce muscle stiffness and improve flexibility, leading to quicker recovery times and better performance.

Increased energy and vitality: Fatigue is a common obstacle to fitness success. Whether due to overtraining or lack of sleep, feeling drained can significantly impact the ability to stick to a fitness regimen. Acupuncture can help restore energy levels and boost vitality.



By targeting points related to the adrenal glands and energy pathways, acupuncture encourages better rest and recovery, helping someone feel more energized and motivated to push through their workouts.

Stress reduction: Stress is often a major factor in weight gain and overall fitness struggles. Chronic stress can lead to overeating, disrupted sleep and hormonal imbalances that hinder weight loss and fitness progress. Acupuncture helps promote relaxation by stimulating the nervous system and lowering cortisol levels, a stress hormone. By alleviating stress, acupuncture can support the body's natural ability to manage weight and improve overall fitness.

Natural Weight Loss Solutions with Acupuncture

Promoting healthy digestion: Acupuncture

is known to improve digestive health, which plays a crucial role in weight loss. By targeting points that regulate the digestive organs, it helps improve nutrient absorption, reduce bloating and promote regular bowel movements. When digestion is functioning optimally, the body is better able to break down food and absorb the nutrients it needs, while eliminating waste more efficiently.

Balancing hormones: Acupuncture can help balance hormones that regulate hunger, satiety and metabolism such as insulin, leptin and ghrelin. By restoring equilibrium to these hormones, acupuncture helps manage hunger, reduce cravings and support a more balanced metabolism.

Detoxification: Acupuncture can also promote detoxification by improving liver function and stimulating the body's natural ability to flush out toxins. When the liver is functioning optimally, the body is better able to process fats, toxins and excess hormones to further support weight loss and overall well-being.



Dr. Roman E. Finn is the owner of The Center for Integrative and Traditional Medicine, located at 22 Madison Ave., in Paramus. For appointments or more information, call 201-291-0401 or visit citm-drfinn.com. See ads, pages 19 and 32.



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The Love Frequency That Heals

by Dr. Anne Deatly

Love is who we are at the core essence of our being. However, life situations, abuse, trauma and emotional upset can cause us to disconnect from this core essence. These negative aspects of life can knock out the memory of our loving energetic core. To heal, we must bring love to all that is happening in our lives. Learning to come from love may be the most powerful reason for our existence.

According to David Hawkins, M.D., Ph.D., in his book *Map of Consciousness*, love



Hertz, often called the “love frequency”, can help us to maintain or retain a higher vibrational frequency. At this higher vibrational frequency, we are less likely to be pulled away from our core essence of love.

This vibrational frequency helps to reduce anxiety and stress with greater lung capacity for deeper breathing. Inhale love—exhale anxiety. It also helps control the thoughts in our minds to be more calming, with less fear and worry. Plus, this frequency helps us focus on tasks during the day and be in the present moment. Being aware of how our vibrational frequency affects us, we can take charge of how we respond to different life experiences. Awareness is key here. Being aware, we are more balanced to take charge and decide how to be. We no longer are victims, but the victors in our lives.

Research has shown the health benefits of vibrational frequencies of 423 Hertz and 528 Hertz, which reduce cortisol levels, destress the brain and increase sleep. 528 Hertz is also associated with longevity, because we are attuned to the vibrations of creation, nature and divine love that surround us all the time. The love frequency enables spiritual awakening. The vibrational frequency of love restores harmony, balance and order to our lives.

frequency is at the level of 500, in his logarithmic scale of 0 to 1,000; 20 being shame and 1,000 being enlightenment. This love frequency is not just moments of being loving, but love consciousness. This love frequency is who we are being, no matter what is happening.

In difficult life situations, we can recall the memory of our love frequency within the core of who we are. Recalling this core love within, we can connect more consistently with our own loving presence. Do not give up on this. This simple recall technique will enable us to not react to life like a victim. We can come from this inner strength of our loving presence and have life respond to us.

We can be attuned to high vibrational frequencies to help us stay connected to the core of who we are. Frequencies such as 528



For more information, call 551-500-5011 or email Anne.Deatly@gmail.com. See ad, page 15.

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Digital Detox: Reconnect with the Real World

by Martin Miron

A digital detox does not mean abandoning technology, but finding a healthy balance. By setting boundaries around digital usage, we can create space for real-life connections, mental relaxation, and mindful living.

Step 1: Reconnect with Nature

The mind is calmed by nature, which lowers stress and enhances well-being. Whether a morning jog, a stroll through the park or simply sitting in the garden, being outdoors can help us escape digital distractions and recharge mentally.

Step 2: Prioritize Face-to-Face Connections

Social media and instant messaging have replaced many direct interactions, but they can never truly replicate the depth of human connection. Make time to meet friends or family in person. Engaging in real conversations, sharing experiences and enjoying each other's company is a powerful way to reconnect with reality and nurture emotional well-being.

Step 3: Engage in Creative Hobbies

Channeling our energy into offline hobbies can be a refreshing and rewarding experience. Painting, writing, cooking, gardening or playing a musical instrument are fantastic ways to stimulate the mind, reduce stress and develop new skills. Creative hobbies promote focus, patience and mental clarity, making them ideal activities during a digital detox.

Tips for Digital Detox Success

Mindful breathing is a simple, yet effective way to clear mental clutter and calm the mind. Spend a few minutes each day practicing slow, deep breathing exercises. This not



only helps in managing stress, but also improves focus and patience, making it easier to stick to the digital detox plan.

A digital curfew, particularly in the evening, is crucial for mental clarity. The blue light from devices interferes with melatonin production, impacting sleep. Establish a no-screen rule for at least an hour before bed, using this time for relaxing activities like reading, journaling or reflecting on the day.

Exercise is a natural way to release endorphins, reduce anxiety and boost overall

mood. Incorporate physical activities like running or practicing yoga into a daily routine. Physical exercise can be an empowering way to redirect focus from digital devices to physical well-being.

Start the day with a screen-free morning routine that could include stretching, meditation, a healthy breakfast or simply enjoying a moment of quiet. By setting a calm, mindful tone for the day, we will be better equipped to handle digital temptations.

Traveling to new places, even if they are nearby, is an exciting way to expand our horizons and enjoy fresh experiences. Whether a weekend getaway or a local adventure, exploring new destinations encourages mental rejuvenation and offers a break from digital routines.

For more information, visit NaturalAwakeningsNNJ.com.

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Office IV Therapies Including Chelation Therapy: An Overview

by Robin Ellen Leder

When most people hear intravenous (IV) therapy, they likely think of chemotherapy for cancer, or perhaps treatment for rheumatological diseases with a “biologic” pharmaceutical drug. But there is another side of IV therapy, equally relevant, if less well-known. The IV treatment route, delivering therapy directly through the blood vessels, is useful in a number of other situations.

Low-dose vitamin C, the so called “Myers cocktail”, has been used for years as a tonic or a quick pick-me-up. Vitamin C is absorbed directly, without any of the GI upset associated with oral vitamin C. These IVs have become somewhat trendy at local IV “shops”.

But, the ability to achieve higher, even intensely high, levels of nutrients is one of the things that makes IVs stand out as a treatment modality. Ultra-high dose C is a serious medical treatment, typically done in integrative medical offices. In treating immunological problems, ranging from infectious diseases to cancer to autoimmune conditions to adrenal exhaustion, the use of vitamin C in doses up to 75 or more grams delivered over several hours is enormously effective. The “Cathcart method” (several high dose C drips delivered one after another over the course of several hours) has been known to knock out cold/flu symptoms by the end of the day.

The effectiveness of high-dose IV C is in part due to its antioxidant effect and in part to its stimulating the production of hydrogen peroxide by the white blood cells, which in

turn act to “kill” viruses, etc. This latter effect persists even after the C level itself has gone down post-treatment. This potent medical effect is not achieved by the use of oral C or lower dose IVs. IV treatment at these levels must be preceded by and followed with careful monitoring of kidney function and other parameters; hence, it is not a good fit for a walk-in “express” type of facility.

Many ingredients can be added to IVs to create other desirable effects. These include B vitamins for energy and focus, NAD for anti-aging, magnesium for lowering blood pressure, asthma and stress, glutathione for detoxification and added immune support, and the list goes on. Occasionally, low-dose pain medication can be included, as in the popular “hangover cure”.

Another “side” of office IV therapy is known as “chelation therapy”, of which there are two major types. One entails infusion of EDTA to clear blood vessels of calcified, occlusive plaque. It takes about 3-4 hours per session and, done according to strict guidelines, it can extend the life of blood vessels by many years and obviate the need for premature stents and bypasses. It is equally effective in keeping already placed stents working properly.

The other type of IV chelation involves removal of toxic “heavy” metals from the body’s tissues, particularly the nervous system. Metal levels are initially tested to determine quantities in the body, if any, and which metals are present (which in turn determines which chelating agents to use in

treatment.) The most commonly detected metals amenable to chelation are lead, mercury, arsenic, antimony and cadmium. Some industrially-used metals are NOT accessible to chelation with available chemical agents, so pre-testing before diving directly into treatment is a critical step. Again, kidney monitoring is essential to accurate dosing and safety.

Properly and safely done, IV therapies are effective, relatively low-cost, potentially life-changing medical interventions that can be done in the comfort and convenience of a physician’s office. A knowledgeable physician trained in IV therapies can thoroughly explain the best options for you.



Trained at the side of Dr. Robert Atkins (the Atkins diet), and having taken specialized board certification courses in IV treatments and chelation, Robin Ellen Leder, M.D., has delivered hundreds of IV treatments at her Hackensack functional medical office. Since opening in 1990, the doctor has guided her patients one-on-one to achieve optimal health using minimal medication, focusing rather on diet, supplements, behavioral change, and the emotional roots of problems, and utilizing extensive lab testing to find answers. Conditions including thyroid and adrenal inadequacy, chronic fatigue, gut issues, inflammation, autoimmune disease, excessive weight, diabetes and psychological concerns are all addressed using the best of traditional and natural medicine to achieve positive, long-lasting results. See ad, page 3.

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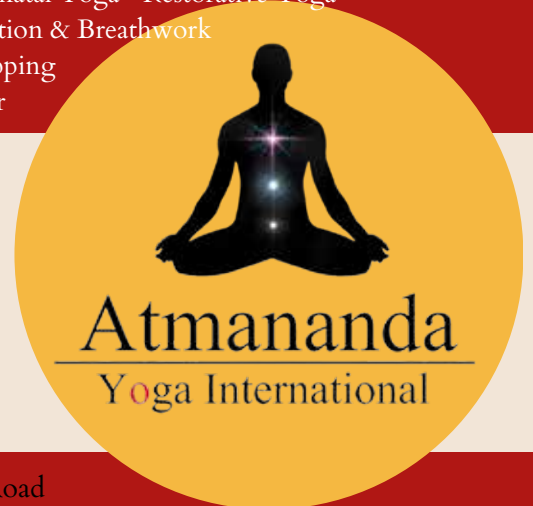
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Funny but Serious Science

Organized by the scientific humor magazine *Annals of Improbable Research*, the Ig Nobel Prize is a satirical award honoring achievements that make people laugh, then think. This year's winners were announced at a lively ceremony at the Massachusetts Institute of Technology.

Winning in the category of physiology, a Japanese research team led by Ryo Okabe and Takanori Takebe discovered that mammals could breathe through their anuses, as reported in the research journal *Med*. Working with mice and pigs, the scientists tested an enema-like procedure called enteral ventilation via anus, which delivers oxygen-carrying liquid to the body through the distal gut. This innovation could eventually be an effective alternative for getting oxygen to critically ill patients when ventilators are in short supply, as was the case during the COVID-19 pandemic.

Jacob White and Felipe Yamashita won the prize for botany, having found that a flowering plant native to central and southern Chile and Argentina (*Boquila trifoliolata*) could imitate the shapes of artificial, plastic plants that were placed nearby. In their paper published in *Plant Signaling and Behavior*, the scientists observed that the real leaves were altered in area, perimeter, length and width, and that the vein pattern of the leaves also changed to be closer to the look of the artificial leaves. The mechanism behind this ability of the plant to “see” the neighboring plant is not yet understood.



Sunny Studio/CanvaPro

Linking Biodiversity to Human Health

In a study published in the journal *Science*, Eyal Frank, an environmental economist and assistant professor at the University of Chicago Harris School of Public Policy, sought to quantify the human health impacts of biodiversity loss. He analyzed the effects of a significant decline in insect-eating bat populations across North America that started in 2006 due to a deadly disease known as white-nose syndrome.

By analyzing annual data after 2006 in numerous U.S. counties, Frank noted that chemical insecticide use by farmers had increased by about 30 percent, on average. During that same time period in the same counties, infant mortality rates due to internal causes (i.e., neither accidents nor homicides) rose by nearly 8 percent.

The study highlights the direct benefits biodiversity provides to agriculture and human well-being, “where interactions between natural enemies—insect-eating bats and crop pests—allow farmers to use lower amounts of toxic substitutes,” says Frank, who further noted that by improving our understanding of how changes in biodiversity affect human well-being, we can better design and implement conservation policies.



Michel VJARD from Getty Images/CanvaPro

Sweat Monitor Measures Overexertion

An elastic band developed by Northwestern University, in Illinois, can show how strenuously muscles are working by measuring the acidity of perspiration on the skin. The band can be placed around the user's working muscle, such as the ankle of a cyclist or the wrist of a tennis player.

A series of tiny reservoirs collect sweat at different intervals, while a sensor measures the acidity, and a smart phone or electronic monitor reports the results. A low pH may indicate the need to stop exercising to avoid sore muscles, whereas a high pH suggests the user has not worked out enough.



zenzeta/CanvaPro

A center for Health and Spirituality - ORA Wellness Center

Ora Wellness Center, located at 5 Atwood Avenue, in Tenafly, is a new facility that integrates services for the body, mind and spirit all in one location. In appreciation of the community's support, Ora Wellness is looking to give back in December by offering unlimited free daily yoga and meditation classes through the Mindbody app. To honor the principle of energy exchange, participants are encouraged to share their experience on social media (via an Instagram story) or post a Google review.



workshops, vision board creation and new moon and full moon circles. One of the center's goals is to invite speakers from around the world to share their wisdom and knowledge on various topics.

The center consists of four main areas: A gym equipped with state-of-the-art equipment, offering personal training, physical therapy and stretching sessions.

A large studio featuring pink Himalayan salt crystals, where classes and events are held, including yoga, meditation, women's circles and full/new moon events.

Private treatment rooms for one-on-one sessions such as acupuncture, coaching, cryotherapy, massage, reiki and thermography.

A boutique that offers carefully curated items for purchase, including candles, essential oils, books, pendulums and crystals.

Upcoming events include mala bracelet



In early December, Ora will host the Mamos and Zaga, from the Sierra Nevada of the Santa Marta Mountains, in Colombia. These spiritual tribespeople are dedicated to caring for the Earth and humanity, and they will share their messages and culture and hold a Q&A session and ceremony.

For appointments and more information, call 201-741-4196 or visit Facebook.com/TenaflyArtofFitness. See ad, page 13.

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Soulful Holiday Gifts

Restorative Presents for Loved Ones

by *Marlaina Donato*

Winter urges us to schedule more downtime, but the festive season can sweep us into a whirlwind of time-sensitive preparations, social gatherings and the nurturing of our loved ones. Between the office party and taking the family feast out of the oven, self-care can easily be forgotten, and we may wind up feeling overwhelmed.

Many of us are stressed out. According to a 2023 survey by the American Association of Retired Persons, 50 percent of caregivers are burdened emotionally from maintaining the role, and four in 10 caregivers rarely, if ever, feel relaxed. A national survey conducted by The Ohio State University Wexner Medi-

cal Center found that 62 percent of parents feel the weight of burnout. Earlier this year, the American Psychological Association revealed in a survey that 57 percent of workers are enduring work-related stress in the form of burnout, anger and emotional exhaustion.

This giving season, remembering family members near and far, as well as service providers, teachers, emergency personnel, nurses and tradespeople, can provide relief (and even a sprinkle of magic) to those that make a meaningful difference in our lives. While sharing holiday joy with others, it is important to also gift ourselves with soothing activities and helpful items to temper holiday stress.

The Gift of Self-Care

“Self-care needs to happen daily—whether meditation, journaling, taking yourself out for a cup of coffee with a book, cooking yourself nourishing food or even dancing to your favorite song in the kitchen,” says Caitlin Ball, a health and lifestyle coach in Zurich, Switzerland. “Sometimes, planning to have no plans is a special treat, especially for those of us that have packed calendars. Even if you’re spending the holidays with family, you don’t have to spend every waking minute together, and everyone will be happier if you are happy.”

Whether we go online to create a curated box of comfort for ourselves or surprise



Julia Metkalova from Julia Metkalova/CanvaPro

someone with a gift certificate from their favorite yoga studio or nail salon, acknowledging body, mind and spirit can be the ultimate gesture of generosity. “Gifting self-care to someone else is like saying, ‘I see you fully.’ It acknowledges that a person is more than just their day-to-day roles or responsibilities—they have emotional, physical and mental needs,” says Chrissa J. Santoro, senior director of communications at the Omega Institute for Holistic Studies, in Rhinebeck, New York.

Investing in someone’s peace or transformation outlasts and outshines less thoughtful presents. “Gifting a retreat experience, workshop or wellness service to a loved one is like giving them permission to prioritize themselves—a gift many people hesitate to give themselves, especially after hardship, long work weeks or grief,” Santoro asserts. “These experiences create a space for someone to step away from the stress, noise and demands of daily life, giving them a chance to reset. This kind of thoughtful gift offers not only physical rest, but also emotional renewal, reminding them of their own worth and helping them rebuild strength from the inside out.”

A self-care gift can be as simple as a basket of locally made artisan bread or as life-changing as a personalized therapeutic intervention. “Maybe that holiday gift is a gift certificate to see a coach, a counselor or a therapist,” suggests Paula Forte, an integrative health and wellness coach in Eden Prairie, Minnesota, who specializes in helping caregivers that too often care for others more than themselves.

Forte spent 45 years working as a registered nurse before becoming her husband’s caregiver when he was diagnosed with Alzheimer’s disease. She knows firsthand the downward spiral of self-neglect. Her suggestions for mindful gift-giving include a week of meal delivery service, especially if eating healthy has been a challenge; simple pleasures, such as a canister of fragrant tea or a bouquet of flowers; or a ticket to a botanical garden, inviting the recipient to spend healthful time



Julia Metkalova from Julia Metkalova/CanvaPro

out in nature. Slipping a gift certificate into a holiday card for prepaid healthy lunches, a pickleball membership or the services of a home organizer might usher in a positive new chapter.

The Pampered Path

Since ancient times, people have sought luxurious and therapeutic respite in baths and the use of precious oils and scents. From hot stone massage to aromatherapy spa treatments, today’s bodywork modalities offer something for everyone. Pampering might be seen as a vanity-driven practice, but heading to the nearest spa or salon is a surefire way to boost endorphins that not only improve mood but lower stress hormones such as cortisol, promoting the body’s natural state of homeostasis. A 2020 study published in the journal *Scientific Reports* found that 10 minutes of massage, as well as simple rest, significantly reduces systemic stress by prompting the nervous system to switch into parasympathetic mode.

Giving someone a pampering experience can be a wonderful way to bring them fully back to all their senses. “A great option is a gift certificate to your favorite spa for a facial or a skincare basket to create that self-care routine at home,” says Diana DePaoli, holistic esthetician, herbalist and owner of Aura+Bloom, in East Stroudsburg, Pennsylvania. “Men

need self-care, too. According to my husband, Danny, it is sleep and a good shave, followed up with some extra love for his beard with my chamomile serum.”

DePaoli’s energy facials include tuning-fork sound healing, as well as reiki, an energy-healing modality, combining physical and spiritual restoration in one session. Even à la carte spa treatments like Himalayan-salt massage or foot reflexology does a body and soul good.

Gifting Kindness, Time and Presence

Making someone’s world light up this holiday season doesn’t need to involve expensive presents. Creating a special music playlist, serving breakfast in bed or inviting a neighbor out for coffee are simple, but lovely, gestures that make a person feel special. “I think coupons for experiences you can do together are very meaningful, and you get to spend quality time together. Maybe a coupon for a day hike and picnic, or a movie night with lots of fun snacks,” recommends Ball, adding, “The older people in our lives just want to hear from us or spend time with us. Give them a coupon saying you will call them once a week.”

Forte’s low-cost suggestions include “a book of coupons to run errands they simply don’t have time to complete, like taking their kids to a museum or park, returning the purchase that was the wrong size or detailing their car.” For DePaoli, inexpensive but thoughtful gifts can also fill someone’s belly with love. “You can’t go wrong with making someone a homemade meal or dessert,” she suggests.

Adopting a Self-Care Mindset

Self-care is vital during the holidays and beyond. DePaoli says, “Being able to rest and reboot is very important to being able to have the energy and mindset to move forward in anything.” And according to Forte, “Self-care isn’t selfish. It is self-preservation.”

Marlaina Donato is an author, painter and recording artist. Connect at BluefireStudio.art.



12 WAYS TO FITNESS

by David J. Sautter, NASM CPT, FNS, PES; ACE SCS



Squat



Lateral Raises



Reverse Lunge



Fire Hydrant



Russian Twist



Donkey Kick



Wall Squats



Superman



Single Leg Glute Lift



Plank



High Knees



Side Plank

Rise of Shampoo, Conditioner and Dish Soap Bars

The use of shampoo, conditioner and dish soap bars is gaining traction among eco-conscious consumers seeking a more sustainable future.

Environmental Impacts

Although the liquid form of these products may be convenient, their environmental impact is significant. Most come in plastic bottles, only 5 to 6 percent of which are recycled. The rest languish in landfills or break down into microplastics that flow into the waterways, harming marine life and ecosystems. The vast majority of these liquid products contain harmful chemicals such as sulfates and parabens that are detrimental to human health and end up in the water supply.

Benefits of Bars

According to beauty bar manufacturer Ethique, one bar can last as long as two to three plastic bottles of the liquid counterpart, saving money and reducing waste. A number of companies produce bars that are free from harmful chemicals and are sold in minimal, compostable packaging. Bars are travel-friendly, with no airline restrictions. They weigh less than a regular-sized bottle of shampoo, and there is no risk of spillage in luggage.

Dish soap bars are highly concentrated, so they last longer. Many are made from natural ingredients that are gentle on the skin and safe for the environment. They eliminate the need for plastic bottles and often come in recyclable or compostable packag-

ing. Use them for washing dishes, cleaning surfaces and handwashing delicate items.

Purchasing Tips

Choose products with natural ingredients and minimal packaging, and brands that prioritize sustainability and transparency, offering detailed information about their practices and ingredients. If a company is vague or evasive, look elsewhere.

Ethique, Lush and EcoRoots, for example, offer high-quality, eco-friendly bars that cater to a variety of needs. Ethique is known for its zero-waste commitment. Lush offers a wide range of handmade bars with unique scents and ingredients. EcoRoots focuses on natural, sustainable products for eco-conscious consumers.

Certifications by USDA Organic, Fair Trade and Leaping Bunny indicate that a product meets specific environmental and ethical standards. A label listing natural ingredients is a good sign, but be wary of vague terms like “green” or “eco-friendly” without specifics to back them up.

Usage Tips

To prolong the life of bars and ensure they remain effective and hygienic, keep them dry between uses and use a soap dish with drainage holes or a reusable tin for storage. It might take a few tries to become accustomed to using solid bars, but they are just as effective as their liquid counterparts. Rub the bar between the hands or directly onto hair or dishes, then rinse thoroughly. High-quality bars can produce an impressive lather.



nadianb/CanvaPro

Click Local

How Online Shopping Boosts Neighborhood Businesses

by Megy Karydes

When Chicago resident Debbie Carlson wants to buy a book, she goes online. Instead of Amazon, she places her orders through *Bookshop.org* because her local bookstore benefits from the purchase while she enjoys the extra convenience. Carlson is not alone, as consumers increasingly look for ways to bolster their neighborhood economy.

“I want to have a thriving retail and local community, and I want to support businesses here,” she says. “If I can’t get to the physical store, I want to be able to go to their website and see what they have.” Although she lives within walking distance of independent shops, food markets and hardware stores, as a full-time professional, she appreciates the convenience of online shopping. Once Carlson finds a store she likes, she’ll sign up to receive updates via email. When something catches her eye, she has no problem picking up the phone and speaking with the proprietor to clarify any questions. “I know they’ll get back to me right away and give me the information I want,” she explains.

Building a Retail Community

“We have become friends with so many of our customers,” says Bonnie Schulz, owner of Bonnie’s Chic Boutique, in Grayslake, Illinois, which features apparel, accessories and home goods, and celebrated 10 years in business this fall. While an active customer base shops in person, she understands that it isn’t easy for everyone to regularly come in to see what’s new. To stay connected with her clientele, she greets them on Facebook Live every Wednesday, walking around the shop and pointing out the latest arrivals.



RyanKing999/CanvaPro

“Every single time I do a What’s New Wednesday, we have people calling to set aside an outfit or coming in to buy something,” Schulz says, noting that her customers are not always local to the area. Some of her regulars keep tuning in even though they have moved away. It’s easy for them to place an order on the phone or have a neighbor or family member pick it up to ship to them.

Schulz has spent years nurturing her relationship with her customers, and they trust her opinion as they would a friend’s. She has become a trusted personal shopper, and once she gets to know them, she can steer them in the right direction even if they’re not in the store.

High Tech Meets High Touch

Part of the reason online shopping has become so popular is it can be done with a click of a button, and there is hardly anything that cannot be found online. According to a Pew Research Center survey, whether ordering

household items or the latest fashions, the internet has reshaped how, when and where we make purchases. Smartphones have made it so convenient that about one in three Americans shop online with their phone at least weekly.

Companies like *Locally.com* are making it easier for customers to find items close by, even if they want to shop online. Their omnichannel business strategy provides a seamless shopping experience across all channels, including in-store, mobile and online. If a shopper is looking for a local retailer to buy their next pair of running shoes, for example, they can input their location and the product on Locally’s website or app, which will identify which nearby retailers have that item in stock. The shopper can then choose to order it online or go to the store to make their purchase.

While Facebook, Instagram, YouTube and TikTok dominate online sales, 87 percent of brands report that their email marketing campaigns are just as critical to their business success, according to Litmus, an email marketing platform. It takes time for independent retailers to keep websites updated, and sending emails is time-consuming, but independent retailers understand that shoppers appreciate the convenience of shopping online while supporting the local community. “You have only so much money to spend,” Carlson says. “I want to make sure that I’m spending it in a way that I think my dollar will have an impact, not just financially, but socially, as well.”

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

Practicing Sensory Skills at Home

How To Help Kids Explore the Senses

by Christina Connors

From birth, children are naturally curious, letting their senses lead the way as they discover the world around them. Through sight, hearing, smell, taste and touch, they learn to navigate their environment and recognize their place in it. Although the five senses are innate skills, kids need to practice, understand and integrate these sensations as they mature, so that they can anticipate the dangers, enjoy the thrills, develop their thinking and cope with new emotions.

Sensory skill-building teaches children how to explore their surroundings with confidence. Exercises and games that develop the senses can make the learning experience fun for kids, while also allowing parents and instructors to guide the process and marvel at their children's discoveries.

Sight

Eye Spy: This game involves one player that chooses a secret object and provides a clue so that the other players can guess what it is. The clue is introduced with the phrase, "I spy with my little eye." Players take turns guessing until the object is identified. Through laughs and giggles, participating children are invited to notice individual items around the room or at the park, sparking curiosity and developing cognitive skills.

Color of the Week: Each week, the family agrees to look for items that are a certain color. The game may inspire discussions



Collab Media's Images/CanvaPro

about the different shades and tones of the chosen color, as well as how this hue makes them feel. It supports communication skills at home, which helps kids feel safe, seen and valued.

Smell

Scent Search: Using a diffuser with children is a great way to help them distinguish unique scents such as sweet, floral or spicy. The conversation can then expand to explore how different aromas make them feel, and to help children identify their likes and dislikes.

Grow a Garden: A family garden filled with flowers and herbs provides unique sensory experiences for children, including new scents, sights and textures. For those living in cities, potted flowers and herbs around the home will have a similar effect.

Touch

Sensory Bins: "Fill different bins with kidney beans, split peas or rice. Hide little objects or toys in them and have your kids reach in the bins to find them," recommends Akerson. Without removing the item from the bin, ask the child to describe the object with as many details as possible.

Testing Textiles: At bedtime, bring patches of different fabrics like cotton, wool, flannel, sheep skin, burlap or silk, and entice a child to touch and describe the feel of each textile. In addition to learning about the sense of touch, they may also pick up a few vocabulary words.

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



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calendar of events

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Sunday

Ramsey Farmers Market – 9 am - 2 pm. Award winning non-profit Ramsey Farmers Market features 50 local vendors, music craft, chef demos and special fun events for whole family. For more information: <http://ramseyfarmersmarket.org/> Location: Erie Plaza Station, 2 West Main St, Ramsey.

Tuesday

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

Thursday

Weekly Neuro-Transformational Guided Meditation Circle – 10:30-11:30am, Online. Release your stress and relax with Lois Kramer-Perez. Using visualizations along with guided clearing meditations, clear accumulated stress therefore clearing the self. No meditation experience required. Register by 9am to receive the Zoom link from Lois emailed at 10am. Details: Lois@loiskramererez.com. 201-906-5767. Register: LoisKramerPerez.com/My-Events/.

Sunday, December 1

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.

Tuesday, December 3

Messages from the Other Side – 7:00pm - 8:30pm. With her natural clairvoyance and deep experience in spirit communication, April will offer live readings and connect with loved ones who have passed to provide insightful guidance and messages from beyond. Visit Website & Register at <https://wellnessgala.com/events/>. Location: Wellness Gala, 18 East Main Street, Suite 202, Denville 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 [\[health.org\]\(http://www.inglewood-health.org\). Location: Graf Center for Integrative Medicine, Englewood Health - Main Campus, 350 Engle Street, Englewood, NJ.](http://www.inglewood-</p></div><div data-bbox=)

Saturday, December 7

Salt and Sound bath Meditation with Michele – 5:00pm. Join us to receive this safe and powerful ancient healing practice will benefit with a sound healing experience that will vibrate and connect with every cell in your body, leaving you feeling refreshed and rejuvenated. Call (201) 429-3214 or Visit Website & Register at <https://cattleyatrianaespa.com/>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

Annual NJ Eritreans Holiday Party – 6:00pm - 11:00pm. Celebrate with fellow Eritreans at an unforgettable holiday gathering full of joy, laughter, and tasty treats. Enjoy a night of delicious food, dance, and the chance to create lasting memories with your community. Price: \$35 - \$85. Visit Website & Register at <https://morejersey.com/>. Location: Knights of Columbus - Sacred Heart, 235 Rochelle Ave, Rochelle Park, NJ.

French-American Holiday Market – 11:00am - 6:00pm. Discover unique French-inspired gifts, artisanal crafts, and delicious treats at this incredible holiday market! Enjoy interactive workshops, kid-friendly activities, and live cultural performances, all perfect for holiday shoppers and families. Visit Website & Register at <https://morejersey.com/>. Location: French American Academy of Englewood, 85 West Demarest Avenue, Englewood, NJ.

Meditate and Create: A Journey to Meet Your Higher Self – 1:00pm - 3:00pm. Join us for Meditate and Create, a two-hour immersive experience designed to help you connect with your higher self and express this vision through art. Visit Website & Register at <https://thespaceforart.com/>. Location: The Space, 356 Bloomfield Ave loft #2, Montclair, NJ.

Sunday, December 8

Wayne Valley Holiday Craft Show – 10:00am - 5:00pm. Get into the holiday spirit at Hand painted handbags and signs, ceramics, hand crafted jewelry, fiber, fine art, soft sculpture, holiday items, wood puzzles and much more. Call 201-410-5416 to register or visit website at www.pjspromotions.com. Location: Wayne Valley High School, 551 Valley Road, Wayne, 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.

Monday, December 9

Tenafly Nature Center Forest School – 9:00am - 2:00pm. Children 3.5 to 6 years of

age have the opportunity to spend time exploring the forest, developing their confidence, and laying the foundation for a lifelong appreciation of nature. Call 201-568-6093 to register or visit website at <https://tenaflynaturecenter.org/>. Location: Tenafly Nature Center, 313 Hudson Avenue, Tenafly, NJ.

Tuesday, December 10

Discovering Your Ikigai with Nicole – 7:00pm - 9:00pm. Guiding you on how to begin uncovering your Ikigai through several written exercises. By the end of the session, you will have created a personalized version of our custom Ikigai, which we call your Legacy Builder Ikigai Blueprint. Register or visit website at www.loopwithus.com. Location: Loopwell, 80 Maple, Avenue, Montclair, NJ.

Wednesday, December 11

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.inglewoodhealth.org. Location: The Graf Center for Integrative Medicine, 350 Engle Street Berrie Center 5th Floor, Englewood, NJ.

Thursday, December 12

Reading Buddies Ages 5+ – 4:00 pm - 4:20 pm. Children are encouraged to bring their own books or they can select one from our collection. Teen volunteers can also read to children not quite ready to read on their own. Reading with a teen buddy helps new and emerging readers gain confidence and independence while practicing reading skills. Visit Website & Register at <https://www.njbuletin.com/>. Location: Tenafly Public Library, 100 Riveredge Road Children's Room, Tenafly, NJ.

Saturday, December 14

Rutherford Elks Holiday Bazaar – 11:00am - 4:00pm. Discover a holiday shopping event featuring a fantastic assortment of unique gifts. Enjoy free admission and find something special for everyone on your list. Visit Website & Register at <https://morejersey.com/>. Location: Rutherford Elks Lodge 547, 48 Ames Ave, Rutherford, NJ.

Dumont Decks the Halls: Holiday Sing Along & Show – 7:00pm - 8:30pm. Celebrate the season with a festive sing-along featuring special performances by Elizabeth & Friends. Bring your family and friends to enjoy joyful music, delicious treats, and heartwarming moments. Visit Website & Register at <https://morejersey.com/>. Location: St. Mary's Church, 280 Washington Ave, Dumont, NJ.

Monday, December 16

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

Wednesday, December 18

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: The Graf Center for Integrative Medicine, 350 Engle Street Berrie Center 5th Floor, Englewood, NJ.

Thursday, December 19

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. You'll also explore various mediums, including charcoal, pastel, watercolor, oil paint, and mixed media. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

Friday, December 20

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



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System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Monday, December 23

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. Participants will be able to interact with each other to create a sense of community. All levels welcomed. Visit Website & Register at www.inglewoodhealth.org. Location: The Graf Center for Integrative Medicine, 350 Engle Street Berrie Center 5th Floor, Englewood, NJ.

Thursday, December 26

Special Winter Break Yarn Time – 3:30 pm - 5:00 pm. Adults and students grades 6 and up can come and browse our fiberarts books and try out a new (or old) skill with the library's supply of yarn and tools. Visit Website & Register at <https://www.njbulletin.com/>. Location: Tenafly Public Library, 100 Riveredge Road Teen Space, Tenafly, NJ.

Friday, December 27

Gingerbread Workshop Ages 6+ – 11:00 am - 12:00 pm. Each participant will be supplied with frosting, and candy to decorate their very own graham cracker house. Younger participants may need help from their grownup. Visit Website & Register at <https://www.njbulletin.com/>. Location: Tenafly Public Library, 100 Riveredge Road Teen Space, Tenafly, NJ.

Saturday, December 28

Newborn Care/Take Care of Yourself/Take Care of Your Baby – 9:30 am - 12:00 pm. This one-session class details all the basics of newborn care for expectant/adoptive parents. Topics will include bathing, bath products, diapering, cord care, temperature taking, sleep patterns as well as your postpartum care/topics. Visit Website at valley-health.com/events. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Monday, December 30

Meditation for Stress, Anxiety, and Depression – 5:30pm - 6:30pm. Learn simple meditation techniques to help relax the body, center your mind, and build resistance to stress. With simple tools and strategies for making meditation part of your daily routine, you can transform how you handle stress, anxiety, and depression. Visit Website & Register at www.inglewoodhealth.org. Location: The Graf Center for Integrative Medicine, Englewood Health - Main Campus 350 Engle Street, Englewood, NJ.

Saturday, January 4

Holy Fire Reiki 1 – 10:00am - 5:00pm. Come join us for a Reiki 1 Beginner's level consists of an introduction to Reiki Healing and an opening to the blessings of life, including simple hands-on techniques for self-healing. Call 201-788-6322 to register or visit website at www.essenceofself.com. Location: Essence of Self Ayurveda Spa, 52 Skyline Drive, Ringwood NJ.

Sunday, January 5

Holy Fire Reiki 2 – 10:00am - 5:00pm. Come join us for a Reiki 2 The professional level of Reiki training includes an introduction to symbols, distance healing, and hand placements for full-body treatment of self and others. 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, January 6

The Better Breather's Club – 11:00 am - 12:00 pm. Learn better ways to cope with lung disease while getting the support of others in similar situations. The group provides a safe space where patients can talk openly about their feelings, reduce stress and anxiety, and receive education. Visit Website at valley-health.com/events. Location: The Valley Hospital, 4 Valley Health Plaza, Paramus, NJ.

Sunday, January 12

Singing Bowls Sound Healing – 2:30pm - 3:30pm. In the serene and relaxing environment of the salt cave, enjoy the sounds and vibrations of singing bowls and meditation with sound healer Beth Lantigua. 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, January 14

Nutrition for Menopause – 5:00am - 6:00am. Join us for an in-depth exploration of the hormonal changes that occur before, during, and after menopause, highlighting their effects on appetite, cravings, and digestion. Visit Website & Register at www.inglewoodhealth.org. Location: The Graf Center for Integrative Medicine, 350 Engle Street Berrie Center 5th Floor, Englewood, NJ.

Tuesday, January 21

Pack It Up: Learn to Live a Smoke-Free Life (4-Session Series) – 5:50pm - 6:50pm. Our group smoking cessation program will teach you strategies to commit to quitting smoking over the course of four weeks. Visit Website & Register at www.inglewoodhealth.org. Location: The Graf Center for Integrative Medicine, Englewood Health - Main Campus 350 Engle Street Englewood, Englewood, NJ.



CALENDAR

Check out the latest events at NANorthNJ.com/calendar

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change easily and create a new way of life for you. Let me introduce you to the process of Access Bars and a way to live life where you function from your own awareness having more happiness and ease. Offering Access Bars and Access Energetic Facelift sessions and classes. *See ad, page 5.*

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MomAndPapsCare.com



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YOGA

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Zeni Pepper
pure-bliss-yoga.com



Pure Bliss Yoga was founded by Zeni Pepper, a lifelong yoga and meditation practitioner, who regularly leads classes, workshops, teacher trainings and retreats. Echoing her multi-faceted life experiences, Zeni's yoga classes are varied and deep, infused with energetic practices, philosophy, mythology, poetry and spirituality. She teaches a broad range – from intelligently weaved vinyasa flows, to blissful restorative yoga, meditation and yoga nidra, in group, private or corporate settings. You can follow and connect with her on Facebook or Instagram @zeniyoga. *See ad, page 9.*

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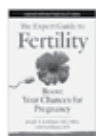


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