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NORTHERN NEW JERSEY

FEBRUARY 2025

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Publisher **Anil Singh**

Editor **Martin Miron**

Contributing Writers **Thomas Brenton**

**Ashley Di Capri**

**Lisa Poquinto**

**Joseph Quiroz**

**Nayda Rondon**

Design & Production **Kim Cerne**

Sales & Marketing **Anil Singh**

**CONTACT US**

Natural Awakenings

North NJ – Bergen & Passaic Edition

Paramus, NJ 07652

PH: 201-781-5577

[Publisher@NaturalAwakeningsNNJ.com](mailto:Publisher@NaturalAwakeningsNNJ.com)

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@NANorthNJ



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**NATIONAL TEAM**

CEO **Kimberly B. Whittle**

National Editor **Sandra Yeyati**

Editor **Brooke Goode**

Copy Editor/Proofing **Melanie Rankin**

Layout **Flip180 Media**

**CONTACT US**

Natural Awakenings

Publishing Corporation

350 Main Street, Suite 9B

Bedminster, NJ 07921

[NaturalAwakenings@KnoWEwell.com](mailto:NaturalAwakenings@KnoWEwell.com)

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letter from publisher:



**The Importance of Heart Health**

I'm sure that you are off to a great start of 2025 with new resolutions, new goals and ambitions. We are here to encourage and support another healthier you this year. To accomplish your goals and happiness, we share full range of information for inner as well as outer wellness, including mental health advice, lifestyle lessons, household tips and guidance for your loveable pets.

If you hit a snag while chasing your dreams, there are enough resources, techniques and remedies available naturally. On page 12, Dr. Anne Deatly walks us through the "Acupressure Gateway to the Heart and Spirit." Likewise, Dr. Roman E. Finn provides insight about the middle ground between conventional medicine and alternative medicine—the new frontier of your health and wellness journey.

February is Heart Health Month, and we include some very handy and long-term beneficial information. The integrative approach to hearth health and longevity on page 16: "The thriving heart." It highlights the point that we don't have to totally depend on expensive medication with strong side effects, but can choose alternative lifestyles and nutrition approach to prevent and reverse heart conditions.

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

Enjoy life and stay healthy, stay happy!

Anil Singh, Publisher

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Salt of the Earth, Center for Healing will celebrate Valentine's Day and President's Day with a weekend of half-price (\$20) salt cave sessions February 14, 15 and 16 for participants to rejuvenate and relax.

Gift cards are available. Location: 811 Chestnut Ridge Rd., Chestnut Ridge, NY. To book a session or for more information, call 845-290-0678 or visit [saltoftheearthcfh.com](http://saltoftheearthcfh.com).

## Get Answers From Beyond the Veil

Balance Your Life will present a Wellness gala, *The Power of Intention*, from 2:30 to 6:30 p.m., March 23, at Unitarian Ridgewood. It will feature high vibrational products/practitioners and mini psychic readings.



A panel from 3 to 4:30 p.m. includes Yvonne Maria Schäfer, with psychic and transcendental readings; Dr. Robert Kandarjian, intuitive energy healer; Dr. Catherine P. Perry, creation coach and intuitive energy healer; and Lee Grabarczyk, intuitive and artist.

Participants can get up close and personal with a panel of renowned psychics and celebrity mediums to receive answers, guidance and insight to their individual questions and messages from loved ones that have passed.

Admission is \$56 in advance, \$67 at the door. Location: 113 Cottage Pl., Ridgewood. For tickets and more information, call 973-713-6811 or visit [WellnessGala.com/events](http://WellnessGala.com/events).

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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 \$37 was \$89 (regularly \$249) from noon to 5 p.m., Tuesdays February 4, 11, 18 and 25 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](mailto:Angela@beautyfio.com) or visit [InnerBeautyNJ.com](http://InnerBeautyNJ.com).*

## Best Prep for Pregnancy

Online Event and Expo Offers Fertility Guidance

Helping couples make informed decisions about their reproductive health, Best Prep for Pregnancy is a five-day online event and expo from March 25 through 29, featuring more than 30 experts and exhibitors. Attendees will gain insights into the root causes of female and male infertility, and learn about a whole-health approach to optimal fertility that protects parents and their babies. This immersive conference will offer a wealth of vital tips and solutions for those trying to conceive naturally or with the help of *in vitro* fertilization (IVF) or egg freezing.

"Combining traditional and modern medicine offers a holistic approach to fertility, enhancing the chances of conception," says event host Dr. Susan Fox, a specialist in reproductive health with more than 23 years of experience. She will be joined by other notable speakers, including Dr. Sarah Green, a leading advocate for integrative fertility methods, and Dr. James Patel, a specialist in egg freezing and IVF technologies.

Sponsored by KnoWEWell and *Natural Awakenings* magazine, the event will include individual talks, interactive workshops and exhibitor presentations. Participants will have the opportunity to engage with professionals, ask questions and connect with others on similar journeys.

*For more information or to register, visit [BestPrep4Pregnancy.com](http://BestPrep4Pregnancy.com).*

## 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](http://citm-drfinn.com). See ad, page 12.*

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### Long-Term Health of Cesarean Babies

According to the March of Dimes, nearly a third of live births in the United States are by Cesarean section (C-section), posing increased risks of health problems such as obesity, Type 2 diabetes, asthma and allergies. Scientists suspect that the lack of exposure to the microorganisms in the mother's vagina during birth may be the reason. Vaginal seeding by wiping a newborn's skin, nose and mouth with the mother's vaginal microbes can make the skin and gut microbiome of C-section infants more similar to vaginally delivered babies, but the long-term impacts on health have not been determined.

A study on mice published in the journal *Cell* may be the first evidence of the positive effect of vaginal seeding on metabolic health. The researchers found that mice that received fecal transplants from babies exposed to vaginal seeding had more diverse microbiomes a few weeks after the transplant. In addition, male mice that received fecal transplants from babies exposed to vaginal seeding had less abdominal fat than male mice with transplants from babies not exposed to vaginal seeding. Increased abdominal fat has been linked to increased risks of obesity, Type 2 diabetes and heart disease.



### Smart Pillow

10minds, a South Korean company, has introduced Motionsleep, a smart pillow that can detect snoring and measure oxygen saturation levels for improved sleep and health management. The pillow uses artificial intelligence to record, track, learn and analyze the user's snoring patterns through a Bluetooth-powered application.

Using seven built-in airbags, the application adjusts the pillow to move the user's head and back until the snoring intensity decreases. The pillow is made from environmentally friendly memory foam, offering support and comfort for the cervical spine, located in the neck. It has no electronic components, eliminating concerns about electromagnetic waves.



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## Binaural Beats To Lower Anxiety

A binaural beat is an auditory illusion created by the brain when two different tones are played in each ear simultaneously, creating the perception of a third tone. Listening to binaural beats may help train the mind to increase creativity, enter a meditative state, reduce anxiety or improve mental focus.

A Turkish study published in the *Journal of Integrative and Complementary Medicine* investigated the effect of using binaural beats with patients undergoing a sedation-free upper gastrointestinal endoscopy. Forty-eight patients in the binaural beats group wore headphones and listened to music 15 minutes before the endoscopy, and the control group of 48 patients was given no pre-procedure treatment. The binaural beats group experienced significantly lower anxiety and better tolerated the endoscopy procedure than the control group.



Photo: Pheelings Media from Getty Images/Can-

## Diet To Reduce Biological Age

A study published in *BMC Medicine* compared the effects of a vegan diet versus an omnivorous diet on the biological age of 21 pairs of healthy, adult identical twins. The study comprised two four-week phases: delivered meals and self-provided meals. The participants also received nutritional education about choosing minimally processed foods and building balanced plates. Food intake details were captured at the start of the study and again at week four and week eight. Blood tests were taken at the beginning and end of the study to measure DNA methylation, a marker of biological age. Only the vegan group showed a reduction in biological age, with an average reduction of .63 years after eight weeks on the diet. Reductions in the estimated ages of the heart, hormone, liver, inflammatory and metabolic systems were also noted.

## 3-D Printed Teeth

Formlabs, a leading supplier of 3D printers, has introduced Premium Teeth Resin, made with biocompatible material that the company claims enhances aesthetics and has been validated for longevity. The resin can be used for 3-dimensional printing of dentures; temporary full-arch implant-supported restorations; and temporary crowns, inlays, onlays, veneers and bridges up to seven units. Formlabs reports that Premium Teeth Resin is cleared for use in the U.S., European Union, United Kingdom, Switzerland and Canada.

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# The Fusion of Alternative and Conventional Medicine

by Dr. Roman E. Finn

In recent years, the integration of alternative and conventional health care has gained momentum, redefining the landscape of modern medicine. From searching for a nearby alternative medicine clinic to exploring integrative medicine health care, individuals are turning to approaches that combine the best of both worlds.

## Rising Popularity of Alternative Medicine

Alternative medicine encompasses a wide range of practices, including acupuncture, herbal remedies, chiropractic care and homeopathy. These methods, often rooted in ancient traditions, focus on stimulating the body's natural healing abilities. Patients are increasingly turning to alternative medicine doctors to explore options beyond conventional treatments such as holistic care that treats the root cause of illness rather than just symptoms with fewer side effects and personalized treatment plans tailored to individual needs. Natural remedies are often perceived as gentler on the body.

This surge in interest has prompted health care providers to reassess their strategies, recognizing the potential of alternative therapies to complement modern medicine.

## Understanding Integrative Medicine

Integrative medicine bridges the gap between alternative and conventional treatments, combining evidence-based practices from both disciplines. An integrative medicinal doctor collaborates with patients to create comprehensive care plans that address physical, emotional and spiritual well-being. Key principles of integrative medicine include patient-centered care em-



powering individuals to take an active role in their healing journey; evidence-based approaches that incorporate scientifically validated alternative therapies; and prevention-oriented strategies focusing on lifestyle changes to prevent illness.

The appeal of integrative medicine lies in its ability to harmonize diverse healing modalities, fostering a balanced and proactive approach to health.

## Benefits of Integrative Medicine

Integrative medicine offers numerous advantages, making it a valuable addition to conventional health care, such as enhanced patient satisfaction—patients appreciate having options beyond pharmaceuticals and surgeries; comprehensive care—addressing mind, body and spirit, integrative medicine promotes overall wellness; improved outcomes—combining therapies can lead to better symptom management and faster recovery; and reduced reliance on medications—alternative treatments can minimize dependency on prescription drugs.

For example, patients with chronic pain often benefit from acupuncture or chiropractic care alongside traditional treatments. This comprehensive approach alleviates pain, increases mobility and improves quality of life.

## Role of Physicians in Integrative Medicine

Physicians play a pivotal role in fostering the integration of alternative medicine into conventional care. They serve as educators guiding patients on safe and effective alternative therapies; collaborators working alongside alternative practitioners to ensure coordinated care; and advocates supporting research and policies that promote integrative healthcare.

When patients seek guidance from an alternative medicine clinic, they rely on their physicians to provide informed recommendations. Building trust and fostering open communication are essential for successful integration.

## Choose the Right Integrative Medicine Provider

When searching for integrative medicine health care, check credentials to ensure the provider is certified and experienced in integrative medicine, and inquire about the scientific basis of recommended therapies.

## Seek Collaboration

Look for providers that work closely with conventional health care teams and read reviews, because patient testimonials can offer insights into the quality of care. Selecting a reputable practitioner ensures that the journey toward holistic wellness is safe and effective.



*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](http://citm-drfinn.com).*





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# Accupressure Gateway to the Heart and Spirit

by Dr. Anne Deatly

**T**he heart and its emotion of love and connection are critically important to our physical and emotional health. In celebration of the heart, the acupressure point on the heart meridian, Heart 7 (HT7), has a spectrum of benefits through gentle massaging. This point helps support our heart organ to function effectively, increase our capacity to love more deeply and enhance our ability to show compassion to the world.

HT7 is one of the most important meridian points in the body. It is located on the wrist crease, just below the palm, and aligned with the pinkie finger. Holding, rubbing, massaging, spinning a crystal or weaving figure-eights over this point balances heart energies and brings harmony and calmness to the heart organ and the body. As the heart meridian source point with extra energy

reserves, HT7 serves the heart organ by balancing either excess or deficient energy. Working with HT7 also helps a broken heart.

Significantly, HT7 is often referred to as the spirit gate, or shenmen point, in Traditional Chinese Medicine. It is a gateway to the innermost chambers of the heart and an energetic pathway for heart expression and loving presence. Massaging this acupressure point releases energy blockages associated with imbalances in the spirit, mind and emotion.

Not only does HT7 regulate and strengthen the heart organ in general, it also helps reduce or balance the emotions of stress, anxiety and panic, as well as blood pressure issues. In addition, HT7 supports sleep. It is the leading acupressure point in treating anxiety and insomnia. Emotionally, HT7 helps manage irritability and manic depression.

The heart meridian is part of the fire rhythm energy. The HT7 helps to support the blood and cools down internal fire energy reducing stress, anxiety, panic and palpitations. Cooling the internal fire also helps reverse insomnia. By balancing the fire rhythm energy, the shenmen point calms and clears the mind to improve thinking, and helps with memory loss. Regular massaging of the HT7 point revitalizes and improves memory at any age.

Physiologically, massaging HT7 helps with heart-related symptoms of heart arrhythmia, palpitations and pounding sensations. Other symptoms affected by HT7 include motion sickness, vertigo and nausea. Massaging the HT7 point relieves chest tightness, palpitations and gastroesophageal reflux disease (GERD) because the heart meridian is connected to our chest and heart area.

Individuals can massage HT7 for 15 to 30 seconds on one wrist and then repeat on the other wrist for 15 to 30 seconds. It is recommended to keep repeating back and forth for three to five minutes and repeat this massage a few times a day. For motion sickness or vertigo, use a fingernail or thumb to massage the HT7 point.



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



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# Secrets to Heart Health: A Stress-Free Guide to a Long Life

by Martin Miron

**S**tress is often seen as a common part of life, but when it comes to heart health, its effects are far from benign. Chronic stress can lead to a range of negative outcomes for the heart, including high blood pressure, increased risk of heart disease and a higher chance of developing stroke or heart attack. While this reaction is helpful in short bursts, prolonged stress keeps our bodies in a heightened state of alert which can harm our hearts over time.

## Managing Stress for Heart Health

**Mindfulness and Meditation:** Mindfulness practices and meditation are excellent tools for managing stress. By taking just a few minutes each day to focus on our breath and clear the mind, we can significantly reduce the physiological effects of stress. Research shows that mindfulness meditation helps reduce blood pressure, lower cortisol levels and improve overall cardiovascular health. Regular practice can also improve mental clarity, increase emotional resilience and promote relaxation.

**Balanced Diet:** A balanced and heart-healthy diet is essential for managing stress and promoting longevity. Foods rich in antioxidants, vitamins and healthy fats can reduce inflammation and support heart health. Include plenty of fruits, vegetables, whole grains and lean proteins in the diet and limit processed foods, saturated fats and sugars. Foods such as salmon, nuts, olive oil and dark, leafy greens are particularly beneficial for heart health.

**Relaxation Techniques:** Incorporating relaxation techniques into our routine can help ease stress and support heart health. Activities such as yoga, deep breathing exercises and progressive muscle relaxation can help calm the mind, reduce tension and promote relaxation. Yoga, in particular, combines physical movement with mindfulness, making it an excellent choice for reducing stress and improving cardiovascular health.

## Heart Health for Longevity

**Regular Check-Ups and Monitoring:** Regular visits to a healthcare provider allow for early detection of potential issues such as high



blood pressure or elevated cholesterol levels. By addressing these risk factors early, we can take steps to prevent the onset of heart disease and improve our chances of living a long, healthy life.

**Maintain a Healthy Weight:** Excess weight, especially around the abdominal area, increases the risk of high blood pressure, high cholesterol and Type 2 diabetes, all of which contribute to heart disease. A healthy diet and regular exercise can help achieve and maintain a healthy weight, reducing the risk of cardiovascular problems.

**Stay Hydrated:** Staying properly hydrated is often overlooked, but is an essential component of heart health. Dehydration can cause the blood to thicken, increasing the risk of blood clots and strain on the heart. Drink plenty of water throughout the day to keep the body hydrated and heart functioning optimally.

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



## Ice-Free Arctic Day

An article in the journal *Nature Communications* predicts that the first ice-free day in the Arctic Ocean could come as early as 2027, which would be the first visible transition from a white Arctic Ocean to a predominantly blue body of water during the summer. Conditions for an ice-free Arctic Ocean arise when there are less than 1 million square kilometers of ice. While other studies have estimated that the mean ice cover may be less than 1 million square kilometers by September 2050, this research was focused on determining when the first day might occur.

To make their prediction, the scientists used climate models that simulate trends in global temperatures and Arctic sea ice concentrations. They warn that the only way to avoid an ice-free day within this decade is to cut emissions fast enough to cap global warming at 1.5 degrees Celsius. An ice-free Arctic Ocean in the summer is expected to warm the upper ocean and accelerate climate change. Such a change could induce more extreme weather events around the globe and negatively impact the Arctic ecosystem, from zooplankton to the polar bear.



izobrazheniya pol'zovatelya hipotov\_alexandr/CanvaPro

## Phasing Out Dry-Cleaning Chemical

In December 2024, the U.S. Environmental Protection Agency (EPA) announced a 10-year phaseout for the use of perchloroethylene (PCE), although most uses will be fully phased out in less than three years. PCE is a solvent used for consumer applications, such as brake cleaners and adhesives, as well as for industrial uses, such as dry cleaning, the production of refrigerants and the processing of petroleum at refineries.

Newly acquired dry-cleaning machines are prohibited from using PCE after six months. The compliance dates for machines that are already in service vary depending on the type of machine; older models will be phased out sooner. Many dry cleaners have already begun the transition to alternative products. The EPA rule is intended to eliminate the health risk to people that work in dry-cleaning facilities. A 2009 study published in the *Journal of Environmental and Public Health* found that people living in buildings with a dry cleaner had higher rates of kidney cancer.



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## Starch-Based Plastic

Among the sustainable products featured at the 2024 Consumer Electronics Show, in Las Vegas, the Honoree in Sustainability & Energy/Power award was given to Retarch, a starch-based product that is as strong and durable as plastic but eco-friendly and 100 percent biodegradable. Developed by TheDay1Lab, a South Korean biomaterial company, Retarch is made from natural, non-synthesized polymers that can break down on land and in water without leaving behind harmful chemicals or microplastics. The material can be customized for a wide range of applications that currently use plastics, such as packaging and consumer goods. According to TheDay1Lab, Retarch is free from 42 harmful substances and releases up to 86 percent less CO<sub>2</sub> than petroleum-based plastics.



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# I Feel like My Thyroid Is Off, but My Doctor Says...

by Dr. Robin Ellen Leder, M.D.

One of the very most common issues that has brought patients to my office over the years is their belief that they have problems/symptoms related to their thyroid glands. They will tell me that for some period of time they have been experiencing at least several clinical symptoms widely known to be related to these glands, including, but not necessarily limited to:

- Weight gain/difficulty losing or maintaining weight
- Fatigue/lack of energy
- Loss/shedding/thinning of hair
- Change in the texture of nails or hair
- Poor sleep
- Diminished concentration or memory/brain fog
- Irregular or slowed heartbeat/palpitations
- Menstrual irregularity
- Increased sensitivity to cold
- Constipation
- Dry skin
- Puffy face
- Hoarseness
- Swelling/pressure in the lower anterior neck
- Depression
- Weak/depleted Immune system

Typically, they have already asked their primary care docs to check their thyroid, and, lo and behold, they are told that their tests came back “normal”. Perhaps they have gone on to inquire with an endocrinologist, but the answer is often the same: no problem found. However, that said, they don’t feel “normal”. And that is often when these folks come to seek the advice of a functional medical doctor.

There are SO many aspects to thyroid function and efficacy that need to be addressed when someone is experiencing “hypothyroid symptoms”. For whatever reason, unclear to me, the in-depth investigation of the thyroid often falls into province of functional physicians such as myself.

For many physicians, thyroid lab testing consists solely of a TSH test (thyroid stimulation hormone that emanates from the pituitary gland). If this number is elevated or depressed, it will trigger a response with medication. The functional “cutoff” at the high end for a “good” TSH vs. a not-so-good TSH is not the same as the traditional/lab cutoff. This is one of many distinctions in the traditional as opposed to the holistic approach to establishing thyroid status.

Some traditional physicians will also check “T4”, the precursor to the active thyroid hormone in the body known as “T3”. A decent T4 level does not insure adequate ACTIVE T3 levels, as sufficient and accurate conversion is by no means guaranteed. Therefore, it is critical to check not only for actual T3 levels, but also for levels of improperly manufactured and hence ineffectual T3 (known as “reverse T3”).

Other considerations in a thorough evaluation would include:

- Is there adequate iodine in the body to support thyroid function?
- Are toxic elements sitting in the body where iodine belongs?
- Are other nutrient levels that support thyroid function optimal?
- Is thyroid hormone being well-received in the body’s tissues?
- Is autoimmune disease interfering with thyroid function?

- (A big one!) Are the adrenals that partner with the thyroid glands in good shape, doing their part in working with the thyroid to produce “good thyroid” results or not?

## Is the overall metabolic rate optimal?

In testing comprehensively and uncovering the answers to these questions, we are in a much better position to understand why one may indeed be experiencing thyroid-like symptoms, even though their most basic tests are coming out seemingly “normal”. Once we discover exactly where the issues lie, it is not difficult to treat and correct the problem or problems at hand and alleviate symptoms, restoring a patient back to a more robust level of health. As they say on TV: “The more you know....”



Since completing her mentorship working side-by-side with Dr. Robert Atkins (“The Atkins Diet”), Robin Ellen Leder, M.D. has been practicing functional/integrative medicine in her own Hackensack office, A Better Alternative Medical Center, for over 30 years. Based on her years of experience and extensive coursework in the field, she has successfully treated thousands of patients for such conditional as thyroid and adrenal dysfunction, weight issues, psychological disorders, chronic gut conditions, autoimmune disease, psychiatric/emotional concerns, blood sugar dysregulation, arthritis, etc. She offers detailed physical exams, innovative testing, nutritional programs, IV therapy, psychological counselling and chelation therapy for proactive heart health and for the elimination of heavy toxic metals. For more information, see ad on page 3, or call her office at 201-525-1155.



# The Thriving Heart

## Integrative Approaches to Cardiology

by Carrie Jackson

Although only the size of a fist, our hearts pump blood to our organs and supply oxygen and nutrients to our cells, allowing every system to function optimally. Maintaining a healthy heart is one of the most important factors for overall wellness, and cardiovascular disease is highly preventable. Integrative cardiology, which focuses on treating the whole person rather than just the heart, reflects a shift toward more individualized, patient-centered care. Using personalized nutrition, expansive blood testing, advanced therapies and holistic practices, doctors and patients can blend the best of traditional and integrative strategies for a more balanced and effective approach to heart health.

### The 100-Year Heart

Dr. Jack Wolfson is a board-certified cardiologist, bestselling author and founder of the site *NaturalHeartDoctor.com*. He pioneered the 100-year heart method, which focuses on what he calls “thrival” nutrition, lifestyle, biohacking and ultra-diagnostics to lead a life filled with vitality, clarity and longevity. “Our approach is root-cause medicine, which puts pharma last,” he explains. “By looking at daily habits and lifestyle choices, we are able to see why people develop cardiovascular disease, which is the number one killer worldwide.”

Wolfson notes that cardiovascular health begins by giving the heart the nutrition it needs to thrive. “Food is medicine, and a paleo-based diet like our ancestors followed has

been shown to optimize heart function,” he says. “I recommend patients focus on eating wild seafood and pasture-raised meats such as bison, including organs like the heart and liver. This is supplemented by foraging for things like eggs, raw dairy, nuts, seeds, avocados, coconuts and other fruits and vegetables.”

How we live has a dramatic effect on heart health, and Wolfson asserts that there are a number of lifestyle factors we can control. “A thrival lifestyle centers around being outside in natural sunlight and participating in activities we enjoy. When combined with a positive mindset and high-quality sleep, these practices increase longevity and contribute to a deeper sense of meaning and fulfillment,” he



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says. “It’s also essential to avoid environmental toxins, such as air pollution, plastic and indoor pollutants like mold from water damage, to the best of your ability. Finally, managing stress and getting movement throughout your day are key to optimal cardiovascular function.”

A truly holistic approach to wellness combines many interrelated tools. “Find an activity you love to do outside, whether that’s hiking, biking, stand-up paddleboarding or yoga. Before you begin, turn your attention inward and think of three things you are grateful for,” Wolfson advises. “This gratitude practice helps you find your happy place, and it gives you a sense of purpose in a world where that’s becoming increasingly difficult. It engages the autonomic nervous system, which controls functions like heart rate and blood pressure.”

Wolfson believes that for a healthy mind, body and heart, a chiropractor should be the gatekeeper to overall wellness. “Chiropractic care uses the manipulations of bones in a purposeful way to make impactful changes to the neurologic system. It sends out beneficial, efferent signals to all of the cells, tissues and organs, including the heart. It also helps to get us out of the ‘fight-flight-or-freeze’ mode that so many people are operating in,” he remarks. “Chronic stress from work, family, news and finances keeps the sympathetic nervous system activated, but chiropractic treatments help stimulate the parasympathetic nervous system, which allows us to rest and digest.”

To kickstart heart health even further, Wolfson’s 100-year heart method uses thrival biohacking methods such as supplements and non-surgical recovery therapies. “Evidence-based, food-grade supplements from field-harvested animals and wild fish support heart function without chemicals or pharmaceuticals,” he points out. “People also may need additional minerals like magnesium, herbal remedies, probiotics or detox strategies if they’ve been living around pollutants. Non-invasive technologies like red light therapy,

sauna use, massage, ozone therapy and other cutting-edge treatments help to hack our system and support a healthy heart.”

### Treating the Whole Person

Dr. Mimi Guarneri is a California-based cardiologist; the medical director of Pacific Pearl La Jolla; an award-winning researcher, consultant and philanthropist; and president of the Academy of Integrative Health and Medicine. In her practice, she combines conventional, integrative and natural medicine to holistically treat the whole patient.

Guarneri says that while cardiovascular disease is still largely misunderstood, it is also highly preventable. “People think it’s a disease of cholesterol, but it’s actually due to inflammation, oxidative stress and immune response,” she explains. “Inflammation can come from obesity, stress, sleep apnea, poor food choices and food sensitivities, and that is what causes damage to the lining of the blood vessels. In the conventional medicine realm, that means telling patients to stop smoking, lose weight and get blood pressure and cholesterol under control. From a holistic perspective, we look at all the lifestyle factors that contribute to heart health.”

When treating a patient with heart disease, Guarneri uses the metaphor of a tree with sick branches. “Instead of just cutting them off, you have to look at the soil to see what can be causing the illness. The soil of our lives includes micro- and macro-nutrition, a healthy microbiome, avoiding toxins, high-quality sleep, physical activity and mental, emotional and spiritual wellness. All these factors contribute to healthy heart function,” she says.

Guarneri uses advanced testing to assess a patient’s baseline heart health. “We begin with a blood and urine micronutrient analysis, which measures the level of antioxidants and nutrients in the body. Then we conduct a microbiome analysis, which is a three-day stool test that shows how someone is digesting their food. We can see every type of microbe, any parasites and if there is dysbiosis

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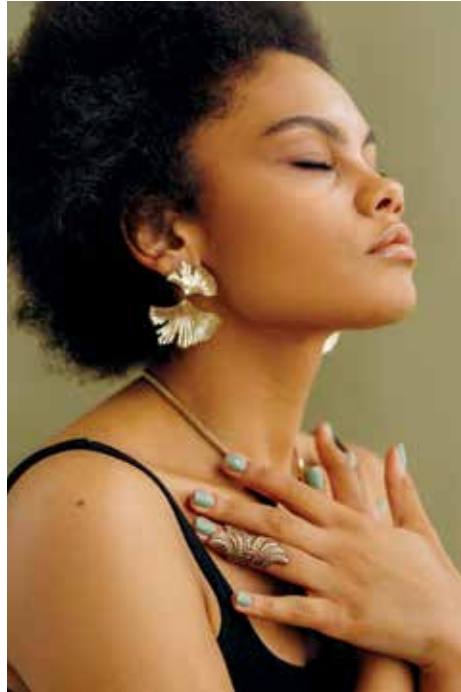




[imbalance] or bacteria overgrowth. Finally, we conduct an in-home study on sleep, which is an integral part of cardiovascular health. Someone with sleep apnea can snore and stop breathing, putting them at increased risk for heart disease, heart failure and high blood pressure,” she says.

Advanced cardiovascular testing shows additional valuable data. “An EndoPAT tells us if the lining of the blood vessels is making nitric oxide, the most important ingredient for heart health. This is a 40-minute, in-office procedure that does not require radiation. Since cardiovascular disease is an inflammatory disease, we do advanced lipid testing to measure inflammatory markers. A high-sensitivity C-reactive protein test measures the level of C-reactive protein in your blood to assess your risk of heart disease and stroke. A 24-hour blood pressure cuff tells us what’s happening throughout the day, and a continuous glucose monitor shows how blood sugar reacts to foods. It’s also valuable feedback to the patient, who can see how their body responds to what they’re ingesting,” says Guarneri.

With all this data, the team creates a road map to health. “We make recommendations based on each patient’s individual needs, including supplements, food choices and lifestyle modifications,” she says. “I may suggest



Mikhail Nilov from Pexels/CanvaPro

nutraceuticals to complete something that’s missing, such as vitamin D, or I may use them to treat a problem. We’ll prescribe omega-3 [fatty acids] if your triglycerides are high, but we’re also going to give you a low glycemic index diet.”

Guarneri works with patients to manage stress through mindfulness, meditation, exercise and other lifestyle choices. “If you are in constant ‘fight-or-flight’ mode, you are producing adrenaline, noradrenaline and

cortisol, which cause blood pressure to go up, the coronary arteries to constrict, cholesterol to increase and oxidative stress to develop,” she explains.

Guarneri points to a study involving Black Americans with hypertension that showed a 48 percent reduction in cardiovascular events through the use of transcendental meditation. “Mindfulness has also been shown to improve telomeres, telomerase and other genes of aging. Making conscious decisions in our behavior in response to stress is key to overall wellness and cardiovascular function. If your habit is to go home and have a drink after a hard day, we encourage patients to put on their tennis shoes and take a walk instead,” she says.

### The Future of Cardiology

New advancements in cardiology are made all the time. In the coming year, cardiologists and researchers are expected to dig deeper into lipid disorders, obesity management and RNA-based therapies for conditions like cardiac amyloidosis, heart failure, dilated cardiomyopathy and hypertrophic cardiomyopathy. We can also expect to see an increase of awareness and interest in the role lipidology [the study of lipids or fatty acids] has on cardiovascular disease. “Preventive cardiologists and clinical lipidologists like myself have been checking Lp(a) levels for well over two decades now, but there has been little we could do medically to reduce high levels,” says Yasmine S. Ali, MD, MSCI, FACC, FACP, adding that a number of nucleic acid therapeutic trials suggest this may change soon.

Experts stress that despite technological treatment advancements, preventative care is still the most effective way to ensure cardiovascular health. “Everyday lifestyle choices have the biggest impact on overall wellness and living a life of vitality, clarity and longevity,” says Wolfson.

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

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# Stretching for Heart Health

Gentle Movements To Regulate Stress and Circulation

by Maya Whitman

The beauty of stretching is that it doesn't require fancy equipment or hours of dedication. And, it doesn't just improve flexibility and range of motion in the joints and muscles. In just a few minutes, simple stretches can reduce stress and improve heart health and circulation, too. A 2020 meta-analysis published in the *International Journal of Environmental Research and Public Health* suggests that stretching exercises reduce arterial stiffness, resting heart rate and diastolic blood pressure, generally improving the functioning of blood vessels in adults.

A 2020 study published in *The Journal of Physiology* by the University of Milan also found improved blood flow, lower blood pressure and decreased stiffness of the arteries in 54 participants that completed a 12-week stretching program. People with stiff arteries often have high blood pressure, high cholesterol and/or inflammation. Good blood flow reduces arterial wall damage and may lower the risk for heart attacks and strokes.

Try these heart-healthy stretches at least two to three days a week, and repeat each stretch on both sides two to four times.

**Seated Forward Bend:** Sit on the floor with legs extended straight ahead. Keep the back straight and slowly reach forward for the toes, stretching as far as possible without straining. Hold this position for 20 to 30 seconds to gently stretch the ham-

strings and lower back, while taking deep, controlled breaths to deliver oxygen-rich blood to the heart and muscles. Combining physical movement with mindful breathing reduces stress—a key factor in heart disease.



**Cat-Cow Stretch:** Begin in a tabletop position with hands and knees on the floor. For the “cat” pose, arch the back toward the ceiling while tucking the chin to the chest. Gently shift into the “cow” position by lifting the head while allowing the belly to drop toward the floor. Flow between these two poses for 30 to 40 seconds, focusing on breathing. This stretch improves circulation, relieves tension in the spine and facilitates better blood flow throughout the body. It also enhances the connection between breath and movement, promoting relaxation and a steady heart rate.



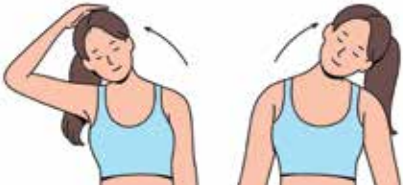
**Chest-Opener Stretch:** Stand with feet shoulder-width apart. Clasp hands behind the back and gently lift them up as the chest is opened toward the ceiling. Hold the stretch for 20 to 30 seconds. Opening up the chest is great for posture; it also expands the lungs and improves breathing, boosting oxygen intake, which the heart needs to fuel the body efficiently and maintain healthy circulation.



**Downward Dog:** Start in a tabletop position. Tuck the toes under and lift the hips toward the ceiling to form an inverted “V” shape. Keep the heels as close to the floor as possible and hold for 30 seconds while breathing deeply. This popular yoga pose stretches the shoulders, hamstrings and calves while promoting blood flow to the heart and brain and relieving tension in the body. It also encourages a calm, yet focused state of mind.



**Side Neck Stretch:** Sit or stand tall, keeping the shoulders relaxed. Slowly tilt the head toward one shoulder until there is a feeling of a light stretch along the opposite side of the neck. Hold for 15 to 20 seconds and repeat on the other side. Stress often builds



up in the neck and shoulders, which can lead to tension headaches and increased blood pressure. These gentle neck movements will modulate blood pressure and encourage relaxation. Pair the stretch with slow, controlled breathing to calm the nervous system, which can positively impact the heart.




**Seated Spinal Twist:** Sit on the floor with legs extended. Bend the right knee and place the right foot on the outside of the left thigh. Place the right hand on the floor behind the back. Place the left elbow on the outside of the right knee. Twist gradually to the right while keeping the spine tall. Hold for 20 seconds, then repeat on the other side. This stretch improves spinal flexibility and stimulates blood flow around the major arteries of the torso. It also massages the internal organs, aiding digestion and indirectly benefiting cardiovascular health.

**Standing Hamstring Stretch:** Stand with feet hip-width apart. Extend one leg out in front, placing the heel on the ground with the toes pointing upward. Softly bend the other knee and lean forward from the hips, keeping the back straight. Hold for 15 to 20 seconds, then switch legs. Stretching the hamstrings enhances blood circulation in




the lower body, which can reduce pressure on the heart. This is particularly helpful for anyone that spends long periods sitting during the day.

*Maya Whitman is a regular contributor to Natural Awakenings.*



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# Trends in Child Dentistry

Tech Advances Improve Treatment Outcomes

by Claire Stagg, DDS, MS, FAACP

Dentistry is at the forefront of technological advances, and children benefit daily from more efficient, economical and even lifesaving care that is made possible by these developments. Although prevention is always better than restoration, three emerging technologies hold special promise for pediatric dentistry. They are lasers, aligners and digital scanners.



## Lasers

Although laser technology was first introduced to the dental profession roughly 35 years ago, it has tremendously improved in the last decade. “Recently, laser technology has advanced so significantly that its use, especially in pediatric dentistry, can fill a textbook,” asserts Robert A. Convissar, DDS, a board-certified laser dentist in New York City. A pioneer in laser dentistry, he teaches the subject worldwide and is the author of the leading textbook *Principles and Practices of Laser Dentistry*.

Lasers offer many different wavelengths for multiple purposes. For example, low-level laser therapy uses light energy to elicit biological responses, such as pain relief, wound healing, muscle relaxation, immune system modulation and nerve regeneration. According to Convissar, this type of laser therapy is used in pediatric dentistry to temporarily interrupt the sensation of pain, permitting fillings and root canal treatments in children’s teeth without injecting an analgesic drug.

“Ultraspeed CO2 lasers can be used to treat week-old babies whose tongues are not mobile enough to latch onto their mothers’ nipples and nurse properly. The procedure is minimally invasive, quick and painless,” he explains, noting that painful breastfeeding and excessive spitting up are two of the most common signs of a tongue tie. Convissar and the dentists that perform tongue-tie releases work closely with international board-certified lactation consultants to facilitate breastfeeding success.

“Orthodontists and general dentists are now using CO2, diode and erbium lasers to put the finishing touches on their tooth-alignment treatments,” Convissar reports. With these instruments, they are able to fashion tooth length and proportion, as well as shape gum profiles to achieve the ideal smile.

## Aligners

One critical structure of facial development for growing children is that of the roof of the mouth, which is also the floor of the nose. Sufficient room for the tongue in the palate is important for both upper and lower airway development. In the past, maxillary expansion to correct serious tooth misalignment was performed with functional appliance therapy, including expanders and braces. Today, invisible trays, or aligners, which made their first appearance in 1997, offer an aesthetic and “invisible” option that allows better oral-hygiene maintenance, reduces office visits and lowers the incidence of complications.

Until recently, these systems were limited when it came to treating cases involving bone and arch development in growing children. Some systems have now introduced an expansion component into their aligner tray systems helping to not only realign teeth, but also develop more room, thus possibly avoiding dental extractions.



The Nuvola OP System employs a morpho-functional corrector to be used for 30 minutes per day with the aligners in place, creating intense and intermittent forces that are directed to the cranial bone bases. A 2022 study published in the *International Journal of Environmental Research and Public Health* reported “a significant expansion of the maxillary arch, as well as a high degree of patient satisfaction and compliance” with this system.

## Digital Scanners

The advent of intra-oral scanners and cameras allows dental practices to take digital impressions in a few minutes with minimal discomfort for patients and outstanding views of the mouth. They have also become more accurate, affordable, smaller, lighter and easier to use.

*Dr. Claire Stagg practices holistic, integrative dentistry in Indian Harbour Beach, Florida. She is the author of Smile, It's All Connected! For more information, visit [HealthConnectionsDentistry.com](http://HealthConnectionsDentistry.com).*

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# Metabolic Health Strategies

## Weight Management With the Help of Medications

by Madiha Saeed, M.D.

**O**besity is on the rise in this country, affecting just over 40 percent of adults and nearly 20 percent of children, according to the National Center for Health Statistics. People that are obese are at higher risk of developing numerous health problems, including Type 2 diabetes, high blood pressure, heart disease, stroke, fatty liver disease, breathing difficulties, kidney disease and some forms of cancer. Obesity can also take a toll on mental health, posing risk of developing body image problems, low self-esteem, depression and eating disorders.

In light of this public health crisis, GLP-1 (glucagon-like peptide-1) and other peptides, including insulin, have become significant areas of interest. These amino acids are the building blocks of proteins, acting as messengers in support of immune, brain and mitochondrial health.

Because of their regenerative properties, BPC-157 and thymosin beta-4 peptides are prescribed for tissue repair and healing, particularly in sports medicine and injury recovery. For weight management and anti-aging, GLP-1, CJC-1295 and ipamorelin stimulate the release of growth hormones, which are believed to improve body composition by reducing fat and increasing muscle mass.

### GLP-1 Agonists

Naturally secreted by the intestines in response to food intake, GLP-1 plays a key role in glucose metabolism by stimulating

insulin and inhibiting glucagon secretion. Medications such as semaglutide (marketed as Ozempic and Wegovy), liraglutide (Saxenda and Victoza) and dulaglutide (Trulicity), are called GLP-1 receptor agonists because they mimic the effects of GLP-1. “GLP-1 agonists are great for weight loss when other things have been tried and have failed, and someone seems to be more resistant to weight loss,” says Rajka Milanovic Galbraith, M.D., a longevity expert and founder of Simply Health Institute, in Illinois.

“For people who are truly obese, have diabetes and long-standing metabolic issues, GLP-1 can be a lifesaver,” says Lorraine Maita, a board-certified functional and integrative doctor in New Jersey. She notes that these medications can also reduce the risk of joint pain, cardiovascular disease, Alzheimer’s disease and many obesity-related cancers.

### Side Effects

According to Maita, “GLP-1 medications have their place, and most people who need



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# Healing Power of Hugs

by *Marlaina Donato*

“I have learned that there is more power in a good strong hug than in a thousand meaningful words,” wrote American novelist Ann Hood, and her words ring true for many of us. When in the arms of a loved one, we share the heartbeat of the present moment. Spiritual traditions provide manifold forms of meditative practices, but embracing another human being might be the most enjoyable way to achieve a deep state of calm and mindfulness.

Hugs can mark beginnings, tethering two lives in committed union, or they can punctuate endings when we say goodbye. When we are sick or grieving, allowing someone to gather us in their safe embrace is strong medicine.

Science tells us that hugging tames our stress response, bolsters the immune system and helps children to better cope with life later in adulthood. Our arms are energetic extensions of the heart, and welcoming someone into a circle of security is the body’s act of prayer, engaging the emotions and soothing the soul.

Despite all the good a hug might offer, past trauma or inhibition can prevent us from benefiting from this human need for touch. Asking someone, “May I give you a hug?” is a good place to begin, and so, too, making the decision to receive someone else’s affectionate gesture. For those without loved ones nearby, therapeutic massage, playing with a pet or clutching a favorite stuffed animal can kick off a similar cascade of feel-good chemicals when we are overwhelmed.

Hugging can be part of our daily spiritual wellness practice, an investment that goes beyond ourselves and into the world, one embrace at a time. Here are a few ideas to get the ripple effect going:

- Hug your partner without sexual agenda and connect heart-to-heart.
- Hug your child during happy times, not only on challenging days.
- Ask for a hug; initiation is a sign of strength, not neediness.
- Hold a hug for at least 20 seconds.

*Marlaina Donato is an author, visionary painter and composer. Connect at [WildflowersAndWoodsmoke.com](http://WildflowersAndWoodsmoke.com).*



Ketut Subiyanto from Pexels/CanvaPro

them get good results. However, they are expensive, inconvenient injectables that need refrigeration and are in short supply, with limited or no insurance coverage. They can be difficult to wean off and if not dosed properly, have significant side effects, and some people do not get results or can’t tolerate them no matter what.”

Common side effects include gastrointestinal problems, such as nausea, diarrhea and vomiting, as well as muscle wasting, malnutrition, loss of fat in the face and pancreatitis. Maita cycles the medicine—three weeks on and one week off, or three months on and one month off. She starts with the lowest dose that offers results without side effects, and if side effects develop, she stops the medication until the patient gets relief and pre-treatment symptoms return, at which time she will go back on a lower dosage. The goal is to stay at the lowest dose that provides benefit.

## Longevity Benefits

“Beyond their use for weight loss, GLP-1 medications may play a beneficial role in longevity, especially as it relates to heart health—the number one cause of death—as well as brain health,” says Galbraith. “In studies, they have found them to be cardio-protective and can help the heart recover from damage caused by heart attacks. They are also neuro-protective, showing promise in slowing or preventing memory loss in Alzheimer’s disease. Lastly, they enhance mitochondrial function, which supports energy production in our cells.”

Maita emphasizes that treatment must be individualized and under a physician’s care to get the best results. “You still must eat healthy, exercise, balance your hormones, heal your gut and live a healthy lifestyle,” she counsels. “There is no free ride.”

*Madiha Saeed is a holistic, functional and integrative doctor in Naperville, Illinois, and director of education for Documenting Hope and KnoWEwell.*

# Holistic Lifestyle for Dogs

How Herbs, Mushrooms and the Outdoors Can Help

by Rita Hogan

Caring for a dog holistically involves supporting their body, mind and environment in a balanced, natural way that emphasizes prevention and harmony, rather than merely addressing symptoms. Incorporating herbs and mushrooms into a dog's daily routine, and learning which are most beneficial throughout the year, are effective ways to achieve this balance. The idea is to support immunity and other internal healing mechanisms before problems arise. It is helpful to adopt a “dog-as-ecosystem” approach, where all aspects of their well-

being are seen as interconnected. A dog's organs, nervous system, physical health, emotional state and environment continually influence one another. For example, stress can trigger a cascade of responses, such as overstimulating the nervous system, leading to digestive upset or a weakened immune system. Similarly, exposure to toxins might contribute to behavioral changes because the nervous system is inextricably related to the liver's role in detoxification. Herbs can address these connections and help maintain balance across a dog's entire ecosystem.

## Choosing the Right Herbs and Mushrooms

Because emotional health is closely tied to physical health, calming herbs and mushrooms can help maintain physical balance by reducing inflammation, supporting digestion and detoxification, and enhancing overall organ function. Here are some of the most effective choices.

- **Passionflower** (*Passiflora incarnata*)
- **Lemon balm** (*Melissa officinalis*)
- **Dandelion root** (*Taraxacum officinale*) also stimulates bile production, which aids in the digestion of fats and proper stool formation.
- **Milk thistle** (*Silybum marianum*). Use milk thistle seed rather than a standardized extract of silymarin, the active ingredient in milk thistle.
- **Nettle leaf** (*Urtica dioica/urens*) also provides anti-inflammatory vitamins and minerals.



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- **Chamomile** (*Matricaria chamomilla*) directly impacts the nervous system by reducing stress-induced gastrointestinal discomfort.
- **Lion's mane** (*Hericium erinaceus*) modulates the immune system, the gut and the nervous system.
- **Calendula** (*Calendula officinalis*) improves coat condition, liver function and helps balance the microbiome.
- **Ashwagandha** (*Withania somnifera*)

## Stress and Anxiety Herbal Infusion

1 tsp dried dandelion root (*Taraxacum officinale*)

1 tsp dried milk thistle seeds (*Silybum marianum*)

1 tsp dried nettle leaf (*Urtica dioica/urens*)

1 cup boiling water

Combine dandelion root, milk thistle seeds and nettle leaf in a shatterproof glass container. Pour one cup of almost boiling water over the herbs and cover to let them steep for 15 minutes. Strain, reserving the liquid, and cool. Give one tablespoon for every 20 pounds of body weight. It can be mixed with food.

## Nature Nurture

Along with a daily infusion of herbs and mushrooms in a dog's diet, spending time in nature will benefit them tremendously. Whether walking in the woods, playing fetch at the park or lying in the grass, this connection to Earth provides grounding, mental stimulation, physical exercise and emotional nourishment. Feeding our furry best friends natural, calming ingredients and spending time with them outdoors is the ideal recipe for a balanced, happy and healthy life.

Rita Hogan is a clinical canine herbalist with more than 20 years of experience and author of *The Herbal Dog: Holistic Canine Herbalism Applications and Practice*. Learn more at [CanineHerbalist.com](http://CanineHerbalist.com).



## calendar of events

Email [Publisher@NaturalAwakeningsNNJ.com](mailto:Publisher@NaturalAwakeningsNNJ.com) for guidelines and to submit entries

### Sunday

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

### Monday

**Fitness at Strong & Shapely Gym** – Body Toning with Alti at 9 am. THUG at 6 pm and Stretch AB-ility at 7 pm with Donay, Classes \$15 each, no membership required. For more information please email: [donaysfitness4u@gmail.com](mailto:donaysfitness4u@gmail.com) or call 201-894-0138. Location: 150 Union Ave, E Rutherford, NJ.

### Tuesday

**Fitness at Strong & Shapely Gym** – Arms and Abs with Alti at 9 am, Flexx and Sweat with Alti 6 pm. at Strong and Shapely Gym, 150 E. Union Ave. E. Rutherford NJ. Classes \$15 each, no membership required. For more information email: [donaysfitness4u@gmail.com](mailto:donaysfitness4u@gmail.com) or call 201-894-0138.

### 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. Register by 9am to receive the Zoom link from Lois emailed at 10am. Details: [Lois@loiskramererez.com](mailto:Lois@loiskramererez.com). 201-906-5767. Register: [LoisKramer-Perez.com/My-Events/](https://www.loiskramererez.com/My-Events/).

**Fitness at Strong & Shapely Gym** – Mat & Magic Circle with Alti at 9 am. at 150 Union Ave. E. Rutherford NJ. Classes \$15 no membership required. For more information email: [donaysfitness4u@gmail.com](mailto:donaysfitness4u@gmail.com).

### Saturday

**Fitness at Strong & Shapely Gym** – Body Toning with Alti at 10 am, The Art of Mobility and Flexibility with Donay at 11 am at Strong & Shapely Gym, Classes \$15 each, no membership required. For more info contact: [donaysfitness4u@gmail.com](mailto:donaysfitness4u@gmail.com)

### Sunday, February 2

**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://saltoftheearth-cfh.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY.

### Monday, February 3

**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](http://valley-health.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

### Wednesday, February 5

**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](http://www.inglewoodhealth.org). Location: The Graf Center for Integrative Medicine, 350 Engle Street Berrie Center 5th Floor, Englewood, NJ.

### Thursday, February 6

**Breastfeeding Support Group In-Person** – 11:00 am - 12:30 pm. This group is for those breastfeeding and pumping, newborns up to 6 months. A scale will be provided for weighted feeding. Please bring your own My Breast Friend Pillow if you are currently using one. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

### Saturday, February 8

**Childbirth Preparation (Lamaze)** – 10:00 am - 1:30 pm. This is an IN-PERSON one evening Session Lamaze Childbirth Instruction class. This class explores a wide range of techniques for creating a safe and satisfying birth experience. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

### Saturday, February 8

**Reiki Meditation for Renewal and Alignment with Jen** – 9:00am - 10:00am. Join us for a transformative Reiki meditation session Led by Jen Seaman, a Reiki Master and Light Healer with over 15 years of experience, this meditation focuses on recharging your energy, aligning your center and grounding you. Register or visit website at [www.loopwithus.com](http://www.loopwithus.com). Location: Loopwell, 80 Maple, Avenue, Montclair, NJ.

### Sunday, February 9

**Leo Full Moon Circle (Release emotional strains)** – 5:00pm. Join us at transformative Leo Full Moon Circle designed to help you release emotional strains and align with the fiery energy of Leo. This sacred gathering will focus on letting go of what no longer serves you, empowering your inner strength, and stepping boldly into your light. This Full

Moon Circle is your opportunity to connect deeply with yourself and others in a safe and supportive space. Register or visit website at [rockcollage.com/events](http://rockcollage.com/events). Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

### Sunday, February 9

**Sunday Yoga for Adults** – 2:00 pm – 3:00 pm. Students will learn basic yoga poses and sequences, build strength, and increase flexibility. Mats are available upon request. This program is for Paramus residents over the age of 18. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

### Wednesday, February 12

**Family Care Pavilion Maternity Hospital Tour** – 4:00 pm - 5:00 pm. Valley's Center for Family Education offers guided Tours of the South Pavilion for expectant parents. The in-person tours are weekly on Wednesdays and Sundays (excluding holidays). Tours include the lobby area, cafeteria, and nursing departments. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 4 Valley Health Way, Paramus, NJ.

### Thursday, February 13

**Newborn Take Care of Your Baby** – 6:00 pm - 9:00 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 [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 4 Valley Health Way, Paramus, NJ.

### Friday, February 14

**Fashion Stitches - Wild Sweatpants** – 12:00 pm – 2:00 pm. Design your own stylish sweatpants with unique fabrics, bold stitching, and fun appliques! Wrap up with a mini fashion show to flaunt your custom creation. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

### Sunday, February 16

**Heal Paint and Sip** – 1:00pm. Let's Heal, Paint and sip on something! Paint your canvas, learn a little bit about the meditation and crystals light refreshments will be provided. Join us for meditative experience with singing bowls and free art expression. Register or visit website at [rockcollage.com/events](http://rockcollage.com/events). Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

### Monday, February 17

**Planning for Your Golden Years** – 2:00 pm - 3:00 pm. Join us as we hear from a seasoned financial consultant about the many helpful steps you can take to financially plan for your golden years! Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 4 Valley Health Way, Paramus, NJ.

## Tuesday, February 18

**Mantra Meditation + Gong Bath Savasana with Chris** – 7:00pm - 8:00pm. Join us for a heart-awakening meditation and sound experience to welcome the Spring season of new beginnings and growth. Register or visit website at [www.loopwithus.com](http://www.loopwithus.com). Location: Loopwell, 80 Maple, Avenue, Montclair, NJ.

## Wednesday, February 19

**Burnt Toast Book Club** – 4:00 pm – 4:45 pm. Let's get together and read! We will read and discuss a book and make a craft. This session we will be reading Henry Heckelbeck Gets a Dragon. Books will be handed out at the first session. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

## Thursday, February 20

**Align Your Energy, Align Your Life** – 7:00pm - 8:00pm. This workshop focuses on manifestation and how to manifest in alignment with your Human Design. Learn the simple, yet powerful framework for navigating your life's transformation, whether it's small or large, aligned with who you're meant to be. Register or visit website at [www.loopwithus.com](http://www.loopwithus.com). Location: Loopwell, 80 Maple, Avenue, Montclair, NJ.



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## Sunday, February 23

**Sound Bath Meditation** – 1:00pm. Enjoy Crystal bowls, Tuning Forks, wave drums, and more in a harmonic healing Space. Immerse yourself in the soothing vibrations of a Sound Bath Meditation rejuvenating session invites you to relax deeply as the harmonious tones of crystal bowls, gongs, and other sound instruments guide you into a meditative state. Perfect for relieving stress, enhancing mindfulness, and rejuvenating your spirit, this event is suitable for all levels of experience. Register or visit website at [rockcollage.com/events](http://rockcollage.com/events). Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

## Sunday, February 23

**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.

## Wednesday, February 26

**Yoga for Addiction Recovery and Overcoming Eating Disorders** – 11:00am - 12:00pm. Yoga has many mind and body benefits that can aid in recovery from a substance use disorder, such as alcoholism or drug addiction, and in overcoming an eating disorder. 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.Englewoodhealth.org](http://www.Englewoodhealth.org). Location: The Graf Center for Integrative Medicine, 350 Engle Street Berrie Center, 5th Floor, Englewood, NJ.

## Thursday, February 27

**Narcan Training** – 7:00 pm - 9:00 pm. Join us for a hands-on workshop where you'll learn how to save a life in the event of an overdose. Discover the critical steps to take in an emergency and how to use naloxone (Narcan), the powerful overdose-reversal medication. All participants will receive a free Narcan kit. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, Paramus Public Library, 116 East Century Road, Paramus, NJ.

## Monday, March 3

**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.Englewoodhealth.org](http://www.Englewoodhealth.org). Location: The Graf Center for Integrative Medicine, 350

*Nobody has ever measured,  
not even poets, how much  
the heart can hold.*

—Zelda Fitzgerald

Engle Street Berrie Center, 5th Floor, Englewood, NJ.

## Tuesday, March 4

**Zentangle Workshop: Tangled Bookmarks** – 6:30 pm – 8:00 pm. Zentangle is a fun, easy, and relaxing method of drawing created by Rick Roberts and Maria Thomas. It uses structured patterns, simple tools, and very basic pen-strokes to create beautiful works of art. Anyone can do it! In this 90-minute class, participants will explore meditative drawing and make colored bookmarks. Visit Website & Register at <https://www.njbulletin.com/>. Location: Paramus Public Library, 116 E. Century Rd, Paramus, NJ.

## Wednesday, March 5

**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. You will relax, focus, and reconnect in the privacy of your own space. Perfect for all levels. Dress comfortably. Visit Website & Register at [www.Englewoodhealth.org](http://www.Englewoodhealth.org). Location: The Graf Center for Integrative Medicine, 350 Engle Street Berrie Center, 5th Floor, Englewood, NJ.

## Wednesday, March 12

**Nutrition for Brain Health and Cognitive Performance** – 8:30pm - 9:30pm. In this workshop, participants will learn which foods belong to each category and how to easily incorporate beneficial options into their daily meals. We'll also discuss which foods to avoid and offer healthier substitutes. Visit Website & Register at [www.Englewoodhealth.org](http://www.Englewoodhealth.org). Location: The Graf Center for Integrative Medicine, 350 Engle Street Berrie Center, 5th Floor, Englewood, NJ.

## Sunday, March 23

**The Power of Intention** – 2:30pm - 6:30pm. Get up close & personal with our Panel of World-Renowned Psychics & Mediums! Receive answers, guidance & insight to your individual questions, & messages from loved ones who have passed. Audience Q&A with personalized readings. Tickets \$56 in advance, \$67 at the door. Call 973-713-6811 or Visit Website & Register at <https://wellnessgala.com/events/>. Location: Wellness Gala, The Unitarian of Ridgewood, Ridgewood, NJ.



**CALENDAR**

Check out the latest events at  
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How you do Anything is How you do Everything" is my favorite quote and way of life. "Healing is not a one-size-fits-all." This is a saying that I have coined since beginning my spiritual journey. I realize that one healing modality may not work for everybody, and that's ok. This is why I made Rock Collage (Founded in 2015) a one-stop healing shop. Not only am I a Grandmaster Reiki healer, but I am an experienced nutritionist, crystal practitioner, astrologer, herbalist, jeweler, yogi, artist, musician, life coach, and intuitive reader. Most importantly, I, Myself, invite you to do the same. I have made it so that Rock Collage is a place where individuality thrives, self-love is the norm, and everyone has a second chance at life. Becoming a mother in 2020 not only shifted my outlook on life but also helped me understand another level of healing and how to serve better the majority of my client base, who are also women with children. From assisting women to regulate their menstrual cycles to being able to pinpoint illness in the body by holding space of understanding for those who are working on their mental wellness and hand-making jewelry that serves a purpose, I am genuinely making space for the individual soul while making a collective impact. *See ad, page 5.*

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### SPIRITUAL WELLNESS

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Cattleya Trianae is not only a spa to pamper men and women, but it is guaranteed to help you replenish a finer and smoother look for all skin types, with all-natural products to give you that feeling of zen that you have been looking for. Come take a break and experience this feeling yourself. The founder Danelly Salamanca, a Colombian born and graduate of Parisian Beauty Academy Paul Mitchell Partner School, one of the top ranked schools known for their beauty and skin-care industry. *See ad, page 22.*

*Ambition is the path to success.  
Persistence is the vehicle you  
arrive in.*

—Bill Bradley



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# March 25

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