



HEALTHY LIVING | HEALTHY PLANET

COMPLIMENTARY

natural awakenings

Food &
Nutrition

Healthy
Pregnancy
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NORTHERN NEW JERSEY EDITION

MARCH 2025

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

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Lisa Mack, Certified Thermographic Technician:

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letter from publisher:



Spring Brings Rejuvenation and Smiles

The first feelings of spring are peeking into the winter with some warmer days and more on the way. It's time to check your new year's resolution to have a fit and healthy year and aspire to take up a fitness regime or maybe a gym membership. If you have fallen off your resolution, then it's time to resolve again because spring is knocking at the door.

One important step in achieving good fitness is to review your diet and nutrition. The advent of technology gadgets and testing has enabled targeted and well-designed diet plans with the help of dieticians. Read more about the trend and possibilities in our "Personalized Nutrition" article. If you are working out, then recovery is the most important aspect, so refer to our "Fueling Exercise Recovery" article for information and suggestions.

We have a lot of events coming up in the area for health, wellness and spiritual rejuvenation. Especially check out the Astrology Fair in the Poconos Mountains, "The Jyotish Kumbh." It's a unique annual event at a very affordable price in a serene ashram with meditation, spiritual talks and much more.

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, stay healthy and stay happy!

Anil Singh, Publisher

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Jyotish Kumbh 2025: A Celestial Gathering

The 31st Jyotish Kumbh enlightening Vedic astrology event will take place from May 8 to May 18, at Arshavidya Gurukulam, in Saylorsburg, Pennsylvania. It brings together renowned international astrologers Dr. David Frawley, Dr. KS Charak, Hart De-Fouw, Gayatri Devi Vasudev and Vinay Aditya to share insights on Jyotish, Ayurveda, yoga and vaastu.



Participants can engage in mentoring, consultations and spiritual guidance rooted in ancient Vedic wisdom in person, remotely or both. This is a rare opportunity to explore predictive astrology, medical astrology and Ashtakavarga techniques to unlock the secrets of the universe with the masters of Jyotish.

Jyotish offers expert Vedic astrology consultation, mentoring, spiritual guidance and Vedic counseling, drawing from the wisdom of Jyotish (Vedic astrology) and other ancient Vedic sciences, including Ayurveda, yoga and vaastu.

Register at Jyotish.com. See ad, page 11.

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?”

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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 7.

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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. See ad, page 21.



The Rising Cost of Eco-Travel

Many popular eco-friendly travel destinations such as New Zealand, the Maldives, the Balearic Islands, Iceland, Bhutan, Bali and Aruba are charging foreign visitors sustainability taxes and numerous fees to combat overtourism, where too many people trek to a hotspot at the same time.


This phenomenon has disgruntled residents with increased pollution, extended wait times to enter museums, water shortages, worsening traffic congestion, unsafe crowding and natural resource degradation.

Social media plays a part by enticing families to roam around desirable destinations, while landlords escalate rents that push out local inhabitants in favor of tourist accommodations.

Alot of these fees help fund programs to save forests and wildlife, and restore historic buildings. Other monies may be directed toward mitigating overflowing landfills and strengthening the income of local residents. International travelers are reminded to keep all this in mind as they seek paradise far from home, and make the effort to help maintain it.



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Vocal Biomarkers to Diagnose Diabetes

Researchers at the Luxembourg Institute of Health have developed a voice-based algorithm with the help of artificial intelligence that can potentially detect Type 2 diabetes. The screening analyzes subtle changes in a person's voice, which are not usually noticeable to the human ear. This could represent an early and noninvasive diagnostic tool. Diabetes can affect the vocal cords as a result of nerve damage, thereby affecting voice quality.

The technology was tested in a study of 600 U.S. participants published in *PLOS Digital Health*. Researchers deemed the accuracy of the algorithm to be comparable to traditional risk assessment tools recommended by the American Diabetes Association. Next steps include refining the algorithm to detect pre-diabetes and expanding its use in other languages.

The Luxembourg researchers estimate there are 400 million undiagnosed cases of Type 2 diabetes worldwide. Without treatment, this disease can lead to serious health issues such as cardiovascular disease and neuropathy, as well as higher healthcare costs and even mortality. Current screening relies on blood tests.



nevarpp from Getty Images Pro/Cam-

Benefits of Plum Blossom Acupuncture

The use of plum blossom acupuncture therapy has been documented for more than 2,000 years. It involves the use of a handle equipped with seven short needles in the shape of a plum blossom. It is commonly used in pediatric acupuncture because of its shallow penetration of the skin. Beginning in the 1950s, electric stimulation was added. Today, digital electric plum blossom acupuncture is used to treat a variety of conditions, including skin diseases like acne *vulgaris*, alopecia, hives, eye disorders, juvenile myopia, and impaired or dim vision in children.



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The Temptation of Ultra-Processed Foods

The National Institutes of Health is conducting a study to help determine why so many people can't stop eating ultra-processed foods. The study includes 36 participants living in a controlled setting for a month. They can eat as much as they like up to 6,000 calories per day, with a different type of diet each week.

One diet includes minimally processed foods such as oatmeal, strawberries and walnuts. Another diet involves ultra-processed, energy-dense (high-calorie) meals with most calories coming from hard-to-resist foods such as honey-roasted peanuts. A third diet is also ultra-processed and energy dense, but with fewer calories from the hyper-palatable items. The fourth diet consists of packaged foods that are neither energy-dense nor hard to resist, such as scrambled eggs from a liquid egg product, flavored yogurt and oatmeal with fiber powder and heavy cream.

Preliminary data from 18 of the participants found that while each diet made them feel full and satisfied, their consumption of calories differed, depending upon how hard-to-resist and energy-dense the food choices were. When subjects were given an energy-dense diet with very palatable foods like honey-roasted peanuts, they consumed about 1,000 more calories than with the other diets. When they were offered an ultra-processed diet that was neither energy-dense nor hyper-palatable, the calorie count increased by only 170.

The findings suggest that eating packaged foods does not automatically result in overeating or weight gain. The key may be avoiding hyper-palatable foods and offsetting energy-dense foods with unprocessed foods like salads.



The Effects of Loneliness on Mental Health

According to a recent study by the National Center for Complementary and Integrative Health and the National Institute of Mental Health published in *Nature Mental Health*, three factors—loneliness, a prior psychiatric diagnosis and stress-related social distancing—were all predictors for experiencing psychological distress during the COVID-19 pandemic.

The internet-based study included more than 3,600 participants that reported their mental and physical health and COVID-related circumstances every two weeks for six months during the first year of the pandemic. Those with a previous psychiatric diagnosis experienced greater psychological distress than those without such a history, supporting public health initiatives to address loneliness and social isolation to improve mental health.



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Healthy Pregnancy Nutrition



Pregnancy is a life-changing experience that calls for careful attention, particularly in terms of diet. The foods eaten during this time have a significant impact on a baby's growth and development in addition to the mother's health. We can make sure to get the vitamins, minerals and nutrients needed for a healthy pregnancy by sticking to a healthy diet plan.

Best foods for pregnancy: Incorporating nutrient-rich foods into the diet is one of the best ways to ensure a baby gets the right nourishment.

Leafy greens and vegetables: Spinach, kale, broccoli and other leafy greens are packed with folate, iron, calcium and fiber. Folate (vitamin B9) is crucial in preventing birth defects, while iron helps in blood production and prevents anemia.

Dairy products: Milk, yogurt and cheese are excellent sources of calcium, protein and probiotics. Calcium is necessary for the baby's bone development, while probiotics promote healthy digestion. Choose Greek yogurt, which contains twice the protein of regular yogurt.

Lean proteins: Protein is essential for the growth of fetal tissues, including the brain. Good protein sources include lean meats such as chicken and turkey; eggs (rich in choline, which aids brain development); and legumes like lentils, chickpeas and beans.

Whole grains: Oats, quinoa, brown rice and whole-wheat bread are great sources of fiber, iron and B vitamins. They help maintain energy levels and prevent constipation, a common issue during pregnancy.

Fruits: Fruits provide essential vitamins, minerals and fiber. Some pregnancy superfoods include bananas (high in potassium, great for reducing leg cramps); oranges (rich in vitamin C to boost immunity); avocados (packed with healthy fats and folate); and berries (loaded with antioxidants and fiber).

Nuts and seeds: Almonds, walnuts, chia seeds and flaxseeds are excellent sources of omega-3 fatty acids, protein and fiber. These nutrients aid brain development and the body satiated longer.

Hydration: Drink plenty of water. Pregnant women should aim for at least eight to 10 glasses of water daily. Proper hydration helps in digestion, circulation and reducing swelling.

Pregnancy Diet Tips for a Healthy Journey

Maintaining a healthy pregnancy diet is not just about eating nutritious foods, but also about ensuring proper meal timing and portion control.

Eat smaller, frequent meals: Instead of three large meals, eat smaller meals throughout the day to prevent nausea, heartburn and bloating.

Prioritize prenatal vitamins: Even with a balanced diet, prenatal vitamins (especially folic acid, iron and calcium) ensure getting all essential nutrients.

Avoid processed and junk foods: Limit consumption of processed foods, sugary snacks and fast food that may contribute to excessive weight gain and gestational diabetes.

Listen to The Body

The body's nutritional needs change during pregnancy. Pay attention to hunger and fullness cues to maintain a balanced diet without overeating.

Monitor caffeine intake: Limit coffee and black tea intake to no more than one cup per day.

Incorporate healthy fats: olive oil, avocados and nuts support baby brain development and overall well-being.

For more information, visit NaturalAwakeningsNNJ.com.



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**Jyotish Kumbh 2025 - Where the Universe
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Functional Medicine Anti-Inflammatory Drinks

There are many ways to soothe and even prevent harmful inflammation in the body, but some are more safe and effective than others. Here is a sampling submitted by area functional medicine practitioners.

Turmeric Golden Milk

One of the best anti-inflammatory beverages is golden milk, which contains a combination of compounds and antioxidants that support digestion, strengthen the immune system, and reduce inflammation. The active ingredient in turmeric, curcumin, is well known for having strong anti-inflammatory properties. Turmeric is combined with other anti-inflammatory ingredients like ginger, cinnamon, and black pepper to create golden milk, a warm, calming beverage.

- 1 cup unsweetened coconut or almond milk*
- 1 tsp powdered turmeric (or grated fresh turmeric root)*
- ½ tsp cinnamon*
- ½ tsp powdered ginger (or grated fresh ginger)*
- A dash black pepper (to improve the absorption of curcumin)*
- 1 tsp honey (optional)*

In a saucepan, warm the almond milk over medium heat. Include the black pepper, ginger, cinnamon, and turmeric. Mix thor-

oughly. After 5 minutes of simmering, turn off the heat. If desired, sweeten with honey and serve warm.

Green Tea with Lemon and Ginger

With its reputation for increasing metabolism, enhancing cognitive function and lowering the risk of chronic illnesses, this beverage is an ideal anti-inflammatory for health. Catechins, a class of antioxidants that lowers oxidative stress and inflammation, are abundant in green tea. Lemon and ginger are added to increase the anti-inflammatory effects and provide a cool, zesty taste.

- 1 cup hot water*
- 1 bag green tea*
- 1 tsp grated fresh ginger*
- ½ lemon (juiced)*
- 1 tsp honey (optional)*

Let the green tea bag steep in hot water for three to five minutes. Add the grated ginger and give it another minute to infuse. If desired, stir in the honey and lemon juice. Savor it warm or cold.

Tart Cherry Juice

Regularly consuming tart cherry juice can aid in the management of arthritis symptoms, enhance sleep quality and facilitate muscle recovery. Strong antioxidants called anthocyanins, which are abundant in tart cherries, can help lower inflammation, joint pain and muscle soreness.

- 1 cup unsweetened tart cherry juice*
- ½ cup water (if desired)*
- Ice cubes (not required)*

Fill a glass with the tart cherry juice. If desired, dilute with water. Enjoy after adding ice cubes.

Pineapple and Ginger Anti-Inflammatory Smoothie

This all-natural inflammatory-reducing beverage is excellent for digestion and immune system support. Bromelain, an enzyme with potent anti-inflammatory qualities, is found in pineapples. This smoothie is a revitalizing and restorative drink when combined with ginger.





1 cup fresh pineapple chunks
 ½ tsp grated ginger
 ½ cup coconut milk
 ½ banana (for sweetness)
 Ice cubes (not required)

Process all ingredients in a blender until smooth. Serve right away and savor.

Matcha Latte with Coconut Milk

Matcha lattes support brain function, lower inflammation and give long-lasting energy. Green tea powder, or matcha, is a potent source of anti-inflammatory and antioxidant compounds.

1 tsp matcha powder
 1 cup hot almond or coconut milk
 ½ tsp vanilla extract
 1 tsp honey (optional)

Create a paste by whisking matcha powder with a tiny bit of hot water. Pour hot coconut milk over matcha paste. Add honey and vanilla extract. Stir thoroughly and savor.

Beetroot Juice with Lemon and Ginger

This nutritious anti-inflammatory beverage aids in detoxification and heart health. Beetalains, which have anti-inflammatory and detoxifying qualities, are found in beetroots.

1 cup beetroot, freshly peeled and chopped
 ½ cup water
 1 tsp lemon juice
 ½ tsp grounded ginger

Mix all ingredients and strain if necessary. Serve right away.

Aloe Vera and Cucumber Detox Drink

This beverage promotes hydration, eases intestinal inflammation and facilitates digestion. Aloe vera is a popular beverage for gut health and skin hydration because of its cooling and anti-inflammatory properties.

½ cup fresh aloe vera syrup

½ cucumber, sliced
 1 cup water
 ½ lemon (juiced)

Process all ingredients in a blender until smooth. Serve cold.

Blueberry and Spinach Anti-Inflammatory Smoothie

One of the greatest anti-inflammatory beverages, this smoothie offers vital vitamins, minerals and antioxidants for general well-being. Flavonoids and antioxidants found in blueberries aid in lowering oxidative stress and inflammation.

1 cup fresh blueberries
 1 handful spinach
 ½ banana
 1 cup almond milk
 1 tsp chia seeds

Process all ingredients in a blender until smooth. Serve right away.

For more information, call 201-291-0401 or visit citm-DrFinn.com/visit.

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by Dr. Anne Deatly



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In addition to starting off the new year with resolutions of losing weight, exercising more at the gym or beginning a radical healthy lifestyle by eating for nutrition rather than taste, consider tapping into our eternal essence and discovering what our true self wants in life—how it wants to grow and be more connected. To discover the ultimate desire of our soul in this life, we can meditate to discover these answers for ourself.

From a holistic viewpoint, it may be to establish harmonic and balanced relationships with our mind, body and spirit. The soul's goal and strategy is to become one—mind, body and spirit. The usual way people live their lives is first and foremost through their mind. We are so focused on how our mind operates and guides us in life that we don't really understand that there is a completely different version of ourselves that doesn't agree with how the mind is guiding us.

If we could learn to dampen the loud, insistent, fear-based urgings from our minds, or egos, to actually hear the silent whisperings of our soul, we could go from living from fear to living from love. We could be more connected to the core of who we are and we

would view the world through a completely new lens. We would be transmitting the energy of love all the time. We would release our fears, worries, anger and grief quite easily if love is our predominant focus.

The high vibrational frequency of love flowing within us and through us would dissolve the low vibrational frequencies of these emotions. Our level of consciousness would increase. We would be able to tap into a higher potential of life that is meant for us. We might even discover that our ladder of success is on the wrong wall. We may understand better how to align with what our soul needs for growth and evolution. Because our soul is ours forever, it becomes a most significant shift to align with it and know to evolve. This shift is the most significant thing we can do for our whole self to be complete and balanced.



For more information about Dr. Anne Deatly, author of *Journey to True Self: Discover Your Divine Magnificence*, call 201-925-1046, email Anne.Deatly@gmail.com,

or visit DrAnneDeatly.com. See ad, page 25.



2024 Hottest Year on Record

According to the National Aeronautics and Space Administration (NASA) and the National Oceanic and Atmospheric Administration (NOAA), 2024 was the hottest year recorded since record keeping began in 1850. Last year was about two-tenths of a degree Fahrenheit warmer than the previous record set in 2023. NASA scientists estimate the planet is roughly 2.65° F hotter than the average temperature during the period from 1850 through 1900. NOAA reported that the last ten years were the hottest since 1850.

Scientists have warned for years that a rise in temperature of 1.5° C (2.7° F) above pre-industrial times could have catastrophic climate consequences. The European Union's Copernicus Climate Change Service separately reported that 2024 was the first year during which the global average surface temperature was more than 1.5° C higher than pre-industrial temperatures.



alenkadr from Getty Images/CanvaPro

Vultures on Patrol in Africa

Poaching of elephants, hippos, Cape buffalo and other wildlife has been a challenging problem in Ugandan national parks for years. With the help of scientists from the Leibniz Institute for Zoo and Wildlife Research, in Berlin, the Uganda Wildlife Authority has enlisted the help of local vultures to help fight poaching because they can spot a carcass from more than two miles away.

Twenty of the winged scavengers have been fitted with trackers connected to artificial intelligence that help interpret the birds' movements, including circling for an extended period, preening, drinking, hopping on a carcass or battling over a carrion. Once the technology identifies a potential poaching site, the park rangers can move in to hopefully catch the poachers or dismantle their snares and traps. In the future, vulture tags may include a camera to help rangers quickly assess what killed an animal.



kjekol from Getty Images/CanvaPro

Shutting Down Illegal Sea Turtle Trade

Since ancient times, humans have hunted the hawksbill sea turtle for its glossy, brown shell to make luxury items like bowls, bracelets, combs and eyeglasses. While trading in the critically endangered hawksbill and other sea turtle shells has been outlawed since 1977, such products can still be found on the black market because the goods are often confiscated in different countries from where the poaching took place.

The ShellBank program, started by the World Wildlife Fund and implemented by 28 countries, has been collecting genetic material from confiscated turtle products to trace them back to their region of origin. The program also trains law enforcement and researchers in collecting, handling and analyzing the genetic material. ShellBank co-founder Christine Madden says the goal is to use ShellBank to dismantle illegal trade in sea turtles.



vlad61 from Getty Images Pro/CanvaPro



Personalized Nutrition

Fine-Tuning the Dinner Plate

by Carrie Jackson

Targeted nutrition is emerging as one of the year's biggest areas of growth in the field of health care. Data researchers at Statista estimate that the global personalized nutrition market will exceed \$16 billion in 2025. From elite athletes to busy professionals, consumers are looking for individualized recommendations that take their lifestyles and unique physiological needs into consideration. Smart devices, artificial intelligence (AI) and comprehensive testing are helping people identify their nutritional requirements and make informed dietary choices. Greater attention is also being placed on the gut microbiome and customized supplementation. The one-size-fits-all approach to eating is dwindling. Kerry Health and Nutrition Institute, a global food research organization, recently listed targeted nutrition in their top five trends for 2025, suggesting a greater emphasis on individual "need states" that might focus on the health status of the heart, joints, bones or gut, or on personal goals associated with sports nutrition, while nutritionists are using finely tuned supplements that cater to individual requirements. Joint and bone health benefit from anti-inflammatory compounds and improved calcium absorption, for example, while cognitive health is supported by nootropics, medicinal substances that improve thinking, learning, memory and gut-brain axis modulation. Consumers are also opting for innovative ingredients like collagen

peptides, omega-3s, amino acids, postbiotics and adaptogens to enhance their health status and optimize their fitness.

Health-Tracking Aids

Technology is making it easier to measure how our bodies are responding and performing at any given time. "Smart watches, smart rings and armband devices can track heart rate and oxygen levels, and monitor blood pressure levels. Some healthcare providers may recommend continuous glucose monitors to track blood sugar trends and fitness devices to track physical activity," says Sue-Ellen Anderson-Haynes, a registered dietitian nutritionist and owner of 360Girls&Women, which offers personalized nutrition plans for health improvement or maintenance.

Using AI-powered products and services, consumers have the ability to receive nutritionist-backed recommendations, monitor their progress and make adjustments based on food preferences, health goals and other variables such as age, gender and body mass index. It is a streamlined path to improving eating habits, tailoring meal plans and creating recipes that align with health objectives and personal preferences.

Dietitians Can Help

For even more personalization, Anderson-Haynes notes, "A registered dietitian nutritionist can evaluate past medical history, nutrition, physical activity, age, biochemical and anthropometric measurements, laboratory data, and socioeconomic and education levels. In addition, they might perform functional medical testing that includes specialized hormone testing, a review of food intolerances and microbiome testing. About 70 to 80 percent of our immune cells are found within the gut. Studies show that the more diverse the healthy microbes are in the gut, the lower the risk of inflammation and diseases like diabetes, heart disease, dementia and certain cancers. In addition, when our gut is functioning well, it allows for proper metabolism processes to occur, like digestion and the absorption of nutrients from the foods we eat."



Anastasia Nurullina from baseimage/CanvaPro

While research on the gut-brain axis is still ongoing, it is becoming clearer that the nerves that send signals between the gut and the brain may be influenced by the foods we eat. Anderson-Haynes suggests, “Healthful nutrients for the microbiome may include prebiotic fiber, probiotics, omega-3s, anthocyanins [plants that are blue, violet or red] and resveratrol [a defensive substance found in the skin of plants, fruits and seeds]. Studies show that the health components in these foods positively affect mood, anxiety, depression, the immune system and the nervous system.”

Other supplementation may be necessary or advised. “While there are a variety of supplements on the market, a personalized assessment and evaluation reveal what each person may need. For example, if there is a deficiency that food alone may not be able to increase, then a vitamin or

mineral supplement will be needed,” explains Anderson-Haynes. “Symptoms of low levels of vitamin D may include fatigue, depression, muscle weakness and hair loss, and if vitamin D levels are deficient, then a supplement will be needed. If there are reports and symptoms of anxiety and excessive stress, supplements generally recommended to support the nervous system may be ashwagandha, magnesium, vitamin C and others. There are also evidence-based herbal remedies utilized by functional medicine practitioners to support hormone imbalances.”

Anderson-Haynes encourages clients to listen to their own bodies and to prioritize nourishment at every meal. “Food is amazing. It comes in all shapes, sizes, textures and tastes. It serves as the backdrop for social engagements and helps express culture. When done right, it’s absolutely delicious.

It also serves as an element of strengthening and healing to the body. No matter your eating style, if you’re trying to eat more plant-based, with less to no animal foods, you’re in the right place,” she says.

The Gut and a Healthy Immune System

According to Monique Ryan, an Illinois-based sports dietitian and author of *Sports Nutrition for Endurance Athletes*, because 70 percent of the immune system is in the gastrointestinal tract, personalized nutrition begins by getting the microbiome functioning properly. “The gut is the first line of barrier to food. If it’s been damaged or hurt, people may experience increased intestinal permeability, also known as leaky gut,” she explains.

Ryan recommends food sensitivity testing to evaluate the body’s reaction to more than 175 foods. “Once we get our test re-

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sults, we can create a protocol for an oligo-antigenic diet, which takes out all the antigens that cause inflammation in the body. It's a very personalized anti-inflammatory diet and targets what people are specifically sensitive to," she says. "Anyone can go on the internet and find a generic anti-inflammatory diet, but what causes inflammation varies from person to person."

For Ryan, all aspects of a patient's background and lifestyle can offer pivotal clues. "I'll sit down with each patient and take a detailed health history, including their nutrition background. Genetics also factor into overall nutrition, so we'll look at family history and any hereditary diseases. I'll analyze their most recent bloodwork and look at what they typically eat and what their activity levels are," she attests. "The more I learn about a patient, the better I can personalize a plan based on their specific needs and not just their test results."

Ideally, nutrients are supplied through food, but some supplements may be necessary based on the patient's blood levels. "Vitamin D, which plays a key role in immune system health, is not readily supplied by food, so most people should be taking it in supplement form," Ryan says. "I also generally recommend a probiotic and prebiotic to support gut health. Other supple-

ments are highly personal and vary based on the patient's individual needs."

Ryan urges clients to choose whole, fiber-rich foods with no added chemicals. "Simple, minimally processed foods are generally the most nutritious and efficient for the body to process. So, an almond milk that has almonds, water and maybe salt is going to be better for the body than one with multiple additives and chemical ingredients," she explains.

Eating for Peak Performance

Ryan also works with high-level athletes. For them, personalized nutrition helps to ensure they are performing at peak levels. "Many athletes have Garmin or Polar monitors that measure their caloric output. Combined with body composition tests, these give us an overview of their metabolic and energy needs," she says. "From there, we still have to tailor their nutrition plan for that day's specific training. They might burn 500 additional calories one day and 1,000 in another. It depends on the athlete's metabolism, their particular sport and what their specific training protocol is for that day. It's not one-size-fits-all or eating the same thing every day."

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

Dr. Perry to Speak at Wellness Gala



Dr. Catherine P. Perry, CHT,

After having practiced in healing in Paramus, Bergen County, Dr. Catherine P. Perry, CHT, now residing and practicing in Louisiana, will be a featured speaker at the Power of Intention Wellness Gala held from 2:30 to 6:30 p.m., March 23, at Unitarian Ridgewood. She shares, “I love to turbo charge your ability to attune yourself to the energetic vibration and mindset that makes you see yourself manifesting, the results you love in your life!”

Perry is the author of the book, *Courageous Wake*, based on her awakening to her spiritual healing abilities; she demonstrates the potential in all people to grow beyond limiting beliefs and social conditioning. She tells her story to compel people to awaken to their own healing powers. She conducts individual and

group healing sessions, that help people with life mastery, and makes them heal themselves with their own energy.”

Dr. Perry teaches leading-edge energy healing, paradigm shifting and spiritually based creation techniques that transform and bring greater “love, joy, happiness, bliss, prosperity, fulfillment, success and massive, abundant enthusiasm for living life.”

Admission is \$56 in advance or \$67 at the door. Location: 113 Cottage Pl., Ridgewood. For tickets and more information, call 973-713-6811 or visit WellnessGala.com/events. See ad, page 21.



How to Eat Healthier While Reducing Waste



Food waste is a growing global issue, with millions of tons of edible food discarded every year. At the same time, many people struggle with maintaining a healthy diet. By adopting sustainable eating habits, we can enjoy healthy meal planning while cutting down on food waste.

Creating a weekly meal plan is a powerful way to reduce food waste and ensure balanced nutrition. When planning meals: choose recipes that use overlapping ingredients to minimize excess; Incorporate seasonal and locally sourced produce for freshness; plan meals based on what already in the fridge and pantry; and schedule “leftover nights” to finish uneaten meals. A well-thought-out meal plan not only prevents unnecessary purchases, but also helps maintain a diverse and nutrient-rich diet.

Grocery shopping plays a critical role in sustainable eating habits. Follow these guidelines to make the most of grocery trips: create a thorough shopping list and follow it; perishable goods should not be bought in bulk unless intending to use

them; Look for imperfect produce—misshapen fruits and vegetables are just as nutritious, but often go to waste; and check expiration dates and buy products with the longest shelf life when necessary.

Proper storage techniques can significantly reduce food waste by keeping food fresh longer. Here are some useful tips: store leafy greens in airtight containers with paper towels to absorb moisture; keep herbs fresh by placing them in water, like a bouquet; store fruits and vegetables separately, as some produce emits ethylene gas that speeds up ripening; and freeze leftovers, bread and overripe fruits for later use. We can avoid spoiling and maintain the nutritional value of foods by knowing how to store them.

Zero-Waste Cooking Ideas

One of the best zero-waste cooking ideas is to use all edible parts of the food. Instead of discarding food scraps, try these methods: save vegetable peels and scraps to make homemade broth; roast pumpkin seeds or squash seeds for a nutritious snack; use citrus peels to infuse water, tea or homemade

cleaners; and make banana peel “bacon” by marinating and frying peels.

Leftovers do not have to be boring. Reinvent them into new dishes with these creative ideas: blend leftover vegetables into soups, sauces or smoothies; turn cooked grains into fried rice, grain bowls or stuffed peppers; repurpose roasted meats into tacos, salads or sandwiches; and for French toast, bread-crumbs or croutons, use stale bread. With a little creativity, we can give leftovers a new life and reduce waste effortlessly.

There will always be some food waste, even with the best preparation. Think about composting it rather than throwing it in the garbage. Composting organic waste helps reduce landfill contributions and creates nutrient-rich soil for gardens. If there is no backyard, look for community composting programs or indoor composting options.

For more information, visit NaturalAwakeningsNNJ.com.



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Fueling Exercise Recovery

Nutritional Strategies To Boost Muscle Repair

by Zak Logan

A post-exercise recovery plan for seasoned athletes and fitness enthusiasts alike can greatly influence soreness, muscle repair and the ability to tackle the next workout. Proper hydration and nutrition work together to optimize energy levels, repair tissues and reduce inflammation. Above all, it is important to tune in to the body's needs and adapt post-workout strategies as needed. Recovery is a personal journey to achieving the best performance every day.

Replenishing Fluids

Water is fundamental for muscle and cardiovascular function, circulation, joint lubrication and body temperature regulation. During exercise, sweat and increased lung function expel water and electrolytes, which

can lead to dehydration if not replenished. Even a 1 to 2 percent fluid loss can impact bodily functions, reducing strength, power and endurance; impairing mental focus; increasing fatigue; delaying muscle recovery; and intensifying muscle soreness.

Maintaining proper hydration before, during and after exercise is an important part of every workout. The American Council on Exercise (ACE) recommends drinking 17 to 20 ounces of water two hours prior to exercising and seven to 10 ounces every 10 to 20 minutes during exercise. Post-workout, people are advised to drink 16 to 24 ounces of fluids for every pound of body weight lost during exercise, which would require weighing in before and after each



natalia mlyjova/CanvaPro

workout. A simple way to evaluate hydration levels is to check urine color—clear or light yellow is a sign of good hydration; a darker color indicates the need to drink more water.

According to ACE, if a workout is less than an hour long, only water is needed to rehydrate. For longer and high-intensity workouts, electrolyte replacement is advised. Electrolytes such as sodium, potassium, magnesium and calcium maintain muscle and nerve function. While many sports drinks provide a way to rehydrate and replace lost electrolytes, they may also contain sweeteners, artificial colors, flavors and preservatives.

Natural and homemade alternatives are equally effective. Coconut water has been called nature's sports drink due to its electrolyte profile. Natural juices without added sugars or artificial ingredients have also been shown to be beneficial. Beetroot juice contains high concentrations of nitrate, which improves oxygenation and exercise performance by increasing nitric oxide production. Cherry juice is high in antioxidants and anthocyanins, which may improve muscle recovery. Grape juice is rich in flavonoid antioxidants, which may reduce oxidative stress and cell damage during exercise. For a quick and easy post-workout electrolyte drink, combine 16 ounces of water or iced rooibos tea with a pinch of salt, one teaspoon of honey and the juice of half a lemon.



RossHelen from Getty Images/CanvaPro

Nourishing Recovery

Protein plays a central role in repairing microscopic tears and fiber growth that occur in muscles during exercise. The aim is to consume approximately 20 grams of protein during or after a workout. Carbohydrates restore depleted glycogen—the stored energy that is burned during exercise.

Pairing high-quality protein and nutrient-rich carbs can maximize recovery. The British Heart Foundation recommends a carbohydrate-to-protein ratio of three-to-one or four-to-one. Simple combinations such as Greek yogurt with berries or chicken with sweet potatoes, quinoa or brown rice are effective and quick to prepare. Another easy combination is a smoothie that combines animal-based (whey or casein) or plant-based (pea or hemp) protein with fruit-based carbohydrates like bananas or berries.

Abating Soreness

Exercise creates temporary inflammation as the body's way of initiating the healing process. But chronic inflammation can slow recovery and increase soreness. Adding these natural, anti-inflammatory foods to a recovery diet will help mitigate soreness and improve recovery time.

- **Turmeric and ginger** have potent, anti-inflammatory properties. Add turmeric to curries, or steep ginger in tea after workouts.
- **Fatty fish** such as salmon and mackerel provide omega-3 fatty acids, known for reducing inflammation and joint pain.
- **Berries and cherries** are packed with antioxidants that repair cellular damage.
- **Leafy greens** such as spinach or kale can be added to smoothie bases or steamed as a side dish.

Get creative by combining protein, carbohydrates and anti-inflammatory foods. Consider a quinoa bowl with turmeric-spiced salmon and steamed kale or a recovery smoothie with almond milk, mixed berries, flaxseed and fresh ginger.

Supplementation Caveat

Supplements should complement, not replace, a balanced diet. Whenever possible, prioritize whole, nutrient-dense foods over processed alternatives or supplements. Consulting with a dietitian nutritionist or other practitioner that specializes in sports medicine may help identify areas where supplementation is most beneficial.

Zak Logan is a freelance health writer dedicated to getting back to basics.

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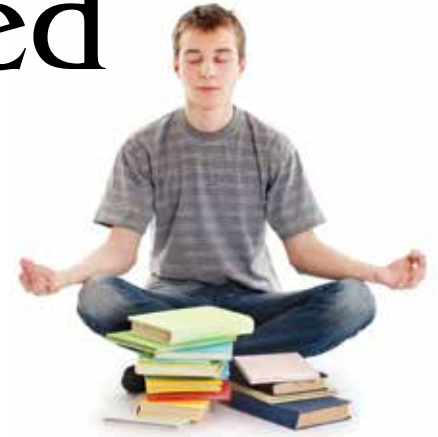
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The Well-Adjusted Teenager

Tips To Relieve Stress and Support Resilience

by Christina Connors



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Teens are under tremendous pressure from academic demands, social expectations and the pervasive influence of technology, so it is crucial for them to have effective strategies to manage stress. By incorporating mindfulness practices into their daily life, they can develop resilience, reduce tension and enhance their overall well-being. A 2024 study published in the *British Journal of Health Psychology* found that just 10 minutes of daily mindfulness practice could significantly reduce symptoms of anxiety and depression. Participants reported a 12.6 percent decrease in anxiety and a 19.2 percent reduction in depression.

Helping teens in their mental health journey requires a holistic approach

that addresses their physical, emotional and social needs. By fostering a supportive environment, providing education and resources, and encouraging healthy habits, we can help them thrive and develop into buoyant, well-balanced individuals.

“It’s so important to establish open, nonjudgmental communication with our teens,” advises Chanie Messinger, a Brooklyn-based occupational therapist, educator and motivational speaker. “Feeling safe to talk about and express their feelings—especially difficult ones—to a trusted adult is vital for ensuring mental health. A fun way to do this is to set aside one-on-one time each week to engage in an activity our child loves to do. This also

shows our children that we notice what lights them up, helping them feel seen and understood.”

Encouraging Self-Care

Self-care is not just a trend, but a necessary practice for maintaining mental and physical health. Teens can benefit immensely from self-care activities, such as creating do-it-yourself face masks with natural ingredients like oatmeal, avocado, aloe and green tea. This fun and relaxing activity can also improve skin health. Aromatherapy, using essential oils like lavender or eucalyptus, can enhance their mood and promote relaxation. These practices encourage teens to take time for themselves and develop healthy habits that can last a lifetime. “Joining the fun with your teen in this self-care practice is also a great way to bond and get to know them more deeply,” suggests Messinger.

Spring Cleaning the Mind

Spring break is an excellent opportunity for teens to declutter and organize both their physical and digital spaces. Encouraging them to clean out their lockers, rooms and phones can reduce mental clutter and create a more ordered and efficient environment. Tips for staying organized, such as using planners, setting reminders and designating study areas, can help teens manage their time effectively and maintain a streamlined space, contributing to a clearer mind.



Gabriella Csepo from corelens/CanvaPro

Breaking Social Media Habits

A study by the World Health Organization found that 11 percent of adolescents showed signs of problematic social media behavior, struggling to control their use and experiencing negative consequences. Girls reported higher levels of problematic social media use than boys (19 versus 13 percent). Thirty-six percent of young people reported constant contact with friends online, and 34 percent of adolescents played digital games daily, with more than one in five (22 percent) playing for at least four hours on days that they engaged in gaming.

A social media break can be a transformative experience for teens. “A key aspect of reducing the amount of time a teen spends on their device is giving them something healthy to fill that void,” says Michael Dzwil, senior director of clinical outreach for Newport Academy, a residential, mental health treatment facility for teens in New York. “Suggesting alternative activities, such as reading, exercising or spending time with family and friends in person, can help fill the gap left by social media and provide a refreshing change. Together as a family, delete social media apps or at the very least turn off notifications, so that the time each family member chooses to look at social media is more intentional versus reactive.”

Modeling Healthy Behaviors

Teens often look to grownups for guidance. By openly discussing mental health, adults can help normalize it, reducing the stigma and shame that they might feel about their emotional and mental struggles. This openness may make it more likely for them to seek help when needed. By prioritizing wellness and mental health, adults send the message that self-care is important and acceptable.

As a community, it is our collective responsibility to ensure that teens have the tools and resources they need to thrive mentally and physically, paving the way for a healthier, more balanced future generation. Parents, guardians, teachers, school administrators, counselors and spiritual allies can all play a positive role in helping kids enter adulthood as happy, well-adjusted and well-equipped individuals.

Christina Connors is a writer, singer and creator of Christina's Cottage, a YouTube series to strengthen kids' resilience, connection and joy through music, mindful play and the power of the heart. Learn more at ChristinasCottage444.com.

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I Feel like My Thyroid is off, but My Doctor Says...

One of the very most common reasons that patients contact my office to seek the alternative answers provided by functional medicine is to discuss concerns that they believe to be associated with their thyroid. 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 limited to:

- Weight gain
- Fatigue
- 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
- Menstrual irregularity
- Increased sensitivity to cold
- Constipation
- Dry skin
- Puffy face
- Hoarseness
- Swelling/ pressure in the lower neck
- Depression

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”. But they don’t feel “normal”. And that is often when these folks come in for a consultation.

In fact, there are many aspects to thyroid function and efficacy that need to be investigated and addressed when someone is experiencing “hypothyroid symptoms”. For whatever reason, this in-depth investigation of the thyroid often falls into province of

functional physicians such as me. For many medical doctors, thyroid testing consists only of testing a patient’s TSH (thyroid stimulation hormone that emanates from the pituitary gland and leads the thyroid gland to produce active thyroid hormone). If this number is elevated, it will trigger a response with medication. The functional physician’s “cutoff” for a “good” TSH vs. a not-so-good TSH is quite different from the traditional/lab cutoff. And this is one of many distinctions in the traditional as opposed to the holistic approach to establishing thyroid status.

Some physicians will also check the total amount of “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. Always, at least some portion of all active thyroid hormone is produced inaccurately by the glands, but this portion varies widely. Therefore, it is critical to check not only for the actual total and active T3 levels, but also for levels of poorly-manufactured, and hence ineffectual, T3 (so-called “reverse T3”).

Other considerations in a thorough evaluation would include:

1. Is there adequate iodine in the body to support thyroid function?
2. Are other nutrient levels that support thyroid function optimal?
3. Is thyroid hormone being well-received in the body’s tissues?
4. Is auto-immune disease interfering with thyroid function?
5. (This is 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?

In finding the answers to these questions, we are in a much better position to understand why someone 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 (the underlying “root causes”), it is possible to treat and correct the problem or problems at hand, and alleviate symptoms, permanently restoring a patient back to a more robust level of health. As they say on TV: “The more you know....”



Robin Ellen Leder, M.D. has been treating the thyroid/adrenal axis using a functional approach since her mentorship with Dr. Robert Atkins (of “The Atkins Diet” fame) at the onset of her career. She has participated in courses with the original Broda Barnes thyroid group, with David Brownstein when he first published his work on iodine, with Denis Wilson when he put forth his concept of “Wilson’s Syndrome.” She has applied this same detailed approach, seeking the root cause of issues, to successfully treat thousands of patients at her Hackensack office for a wide variety of conditions, including difficult gut issues, psychological conditions, weight loss, diabetes, auto-immune disease, ongoing fatigue, and many others, always prioritizing the use of diet, supplements, behavioral change, and exercise as first-line therapies. See ad, page 3.

calendar of events

Email Publisher@NaturalAwakeningsNNJ.com for guidelines and to submit entries

Sunday

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

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 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 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. 201-906-5767. Register: LoisKramerPerez.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.

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

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

Thursday, March 6

Community Science: Sprouting Paths - 10:00am - 11:30am. Explore TCC through the seasons on a walk with George Tsapellas and participate in community science by learning how to document what you see on your phone using iNaturalist or Seek. Each month will highlight a different part of the park, focusing on specific habitats and plants. Email programs@teaneckcreek.org or Visit Website at www.teaneckcreek.org. Location: Teaneck Creek Conservancy, 20 Puffin Way, Teaneck, NJ.

Friday, March 7

Fashion Stitches - Wild Sweatpants - 12:00 pm - 2:00 pm. Design your own stylish sweatpants with unique fabrics, bold stitching, and fun appliqué! 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.

Saturday, March 8

Community Science: Sprouting Paths - 10:00am - 11:30am. Explore TCC through the seasons on a walk with George Tsapellas and participate in community science by learning how to document what you see on your phone using iNaturalist or Seek. Each month will highlight a different part of the park, focusing on specific habitats and plants. Email programs@teaneckcreek.org or Visit Website at www.teaneckcreek.org. Location: Teaneck Creek Conservancy, 20 Puffin Way, Teaneck, NJ.

Sunday, March 9

Pelvic Healing Workshop - 1:00 pm - 3:00 pm. To support recovery from mental and physical pelvic/womb trauma, this workshop will engage participants in sound bath, breathe work, empowering education, and healing movement. Register or visit website at rockcollage.com/events. Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

Sunday, March 9

Wayne Valley Spring Craft Show - 10:00 am - 5:00 pm. With one hundred exhibitors displaying arts and crafts where you will find something for everyone. Just some of the items available will be hand painted flowerpots and gourds, stained-glass, hand-crafted jewelry, olive oils, honey, dried herb mixes, soaps, candles, lighted glass bottles and much more. Visit Website & Register at <https://pjspromotions.com/>. Location: 551 Valley Road, Wayne, NJ.

Monday, March 10

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.

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

Thursday, March 13

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. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Friday, March 14

Navigating Valley Health System - 10:00 am - 11:00 am. Learn how to navigate our systems, make healthcare appointments and take control of your health with Valley. Visit Website at valleyhealth.com/events. Location: Mahwah Public Library, 100 Ridge Road, Mahwah, NJ.

Saturday, March 15

Childbirth Preparation (Lamaze) - 9:30 am - 12:30 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. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Tantra Date Night for Couples - 4:00pm - 7:00pm. Tantra has the potential to bring greater intimacy, connection, and fulfillment to your love life. You are invited to spend a fun, relaxing afternoon filled with guided communication and meaningful activities, learning how to be more conscious, connected, and present to your partner while learning basic tantric practices. Early Bird \$140, General Admission \$177. To register email at info@nordicgoddessstantra.com or text (862) 251-2444 or Visit Website at nordicgoddessstantra.com or heal.me/holistic-sex-and-intimacy-coaching. Location: Soma Vayu Garden Yoga 73 Woodbridge Ave Highland Park, NJ.

Sunday, March 16

Sound Bath Meditation – 12:00 pm. Enjoy Crystal bowls, Tuning Forks, wave drums, and more in a harmonic healing Space. Register or visit website at rockcollage.com/events. Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

Heal Paint and Plant – 1:30 pm. A meditative experience with singing bowls and free art expression. We will paint potted plants and watch them grow at home. Register or visit website at rockcollage.com/events. Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

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. Call 845-290-0678 to register. 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, March 18

Knit and Crochet with Tina - 7:00 pm - 8:30 pm. Learn to knit and crochet or practice your skills in this introductory class. Please bring a skein of medium weight (#4) yarn, a pair of # 9 knitting needles, and a size J-10 crochet hook. We will teach two basic stitches, the knit stitch and the single crochet. All levels are welcome. Location: Englewood Public Library, 31 Engle Street, Englewood, NJ.

Wednesday, March 19

Monthly Spotlight on Men's Sexual Health Through Tantra - 8:00pm. Free monthly Zoom presentation and Q & A dedicated to exploring men's sexual health challenges and the solutions Tantra offers. Each session is designed to provide valuable insights, practical advice, the latest research and answers to your questions. \$10. To register email at info@nordicgoddess tantra.com or text (862) 251-2444 or Visit Website at nordicgoddess tantra.com or heal.me/holistic-sex-and-intimacy-coaching. Location: Soma Vayu Garden Yoga 73 Woodbridge Ave Highland Park, NJ.

Sahaja Yoga Meditation - 7:00 pm - 8:00 pm. Sahaja yoga meditation is easy to learn, and all ages or cultural backgrounds are welcome to attend. Attendees can sit either in a chair or on the floor and should wear loose, comfortable clothing to the hour-long sessions. All levels are welcome. Location: Englewood Public Library, 31 Engle Street, 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.

Spring Forth into Wellness Day – 11:00 am - 5:00 pm. Learn And and Experience Holistic Modalities to Bring You into Optimal Wellness for The Equinox. Spring Into Alignment with Your Best Self, and how you can incorporate them into your life. Register or visit website at rockcollage.com/events. Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

Monday, March 24

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

Tuesday, March 25

Colorectal Cancer Screening - 7:00 pm - 8:00 pm. Learn the importance of colorectal screening, diagnosis, and screening options available. Visit Website at valleyhealth.com/events. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Wednesday, March 26

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

Thursday, March 27

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. Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Saturday, March 29

Sound Bath Meditation & Halotherapy Experience - 4:00pm. Join us for a rejuvenating journey of sound healing, and halotherapy led by Michele Maltese, certified yoga teacher and sound healing practitioner and Nick Sotomayor, a meditation teacher and certified singing bowl & acoustic tune practitioner. \$50 per pair & \$60 per individual. Visit Website & Register at <https://cattleyatrianaespa.com/>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

Ignite Your Inner Fire: Solar Eclipse Cacao Ceremony with Chris - 11:00am - 12:30pm.

Join us for a hands-on transformative workshop where we'll blend sacred ancient wisdom with modern practices. Gather in the Loopwell kitchen to prepare and savor ceremonial-grade cacao, a sacred plant medicine. Visit Website & Register at www.loopwellwithus.com. Location: Loopwell, 80 Maple Avenue, Montclair, NJ.

Sunday, March 30

Paramus High School Spring Craft Show - 10:00 am – 5:00 pm. With 140 exhibitors from three states, this expanded show now spans two gyms, the vestibule, and the café. Browse unique arts, crafts, and photography, plus handcrafted jewelry, home décor, woodwork, apparel, resin and diamond art, table runners and pillows, hand knitted items, fiber, crochet animals, children's items, doll clothing, soft sculpture, spring florals and more! Visit Website & Register at <https://pjspromotions.com/>. Location: Paramus High School, 99 E. Century Road, Paramus, NJ.

Monday, March 31

Tour of the Family Birth Place - 6:30pm - 7:30pm. Join us for a small group tour of the Labor and Delivery Unit and Mother/Baby Unit at Englewood Hospital to explore our state-of-the-art facilities, meet our caring staff, and get a sense of what to expect, helping you feel more comfortable and confident when the big day arrives. Visit Website & Register at www.Englewoodhealth.org. Location: Englewood Hospital, 350 Engle Street, Englewood, NJ.

Tuesday, April 1

Healthy Steps Walking Program - 9:00 am - 10:00 am. Healthy Steps is a 10-week walking program designed to encourage fitness and friendship among people of all ages in a fun and motivating atmosphere. Visit Website at valleyhealth.com/events. Location: Veteran's Field, Behind the Ridgewood Public Library, 125 N. Maple Avenue, Ridgewood NJ.

Sunday, April 6

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. Call 845-290-0678 to register. 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.

Saturday, April 26

Sound Bath Meditation & Halotherapy Experience - 4:00pm. Join us for a rejuvenating journey of sound healing, and halotherapy led by Michele Maltese, certified yoga teacher and sound healing practitioner and Nick Sotomayor, a meditation teacher and certified singing bowl & acoustic tune practitioner. \$50 per pair & \$60 per individual. Visit Website & Register at <https://cattleyatrianaespa.com/>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

business directory

To find out how you can be included in Business Directory, email Publisher@NaturalAwakeningsNNJ.com

DOWSING

JEANIE PASQUALE, DOWSER
Househarmony.org
Dowsing@househarmony.org
845-709-5245



It's time to protect your family from 5G, geopathic stress, negative vortices, Hartman and Curry lines. Maybe there is a personal zone having a negative effect on someone in your household? Dowsing can locate, clear, and block these negative vibrations from entering your home. Protect yourself and your home today.

ENERGY HEALING

ACCESS CONSCIOUSNESS
Theresa Obsuth, Access Bars Practitioner
Paramus, NJ
201-655-3836 • Citm-DrFinn.com



What if you are far greater than anyone has ever acknowledged? Where have you not acknowledged this for yourself? What keeps you in frustration of limitation, judgment of yourself and the lack of peace and joy in your life? What if this could all 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 7.*

FUNCTIONAL MEDICINE

ROBIN ELLEN LEDER, M.D.
A Better Alternative Medical Center
Hackensack, NJ
201-525-1155 • DrRobinLeder.com



Since initially working with Dr. Robert Atkins, Dr Leder has successfully delivered a full range of integrative/alternative medical care to thousands of tri-state residents of all ages. Every patient is provided a personalized care. Dr. Leder works with patient to achieve long-term optimal health and the healthiest lifestyle, using diet, supplements, exercise, sleep, exercise, nutrient IV's, coaching/counseling, and always prioritizing non-pharmaceutical options. **SERVICES OFFERED:** Medical Assessment/Comprehensive, Cutting-edge Lab Testing, Individualized Nutrition/Supplement Programs, IV Immune Support, Chelation (heavy metals & arterial plaque), Reconfiguration of the Gut Microbiome, Individual/Couples Counselling, Weight Loss. **MODALITIES:** Chronic Fatigue, Diabetes, GI Distress, Hormonal Imbalances, Psychological Issues/Stress, Thyroid/Adrenal Issues, Excessive Weight, Impaired Memory/Concentration, Autoimmune Disease, Metal Toxicity, ADD/Autism, Food Sensitivities. *See ad, page 3.*

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

—Bill Bradley

ROMAN E. FINN, M.D.
Center for Integrative & Traditional Medicine
22 Madison Avenue, Paramus, NJ 07652
201-291-0401 • citm-drfinn.com



Dr. Roman Finn has successfully combined holistic and integrative ways as well as modern developments in traditional medicine to treat a wide range of conditions including cardiovascular, pulmonary, gastrointestinal, musculoskeletal and immune disorders as well as diabetes, hypertension, asthma, fibromyalgia and stress related conditions. An all-encompassing holistic approach provided through non-invasive testing. Most labs and tests are performed on premises. We are working with major insurance companies and Medicare. *See ad, back cover.*

HEALING

ROCK COLLAGE HEALING GALLERY
Judith P Dazle
441 B Cedar Lane, Teaneck NJ 07666
www.rockcollage.com



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 9.*

HOLISTIC DENTAL CARE

VLADIMIR GASHINSKY, DDS
91 Millburn Ave, Millburn
973-457-4244 • HolisticDentalCenterNJ.com



We focus on performing holistic dental care that is good for the body as well as the teeth and gums. We put an emphasis on a more natural or holistic approach to dentistry. As a holistic dentist, Dr. Gashinsky treats the cause of the problem and not just the symptoms. He seeks to improve his patients' quality of life through holistic dental care that respects and honors the body. *See ad, page 2.*

HOME CARE SERVICE

ENA FORBES, FOUNDER & CEO
Mom and Pap's Home Care Service
50 East Palisade Ave., Englewood
201-56-3181 • 732-895-8696
MomAndPapsCare.com



Senior Care Service with dignity is what we do. Mom and Pap's Home Health care is not just another home care agency. We prioritized supportive and attentive care. Our staff is carefully selected to match each client's needs based on their specific needs and personalities which are top priority for ongoing mental stimulation.

INTUITIVE PRACTITIONER & FENG SHUI

LOIS KRAMER-PEREZ
Intuitive Practitioner, Meditative Clearing & Feng Shui
201-906-5767 • Fax 201-265-6037
LoisKramerPerez.com



"If we want to make changes in our lives, we must start from within." Are you ready? Through her own journey of self-discovery, Lois has embraced diverse energy modalities as a way of life, and she wants to share them. Lois has developed simple, effective techniques that help clients sharpen their awareness, clarity and empowerment through *feng shui*, personal meditative clearing, and environmental space clearing. Each of these services can provide anchors for creating change from the inside out. Let's get started! *See ad, page 18.*

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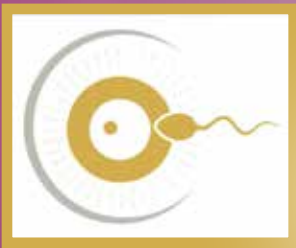
Business phone solutions: Legacy Avaya, hosted VoIP Outlook integration and texting to landline, printers, copiers, fax, sales, service and supplies, DesignJet plotters sales, service programming and more. For manufacturing and product distribution: Zebra Sato thermal labels for products, GHS, barcodes and shipping. Barcode scanning and complete integration. Fail-safe Internet via 4G/LTE for 100% survivable reliable internet. Backup for phones cameras and credit card processing. Enterprise Solutions: NetGear managed POE switches. Third-generation HIPPA-compliant security firewalls featuring Sonic Wall. VPN and WFH solutions.

SPIRITUAL WELLNESS

CATTELEYA TRIANA SPA
5-05 Saddle River Rd
Fair Lawn, NJ 07410
201-429-3214



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 5.*



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