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NORTHERN NEW JERSEY EDITION

APRIL 2025

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letter from publisher:



**Earth: Less is More**

**A**pril brings us the freshness, warmth and beginnings of glorious sunny days in our part of the world. April also marks Earth Day to express gratitude for everything we share with nature, community and our families. The planet and nature are not infinite resources, and we have to be judicious about using them in right amount and for the right reasons. Our feature story, “Waste Not, Want Not,” advocates that message with helpful tip on how to go about it.

Summer also brings the freedom to bathe in sunlight outdoors, which is an easy way to increase movement and physical fitness. Our Fit Body department, “Moving More,” highlights the impacts of increased exercise on health and energy levels.

We have lot of events coming up in the area for health, wellness and spiritual rejuvenation. Especially check out the The Jyotish Kumbh Astrology Fair in the Poconos mountains. It’s a unique annual event at very affordable prices in the serene asharam 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*.

Anil Singh, Publisher

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or [lois@LoisKramerPerez.com](mailto:lois@LoisKramerPerez.com)  
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## Dr. Hoody Four-Part Webinar Meetup Event

Dr. Stephen Hoody, an award-winning nutritionist in New York City, is the CEO and founder of *Healthier2gether* and Novo Wellness & Weight Loss, New York Health Centers and Manhattan Total Health Centers. He is pioneering DNA-driven healthcare to individualize care, boost a person's immunity, and deliver optimal health in a series of four webinars on April 7, 14, 21 and 28.



Attendees will learn how to lose weight without extreme exercise and diets; understand metabolism and fat-burning strategies; and gain sustainable weight-loss habits that fit into their lifestyle. They can also participate in an exclusive Q&A to get expert advice directly from Dr. Hoody.

Session titles include Understanding the Science of Weight Loss, Nutrition Strategies for Sustainable Weight Management, Exercise & Movement – Maximizing Fat Loss & Muscle Retention and Behavioral Strategies & Long-Term Weight Maintenance.

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## Access Bars Quiets the Mind

Theresa Obsuth, an Access Bars practitioner in Paramus, asks, “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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*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 13.*

## Jyotish Kumbh: A Gathering of Astrological Luminaries

The Arsha Vidya Gurukulam will presents the 31st Jyotish Kumbh, a rare opportunity to learn from contemporary masters such as PVR Narasimha Rao, Dr. KS Charak, Marc Boney, VP Goel, Simon Chokoisky and others and deepen their astrological understanding at a pre-Kumbh event on May 6 and 7, and the main event from May 8 through 18, both in person and online, in Saylorsburg, Pennsylvania.



The main topic is wealth management and finances. Others include “How Ayurveda is influenced by Jyotish?” and “How to Create Your Own Planet Mandala.”

Jyoti, meaning “light”, the ancient science that interprets celestial bodies and their influence on human affairs, has been preserved for millennia through India’s sacred Guru-Shishya tradition. Today, Vedic astrology is practiced by dedicated astrologers worldwide.

*Register at [Jyotish.com](http://Jyotish.com). For more information, call 1-917-299-4128. See ad, page 9.*



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or TEXT 862-251-2444.**



# A Renewable Energy Revolution

**W**ith cutting-edge technology opening the door to a more sustainable future, the emphasis has switched to clean energy for a greener planet. Innovations in renewable energy such as hydro and geothermal power, wind and solar energy are changing the way we produce electricity. Sustainable energy solutions, which promise long-term economic and social benefits in addition to environmental benefits, are attracting the attention of governments, businesses and individuals.

## Solar Power

One of the most prevalent and plentiful types of renewable energy is solar energy. Solar panels are now more economical and efficient thanks to recent advancements. Adoption rates are rising due to innovations such as solar roof tiles and bifacial panels that capture sunlight from both sides.

- **Scale:** Massive solar farms are being built around the world, and homeowners are installing solar panels on their roofs to produce their electricity.
- **Affordability:** Solar energy is becoming more and more affordable, which makes it an essential part of sustainable energy solutions.

## Wind Energy

Another important force in the revolution of renewable energy is wind power. Globally, onshore and offshore wind farms are growing and making a substantial contribution to the production of power. Wind energy is emerging as a major player in the worldwide movement for clean energy for a greener planet due to its decreasing costs and increased efficiency.



- **Floating Wind Farms:** These cutting-edge wind turbines work in deep waters to harness more reliable and powerful winds.
- **Smarter Wind Turbines:** AI-driven turbines maximize efficiency by instantly modifying blade angles to maximize performance.

## Hydropower

Since ancient times, water power has been a vital renewable energy source. Significant amounts of electricity are produced by traditional hydroelectric dams, although recent developments are increasing their efficiency. In addition to other sustainable energy sources, hydropower is an essential component of the world's energy mix.

- **Small-Scale Hydropower Plants:** Small-scale hydropower plants are being built in isolated locations to provide electricity to people that are off the grid.
- **Hydrokinetic Energy:** Without the need for enormous dams, cutting-edge underwater turbines are already capturing energy from river and ocean currents.

## Geothermal Energy

A dependable and sustainable energy source is geothermal energy, which uses heat from beneath the surface of the Earth.

- Geothermal energy is becoming more affordable and accessible thanks to improved geothermal systems (EGS) and advanced drilling techniques.
- Geothermal power has been effectively incorporated into national grids in nations such as the Philippines and Iceland, demonstrating its ability to provide clean energy for a more environmentally friendly world.

## Green Hydrogen

Green hydrogen is one of the most promising developments in renewable energy. This clean fuel is created by electrolyzing water to separate it into hydrogen and oxygen using renewable electricity.

- **Hydrogen-Powered Vehicles:** As an alternative to conventional gasoline and electric vehicles, auto makers are investing in hydrogen fuel cell vehicles. Green hydrogen is anticipated to be essential to the shift to sustainable energy sources as manufacturing costs come down and technology advances.
- **Industrial Applications:** Green hydrogen is being used to lessen dependency on fossil fuels in sectors including aviation and steel production.

*For more information, visit [NaturalAwakenings.com](https://www.naturalawakenings.com).*





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# Earth Day for Kids: Fun and Educational Activities

**E**arth Day is a moment to honor and value our world while educating kids about environmental conservation. Each year on April 22, people around the world are inspired to take action in support of sustainability, conservation and the preservation of natural resources. With opportunities to learn about the Earth through practical activities, Earth Day can be both entertaining and instructive for children.

## Use Recycled Materials to Make an Earth Day Craft

Using recycled materials to make arts and crafts is one of the most creative methods to teach children about sustainability. Collect materials such as plastic containers, cardboard, paper towel rolls and bottle caps, and then let kids use their imagination to create something unique. Some ideas include Egg Carton Caterpillars (Use paint and pipe cleaners to turn an empty egg carton into a vibrant caterpillar); Bottle Cap Mosaics (Arrange vibrant plastic bottle caps to make lovely mosaics or artwork with a natural theme); and DIY Bird Feeders: Make a basic bird feeder out of peanut butter, birdseed and empty toilet paper rolls. Along with encouraging creativity and problem-solving abilities, these activities teach children how to repurpose everyday items.

## Plant a Tree or Start a Garden

A great way to teach children the value of plants and trees in our environment is to plant a tree or establish a little garden. Trees not only enhance air quality and supply oxygen, but also provide wildlife with cover. To further enhance the participatory nature of this activity, assign



children a name for their tree and assign them the duty of watering and maintaining it or create a little vegetable or herb garden in pots on a ledge or balcony if you have limited room. Children should be taught about composting and the process of converting food waste into soil that is rich in nutrients. This project offers practical instruction on plant life cycles, environmental stewardship and wholesome eating practices.

## Plan a School or Neighborhood Clean-Up

Children can learn about pollution and the effects of littering on the environment by being encouraged to take part in a community clean-up. Get a group of children and adults together to clean up a schoolyard, park or beach in the community. To increase interest, make it a game by awarding points for each kind of waste that is gathered, such as paper, aluminum cans and plastic bottles. For a responsible and safe cleanup, include reusable bags and

eco-friendly gloves. After picking up the trash, talk about the value of recycling and appropriate waste disposal. Through this exercise, children can positively impact their communities and cultivate a feeling of civic responsibility.

## Reduce, Reuse, and Recycle Challenge

Encourage children to develop environmentally responsible behaviors to make Earth Day a monthlong challenge. Make a “Reduce, Reuse, Recycle” chart so that children may monitor their development. Challenge concepts may include turning off the faucets to save water as they brush their teeth, reusing old toys or clothing rather than discarding them and properly recycling plastic, paper and cans. Award participants a small, environmentally responsible gift after the challenge, such as a plant or reusable water bottle.

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



## Federal Ban of Toxic Food Dye

In January, the U.S. Food and Drug Administration (FDA) banned the use of Red No. 3 in food and ingested drugs. The synthetic dye has been primarily used to produce a bright, cherry color in candy, cakes, cookies, frozen desserts and certain pharmaceuticals. The ruling was prompted by a 2022 petition by the Center for Science in the Public Interest, which demonstrated that the coloring agent caused cancer in male rats exposed to high levels. Manufacturers must stop using the dye in foods by January 2027 and in ingestible drugs by January 2028.



## Potential New Benefit of Eating Fiber

An observational study published in *Nature Microbiology* found that people with high levels of the beneficial *Faecalibacterium* bacteria were more likely to also have low levels of potentially fatal bacteria, such as *E. coli*. The researchers analyzed gut microbiome samples from more than 12,000 people in 45 countries.

The samples with high levels of *Faecalibacterium* also had high levels of beneficial short-chain fatty acids, a byproduct from the breakdown of fiber. These findings suggest that eating high-fiber foods such as vegetables, beans and grains might help protect against harmful bacteria. Additional research is needed to test whether fiber prevents the incidence of infections over a longer time span.



## Mouth Bacteria Transplants

*The Wall Street Journal* reports that scientists at Pennsylvania State University and the University of Adelaide, in Australia, are working on a novel method to fight tooth decay. Different bacteria in the mouth can cause oral disease or prevent it, and the idea is to transfer bacteria from the mouth of a healthy individual to reduce tooth decay in another.

The researchers identified an individual that brushes only once a day, never flosses and has no cavities despite having not visited the dentist in five years. This super-donor's microbiome was so healthy that poor oral hygiene habits did not seem to matter. When the scientists applied plaque from the super-donor to the teeth of rats, the animal subjects showed a significant drop in tooth decay. Clinical trials on humans will begin later this year.



# The Future of Health Care:

## Blending Integrative and Traditional Medicine

by Dr. Roman E. Finn

As more people look for a more comprehensive approach to their well-being, healthcare is changing. The future of patient care is being shaped by the fusion of integrative and traditional medicine, which provides therapies that target the underlying causes of diseases, as well as their symptoms. Patients now have access to a blend of cutting-edge medical procedures and tried-and-true traditional healing methods, rather than being restricted to just one.

### Understanding Traditional Medicine

Modern health care is based on traditional medicine, which uses drugs, surgeries and treatments that have been proven effective by science. A traditional medicine doctor in Bergen County would follow evidence-based protocols to diagnose and treat illnesses using standardized methods.

Essential components of traditional medicine include:

- Prescription drugs to treat both acute and chronic illnesses.
- Surgery and other medical treatments for illnesses and injuries.
- Diagnostic instruments such as lab tests, CT scans and MRIs.
- Preventative actions like screenings and vaccinations.

Many patients believe that traditional medicine lacks a comprehensive approach to wellness, even though it is still crucial for treating serious illnesses.

### What is integrative medicine?

Using a whole-person approach, integrative medicine supports mental, emotional and physical health by combining complemen-

tary therapies with conventional medical treatments. In addition to traditional treatments, patients seeking integrative medicine frequently seek out physicians that offer complementary therapies.

In integrative medicine, common procedures include:

- **Acupuncture:** Used to improve energy flow and relieve pain.
- **Chiropractic care:** Focuses on spinal health and overall well-being
- **Herbal medicine:** Supports healing by using natural remedies.
- **Nutritional counseling:** Helps manage health conditions through diet
- **Mind-body therapies:** These include stress reduction, yoga and meditation.

Integrative medicine doctors in Bergen County provide patients with individualized treatment programs that help them reach their best health by fusing the advantages of both methodologies.

### Advantages of Blending Traditional and Integrative Medicine

The healthcare industry is changing dramatically as a result of the integration of traditional and holistic practices. Patients are less dependent on drugs and invasive procedures now that they have access to a wider variety of treatment options.

Instead of merely treating symptoms, integrative medicine aims to address the underlying cause of a disease. While integrative





practices aid in reestablishing equilibrium and averting future health problems, traditional medicine is great for treating acute conditions.

Because every patient is different, a blended approach guarantees that care is customized to meet individual requirements, medical background and way of life. The objective is to develop a plan that works best for the patient, whether they require an integrative medicine doctor for preventive care or a traditional medicine doctor in Bergen County for a chronic condition.

Long-term medication is necessary for many chronic illnesses, and this medication may have unintended side effects. Acupuncture, herbal remedies and nutrition counseling are examples of integrative therapies that can help patients receive effective treatment while reducing their reliance on medication.

Physical health is only one aspect of well-being; mental and emotional health are equally important. By lowering stress, anxiety and depression, techniques such as yoga, meditation and mindfulness can improve the efficacy of conventional therapies.

Preventative care is a major focus of integrative medicine. The immune system can be strengthened by healthy eating, regular exercise and complementary therapies which will help the body combat illnesses before they worsen.

Integrative medicine provides non-invasive options such as physical therapy, massage therapy and acupuncture for patients with chronic pain. These therapies offer long-term relief without the dangers of opioid dependence when used in conjunction with conventional pain management techniques.



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). See ad, back cover.

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# The “I’m Not Enough” Inner Barrier

by Dr. Anne Deatly



According to Dr. Claire Zammit of the Institute of Women-Centered Coaching, the “I’m not enough” inner barrier is one of the top three inner barriers in women. Everyone has inner barriers—many have the “I’m not enough” barrier. Inner barriers are usually created in childhood through misperceiving a situation, event, or person. This misperception becomes an inner barrier, a self-limiting belief blocking us from reaching our full potential as adults. An inner barrier represents an aspect of us in a state of arrested development. Inner barriers are aspects of our subconscious minds holding us back from living a happy and fulfilled life. All inner barriers are false beliefs. Identifying internal barriers is done by eliciting what’s in our subconscious mind using powerful questions in a highly tested coaching process. Bringing the inner barrier to our conscious mind is key to disrupting and breaking through inner barriers.

If we have the “I’m not enough” inner barrier, we’re unable to empower ourselves. Instead, we look to others for empowerment, approval, and/or validation to the extent we self-sacrifice—like Cinderella with her stepmother and stepsisters. Not feeling enough leads to people pleasing. We lose ourselves in the needs of others. We chronically abandon ourselves and sacrifice our own self-care to care for others. We undervalue and underrepresent ourselves.

We operate from obligation rather than joy and fulfillment. We set nearly impossible standards of success for ourselves and others. In our minds we believe we must do more than others to have the same success and respect. We feel burdened by too many responsibilities—because we’ve overcommitted our time, personal resources, and energy for approval. By overcommitting to tasks we couldn’t possibly do, we gather more evidence that we’re not enough.

Paradoxically, our giving is from scarcity, lack and disconnection. We lack time, money, or love. Over giving results in never feeling satisfied as we’re focused on other’s happiness. In fact, we even take responsibility for other’s happiness, fulfillment, and satisfaction. Like Cinderella, we believe we exist to please others.

Because we’re nobly generous in giving freely and excessively, we provide abundance for others. Ironically, to help others at such a generous extent, we develop a variety of useful skills and talents, and we’re good at many things. We exemplify being good enough and empowered. Nonetheless, we believe “I’m not enough.” We often respond with self-demeaning comments especially when we’re being praised and congratulated by others.

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*If anyone wants to disrupt this subconscious pattern and show up empowered and valued in life, please contact me at*

*anne.deatly@gmail.com or 201-925-1046. See ad, page 22.*

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### Smart Devices for the Blind

Approximately 12 million Americans over age 40 have vision impairment, 1 million of which are blind, according to the U.S. Centers for Disease Control and Prevention. Historically, employment opportunities for blind adults have been limited by the inaccessibility or ineffective use of Braille, a system of raised dots that allows visually impaired individuals to read and write.

Scientists are developing new digital technologies to bring Braille text and tactile graphics to the blind in real time. The South Korean company Dot, for example, created an electromagnetic device that moves thousands of pins up and down on a handheld pad. Michigan-based NewHaptics is working on an apparatus that uses air pressure to move the Braille dots on a display.

Other researchers are exploring ways to leverage artificial intelligence to translate books and convert images into Braille more quickly and at a lower cost. American Printing House for the Blind uses Dot technology to create a laptop machine called Monarch that displays 10 lines of Braille and provides a Braille keyboard, as well as word processing, graphics and touchscreen capabilities. The new devices are expensive. Dot Pad retails for \$12,000 and the Monarch is \$17,900.



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### Algae-Based Cooking Oil

Algae are one of the fastest-growing organisms on Earth, and the body weight of many forms are comprised of 30 percent oil. When they are fed sugar, algae increase in size and oil content. Taking advantage of these characteristics, Amsterdam-based manufacturer Corbion is exploring ways to produce and market algae oil as a viable alternative for cooking. The company currently operates a plant in Brazil that ferments algae from the sap of chestnut trees to increase its oil content to 80 percent. The oil is then separated and refined for human consumption.

There are multiple advantages to algae cooking oil. It has 25 percent less saturated fat than olive oil; more heart-healthy, monounsaturated fat than other cooking oils; less polyunsaturated fat than seed oils; and a higher smoke point than many other oils. Switching to algae oils could have benefits for the environment, too, by conserving water and reducing fertilizer use. Until demand increases, however, algae oils remain a high-cost product.



rimmabondarenko/CanvaPro

### Natural Solution for Forever Chemicals

Perfluoroalkyl and polyfluoroalkyl substances (PFAS) known as “forever chemicals” have been linked to a number of health issues. In April 2024, the U.S. Environmental Protection Agency labeled a specific PFAS known as perfluorooctane sulfonic acid (PFOS) and its salts and isomers as hazardous chemicals.

A recent study published in *Science of the Total Environment* reports that a bacterial strain known as *Labrys portucalensis* F11 consumed 96 percent of the PFOS to which it was exposed over a 194-day period at a contaminated industrial site in Portugal. Scientists hope to use F11 to remediate this form of PFAS from the environment.



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# Tantra for Modern-Day Lovers

by Olga Ribble

**T**antra, a Sanskrit term meaning “to weave together,” is a profound spiritual practice that has been misunderstood, especially in Western culture. Originating from ancient Indian traditions, tantra is not solely about sexual practices, but rather about achieving a union of the physical and spiritual realms. It includes heart, mind, body, spirit and soul. Sexual union is metaphorically used to weave the physical with the spiritual, connecting man to woman and humankind to the divine. This sacred practice aims to enlighten, rather than merely enhance physical pleasure.

## Tantra For Couples

For couples, tantra offers a pathway to deepen intimacy and connection. It begins with simple exercises such as eye-gazing and synchronized breathing, which foster a profound sense of presence and unity. As partners progress, they can explore more intimate practices including breath exchange and slow, non-orgasmic intercourse. These practices emphasize connection over climax, allowing couples to experience extended states of pleasure and emotional merging.

The benefits of tantric practices for couples are manifold. They encourage partners to slow down and focus on each other, creating a deep level of intimate contact often missing in our fast-paced lives. This slow pace allows for a more profound exploration of each other’s bodies and minds, transforming a typical encounter into a deeply satisfying experience. Moreover, by avoiding the goal of ejaculation, couples can develop a heightened sense of sexual ecstasy, potentially lead-



ing to a spiritual connection that transcends the physical. This journey of exploration and connection can reignite passion and foster a deeper understanding of each other’s desires and needs.

## Tantra For Singles

For singles, Tantra is equally transformative. It begins with self-love and self-awareness, essential components for any meaningful relationship. By practicing self-pleasure and self-care, individuals can cultivate a deep connection with themselves, preparing them for future partnerships. Tantra teaches that we cannot truly love another until we love

ourselves, emphasizing the importance of healing past wounds and embracing self-acceptance.

Tantric practices for singles involve connecting with one’s own energy, uniting heart, mind, body, and spirit. This self-union creates a foundation for future connections, allowing individuals to approach relationships with a sense of wholeness and authenticity. Through these practices, singles can experience profound pleasure and unity, even without a partner. This self-exploration not only enhances personal well-being, but also prepares individuals to engage in more



meaningful and fulfilling relationships when the time comes.

### The Power of Communication and Understanding

Effective communication is the cornerstone of any close relationship. Tantra teaches us to listen receptively, respond usefully and connect with emotions. Understanding the differences in how men and women communicate and experience arousal can enhance relationships, leading to deeper connections and more fulfilling lovemaking. Recognizing these differences allows couples to bridge gaps in understanding, fostering a more harmonious and empathetic relationship. By learning to communicate effectively, couples can navigate challenges with grace and understanding, strengthening their bond and enhancing their connection.

### Spiritual Connection and Unity

Tantra invites us to connect our intimacy

and shared experiences to a higher spiritual plane. This connection is not religious, but rather a recognition of the divinity within ourselves and our partners. By embracing this spiritual aspect, couples can experience a sacred union that transcends physical pleasure, leading to a state of bliss and spiritual awakening. This spiritual connection enriches the relationship, creating a sense of unity and purpose that extends beyond the physical realm. It encourages partners to honor and celebrate each other's unique essence, fostering a deep sense of respect and admiration.

### Embracing the Journey

Embarking on a tantric journey requires patience, practice and openness. It is about being present in the moment, allowing the practice itself to be the focus, rather than the outcome. When explore these practices, remember that the journey is as important as the destination. Be gentle with both partners,

allowing the practices to unfold naturally and without pressure. This journey of exploration and discovery can lead to profound personal and relational growth, opening the door to new levels of intimacy and connection.

Tantra offers a path to deeper intimacy, connection and spiritual awakening for both couples and singles. By embracing these practices, individuals can experience profound pleasure and unity, transforming their relationships and themselves.

*Olga Ribble is a holistic sex and intimacy coach, and certified Skydancing Tantra educator. She works with men and couples at monthly events and via private coaching, with offices in northern NJ and online sessions. For information, text at 862-251-2444, email Info@NordicGoddessTantra.com, or visit NordicGoddessTantra.com and Heal.Me/holistic-sex-and-intimacy-coaching. See ad, page 7.*

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# You Are the Master of Your Own Health

by Dr. Robin Ellen Leder, M.D.



**T**raditional Medicine has made so many advances over what was known even 100 years ago. Life-saving surgical techniques, and treatments in some areas that we take for granted today were not even dreamed of in past years. Yet in many situations, traditional medicine either offers no solution, or offers solutions that are fraught with undesirable long-term side effects and bring only partial relief, and moreover do not actually correct the underlying problem or “root cause.” Without question, relief is enormously important and a great gift when one is disabled by severe and acute symptoms be they physical or emotional, and often this is where medicine shines. But, when longer term solutions are called for, this is the time when your own proactive participation in your healthcare makes a critical difference for success in optimal resolution of health issues.

When you go to the doctor, a well-trained and caring doctor, he or she surely gives you their best advice, based upon their learning and experience. There is, however, a world beyond traditional medicine of which your traditional doctor may not be aware, or at least fully aware. Physicians learn a limited amount in training, medical school or post-graduate studies which is not related to hospital-based procedures and the proper use of the tools created by the pharmaceutical industry. Ongoing teaching is offered and conducted by drug representatives from medical office-to-office, and most continuing medical education conferences highlighting new pharmaceutical developments. This is important and useful information, to be sure.

But beyond this world lies the world of many choices, other options, a world that often offers ways to reduce the use of drugs still achieving success, ways to correct problems that cannot be solved through medicine, that perhaps cannot even be diagnosed through traditional medicine, a world that focuses not on

disease treatment but on optimizing health and preventing illness. THIS is the world of functional medicine and its other partners in the broad category of holistic/alternative medicine. Rarely will the options from this “world” be presented in the office of traditional practitioners, and they may not even be sanctioned, as this is not part of the traditional training, and may seem foreign or “anti-medicine”. But this is far from the truth. Functional medicine is simply a way to look at medical concerns that embraces no one solution or model, and looks for the least invasive, most natural approach that works. The operational philosophy of functional medicine is “Can we figure out what is functionally ‘broken’ and fix it? Do we need to remove ‘something bad’ that is causing issues (e.g., a virus, toxins, certain foods, bad gut bacteria, dangerous metals such as lead and mercury, overweight)? Do we have to add something that’s missing (e.g. certain nutrients, lacking hormones, exercise, sleep) to bring the dysfunctional body/person back into physical and /or mental balance?” The principles are easy to understand, and the solutions, though time consuming, are usually simple, natural, and long-lasting.

This is where YOU and your MASTERY come in. When faced with a medical challenge, and you get your doctor’s directives, these are their learned opinions, based on what they have been taught. But to achieve best, enduring results, especially for chronic problems, it is often well to consider other options. Read. Explore. In many cases, non-pharmaceutical answers are out there, answers that can resolve “unsolvable” issues and

set you up for a more vibrant, overall healthier, even a longer life. Functional medicine is especially helpful in certain areas: Gut health, fatigue, blood sugar problems, hormonal imbalances, psychological problems, auto-immune disease, and immune system compromise. It looks into a whole other range of health variables not explored traditionally - adrenal function, food sensitivities, heavy metal and environmental toxicity, nutrient status – clear-cut health influences often ignored in the traditional medical setting. But without your SEEKING this medicine, and its partners – homeopathy, naturopathy, acupuncture, massage therapy, energy therapies, and many others - this other point of view, this other REALM of medicine, this other VAST array of choices that exist and are very real will not materialize for you. This is the classic case of “Seek and you will find.” It’s YOUR health. You and YOU ALONE are ultimately in charge of finding and making the best choices. I encourage you to seek. The more you know.....



*Robin Ellen Leder, M.D., has been practicing functional/holistic medicine since first training by the side of Dr. Robert Atkins (“The Atkins Diet”) after graduating from Brown University and Albert Einstein College of Medicine. She has taken countless post-graduate courses in all areas of this field, and has a certificate from a psychoanalytic institute. At her Hackensack office, she has treated thousands of patients successfully, using the innovative tests and approaches that are integral parts of functional medicine (dietary change, supplement protocols, IV therapies, detox treatments, behavioral programs, counseling), addressing such issues as fatigue, the gut microbiome, thyroid/adrenal insufficiency, hormone imbalance, auto-immune disorders, psychological/behavioral issues, and autism spectrum disorders See ad, page 3.*

# Benefits of Gardening With Native Plants

**G**ardening with native plants is rising in popularity as homeowners look for ways to introduce eco-friendly, low-maintenance features around the house. Whether transforming an entire backyard or incorporating a few purple coneflowers and milkweeds, native landscaping is a simple, yet powerful, way to support a healthier environment. Best results will come by using healthy soil, selecting the right plant for the right place and following recommended care instructions. Here are some of the top reasons to choose native plants.

## **Support wildlife and pollinating insects.**

Native plants are the foundation of local ecosystems, providing essential food and shelter for insects, which in turn feed birds and other wildlife. Having cohabited with indigenous flora over time, insect populations often rely on one specific host plant. For example, monarch butterfly caterpillars have adapted to eating only the leaves of milkweed varieties. Homeowners can create a thriving habitat for all fauna by building a diverse garden that includes indigenous flowering plants from spring through fall.

## **Conserve water and help prevent erosion.**

Having adapted over time to local rainfall patterns and soil conditions, native plants are far more drought tolerant than conventional lawns or imported ornamental plants, making them allies in the quest to conserve water and lower utility costs.

Native, deep-rooted grasses can help stabilize soil, improve water absorption and reduce runoff, which in turn helps to prevent

flooding and protects local waterways from pollutants that wash off of chemically treated lawns and grimy paved surfaces.

## **Reduce overall backyard maintenance.**

Once established, native plants typically thrive with minimal intervention, reducing the need for watering, mowing and chemical treatments. Studies suggest that replacing even part of a lawn with native plants can improve soil quality and lead to substantial long-term cost savings in irrigation and maintenance.

## **Enhance natural beauty and resilience.**

From vibrant, complex flowers to billowing grasses, native plants create diverse and visually appealing gardens that change throughout the year. Because they have evolved with local climate conditions, these endemic species are often more resilient to weather extremes than non-native varieties. They can withstand droughts, high humidity, cold snaps and other stressors, making them a practical and long-lasting landscaping choice.

## **Maintain natural biodiversity.**

By adding native ecosystems, homeowners can help enhance and maintain local wildlife populations. Doug Tallamy, founder of the Homegrown National Park movement, encourages individuals to reclaim spaces traditionally dominated by lawns and exotic plants, turning them into thriving ecological corridors.

To learn more, visit [Audubon.org](http://Audubon.org) and [HomegrownNationalPark.org](http://HomegrownNationalPark.org).





# Waste Not, Want Not

## Benefits of a Circular Economy

by Carrie Jackson

A circular economy mimics nature by keeping products and materials in circulation and regenerating their resources. According to the World Health Organization, it offers an avenue to sustainable growth, good health and decent jobs while saving the environment and its natural resources. Although this is not a new concept, an increasing number of businesses across various industries are acknowledging our climate crisis and renewing their dedication to sustainability. Consumers, too, are recognizing their role in a circular economy and becoming more mindful of how they use their resources. By making conscious choices about their purchases, managing waste and cutting

back on consumption, they can positively impact the planet, their wallets and communities at both a local and global scale.

### Understanding Circularity

Claire Potter is the founder of One Circular World, and author of *Welcome to the Circular Economy: The Next Step in Sustainable Living*. She notes that a circular economy is best described as a series of systems that work like nature does. “No waste is produced in nature, and everything flows,” she says. “Anything not required by one species is used by another or breaks down to provide nutrients for the earth. Nature works in balance with itself, and humans are the only species on Earth that doesn’t do that.”

A circular economy can provide this balance across multiple sectors. “By using a waste stream of material for another purpose, ensuring that the earth is nourished with organic waste, using materials for as long as possible before they are broken down to be used for another purpose, and ensuring that renewable energies are used to make and transport our products, the circular economy feeds into all elements of our lives,” explains Potter.

Consumers can start by cutting down on online shopping, which reduces packaging and prevents unwanted items ending up in landfills. “It is very tempting to click on something and have it arrive the next day, but online shopping is notorious for having excessive amounts of packaging,” says Potter. “See if orders can be combined and packed together, or buy the same item from a physical store where you can try things on before purchasing them. Large volumes of clothing purchased online is returned, and, unfortunately, it is cheaper for the brand to ditch the item than to put it back into their supply chain.”

### Rethinking Conservation Mantras

Although recycling is often touted as a cornerstone of environmental stewardship, Potter asserts, “Recycling won’t save us. We have had the ‘reduce, reuse, recycle’ mantra since around the first Earth Day in 1970, and yet our consumption-based industries have somehow encouraged us to focus on the ‘recycling’ element alone. In circularity terms, the first two are far higher up the hierarchy of desirable actions. Of course, recycling plays a part, but it is a deeply inefficient system.”

As an example, Potter points to the UK where “only around 9 percent of the plastic sent for recycling ever returns as a new item, and the rest ends up being landfilled or incinerated. In some cases, recycled material is exported to developing countries, which increases the risk of it being dumped into various ecosystems.”



Khanchit Khirisuchalut from Getty Images/CanvaPro

Potter suggests a revamping of the old mantra to include refuse, repair, redirect, regenerate and refill. “Recycling is often a very energy- and transport-heavy system, so in circularity terms it is far better to reduce and reuse before you get to recycling, which should be the last resort,” she explains. “Buy the best possible option for longevity, repairability and upgradability; even if it is more expensive, that initial investment can pay out multiple times.”

### Responsibly Managing Waste

While it can seem overwhelming to responsibly manage waste, businesses like TerraCycle are stepping in to help by providing Zero Waste Boxes and other waste-management solutions to recycle almost everything—from everyday kitchen waste and cleaning supplies to cosmetics packaging and more. These free and paid solutions are available to individuals, offices, schools and facilities.

Established in 2001, TerraCycle developed its own platform of circularity called Loop. By partnering with retailers (Charlie Banana), brands (Coca-Cola, Evian and Nutella) and supply partners (FedEx), they enable the sale and collection of reusable and returnable versions of conventional, single-use products, making the process convenient and accessible. People can order boxes from the company to fill with obsolete toys, small appliances, water filters, fabric, candy wrappers and other challeng-

ing items, and TerraCycle will take care of the rest.

“What makes something locally recyclable depends on whether your local recycling company can make a profit recycling it,” says TerraCycle CEO Tom Szaky. “If the cost of collecting and processing the waste is lower than the value of the resulting raw material, it will likely be locally recyclable. If the costs are higher, then it likely won’t be. Our specialty is recycling hard-to-recycle items that would typically go to landfills or incinerators—everything from cigarette butts, to beauty empties, to spent toothpaste tubes.”

### Going Zero Waste

Circularity has to start with production, says Mary Beth Schaye, a zero-waste consultant and vice president of the Collective Resource Compost Cooperative, in Evanston, Illinois. “When you first design something, you have to think about what’s going to happen to it in the end. It’s a very cradle-to-grave idea,” she points out.

Circularity goes against the current trend of planned obsolescence, a business strategy that encourages consumers to continually buy new products to replace those that become outdated or break down quickly. In contrast, there is a growing interest in a policy known as “extended producer responsibility”, which makes manufacturers take responsibility for their products’ entire life



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Yuliya Furman from Yuliya Furman/CanvaPro

like extra food, boxes or containers, see if there's someone else who can benefit from it. We encourage people to identify their own reuse pipelines."

### Reducing Food Waste

Feeding America estimates that people waste 92 billion pounds of food annually in the United States, filling up landfills and taxing the environment. "When food scraps go to landfill, they create methane, which is a greenhouse gas," Schaye attests. "Minimizing methane is more impactful than carbon dioxide on reducing the global temperature."

Composting is an example of circularity that people can understand. "We grow food; we eat the food; and we have food waste that gets composted so that it can enrich the soil to grow more food," Schaye explains. "It's easy and immediate. Most people have an option for composting, but they might not know about it."

A way to reduce food waste is to plan meals ahead of time and avoid over-shopping at the grocery store. "If you know you're going on vacation or will be eating out several times in the next week, then don't buy anything that will expire while you're gone," Schaye counsels. "If you do have extras, see

if there's a neighbor or community fridge that can take it. When eating out, try not to order more than you need, but if you think you will have leftovers, then bring your own containers to transport them home."

Produce doesn't have to look perfect in order to be consumed. A bruised peach might make a delicious pie, and overripe bananas are the key ingredient to homemade banana bread. If something is getting close to its expiration date, there may be a way to save it. "If you stock up on apples at the farmers market, make sure you properly store the extras to enjoy later. We've lost the old-school wisdom of how to preserve food. Freezing food and using the right containers can give it new life," says Schaye.

### Voting With Our Wallets

Consumers can also become more mindful of supporting institutions that practice circularity. Potter encourages people to look at their bank accounts, investments and pensions. "Often we do not know where our money goes after we deposit it with our bank. We could be trying our best to live as circularly as possible but have no idea that our hard-earned cash is being used to fund fossil fuel companies, for example. Do a bit of digging into where your money goes, and if you don't like the answer, switch your money to an ethical bank investment group," she suggests.

Other changes, such as switching to an energy provider that uses a 100 percent green tariff from renewable energy sources, will have both long- and short-term effects. "Your energy supplier will likely already have a renewable option, so switching might not be too hard and will help to invest in future-proofed systems," says Potter. "If each of us does what we can, our strengths will overlap, eventually creating a beautiful circle of circularity."

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

purchases. "It can sometimes feel like a burden for consumers to make sure everything goes in the right place," she says. "It's better to not have that thing to get rid of in the first place."

Citing transportation as a barrier, Schaye notes that circularity works best when the circle is smaller. She urges people to look for repurposing solutions within their own communities, suggesting, "If there's something that you are throwing out habitually,

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# Moving More

The Path to Greater Health and Energy

by Zak Logan

The thought that a few extra minutes of movement each day could transform our health, energy and happiness is the motivation behind the American Heart Association (AHA) promotion of April as Move More Month. For avid fitness enthusiasts, as well as those looking to take the first step toward an active lifestyle, this is the time to celebrate movement in all its forms.

Physical inactivity has become a creeping health crisis. According to guidelines published by the U.S. Department of Health and Human Services, nearly 80 percent of adults fail to meet the recommended levels of aerobic and muscle-strengthening activity. The AHA reports that cardiovascular and heart disease affects nearly half of all American adults, causing direct and indirect costs that are projected to reach \$1.1 trillion by 2035, according to RTI International, a nonprofit research institute.

The Harvard T.H. Chan School of Public Health reports that a healthy lifestyle, which includes regular exercise, may prevent 80 percent of sudden heart attacks and cases of coronary artery disease, as well as 50 percent of strokes caused by blood clots. The health benefits are reason enough to hit the gym or go out for a morning jog. Move More Month inspires us to incorporate movement into a busy life and, most importantly, find joy in an active lifestyle.



AndreyPopov from Getty Images/CanvaPro

## Exercise Options

There is no one-size-fits-all formula for fitness, and Move More Month is an opportunity to explore the options that best match our personality, lifestyle and fitness level.

- **Fitness boot camps** are high-energy workouts in an energizing environment that welcomes beginners and experienced fitness lovers alike. Accept the challenge with a local trainer, at a Cross-Fit gym or with the guidance of an app like BurnFit.
- **Dance classes** such as Zumba, salsa or hip-hop can be fun and immersive workouts that don't feel like exercise at all.
- **Yoga in the park** combines mindfulness with a great stretch and a dose of natural vitamin D. Many communities offer free sessions.
- **Water sports** like kayaking and paddleboarding develop balance, core strength and endurance while communing with nature.
- **Social sports**, including golf, pickleball and tennis, not only burn calories but also offer camaraderie and fun.
- **Daily walks** are the cornerstone of an active lifestyle. Try to reach 10,000 steps with walks around the neighborhood or local park, remembering to compound the benefits by using this time outdoors to calm the mind and invigorate the spirit.



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- **Team sports** like soccer, basketball or softball offer wonderful workouts combined with competitive team play at local parks or sports clubs.

### Breaking Sedentary Habits

Making the shift from a sedentary lifestyle can feel daunting, but every huge transformation starts with a single step. Try these practical tips to ease into an active lifestyle.

- **Set achievable goals.** Start with 10 minutes of movement a day and gradually extend the time.
- **Integrate movement throughout the day.** Stretch while watching TV, park the car farther from work or stores to take

extra steps, or choose the stairs instead of the elevator whenever practical.

- **Use technology.** Fitness trackers by Fitbit, Apple, Samsung and Garmin help monitor progress, set challenges and offer that extra motivational nudge.
- **Applaud everyday wins.** Even tiny changes matter. Try a new dance move each day. Stretch in the mornings or set reminders to get up and move during long work hours.
- **Avoid perfectionism.** What matters is consistency. All movement is progress, so celebrate it.

### The Power of Community

We often think of exercise as a solo endeavor, but getting others involved can be a great tool for staying motivated. Local communities are brimming with opportunities to connect with others, offering interactive activities such as running clubs, group fitness classes, sports leagues and cycling tours. Many neighborhoods have online groups or bulletin boards that promote meetups, classes and fitness events.

### Move More Today

Movement isn't just about physical health; it's about the joy of discovering what the body can do, the pride in building a healthier routine and the sense of belonging to a group of like-minded individuals. Don't wait for tomorrow to get started. Lace up, stretch out and start moving today.

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

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# Cooking With Kids

## Health Benefits and Life Lessons in the Kitchen

by Christine Connors

Cooking with children teaches them valuable life skills, strengthens family bonds and promotes healthy eating habits. “It’s important to create positive experiences in the kitchen with our kids as early as possible. We want them to feel that the kitchen is a place they belong,” says Katie Kimball, creator of the *Kids Cook Real Food* eCourse and #LifeSkillsNow video workshops.

A study published in the *Journal of Nutrition Education and Behavior* involving more than 1,200 third-graders, of which 49 percent were overweight or obese, found that

when the children were invited to prepare food with their families, they were more willing to taste a vegetable and ended up consuming more fruits and veggies, which are essential to health and the prevention of disease.

Here is a guide on how to cook healthy meals with kids while also teaching them safety and hygiene protocols, measuring tips, fine-motor skills, time management and an appreciation for the effort, dedication and fun that is involved when creating a delicious meal for the family.

### Keeping a Clean and Safe Kitchen

Good hygiene practices are essential in food preparation. “Teach your children to wash their hands thoroughly before and after handling food, and to tie their hair back,” says Lynn Feder of Lynn’s Life Bakery. “Keeping the kitchen clean, including washing fruits and vegetables, cleaning work surfaces and using separate cutting boards for raw meat and vegetables is very important. Take care when using knives and electric gadgets. It is easy to make mistakes, so always make sure you are safe.”



Crystal Sing from corelens/CanvaPro



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Crystal Sing from corelens/CanvaPro

## Learning the Measurements

Cooking together provides an excellent opportunity to teach kids about measuring ingredients. Show them how to use measuring cups and spoons accurately. This not only helps them understand recipes but also reinforces basic math skills such as fractions and volumes.

## Developing Fine Motor Skills

Tasks like peeling, chopping, stirring and mixing help develop fine motor skills. Provide age-appropriate tools and tasks that allow children to practice these skills safely. For younger kids, activities like tearing lettuce, mashing potatoes or stirring batter can be both fun and educational. “You can engage your little ones in the kitchen as early as 18 months to 2 years old, cutting bananas or pouring milk on oatmeal,” Kimball points out.

## Managing Time

Cooking requires multitasking and time management. Teach children how to read a recipe from start to finish before beginning. Working together, plan out the steps and determine which tasks need to be done first. This helps them learn to organize their time and develop a sense of responsibility.

## Fostering Appreciation and Fun

Involving kids in cooking helps them appreciate the effort that goes into preparing a meal. “For ages 11 and above, taking over one meal a week helps them develop time management skills and executive functioning,” explains Kimball. Encourage them to taste their creations and share them with the family. This

not only boosts their confidence but also instills a sense of pride and accomplishment.

“The most important thing is to have fun in the kitchen,” says Feder. “I love to decorate my food. When something looks beautiful our brains tell us that it looks beautiful and delicious. Try it—it is so much fun.”

Involving kids in the kitchen fosters a lifelong appreciation for healthy eating and gives them the tools they need to be confident and capable in the kitchen and beyond. Start with simple recipes and gradually introduce more complex tasks as their skills grow. Enjoy their meals together as a family, and praise them for their culinary contributions.

## Healthy Meal Ideas

- **Rainbow Veggie Wraps:** Have the kids choose colorful veggies to fill whole wheat wraps. They can practice chopping, grating and assembling.
- **Fruit and Yogurt Parfaits:** Layering fruit, yogurt and granola in a clear glass is a fun and nutritious activity that promotes creativity and fine motor skills.
- **Mini Pizzas:** Use whole wheat English muffins as the base and let kids add their favorite healthy toppings. This is a great way to encourage them to try new vegetables.

*Christina Connors is a writer, singer and creator of a YouTube series for children. Learn more at [ChristinasCottage444.com](http://ChristinasCottage444.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://ramseyfarmersmarket.org/> Location: Erie Plaza Station, 2 West Main St, Ramsey.

## Monday

**Fitness at Strong & Shapely Gym Body Toning with Altı** 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 Altı** at 9 am, Flexx and Sweat with Altı 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: [LoisKramerPerez.com/My-Events/](https://www.loiskramererez.com/My-Events/).

**Fitness at Strong & Shapely Gym Mat & Magic Circle with Altı** 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 Altı** 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, April 6

**Goddess Vision Board** - 12:00 pm - 2:00 pm, Create the vision you want, after breaking through limiting beliefs. Register or visit website at [rockcollage.com/events](https://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.

## Monday, April 7

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

## Tuesday, April 8

**Drumming Circle**, 5:30 pm - 6:45 pm, Come and explore a new/old way of having fun while reducing stress. Instruments will be provided. Please reach out to us via email at: [communityhealth@valleyhealth.com](mailto:communityhealth@valleyhealth.com) or call us at 201.291.6090. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

## Wednesday, April 9

**All About Weight Loss Surgery**, 6:00 pm - 7:00 pm, Join us for an informational session discussing the medical and surgical options for treatment of obesity. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

## Thursday, April 10

**Breastfeeding Support Group In-Person**, 11:00 am - 12:30 pm, Please join our Milk, Mommy and Me group for support with Valley's breastfeeding specialists and other moms. This group is for those breastfeeding and pumping, newborns up to 6 months. A scale will be provided for weighted feeding. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

## Friday, April 11

**Meditation and Breath Awareness with Kanan**, 7:00pm - 9:00pm, Discover the power of meditation through a unique blend of neuroscience, Eastern spirituality, and Western psychology. Learn simple yet effective techniques to break free from negative thought patterns and behaviors, allowing you to embrace change effortlessly in your health, relationships, and personal growth. Visit Website & Register at [www.loopwithus.com](http://www.loopwithus.com). Location: Loopwell, 80 Maple Avenue, Montclair, NJ.

## Saturday, April 12

**Sound Bath Meditation & Halotherapy Experience**, 4:00pm and 7:00pm. 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. \$100 per pair | \$60 per individual. Visit Website & Register at <https://cattleyatrianaespa.com>. Location: Cattleya Trianaespa, 5-05 Saddle River Rd, Fair Lawn, NJ.

## Sunday, April 13

**Sound Bath**, 3:00pm - 4:30pm, Reiki infused vibrational healing experience using singing bowls, gong, chimes and bells to promote relaxation and vibrant health. Call 201-788-6322 to register. Visit Website & Register at [www.essenceofself.com](http://www.essenceofself.com). Location: Essence of Self, Ayurveda Spa, 52 Skyline Drive, Ringwood, NJ.

**Sound Bath Meditation** - 12:00 pm - 1:00 pm, Crystal Singing Bowl play frequencies that can help heal your DNA, realign your chakras and release energetic blockages lingering within your body. Register or visit website at [rockcollage.com/events](http://rockcollage.com/events). Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

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

## Monday, April 14

**Libra Full Moon Yoga Circle** - 6:30 pm - 8:00 pm. You probably desire to keep things "nice" rather than venturing into fundamental questions in order not to disturb the peace. You must learn to share your good and bad feelings. Register or visit website at [rockcollage.com/events](http://rockcollage.com/events). Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

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

## Tuesday, April 15

**Pulmonary Fibrosis Support Group**, 6:00 pm - 7:30 pm, Learn about the disease and available treatments, obtain tools to make better decisions regarding their care, express thoughts and feelings, and mutually support each other in living with PF with support. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Medical Group, 1578 Route 23 North, Upstairs Conference Room, Wayne, NJ.

## Wednesday, April 16

**Childbirth Preparation (Lamaze)**, 5:00 pm - 9:00 pm, This class explores a wide range of techniques for creating a safe and satisfying birth experience. We encourage classes to be taken after 32 weeks and be completed by 36 weeks. This class is also for patients with multiples. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

## Monday, April 21

**Grandparent Class**, 6:00 pm - 8:00 pm, Join us in learning how to support, strengthen, and empower your adult children in their new adventure. This class fosters a better understanding between parents and grandparents. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

## Tuesday, April 22

**Mantra Meditation & Gong Bath Savasana with Chris**, 7:00pm - 9:00pm, Immerse yourself in a transformative journey of vibrational healing in this unique workshop, where ancient wisdom and sound therapy come together. Experience the sacred harmony of mantra (sacred sound), mudra (energetic gestures), and the resonant frequencies of gongs and singing bowls for deep relaxation. Visit Website & Register at [www.loopwithus.com](http://www.loopwithus.com). Location: Loopwell, 80 Maple Avenue, Montclair, NJ.

## Wednesday, April 23

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

## Saturday, April 26

**Malas & Merlot** - 3:00 pm, Start the weekend off with a relaxed Afternoon of mala-making. You'll learn the meaning behind these magical beads and enjoy creating your mala. All mala materials will be provided. Register or visit website at [rockcollage.com/events](http://rockcollage.com/events). Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

## Sunday, April 27

**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! Visit Website & Register at <https://saltoftheearthcfh.com>. Location: Salt of the Earth, Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY.

## Monday, April 28

**Taurus New Moon Yoga Circle** - 6:30 pm - 8:00 pm, You have to learn to accept change as part of your life. The basic problem is finding your own self-respect in order to ensure that you do not mistakenly seek it in material things. Register or visit website at [rockcollage.com/events](http://rockcollage.com/events). Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

## Monday, April 28

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

## Wednesday, April 30

**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.

## Monday, May 5

**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. 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.

## Tuesday, May 6

**Baby ER/Night With a Pediatrician**, 7:00 pm - 8:00 pm, Join us for an in-person, one-session class led by a Valley Pediatrician, where you'll learn essential emergency response skills. This informative session covers key topics such as first aid, immunizations, common illnesses, home safety, and managing fevers to help you stay prepared and confident in any situation. Visit Website at [valleyhealth.com/events](http://valleyhealth.com/events). Location: Valley Health System, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

## Wednesday, May 7

**Friends and Family CPR**, 7:30pm - 9:30pm, This program was developed to instruct parents, grandparents, babysitters, and nursery school personnel on prompt care for a choking infant or child, along with CPR skills. 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.

## Saturday, May 10

**Mother's Day Partner Yoga & Halotherapy Special**, 11:00am, 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. \$80 per pair. Visit Website & Register at <https://cattleyatrianaespa.com>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

## Sunday, May 11

**Yoga and Sound Bath Meditation Mothers Day** - 12:00 pm - 1:00 pm, Special Mothers Flow Crystal Singing Bowl play frequencies that can help heal your DNA, realign your chakras and release energetic blockages lingering within your body. Register or visit website at [rockcollage.com/events](http://rockcollage.com/events). Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

## Saturday, May 17

**Sound Bath Meditation & Halotherapy Experience**, 11:00am, Celebrate Mother's Day with a unique partner yoga session inside our salt cave, enhancing relaxation and connection. \$100 per pair | \$60 per individual. Visit Website & Register at <https://cattleyatrianaespa.com>. Location: Cattleya Trianae Spa, 5-05 Saddle River Rd, Fair Lawn, NJ.

## Sunday, May 18

**Journaling for self care** - 12:00 pm - 1:30 pm. This two-hour workshop provides an overview of how journaling can be utilized as a healing tool. Participants will explore various aspects of journaling and its benefits through the following components. Register or visit website at [rockcollage.com/events](http://rockcollage.com/events). Location: Rock Collage, 441 B Cedar Ln, Teaneck, NJ.

**Nyack Famous Street Fair**, 10:00 am - 5:00 pm, Enjoy a fun-filled day with over 300 exhibitors showcasing a vibrant selection of arts and crafts, trendy retail items, home décor, and unique gifts. Savor a variety of delicious festival foods while exploring Nyack's charming outdoor cafés and boutiques. Visit Website & Register at <https://pjspromotions.com/>. Location: 35 S Broadway, Nyack, NY.



### CALENDAR

Check out the latest events at [NANorthNJ.com/calendar](http://NANorthNJ.com/calendar)



## business directory

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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 7.*

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"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 6.*

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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 17.*

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

—Bill Bradley

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This information is not intended as an offer to sell, or the solicitation of an offer to buy, a franchise. It is for informational purposes only. Currently, the following states regulate the offer and sale of franchises: California, Hawaii, Illinois, Indiana, Maryland, Michigan, Minnesota, New York, North Dakota, Oregon, Rhode Island, South Dakota, Virginia, Washington and Wisconsin. If you are a resident of one of these states, we will not offer you a franchise unless and until we have complied with applicable pre-sale registration and disclosure requirements in your jurisdiction.



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