

HEALTHY LIVING HEALTHY PLANET

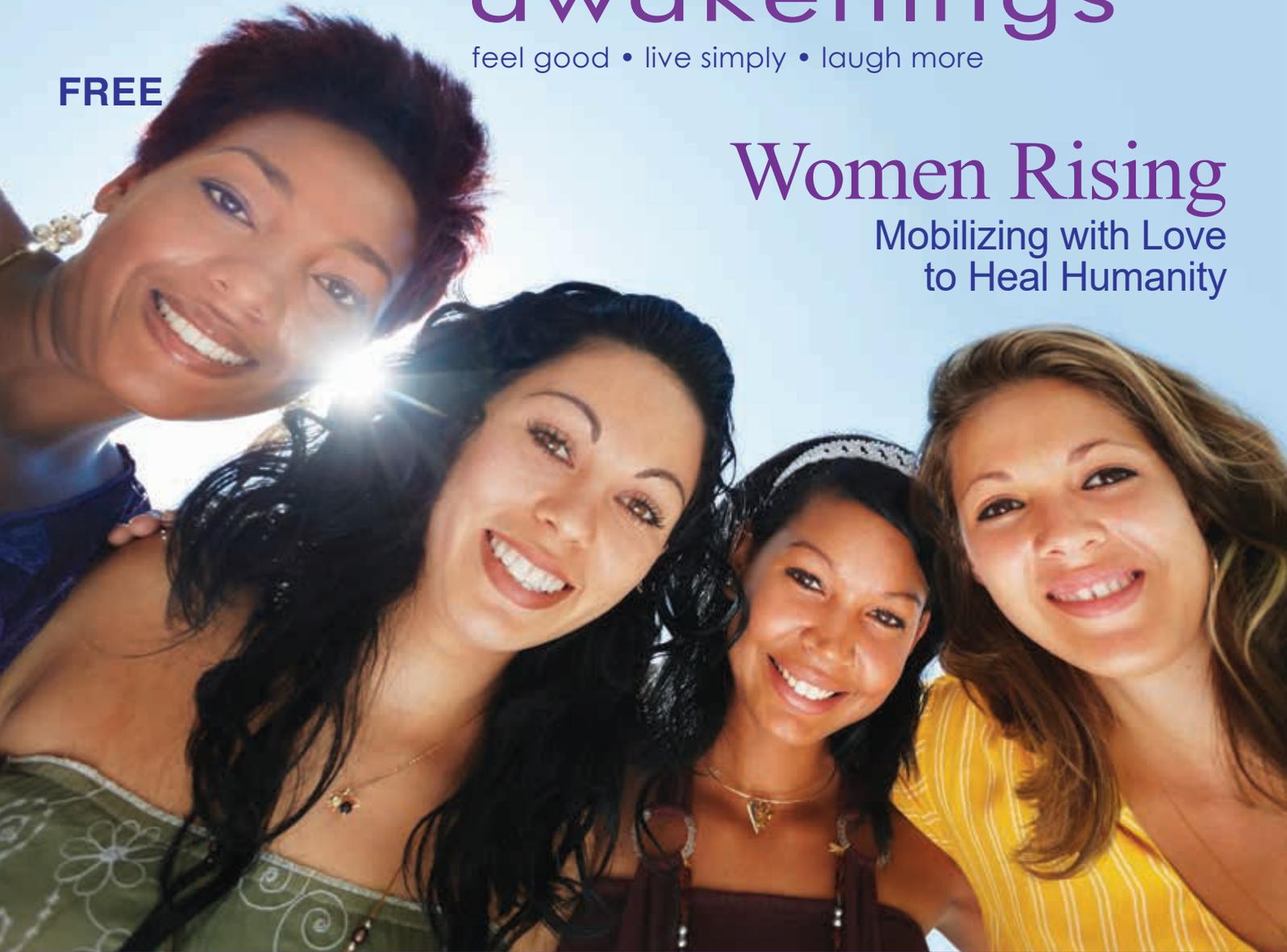
natural awakenings

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to Heal Humanity



Moo-Free Milks

Evaluating Non-Dairy
Alternatives

Beautiful Birthing

Giving a Baby
the Best Start

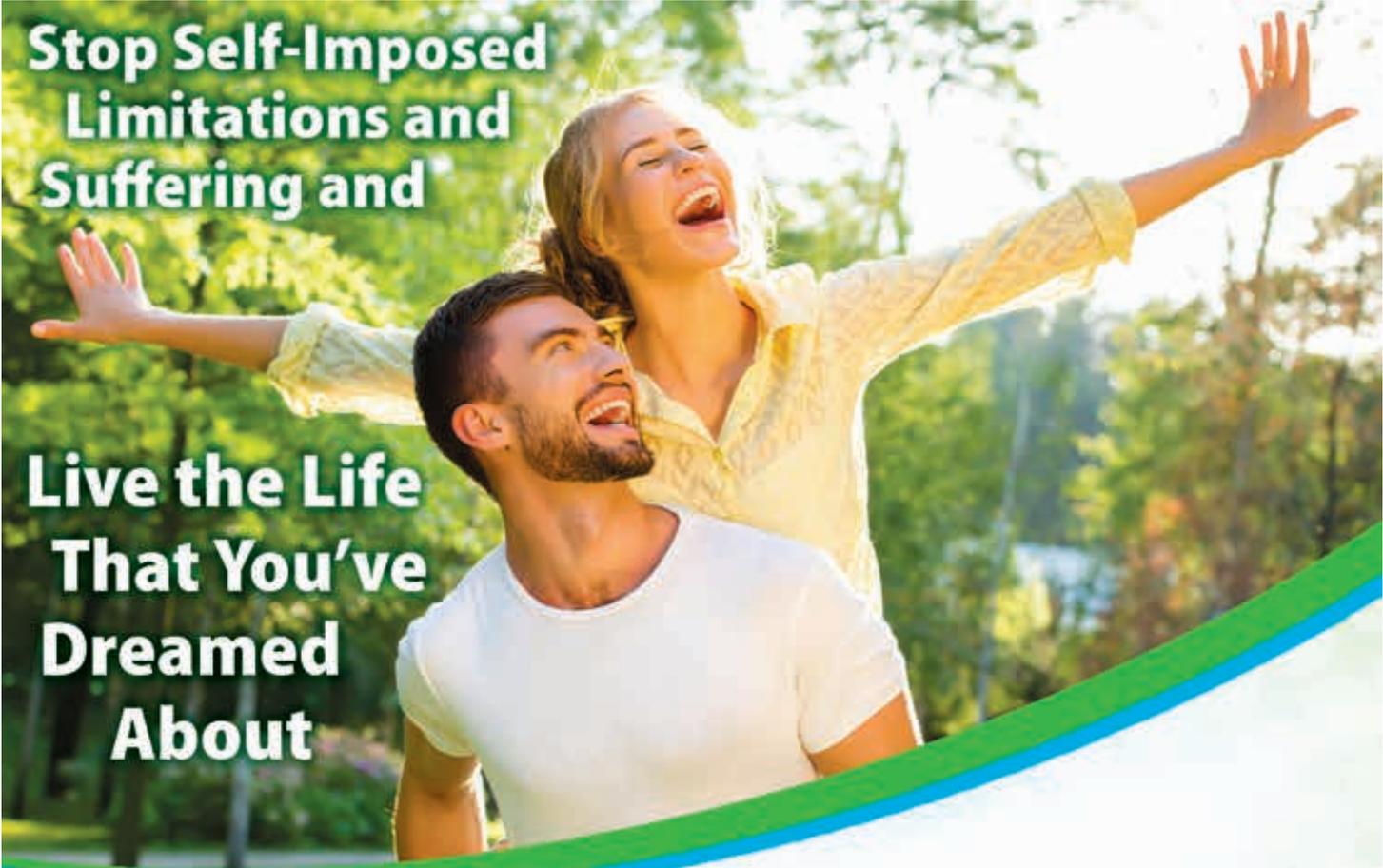
When We Set Out

Let Spirit
Steer Us



EVERY ISSUE IS
A GREEN ISSUE

May 2017 | Northern New Jersey Edition | NANorthNJ.com

A young man and woman are shown from the chest up, standing in a park-like setting with trees in the background. They are both smiling broadly and have their arms raised in the air, suggesting a sense of joy and freedom. The woman is wearing a light-colored, patterned blouse, and the man is wearing a white t-shirt. The overall mood is positive and uplifting.

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Limitations and
Suffering and**

**Live the Life
That You've
Dreamed
About**

The Quantum Healing Hypnosis Technique (QHHT) was developed by the late Dolores Cannon, world-renowned hypnotherapist, regressionist, and researcher. She was a true pioneer and cutting-edge leader in the field of hypnotherapy. QHHT is a unique form of hypnotherapy designed to provide the most efficient release of information from deep within the Subconscious.

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- Develop your own intuitive abilities
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SOME OF THE IMPORTANT AREAS OF FOCUS INCLUDE

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The development and performance of the brain is intricately linked to the metabolic, neuro-chemical and hormonal pathways of the body.

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In functional endocrinology, we want to look at more than serum concentrations in the blood because the value of these markers to evaluate hormone levels is negligible. In fact, they are only used for dosing.

Women have a complicated system that can be triggered at any significant stage in their hormonal development or maturity, which does not mean that men are immune. Only that many symptoms from constipation, to weight gain, to chronic pain and tenderness, to mood swings can be attributed to thyroid and hormone function.

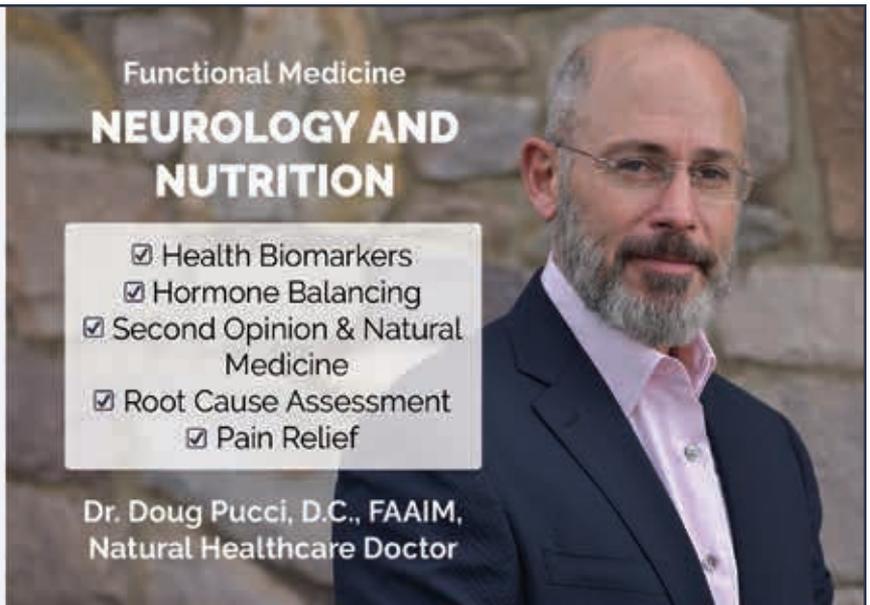
The Body -----

Disease processes begin at the cellular level when energy production fails and good cells die faster than can be replaced. Coupled with this is the depletion of our healthy micro biome and the insurgence of pathogens that compromise immunity and lead to all kinds of sensitivities and intolerances.

Evaluating the way environmental factors, toxins and nutrient insufficiencies contribute can point the way to reversing the damage.

Contact information

Dr. Doug Pucci is located in Oradell, NJ. Contact him at (201) 261-5430 or GetWell-Now.com



Functional Medicine
NEUROLOGY AND NUTRITION

- Health Biomarkers
- Hormone Balancing
- Second Opinion & Natural Medicine
- Root Cause Assessment
- Pain Relief

Dr. Doug Pucci, D.C., FAAIM, Natural Healthcare Doctor

To receive my Special Promotional Offer of a 2-Visit Functional Baseline, please call (201) 261-5430.

Oradell, NJ - If you're like the rest of my patients, you probably know this simple truth by now: Routine medicine does not work for you. When you visit a doctor's office, your complaints fall on deaf ears. You have heard every one of these excuses from your doctor:

- Your symptoms are a condition of growing older (so live with it);
- The treatment cycle worked, when it clearly did not;
- Your lab tests are normal
- Or, whatever you're feeling is all in your head.

The striking difference between me and every other doctor you'll meet is my functional philosophy. I use a "test, treat and re-test" model, meaning that my complete analysis is happening right in front of you.

HERE'S WHAT OUR PATIENTS ARE SAYING

"I started seeing Dr. Pucci, after being diagnosed with Hashimoto's Thyroiditis. He educated and worked with me on how to calm my system down naturally. Within a year, I felt like I did when I was in my twenties (maybe better)."

"I highly recommend Dr Pucci to my friends, my family and my community. His treatments dramatically improved my health

even in areas where I didn't know I was weak."

"Dr. Pucci and his staff are amazing. They listen to your concerns and really provide a level of care that you will not receive with a traditional doctor's visit."

"Dr. Pucci's treatments, out of the box thinking, methodology, and extensive knowledge in functional medicine has changed my life over the past two years."

"Dr. Pucci truly listens and WANTS to know everything that affects (me). His treatments have healed me from joint pain and autoimmune conditions and set me on a path to continuing better health."

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Here's what's included in your two 90 minute face-to-face sessions with Dr Pucci:

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letterfrompublisher



I recently took a trip to North Carolina to visit some friends and family. My flight departed later than scheduled, so with some time to kill, I soon found myself chatting with my friendly server while having breakfast at one of the restaurants in the airport terminal—a young woman in her mid to late 20s from Jersey City.

I'll call her Julie. Our conversation had quickly veered to the topic of "letting go" and soon Julie exclaimed, "Oh my God, this is one of those coincidences!"

I said, "Yes, an obvious synchronicity." She went on that she had just engaged in an involved conversation concerning the same topic the night before. I learned that her inner guidance or wisdom had been incessantly pulling at her to make a major life change, but Julie couldn't make that big leap just yet. She was scared. I offered her my point of view on her dilemma and after my meal, we parted ways with a handshake and a smile.

People typically stay stuck because they are scared of the unknown; those familiar, mundane drills that we first learned in grade school had more than likely set the stage. I was fortunate. I didn't let the school system or anything else stifle my highly inquisitive nature. "Seek and ye shall find," rings true, and so does, "Ask and you shall receive." More and more, I'm able to live in the moment and not focus on the past or the future.

Perhaps letting go, moving on and getting what we want out of life is easier than many of us believe. These days, I simply set some intentions and begin to move in the general direction of what I wish to see materialize in my life. What typically occurs next is a string of events that are seemingly unrelated to my desired outcome. What I learned from doing this exercise over and over is that what follows is not the object of my desires materializing, rather I initiate a process that facilitates the specific circumstances, people and other resources required for materializing the things I want.

This dynamic occurs only when I (with unshakable faith) commit to moving forward with an idea, thus placing the universe on notice. It, in turn, begins to orchestrate what is required to move the process along. All I have to do is keep my eyes open for those opportunities that show up and do my part to utilize them as I propel myself along.

Unfortunately, many of us never try what I just described because they typically can't even move past the "cursed hows" (e.g., "How am I going to make this happen?"). You're probably just stalling if you need to have all the answers before you forge ahead. They say that analysis causes paralysis.

The universe is a big dream machine, and it's ready for your specific desires and your subsequent commitment to do your part. It tends to help those that help themselves. One other way to go about this is to not desire or go after anything specific, and in that case, still achieve something. However, your results will most likely be more random and resemble more of the same circumstances that you're already experiencing.

Jerry & Pat Hocek, Publishers

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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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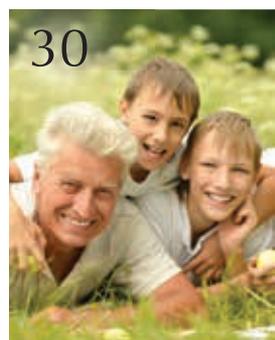
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Study Mindfulness-Based Stress



at Ramapo College

The Krume Center for Contemplative Studies and Mindful Living at Ramapo College is offering two summer sessions of the eight-week Mindfulness-Based Stress Reduction (MBSR) course with free orientations to the course on May 23 and June 1. There is also a five-day residential intensive MBSR course Mindfulness Tools from August 10 through 15.

Many physicians are turning to mindfulness practice to help their patients find relief from conditions including asthma, chronic pain, gastrointestinal stress, high blood pressure, anxiety and panic episodes, sleep disturbances, stress and heart disease.

MBSR, developed by Jon Kabat Zinn, brings a form of meditation known as mindfulness into the medical mainstream. Participants will learn how to take better care of themselves and mobilize their own inner resources for coping, growing and healing. They will develop an awareness of the body and emotions and thoughtfully respond, instead of react, to situations while focusing attention in the present moment.

Location: 505 Ramapo Valley Rd., Mahwah. For more information or registration, visit Tinyurl.com/zvlwrlly.

Holistic Cooking Class with Christine Okezie

Natural foods chef Christine Okezie will present a cooking class lecture, *Get The Skinny on Fats: Your Ally in Optimal Health and Natural Weight Loss*, from 6:30 to 8:30 p.m., May 11, in Ridgewood.



Christine Okezie

Participants will receive valuable information on what fats are good for us and what fats are bad for us and our hearts. Not all fats and oils are created equally, as Okezie will demonstrate in this creative and interesting session. She will also teach participants to incorporate health-promoting fats into their daily food that can protect the heart, promote a healthy cholesterol level and help reclaim our best health.

Cost: \$67. Location: 1200 E. Ridgewood Ave. For more information or to register (required), call Ellen Mangano at 201-389-0076, email emangan@ValleyHealth.com or visit YourDeliciousBalance.com. See ad, page 30.

Free Seminar on Rheumatoid Arthritis

Dr. Philip DiPasquale, owner of Bergen Spine and Wellness center, in Maywood, will host a one-hour educational seminar on rheumatoid arthritis at 7 p.m., May 7.



This seminar focuses on alternative, drug-free approaches to treating this crippling disease. A functional medical approach will be discussed in detail, including natural therapeutic remedies.

Admission is free. Location: 106 W. Pleasant Ave., Maywood, NJ. Limited to the first 10 callers at 201-820-1441. For more information, visit BergenSpine.com. See ad, page 31.

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Holistic Networking with Dr. Serritella

Dr. Angela Serritella, owner of Beauty from Inside and Out Wellness Center, will be hosting a networking event from 6:30 p.m. to 8 p.m., May 15, at her center in Hackensack. Guests can network with local holistic practitioners and Earth-conscious business owners and bring promotional materials to be distributed in gift bags for all that attend.



Camille Miller, founder of the Natural Life Business Partnership, a national professional development organization for the holistic, spiritual, and earth-centered business community, will also attend. Light refreshments and drinks will be served.

Location: 140 Prospect Ave., Ste. 16, Hackensack. Visitor parking is behind the building on rooftop. Parking tickets will be validated. For more information, or to register (required), call 973-615-2486, email CompleteWellness-Within@gmail.com or visit CompleteWellnessWithin.com. See ad, page 25.

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Lose Weight with Dr. Di Lisio



Dr. Franca Di Lisio will present a weight-loss workshop at 6 p.m., May 24, in her office in Little Falls for those that have not been feeling good about their weight. Di Lisio utilizes the latest cutting-edge methods to guide her patients to quickly achieve their ideal weight. These include health and nutrition counseling, and the most recent supplement and technological breakthroughs that considerably reduce the time it take for her

patients to achieve the ideal body while optimizing their health.

Di Lisio has been a chiropractor for more than 25 years, specializing in weight loss, anti-aging and nutrition. She healed herself from an autoimmune disease and Lyme disease, and takes health and wellness very seriously. She has dedicated her life to helping people get healthy and looks forward to having a consultation with new patients.

Location: 201 Lower Notch Rd., Ste. 2B. For more information or to register, call 973-938-4400, email dislis7@aol.com or visit ThinMeUpDoctor.com. See ad, page 13.

Guided Meditation Session at Little Falls Library

Because learning to meditate without a teacher can be challenging and difficult, Little Falls Library will hold an evening of guided meditation with Stacey Myers-Smith from 7 to 8 p.m., May 17.

This class will walk participants through the entire process to find inner peace. Meditation has been shown to be one of the best tools for balancing stress, emotions and promoting peace in the present moment. No prior experience is required. Attendees should wear comfortable clothes and bring a beach towel or yoga mat.

Location: 8 Warren St., Little Falls, NJ. For more information, call 973-256-2784 or visit LittleFallsLibrary.org.



Household Waste Collection in Mahwah



The Bergen County Utilities Authority (BCUA) is sponsoring a household hazardous waste drop-off from 9 a.m. to 3 p.m., rain or shine, May 13, in Mahwah. Acceptable items include pesticides, glue, aerosol cans, drain cleaners, fire extinguishers, thermostats, fluorescent light bulbs and lighter fluid.

All items should be in their original containers and labeled. Anything without a label will not be accepted, nor will computers, electronics or tires. Businesses that wish to leave waste must preregister, and a disposal fee will be collected.

Free for Bergen County residents (proof of residency required). Location: 200 Campgaw Rd., Mahwah. For more information, call 201-807-5825. A complete listing of acceptable and unacceptable material is available at bcua.org. For more information on how to preregister a business for this event, call 201-807-8696.



Learn Access Bars in Paramus

Those that would like to know how to release thoughts that don't work with ease and bring greater possibilities into their life, and also give this opportunity to others, may attend Access Bars classes from 9 a.m. to 5 p.m., June 17, in Paramus.

There are 32 points on the head which, when gently touched, effortlessly and easily release thoughts, ideas and attitudes that keeps people in limitation. Access Bars releases the thoughts that don't work and brings greater possibilities to one's life.

Participants in this class will learn how to administer this dynamic, hands-on body process and receive two sessions during the class. No prerequisites are required, just a willingness to learn something that will greatly benefit them and those with which they share Access Bars. At the completion of the class, participants receive a certificate of completion and will be qualified to give Access Bars to their family, friends or clients. Providers of other therapies can include Access Bars to their present modalities and licensed massage therapists can earn NCBTMB continuing education units.

Location: Advanced Medical Center, 22 Madison Ave., Paramus, NJ. For more information, call 201-655-3836 or visit AccessConsciousness.com. See ad, page 13.

Life Changes are Topic of Seminar with Dr. Pucci

The Pucci Wellness Center will host a seminar on andropause and perimenopause with Dr. Douglas J. Pucci, DC, FAAIM, at 6:30 p.m., May 18, in Oradell. Andropause and perimenopause are stages that males and females go through as their bodies start to age. Pucci will discuss many of the recent clinical findings to come out of the science and practice of hormone balancing as it relates to the onset of middle age.

Participants may ask questions about hormones and functional endocrinology at the event or submit them ahead of time to shape the discussion. Attendees will receive a copy of Dr. Pucci's book *You Are Not Your Diagnosis* and a worksheet of to take home.

Admission is free. Location: 617 Oradell Ave. To register (required), call 201-261-5430, For more information, visit GetWell-Now.com. See ad, page 3.



Dr. Doug Pucci

kudos

Eleanor Riche Garcia celebrated **40 years** of business at **Pyramid Imprints**, in Bergenfield, New Jersey in April. Garcia does **custom screen printing** on traditional and organic clothing, tote bags and other items. She began the business in 1977 as a record and T-shirt store with her husband, **Reynaldo Garcia**.

Many Bergenfield high school students worked their first job at Pyramid Imprints and have fond memories of their experience. Garcia grew up in Dumont, New Jersey; from 1976 to 1983, she and her husband also ran Gigantra's Pizza, also located on Washington Avenue.



Eleanor Riche Garcia

For more information, call 201-384-0336 or visit PyramidImprints.com. See ad, page 13.

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Mark James Bartiss, MD

is a medical writer, lecturer, author, and is recognized as a top ten specialist in the field of Bio-Identical Hormone Replacement Therapy (BHRT).

ICAMBartissMD.com

New Ozone Therapy Treatment Means Getting HOT



There appears to be a trend away from conventional medical thinking and opening eyes and minds to therapies that are considered alternative. To offer a cure for an underlying condition rather than a Band-Aid to mask the symptoms of disease, oxygen

is being used to enhance the treatment of nearly every medical condition known to man. Bio-oxidative therapy means we are introducing oxygen into the body. Of the vehicles used to expose the body to ozone, the topical, rectal and intravenous routes are the most commonly prescribed.

In a recent conference/workshop in California, Dr. Johann Lahodny, from Austria, shared his work and experience utilizing ozone in much higher concentrations than was previously accepted as being safe and effective. He presented a different vehicle of administration for ozone via the Zotzmann Ozon 2000 machine from Germany that is commonly used in Europe by hundreds of medical practitioners.

High-dose ozone therapy (HOT) can deliver a powerful influx of the gas to the ailing body, ridding it of nearly every toxin, inflammatory invader, autoimmune disorder or chronic condition the body may develop, and do so safely at a concentration of ozone that is more than 10 times what was previously recognized as safe. For those that have experienced the current methods of ozone, the healing effects it has provided hundreds of patients for ailments ranging from allergies, arthritis and cancer to Lyme disease and other conditions must seem miraculous.

The treatment is also very affordable; a single treatment of HOT, which requires 10 passes of blood through the Zotzmann machine, is equivalent to 30 to 50 traditional treatments for which most practitioners would charge \$1,500.

For those interested in obtaining this therapy, whether for enhancing a weakened immune system, improving overall energy, treating an established acute or chronic medical condition or just as a prophylactic therapy to ensure health, longevity and quality of life, call a specialized practitioner to make an appointment.

Mark James Bartiss, M.D., a founding member of the American Association of Ozonotherapists in Wayne, Medford and Manahawkin, offers HOT therapy. For appointments, call 973-790-636. For more information, visit ICAMBartissMD.com.

Negative Stereotypes Sabotage Girl Soccer Players



Researchers from Germany's Goethe University, in Frankfurt, sought to determine the impact that the belief held by some that females are poor soccer players would have on their performance. The study had 36 teenage female soccer players engage in a ball-dribbling drill before and after reading a pertinent article. Half of the subjects read about the perceived incompetence of female soccer players and the other half read a piece about the growing popularity of the sport.

The players that read the negative article needed significantly more time to complete the drill than those that read the positive article, possibly highlighting the impact that negative stereotyping has on women.



Daxiao Productions/Shutterstock.com

Not-So-Speedy Pedaling Boosts Benefits

Researchers from the United Kingdom's University of Winchester have found that cycling improves brain function. The study tested the cognitive function of 17 physically active men in their 20s before and after two, 30-minute sessions on a stationary bike. The results showed significant cognitive improvements following each session.

Biking to work is also a good way to reduce our carbon footprint, but breathing in exhaust fumes and other pollutants is a concern for street cyclists. Alexander Bigazzi, a transportation expert in the department of civil engineering and school of community and regional planning at the University of British Columbia, has studied the relationship between average-speed bicycle travel and inhalation of potentially harmful air.

Using a U.S. Census-based computer model of 10,000 people, Bigazzi found that the ideal bicycling speed to inhale the minimum amount of pollution is between 7.5 to 12.5 miles per hour (mph), placing the lowest risk for women at nearly eight mph and for men at just over eight mph. "The faster you move, the harder you breathe and the more pollution you could potentially inhale, but you are also exposed to traffic for a shorter period of time. This analysis shows where the sweet spot is," says Bigazzi.

Exposure to Flame Retardant Chemicals May Increase Thyroid Problems in Women

by Todd Datz

Women with elevated levels of common types of flame retardant chemicals in their blood may be at a higher risk for thyroid disease; and the risk may be significantly higher among post-menopausal women, according to a new study published online May 23, 2016, in the journal *Environmental Health* from researchers at Harvard T.H. Chan School of Public Health.



people's bodies. Previous research has shown that these chemicals accumulate in fatty tissue and interfere with hormonal functions, including thyroid hormones. Because it's known that estrogen levels regulate thyroid hormones, researchers theorized that post-menopausal women may be particularly vulnerable to PBDE-induced thyroid effects.

The new paper is the first to suggest a link between polybrominated diphenyl ethers (PBDE) and increased risk of thyroid problems in that population in a nationally representative sample of women in the U.S.

Thyroid problems include hyperthyroidism, hypothyroidism, goiter and Hashimoto's disease. "These chemicals are just about everywhere, from the blood in polar bears to eagles to humans on every continent," says Joseph Allen, assistant professor of exposure assessment science at the school and the study's lead author. "This near ubiquitous exposure means we are all part of a global experiment on the impact of endocrine disrupting chemicals on our bodies."

PBDEs have been used as flame retardants for decades, largely in furniture, bedding and curtains, in quantities of up to 20 percent of the weight of the product. Over time, they migrate out of the furniture into the air, settle into dust in homes, schools, offices and outdoors, and accumulate in

The researchers found that overall, women were about five times more likely than men to have a thyroid problem. The percentage ranged from 13 to 16 percent among women, compared with 2 to 3 percent among men. Women with the highest flame retardant concentrations in their blood were significantly more likely than those with lower concentrations to have a thyroid problem. The effect was doubled in post-menopausal women.

"To our bodies, these flame retardant chemicals look and function exactly like endogenous hormones our bodies produce. Should we be surprised that we see downstream health effects for women with higher body burdens of these chemicals? I think not. This is all too predictable and preventable," says Allen.

Todd Datz is the senior director of news and communications at Harvard School of Public Health. This article was reprinted from hsph.harvard.edu.

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Health Benefits of Massage Therapy

by Stacey Chillemi

Lying in a tranquil room on a massage table with the lights dimmed, candles lit and the essence of lavender in warm air sounds like the perfect way to end the day; however, the purpose of a massage is not just relaxation. It also brings many medicinal benefits.



and flexibility. Sitting in front of a computer all day or standing on our feet doing manual labor can cause tension in the neck and back that results in poor posture. Massages helps muscles relax and loosen to position the body in a natural, pain-free posture.

The practice of using touch as a healing method is ancient history. Eastern and Western civilizations both found that massage could heal injuries, relieve pain, reduce stress, prevent illness and also cure it. Massage can even promote the release of the built-up toxins in our body that cause numerous health problems.

Focused on the neck, shoulders and head, massage on a regular basis helps us to relax and de-stress, reducing migraine attacks and tension headaches significantly by relaxing muscle spasms and trigger points.

People with chronic pain often turn to massage therapy to help improve their quality of life naturally by increasing our serotonin level. Around 35 percent of all people that receive massages report less pain associated with stiffness, soreness, injuries, chronic health conditions and sleep problems.

Massages can stimulate the production of the body's natural lubricants to enhance flexibility and range of motion by stimulating blood flow. Sports massages are designed to enhance athletic performance. It's common today for athletes to receive massages at arenas or training sites to increase blood flow and warm up muscles prior to a game or event.

When the Canadian Medical Association studied different solutions for chronic lower back pain, researchers found that massage is the most effective treatment. Massage therapy has been recommended for diabetes for more than 100 years, managing insulin and lowering inflammation. It has also been shown to help lower stress, eliminate depression and improve fatigue.

Massages have been found to be effective for treating ADHD. In a recent study, ADHD adolescents that attended 10 massage treatment classes for two weeks rated themselves as more content than those in recreation therapy. They were less squirmy, and teachers noticed more on-task behavior when compared with the recreation therapy group.

A massage that involves applying light pressure to the joints and the tiny pressure receptors under the skin can help ease arthritis pain. Massage can increase blood flow to joints and boost circulation throughout the body, increasing mobility

Stacey Chillemi is the founder of The Complete Herbal Guide and author of a number of books on natural healing. For more information, visit TheCompleteHerbalGuide.com or StaceyChillemi.com.

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Turtle Turnaround Record Hatchlings Give Hope

Worldwide, six of the seven sea turtle species are threatened or endangered because of human activity. A ray of hope now shining from conservation efforts is that nesting sea turtles have posted record numbers of successful hatchlings in South Carolina the last three years, with Georgia and Florida reporting similar results. Decades of helpful efforts are paying off due to increased public awareness of turtle-friendly practices at seaside locations. Heed these rules:

- ✓ Keep lights off on beachfront property during nesting season.
- ✓ Refrain from using flash photography on the beach at night.
- ✓ Keep beaches and oceans clean. Litter such as plastic bags and balloons can cause injury or death when sea turtles mistake them for jellyfish, a favorite food.
- ✓ Respect sea turtles by observing them from a distance.
- ✓ Report dead or injured sea turtles and nest disturbances to 1-800-922-5431.

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Homeopathy Opened Doors for Saltzman

by Martin Miron

Susanne Saltzman, M.D., owner of Hartsdale Homeopathy, has 24 years of clinical family practice treating acute and chronic illness in children and adults. Her emphasis is on homeopathic and functional medicine to decrease dependency on pharmaceutical drugs. She has successfully treated thousands of patients through the years for ADD, allergies, anxiety disorders, asthma, autoimmune diseases such as rheumatoid arthritis and Lupus, depression, migraines, chronic fatigue syndrome, fibromyalgia, Crohn's disease, ulcerative colitis, psoriasis, interstitial cystitis, Lyme disease, menopause, multiple sclerosis, PMS and thyroid disorders.



Susanne Saltzman

As a child, she grew up witnessing domestic violence. "I was always very sensitive to the suffering of others and I had a tremendous desire to want to help alleviate that suffering in any way I could," she recalls. "Fortunately, I loved school and learning, and I escaped the chaos of my home environment by delving into my books and excelling at school. I especially loved the sciences and learning about the human body. It seemed pretty obvious by the time I got to the Bronx High School of Science that becoming a physician would be my calling."

Homeopathy is a system of medicine that uses natural substances to stimulate the body's own immune system to heal disease. It is based on the principle of "like cures like": the same substance that causes illness cures it by varying the dose of the substance. Homeopathy recognizes that every person is unique in the way they express illness. Two people with the same disease may need two completely different homeopathic medicines. Homeopathy also treats the whole person. This means that someone's mental or emotional characteristics are just as important as their physical symptoms in the selection of the correct homeopathic medicine.

"People ask how I became interested in alternative/complementary medicine 25 years ago when it was still in its early stages. I think my sensitivity as a young adult made me more aware of the arrogance and narrow-mindedness that I often experienced from many of my 'superiors' in medical school," says Saltzman. "When I occasionally met that compassionate, truly competent physician who took the time to sit at a patient's bedside, listen with his or her full attention and then examine the patient

in the gentlest manner possible—and finally—address us students with utmost respect and dignity, I vowed that no matter how exhausted I was from the untold hours of sleep deprivation and training, I would never lose my humanity and aspire to become just like him or her."

Saltzman received her medical degree from the Albert Einstein College of Medicine in 1987. "I was completely disillusioned early on in my training by the non-curative therapies, the disjointed, piecemeal way of addressing disease and

the unending barrage of medications that seemed to cause more problems as the patient succumbed to all of the side effects," recalls Saltzman. "After my internship in psychiatry and medicine at Jacobi and Montefiore hospitals, in the Bronx, I threw up my hands in exasperation and asked the universe, 'Please, dear God, tell me there is a better way of healing people than this!'"

The following year, while she was home nursing her newborn son, "I happened upon an article by a physician in *Mothering* magazine who was talking about a 200-year-old system of medicine called homeopathy that was actually healing people without the use of pharmaceutical drugs, says Saltzman. "I was amazed! I decided to take a course in it and I was hooked! I've been practicing homeopathic medicine—and then later on functional medicine—ever since."

Saltzman is also a faculty instructor of Family and Community Medicine at New York Medical College, in Valhalla, where she teaches a course on homeopathic medicine for fourth-year medical students. She is vice president of the American Institute of Homeopathy, the oldest national physicians' organization in the U.S., established in 1844, as well as current Editor-in-chief of the *American Journal of Homeopathic Medicine* and a member of the New York Homeopathic Medical Society of the State of New York.

Susanne Saltzman, M.D., practices in Rockland County at 400 Rella Blvd., Ste. 165, in Montebello, NY, and Westchester County at 250 E. Hartsdale Ave., Ste. 22, in Hartsdale, NY. For appointments and more information, call 914-472-0666 or visit HartsdaleHomeopathy.com. See ad, page 8.

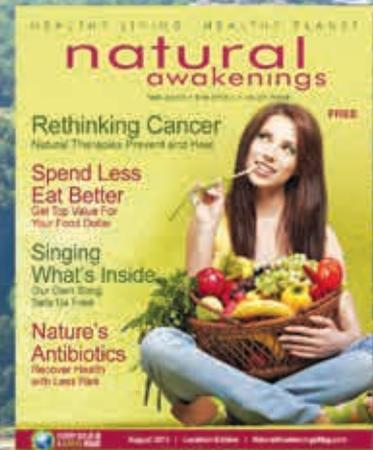
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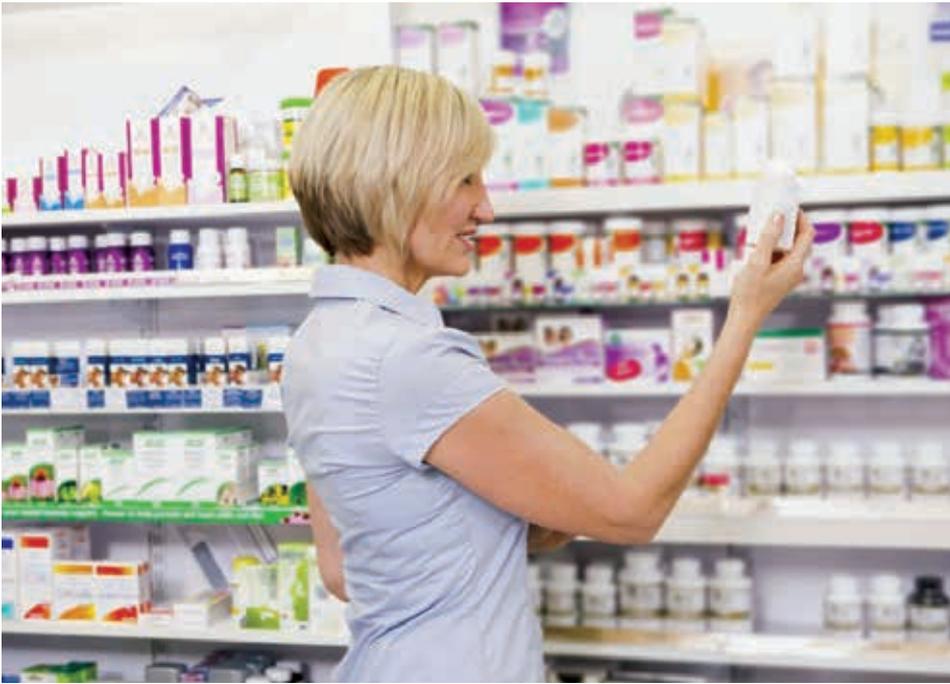


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The Over-The-Counter Pain Relief Trap

by Douglas J. Pucci

Most people don't think twice about popping over-the-counter (OTC) pain relievers like Advil, Tylenol, Aleve or other nonsteroidal anti-inflammatory drugs (NSAID) for everything from headaches to muscle pain to arthritis. In fact, sales of non-prescription NSAIDs rank in the billions in the U.S. annually. There's a general assumption that because these painkillers are nonprescription and readily available, they're safe to use as much as necessary. This couldn't be further from the truth.

NSAIDs can cause a host of serious problems in the body, including leaky gut (which can trigger autoimmune diseases), bleeding ulcers and joint deterioration—and that's just the start. They can also impede healing (including broken bones) and increase the risk of heart and kidney disease, stroke and hypertension. In fact, the April 2017 issue of the *European Heart Journal - Cardiovascular Pharmacotherapy* reports that NSAIDs have been "associated with an increased cardiovascular risk" in a nationwide study. In addition,

Science Daily reveals that a study conducted and published by the American Gastroenterology Association showed that long-term NSAID use "causes severe intestinal damage," including "increased risk of bleeding and visible damage to [the] small intestine." Those are just two of the many cited studies about NSAID-associated risks.

Having a history of heart or kidney issues increases the likelihood of NSAID-related complications, especially in people over 50, regardless of whether the medication is prescription or OTC. Add to that the possibility of dangerous drug interactions with other prescription and nonprescription medications that a person may already be taking, and there's potential for serious problems.

Ironically, when NSAIDs are taken for joint pain, including pain caused by arthritis, the short-term pain relief is outweighed by the long-term negative effect of permanent joint damage. NSAIDs merely offer temporary symptom relief, they don't cure the cause of pain, nor do they

Each person needs to be evaluated individually, including their medical history, comprehensive test results, dietary habits and lifestyle, which all need to be taken into consideration by their doctor to determine the root cause of their pain.

prevent progression of the underlying problem. And long-term use creates a need for more frequent and higher doses; as these become less and less effective over time, additional drugs are needed just to achieve temporary pain relief. The cycle only grows larger and more dangerous.

To manage chronic pain without daily NSAID use, the answer is different for everyone, but clearly it shouldn't include an automatic prescription for painkillers or a recommendation for continued use of OTC pain relievers. Each person needs to be evaluated individually, including their medical history, comprehensive test results, dietary habits and lifestyle, which all need to be taken into consideration by their doctor to determine the root cause of their pain.

While inflammation is many times a key component of pain, there may be undiscovered food allergies or sensitivities contributing to the previously unidentified cause of the painful condition. Gut health is also extremely important; an unhealthy gut can result in any number of different health issues that cause seemingly unrelated pain in other areas of the body. Pain is a symptom, an indication of a deeper problem; masking pain won't heal the root cause.



For more information about Dr. Doug Pucci, DC, FAAIM, practicing functional medicine, neurology and nutrition, call 201-261-5430 or visit GetWell-Now.com.

See ad, page 3.



Milk Minus the Moo Evaluating Alternatives to Dairy

by Judith Fertig

When dietary concerns, food sensitivities or curiosity prompt us to try alternative milks, it helps to know the basic facts about the leading types, to choose the best ones for us.

Almond Milk

Pro: Almond milk is low in fat and can be easily made at home, so ingredients are known. One cup of homemade almond milk has about 40 calories, one gram of protein, 6 percent of the daily value (DV) for calcium, three grams of fat and eight grams of carbohydrates. As for store-bought options, one cup of Silk Organic Almond Original contains 60 calories, with one gram of protein, 10 percent DV for calcium, two-and-a-half grams of fat and eight grams of carbohydrates.

Con: Almond milk is neither high in protein nor calcium; it's not as nutritionally packed as other alternatives. Some might not care for the faint nutty flavor.

Coconut Milk

Pro: Dr. Josh Axe, a functional medicine physician who owns the popular natural health website, *DrAxe.com*, and the Exodus Health Center, near Nashville, Tennessee, points out, "High in medium-chain triglycerides, coconut milk is a very filling, fat-burning food." One cup of homemade coconut milk has about

450 calories, six grams of protein and 64 grams of fat, plus trace minerals such as manganese, phosphorus, magnesium, iron and copper. Canned coconut milk is similar: one cup of Native Forest Unsweetened Coconut Milk Classic contains 420 calories, three grams of protein and 45 grams of fat, plus trace minerals such as manganese, phosphorus, magnesium, iron and copper in each cup.

Con: High in fat and calories, coconut milk may not be the best choice for drinking every day, but is delicious in Asian-style soups and curries.

Hemp Milk

Pro: Hemp milk, made from hulled hemp seeds, contains 10 essential amino acids, including key fats. "Omega-3 and omega-6 fatty acids are vital for healthy functioning of the brain," says Axe. Hemp milk works well for people with tree nut allergies.

One cup of Pacific Hemp Original has 140 calories, three grams of protein, 50 percent DV for calcium, five grams of fat and 20 grams of carbohydrates. Living Harvest Tempt Hemp Milk has 80 calories per cup, two grams of protein, 30 percent DV for calcium, eight grams of fat and one gram of carbohydrates.

Con: Grassy-tasting hemp milk tends to separate in hot coffee.

Rice Milk

Pro: High in vitamins and calcium when fortified, rice milk made from brown rice is also high in vitamins. According to Ted Kallmyer, author of *Flexible Dieting*, in Bend, Oregon, rice milk is the least likely alternative milk to trigger an allergy.

One cup of Pacific Rice Milk has 130 calories, one gram of protein, 30 percent DV for calcium, two grams of fat and 37 grams of carbohydrates. One cup of Rice Dream Organic Rice Drink has 120 calories, one gram of protein, 30 percent DV for calcium, 2.5 grams of fat and 23 grams of carbohydrates.

Con: Low in fat and protein, it's also relatively high in carbohydrates. It has a less creamy texture than hemp, coconut or soy milks.

Soy Milk

Pro: Soy milk provides more protein than other alternative milks. Look for a calcium-fortified, organic brand that doesn't contain the thickening agent carrageenan, suggests Dr. Andrew Weil, founding director of the Arizona Center for Integrative Medicine, in Tucson.

Different brands have different nutritional components. For example, one cup of Organic Valley Soy Original has 100 calories per cup, with seven grams of protein, 30 percent DV for calcium, three grams of fat and 11 grams of carbohydrates. One cup of Organic EdenSoy Extra Original Soymilk contains 130 calories, with 11 grams of protein, 20 percent DV for calcium, four grams of fat and 13 grams of carbohydrates.

Con: Some people might not like the thick texture and soy aftertaste. Dr. Frank Lipman, founder and director of Eleven Eleven Wellness Center, in New York City, says that limiting soy is a good idea due to soy's prevalent pesticide saturation and its researched links to thyroid, endocrine system and sex hormone dysfunction (Tinyurl.com/SoyDarksideStudies). If soy is eaten, "Choose certified organic, soy products—preferably fermented versions like miso, natto and tempeh—with the Non-GMO Project seal; and do so sparingly, no more than twice a week," advises Lipman.

Judith Fertig writes food health articles and cookbooks from Overland Park, KS (JudithFertig.com).

NATURAL MOTHERHOOD

Creating the Best Start for New Life

by Deborah Shouse

“A woman’s body is exquisitely designed to conceive, nurture and give birth,” says Dr. Carol J. Phillips, an Annapolis, Maryland, prenatal chiropractor, doula and author of *Hands of Love: Seven Steps to the Miracle of Birth*.

Judith Lothian, Ph.D., associate editor of the *Journal of Perinatal Education*, professor of nursing at Seton Hall University, in South Orange, New Jersey, and a natural childbirth educator, knows the significance of women’s deep intuitive instinct. “Women who feel supported and encouraged can tap into their own wisdom and find deep satisfaction in giving birth naturally. The process itself perfectly prepares mother and baby to continue on their journey together.”

Several gentle strategies help mothers-to-be prepare for the joys of natural pregnancy and childbirth.

Build a Baby-Friendly Body

Discover Intuitive Nutrition

“Follow your urges,” counsels Peggy O’Mara, of Santa Fe, New Mexico, former editor of *Mothering Magazine* and author of *Having a Baby, Naturally*. “Eat when you’re hungry. Sleep when you’re weary. Go to the bathroom the moment nature calls. Practice this in pregnancy so you’ll be in the habit of listening to your instincts when you give birth.” This simple advice counters women’s common habit of attending to other people’s needs instead of their own.

Along with eating organic whole foods, Kristy Wilson, of Las Vegas, a certified professional midwife, labor doula and placenta preparation specialist, recommends both a plant-based food supplement with iron and whole food prenatal supplement. Vitamin C is important for a strong amniotic sac; she suggests at least 500 milligrams daily. A high-strung mom can take magnesium chloride baths or sip a soothing cup of red raspberry leaf tea.

“Women that are concerned about their diet can tune into the baby and ask what they need,” says Lori Bregman, of Santa Monica, California, a doula, birth coach and author of *The Mindful Mom-to-Be*. If craving a certain dish, she can

research its benefits and healing qualities. The yearning for comfort foods like pizza, macaroni or ice cream may signal the need for more nurturing. Eyeing popcorn or chips could be a sign she’s stuffing down an emotion. She can ask herself, “What am I suppressing?”

“Eat a lot of protein, including vitamin B-rich foods, during both pregnancy and breastfeeding,” advises O’Mara.

“Nursing moms need to eat nutrient-dense foods frequently, along with getting adequate fluids,” says Wilson. She recommends foods that assist lactation called galactagogues, like



Evgeny Alamanenko/Shutterstock.com

almonds, avocados, legumes, kale and spinach. To increase milk production, add fennel to meals or smoothies, or turn to capsules.

Keep Moving with Intention

Wilson recommends yoga, swimming, walking or light jogging three to five times a week, for 20 minutes a day. "Squatting like a child on your haunches is a great exercise for childbirth," she says, noting that 20 squats daily will strengthen core muscles. Sitting on an exercise ball instead of a desk chair or couch also engages core muscles, while improving posture.

"Regular exercise brings more energy, better sleep, reduced stress, higher spirits, better odds of an easy labor, faster post-delivery recovery and reduced risk of gestational diabetes and high blood pressure during pregnancy," Bregman finds. She recommends a prenatal yoga practice that includes breathing and visualizations. This restorative form of yoga offers gentle stretching, promotes good circulation and naturally supports relief or healing of many possible pregnancy ailments.

"To alleviate physical distress, try chiropractic prenatal care," says Phillips. Light finger contact from an experienced practitioner helps realign bony segments and restores the body's normal tone. "A prenatal expert can adjust so the mom's body maintains its balance and the baby is free to move."

Craniosacral therapy reestablishes balance to the membranes that encapsulate the brain and spinal cord.

Prepare the Mind

"Just say, 'No thanks,' to friends who want to burden you with stories of their long, excruciating labors," O'Mara advises. "Protect yourself from toxic people and their horror stories. Focus on maintaining your own good health and surround yourself with people that have experienced a normal birth. Plan to have uplifting support during the birthing process and in the postpartum period."

A woman easily influenced by others might ask her doula, midwife or spouse to be her advocate. A woman that needs to exercise control might seek such assistance for peace of mind, knowing that her wishes will be followed.

"'Pain' is a fear-based word," to be avoided in conversations about labor, Wilson explains. "Don't fear the strength of contractions. They are doing exactly what your body needs to do to give birth." As a midwife, she helps moms relax and embrace these intensely important sensations by focusing on what is going on in their body. Research published in the journal *Cell Adhesion & Migration* shows that the hormones released during labor enter into the baby's immune system to also strengthen the child.



The connections established between mother and child are much stronger when she progresses through pregnancy and birth from a natural perspective.

~Kristy Wilson

Spark the Spirit

Affirmations can positively state the mother-to-be's intentions for pregnancy and birth. Examples include: "Birth is a safe and wonderful experience. I am choosing the right path for my birth. I trust my body and my instincts. I have all the support I need." Wilson recommends choosing two to four that resonate, repeating them every morning while gazing into the mirror, placing them on the refrigerator door and even having them pop up on a smartphone.

"Meditation prepares you for childbirth and can also be soothing during labor by offering tools that push away fear," says O'Mara. She likes this mantra from Thich Nhat Hahn's book, *Being Peace*: "Breathing in, I calm myself, breathing out, I smile."

To begin, sit comfortably in a quiet room with eyes closed. For women new to meditation, Wilson suggests lighting a scented or colored candle and noticing the colors and movement of the flame for something physical to focus on. "This calming practice is important because labor becomes like a meditation," she says. The mother copes through the contraction, then uses her meditation skills to reset, refocus and ground herself before the next contraction.

Wilson and Bregman both encourage expectant mothers to keep a journal during pregnancy. "Record thoughts and experiences. Sometimes dreams tell things about the child, who has a story too," advises Wilson.

Design a Special Experience

Create a Birth Plan

Those that prefer a home birth can find a compatible midwife through a natural birthing community such as the National Association of Certified Professional Midwives, International Childbirth Education Association and La Leche League. For a hospital experience, look for low-Caesarean rates, a personally compatible doctor and a distinct birthing center. Either way, a doula or midwife can help craft the desired birth plan.

Upon selecting a venue, the expectant mother may imagine the ideal birth environment and write positive statements, such as, "I want to move around freely. I want my husband and sister with me at all times."

"If a home birth is a mother's first choice, design two plans; one for home and one for the hospital," suggests Phillips. "If the mother needs hospital care during labor, the attendants will know her wishes."

Wilson encourages the spouse to be involved from the beginning. "The partner's energy plays a role in how the birth progresses during labor. Plus, being part of the

planning keeps him engaged and attuned to her wishes."

Orchestrate a Childbirth Team

"The birthing mother needs continuous support from someone that can focus on her and her needs," says Phillips. "The partner also needs to have access to experienced support. Both need to surround themselves with people that know how to enfold them in love."

A birthing team includes the medically trained attendant appointed to help deliver the baby; either a midwife or a doctor. Many women choose to have a trained doula collaborate, as well. She provides continuity of care and advocacy, lessens the need for medical intervention, stays with the mother, honors and includes the partner and supports the parents in making informed decisions.

With home births, family members tend to invite themselves over. The mom needs to have control of her birthing atmosphere. "I encourage moms to be firm regarding who they want in the room when the baby is born," Wilson says.

Honor the Postpartum Mother

"Giving birth is the first big unknown of parenting," says Wilson. "You plan for it and then you have to trust and accept the outcome." She encourages postpartum appointments for discussing the birth.

"A breastfeeding mother's nutrient requirements are actually higher postpartum," Wilson says. To prevent deficiencies, she suggests moms nourish themselves during this period, delaying any focus on weight loss and regaining muscle tone.

The birth team and other friends can deliver meals, do light housecleaning, run a load of laundry and bring groceries. The new parents will welcome this generous and loving help.

Deborah Shouse is a mother, writer, speaker, editor and health advocate in Kansas City, MO. Her latest book, Connecting in the Land of Dementia: Creative Activities to Explore Together, focuses on life's meaningful moments (DementiaJourney.org).

Blessing the Birth

by Deborah Shouse

"The blessingway ceremony helps a woman prepare mentally, emotionally and spiritually for the work of birthing, opening her to instinctive abilities that will guide her in mothering," says Donna Miller Watelet, interfaith minister and co-author of *Mother Rising: The Blessingway Journey into Motherhood*.

Miller Watelet, a facilitator of dozens of blessingway rituals, shares an example of a nourishing gathering: In a comfortable and safe room, a group of friends circles the mother-to-be, signifying their support. They discuss the intention for the blessingway and invite the mom to symbolically let go of any fears blocking a harmonious experience. Once her fears are emptied out, they fill her up with affirmations, appreciations and adornments. Women can gift an object that has meaning to them, such as a bead, flower or scrap of cloth, as a sign of their commitment to her. These gifts will then be fashioned into something lasting, such as a necklace for the mother. The circle may then bind themselves together, each woman wrapping red yarn around her wrist before passing along the skein until everyone is connected. As they discuss this intertwining, they cut the binding yarn and keep the bracelets, a reminder of their caring for the new family.

"Finally, we enjoy a feast together," Miller Watelet says. "Sharing a meal reminds us to bring the intentions of the blessingway back into everyday life."



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Creating Change for Person and Place



Lois Kramer Perez

Greener Diapers Cloth Better than Disposable for People and the Planet

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Disposable diapers are the third most common consumer item in landfills. When even those labeled “eco-friendly” are covered by other debris after being discarded and hidden from sunlight and air, they don’t readily biodegrade.

Producing disposables also makes major demands on water, energy, nonrenewable resources like oil and renewables like wood. Many brands contain harmful ingredients such as polyacrylate, dioxin, phthalates and heavy metals that can be absorbed by a baby’s soft, developing skin and promote rashes.

According to *SmallFootprintFamily.com*, 90 to 95 percent of American babies annually generate 27.4 billion single-use plastic diapers, or 7.6 billion pounds of garbage. While comparable statistics on adult diapers aren’t available, Euromonitor International forecasts a 48 percent increase in U.S. sales to \$2.7 billion in 2020, up from \$1.8 billion in 2015. In a decade, sales of diapers for adults could surpass those for babies at Kimberly-Clark and Procter & Gamble, attributed to bladder control issues related to health and age, according to the Urology Care Foundation and Mayo Clinic.

The American Academy of Pediatrics and the American Public Health Association advise that in all cases, fecal matter and urine should be rinsed and flushed down the toilet instead of put in the trash, so that contaminants don’t enter groundwater and potentially spread disease. Traditional cloth diapers are the way to go for several reasons beyond budget:

- ✓ Using cloth facilitates earlier potty education by quickly communicating to the baby when they are wet. New cloth diaper systems like Nicki’s Diapers (*NickisDiapers.com*) can be easily cleaned in regular and high-efficiency washing machines. Some popular brands are listed at *DiaperPin.com*.
- ✓ The nonprofit association at *RealDiapers.org* helps connect local groups of mothers to communicate and share best practices in use, cleaning and potty training, such as learning a baby’s cues for needing to go. It also hosts informative events such as the annual national Great Cloth Diaper Change.
- ✓ Cloth diapers in good condition can be resold on eBay and sites like *DiaperSwappers.com*.



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HEART-BASED LEADERSHIP

Women Mobilize to Heal the World

by Linda Sechrist

The *Heart to Lead: Women as Allies for the Greater Good*, a documentary film directed and produced by Cheryl Gould, of Naples, Florida, explores the emerging paradigm of heart-based feminine leadership and how it is attuning women to their inner strengths, beliefs, each other and our Earth. "Women's deeper unity of being is empowering them to take action and lead. Women who once longed for a culture that would reflect their highest priorities are now creating one in which they support each other and make a difference," says Gould.

She notes that for centuries, a vast number of women have led and served as change agents. "Unfortunately, the

majority of them never made it into the headlines or history books. A prime example—few individuals knew that 12 women ran for president before Hillary Clinton."

In a recent *Yes!* magazine article, Rucha Chitnis reports that women are rising up to push back against growing corporate power, land grabs, economic injustice, climate change and more. Women's groups and networks offer a paradigm shift, she concludes, exposing links between unbridled capitalism, violence, the erosion of human rights and destruction of the Earth.

A woman's style of leadership in America's corporate boardrooms, activist-led movements or state and

federal government may not be plainly evident. Feminine wisdom's emerging solutions are compassionate, collaborative and consensus-building, and pursue universal outcomes and group cooperation. They contrast with conventional competitive strategies and solutions, according to *The Legislative Effectiveness of Women in Congress* study at Vanderbilt University's Center for the Study of Democratic Institutions, in Nashville.

Jean Shinoda Bolen, a medical doctor, Jungian analyst in Mill Valley, California, and author of *Artemis: The Indomitable Spirit in Everywoman*, has been advocating since 2002 for a United Nations Fifth World Conference on Women (5WCW). "Empowered and equal women are the key to peace and sustainability. We need to rise up together and fulfill the Dalai Lama's words at the Vancouver Peace Summit: 'It will be up to Western women to bring about peace.'"

Bolen's 5WCW vision joins millennial women worldwide now entering their era of activism with the feminist movement spearheaded by a boomer generation of women that's forwarded the equality and empowerment of women this far. To this end, she marched in Washington, D.C., on January 21 in the Million Women's March that globally attracted 5 million participants. "To make human rights women's rights, we need a united global women's movement," she states.

Sande Hart, from Orange County, California, director of the Charter for Compassion International-Women and Girls sector and president of the women's global interfaith organization Spiritual and Religious Alliance for Hope (SARAH), participated in the Los Angeles Women's March with 750,000 others. "There's a sense that we've had enough. We're not angry. We are morally outraged and seeking peaceful solutions wrapped in compassion and based in justice for all. In nearly 15 years of women's community building, I'm convinced that healing our communities with resilience and a regenerative spirit is our biological and innate imperative. I see women emerging in unprecedented ways to make this happen," says Hart.

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organization provides tools and training to help women and men develop feminine wisdom and the qualities of potent compassion, deep listening, intuition and inclusivity. Hazel Henderson, an evolutionary economist in St. Augustine, Florida, host of the *Ethical Markets* online TV show and researcher of The Love Economy shared in her book *The Politics of the Solar Age: Alternatives to Economics*, has mentored staff members of Rising Women Rising World. Henderson contends that to shape a future for the good of all, we must bring into balance the masculine and feminine energies and learn to value the long-marginalized qualities of feminine wisdom.

Henderson's Love Economy paradigm reflects the sharing and caring sector not presently reflected in the nation's gross domestic product. "Women's unpaid work—raising children, taking care of households, serving on school boards, volunteering, caring for aging parents, etc.—constitutes 50 percent of all production in the U.S. and 70 percent of that in developing countries. This unvalued economic sector underlies and supports the public and private parts of the entire economy," advises Henderson, who observes that competition cannot be the sole basis for an economy with any expectation of high quality of life on a small planet.

In her film, *As She Is*, producer and director Megan McFeely, of Marin County, California, captures her own journey to understand the collective potential of the feminine and how to live true to its innate knowing. She queries: "Can you imagine what might happen if women here and around the world rose up together and used our power of longing to heal the Earth?"

Linda Sechrist is a senior staff writer for Natural Awakenings. Connect at ItsAllAboutWe.com.

inspiration

When We Set Out Let Spirit Steer Us

by Mark Nepo



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Teaching me how to steer the 30-foot-long sailboat he built, my father would say, "It's the sail that follows the wind, and the rudder that follows the sail." The sail, by its nature, will catch the wind and lean into it. The rudder is for steering once we've set sail.

Our soul is like a sail. Once hoisted, it's filled by the wind of Spirit, which establishes our course and direction. Our will is our rudder; its job is to follow where the soul filled with Spirit leads, helping to steer our way. When we lean on will to make things happen, we can grow stubborn, confused or lost. Clear sailing comes when we're being carried toward a vision greater than our self, feeling wholly alive along the way.

Scudding along the sea, my father was living once for all time, feeling the sensation of all life in that moment. We all yearn to live in these moments forever, yet even a taste of aliveness can fill, sustain and refresh us in the midst of daily tasks.

We all face times beyond our control when life doesn't follow our designs and we're asked to work with life and not fight, curse or hide from it. When insisting on our way, we can get so tangled in our will that we can't find or feel the wind of Spirit. During these times—when we fear there is no meaning and it seems there's nothing holding us up—our will can puff, snap and flap

about in a desperate attempt to fill what looms as an empty life.

But even setting out on the sea, it's never easy. My father remarked, "It's always harder to sail toward a fixed point, because you will inevitably have to cross the wind several times to get there." By contrast, a boat moves its fastest and cleanest when it simply follows the wind. It's the same when we listen for where life is taking us, instead of busily thinking about where we're going. Devoting ourselves to experiencing the journey, rather than determining a destination, we discover our way.

Like a sail, our life must be out in the open before the wind will show its face. Likewise, Spirit fills us when we can inhabit our true nature. We miss what awaits us if we hover too close to the shore of our past, our family, someone else's dream for us, or an old identity. To feel the wind in our face, we must leave the shallows and harbors for the deep. Only then will the larger, timeless destination show itself and our soul be filled enough with Spirit that our smaller self will have no choice but to engage in steering us toward all that matters.

Adapted excerpt from The One Life We're Given: Finding the Wisdom that Waits in Your Heart, by Mark Nepo (Atria). Connect at MarkNepo.com and ThreeIntentions.com.



MASTERING SELF-DEFENSE

Staying Aware Avoids Problems

by Aimee Hughes

“I began my personal training in the Non-Violent System (NVS) of self-defense with Grandmaster Verkerke in 1996,” says Eddie Rose, senior instructor of NVS Peace in the Midst of Non-Violence at Shangri-La Springs, in Bonita Springs, Florida. This aspect of the martial art form *seicho jutsu* was created by Canadian Daniel Verkerke, Ph.D., as a simple self-defense system to teach and perpetuate nonviolence; he continues to share it with the public, law enforcement, corporations and private security firms in the U.S. and internationally.

Nonviolent self-defense is akin to the dynamics of bullfighting. “The matador never matches his strength with the enormous animal; rather, he redirects the energy of the bull with simple and precise movements—counterbalancing—and letting the bull’s energy move past him,” explains Rose. He’s trained everyday people of all ages and walks of life in this approach, in the U.S., UK, Puerto Rico and Jamaica.

“As they train, students begin to feel more secure wherever they go, because they are learning how to be safe even in the midst of physical confrontation,” says Rose. “They wind up feeling more empowered as they learn how to neutralize aggression simply and effectively.”

Practicing NVS increases balance, coordination, overall flexibility and joint mobility. Its soft, circular, martial arts movements, combined with slow-to-fast linear movements, also enhance cardiovascular health.

“Mental and spiritual training includes the awareness and development of a state of being conscious of energy and mind. Everyone’s actions and reactions directly reflect the development of their mind,” says Rose.

Another nonviolent form of self-defense is *Shaolin* five animal kung fu, a martial arts style that mimics the characteristics of five animals—the tiger, leopard, snake, crane and dragon. Instructor Lloyd Fridenburg owns Fitness with a Purpose, in Kitchener, Ontario, Canada, where he emphasizes the awareness and avoidance concept as the psychological heart of nonviolent self-defense.

Fridenburg, founder and senior instructor of the Waterloo Kung Fu Academy, explains, “The concept emphasizes being constantly aware of your surroundings while avoiding obvious areas of potential danger.” He also stresses the importance of proper body language—being able to read that of others, as well as how to diffuse confrontation upfront in how we present ourself.

“Martial arts are a two-sided coin,” he says. “There’s the martial aspect, which involves techniques that allow a person to defend him- or herself in a wide range of situations. Then there’s the art aspect, which encompasses a deeper study, encompassing forms of movement and mental, philosophical and meditative techniques.”

“Overall health benefits are no different than one might expect of any disciplined fitness regimen,” notes Fridenburg. “However, the nature of a quality martial arts program forces practitioners to focus their entire attention on what they are doing. The mere act of staying grounded in the present moment dramatically reduces stress and sets martial arts practices apart from many other forms of movement.”

Tai chi, an ancient, softer style of Chinese martial art, leverages relaxation, posture and energy work, rather than muscular tension. As a Taoist art, it embodies the way nature works, using minimal effort to accomplish a lot.

“Demonstrating tai chi as a form of nonviolent self-defense is much easier than describing it,” says Aaron D. Nitzkin, Ph.D., of New Orleans, a Tulane University professor, tai chi master and certified medical qigong instructor. “If someone attacks, you don’t resist; you can use tai chi principles to yield to their movements with a natural, circular, continuous motion, turning their own force against them. When you move aggressively against a master, it feels like you’ve just bounced off them and fallen down. In order to win at tai chi fighting, you need to remain completely calm and centered and most of all, listen to your opponent’s energy with your hands, so that you can yield to it and then redirect it.” It’s a profound lesson in interpersonal communication.

“My students report stronger immune systems, greater clarity of mind, better sleep, less anxiety and depression, and greater emotional stability,” says Nitzkin. “Practitioners become much more sensitive to and conscious of the internal condition of their bodies, and even develop the ability to feel bioelectric fields.”

Whichever form of nonviolent self-defense suits us, experts advise that students study with a certified and experienced instructor for optimum results and safe practice.

Aimee Hughes, a freelance writer in Kansas City, MO, is a doctor of naturopathy and senior staff writer for Longevity Times online. Connect at Aimee@LongevityTimes.com.

Our Spine May Harbor the Cause of Disease

by Philip DiPasquale

Daniel David Palmer, the first chiropractor, restored a deaf man's hearing in 1895 in a small apartment in Davenport, Iowa. Most

people think chiropractic is getting our skeletal system aligned to relieve pain, typically located in the neck or back. Nothing, however, could be further from the truth. The spine runs from the top of the neck to the tailbone, protecting the spinal cord and 32 pairs of spinal nerves.

Each of the nerves that exit through the openings of the spine feeds a vital organ, muscle or even a gland. If any of those bones slightly go out of place (vertebral subluxation), they can pinch the nerves that feed vital organs. The result is an organ that is not receiving the messages from the brain, and that can result in a disease process.



A "cracking" sound occurs when the chiropractor adjust the spine to remove pressure on the nerve. For example, the nerve that controls the stomach and

pancreas is at T6 vertebral level. A misaligned/subluxated vertebra at T6 can thus affect the function of the stomach to produce symptoms like heartburn, bloating and acid reflux.

Only a chiropractor can determine whether a sickness is due to a subluxated vertebra in the spine, as determined by physical tests and spinal X-rays. The medical and chiropractic literature over the last 30 years supports the effectiveness of spinal manipulation in terms of saving money and patient satisfaction.

One study conducted by Foundation for Chiropractic Education and Research examined the effectiveness of chiropractic care compared to tradi-

tional medical care for 1998 patients with lower back pain brought on by injuries at work. The study reported that back injuries treated by chiropractors were less likely to require hospitalization or to develop compensable injuries (resulting in time lost from work) than those that were treated by medical doctors or osteopaths.

Other studies show the effectiveness of spinal manipulation for the treatment of headache, fibromyalgia and infantile colic. Controversy still exists over whether or not spinal manipulation has positive effects on organ function in the medical/chiropractic literature. Most veteran chiropractors would agree that they have witnessed improvements in patients' organ function and in some cases, can even recount instances of significant patient organ improvement.

As our traditional healthcare system continues to go through many changes, chiropractic and functional medicine are more frequently becoming the choice for both preventative and standard medical care.



Dr. Philip DiPasquale owns and operates Bergen Spine and Wellness, in Maywood, NJ. For appointments, call 201-820-1441. For more information, visit BergenSpine.com. See ad, page 31.

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The Joys of Grandparenting How to Mindfully Love Little Ones

by April Thompson

Being a grandparent can be magical; an opportunity to create both lifelong memories and formative experiences for grandchildren. However, it can also pose challenges that need to be managed mindfully, say experts.

For more than 25 years, Patricia Salem, of Louisville, Kentucky, a licensed and board-certified art therapist, has

taught mindfulness practices and art therapy in such diverse settings as hospitals and schools. Aiming to help kids and adults learn to harmoniously ease life's challenges, her work across generations has led her to seek ways to support entire family systems on their individual and familial journey to more mindful living. Her classes focus on skills like

Teaching mindfulness and stress reduction to children is a start; however, teaching parents and grandparents is important, too.

~Patricia Salem

cultivating awareness, communication, self-compassion and self-care.

"Teaching mindfulness and stress reduction to children is a start; however, teaching parents and grandparents is important, too. Children need reinforcement at home for practices they are learning in order for them to take hold," says Salem.

Carolyn Tucker, a psychotherapist in Atlanta, started offering classes on mindful grandparenting six years ago after witnessing a rise in grandparents seeking therapy. "In working with new mothers, I've found that a common area of friction is too little or too much support from grandparents. I thought it wise to help prepare them," says Tucker.

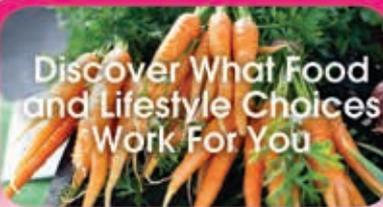
She helps grandparents develop realistic expectations of their role. "It's easy to revert to what you know—the parenting role—so it's important to set mindful intentions," she observes.

Tucker encourages grandparents to make mindful memories during time spent with the grandchildren. "You can find joy by being still and marveling at a grandchild's beautiful little hands and dimpled knees while registering how the air in the room feels to create a vivid mental snapshot of the moment.

"Parents and kids can become too busy, and grandparents can help them slow down. Lie on the grass together and look at cloud shapes or blow a dandelion. To me, that is the romance of grandparenting, and mindfulness allows the romance to blossom," she says.

Susan Moon, a Berkeley, California, author and grandmother who has practiced Zen Buddhism for nearly 40 years, sees grandparenting as an opportunity to release expectations; this feat can be difficult for parents caught up in their youngsters' identities. "It's easier for grandparents to accept

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grandkids for who they are and just be joyful with them. They get to be in the moment with the kids without worrying about the day-to-day details of caregiving that can consume parents." She explores such ideas in her book *This is Getting Old: Zen Thoughts on Aging with Humor and Dignity*.

Being past their working years, grandparents are often more accepting and peaceful themselves, which can be inspiring for younger generations, adds Salem. For Moon, it's vital to be mindful of the image of aging that's projected; "I try to model that old age isn't tragic, and show the joy in this stage of life," she says.

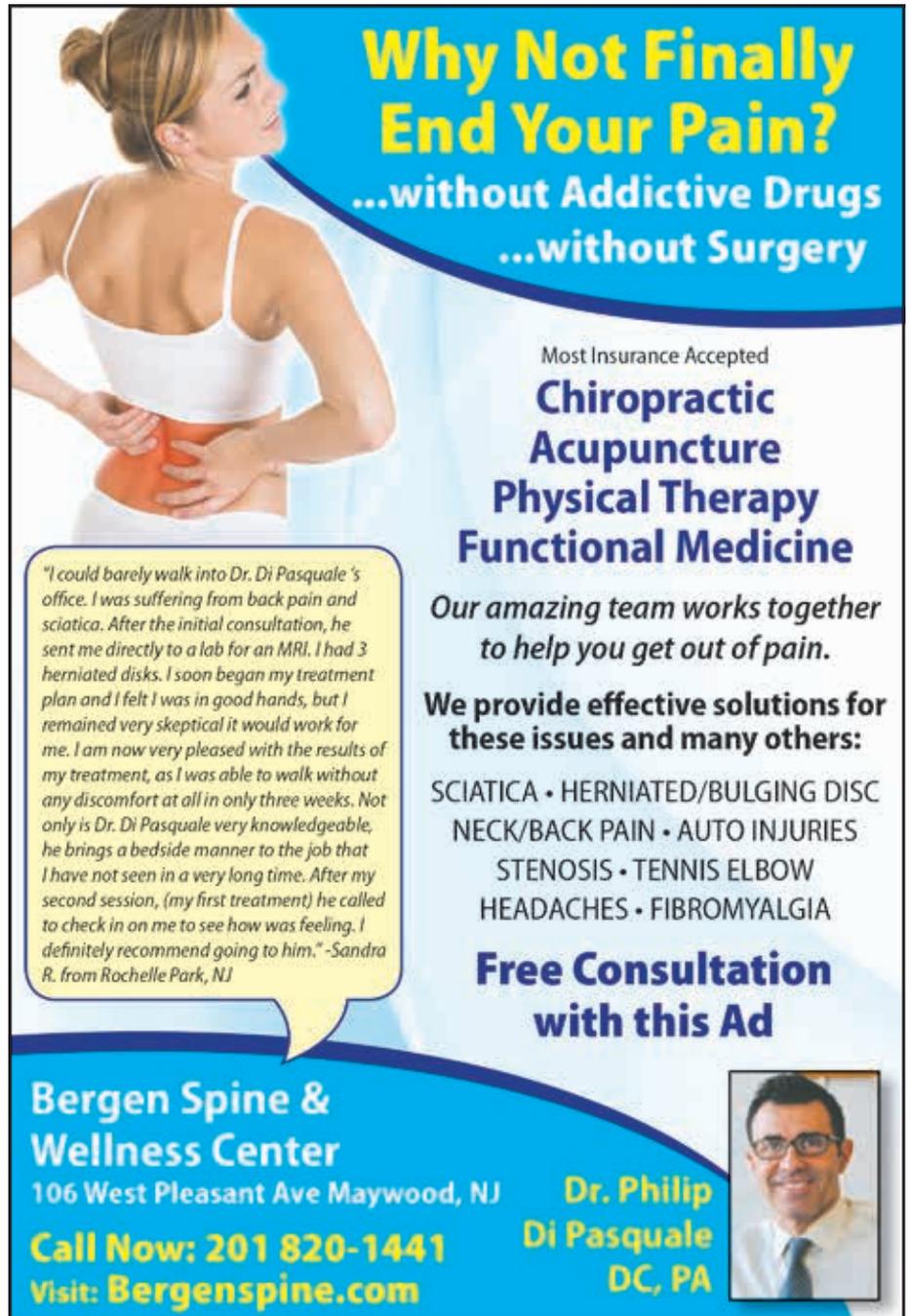
Yet grandparents also should be mindful of any physical limitations and set boundaries with grandkids as needed. "It's okay to say, 'I can't hang on the jungle gym with you,' and suggest an alternative," says Moon.

Good relationships with the grandkids begin with maintaining open relationships with their parents, experts note. To do this, consistently engage in compassionate listening. "It can be tempting for grandparents that know what may have worked in raising their own children to react or jump in, but it's important to avoid giving unsolicited advice," Salem cautions.

At the same time, grandparents can notice aspects a harried parent may miss and, if handled carefully, can provide important insights. "I was known as the 'fairy mom', offering magic, art and imagination. I was grateful my own mother was there, too, because one child needed more structure and stability than I was providing," says Tucker, a mother of four. "She gave me mindful feedback without making me feel like she was trying to usurp my role."

Moon suggests practicing "right speech"—messages that are positive, affirming and loving—with everyone. "It's important to be humble and recognize the huge job of parents and all they juggle. Let them know that you are there to support them in whatever way you can."

Connect with freelance writer April Thompson, in Washington, D.C., at AprilWrites.com.



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awakenings

Learning to Let Go of Emotional Triggers

by Gerti Schoen

Accepting and letting go of an old hurt or a failure is probably the most healing act of self-preservation we can perform. Many of us hold on obsessively to an unjust comment or a hurtful gesture, often to the detriment of a relationship. Learning to move past the wrongs that were inevitably done to us throughout the course of our lives is paramount to our emotional well-being.

One method to accelerate this process is the tapping that defines Emotional Freedom Technique (EFT). Tapping is based on energy medicine and uses the same pressure points as acupuncture to release stuck emotions. We can usually feel it in our bodies when we carry around anger, guilt or disappointment. Tapping has a desensitizing effect and helps us to shrug off an unwanted feeling or a limiting belief.

Clients can experience a breakthrough after a tapping session, which works with couples, also. It's easy to get worked up when a spouse continues to fail to take out the trash or neglects to pay attention to scheduling family



events. While it's important to make it known to the other what the triggers are, at some point, it's important to let go of the small stuff.

The most crucial element in dealing with couples' conflict is to calm the waves so both can start to look more objectively at the issue at hand. When the partners are calm and collected, they can listen to each other and speak in a more constructive way.

EFT is a good way to soothe the minds of both spouses before discussing their different points of view. We often simply want our other half to think the same way we do. That belief too, has to be released in order to navigate conflict constructively.

Gerti Schoen is a licensed psychotherapist and certified couples counselor in Ridgewood, NJ. She offers a six-week course, How to be Happy, which includes tapping and energy psychology. Sign up at GertiSchoen.net. See ad, page 24.

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DECODING DOG BODY TALK

Three Signals of Anxiety

by Susan Briggs

Family dogs frequently accompany us on errands and outings away from their familiar home environment and we want them to enjoy these expeditions, so understanding their view of the world is important.

To a dog, every experience is either familiar or unfamiliar. The first time they encounter a new sound, place or person, they may feel anxious. We can help with the adjustment by introducing them slowly to each new experience and step aside to provide them distance or space to observe it first at their own pace.

Knowing the “tells” that signal when a dog is comfortable or uncomfortable goes a long way to a harmonious experience. Allison Culver, assistant director of The Lightfoot Way holistic animal learning center, in Houston, remarks, “Knowing how to communicate with your animal can save a lot of heartache.” With a bit of applied attention, we can readily learn to understand the changes in canine body posture and behavior that communicate their emotional state.

Start by observing the dog’s posture

when they are relaxed at home. It’s likely that their weight is balanced on all four legs and their mouth is slightly open; movement is relaxed, loose and agile.

When a dog feels happy or playful, notice how their ears may perk up or tilt slightly forward. Their tail might rise and wag, and they may emit a cheerful bark. Using their visual and audio demeanor as a baseline prepares us to be alert for three secret tells that signal a change in their emotion.

Closing their mouth routinely occurs when a dog is unsure or anxious. When their mouth remains closed for a minute or more, it’s a sure clue that they need more time to process information.

Lip licking such as quick flicks of the tongue is meant to appease and may prevent an uncomfortable situation from escalating into anything resembling a confrontation. Dogs do it with each other and with us, too.

A look away that avoids direct eye contact likewise signals that a dog is urgently processing their current environment.

Norwegian dog trainer Turid Rugaas,

To a dog, every experience is either familiar or unfamiliar. The first time they encounter a new sound, place or person, they may feel anxious.

author of *On Talking Terms with Dogs: Calming Signals*, identifies the lip licking and averting of the eyes as self-calming behaviors. She affirms, “When dogs are stressed by the environment, they start using calming signals to ease the stress.”

When this happens, first try creating more space or distance between the dog and any perceived threat; this may return them to their body language norm. If not, consider using holistic calming aids like a properly mixed lavender essential oil spray or Bach Rescue Remedy Pet flower essences, keeping these well away from their face.

Also try mentally engaging the dog with learned cues. A quick game of sit, down, sit plus high-five allows them to engage in a familiar activity while they adjust to a new environment.

If the pet does not respond to normal cues and continues to display multiple stress signals for an extended period, leave the scene altogether. Their anxiety hasn’t been relieved. If it’s still important that the dog learns to enjoy the troubling environment, work with a professional trainer that uses positive reinforcement tools to aid the transition (see *PetProfessionalGuild.com* or *apdt.com*). The trainer will assist in creating a plan that allows the pet to adjust at a pace that allows them to remain comfortable.

By observing a dog’s posture, we can be confident of choosing mutually good outings.

Susan Briggs, of Houston, TX, is co-author of Off-Leash Dog Play: A Complete Guide to Safety & Fun, co-founder of The Dog Gurus and owner of Crystal Canine (CrystalCanine.com).

Taggart Siegel Seeks to Seed an Agricultural Revolution

by April Thompson

For more than 30 years, Taggart Siegel has produced award-winning films on little-known aspects of the natural and cultural world. His diverse documentaries range from the story of a Hmong shaman immigrant adjusting to American life to a Midwestern organic farmer that salvaged his family's farm.



can't rely on genetically modified seeds to see us through climate changes. We need non-genetically engineered seed varieties like the thousands of different types of rice grown in India to be able to adapt to extreme events like floods and droughts.

Universal responsibility to save seeds began to dwindle in the 1920s, when hybrid corn crops came onto the market, promising higher yields; instead of growing crops from seeds saved, borrowed or shared with neighbors, farmers bought seeds from stores. In the 1990s, huge corporations bought up some 20,000 seed companies, and the number of cultivated seed varieties dropped precipitously. Ten agrichemical companies now control more than two-thirds of the global seed market.

How do hybrid seeds differ from open-pollinated seeds?

You cannot save a hybrid seed; if you try to use it, the results are unreliable. Hybrids are engineered to be planted for one year only. With open-pollinated and heirloom seeds, you're planting reliable seeds saved from year to year, generation to generation, bred for the consistency of their qualities. Indigenous people in Mexico's Oaxaca Valley, for example, have successfully cultivated local seeds for at least 8,700 years, right up to today.

Hybrids require high levels of chemical inputs to produce. Illustrat-

ing the contrast, Hopi corn, grown for thousands of years, requires little water and contains much more protein than today's commercial crops, without poisoning the land with heavy industrial inputs. The Hopi think of seeds as their children, intimately connected with their heritage and culture, so they protect them. Beyond big, strong crops, farming is a spiritual act.

Why do so many farmers voluntarily choose hybrid seeds, given the troubling issues involved?

Most farmers just want streamlined labor and the biggest yield. Often, commodity crops using commercial seeds and chemical fertilizers have the biggest yield and make them the most money, even though severe downsides like the loss of flavor and nutrients mean it's ultimately not the best result.

In India, more than 250,000 farmers have committed suicide during the past 20 years to escape onerous debts accrued to purchase industrialized agricultural inputs. An Indian seed salesman interviewed for the film despairs, "The seeds we sell don't taste good and require so many chemicals that many farmers kill themselves."

What is the seed-saver movement achieving, and how can everyday gardeners and citizens take action?

Seed libraries and banks are critically important because the seeds are adapted to the local environment. Seed libraries have multiplied from only a handful a few years ago to as many as 300 located in towns across America today. Public libraries check out seeds to plant in your garden, asking only that you return harvested seeds for others to enjoy. Farmers can now "back up" their seeds in local seed banks, which are also becoming important educational resources to teach students about these issues.

To locate a screening or purchase a DVD of the film, visit SeedTheMovie.com.

Connect with freelance writer April Thompson, in Washington, D.C., at AprilWrites.com.

Siegel's latest film, *Seed: The Untold Story*, follows global seed keepers from Minnesota to India battling multinational agribusinesses in a quest to protect our agricultural heritage and food sources—ancient seeds passed down through untold generations. Interviews with farmers, ethnobotanists and activists explore the importance of the genetic material that these tiny time capsules carry.

Siegel is the founder and executive director of Collective Eye Films, a nonprofit media company in Portland, Oregon. He co-directed and produced this latest offering with documentary filmmaker Jon Betz, with backing from Academy Award-winning actress Marisa Tomei.

Why does the colossal loss of food crop diversity during the past century matter?

Up to 96 percent of seed varieties have been lost since 1903. During this period, we have destroyed the infrastructure of traditional agriculture: 10,000 years of seeds saved from families and farmers. It threatens our survival. We

calendarofevents

TUESDAY, MAY 2

Bruno Groening Spiritual Healing: Lecture – 7pm. Chronic pain specialist Dr Wolfgang Vogelsberger presents this simple approach to healing; he shares documented, present-day reports of healings of severe, chronic and reportedly incurable diseases. Attendees will be able to connect to and absorb this healing power for themselves. Free, donations appreciated. Lakeland Unitarian Universalist Fellowship, 231 Parish Dr, Wayne. Penny Galante: 845-357-2309. PennyGalante@verizon.net.

THURSDAY, MAY 4

Night Sailing: Interpreting Your Dreams – 7pm. Find the answers to all your questions about dreams and dreaming with Jefferson Harman in this interactive workshop. Bring a dream to interpret, or any thoughts and questions about your dreams are welcome. \$25. Aquarian Sun Healing & Learning Center, 212 A Main St, Lincoln Park. RSVP: 973-686-9100. AquarianSun.net.

SATURDAY, MAY 6

Spring Flower Pot: DIY for Kids – 9am-12pm. Hands-on workshop with your child. Build a flower pot to hold spring flowers to keep or give to Mom. Once the project is complete, your child can paint the project to personalize it. All kids get to keep their project, receive a certificate of achievement, a workshop apron, and a commemorative pin while supplies last. Children must be present at the store to receive the kit, apron and pin. Free. Home Depot, 450 Hackensack Ave, Hackensack. 201-336-3041.

Women's Backpacking Basics – 2-3:30pm. Take your day hikes overnight? Connect with other female hikers and get an overview of backpacking planning and preparation in this women's-only class. Learn to choose a pack and select proper clothing and footwear; get notes on trail etiquette and Leave No Trace principles. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

SUNDAY, MAY 7

Rock the River: Palisades Races – The most scenic races anywhere. The half marathon is a challenging but rewarding race along Henry Hudson Drive - one of the nation's first recognized scenic roads - as you ascend then descend the cliffs. The 5K has elevation changes of just over 200 feet. The 6K takes Long Path up the cliffs, across the ridgeline, then back down to the river. Proceeds from the races support the Palisades and the Parks. Ross Dock, Palisades Interstate Park, Fort Lee. 845-786-2701 x 252. RockTheRiverRace.com.

Palisades Meet-Up Clean-Up: State Line Lookout – 10am-1pm. Donate three hours to help maintain one of our natural treasures. Trash bags, litter sticks, rubber gloves and treats are provided. Cosponsored by the Appalachian Mountain Club. Children need to be accompanied by an adult. No parking fee. State Line Lookout has its own exit from the Palisades Interstate Parkway in Alpine, about 2 miles north of Exit 2. 201-615-9226. NJPalisades.org.

Authors' Day at Historic New Bridge Landing – 1-5pm. Authors of books on Native Americans and early explorers, the Revolutionary War, town histories, biographies and more, including several authors of children's books, will have books available for



purchase and signing in the Steuben House. Three 18th-century Jersey Dutch sandstone houses will be open for tours. Refreshments served in restored eighteenth-century tavern in the Campbell-Christie House. Free entry. Historic New Bridge Landing, 1201 Main St, River Edge. 201-487-1739.

La Traviata – 3pm. The Adelphi Orchestra presents a concert version of Verdi's opera *La Traviata*: conductor Jason Tramm, soprano Ashley Bell, tenor Victor Starsky, baritone Robert HeepYoung, Oh, and the Seton Hall University Choir. River Dell Regional High School, Oradell. 201-477-0406. AdelphiOrchestra.org.

Guided Nature Walk – 3-4pm. Enjoy the season with a guided walk along one of the Center's trails with an environmental educator. Whether a first time visitor or a regular on the trails, participants will enjoy different sensory experiences in the forest. All ages welcome; an adult must accompany children; no strollers please. Inclement weather postpones the program. \$6, \$3/members, free/children under 2. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. 201-568-6093.

All Seasons Chamber Players' Concert – 7pm. In Memory of Benjamin Saul Fialkoff – *Rome, Vienna, And Beyond*: Varied pieces for cello and piano – *Rota Trio for Flute, Violin and Piano, Schubert Piano Trio in E-Flat, Op.100*. Guest Artist: Joel Rudin, viola. Free. Maurice M. Pine Free Public Library, 10-01 Fair Lawn Ave, Fair Lawn. 201-796-3400.

Lost Brook Preserve Hike – 7-9pm. This 2-hr adults-only walk by moonlight through the preserve is approx 1.5 miles, with a quiet rest stop at the Purple and Allison Trail crossing. The hike encourages reflection and connection with nature while experiencing the trails in a new way. Preregistration required. Bring a flashlight. Inclement weather postpones the program. \$10, \$5/members. Tenafly Nature Center, Visitor Center, 313 Hudson Ave, Tenafly. RSVP: 201-568-6093.

MONDAY, MAY 8

Heart To Heart Guided Visualization – 11am-12pm. Free. Cancer Support Community, Holy Name Medical Center, 718 Teaneck Rd, Teaneck. RSVP, Courtney: 516-849-8078.

TUESDAY, MAY 9

Aromatherapy and Essential Oils – 2-3pm. Discover the power of pure therapeutic essential oils, and how they can help your health and well-being. Experience the oils and have an uplifting aromatic day. Tenafly Senior Center. Info, Betsy: 201-569-2159.

WEDNESDAY, MAY 10

Dream Interpretation Workshop – 7:30pm. Want a dream interpreted? Can't recall your dreams? Questions about your dreams? Find the answers to all these questions and more with Jefferson Harman in this one-of-a-kind workshop. You do not have to bring a dream to attend. Free. Kinnelon Public Library, 132 Kinnelon Rd, Kinnelon. Register: 973-838-1321. KinnelonLibrary.org.

THURSDAY, MAY 11

Annual Herb Sale – May 11-13. Thur, 9am-8 pm; Fri, 9am-5pm; Sat, 9am-3pm. Pots of unique, organic herbs and a selection of heirloom vegetables are available for purchase. Visit the History Center's several historic buildings while you are there. Crane House & Historic YWCA, 110 Orange Rd, Montclair.

FRIDAY, MAY 12

Flower Moon Bonfire on the Beach – 8-11pm. Beach bonfire on one of the park's old bathing beaches on the Hudson with park staff under The Flower Moon, so called because the abundant blooms of spring flowers and trees in May helped the Potawatomi keep track of the seasons. Bring a blanket or chair. Note, the fire will be too large and hot for marshmallows. Guitars or other instruments are welcome. Free. North end beach, Alpine Picnic Area & Boat Basin, Palisades Park. Info: 201-768-1360 ext. 108.

Mommy and Me and Chocolate – May 11, 25. 11am. Chocolate lovers unite with your kids for yum fun. Parent and child are invited to make and decorate a chocolate mold, play games, win prizes and enjoy a dip in a 6 ft tall chocolate fountain. \$30/parent and child pair, \$10/additional child; reservations required. Chocolate Works, 42 S Park St, Montclair. RSVP: 973-744-3344.

SATURDAY, MAY 13

The Giant Stairs Guided Hike and Scramble – 10am-2pm. Be prompt, be prepared; this loop hike descends the Palisades cliffs, follows a challenging, rocky path along the Hudson River, passes a scenic waterfall, and climbs to reach a panoramic viewpoint over the river. It's a challenging 4 mile, 3.5 hour scramble for experienced hikers. Bring lunch. Free. State Line Lookout, entrance on PIP northbound between Exits 2 and 4. Info, RSVP, Christina Fehre: 201-615-9226. CFehre@NJPalisades.org.

American Cancer 5K Run, 1Mile Family Walk & Concert – 10am-3pm. The American Cancer Fund is hosting a USATF sanctioned 5K Run/1Mile Family Walk memorial for 9/11 First Responder, Mark Lee, Fire Captain. Immediately following is a concert by Bruce Springsteen's tribute band, *The B-Street Band*. There will be food trucks. Bring a chair or blanket for concert. Everyone welcome. Liberty State Park, 200 Morris Pesin Dr, Jersey City. Henry Stryder: 908-413-5755. Henry@americancancerfund.org.

Shiatsu/Yoga Class – 12:30-1:30pm. Introduction to a 14-week program that includes yoga and meditation as well as aromatherapy, chakra, energy work, the meridian system. No yoga experience needed; chairs and mats available or bring yours; wear comfortable clothing; bring water. \$20. Advanced Medical Care Center, 22 Madison Ave, Paramus. Registration is a must: 201-641-9008.

Family Nature Program – 2-3pm. Families will receive a set of clues to help solve nature riddles along the Center trails. Each family will need to

work as a team to complete the hunt and receive a small prize. Program is intended for adults and children 4 and up. Please arrive between 2 and 3pm. Inclement weather postpones the program. \$6, \$30/family max, \$3/members, \$10/member family max, free/children under 2. Visitor Center, Tenafly Nature Center, 313 Hudson Ave, Tenafly. 201-568-6093.

Family Camping Basics – 2-3:30pm. Learn what you need to take your first family camping trip. Class will cover the basics including: how to be warm, dry and comfortable camping, gear and equipment necessities, ideas for fun activities; and great local areas for an affordable way to take a vacation. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

SUNDAY, MAY 14

Mother's Day Walk – 10am-12pm. Celebrate Mother's Day with a guided walk outdoors. Whether you're an outdoor enthusiast or just hoping for a pretty photo with the family, a walk is the perfect activity to celebrate this special family day. All ages welcome; children must be accompanied. no strollers. rain cancels. \$5/per person, non-member, free/moms and children under two. Tenafly Nature Center, Visitors Center, 313 Hudson Ave, Tenafly. 201-568-6093.

Mother's Day Hike to the Women's Monument – 11am-1pm. Guided hike with Eric Nelsen to the cliff top monument in Alpine dedicated in 1929 to honor the role that the New Jersey State Federation of Women's Clubs played in preserving the Palisades. Easy, 4 miles, 2 hours. Free. The Park Headquarters, Exit 2 PIP, Alpine Approach Rd, Alpine. 201 768-1360 x 108.

MONDAY, MAY 15

Season's Bounty: Adult Cooking Class – 6-8pm. Warm weather entertaining will be a breeze with these recipes. From gazpacho to wheat berry salad, learn everything you need to know to make this memorable menu: mixed berry gazpacho, grapefruit caper salmon and angel food cake mixed berry compote. Learn about picking, prepping and preparing berries, how to cook wheat berries, and angel food cake from scratch. Register at the customer service desk. ShopRite, 175 Main St, Lodi. 973-365-2287.

WEDNESDAY, MAY 17

Hands-On Bike Maintenance: Basics – 6:30-8:30. Whether you are a road biker, mountain biker or bike commuter, this hands-on class will teach you skills you need to know to keep your two wheels rolling

smoothly. An expert mechanic will teach you how to clear and lube a chain, fix a flat tire in record time, and make other minor adjustments to your bike. No experience necessary; spaces limited. Participants need to bring their own bikes. \$50, \$30/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

Backstairs at the Steuben House: A Top to Bottom Architectural Tour – 7:30pm. Program for anyone interested in volunteering at Historic New Bridge Landing events as a docent, greeter, operations personnel or living-history interpreter in period dress. The School of Historical Interpretation helps hone communication skills, familiarize volunteers with Bergen's unique history, provides insight into the material culture of the past and trains volunteers in historical presentation. Steuben House, 1201-09 Main St, River Edge. RSVP: 201-487-1739.

THURSDAY, MAY 18

Night Sailing: Interpreting Your Dreams – 7-9pm. Find the answers to all your questions about dreams and dreaming with Jefferson Harman in this interactive workshop. Bring a dream to interpret, or any thoughts and questions about your dreams are welcome. \$35/in advance, \$40/at the door. KG Divine Wellness & Beauty, 530 High Mountain Ave, North Haledon. To register, text: 973-304-1046 or Keep-GuessingSkinCare@gmail.com. KGDivine.com.

SATURDAY, MAY 20

New Jersey Armed Forces Day Festival – Festival includes military displays and demonstrations by every branch of our nations armed forces, as well as music, food, and vendors. The festival begins with the Liberty Lightning 10K and the posting of colors. North Field – Liberty State Park, Morris Pesin Dr, Jersey City. David English: 862-2174226. LibertyRun.org.

Geology Rocks – 11am-1pm. Children's Palisades hike, for age 5 and up, with Christina Fehre: hike is about 2 miles, 2 hours, rated Easy. Children must be accompanied by an adult. Meet at the entrance to Englewood Picnic Area and Boat Basin. Information: 201-615-9226.

Super Seeds: Kids Cooking Class – 11am-1pm. Not all seeds are for soil. Let the kids create recipes with power-packed sunflower, pumpkin and chia seeds, and learn about their health benefits. They will create spring rolls, revamp cookies with chia seeds, rolled oats and Greek yogurt, and make chicken kabobs with pumpkin power dip. Register



at the customer service desk. ShopRite, 175 Main St, Lodi. 973-365-2287.

EarthFest Overpeck – 12-4pm. Join the Hackensack Riverkeeper and celebrate the beauty of our Earth, the importance of clean water, and a healthy environment. Enjoy the recycled regatta, fishing derby, live music, children's activities, food vendors, green product vendors, kayaking and environmental demos, and find other green resources. Overpeck County Park, 40 Fort Lee Rd, Leonia.

Music on the Rocks – 7-10pm. Palisades Park favorite Thaddeus MacGregor and his classic rock band, Kid Thadillac, performs. No advance reservations required. Some seating at café tables available, or bring your own chairs. The State Line Café at Lookout Inn will remain open with a special evening menu, or visitors may bring a picnic supper. Adults may bring their own beer or wine. \$5. State Line Lookout, Palisades Interstate Park, 264 Palisades Interstate Pkwy, Alpine. 201-750-0465. NJPalisades.org.

SUNDAY, MAY 21

Low Tide Beach Walk – 10-11:30am. Join a stroll along the beach to see what the tide has brought ashore. Dress to be outdoors and wear old shoes that can get wet and muddy. The group meets at the Park Office, but use their own vehicles to get to the study site. Advance registration a must. Liberty State Park, 200 Morris Pesin Dr, Jersey City. 201-915-3400 x 202. LSPNatureCenter@dep.nj.gov.

Labyrinth Walk – 12pm. Celebrate World Labyrinth Day. Walk the labyrinth for healing, discernment and giving thanks. Includes a guided tour, meditation, ritual clearing and special blessing. Bring a small flower with you. Rain or shine. \$20, limited to 35 people. Church of the Presentation, 271 West Saddle River Rd, Upper Saddle River. Reserve through Paypal: MetaphysicalCenterOf-NewJersey.org.

Pinkster Fest – 1-5pm. Celebrate spring with country dances to Ridley and Anne Enslow featured fiddle and hammered dulcimer, a Maypole dance at 1:30pm and the Tricorn Ensemble maypole dance at 3pm, a short story of the holiday in Steuben House at 2:30pm, Dutch donut demos in the Out Kitchen from 2-3pm, naturally dyed eggs for Pinkster, doughnuts and lemonade and Pinkster cake served in the 18th century tavern. Demarest House opens for tours and spinning demonstrations. Historic New Bridge Landing, 1201-1209 Main St, River Edge. RevolutionaryNJ.org.

Shellabration Time – 2-3pm. Shellabrate World Turtle Day. Meet some of the Nature Center's turtle ambassadors and learn more about how you can protect turtles and help them thrive. All ages welcome;

If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall.

~Nadine Stair



children must be accompanied by an adult. In case of inclement weather, the program will be held under cover. \$6, \$3/member, free/under 2. Tenaflly Nature Center, Visitors Center, 313 Hudson Ave, Tenaflly. 201-568-6093.

Bats for Beginners – 7-8:30pm. Learn how bats use echolocation to play a vital ecological role. Understand more about the only flying mammal in New Jersey through a presentation by an environmental educator, then walk along a trail using a sonar detector to search for signs of bat life. \$10, \$5/member; space limited and pre-registration required. Tenaflly Nature Center, Visitors Center, 313 Hudson Ave, Tenaflly. 201-568-6093.

TUESDAY, MAY 23

Aromatherapy for Emotional Balancing – 4-5pm. Free. Cancer Support Community, Holy Name Medical Center, 718 Teaneck Rd, Teaneck. RSVP, Courtney: 516-849-8078.

Overcoming Your Phobias – 7-9pm. Workshop reveals the hidden gifts within your fears that allow you to overcome them. By examining the influence of archetypes, dreams, and everyday symbology you can create a new relationship with your fears and transform them into trusted allies. \$35, registration required. Jellymoon Apothecary, 608 Newark Pompton Tpke, Pompton Plains. 973-513-9279. JellymoonApothecary.com/.

WEDNESDAY, MAY 24

Backpacking Basics – 7-8:30pm. Take the mystery out of backpacking with an overview of planning, preparation and gear. Learn how to choose a pack, select proper clothing and footwear. Get important notes on trail etiquette and Leave No Trace principles. Understand what you need to reach your destination. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

THURSDAY, MAY 25

Mommy and Me and Chocolate – May 11, 25. 11am. Chocolate lovers unite with your kids for yum fun. Parent and child are invited to make and decorate a chocolate mold, play games, win prizes and enjoy a dip in a 6 ft tall chocolate fountain. \$30/parent and child pair, \$10/additional child; reservations required. Chocolate Works, 42 S Park St, Montclair. RSVP: 973-744-3344.

SUNDAY, MAY 28

Bergen County Audubon Nature and Birding Walk – 9-11am. Come to the Tenaflly Nature Center with Bergen County Audubon to look for warblers and other spring migrants that are passing through and early nesting activity. Beginners welcome. In case of inclement weather, contact Bergen County Audubon. Pre-registration required. Free. Meet in the parking lot, Tenaflly Nature Center, Visitors Center, 313 Hudson Ave, Tenaflly. Register, info, Don Torino: 201-230-4983.

MONDAY, MAY 29

BCHS Memorial Day Wreath Laying – 10am. Bergen County Historical Society honors the veterans of all wars with a wreath-laying at the grave of General Enoch Poor. Excerpts from chaplain Israel Evans' graveside funeral oration will be read at the ceremony, followed by a tour of the historic cemetery. First Dutch Reformed Church on the Green, 42 Court St, Hackensack.

TUESDAY, MAY 30

Ride New Jersey: Local Mountain Biking Trails and Tips – 7-8:30pm. Presentation covers three local MTB Parks. Each park, within a two-hour driving distance, offers a different experience. Explore the different characteristics of Six Mile, Lewis Morris, and Jungle Habitat parks, as well as the difference between riding cross-country vs. all mountain, and what you need to be prepared for your next outing. Free. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

WEDNESDAY, MAY 31

Map & Compass Navigation Basics – 6:30-8:30pm. Learn basic navigation skills using map and compass to find your way, including the parts of a compass, how to read a topographic map and how to use them in tandem; how to pinpoint location thru triangulation and navigate by following a bearing. Maps and compasses provided, or bring your own. This is a hands-on in-store class but may include an outdoor portion so dress accordingly. \$50, \$30/member. Paramus REI, 2200 Bergen Town Ctr, Paramus. 201-226-1560. REI.com.

plan ahead

SATURDAY, JUNE 3

Mindfulness Classes – 11am-12pm. Learn meditative techniques to help you be mindful moving through your day. Practice sitting, standing and walking meditation. No experience needed, wear comfortable clothing and bring a water bottle. \$10. Advanced Medical Care Center, 22 Madison Ave, Paramus. Preregistration required: 201-641-9008.

Juicing and Vibrations for Health – 12:30-1:30 pm. Enjoy some fresh juice; learn about juicers and juicing as well as the importance of vibrations. \$15. Advanced Medical Care Center, 22 Madison Ave, Paramus. Registration is a must: 201-641-9008.

MONDAY, JUNE 5

Self Help for Digestive Discomfort – 11am-12pm. Learn simple technique to ease your digestive

discomfort. Class will include: reflexology, self-shiatsu, aromatherapy and the meridian system. Free. Cancer Support Community, Holy Name Medical Center, 718 Teaneck Rd, Teaneck. RSVP, Courtney: 516-849-8078.

FRIDAY, JUNE 9

Reflexology Class – 2-3pm. Discover the map of your whole body on your feet. Our feet support our bodies and specific parts of the feet relate to each organ. By stimulating these pressure points, the body releases tension and promotes healing. Tenaflly Senior Center. Info, Betsy: 201-569-2159.

SATURDAY, JUNE 10

Bowen Clinic Demo and Q&A – 9:30-10am. Advanced Medical Care Center, 22 Madison Ave, Paramus. Registration is a must: 201-641-9008.

Bowen Clinic Sessions – 10-11am. \$65.00. Advanced Medical Care Center, 22 Madison Ave, Paramus. Registration is a must: 201-641-9008.

Bowen for Babies – 11:30am. \$25. Advanced Medical Care Center, 22 Madison Ave, Paramus. Registration is a must: 201-641-9008.

SATURDAY, JUNE 17

Learn Access Bars in Paramus – 9am-5pm. For those who would like to know how to release thoughts that don't work with ease, bring greater possibilities into their life, and give this opportunity to others. Participants learn to give this dynamic, hands-on body process and receive two sessions. No prerequisites. Providers of other therapies can add Access Bars to their modalities. NCBTMB CEU's for massage therapists. Advanced Medical Care Center, 22 Madison Ave, Paramus. RSVP: 201-655-3836.

TUESDAY, JUNE 20

Shiatsu and Meridians – 4-5pm. Discover a map of your body and why you want to know about it. Plus guided imaginary. Rev Barbara Finlayson, LPN, your instructor, is certified as a Shiatsu practitioner, yoga instructor, ACCESS BARS facilitator, as well as in other healing modalities. Private Sessions, classes, workshops, lecture and retreats are available. Contact Rev Barbara, The Art of Balance: 201-641-9008.

ongoing events

NOTE: All calendar events must be received by the 12th of the month prior to publication and adhere to our guidelines. Advertisers are entitled to up to five event listings, all others are \$35-40 each and must be prepaid, unless the event is free. Email Publisher@NaturalAwakeningsNJ.com for guidelines and to submit entries.

sunday

Guided Nature Walk – 10am-12pm. 1st Sun. Two-hour nature walks with expert staff. Bring binoculars, bug spray and a sense of wonder. Confirm details at Meadowblog.net. Free, registration recommended. Meadowlands Environment Center, 2 DeKorte Park Plaza. 201-460-8300. MEC.RST2.edu.

Mill Creek Point Nature Walk – 10am-12pm. 1st Sun. Tour Mill Creek Point Park and the scenic Secaucus High School boardwalk to look for shorebirds, Black Skimmers, herons and get an up close view of a restored wetlands. Free. Mill Creek Point Park at the end of Millridge Rd. 201-230-4983.

Drop-in Studio – 1-4pm. Explore a range of art materials and processes based on artwork on view in the galleries. Open-ended activities designed to spark creativity in all ages and abilities; hands-on assistance and technical advice. Come in for 20 minutes or an hour and leave with your very own masterpiece. Included in Museum admission. Montclair Art Museum, 3 S Mountain Ave, Montclair. 973-259-5139. MontclairArtMuseum.org.

African Dance: Family Dance – 2:45-3:30pm. High-energy, traditional West African dance. The Family Dance class is a multi-level class free to any adults and children who come together to dance as a family. Center for Modern Dance Education, 84 Euclid Ave, Hackensack. 201-342-2989.

monday

Jazzercise Classes – 9:30am, 4:30pm, 5:45pm and 7pm. The Armenian Presbyterian Church, 140 Forest Ave, Paramus. Info: 201-988-7707. ParamusJazzercise@gmail.com.

Sensory Story Time – 10-11am. Hands-on stories, interactive songs and more in an open and inviting environment. All ages are welcome but program is geared towards pre-school-aged children. Children's Room, Johnson Public Library, Hackensack Library, 274 Main St, Hackensack. 201-343-4169 x 14. Hackensack.BCCLS.org.

Parent & Preschooler Play Group – 10-11:30am. Playmates for one's children and coffee break/friendship for parents. St Luke's Family Ministry, Ho-Ho-Kus. 201-444-0272.

You Pick It! Teen Movie – 3:30-5pm. Grades 5-12 can drop in and be able to pick what they'll watch from a selection of popular movies that the Teen Department staff have on hand. Free. The Octagon, Mahwah Public Library, 100 Ridge Rd, Mahwah. Denise Jukiewicz: 201-529-7323 x 224. Mahwah.BCCLS.org.

Crafternoon: Grades 2-6 – 3:30-4:30pm. Who doesn't love a good make-and-take? This new take on arts and crafts explores different crafts every week. No registration is required but supplies are limited on a first come, first serve basis. Free. Johnson Public Library, Hackensack Meeting Room,



274 Main St, Hackensack. 201-343-4169 x 14. Hackensack.BCCLS.org.

Once Upon a Craft: Grades K-2 – 3:30-4:30pm. Come merge story-telling with crafts at this new program for younger kids! No registration is required but supplies are limited on a first come, first serve basis. Free. Johnson Public Library, Children's Room, 274 Main St, Hackensack. 201-343-4169 x 14. Hackensack.BCCLS.org.

American Mahjong – 4-6pm. Games are friendly and totally stress free for entertainment only. Beginners and experienced players are welcome to come but the game isn't taught. Free. All Purpose Rm, Dixon Homestead Library, 180 Washington Ave, Dumont. 201-384-2030.

Hatha Yoga – 7pm. Give some time to your soul. \$15. KG Divine Wellness and Beauty, 530 High Mountain Rd, North Haledon. For details: Anita 973-304-1046.

Environmental Justice Green Drinks Hackensack – 7-9pm. 2nd Mon. Conversation, problem-solving, knowledge sharing for green and sustainable living, community issues, business practices, urban farming, food waste, climate change, flooding. Free. Pay for what you order. Villa de Columbia, 12 Mercer St, Hackensack. 862-203-8814. EJGreenDrinks.org.

tuesday

Dance Exercise for Adults-Seniors – 10:30-11:30am. A low-impact class combining elements of modern dance, jazz, and yoga to increase flexibility, strength, balance, and coordination in a relaxed atmosphere. \$15/per class, \$75/6 classes. Center for Modern Dance Education, 84 Euclid Ave, Hackensack. 201-342-2989.

Family Movie Afternoon – 1:30-4pm. Have a stress free afternoon watching movies with the family. Call to check what movie is playing each week. Old Auditorium, Dumont Library, 180 Washington Ave, Dumont. 201-384-2030. Dumont.BCCLS.org.

Teen Tuesday – 3:15-4:30pm. Movies, trivia, board games, video games: all teen Tuesday events are free and open to students in grades 7-12. Advanced sign up is never required and weekly attendance

isn't necessary. You can come any time that you are available. Free. Johnson Public Library, 274 Main St, Hackensack. Keri Adams: 201-343-4169 x 30. Hackensack.BCCLS.org.

American Mahjong – 4-6pm. Games are friendly and totally stress free for entertainment only. Beginners and experienced players are welcome to come but the game isn't taught. Free. All Purpose Rm, Dixon Homestead Library, 180 Washington Ave, Dumont. 201-384-2030.

Jazzercise Classes – 6pm. The Armenian Presbyterian Church, 140 Forest Ave, Paramus. 201-988-7707. ParamusJazzercise@gmail.com.

Zumba – 6-7pm. All levels class; personalized instruction. \$10, free/first class. Vista Natural Wellness Center, 191 Ramapo Valley Rd, Oakland. 201-644-0840. VistaNaturalWellness.com.

Knitting & Crocheting Club – 6:45-7:45pm. Come get crafty. Crochet and knit with a fun group. This is a drop-in event welcome to all skill levels. No registration necessary. Dixon Homestead Library North, 180 Washington Ave, Dumont. 201-384-2030. Dumont.BCCLS.org.

Ridgewood Toastmasters – 7:30pm. 2nd and 4th Tue. Toastmasters International encourages the art of public speaking and develops leadership skills. Unitarian Society of Ridgewood, Fellowship Room, 113 Cottage Place, Ridgewood.

Drop-In Meditation – 7:30-8:30pm. Meditation has been known to reduce stress, relieve pain, and recharge mind and body. Come in comfortable clothes. Drop-in on as many sessions as you like. With Leena and Nirmal Mukhi, who have 12 years of experience practicing Sahaja meditation. Free. Seats are available on a first-come basis. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323. Mahwah.BCCLS.org.

Holistic Yoga – 7:30-8:45pm. Holistic yoga classes emphasizing gentle flow and coordinated breath with movements. All levels are welcome. \$10. Advance Medical Care Center, lower level, 22 Madison Ave, Paramus. Info: 201-741-1198. Tatyana: YogaSteps@yahoo.com.

wednesday

Twin Mothers Club Meeting – 4th Wed. The Unitarian Society of Ridgewood, 113 Cottage Pl, Ridgewood. 201-669-8251.

SCORE Meeting – 9am-12pm. Local SCORE representatives are available to counsel small business owners. Gain expert advice on starting or growing your business. Secaucus Public Library and Business Resource Center, 1379 Paterson Plank Rd, Secaucus. 201-330-2083. EssexHudsonUnionCounties.Score.org.

Holy Cross Cemetery Mass of Remembrance – 9:30am. 1st Wed. The ministry of Catholic Cemeteries provides for the spiritual needs of families through such activities as Masses celebrated in memory of deceased loved ones. Chapel Mausoleum, 340 Ridge Rd, North Arlington. 888-467-8903.

Maryrest Cemetery Mass of Remembrance – 9:30am. 1st Wed. The ministry of Catholic Cemeteries provides for the spiritual needs of families through such activities as Masses celebrated in memory of deceased loved ones. Chapel Mausoleum, 770 Darlington Ave, Mahwah. 888-489-9095.

Jazzercise Classes – 9:30am, 4:30pm, 5:45pm & 7pm. The Armenian Presbyterian Church, 140 Forest Ave, Paramus. 201-988-7707. ParamusJazzercise@gmail.com.

Talmud Study – 9:30am. *Keys to Joy and Wisdom* with Rabbi Herschel Grossman. Free. Kaplan JCC, 411 E Clinton Ave, Tenafly. 201-569-7900. JCCOTP.org.

Creative Aging: Art in the Afternoon – 2-3:30pm. 2nd Wed. Seniors are invited to an artistic social outing to creatively respond to art from the collections and exhibits. Sessions feature tours and conversations in the galleries and thematically related art activities in Leir Hall. Refreshments will be served. Free. Montclair Art Museum, 3 S Mountain Ave, Montclair. 973-259-5139. Info: Tours@MontclairArtmuseum.org.

Early Literacy: 3 & 4 Year Olds – 4:30-5:30pm. A great way to instill a love of reading and learning in a young child. A certified teacher teaches important sight words to begin the journey in discovering books. Free. Story Tower, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323 x 230. Mahwah.BCCLS.org.

The Womb Happy Hour Radio Show – 6-7pm. Lorraine Giordano, founder of a company dedicated to helping women lead more healthful lives, hosts a live Internet talk radio show that gets beyond taboos about the vagina. VoiceAmerica.com.

Green Drinks Conversation: Ramsey-Mahwah – 6-9pm. 1st Wed. Informal social engagement provides a framework established without agenda or motives other than spreading sustainable consciousness throughout our local communities. Upstairs at The Station, 5 W Main St, Ramsey. 201-327-9748. BradysAtTheStation.net.

Guided Meditation Class – 7pm. Give your Soul time for your being. Let Mary Lou take you on a journey. \$10. KG Divine Wellness and Beauty, 530 High Mountain Road, North Haledon. For details: Anita 973-304-1046.

QiGong – 7pm. Spend some time using Qigong, a method of building, balancing and refining your energy and awareness. KG Divine Wellness and Beauty, 530 High Mountain Road, North Haledon. For details: Anita 973-304-1046.

Spiritual Support Group – 7pm. You are not alone in the way you are feeling. Learn to use the tools you need to re-create your world your way. Learn to meet the challenges in life in new and productive ways. \$5. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999.

thursday

Guided Clearing Meditation: Attain Balance & Increase Awareness – 10:30-11:30am. Using visualizations along with guided meditations we clear the accumulated stress, therefore clearing the self. No meditation experience required. \$20. Rte 4 & Rte 17, Paramus. Details: 201-906-5767. Lois@LoisKramerPerez.com.

Thursday Morning Movie – 10:30am-12:30pm. Popular, often first-run films selected for their wide appeal to an adult audience. Movie snacks and drinks are served. This program is free and no tickets are necessary. Seats are first-come. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323 x 230. Mahwah.BCCLS.org.

Thursday Movie Matinee – 2-5pm. Popular, often



first-run films selected for their wide appeal to an adult audience. Movie snacks and drinks are served. This program is free and no tickets are necessary. Seats are first-come. Winter Room, Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323 x 230. Mahwah.BCCLS.org.

Teen Time – 3:30-4:30pm. 2nd Thur. The programs are different each month, but they are guaranteed to be fun or your money back. Free. Friends Room, Tenafly Public Library, 100 River Edge Rd, Tenafly. 201-568-8680. TenfCirc@bccls.org.

Thursday Lego Club – 4-5pm. 2nd Thu. For kids ages 6 and up. After a story time, everyone builds with Legos something based on the story time theme. BYOB (bring your own blocks) to the meeting. Registration is required. Free. Teaneck Public Library, 840 Teaneck Rd, Teaneck. RSVP: 201-837-4171. Teaneck.bccls.org.

Jazzercise Classes – 5:15pm & 6:30pm. The Armenian Presbyterian Church, 140 Forest Ave, Paramus. 201-988-7707. ParamusJazzercise@gmail.com.

Thursday Night Buzz – Through Nov 19. 5:30-7:30pm. Meet some of The B Hive's interesting clients. Topics will range from acupuncture, wellness, health coaching and doulas to dating, chakra balancing and non-toxic home products. The B Hive, 269 Broadway, Hillsdale. TheBHiveSalon.com.

CARE: Cancer Awareness Research Exchange – 7pm. 2nd Thurs. The group stresses nutritional and preventive education to help maintain optimum health. Guest speakers give updates on health news, evaluate new treatments, offer Q&A sessions. \$10/donation. United Methodist Church, 100 Dayton St, Ridgewood. Harvey Kunz: 201-664-5005. HarveyKunz@hotmail.com.

Argentine Tango Classes – 8:30-9:30pm. Two teachers with 25 years of experience. Beginners welcome. \$20/drop in. Center for Modern Dance, 84 Euclid Ave, Hackensack. 201-342-2989. CMDE.org.

friday

Jazzercise Classes – 9:30am. The Armenian Presbyterian Church, 140 Forest Ave, Paramus. 201-988-7707. ParamusJazzercise@gmail.com.

Visiting Nurse & Blood Pressure Clinic – 10am-12pm. Blood pressure and general health information with the visiting nurse. No appointment required. Tenafly Public Library, Friends Room, 100 River Edge Rd, Tenafly. 201-568-8680.

Looking for a Job: Neighbors Helping Neighbors – 10:30am-12pm. Need a job? Join this highly successful, peer-led volunteer job search support and networking group. Open to everyone. No sign-up needed. Free.

Johnson Public Library 274 Main St, Hackensack. Cathy Folk-Pushee: 201-343-4169. JohnsonLib.org.

Women's Restorative Yoga with Reiki – 5:30-6:40pm. Total relaxation of body and mind, maximize the physical release without the strain. As you are in supported passive yoga poses, receive hands-on energy healing reiki. No prior yoga experience needed. \$17, small group. River Edge. RSVP: 201-618-5779. SoulPracticeYoga.com.

saturday

Jazzercise Classes – 8:20am & 9:30am. The Armenian Presbyterian Church, 140 Forest Ave, Paramus. 201-988-7707. ParamusJazzercise@gmail.com.

Workout Group – 9am. Free. Crossfit Rising, 38 N St, Bergenfield. 201-674-0419. CrossfitPony@yahoo.com. CrossfitRising.com.

Health Awareness Classes – 9:30-11am. 1st & 3rd Sat. Self shiatsu, meditation, breathing, simple movement and therapeutic essential oils, make wiser choices, etc. \$30. RSVP 4 days before. The Art of Balance, Yoga Rm, Advanced Medical Care Center, 22 Madison Ave, Paramus. 201-641-9008. 201-888-4613.

Crafty Saturday Morning – 11am-12pm. A time for the whole family to work on creative projects together. Projects and materials will change, but supplies will always be aimed at children ages 6+ or younger with caregivers. Caregivers are encouraged to be part of the crafting and welcome to use the supplies. Children over 6 may attend and craft independently. Free. Children's Room, Tenafly Public Library, 100 River Edge Rd, Tenafly. 201-568-8680. TenfCirc@bccls.org.

Mindfulness Classes – Through May. 11am-12:30pm. 2nd Sat. Learn meditative techniques to help you be mindful moving through your day. Practice sitting, standing and walking meditation. No experience needed, wear comfortable clothing and bring a water bottle. \$10; limited space, preregistration required. Advanced Medical Care Center, 22 Madison Ave, Paramus. RSVP: 201-641-9008 or 201-888-4613. TheArtOfBalanceHealth@gmail.com.

Nature Story Time – 11:30am-12:15pm. 3rd Sat. Children ages 3-7 will enjoy a nature-themed story and a visit from one of Center's Animal Ambassadors. Learn how it came to TNC. A new story and animal each month: includes snakes, frogs, turtles, owls, hawk, etc. Children must be accompanied by an adult. Visitor Center, Tenafly Nature Center, Tenafly Nature Center, 313 Hudson Ave, Tenafly.

Arts and Crafts Classes: World of Wings – 1-3pm. The Butterfly Museum hosts an arts and crafts lesson suitable for children of all ages. A variety of crafts will be created and every class will be different. Call for current info. \$10. World of Wings, 1775 Windsor Rd, Teaneck. 201-833-4650. WOWButterfly.com.

Knit One, Drop In – 3pm. 4th Sat. With Carolyn Epstein. Beginner or advanced knitters. Crocheters welcome. Instruction to get started. Begin with simple baby hats and scarves. Finished projects can be donated to Save the Children or U.S. Troops. Bring size 8 knitting needles. Yarn to get started provided. Free. Mahwah Public Library, 100 Ridge Rd, Mahwah. 201-529-7323. Mahwah.BCCLS.org.

Meditation/Healing Circle Group – 6:30-8pm. Healing meditations and energy work designed to help chakra balancing, healing, relaxation and stress management. \$5. Mystical World, Bookstore & Enlightenment Center, 648 Ridge Rd, Lyndhurst. 201-896-3999.

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201-889-5001
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Christine Okezie is a Natural Foods Chef and Certified Holistic Health Counselor. She is a graduate of NYC's Natural Gourmet Institute for Health and Culinary Arts, an accredited chef-training program focused on health supportive whole foods cuisine. Okezie received her nutrition training at the Institute for Integrative Nutrition, the world's largest nutrition school at the forefront of the health and wellness movement. She is a board-certified member of the American Association of Drugless Practitioners. In her private practice, Okezie leads cooking classes and wellness workshops. She counsels women and their families about food, health and nourishment. See *ad, page 30.*

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Audrey Zona trained with The Institute for the Psychology of Eating, the leading school in nutritional psychology. Zona believes outer beauty is a reflection of inner health and all things beauty, health and wellness related. Her private practice is a way to share her health and wellness passion through one-on-one coaching, small group women's weight loss and wellness programs, and topic-specific seminars at which she speaks. Her mission is to educate, inspire and empower you to become your most beautiful self from the inside out.

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