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NEW JERSEY NORTH EDITION

Publisher **Aviana Singh**
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NANorthNJ.com

@NAnorthNJ

CISION Natural Awakenings Magazine is ranked 5th Nationally in CISION'S® 2016 Top 10 Health & Fitness Magazines

Top 50 Franchise 50 2015 Franchisee Satisfaction Awards FranchiseBusinessREVIEW

SUBSCRIPTIONS

Subscriptions are available by sending $15 (for 12 issues) to the above address.

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letter from publisher:

The Road Ahead

by Martin Miron

November is an important month for many reasons. Our weather patterns make their biggest changes; hot to cold, wet to dry; and this year especially, elections determine our path forward socially and economically. In the midst of it all, Natural Awakenings continues to you bring news and information about ways we can all live together in happy, healthy harmony.

Our theme this month, "Rooted in Gratitude", brings tips on "Building Strength for Life" in the Healing Ways department; "Healthy Swaps for the Holiday Table" in the Conscious Eating department; and of course "Growing Our Capacity for Gratitude" as our feature story. On the lighter side, "Green Gift Guide for the Holidays" has some great ideas that will keep the giving going all year long.

In an exclusive one-on-one interview in our Wise Words department, "Blueprint for Alzheimer's Prevention", board-certified neurologist and seven-time New York Times bestselling author Dr. David Perlmutter asses new strategies, misconceptions and treatments for this widespread, debilitating disease.

In addition, you'll find notices of local events, greetings from local practitioners and much, much more. We do it all for free, so please patronize our supporting advertisers whenever possible. Happy New Year!

Thank you for being part of the *Natural Awakenings* community. We invite you to continue your wellness journey with us by following us on Facebook and Instagram and by exploring more articles, local events and wellness resources in our online edition at *NaturalAwakeningsNNJ.com*.

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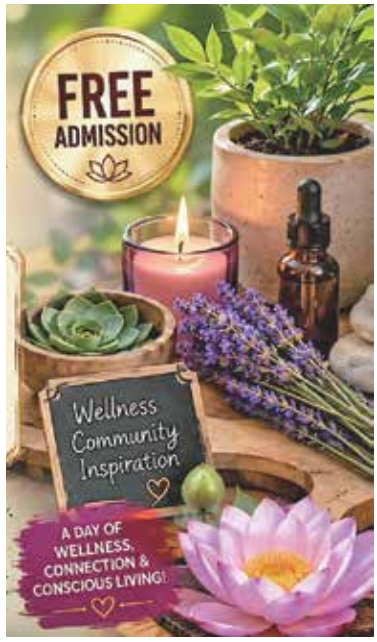
Thanksgiving Week at the Salt Cave

Enjoy a special day of turkey and trimmings with family and friends at Salt of the Earth, Center for Healing for a full week of holiday celebration. Salt cave sessions from November 11 through 29 will be half price ($20), along with sales on everything in the store, including a large selection of salt lamps, gift bags, candles and crystals—even supplements and CBD (cannabidiol). This is a great opportunity to care for our health and do some early holiday shopping at the same time.

Location: 811 Chestnut Ridge Rd., Chestnut Ridge, NY. To book a salt cave session, call 845-290-0678 or visit SaltOfTheEarthcfh.com. *See ad, page 7.*

Montclair Holistic Fair

The New Jersey Small Business Alliance will host a holistic fair from 1 to 5 p.m., November 15, at the Woman's Club of Upper Montclair to inspire, enlighten and empower those curious about holistic healing, personal growth, wellness products, spiritual practices or simply looking for a positive community experience.



They can discover holistic wellness resources and practitioners; connect with like-minded people in the community; explore natural healing, mindfulness, and spiritual growth; enjoy inspiring experiences, educational opportunities and wellness-focused vendors; and learn new ways to nurture their health, energy and overall well-being.

Admission and parking are free. Location: 200 Cooper Ave., Montclair. To register, visit Tinyurl.com/Montclair-Holistic-Fair. For more information, visit nj-sba.org.

Going for Baroque

Montclair University College of the Arts will host their ninth annual Baroque Symposium from 3:30 to 7 p.m., November 4, at the Leshowitz Recital Hall inside Chapin Hall. The celebration of early music features a concert of works by Caccini, Dowland, Monteverdi, Purcell and more, along with a lecture and masterclass with internationally acclaimed soprano Sherezade Panthaki, where guests can discover the artistry, technique and expressive possibilities of Baroque vocal music.

The concert, Love & Lament - A Baroque Tapestry for Voice and Continuo, begins at 3:30 p.m. A lecture, The Art and Technique of Baroque Singing, will commence at 4:15 p.m. to explore the art and technique of Baroque singing, examining historically informed vocal practice and its connection to modern technique, as well as discover new ways to bring the music of Bach, Handel and beyond to life. A masterclass is scheduled for 5:30 p.m.

Admission is free. Location: 1 Normal Ave., Montclair. For more information, visit Montclair.edu/events/9th-annual-baroque-symposium or call 973-655-4000.

Historic Reenactment at New Bridge Landing

The Bergen County Historical Society will conduct a Fall Cleanup event at Historic New Bridge Landing (HNBL) from 8 to 11 a.m., November 7, in preparation for the 250th anniversary of the Retreat to Victory from 10 a.m. to 4 p.m., November 22.

There, guests can watch George Washington, John Koopman, General Greene and other generals on horseback lead American troops across the "bridge that saved a nation" as described by Thomas Paine, see them escape the British advance and defend the crossing from the King's forces.

Location: 1209 Main St., River Edge. For tickets and complete information, visit BergenCountyHistory.org.

250 Years of Progress

The Ridgewood Historical Society & Museum exhibit, *250 Years of Progress: A Celebration of American Independence and Endurance*, will continue through December 20. Curated by Anthony Cavo, it explores the defining moments, struggles and achievements that have shaped the United States, from the American Revolution to the Civil War, waves of immigration, the Great Depression, the World Wars, Vietnam, September 11 and the COVID era using artifacts, inventions and historical milestones that reflect triumph and challenge.

This volunteer-based organization offers students and residents a variety of ways to be involved, including helping to maintain the collection. Sign up to contribute time and talent. Members get priority access to new exhibits and programs, plus receive exclusive invitations to special events.

Location: 650 Glen Ave., Ridgewood. Hours are 1 to 3 p.m. Sat. and Sun. For more information, call 201-447-3242 or visit RidgewoodHistoricalSociety.com.

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Urolithin A's Promise for Gut Health

Inflammatory bowel disease (IBD) causes inflammation and damage to the intestinal lining, affecting millions globally. The gut barrier allows nutrients to enter the body while blocking harmful bacteria, but in IBD patients, the barrier breaks down, leading to inflammation, pain and long-term complications.

A 2026 study on mice published in *Nature Communications* examined urolithin A (UroA), a microbial metabolite produced by digesting foods like pomegranates, walnuts and berries. Researchers discovered that UroA activates a protective pathway in the intestine, potentially preserving gut health and reducing tissue damage. In human tissue samples from IBD patients, UroA activated the same protective pathway observed in the mice experiments. The findings suggest that future IBD treatments might focus on the body's natural protective pathways instead of broadly suppressing the immune system.

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Benefits of Black and Green Rice

Rice, comprised of more than 85 percent starch, is a dietary staple for more than half the world's population. In a study published in *Food Research International*, Japanese researchers assessed the health benefits of 56 types of Japanese rice, including brown, red, green and black varieties.

Black and green rice scored higher on health-promotion indexes due to beneficial fats and slower digestion rates, which prevent rapid blood sugar spikes compared to white rice. Although fats constitute only 2 percent of rice, they impact nutrition, flavor and grain quality. Colored varieties contain unique fat compounds that lower inflammation and improve metabolic health. The researchers believe these findings will help consumers better understand the nutritional value of colored rice varieties and offer new options for menu planning to moderate blood sugar and support metabolic health.

Yo-Yo Dieting and Health

Yo-yo dieting is a global phenomenon. About half of adults are trying to lose weight, but many regain substantial weight once they stop dieting, leading to repeated cycles of loss and gain. A comprehensive review published this May in *The Lancet Diabetes & Endocrinology* analyzed decades of observational data, clinical trials and animal models. The findings showed no evidence that weight cycling permanently slows metabolism, causes disproportionate muscle loss or results in long-term harm to obese patients.

The researchers noted that regaining weight typically returns health and metabolic markers to pre-dieting levels, causing dieters to lose the temporary health improvements they experienced when they were lighter. Professor Faidon Magkos, of the University of Copenhagen, a co-author of the study, stated that the benefits of attempt-

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Boost the Immune System Naturally

by Dr. Roman E. Finn

As cold and flu season returns, people spend more time inside due to respiratory illnesses turning into major health issues. Building the body by boosting our immune system naturally can help develop healthy nutrition, sleep quality and body movement activities. Practicing good hygiene also supports immunity because IV (intravenous) therapy is not suitable for all.

The immune system helps to naturally protect against cold and flu by working as a defense mechanism via white blood cells and antibodies working together. Healthy habits that can boost immunity include better sleep quality, nutritious food, stress management techniques, movement, avoiding smoke and alcohol and maintaining a healthy weight. The goal is to develop the mechanism naturally.

Rather than being dependent on superfoods, try eating different types of whole food such as citrus fruits, vegetables, protein-rich foods, unprocessed grains, nuts, seeds and fermented foods. These nutrient-rich food sources do not require an expensive nutrition plan. Instead, concentrate on a variety of nutritious sources and avoid processed foods.

Healthy sleep is essential for strong immunity because it helps with recovery and immunity. An inconsistent sleep schedule can impact our daily healthy habits, so it is necessary to sleep seven hours each night. An effective sleep routine includes a consistent schedule, less screen time, keeping the room comfortable, eating less before bed and avoiding caffeine. If there are breathing issues while sleeping, then consulting a healthcare professional may be an option.

Healthy body movement activities can also strengthen immunity, so 150 minutes of moderate-to-intensity movement activity in a week with strength exercises can improve overall health. Body movement activities include walking, cycling, yoga and dancing. Begin with physical activity that is individually suitable because intense activity without rest can develop recovery issues and fatigue. Seek medical advice if necessary.

Stress management techniques cannot completely help with immunity and respiratory illness, but may support the system by maintaining a healthy routine. These include practicing breathing, taking outdoor walks, investing quality time with loved ones, journaling, listening to music, avoiding social media and other healing activities.

Drinking plenty of water can help eliminate illness and boost immune function by engaging nutrition, sleep and physical activity to deal with any kind of illness. For a proper water intake routine, keep a reusable bottle, drink water with meals, avoid sugary drinks and increase water intake. Herbal tea is also good for boosting immunity. If a health condition has fluid restrictions, then taking medical advice may be necessary.

Viruses and infectious germs can spread through air if spaces are crowded, but taking basic precautions can help avoid coming in contact with carriers. Good hygiene habits include washing hands for 20 seconds, improve indoor ventilation by opening windows, wearing a well-fitting mask, avoiding close contact with sick people and staying home when ill. If anyone in the family has respiratory symptoms, clean surfaces that are constantly being touched and wash hands daily.

Nutrition and other healthy habits can help with better immunity, but cannot replace immune support supplements. These must be taken when any deficiencies are identified. Supplements for boosting immunity include vitamin D, vitamin C, zinc and multivitamins. Consult a healthcare professional before taking supplements to avoid side effects.

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

November: Scorpio and the Art of Renewal

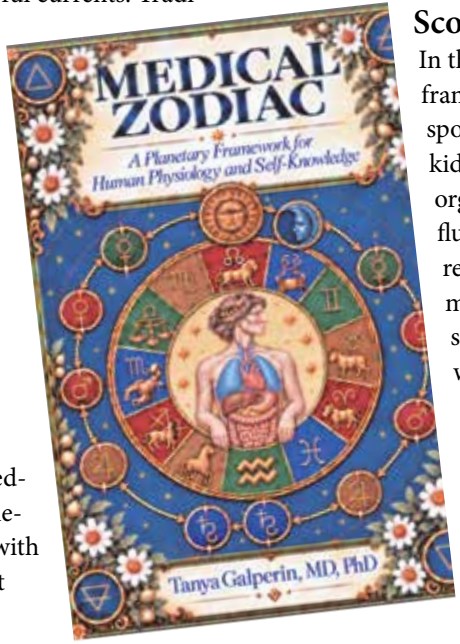
by Tanya Galperin, M.D., Ph.D.

From October 23 to November 22, the Sun travels through Scorpio in the tropical zodiac. This fixed water sign belongs to the middle of autumn in the northern hemisphere, when falling leaves mirror the themes of release and transformation.

Scorpio takes its name from Scorpius, a constellation with a long, curved tail, and reddish Antares, marking its heart. Best seen on summer evenings from northern latitudes, it is difficult to observe in November as it approaches the Sun's glare. The seasonal zodiac sign and the visible constellation are distinct.

Water, Depth and Transformation

Water symbolizes emotions, intuition and intimate bonds. Scorpio's fixed quality—being the middle month of the fall—adds persistence and depth: like a still lake, it may conceal powerful currents. Traditionally ruled by Mars and associated with Pluto in modern astrology, Scorpio brings together courage, self-reflection and the possibility of profound change.



The animal itself offers an image of renewal. Growing scorpions molt, shedding an old exoskeleton and emerging with a new covering that gradually hardens. Growth requires leaving familiar armor behind and acquisition of new habits.

Tanya Galperin, M.D., Ph.D.

Scorpio in the Body

In the medical calendar framework, Scorpio corresponds symbolically to the kidneys and reproductive organs. The kidneys regulate fluid and salt balance and remove waste, offering a metaphor for retaining what sustains us and releasing what no longer serves.

The reproductive organs evoke intimacy, creation and the continuation of life. These symbolic correspondences connect purification with renewal; transformation arises as a main theme after purification.

The Sun in Scorpio

In astrology, the Sun asks, "Who am I?" If our Sun is in Scorpio, we may recognize a desire for depth, loyalty, privacy and emotional truth. Our reflective task might be learning when protection supports us and when it needs to shed and give way to new growth—that is the path of transformation.

If our other planets are in Scorpio, they answer to the following questions: moon—how emotionally we tolerate change; Mercury likes to think in the way of change; Venus likes the values of change; Mars likes the actions towards change; Jupiter likes more of those transformations; and Saturn creates basic schemes around this.

A Practice for November

Notice one protective habit: withdrawing when hurt or saying yes while feeling resentment. Name the emotion beneath it without judgment, then choose one different response. Say, "I feel hurt and would like to talk," or "I need time before deciding." Let emotional purification mean understanding feelings and loosening habitual reactions.

Offer ourself the patience we would give something newly born. New ways of relating need practice and protection before they feel natural. What re we ready to release, and what new part of ourself deserves care?

For more information, visit MedicalZodiac.com.

Recycling PVC Into Motor Oil

Polyvinyl chloride (PVC), a durable and versatile plastic that can be rigid or flexible, is used in many products, including pipes, vinyl flooring, electrical wire insulation, synthetic leather and shrink-wrap. Sixty million tons of PVC are produced each year, and because it can take more than 450 years to biodegrade, it contaminates soil and groundwater for centuries.

A recent study published in *Nature* reports on the development of a mild chemical process to upcycle PVC waste into polyalphaolefin, an ingredient used in various lubricants. This approach offers two potential environmental benefits: reducing plastic waste and sustainably producing high-performance base oils for industrial lubricants and engine oils.

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Burying Underwear for Science

Soil supports food production; stores water, carbon and nutrients; and provides habitats for more than half the world's biodiversity, which is precipitously declining. To raise awareness about the importance of soil health and its biological activity, Swiss scientists recruited 1,000 volunteers to bury more than 2,000 pairs of cotton underwear and 12,000 tea bags across Switzerland.

After two months, the materials were dug up, photographed and sent for analysis. The findings, published in *Plants, People, Planet,* reported that the underwear decomposed faster in healthy, microbe-rich soils. Gardens with large amounts of organic matter showed the fastest breakdown and lawns the slowest, while farm fields and meadows were in the middle. Biological activity was affected by the soil's nutrient levels, temperature and moisture levels. "Our results show that how soil is managed can significantly affect both soil life and soil quality," said Marcel van der Heijden, a study leader and professor of agroecology.

Moths Smell With Their Wings

A German study published in the *Journal of Experimental Biology* found that tobacco hawkmoth (*Manduca sexta*) wings can detect specific odors floating through the air. The scientists gently snipped the edges from the moth's wings and examined them with a scanning electron microscope to identify specialized porous hairs, which are the hallmarks of scent sensors.

To determine if the rest of the wing could also sense odors, the scientists blew puffs of different aromas onto the wings with the edges trimmed off. Fruity, floral and putrid scents were tested, but only two nitrogen-containing compounds—pyrrolidine and piperidine—produced strong responses. These fetid smells are found on the leaves of nightshade plants, where tobacco hawkmoths lay their eggs. The researchers concluded that the specialized porous sensory hairs were distributed across the wing surface, not just along the edges, and the strength of the reaction changed relative to how close the puff was to the wings.

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Growing Our Capacity for Gratitude

How to Practice Thankfulness Every Day

by Megy Karydes

Gratitude comes in various forms. It can be stealthy (that sense of warmth when the sun breaks through after a gray week) or hard won (appreciating a short-tempered teenager). But researchers and practitioners agree that gratitude must be cultivated to become part of our daily routine.

"Gratitude as a passing feeling is spontaneous," says Brendan Cournane, a certified professional development coach specializing in well-being and mindfulness, and author of *Seeking Serenity: Finding Happiness by Embracing Your Present Attitude*. "Anybody who practices mindfulness or meditation has moments of gratitude daily, even several times a day, but that's not the same as developing a practice."

The distinction matters most, he emphasizes, during times when gratitude doesn't come naturally, such as when we're late for work, blindsided by an angry spouse or absorbing someone else's bad day. "By developing gratitude as a practice and as a part of our lives, we allow ourselves to pause and acknowledge that no matter how challenging this moment is, there is something to be grateful for."

Build New Pathways in the Brain

According to David R. Hamilton, Ph.D., a bestselling author and speaker on the science of kindness and well-being, whose newest book is *The Joy of Actually Giving a F*ck: How Kindness Can Cure Stress and Make You Happy*, the key to turning any practice into a consistent habit is neuroplasticity—the brain's capacity to reorganize itself based on repetition.

"Anything that is consistent can shape your brain networks and build a habit. That's when a gratitude practice becomes a habit,"

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he explains, comparing the concept to cutting a new trail across a cornfield. "There's already a path that's been made. But suppose you decide to walk another path. Initially, that takes a little bit of work. But as you walk it daily, it becomes a habit. The old path begins to overgrow because the brain doesn't want to waste energy."

Cournane observes a similar transformation in his coaching work: "We know through neuroplasticity that our brain waves can change, and by forming a gratitude practice, we can transform all of our circumstances into something more positive."

Hamilton and Cournane's experiences align with research findings. A 2023 systematic review and meta-analysis published in the *einstein (São Paulo)* journal, which analyzed 64 randomized clinical trials, found that gratitude interventions were associated with greater life satisfaction and significantly reduced anxiety and depression symptoms. The participants also reported more positive moods, greater optimism and less worry. Additional research summarized by the American Brain Foundation indicates that practicing gratitude activates the brain's reward system, reduces the amygdala's stress reactivity and, with repeated practice, reorganizes neural pathways between neurons.

Be Specific, Not General

Both experts agree that gratitude must be specific to truly resonate. "'I'm grateful for my wife' is too generic," says Cournane. "Instead, 'I'm grateful for my wife because we walked along the lakefront holding hands and enjoying the sunset' is specific and activates more brain receptors." Sensory details are key: "I see the sunset. I hear the wind and the waves along the shore. I feel her hand's touch. I smell the air from the water or trees in the park."

Another powerful shift suggested by Cournane is saying, "I'm grateful my sister called when I felt overwhelmed and she reminded me I wasn't alone," instead of "I'm grateful for my family." This specificity enhances the gratitude practice and its benefits.

Gratitude Is Not Forced Positivity

Neither Hamilton nor Cournane suggests that gratitude replaces grief or hardship. "When challenging things have happened, it's like, 'I've made it through this day. I managed to get out of bed this morning,'" says Hamilton. After his father's death, his gratitude practice shifted. "I could remember all these great things about him, and that became something I could hold onto. We tend to only turn inside when we're faced with difficulties and challenges in our life because there's nothing else in the outside world that's giving us any happiness. So all you're left with is: 'I'm still here.'"

Cournane offers a psychological perspective on why gratitude helps during conflict or stress. "The brain cannot hold two opposite feelings or thoughts or emotions simultaneously. I can't be angry and grateful at the same time," he remarks, adding that seeking gratitude in difficult moments isn't about denying the challenge. It's about avoiding taking it out on the nearest person.

Turn Thankfulness Into Action

Gratitude does not have to remain private, according to both practitioners. Hamilton points to research showing that people consistently misjudge the impact of a compliment. "We underestimate how grateful people would be if we paid them a compliment," he says. "At the same time, we overestimate how much we think it will annoy them." Voicing appreciation, he notes, can even have a physical effect: Connection triggers a release of oxytocin—the kindness hormone—that helps regulate blood pressure.

Cournane shares a smaller, more recent example. When ordering a sandwich, the woman behind the counter said, "It looks like you've been working hard today, so you deserve a nice sandwich." He returned the compliment and saw her face light up.

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"There's a mutual respect, a mutual give-and-take that stimulates gratitude and other positive emotions within us," he says.

For families looking to build this habit together, Hamilton recommends a gratitude jar. Everyone writes what they're thankful for on slips of paper throughout the year, then opens the jar on a meaningful date. This can become a very emotional bonding experience that the family may want to repeat every year.

Start Small, Stay Committed

Growing our capacity for gratitude requires practice. "Begin with 30 seconds or a minute, and soon half an hour or an hour will feel manageable," counsels Cournane, who begins his daily gratitude practice by drinking a glass of water. "I appreciate having clean, fresh water, which not only is healthy for me but also reinforces the positive benefits I'm experiencing."

Psychologist Robert A. Emmons, Ph.D., professor emeritus at the University of California, Davis, has dedicated much of his career to this field. In *Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity*, he describes sustained practice as a journey toward emotional prosperity—not the absence of hardship, but an inner richness and resilience regardless of circumstances. When practiced consistently and with specificity, gratitude is more than a mood; it is an infrastructure built one small, repeatable moment at a time until it becomes a natural path, like a well-trodden trail across a field.

Habits Can Lead to Real Change

- **The One-Memory Journal:** Write three sentences about a specific moment of support, kindness or relief.
- **The Specific Thank-You:** Clearly tell someone what they did and why it mattered. We underestimate how much it will mean to them.
- **The Gratitude Reframe.** When stressed, ask, "What is still here to support me?"
- **The Gratitude-to-Behavior Step.** Choose one thing to be grateful for and let it guide an action. This could be a text, a call, a note or a moment of patience.
- **Start Small.** A daily and consistent practice, even if imperfect, is more effective than sporadic efforts.

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

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Green Gift Guide for the Holidays

by Natural Awakenings *staff*

During the holidays, the familiar rush of gift-shopping can often overshadow the true spirit of the season. For Earth-conscious people, rampant over-commercialization can feel overwhelming. Eco-friendly gifting is a thoughtful alternative that not only reduces waste but also supports local communities, small businesses and conservation efforts.

Carefully chosen eco-friendly gifts prioritize sustainability over excess, while celebrating their usefulness, beauty and benefits for the planet. This style of giving can make the holidays more purposeful and memorable while supporting a healthier lifestyle. Here are some inspiring gift ideas:

For home chefs that want to reduce waste and single-use plastics, a reusable starter set for the kitchen can include produce bags, beeswax wraps, cloth napkins, bamboo utensils, dishcloths, silicone storage bags and stainless-steel straws. Explore options at *PapayaReusables.com, Blueland.com, BambuHome.com, KleanKanteen.com* or *Grove.co.*

For those that enjoy pampering themselves, consider sustainable, non-toxic personal care products such as refillable deodorants, shampoo and hair conditioner bars, concentrated cleaners and natural soaps. Look for products approved by the Environmental Working Group (*ewg.org*). Take a look at *WeAreWild.com* or *AttitudeLiving.com.*

For travelers that want to leave a smaller footprint, carry-on reusables such as a stainless-steel water bottle, bamboo toothbrush, travel utensil set, reusable coffee cup and cloth shopping bag are thoughtful choices. Visit *AkamaiBasics.com* or *EarthHero.com.*

AnikonaAnn/shutterstock

For experiences that create lasting memories without adding clutter, a nature center membership, botanical garden pass, kayak rental or gardening class make wonderful gifts, allowing the recipient to connect with nature and enjoy the outdoors. For more relaxing activities, outdoor yoga or meditation sessions, a state park annual pass or birdwatching tour promote well-being while fostering a deeper appreciation for the natural world.

To tantalize the tastebuds, homemade herbal tea blends, infused olive oils, spice mixes or handcrafted granola—all packaged in reusable glass jars—encourage a more sustainable lifestyle.

For art lovers, upcycled arts and crafts made from recycled glass, fabric remnants, bicycle tires, reclaimed wood or repurposed materials are unique, creative gifts that support local artists while reducing waste and giving new life to old materials.

For animal lovers, a symbolic animal adoption through organizations like *WorldWildlife.org, OceanicSociety.org* and *Endangered.org* supports endangered species and includes educational materials so the recipient can learn about the animal they are supporting.

For outdoor lovers, planting a tree in the recipient's name is the perfect gift. Organizations like *ArborDay.org* and *OneTreePlanted.org* allow donors to dedicate a tree, support reforestation or contribute to habitat restoration.

For gardeners and homeowners, pollinator kits include native wildflower seeds, herbs or pollinator-friendly starter plants that support bees, butterflies, birds and other local wildlife. They can be purchased through online retailers, specialty native plant nurseries and conservation organizations. Visit *BulkWildflowers.com* or *EdenBrothers.com.*

For those that enjoy fresh local produce, a community supported agriculture (CSA) subscription is a thoughtful gift that supports local growers and encourages seasonal healthy eating while reducing the carbon footprint of food transportation.

Detoxification:

The Often-Overlooked Part of True Wellness

by Robin Ellen Leder, M.D

Many people express a desire to achieve and maintain their best possible health, and they are willing to "eat clean" and take an array of medications and supplements to keep themselves running at their best. But, in his iconic book, Detoxification and Healing, Dr. Sydney MacDonald Baker, the founding father of functional medicine, made the point that all health does not emanate from putting "good things" into your body. In fact, just as, if not more, important is the removal of "bad things", things that are in excess or do not belong there at all. He sets forth the philosophy of functional/ "root cause" medicine in the very simplest of terms:

1) Put into the body things that are missing and 2) Take out things that don't belong there. He goes on to state his brilliant "tack rules": So, patients are ready to "take good things": healthy food, supplements, bioidentical hormones, etc. But taking that other massively important step is not commonly done. It is perhaps more tedious, more time-consuming, more costly. But properly attacking and eliminating the root cause or causes of many medical conditions and symptoms requires this dual approach. Attempting to overwhelm harmful entities in the body simply with good food and supplements as an isolated approach is often a losing battle, leading to frustration for all the effort, and only poor to mediocre results. In Baker's model, it might be like removing one or two of the present "tacks", when there are actually multiple tacks or root causes underlying one's poor health.

Here are Baker's classic and deceptively simple "Tack Rules" that so elegantly define the comprehensive /functional medicine approach:

Rule #1: If you are sitting on a tack, the cure is not two Advil or aspirin every four hours the cure is finding and removing the tack

Rule #2: If you're sitting on 2 tacks, removing just one does not make you 50% better.

For optimal health, all root causes or "tacks" must be identified and addressed.

This subject is far too broad and multifaceted for this one article; it has filled many books, including Dr. Baker's, and Sherry Rogers' equally famous "Detoxify and Die". Here though are a few examples of harmful substances that can be detected in the body with proper testing, can be readily removed with safe, known protocols, and if removed, can lead to decreased symptoms, resolution of illness, and increased longevity:

1 **Heavy metals:** Such metals as lead, mercury, arsenic, antimony, gadolinium (contrast dye) and others can be tested for with an inexpensive urine collection, and, if detected, removed with a series of targeted intravenous treatments known as chelation therapy. This treatment is delivered by a small subset of trained functional medical physicians in-office. These metals, when present, target the nervous system the gut, and the skin more often than not. Long term, they can cause immune consequences including cancer.

2 **Environmental/Mold Toxins:** Again, early easy to perform urine kits can detect these toxins, and if significant, programs of detoxification can be prescribed.

Left unaddressed, these toxins can lead to immunocompromise of every kind, and can be fatal, as in the 9/11 victims.

3 **Plaque on the Coronary Vessels/Arterial System:** When the vessels are damaged by excessive iron, smoking, diabetes, hypertension, etc., cholesterol patches them up and when this patchwork clogs the vessels and then calcifies, danger of cardiovascular compromise heart attacks, stroke) becomes real. There is an IV approach called EDTA chelation that can gently remove plaque from the vessel walls. Over the course of multiple treatments, it can literally provide a fresh lease on life by opening vessels without stenting, or maintaining stents already placed and preventing them from clogging or shutting down.

4 **A Poor Microbiome:** We have roughly 5 lbs. of microorganisms living in our guts. When the organisms living there include bad (pathogenic) bacteria or parasites, no manner of palliative medicine will be effective in alleviating distress. The "bad" organisms must be destroyed and deleted, and the colon must be healed from the long-standing effects of this bad group of organisms (dysbiosis). Protocols to revamp the microbiome do exist, mostly without use of medication, but again, they involve focus and work on the part of the patient. These organisms affect not only the gut itself, but the nervous system and immune systems as well. The microbiome is at the very core of great health, so, whether it is good or bad is enormously impactful on total health.

5 **Stress:** The reality of excessive stress as a crippler, and a killer cannot be overlooked in seeking to optimize health, as it can affect every single system in the body. Creating a wellness program without paying attention to controlling and diminishing stress would be like using a rain umbrella that was riddled with holes and expecting to stay dry: pointless!

Other stressors that must be investigated and removed in a comprehensive health optimization program include: delayed food allergens (food sensitivities), partially absorbed/digested materials foods, and yeast/fungal forms in the body. If these are left unaddressed, optimal wellness cannot be achieved or ensured. They are the "tacks" that functional medicine seeks to discover, and if present, seeks to remove. The role of the patient is clear: do the tests, proceed with the investigation, and put the same effort into taking the "bad stuff" out as putting the "good stuff" in. The results, both short and long term, can often be nothing short of extraordinary.

Robin Ellen Leder, M.D. has been working in the field of functional medicine since long before that term was coined by Dr. Sidney McDonald Baker. Her career began working with Dr. Robert Atkins, an earlier pioneer in the field, where she learned the role of chelation therapy, intravenous vitamin therapy and the basics of root cause medicine. In over 35 years in practice at her Hackensack office, she has created comprehensive wellness protocols, including detoxification, for thousands of patients. See ad, page 3.

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Building Strength for Life

Why Resistance Training Is a Key to Aging Well

by Brian Stenzler, MSc., DC, FCCA, FICA

Strength training is essential for everyone, not just athletes and bodybuilders. Regardless of age—from 25 to 75—the body has a remarkable capacity to become stronger. Research confirms that resistance exercise reduces the risk of many chronic conditions and becomes more important with age as muscle mass naturally declines. In older adults, maintaining strength supports independence while minimizing the risk of falls and fractures. Resistance can come from bodyweight exercises, bands, free weights or machines, with adaptations for all ages and fitness levels.

In addition to building muscle, regular strength training improves bone density, supports metabolic and cardiovascular health, enhances balance and mobility, and contributes to better cognitive function and emotional well-being. By promoting a stronger and more stable neuromusculoskeletal system, resistance training enables the body to better handle physical stressors, reducing excessive strain on the spine and joints, and supporting biomechanics and optimal nervous system function.

Protect the Spine and Bones

Muscle and bone health are interconnected, so strength training must adapt to changes in bone density. Debra Atkinson, a fitness educator and founder of Flipping 50, states, "The exercises that seemed harmless in your 30s carry a higher risk profile in your 50s." Because bone density loss often begins in the spine, she recommends replacing crunches and sit-ups with functional movements that are both safer and more effective at targeting core strength. These include engaging the core while lifting weights, and doing pull-ups, push-ups and balance poses. A simple exercise is to hold a light weight at chest height, slowly extend the arms forward and then bring the weight back to the chest. Keep the core muscles tightened to prevent the back from arching as the arms extend.

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The Bone Health & Osteoporosis Foundation advises those with osteoporosis to maintain an upright posture, spinal extension and core stability during strength training, while avoiding repeated forward bending that can harm spinal integrity.

Employ the Correct Movements

Heavier weights do not always yield better results. Effective training prioritizes movement quality over load, focusing on neutral spinal alignment, controlled movement, proper breathing and core stability. Progressive overload, which involves gradually increasing resistance as the body adapts, enables muscles, bones and connective tissues to build strength and endurance without unnecessary strain.

Dr. Peter A. Gratale, founder of Energy Chiropractic & Pilates, in New Jersey, and former co-host of ESPN's *BodyShaping*, believes that one of the most valuable uses of chiropractic by athletes and workout enthusiasts is performance enhancement. He explains, "Chiropractic is the bullseye on the target of a well-conceived training program that includes core strengthening, strength training, high-intensity interval training and self-myofascial release [the use of gentle, sustained pressure to relieve tension in connective tissues]."

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Because efficient movement and function depend on coordinated communication between the nervous system and the body's other systems, Gratale advocates for a whole-body training approach. Restrictions in spinal or joint motion, muscular imbalances and asymmetrical movement patterns can disrupt efficient movement and lead to compensation. Optimal performance requires more than just muscle strength; it involves mobility, breathing mechanics, core stability, coordinated muscle activation and cardiovascular function, all of which influence the body's response to exercise.

Strategically Restart Exercise After Injury

Injuries can disrupt strength-training routines. While it is essential to allow the body to heal, returning to training after injury involves more than just waiting for pain to subside. Dr. Ronald Torrance II, a board-certified sports medicine physician at New Regeneration Orthopedics, in Florida, states, "Many patients stop exercising after an injury because pain and protective movement patterns create a cycle of de-conditioning, compensation and fear of re-injury. Dynamic neuromuscular stabilization and progressive functional movement training interrupt that cycle by first rebuilding the nervous system's control of posture and stability, then layering strength onto those corrected movement patterns."

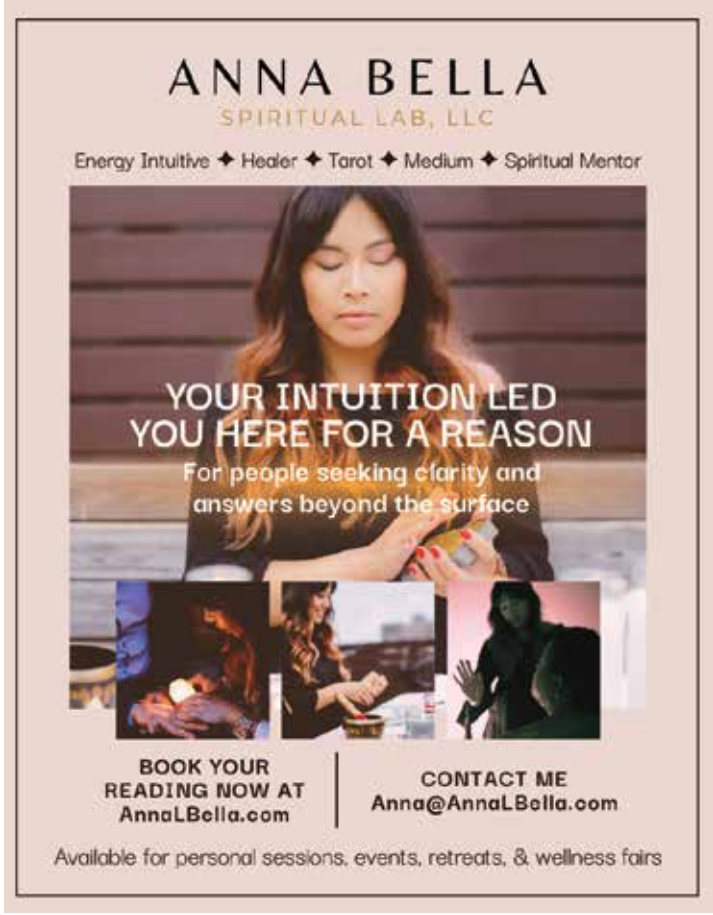
Instead of resting until an injury feels better or diving back into unrestricted exercise, functional training progressively reinforces improved movement patterns with squatting, hinging, pushing, pulling, carrying and rotating exercises. When conservative care has plateaued, but surgery is not yet necessary, regenerative and interventional orthopedics may offer additional options for suitable patients. "The goal is not simply pain reduction; it is creating a more favorable biologic environment so that progressive strength and movement training can resume productively," explains Torrance.

Image-guided orthobiologic procedures may use a patient's own biologic agents, such as platelet-rich plasma (PRP) or bone marrow concentrate (BMAC) to promote the healing of affected areas. Research is ongoing, with evidence supporting reduced pain and improved function for certain conditions, especially PRP for knee osteoarthritis, while evidence for BMAC and other applications is limited. For selected patients, these treatments may provide another option before surgery, reflecting a philosophy of using the least invasive approach to restore function and support a safe return to strength training

Get Started

Focus on proper form and gradual progression over lifting heavy weights too soon. Beginners and those returning after injury should allow adequate recovery, differentiate between normal muscle fatigue and pain indicating injury, and consult qualified professionals if health conditions or previous injuries exist. Whether starting with resistance bands at 70 or lifting a barbell for the first time at 35, building strength preserves mobility, independence and quality of life for years.

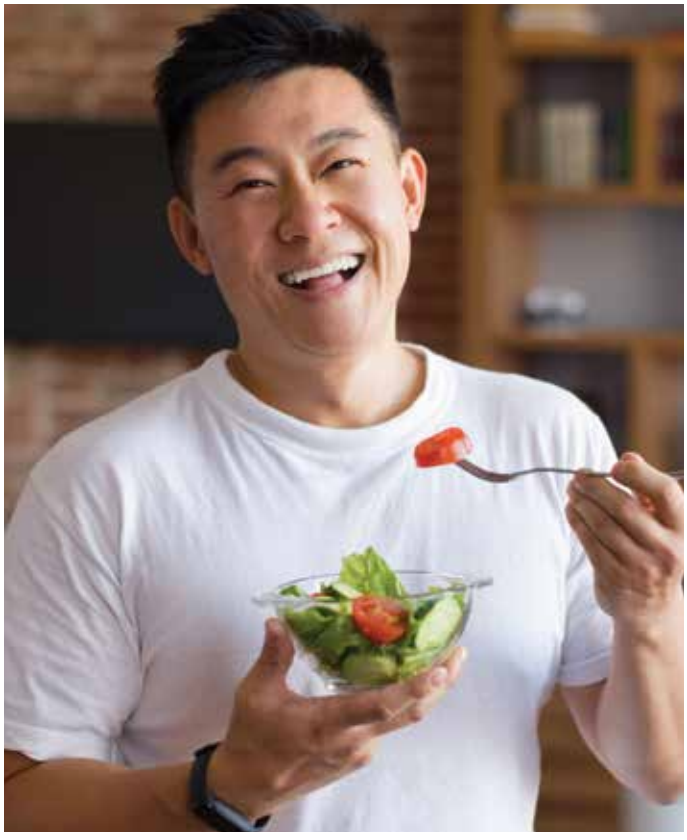
Dr. Brian Stenzler is vice president of operations and chief health officer for KnoWEwell and the Natural Awakenings Publishing Corporation.



The Prediabetes Wake-Up Call

Lifestyle Changes To Keep Diabetes at Bay

by Leslie K. Hughes



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A prediabetes diagnosis can feel daunting, but many health experts describe it as an opportunity for positive change. The diagnosis indicates blood sugar levels are higher than normal but have not yet reached the diabetes range, which means the body is still highly responsive to healthful modifications.

According to the Centers for Disease Control and Prevention, more than two in five adult Americans are living with prediabetes, about 80 percent of whom are unaware of their condition. A landmark clinical trial showed that the Diabetes Prevention Program, involving lifestyle changes in diet and exercise, as well as modest weight loss, could effectively reduce the risk of developing Type 2 diabetes by 58 percent, outperforming medication alone.

Build a Balanced Plate

For many, the journey to diabetes prevention begins with dietary adjustments, not by restriction, as commonly thought, but by the adoption of better food pairings. Hillary Wright, a registered dietitian and director of nutrition at the Wellness Center at Boston IVF, in Massachusetts, recommends a "balanced plate" of one quarter lean protein such as seafood, poultry or tofu; one quarter fiber-rich carbohydrates like brown rice, quinoa or sweet potato; and the remaining half filled with colorful vegetables.

"Pairing carbohydrate-containing foods like rice or pasta with a source of lean protein increases the feeling of fullness a meal or snack provides and complicates the absorption of glucose into the blood, resulting in gentler blood glucose swings after meals," she explains. The order of food consumption also plays a role, although Wright emphasizes the importance of making mealtime enjoyable rather than mechanical. While there is evidence that eating vegetables and protein before carbohydrates can be beneficial, the goal is to establish a sustainable habit rather than adhering to a rigid rule.

Read Food Labels Mindfully

Dr. Rebecca Hunton, medical director of Radiantly Healthy MD, a functional medicine clinic in Indialantic, Florida, developed a shortcut for evaluating packaged foods: subtract the grams of fiber, fat and protein from total carbohydrates. A result of 10 or less indicates a gentler effect on blood sugar and insulin levels, while higher numbers tend to cause spikes in both. "What I am really asking is whether the carbohydrate is arriving mostly by itself, or arriving buffered, slowed down by fiber, protein and fat," she remarks, adding that finely milled whole grains often digest almost like flour, making the fiber count alone potentially misleading.

For protein quality, Hunton offers a second shortcut: multiply grams of protein by 10 and compare that number to total calories. If it matches or exceeds the calories, the food is relatively protein dense, a useful check when comparing yogurts, protein bars or prepared foods.

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Consider the Whole Body

Prediabetes serves as a signal from the entire body, not merely an isolated blood sugar anomaly, both experts agree. Hunton notes that insulin resistance often develops before lab values shift, and unexplained weight gain is frequently the first clue. Hormonal changes, including those associated with perimenopause, can accelerate this transition. "Women frequently blame menopause for how they feel without realizing that what is happening is a cardiovascular and blood sugar change," she says. Muscle mass also plays a pivotal role. Resistance training and regular physical activity, ranging from brisk walks to yard work, help the body regulate blood sugar levels.

Use Data as a Learning Tool

Wright holds mixed feelings about the use of continuous glucose monitors before a diabetes diagnosis, as there is insufficient evidence to define a normal pattern in prediabetes, and watching the data closely can inadvertently induce stress. "If wearing a monitor feels like it's creating too much anxiety around eating, it's a good indication to stop," she advises. A more effective approach, she suggests, is to wear a monitor for just two to four weeks, supervised by a physician or registered dietitian that can help interpret the results.

Hunton uses monitors earlier and more frequently, turning nutrition from guesswork into personal data, and comparing the impact of meals, sleep and physical activity on the glucose curve. Still, she agrees with the underlying philosophy: the goal is to understand, not surveil or judge.

Both experts raise a similar caution regarding food tracking, acknowledging that while it can build awareness, it should be approached with caution or avoided altogether by individuals with a history of disordered eating, which is defined by the National Eating Disorders Association as "a spectrum of problematic eating behaviors and distorted attitudes towards food, weight, shape and appearance."

Build Momentum With Modest Adjustments

According to Hunton, change does not have to be instantaneous to be meaningful. The body's patterns take time to rewrite, and consistency matters more than speed. Patience coupled with practical tools like balanced plates, label reading, shortcuts and a willingness to observe personal patterns without judgment, is what makes prediabetes reversible for so many.

Anyone navigating a new prediabetes diagnosis is encouraged to work with a physician, registered dietitian or certified specialist in diabetes care and education because individual glucose responses vary. With the right support, prediabetes transforms from a cause for fear into a window to choose a different course of action.

Leslie K. Hughes writes about physical and mental health issues. Learn more at HouseOfHughes.co and TheVisceralEdit.substack.com.

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Blueprint for Alzheimer's Prevention

A Conversation With Dr. David Perlmutter

by Sandra Yeyati

Ed Chappell

Dr. David Perlmutter is a board-certified neurologist and seven-time New York Times bestselling author. He serves on the editorial board of the *Journal for Alzheimer's Disease* and has published extensively in peer-reviewed scientific journals, including *Archives of Neurology, Neurosurgery* and *The Journal of Applied Nutrition*.

Perlmutter received his medical degree from the University of Miami Miller School of Medicine, where he serves as an associate professor. He lectures at major medical symposia, including ones sponsored by the World Bank, International Monetary Fund, Columbia University, Scripps Institute, New York University and Harvard University. His latest book is *Brain Defenders: Harness the Power of Your Immune Cells to Protect Your Brain for Life.*

What inspired you to write Brain Defenders *and how does it expand on your previous work?*

What inspired me was the realization that metabolism profoundly influences immunity, and that this relationship explains so much about why a healthy brain begins to deteriorate. The brain's immune cells can either protect and repair the brain or contribute to inflammation and degeneration, and their behavior is strongly influenced by our metabolic health, over which we have significant control.

My previous books explored how nutrition, blood sugar, the microbiome and lifestyle influence the brain. *Brain Defenders* brings these ideas together through the emerging science of immunometabolism—the relationship between the immune system and metabolism. It explains not simply what damages the brain, but how the brain's own defenders can become destructive, and, importantly, what we can do to restore their protective function.

What are we currently getting wrong about Alzheimer's disease?

We continue to treat Alzheimer's as though it begins when memory fails. This idea is categorically wrong. In reality, the disease may have been developing for decades prior to the appearance of cognitive manifestations. We have also focused overwhelmingly on amyloid [an abnormal protein buildup that forms sticky deposits or plaques in the brain], treating it as the cause when it may be, at least in part, a downstream response to metabolic dysfunction, inflammation, infection and impaired cellular housekeeping.

What are microglia and how can they become dangerous?

Microglia are the brain's resident immune cells. They are con-

stantly surveying their environment, looking for infection, injury, damaged cells and unwanted material. In their protective role, they clear debris, support repair, maintain synapses and help keep the brain resilient.

But when microglia are exposed chronically to signals associated with insulin resistance, poor diet, disrupted sleep, infection, toxins or a damaged gut barrier, they can remain locked in an inflammatory state. Instead of briefly responding to danger and then returning to a restorative mode, they continue releasing inflammatory chemicals and may begin eliminating healthy synapses. Obviously, this plays out badly for the brain. In other words, the brain's defenders can become part of the problem, but their behavior is not necessarily fixed.

What strategies can people use to protect their brain?

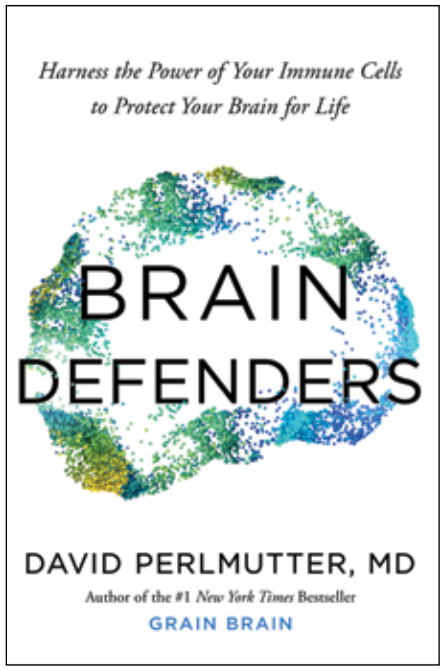
Begin with metabolic health. Know your fasting glucose, hemoglobin A1c, blood pressure, waist circumference, triglycerides, insulin level and other markers of cardiovascular risk. Exercise regularly, combining aerobic activity with resistance training. Prioritize restorative sleep and evaluate possible sleep apnea.

Eat a fiber-rich, minimally processed diet; protect the microbiome; maintain meaningful social relationships; continue learning; protect your hearing; avoid smoking; and minimize exposure to air pollution and other toxins whenever possible.

No single intervention guarantees protection. The power comes from addressing several interconnected pathways consistently over time. The encouraging message is that many of the factors influencing brain aging are within our reach.

What can people diagnosed with Alzheimer's do?

A diagnosis should never be interpreted as



a reason to abandon prevention-oriented strategies. Even after symptoms begin, we should identify and address insulin resistance, hypertension, sleep apnea, hearing loss, nutritional deficiencies, medication effects, depression, inactivity and social isolation. Exercise, diet, sleep, cognitive engagement and vascular risk management remain highly relevant.

Current medications may provide modest symptomatic benefit for some patients. The anti-amyloid antibodies lecanemab and donanemab can minimally slow measured decline in carefully selected people with early disease, but the average benefit is minimal, treatment is burdensome, and there are meaningful risks, including brain swelling and bleeding. These treatments deserve an individualized discussion, not exaggerated promises. Removing amyloid does not address the full biology of Alzheimer's.

What misconception about brain health do you hope this book will finally clear up?

The misconceptions I most want to challenge are that cognitive decline is an inevitable consequence of aging, and that our genes determine our destiny. Gene variants, such as APOE4, may influence risk, but they do not operate in isolation. Metabolism, inflammation, sleep, diet, exercise, environmental exposures and the microbiome all influence how that risk is expressed.

The brain is not simply waiting to deteriorate. It is responding continuously to the signals we send it. *Brain Defenders* is ultimately a book about agency: the recognition that we can absolutely begin changing many of those signals today.

Sandra Yeyati is national editor of Natural Awakenings.

To read a longer version of this conversation, visit TinyURL.com/PerlmutterWW or scan the QR code.

Safe Havens for Happy Dogs and Cats

Designing a Stress-Free Space for Our Pets

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

Imagine the relief of stepping through the front door after a long day, taking a deep breath and feeling the weight of the world lift. For humans, home is a sanctuary, but for pets, it is their entire universe. The constant noise, unpredictable schedules and lack of control over daily routines can leave dogs and cats feeling overwhelmed. Because pets rely so completely on the humans around them, a household's atmosphere tends to become their anchor. Therefore, pet wellness often begins by creating a calm, appreciative environment.

Pets Absorb Their Caregivers' Stress

Companion animals are highly sensitive to the emotional currents inside a home, often acting like mirrors, reflecting the vibe of their surroundings. A 2019 study published in *Scientific Reports* measured cortisol, a stress hormone, in the hair of 58 dog and owner pairs. The results show that long-term stress levels are synchronized in dogs and their owners. And a 2015 study in *PLOS ONE* involving 1,508 dog owners found that dogs of emotionally distant owners were more likely to exhibit separation-related disorder, showing severe distress when left alone.

Marlene Siegel, an integrative veterinarian and owner of Pasco Veterinary Medical Center, in Florida, views this mirroring as information rather than a reason to assign blame. On the *Healing Tails* podcast, she explained that pets are "showing us something that we need to learn," and that it is up to us to pay attention, become aware of it and "shift the energy."

A 2026 article in *Biological Reviews* notes that city dogs face chronic stress because their environments and routines are overwhelming. Living in busy urban areas can overstimulate a dog's senses, and because they rely entirely on humans, they rarely get to make their own choices. This affects the hypothalamic-pituitary-adrenal axis—the body's main stress alarm system. In normal settings, the alarm turns on during danger and turns off when the danger passes. But for these dogs, the alarm never shuts off, causing cumulative damage to their physical health and changes in behavior.

Emotional distress can also affect a pet's appetite. For example, a senior, mixed-breed dog stopped eating from his bowl, even avoiding his favorite foods, months after his longtime canine companion passed away. Bloodwork indicated a physical issue requiring its own investigation, but the fear at the bowl was something tests alone could not explain. Offering food wherever he felt safe, before adding supplements, helped stabilize him within days.

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Practical Steps to Create a Calmer Home

A supportive home is built on appreciation, where caregivers strive to understand a pet's instincts, rather than expecting the animal to navigate a human world unguided. A 2021 study from University of California, Davis, published in *Frontiers in Veterinary Science*, found that dogs displayed signs of fear in response to household sounds, especially high-pitched beeps like smoke-detector chirps, while owners responded with amusement in about 46 percent of the videos analyzed. A 2023 study in *Applied Animal Behaviour Science* found that cat owners with misconceptions about feline behavior were more likely to respond with yelling, hitting or water sprays.

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Because the stress levels of pets and their caregivers tend to synchronize, quiet shared moments such as mindful petting offer a calmer counterpoint to a busy day. Siegel suggests a simple routine: "Put yourself in a state of gratitude every morning, midday and every night." The moments do not need to be grand. "You open your eyes and you may see the sun coming through. You may hear birds chirping." She believes the shift reaches pets too: "You're going to reset them while you reset yourself."

Establishing a safe haven, such as a quiet corner away from foot traffic and appliances, provides a pet with a place to retreat. Small, safe choices—like choosing which bed to sleep on—can restore a sense of autonomy. Sniffing walks suit many dogs; vertical space and separate litter boxes suit many cats.

A calm, appreciative home supports behavioral well-being, but does not replace veterinary care. Sudden behavior changes, such as a spike in aggression or a loss of appetite, can signal a physical issue that requires prompt veterinary evaluation. Siegel's rule of thumb is "Test, don't guess."

Creating a calm household does not require perfection every day. Noticing how an owner's presence and emotional energy ripple outward to their animals is a meaningful start. Note also that emotional support is a two-way street. An analysis of 1,421 primary caregivers in the peer-reviewed journal *Anthrozoös* found that as family conflicts rose, so did people's attachment to the family pet, suggesting that animals offer comfort to humans during hard times. The connection is mutual.

Ruth Roberts is an integrative veterinarian and holistic pet health coach. Learn about The Original CrockPet Diet and her coach certification program at DrRuthRoberts.com.

November's Call for Introspection

by Marlaina Donato

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Despite arriving faded and underdressed, November hands us an abundant basket with a little melancholy tucked away at the bottom. The landscape, often gray and streaked with rain, seems to hold its breath, waiting for sunnier times. This month inspires us to make a feast from what we have on hand—whether we make hearty soup from the last few potatoes at the bottom of the bin or hold one thing in gratitude as we gather around the harvest table. Late autumn reminds us that bounty comes in an array of colors. The more we train our eyes to notice the in-between hues, the more we can appreciate what we see when looking at the world from our small window.

"This November there seems to be nothing to say," wrote American poet Anne Sexton in her personal correspondence, a quote we can imagine the earth uttering too. Perhaps, herein lies valuable wisdom reminding us that some hours are best spent listening to what was muffled by the noisy busyness of other seasons. As the year winds down, it's tempting to add up all the things we didn't accomplish, lament about fewer hours of daylight or rush to plan the holidays. What if we paused instead, right where we are, in the threshold between seasons? What if we devoted a few minutes each day to sit with what remains unfinished, uncertain or unseen?

November asks us to kick off our shoes and feel the foundation beneath us, to take inventory of what we've stored up over the year: sustenance we might have overlooked, patience we thought was running out, friendships worthy of dusting off and aspirations that need just a little more commitment. It is a lovely time to ask ourselves questions we might have avoided on sunny days: "In what ways can I nourish my life? What kind of hopes can I bring to the table, and who can I invite?"

Marlaina Donato is an author, painter and composer. Connect at WildflowersAndWoodSmoke.com.

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Homeopathy Myths

Refuting the Most Common Misconceptions

by Christina Donka, CCH

Myth: Homeopathy is just another name for herbal medicine. Homeopathic remedies come from natural sources, including plants and minerals. While an herbal tincture relies on measurable amounts of a plant or plants, a homeopathy remedy follows homeopathic principles and is prepared through a specific process of dilution and vigorous shaking.

Myth: The pellets are nothing but sugar.
Most homeopathic remedies come in the form of a tiny sugar pellet that dissolves under the tongue; this is simply the carrier. During manufacturing, the pellet is infused with the prepared homeopathic remedy.

Myth: Nobody regulates these products.
Under U.S. federal law, homeopathic remedies are classified as drugs, and the U.S. Food and Drug Administration oversees their manufacture, marketing and sale.

NataKor/shutterstock

Myth: More is better.
The opposite is true. The "minimum dose" principle dictates taking only enough of a remedy to spark a healing response. If symptoms return, then the dose can be repeated, although it is best to check with a homeopathic practitioner.

Myth: Homeopathy is only good for the sniffles.
Colds, flu, sore throats, earaches, bumps and bruises are where most families begin, and that's where a homeopathy home kit really shines. But homeopathy goes well beyond first aid.

Myth: There is no research behind homeopathy.
Thousands of studies on homeopathy have been published in medical journals, including clinical trials and laboratory research into the biological activity of highly diluted substances.

This article is based on information in HomeopathyCenter.org. Christina Donka is executive director of the National Center for Homeopathy, providing education, resources and advocacy since 1974.

To read an expanded version, visit TinyURL.com/HomeopathyMythsNA or scan the QR code.

Grato Health Empowered. Together. Underwritten by Grato Health, in operation since 1987, dedicated to advancing health and wellness through natural, holistic solutions that support the body's ability to heal.

calendar of events

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

Thursday

Weekly Neuro-Transformational Guided Meditation Circle – 10:30-11:30am, Online. Release your stress and relax with Lois Kramer-Perez. Using visualizations along with guided clearing meditations, clear accumulated stress therefore clearing the self. Register by 9am to receive the Zoom link from Lois emailed at 10am. Details: Lois@loiskramererez.com. 201-906-5767. Register: LoisKramerPerez.com/My-Events/.

Friday, November 6

Mahwah Museum Gala – 5:00pm – 9:00 pm. Enjoy an evening of festive food and drinks, patriot-themed games and activities, raffles and prizes, and great company, all while supporting the Museum's mission to preserve and share Mahwah's history for generations to come. General Admission - $50. Contact mahwahmuseum@gmail.com or 201-512-0099. Visit https://mahwahmuseum.org/. Location: 475 Corporate Dr, Mahwah, NJ.

Saturday, November 7

Crystal Workshop – 10:00am – 11:30 am. In this class led by Reiki master Lisa LaCava, learn how to choose and work with crystals. The fee includes 2 crystals for you to work with and take home. Cost $35. Call 845-290-0678 to register or https://saltoftheearthcfh.com/. Location: Salt of the Earth Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY.

Hands On History – 1:00pm – 3:00 pm. Join us in the lab and discover how archaeologists reconstruct the activities of past cultures! Working alongside an expert, participants will handle real artifacts from our collection and learn how archaeologists investigate and interpret the objects they uncover. Register at https://seepassaiccounty.org//. Location: Passaic County Archaeology Center, 1093 Greenwood Lake Turnpike, Ringwood, NJ.

Sunday, November 8

Bergen Annual Fall Food Truck Festival – 12:00pm – 5:00 pm. Come hungry and spend the afternoon sampling food from a variety of food trucks while enjoying the NFL Football Red Zone, a beer garden, mini golf, a photo booth, henna, children's activities, and more. Visit https://bergentowncenter.com/. Location: Route 4 Parking Lot (outside of World Market), Bergen Town Center, Paramus, NJ.

Singing Bowls Sound Healing – 2:30pm – 3:30 pm. In the serene environment of the salt cave, join sound healer Beth Lantigua for a relaxing and restorative session of Himalayan and crystal singing bowls. Cost $60. Call 845-290-0678 to register or https://saltoftheearthcfh.com/. Location: Salt of the Earth Center for Healing, 811 Chestnut Ridge Rd., Chestnut Ridge, NY.

Tuesday, November 10

Stroke and Aneurysm Support Group – 5:30 pm - 7:00 pm. A positive forum for stroke survivors and their caregivers dealing with life issues after a stroke. Members share their challenges, triumphs, and other personal experiences after having a stroke. Please call 201-389-0205 or email strokesupport@valleyhealth.com to register for our monthly invitation. Visit Website at valleyhealth.com/events. Location: Valley Health System - 4 Valley Health Plaza, Paramus, NJ.

Wednesday, November 11

Yoga for Addiction Recovery and Overcoming Eating Disorders – 11:00am – 12:00am. Learn how yoga can aid in recovery from substance use and eating disorders. Visit Website & Register at www.englewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Hospital, 350 Engle Street, Englewood, NJ.

Thursday, November 12

Breastfeeding Support Group In-Person, 11:00 am - 1:00 pm. This group is for those breastfeeding and pumping, newborns up to 6 months. A scale will be provided for weighted feeding. Visit Website at valleyhealth.com/events. Location: Valley Health System - 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Saturday, November 14

Seasonal Yoga Flow – 9:30am – 10:30am. Join Syn for a gentle, heart-opening yoga flow inspired by nature's changing seasons. Through mindful movement, breathwork, and botanical wisdom, reconnect with your body and find your natural rhythm. All levels welcome. Bring yoga mat and water. Visit Website & Register at https://www.nenrikitherapy.com. Location: House of Nenriki, 169 Paris Ave, Northvale, NJ.

Sunday, November 15

Heal and Hike – 10:00am – 11:30am. A transformative 90-minute experience designed to rejuvenate your mind, body, and spirit. Visit Website & Register at www.englewoodhealth.org. Location: Tenafly Nature Center, 313 Hudson Avenue, Tenafly, NJ.

Monday, November 16

Meditation and Yoga for Cancer – 10:00am – 11:00am. Learn guided meditation, therapeutic yoga, and breath work to relax, refocus, and reconnect in a supportive environment. Visit Website & Register at www.englewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Hospital, 350 Engle Street, Englewood, NJ.

Tuesday, November 17

Caregivers Support Group – 4:00 pm - 5:30 pm. Join us for support group sessions to assist those caring for a loved one. Visit Website at valleyhealth.com/events. Location: Valley Health System - The Valley Center for Health and Wellness, 1400 MacArthur Blvd, Mahwah, NJ.

Wednesday, November 18

Meditation and Movement Using a Chair – 10:00am – 11:00am. Learn ways to calm your mind and body through chair stretching and yoga. Visit Website & Register at www.englewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Hospital, 350 Engle Street, Englewood, NJ.

Thursday, November 19

Newborn Baby Care – 6:00 pm - 9:00 pm. This one-session class details all the basics of newborn care for expectant/adoptive parents. Topics will include bathing, bath products, diapering, cord care, temperature taking, sleep patterns as well as your postpartum care/topics. Visit Website at valleyhealth.com/events. Location: Valley Health System - The Valley Center for Health and Wellness, 140 E. Ridgewood Ave, Suite 501N, Paramus, NJ.

Friday & Sunday, November 20 – 22

New Jersey Thanksgiving Market & Community Festival – 10:00 am - 6:30 pm. This festive brings together local artisans, small businesses, food vendors, specialty retailers, and community organizations for a festive three-day outdoor celebration. Visitors can enjoy seasonal shopping, delicious food, live entertainment, and family-friendly activities with beautiful views of the New York City skyline. For more information, email Cecilia at ezparza256@gmail.com. Location: Liberty State Park ,1 Audrey Zapp Drive, Jersey City, NJ.

Saturday, November 21

Couples Massage Workshop – 12:00pm – 2:00pm. Join us at the House of Nenriki for a fun and relaxing couples massage class. Whether you're new to massage or just want to deepen your connection, this hands-on workshop is perfect for you and your partner. Get ready to learn easy techniques, share some laughs, and enjoy quality time together. Visit Website & Register at https://www.nenrikitherapy.com. Location: House of Nenriki, 169 Paris Ave, Northvale, NJ.

Sunday, November 22

Full Moon Float - Aerial Restorative Yoga & Sound Healing – 5:30 – 7:00 pm. Float with Me: A quite evening to rest, breathe, and be held by sound. Guided by Pei at Pure Bliss Yoga studio at 725 River Road Ste 54 Edgewater, NJ.

Monday, November 23

Sketch Group – 6:00pm – 7:30pm. Join us for a night of sketching & bring your own supplies and sketch a still-life with the group or bring a project you're currently working on! For adults and teens 13+.Visit Website & Register at https://www.riverdalelibrary.org/. Location: Riverdale Free

Public Library, 93 Newark Pompton Turnpike, Riverdale, NJ.

Tuesday, November 24

Meditation for Stress, Anxiety, and Depression – 3:00am – 4:00am. Learn simple meditation techniques to build resistance for stress, anxiety, and depression. Visit Website & Register at www.englewoodhealth.org. Location: Graf Center for Integrative Medicine, Englewood Hospital, 350 Engle Street, Englewood, NJ.

Tuesday, November 24

Full Moon (Supermoon) Sound bath and Restorative Yoga – 8:00 – 9:30 pm. Experience an evening of rest, and restoration with Jordan and Zeni at Pure Bliss Yoga studio at 725 River Road Ste 54, Edgewater, NJ.

Thursday, November 26

River Vale Run & Turkey Trot Charity 5K – 8:00am – 12:00pm. The vision is to help communities become healthy, fit, and happy by providing coaching, clinics and classes for everyone young and old. Visit Website & Register at https://runsignup.com/. Location: Mark Lane Sports Complex, 400 Mark Lane, River Vale, NJ.

Saturday, November 28

Unico Italian Christmas Craft Fair – 10:00am – 4:00pm. Over 60 local handcrafters, pictures with Santa, Christmas carols, food and cash 50/50 will fill 2 rooms at this new location! Come out and support Small Business Saturday and Unico by starting your shopping season off right with a fabulous handcrafted gifts for all of your loved ones. Free admission, bring the whole family out to a wonderful day of shopping and eating. Visit Website & Register at https://marshmallowevents.square.site/. Location: Academy of Saint Paul, 187 Wyckoff Ave, Ramsey, NJ.

Sunday, November 29

Thanksgiving Craft Fair – 10:00am – 5:00 pm. Features around 125 to 145 artists and crafters offering handmade jewelry, holiday decor, apparel, ceramics, photography, and specialty items like homemade pickles and popcorn & much more. Call 201-410-5416 to register or https://pjspromotions.com/events-2/. Location: PJ's Promotions, Paramus High School, 99 East Century Road, Paramus, NJ.

Wednesday, December 2

Restorative Yoga & Massage – 6:30pm – 9:30pm. Join us for an evening of deep rest and gentle restoration designed to invite calm, ease, and presence into the body. As you settle into supported postures, hands-on assists and therapeutic massage will be offered throughout the practice to help release tension and guide you into a deeper state of relaxation. Visit Website & Register at https://www.nenrikitherapy.com. Location: Peace in Piermont, 458 Piermont Ave, Piermont, NY.

business directory

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

ENERGY HEALING

YVONNE MARIA SCHAEFER
Transcendental-readings.com

Yvonne Maria Schaefer is based in Frankfurt and New York and loves to travel the world. In her travels, she studies cultures and the connections that unite us, while exploring physic theories that link the spiritual and material worlds. Yvonne does readings for private clients and companies. From an early age, Yvonne has been very intuitive, able to see where a person is in their life and what they need to overcome, as well as identifying opportunities that lie ahead. Every time she does a workshop or a reading, she observes the positive change it can bring about, the transformation, and closure. She has studied quantum healing and various Eastern and Western approaches to wellness, participating in many seminars, lectures, and courses. As a public speaker, Yvonne specializes in the power of intention, and the human consciousness, how it is shaped by our thoughts and experiences in the physical world, as well as the consciousness beyond that connects us to universal truths.

ENERGY INTUITIVE

ANNA BELLA
AnnaLBella.com
Energy Intuitive, Clairvoyant, Medium, and Spiritual Mentor

Anna Bella is an intuitive energy clairvoyant, medium, and healer with over a decade of experience helping clients navigate life's challenges through intuitive insight, healing, and connection to the spiritual realm. Through private sessions, events, and mentorship, she combines spiritual guidance and healing energy to support emotional healing, spiritual development, and soul-level transformation. Known for her warmth, accuracy, and grounded approach, Anna creates experiences that are both deeply personal and transformative. One client shared that "in every one of her readings, you will find a profound message meant for you." Learn more or book a session at AnnaLBella.com. *See ad, page 19.*

FUNCTIONAL MEDICINE

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

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

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

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

There's a sunrise and a sunset every single day, and they're absolutely free. Don't miss so many of them.
—Jo Walton

HEALING

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

How you do Anything is How you do Everything" is my favorite quote and way of life. "Healing is not a one-size-fits-all all," This is a saying that I have coined since beginning my spiritual journey. I realize that one healing modality may not work for everybody, and that's ok. This is why I made Rock Collage (Founded in 2015) a one-stop healing shop. Not only am I a Grandmaster Reiki healer, but I am an experienced nutritionist, crystal practitioner, astrologer, herbalist, jeweler, yogi, artist, musician, life coach, and intuitive reader. Most importantly, I, Myself, invite you to do the same. I have made it so that Rock Collage is a place where individuality thrives, self-love is the norm, and everyone has a second chance at life. Becoming a mother in 2020 not only shifted my outlook on life but also helped me understand another level of healing and how to serve better the majority of my client base, who are also women with children. From assisting women to regulate their menstrual cycles to being able to pinpoint illness in the body by holding space of understanding for those who are working on their mental wellness and handmaking jewelry that serves a purpose, I am genuinely making space for the individual soul while making a collective impact. *See ad, page 21.*

HOLISTIC DENTAL CARE

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

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

INTUITIVE PRACTITIONER & FENG SHUI

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

"If we want to make changes in our lives, we must start from within." Are you ready? Through her own journey of self-discovery, Lois has embraced diverse energy modalities as a way of life, and she wants to share them. Lois has developed simple, effective techniques that help clients sharpen their awareness, clarity and empowerment through feng shui, personal meditative clearing, and environmental space clearing. Each of these services can provide anchors for creating change from the inside out. Let's get started! *See ad, page 23.*

LIFE COACH

EASE INTO YOUR LIGHT
Maral Varjabedyan, Life Coach

Welcome to Ease into Your Light! I am excited to cross paths with you and to support your journey of living your authenticity (i.e. light). It can feel difficult sometimes to live authentically when we get caught up in our day-to-day life. We can take note of moments of disconnection and remember our authenticity is always available for us to align with. Ease into Your Light is a platform through which I offer life coaching and creative expression workshops (e.g. vision board workshops) to align with authenticity and our heartfelt dreams. You may book a free Discovery Call through Ease-Into-Your-Light.com to discuss your coaching goals and priorities with me.

SPA & RELAXATION

FLORA'S COTTAGE SPA
201-895-1643
7 N Broad St, Ridgewood, NJ 07450
FlorasCottages.com

The personalized luxurious Day Spa, Skin Care for you. Iva Sebestyan is the founder and heart behind Flora's Cottage Spa, a European-style organic day spa in Ridgewood, NJ. Her passion for natural skincare began after spending summers surrounded by grandma's garden full of flowers, herbs with herbal remedies, inspiring her to explore the healing power of plants and organic ingredients. In 2018, she launched Flora's Cottage to share her holistic philosophy, offering certified organic treatments, personalized facial services, and educational workshops that empower clients to care for their skin naturally. A certified esthetician, Iva continually expands her expertise through advanced training, with time-honored traditions with modern organic skincare techniques to create nurturing experiences.

SPIRITUAL WELLNESS

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

Cattleya Trianae is not only a spa to pamper men and women, but it is guaranteed to help you replenish a finer and smoother look for all skin types, with all-natural products to give you that feeling of zen that you have been looking for. Come take a break and experience this feeling yourself. The founder Danelly Salamanca, a Colombian born and graduate of Parisian Beauty Academy Paul Mitchell Partner School, one of the top ranked schools known for their beauty and skincare industry. *See ad, page 7.*

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