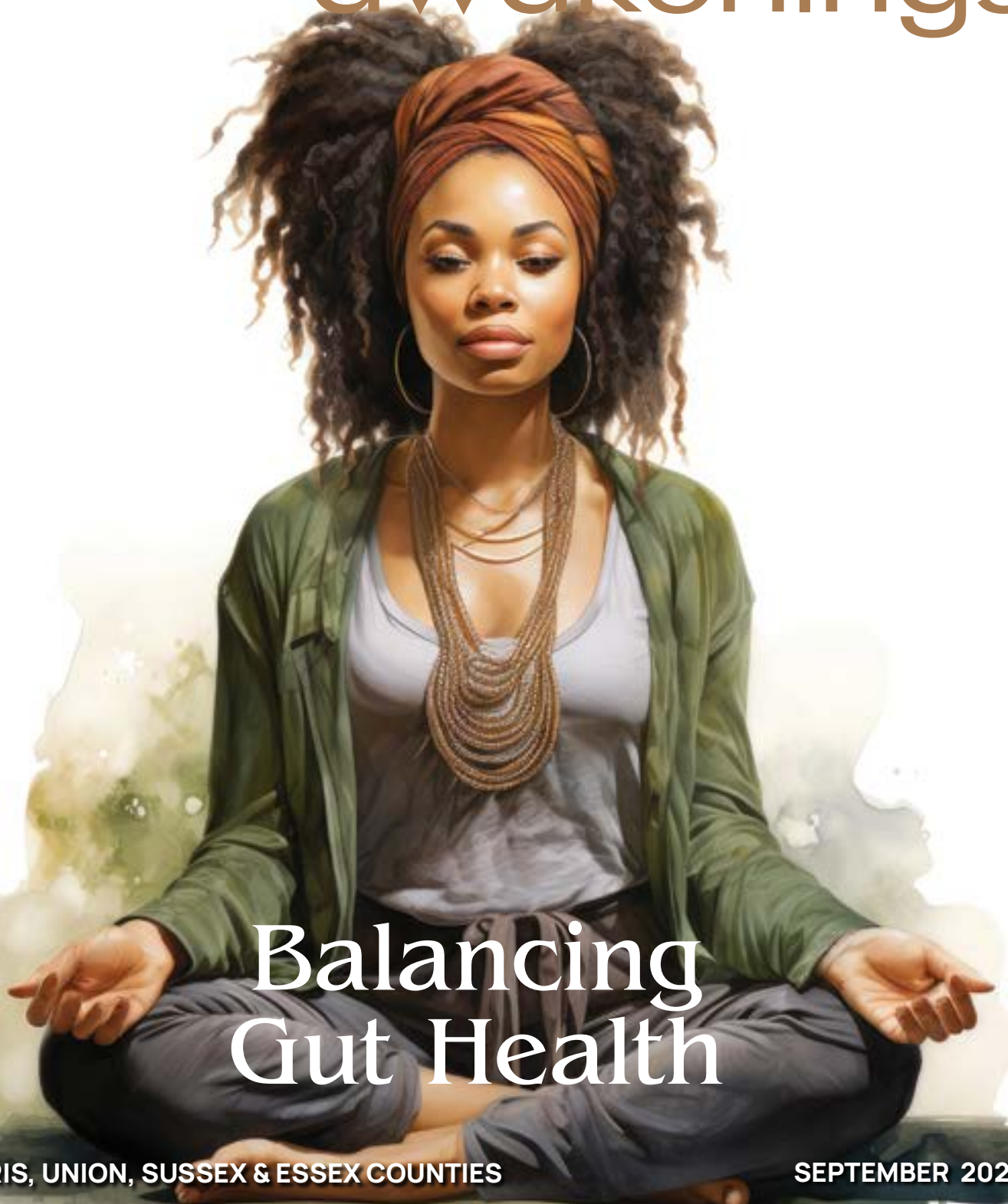




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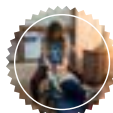


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## Publisher's Letter



*Joe & Asta Dunne,  
Publishers*

Today, communication is on my mind and how much we take for granted that people are hearing exactly what we are saying.

When we are trying to make a point, debate a topic or express a personal view, how well we communicate rests on understanding what will interfere or help set up success. Internal and external factors can affect the conversation positively and/or negatively. Simple phrasing can undermine what we assume is crystal-clear messaging.

Experience is teaching me how to use words that disarm rather than increase tension. These techniques aren't just to help other people open up to listen, to understand, and to hear. The process also helps me to do the same. Whether I am speaking with family, clarifying business issues, dealing with employees, delivering a speech, asking for a request—no matter who I am striving to communicate with—there are many factors that go into delivering and receiving messages so that neither side is distorted.

Taking time to think about what I want to say before I say it helps. The environment also matters. Tone matters. My choice of words matters. When I use words that are defensive or suggest blame, misunderstanding and tension will escalate. Voices get louder, the mood will shift, and it will be much harder to reach some kind of mutual understanding.

“What is said is not always what is heard.”

Listening skills are crucial. Active listening is an act of attention, focus, getting outside our inner thinking to paying attention as we should. It is not easy. Bad habits interfere constantly. We speak over each other, we over talk, we interrupt. Is it any wonder how or why we get things wrong?

It is wise to remember that communication is an art—and good art requires patience. For me, it takes laser focus to remind myself to think before I speak, to slow down to acknowledge that I owe you the respect of listening. And, if asked to listen or participate, sometimes just listening is enough.

As I write, these thoughts come to mind: “texting is not talking” and “listening is not necessarily hearing”. And what goes on between our ears is where paying attention really matters.

Hopefully, you heard my meaning, and I hope I was clear.

With peace, love and laughter,

*Joe & Asta*



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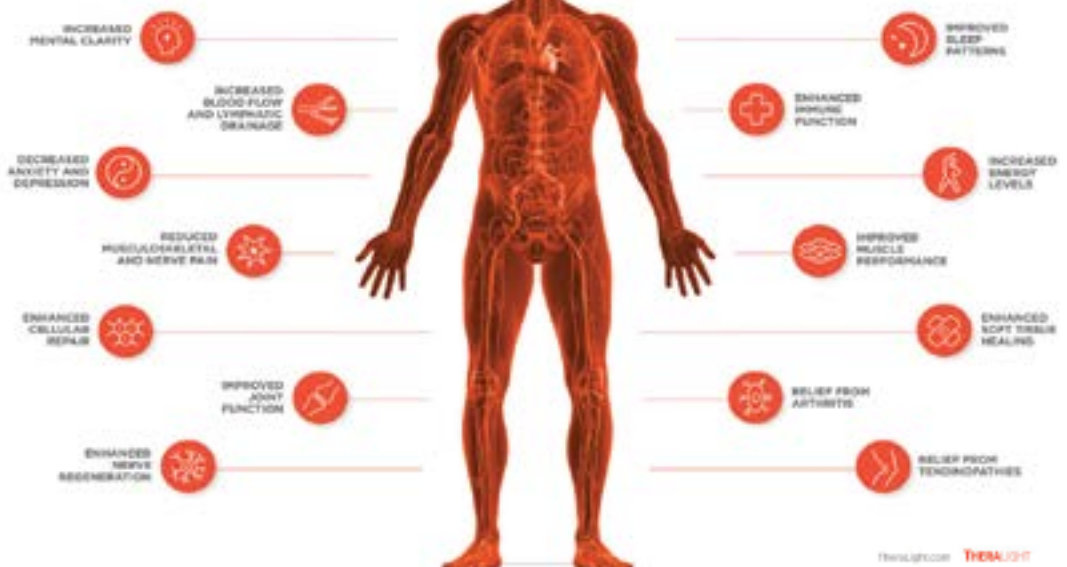


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## FABRIC By Robin Lennon – A Legacy of Fiber and Design



Fabric, fiber, and design have been central to human culture for centuries, and for Robin Lennon, they are a personal legacy. Beyond fabric and fashion, she also shares her gifts as a channel and medium, offering readings for those seeking insight and inspiration alongside artistry.

At her boutique, FABRIC By Robin Lennon, she curates a collection of fine materials and creates original, one-of-a-kind designs.

The shop offers upholstery fabrics, silks, linens, vintage trims, feathers, and buttons—treasures for designers and everyday makers alike. Robin's creations include shawls, kimonos, handbags, totes, aprons, and ruanas (ponchos with sleeves), all designed to bring beauty and individuality to your wardrobe and home.

*Location: Gazebo Plaza, 253 Newton-Sparta Rd, Newton. Hours: Wed–Fri 1–6 p.m., Sat 1–5 p.m., or by appointment. For information, text/call 646-645-1003, email [Robin@RobinLennon.com](mailto:Robin@RobinLennon.com) and visit [RobinLennon.com](http://RobinLennon.com). See ad, page 15.*

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*Location: 15 Sparta Ave., Sparta. For information and appointments call 862-266-2070 or email [marksgallagher@hotmail.com](mailto:marksgallagher@hotmail.com). Find us on Facebook. See directory, page 38.*



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*Location: 15 Sparta Ave., Sparta. For information call 973-551-5300 and visit ISDSparta.org. See directory, page 38.*

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Sayrah shares this work through monthly in-person classes at Brookside Community Church in Brookside, NJ (third Sundays) and weekly online classes via Zoom (Fridays). No dance experience is required—just openness and a willingness to move. All are welcome.

*For more information and to register, visit SayrahGarrison.com/workshops-events. See directory, page 36.*

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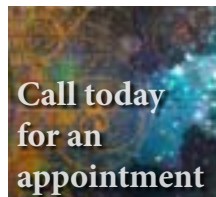
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## GLOBAL INTEGRATION OF TRADITIONAL MEDICINE

In May, the World Health Organization adopted the “WHO Traditional Medicine Strategy 2025-2034” with the objective of facilitating universal access to traditional, complementary and integrative medicine. The organization has committed to investing in the research of ancient healing practices and their integration into conventional healthcare systems over the next decade.

While representatives from Asia, Africa, the Middle East and South America supported this global strategy, the European Union raised concerns about quality and safety standards. To alleviate fears about counterfeit products or misleading claims, the plan stipulates that no practices would be endorsed without evidence-based research, and the modalities will be codified and integrated into a regulatory framework. The blueprint also acknowledges the rights of Indigenous peoples to their traditional medicines and emphasizes the importance of sharing the benefits when their knowledge leads to commercial products.

Traditional medicine employs nature-based remedies and holistic approaches to restore balance in the mind, body and environment. Certain practices such as Ayurveda or Traditional Chinese Medicine have been developed over millennia and codified in scholarly texts. Others can be characterized as non-codified folk medicine passed down orally from generation to generation. Whether formally documented or carried forward around the campfire or kitchen table, these practices serve as the primary healthcare option for substantial populations in low- to middle-income countries and are gaining popularity in wealthier countries as complementary care.



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## Health Briefs

### FOOD COMPANIES TO DISCONTINUE FOOD DYES

Kraft Heinz, General Mills and Nestlé have announced a voluntary commitment to eliminate all artificial food dyes from their U.S. products starting in mid-2026 and to stop using them in new products immediately. Kraft Heinz and Nestlé maintain that about 90 percent of their U.S. products are already free of synthetic dyes, with remaining efforts focused on specific items such as Nesquik Banana Strawberry mix, Kool-Aid, Jell-O and Jet-Puffed marshmallows. General Mills has indicated that their pledge will affect only 15 percent of its product portfolio and has vowed to prioritize removing the offending colors from K-12 school foods.



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The move comes as federal health officials push for the phase-out of petroleum-based dyes due to health concerns, including behavioral effects in children. The Center for Science in the Public Interest continues to advocate for the implementation of warning labels on products containing synthetic dyes. Although the U.S. Food and Drug Administration recently approved new natural colorings, manufacturers face challenges in terms of cost, color intensity and sourcing.

### HEAVY METALS IN RICE

A study conducted by Healthy Babies Bright Futures revealed that rice sold in stores across the United States contains toxic heavy metals. After analyzing rice samples from 145 brands across 20 metropolitan areas, arsenic was detected in all samples, and one in four exceeded the U.S. Food and Drug Administration's limit for infant rice cereal, which is set at 100 parts per billion. There is no established threshold for non-infant rice products.

Arsenic poses significant concerns for children under 2 years of age and pregnant mothers, and it has been linked to cancer and developmental brain damage, including lower IQ. Cadmium, lead and mercury were also found in the rice samples. Although the heavy metal levels are not high enough to cause acute poisoning, the concern is that consumption of these products over a long period of time could be harmful.

To lower exposure, the study suggests cooking rice in six to 10 cups of water and draining the excess liquid to reduce arsenic levels by up to 60 percent. Rice alternatives are also recommended, including quinoa, farro and barley, which exhibit a 69 percent lower heavy metal contamination than rice. Thai jasmine, Indian basmati and California-grown rices were also recommended as safer options.



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## CRANBERRY PRODUCTS FOR URINARY TRACT INFECTIONS

Products containing cranberries, including juice and capsules, have been widely used for decades to prevent urinary tract infections (UTI). To objectively assess this anecdotal evidence, a research team conducted a review of 50 studies involving approximately 9,000 participants susceptible to UTIs. The published findings in the Cochrane Database of Systematic Reviews indicated that cranberry products may help prevent the condition in children, women with recurrent UTIs and those prone to UTIs following medical procedures. However, no discernible benefits were observed in elderly individuals living in long-term care facilities, pregnant women or adults experiencing difficulties with bladder emptying.



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## ENDANGERED BUTTERFLY BENEFITS FROM HURRICANES

The Schaus' swallowtail butterfly was one of the first insects to be listed under the U.S. Endangered Species Act in 1976, and their population hit an all-time low on Elliott Key, Florida, with an estimated 56 individuals in 2007, two years after Hurricane Wilma. Historically, Schaus' swallowtails lived throughout the Florida Keys and parts of the mainland. But habitat loss and urban development have forced them to live only on protected land on Elliott Key and Key Largo.

A study by scientists from the Florida Museum of Natural History examined 35 years of data on the butterfly and found that they unexpectedly benefit from hurricanes. The swallowtails rely on torchwood and wild lime plants for food and to lay their eggs. These plants live in the understory of the forest where there is little filtered light. However, when the branches and leaves on taller trees are temporarily knocked out after a hurricane, torchwood and wild lime experience a rapid growth of fresh leaves. The tender shoots and leaves mean more butterflies. The most recent estimate of the Schaus' swallowtail butterfly population on Elliott Key is 4,400 individuals.



U.S. Fish and Wildlife Service Southeast Region/CC BY 2.0 commons.wikimedia.org 45513660

## ECO-FRIENDLY CATTLE

According to the Food and Agriculture Organization of the United Nations, livestock accounts for approximately 12 percent of all greenhouse gas emissions, most of which is produced when cattle burp. Grazing bovines belch a greater amount of methane than feedlot or dairy cows because they consume more fiber from grass.

In a study published in *Proceedings of the National Academy of Sciences*, researchers at the University of California, Davis, found that feeding grazing cattle a seaweed supplement reduced methane emissions by almost 38 percent without affecting the animals' health or weight. The 10-week experiment on a ranch in Montana involved 24 steers divided into two groups—one was given a seaweed

supplement in pellet form, and the other was not. The findings offer a way to make cattle grazing more environmentally friendly.



Elisa Giaccaglia from Pexels/CanvaPro

## OUR UNIVERSE PROPOSED AS A COMPUTER SIMULATION

As technology advances, we have the potential to create increasingly sophisticated computer simulations or even the entire cosmos. This has led scientists to consider whether our own universe is a simulation, and to look for evidence to prove or disprove the hypothesis.

A study in *AIP Advances* suggests that gravity may not be a fundamental force but a property of massive computer simulation. Physicist Melvin Vopson proposes that the universe is like a computer trying to save space. In other words, what we perceive as gravity might be a result of the universe's tendency to optimize its informational structure, leading to the clumping of matter and the attraction of objects. If Vopson's theory were true, it would change our understanding of physics. However, the study emphasized the need for more scrutiny and experimentation to validate the hypothesis.



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## ONLY ONE COUNTRY IS FOOD SECURE

Wars, pandemics, natural disasters and changes in trade policy can disrupt food supply chains around the world, potentially endangering the lives of millions of people. A study published in *Nature Food* evaluated the ability of 186 countries to achieve food self-sufficiency.

To identify deficiencies between domestic food production and the dietary needs of a country's population, the researchers relied on food production data by the United Nations, as well as the Livewell diet developed by the World Wildlife Fund, a sustainable, predominantly plant-based eating plan that focuses on seven key food groups: vegetables, fruits, legumes, starchy foods, whole grains, lean meat and fish, and nuts.

Only Guyana was self-sufficient across the Livewell diet's seven food groups, while China and Vietnam were self-sufficient in six groups. Only one in seven countries, mostly in Europe and South America, achieved self-sufficiency in five or more food groups, and one-third of all countries were self-sufficient in only one or two groups. Six countries, primarily in the Middle East, did not meet the needs of any food group. When grouped as an economic region, the United States, Canada and Mexico were deemed self-sufficient in five food groups.



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# A Gentler Grip on the Wheel of Life

by Marlaina Donato

Life can be overwhelming at times. We diligently juggle work and personal commitments with outward precision while grappling with internal struggles, barely catching our breath, feeling off kilter and maybe a little ashamed that we can't do it all. Somewhere along the line, we bought into the idea that worry puts us in the driver's seat, granting us control over the road ahead.

We plan and strategize, convinced that holding the steering wheel in a white-knuckled grip will ensure the perfect outcome. We exhaust ourselves by running through an imagined maze and getting snagged on thorny what-ifs, too often investing precious energy into daydreaming about what could go wrong instead of wondering what could go right.

Professional dancers dedicated to their craft work six days a week and spend endless hours maintaining excellence. They attend classes even on performance days and undergo rigorous dress rehearsals before the curtain rises. Yet even these consummate professionals sometimes panic when the music begins, and they find themselves

unable to recall a single nuance of their choreography. In such instances, when the mind is in lockdown, their bodies take over, moving fluidly on cue.

This seemingly miraculous phenomenon known as muscle memory serves as an inspiration for our daily lives. After hard work and preparation, worry becomes an unnecessary mind game. The lecturer delivers their most compelling speech when they throw away their notes. The teacher connects to a challenging student when they think outside the box and embrace an unconventional approach. The soloist springs into the air as effortlessly as a bird.

As September takes the stage adorned in the sun's spotlight, let us take our hands off the wheel and allow the road to unfold into unforeseen magic. By ceasing relentless planning and embracing spontaneity, we just might live our best life. Now is the time to dance.

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



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# Childhood Friendships

## How To Support a Kid's Social Development

by Christina Connors

Supporting a child's social development today means setting aside outdated assumptions. What once felt simple, like walking up and saying "Hi" on the playground, may require emotional scaffolding today. Kids face a more complex and often emotionally charged social world, so the way we guide them needs to evolve, too.

Joanna Faber and Julie King, co-authors of the bestselling books *How to Talk So Little Kids Will Listen* and *How to Talk When Kids Won't Listen*, offer a compassionate framework for supporting children through friendship conflicts. "In the moment that a child is in distress over a social slight, the first thing we can do for them is to offer quiet sympathy instead of a game plan and a pep talk," they write. "Sometimes just a sympathetic sound is enough. Resist

the urge to lecture, ask questions, or give advice. ... Your restraint in not jumping in with questions and advice shows trust in your child's ability to manage her own relationships."

This gentle, emotionally attuned approach is backed by child mental health experts who emphasize that emotional safety is the foundation of healthy social development. "Children thrive when they feel seen and heard," says Dr. Roseann Capanna-Hodge, a clinical psychologist and integrative pediatric mental health expert. "Social skills don't grow in a vacuum—they're cultivated through repeated, safe interactions where kids feel supported, not judged or directed. When adults approach social challenges with calm empathy, they send the message that it's okay to have big feelings and that mistakes are a part of learning."

This doesn't mean stepping back entirely. While Capanna-Hodge warns against the temptation to micromanage social interactions, she does suggest alternative actions. "We have to stop swooping in to fix every peer conflict," she says. "When we do that, we unintentionally rob children of the chance to build problem-solving and coping skills. Instead, guide them gently and give them the language to express themselves. That's what truly sets the foundation for deeper, more meaningful relationships."

One key strategy Capanna-Hodge recommends is co-regulation, a powerful technique where adults model calm and emotional steadiness, especially when a child is dysregulated or distressed. "We talk a lot about self-regulation, but kids need co-regulation first," she explains. "That means being the calm in their storm—breathing with them, validating their feelings and staying present without judgment. That's how they learn to calm themselves and respond, rather than react, in social situations."

### CONNECTION IS THE HEART OF GROWTH

Friendship is not just a social bonus; it is a developmental necessity. As caregivers, educators and parents, the focus is not to orchestrate every social moment but to create the conditions where trust, empathy and connection can flourish. By modeling emotional presence, offering tools for regulation and holding space for kids to navigate the ups and downs of friendship, we empower them to build lasting, meaningful



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relationships. These moments of quiet support may seem small, but they build social wisdom that lasts a lifetime.

As Capanna-Hodge advises, “The best gift we can give our children is the belief that they can handle hard things, especially when it comes to friendships. When we trust them, support them and walk beside them instead of ahead, we teach them how to be kind, confident and resilient.”

As discussed in a 2017 research article published in the journal *Social Development*, children’s friendships and their ability to navigate them matter. Friends engage in more complicated social activities, talks, tasks, cooperation, negotiation, altruistic activities and effective conflict management. In a world that often feels fast and fragmented, the ability to build deep, authentic connections may be one of the greatest gifts we can offer the next generation.

*Christina Connors is a writer, singer and creator of a YouTube series for children. Learn more at [ChristinaConnors.com](http://ChristinaConnors.com).*



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# Balancing the Gut

## Investing in Our Inner Ecosystem

by Hannah Tytus

“The gut is the first to encounter the universe, and it is the first line of defense between you and the universe,” says Dr. Madiha Saeed, a holistic, functional and integrative doctor in Naperville, Illinois, and director of education for Documenting Hope and KnoWEwell. Home to trillions of bacteria,

fungi and other microbes, the digestive tract forms a complex ecosystem known as the gut microbiome, which influences many aspects of health.

Microbes perform numerous functions. They help break down food, produce essential nutrients, support the immune system

and influence mood, cognition and overall well-being. Diet, stress, sleep, medications and environmental exposures shape the makeup of our gut microbiota, which, in turn, impact the body’s propensity for health or disease. Efforts to restore and nurture gut health offer opportunities for us to enhance our well-being through simple lifestyle changes.

### GUT MICROBIOME BASICS

The intestinal environment is constantly changing, with new microbes entering and others disappearing daily, creating a dynamic community of tiny organisms that is unique to every individual. Different species have specialized roles. For instance, *Faecalibacterium prausnitzii* lowers inflammation by nourishing gut cells, while *Akkermansia muciniphila* maintains the gut lining by breaking down mucus and supporting helpful bacteria. Each person hosts approximately 1,000 distinct microbial species, while humanity collectively harbors more than 10,000 species.

Like a garden, the gut microbiome contains a mix of helpful and harmful organisms. Beneficial microbes behave like healthy plants, supporting digestion, nutrient absorption and immune function. When cared for, these helpful organisms thrive, while also helping to keep harmful microbes (weeds) under control.

Our intestinal garden is shaped by how it is tended. Fiber-rich foods, fermented products and exposure to natural environments help nourish the good microbes, much like water, sunlight and compost nourish plants. By contrast, processed foods, excessive sugar and unnecessary antibiotics can disrupt the balance and allow harmful microbes to take over.

Many people experience gut imbalance, or dysbiosis, without realizing it. The gut is highly sensitive to its environment, and everyday choices like processed foods,



Gema Ibarra/CanvaPro





Katsiaryna Hatsak from Izobrazheniya pol'zovatelya Katsiaryna Hatsak/CanvaPro

medications and chronic stress can quietly disrupt the inner balance, making it harder for beneficial microbes to thrive.

**Medications.** “Though some medications can save your life, they do come with a side disadvantage, so you need to weigh your risks versus the benefits when it comes to taking any medications,” Saeed advises, noting that antibiotics, for example, reduce microbial diversity and richness, causing short-term changes in the microbiome. While most people recover within two months, their microbiota diversity and productivity may remain low, and some people may experience longer-lasting disruptions.

Common painkillers called nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin and ibuprofen can also interact with the composition and function of the gut microbiome. They inhibit microbial growth, induce microbial cell death and increase gut permeability. NSAIDs can also interact with gut microbes, thereby impacting how well the drug is absorbed.

**Foods.** The food we eat significantly impacts the microbiome’s composition and metabolism. “Real foods nourish the good bugs, while processed foods fuel the bad,” says Saeed. Diets high in processed foods, sugars and additives create a toxic load that disrupts bacterial balance and triggers inflammation, leading to chronic disease. Eating these kinds of ingredients on a consistent basis can slowly damage the gut, as harmful microbes crowd out beneficial species, weakening the intestinal ecosystem over time without immediate signs of distress.



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**Stress.** Chronic stress is another gut health disruptor. Stress hormones can reduce beneficial bacteria such as *Akkermansia muciniphila*, which has been identified as a potential protector against obesity and Type 1 diabetes. Stress also encourages yeast overgrowth, leading to inflammation and intensifying the stress response in a vicious cycle. Studies also show that stress, whether physical or perceived, can alter overall microbial composition.

A 2018 narrative review published in *Frontiers in Microbiology* analyzed existing preclinical studies and found that various psychological, environmental and physical stressors can alter gut microbiota composition and function. Furthermore, a 2023 systematic review published in *Neuropsychobiology* found that higher perceived stress was associated with lower microbial diversity and decreased abundance of beneficial genera such as *Lachnospira*, *Veillonella* and *Phascolarctobacterium*. Harmful bacteria like *Methanobrevibacter* rose in relative abundance in stressed individuals.

### SIGNS OF IMBALANCE

Indications of an unhealthy gut show up in various ways. Digestive issues such as bloating, gas and constipation often signal an imbalance. Fatigue, mood swings and skin conditions like acne or eczema may also be related to poor gut health. Unexplained weight changes, cognitive problems and food sensitivities may be caused by intestinal distress. A weakened immune system, trouble sleeping and bad breath can also indicate a need for gut support.

### REPAIRING THE GUT

Environmental factors influence the microbiome more than genetics, but when the gut has been harmed, Saeed explains, restoration takes more than just a probiotic.

**Eat organic whole foods.** “Food is medicine. Every bite can either help or hurt,” counsels Saeed, emphasizing the



nataliagolubnychaphotos/CanvaPro

importance of daily food choices. Like humans, gut microbes need nourishment to thrive. When they eat well, human health flourishes. The typical Western diet is high in simple carbohydrates and fat, but low in fiber, offering little nourishment for beneficial microbes.

On the other hand, microbiota-accessible carbohydrates (MACs) such as legumes, root vegetables, fruits, nuts and seeds are essential for a diverse and resilient microbial community. Because MACs are not broken down by digestive enzymes, they are fermented by gut microbes, feeding and promoting the growth and activity of beneficial bacteria.

Choosing organic produce helps avoid synthetic pesticides and herbicides sprayed on produce to eliminate pests and weeds. These chemicals have been shown to negatively affect the gut microbiome and human health. “It’s best to eat local food that is not sprayed,” advises Dr. Patrick Hanaway, a board-certified functional medicine family physician, educator and chief medical officer of KnoWEwell.

**Supplement wisely.** Probiotics and prebiotics are vital for healing the gut. Probiotics, whether found in foods like yogurt and other fermented products or taken as supplements, introduce live bacteria into the body.

Prebiotics act like fertilizer, feeding good bacteria and helping restore overall balance. Fiber-rich foods such as asparagus, bananas, garlic, onions, oats, apples and legumes naturally support a thriving gut ecosystem.

As Hanaway explains, “A probiotic is a live bacteria that can be ingested and move into the stomach and populate the body. A prebiotic is a component that helps feed the commensal [beneficial] bacteria in the gut. Probiotics are highly specific. They have great benefits for specific strains for specific diseases in specific doses. Yet, the probiotic is a tourist; it doesn’t stay in the body. It’s great to have tourists in the economy, but if an economy becomes entirely dependent on tourism, it becomes a problem.”

When choosing supplements, quality matters. Due to limited regulations, it is best to purchase from reputable brands. Supplements in fillable capsules tend to have fewer fillers and more active ingredients. Vitamins and minerals are best absorbed from whole foods, so supplements should complement, not replace, a balanced diet.

**Start a garden.** Gardening increases the availability of fresh, fiber-rich, seasonal fruits and vegetables in the diet, but the very act of putting our hands in the dirt may also help increase the diversity of our gut microbiome. A 2022 cohort study of 19 families over one growing season by scientists at the University of Illinois and published in the journal *Nature* found that when compared to non-gardeners, families that grew plants and produce in their backyards had more gut bacteria linked to fiber fermentation, greater microbial diversity and even some microbes in their guts that appeared to come from the soil. Families that gardened also ate more fiber-rich foods.

**Commit to small actions.** Healthy microbiomes grow with consistent care—not perfection—and even small lifestyle changes can build a more resilient ecosystem for better overall health. There is no magic bullet



for healing the gut. The key is to commit one hour a week to health education and to small actions focused on rebuilding the inner ecosystem one change at a time.

“A strictly-diet approach isn’t the answer; a lifestyle approach is,” says Dr. Tom O’Byrne, an expert on food sensitivities, environmental toxins and the development of autoimmune diseases, as well as the host of the *Regenerative Whole Health Show* at *KnoWEwell.com*. “Dietary regimens can go only so far if something else persists, like mold in the house, high glyphosate levels or accumulated mercury in the body.” Addressing the macrocosm around us helps fix the microcosm inside us.

Indoor air filtration and water purification measures might be necessary to counteract an unhealthy indoor environment. Small changes like storing leftover food in glass rather than plastic can help keep harmful compounds out of the gut. Herbs such as chamomile and holy basil in diffusers and teas may aid the chronically stressed. Even simply chewing our food slowly, with mindfulness and gratitude, can help aid the digestion process.

The gut microbiome is a complex ecosystem that plays an essential role in overall health. Understanding what it is, what harms it and how to recognize signs of imbalance empowers us to take practical steps to restore and maintain gut health. By nourishing the microbiome with whole foods, managing stress, using supplements wisely and embracing small lifestyle changes, individuals can cultivate a resilient inner garden that supports well-being for life.

*Hannah Tytus is a researcher and content creator for KnoWEwell, P.B.C. and former technical writer for the National Institutes of Health’s National Center for Complementary and Integrative Health.*



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# Keeping Your Cat Happy & Healthy

by Longevity Veterinary Center



September is Happy Cat Month, a great time to review your cat's health and happiness. While indoor cats may seem safe from many of the risks that outdoor cats face, they are still vulnerable to a range of health issues that can go undetected without regular veterinary care. Wellness exams are essential, not only for early detection of potential problems but also for supporting long-term vitality—especially when combined with holistic therapies that treat the whole cat, not just the symptoms. By focusing on wellness, you can help your cat to live longer and live better with integrative care.

## THE IMPORTANCE OF REGULAR WELLNESS EXAMS

Many cat owners assume that if their indoor cat appears healthy and isn't showing obvious signs of illness, they don't need a vet visit. However, cats are masters at hiding pain and discomfort. By the time symptoms

become noticeable, a condition may already be advanced.

Wellness exams provide the opportunity for:

- Early detection of chronic diseases like kidney disease, diabetes, hyperthyroidism, and arthritis.
- Monitoring weight and nutrition to prevent obesity—a common issue in indoor cats.
- Assessing dental health, which is critical as dental disease is often silent but painful for your cat.
- Evaluating challenging behaviors, especially for stress-related issues like inappropriate urination or over-grooming.
- Vaccine updates and parasite prevention, even for indoor cats who can still be exposed.



Annual or semi-annual exams give your veterinarian a full picture of your cat's health so that they can spot subtle changes before they become more serious issues. In addition, with integrative medicine you can introduce a number of holistic care options to address any weaknesses and to promote long-term health.

## INTEGRATIVE THERAPIES FOR FELINE WELLNESS

Integrative veterinary care combines the best of conventional medicine with evidence-based holistic approaches to support the body's natural healing processes and improve quality of life. These therapies are especially valuable for managing chronic conditions and promoting overall wellness in cats.

Some commonly used integrative therapies include:

- Acupuncture: Helps manage pain, improve mobility in arthritic cats, and support organ function, especially for kidney and liver conditions.
- Herbal medicine: Chinese or Western herbs can support digestion, immunity, and organ health when prescribed by a trained veterinary herbalist.
- Laser therapy: A non-invasive treatment that reduces inflammation and speeds healing, often used for arthritis, wounds, or post-surgical recovery.
- Nutritional counseling: Tailored diets and supplements (such as omega-3s, probiotics, or joint support) can prevent disease and enhance vitality.
- Reiki and energy therapies: Gentle, non-invasive modalities that help reduce stress and support emotional and physical healing, especially in anxious or chronically ill cats.

Happy Cat Month is more than a reminder—it's a call to action. By scheduling regular wellness exams and exploring integrative options, you give your cat the best chance at a longer and healthier life.

Make an appointment with your veterinarian today and discover how integrative care can support your cat's individual needs.

*In honor of Happy Cat Month, Longevity Veterinary Center, 265 Route 10 East in Whippany, is offering a holistic cat wellness exam for just \$99 through the month of September. For information and appointments call 973-606-1101 and visit [LVCNJ.com](http://LVCNJ.com). See ad below.*



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# 2025 Editorial Calendar

January  
Health & Wellness

February  
Happy Heart

March  
Food & Nutrition

April  
People, Planet & Purpose

May  
Women's Wellness

June  
Men's Health

July  
The Great Outdoors

August  
Harmonious Living

September  
Gut Vitality

October  
Brain Gain

November  
Balancing Energy

December  
Embrace Joy

**natural**  
awakenings

Eco Tip



# Packing School Lunch With Zero Waste

Families that rely on single-use plastics and prepackaged foods for their children's lunches often overlook the tremendous amount of daily waste they generate. With a few easy swaps, lunch packing routines can be fun, eco-friendly rituals for the back-to-school season. By replacing disposable plastics with reusable alternatives and adding a few homemade snacks, parents can save money and safeguard kids' health while reducing landfill waste. Here are some excellent options.

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- Leakproof and dishwasher-safe silicone pouches
- Cloth or compostable snack bags for dry goods such as nuts or pretzels
- Repurposed glass jars with lids for drinks, hummus or applesauce
- Stainless steel water bottles that keep liquids hot or cold for extended periods of time
- Beeswax wraps or soybean-based "wax" paper to secure sandwiches
- Reusable cutlery and chopsticks made of stainless steel and bamboo
- Biodegradable and compostable cutlery made of renewable starch sources such as corn or cassava

## BULK FOODS AND HOMEMADE SNACKS

- Nuts and seeds, dried fruits, trail mix, crackers, healthy chips and granola from bulk bins
- Sandwiches on whole grain breads made from scratch with fresh, healthy ingredients
- Locally sourced, seasonal produce and bread from the farmers market for a



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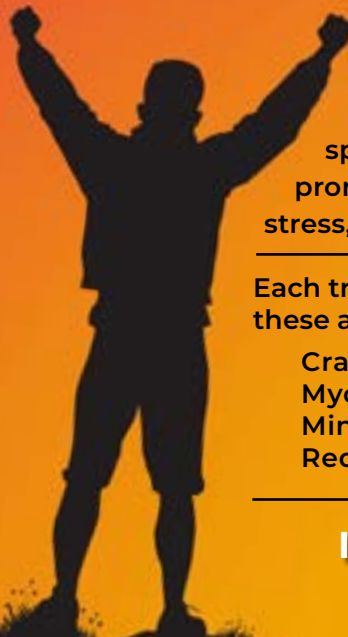
- Easy parfaits made with milk- or plant-based yogurt, chopped fruits, nuts, flax or chia seeds and a drizzle of local honey
- Wraps made with soft tortillas, lettuce or cabbage leaves, or nori sheets filled with yummy fresh ingredients such as sautéed or shredded raw vegetables, nut butters, bananas, Medjool dates, soft cheeses, olives or hummus
- Homemade energy bars packed with healthy ingredients, including oats, protein powder, dark chocolate chips, nuts, dried fruit and maple syrup

#### ECO-FRIENDLY TOTES

- Fun and colorful cloth totes purchased new or at thrift stores
- Recycled insulated lunch bags
- Organic cotton lunch bags

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# Ocean Harvests

## Eco-Friendly Benefits of Seaweed

by Maya Whitman

Some may associate seaweed with giant kelp forests or savory sushi wraps, but these species of multicellular marine algae have become key players in the food, cosmetic and industrial arenas. Seaweed farming around the world, including more recently in the United States, shows promise as a natural solution to climate change, ocean acidification and the plastics crisis. Such crops provide not only nutritious food for humans and animals but also chemical-free fertilizers for backyard gardens and agriculture.

“When managed and cultivated ethically in cooperation with the natural laws, just like land farms, seaweed farms can be little vibrant plots of biodiversity and primary productivity, supporting all the powers of nature for good,” says Sarah Redmond, founder

of Springtide Seaweed, in Gouldsboro, Maine, the largest organic seaweed company in the United States.

### ENVIRONMENTAL HERO

There are thousands of species of seaweed, and they thrive in areas where other marine life is failing due to ocean acidification. Their presence is a boon for the environment because they release nutrients into the ocean, while also sequestering carbon from the atmosphere, thereby reducing the effects of climate change.

As Redmond explains, “Ocean acidification is the lowering of overall pH in the oceans, which can impact all marine life, especially shell-forming organisms. Growing seaweed can help reduce the impacts of acidification locally, during the day, when the plants are taking in carbon for photosynthesis. Some of the carbon is remineralized back into inorganic forms, some is consumed as food, some is lost as dissolved or particulate organic carbon, and some is buried in sediments at sea. All of the algae—micro and macro seaweeds—drive the ocean’s carbon cycle.”

Seaweed is introduced in aquaculture because of its ability to boost water quality and convert fish waste into usable nutrients. According to Charles Yarish, professor emeritus of marine ecology at the University of Connecticut and chief scientist with GreenWave, a global nonprofit network of regenerative ocean farmers, “Seaweed farming in the United States is principally kelp farming, and we have nutrient-rich waters. Seaweeds can reduce carbon dioxide and nitrogen as they photosynthesize during daylight hours and take it into their biomass.”

Yarish highlights the cutting-edge efforts of Macro Oceans, in West Sacramento, California, which seeks to help the world transition away from petroleum-based products by developing eco-friendly biomaterials from seaweed for use in cosmetics, food and other industries.

### NUTRITIONAL DYNAMO

“Seaweeds are very nutritious, with minerals, protein and vitamin C,” says Yarish. Rich in iodine, it has been a diet staple for coastal



kerriekerr from Getty Images Signature/CanvaPro



cultures since prehistoric times, and more than 145 varieties are consumed worldwide today. Across the United States, there are dozens of farms in New England, Alaska and the Pacific Northwest that specialize in the cultivation of bull kelp, dulse, ribbon kelp and sugar kelp used in sauces, salads, seasonings and Asian cuisine.

According to Redmond, “By replacing table salt with the natural, organic mineral salts from seaweeds, we can rebalance our sodium and potassium levels and add essential micronutrients to our diets.”

Common edible seaweeds like wakame, kelp, kombu, nori and dulse are tasty additions to soups and salads that can foster good thyroid health. According to 2018 findings published in the *Iranian Journal of Basic Medical Sciences*, extract of the seaweed variety *Sargassum oligocystum* offers anti-diabetic effects in rats and is worthy of further research. Japanese research published in 2021 in the *Journal of Atherosclerosis and Thrombosis* suggests that seaweed consumption might be valuable in preventing strokes in men.

## CONSCIOUS PACKAGING

According to CleanHub, an organization dedicated to preventing plastic pollution in our oceans, it is estimated that 95 percent of all beauty industry packaging is thrown away every year. Companies like UK-based Notpla and Kelpi, as well as California-based Sway, are using biodegradable seaweed bioplastics to make a difference. Similarly, the restaurant and food industries are developing options to replace single-use plastics like containers and wraps with marine-based packages. Currently, seaweed packaging is more costly, but experts predict lower prices as technology advances.

Maya Whitman is a frequent writer for Natural Awakenings.

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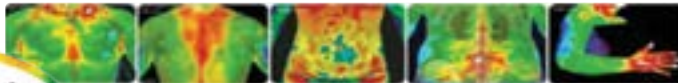





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# Oral Health Benefits of Yoga

## Surprising Ways to Improve a Smile

by Marlaina Donato

An estimated 42 percent of adults aged 30 and above are affected by periodontitis, commonly known as gum disease. For some, the condition manifests as mild, reversible gingivitis, while others experience a more progressive form that can lead to bone loss.

Beyond its effects in the mouth, gum disease is strongly associated with chronic inflammatory conditions such as cardiovascular disease, diabetes and arthritis. A study conducted by the University of

Toronto in 2020 found that the body's immune response to gum disease can trigger a hyper-inflammatory response that can negatively impact healthy tissues and organs.

Good oral hygiene and regular cleanings with a dental professional are the principle ways to prevent and treat gum disease. However, new findings suggest that stress management techniques such as mindfulness and yogic practices, combined with conventional treatments, may

be the future of whole-body periodontal care and another good reason to get on the yoga mat.

Research published this year in *BMC Oral Health* reported that elevated levels of the stress hormone cortisol may impact periodontal health by making the gums more susceptible to infection and inflammation. Stress may also lead to lapses in oral hygiene.

### BENEFITS OF YOGA

"In itself, inflammation isn't a bad thing—it's how the body protects and heals itself after injury, illness or exposure to harmful substances. But when that inflammatory response doesn't turn off due to physical or emotional stress, the body stays in a constant state of defense, even when there's no real threat present," explains yoga teacher Jamie LiCausi, owner of Empowered Alignment Holistic Healing Hub, in Hawley, Pennsylvania. "Many of us live in a constant state of low-grade stress without even realizing it. Yoga isn't just about finding your zen; it quite literally rewires your nervous system to help you handle stress differently."

A 2023 systemic review published in the *Journal of International Society of Preventive and Community Dentistry* found promising potential for yoga to improve



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(see [systemicdentistry.com](http://systemicdentistry.com))



periodontal health by reducing systemic stress reactions and periodontal disease risk factors such as diabetes and hypertension.

Dr. Amy Dayries, an integrative dentist in Roswell, Georgia, and host of KnoWEwell's monthly online show, *Healthcare From Your Dentist's Chair*, asserts that yoga can reduce stress-induced teeth grinding, mouth breathing and poor posture promoted by modern lifestyles. Relying on mouth breathing rather than nose breathing can lead to sleep apnea, dry mouth and a misaligned bite, which, if left untreated, may cause tooth decay and gum disease. "Dentally speaking, we see increases in gum inflammation and increased cavity risk because the oral microbiome changes as the body chemistry changes in a stressed state," she remarks, adding that stress chemicals can remain elevated for many years after the initial stressful event.

The tongue can also play a critical role. According to Dayries, we usually have a low tongue posture (resting on the floor of the mouth instead of the roof) when we slouch, and this bad habit can ramp up the sympathetic nervous system, thereby triggering stress. She recommends a variety of yoga exercises, including hatha yoga tongue exercises, as part of a patient's dental treatment plan to ease muscle and emotional tension, support stronger posture and decrease



mouth breathing. Such exercises may include placing the tip of the tongue against the roof of the mouth behind the top front teeth, suctioning the rest of the tongue flat against the roof of the mouth, closing the mouth and breathing through the nose.

## THE POWER OF THE BREATH

Pranayama yoga and diaphragmatic breathing can reset the nervous system in a gentle way. “Many of us breathe shallowly into the chest, which means the lower parts of the lungs—the areas where air can become stagnant—don’t get fully ventilated. Over time, that stagnant air holds onto carbon dioxide and other waste gases,” says LiCausi. “When we breathe deeply using the diaphragm, we help move that stale air out. Fresh oxygen circulates through the lungs, nourishing the body, while each exhale clears out toxins and waste.”

Dayries advises that yoga helps us to counterbalance modern lifestyle activities that promote a forward posture. “This is because yoga is centered around one’s breath and holding postural stances, wringing out the lymphatic system through stretching, strengthening and asanas [body postures].” Most of all, she points out, even when oral health problems are in motion, such as gum disease, there is hope to halt things where they are, even if some bone loss is evident. “It is never too late to implement healthy changes,” she says.

*Marlaina Donato is an author, musician and painter. Connect at WildflowersAnd-WoodSmoke.com.*



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## TUESDAY, SEPT 9

**2nd Tuesday Community Dinner** – 6:30pm. Gather with like-minded health-conscious individuals seeking authentic connection, thoughtful conversation, and supportive community. Cappadocia Restaurant, 117 Newark Pompton Turnpike, Little Falls. BYOB. Space limited. RSVP to info@LDRHealing.com.

## WEDNESDAY, SEPT 10

**Reiki Master Healer Teacher Training Meeting** – 7-8pm; via Zoom. Learn mastery level awareness, healing, and teaching and experience all levels of Reiki from a mastery perspective as we work on one another. Led by Janet StraightArrow, Be The Medicine, Reserve by 973-647-2500 or Janet@Bethemedicine.com. BeTheMedicine.com/Events.

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## SATURDAY, SEPT 13

**Past Life Regression & Sound Healing Meditation & Cacao/Fire Ceremonial Circle & Sound Bath** – 10:30am-3pm.

Leslee Penny's guided meditation to help see what previous lives your soul has experienced. Cacao/Fire Ceremonial Circle/Sound Healing Session follows. \$55. Mad Lavender Farm, 452 Co Rd 579, Milford. 908-310-5973. MadLavenderFarm.com/past-life-regression-meditation-august-october.

## SUNDAY, SEPT 14

**Elderberry Syrup, Fire Cider and Kitchen Medicine** – 1-3pm. Winter herbal medicine cabinet with kitchen herbs, spices and roots that work as herbal allies for immune and respiratory systems. Plant medicine to relieve cough, sore throat, earache and congestion. Craft fire cider plus demo for making elderberry syrup. \$65. Mad Lavender Farm, 452 Co Rd 579, Milford. 908-310-5973. Register at MadLavenderFarm.com/workshops/workshops/

## TUESDAY, SEPT 16

**Reduce Stress with Hypnosis** – 7pm; Zoom. Discover exciting new ways to approach and deal with stress in your life. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

## WEDNESDAY, SEPT 17

**How Hypnosis Works** – 7pm; Zoom. Join Barry Wolfson as he takes attendees on a journey of understanding the workings of hypnosis. Free, but please register to receive the Zoom link. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

## THURSDAY, SEPT 18

**Lose Weight with Hypnosis** – 7pm; Zoom. Learn hypnotic techniques to help lose weight. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

## SATURDAY, SEPT 20

**Lavender in Vintage Bottles: Watercolor Class** – 10am-noon. Learn to paint a still life of lavender in small, vintage glass jars and bottles. Embrace the old and the new in this mashup of the softness of the fresh lavender and the untold stories seen by vintage glass bottles. Early bird by 9/13 - \$45 (ART13); afterward \$55. Mad Lavender Farm, 452 Co Rd 579, Milford. 908-310-5973. MadLavenderFarm.com/lavender-in-vintage-bottles-watercolor-class-june.

## SUNDAY, SEPT 21

**Earth Medicine Day Retreat** – 10am-3pm. Adrienne, Shannon and April bring a beautiful day of simple Earth Medicine practices to enhance well-being and give gratitude to Mother Earth. Herbal tea and cookies served. Bring picnic lunch. \$125-\$85; see event website for pricing. Mad Lavender Farm, 452 Co Rd 579, Milford. 908-310-5973. MadLavenderFarm.com/earth-medicine-day-retreat-sept

## MONDAY, SEPT 22

**Stop Smoking with Hypnosis** – 7pm; Zoom. Learn how to address and eliminate the urge to smoke. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

## WEDNESDAY, SEPT 24


**Change Your Life with Hypnosis** – 6-9pm; in person & virtual classes. 6-7pm: Quit Smoking; 7-8pm: Lose Weight; 8-9pm: Reduce Stress. \$50 each session. Hunterdon Polytech, 8 Bartles Corner Rd., Flemington. School contact is 908-788-1119 x2007. For more information, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

## THURSDAY, SEPT 25

**Better Golf with Hypnosis** – 7pm; Zoom. Maximize your skill and stroke through relaxation techniques and guided imagery and play better golf. \$50. For information and link to sessions, contact Barry at 908-303-7767 or barry@hypnosiscounselingcenter.com. HypnosisCounselingCenter.com.

## SUNDAY, SEPT 28

**Psychic Fair by Shirley Ann** – normally on 4th Sun each mo; 11am-5pm. Shirley Ann invites all to come for a day of insight and discovery with professional, seasoned psychics, mediums, tarot cards, palmistry, etc. Admission is free. Holiday Inn, Rte 46 E, Parsippany. For information, call/text Vincent at 973-723-8238 and visit Facebook/Psychic Fair Network.



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*Accommodations are booked separately through the institute.*

For details and to register, visit  
[JenTheYogaLawyer.com/sacred-harvest-retreat/](http://JenTheYogaLawyer.com/sacred-harvest-retreat/)



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**Meet Me In Morristown** – 12noon-5pm. Find Shaman Janet StraightArrow at the Body in Mind Booth Fall Festival on Morristown Green, Park Place, Morristown. Sharing energy and information about Be The Medicine, helping through education and personal sessions since 1984: training healers and all to heal themselves since 1996. Free. Festival Info Morristown-NJ.org. BeTheMedicine.com.

**Botanical Candle Making Workshop** – 1-3pm. Connect with the timeless art and valuable skill of candle making while cultivating a sense of calm, creativity, and mindfulness. \$80-\$60. See event for pricing. Mad Lavender Farm, 452 Co Rd 579, Milford. 908-310-5973. MadLavenderFarm.com/botanical-candle-making-workshop-july

## THURSDAY, OCTOBER 9

**Sacred Harvest Retreat** – Oct. 9-12. Enjoy the beauty of the Pocono Mountains while you embark on a journey of profound transformation. Whether you are new to the medicine wheel or seeking to deepen your understanding, this retreat promises to be a life-changing experience held at the Himalayan Institute in Honesdale PA. \$425 tuition (accommodations booked separately through the institute). For details and to register, visit JenTheYogaLawyer.com/sacred-harvest-retreat/

## PLAN AHEAD

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## FRIDAY, OCTOBER 17

**Exploring Mastery For Healing Professionals Retreat** – 10/17, 3pm-10/19, 1pm. Learn advanced ways to hold space for individuals and groups, how to work with challenges in myriad situations, and how to stay safe to avoid and also clear yourself from taking on energy and entities. A weekend of learning, healing, and raising your energy, awareness, and offering peaceful, confident solutions to your challenges as a healer. Guided by Shaman Janet StraightArrow. \$777 if pd by 10/1; \$827 thereafter. Art Farm in the Catskills. For details and to register call 973-647-2500 and visit BeTheMedicine.com.

## Ongoing Events



## Sunday

**Sweat Your Prayers®** – 1-2:30pm. 3rd Sun. Sweat Your Prayers® is a minimally facilitated movement practice through the 5Rhythms®: Flowing, Staccato, Chaos, Lyrical and Stillness. Created by Gabrielle Roth, the 5Rhythms is a dynamic movement practice rooted in the principle that if you put the psyche in motion it will heal itself. Sliding Scale: \$30, \$35, \$40. Brookside Community Church, 8 East Main Street, Brookside. SayrahGarrison.com/sweat-your-prayers.

## Tuesday

**Mediumship, Intuitive, & Psychic Development Circle** – 7-9pm. On-going,

interactive workshop series presented in a way that assists in building intuitive muscle. Maureen guides participants in connecting with their intuition. Every class will be different in development lessons. All levels welcome! \$15; RSVP to Maureen 908-955-3282. Portal of Healing, 50 Main St., Top Flr, Chester. PortalOfHealing.com. DivineWingsOfFlight.com.

## Wednesday

**Qi Healing Circle** – 7-8:15pm; every other Wed. Heal with Qi, your “life force energy” within! Class includes gentle Qigong movements, meditation & group Qi Transmission. Donation: avg \$10-30. Kimberly at Inner Soul Wellness, 3108 Rt 10 W, Ste #6, Denville, NJ. Pre-registration required at innersoulwellness.com. For questions, Kimberly at brightspiritqigong@gmail.com.

## Thursday

**Rising Empress Women's Circle** – 7-8pm; Thurs, 9/11-11/20. RISING EMPRESS Women's Circle. A safe, confidential, and welcoming space for women exploring or embracing life without alcohol. This circle offers connection, compassion, and a community of women walking this path together. Themes include: Who am I becoming without alcohol? Rediscovering joy & playfulness. Releasing guilt, shame, and self-criticism. Reclaiming self-trust and intuition. Cultivating self-compassion. Spiritual MaMa Healing Center, 55 Leonardville Road, Belford. 347-676-0091. SpiritualMaMa.org.

## Friday

**Virtual 5Rhythms® Weekly Waves Class** – 10-11am. Join accredited 5Rhythms® teacher, Sayrah Garrison, for a weekly dose of self care and embodied healing through conscious dance and community connection! The 5Rhythms® is a dynamic movement practice designed to get you out of your head and into your body. It is rooted in the principle that if you put the psyche in motion, it will heal itself. This virtual class enables participants to commit to a weekly dance practice from the comfort of their own home. Sliding Scale: \$25, \$30, \$35. Pre-register for ZOOM link at SayrahGarrison.com/weekly-waves.





Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in the Community Resource Guide email [Joe@NaturalAwakeningsNJ.com](mailto:Joe@NaturalAwakeningsNJ.com) to request our media kit.

## Acupuncture

### DR. ANDY ROSENFARB, ND, LAC

Doctor of Naturopathic Medicine;  
Board Certified in Acupuncture  
& Chinese Herbal Medicine  
332 South Ave East, Westfield  
908-928-0060 • [AcuVisionTherapy.com](http://AcuVisionTherapy.com)



Dr. Rosenfarb is world renowned in the field of holistic eye health and passionate about helping people with degenerative eye diseases. Call now to qualify for your free copy of his groundbreaking book, *Recover Your Vision*.

Additional specialties include glaucoma, retinitis pigmentosa and diabetic retinopathy. See ad, page 33.

## Bakery/Specialty

### STARSEED BAKERY

Linda Beg  
100 Hibernia Avenue, Rockaway  
973-957-0500  
[StarseedBakery@gmail.com](mailto:StarseedBakery@gmail.com)  
[StarseedBakery.com](http://StarseedBakery.com)



100% gluten-, dairy-, soy- and GMO-free retail and wholesale bakery. Available products: artisan breads, custom cakes, pies, cookies, desserts,

seasonal, vegan, Paleo, natural sugars, nut-free. See ad, page 21.

## Bedding - Organic

### HIBERNATE BEDDING

80 Morristown Rd, Bernardsville  
908-766-5450  
[HibernateBedding.com](http://HibernateBedding.com)



Exclusive collection of Organic and Chemical Free mattresses and accessories. Over 30 years family experience. Come see how easy it is to shop for a mattress. Free delivery, free set up, free removal. See ad, page 11.

*Anyone who keeps the ability to see beauty never grows old.*

—Franz Kafka

## Coaching

### LAW OF ATTRACTION LIFE COACH

David Scott Bartky, CLOALC  
973-444-7301  
[David@LifeCoachDavid.com](mailto:David@LifeCoachDavid.com)  
[LifeCoachDavid.com](http://LifeCoachDavid.com)



David is a certified and experienced Law of Attraction life coach. His clients all have great success because he teaches them powerful processes and techniques so they can attract what they want, instead of what they don't

want in all areas of life (both materialistically and emotionally). The Law of Attraction is always responding to you, so if you're ready to say "Yes!" to attracting what you want, and/or improving your life in some way, contact David today. Coaching sessions are held over the phone and the first session is always free.

*It's a good idea to always  
do something relaxing  
prior to making an  
important decision in  
your life.*

—Paulo Coelho

## Dance

### 5RHYTHMS® MOVEMENT MEDITATION

Sayrah Garrison - certified & accredited 5Rhythms teacher  
Online & in person • Brookside, NJ  
[SayrahGarrison.com/5rhythms](http://SayrahGarrison.com/5rhythms)



Created by Gabrielle Roth, the 5Rhythms is movement practice designed to get you out of your head and into your body. Through the map of the 5Rhythms, we explore our inner landscape to discover our authentic selves. The only requirement is an open mind and a desire to explore creativity, connection and community.

## Enzyme Nutrition

### NEXT LEVEL HEALING OF NJ, INC.

Susan Richter, RN, Nutritionist, CCH, LDHS  
Denville • 973-586-0626  
[NextLevelHealing.com](http://NextLevelHealing.com)



Enzyme nutrition is becoming a sought after therapy for the underlying digestive issues related to autism, auto-immune diseases, chronic pain, skin problems, mood disorders, bowel issues and allergies. The system of analysis

is scientific, non-invasive, and based on anatomy and physiology. The methods of correction are food-based, drug-free, and have no side effects. Regardless of age or diagnosis, correcting digestion, supporting the immune system, and following guidelines for healthy choices are the backbone of Susan's successful private practice of 36 years. Call for a gentle approach to healing.

## Eye/Vision Health

### DR. ANDY ROSENFARB, ND, LAC,

Doctor of Naturopathic Medicine;  
Board Certified in Acupuncture  
& Chinese Herbal Medicine  
332 South Ave East, Westfield  
908-928-0060 • [AcuVisionTherapy.com](http://AcuVisionTherapy.com)



Dr. Rosenfarb is world renowned in holistic eye health. Learn of his astounding work in this area—call now to qualify for your free copy of his groundbreaking book, *Recover Your Vision*. Additional specialties include glaucoma, retinitis pigmentosa and diabetic retinopathy.

See ad, page 33.

## Fashion

### FABRIC BY ROBIN LENNON

Robin Lennon  
Gazebo Plaza, 253 Newton-Sparta Road,  
Newton, NJ 07860  
646 645-1003  
[Robin@RobinLennon.com](mailto:Robin@RobinLennon.com)  
[RobinLennon.com](http://RobinLennon.com)



FABRIC By Robin Lennon includes her one-of-a-kind Uncommon Artwear and thousands of yards of curated fabrics, trims and feathers and vintage buttons, the components of

her shawls, kimonos, handbags and Goddess attire. Intuitive design support and Channeled readings also available. See ad, page 15.



## Hair Restoration

### THE HAIR FOR LIFE CENTER, LLC

201-731-3530

TheHairForLifeCenter.com



For over 35 years The Hair For Life Center has been helping women who experience hair loss. In as little as 2 to 3 hours we restore your hair to its natural state safely without using

glues or extensions. For more information, visit at TheHairForLifeCenter.com. See ad, page 17.

## Health, Healing Life & Health Coaching

### LDR HEALING (DBA)

Lisa Diamond

414 Centre Street, Nutley

973-747-7796

Info@LDRHealing.com

LDRhealing.com

NJ Lic#: 0400105312



LDR Healing offers integrative, root-cause care for physical, mental, emotional, energetic, and spiritual wellness. Lisa Diamond combines advanced kinesiology testing, trauma healing, Family Constellation work, and energy therapies

to support deep, lasting transformation—available in-person, online, and in group settings. See ad, page 29.

## Holistic Health / Functional Medicine

### WHOLISTIC MD

Dr. Monica Sood

973-996-4496

support@wholisticmdmail.com

WholisticMD.io



Experience a powerful blend of science and soul. Wholistic MD offers virtual health solutions rooted in Functional Medicine and Quantum Human Design. Get your free personalized chart and discover the blueprint to healing, clarity, and aligned living. See ad, page 15.

## Holistic Wellness Coach

### WISDOM OF THE WHOLE CERTIFIED COACH

Clearview Holistic Nurse Advocate, LLC

Sandra Greco BSN, RN, HN-BC, WWCC

973-729-4941

sgreco.rn@gmail.com



Sandra is a Registered Nurse, who partners with clients, in a Holistic manner, using Coaching Techniques and / or Guided Imagery to help support them in gaining clarity in reaching their goals and / or in relieving stress and

anxiety. Sandra's ultimate goal for her clients is to help and support them in living their best lives. Call or email for a free 20-minute session.

## Hyperbaric Oxygen Therapy

### NEW JERSEY HBOT

17 Hanover Road, Suite #301

Florham Park, NJ

973-240-7251

support@hbotusa.com

OxygenNJ.com



Unlock better health at New Jersey HBOT with hyperbaric oxygen therapy. Our treatments promote healing,

reduce inflammation and boost overall wellness. Experience the benefits of advanced therapy tailored to your needs. Start your journey to optimum health today! See ad, page 2

## Hypnosis/ Hypnotherapy

### HYPNOSIS COUNSELING CENTER

Barry Wolfson

Offices in Flemington, Princeton,

Livingston NJ, and King of Prussia, PA

908-303-7767

HypnosisCounselingCenter.com



Over 35 years of experience. We offer traditional counseling methods and the art of hypnotherapy in private and group settings, in person or virtual, for weight loss, stress, smoking, confidence building, phobias,

insomnia, test taking, sports improvement, public speaking, and more. See ad, page 9.

### MORRIS HYPNOSIS CENTER

Linda West, BA, ACH

55 Madison Ave, Morristown

973-506-9654

MorrisHypnosisCenter.com



Advanced clinical hypnosis using interactive, personalized techniques; based on a lengthy interview at the first session and dialogues at following sessions. For weight loss, stress/anxiety, smoking, chronic pain, improved per-

formance, trauma, substance use, sleep, fears/phobias, anger, confidence, studying/memory issues, and more. Self-hypnosis is taught at the first extended session. If you have constraints that you can't seem to break through, or are overly burdened by negative thoughts or feelings, hypnosis can free you and put you back in charge.

## Holistic Dentistry

### HOLISTIC DENTAL CENTER NJ

91 Millburn Avenue, Millburn

908-206-7848

HolisticDentalCenterNJ.com



Holistic dental care that supports the body as well as teeth and gums. By treating the root cause, not just the symptoms, our team helps improve patients' quality of life through dentistry

that respects and honors whole-body health. page 3.

## Holistic Healing Services

### HEARTMATH+

Linda Sercarz Certified Heartmath Coach

Serving North Jersey & surrounding area

973-714-8650 • Sercarz@aol.com



Heartmath+ consists of simple heart-focused, science-based meditations. The techniques are designed to change the way your body responds to stress by learning to self-regulate. They create more resilience, coherence, clarity (even in stressful situations), and the capacity to self-regulate. Heartmath+.

*Any transition is easier if you believe in yourself and your talent.*

—Priyanka Chopra



## Legal Services

### LAW OFFICE OF JENNIFER MOHAMED LLC

Jennifer Mohamed, Esq  
Office in Flemington  
908-335-9242  
Jennifer@jennifermohamedlaw.com  
JenniferMohamedLaw.com



Provides trusted legal guidance to small wellness businesses and practitioners. From business formation and contracts to liability protection and compliance, Jen offers approachable one-on-one service, seasoned advice and big law quality at boutique firm pricing. See ad, page 13.

## Longevity Lounge

### LONGEVITY LOUNGE AT CORE THERAPIES

17 Hanover Road, Suite #300, Lower Level  
Florham Park, NJ  
973-920-7429  
longevity@coretherapies.net



The Longevity Lounge will become your favorite place to both Get Better and Feel Better! You will experience our proven ancient healing strategies combined with cutting edge technologies in the perfect setting and to achieve your wellness goals to live a long and healthy life. See ad, page 2

## Metaphysical Church

### INSTITUTE FOR SPIRITUAL DEVELOPMENT

Classes, Workshops, Events & Gift Shop  
15 Sparta Ave. Sparta  
isdsparta.org  
973-551-5300



Sunday Service 10:30am: Healing, Homily & Messages from Spirit. Metaphysical church free from judgement -All are Welcome. Open-minded individuals finding our paths, searching for

knowledge and understanding with a loving mind, always ready to adapt to change.

## Medical Qigong

### SACRED SPACE MEDICAL QIGONG

Mark S. Gallagher DMQ  
15 Sparta Ave. Sparta  
862- 266-2070  
marksgallagher@hotmail.com



Integrative Medicine for Chronic Conditions: Arthritis & Back pain, Circulation issues, Diabetes, Fatigue, Metabolism, Long-Covid, Neuropathies, Pain, Stress & Dietary control. Healing

Sessions: refresh energy flow, open meridians, clear stagnant Qi and trapped emotions.

## Past Life Regression Therapy & Hypnotherapy

### CATHY LUDWIG, ED.S., LPC

151 Rt 10 E., Suite 204B, Succasunna  
201-738-8311 • ludcat2001@gmail.com  
CathyLudwig.com



Self-acceptance and clarity are yours when you determine how the past is influencing the present and when you make conscious choices about the future. As a licensed psychotherapist, Cathy helps you experience healing in all

areas of your life. Using the powerful and effective treatments of Past Life Regression Therapy or Hypnotherapy alone or in combination with talk therapy, Cathy helps you develop your full potential, resolve conflict and have more compassion for yourself and others. Call to discuss which treatment option will work best for you. See ad, page 9.

## Professional Organizer

### EVERYDAY ORGANIZING SOLUTIONS BY SHERRY LLC

Sherry Onweller, Professional Organizer, Life Strategy & Organizing Coach  
908-619-4561  
SONweller@aol.com  
EverydayOrganizingSolutions.com

Providing sympathetic and nonjudgmental organizing and decluttering services to residential and business clients, also helping adults with ADD to get their physical space and time management in order. Virtual and in-person sessions available. See ad, page 13.

## Rehab & Wellness

### LIVE FULLY NOW REHAB & WELLNESS

Blake Schicker  
1001 County Rd. 517, Hackettstown  
862-244-5885  
LiveFullyNowRehab.com



A unique blend of science-based rehabilitation and traditional healing therapies designed to support deep, lasting wellness. Experience one-on-one care through services such as CranioSacral Therapy, Acupuncture, Myofascial Release,

Manual Lymph Drainage, Reiki, and more. See ad, page 15.

## Spiritual Healing, Teaching

### JANET STRAIGHTARROW

Shaman, Healer, Sage, Reiki Master Teacher, Astrologist  
973-647-2500  
Janet@BeTheMedicine.com  
BeTheMedicine.com



Profound Healing, Clearing, Reclaim yourself, Enjoy life. 41 years of experience. Shamanic and Intuitive Energy Sessions. Soul Retrievals. Past Life, Ancestral, Current life healing. Business, Home, and Land clearings. Meditation, Sha-

manic, and Reiki Healers Training. and more. See ad, page 17.

## Thermography

### LISA'S THERMOGRAPHY AND WELLNESS

Lisa Mack, CCT, HHC  
Thermographer and Holistic Counselor  
See website for locations in NJ, NY & PA  
855-667-9338  
Lisa@LisasThermographyAndWellness.com  
LisasThermographyAndWellness.com



Thermography gives an early look at the most important indicator of a potential health problem – inflammation. Early stage disease screening is an area in which thermography excels. Whether your pain is acute or chronic, or you are

merely curious about the state of your health, thermography can help provide answers. Radiation-free breast and full body screenings for men and women. See ad, page 29.



## Veterinary (Integrative)

### LONGEVITY VETERINARY CENTER

265 Route 10 East, Whippany

973-606-1101

info@lvcnj.com / lvcnj.com



Longevity Veterinary Center is NJ's largest, most advanced integrative veterinary center. Our team of professionals is committed to helping pets achieve optimal health

through using conventional and holistic therapies. We believe in creating wellness for all pets, including exotics. See ad, page 25.

## Classifieds



Fee for classifieds is \$30 for up to 30 words each month. Additional words \$1 each. To place listing, email content to [Joe@NaturalAwakeningsNJ.com](mailto:Joe@NaturalAwakeningsNJ.com). Deadline is the 10th of the month.

## Metaphysical Shop —

**OFFERINGS** – A unique gift shop for the mind, body and soul. Check out our collection of angels, candles, cards, crystals, crystal soaps, jewelry, sage, salt lamps, solar wind chimes, tea, t-shirts, tumbled stones and more. Card readings, classes and workshops available. Metaphysical & Spiritual Bliss, 19A Old Highway 22, Clinton. 908-268-8029. FB Metaphysical & Spiritual Bliss. Instagram @cmatsen11

## Guidance —

**Akashic & Dragon Sessions Available.** Akashic/Soul Alchemy sessions to receive guidance and transform issues, experiences, relationships. Liberate yourself from the past! In Dragon Sessions, connect deeply with these loving, primordial beings for guidance and transformation. Text Lauri Sophia Rose 973-615-9261 or email [yoursoulsprings@gmail.com](mailto:yoursoulsprings@gmail.com).

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anywhere  
and  
love  
what you do.**

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30+ years of publishing and growing!**

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Scan code to learn more.



## *Integrative Dental Therapies Transform Quality of Life*

### *Dental Ozone Therapy*

Ozone is a powerful oxidant. It can be used to treat bacteria, viruses, fungi and parasites. At Aesthetic Family Dentistry, we have incorporated the use of ozone water and ozone gas for rinsing, irrigation and surface disinfecting, as well as ozone oils for improved tissue healing. Ozone has many safe and effective uses.

### *Biocompatibility Testing*

If you have sensitivities to food and other skin products you may also have reactivity to dental materials. A Bio-compatibility test could be done to determine the right material choice for you. This eliminates the guess work of whether it is safe for you or not.

### *Implant placement*

Using state of the art 3D imaging, takes the guess work out of implant placement. This allows for a quick precise surgery with less post-operative pain.

### *TMJ treatment*

You don't have to suffer any longer. The doctors at AFDPA have studied at the prestigious Las Vegas Institute and can help patients who suffer from migraines and other TMJ related issues. We use muscle tracking devices to ensure the alignment of the jaw is in a healthy position.

### *Smile makeovers*

Are you unhappy with your smile? Would you like brighter whiter teeth? Tooth whitening and porcelain veneers can give you the smile you've dreamed of.

### *Gentle Laser Periodontal Therapy (GLPT)*

Used to treat moderate to advanced gum disease. This gentle and less invasive procedure can eliminate the need for traditional surgery. Oral DNA and HPV testing is also available to determine a patient's periodontal health, as well as detect any possible genetic proclivity towards gum disease issues.



*visit: [www.afdpa.com](http://www.afdpa.com)*

*To schedule a consultation call: 973 627 3617*