Attracting Miracles
Wayne Dyer Reflects upon His Life

FRESH FOOD TRENDS
Respecting Ourselves & Our Planet

Herbal Power
Four Plants that Fight Off Disease

7 Signs of Food Sensitivities
Action Plan for Parents
### Natural Awakenings March 2014

**Bringing Smiles To The Holistic Community**

**0% Financing Available • Call Today! • Free Consultation**

- Mercury-Free
- Amalgam Removal With Safe Protocol
- Disease Prevention Program
- Safe Digital X-Rays Reduces Exposure By 90%
- Cosmetic Dentistry
- Porcelain Veneers
- Invisalign

---

**Brick, NJ**

732.295.1616

John J. Tortora D.D.S

WWW.holisticsmilesNJ.com

---

**Contents**

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Newsbriefs</td>
</tr>
<tr>
<td>8</td>
<td>Healthbriefs</td>
</tr>
<tr>
<td>10</td>
<td>Globalbriefs</td>
</tr>
<tr>
<td>20</td>
<td>Fitbody</td>
</tr>
<tr>
<td>24</td>
<td>Environment awareness</td>
</tr>
<tr>
<td>26</td>
<td>Spotlight on change</td>
</tr>
<tr>
<td>27</td>
<td>Herbal therapy</td>
</tr>
<tr>
<td>28</td>
<td>Natural healing</td>
</tr>
<tr>
<td>30</td>
<td>Natural food alert</td>
</tr>
<tr>
<td>32</td>
<td>Natural life</td>
</tr>
<tr>
<td>35</td>
<td>Adopt spca</td>
</tr>
<tr>
<td>36</td>
<td>Conscious eating</td>
</tr>
<tr>
<td>41</td>
<td>Calendar</td>
</tr>
<tr>
<td>42</td>
<td>Resource guide</td>
</tr>
</tbody>
</table>

---

**Advertising & Submissions**

**How to Advertise**

To advertise with Natural Awakenings or request a media kit, please contact us at 732-230-7337 or email: advertise@NAjerseyshore.com. Deadline for ads: the 10th of the month.

**Editorial Submissions**

Email articles, news items and ideas to: editorial@NAjerseyshore.com. Deadline for editorial: the 5th of the month.

**Calendar Submissions**

Email Calendar Events to: editorial@NAjerseyshore.com. Deadline for calendar: the 10th of the month. Cost is $10/listing.

**Regional Markets**

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-630-1377 or visit NaturalAwakeningsMag.com.

---

**14 FRESH FOOD TRENDS**

Natural Trailblazers in Sustainable Eating

by Melinda Hemmelgarn

**18 FROM “WHY ME?” TO “THANK YOU!”**

Wayne Dyer on the Value of Hard Lessons

by Linda Sechrist

**22 POWERHOUSE HERBS**

Four Backyard Plants Protect Against Disease

by Kathleen Barnes

**34 DOG SCOUTS OF AMERICA**

Dog Troops Also Earn Badges and Go to Camp

by Sandra Murphy

**37 GARDENING AS SPIRITUAL PRACTICE**

Cycles of Growth Cultivate Our Divinity

by April Thompson

**38 FOOD REVOLUTION IN A TANK**

Aquaponics Offers Year-Round Homegrown Fish and Veggies

by Avery Mack

**40 ACTION PLAN FOR PARENTS**

Seven Signs of Food Sensitivities

by Pamela Bond

---

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

---

**www.najerseyshore.com**

---

**How to advertise**

To advertise with Natural Awakenings or request a media kit, please contact us at 732-230-7337 or email: advertise@NAjerseyshore.com. Deadline for ads: the 10th of the month.

**Editorial Submissions**

Email articles, news items and ideas to: editorial@NAjerseyshore.com. Deadline for editorial: the 5th of the month.

**Calendar Submissions**

Email Calendar Events to: editorial@NAjerseyshore.com. Deadline for calendar: the 10th of the month. Cost is $10/listing.

**Regional Markets**

Advertise your products or services in multiple markets! Natural Awakenings Publishing Corp. is a growing franchised family of locally owned magazines serving communities since 1994. To place your ad in other markets call 239-449-8309. For franchising opportunities call 239-630-1377 or visit NaturalAwakeningsMag.com.

---

**www.najerseyshore.com**
Hello Friends,

To kick off spring, we have an exciting event coming up on March 9th in Red Bank at the Ellis Lodge. It’s called the Spring Forward Event and it will be a great opportunity to try many of the experiences we feature each month for your mind, body and spirit.

We will be there and look forward to seeing you. And we have also invited a special guest to join us. We all know that it is important to save for retirement. And if I had a dollar for every time my mother has quoted Suzi Orman to me, I would already have my savings, but deciding what to do with my money was such a big decision I chose to make no decision for fear of selecting the wrong option. Of course I know this is not the right approach, but like most of us I have a very busy life and lack the time to dedicate to researching the right options.

This is where fate stepped in. Christine and I were exhibitors at the NJ Organic Farming convention a few weeks ago and right across the way were our new friends from Merrill Lynch, Micah Moore and his soon to be father in law Craig Jantz. We hit it off immediately and just a few days later, Christine, myself and another friend are all set up in our new IRAs and can now sleep more soundly knowing we have taken the right steps for our future.

I know so many people like us, and for that reason I have invited Micah to join us at our table at the Spring Forward event. Worrying about money management can be overwhelming. Whether you are young and just starting out or you are older and ready to enjoy retirement, there are options that can make your financial planning easier. We will be there and look forward to seeing you.

Warm wishes,

Sharon

---

According to Chinese Medicine, Spring is the Time of “New Beginnings and Moving Forward”

The word is out! Qigong practice can help reduce stress, build stamina, increase vitality and affect the immune system in positive ways. The benefits are profound. Qigong, an ancient Chinese healthcare system integrates physical postures, breathing techniques, and focused intention. Qigong (Qi-Chen) is the vital life force or vital energy that flows through all things in the universe. The practice is easy to learn and welcomes students with all levels of ability.

The 9 week Spring Series of “Qigong for Good Health”, taught by Maxine Forster Guenther, begins on Tuesday, April 1st in Lincroft at the Unitarian Universalist Meeting House, 1475 West Front Street. Because of growing demand, two classes are now offered on each day of the series at 1:00 pm or 2:30 pm. The 1:00 pm class is for all levels including new and returning students. The 2:30 pm class is for those who practice Qigong regularly and have taken other “Qigong for Good Health” classes. The cost for a series is $96. (For a partner in the same household, the 2nd person’s fee is $48.) Beginners meet at 12:30 on April 1st for an introduction. If you are new to Qigong, you may take the first class and then decide if you wish to sign up for the whole series. Please check the website to register for class and for more information www.qigongforgoodhealth.org or you may e-mail Maxine at qigongomni@verizon.net

Maxine Forster Guenther has been teaching “Qigong for Good Health” since 2002 and is a certified instructor of Integral Qigong as well as a member of The Institute of Integral Qigong and Tai Chi (IQTC.org) and the National Qigong Association (NQA.org). She also has a 30 year background in “movement re-education.” Maxine brings the great gift of teaching students with all levels of ability.

The 1:00 pm class is for all levels including new and returning students. The 9 week series begins on Tuesday, April 1st, 2014 and is taught by Maxine Forster Guenther, M.A. at the Unitarian Universalist Meeting House, 1475 West Front Street, Lincroft, NJ. This class is open to the public and everyone is welcome to attend. Maxine has taught Qigong for Good Health classes in New Jersey since 2002. She is a registered instructor of Integral Qigong and is certified by The Institute of Integral Qigong and Tai Chi. Maxine is also a member of the National Qigong Association (NQA.org). Maxine lives in Red Bank and teaches at the Unitarian Universalist Meeting House, 1475 West Front Street, Lincroft 732-842-5074 www.qigongforgoodhealth.org MaxineForsterGuenther@Verizon.net

Spring is the Time of “New Beginnings and Moving Forward”

Maxine Forster Guenther, M.A.
Certified Instructor of Integral Qigong
Member National Qigong Association
Red Bank Area Classes
732-842-5074
www.qigongforgoodhealth.org
MaxineForsterGuenther@Verizon.net

---

Tuning up Your Energy Makes a Real Difference

In Dr. Wayne Dyer’s book Power of Intention he says, “One individual who lives and vibrates to the energy of pure love and reverence for all of life will counterbalance the negativity of 750,000 individuals who calibrate at the lower weakening levels.” High-energy people counterbalance the negative effect of low-energy people.” Wow! That quote gives many hope and purpose. It means that if we heal ourselves, we also heal others. So raise your energy for you and for humanity! When Energy becomes blocked or restricted our vitality and immunity can be lowered, causing our joy and enthusiasm for life to diminish. To be fully realized, we are to honor and care for our body, while expressing our spirit. Are you living on purpose and expressing your spirit? Are you caring for your body?

POLARITY THERAPY is a whole body approach that offers a natural way to tune body, mind and spirit. Through:

1) Bodywork- The hands are used to stimulate, soothe or balance the flow of healing energy thru the body. This can include Reflexology and Cranial Sacral work. This can be paired with YL Therapeutic grade essential oils
2) Diet-Using foods that cleanse and support the body
3) Exercise-Simple techniques that create relaxation and balance
4) Self-Awareness- Conscious of your thoughts and emotions

MASSAGE THERAPY can help the body to relax and release tension. Did you know that within 20 mins of a massage important biological and physiological changes are taking place and can have powerful healing benefits!

Sally Kurth, LMT/APP Please visit her website for more information www.Polaritynow.com or call 732-241-1255.

---

Maxine Forster Guenther, M.A.
Certified Instructor of Integral Qigong
Member National Qigong Association
Red Bank Area Classes
732-842-5074
www.qigongforgoodhealth.org
MaxineForsterGuenther@Verizon.net

---
**newsbriefs**

Is All Grass-fed Beef Created Equal?

A local butcher shop has the answer. The Arctic Market & Butcher in Point Pleasant, NJ is a hidden gem when it comes to finding 100% organic, grass-fed & finished beef. Michael Sirchio, owner of The Arctic, explains that there are many options for consumers, but not all grass-fed beef is created equal. Throughout the United States, due to climate, many areas do not allow for cattle to feed in open green pastures year round. The harsher winter months may require farmers to feed their livestock alfalfa hay and other harvested forage.

For this reason, Sirchio sources his grass-fed & finished beef from Silver Fern Farms, where cattle graze on green, grassy pastures, year-round, for their entire life. They are humanely raised on a pristine, open range where they roam and graze as nature intended. This healthy, stress-free lifestyle allows for a better product that’s lower in saturated fat and contains higher levels of vitamins A & E, conjugated linoleic acid, and omega-3 fatty acids. In addition, the cut sizes & quality are always consistent, without the use of hormones.

Walk into this friendly, small-town butcher shop and the Arctic staff will treat you like one of their own. Sirchio takes great pride in offering his customers clean, healthy products and works with local farms that are committed to sustainable practices and the humane treatment of animals.

Michael Sirchio, The Arctic Market & Butcher. For more information, contact The Arctic Butcher ® 732-899-6328 or find them on the web at www.arcticbutcher.com.

---

**Getting Back Into Shape After Baby Isn’t Hard Any More!**

Every new mom knows how hard it is to get back in shape after having a baby. The first challenge is separating from your little one. But now there are new mommy and me yoga class that focus on whipping mom back into shape, and baby comes too. Babies sing lullabies, practicing their first baby yoga moves, see other babies and interact with mom. Meanwhile, moms focus on core and pelvic floor strengthening, improving posture and opening the front of the body which helps the tendency of rolling the shoulders and collapsing the heart center caused by nursing. Moms also work on balancing the body which is off balance due to carrying the baby and holding the car seat. Moms can start these classes as soon the OB gives the OK to exercise which is usually about 6 weeks after having a vaginal delivery and a little longer for C-section. There are babies as young as 6 weeks to crawling or about 12 months. The best is, some studios like Coba Yoga in Little Silver let you drop in and pay as you go or buy a package, and you have 1 year to use the classes.

Lili Avery is an experienced yoga teacher and opened Coba Yoga studio 2 1/2 years ago in Little Silver. For more info visit: www.cobayoga.com

---

**Natural Iodine Supplementation: A Must for Most Americans**

A study in the American Journal of Clinical Nutrition found that iodine deficiency in the developed world has increased twofold in the past 40 years and now affects nearly three-quarters of all adults. Taking the right kind of iodine in the right dosage can rebalance thyroid function and restore health to the thyroid and the whole body.

I was amazed (and I admit to some surprise) that this worked so well. My family has a history of both major and minor thyroid issues and using the Detoxified Iodine has helped my general fatigue and mood. Thank you for a great product!

Patricia

I’ve known for years that I was low on iodine, that it is essential to good thyroid function, and proper thyroid function is critical to so many bodily functions. This product makes it so easy for me to ensure I have optimum iodine levels in order to maintain good health. I simply rub the side of the dropper across my arm after putting a few drops into the 4 ounces of water I’m about to drink. Very easy, and eye-opening!

— Tonia

---

**Why Buying Fair Trade Coffee Is So Important**

Organic practices are certainly important for the environment as well as our bodies. But now more than ever...also choosing fairly traded coffee can make a huge difference to farmers in producing countries. As of January 2014, coffee prices have dipped to a six-and-half year low, trading at around $1.14/lb. In order to become certified as a fair trade farmer, a certain set of social and environmental standards must be upheld. But certification allows fair trade farmers to earn a 20 cent premium and an additional 30 cents per pound if their coffee is certified organic. And there’s one other huge difference: Fair trade has a set minimum price, currently at $1.40 per pound, which protects farmers from falling prices. When the global coffee price is above $1.40, the minimum isn’t an issue, but when prices are much below, fair trade is even more appealing to farmers.

In a recent Fairtrade International press release (October 2013) “Fairtrade generates a base price, which really helps us, especially in a time like now,” said Fatima Ismael, General Manager at a Fairtrade cooperative in Nicaragua. “It gives us stability for our families.” Together we can make a difference...


---

**Chinese Medicine: Treating Seasonal Allergies for Centuries**

For more than 13 years, Holmdel Acupuncture has helped thousands of patients with various health problems. Through word of mouth, patients come to us as far as Holgate, Barnegat, and New York City. Many of our patients have benefited greatly from Chinese herbs in conjunction with their acupuncture treatments. This year we are proud to make our allergy herb (decongestion, tincture, and granules) available to everyone who is interested in alternative medicine.

Carefully formulated by our center director Liping Wang

Safe for children and elderly

Highly potent and very effective

Please visit our website for more information. No consultation is needed. Please call before you come. This herb runs out quickly.

Liping Wang, C.A., Dipl. OH, Director

Helped thousands in both China and U.S.

---

HOLMDEL ACUPUNCTURE & Herbal Medicine Center

732-888-4910 • www.HolmdelAcupuncture.com

721 North Beers Street, Suite 2E, Holmdel
DIY Projects Keep Seniors Moving

The British Journal of Sports Medicine reports that a generally active daily life that includes do-it-yourself activities and projects like gardening and car maintenance can cut the risks of heart attacks and strokes by as much as 30 percent and prolong life among adults 60 and over. These routine activities may be as beneficial as exercising for older adults because they decrease total sedentary time, the researchers say.

Scientists in Stockholm, Sweden, tracked more than 4,000 men and women for an average of 12.5 years, starting at age 60. At the start of the study, regardless of exercise habits, high levels of other physical activity were associated with smaller waists and lower levels of potentially harmful blood fats in both sexes, and lower levels of glucose, insulin and clotting factor levels in men.

Those with higher levels of other physical activity were also significantly less likely to experience metabolic syndrome, a first cardiovascular disease event, and early mortality from any cause. The same was true for individuals that undertook exercise-based tasks during work. Those with higher levels of other physical activity were also significantly less likely to experience metabolic syndrome, a first cardiovascular disease event, and early mortality from any cause. The same was true for individuals that undertook exercise-based tasks during work.

Dogs engaged in display of concentration of perilipin aorta (used in ice-proof and grease-proof coatings) cats evidenced 2.3 times the concentration of polybrominated diphenyl ether (PBDE) fire retardants and 5.4 times the amount of mercury. PBDE levels in hypersensitive children have been linked to eating canned cat food and to the increased use of PBDEs in consumer products during the past 30 years.

In future years, children may have increased levels of flame retardants and thyroid disease.

Suggestions for minimizing exposure include avoiding chemical-laden household cleaners, furnishings and carpet; drinking carbon-filtered water; steering clear of food and beverage containers made from or lined with industrial chemicals and pollutants; and drinking carbon-filtered water. These routine activities may be as beneficial as exercising for older adults because they decrease total sedentary time, the researchers say.

Chemicals Harm Pets, Too

The nationwide health epidemic of chronic diseases afflicting the human population is also showing up among companion animals. According to a report by the Environmental Working Group, pets, like a canary in a coal mine, may be the environmental sentinels that are now signaling a clear connection between disease and manufactured chemicals.

In a study that analyzed blood samples of dogs and cats, 48 of 70 industrial chemicals and pollutants were traced, many recording levels that were substantially higher than previously reported in national studies of humans. Dogs displayed double the concentration of perilipin in the blood of cats, while cats exhibited abdominal obesity levels also decreased on the legume diet. Legumes appear to make dietary carbohydrate-digest more slowly and with a lower glycemic index, which has been associated with reduced hyperinsulinemia and lower CHD events in pre-diabetic individuals.

Vitamin E Hope for Cancer Care

Evasive anti-cancer elements of vitamin E, natural tocopherols, have been identified by researchers at Ohio State University as being able to deplete an enzyme essential for cancer cell survival.

Although both alpha and gamma forms of natural tocopherols worked, the gamma was the most potent in shutting down the troublesome enzyme. Through manipulating the structure of the gamma molecule, the scientists were able to create an agent 20 times more effective than the original vitamin. In mice, this agent reduced the size of prostate cancer tumors.

Over-the-counter vitamin E supplements are limited because many use synthetic forms that do not contain the natural gamma tocopherol. The study’s authors, led by Ching-Shih Chen, Ph.D., note that human blood has a high concentration of natural vitamin E required to achieve the anti-cancer effect; their goal is to develop a safe pill that could be taken daily for cancer prevention.

Legumes Improve Blood Sugar, Blood Pressure

A cup of beans a day may keep the doctor away. In a randomized trial published in the Archives of Internal Medicine of 121 participants diagnosed with diabetes mellitus, daily consumption of approximately one cup of legumes (peas and beans) was found to improve glycemic control and reduce systolic blood pressure and heart rate, thereby reducing participants’ calculated risk score for coronary heart disease (CHD).

Body weight, waist circumference and fasting blood glucose and triglyceride levels also decreased on the legume diet. Legumes appear to make dietary carbohydrate-digest more slowly and with a lower glycemic index, which has been associated with reduced hyperinsulinemia and lower CHD events in pre-diabetic individuals.

Superfoods Defend Against Radiation

Two superfoods show promise for protecting people from radiation damage—cruciferous vegetables and miso, a food paste made from fermented soybeans. Scientists have identified a specific chemical byproduct, 3,3-diiodolylmethane (DIM), derived from the digestion of cruciferous vegetables and especially concentrated in broccoli, that is responsible for the defensive effect. The source of miso’s beneficial properties needs further investigation, but appears to stem from the fermentation process.

Research led by Cary Firestone, Ph.D., of the University of California-Berkeley, and physician Eliot Rosen, Ph.D., of Georgetown University, in Washington, D.C., concluded that administering supplemental DIM before or immediately following lethal levels of radiation exposure protected rats from immediate death. If clinical trials with humans are successful, the compound could be used to minimize acute radiation sickness.

A comprehensive review research published in the Journal of Toxicologic Pathology lends credence to miso’s shielding power. Mice that ate miso a week before irradiation appeared to be protected from radiation injury.

Coconut Oil Manages Cholesterol, Shrinks Waistlines

Reduced physical activity and increased consumption of carbohydrates and saturated fats fuel increased rates of obesity, cardiovascular disease and insulin resistance, plus abnormal lipid content in the blood. Although coconut oil is a saturated fat, its chemical composition appears to prevent it from generating negative effects on lipid profiles, according to a growing body of research.

Dr. Ermala Thomas, a researcher at the University of Roehampton in London, and colleague, have found that coconut oil is a significantly better food for the heart than is soybean oil. In an earlier study published in Lipids, women that exhibited abdominal obesity also experienced shrinking waistlines when consuming supplements of either coconut oil or soybean oil. Throughout the 12-week trial, both groups followed the same weight-loss diet. At the end, the coconut oil group presented a higher level of high-density lipoprotein (HDL), or protective cholesterol, and smaller waistlines, while the soybean oil group showed lower HDL levels and an increase in total cholesterol and low-density lipoprotein (LDL) plus a less desirable LDL-to-HDL ratio. In a later study published in the Asia Pacific Journal of Clinical Nutrition, consumption of coconut oil was again associated with a beneficial lipid profile in pre-menopausal women.

Researchers that conducted a concurrent pilot study with male and female subjects found that men also experienced shrinking waistlines when supplementing with coconut oil. They explain that coconut oil contains mainly medium-chain fatty acids, which rapidly convert into energy, thereby circumventing the cycle that makes cholesterol and stores fat (Pharmacology).
Global Briefs

News and resources to inspire concerned citizens to work together in building a healthier, stronger society that benefits all.

Self-Sufficiency

America’s Best Community Garden Cities

We don’t have to live in a rural area or even the suburbs to be a farmer these days. According to the Trust for Public Land, the 10 best cities for homegrown veggies from urban gardens are Seattle, Washington (a P-Patch program provides 68 gardens for residents throughout the city); Portland, Oregon (its Produce for People program donates fresh produce to local hunger agencies); Long Beach, California (growing anything from sugar cane and lemongrass to sunflowers and tomatoes); St. Paul, Minnesota (17 community gardens—all run by nonprofits and half open to rent); Honolulu, Hawaii (1,254 plots for public use); San Jose, California (19 community gardens on 35 acres); Baltimore, Maryland (community gardens cover 11 acres throughout the city); Washington, D.C. (a Master Peace Farm program tends area gardens and mentors budding veggie growers at an adjoining middle school); Anchorage, Alaska (a city goal is enabling residents to work together in harmony); and Louisville, Kentucky (Brightside’s community garden program, established 19 years ago, currently manages 10 of Louisville’s 16 gardens). 

These gardens not only yield the virtues of fresh, local and often organic foods, they also bring communities together. Some produce food for those in need, others have youth programs and some have even been credited with reducing local crime rates. Many community gardens accept new members in the fall; visit ag.ca.LocalHarvest.org to find one nearby and reserve a space.

Homegrown Access

Creative Paths for Local Food Sourcing

Entrepreneurs are creating novel ways to circumvent the commercial food system that ships food, in or out of season, for hundreds or thousands of miles at the cost of quality and too often, accountability: Re-farm Denver, in Colorado, for example, supplies families with everything they need for backyard gardens, from irrigation systems to seeds. In 2013, 200 families participated.

Cottage food laws allow artisans to sell breads, jams, candy and other foods made in home kitchens. While specific restrictions vary, 42 states have some type of cottage law. Beth-Ann Betz, who bakes sweets in her New Hampshire kitchen, says, “It gives me the option to be independent and self-employed at 66.”

At the Community Thanksgiving Potluck, in Laguna Beach, California, dinner is shared, not served. For 25 years, those with homes and without, single people, families, city council members and the jobless have gathered to share food and community for the holiday. “It’s a wonderful chaos,” says Dawn Price, executive director of the nonprofit Friendship Shelter.

At Bottles Liquor, in West Oakland, California, a banner reads “Fresh Fruits and Vegetables Available Here.” Bottles is a member of the Healthy Neighborhood Store Alliance, an effort of the nonprofit Mandela Marketplace to bring pesticide-free produce to corner stores throughout the neighborhood.

Farm Relief

FDA Wakens to Local Needs

Small farms, farmers’ markets, local food processors and community food banks have been given a reprieve, because on December 19, the U.S. Food and Drug Administration (FDA) decided to take a second look at proposed new laws that would have put many of them out of business. The new rules, proposed under the Food Safety and Modernization Act (FSMA), came under fire from consumers, farmers and others with voices that were heard.

The FDA said its thinking has evolved,” and …significant changes will be needed in key provisions of the two proposed rules affecting small and large farmers. These provisions include water quality standards and testing, standards for using raw manure and compost, certain provisions affecting mixed-use facilities and procedures for withdrawing the qualified exemption for certain farms.

Source: TheDailyGreen.com

Mercury Mystery

How Sinking Organic Matter Plagues Fish

University of Michigan and University of Hawaii researchers claim to have solved a long-standing scientific mystery of how mercury gets into open-water fish. Based on their study findings, published in the journal Nature Geoscience, they also project that mercury levels in Pacific fish will rise in the coming years.

The researchers discovered that up to 80 percent of the toxic form of mercury, methylmercury, is generated deep in the ocean, most likely by bacteria attached to sinking pieces of organic matter. Mercury found in Pacific fish near Hawaii likely traveled thousands of miles through the air before being deposited in the ocean, the team concludes, blaming industrial nations such as China and India that rely on coal-burning power plants. The U.S. Food and Drug Administration notes that large fish have the highest levels of methylmercury because they live longer and have more time to accumulate it.

Source: TheDailyGreen.com

Your Journey Today

732-383-8809

www.CrossFitLincroft.com

You CAN Take Charge of Your Life NOW!

- Lose Weight
- Build Confidence
- Manage Stress
- Sleep Better
- Stop Smoking
- Release Habits & Fears & More

Rhoda Kopy, BS, CH, ACH
Nat. Certified Master Hypnotist / Coach
1341 Route 37 E, Toms River, NJ
www.HypnoForWomen.com
732-270-0080

STOP THE RE-VOLVING DOOR OF TREATMENT & ENTER THE EVOLVING DOOR

Supported RECOVERY WORKS!

We are a non-profit organization serving our friends in Recovery.
Call Today
732-803-0518

We provide:

Life Skills Workshops
Exposure to careers
Family Workshops
Tools to balance mind, body & spirit
www.cfcLoudNclear.com

Portland on Tap

City Voters Reject Fluoridation Again

Portland, Oregon, residents have rejected a plan to fluoridate city water for the fourth time since 1956, making it the largest city (pop. 900,000) in the United States without fluoride in its water supply. In the 1950s, cities throughout the U.S. championed water fluoridation as a way of fighting tooth decay, but the backlash when a condition called fluoride emerged, which ironically is charac- terized by tooth enamel discoloration and erosion. Anti-fluoride forces say that wa- ter treatment is not the key to better dental health for children. Fluoride Action Network Executive Direc- tor Paul Connett, Ph.D., has a better idea. “We urge the legalization of dental therapists in Oregon who will treat the low-income children dentists refuse to treat.”

You are here: Home / Newsletters / natural awakenings

March 2014
Looming Law
International Pact Could Lower Food Protections

The Trans Pacific Partnership (TPP) is the largest global trade pact to be negotiated since the inception of the World Trade Organization. Many details remain a mystery and negotiations are being conducted in secret. Leaked drafts of its provisions indicate that the TPP would give multinational corporations the power to sue countries, states, counties or cities in order to negate laws specifically designed to protect citizens, such as bans on growing genetically modified organisms (GMO). Corporations would be allowed to resolve trade disputes in special international tribunals, effectively wiping out hundreds of domestic and international food sovereignty laws.

The TPP would require countries to accept food that meets only the lowest safety standards of the collective participants. If enacted, consumers could soon be eating imported seafood, beef or chicken products that don’t meet basic U.S. food safety standards, and the U.S. Food and Drug Administration would be powerless to stop imports of such unsafe foods or ingredients. Plus, the labeling of products as fair trade, organic, country-of-origin, animal welfare-approved or GMO-free could be challenged as barriers to trade.

Opposition has grown, thanks to petitions by members of the Organic Consumers Association and other groups. More than 400 organizations, representing 15 million Americans, have petitioned Congress to do away with accelerated acceptance of the measure without full debate.

For more information, visit OrganicConsumers.org and search TPP.

Vanishing Whales
Illegal Hunting Continues to Decimate Species

Whales are still being killed, despite an international ban on commercial whaling. According to Greenpeace, many whale species are down to around 1 percent of their estimated former abundance before the days of commercial whaling.

Fourteen whaling nations came together in 1946 to form the International Whaling Commission (IWC) to manage whale stocks and recommend hunting limits where appropriate, but the continuing decline of populations forced the IWC to call for an outright ban on all commercial whaling in 1986. Yet Japan, Norway and Iceland continue to defy the ban, each harvesting hundreds of whales every year.

Several green groups, including the Natural Resources Development Council (NRDC), recently petitioned the U.S. government to take action against Iceland under the Pelly Amendment to the Fisherman’s Protective Act. “The Amendment allows the president to impose trade sanctions against a country that is diminishing the effectiveness of a conservation agreement—in Iceland’s case, the whaling moratorium and another international treaty that prohibits trade in endangered species,” writes the NRDC. The petition names several Icelandic firms—including major seafood companies with ties to the country’s whaling industry—as potential targets for trade sanctions.

To learn more, visit iwcoffice.org, Greenpeace.org and nrdc.org.

Healthy Food at the Front Door
A growing trend is the ringing of a doorbell heralding the arrival of healthy food. In addition to the convenience and time savings, having a grocery delivery van make roundtrips to and from multiple customers’ doorsteps generates far less emissions than traditional shopping. Home deliveries of local and organic fresh fruits and vegetables have customers clamoring for more.

After serving most of the New York metro area for more than a decade, online grocer FreshDirect (FreshDirect.com) began delivering in the Philadelphia metro area in October 2012 and expanded to other parts of Pennsylvania, plus New Jersey and Delaware, last fall. “Our hyper-local, farm-to-fork food systems result in healthy relationships between consumers, food and farmers,” says David McNerney, co-founder of FreshDirect. The company also supports hunger organizations and provides nutritional counseling.

Planet Organics (PlanetOrganics.com) serves the San Francisco Bay area. Beginning last fall, Instacart partnered with Trader Joe’s, Whole Foods and Costco to begin delivering food to homes in 13 neighborhoods in Chicago. Beginning in Colorado, where it’s based, Door to Door Organics (DoorToDoorOrganics.com) now provides its service in Michigan, plus metro areas of Kansas City, Chicago and New York.

Green BEAN Delivery (GreenBEANDelivery.com), based in Indianapolis, now also delivers organic and sustainable foods in Cincinnati, Columbus and Dayton, Ohio; Louisville and Lexington, Kentucky; and most recently, St. Louis, Missouri.

Irv & Shelly’s Fresh Picks (FreshPicks.com) taps into 100-plus farmers within a day’s drive of its Niles, Illinois, center, to serve the Chicago and Milwaukee metro areas. “We’re able to concentrate on reaching people of all incomes and get deep into the communities,” says co-owner Shelly Herman. The eight-year-old company also partners with community groups, food pantries and schools.

Going a step further, other companies are delivering prepared healthy meals.

In one example, Power Supply (MyPowerSupply.com) recently partnered with Mindful Chef to foster this connection with 50 yoga and other fitness facilities, as well as other businesses in the Washington, D.C., metro area.
Fresh Food Trends
Natural Trailblazers in Sustainable Eating
by Melinda Hemmelgarn

Food experts have listed local, regional and sustainable foods among the top food trends for 2014. Consumers’ heightened environmental awareness and their love for fresh flavors are responsible.

There’s even a new term, “hyperlocal,” to describe produce harvested from onsite gardens at restaurants, schools, supermarkets and hospitals—all designed for sourcing tasty, nutrient-rich foods minus the fuel-guzzling transportation costs. Adding emphasis to the need to preserve vital local food sources, the United Nations has designated 2014 as the International Year of Family Farming.

Here are four thriving food trends for 2014. Consumers’ heightened environmental awareness and their love for fresh flavors are responsible.

Fermentation
Kefir, kimchi, kombucha and sauerkraut all owe their unique flavors to fermentation. Sandor Katz, author of The Art of Fermentation: An In-Depth Exploration of Essential Concepts and Processes From Around the World, is a self-described “fermentation revivelist.” He explains how microorganisms, such as lactic acid bacteria that are universally present on raw vegetables and in milk, transform food into a preserved sustenance.

Katz recalls how his boyhood love for sour pickles grew to an “obsession with all things fermented.” An abundant garden crop of cabbage left him wondering, “What are we going to do with all that cabbage?” The answer came naturally: “Let’s make sauerkraut.”

Subsequently, Katz has become an international expert on the art and science of fermentation from wine to brine and beyond, collecting recipes and wisdom from around the world (Wildfermentation.com). He observes, “Every single culture has a history of fermentation from wine to brine and beyond. For example, Nussinow advises venturing forth to pick them. She recommends the book Mushrooms Demystified, by David Arora, as a learning tool, and checking with local mycological associations for safe mushroom identification. She also likes the advice of “Wildman” Steve Brill, of New York City, who publishes educational articles at WildmanStevenD.com. “He knows more about wild foods than anyone I know,” she says.

Vermonter wildcrafter Nova Kim teaches her students not only how to identify wild edibles, but also how to harvest them sustainably. It’s critical to make sure wild foods will be available for future generations.

Foraging
Foraging is a “nature’s treasure hunt.” Nussinow says she forages for the thrill of it and because, “It puts you very much in touch with the seasons.”

On her typical foraging excursions through forests and on beaches, Nussinow notes, “You never know what you might find: mushrooms, berries, miner’s lettuce, mustard pods or sea vegetables. It’s free food, there for the picking.” However, she warns, “You have to know what you are doing. Some wild foods can be harmful.”

For example, Nussinow advises getting to know about mushrooms before venturing forth to pick them. She recommends the book Mushrooms Demystified, by David Arora, as a learning tool, and checking with local mycological associations for safe mushroom identification. She also likes the advice of “Wildman” Steve Brill, of New York City, who publishes educational articles at WildmanStevenD.com. “He knows more about wild foods than anyone I know,” she says.

Vermonter wildcrafter Nova Kim teaches her students not only how to identify wild edibles, but also how to harvest them sustainably. It’s critical to make sure wild foods will be available for future generations.

Feed Matters
The popular adage, “We are what we eat,” applies to animals, as well. New research from Washington State University shows that organic whole milk from pasture-fed cows contains 62 percent higher levels of heart-healthy omega-3 fatty acids compared to conventional, or non-organic, whole milk. The striking difference is accounted for by the fact that the U.S. Department of Agriculture’s national organic program legally requires that organic cows have access to pasture throughout the grazing season. The more time cows spend on high-quality pasture, which includes grass, legumes and hay, the more beneficial the fats will be in their milk. On the other hand, when ruminant animals, designed to graze on pasture, are fed a steady diet of corn and soy, both their milk and meat contain less beneficial fat.

According to Captain Joseph Hibb, a lipid biochemist and physician at the National Institutes of Health, American diets have become deficient in omega-3 fatty acids over the past 100 years, largely because of industrial agriculture. Hibb believes that consuming more omega-3s may be one of the most important dietary changes Americans can make to reduce the risk of chronic diseases, improve mental health and enhance children’s brain and eye development, including boosting their IQs.

Coldwater fish such as salmon, mackerel, tuna and sardines provide excellent sources of omega-3 fatty acids. Plus, dairy and meat from animals raised on pasture can improve our intake, as well.

Supporting the immune system; and affecting body weight and susceptibility to chronic disease.

Supporting the immune system; and affecting body weight and susceptibility to chronic disease.
Faith
How might eating with the “creation” in mind influence food and agriculture trends? Barbara Ross, director of social services for Catholic Charities of Central and Northern Missouri, believes, “People’s common denominator is that we are all part of and integral to the creation.” She considers how “food, agriculture, environment and economy are bound together in a way that requires we think, plan and act for the dignity of each person and the common good of the human family.” Ross explains that the choices we make in these vital areas affect the richness of our soils, the purity of our air and water and the health of all living things.

Marie George, Ph.D., a professor of philosophy at St. John’s University, in Queens, New York, agrees, “The serious ecological crises we see today stem from the way we think,” and “reveal an urgent moral need for a new solidarity” to be better stewards of the Earth and its creatures. For example, George sees it as contrary to human dignity to cause animals to suffer; that’s why she opposes gestation crates and the push for cheap food that exploits animals and the environment in the process.

Kelly Moltzen, a registered dietitian in Bronx, New York, shares a passion for addressing food justice and sustainability from her faith-based perspective of Franciscan spirituality. She believes that, “When we connect our spirituality with the daily act of eating, we can eat in a way that leads to a right relationship with our Creator.” By bridging spirituality with nutrition and the food system, Moltzen hopes to raise awareness of how people can care for their body as a temple and live in right relationship with the Earth, which she perceives as “the larger house of God.”

Fred Bahnson, director of the Food, Faith and Religious Leadership Initiative at Wake Forest University’s School of Divinity, in Winston-Salem, North Carolina, is the author of Soil and Sacrament: A Spiritual Memoir of Food and Faith. His book takes the reader on a journey to four different faith communities—Catholic, Protestant, Pentecostal and Jewish—to explore connections between spiritual nourishment and the cultivation of food. Bahnson speaks about sacred soil and the communities of mystical microorganisms that lie within and create the foundation for sustenance. He also describes the special power of communal gardens, which welcome all and provide nourishing food, yet come to satisfy more than physical hunger.

Regardless of religious denomination, Amanda Archibald, a registered dietitian in Boulder, Colorado, believes, “We are in a new era of food—one that embraces and honors food producers and food systems that respect soil, environment and humanity itself.”

Hyperlocal Superstars
Food Corps is a national nonprofit with a mission to improve school food and thus children’s health and lifelong potential. Active in 15 states, it places teams of young teachers in limited-resource communities to establish school gardens, provide food-based nutrition education and supplement school meals with garden fresh produce. Visit FoodCorps.org.

Kelly Moltzen, a registered dietitian in Bronx, New York, shares a passion for addressing food justice and sustainability from her faith-based perspective of Franciscan spirituality. She believes that, “When we connect our spirituality with the daily act of eating, we can eat in a way that leads to a right relationship with our Creator.” By bridging spirituality with nutrition and the food system, Moltzen hopes to raise awareness of how people can care for their body as a temple and live in right relationship with the Earth, which she perceives as “the larger house of God.”

Fred Bahnson, director of the Food, Faith and Religious Leadership Initiative at Wake Forest University’s School of Divinity, in Winston-Salem, North Carolina, is the author of Soil and Sacrament: A Spiritual Memoir of Food and Faith. His book takes the reader on a journey to four different faith communities—Catholic, Protestant, Pentecostal and Jewish—to explore connections between spiritual nourishment and the cultivation of food. Bahnson speaks about sacred soil and the communities of mystical microorganisms that lie within and create the foundation for sustenance. He also describes the special power of communal gardens, which welcome all and provide nourishing food, yet come to satisfy more than physical hunger.

Regardless of religious denomination, Amanda Archibald, a registered dietitian in Boulder, Colorado, believes, “We are in a new era of food—one that embraces and honors food producers and food systems that respect soil, environment and humanity itself.”

Melinda Hemmelgarn, aka the “food sleuth”, is a registered dietitian and award-winning writer and radio host at KOPN.org, in Columbia, MO (FoodSleuth@gmail.com). She advocates for organic farmers at EnduringImage.blogspot.com.

What does it take to feel better and avoid terrible illness?
“A Phone Call!”
Judith Volpe, M.D. - Medical Director
Derek Van Bethuysen, D.C.
Lauren Salani, LCSW, BCB
Tracey Capell, M.S., CNS
“Balance your hormones for optimal vitality and sexuality”
Suzanne Somers
• Natural treatment for Stress, Anxiety, Depression or Moodiness — No Medication!
• Ultimate Detox Weightloss — It’s GUARANTEED — Do It Right, Keep It Off For Life!
FREE HEALTH SCREENING & CONSULTATION
CALL 732-542-2638
Physicians for Alternative Medicine, P.C.
107 Monmouth Road, Suite 104, Middletown, NJ
732-542-2638
Judith Volpe, M.D. - Medical Director
Derek Van Bethuysen, D.C.
Lauren Salani, LCSW, BCB
Tracey Capell, M.S., CNS
Mary’s Place By The Sea, Inc. provides an innovative approach to caring for women with cancer during and after their treatment.
Mary’s Place By The Sea
3rd Annual Walk-a-Thon
Saturday May 10, 2014
15 Broadway
Ocean Grove, NJ
11am/Registration 12pm/Start Time
Rain or Shine
let’s walk together!
Registration: $35 (ages 18 and older) receives an event day t-shirt. $20 (ages 10-17) receives an event day t-shirt. FREE (under 10 years of age) will not receive a t-shirt but are able to purchase a kid’s t-shirt for $5
Gather a team and spread this mission even further. Prizes awarded to the top 3 individual and team fundraisers for both divisions.
Free food and beverages for all walkers.
Live Music Vendors 2.5 mile course
If you have any questions or need additional information, please contact Claire Fredda at 732-904-0866 or claireddle66@gmail.com or visit our website at http://marysplacewalk2014.dojiggy.com.
www.marysplacebythesea.org
A
ter four decades
teaching self-
development and
authoring more than
30 bestselling books,
Wayne W. Dyer, Ph.D.,
shares dozens of events
from his life in his latest
work, I Can See Clearly
Now. In unflinching
detail, he relates vivid
impressions of encoun-
tering many forks in the
road, from his youth
in Detroit to the pres-
cent day, and reflects on
these events from his
current perspective, noting what lessons
he ultimately learned.

You describe the influential
patterns and motivators in
your life as diamonds and
stones; how would you
characterize your childhood
years in foster homes?
I can now see that spending the better
time of my first decade in a series of
foster homes was all a part of God’s
infallible plan for me. I believe I was
in a type of training camp for becom-
ing a teacher of higher spiritual and
commonsense principles. If I was going
to spend my adult life teaching, lectur-
ing and writing on self-reliance, then I
obviously needed to learn to rely upon
myself and be in a position to never be
dissuaded from this awareness. What
better training ground for teaching this
than an early childhood that required
a sense of independence and need
for self-sufficiency? Now that I know
every encounter, challenge and
situation is a spectacular thread in a
tapestry, and that each represents and
defines my life, I am deeply grateful for
them all.

What has your life taught you
about prayer?
I feel that the prayer of Saint Francis of
Assisi says it best: “Lord, make me an
instrument of your peace. Where there
is hatred, let me bring love. Where there
is darkness, let me bring light. Where
there is sadness, let me bring joy.” The
masters I’ve studied pray to become
mystery. Same parents, same envi-
rонment, same culture and yet eight
individuals, with their own distinctive
character traits. Khalil Gibran stated it
perfectly in The Prophet: “Your children
are not your children. They are the sons
and daughters of Life’s longing for itself.
They come through you but not from
you, and though they are with you yet they
belong not to you.”

Each of my children had their
blueprint from God. My job has been to
guide, then step aside and let whatever
is inside them that is their own unique-
ness steer the course of their lives.

What can you see clearly
about your role as a parent?
I’ve watched my eight children show up
from birth with their unique personal-
ties and blossom into their own awak-
enings. I know for certain that the one
Divine mind that is responsible for all
of creation has a hand in this engaging
mystery. Same parents, same envi-
rонment, same culture and yet eight
individuals, with their own distinctive
character traits. Khalil Gibran stated it
perfectly in The Prophet: “Your children
are not your children. They are the sons
and daughters of Life’s longing for itself.
They come through you but not from
you, and though they are with you yet they
belong not to you.”

Each of my children had their
blueprint from God. My job has been to
guide, then step aside and let whatever
is inside them that is their own unique-
ness steer the course of their lives.

What has writing this book
taught you and how can it
help others better understand
their own lives?
My biggest lesson was that our whole
life is like a checklist. When I
looked back on my life, I began to real-
ize this and gained an awareness of the
fact that there’s something else moving
all of the pieces around. The key to at-
tracting this mystical guidance into your
life is to start with awareness that all
thing is possible and to forget about
withholding of energy supporting it that is literally
how this universe has a creative source
from spirit to form. I’ve seen firsthand
how this universe has a creative source
of energy supporting it that is literally
the matrix of all matter. Nothing occurs
by happenstance anywhere, because
this universal mind is perpetually on
call, going about its miraculous ways in
terms of infinite possibilities.

What has your life taught you
about self? What is the
highest self, the place within that is God.”

Linda Sechrist is a Natural Awakenings
senior staff writer. Visit It’s All About We.
com for the extended interview.
Humans are inherently social creatures. Most of us enjoy the company of others and spend much of our waking time engaging in social interactions with colleagues, friends and family. People that spend a lot of time together often adopt one another’s eating and exercise habits—sometimes for the better, but often for the worse. At least one positive side to wishing to conform socially is unexpected. Finding the right circle of friends—our own personal support group—can make sticking to an exercise schedule or diet easier. It’s a key factor in the popularity of organized weight-loss or diet programs and exercise classes. Studies published in the Journal of Consulting and Clinical Psychology and the Journal of Obesity demonstrate that just having a weight-loss or fitness support system in place results in better adherence to diet and exercise with friends with similar health and fitness goals. Follow links to motivational photos, low-calorie recipes and at-home workouts. Tweeting when feeling the urge to eat virtually guarantees that we’ll receive a helpful response in a minute or two. Twitter chats are also a fabulous way to connect with an established and helpful healthy living tribe.

**Pinterest**
A visual smorgasbord of clean-eating recipes, at-home workouts and inspirational photos keeps spirits up. Pinterest accesses photos throughout the Internet that we can grab and “pin” to a personal online vision board. It’s also possible to create a virtual cookbook, pinning recipes to, for example, clean eating, Paleo, pumpkin and oatmeal themed boards. It’s fun to connect with our favorite healthy living peers and start following their boards for continuous injections of inspiration and motivation.

**Instagram**
Love to take photos using a smartphone? Instagram provides a platform for sharing snippets of our day via pictures. Fitness fans regularly “Instagram” their meals and workouts, in part to remain accountable to their online followees, but also to help motivate themselves and others to make healthy choices each day.

**YouTube**
Our go-to resource for music videos is also home to hundreds of healthy living “channels”. Want to follow someone’s 100-pound weight-loss journey, learn how to cook quinoa or follow along with free, at-home workout videos? This is the place. Watch, share and comment on a favorite YouTube video to become part of its online community.

The key to using social media to improve our health and fitness is inherent in the name. It’s a friendly way to interact, participate and engage with others.

Tamara Grand, Ph.D., is a certified personal trainer and a group fitness and indoor cycling instructor in Port Moody, British Columbia, in Canada. Her new book is Ultimate Booty Workouts. She contributes to Life.Caan.com and blogs at FitKnitChick.com.

### Online Friends Help Us Stay on Track

by Tamara Grand

**Fitness Goals**

**Tweet those**

**Fitbody**

The leading social networking website includes thousands of community and group pages devoted to weight loss, exercise and healthy living. Its search function helps find one that fits our needs. Make an introduction and join the discussion. Participating in a special challenge helps everyone stay motivated.

**Twitter**
This micro-blogging site is informal and fast-paced, providing nearly instantaneous feedback. Use Twitter to identify people that spend much of our waking time engaging in social interactions with colleagues, friends and family. People that spend a lot of time together often adopt one another’s eating and exercise habits—sometimes for the better, but often for the worse. At least one positive side to wishing to conform socially is unexpected. Finding the right circle of friends—our own personal support group—can make sticking to an exercise schedule or diet easier. It’s a key factor in the popularity of organized weight-loss or diet programs and exercise classes. Studies published in the Journal of Consulting and Clinical Psychology and the Journal of Obesity demonstrate that just having a weight-loss or fitness support system in place results in better adherence to diet and exercise with friends with similar health and fitness goals. Follow links to motivational photos, low-calorie recipes and at-home workouts. Tweeting when feeling the urge to eat virtually guarantees that we’ll receive a helpful response in a minute or two. Twitter chats are also a fabulous way to connect with an established and helpful healthy living tribe.

**Pinterest**
A visual smorgasbord of clean-eating recipes, at-home workouts and inspirational photos keeps spirits up. Pinterest accesses photos throughout the Internet that we can grab and “pin” to a personal online vision board. It’s also possible to create a virtual cookbook, pinning recipes to, for example, clean eating, Paleo, pumpkin and oatmeal themed boards. It’s fun to connect with our favorite healthy living peers and start following their boards for continuous injections of inspiration and motivation.

**Instagram**
Love to take photos using a smartphone? Instagram provides a platform for sharing snippets of our day via pictures. Fitness fans regularly “Instagram” their meals and workouts, in part to remain accountable to their online followees, but also to help motivate themselves and others to make healthy choices each day.

**YouTube**
Our go-to resource for music videos is also home to hundreds of healthy living “channels”. Want to follow someone’s 100-pound weight-loss journey, learn how to cook quinoa or follow along with free, at-home workout videos? This is the place. Watch, share and comment on a favorite YouTube video to become part of its online community.

The key to using social media to improve our health and fitness is inherent in the name. It’s a friendly way to interact, participate and engage with others.

Tamara Grand, Ph.D., is a certified personal trainer and a group fitness and indoor cycling instructor in Port Moody, British Columbia, in Canada. Her new book is Ultimate Booty Workouts. She contributes to Life.Caan.com and blogs at FitKnitChick.com.
Healing Ways

Superherbs: Four Plants that Fight Off Disease

by Kathleen Barnes

Mother Nature’s most potent healing herbs are already on most spice racks or growing nearby, often right outside the door.

Herbs, respected for their healing properties for millennia, have been widely used by traditional healers with great success. Now clinical science supports their medicinal qualities.

Pharmaceutical companies routinely extract active ingredients from herbs for common medications, including the potent pain reliever codeine, derived from Papaver somniferum; the head-clearing antihistamines ephedrine and pseudoephedrine, from Ephedra sinica; and taxol, the chemotherapy drug commonly used to treat several types of cancer, including breast cancer, from Taxus brevifolia. These are among the findings according to Leslie Taylor, a naturopath and herbalist headquartered in Milam County, Texas, and author of The Healing Power of Rainforest Herbs.

Even among an abundance of healing herbs, some stand out as nature’s “superherbs” that provide an array of medical properties, according to Rosemary Gladstar, of Barre, Vermont, the renowned author of Herbal Remedies for Vibrant Health and related works. Two of these, she notes, are widely considered nuisance weeds.

Plantain (Plantago major): Commonly used externally for poultices, open wounds, blood poisoning and bee stings, it also helps relieve a wider variety of skin irritations. According to a study published in the Indian Journal of Pharmacology, this common “weed” fortifies the liver and reduces inflammation, which may reduce the risk for many kinds of chronic diseases. At least one study, published in the journal Planta Medica, suggests that plantain can enhance the immune system to help fight cancer and infectious diseases.

“Plantain is considered a survival herb because of its high nutritional value,” advises Gladstar, who founded the California School of Herbal Studies, in Sonoma County, in 1973. A new study published in the Journal of Agricultural and Food Chemistry confirms it’s an excellent source of alpha-tocopherol, a natural form of vitamin E and beta carotene that can be used in salads for those that don’t mind its bitter taste.

Dandelion (Taraxacum officinale): Like plantain, dandelion is one of the most powerful medicinal herbs on the planet. “Dandelion is revered wherever you travel, except in the United States, where it is considered noxious,” observes Gladstar.

Americans should reconsider their obsession with eradication. Dandelion root is an effective treatment against several types of cancer, including often-fatal pancreatic and colorectal cancers and melanoma, even those that have proven resistant to chemotherapy and other conventional treatments, according to several studies from the University of Windsor, in England.

Traditionally part of a detoxification diet, it’s also used to treat digestive ailments, reduce swelling and inflammation and stop internal and external bleeding.

Turmeric (Curcuma longa): Turmeric gives curry powder its vibrant yellow color. “Curcumin, turmeric’s most important active ingredient, is a wealth of health, backed by substantial scientific evidence that upholds its benefits,” says Ian McBarron, a medical and naturopathic doctor in Columbus, Georgia, author of Curcumin: The 21st Century Cure and co-host of the Duke and the Doctor radio show.

Several human and animal studies have shown that curcumin can be an effective treatment for Alzheimer’s disease, both in prevention and to slow or even stop its progress. One Australian study showed that curcumin helps rid the body of heavy metals that may be an underlying cause of the memory-robbing disease. Scientists at the University of California, Los Angeles, found that curcumin helped dissolve the plaques and tangles of brain material characteristic to Alzheimer’s.

Curcumin is also known to be effective in lessening depression and preventing heart disease, some types of cancer and diabetes, says McBarron.

**Ginger (Zingiber officinale):** Primarily used for its considerable anti-inflammatory properties, ginger makes a delicious and healing tea and an enlivening spice in a variety of dishes. This herbal powerhouse has at least 477 active ingredients, according to Beyond Aspirin, by Thomas M. Newmark and Paul Schulick.

Considerable research confirms ginger’s effectiveness against a variety of digestive problems, including nausea from both morning sickness and chemotherapy. Research from Florida’s University of Miami also confirms its usefulness in reducing knee pain.

“Ginger is a good-tasting herb to treat any type of bacterial, fungal or viral infection,” says Linda Mix, a retired registered nurse in Rogersville, Tennessee, and author of Herbs for Life!

The health benefits of these four vital herbs are easily accessed by growing them in a home garden or pot or via extracted supplements.


Note: For referenced studies, check the National Center for Biotechnology Information.
After this long and snowy winter, all of us in New Jersey are thinking ahead to warmer weather. Have you started planning to get your lawn and garden prepared for the summer season? Whether you are a professional gardener or landscaper, green thumb, or a homeowner who wants to impress the neighbors, it’s important to understand the new fertilizer laws and regulations which recently took effect.

New Jersey passed the nation’s toughest fertilizer law in 2012 to reduce the amount of pollution entering waterways. The Jersey Shore is adversely affected by ‘non-point pollution’ – that is, runoff from fertilizer and household chemicals in places like Barnegat Bay and Wreck Pond. This pollution eventually makes its way into our oceans and recreational beaches. Clean Ocean Action led the fight to bring fertilizer-related pollution into the law, research, education, and citizen action programs which will help your community fight non-point sources pollution.

Clean Ocean Action (COA) is celebrating 30 years of ocean defense. A broad-based coalition of 125 active boating, business, community, conservation, diving, environmental, fishing, religious, service, student, surfing, and women’s groups, COA has led successful campaigns for clean waterways across the New York/New Jersey Bight – from Cape May, NJ to Montauk, NY – using science, law, research, education, and citizen action. Join the COA list at www.CleanOceanAction.org.

Join us at the -
Spring Forward in Joy & Light Event
For A Holistic & Spiritual Day of Pampering
Including: Shamanic Ceremonies, Drumming, Singing Bowls, Energy Workers, Healers, Readings, Various Vendors, Door Prizes, 50/50 Prize, Silent Auction, and Much More...

Sunday, March 9th, 2014
10:00 a.m. – 5:00 p.m.

$25 Entrance Fee, (which includes 4 modalities of your choice).

For more information contact:
Meira Findel
973-699-2122
meirafindel@gmail.com
Diona Witcher
908-319-5276
silversoulmoondancer@yahoo.com
Tisci Bonanno, a former account manager for a large communications company, left her career to stay at home and raise her triplets. Life was very busy. But Tisci was enjoying every minute of it. She never really thought too much about what she fed her family other than to be sure it was healthy. Her definition of “healthy” would change drastically over the years, starting when her mom was diagnosed with cancer, so she spent a great deal of time visiting her in the Oncology Unit at the hospital,” says Tisci. “At first, I wasn’t paying any attention to this whole cancer thing going around me, but then I started to notice young women, women my age, lying around me, but then I started to notice.

Tisci was diagnosed with breast cancer. “Cancer kept coming into my life and wouldn’t stop,” Tisci recalls.

And then Tisci heard about GMOs and learned that virtually all commercial GMOs are engineered to withstand direct application of herbicide and/or to produce an increased yield or drought tolerance. She found out that many research studies were being done that found a link between increased GMO use with health problems and environmental damage.

Tisci asked herself, “Could GMOs be the reason why so many young people were getting cancer?” She began to read every detail she could about GMOs. She also learned that antibiotics in meat and growth hormones in milk, and the various farming methods used today, including organic foods. Tisci watched every major documentary about the food industry and read every study conducted. The education she received was more like an enlightenment. “I learned that we don’t want the highest crop yields, but that our health is not in our control,” Tisci says. “I truly believe that we can have a hand in our health when we make the right choice about the food we eat.”

Determined to find the highest quality and safest meat, Tisci began researching where she could buy fresh, healthy, GMO-free and organic meat for her family. She found several farms in Pennsylvania who follow old-fashioned farming methods to raise organic, GMO-free beef, pork, and sheep. She began driving to Pennsylvania to get meat to feed her own family.

“What I found was not just the freshest, healthiest possible food I could eat, but it was the tastiest meat I had ever eaten,” she says. Tisci continued to travel to Pennsylvania to purchase organic and GMO-free products. “What separated Old World Or- ganics from the few other organic companies I examined was that they were family-owned and operated since 1947,” Tisci explains. “The poultry is organically pasture-raised on a chemi-

ства and pesticide-free pasture, with no antibiotics or growth hormones and antibiotics. And they are hand-processed and hand-packaged.”

I carry beef that is local, grass-fed and organic, and GMO-free,” Tisci says. “And you don’t have to buy the whole cow; you can get any cut of meat in any quantity you want.”

All of the farms in Old World Or-

ganics partner with USDA inspected and certified. Old World Organics provides a variety of organic, GMO-free, antibiotic- and hormone-free products, including chicken and turkey, beef, sausages, pork, deli meats, convenience items like packaged and pre-cooked meals, eggs and Glatt Kosher items. Other products include yogurt, milk, raw cheese, cold pressed fresh juice, fresh cut produce, and Gluten-free baked goods.

Tisci feels better feeding her family organic and GMO-free food and is clearly passionate about her chosen lifestyle. “I know there are more and more people these days that are coming to the same conclusions that I am coming to — that there is nothing better for you than delicious food that isn’t filled with chemicals,” says Tisci.

“I started Old World Organics to make this lifestyle easier for those who choose it,” Tisci Bonanno is the owner and founder of Old World Organics, a local provider of organic, natural, and GMO-free products. You can order their products online at OldWorldOrganics.org, or call 732.963.7176.

We all recognize the crisp taste and smell of peppermint candy. For many of us, the sensation can conjure memories of childhood—candy stores, parties, holidays. The aroma is familiar and elemental. But peppermint essential oil has curative effects too!

This oil has been highly researched and is considered one of the oldest and most highly regarded herbs for soothing digestion. Scientific studies have identified peppermint’s supportive effect on the liver and respiratory systems as well as peppermint’s role in improving taste and smell when inhaled. Other studies indicate peppermint’s ability to improve concentration and mental sharpness as well as peppermint’s ability to directly affect the brain’s satiety center, which triggers a sensation of fullness after meals.

Some people prefer to dilute peppermint oil before using topically because they may be sensitive to Peppermint on their skin. Just dilute with a carrier oil such as coconut, almond or olive oil. As with any essential oil, re-

member to check for contraindications (peppermint oil should not be used during pregnancy for instance) and be sure you ingest the oil that you are using (for example, if you are pregnant, take a therapeutic grade or “food grade” oil). Therapeutic grade peppermint oil is highly concentrated and powerful. One drop of peppermint oil is equal to 28 cups of Peppermint Tea!!

SUGGESTED USES FOR PEPPERMINT OIL:

- Add a drop of peppermint essential oil to tea to help aid normal digestion.
- Massage several drops of peppermint essential oil on the abdomen, place a drop on wrists, or inhale to soothe the minor stomach discomfort associated with travel.
- Rub one drop of peppermint essential oil on the temples, forehead, nose or the sinuses (careful to avoid contact with your eyes), and on the back of the neck to relieve headache.
- Place 2 drops of peppermint essential oil on the tongue and rub another drop of oil under the nose to help improve concentration and alertness.

Apply peppermint essential oil to the back of the neck and shoulders throughout the day to keep energy up.

Inhale peppermint essential oil. apply topically to your temples or neck, or put a drop on your tongue or in water to jump-start your morning routine.

To jump-start your morning routine.

- Diffuse or inhale peppermint essential oil mid-morning to curb the desire to snack.
- Inhale peppermint essential oil or rub a drop on to your abdomen to soothe minor stomach discomfort.

There are many more uses for peppermint oil — too many ideas to in-clude in this brief summary but suffice to say, peppermint oil is one essential oil that is essential to your essential oils arsenal!

DeeAnna Nagel, LPC is co-founder of the Online Therapy Institute with a private practice in Atlantic Highlands. She incorporates psychotherapy, coaching, intuition and reiki into her teachings. For more information about essential oils visit JerseyShoreTherapy.com. See ad, page 5.
Acupuncture is a 2,500 year old form of Chinese medicine. The practice of acupuncture to treat conditions in American medicine was rare until 1972 when President Nixon’s Secretary of State, Henry Kissinger, traveled to China accompanied by the New York Times reporter James Reston. While in China, James Reston was treated with acupuncture for extreme pain following an emergency appendectomy. It was so successful in helping him with this post-operative pain that he wrote about it in the New York Times.

The classical explanation of acupuncture is based on the premise that there are patterns of vital energy or “Qi” (pronounced ‘chee’) which flow through the body and are essential for health. Qi circulates within 12 energy pathways or “meridians” existing longitudinally throughout the body associated with a specific internal organ. When the flow of Qi becomes disrupted along these meridians, it causes dysfunction or disease within the body. The purpose of acupuncture treatment is to restore balance and healthy energy flow by correcting these Qi disruptions. This restoration is accomplished with thin, solid, metallic needles with subsequent manual or electrical stimulation. The establishment of proper Qi flow through acupuncture, in turn, promotes the proper flow of Blood. This dual action is responsible for the enhancement of the body’s natural regenerative capabilities.

An acupuncturist not only treats symptoms, but also the root cause through proper diagnostic protocols. According to Chinese Medicine, acute or chronic pain is most commonly diagnosed as “painful obstruction”, also known as “Bi Syndrome”, which can be caused by several different imbalances. These include invasion of the body by wind, cold, dampness or heat; or factors such as over-exertion, prolonged activity or visceral disturbance. These symptoms are treated by needling the acupoints in the local area or distal to it, usually on the arms, legs, feet, torso, back, buttocks, face, and/or the ear. Scalp acupuncture is also commonly applied for conditions that have an acute or degenerative neurological component, especially for resulting paralysis. One of the most common diagnoses for a painful condition is “Cold Bi Syndrome” which is often characterized by inhibition of blood supply, alleviation of pain with warmth, and worsening of pain with cold and damp. A typical treatment principle for this condition would be “to remove the obstruction to Qi and Blood flow” and “warm and nourish the tissues.”

Bi syndromes can also result from a dysfunction in the circulation of Qi and/or Blood which translates into a conflict of yin and yang, the ever-present, complementary forces of nature. For example, a yin type of pain is dull, throbbing, constant, moderate intensity, chronic, occurring or aggravated at night, and deep. A yang type of pain is sharp, violent, paroxysmal, stabbing, burning, intense, acute, diurnal, and superficial. An acupuncturist does a detailed assessment of these factors to determine the appropriate treatment principle and plan to help alleviate pain. One should know within eight treatments whether or not acupuncture will work for them, although a typical course of treatment is 12-15 sessions.

Shoshanna Katzman, MS, LAc, is the author of Qigong for Staying Young, co-author of Feeling Light and the director of the Red Bank Acupuncture and Wellness Center, in Shrewsbury. For more information, visit Healing4u.com. See ad, page 29.
A Secret Trade Deal is Threatening Our Safety

Have you heard about the Trans-Pacific Partnership? You should not feel bad if you haven’t, as this secret trade deal is being negotiated in Washington behind closed doors. It is so secret that members of the public are prevented from seeing the text of the proposal. Until recently, even members of Congress couldn’t see the text. They can now, but they still must go through cloak-and-dagger drama to do so. But while all of this is true, it’s also true that over 600 multinational corporations have been made “special advisors” for the purpose of assisting our trade representatives draft the deal. We only know this shocking truth due to a few leaks that have come out along the way.

Inside the trade deal, known as the TPP, is a provision called Investor State Dispute Resolution that will allow companies to challenge - as illegal trade barriers - any government policies that purportedly infringe on corporate profits. In short, a corporation could sue Federal, state and local governments if it believes that a law or regulation will negatively impact its bottom line. This is scary in all sorts of ways.

The ISDR provision will be used to challenge food-labeling laws like country-of-origin and even GMO labeling. The deal will allow food importers to force products suspected of unlawful contamination into commerce while tests are being carried out to determine their safety. It will increase the importation of unsafe farm-raised seafood from places like Vietnam. And it will fail to raise labor and environmental standards in other countries. To make matters worse, the TPP will undermine the growing national movement toward a more sustainable local food system. Things like Jersey Fresh labels and farm-to-school programs are being targeted for elimination by this disastrous trade agreement. But it doesn’t stop there.

Recently a bill was introduced in Congress that would “Fast Track” the Trans-Pacific Partnership, this move would limit debate on the trade agreement and prevent Congress from amending it in any way. This would cancel Congress’ ability to enact a better trade deal that could help strengthen our local food systems and protect farmers and the environment.

Members of Congress are receiving a tremendous amount of pressure from corporate lobbyists – and shamefully, even the White House – to support the Fast Track measure. Without a strong show of public opposition, we will not be able to stop the Fast Track vote from moving forward. We need your help.

You can take action today to help stop the Trans Pacific Partnership and Fast Track by:

- Texting TRADE to 69866 to sign the Food & Water Watch petition opposing the TPP and Fast Track.
- Call your member of Congress at 877-852-4710 and tell them to VOTE NO on Fast Tracking the Trans-Pacific Partnership.

Safe, healthy and sustainable food is not the only thing on the line with the Trans-Pacific Partnership. You can learn more about the impacts of this dangerous trade agreement by visiting www.foodandwaterwatch.org. If you have an hour or two a week that you can give to help our fight for consumer health and safety, sign-up to volunteer at http://bit.ly/VolunteerWithFWW.

Alkaline Water pH Enhancer uses natural elements to increase pH level of your drinking water.

Delivers more O2 for easier athletic recovery

Improves Acid Reflux and emulsifies cholesterol and other fats!!

Maifanites, Calcium, Zeolites and Magnesium Filter can clean heavy metals/toxins.

Comes with a classy carry case that can sling over shoulder or through a belt.

Order Yours Today!
www.BodynBalanceMassageTherapy.com
732-966-5704
We Become Instrumental in your Wellness!

Richway Alka Energy - A1
(tourmaline energy water flask portable alkaline water pH enhancer)

A stand out in the treatment for High Cholesterol

Only $165
The Importance of Nature in Our Lives

By Teresa Maltz

There are a variety of ways that we can use plant-related activities to improve our well-being. One way is to keep houseplants around the home. Especially during the winter months, it can be particularly beneficial. It is a way of bringing nature to us. Also, growing certain flowers from bulbs during the winter months indoors - an activity known as bulb forcing - has the ability to lift our spirits and make us feel good. Another way is to start planning what you would like to grow in your garden. The preparation begins during the winter months from looking through the seed catalogs, to choosing the plants you wish to start. Eventually those starter plants will be moved to the gardens in the spring.

“If you want to be happy for a short time, get drunk: happy for a long time, fall in love; happy forever, take up gardening.” -Arthur Smith

Teresa Maltz is a Therapeutic Horticulturist, and will be conducting workshops in March and April to provide valuable and practical information about keeping beneficial houseplants and/or starting plants by seed to help enthusiasts grow plants for years to come. See listing on page 42.

There are a variety of ways that we can use plant-related activities to improve our well-being. One way is to keep houseplants around the home. Especially during the winter months, it can be particularly beneficial. It is a way of bringing nature to us. Also, growing certain flowers from bulbs during the winter months indoors - an activity known as bulb forcing - has the ability to lift our spirits and make us feel good. Another way is to start planning what you would like to grow in your garden. The preparation begins during the winter months from looking through the seed catalogs, to choosing the plants you wish to start. Eventually those starter plants will be moved to the gardens in the spring.

“If you want to be happy for a short time, get drunk: happy for a long time, fall in love; happy forever, take up gardening.” -Arthur Smith

Teresa Maltz is a Therapeutic Horticulturist, and will be conducting workshops in March and April to provide valuable and practical information about keeping beneficial houseplants and/or starting plants by seed to help enthusiasts grow plants for years to come. See listing on page 42.
**Dog Scouts of America**

**Dog Troops Also Earn Badges and Go to Camp**

by Sandra Murphy

Dogs, their owners and the larger community all benefit when a pet earns the basic Dog Scout certification badge. Any dog can participate, as long as he’s well-behaved. To qualify for the initial badge, the dog must be able to heel without pulling, greet a person calmly, meet another animal without overreacting and to see food and leave it alone. The test criteria are similar to that used for the Canine Good Citizen certificate from the American Kennel Club. Tests can be videotaped if there’s no organization evaluator in the area.

Once the dog’s earned the basic Dog Scout badge, the rest of the badges are optional, depending on how involved the human-canine pairs wish to get. Instead of pursuing a particular sport or activity, scouting allows the dog to dabble and find what he likes best. Distinctive badges can be earned in separate ability levels including obedience, community service, trail work, nose work, water sports, pulling, herding and lure courses (a performance sport first developed for purebred sighthound breeds). Handlers can also earn badges in canine care, first-aid and sign language. All training is based on positive behavior reinforcement on everyone’s part.

“Many people bring more than one dog to camp,” says Allison Holloway, who works in financial account services for the U.S. Department of Defense, in Columbus, Ohio. “I take six dogs with me and each has his or her favorite activity, which I like, because it’s too much for one dog to go from early morning until late at night. New members often say they come to camp just for the fun and camaraderie, but they usually end up collecting badges like the rest of us. It’s a great reminder of what you and your dog did at camp together.”

One of Holloway’s dog scouts has special needs. Lottie Moon is a double merle, all-white, Australian shepherd that doesn’t let being deaf or blind slow her down. Last year she surprised her owner by earning an agility badge at camp. “I think she sees shadows and movements. I place a dowel rod in front of the jump and she knows that when she touches it, it’s time to go airborne,” says Holloway. “Lottie inspires and motivates me.”

Holloway received the Dog Scout’s 2013 Excellence in Writing Award for her blog, at Lotte-SeesLegsDarkness.blogspot.com.

Many Dog Scout troops serve their communities to show how dogs can and should be integrated into daily life. In Wyoming Valley, near Wilkes-Barre, Pennsylvania, Phyllis Sinavage, office manager for a wholesale distributor, reports on recent activities conducted by Troop 221. “We’ve donated oxygen masks for pets to local fire departments and emergency services. We raise funds to buy them and also have oxygen mask angels that donate the price of a mask in memory of a pet. One third grade class raised enough money to purchase two masks after we visited and did a bite prevention class.”

The Dog Scouts of America Hike-a-Thon, in May, is the nonprofit organization’s annual fundraiser, open to everyone willing to ask friends and family members to pledge funds for distances walked. It’s a good way to partner with the dog for quality outdoor time, spread the word about Dog Scouts and enjoy the spring weather.

Learn more and join with others for a troop experience at DogScouts.org.

Connect with Sandra Murphy at SilwoodFreelanceWriter@Comcast.net.

---

**Adorable Adoptables**

**From the Monmouth County SPCA**

**Kit** is a sweet, gentle 2-year-old boy who came to the MCSPCA because his owner moved and couldn’t take him along. Kit is shy when he first meets you, but once he feels comfortable around you, he becomes very affectionate and playful.

**Tony Tiger** Poor guy came to the MCSPCA because his owner died. Tony Tiger was understandably depressed when he came to the shelter. He didn’t want to eat or be touched. Gradually, and with lots of catnip and cat treats, Tony Tiger learned to trust the staff and volunteers. Now, he enjoys being with everyone, being petted, and cuddling, what he would really love is to find a new forever family.

**Tillie** is a handsome boy! He is a Maine Coon mix. Tillie came to the MCSPCA because his owners divorced and neither parent could keep him. Tillie has lived with other cats and did fine with them. Tillie is shy when you first meet him, but he is very sweet and loving once he becomes comfortable with you. Tillie is about 1 1/2 years young.

**Rocky** came to the MCSPCA because his family could no longer care for him. He is a little shy at first, but he warms up quickly! Rocky is looking for a patient and understanding home that will give me the time he needs to build trust. Rocky is a 2-year-old American Bulldog.

**Capone** is a 9-year-old Terrier mix whose owner lost his home and could no longer care for him. He is a nice boy who will “come” for treats. Per his owner, he is house-trained. Capone is very friendly to people. HE LOVES his treats!

**Bennie** is a 2-year-old Briard/ Terrier mix whose owner could no longer care for him. He is a very energetic little guy who needs an active home where he can get the exercise he needs. Bennie knows “sit”. He weighs about 25 lbs and is house-trained per his owner.

For more information call 732-542-0040 or visit 260 Wall St., in Eatontown.
Although following a diet without gluten has become easier due to increased availability and labeling of gluten-free foods, we still need to know how to make sure which foods strictly qualify. We always have more control in our own kitchen, yet we’re not always eating at home.

Natural Awakenings asked experts to comment on reasons for the demand and offer practical tips and tactics for healthy eating on the go.

GLUTEN-FREE ON THE GO Safe Eating Away from Home

by Judith Fertig

Our experts suggest delicious, nutritious choices for gluten-free eating at work, play or anywhere we wander. For food safety, keep foods that need to be kept hot and cold in separate thermal containers.

- Asian stir-fry with rice
- Baked egg frittata or baked egg “muffins”
- Baked falafel
- Baked polenta “fries”
- Baked sweet potato chips
- Certified gluten-free instant oatmeal, unsweetened
- Cheese on rice crackers with olive tapenade
- Corn tortillas with fresh fillings
- Fresh fruits
- Fresh salads, dressing on the side
- Gluten-free granola or granola bars
- Nori (seaweed) wraps
- Precooked quinoa with dried fruit and rice milk
- Raw vegetables with hummus
- Sandwiches made with whole-grain, gluten-free bread
- Smoked fish
- Stew, gumbo or vegetable sautés packed with cooked rice on top
- Vegetable soups with beans or rice
- Vietnamese pho (soup) with rice stick noodles

Safety Eating Away from Home

by Kate Chan

We can even discover our personal calling through cultivating a garden while gleaning endless spiritual lessons. Here dwells patience and an appreciation for the natural order of things; no fertilizer can force a flower to bloom before its time. Here resides mindfulness as we learn to notice changes in the plants under our care and discern what they need to thrive. Here abides interdependence; we wouldn’t have carrots, corn or cherries without the bats, birds, and bees playing in the pollen. In a garden, we naturally accept the cycle of life; death and rebirth as we bid adieu to the joy of seasonal colors and let flowerbeds rest in peace, anticipating their budding and blooming again. Just as the fruits of growing a garden exceed the doing—the weeding and seeding and countless other tasks—so do the riches of tending a garden. Here dwells patience and an appreciation for the natural order of things; no fertilizer can force a flower to bloom before its time. Here resides mindfulness as we learn to notice changes in the plants under our care and discern what they need to thrive. Here abides interdependence; we wouldn’t have carrots, corn or cherries without the bats, birds, and bees playing in the pollen. In a garden, we naturally accept the cycle of life; death and rebirth as we bid adieu to the joy of seasonal colors and let flowerbeds rest in peace, anticipating their budding and blooming again. Just as the fruits of growing a garden exceed the doing—the weeding and seeding and countless other tasks—so do the riches of tending a garden. Here dwells patience and an appreciation for the natural order of things; no fertilizer can force a flower to bloom before its time. Here resides mindfulness as we learn to notice changes in the plants under our care and discern what they need to thrive. Here abides interdependence; we wouldn’t have carrots, corn or cherries without the bats, birds, and bees playing in the pollen. In a garden, we naturally accept the cycle of life; death and rebirth as we bid adieu to the joy of seasonal colors and let flowerbeds rest in peace, anticipating their budding and blooming again. Just as the fruits of growing a garden exceed the doing—the weeding and seeding and countless other tasks—so do the riches of tending a garden. Here dwells patience and an appreciation for the natural order of things; no fertilizer can force a flower to bloom before its time. Here resides mindfulness as we learn to notice changes in the plants under our care and discern what they need to thrive. Here abides interdependence; we wouldn’t have carrots, corn or cherries without the bats, birds, and bees playing in the pollen. In a garden, we naturally accept the cycle of life; death and rebirth as we bid adieu to the joy of seasonal colors and let flowerbeds rest in peace, anticipating their budding and blooming again. Just as the fruits of growing a garden exceed the doing—the weeding and seeding and countless other tasks—so do the riches of tending a garden. Here dwells patience and an appreciation for the natural order of things; no fertilizer can force a flower to bloom before its time. Here resides mindfulness as we learn to notice changes in the plants under our care and discern what they need to thrive. Here abides interdependence; we wouldn’t have carrots, corn or cherries without the bats, birds, and bees playing in the pollen. In a garden, we naturally accept the cycle of life; death and rebirth as we bid adieu to the joy of seasonal colors and let flowerbeds rest in peace, anticipating their budding and blooming again. Just as the fruits of growing a garden exceed the doing—the weeding and seeding and countless other tasks—so do the riches of tending a garden. Here dwells patience and an appreciation for the natural order of things; no fertilizer can force a flower to bloom before its time. Here resides mindfulness as we learn to notice changes in the plants under our care and discern what they need to thrive. Here abides interdependence; we wouldn’t have carrots, corn or cherries without the bats, birds, and bees playing in the pollen. In a garden, we naturally accept the cycle of life; death and rebirth as we bid adieu to the joy of seasonal colors and let flowerbeds rest in peace, anticipating their budding and blooming again. Just as the fruits of growing a garden exceed the doing—the weeding and seeding and countless other tasks—so do the riches of tending a garden. Here dwells patience and an appreciation for the natural order of things; no fertilizer can force a flower to bloom before its time. Here resides mindfulness as we learn to notice changes in the plants under our care and discern what they need to thrive. Here abides interdependence; we wouldn’t have carrots, corn or cherries without the bats, birds, and bees playing in the pollen. In a garden, we naturally accept the cycle of life; death and rebirth as we bid adieu to the joy of seasonal colors and let flowerbeds rest in peace, anticipating their budding and blooming again. Just as the fruits of growing a garden exceed the doing—the weeding and seeding and countless other tasks—so do the riches of tending a garden. Here dwells patience and an appreciation for the natural order of things; no fertilizer can force a flower to bloom before its time. Here resides mindfulness as we learn to notice changes in the plants under our care and discern what they need to thrive. Here abides interdependence; we wouldn’t have carrots, corn or cherries without the bats, birds, and bees playing in the pollen. In a garden, we naturally accept the cycle of life; death and rebirth as we bid adieu to the joy of seasonal colors and let flowerbeds rest in peace, anticipating their budding and blooming again. Just as the fruits of growing a garden exceed the doing—the weeding and seeding and countless other tasks—so do the riches of tending a garden. Here dwells patience and an appreciation for the natural order of things; no fertilizer can force a flower to bloom before its time. Here resides mindfulness as we learn to notice changes in the plants under our care and discern what they need to thrive. Here abides interdependence; we wouldn’t have carrots, corn or cherries without the bats, birds, and bees playing in the pollen. In a garden, we naturally accept the cycle of life; death and rebirth as we bid adieu to the joy of seasonal colors and let flowerbeds re...
Aquaponics Offers Year-Round Homegrown Fish and Veggies

by Avery Mack

Picture a salad of mixed lettuces or romaine accented with microgreens. Picture a salad of mixed lettuces or romaine, bib lettuce, kale, Swiss chard, spinach, chives and strawberries. Other crops include tomatoes, peppers, yellow squash and root vegetables like beets and carrots. Tilapia and bass sell to the community and restaurants; koi are used in livestock ponds.

Savoy remarks, “Aquaponics system can be indoors or outdoors, depending on the climate, for commercial use or in the home. The basement, garage or a spare room is ideal for growing your own food.”

Homage to the aquaponics system ranges from a 20-gallon aquarium to a 10-by-20-foot area.

Avery Ellis, an ecological designer and permaculture specialist in Boulder, Colorado, has made conventional systems “The temperature in most homes is near 70 degrees, an ideal temperature for a tropical fish like tilapia,” he says. “A 50-gallon fish tank, a 50-gallon storage bin and a timer to feed the fish automatically and supply light can be a self-sustaining system.”

Outdoors, a greenhouse or geodesic dome can house the system. “A harmonious balance maintains itself, and we enjoy maximum yields from little labor,” says Ellis. These systems are also being used for feeding the world exist if we just open our eyes to what needs to be done. For those that don’t care to harvest and clean fish, the tilapia are grown in tanks, too well.

Erik Oberholtzer, founder and owner of Tender Greens restaurants, which sources from nearby communities, explains, “The world is suffering from food shortages, a genetically modified seed and global warming. Aquaponics enables growers to stay ahead of climate change, making it the future of sustainable farming. It’s an ethical way to make quality food healthy, affordable and profitable.”

Aquaponics methods deliver fish free of mercury and genetically modified fish, plus the freshest vegetables possible, all without the worry of weeds, rabbits, insects, suspect fertilizers possible, all without the worry of herbicides and pesticides. A home aquaponics system can be one of the best green investments to make in 2014. According to Oberholtzer, “Eating this way should not be a luxury.”

Avery Mack is a freelance writer in St. Louis, MO. Connect via AveryMack@mindspring.com

Dear friend,

I’ve got to tell you something that I’ve never said out loud. But, what I’m going to tell you makes you so much more that you’ll probably get the idea that no one has ever said this before. I’ve been a doctor in this town for over 8 years now and our office has seen over 90,000 visits. And, to this day, I’ve never cured anyone. You may think that the word cure means to get well and that no one can come to me anymore. The opposite is true. The more people who understand, the more people come to me. Several times a day patients thank me for helping them with their health problems. But, I can’t really take the credit. I’ve healed no one of anything. What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by healing itself. And, we get better results.

A fellow classroom mate of mine introduced me to a doctor who trained in a chiropractic technique called “Upper Cervical”. Upper Cervical is a “low-force” chiropractic technique that focuses on correcting spinal alignment without surgery. Using mathematics and physics, the Upper Cervical correction gently restores the spine, skull and pelvis back to its normal position. This takes pressure off of the nerves and allows the body to return to its natural, healthy state. Immediately after the first visit I felt relieved, and for the first time in months every time I woke up, I actually felt good. I spent the next 2 years as an intern, training in that doctor’s office.

In 2003, I returned home to New Jersey to practice. I was one of the first 20 people to call and schedule a new patient exam by March 31, 2014 you’ll receive an exam for only $87. That’s a consultation with the doctor, examination, and x-rays (if necessary) – the whole ball of wax, and there are no hidden fees. But, call right away because we expect to be flooded with calls as this exam normally costs up to $310. Again, there’s only 20 of these slots so don’t miss out! You can’t use this offer and still be charged (this office excludes Medicare/ Medicaid beneficiaries).

Great care at no cost… The truth is, I have no misgivings about the quality of care just because I have a lower exam fee. You’ll get great care at a great fee. Your qualif. A graduate of Logan College of Chiropractic in 1999. I received my B.S. in Exercise Science, 1998. That’s with $37 and $310 you’ll receive that entire exam for only $17. Nothing can take the place of a professional doctor. – Fran A.

I have a neck injury that has been bothering me for several years. I’ve been to three doctors and all of them have prescribed me painkillers, and I’ve been taking them every night. The pain is so bad that I can’t even move my neck, and when I do, it starts to hurt. I’ve been to three different doctors and none of them have been able to help me. But, this time, they all agreed on the treatment plan, and I’ve been feeling much better since I started coming here. I’m really glad that I found this special doctor.” – Fran A.

Dr. Larry Arbeitman

“...the headaches were so severe that at times I was unable to move, work or think of anything that you have done for me...It is the best I have felt in years.” – Ken T.

Exciting Offer – Look, I know you’re smart. You want to get to the cause of your problem, and not just cover it up with drugs. When you see one of the first 20 people, we will schedule a new patient exam by March 31, 2014 you’ll receive an exam for only $87. That’s a consultation with the doctor, examination, and x-rays (if necessary) – the whole ball of wax, and there are no hidden fees. But, call right away because we expect to be flooded with calls as this exam normally costs up to $310. Again, there’s only 20 of these slots so don’t miss out! You can’t use this offer and still be charged (this office excludes Medicare/ Medicaid beneficiaries).

Great care at no cost… The truth is, I have no misgivings about the quality of care just because I have a lower exam fee. You’ll get great care at a great fee. Your qualif. A graduate of Logan College of Chiropractic in 1999. I received my B.S. in Exercise Science, 1998. That’s with $37 and $310 you’ll receive that entire exam for only $17. Nothing can take the place of a professional doctor. – Fran A.

I have a neck injury that has been bothering me for several years. I’ve been to three doctors and all of them have prescribed me painkillers, and I’ve been taking them every night. The pain is so bad that I can’t even move my neck, and when I do, it starts to hurt. I’ve been to three different doctors and none of them have been able to help me. But, this time, they all agreed on the treatment plan, and I’ve been feeling much better since I started coming here. I’m really glad that I found this special doctor.” – Fran A.

Dr. Larry Arbeitman

“Why Do They Keep Coming to this Doctor?...” (Who admits to curing no one)
Chronic Ear Infections

Suspects: Dairy intolerance and for many, soy sensitivity. Some research has shown that 90 percent of kids with recurring ear infections or ear fluid have food reactions, corroborated by Dorfman's patients.

Action: Quit dairy and soy for several months to verify a correlation. Dorfman recommends eliminating soy milk, soy yogurt, and tofu, adding these to the diet of other individuals may need to avoid processed foods that contain soy byproducts.

Itchy Skin

Suspects: Reaction to gluten, casein (in dairy products) and eggs plus oranges, grapefruit, tangerines, lemons, strawberries and pineapples.

Action: Because itchiness can suggest a histamine response, ask an allergist for an IgE radiallergosorbert (RAST) blood test to detect food sensitivities.

Hyperactivity

Suspects: Sensitivity to artificial colors or sugar. According to Sears, children's underdeveloped blood-brain barrier increases vulnerability to the neurotoxic effects of chemical food additives, including artificial colors and monosodium glutamate (MSG).

Action: When possible, buy organic foods certified to contain no artificial colors. Otherwise, scrutinize food labels for the mirror pigment-based synthetic dyes in U.S. foods: Blue 1 and 2, Citrus Red 2, Green 1, Orange B, Red 3 and 40, Yellow 5 and 6. Avoid any ingredients like high-fructose corn syrup, sucrose, glucose, fructose, cane sugar and syrup—all added during food processing.

Crankiness

Suspects: Gluten sensitivity is traditionally associated exclusively with digestive disturbances, but some recent studies have linked it to neuropsychological symptoms, from moodiness and chronic headaches to ADHD and coordination loss.

Action: Eliminate gluten for a month to assess a potential connection between mood and food, possibly signaled by excessive eating of a certain food.

Stunted Growth

Suspects: Gluten sensitivity or zinc deficiency. Because gluten intolerance interferes with the absorption of nutrients, suffering kids often fail to thrive. "Small size—height or weight—is a classic symptom of celiac disease," Dorfman advises. Zinc could be another factor; it helps the body develop. If levels are too low, growth will be abnormally stunted. In such cases, a child may rarely be hungry, be a picky eater or complain that food smells or tastes funny, Dorfman says.

Action: Eliminate gluten consumption for a month. A blood test by a pediatrician can determine serum zinc levels, or buy a zinc sulfate taste test online. After sipping a zinc sulfate solution, the child will report "taste tasting" (indicating deficiency) or a bad flavor (no deficiency). Zinc-rich foods include beef, chicken, beans, pumpkin seeds, cashews and chickpeas. To counter a deficiency, ask a family healthcare provider for an age-appropriate supplement dose.

Panel Bond is the managing editor of Natural Foods Merchandiser.
Malignancies, migraines, smoking addiction, obesity, as well as allergies, migraines, and headaches. If you've ever been told you have a ‘nervous system’ or ‘stress’ problem, you are looking for holistic ways to continue to support your health and well-being. Dr. K. J. K., a newly licensed Chiropractor, uses the Upper Cervical procedure. Once Dr. K. J. K.'s Chiropractor’s care is taken at place in the body within 30 minutes of treatment. When the body is able to release tension and relax the benefit on all levels. When the body and the mind slow down the inner healer knows exactly how to use energy. Polarity and Massage Therapy's underlying intention is to support the client's inherent self-healing resources. See ad page 15.

HYPNOSIS

DEANNA NAGEL, LPC
Online Therapy Institute
Atlantic Highlands, NJ
877-535-3300 Confidential Voice info@jasnyrethera.com www.jasnyrethera.com
A guide to you through wellness: individuals who are seeking health and wellness and professionals who are looking for holistic ways to take care of their clients. Incorporating reiki, coaching and psychotherapy into an approach that works together in person and through distant healing and offer training to healing practitioners on topics ranging from alternative medicine to holistic healing. See page 3.

JEFFREY BALL, CFP
Holistic Investment Planning
RBC Wealth Management
732-567-4346
JeffreyBallRBC.com
Jeffrey Ball serves his clients by creating customized financial strategies to safely protect and grow their wealth. He educates clients to help them reduce money anxiety and he shares a wealth of information to help you make decisions that benefit clients to better control of their financial. Jeff has been in practice in Monmouth County for over 25 years. See ad page 22.

You are at your disposal the roadblocks that are necessary in your living your best life? As a licensed professional counselor in Clearwater, Florida, Dr. T. J. is a registered psychologist with experience in the treatment of a wide range of issues, including anxiety, depression, and stress. He has worked with individuals of all ages and has helped people of all ages and stages of life. Dr. T. J. is a member of the American Psychological Association (APA) and the Florida Psychological Association (FPA). In addition, he is a licensed marriage and family therapist (LMFT) in the state of Florida. See ad page 5.

HYPNOSIS FOR WOMEN

Lori Beagles, Culp Reiki Master Teacher Offices in Colts Neck and Middletown 732-827-1584 Lori.culp@verizon.net
Lori Beagles Culp is a Reiki Master/ Teacher in practice since 2009. She was gifted with an ability to assist others on their spiritual path to healing and well-being. After receiving her first Reiki treatment in 2006, she began her own healing path, and she encourages that same journey with her clients. Reiki is a technique that increases a person’s supply of life energy. When your life energy is low, it relates much to deal with stress, you may not sleep well, and you’re more susceptible to illness. When you are using Reiki, you feel strong, can more easily deal with stress, and are less likely to get sick. Reiki can also be a great way to improve psychological healing, including release of anger, fear, sadness and other unhealthy feelings and replaces them with self-worth. Call for your free phone consultation today.

NEXT STRATEGIES, LLC
Serving Kingston, Brick, Toms River, New Egypt, Hazlet, NJ & Long Island
709-752-1048
NextStepStrategiesLLC.com
Next to relax and revitalize with a one-on-one session in Reiki or Energy Medicine. Reiki and Energy Medicine Sessions are a way to do stress, relax, and revitalize. Each session is individualized to provide the client with a holistic nurturing experience. Local hospitals now provide Reiki (Columbia Univ Med Ctr, Mer. Kean, Kettering Cancer Ctr, CentraState Med Ctr, Morristown Memorial Hospital, and St. Barn’s) and clients are fully clothed and treated gently using Reiki & Energy Medicine techniques. Each experience is unique and clients are given methods to try at home to continue their self-empowerment in the healing journey. Call for appointment.

ROCK CLIMBING/GUIDING

NORTHEAST MOUNTAIN GUIDING
Joseph Vulpis, WEMTA, IML, IMG
PO Box 137
Oxford, NJ 07838 973-970-7500
JoeVulpis@Aol.com
JoeVulpis@Aol.com
www.NMGI.org; www.NMGI.org; www.NMG.org

As a practicing Clinical Hypnotherapist, Dr. Jeffreys K. Feldman has developed an advanced technique of Hypnotherapy called “Advanced Parts Therapy.” Utilizing this technique, Dr. Feldman’s team is able to unlock the subconscious and remove unwanted behaviors or enhance more positive behaviors, such as, stop smoking (guaranteed), weight loss, stress, anxiety, depression, pain and anger management, sports and educational enhancements. Dr. Feldman has outstanding success in curing phobias and deep-seated trauma, as well as treating the immune system to prevent cancer from becoming complete remission.

HYPNOSIS

SALLY KURTH
732-583-7371
SallyKurth@comcast.net
PolarityFlow.com
Sally Kurth Polarity and Massage Therapist. Polarity Therapy is the art of working with Bodywork, Diet, Exercise, and Self-Awareness to Natural recovery of the energy fields. Chakras, 5 elements and our thoughts and emotions are an energetic effect on the body. Just as blood pulses through our veins, energy pulses through our energy fields. This energy takes place in every cell in our body. Important biological and philosophical reasons are addressed at ease of “disease”. We desperately need to reconnect to plants or we are to experience good health and happiness. Learn about how you can interact with plants for increased wellness in your lives through the use of plants everyday and throughout the year. Email growinggreen@comcast.net or call for information about workshops and classes to check out calendar of events for upcoming workshops.

MEDITATION

THE TRANSCENDENTAL MEDITATION PROGRAM
Greg Ray
404 Ironwood Lane
Medford, NJ 08055 732-677-8807
Greg@AwakeMona.com
Diane@AwakeMona.com
AskTheDoctors.com
StressFreeSchools.org

Eliminate stress, get healthy, and enjoy your life with this effortless, natural, and enjoyable technique. Proven effective in over 500 scientific studies worldwide: Call for a free introductory lecture.

TULA YOGA
Balance for Mind, Body & Soul
Jennifer Cavalieri
Phone: 732-970-7500 804 Main St.
732-861-1584
www.TulaYogaNJ.com

Yoga is for Everyone! Tula Yoga offers a variety of classes including Hatha and Hot Yoga as well as Hatha Yoga, Vinyasa Flow, Power Yoga, and Pilates. To book a class, visit our website in depth Yoga Teacher Training program. Through our program, you will earn your 200-hour certification and gain confidence and experience in your ability to effectively teach yoga. Deepen your understanding and learn how to teach Meditation, Breathwork, and Yoga philosophy. This program is for more than just the aspiring yoga teacher; it’s for anyone looking for direction or simply searching for a deeper understanding of yoga. Any level of student can take the Teacher Training. Tula Yoga’s mission is to promote an exceptional Yoga experience in a atmosphere that promotes growth and community for our students.

SALLY KURTH
732-583-7371
SallyKurth@comcast.net
PolarityFlow.com
Sally Kurth Polarity and Massage Therapist. Polarity Therapy is the art of working with Bodywork, Diet, Exercise, and Self-Awareness to Natural recovery of the energy fields. Chakras, 5 elements and our thoughts and emotions are an energetic effect on the body. Just as blood pulses through our veins, energy pulses through our energy fields. This energy takes place in every cell in our body. Important biological and philosophical reasons are addressed at ease of “disease”. We desperately need to reconnect to plants or we are to experience good health and happiness. Learn about how you can interact with plants for increased wellness in your lives through the use of plants everyday and throughout the year. Email growinggreen@comcast.net or call for information about workshops and classes to check out calendar of events for upcoming workshops.

MEDITATION

THE TRANSCENDENTAL MEDITATION PROGRAM
Greg Ray
404 Ironwood Lane
Medford, NJ 08055 732-677-8807
Greg@AwakeMona.com
Diane@AwakeMona.com
AskTheDoctors.com
StressFreeSchools.org

Eliminate stress, get healthy, and enjoy your life with this effortless, natural, and enjoyable technique. Proven effective in over 500 scientific studies worldwide: Call for a free introductory lecture.
Grow Your Business
With an ad in Natural Awakenings magazine this season.

Reach 40,000+ Healthy Living Individuals in the Monmouth and Ocean County New Jersey Area.

More for your money

Customers want more than an ad. They want an explanation. Natural Awakenings teaches our readers about you with news briefs, calendar listings and more. When you place an ad with us, you become part of the magazine.

100% Targeted Audience

Mintel International, an industry leader in providing market intelligence, recently called the green marketplace one of the fastest growing, most dynamic sectors for the US economy. 100% of our readers are interested in healthy living, a healthy environment and personal growth. That’s 100%.

Contact us to discuss an advertising package that will fit every budget.

Call 732-230-7337 today.

Grow your business with an ad in Natural Awakenings magazine this season.