



Wellness At Work in a Healthy Neighborhood

Brought
To You By



Insights on health & wellness for you & your family

Fall/Winter Edition

Featuring:
Gurukul Yoga
on Page 6

This magazine offers our community insights on wellness. It introduces nine wellness providers who have served our community for many years. Together they provide us with useful insights on many aspects of wellness. This magazine is their gift to our community...Here's to "our" health & wellness.

Featuring Informative Articles by These Knowledgeable Professionals

Linda Aldrich

Nutritionist

**"No-Fat" Versus
"Low-Fat"**
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Healthier For You?



Patti Armus

Cardiac Nurse
& Coach

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Need a Gentle
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Godelieve Babey

Fitness Coach
& Trainer

**Simplicity Is Key
To a Balanced
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Prashant & Manju Joshi

Experienced Registered
Yoga Teachers
(ERYT)

**Recent Clinical
Study Demonstrates
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Cancer Patients**



Wendy Kreiss-Parkin

Holistic Massage
Therapist

**A Few Simple Steps
Can Assure A
Relaxing Therapeutic
Massage**



Dennis Lupo

Assistive Technology
Provider

**Technology
Helps Seniors
Live In a
Changing World**



Renate Novak

Hakomi Therapist

**Hakomi Therapy
Helps You Feel
Problems through
Body Sensations**



Dr. Joseph Scalia

Family Physician

**Regular Testing
Can Help
Detect And
Control Type 2
Diabetes**



Dr. Barbara Tarbell & Dr. Robin Greenfield

Preventative
Eye Care

**Advanced Ophthalmic
Instruments Assist In
Preventive Healthcare**



Wellness at work is a program that introduces community wellness providers to local communities and corporations. It is brought to you by Biz4NJ, NJ's business advocate.

"Doing Together What We Cannot Do Alone"

Biz4NJ is NJ's Business Advocate thru Biz4NJ.com: (877) 768-8599. Contact: pphilip@biz4nj.com Biz4NJ is promoted by Healthy Neighborhood LLC. All wellness advice should be confirmed with your wellness provider. Edited for Biz4NJ by Robert Baker. Contact: rbaker@biz4nj.com. Designed by Samara Santaella. Contact: SamaraDesigns@Biz4NJ.com



Corporate, Non-Profit & Group Events Centered on Wellness

Although the practitioners whose articles appear in this magazine offer various approaches to healthcare, all share one thing in common – a commitment to personal wellness. This commitment is also shared by virtually all the HR professionals and community leaders receiving the magazine. Our communities are increasingly focused on wellness.

Each of these fine wellness professionals is also available to conduct corporate seminars & workshops designed to promote employee wellness.

Want to give a healthy twist to your next sales meeting or corporate event? Let Biz4NJ know by emailing pphilip@Biz4NJ.com or calling (877) 768-7599.

Biz4NJ's role is to support local wellness businesses by helping them offer their services to the community through strategic alliances such as the one that produced this mini-magazine.

Today more than ever corporations, non-profits & families are addressing wellness needs in specific, goal directed ways. Actuarial studies for example indicate that there is high correlation between obesity and a host of illnesses including diabetes. Research studies estimate that smokers, obese and diabetic employees will cost their employers at least twice the healthcare costs that they incur for other employees.

"Wellness at Work in the Neighborhood". Brought to you by Biz4NJ, NJ's Wellness Advocate. Articles here can also be read in the "Health & Human Resources section of Biz4NJ.com". Biz4NJ works with NJ businesses by encouraging informal alliances like this magazine.

"Doing together what we cannot do alone"

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“No-Fat” Versus “Low-Fat”

Which Is Really Healthier For You?

People watching their weight often say, “Oh, I only eat fat-free foods.” But many processed foods that claim to be fat-free may be less healthy than some low-fat foods!

There’s a good reason for this. Since fat is one of the primary sources of flavor in processed foods, manufacturers often replace it with sugar, so processed foods labeled fat-free are often higher in carbohydrates than those labeled low-fat. They may also contain trans fats, which are much worse than saturated fats.

• Read the label

If you see the words “hydrogenated” or “partially hydrogenated,” it contains trans fats. This is because the FDA permits foods containing less than .5 gram of trans fat per serving to be labeled “zero trans fats.” All the more reason

to avoid eating processed foods.

Our bodies need some fat to keep our metabolism in balance. Because fats take longer to digest than sugar, they tend to better satisfy our appetites and keep our craving for sweets under control.

• Eat healthy fats

Healthy fats also promote absorption of essential vitamins such as A, D, E and K, which are soluble in fat rather than water, and help stabilize our glucose (blood sugar) level. In fact, excess glucose from refined carbohydrates, not fat, is the real cause of coronary disease, cancer, and many other illnesses.

Eating just 5 or 10 nuts, one-fourth of an avocado, or small amounts of flax seed oil, seeds and coconuts, or cold-pressed extra-virgin olive oil provides plenty of dietary fat for aiding vitamin absorption. These healthy fats also contain

Omega –3, which rids the body of excess cholesterol.

If you are interested in learning more about how nutrition affects your health, I invite you to attend one of my weekly seminars where you’ll not only learn to eat better but to feel better as well.



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Linda Aldrich

Healthier Happier & Stress Free Living

is a trained Nutritionist who offers advice on healthy eating



How many times have you heard yourself say, “Tomorrow, I’m going to start losing that weight,” or “... begin that exercise program,” or “... kick that bad habit!”? And how many times have you slipped back into an unhealthy pattern of behavior?

It’s really difficult to change unhealthy behaviors and it’s

Sometimes We Need a Gentle Push To Get Ourselves Unstuck

almost impossible to do it on your own. You need someone who can offer advice without being critical.

• You need a coach

Even professional athletes like New York Yankees home running Alex Rodriguez need a batting coach. In much the same way, you need a coach who is also a health care professional – a Nurse Coach.

At The Healthy Living Institute, we help our clients overcome those obstacles that prevent them from getting where they want to go. We act as their coach and also as their cheering section, encouraging them to conquer their healthcare challenges, quit those bad habits and discover that they can be healthy, happy and energetic.

Acting as a Nurse Coach means listening to their stories of despair over trying to do it on their own, then helping them

rewrite those stories to become tales of purpose, action and success.

It means hearing all the reasons why our clients want to start to do something about their health – but don’t.

• We make a difference

At The Healthy Living Institute, we replace thoughts of personal inadequacy with happy thoughts of feeling good, looking good and being healthy. We believe in keeping it simple and making it fun, encouraging our clients to stretch toward one goal at a time.

We also offer certified workplace wellness coaching to assist small to mid-sized businesses in decreasing healthcare costs due to absenteeism and chronic illness. If you would like to learn more about what we offer, we invite you to call for a consultation.



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The Healthy Living Institute

Living Life By Design

Co-Author of “Today is YOUR Day”

Simplicity Is Key To a Balanced Exercise Program

In our modern world, things keep getting more complicated. Fitness programs can involve gym memberships, expensive machines and an electronic calendar program to keep track



of everything.

When it comes to an exercise program, however, simpler is better. Everyone should be able to participate and have fun at the time and place of their choosing. If you're uncomfortable with the structured atmosphere of a gym, you can have a great workout session in your own home, in your back yard or even in a local park.

• Focus on cardio fitness

One of the three things on which a balanced exercise program should focus is your heartbeat.

The other two are strength and flexibility, but cardio fitness is essential to achieving them and you don't need expensive workout machines to achieve it. A brisk walk, swimming, or even bouncing a ball can work wonders if done regularly.

The key is consistency and a balanced exercise program. You need a personal trainer, who can make sure you're exercising at exactly the right level. Not all personal trainers are alike, however. That's why it's important to select a trainer you can be comfortable with, one who will listen and adjust your exercise program accordingly.

• Workout options

At Be Fit Anywhere, LLC, each client has a program designed



for their fitness needs whether it's in a one-to-one, buddy, small group or boot camp style session. Mobile equipment as shown in the picture is utilized alone or with a client's own exercise equipment.

Some even like to complement their exercise program with therapeutic massage, or manual manipulation of the muscles that allows them to relax and move more freely, such as that offered by Wendy Kreiss-Parkin of Intuitive Massage (see her article on page 7 of this magazine). If you or someone you know is looking for this kind of exercise program, we invite you to give us a call.



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Godelieve Babey Be Fit Anywhere, LLC

is a personal trainer who helps clients exercise in their own homes or her onsite facility.



People have known for years that Yoga can help maintain good health by relieving stress and keeping joints and muscles loose and limber. Until recently, however, little was known about the ability of Yoga to benefit people afflicted with chronic diseases such as cancer. Now, however, a new clinical study proves that it can provide benefits such as improved sleep and greater vitality to even the

Recent Clinical Study Demonstrates Benefits of Yoga for Cancer Patients

sickest patients.

• Helping leukemia patients

David Goldberg, a 30-year-old computer programmer and recreational athlete, recently learned that he has leukemia. A patient at Beth Israel Medical Center in New York, he takes part in a gentle form of therapy known as Hatha Yoga, involving 20-minute sessions in his hospital room. He looks forward to his

series of slow, gentle stretches, beginning with his feet and ending in his shoulders, followed by guided breathing instructions that encourage him to let go of the sounds of the hospital and to focus on his thoughts and the sensations of his body.

Yoga's muscle-toning stretches and meditative breathing also helps clear the mental fog of chemotherapy and the chronic fatigue and sleeping difficulties that plague some survivors for

years.

• A community resource

At Gurukul Yoga Holistic Center (GYHC), a Science of Living Institution and an active member of Bridgewater Mayor's Wellness Campaign, we serve all ages with authentic Hatha



Yoga and other holistic therapies at a affordable tuition. We offer simplified Hatha Yoga therapy for groups, individuals

and families, making it fun and therapeutic physically, emotionally and spiritually.

Whether you are young or old, male or female, physically fit or maybe a bit out of shape, we have a program that will fit your needs and preferences. We invite you to stop in, enjoy a trial class and see for yourself how Yoga can make a difference in your life enhancing harmony, health, and happiness!



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Prashant & Manju Joshi Gurukul Yoga Holistic Center(GYHC)

A Science of Living Institution

Billions Yet To Be Served



A Few Simple Steps Can Assure A Relaxing Therapeutic Massage

Massage can relieve stress and its many unwanted symptoms, including tight, aching muscles and joints and even painful headaches. There are several simple steps you can take before, during and after a massage to gain even more benefit from it.

• Before The Massage

Drink plenty of fluids during the 24 hours before your massage. Avoid shaving your legs the day before a massage to prevent irritating a rash or razor burn. Shower before the massage to avoid perspiration becoming mixed with massage oils and creams to make for an exfoliating or gritty experience. If this is your first visit to a new therapist, arrive a few minutes early to allow time to complete any necessary paperwork and discuss any health conditions or allergies that may influence

the choice of treatment.

• During The Massage

Concentrate on your breathing, as deeply and regularly as possible. If music is playing, try breathing in rhythm with it. Think of a relaxing experience you've had and let your mind wander to it.

Don't try too hard to relax, however, or it may have the opposite effect. Telling the therapist what's bothering you may help get it off your mind

and put you in a more receptive mood.

• After The Massage

Drink plenty of water to prevent muscles from cramping. Take a nice warm bath to keep the relaxation going. Ask the therapist for some self-massage or stretching exercises that can relieve stress and tight muscles. Some people find that a balanced exercise program such as those offered by Godelieve Babey

of Be Fit Anywhere, LLC (see her article on page 05 of this magazine) can help keep muscles and joints flexible.

Above all, communicate with your therapist during your session. You should enjoy your massage, not "endure" it. If that sounds like what you're looking for, we invite you to give us a call.



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Intuitive Massage, LLC

Integrated Massage and Energy Healing

My Massage and Energy Healing are as Individual as You are



Senior citizens today live in a world they could not possibly have imagined when they were younger. Back then, television sets had dials, not remote controls with lots of tiny buttons. When a telephone rang, all they needed to do was pick up the receiver and say, "Hello" – and they had no problem hearing the person on the other end of the line. The type on printed pages somehow seemed larger and even the slightest whiff of smoke set off instant internal alarms.

Technology Helps Seniors Live In a Changing World

Advances in technology like cell phones, text messages and TV sets that get hundreds of cable channels can be daunting obstacles for aging eyes, ears and fingers – but technology can also help seniors adapt to the new world in which they are required to live. There are, for example, a variety of affordable devices designed to enhance sensory perceptions that tend to diminish with age and permit manipulation by fingers that are no longer as nimble as they used to be.

Cell phones, for example, can be a major source of frustration for seniors. Those tiny buttons are designed for agile fingers and that small screen can be nearly impossible to read. That's why we offer large button phones with screen magnifiers to enable seniors to easily keep in touch with their loved ones. There are even cell phones with automatic text-to-speech converters so grandparents can easily retrieve messages from their grandchildren who text faster than many people can talk.

Auditory difficulties are another problem commonly plaguing seniors who may not be able to afford expensive electronic hearing

aids. For them, there are handsets with adjustable sound levels that can be amplified to compensate for hearing loss. Speaker phones with adjustable volumes can also be valuable tools, especially when conversations need to be shared with other seniors.

Since the sense of smell also tends to become less sensitive with age, smoke detectors with loud alarms are highly recommended to give seniors a few extra moments to escape in the event of an emergency.

In cases of extreme hearing loss, electronic bed shakers can alert seniors to the first signs of danger.

At Advanced Information Technology Solutions (AITS), we believe in making things easier, not more difficult and complex. That's why, before we recommend a solution, we perform a thorough evaluation of the wants and needs of resident seniors, whether their home is a private residence, an apartment or an assisted living facility. If you or someone you know are having trouble adapting to this rapidly changing world in which we live, we invite you to give us a call.



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Dennis Lupo
Advanced Information Technology Solutions
Helps Seniors Cope with Technology in Today's "Wired World"

Hakomi Therapy Helps You Feel Problems through Body Sensations

Hakomi processes were developed in the 1970's to help probe body tensions and sensations, our nonverbal levels of awareness. Once areas where we physically feel tension are identified, Hakomi helps change the core deep elements of self that are associated with these feelings, such as memories, images, beliefs, neural patterns and deeply held emotional states.



In most methods of self-study, the challenge has been to look at the mind, using the mind.

This is a bit like trying to look at the eye using the eye. The only way we can do that is by using a mirror. The Hakomi body centered process toward self-awareness is that mirror.

• Feeling body sensations

Through mindfulness, the Hakomi method directs our focus to notice the signals through which the body speaks to us. Sensations, pain, discomfort and feelings are all felt within the body. With the help of a trained practitioner, the client can get in touch with the sensations and find out how he or she really feels about deep rooted feelings and thoughts.

Often, a sensation has been in us for a long time, waiting to be understood and released.

Hakomi therapy can be used if a person is curious about pain, recurring unhealthy patterns or a sense of feeling “stuck.”

• Journey into self-awareness

The Hakomi practitioner is trained to be a “loving presence” and to be exquisitely sensitive and attuned to the

client in order to allow the journey into self-awareness to happen. If you feel this method of self development can help you, or if you or someone you know would like more information, we invite you to visit our conveniently located office in Princeton.



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Hakomi Therapist

Trained to be a “Loving Presence” to the Client



In recent years, type 2 diabetes has become a serious problem. According to the American Diabetes Association, 23.6 million people in the United States—7.8% of the population—have diabetes. About 0.22% of children and adolescents under 20 suffer from this chronic disease. Among those 60 or older,

Regular Testing Can Help Detect And Control Type 2 Diabetes

the incidence rises to 23.1%, affecting both men and women. Diabetes allows sugar levels to build up in the blood, which can lead to heart disease, blindness, and other serious complications including kidney failure. Type 2 diabetes strikes people of all ages, and early symptoms are subtle. In fact, a third of people with type 2 diabetes don't know they have it. The hemoglobin A1C test, however, can detect the early signs of diabetes before any of its symptoms become evident.

- **Early diagnosis is important**

The A1C test can be explained in relatively simple terms. Sugar is sticky, and individual molecules of sugar, or blood glucose, stick to the surfaces of red blood cells known as hemoglobin, which live for about three months before they die. The test gives us an idea of how much sugar has been around for the preceding

three months.

Diabetic patients are usually required to conduct routine blood sugar tests at home to make sure their blood sugar levels are maintained within acceptable limits. Since blood glucose levels can fluctuate widely, however, even frequent home glucose testing may not accurately reflect the degree of success in controlling blood sugar. The A1C test provides a more accurate record of blood sugar levels over a three-month period of time.

- **Practicing Preventive Medicine**

At Raritan Family Health Care, we strongly believe in preventive medicine, which is why we routinely recommend tests such as A1C. If you share our belief in preventing problems before they occur, we invite you to come in for a consultation.



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New Retinal Imaging Instrument Helps Preventive Healthcare Efforts

It's been said that the eyes are the gateway to the soul, and they can also be a roadmap to your overall general health. Since most serious eye diseases usually have no symptoms in the earliest stages, when detection is most challenging and treatment is most effective, we invest in advanced technology such as the Optomap® retinal exam. Quick, convenient and painless, it can detect diseases such as macular degeneration, retinal holes or detachments, swelling inside the eye and diabetic eye disease – all without the inconvenience of dilation.

• Early detection is important
Another advanced technology that, when indicated, allows us to learn more while providing greater patient comfort is called scanning laser ophthalmoscopy. This measures the thickness of retinal cells or the optic nerve to detect changes not otherwise visible to the human eye! – allowing us to better evaluate conditions such as glaucoma and diabetic eye

changes. As Optometric Physicians, we are part of your diabetic team, committed to enhancing vision.

The visual field, administered at regular intervals, monitors changes in peripheral vision that can indicate the effects of glaucoma or the presence of neurological conditions. The corneal topographer images the surface curvature of the cornea and allows us to monitor changes that can affect proper fitting of contact



lenses.

• Communication is the difference

At Advanced Eyecare & Vision Gallery, our primary emphasis is on patient education. We feel that what truly sets us apart from other offices is taking the time to explain exactly what each result means to the patient. Preventative care depends on an informed patient making the right choices. With early detection, most problems can be treated and corrected, while positive results can offer peace of mind.

If you or someone you know would benefit from a high level

of eye care, we invite you to schedule an examination. Please mention this article and receive a complimentary eyeglass lens cleaner as a reminder of our appreciation.



**Barbara J. Tarbell, OD, FAAO
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Drs. Tarbell & Greenfield Advanced Eyecare & Vision Gallery

Our Primary Emphasis is on Preventative Healthcare by Providing
Excellence in Eye Health and Vision Care, We Enhance Your Quality of Life



Wellness At Work

in a Healthy Neighborhood

Presenting Nine Leaders in the Wellness Community

Biz4NJ takes great pleasure in presenting the nine practitioners profiled in this magazine. They are among the community's leading advocates for preventative health.

• Preventative Focus

Thanks to health reform and the aging of America, preventative wellness is now central to community health. According to an article by Marc Kaufman and Rob Stein in the Washington Post rising healthcare costs now account for 16% of the nation's economic output. A report from the Centers for Medicare & Medicaid services said that the overall cost of healthcare between 1993 and 2004 had doubled.

More and more, medical authorities promote healthy eating & exercise life styles. The Center for Disease Control reports that 34% of the US population is obese and a further 34% are overweight (but not obese). The CDC also alerts employers to the impact of obesity on medical costs. Medical costs for obese employees are between 29% and 117% higher (depending on the employee's sex and severity of obesity).

Wellness at work is a program that introduces community wellness providers to local communities and corporations. It is brought to you by Biz4NJ, NJ's business advocate.

"Doing Together What We Cannot Do Alone"

Biz4NJ expects to produce the next edition of this magazine in January 2011. If you are a wellness provider and would like to be considered for inclusion in our next magazine, please email us at pphilip@Biz4NJ.com or call 877-768-8599.

Biz4NJ would also like to recognize Robert Baker's role in bringing these fine professionals together and writing about them. In addition to being Biz4NJ.com's Technology Editor, Bob is Principal of an Editorial Services business called "Technical Copy to Go." He can be reached at writer@technicalcopyto.com.

The design and layout of this magazine is the work of Samara Santalla, of Samara Designs. You can reach her at Samara@SamaraDesigns.com. Samara offers complete creative services including, but not limited to, web design, murals and fine art portraits.

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New Jersey

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