

*Toast the New Year with a resolution for optimum health. These 12 dynamic sessions can be taken individually or in any combination. Make your resolution for a better you in 2007 easy and fun. Each presenter will share a wealth of knowledge about how you can live healthier and happier naturally.*

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# *To Your Health and Wellness*

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**Tuesdays, January 16, to April 3, 2007  
6:30 to 9 p.m.**

**Fairleigh Dickinson University  
Dickinson Hall  
140 University Plaza, Hackensack N.J. 07601**

**Cost**  
1 to 6 sessions: \$30 per session  
7 to 12 sessions: \$25 per session

**Pre-registration Required**

**Call: 201-692-6500 or Fax: 201-692-6505**

**Mail: 1000 River Road, H-DH1-02  
Teaneck, N.J. 07666**

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January 16, 2007

### **Change Your Beliefs and Change Your Life**

**Gary Null**

(Course No. 72GNH-A)

Each day you are flooded with evidence that challenges the beliefs that are holding you back from realizing the life you desire. Since your beliefs create your reality and everything you do starts with a belief, making the commitment to change what and how you think can have a profound effect on the quality of your life. Transforming viewpoints that are creating a state of disease into a state of ease is both easy and natural. If you are ready to alter your beliefs in order to dramatically improve your life by making you healthier, wealthier and wiser, you'll want to hear what internationally renowned presenter Gary Null has to say.

Gary Null, PhD, has been featured in *Time* magazine, *The New York Times* and countless other newspapers and magazines across the country. *Time* magazine called him "The New Mr. Natural." *The New York Daily News* wrote, "Radio's leading health and fitness expert offers a panorama of alternative approaches for staying healthy." Null, a nationally syndicated talk show host and producer of PBS television specials, is a consumer advocate, investigative reporter, *The New York Times* best-selling author and an award-winning documentary filmmaker. Null believes that, "You must be empowered before you can be whole," and he empowers all who will listen with life-changing information that promotes health and wellness.

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January 23, 2007

### **Colorpuncture and Heart Rate Variability Analysis**

**Robert Connolly**

(Course No. 72GNH-B)

Using technology to augment the ancient arts is an excellent way to maximize your health. Robert Connolly will show you how Colorpuncture, a system of light therapy that uses different colored light frequencies via the acupuncture meridian system, can reestablish homeostasis. When Colorpuncture is combined with heart rate variability analysis to reveal both physiological resiliency and behavioral flexibility, a state of health is realized. Both of these measures reflect an individual's capacity to adapt effectively to stress and environmental demands. In fact, our changing heart rhythms reveal the dynamic interactions between physiological, mental, emotional and behavioral processes. These techniques can assist you in measuring and monitoring performance and fitness as well as balancing and distressing the nervous system in a non-invasive and gentle way.

Robert Connolly, DSc, LAc, is a licensed New York State Acupuncturist and member of the Acupuncture Society of New York, and the National Acupuncture and Occidental Institute Research Foundation. Connolly has extensive training in electrodermal testing, holds a certification in Esogetic Colorpuncture Therapy and is experienced in NAET, BIOSET and JMT allergy desensitization methods. His office is located at the Schachter Center for Complementary Medicine in Suffern, N.Y.

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January 30, 2007

### Get Fit In Your Own Home

Ted Johnson

(Course No. 72GNH-C)

You don't need an expensive gym membership or a lot of fitness equipment to have a great workout. Fitness expert Ted Johnson will show you a complete exercise program that can be done in your own home. In this workshop, you will learn:

- Specific exercise routines to lose weight and increase energy.
- How to properly warm up and stretch to avoid injury.
- Abdominal exercises that work and can be done anywhere.
- Simple tests to measure your progress.
- 10 motivating tips so you stick with it.

Regular exercise benefits us in so many ways. It doesn't matter if you are 25 or 85 years old, now is the time to get started with a fitness program that will help you look and feel better.

Ted Johnson is a health and fitness consultant with years of experience in creating wellness programs for individuals and groups. His company, Complete Health Network, was started with the belief that people can take a proactive approach to promote their own good health. As a sought-after speaker on a variety of health topics, Johnson educates and inspires people to make positive changes in order to significantly improve their health and well being. As a Certified Personal Trainer, he works one-on-one with clients to implement holistic exercise programs based on their individual needs and goals.

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February 6, 2007

### Natural Living

Luanne Pennesi

(Course No. 72GNH-D)

Are you often confused by the conflicting information about diet, exercise, supplementation, stress management and meditation? Do you wish you could infuse calm, fun, health and prosperity into your life each day? Then this is an event you won't want to miss.

Luanne Pennesi, can guide you to live your life more authentically, with optimum health, extraordinary happiness and financial freedom. Join her for an evening packed with practical and cutting edge information, hands-on experience and just plain FUN. In her dynamic presentation, Pennesi will offer you the opportunity to heal your life starting right now with her expertise in the areas of integrative medicine, health and wellness and anti-aging.

Luanne Pennesi, RN, MS, a registered nurse practicing for 30 years in both conventional and integrative medicine, has been sharing information to motivate people to take back their personal power and lead happier more productive lives at any age. Pennesi has helped countless people make sense of "alternative" approaches to health and anti-aging to take control over their health and longevity naturally. She has been named 2006 Person of the Year by the Millionaire Mind.

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**February 13, 2007**

**Whole Health Dentistry:  
Bridging the Gap between Medicine and Dentistry**

**Jeffrey S. Hindin**

(Course No. 72GNH-E)

Today's dentistry can provide you a more pleasing smile as well as information into conditions in the rest of your body. Current research articles add support to importance of the mouth-body connection. Jeffrey S. Hindin will discuss areas where dental conditions can offer clues to medical symptoms as well as where dental therapies can be a supportive treatment for conditions such as chronic headache, neck ache, periodontal problems, sleep disorders and jaw pain.

He will also discuss options available to enhance your smile and appearance.

Jeffrey S. Hindin, DDS, FICOI, is a general dentist practicing all phases of dentistry, with an emphasis on restorative, cosmetic, implants, craniofacial pain, TMD and sleep disorders. He has co-created a system of monitoring physiologic functions and incorporates biofeedback modalities into patient care.

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**February 20, 2007**

**Easy Ways to Energize Cells for Revitalized  
Health, Vibrant Skin and Increased  
Mental Alertness**

**Isabel Dassinger and Patrice Olszewski**

(Course No. 72GNH-F)

Our life force depends on the health and vitality of our cells. Everything from the way we look to the way we think and feel. We need healthy cells to power our core energy. This program will provide insight into ways we can maximize cell health and avoid elements that create cell damage. Healthy food choices, especially for people on the go, anti-aging skin care and new non-invasive approaches to health and well being, including hyperbaric oxygen and thermography, will be presented.

Isabel Dassinger is the founder and owner of the Healing Zone, an integrated health, beauty and wellness center in Montclair, N.J. Established in 2002, the Healing Zone pioneers MD-directed mind-body medicine and the use of non-invasive therapeutic therapies. She has worked in holistic beauty and health for more than 20 years, formerly as president of Slimtone, USA, and vice president of Spa Health Consultants and the medical spa industry. Patrice Olszewski is a Certified Holistic Health Counselor, accredited by the American Association of Drugless Parishioners. She received her education from the Institute for Integrative Nutrition in New York City. Olszewski currently practices at the Healing Zone in Montclair, N.J. She supports and works one-on-one with clients to develop programs that suit their individual health and lifestyle needs to make their transition seamless and enjoyable. By making healthy whole-food choices, they can feel and see a difference.

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**February 27, 2007**

### **Nourishing Traditions**

(Course No. 72GNH-G)

**Sharla Schwartz and Steven Lavitan**

If you have a chronic health issue, odds are it is caused by either malnutrition or foul nutrition. At this workshop you will get the skinny on fat, learn about the 6 Sisters of Satan (dangerous rancid oils), why proper salt (hint: not typical table salt) can often lower your blood pressure, why villagers from this subcontinent have an Alzheimer's rate of less than 1 percent for people over 65, and what a former president of the American Dental Association found about traditions all pre-industrial people had in common. Before you laugh too hard at the primitives, be aware that on average, they lived longer and healthier than we do. Finally, Sharla Schwartz and Steven Lavitan will suggest nourishment that can help you lose weight, improve your health and tastes great. If you wish to live life to the fullest you have to follow nature's laws. Find out what they are.

Sharla Schwartz has a BS from Columbia University, a physical therapy degree from New Jersey College of Medicine and Dentistry and an acupuncture degree from the Eastern School of Acupuncture and Traditional Medicine. Steven Lavitan has a BA from Rutgers University, a chiropractic degree from New York College of Chiropractic and an acupuncture degree from the Eastern School of Acupuncture and Traditional Medicine. They have studied nutrition and herbology extensively with certification from the Australian College of Phytotherapy. They have been practicing in Teaneck, N.J., for more than 18 and 30 years, respectively.

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**March 6, 2007**

### **Feng Shui**

(Course No. 72GNH-H)

**Elaine Bartlett**

Fun, fascinating and filled with good fortune, the ancient art of Feng Shui adjusts and restores the natural flow of energy to the environment. When the energy of your living or working space moves correctly the results bring good health, harmony and prosperity. Join us to hear Classical Feng Shui specialist Elaine Bartlett share the secret teachings of the Chinese masters. Bartlett will speak of simple, corrective steps that anyone can do to restore inner peace and balance.

For more than 30 years, Elaine Bartlett has devoted her life to the art of interior design and Feng Shui. Bartlett seamlessly weaves together present-day design with the age-old wisdom of Feng Shui. As an author, lecturer and teacher, Bartlett guides, encourages, inspires and delights people from all walks of life. Her energizing and powerful insights will help you to transform your environment.

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**March 13, 2007**

**The Role of Complementary Medicine  
for Optimizing Your Health**

**Martin Feldman**

(Course No. 72GNH-I)

Being an educated consumer is important when buying a car, and critical when buying health care. In fact, making the proper health-care choices can save your life. Providing specific examples to optimize:

- Immune System.
- Energy.
- Digestion.
- Arthritis.
- Hormonal System.

Martin Feldman will walk you through the pros and cons of the complementary MD system vs. the conventional MD approach. Specifics include: medical history and symptom analysis, lab testing, diagnostic framework and therapies such as the role of pharmaceuticals vs. herbs, vitamins, minerals, foods and homeopathic remedies.

Martin Feldman is a licensed MD with 25 years of experience on the frontline of both complementary and conventional medicine and thus represents both sides of the equation.

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**March 20, 2007**

**Cold Laser Therapy**

**Michael Golz, Perry Nickelston and Judith Golz**

(Course No. 72GNH-J)

Cold Laser Therapy is being used to treat a number of ailments and conditions such as nicotine addiction, appetite suppression and pain relief. It is a noninvasive, pain-free and risk-free procedure. Michael Golz, Perry Nickelston and Judith Golz will cover the history and development of laser therapy, addictionology and compulsive disorders in relation to laser treatment, pain management, health, fitness, nutrition and metabolic and hormonal balance.

Michael W. Golz, DC; Perry Nickelston, DC; and Judith E. Golz, RN, are partners in Triad Laser Therapy Centers. All are licensed professionals with more than 25 years of experience.

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March 27, 2007

### Traditional Chinese Medicine

Wanda Ferraiola

(Course No. 72GNH-K)

We may be smarter than previous generations, but, sadly, we're sicker. Lack of understanding and toxic lifestyles have left us unable to claim our own healing power. Returning to the ancient wisdom of Traditional Chinese Medicine (TCM) offers an avenue to restore health and achieve wellness that includes compassion, caring and nurturing of spirit. Traditional Chinese Medicine is a whole system of medicine with a unique philosophy built on the observation of natural law, distinct theories on the nature of the human body and specific treatment modalities. Through this exploration of Traditional Chinese Medicine, Wanda Ferraiola will leave you with a broader understanding of self-care and care for your family and community, and about living in harmony with nature.

Wanda Ferraiola is a Traditional Chinese Medicine educator and certified practitioner of Qigone Meridian Therapy (QMT). At Hackensack University Medical Center, she teaches the Dragon's Way, a TCM lifestyle and stress-reduction program. She is a graduate of the Ohashi Institute and studies Wu Ming Qigong with Nan Lu. She is a member of the American Organization for Bodywork Therapies of Asia (AOBTA) and the Associated Bodywork and Massage Professionals (ABMP). She is a certified master instructor in several martial arts, teaching and training for more than 30 years.

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April 3, 2007

### InnerTuning®

Shyamji Bhatnagar

(Course No. 72GNH-L)

InnerTuning® is a unique system that sharpens individual skills for balanced psycho-spiritual growth. It builds on the ancient Tantric and Vedic traditions of India, enriching contemporary psychology and science in order to meet the needs of modern times. Shyamji Bhatnagar will provide an explanation of the chakras, which are energy centers in the body as well as how the relationship between openings and blocks in the chakras and microchakras influence behavior, emotions, feelings and thoughts.

Shyamji Bhatnagar, born and raised in India, grew up in a family of Vedic tradition. At the age of 12, he met his spiritual teacher in the Himalayas who guided him to the sacred science of sound (nada yoga) and breath (svar yoga). He has been teaching about the seven major chakras, microchakras and chakra psychology since they were revealed to him in 1967. Since then he has established the Sri Center International which promotes the integration of ancient Indian wisdom with modern science and has presented his work internationally in many universities and growth centers in the U.S. and India.

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