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FREE

natural awakenings

**Bone Broth
for Your
Dog's Meal**

**Ice Baths and
Cold Plunges**

**Qi Building at
its Best**

**Healing the
Leaky Gut**

**Simple
Strategies
to Alleviate
Anxiety**



MARCH 2024 | MONMOUTH • OCEAN | NAJERSEYSHORE.COM

GEORGIAN COURT UNIVERSITY

THE MERCY UNIVERSITY OF NEW JERSEY

WELLNESS EXPO

Saturday, April 13, 2024

11:00am-4:00pm

Georgian Court University
Casino Building

Join us on Georgian Court University's beautiful historic campus for the 13th Annual Wellness Expo

Outdoor Activity Sessions

- 11:00am Larissa Ranglin**
Emerging Roots: Gentle Yoga for
Springtime Grounding
- 12:00pm Jamey Stofko & Kaitlin Long**
Experience Shamanic Drumming
- 1:00pm Darren Orr, D.M.Q., Doctor of
Classical Chinese Medicine**
Qigong
- 2:00pm Sachiko Komagata, Ph.D.**
Shinrin-yoku (Forest bathing)

FREE ADMISSION

Come see 50-60 vendors featuring
variety of wellness practices and
products, free workshops every 30
min., activity sessions outdoor,
raffles and more.

To learn more, please visit
georgian.edu/event/annual-wellness-expo

GEORGIAN COURT UNIVERSITY
900 Lakewood Avenue
Lakewood, NJ 08701

Indoor Workshops

- 11:00am Jennifer O'Hagan,**
Gender Revolution
- 11:30am Marilyn Zein El-Abidin**
Integrated Energy Therapy, Emotion
Code and Body Code
- 12:00pm Suzanne McMurray & Marissa
Winters**
A New Hero's Journey: From Other to
Self to Soul
- 12:30pm Danielle Bilder**
The Science of Happiness: An
Integrative Approach to a Happy Life
- 1:00pm Vincent Chen, Ph.D.**
The Healing Within: Unveiling
Inflammation as the Body's Natural
Pathway to Healing
- 1:30pm Sheila McNeil**
Mindful Munching: Food in Life vs.
Food for Life
- 2:00pm Mike Wortley, Ph.D.**
- 2:30pm Joshua Burns, ND, DC**
- 3:00pm Vellus Campbell**
Hospice's Evolution Through the Love
of Robust Staff and Volunteer Support
- 3:30pm Deborah Kehoe**
Sound Bath Meditation



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**DENTAL
HEALING ARTS**

Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

For more than 40 years, Mark Berkowitz D.D.S., NMD, C.HOM, AIAOMT has been a leader in his field serving the holistic community. Gary Braun D.M.D., NMD, IBDM, AIAOMT has recently completed a 2-year advanced training program at the American College of Integrative Medicine and Dentistry achieving a degree in Integrative Biologic Dental Medicine and earning recognition as a Board-Certified Naturopathic Physician. Dr. Berkowitz and Dr. Braun forged a partnership in 2021 with the overall goal of combining their extensive knowledge and experience in the field of integrative dentistry. The office is continuously evolving with the addition of state-of-the-art equipment and new technologies.

Dr. Berkowitz and Dr. Braun are proud to announce a truly unique partnership with board-certified orthodontist Keith Dobrin D.M.D., MBA, as well the addition of a Fotona® laser to the practice, allowing for a vast expansion in available dental services with the goal of enriching an ever-expanding holistic-minded clientele.

Dr. Keith is a local product by way of Tinton Falls New Jersey. He is a Diplomat of the American Board of Orthodontics, the most prestigious achievement in the field of orthodontics. Additionally, he is a published author with internationally acclaimed research on bonding braces to teeth, the culmination of four years of dedication to the orthodontic specialty. As part of our team, Dr. Keith will bring a new perspective to the practice as he is well-versed in all specialties of dentistry in conjunction with orthodontics. He brings tremendous experience from his own private practices that will undoubtedly serve the needs



"My passion has always been to create beautiful and healthy smiles for patients of all ages, and there are so many ways to accomplish those goals that are both comfortable and efficient. We are constantly upgrading our technology to remain at the forefront of our profession, and we strive to not only effectively resolve issues of teeth alignment but also to create positive changes that make our patients proud and confident. I am fortunate that my career path has led me back to Monmouth County where I grew up and I cannot think of a better place to be while doing what I love." – Dr. Keith Dobrin

- Cosmetic Dentistry
- Basic and Advanced Ozone Therapy for all dental modalities
- Comprehensive Invisalign Treatment (Gold Tier and Platinum Tier Providers)
- Comprehensive Orthodontic evaluation and treatment
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- Ozone/SWEEP's Root Canal Therapy
- Photobiomodulation for TMJ and Pain Therapy
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- Laser Excisional and Incisional Biopsies
- Laser-Assisted Oral Surgery
- Nightlase Therapy for Snoring
- Erbium-Yag Laser Pediatric Dentistry (often w/o local anesthesia)
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- Zirconia Crowns and Porcelain Restorations
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Board-Certified Orthodontist

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Publisher **Sharon Shaffery**

CONTACT US

P.O. Box 61
Leonardo NJ, 07737
732-230-7337
sharon@najerseyshore.com

ADVERTISING
732-230-7337

SUBSCRIPTIONS

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NATIONAL TEAM

CEO **Kimberly B. Whittle**
National Editor **Sandra Yeyati**
Editor **Brooke Goode**
Copy Editor/Proofreader **Melanie Rankin**
Layout **13 Moons Publishing**
National Advertising **Lisa Doyle-Mitchell**

CONTACT US

Natural Awakenings Publishing Corporation
350 Main Street, Suite 9B
Bedminster, NJ 07921
Ph: 239-206-2000
NaturalAwakenings@KnoWEwell.com

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Publisher's Letter



Hello Friends,

Welcome Springtime! Hooray 🌞 I am so excited to see my flowers again and plant some new ones.



We would like to encourage you to visit our website or follow us on social media for help planning your butterfly and/or vegetable gardens. Erika and I will be sharing ideas and inspiration. Let's make this the most beautiful and bountiful Spring ever!

As always, thanks for your love and support!

Warm wishes, Sharon

HOLISTIC
HEALTH AND HEALING EXPO

Where Integrative Health
Meets
Conscious Living!

New Location!

CHERRY HILL, NEW JERSEY
Sunday, March 24, 2024
11AM - 5PM

DOUBLETREE BY HILTON
2349 MARLTON PIKE W
CHERRY HILL, NJ

CONNECT, EDUCATE, INSPIRE

The Holistic Health & Healing Expo will offer attendees chances to learn about:

- Alternative Healing
- Eco-Friendly landscaping and nurseries
- Electric automobiles
- Organic, biodynamic and regenerative farms
- Handmade products: lotions, candles and personal care products
- Holistic practitioners
- Holistic coaching
- Homeopathy
- Integrative medicine
- Intuitive readings & energy work
- Midwifery and doula care
- Music and art therapy
- Naturopaths
- Organic skincare, cosmetics and hair salons
- Regenerative healthcare
- Workshops
- Yoga and Pilates
- Chiropractic medicine

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Ads & Submissions

HOW TO ADVERTISE

To advertise with Natural Awakenings or request a media kit, email us at: advertise@NAJerseyShore.com or call 732.230.7337.

Ads Deadline: 7th of the month.

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Email articles, news items and ideas to: sharon@NAJerseyShore.com.

Editorial Deadline: 7th of the month.

CALENDAR SUBMISSIONS

Email Calendar Events to: Sharon@NAJerseyShore.com. Calendar Deadline: 7th of the month. Cost: \$20/listing.

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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: 239.434.9392. For franchising opportunities: 239.530.1377 or visit NaturalAwakenings.com.

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Scan code to learn more

Interested in Franchising?

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.



The 13th Annual Wellness Expo at GCU

Georgian Court University will host its 13th Annual Wellness Expo on Saturday, April 13, at its historic Casino, promising a day of well-being, rain or shine. The event will feature 50-60 vendors offering an array of wellness products, services, and practices to promote holistic health. Admission is free for all, and raffles with enticing prizes will be held throughout the day!

Attendees can participate in informative workshops every 30 minutes covering topics including inflammation, natural healing, and the science of happiness and more while activity sessions of qigong, yoga, drumming circle, and Shinrin-yoku will add a rejuvenating dimension to the expo.

GCU students specializing in Social Work, Exercise Science, Health Science, Health Profession Studies, and Nursing will actively contribute by offering health education and screenings. This unique initiative allows students to apply and share their classroom learning directly with the community, creating an exchange of knowledge and well-being. In addition, GCU admissions will have its table for anyone looking for what GCU offers.

Save the date for a day of enlightenment and rejuvenation at GCU's Wellness Expo! Click here to learn more: <https://georgian.edu/event/annual-wellness-expo/> or go to Georgian Court University, 900 Lakewood Ave., Lakewood.

You're Invited to Puppy Palooza & My Birthday!

Please join "Cleansing Concepts" and "Frame to Please" Saturday, March 23, 9am-5pm, the Galleria, 2 Bridge Avenue, Red Bank.



Puppy Palooza! National puppy day! My Birthday! We will be celebrating by having an adoption event/birthday party for dogs who have already found their "forever" homes. We have a rescue group coming in and for that day, 100% of all sales will go to the rescue.

Comprehensive Cellular Health Analysis

March Special – ONLY \$159 (Reg. price \$225). Take your health to the next level! Get access to the life changing Cellular Inflammation Test and more! Here is what you get:

1. Meta-Oxy test – Cellular inflammation test which is 50X more powerful at detecting inflammation markers than regular blood test. Simple urine test is fast and is easy to do in office or in the comfort and privacy of your own home.

2. Neurotoxicity Assessment – detailed questionnaire about your past and present health issues that might be contributing to your cellular inflammation.

3. 60 Minute Consultation – to discuss your Meta-Oxy Test results and your Questionnaire in detail. Your expert will put together all the information from your Meta-Oxy test results, your questionnaire, your symptoms, and your health history to find a solution to help you. In person or Zoom.

Larisa Belote, Health Practitioner & Certified Detox Specialist is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Make your appointment today! Call/Txt 732.996.6963 or email: larisa@stepbystep-wellness.com.



Qigong for Good Health

Come as a beginner or return as an experienced student and deepen your practice. These practices are effective and easy to learn. Sign up online early, classes fill quickly. Join Maxine Forster Guenther, M.A., Instructor of Integral Qigong, certified since 2003, in The Earth Room, at

the Unitarian Universalist Meeting House (UUMCM), 1475 West Front Street, Lincroft. Classes include:

7 WEEK SPRING SERIES: Two, one-hour Qigong classes are available on Tuesdays beginning March 26, 1 or 2pm. Both classes will be similar focusing on the organs and more. Go to www.qigongforgoodhealth.org for details and to sign up. Covid masking optional. Students are well spaced and the Earth Room has a state-of-the-art air filtration system. Cost of this Spring Series at UUMCM: \$80 for 7 sessions. A 2nd Person in same household is \$40. College student, \$40. If you cannot afford the cost, please contact Maxine to make some adjustment in the fee.

BROOKDALE COMMUNITY COLLEGE: A series of 6 classes, An Intro to Qigong: Practices for Self-Care & Good Health beginning Thursdays March 21, 2-3:30pm. For information and to sign up, call 732.224.2346 or Google BCC/ Life-Long Learning for their catalog of Spring classes, listed on Page 13.

PARKING LOT QIGONG will re-emerge in the back lot of UUMCM on Saturday at 10:30am when Spring weather begins to warm. This is a drop-in class by donation. Open to beginners and experienced students. To add your name to the PLQ e-mail list for class notification, contact Maxine at qigongomi@yahoo.com.

Reiki With Meditation

Please join Reiki minutes of Reiki on Tuesday, March 12, 8pm, 1321 Memorial Drive, Asbury Park. (Street parking available) Dorian will lead the group in a unique experience focusing on Peace with guided meditation and then coming around to each person for a personal reiki session.

Relax and recharge your mind and body with meditation

and reiki! While Dorian offers each participant touch or non-touch Reiki, if she receives a message for you, she will relay it to you. We do require you to preregister as space is limited. Preregistration is required, space is limited. Cost: \$25.

Register at www.BohoYogaAP.com. If you have any questions, please call or text Dorian at 201. 892.5242. For class, we ask for an open mind and heart, wear comfortable clothes, and the option of bringing your mat or blanket. All meditation levels are welcome. Master, Energy Healer, and certified Meditation Teacher Dorian Cattani for a 20-minute meditation. Cost: \$20.

Heal from your Old Stories

Did you know that many physical and mental symptoms you experience can be manifesting from old stories that are trapped in your body? If you feel like you have “tried everything” and nothing is working, this might be why!

I’m Beth from Beyond Holistic Healing and I use a combination of Chinese and Western medicine to help you get to the root cause of an issue and finally release it. I can naturally help with things like anxiety, sleep problems, brain fog, energy and mood. I help you become the best version of yourself. Mention this magazine for \$25 off your first session!

Visit my website to book a free call here: www.beyondholistichealing.com. Call or text: 703.403.6678. Follow me on Instagram: [beyond_holistic_healing](https://www.instagram.com/beyond_holistic_healing).

Dawn Ricci is the Beach Bench Medium



All along our Boardwalk at our beautiful Jersey Shore, there are thousands of benches that are made to tribute to family members. If you got a bench, then Dawn Ricci wants to talk

to you! Dawn is a resident of Spring Lake who walks the Boardwalk almost every day. As she passed by, she would read each plaque. And the essence of that tribute comes alive. Don't miss out and check out Beach Bench Medium episodes from Spring Lake, Manasquan, Point Pleasant, Asbury Park, and Atlantic City on YouTube. If you are interested in having a reading - sitting at your bench with Dawn, here's your chance! She's offering free reading and making appearance on the show. Happy loving memories of your family and dearly departed awaits. Interested in participating, email hello@dawnricci.com or call 732.433.7094.

Advanced Reiki Level III Training

Join Reiki Master Elena March 3, 12:30-4:30pm at The Yoga Loft, 58 Main Street, Farmingdale. Reiki Level III Training is for Reiki healers who would like to strengthen their healing abilities taught in the First and Second Degree Training and receive the Advanced Level Attunement.

The advanced level training will include a deeper understanding

of the spirituality of Reiki and the eight ways to perceive energy, another Reiki symbol and other Christian symbols will be introduced, in addition to learning the energy techniques of Beaming and Scanning. Additional hand positions will be shown and ways to perform Collective Absentee Reiki will be covered. All participants will receive an Advanced Reiki Level Attunement and a Certificate. Reiki treatments will be given to each other, so please avoid eating meat the day before and wear comfortable clothing. Prerequisites include: First and Second Degree Reiki Training and Attunements

Please register by email info@theyogaloftnj.com (if registering by email, please provide your phone number) or call/text 732.239.2333. Cost: \$210.

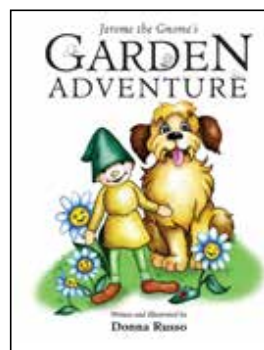
Welcome to Joy (Journey of Yoga)

Starting March 26, 6pm, join Michele at The Yoga Loft, 58 Main Street, Farmingdale, for 6-week beginners' series designed for those brand new to yoga, you'll learn the benefits of yoga with step-by-step directions for each posture. Discover the benefits of your own breath and the peace of meditation.

If you're new to exercise or recovering from an injury, yoga can help you move more safely and mindfully. Research proves that yoga significantly reduces stress while improving concentration and creativity. You'll leave class smiling, radiant and relaxed while building a solid foundation of yoga poses, conscious breathing and meditation that will allow you to safely enjoy a vast array of yoga classes.

All fitness levels welcome. Please bring your own mat to class. Register early—this series fills up quickly, please email info@theyogaloftnj.com (please include phone number if registering by email) or call/text 732.239.2333. Cost: \$70.

You're Invited to Meet the Author of "Jerome the Gnome's Garden Party"



Free Kids Event (Ages 4–8) March 30, 1-2:30pm at The Yoga Loft, 58 Main Street, Farmingdale. Come learn about Jerome and his friends from the young reader's book. “Jerome the Gnome’s Garden Adventure!” Have you ever wonder what it would be like to be a Gnome? Well, here’s your chance, join us as we explore being a Gnome, a Goose, a Skunk, a loyal Dog friend ... and more! FREE Gnome

Party Hat or FREE Friendship bell necklace for children who attend this event! Event Special Purchase “Jerome the Gnome’s Garden Adventure” book for \$25, a saving of \$4.95 and no shipping or handling charges (Cash Only) plus have your book signed by the author Donna Russo. Donna would LOVE to meet you!

The entrance to the studio and parking is in the back in the building. SPACE LIMITED TO 12 CHILDREN • RSVP BY MARCH 27 to askagnome@gmail.com.

Have you ever asked, “Will I ever get better?”

Dear Friend,

That’s exactly what Daryle said when we met him. You see, Daryle had a heavy piece of equipment fall on him 3 years ago. He broke his back, herniated discs and was left with severe pain and numbness in his hands and feet. His legs would spasm involuntarily which would knock him out of bed or cause him to fall often. None of the doctors could help. After a few months of Upper Cervical care in our office he is working, fishing and playing catch with his daughter.

Twenty-four years ago something happened that changed my life forever, and in turn, changed many other lives, too.

In 2000, I was a first year student in chiropractic school. Having played high school football at Manalapan high school, I experienced a neck injury. But I was now in chiropractic school and I wasn’t worried...I knew that I would receive chiropractic care and the pain would be gone in a matter of weeks.

I received traditional chiropractic care three times per week but it didn’t help me. This led me to question my decision to become a chiropractor and I was even considering leaving chiropractic school for another profession. Even worse, I thought I was going to have to live like this forever.

That’s when I took matters into my own hands (or God’s) and that’s when I found the answer. But I’ll get back to that in a minute...

When someone asks me what it is that I do, I tell them that “I get sick people well, and I do it without drugs or surgery.” Often they give me a puzzled look. When they ask further, I tell them that I am an Upper Cervical Chiropractor, and it’s the best job in the world.

Oh, back to my story. A fellow classmate of mine introduced me to an Upper Cervical Chiropractor that helped people suffering like me. The Doctor did an exam, took some films and then “adjusted” my spine. He didn’t pop, crack or twist me but rather lightly removed pressure from my spine and nerves. The adjustment didn’t hurt, it actually felt good. With the hwelp of this gentle care, I immediately felt relief, and for the first time in years, I felt “right” again. I decided to stay in school and train under this doctor.

I owe my whole life to Upper Cervical Chiropractic. This experience made such a difference

in my life that I vowed to help others through Upper Cervical care.

In 2003, I returned to New Jersey to open a practice that solely focuses on Upper Cervical chiropractic technique. Since then we’ve delivered over 300,000 spinal adjustments.

Now let’s talk about Elissa, my beautiful wife. Since high school, she has utilized chiropractic as part of her wellness lifestyle. She especially found our gentle form of health care to help her through both of her pregnancies.

Jayde and Easton are my beautiful children that have been checked and adjusted from



birth. It’s strange how life is, because now people come to see me with their health problems, aches and pains.

Also they come to me with their headaches, migraines, chronic pain, Fibromyalgia, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, vertigo, numbness in limbs, athletic injuries such as post-concussion syndrome just to name a few.

Here’s what my patients had to say:

Upper cervical was the only place able to help me after 4 years of suffering with TMJ, neck pain, migraines and muscle spasms. I was taking ibuprofen almost everyday and muscle relaxers for my muscle spasms. I was very nervous to try chiropractic care because of the twisting and popping they traditionally do. At upper cervical the adjustment is very gentle without any twisting and popping of the neck. Within a few weeks of starting care, I was free of headaches and painful back spasms... I recommend his practice to my patients every chance I get. I cannot imagine how my problems would have progressed without seeking help. I’m now living a pain free life without any medication! - Talia.

I was in extreme pain and unable to do the simplest things around the house. I thought my options were either back surgery or many expensive drugs with unknown side effects. Not yet in my forties, I felt my livelihood was slipping away. After only two months of treatment with Upper Cervical I was able to garden, carry laundry baskets, and work without pain! I got my life back. -Dee C.

Life is so much more enjoyable after my headaches disappeared... No more pinched nerves! -Marina

Each day in my office, and in the offices of chiropractors around the world, miracles happen. And, we get to see them! Each day people thank me for “curing” them, and proclaim that I performed a “miracle” with them or their children. But, I don’t take the credit. I can’t. The body performs the real miracle, and when a chiropractor removes pressure from the nerve system, the body does what it knows how to do best... heal itself.

You Benefit from an Amazing Offer. Look, it shouldn’t cost you an arm and a leg to correct your health. When you bring in this article, you will receive my entire new patient exam for \$59. That’s with x-rays (if indicated), nerve testing and thermal imaging... the whole ball of wax. This exam would normally cost you up to \$340. But, please call right away because this offer expires on **March 31, 2024** and I don’t want you to miss out. By law, this offer excludes Medicare/Medicaid/PIP patients.

Great care at a great fee. I’m a Magna Cum Laude graduate of Logan Chiropractic College, a published author and I am an active board member and instructor for the Upper Cervical method that we utilize in our office. I’ve been entrusted to take care of tiny babies to 90 year olds. For the past 22 years, I’ve been taking care of people from across the U.S.

My assistants, Kara, Erika & Imani are really great people. Our office is both friendly and warm and we try our best to make you feel at home. Our office is called **Upper Cervical Chiropractic of Monmouth, LLC**, 280 Route 9 North (Shop Rite Shopping Center) Marlboro, NJ. Our phone number is **732-617-9355**. Call us today for an appointment We will do all we can to help you. Thank you

— **Larry Arbeitman, D. C.**
(732) 617-9355 Call Now!
www.GetWellNJ.com

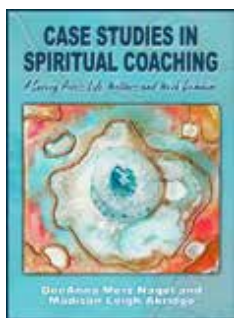
Paint In-person or from Home

Join our growing community of painters for a much needed respite where you can reduce stress and connect to the creative community of women you've been looking for. Wild and Free Painting is an indulgent and nourishing Process Painting Art Studio for self-care and personal growth. We focus on the act of painting itself and your experience while painting rather than the final art product. We celebrate your creativity in all of its authentic form and return to the idea that creative expression can serve as a tool to heal, connect, de-stress, reclaim and discover. Experiencing this process helps women feel a deeper connection within themselves and in turn feel more satisfied, centered and peaceful. Absolutely no prior art experience is necessary to enjoy the benefits of this process.



For more information and to register: <https://www.wildandfreepainting.com/register-now>. Individual Art Therapy sessions available for children, teens, young adults and women. Elissa earned a BFA in Graphic Design from The University of Michigan, holds a Masters degree in Art Therapy from New York University, is a Licensed, Registered Board-Certified Art Therapist and Process Painting Facilitator. www.wildandfreepainting.com.

Don't Miss this New Title by DeeAnna Nagel



What happens when you build a community in the wellness space and then move away? In the digital age you hop on social media or a zoom call and pick up where you left off. DeeAnna Merz Nagel used to live in Monmouth County and was a regular contributor to Natural Awakenings. She built bonds with like-minded folks and then moved back to her home state of Florida, but

that didn't stop her from keeping up with her people. It made sense that when she decided to edit a book on the topic of spiritual coaching, she reached out to her New Jersey tribe!

The book, *Case Studies in Spiritual Coaching* features these gifted Monmouth/Ocean county women – Nourish Coaches, Wendy Bright-Fallon and Debbie Peterson (<https://nourishcoaches.com>) with a chapter on grit and grace as related to women's health; Gay Norton Edelman (<https://www.coachgay.com>) offers a chapter on spirited writing, as well as a chapter about what is at the heart of spiritual coaching. To add an artistic bent to the project, a piece of Krista Lynn's (<https://www.kristalynndesigns.com>) original signed resin artwork entitled, *Harmonious Energy* was captured for the cover. The book additionally includes chapters on essential oils, oracle cards, Shamanism and more.

DeeAnna can be reached at <https://deeannamerznagel.com> @DeeAnnaNagel on IG and X



HHH Expo Moving to Larger Cherry Hill Location

The Holistic Health & Healing Expo (HHH Expo)—the trusted go-to resource for natural wellness, organic food, healthy pets, spirituality, sustainability, and green living—has moved to a bigger venue: the

Doubletree by Hilton, in Cherry Hill. The next popular event will be held from 11 a.m. to 5 p.m. on March 24.

“Join us for a transformative experience where you can sample incredible products; indulge in therapeutic treatments; and gain wisdom from experts in holistic health, mindfulness, spiritual growth and sustainable living practices,” enthuses Shae Marcus, HHH Expo founder and Natural Awakenings South Jersey publisher.

Attendees will be treated to hundreds of leading-edge thinkers and exhibitors, along with a variety of workshops and seminars. They should also plan on relaxing with hands-on treatments and therapies; finding one-of-a-kind special gifts; discovering new pathways to wellness for the whole family—from kids to pets; and having fun with other like-minded individuals.

With delicious and healthy food and snacks available, folks should be sure to bring friends and family and spend the entire day.

Cost: Admission is free, but there is a fee for some of the workshops. Location: 2349 Marlton Pike W. For more information or to register, visit <https://nj.hhhexpo.com>.

Beyond Holistic Healing

Energy healing works

For years I suffered with anxiety and depression and felt like I had tried everything. It wasn't until I tried Energy Medicine that I began to see real improvements.

I am a Body Intuitive Master Practitioner. I offer individualized sessions where we get to the root cause of your issue and work to clear it from your body.

Energy medicine can help with:

- ♥ Anxiety & Depression
- ♥ Chakra Balancing
- ♥ Inflammation & Pain
- ♥ Digestive Issues
- ♥ Hormone Balancing
- ♥ Sleep
- ♥ Memory
- ♥ Covid Repair
- ♥ Ancestral Healing



Beth Aitken

Schedule your free consult
beyondholistichealing@gmail.com
or 703-403-6678
www.bethaitken.com
Find me on Instagram
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Cancer Increasingly Strikes Young Adults

A study in the journal *BMJ Oncology* reports a sizable global rise in cancers among adults under 50, with the highest rates found in North America, Australia and Western Europe. Between 1990 and 2019, the incidence of early-onset cancer increased by 79.1 percent, and early-onset cancer deaths rose by 27.7 percent. Of the 29 cancers included in the analysis, nasopharyngeal and prostate cancers showed the fastest upward trend, whereas early-onset liver cancer exhibited the sharpest decrease. In the U.S., early-onset cancer rates rose 12.8 percent, while the incidence rate of individuals 50 and older declined.

Although the exact reasons for this alarming trend have not yet been identified, the researchers pointed to the following likely culprits as the main causes: dietary risk factors, including eating excessive red meat and sodium and not enough fruits and vegetables; alcohol consumption; and tobacco use.



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Complementary Treatments for Kids With Irritable Bowel Syndrome

Treating children with irritable bowel syndrome (IBS) can be complex, and parents are looking for complementary and alternative therapies. A paper published in the journal *Nutrients* evaluated studies regarding the effect of herbal remedies and spices in youngsters with this painful disorder.

The researchers found that iberogast, or STW-5, an herbal remedy containing licorice, peppermint and chamomile, improved symptoms in children with functional gastrointestinal disorders including IBS, and that peppermint oil reduced the severity, duration and frequency of IBS pain. Peppermint oil's primary benefit in IBS seems to be its anti-spasmodic effect, although more research is needed to understand its impact on the gut microbiome of pediatric IBS patients. Psyllium was also found to offer effective, short-term relief in children with IBS, but further studies are needed.

Although not yet studied for childhood IBS, remedies found to provide IBS symptom relief for adults are curcumin, the active component of the turmeric spice; fennel in combination with curcumin; and artichoke leaf extract.



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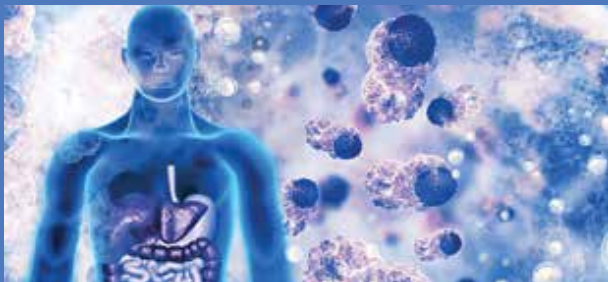


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Toxins and Colorectal Cancer

An article published by The Institute for Functional Medicine evaluated the relationship between environmental toxins and colorectal cancer (CRC), the second leading cause of cancer-related deaths worldwide. Studies suggest a connection between CRC and exposure to certain pollutants, including some pesticides that are legally used in the U.S., asbestos, industrial pollutants and particulates in air pollution. Personal care items containing endocrine-disrupting chemicals such as phthalate and triclocarban were also found to be associated with CRC.

To reduce the risk of developing CRC, functional medicine practitioners recommend supporting the body's detoxification and elimination processes while limiting exposure to these toxins. They offer toxin-assessment and treatment options that include the adequate intake of fiber and water, as well as a nutrient-dense diet that is low in animal fats and high in fruits, vegetables and whole grains.



Mohammed Haneefa Nizamudeen from Getty Images Pro/CanvaPro

Healthy Plant-Based Diets Reduce Diabetes Risk

In 2021, diabetes affected 6.1 percent of the global population, and that percentage is expected to increase to more than 10 percent by 2050. According to a study in the journal *Diabetes & Metabolism*, the consumption of a healthy plant-based diet can reduce the risk of developing Type 2 diabetes by 24 percent as compared to those following an unhealthy plant-based diet. These results also applied to those that were genetically predisposed to develop diabetes or had other risk factors such as age, lack of physical activity and obesity.

The study defined a healthy plant-based diet as one that eliminates animal fats and is low in sugar, sugary drinks, refined grains and starches like potatoes. The research included more than 113,000 British participants that were observed for 12 years. In addition to a lower body mass index and waist size, the researchers noted that normal levels of triglycerides, blood sugar, inflammation and the insulin-like growth factor 1 were also associated with a lower risk of diabetes, and they surmised that a healthy plant-based diet reduced diabetes risk by improving liver and kidney function.



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Wind Energy Project Threatens Endangered Bird

A renewable-energy project in the Brazilian state of Bahia is threatening the Lear's Macaw, a large, blue-feathered parrot with bright yellow rings around its eyes which, according to American Bird Conservancy, has been brought back from extinction in the past but is still considered endangered, with approximately 1,300 adults in existence.

French-based Voltaia is currently building two wind farms that are expected to produce 99.4 megawatts of power in Bahia. The 28 wind-turbine towers that have already been erected over shrubland and thorn forests are located in the daily flight path of the Lear's Macaw, between where they roost and feed. It is believed that the birds are fatally crashing into the turbines, and that the risk of collision increases at night, even though the turbines have been painted to be more visible.

Ecologists point out that the towers could be moved 100 kilometers away from the Lear's Macaw habitat to preserve their population while generating the same amount of renewable power. Although construction continues, a Brazilian judge has ordered an environmental impact assessment that considers the welfare of these colorful parrots. Around the world, wind energy projects grew by 9 percent in 2022, according to the latest report from the Global Wind Energy Council, with China, the U.S., Brazil, Germany and Sweden leading with new installations.



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Adding Sails to Ships to Save Money and the Planet

The maritime shipping industry contributes around 3 percent of the world's annual greenhouse gas emissions, and industry leaders are exploring ways to reduce their carbon footprint and save money. One promising innovation is the addition

of specialized sails to cargo ships. In a collaboration between Cargill, BAR Technologies, Mitsubishi Corporation and Yara Marine Technologies, a cargo ship was retrofitted with cutting-edge rectangular sails called WindWings that tower nearly 123 feet. By harnessing wind power, the developers hope to save 30 percent in fuel expenditures.

Unlike traditional canvas sails, WindWings are comprised of rigid mechanical panels that rotate and spin based on computer instructions designed to maximize wind usage. The wings fold down to permit the ship to pass under bridges and allow for loading and unloading of cargo. This is one of many steps being taken by the maritime shipping industry to reduce emissions by 50 percent by 2050.



Cargill and BAR Technologies/CanvaPro

Self-Pollinating Wildflowers Worry Scientists

The global insect population is estimated to be declining at a rate of up to 2 percent per year due to a combination of climate change, habitat loss, pesticide use and human activity. That decline includes pollinators such as bees, butterflies, moths, beetles and wasps. Almost 90 percent of flowering plants depend entirely, or in part, on animal pollination.

According to a study published in the journal *New Phytologist*, researchers in France have found that wildflowers in a meadow near Paris have increasingly adapted to self-fertilization. They compared pansies grown from seeds harvested from 1992 to 2001 to pansies grown today, specifically examining their genetic and physical differences, and evaluating which pansies bumblebees preferred.

Finding that today's pansies are smaller, make less nectar and are less attractive to bumblebees, the scientists concluded that the flowers had increased self-pollination by 27 percent. While this rapid adaptation may be a win for the flowers, it could exacerbate the decline in insects, which are a major food source for other animals and are integral to natural decomposition processes. The scientists believe there is an urgent need to further investigate this pattern and to evaluate the possibility of reversing the process.

Mount Everest Is Melting

Climbing Mount Everest and standing at the highest point on Earth has long been the pinnacle of human achievement and spirit. However, the trail to the top of the world is being affected by global warming. While glaciers worldwide are melting, ice loss across the Himalayas has been especially rapid due to a rise in temperatures, threatening to disrupt waterways that feed the Indian subcontinent and endangering living conditions for hundreds of millions of people.

At Everest, the Khumbu Glacier and its ice falls serve as the primary route to the top by way of the Everest Base Camp, as well as a source of drinking water for climbers. Growing channels of water are destabilizing the glacier, exposing ice cliffs and creating ponds. In addition, the heat and activity from the hundreds of people living and working at Everest Base Camp are contributing to the decay of the glacier each year.

This glacial destabilization caused the deaths of three sherpas last April as they laid out a path for climbers. The government of Nepal is considering moving the base camp to a spot lower down the mountain, which would make the climb tougher and more dangerous. Changes at Mount Everest also threaten Nepal's \$2.4 billion tourism industry and millions of jobs.



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Qi Building at its Best

by Shoshanna Katzman



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Boosting qi (vital energy) of the kidney is a major component of maintaining health and longevity. This ancient holistic paradigm views the kidney as a yin organ system associated with the water element. As the body's water gate, the kidney rules water and provides the foundation for movement and transformation of all bodily fluids. It is the "root energy" governing health of the lower back, bones, knees, ears and hair on the head.

The kidney helps to regulate metabolism, excretion, immunity and sexual potency. It contributes to the production of marrow and creates spinal health, strong memory and mental clarity. When kidney energy is strong, so is willpower and ability to stay fully focused on a task at hand.

The kidney system is traditionally hailed as the "minister of power" and the most important reservoir of essential energy within the body. Maintaining kidney health is essential for establishing strong and balanced energy throughout the body, mind and spirit.

Chinese medicine is filled with recommendations for building and protecting kidney energetics – many based on the fact that it "loves warmth." To begin with, avoid walking barefoot on cold floors as the first energy point of the kidney meridian is located on the soles of the feet. Keep the lower back covered to protect the kidney from getting too cold. To activate kidney energy, place a hot water bottle or heated ginger tea compress over the lower back.

Chinese dietary therapy recommends warm foods and drinks for tonifying this organ system. The salty taste is associated with the kidney, therefore consuming an appropriate amount of salty foods is healthful. The kidney is associated with the color black with most black foods strengthening and protecting its energy. This includes black rice, beans, lentils, olives, sesame, seaweed, figs, raisins, grapes, plums, elderberries and blackberries. And blue food such as blueberries are known for their kidney building action.

Intense and prolonged fear or stress and excessive physical exertion places undue strain and stress on the kidney organ system. This includes standing for an extreme amount of time or walking a long distance while carrying a heavy load. Also, be cautious about

engaging in excessive sexual activity as it drains the yang of the kidney.

As "the root of qi," the kidney serves as the root of the eight extraordinary vessels which connect all organ systems and regulate, circulate and store qi and blood within the body. They provide support during "extraordinary" situations.

When energetically balanced these channels manifest the following:

- ▲ **Greater self-realization and renewed sense of purpose**
- ▲ **Stronger connection to one's authentic self, the truest aspect of themselves**
- ▲ **Enhanced consciousness & awareness**
- ▲ **Staying resilient and centered even in the face of adversity, high stress, trauma or emotional distress**

Acupuncture works to open and build flow of energy throughout the kidney meridian via needle insertion into acupoints located along meridian pathways. Tuina massage does the same through application of manual techniques. Chinese herbal medicine tonifies the kidney through ingestion and application of substances known to restore health of this "minister of power". And the practice of Taiji (Tai Chi) & Qigong activates, cultivates & preserves energetics of the kidney system through gentle, flowing movement.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) in Shrewsbury, NJ for thirty-five years. She provides acupuncture and Chinese herbal consultation along with her associates Kelly Van Sickell and Heather Quinlivan. Shoshanna also offers private and group classes through her Two Rivers Academy of Taiji & Qigong. She is author of "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy", co-author of "Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness" and recently released "Center of Power: Life Mastery through Taiji" a comprehensive online curriculum (www.yourcenterofpower.com). For more information call or text 732.758.1800.

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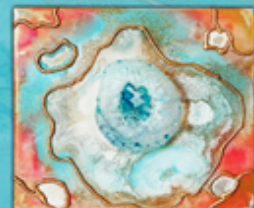
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The goal of this book is to offer guidance for the coach whose client brings direct or indirect spiritual content into the coaching session. Each chapter highlights established coach skills such as active listening, powerful questioning, and goal setting. The text brings together both seasoned spiritual coaches who have influenced this new and growing area coaching profession, and new spiritual coaches who bring their own diverse knowledge.

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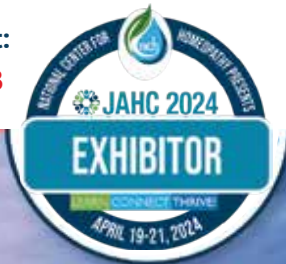
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Simple Strategies to Alleviate Anxiety

Practical Steps for Everyday Well-Being

by Beth Aitken



Anxiety is a common experience for many people, manifesting in various forms and intensities. While seeking professional help

is crucial for managing severe anxiety, incorporating simple strategies into your daily routine can significantly contribute to alleviating symptoms and promoting overall well-being. Here are some practical and accessible techniques that can help you manage anxiety:

1. Deep Breathing Exercises:

Deep breathing exercises, such as diaphragmatic breathing or belly breathing, can help calm your nervous system and reduce anxiety levels. Practice taking slow, deep breaths in through your nose, allowing your abdomen to expand, and exhaling slowly through your mouth. Repeat this process several times, focusing on the sensation of your breath filling your body and releasing tension with each exhale.

2. Mindfulness Meditation:

Mindfulness meditation involves focusing your attention on the present moment without judgment. Set aside a few minutes

each day to sit quietly and observe your thoughts, sensations, and emotions as they arise. By cultivating mindfulness, you can develop greater awareness of your anxiety triggers and learn to respond to them with compassion and acceptance.

3. Physical Exercise:

Engaging in regular physical exercise, such as walking, jogging, or yoga, can have profound effects on your mood and reduce anxiety symptoms. Exercise helps release endorphins, which are natural mood lifters, and promotes relaxation by reducing levels of stress hormones like cortisol. It is important to find an activity that you enjoy and make it a priority to incorporate it into your routine regularly.

4. Limit Caffeine & Alcohol Intake:

Caffeine and alcohol can exacerbate anxiety symptoms by increasing heart rate, disrupting sleep patterns, and triggering feelings of restlessness or agitation. Consider reducing your consumption of caffeinated beverages and alcohol, especially in the hours leading up to bedtime, to promote better sleep and overall mental well-being.

5. Establish a Routine:

Establishing a daily routine can provide

structure and stability, helping to reduce feelings of uncertainty and overwhelm. Set regular times for waking up, eating meals, exercising, and winding down before bed. Consistency can help regulate your body's internal clock and create a sense of predictability that can be comforting during times of stress.

6. Practice Gratitude:

Cultivating a gratitude practice involves consciously focusing on the things in your life that you are thankful for. Take a few moments each day to reflect on the positive aspects of your life, whether it's a supportive friend, a beautiful sunset, or a simple pleasure like a warm cup of tea. Gratitude can shift your perspective from focusing on what's wrong to appreciating what's right, fostering a sense of contentment and peace. Do this until you notice gratitude in the small moments, like getting all green lights on your way to work.

7. Connect with Others:

Social support is essential for managing anxiety and promoting emotional well-being. Reach out to friends, family members, or support groups who can offer understanding, empathy, and encouragement. Sharing your experiences with others can help reduce feelings of isolation and provide validation for your emotions.

8. Talk to a Therapist or Energy Healer:

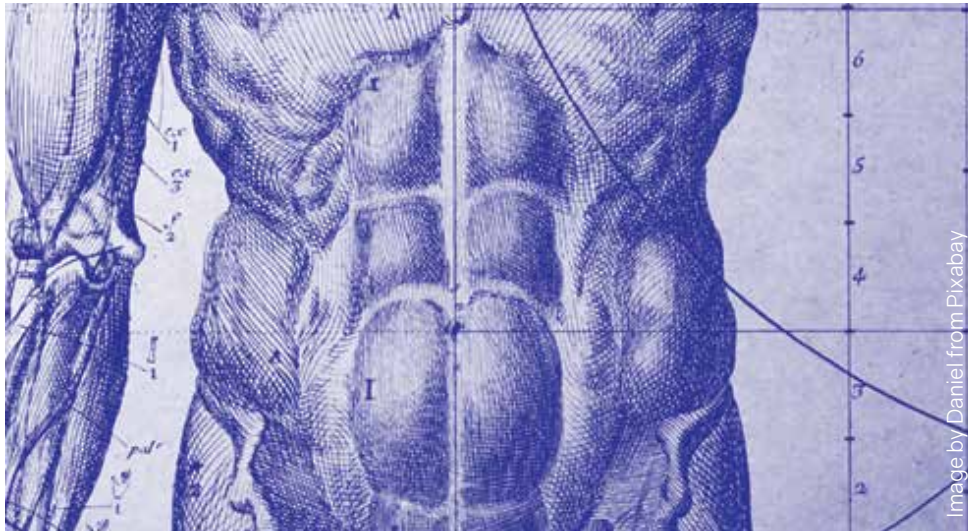
Reaching out for help is an important part of healing. Sometimes we try everything that we can, and when that doesn't work, it is okay to ask for help. Find a trusted source or ask a friend for suggestions. Incorporating these simple strategies into your daily routine can help you manage anxiety more effectively and cultivate greater resilience in the face of life's challenges. Remember that it's okay to seek professional help if you're struggling with anxiety symptoms. With time, patience, and self-care, you can navigate through anxiety and move towards a greater sense of peace and well-being.

Beth Aitken is an Energy Medicine Healer and Body Intuitive Master Practitioner.

For more information call 703.403.6678 or email BethAitken@gmail.com.

Healing the Leaky Gut

by Larisa Belote



Are you plagued with abdominal bloating, gas and cramps? Do you have aches and pains, chronic fatigue, skin conditions and food sensitivities? If you are suffering with any of these symptoms, it may be leaky gut.

According to Dr. Donald Kirby, director of the Center for Human Nutrition at the Cleveland Clinic, “Leaky gut syndrome isn’t a diagnosis taught in medical school. Physicians don’t know enough about the gut, which is our biggest immune system organ.”

Leaky gut is when the intestinal barrier loses its ability to properly regulate what does and doesn’t pass through it. This is something that often develops over time as a consequence of many different stressors.

Once this break-down occurs, things like undigested food particles cross into the blood. These particles are typically foreign to the body and this creates an immune response. When we continue to eat foods that contain those same particles, we get or autoimmune responses that affects the entire body.

Leaky gut encompasses many different challenges, but inflammation leading to the opening of the protective tight junctions in the gut is primary.

Tight junctions function as an intelligent gateway for the intestinal tract. Its job is to keep out toxins, inorganic fiber, chemicals and foreign invaders. Gluten’s gliadin molecules and glyphosate from pesticides (specifically, Roundup and GMO foods) are its biggest enemies and loosen those tight junctions causing intestinal permeability known as leaky gut.

In these instances, the gliadin molecules and/or the glyphosate causes widespread inflammation to the gut lining and the tight junctions remain open. If the tight junctions remain open long term, it can lead to a compromised immune system and/ or autoimmune responses, where the body starts attacking itself.

Leaky Gut affects the whole body and overall health like the Thyroid: Hashimoto’s/Hypothyroidism/Graves disease; Adrenals: fatigue, brain fog/depression/anxiety; Colon: constipation/diarrhea; Skin: eczema/acne/psoriasis; Sinus and immune: sinus infection/food sensitivi-

ties; Chronic Pain: fibromyalgia/joint and muscle pain/headaches.

Factors that contribute to Leaky Gut are:

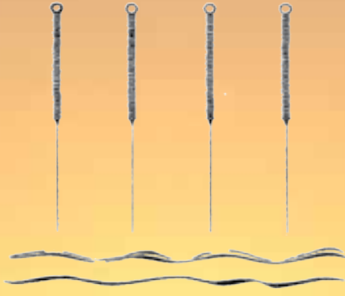
1. Excessive consumption of Grains and Sugar
2. Long term use of NSAID’s – anti-inflammatory drugs
3. Nutrient deficiencies of vitamins A, D and Zinc
4. Gut Dysbiosis – the balance between good and bad bacteria is not balanced. Overgrowth of bacteria produces toxins that enter the blood stream
5. Stress – impairs production of stomach acid and enzymes which is imperative for proper digestion

Helpful tips for healing Leaky Gut:

1. Bone Broth – contains minerals and amino acids that strengthen the gut lining. It contains collagen and glutamine which are powerful gut healers
2. Intermittent Fasting – start with 12 hours and slowly progress to 17 hours. This lessens the frequency of consuming food and increases healing time. When you consume food, it should be quality and nutrient dense foods.
3. Eat fermented foods containing probiotics that improve gut health like kimchi, sauerkraut and kombucha
4. Eat organic foods to avoid Glyphosate. Search for Dirty Dozen/Clean 15 list of foods that are the most and least affected by Glyphosate

Larisa Belote, Health Practitioner & Certified Detox Specialist is a strong believer that your body is a smart machine and can heal itself given a chance with the right set of tools. Call/Txt 732.996.6963 or email: larisa@stepbystep-wellness.com for a free 20 minute consultation.

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- 4 artichokes - cut the tips off, trim any brown leaves, cut stem away, save for later* (use kitchen shears to trim the sharp tips off each leaf)
- 1 small to medium butternut squash
- 1 small to medium onion finely diced
- 1 tablespoon Italian seasoning
- 3 cloves garlic - minced
- 2 eggs
- 1 cup EVOO
- ¼ teaspoon black pepper
- 1 cup quinoa
- 2 cups vegetable broth
- ¼ teaspoon sea salt
- ¼ cup Parmesan cheese

Directions:

- Place the artichokes in a steamer basket inside large pot, add cup of water.
- Cover and steam over low to medium heat for 1 hour. Set aside to cool.
- At the same time, place a cup of water in the Insta-pot or pressure cooker- place butternut squash on top rack
- Set on HIGH PRESSURE for 8 minutes.
- Let cool, cut in half and deseed
- Using a large spoon, remove squash flesh
- Place in large mixing bowl
- Lightly mash with potato masher and Set aside

Separately, add vegetable Broth, quinoa and salt to large pot. Bring to a boil over medium heat, then decrease heat to a simmer. Cook until quinoa has absorbed the broth. Remove from heat, cover and let steam for 5 minutes. Remove lid and fluff with fork. Add to the large mixing bowl along with butternut squash. Beat eggs in small mixing bowl and add to the squash and quinoa.

Add onion, garlic, Italian seasoning, and black pepper and mix well. Separate each leaf of the cooled artichokes and carefully (yet generously) stuff with our 'stuffing' using large spoon. Add 1 cup of water and 1 cup of EVOO to the instapot/pressure cooker. Place all four artichokes in the pot as snugly as possible on top rack. Set on HIGH pressure for 40 minutes. Release steam naturally. Let cool, sprinkle with parmesan cheese before serving.

Looking for access to all the coolest organic fruits and vegetables? Text **732.500.4949** for more info on how to join us on one of our amazing produce shipments. We service all of Monmouth County, with pick-ups Friday nights and Saturday mornings ... we've even been known to drop off to folks in need!

*Lincroft pod of Purple Dragon Co Op

Ice Baths & Cold Plunges It's Hot Right Now

by Chris Pepitone, D.C.



Image by Savan Juggessur from Pixabay



Hormesis or hermetic stress. The adaptive response of cells and organisms to a moderate (usually intermittent) stress. Right now, ice baths, sauna, fasting, hyperbaric oxygen therapy, etc. are getting very popular. More people are realizing the importance of being proactive about their health and are reaping amazing results. What is not as popular is getting the proper guidance while utilizing these stressors.

A mild or moderate stress stimulates the adaptive response and then rejuvenation. When the stress gets too large it is considered an over-stress. This is destructive and tends to lead to stress resistance. Stress resistance is when your body stops responding to the stressor which leads to minimal if any hermetic benefit.

Some stressors require a bit more guidance than others. Namely the ice bath. First thing that must be emphasized is that no ego belongs in the ice bath. Just because you learn to mentally tolerate the cold and can push your times does not mean that you your body can. You shouldn't be pushing yourself to a shiver. Shivering happens at 1o above or at hypothermia which is an overstress. You should feel cold after but you should not be shivering and if you do then there is a very specific exercise/movement to perform warm you up without increasing your heart rate. If your heart rate goes up it speeds up the after drop and the resultant hypothermia.

There is shivering thermogenesis (heat production) and non-shivering thermogenesis. Shivering is not the most efficient way to lose weight. Brown fat conversion and resultant increase in production of

thyroid hormone is. Your metabolism speeds up and you burn more calories in a rested state. Less suffering and more benefit when the brown fat conversion is the goal. Temperature and time matter. To get the max benefit you should be at 40o for 2 minutes. The next data point in the research is at 50o for 1 hour to see the same benefit at 40o. This is for the 250% increase in dopamine and 530% increase in norepinephrine which are required to activate brown fat. Colder can be even better but this is relative to the individual and less time. Skin cooling is up to 3 minutes; beyond that is core cooling. There is no data I have seen to justify a 5–6-minute ice bath to see the maximum benefit.

Safety first, maximum benefit next. There are many more nuances to reducing risk and increasing benefits. This is why it is important to receive guidance when undertaking this type of health approach. Environmental stressors are an extremely powerful methodology to rejuvenate and revitalize the body. The stressors can provide amazing benefit if used wisely. To better explore this, you must first determine what exactly you are trying to accomplish with your health. Once we know that then you can get a tailored program for your needs.

For more information you can call us at 732.747.0083 to schedule a consult or visit us at www.PureHealthNJ.com.

An advertisement for Dawn Ricci, a Psychic Medium & Spiritual Advisor. The background is a soft-focus image of Dawn Ricci, a woman with blonde hair, sitting and looking thoughtfully at the camera. The text is overlaid on the right side of the image. It includes her name, title, a quote about connecting with loved ones, a call to book a private reading, her website, and contact information. A QR code is located in the bottom left corner of the advertisement, with the Instagram handle @THISISDAWNRICCI below it.

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Planting for the Planet

Seven Herbs to Grow, Eat and Heal

by April Thompson



Marilyna from Getty Images Pro / CanvaPro

Growing herbs at home has myriad benefits, enhancing health, boosting flavor and saving money while supporting local ecosystems. Home growing not only provides fresh herbs for cooking needs, but also offers access to easy and affordable natural remedies that can soothe common ailments.

“There is nothing like having your own fresh herbs in home-cooked meals. You can also dry and prep your own herbs for winter. Herbs retain more fragrance and vibrant color when you dry and process your own,” says Nadine Clopton, an herbalist who serves as regenerative education program manager for Rodale Institute.

Clopton likes to grow medicinal herbs like holy basil, as well as culinary herbs like rosemary, sage, thyme, oregano and basil, which serve as both nutrition and medicine. “They have minerals, vitamins and antioxidants, and are deeply supportive of different systems in the body,” says Clopton, who maintains a small deck herb garden in her

Bethlehem, Pennsylvania, apartment.

A home herb garden boasts multiple environmental benefits, reducing our carbon footprint by eliminating the miles most herbs travel to reach the local grocery store, and eliminating pesticide use, if grown organically. Herbs are also great for attracting pollinators like bees, birds and butterflies to support a balanced and healthy ecosystem.

Great Herbs to Grow, Eat and Heal

“**Rosemary** is a multifaceted herb high in calcium,” says Linda Conroy, an herbalist, farmer and herb educator in Albion, Wisconsin. She uses it in topical lotions for pain relief, makes rosemary-infused salt for a flavor-booster and incorporates this pungent herb into her homemade feta cheese. Rosemary has been shown to enhance cognition and memory. It is also a natural mosquito repellant, making it a great addition to summer patios.

Sage is known for its anti-inflammatory properties and as a natural treatment for sore throats and coughs. “This easy-to-grow perennial also helps attract pollinators,” says Conroy.

Dandelion is an excellent detoxifier that can help cleanse the liver and promote healthy digestion. “Every part of the dandelion is edible; it’s really a powerful, supportive herb. There are so many herbs like dandelion that grow wild around us, asking for our awareness and acknowledgment,” Clopton remarks.

Thyme has powerful antimicrobial properties that can help fend off bacterial infections. “It’s also anti-spasmodic and a natural expectorant, making it an excellent addition to cough remedies, which can save money compared to over-the-counter treatments,” Conroy advises.

Lemon balm is a natural stress reducer that can help reduce anxiety and promote relaxation. “I love growing lemon balm

and holy basil together,” says Clopton. “They act like a natural mosquito repellent, in addition to all their medicinal and culinary benefits.”

Chamomile is an essential herb for relaxation and digestion. Regular consumption of chamomile tea can help reduce anxiety and promote restful sleep. Conroy also uses this herb for topical applications like lotions, body washes, foot baths and even eyewashes to soothe sore, irritated eyes.

Garlic has antibacterial and antiviral properties that can help fight infections. The bulb is also known to reduce blood pressure and lower cholesterol levels. “Garlic, chives and other plants in the allium family are all important immune-system boosters,” says Conroy.

Getting Started

For first-time growers, an herb garden may sound intimidating, but with patience and care, it can flourish even in small, indoor spaces. Conroy recommends trying chives, as they are easy to sprout and thrive in a box or pot. She also suggests starting by growing just one herb at a time.

While Conroy grows her herbs from seed in her own greenhouse, it is perfectly acceptable to buy plants that already have a head start. Clopton suggests plants like lemon balm because it is easy to root from a cutting. She also recommends supplementing soil with organic compost to give plants an extra boost, and making sure growing containers have good drainage.

Adding herbs to an outdoor garden or indoor space is an easy way to shrink our carbon footprint and support pollinators for the good of the planet, all the while saving on groceries. Start small with an herb garden and enjoy the numerous health and other benefits herbs offer.

April Thompson is a Washington, D.C., freelance writer covering food, travel, sustainability and spirituality topics. Learn more at AprilWrites.com.



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What is Spiritual Coaching?

By Dr. DeeAnna Merz Nagel



More and more, coaches are being tasked with delving into spiritual themes with their clients, reflecting a

broader societal discourse on spirituality as individuals grapple with the quest for personal meaning. Traditionally, spirituality was interwoven into coaching specialties such as life coaching, wellness coaching, or executive coaching. However, there is a growing recognition of spiritual coaching as a distinct specialty within the broader coaching field.

Spiritual coaches cater to individuals seeking to explore deeper connections and live more empowered, fulfilling lives. Spiritual Coaching is an art that introduces a holistic element to healing, prioritizing a client-centered approach over a problem-centered one. Spiritual Coaches are often more receptive to individuals with diverse faith backgrounds, embracing interfaith, multifaith, and alternative paths, and are ready to meet people at their spiritual starting point. A spiritual coach delves into the profound connections between a person and Source, as interpreted by that individual in relation to the universal life force. Their role is to help individuals cultivate a fresh or more profound understanding of the world around them and the energies coursing through it.

Spiritual coaching is forward-looking, focusing on client goals and outcomes through a spiritual lens. The coaching process integrates spirituality, providing clients with a direct or indirect experience. Many in the coaching profession now identify as spiritual coaches, regardless of other titles such as life, wellness, or executive coach. Spirituality consistently emerges as a theme for exploration, whether directly discussed during a client's recounting of a religious ceremony or indirectly expressed through the appreciation of art, community, physical activities, or nature.

It is essential to note that spiritual coaching does not necessarily involve religion. By incorporating spiritual integration into coaching practice, spiritually competent coaches exemplify cultural humility. This involves respecting and valuing differences, actively seeking to understand and explore diverse spiritual and cultural experiences, as many individuals experience religion and/or spirituality from a cultural perspective. Spiritual coaches may guide clients toward achieving their goals through a nuanced understanding of spirituality and culture.

Some coaches are faith-based; for example, a Christian coach may identify as a spiritual coach. In such cases, clients may seek support aligned with their faith, incorporating Bible passages, sacred texts, or religious practices into their coaching experience. Alternatively, spiritual coaches may operate beyond religious boundaries, drawing from various tools such as Reiki, yoga, essential oils, tarot or oracle cards, divination tools, or mindfulness techniques.

While a religion-based coach and client might incorporate prayer into their sessions, spiritually oriented pairs might opt for guided meditations or explore cards from an oracle or tarot deck. A spiritual coach recognizes the relevance of both religion and spirituality. Whether a coach is a Reiki master, practices a specific religion, or is part of a 12-step group like Alcoholics Anonymous, the ultimate goal remains consistent. Regardless of a client's existing beliefs or lack thereof, the focus is on expanding the client's inner belief system to help them achieve their stated goals.

Even clients with negative experiences from a specific religious background can discover their core strength through spiritual coaching. This holds true whether there is agreement on specific beliefs (religion) or none (unaffiliated with any specific religion). Similarly, individuals declaring themselves as unbelievers can benefit from spiritual coaching by focusing on aspects like intuition, gut instinct, or understanding their situation as existential. In essence, spiritual coaching serves as a valuable avenue for expanding personal and introspective insight.

Adapted from: Nagel, D.M. & Akridge, M.L. (2023). Case Studies in Spiritual Coaching: A Survey Across Wellness, Life and Work Domains. Charles C. Thomas, Publisher, Ltd.

Dr. DeeAnna Merz Nagel is a licensed psychotherapist and certified coach. She is the author of several books and offers a wide range of online courses and certifications. <https://deeannamerznagel.com>.





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Bone Broth

5 Benefits of Adding Bone Broth to Your Dog's Meals

by Sharon Shaffery – *The Suburban Scarecrow*



Image by Roy Buri from Pixabay

It's no secret that dog owners are always on the lookout for ways to improve their furry friends' health and well-being. One of the best ways to do this is by adding bone broth to their meals. This delicious and nutritious liquid offers numerous benefits for dogs, from improved joint health to better digestion. Let's explore the top 5 benefits of adding bone broth to your dog's meals and why you should consider incorporating it into their diet.

Benefit 1: Joint Health

Bone broth is a rich source of collagen, which is essential for maintaining healthy joints in dogs. As dogs age, they can develop joint issues such as arthritis, which can be painful and limit their mobility. Adding bone broth to their meals can help support joint health and alleviate some of the discomfort associated with these conditions. The collagen in bone broth can help to rebuild cartilage, keeping joints strong and flexible.

Benefit 2: Improved Digestion

Bone broth is a natural source of gelatin, which can help to soothe and heal the gut lining. This can be particularly beneficial for dogs with digestive issues, such as irritable bowel syndrome or leaky gut syndrome. The gelatin in bone broth can help to reduce inflammation in the gut, promot-

ing better nutrient absorption and overall digestive health. Additionally, bone broth is a rich source of amino acids, which can help to support a healthy digestive system.

Benefit 3: Immune System Support

Bone broth is packed with essential minerals and nutrients that can help to support a healthy immune system in dogs. These include amino acids, vitamins, and minerals such as calcium, magnesium, and phosphorus. A strong immune system is essential for fighting off infections and maintaining overall health. By adding bone broth to your dog's meals, you can help to support their immune system and promote better overall health.

Benefit 4: Hydration and Appetite

Bone broth is a delicious and nutritious way to help keep your dog hydrated, especially during hot weather or when they may be experiencing a decreased appetite due to illness. The rich flavor and aroma of bone broth can help to entice even the pickiest eaters, making it an excellent way to encourage your dog to eat and stay hydrated. This can be particularly beneficial for senior dogs or those recovering from an illness, as proper hydration is essential for their overall health and well-being.

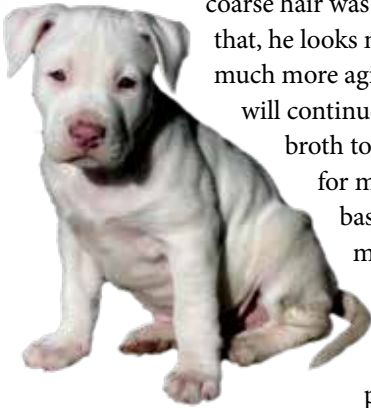
Benefit 5: Skin and Coat Health

The collagen and other nutrients found in bone broth can also help to support healthy skin and a shiny coat in dogs. Collagen is essential for maintaining the skin's elasticity and moisture, which can help to prevent dryness and irritation. A healthy coat is also a sign of overall health, and the nutrients in bone broth can help to promote a shiny, lustrous coat. By adding bone broth to your dog's meals, you can help to support their skin and coat health, keeping them looking and feeling their best.

Incorporating bone broth into your dog's diet can offer numerous benefits, from improved joint health to better digestion and immune system support. This delicious and

nutritious liquid is an excellent way to help keep your dog healthy and happy, and it's easy to incorporate into their meals. So why not give it a try and see the difference it can make for your furry friend? As always, make sure to read your labels to ensure you are choosing a pure product, or just make it yourself. It's super easy and you can find the instructions at najerseyshore.com.

Case study: I started adding bone broth for both of my dogs Pip-pin and Neo, when one of them was a bit off one day. Within 2 weeks I noticed my young guy's coat was super shinny and he just had a happy glow about him. My older guy who has always had coarse hair was suddenly very soft. Not only that, he looks much younger and is moving much more agile. For the rest of their lives I will continue adding my homemade bone broth to their meals. The added benefit for me is always having a very clean base bone broth to use in my meals as well. I've been buying the Bell and Evans Chicken quarters, covering them with 1 gallon of filtered water and pressure cooking them in the



instant pot for 2 hours. Such a simple effort has resulted in better health for my fur babies, and a cheaper, cleaner bone broth to start my own meals. Win win win.

The Suburban Scarecrow. Growing Health & Happiness in Your Backyard. Sharon Shaffery, the Suburban Scarecrow – is a Reiki Master and Certified Angel Card Reader. She is also the publisher of Natural Awakenings Magazine in Monmouth/Ocean NJ, and a digital marketing expert. For more information or to schedule a session, contact Sharon@najerseyshore.com



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YIELD: 1 CUP

Nettles

Milky oats or oatstraw (avena sativa)

Spearmint or peppermint

Red clover flowers

Red raspberry leaves

Combine equal parts of the organic dried herbs in a bowl. To make a cup of nourishing tea, use 1 tablespoon of the herb mixture per 8 ounces of hot water and steep covered for 15 minutes. For a more concentrated herbal infusion, steep for a few hours or overnight.

Recipe courtesy of Nadine Clopton. Before consuming any herbal remedies, consult with a doctor or pharmacist for possible interactions with prescription medications or preexisting health conditions.

Turmeric Eggs

YIELD: 4 SERVINGS

1 onion, sliced thin

3 medium tomatoes, chopped

1 Tbsp ghee ¼ tsp salt

¼ tsp dried, powdered turmeric

¼ tsp black pepper ¼ tsp paprika

5-8 eggs and a Cilantro as garnish



Sauté onions and tomatoes in ghee until soft. Add in spices and adjust to taste. Crack 5 to 8 eggs, add them to the sauté and cover. Wait until the yolk and whites are almost set and stir. Garnish with fresh cilantro.

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FRIDAY, MARCH 1

Friday Morning Tai Chi in Loch Arbour: 7:30-8:40am, Loch Arbour. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

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SATURDAY, MARCH 2

Reiki Level I Workshop and Certification: 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, you'll learn the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required at ayearandadaymysticalshoppe.com. For more information, call 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. Cost: \$195.

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SUNDAY, MARCH 3

Special Event: Akashic Records, Stone Path or Medium Reading: 1-7pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Akashic Records hold information about your soul's past, present and future. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Ancient stone readings can show you how your life has been thru each phase and where you are heading. Do you have a loved one who has passed that you would like to communicate with? Cherise can mediate your connection and help you convey what you would like to say and pass on to you any messages from the other side. Session is 45-60 minutes. Call 848.217.2371 Web: Ayearandadaymysticalshoppe.com, cost: \$125.

WEDNESDAY, MARCH 6

Discovering Your Spirit Guides: 8-10pm with Shamanic Practitioner, Lauren. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Looking to connect with the spirit of the drum and connect with your inner medicine and meet your guides? This event is for both those new to journeying as well as those experienced. Learn the importance of drumming, how drumming can help you heal spiritual wounds and be guided through a journey to help discover your spiritual allies and connect with your higher self. Preregistration is required. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com, cost: \$25.

THURSDAY, MARCH 7

Reiki Level II Workshop and Certification: 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This workshop is the second step on your Energy Healing journey. Join Maria Martin to learn and practice Reiki. In this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Prerequisite Reiki I and preregistration are required. Go to ayearandadaymysticalshoppe.com. For more information, email ayearandadaymysticalshoppe@yahoo.com or call 848.217.2371. Cost: \$225 and includes materials.

FRIDAY, MARCH 8

Friday Morning Tai Chi in Loch Arbour: 7:30-8:40am in Loch Arbour. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and

harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Healing Circle: 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Reiki Practitioners and energy healers come discuss and share your experiences and techniques and practice your skills working on one another. It's also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. Preregistration required. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com. Web: Ayearandadaymysticalshoppe.com. Cost: \$10.

SATURDAY, MARCH 9

Free Drumming Circle: 1:30-3pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Circle to be led by Shaman, Lauren. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. 848.217.2371. Ayearandadaymysticalshoppe.com.

Dancing with Dragons: 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Dragons are ancient celestial beings that are here to help guide us, protect us and work with us as we go through life. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. This event will include a guided meditation as well as an opportunity to power dance to celebrate our new connection to these magical companions. Preregistration is required. 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$25.

WEDNESDAY, MARCH 13

Messages with Spirit PRIVATE Readings: 11am-3 pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today - Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available Wednesday March 13 at 11 am, 12 noon, 1 pm, 2 pm, 3 pm are available at the time of this printing. Upon payment, you receive your appointment and your Zoom link.

Mental Health Matters: 6:30pm, Upper Cervical Chiropractic of Monmouth, LLC 280 US Hwy 9 Morganville, NJ 07751. Dr. Gerard Perrella, D.C. and Dr. Larry Arbeitman, D.C. will be presenting the latest information about natural approaches to helping the body better adapt to everyday stressors;



without the use of medications. Seminar is FREE and requires preregistration due to limited seating. Call 732.617.9355 Limited Seating. Call Today!

Dreamcatcher Making Workshop 8-10pm with Shaman, Lauren Porter, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Learn the history of the dreamcatcher and its native traditions, then, with the help Lauren, make your own personal, unique catcher of dreams. You can make one for yourself, or a loved one in this workshop. Preregistration is required. Phone: 848.217.2371. Email: Ayearandadaya.mysticalshoppe@yahoo.com. Web: Ayearandadaya.mysticalshoppe.com. Cost: \$50, includes materials.

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THURSDAY, MARCH 14

Messages with Spirit PRIVATE READINGS: 12-2 pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available Thursday March 14th at 12 pm, 1 pm, 2 pm, at the time of this printing. Upon payment, you will receive your Zoom link.

FRIDAY, MARCH 15

Friday Morning Tai Chi in Loch Arbour: 7:30-8:40am in Loch Arbour. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Moon Meditation: 6-7:15pm, The Yoga Loft, 58 Main Street, Farmingdale, with Michele & Kailey. Come celebrate with us the Moon in Pisces, as the moon aligns with the Sun opening a new lunar cycle in March. This moon in Pisces is inspirational and sparks many creative ideas! Pisces is the mutable Water sign, that heralds the transition into Spring. Join us for a guided meditation using Pranayama breathing and crystal singing bowls, as we focus on our feet. Pisces rules the feet, so it's essential to use this connection to stay grounded to the earth no matter how high our mind tries to travel up in the clouds! Please bring your own mat/blanket. We look forward to seeing you there! To register, email info@theyogaloftnj.com or call/text 732.239.2333. Cost: \$40.

Monmouth County Organic Co-op: Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SATURDAY, MARCH 16

Sun Salutation Workshop: 2-3ishpm, The Yoga Loft, 58 Main Street, Farmingdale, with Michele. If you're

feeling like you need to ground and center yourself, consider joining us for a Sun Salutation Workshop. We will begin with a short centering, followed by some gentle warm-ups, before beginning the Sun Salutation. You will move from a physical practice to practicing a moving meditation, as we focus on our breath being present in the moment. The benefits of a Sun Salutation in traditional Hatha Yoga are: Strength; Stamina; and Flexibility, as well as bringing about a sense of calm and inner peace. We will finish with savasana surrendering our practice to the earth. Registration is required, email info@theyogaloftnj.com or call/text 732.239.2333 to reserve your spot. Cost: \$40.

Monmouth County Organic Co-op: Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

TUESDAY, MARCH 19

Spring Equinox Celebration: 7-8pm, 4 East River Road, Rumson, NJ 07760. Daylight is lengthening, temperatures are warming, trees are blooming and we are celebrating. Join Waterspirit as we celebrate the arrival of Spring with music, movement, poetry and contemplation. The Spring Equinox is a time to reflect on the freshness and excitement of the rebirth of nature. We look forward to the April showers which will water our gardens and bring forth new life. Bring your family and friends to Waterspirit and join in the celebration. The program will be celebrated in person and livestreamed on our YouTube channel. Registration is recommended. www.waterspirit.org/events-calendar

WEDNESDAY, MARCH 20

Waterspirit's Microplastic Monitoring Spring 2024: 11:30am, Snug Harbor Beach, Highlands Boro, NJ. Join us as we monitor the beaches of Snug Harbor in Highlands for Microplastics. Plastic pollution continues to enter our coastal waters and the list of wild animals affected by plastic debris is growing to include not only sea turtles, whales and seabirds, but shellfish and planktonic fish. Participants will join Waterspirit's program manager, Anne Price, as she collects samples from the beach near the Highlands Borough Community Center to be studied for microplastics. We will discuss what we are looking for, why we are monitoring, and what is done with the data. Registration required for this free event <https://www.waterspirit.org/events-calendar>

Messages with Spirit PRIVATE READINGS: 12-4pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for Wednesday March 20th at 12 pm, 1 pm, 2 pm, 3 pm, 4 pm at the time of this printing. Upon payment, you will receive your Zoom link.

THURSDAY, MARCH 21

Reiki Level I Workshop and Certification: 11am-3:30pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture

and heal the light within yourself and others. In this workshop, she'll teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. Call 848.217.2371. Web: Ayearandadaya.mysticalshoppe.com, cost: \$195.

Working with Stones and Crystals: 7:30-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Whether you're new to collecting or have been drawn to them for a long time, Maria will help you have a working knowledge and relationship with your stones and crystals. You'll learn how to choose stones by vibration and feel, work with them in your everyday life, how to care for your collection and more! Includes a Crystal Bible book and 2 stones/crystals. Preregistration required at least two weeks prior to event. Phone: 848-217-2371. Web: Ayearandadaya.mysticalshoppe.com. Cost: \$65.

Messages with Spirit PRIVATE READINGS: 12-4pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for Thursday March 21st 12 noon, 1 pm, 2 pm, 3 pm, 4 pm, are available at the time of this printing. Upon payment, you will receive your Zoom link.

FRIDAY, MARCH 22

Friday Morning Tai Chi in Loch Arbour: 7:30-8:40am in Loch Arbour. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

SATURDAY, MARCH 23

You're Invited to Puppy Palooza & My Birthday: 9am-5pm, the Galleria, 2 Bridge Avenue, Red Bank. Join Concepts and Frame to Please for Puppy Palooza! National puppy day! My Birthday! We will be celebrating by having an adoption event/birthday party for dogs who have already found their "forever" homes. We have a rescue group coming in and for that day 100% of all sales will go to the rescue.

Reiki Level II Workshop and Certification: 10am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This workshop is the second step on your Energy Healing journey. In this level two workshop, in addition to getting your second attunement, Maria Martin will teach you the Art of healing with Reiki, including Hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Prerequisite Reiki I, preregistration required. Private sessions available. Phone: 848.217.2371. Web: Ayearandadaya.mysticalshoppe.com. Cost: \$225.

Spring Renewal with Sound Healing: 12:30-2pm, The Yoga Loft, 58 Main Street, Farmingdale, with Kailey. Spring renewal is a celebration of life, the new season, while honoring and letting go of winter. Together we will experience the healing vibrations of sound healing. Healing frequencies break up stuck energy, while creating a pathway to release. We will experience an opening intention and drumming, this activates the heart chakra as well as brings the entire physical body into alignment with rhythm. Crystal singing bowls are attuned to the chakras, each energy wheel being nourished as a whole. Ex-



pect to possibly experience tubing forks, these tune the auric field, bar chimes, tingsha chimes, and koshi chimes that honor the elements, ending the practice with gratitude. To register, email info@theyogaloftnj.com or call/text 732.239.2333, cost \$40.

SUNDAY, MARCH 24

Psychic/Mediumship Workshop: 12-2pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, with Cherise. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). We'll explore the levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit responsibly, foster our relationship with spirit and our team of guides in the spirit realm. Preregistration required. Phone: 848.217.2371. Web: Ayearandadaymysticalshoppe.com. Cost: \$65.

Embrace the Blossoming Spring: Ostara Workshop: 6-7:30pm, The Yoga Loft, 58 Main Street, Farmingdale, with Alyssa and Jennifer. Step into the vibrant energy of spring with a celebration of Ostara—the Spring Equinox! We will come together for a guided meditation and create a beautiful spring-inspired craft that embodies the spirit of renewal and growth - a flower crown! Craft a crown that resonates with your personal intentions for the season - whether it be love, creativity, or newfound energy. Join us as we embrace the blossoming beauty of Ostara and the promise of growth that it brings! To register, email info@theyogaloftnj.com or call/text 732.239.2333, cost: \$45, includes all supplies

WEDNESDAY, MARCH 27

Messages with Spirit PRIVATE READINGS: 12-4 pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for Wednesday March 27th 12 noon, 1 pm, 2 pm, 3 pm, 3 pm, 4 pm are available at the time of this printing. Upon payment, you will receive your Zoom link.

The Gut-Brain Connection: 6:30pm, Upper Cervical Chiropractic of Monmouth, LLC, 280 US Hwy 9, Morganville, NJ 07751. Dr. Ron Meola, D.C. and

Dr. Larry Arbeitman, D.C. will be presenting the latest information about the gut-brain connection and its role with certain Autoimmune Disorders, IBS, Fibromyalgia, Fatigue, Hormonal, and Chronic Illness. The doctor will highlight a natural approach to supporting the gut-brain connection, without the use of drugs or surgery. Seminar is FREE and requires preregistration due to limited seating. Location: Call 732.617.9355 Limited Seating. Call Today!

Purple Dragon Organic Produce and Natural Foods, Ocean Twp Pod: Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

THURSDAY, MARCH 28

Messages with Spirit PRIVATE READINGS: 12-4 pm. Dawn Ricci Psychic Medium offers ONLINE 45-minute private readings today – Get \$50 off with promo code NATURAL when booking at dawnricci.com. Online timeslots are available for Thursday March 28th 12 noon, 1 pm, 2 pm, 3 pm, 3 pm, 4 pm are available at the time of this printing. Upon payment, you will receive your Zoom link.

FRIDAY, MARCH 29

Friday Morning Tai Chi in Loch Arbour: 7:30-8:40am in Loch Arbour. Our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Calling All Active Seniors - 6 Week Senior Series: 11am, The Yoga Loft, 58 Main St., Farmingdale, with Tara. If you want to use yoga not only for balance and stretching, but also to build strength and endurance in all muscles of the body, then this series is for you. Students will be taught how to properly engage each muscle group in poses and in strength training moves. Students will also be shown how to utilize the wall and other props in order to adapt poses to fit their unique needs. Please email info@theyogaloftnj.com or call/text 732.239.2333, cost: \$70.

Monmouth County Organic Co-op: Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

SATURDAY, MARCH 30

Tarot Class 3-5pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Tarot has been a source of insight and mystery for centuries. Explore its complexities and facets at our monthly 6-class course! This series will provide informal, informational sessions for all levels – from beginners to those more advanced. Jamie will dive into the layered history of one of the world's most mystical tools and teach you not only what Tarot can do, but also the meanings and ways you can incorporate it into

your everyday life. Preregistration required. Phone: 848.217.2371. Web: Ayearandadaymysticalshoppe.com. Cost: \$75.

Monmouth County Organic Co-op: Featured monthly recipe contributor. Variety of ORGANIC FOOD all year long, join our community of foodies. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well.

Ongoing Events

Email info@NAjerseyShore.com for guidelines and to submit entries.

MONDAYS

Intermediate Taiji Class taught by Shoshanna Katzman: 1pm, every Monday afternoon, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It promotes physical health, balance, strength and enhances longevity. Taiji is a "meditation through movement" that opens flow of qi and harmonizes yin-yang energy throughout your entire being. Students in this intermediate group are learning the second section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Vibrational Reiki Healing Meditation: 7pm, join Lisa's Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa's hands putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot by texting or calling 732.258.5678. Due to Covid restrictions, you must Venmo to reserve your spot.

TUESDAYS

Advanced Taiji Class taught by Shoshanna Katzman: 6:30pm, every Tuesday evening, on Zoom. Taiji is a sophisticated method of whole-body movement that reconnects body, mind and spirit. This ancient Chinese exercise forges a deep relationship between you and your qi which is the life force responsible for the harmonious working of your body. Its rhythmic breathing and flowing postures activate flow of qi and refines it into usable internal force and power – thereby producing a more robust body, sharper mind and enlivened yet tranquil spirit. Students in this advanced group are learning the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Meditation For Earth: 12:15pm, in-person Sanctuary at the Rumson Presbyterian Church, 4 East River Road. or livestreamed on Waterspirit's YouTube channel <https://www.youtube.com/channel/UCFzJckCctU22hEjrmoLitwQ> Please join Waterspirit for a 30 minute "Meditation for Earth."

Tuesday Meditations: 6:30-7:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join our weekly group guided meditations. De-stress from your hectic weekend and Manic Monday. Rebalance and Regroup yourself for the coming week and be ready for whatever life brings your way. For all levels: Beginners to Advanced. Bring along a meditation mat, pillow, etc. Preregistration is required. Call 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. Cost: \$10. Private sessions and Veteran Discounts available.

Vibrational Reiki Healing Meditation: 7pm - Join Lisa's Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa's hands putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot by texting or calling 732.258.5678. Due to Covid restrictions, you must Venmo to reserve your spot.

WEDNESDAYS

Intermediate Taiji Class taught by Shoshanna Katzman: 9:30am, every Wednesday morning, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. The Taiji path is filled with many life-enhancing movements, enlightening discoveries and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this intermediate group are learning the third section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Flowing Qigong Vitality Series with Melinda Applegate: 9am on Zoom. Qigong is an easy internal martial art form that brings more power and potential in your life. Enjoy these moving meditations every Wednesday morning with us to both relax and energize in a fun and easy way. Nourish your Qi. Contact Melinda Applegate at 707.357.4632 and www.flowinqigong.com

Sound Healings/Meditations: 6:30-7:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join our weekly group sound healings and meditations. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing and chanting etc., we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. to maximize your experience. Preregistration is required, 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, website: Ayearandadaymysticalshoppe.com. Cost: \$25. Ask us about private meditation sessions and Veteran Discounts.

THURSDAYS

Flowing Qigong Vitality Series with Melinda Applegate: 9am at Spring Lake Train Station. Drop-in classes. All levels welcome. Qigong is an internal martial art form that brings more power and potential in your life. Enjoy these moving meditations every Thursday morning with us to both relax and energize in a fun and easy way. Nourish your Qi. Contact Melinda Applegate at 707.357.4632 and www.flowinqigong.com

All-Levels Qigong Class taught by Shoshanna Katzman: 5:30pm, every Thursday evening on Zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. This class contains students of all levels and is centered around the Qigong workout of Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy". Call or text 732.758.1800 or email or email info@healing4u.com.

Vibrational Reiki Healing Meditation: 7pm Join Lisa's Circle and raise your vibration with rocks, bells, meditation music, sage, and Lisa's hands putting loving healing energy into you. Located in Monroe Township, New Jersey. Reserve your spot by texting or calling 732.258.5678, Due to Covid restrictions, you must Venmo to reserve your spot.

FRIDAYS

Friday Morning Tai Chi in Loch Arbour: 7:30-8:40am. Our Tai Chi and Yin Jin Jing Qigong practice use meditation and movement to cultivate health throughout life's journey. The focus of our practice is to return to a state of balance and harmony within the body, mind, and heart. Our class meets indoors on Friday mornings. All levels are welcome. Space in this class is limited so please reserve your spot online at www.fromept.com or by calling 973.509.8464.

Advanced Taiji Class taught by Shoshanna Katzman: 9am, every Friday morning, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Taiji is a low impact Chinese exercise for facilitating physical fitness and vibrant health. This ancient dance enhances coordination along with balance and upright stature. Its gentle, flowing movements are highly effective due to balancing yin-yang energies and strengthening qi flow within your body. It also maximizes immune function through building defensive qi and promotes cardiovascular health by nourishing qi of the heart and lungs. This advanced group is learning how to perform the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Beginner Taiji Class taught by Shoshanna Katzman: 2pm, every Friday afternoon, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Practicing Taiji helps you to discover internal peace, enliven energy and achieve overall wellness – while building strength, flexibility, stability and endurance. It provides palliative support for many types of injuries and health conditions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is learning how to perform the first part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Yang Style 24 Tai Chi classes with Melinda Applegate: 10am at Taylor Pavilion in Belmar. Drop-in classes every Friday morning. All levels welcome. Learn the flowing movements of yinyang in this body mind form. This ancient practice brings peace, strength and balance. Let's Nourish our Qi. Contact Belmar Free Library for updated info or Melinda Applegate at 707.357.4632 and www.flowinqigong.com.

Psychic Readings and Energy Healings: 2-7pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing for \$30. Have a question about a direction you are looking to embark on? About a job, relationship, or move? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. Phone: 848.217.2371. Web: Ayearandadaymysticalshoppe.com.

Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class) & so much more! 3:30pm, The Center for Health & Healing, 245 Atlantic City Boulevard, Beachwood. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 732.505.8282 or text only 732.604.4946. Register to reserve your spot and ask about private lessons or Reiki sessions.

SATURDAYS

Qigong for Good Health with Maxine Forster Guenther: 10:30-11:30am Outdoor "Parking Lot Qigong." For information about Parking Lot Qigong in Lincroft, weather permitting, check the website www.Qigongforgoodhealth.org for current information.

SUNDAYS

Anyday: Climate Pastoral Care Course: (Online course-at your own pace) Faith communities are equipped with their own traditions and tools that can help us face the climate emergency. Learn more about the physical, emotional, mental health, and spiritual impacts of the climate crisis and how to address them through the practice of pastoral care in this new thirteen-module course. To learn more about this online course visit our website <https://www.waterspirit.org/climate-pastoral-care>. This course was created by Waterspirit (US) and Jessica Morthorpe of Five Leaf Eco-Awards (AUS).

SAVE THE DATES

WEDNESDAYS, APRIL 10, 24.

Purple Dragon Organic Produce and Natural Foods, Ocean Twp Pod. Must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

FRIDAYS, APRIL 12, 26 AND SATURDAYS, APRIL 13, 27

Monmouth County Organic Fruit & Veggie Co Op Saturdays*

Lincroft pod of the Purple Dragon Co-Op Must order a week in advance. Text 732.500.4949 for more information.

WED APRIL 17

Green Investment Club: 7-8:30pm - We are an educational and experiential group of socially-conscious investors meeting in Red Bank every 2 months. We have a financial advisor who teaches and facilitates our research. We have existed for over 15 years, and we are open to adding more committed members. Please email mcarne@msn.com for more info.



Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be in the Community Resource Guide email advertise@njerseyshore.com to request our media kit.

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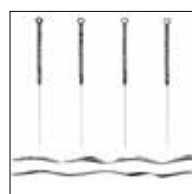
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BIO FEEDBACK/STRESS MANAGEMENT THERAPIST

LAUREN A. SALANI, LCSW, BCBS

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Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as; guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy all

can take the whole person into account. Please call my office for help with the distress that is affecting your ability to be calm and happy. My office is warm, caring and comfortable where high standards for infection control are always maintained. Virtual sessions are available as well.

CHIROPRACTOR

UPPER CERVICAL CHIROPRACTIC OF MONMOUTH, LLC

Larry Arbeitman, DC
280 U.S. 9 (Shop Rite Shopping Center)
Morganville, NJ 07751 (The shopping center on the corner of Rt 9 North and Union Hill Road East. UCCofMonmouth.com)



Dr. Larry Arbeitman is the founder of Upper Cervical Chiropractic of Monmouth, LLC (2005) which has collectively served over 300,000 office visits. Dr. Arbeitman graduated from Logan College of Chiropractic and from the University of Maryland. As an author of The Gift of Hope: The Path to Healing Through Upper Cervical Chiropractic and Facial Pain: A 21st Century Guide: Chapter 5.1 Upper Cervical Chiropractic Care, he brings awareness to the Upper Cervical Chiropractic method. His office has helped people with severe and chronic conditions including: herniated discs, pinched nerves, neck or back pain, sciatica, facial pain, neuropathy, fibromyalgia, migraines and headaches.

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JEFF BALL, CFP, FINANCIAL ADVISOR

RBC Wealth Management
328 Newman Springs Road
Red Bank, NJ 07701 732-576-4634
Jeffrey.ball@rbc.com or jeffballrbc.com



Jeff Ball is on a mission to help clients navigate the financial services industry effectively. He is committed to educating clients about money and investments, helping to reduce money-anxiety and empowering clients to take control of their finances. His goal

is to help clients to reach their financial goals and to achieve a sense of financial well-being. Jeff wants clients to get the best deal possible from RBC and all of their financial service providers.

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Gemma Nastasi,
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227 East Bergen Place, Suite 4
Red Bank, NJ 07701 732-245-2556.
Gemmahealthcoach.com
gemma@gemmahealthcoach.com



Are you struggling with life-changing events or feeling stuck without the motivation to make positive changes? As an ICF Professional Certified Coach and a National Board-Certified Health Coach with additional certifications in Positive Psychology, Life

Coaching, Lifestyle Medicine, and Holistic Nutrition, I can help you incorporate the tools that research shows increase your health and happiness and help to motivate you to achieve your personal and professional goals in all areas of their life. My coaching packages include support, guidance, and accountability in and out of the office the entire time we work together. Please feel free to contact me for a complimentary consultation.



MASSAGE

ACUPRESSURE & INTUITIVE MASSAGE/ BODYWORK

Melinda Applegate

Asian Healing Arts Practitioner, AOBTA CMT,
AVON INTEGRATIVE HEALTH CENTER
508 Main Street, Avon, NJ
www.flowingqigong.com (707) 357-4632



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Blue Dolphin Pool Service
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www.naturalwatersystems.com
info@naturalwatersystems.com



Blue Dolphin specializes in Non-Chlorine pool and spa conversions and whole-house water filtration, softening, and structuring systems. We also offer pool service, pool safety covers/fences, heaters,

etc. Chlorine is one of the most toxic chemicals on Earth yet everyone is swimming in it. Please feel free to call, ask any questions, and share your concerns. We welcome the opportunity to teach people how to swim without chlorine and practice all-natural pool and spa care. Here's to your health and wellness!

NUTRITION & WELLNESS

BEYOND HOLISTIC HEALING

Beth Aitken

Instagram @beyond_holistic_healing

Email: beyondholistichealing@gmail.com

Web: Bethaitkin.com 703.403.6678



Body Intuitive Master Practitioner offering alternative therapies to optimize health and harmony in your life and body. Sessions are fully virtual.

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ALYSSA SIEGEL MSN,RN,FNP-C, CPEN

1405 NJ 35, Suite 102

Ocean, NJ 07712

732-314-1851



Alyssa Siegel is a Family Nurse Practitioner with a holistic health practice in Oakhurst. She uses a technique called Nutrition Response Testing to get to the root cause of ill health and heals it naturally.

RETAIL

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Michele Lipari- Certified Reflexologist
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I have been practicing reflexology over 20 years and I'm passionate about my work! Reflexology is a science, there are reflex areas in the feet and the hands that correspond to all of the glands, organs, and other parts of the body. The

practice also offers access to an Infrared Sauna, which allows a higher percentage of toxin removal due infrared waves being absorbed more deeply in the body's cells. Benefits include improved circulation, energy, and skin tone. It eliminates joint & muscle pain, & relieves tension.worlds.

REIKI/ENERGY HEALING

DORIAN CATTANI LLC

501 Grand Ave. Asbury Park, NJ

doriancattani@gmail.com

Instagram @spirituallyrescued

doriancattani.com

201.892.5242



Dorian Cattani is a Reiki Master, Energy Healer and Meditation Teacher. She is now offering private Reiki sessions in her beautiful new office. Group Meditation sessions coming soon.

WELLNESS

BODY ALCHEMY WELLNESS

39 Main Street Suite 1 Bradley Beach, NJ

BodyAlchemyWellness.com

732-347-6363



We at Body Alchemy Wellness are committed to your health and wellness. Providing Assisted Lymphatic Therapy, Colon Hydration, Massage Therapy, Reiki and more, our goal is a better, healthier you from the inside and out.

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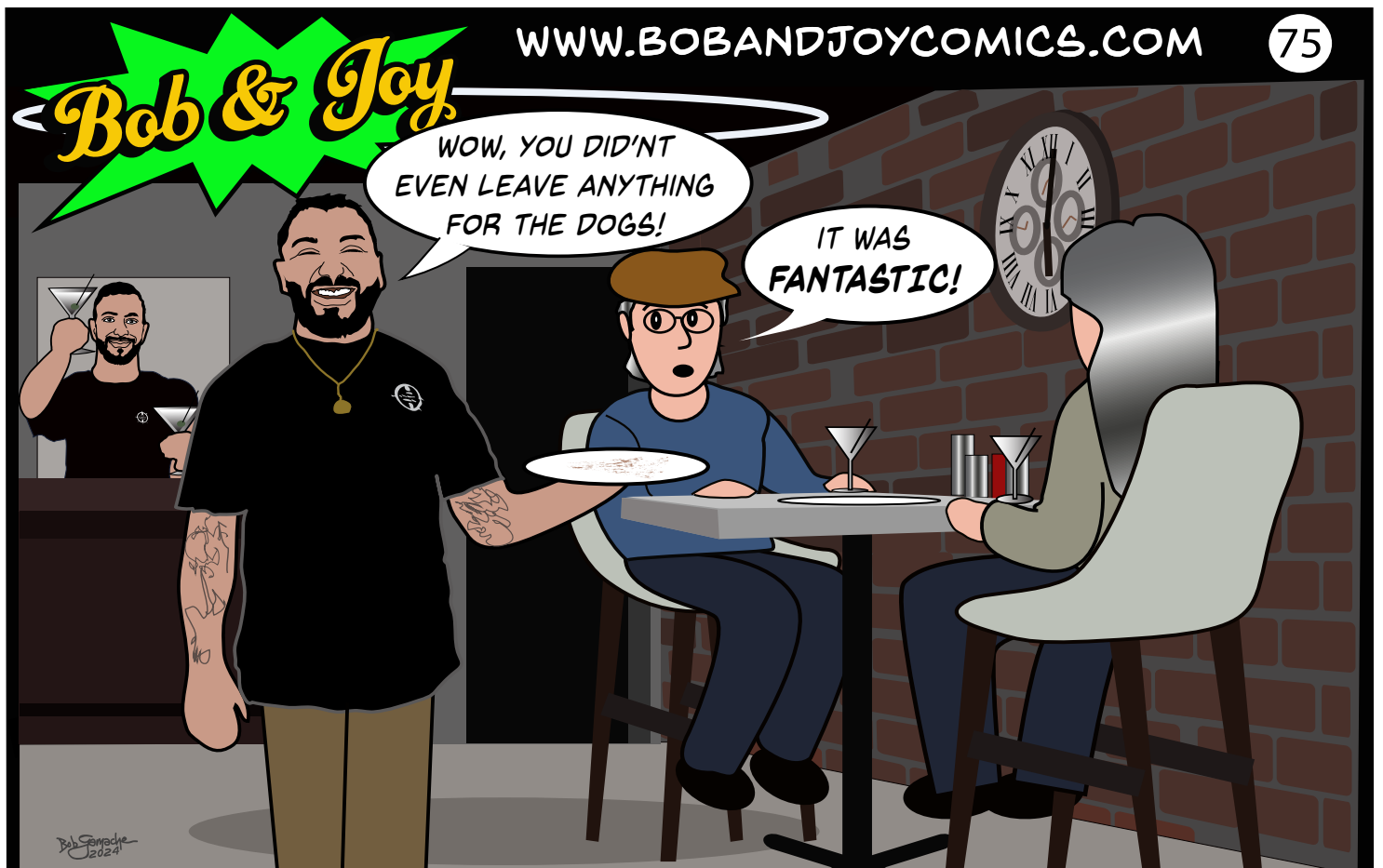
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Dr. Elizabeth Piela, DDS is dedicated to taking a whole-body approach to achieving total wellness through holistic dental care in children & adults. She prioritizes eliminating toxins in dental materials, healing teeth naturally to avoid fillings, extractions, or braces, choosing natural remedies for pain, and using proper nutrition to prevent and reverse dental disease.

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