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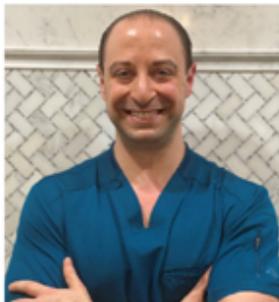
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Experience a Natural Approach to Dentistry with Gary Braun D.M.D.

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. Dr. Berkowitz and Dr. Gary Braun D.M.D, AIAOMT have forged a partnership with the overall goal of integrating their combined knowledge and experience in the field of natural dentistry under the new practice name of Dental Healing Arts – The Office of Drs. Berkowitz, Braun, & Associates.

The practice has been integrating holistic dental procedures and nutritional counseling for almost 20 years. With the advent of new procedures and technologies, as well as educational advancement, Dental Healing Arts specializes in ozone-oxygen administration in conjunction with major dental procedures (periodontal therapy /endodontics/oral surgery), placement of non-inflammatory natural bone grafts, implementation of SMART for the removal of base metals and amalgam restorations, and placement BPA-free restorative materials as well as e-max/zirconia crowns. Dr. Braun is also a gold tier Invisalign provider and works closely with HealthyStart for pediatric habit correction along with early interceptive orthodontic treatment.



“Overall body health starts with a healthy mouth. At our office, we use the latest techniques and advances to ensure natural, gentle, and safe dental care for you and your entire family. Call us today for your free exam and x-rays so that we can embark on a holistic, mercury-free journey together.”
– Dr. G. Braun

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letter from publisher

Hello Friends,



Sharon

Happy New Year!

We hope you had a wonderful holiday season, filled with love,
family, friends, laughter, great food and joy!

Now here we are at 2023 and it's time to hit the reset button.
Even though many of us make resolutions, and many of those
resolutions go unfulfilled – I appreciate the opportunity this
yearly ritual gives us to practice some self-reflection. It's a great
exercise to take a pause and think about: What are the things I

want to keep doing, what are the things I should stop doing and what are the things I
should start doing.

Self-reflection is an important part of self-care. If we are not first thinking about what
we need to be our best-selves, how would we work toward becoming our best-selves.
Self-care is not selfish - it gives us the opportunity to give the world the best we've got.
And Lord knows the world needs us more than ever. So please, take some time, take
care of yourself and vibe high butterfly!

As always we are very grateful for your continued love and support! We are very grateful
to our advertisers! And of course our team! Have a great year everyone :)

Warm wishes,

Sharon

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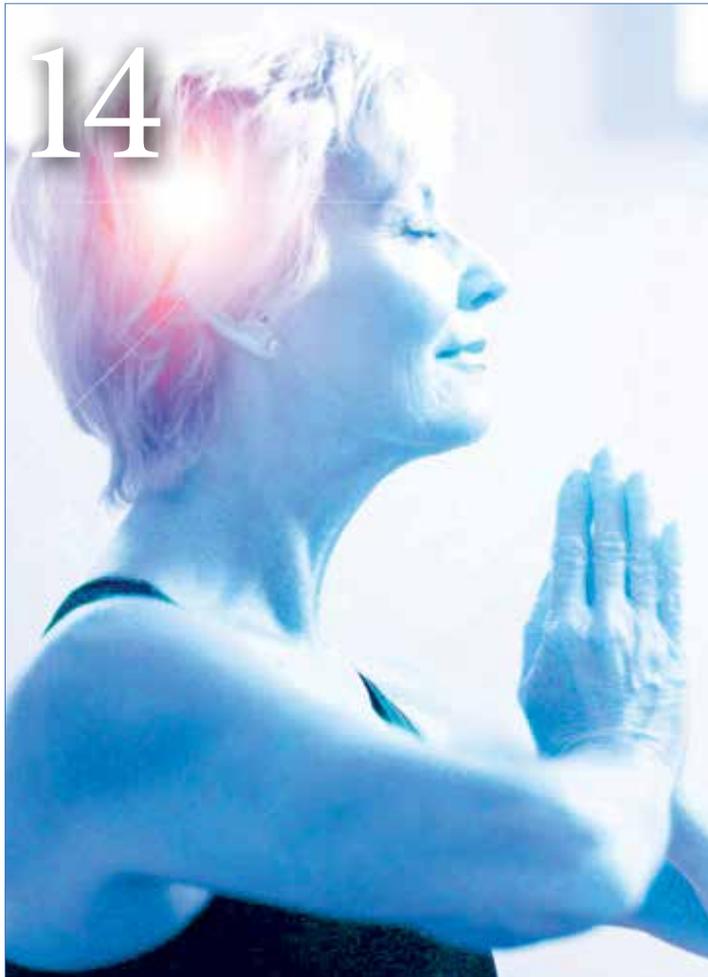
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Reiki Usui Training



Roseann Petropoulos, Reiki Master/Teacher is offering private, individual Reiki training in a safe space. Previously, Reiki trainings were designed in a group setting over a couple of days. The group would have the opportunity to share the teachings of the Reiki principles and hands-on experience. During this time, Roseann has redesigned the program to allow an individual to gain the full experience with focused attention.

Each trainee will meet with her in a one-on-one learning experience. Instead of groups forming without considering who and where one is on their personal spiritual journey, each trainee will first have the opportunity to discuss the spiritual nature of their understanding of universal consciousness. A personalized class will be arranged to further develop growth and expansion based on the Reiki teachings.

Training will include: the history of the Usui Reiki method, functions of the various levels of Reiki, the Reiki Principles, the Chakra system, clearing energy blocks, distant Reiki, use of pendulums and an efficient on self-care as one is a channel of healing. Each will receive Reiki attunement upon completion.

Offering: Reiki 1, \$185; Reiki 2, \$200. For more information, call Roseann 732.894.3197 or Belmarwellness.com.

Healing Virtually

Beyond Holistic Healing offers fully virtual healing opportunities. Beth Aitken, an Energy Medicine Healer, practices Energy Medicine using the modality of Body Intuitive, which combines Eastern (Chinese) Medicine and the Western knowledge of the body. This healing work reads imbalances in the body and brings it into harmony using a variety of methods, such as acupressure points and a shamanic breathing technique. Body Intuitive is effective to treat stress, pain, digestive issues, detox, emotional issues and more.

In addition to Body Intuitive sessions, Beyond Holistic Healing is excited to introduce Genius Biofeedback. It is a Quantum Biofeedback software that uses voice and pictures to scan the body's resonance with food, vitamins, sleep, digestion, emotions and so much more! This is also done virtually!

For More information call 703.403.6678 or email BethAitken@gmail.com or visit BethAitken.com

Unity by the Shore

Unity by the Shore is happy to announce a visit with Spiritual Medium, Catherine McCall on Saturday, January 28, 2023, starting at 2 pm.. Ms. McCall is a well-known, sought-after spiritual medium. Ms. McCall will do private readings in a "gallery" setting to facilitate communication with loved ones beyond the veil. Due to the audience size at our UBTS event, not everybody will get a personal reading. However, Ms. McCall can be booked for private readings separately.

Her event at UBTS is capped at 50 people and is likely to sell out. Tickets: \$45 online / \$55 at the door. Light refreshments will be served and are included in the ticket price.



For information visit UnitybytheShore.org or call 732.918.3395, Unity by the Shore 3508 Asbury Avenue Neptune, NJ 07753

Qigong for Good Health

Qigong reduces stress, builds stamina, increases vitality and affects the immune system in positive ways. An ancient Chinese system of self-care, Qigong integrates physical postures, breathing techniques, and mind focus. Qi (Chee) is the vital life force energy that flows through all things in the universe. These practices are easy to learn. Students with all levels of ability are



welcome. Return and deepen your practice or join us as a beginner. Sign up early. These classes do fill.

Everyday Qigong, a 3 hour Saturday workshop for beginners and experienced students January 14th from 11:00 to 2:00 in the Community Room at UUCMC. Cost is \$40. To register online, go to qigongforgoodhealth.org

Maxine Forster Guenther, M.A., Instructor of Integral Qigong, certified since 2003, in The Earth Room, at the Unitarian Universalist Meeting House, 1475 West Front Street in Lincroft.

7 Week Winter Series of Qigong

TWO 1-hour Qigong classes are available on Tuesdays beginning January 24th at 1pm or 2:30pm. For more details about Qigong and these classes, please check the website qigongforgoodhealth.org You may sign up online. According to UUCMC guidelines for Covid, masking is optional. Students are well spaced and the Earth Room has state of the art air filtration. \$70 for 7 sessions. A 2nd Person in same household is \$35. College student, \$35. If you cannot afford the cost, please contact Maxine to make some adjustment in the fee. For all classes, register online, pay at the first class.

Join Maxine Forster Guenther, M.A., Instructor of Integral Qigong, certified since 2003, in The Earth Room, at the Unitarian Universalist Meeting House, 1475 West Front Street in Lincroft. Taiji is the dog you see above. He loves coming to our outdoor classes, Parking Lot Qigong, that begin in the spring.

Paint from Home or In-person!



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 will help 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/womens-group>. Individual Art Therapy sessions are also available. 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

Welcome to Joy (Journey of Yoga)

Inspired to try your first yoga class, but have no idea what to expect? Join Michele for a six-week beginner's series at The Yoga Loft, 462 Adelpia Road, Freehold starting Tuesday, Jan 10, 6pm. This series is designed for those brand new to yoga and teaches the benefits of yoga with step-by-step directions for each posture. Discover the benefits of one's 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 & relaxed while building a foundation of yoga poses, conscious breathing and meditation allowing you to safely enjoy a vast array of yoga classes.



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

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Wander Travel Company



Meet Kerry Bray! Inspired by her free spirit, love for luxe, and study of ancient practices, Kerry founded Wander Travel Company. Wander Travel works with clients to curate experiences for both wellness and luxury travel. Whether you want to focus on your well-being in body, mind, and spirit, or you want to simply relax on a luxurious dream escape with every detail tended, or you'd like a combination of both, Wander Travel will make the planning seamless.

Wander Travel also offers retreats around the globe, both their own and with select partners, giving travelers opportunities to pause, reflect, and immerse themselves in rediscovery. Services are designed to bring transformational healing through luxury travel. Kerry's personal mission in 2023 is to give back in various ways to deserving individuals in need of nurturing. "I know firsthand just how transformative travel can be as I credit it for saving my life and my spirit through times my soul felt lost."

Kerry Bray has been a Travel advisor since 2005 specializing in wellness travel retreats. For more information, please call 732.267.5338 or visit WanderTravelCompany.com.

Luxury Wellness Retreat to Mexico



JANUARY 18-22, 2023 Start your new year on this specially curated wellness retreat getaway to Palmaia, The House of AïA — an award-winning, all-inclusive holistic luxury resort on the beaches of Playa del Carmen. Wander Travel Company, in collaboration with yoga teacher Georgette Kaftan (300-hr RYT), invite you to rediscover the magic you already embody and re-emerge into the New Year feeling refreshed and ready. This retreat is designed for yoga beginners and experts alike interested in their well-being and in reconnecting with nature to practice caring for the body, mind and spirit.

For more information, please call 732.267.5338 or visit WanderTravelCompany.com.

Tapping: EFT (Emotional Freedom Technique)

So often we hear that attitude is everything. Emotions are entry points into the core of whatever ails you. By burrowing deeper

into how you feel, you're able to discover and unlock whatever it is that's holding you back and even hurting you. Join Tina at The Yoga Loft, 462 Adelphia Road, Freehold on Saturday, January 14, 12:30pm and learn how EFT can help you deal with feelings first.

- Lose those extra pounds that no diet or workout have been able to shed
- Earn the money and abundance that you so want and deserve
- Heal troubled romantic relationship
- Learn how to have a less stressful work-life or even start your own business
- Eliminate everything from headaches to chronic back pain

Using tapping points based on the ancient doctrines of traditional Chinese medicine, you'll learn that by stimulating them in different ways manipulates the body's ch'i to heal a whole host of symptoms and diseases. The basic technique is easy to learn and requires you to focus on the negative emotion at hand. While maintaining your mental focus on this issue, you use your fingertips to tap on the body's meridian points to relieve the negative emotion.

Please register at info@theyogaloftnj.com (include your phone number if your registering by email) or call/text 732.239.2333.

Detox Online/In-person Workshop

Tired of being sick? Just imagine your body as a bucket and the toxins that surround you on a daily basis. Chronic exposure to an onslaught of chemical, physical, and emotional stressors fill up your bucket to overflowing each day. It may take a few decades before the bucket spills over, but once it does, cellular inflammation is triggered, symptoms arise, and disease manifests. At this point, your immune system is compromised and can't handle disease, bacteria/viruses it comes in contact with.

Join this integrative workshop, Tuesday, January 31, 8pm, and learn ways to balance hormones with diet and detox. Learn how cells work and why weight-loss resistance is a hormone issue triggered by toxins. Learn what damages cells and causes trapped fat. And, learn how to create a personalized detox plan and become free of symptoms.

Menopause, cancer, hypothyroidism, hormone imbalances, and depression are occurring at a younger age in this toxic, modern world. This program, in particular, is designed to target weight-loss resistance and treat thyroid and autoimmune conditions.



This workshop, led by Larisa Belote, is offered via Zoom or in-person. Larisa Belote, Health Practitioner and Certified Detox Specialist. Call/text to register at 732.996.6993 or email larisa@stepbystep-wellness.com. Zoom link or/and address will be sent upon registration. Cost: \$40.

This Month's Monmouth County Co-op Corner

Recent co-op shares brought some really juicy cucumbers.



CUCUMBER SANDWICHES

Monmouth County Organic Co-Op member Lisa Carr likes to make quaint little Tea Sandwiches for a lovely afternoon breather. Tea sandwiches (also referred to as finger sandwiches) are described as something meant to be eaten at afternoon teatime (think light brunch) to help stave off hunger until the main meal.

- Any bread of your choosing - crust removed
- Spread of your choice. Lisa likes to take a block of cream cheese and whip it, along with adding any fresh herbs she has on hand. And of course, slices of cucumber! But the sky's the limit when it comes to tea sandwich creativity.

Some other tea sandwich spreads and fill-ins:

- Butter
- Green goddess dressing
- Herb butter (add fresh herbs and hand whip)
- Ranch dressing
- Cinnamon butter (add a sprinkle of cinnamon and hand whip)
- brie cheese
- Yogurt/Greek yogurt, can also add fresh herbs or cinnamon
- Cheesy Tomato Spread *to-mato/sharp cheddar/onion in a food processor
- Mayonnaise
- Fruit jam
- Dijon mustard
- Peanut butter
- Nutella

Pair with your favorite tea, and viola! Sit back and enjoy...

Wanna join in on all this deliciousness? Text 732 500 4949 for more information. No commitment necessary, though ongoing members can receive up to \$80 credit to be used in the online store for even more organic goodness.

*Ask to join the facebook group 'Organic Fruit and Veggie Co-op Monmouth County NJ' for updates all year long. Let's eat!!!!

*Lincroft pod of Purple Dragon Co Op



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Travel advisor since 2005



p: 732.267.5338
e: kerry@WanderTravelCompany.com
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Multiple Benefits for Early Rising Active Seniors



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Older adults that consistently get up early and stay active throughout the day are happier and perform better on cognitive tests than those with irregular activity patterns, according to a new study led by researchers at the University of Pittsburgh. The researchers studied 1,800 adults 65 or older and divided them into four subgroups of activity patterns: earlier rising/robust, shorter activity duration/less modelable, shorter active periods/very weak and later activity offset/very weak. Both groups with weak rhythms had twofold odds of clinically significant depression symptoms and cognitive performance deficits. As we age, disruption in activity patterns may be common. More research is needed into why earlier and robust patterns appear to be protective and whether modifying disrupted patterns improves health outcomes.

Two Cups of Tea May Avert Early Death

A few cups of black tea a day might help to avoid an early death, a study published in *Annals of Internal Medicine* suggests. Among nearly half a million adults ranging from 40 to 69 years old, those that consumed two or more cups of tea a day saw a modest, but lower risk for all causes of mortality over a median follow-up of more than 11 years. Participants of the large cohort study, called UK Biobank, self-reported tea intake from 2006 to 2010, while researchers noted mortality from all causes, including cardiovascular disease, ischemic heart disease, stroke and respiratory disease. The researchers concluded that drinking more than two cups of tea per day can be part of a healthy diet.



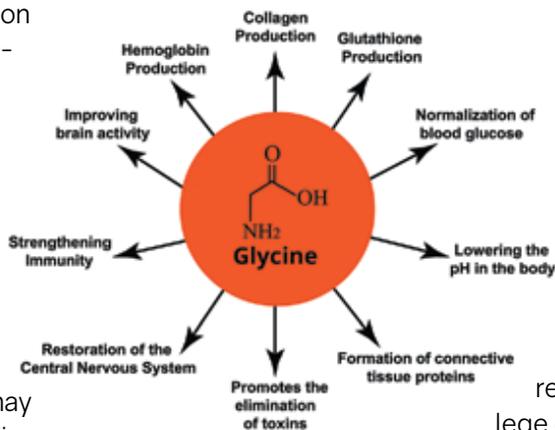
A New Look at Saturated Fat

For decades, conventional wisdom has been that consuming saturated fat is a surefire way to sabotage cardiovascular health, clog arteries and advance the path to a heart attack.

A new paper published in the *European Journal of Preventive Cardiology* looked at the relationship between consuming saturated fat and the development of cardiovascular disease by conducting a review of articles published between 2010 and 2021 on the subject. The researchers found there is no scientific ground to demonize saturated fat as a cause of cardiovascular disease, and saturated fat naturally occurring in nutrient-dense foods can be safely included in the diet.



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Glycine and NAC May Delay Aging

A new clinical trial by researchers at Baylor College of Medicine, in Houston, found that a combination of N-acetyl cysteine and glycine (GlyNAC) boosted glutathione—often referred to as the body’s master antioxidant—and improved or reversed many signs of aging. Twenty-four older adults and 12 young adults were studied. The older group was randomized to receive either GlyNAC or a placebo for 16 weeks, and the younger adults received GlyNAC for two weeks.

Participants were studied before, after two weeks and after 16 weeks of supplementation to assess glutathione concentrations, oxidative stress, mitochondrial fatty-acid oxidation, molecular regulators of energy metabolism, inflammation, endothelial function, insulin resistance, aging hallmarks, gait speed, muscle strength, walking (via a six-minute test), body composition and blood pressure. Supplementing with GlyNAC in the older adults was found to improve or correct these markers. Researchers concluded that this nutritional supplementation was a safe, well-tolerated and effective method for improving or reversing multiple, age-associated abnormalities to promote health in aging adults.

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Parental Depression May Affect Childhood Development



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According to a new study funded by the Welsh government, children that live with a parent that has depression are more likely to also develop depression and not achieve educational milestones. Information on children born in Wales from 1987 to 2018, as well as their parents, was used in the study.

The researchers found that living with a parent with depression is detrimental to a child's outcome, but having a parent that has had a history of depression, even prior to the birth, increases the risk of depression and lowers the educational attainment of the child. The highest level of childhood depression risk was associated with exposure to a mother that had depression both before and after the birth of the child.

The risk of failing school exams was highest when the child was exposed to either a mother or father (or another stable male figure) with a history of depression, both before and after the child's birth. These results suggest that exposure to a chronically depressed parent(s) is important in determining if the child will develop depression and have trouble with schoolwork.

Other findings included: having no father figure in the child's life resulted in a higher risk of childhood depression and poorer results in school, and having a father with depression was associated with poorer results in school.

Depression is an issue that impacts the entire family, not just an individual. Taking a whole-family approach to addressing mental health will help ensure positive outcomes for both parents and children in the long term.

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Sea Soundscapes Help Regrow Oyster Reefs



In new research published in the *Journal of Applied Ecology*, Australian scientists amplified the natural sounds of the sea via underwater speakers, inducing baby oysters to swim toward desirable locations for regrowing oyster reefs. Thousands more larvae swam to those locations than to control areas to settle on bare rocks. Oyster reef restoration in Australia and globally is viewed as a way to re-establish healthy ecosystems. Shellfish filter and clean large volumes of water as they feed, and shell piles provide habitat for fish.

Many marine animals use sound to communicate over long distances, because it can carry more information than sight or smell underwater. Healthy reefs emit crackles and pops from shrimp and fish as they feed, and that makes oyster larvae aware of a healthy habitat for them to settle on a rock and begin growing their shell.

The researchers recorded sounds from the healthy Port Noarlunga Reef and played them underwater near two large reef restoration sites offshore from Adelaide and the Yorke Peninsula. They attracted up to 17,000 more oysters per square meter to these sites and close to four times more large oysters grew in the test areas over the next five months, further accelerating habitat growth.

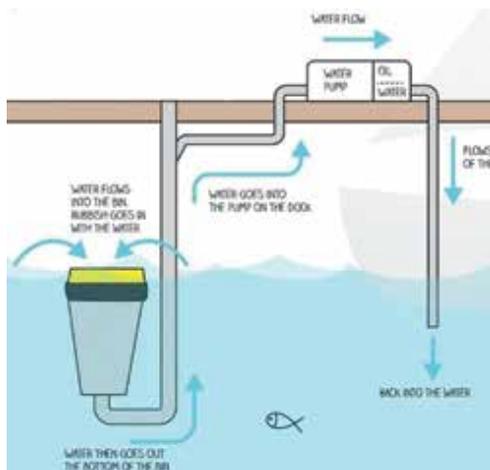
Mechanical Devices Inefficient at Removing Ocean Plastic

A new study led by researchers from the International Marine Litter Research Unit at the UK University of Plymouth suggests that while mechanical devices like Seabin do remove plastics and other items of marine litter, the quantities can be comparatively low and they may trap marine organisms. Scientists have been studying the issue of marine microplastics for more than 20 years.

The Seabin device continuously takes in water via a submersible pump that is then filtered, returning clean water to the area while leaving the litter in a catch bag. Hundreds around the world are said to have captured more than 2.5 million kilograms of litter from calm, sheltered environments like marinas, ports and yacht clubs.

The study found that the equivalent to 58 items a day were collected, mainly comprised of plastic pellets, polystyrene balls and plastic fragments. The Seabin also captured one marine organism for every 3.6 items of litter, or around 13 a day, including sand eels, brown shrimp and crabs. Around 60 percent were found dead.

During the study, five manual trawls were conducted at the same marina using nets from pontoons or vessels which collected an average of 19.3 grams of litter during cleaning periods of up to five minutes. The Seabin only captured the equivalent of 0.0059 grams in the same time. The researchers say that based on their findings, the device was of minimal benefit at this location.



Our Helium Is Running Out

Liquid helium, the world's coldest element, is needed to operate the magnets in magnetic resonance imaging (MRI) machines. The high-resolution, 3-D images generated by this critical medical tool allow doctors to see details in the body that might not show up on X-rays, so that they can diagnose brain tumors, strokes, spinal cord injuries, liver disease and cancer.

Helium is a nonrenewable element found deep underground, and supplies are becoming harder to find for the Federal Helium Reserve, in Texas. Russia was gearing up to supply nearly a third of the world's reservoir, but the war in Ukraine has halted trade. Phil Kornbluth, president of Kornbluth Helium Consulting, says that four of five major U.S. helium suppliers are rationing the element, prioritizing the healthcare industry over less essential customers. Donna Craft, a regional construction manager for Premier, Inc., which contracts with helium suppliers for about 4,000 hospitals, says, "Helium is on allocation, for sure."

Inside an MRI magnet, helium lets the current travel resistance-free. Harvard University physicists Amir Yacoby and Philip Kim shut down about half of their projects. Kim says, "There's only a finite amount of helium in the Earth's crust. Once it evaporates off, it's completely lost into outer space."

Farmers Benefit from Harvesting Solar Energy



Researchers calculate that devoting about 1 percent of U.S. farmland to agrivoltaics, the emerging practice of integrating solar installations with working farmland, would satisfy about 20 percent of present electricity demand. Agrivoltaics can reduce emissions, save water and possibly even boost crop yields.

A 2019 study from the University of Utah and Oregon State University found that the best places for solar installations tend to be the areas where we already grow food, because photovoltaic (PV) panels lose their efficiency at higher temperatures. By elevating the panels far enough above the ground, we can essentially harvest the sun twice, according to University of Arizona researcher Greg Barron-Gafford. Enough sunlight to grow crops

gets past the panels, which act as a shield against extreme heat, drought and storms.

Solar panels reduce the amount of sunlight hitting the soil, “which means you have less evaporation of water,” says Barron-Gafford. He and his team were able to triple the yield of chiltepin peppers by growing them under PV panels on test plots versus unshaded control plots. Cherry tomato output doubled, and the soil on the PV plots retained 5 to 15 percent more moisture between waterings. “The plants aren’t just freeloading under the solar, they actually help the panels become more efficient,” he adds.

School Districts Getting Electric Buses



A \$1 billion effort to electrify school buses will provide renewable fuel vehicles for around 400 school districts, including Indigenous tribal lands, Puerto Rico and American Samoa. At present, fewer than 1 percent of the country’s 500,000 school buses are electric or run on low-emission fuels. The government grant program wants to reduce children’s exposure to harmful exhaust from diesel buses as part of a broader effort to address climate change and environmental justice by making it easier for communities to have access to zero-emission vehicles. The funds come from \$5 billion that the U.S. Environmental Protection Agency received to purchase around 2,300 electric buses. Many will be available to select school districts by the start of the next school year, with the rest by the end of this year.

A 2021 study found that even brief exposure to air pollution, including wildfire smoke and car exhaust, can alter a child’s DNA and increase their risk of heart and lung problems as adults. Seventy percent of students

from low-income families take a bus to school, increasing their exposure to diesel exhaust. Children of color, in particular, are more likely to live near heavy transit routes, industrial facilities and other sources of vehicular and industrial pollution. This is in large part due to historic housing, zoning and transit policies that leave Black and Brown communities with few options.

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Interoceptive Awareness

by Shoshanna Katzman



Interoceptive awareness is a mindfulness technique that strengthens ability for listening to the body's inner cues. If increasing self-care is one of your New Year resolutions, becoming more aware of your internal body signals is an excellent place to begin. It is a surefire way to become more insightful about what you truly need. Defining and manifesting your ideas and ideals will become easier resulting in a higher level of authentic behavior and balanced emotional state. Partnering with self and others is also strengthened through enhanced ability for picking up subtle messages and delivering upon what is really needed to establish healthy relationships.

Interoceptive awareness provides a 'bodily felt sense' about the overall internal condition of the body or the functioning of a specific organ. Information gained is both conscious and unconscious derived from the brain's processing and integrating of signals relayed from the body. This includes being more aware of bodily functions such as growling of the stomach, beating of the heart or pacing of the breath. Becoming attuned to these sensations, rather than ignoring them, provides the opportunity to tend to the body's physical needs in a timely manner.

This mindfulness technique also includes getting in touch with emotional sensations related through the autonomic system which predominantly governs a person's unconscious actions. This enhances ability to identify and tend to bodily functions such as the sympathetic 'fight or flight' or parasympathetic 'rest and digest' responses. It also improves aptitude to feel underlying anxiety or anger.

Increased ability to tune into and process feelings empowers a person to be their true self and exhibit more authentic behavior. It allows them to come into a more centered, self-assured state of being filled. Enhanced interoceptive awareness, furthermore, enhances the

knack for reading the emotions of others thereby leading to more copacetic relationships. A greater sense of internal peace is fostered due to relating and tending to personal needs and those of others in more appropriate and heartfelt ways.

Chinese medicine providers have been guiding people toward cultivating interoceptive awareness for centuries through acupuncture, Taiji and Qigong. This is a process that begins with concentrating the mind on the lower belly and breathing into one's dantian – a place of highly rotating energy – located approximately three inches below the belly button. Doing so enacts the exact circumstance needed to feel one's feelings along with subtle sensations, cues or movements. It promotes a deeper understanding of what is transpiring within and around, thereby maximizing capacity for inner knowingness. As you lay on the acupuncture table going into a deep state of relaxation, images and feelings surface bringing you closer to knowing who you are at the core of your being. And as you practice the gentle movements of Taiji and Qigong, you breathe into and concentrate on your center and discover more and more about your life essence. This is precisely what draws people back for a repeat performance, the search for self and long-lasting health and well-being.

Making interoceptive awareness an essential part of daily life is a huge step toward establishing a true connection with self. Give yourself this gift for 2023 and beyond.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ approaching thirty-five years where she provides acupuncture, Chinese herbal consultation and classes in Taiji and Qigong. She is author of Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy and co-author of Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness. Shoshanna will soon be releasing Center of Power: Life Mastery through Taiji – a comprehensive curriculum with over 130 videos. For more information call or text 732.758.1800 or email info@healing4u.com.

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This trauma can range from childhood situations, the loss of a loved one, to moving or financial hardships. Once the story is uncovered, the practitioner tells the body how to move through the trauma.

It is not always about trauma. Sometimes, issues relating to digestion, toxins and overall immune health arise as well. Body Intuitive can help with hormones, stress, anxiety, pain, depression and Co-

vid long haul symptoms. We work with chakras, ancestral healing, and a field called Epigenetics. Epigenetics believes there is a layer on top of your genes that have been affected by either emotions, sickness or toxins, and we can alter them using our healing approach of acupoints, breathing, or telling the body how to function (or a combination of these things).

Another Take on Energy Medicine

by Beth Aiken

So, you think that chronic fatigue is related to current stress? Think again! It's most likely related to the feeling of being abandoned you've been feeling since you were a child!



I highly recommend the book, *The Body Keeps the Score*, by Bessel van der Kolk, which explains that our past stories and traumas can remain trapped in our body. Did you know that Energy Medicine can help release these stories from the body, enabling healing in a variety of ways?

Energy Medicine healers have the ability to tap into your energetic field and work with your energy. Since the pandemic shut down the world, we have seen proof that this can be done virtually. Energy Medicine is non-invasive and requires a skilled practitioner tuning into your body's needs. The practitioner will feel

what you are feeling by tuning into your quantum field and go through the process with you, much like a surrogate. This virtual connection is so powerful that I have tuned into a client virtually and felt a stabbing pain in my neck, which we connected to pain from a past relationship that we needed to clear.

Some modalities that you may already be familiar with are Reiki, Healing Touch, EFT and Body Talk. But a newer modality, called Body Intuitive, was developed about five years ago. Body Intuitive combines Eastern (Chinese) Medicine and Western Medicine. It is founded on the principles of the mind-body connection where the body remembers and stores trauma, which a practitioner can uncover and help the client release.

One of the most interesting acupoints that is used for many digestive issues or emotional issues is Stomach 36. Stomach 36 is called "Zuzanli," and is a point for 100 diseases. It regulates digestion and assures proper nourishment reaches the main organs. It stimulates Qi and blood with the stomach and spleen. It is believed it can increase energy and stamina. Also it can help with emotional well-being, stability and grounding.

Energy medicine can have amazing healing benefits because practitioners see the body as a whole, and do not address just one issue. Sometimes, a client may have to clear emotional issues before the pain in the body releases. It's a wonderful healing journey to see what the body is holding on to and allow it to safely let go and move forward.

Beth Aiken is an Energy Medicine Healer and Body Intuitive Master Practitioner. For more information call 703.403.6678 or email BethAitken@gmail.com

END THE MAILING MADNESS



Ekelema/AdobeStock.com

Junk mail is wasteful. In our digital age, email and the internet have become the preferred modes of communication. When a shiny, multipage magazine or catalog arrives in the mail, we must view it as an unsustainable practice and take action to curb it.

SQUANDERED RESOURCES

According to Jean-Michel Cousteau's Ocean Futures Society, "More than 100 million trees are destroyed each year for junk mail plus 28 billion gallons of water and enough energy to power more than 9 million cars! When we stop junk mail and catalogs, we keep trees in the forests doing what they do best—providing oxygen for us to breathe and absorbing CO₂ to keep our planet cool and healthy."

ADDED LANDFILL BURDEN

Junk mail also adds 1 billion pounds of waste to landfills each year. U.S. Postal Service Senior Director of Environmental Affairs and Corporate Sustainability Jennifer Beiro-Réveillé says, "We buy over \$392 million worth of products containing recycled material every year and reduce waste by recycling 277,000 tons of material annually," at more than 4,000 postal paper recycling stations around the country. But the post office cannot control what is being mailed.

WHAT TO DO ABOUT IT

Almost all magazines have an online edition, and companies likely prefer shoppers to visit their websites rather than go to the expense of designing, printing and mailing bulky catalogs that cannot be updated as inventory and prices change. It is usually a simple matter to contact a company by email, phone or even via a website and request the mailings to be stopped. All it takes is a little time and effort to make a big, cumulative difference.

STRENGTH IN NUMBERS

Taking matters a step further, the Ocean Futures Society has partnered with 41Pounds to offer a membership plan (866-417-4141 or 41Pounds.org) to stop junk mail. They will contact 20 to 35 direct mail companies to remove a name from their distribution lists, including almost all credit card applications, coupon mailers and magazine offers, plus specific catalogs.

REGULATORY OPTIONS

The Sierra Club wants to ban junk mail outright, reporting, "An estimated 44 percent of junk mail is thrown away unopened." Margaret Klein Salamon, founder and director of The Climate Mobilization, likens the idea of banning junk mail to bans on plastic straws. The Netherlands, the United Kingdom and Canada already enforce junk mail restrictions.

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Cooling the Fire Within

HEALTHY EATING TIPS TO EASE CHRONIC INFLAMMATION

by Tom O'Bryan, DC CCN, DACBN



Putting more thought into what we eat and why may be among the most important factors in determining how long we live. Researchers in Norway recently compared the long-term effects of a typical Western diet to an optimal one, and their findings can be a source for inspiration. The optimal diet had a substantially higher intake of whole grains, legumes, fish, fruits, vegetables and a handful of nuts, while reducing red and processed meats, sugar-sweetened beverages and refined grains.

According to their results, a sustained change from a typical Western diet to the better plan can make a big difference on life expectancy. Here are their predicted impacts on longevity for people after starting—and sticking to—an optimal diet:

Start at 20—women add 8.4 to 12.3 years; men add 9.4 to 14.3 years

Start at 60—women add 6.2 to 9.3 years; men add 6.8 to 10 years

Start at 80—women & men add 3.4 years

It is never too late to start a positive activity.

This improved diet gets to the underlying causes of most of the reasons Americans die. According to the National Institutes of Health, 14 of the top 15 causes of death in 2019 were chronic inflammatory diseases. This means it is more than likely that the cause has existed for a long time under the surface (chronic), with too much inflammation for too long (inflammatory), affecting the brain, cardiovascular system, blood sugar system or wherever there is a genetic weak link (disease). Rather than ask what the ailment is, ask, “Where is the long-term, hidden inflammation coming

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from that is fueling this disease?”

Dr. George Slavich, founding director of the Laboratory for Stress Assessment and Research at the University of California in Los Angeles, says that understanding when inflammation promotes either good or poor health and how and when to intervene to reduce inflammation-related disease risk, “should be a top scientific and public priority.” Identifying and reducing individual triggers of inflammation opens a path to regenerating a healthier, younger individual.

Not all inflammation is bad. Time-limited increases in inflammation are critical for promoting wound healing and recovery, as well as reducing the spread of communicable infections. Humans would not have lived very long without a well-developed internal protection from threatening environmental triggers such as bugs, parasites, viruses, mold, fungus and bacteria. For better health outcomes, we need to address excessive systemic inflammation. There are many likely contributors to the fueling of inflammation, but one of the most common sources is what is on the end of our fork. Begin there.

LIFESTYLE HACK 1: If there is one prime directive for better health, it is to focus on living as much of an anti-inflammatory lifestyle as possible. Become more aware of the daily environmental exposures that ramp up inflammatory genes. Know, for example, what chemicals are used on the soil in which the food is grown or sprayed with before it is harvested. Then, armed with this knowledge, choose a better alternative, like organic and regenerative organic foods. As enough anti-inflammatory messages are accumulated, a reversal in the direction of health is possible.

LIFESTYLE HACK 2: Food is the most common source of gasoline on the fire of inflammation. Dr. Deanna Minich, president of the American College of Nutrition, recommends the Rainbow Diet, which acts like a fire extinguisher to put out the excess inflammatory fire in the body. Selecting multiple colors of fruits and vegetables at every meal tempers the inflammatory cascade. Strive over time to eat 50 different fruits or vegetables per week.

Begin today. Just bringing up to awareness the question, “Is this

food inflammatory or anti-inflammatory?” will feed our health habits, and over time, healthier habits equal a healthier life.

KnoWEwell Chief Health Officer Dr. Tom O’Bryan, DC, CCN, DACBN, is an internationally recognized expert on gluten, bestselling author and speaker focused on food sensitivities, environmental toxins and the development of autoimmune diseases. He is a chiropractic doctor, certified clinical nutritionist and the founder of TheDr.com.



ARTICHOKE AND SPINACH GREEK OMELET

YIELD: 4 SERVINGS

10 eggs & 1 large tomato

1 cup chopped artichoke hearts, packed in water

4 oz fresh baby spinach, chopped

2 cloves garlic, minced

½ cup green olives, chopped

½ tsp dried thyme & ½ tsp dried oregano

Sea salt and freshly ground black pepper

2 Tbsp coconut oil

In a large bowl, whisk together all the ingredients except the oil. Heat the oil in a large skillet over medium high heat. Pour the mixture into the skillet. After 1 to 2 minutes, when the omelet has begun to brown, fold it in half and continue to cook for another 1 to 2 minutes on each side until the center is cooked through. Serve immediately. — All recipes courtesy of Dr. Tom O’Bryan.

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ZUCCHINI PASTA WITH SALMON AND ARTICHOKE

YIELD: 4 SERVINGS



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- | | |
|---|--|
| 6 zucchinis, medium to large, firm and straight, cut into “noodles” | 4 cloves garlic, minced |
| 2 lb fresh, wild salmon fillets, skin removed | 8 artichoke hearts (in water), quartered |
| Sea salt and pepper | 1 lemon, zested and juiced |
| 2 Tbsp high-heat cooking oil (avocado or grapeseed) | 4 Tbsp fresh parsley, chopped |
| 3 Tbsp olive oil | Pinch of cayenne |
| 4 Tbsp shallots, minced | 6 slices crumbled, crispy turkey bacon; crispy bacon; or crispy pancetta |

Zucchini can be fashioned into noodles one of two ways. For “fettuccine”, use a potato peeler to produce long, flat noodles or lengthwise ribbons. Peel off several from one side, then turn the zucchini and peel off more. Continue to turn and peel away ribbons, until reaching the seeds at the core of the zucchini, which can be discarded. For “spaghetti”, use a spiralizer, mandolin or knife. The spiralizer is the easiest option. With a mandolin, hook up the julienne attachment for perfectly formed noodles. If using a knife, cut the zucchini into thin slices, stack them up and cut again lengthwise into thin strips. Discard the core.

Salt the zucchini noodles, let sit for a few minutes, then massage and squeeze the water out. Drain any excess liquid.

Season the salmon with salt and pepper. In a large pan, heat the avocado oil over medium to high heat. Add the salmon, top side-down, and sear until golden and crispy, then turn over to finish cooking. Cover only with a splatter screen, or it will not get crispy.

In a wok or large pan over medium heat, add the olive oil and shallots, and cook until soft. Add the garlic and cook for 1 minute. Add the zucchini noodles, increase the heat to medium-high and cook for 2 minutes. Add the artichokes and lemon zest, stir to combine and cook for 1 minute. Turn off the heat and add the parsley, lemon juice and cayenne; stir to combine. Add the bacon and adjust seasonings to taste.

Distribute evenly on 4 plates or low bowls. Place the salmon on top and serve with extra lemon.

All recipes courtesy of Dr. Tom O’Bryan.

CURRY CHICKEN SALAD

YIELD: 4 SERVINGS

- 4 organic, boneless, chicken breasts
 1 to 2 bay leaves
 ½ cup chopped celery
 ½ cup chopped walnuts
 ⅔ cup avocado mayonnaise
 1 tsp curry powder
 Sea salt and black pepper
 2 tsp gluten-free Dijon mustard



Liudmyla Chuhanova/Shutterstock.com

Wash and pat dry the chicken. Add water to a steamer (per manufacturer’s instructions) and add bay leaves. Place the chicken in the steamer basket and steam for 45 to 50 minutes. Do not overcook. Allow to cool, then shred or chop.

In a large bowl, combine the chicken, celery, walnuts, mayonnaise, mustard, and curry. Blend well with a fork, taste and season with salt and pepper.

Add the salad greens to plates and mound with the chicken salad. Garnish with parsley, avocado and pomegranate arils (seeds). If desired, drizzle salad greens with juice of a lemon and extra-virgin olive oil.

All recipes courtesy of Dr. Tom O’Bryan



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Natural Virus Killer

Copper can stop a virus before it starts

By Doug Cornell

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria that cause illness.

Colds and many other illnesses start when viruses get in your nose and multiply. If you don't stop them early, they spread and cause misery.



New research: Copper kills viruses in seconds.

Hundreds of studies confirm copper kills viruses and bacteria almost instantly just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

"The antimicrobial activity of copper is well established." National Institutes of Health.

Scientists say copper's high conductance disrupts the electrical balance in a microbe cell and destroys it in seconds.

The EPA recommended hospitals use copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe

with a tip to fit in the bottom of the nostril, where viruses collect.

When he felt a tickle in his nose like a cold about to start, he rubbed the copper gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never happened. I used to get 2-3 bad colds every year. Now I use my device whenever I feel a sign I am about to get sick."

He hasn't had a cold in 10 years.

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"It works! I love it!"

"I can't believe how good my nose feels."

"Is it supposed to work that fast?"

"One of the best presents ever."

"Sixteen flights, not a sniffle!"

"Cold sores gone!"

"It saved me last holidays. The kids all got sick, but not me."

"I am shocked! My sinus cleared, no more headache, no more congestion."

"Best sleep I've had in years!"

After his first success with it, he asked relatives and friends to try it. They all said it worked, so he patented CopperZap® and put it on the market.

Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of germs, like a tickle in the nose or a scratchy throat.

Longtime users say they haven't been sick in years. They have less stress, less medical costs, and more time to enjoy life.

Soon people found other things they could use it against.

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- Strep throat**
- Night stuffiness**
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- Nasal drip**
- Infected sores**
- Infected wounds**
- Styes**
- Warts**
- Ringworm**
- Other microbial threats**

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched.

The EPA says copper works just as well when tarnished.

Dr. Bill Keevil led one of the science teams. He placed millions of viruses on a copper surface. "They started to die literally as soon as they touched it."

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New Year's Resolution: Dream or Reality?

by Ariella Belote, R.N.



It's January again and time for those New Year resolutions!



“This time it will be different because I will try harder!”

“This time I will work on my health so my fatigue goes away and I will have more energy. The brain fog will clear up and I will think clearly so I can concentrate and complete my tasks faster. Joint pain will be a thing of the past and I will resume my normal exercise regimen, be able to play with my kids and my grandkids. Besides feeling my best as I did in my 20's and 30's, I will rock this and look just as good!”

I can and will lose those last 10 damn pounds. When I eat, I will not have gas, bloating, I will not burp or have stomach pain or diarrhea/constipation for that matter. This time I will follow instructions and finally feel and look awesome! My dream will finally come true!”

Are you awake yet? Was this a dream or were you just wishing all bad things would go away and good things would replace the bad? Well, even if it was a dream, you can turn it into a reality.

Patience and dedication are the key. There might be a magic pill that will help you right now leaving you with many side effects and later on you will feel the same

as you did before you took that magic pill. For some it is worth it, but for some it will have a detrimental consequence. The magic pill will not help you for long.

If you want lasting results, you have to give it time. After all, how long did it take you to get to the point that you are at right now? Probably many years. It takes time to heal your body in order to feel good and achieve results. Your miraculous innate intelligence knows what to do and how to heal if you only give time, right set of tools and respect the process.

Some have tried many diets, many detoxes and you feel great while you are on it and when you stop, you are back to where you started. Some are conscious of what is good and what is bad and have implemented healthy foods and great exercise regimen but still see no results. Some take meds and follow the doctors' orders, but still feel the same symptoms and feel like crap.

IT IS TIME TO TAKE YOUR LIFE BACK!

It is time to look inside yourself, listen to your mind and body, and think hard how you want to help yourself. Choose a process that will not only give you instant gratification, but long-lasting results. Results that will give you freedom from aches and pains, brain fog, fatigue and much, much, more!

Even if it is January and you are making a New Year's resolution, make sure that it is realistic and not overwhelming. Make sure you giving your miraculous body that is taking care of your every single day without asking you for anything back, the proper amount of time to heal and serve you well in the coming year! You deserve it! It's time to THRIVE! It's time to TAKE YOUR LIFE BACK!

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. Call/Txt 732.996.6963 or email: larisa@stepbystep-wellness.com to find out if a 3 month or 6-month program would be right for you to get Your Life Back!

FITNESS DELIVERED

BENEFITS OF AN IN-HOME PERSONAL TRAINER

by Kirby Baldwin



It's a new year—the perfect opportunity to set positive intentions for a fresh start. One of the most popular New Year's resolutions is to be healthier, but according to research, only 46 percent of people that set such a goal are successful in keeping it at the six-month mark, largely due to having unrealistic expectations or not keeping track of progress. To detox from the holidays, look and feel better—and stick to a resolution without becoming another statistic—an in-home personal trainer may be the perfect solution.

Benefits of In-Home Personal Training

According to Jenna Scott, of J Scott Wellness, an American Council on Exercise-certified trainer and health coach who has worked as a personal trainer for more than 15 years, “The benefits to in-home training are countless. It takes many of the perceived (or not-so-perceived) obstacles out of the equation. From taking out travel time in our busy day to simply feeling more comfortable in our home, in-home training is a great alternative to the traditional gym.”

Because workouts are individually tailored to each client, they can be more efficient and effective. For those with busy schedules, in-home personal training provides the consistency needed to attain fitness goals with the added benefit of convenience—no commuting

to a gym, waiting for equipment or finding child care. It can also be done at any hour of the day, rather than within the confines of a gym's hours. Some people may be hesitant to go to a gym, and the privacy of working out in the comfort of a living room is a boon for those that feel self-conscious when exercising in a group environment.

The rapport that may develop between a trainer and client can provide the accountability and motivation to meet goals, and the gratification that comes from seeing results quickly can reinforce the behavior. It is much more difficult to get into a workout rut when there is another person present, continually customizing the workout program and providing motivation and inspiration.

Casey Mahoney, a busy mom and volunteer who works out with an in-home personal trainer, says, “The main benefits for me of working with an in-home trainer are accountability and comfort. There is something to be said for training in the comfort of your own home. It can also be a time saver! I know I can always find other things to fill my time and not make working out a priority. It is much harder to cancel on someone coming to your house than it is to cancel your trip to the gym!”

An added bonus to seeing quick physical gains is the mental fitness that comes with it; numerous studies show that exercise causes the brain to release feel-good chemicals (endorphins) that make people feel happier and less stressed. Research also points to exercise as a source of more energy and an immune system boost. Because a personal trainer will take an individual’s health history into consideration—whether it’s a surgery, a physical limitation or the recent birth of a child—in-home personal training is beneficial for all levels of fitness, even beginners.

How to Get Started

According to Scott, “Do your research. Ask where they were certified and what type of insurance they carry. Don’t be afraid to ask questions.” Because a personal relationship is foundational to in-home personal training, it is important to find someone that makes us feel comfortable and motivates and inspires us to achieve goals and create positive changes.

In-home personal training comes at different price points. For



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those seeking a more affordable option, invite a couple of friends over to the house for a semi-private or small group training session. This format provides all the benefits of in-home personal training at a more accessible cost, with the added benefit of a more social environment.

Leveling up our physical fitness this new year will take dedication and commitment, and adopting an exercise program with the guidance of a personal trainer in the comfort of home may be the perfect strategy to stick to new, healthy habits for the long haul.

Kirby Baldwin is an editor and writer for the KnowEwell Regenerative Whole Health hub.



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Hidden Dangers in Pet Food

THE SCARY TRUTH ABOUT TOXIC INGREDIENTS

by Karen Becker



Monika Wisniewska/Shutterstock.com

blood vessels and skin are most vulnerable to arsenic damage, which interferes with hormones and causes cancer and death. To help pets with elevated arsenic levels, try iodine- and selenium-rich foods, including sea vegetables and Brazil nuts; sulfurous foods like garlic; alpha lipoid acid; and N-acetylcysteine.

MERCURY is released into the air and waterways primarily through burning coal, and seafood is the most common route of exposure. It is best not to feed pets an exclusive diet of fish protein. On the other hand, seafood contains omega-3 fatty acids, which are essential to a pet's well-being. Consider feeding them low-mercury options like wild-caught salmon, sardines packed in water,

mussels or rainbow trout in rotation with other proteins, or supplementing their diet with krill oil or an omega-3 fatty acid that is third-party validated as contaminant-free and sustainably sourced. Mercury detoxification can be achieved by using chlorella and cilantro.

POLYCHLORINATED BIPHENYL (PCB) and **POLYBROMINATED DIPHENYL ETHER (PBDE)** are used as fire retardants and can bioaccumulate at high levels in large, predatory fish at the

Among the many reasons to switch from ultra-processed diets to fresh food for our furry family members, unwanted toxins are high on the list. Because pet food manufacturers are not required to conduct quality control testing, consumers never know exactly what toxins their dogs and cats are inadvertently ingesting. According to *PetFoodIndustry.com*, "Some level of contamination is unavoidable." Here is a look at the most common toxins found in many popular pet foods.

ARSENIC is used in herbicides, insecticides, wood preservatives and insulation, as well as in chicken feed in factory farms. According to Greg Aldrich, Ph.D., associate professor and pet food program coordinator at Kansas State University, "The measured presence of arsenic in pet foods does not equate to toxicity for this naturally occurring earth element." While this may be true, bioaccumulation can do significant damage over time if sublethal doses are consistently consumed. The gastrointestinal tract, liver, kidneys, lungs,

top of the food chain like tuna, tilefish, king mackerel, shark and swordfish. Research suggests that cats are especially sensitive to PBDEs and PCBs found at high levels in both canned and dry pet foods. Although PCBs were banned in the U.S. in 1979, they are still used elsewhere in the world and continue to pollute the oceans. These fat-soluble toxins can be cleared through the bowels, so add fibrous veggies and chlorophyll-containing foods or supplements to the pet bowl.

BISPHENOL A (BPA) is used in plastics and coatings inside pet food cans. It imitates the body's hormones, especially estrogen, in ways that are damaging to the health of both humans and animals. A 2017 study conducted by researchers at the University of Missouri concluded that even a short-term (two-week) feeding of canned dog food resulted in a three-fold increase of BPA in dogs. Avoid canned pet foods and #7 plastic food and water bowls and storage bins. Provide ongoing BPA detoxification support by offering foods rich in *Lactobacillus acidophilus* (kefir and yogurt) and glutathione-rich foods, including culinary and medicinal mushrooms.

DIOXINS, a byproduct of industrial processes, can disrupt the signaling of both male and female sex hormones in the body. They're found in much of the U.S. food supply, including factory-produced meat, fish, milk, eggs and butter. Offer pets organic food whenever possible. Because dioxins are fat-soluble, they are stored in adipose tissues. Try the Ayurvedic practice of lipophilic-mediated detoxification, which uses healthy fats, including ghee, coconut and MCT oil, to pull out fat-stored toxins.

AFLATOXIN contamination has been the cause of several pet food recalls and major

disease outbreaks for more than 20 years. Known to cause acute toxic illness and cancer, they are naturally occurring mycotoxins produced by fungi in agricultural crops. Corn, peanuts and cottonseed have the highest rate of aflatoxin contamination. Aflatoxicosis is more common in dogs than cats because commercial dog food more often contains corn. Many animal studies demonstrate the efficacy of using ginger, thyme, broccoli, turmeric and carrots for aflatoxin detoxification.

The only way to know exactly what a pet

is eating is to buy the ingredients and prepare nutritionally complete meals at home. When choosing a commercial pet food, make sure that it contains human-grade ingredients and that manufacturers employ quality control steps in their operations to test for contaminants.

Veterinarian Karen Becker, DVM, has spent her career empowering animal guardians in making knowledgeable decisions to extend the life and well-being of their animals. For more information, visit DrKarenBecker.com.





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Welcoming the Unknown

by Marlaina Donato



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Ushering in a brand-new year can be filled with hope, but it can also feel as daunting as a blank sheet of paper. We might pause at the threshold with pen in hand, recounting past mistakes and failures, hesitant to make our mark. The unforeseen is like a stranger, easy to mistrust. Dreading the unknown can be a self-sabotaging habit that obstructs the view and keeps us wishing instead of living.

Nature's great gift is her constancy of seasons, but she thrives on change. Despite the human propensity for clutching what is familiar and predictable, we do best by leaving the door ajar for the unexpected. If we are fortunate, we will have 12 more months to have another go at it.

Setting a place at the table for delight shifts our frequency from resistance to receiving our highest good, and swapping anxiety for excitement can be a spiritual practice during our most uncomfortable moments. Instead of making a resolution, what if we made the simple decision to not believe our fears?

With no concept of limitation or worry of scraped knees, we once learned to walk,

happily undiscouraged when we stumbled. That first spark of eager curiosity remains deep in our memory, not confined to youth. Embracing possibility this year can be a subtle, mantra-in-motion as we go through our days, a cellular willingness to expect an outcome tailored specifically for us. Here are some prompts for embracing possibility:

- On scraps of paper, write down 12 things you have postponed doing or

trying and keep them in a special canister. Pull one out each month and follow through with joyful anticipation.

- Witness the sunrise once a week and designate it as an opportunity to open your heart and mind to the new and glorious.
- Change things up in the kitchen: Buy new dishes and donate the old to a local thrift store. Try a new food every week and explore herbs and spices not usually in the cupboard.
- Notice something in your daily surroundings that might have gone unnoticed before.

Marlaina Donato is an author, painter and composer. Connect at WildflowerLady.com.

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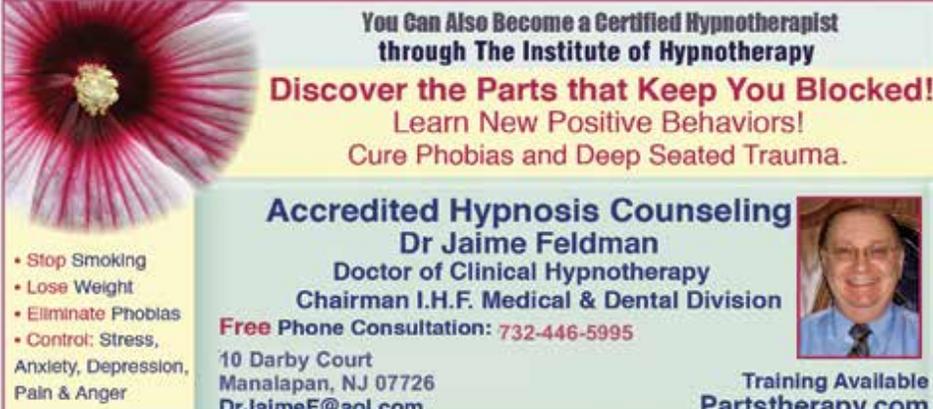
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FRIDAY, JANUARY 6

A Word - Manifesting Your Vision for 2023: 6-7:30pm - The Yoga Loft, 462 Adelpia Road Freehold, with Dee. The evening will begin with a guided meditation designed to let go of the challenges of the previous year. You will then be led to find the one word that most resonates with you to create and manifest your best 2023. Once you find what inspires you and you discover your "word," you'll begin to design your one word visualization. There's no worry, if you don't discover your word during the evening, you'll still be able to create this fun and easy visualization. Please bring your journal and something to sit on. Please register early to reserve your spot by email info@theyogalofnj.com (if registering by email, please provide your phone number) or call/text 732.239.2333. Cost: \$40 (includes supplies).

SUNDAY, JANUARY 8

Sunday Circle: 12-1:30pm - The Yoga Loft, 462 Adelpia Road Freehold. The topic this month - Let's Begin at the Beginning Tools to use to navigate 2023. Gather with us one Sunday a month to explore a new topic that will focus on enhancing your well-being to assist you in leading a better, fuller life. Each workshop will include handouts, essential oils and meditation. Please bring a journal and a pillow or bolster to sit on. To register, text/call 732.239.2333 or email info@theyogalofnj.com (if registering by email, please provide your phone number). Cost: \$40.

THURSDAY, JANUARY 12

Reiki Level II Workshop and Certification: 11am-4:30pm - 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, cost: \$225 per person, preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371 Web: Ayearandadaymysticalshoppe.com.

SATURDAY, JANUARY 14

Monmouth County Organic Fruit and Veggie Co-op: Curbside pickup in Lincroft - Full shares are \$67 /Half Shares \$39 We run all year! Accepts PayPal or Venmo. Pick up every other Saturday (mostly). We are much more like a community of like-minded folks into healthy deliciousness, we will always help each other out. Need it dropped off? Need someone to hold onto your delivery for a day or two? We got you! Must order one week in advance. Text 732.500.4949 for more information.

Everyday Qigong A 3 hour Saturday workshop for beginners and experienced students January 14th from 11:00 to 2:00 in the Community Room at UUCMC. Cost is \$40. To register online, go to qigongforgoodhealth.org

Reiki Level I Workshop and Certification: 11am-3:30pm - 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 will learn how to nurture and heal the light within yourself and others. In this workshop, she will teach you the basics of the art of healing with Reiki including: What is Reiki? You will receive your Reiki Level I attunement. Cost: \$195 per person, preregistration is required. Private sessions are available by appointment. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com, Web: Ayearandadaymysticalshoppe.com.

SUNDAY, JANUARY 15

Free Drumming Circle: 1:30-3pm - And stay and get an Aura photo with detailed report, a reading or energy healing from one of our gifted Psychics or Healers. Readings include, Tarot, Mediumship, Stones, Medicine Cards and Limpia (Egg Reading). 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. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, web: Ayearandadaymysticalshoppe.com.

WEDNESDAY, JANUARY 18

Luxury Wellness Retreat to Mexico, January 18-22, 2023: Start your new year on this specially curated wellness retreat getaway to Palmaria, The



House of AiA — an award-winning, all-inclusive holistic luxury resort on the beaches of Playa del Carmen. Wander Travel Company, in collaboration with yoga teacher Georgette Kaftan (300-hr RYT), invite you rediscover the magic you already embody and re-emerge into the New Year feeling refreshed and ready. This retreat is designed for yoga beginners and experts alike interested in their well-being and in reconnecting with nature to practice caring for the body, mind and spirit.

THURSDAY, JANUARY 19

Working with Stones and Crystals: 7:30-9:30pm 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. Cost: \$60 per person. Preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848-217-2371, web: Ayearandadaymysticalshoppe.com.

FRIDAY, JANUARY 20

Healing Circle: 7:30-9:30pm - 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. Cost: \$10 per person; preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, JANUARY 21

Reiki Level II Workshop and Certification: 11am-4:30pm - This workshop is the second step on your Energy Healing journey. In this level II 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, Cost: \$225 per person, preregistration required. Private sessions available. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, web: Ayearandadaymysticalshoppe.com.

Psychic/Mediumship Workshop: 3-5pm 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. Cost: \$65 per person, preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, web: Ayearandadaymysticalshoppe.com.

SUNDAY, JANUARY 22

Well Being: 6-8pm - The Yoga Loft, 462 Adelpia Road, Freehold with Monica. Learning what's needed for your individual self to create the path you want for your life and the tools to follow through. In this workshop you will be able to openly and freely discuss the obstacles you face and attempting to move forward with a plan in your individual life ... Whether it's a goal to set or a habit to be changed you will learn what is needed to help you move ahead ... Bring you mat, water and an open mind! To register, call or text/ 732.239.2333 or email info@theyogalofnj.com (please include your phone number if your registering by email). Cost: \$40.

WEDNESDAY, JANUARY 25

Native American Drumming/ Journeying with Shaman Lauren Porter: 7:30-9:30pm - Looking to connect with the spirit of the drum and connect with your inner medicine? This event is for both those new to journeying as well as those experienced. Sign up for this class to help 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. See how a shamanic journey will help you connect with your higher self. Cost: \$45 per person, preregistration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com.

THURSDAY, JANUARY 26

Reiki Level I Workshop and Certification: 11am-3:30pm - 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. Cost: \$195.00 per person, preregistration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, web: Ayearandadaymysticalshoppe.com.

FRIDAY, JANUARY 27

Special Event: 4-8pm - Medium readings with Cherise. 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. Cost: \$125 per person, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371, web: Ayearandadaymysticalshoppe.com.

Menopause Workshop: 6-7:30pm - The Yoga Loft, 462 Adelpia Road. Freehold with Theresa Wilk-Feeley, NAMS Certified Menopause Practitioner. Did you know that perimenopause begins 15 years prior to Menopause (that means mid-to-late 30s!) In our society, there is so much that is unknown about this transition, that can make this time of life seem daunting. In this workshop we will talk about the female hormones, how they affect our bodies, and how to manage this transition and the years after menopause with ease. We will talk about breathing and cooling breaths in relation to hot flashes and yoga poses that help for grounding. We will perform a gentle yoga flow to connect to your body as well as relax your mind. Please bring your yoga mat. Register at info@theyogalofnj.com (include your phone number if your registering by email) or call/text 732.239.2333. Cost: \$40

We know that food is a medicine, perhaps the most powerful drug on the planet with the power to cause or cure most disease.

~Dr. Mark Hyman

on going events

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

MONDAYS

Flowing Qigong with Melinda: 9am on Zoom - Qigong is an easy internal martial art that affords more power and potential in your life. Enjoy these moving meditations each morning as a way to both relax and energize in a fun way. Nourish your Qi. Contact Melinda Applegate at 707.357.4632.

Qigong Class taught by Shoshanna Katzman: 11am 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. Call or text 732.758.1800 or email info@healing4u.com.

Loving Kindness Meditation Free Event: 11am Meditation benefits everyone, whether you are new to meditation or have a personal practice, we welcome all to join our circle. At Loving Kindness Meditation, ask for blessings for ourselves, the ones we love and all of mankind. Sit in person or on Zoom. Belmar Library, 510 10th Ave. & E Street, Belmar or Zoom link Meeting # 996-9047-0435 password 0396462 library phone 732.681.0775, web: www.BelmarPublicLibrary.org. Facilitator - Roseann Petropoulos has been practicing meditation most of her life. Her belief is that all peace comes from within. For more information: www.Belmarwellness.com or call 732.894.3197.

Taiji Class: 1pm on Zoom - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

Taiji Class: 6pm on Zoom - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes



yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 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.

TUESDAYS

Flowing Qigong in the Park: 8am - Qigong is an easy moving meditation. All levels welcome. Immerse in nature, surrounded by the energy of the trees. Nourish your Life force energy and relax. Call Melinda Applegate at 707.357.4632

Waterspirit's Weekly Meditation for Earth: 12:15 pm - Join us in person, 4 East River Road, Rumson, or online on Waterspirit's YouTube channel. Please join Waterspirit for a "Meditation for Earth." We read a short Earth-centered reflection, followed by an excerpt from Hal Borland's 12 Moons of the Year. Then we lead a simple meditation to music followed with silence. The meditation lasts approximately 30-35 minutes. No matter where you are in the world, you can join us as we meditate for our Earth! Learn more about Waterspirit: <https://www.waterspirit.org>

Tuesday Meditations: 6:30-7:30pm - Come 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. \$10 per person; Preregistration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com, Web: Ayearandadaymysticalshoppe.com Private sessions and Veteran Discounts available. Store will be closed Tuesday, January 3.

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

Flowing Qigong with Melinda: 9am on Zoom - Qigong is an easy internal martial art that affords more power and potential in your life. Enjoy these



moving meditations each morning as a way to both relax and energize in a fun way. Nourish your Qi. Contact Melinda Applegate at 707.357.4632.

Taiji Class: 9:30am at 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 is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

Taiji Class: 5pm, Red Bank Acupuncture & Wellness Center, Shrewsbury or on Zoom during inclement weather - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

Sound Healings/Meditations: 6:30-7:30pm Join our weekly group sound healings and meditations. Enjoy unique sound healings and meditations mind, body and spirit. Using crystal bowls, guided sounds, singing and chanting we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. to maximize your experience. Cost: \$25 per person; Preregistration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Ask us about private meditation sessions and Veteran Discounts. Store will be closed Wednesday, January 4.

THURSDAYS

Qigong Class: 5:30pm 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. Call or text 732.758.1800 or email info@healing4u.com.

Taiji Class: 6:30pm on Zoom - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 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

Taiji Class: 9am, Red Bank Acupuncture & Wellness Center, Shrewsbury - Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

Friday Psychic Readings and Energy Healings: 2-7pm - Get a 10-minute Reading or Energy Healing for \$30.00. 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. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371 Web: Ayearandadaymysticalshoppe.com. Store will be closed Friday, January 6.

Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class) & so much more!: 3:30pm, at 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: Outdoor "Parking Lot Qigong," weather permitting, 10:30-11:30am in the back lot at UUCMC, 1475 West Front Street, Lincroft - E-mail qigongomi@yahoo.com to be on the reminder list. More info at www.qigongforgoodhealth.org Be sure and check by e-mailing qigongomi@yahoo.com

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Jeff Ball is on a mission is 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.

HYPNOSIS

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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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