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natural awakenings

Dark Nights Lift
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Health**

**Garlic
Therapy**

The
**Heart's
Algorithm**

Nurture the Heart

FEBRUARY 2026 | MONMOUTH • OCEAN | NAJERSEYSHORE.COM

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

Dear Friend,

That’s exactly what Daryle asked me the first day we met.

Three years earlier, a heavy piece of equipment had fallen on him. He broke his back, herniated discs, and was left with severe pain and numbness in his hands and feet. His legs would spasm so violently that he’d fall or be thrown from bed at night. Dozens of doctors tried to help, but nothing worked.

Then something changed. After a short while of Upper Cervical Chiropractic care in our office, Daryle was working, fishing, and playing catch with his daughter again.

And stories like his happen here every week.

My Own Turning Point

In 2000, I was a first-year chiropractic student and in constant discomfort. A neck injury from my Manalapan High football days had flared up so badly that even after months of traditional chiropractic care, nothing changed.

I began to question everything; my health, my future, even my calling to become a chiropractor. I thought, “What if I have to live like this forever?”

Then a classmate introduced me to a doctor in Atlanta who specialized in Upper Cervical Chiropractic; a precise, gentle technique that focuses on helping pinched nerves heal through the spine by adjusting the upper neck.

He took detailed 3-D x-rays, made an incredibly light correction (**no twisting, cracking, or popping**) and for the first time in years... I felt right again.

That one adjustment changed my life and my purpose. I vowed to dedicate my career to helping others the same way.

Healing Starts at the Source

Since opening Upper Cervical Chiropractic of Monmouth in 2003, we’ve delivered over 300,000 gentle spinal corrections to patients across the tri-state area — people suffering from:

- Headaches & migraines
- Vertigo & post-concussion syndrome
- Neck & shoulder pain
- Back pain, numbness & tingling
- TMJ, chronic fatigue & fibromyalgia
- Whiplash & other accident-related injuries



And every day, we witness the same truth: The body is designed to heal itself when nothing is interfering with it.

Real People. Real Results

“I absolutely love going to Upper Cervical Chiropractic of Monmouth! ...this office is truly different. My back has never felt better! The doctors are incredibly kind and genuinely caring, and the entire staff is just amazing. The office is always spotless, and the front desk receptionists go above and beyond to make you feel welcome. I can’t recommend this place enough!”

— *Lindsay G*

“Before care, I thought my only options were surgery or drugs. Two months later, I was gardening, working, and living again.”

— *Dee C*

“Life is so much better now that my headaches are gone. No more pinched nerves!”

— *Marina*

A Special Invitation

If you’ve been searching for answers, I want to make it easy to find out whether Upper Cervical care in our office could help you.

When you mention this article, you’ll receive your complete new-patient exam for just **\$59** — including digital nerve scan and x-rays (if needed). That’s everything — normally up to \$340 — for only **\$59**.

But please don’t wait. This special offer expires **February 28, 2026**. (By law, excludes Medicare/Medicaid/PIP patients.)

Great Care at a Great Fee

I’m Dr. Larry Arbeitman and for over 22 years, I’ve served our community with compassionate care; always with the same mission: To restore health from the inside out.

Over 275+ 5-Star reviews, proof of the heart-centered care and results our patients experience every day.

My incredible team — Kara, Aniyah and Sandra— help make our office a place where patients feel genuinely cared for and at home.

Come discover what your body can do when it’s finally given the chance to heal.

Upper Cervical Chiropractic of Monmouth, LLC
280 Route 9 North, Marlboro, NJ
(ShopRite Shopping Center)
Call (732) 617-9355
or go online at www.GetWellNJ.com

P.S. You don’t have to live in pain. You just have to remove what’s standing in your body’s way of healing.

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**DENTAL
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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

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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

SUBSCRIPTIONSSubscriptions are available by sending \$33
(for 12 issues) to the above address.**NATIONAL TEAM**CEO **Kimberly B. Whittle**COO **Michael Bevilacqua**CMO **Vee Banionis**Sr. VP Operations **Brian Stenzler, DC**National Editor **Sandra Yeyati**Editor **Brooke Goode**Copy Editor **Melanie Rankin**Print Production Specialist **Kevin Rankin**Design Director **Agnes Mazeikaite**Production **Flip180**

Cover Image by

Olga Serba

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CONTACT USNatural Awakenings Publishing Corporation
350 Main Street, Suite 9B
Bedminster, NJ 07921

Ph: 239-206-2000

NaturalAwakenings@KnoWEwell.com

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Hello Friends,



Happy Valentine's Day!

♪ "Light of the world, shine on me, love is the answer. Shine on us all, set us free, love is the answer" England Dan & John Ford Coley.

This issue is dedicated to my sweet cat Paloma who went over the rainbow bridge yesterday. The light of the world definitely shined on me when Paloma joined the family. She and the dogs loved each other very much and we will all miss her. She was a big girl, 18lbs, and you could hear her stomping around the house. Guests downstairs would ask "who is walking around upstairs?" "That's my chubby cat," I'd reply. 😭 She was 18 years old. She had a good run. Cheers to you Paloma, thank you for lighting up our world with your love. ❤️ 🐾

February is a supercharged love month, hearts and Valentines everywhere. What a great opportunity to amplify that energy. So, let's stay conscious to spreading love and vibing high everywhere we go. Something as simple as a smile can lift another's day. That energy ripples out across the collective consciousness. Let's stand in our power and lift the world.

As always we thank everyone for your continued support! We couldn't do this without you. And thanks to my team – you guys are the best!

Warm wishes,

Sharon



Contents

- 14 The Way of the Heart
- 16 Dark Nights for Heart Health
- 18 The Heart's Algorithm
- 19 How HBOT Supports Recovery
- 20 Garlic Therapy
- 22 D.E.S.T.R.E.S.S for Heart Health
- 26 Comfort in Motion
- 28 Craniosacral Therapy and a Healthy Heart



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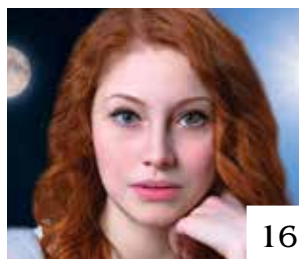
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Email Calendar Events to: Sharon@NAjerseyShore.com. Calendar Deadline: 7th of the month. Cost: \$20/listing.

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Departments

- | | | |
|------------------|---------------------|-------------------|
| 6 News Briefs | 12 Global Briefs | 29 Calendar |
| 9 Inspiration | 20 Conscious Eating | 33 Resource Guide |
| 10 Health Briefs | 26 Natural Pet | |



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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.



Start Your Yoga Journey - Four-Week Series



A four-week Yoga 101 series is running again in February at Kur Studios in Asbury Park. This series is designed to help newcomers feel confident, comfortable, and supported as they begin their yoga journey. Yoga 102: Introduction to Yoga, guided by Arnold Teixeira, is a closed-group series created specifically for those who have wanted to try yoga but may have felt hesitant stepping into a traditional class. Yoga 101 is not a prerequisite.

Participants learn the foundations of a modern yoga practice in a safe, welcoming environment, including basic postures (asanas), proper alignment for injury prevention, breathing and meditation techniques, and an introduction to the core philosophies behind yoga. The goal is to help you feel confident walking into any yoga class and developing a sustainable personal practice.

*The series runs on **Mondays Feb 3-Feb 23, from 7-8pm**. All fitness levels are welcome. Cost is \$89 for all four sessions, or \$99 including a personal yoga mat (white or black) to keep. Class size is limited to ensure individualized attention, with a minimum of four and a maximum of twelve participants. Advance registration is required. For booking and additional information, contact 732.361.8956 or visit www.kurstudios.com/events.*

Heart Health & Your Nervous System

When we think about heart health, we often focus on diet, exercise, and cholesterol levels. While these factors matter, another powerful influence is frequently overlooked: the state of the nervous system.

The heart is highly responsive to stress. When the nervous system remains in fight-or-flight mode, the body releases stress hormones that elevate heart rate, blood pressure, and inflammation over time. Chronic tension, anxiety, and emotional suppression don't just affect mental well-being. They place ongoing strain on the heart. True heart health isn't only about strengthening the heart muscle; it's about creating internal conditions where the heart can function with ease. Practices that support nervous system regulation like mindful breathing, gentle somatic awareness, emotional processing, and meditation help shift the body out of survival mode and into a state of safety.



When the nervous system feels safe, the heart naturally settles into a more balanced rhythm. Research increasingly shows that emotional regulation and stress reduction are associated with improved cardiovascular outcomes.

Supporting heart health, then, is not just physical, it's embodied. By tending to our inner world with compassion and intention, we give the heart what it needs most: space to soften, steady, and thrive. Reach out to Meryl Hayton for a free consultation at 973.879.9333

Shake the Dust with "Sunshine" Katie

Join Kate and The Yoga Loft in community through a unique movement, breath and meditative practice, February 27th 6pm-7:30ish at The Yoga Loft, 58 Main St Farmingdale.

Shake the Dust: Opening to Grace is an invocation class (beginner and basic level). It is about meeting ourselves where we are, getting in there/here and invoking a trust for life and where it is taking us...

Shake the Dust is a transformative and embodied practice of the body, heart and mind. Through guided poetic universe with a theme related to each practice we journey between perpetual movement, rest, release and free movement.

It's a medley of shaking, jumping, dancing, intuitive movement (some yoga sometimes too), Pilates, somatics and body weight training and sweet music to support us through it all.



This journey is open to all levels. Please bring your yoga mat and journal. We will wind down our time a nourishing cup of tea before we close our time together. Call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining \$45

Group Mediumship Reading

Join April of Simply April for a heart-centered group mediumship reading where messages from loved ones in spirit are shared in a warm, supportive community setting. February 21st 12:30 to 2:30 at The Yoga Loft, 58 Main St Farmingdale.

This unique experience offers comfort, validation and insight — whether you receive a direct message or find meaning in the collective messages shared. Spirit often speaks to those who need to hear it most. This event is perfect for those seeking: Connection, reassurance or spiritual insight. A welcoming and safe space. Grounded, compassionate and healing messages.

Space is limited to 10 attendees. Please contact call/text 732.239.2333 or email info@theyogaloftnj.com to register \$100. A non-refundable, payment due on registration in cash, check or Venmo. (Not everyone is guaranteed a reading). April (Simply April) is a gifted Psychic Medium with a natural connection to Divine Source, allowing her to communicate with loved ones in



spirit and the guides who walk beside us. Guided by intuition and a deep sense of purpose, she serves as a beacon of light for those seeking insight and spiritual growth, helping illuminate the path forward with compassion and grace.

Health vs. Wellness

The words “health” and “wellness” are often used interchangeably but are they the same? Health is defined as the absence of disease; a state of being free from illness or injury, a complete physical, mental and social well-being. When pursuing “health” we tend to react, using a diagnosis or condition as a catalyst.



Wellness is defined as an active pursuit of optimal well-being through lifestyle choices that include not just physical but also mental, emotional, social and spiritual. When we look toward wellness we are being proactive about the choices we make and a conscientious effort to improve our overall well-being.

To make the distinction for yourself you can ask, “Am I healthy?” Or “What do I want to improve?” You can be healthy without actively seeking wellness, but wellness tends to elevate our well-being. An example would be looking to improve sleep hygiene by taking your 7-9 hours of typical sleep and enhancing it thru turning off electronics, not going to bed on a full stomach, doing some progressive muscle relaxation and making a plan for the next day knowing all of this will create deeper sleep that will also improve immunity, boost mood and increase productivity.

For more support call SunShine Functional and Nutrition Counseling with Felicia McIntosh-Will 908.902.9598

Learn the Magical Movements of Taiji (Tai Chi)



Two Rivers Academy of Taiji & Qigong is pleased to announce a new Beginner Taiji (Tai Chi) Class offered weekly by Shoshanna Katzman on Monday evening from 5:30-6:30 pm.

Taiji is a gentle, yet powerful Chinese way of movement that teaches one to live in harmony with nature. It is a meditation through movement, practiced with full body relaxation and focused mental concentration.

This ancient exercise is excellent for stress reduction and invigorates flow of qi (vital energy) and blood throughout the body. With its circular movements, rhythmic breathing, and flowing postures, Taiji allows the full potential within each person to blossom. It was developed in China over 4,000 years ago and practiced widely today to promote physical fitness, vibrant health, and longevity. Through daily practice, Taiji reconnects the mind to the body, the conscious to the subconscious, and the individual to their environment. It's movements are best performed slowly while integrating the physical and energetic aspects of being.

Shoshanna Katzman, M.S., L.Ac. has practiced Guang Ping Yang Style Taiji for fifty years and teaches the form in its original style. She specializes in helping students integrate their physical and

energetic aspects of being through the practice of this ancient dance. Classes are at Red Bank Acupuncture Center in Shrewsbury. For information call/text 732.758.1800. Or visit yourcenterofpower.com to learn about Shoshanna's comprehensive Taiji curriculum.

Crack the Code to Personal Growth

Spiritual mentor and intuitive Dawn Ricci spent years uncovering hidden connections and solving complex cases as a top-rated PI. That training led her to a powerful realization—the same investigative methods could be applied to inner work with profound results.

Ricci developed the 5MQ Intelligence System to help others move beyond surface-level advice and into deep, lasting change. The next event, in September will host even more personal breakthrough in health, relationships, business finances or purpose-driven living. But in the meantime, Dawn is offering 1:1 intro sessions, where you can get a personalized sneak peek of how



powerful MQ Intelligence is and how you can step into a program right away.

The 5MQ Intelligence System combines principles of neuroscience and energetic flow into a clear, step-by-step process that eliminates guesswork and delivers personalized, actionable guidance. You will learn how to access intuitive clarity, identify patterns blocking progress and create forward momentum—without relying on trial and error. “People struggle with generic advice that leads nowhere,” Ricci says. “My investigative background taught me to eliminate guesswork and follow what actually works.”

Register for a free 30-minute session now: <https://dawnricci.com/ManifestYourLife>

Improve Your Posture & Alignment with Roling®

Winter is the perfect time to tackle health challenges and explore your potential. Roling improves posture and alignment. The Roling Technique of Structural Integration treats neck and back pain and many musculoskeletal problems. Roling restores health and well-being after illness and injury.

This gentle, hands-on technique balances the tensions in the myofascial network to improve posture and restore normal mobility. Chronic patterns of tension and bracing are released. As body alignment improves, clients feel taller and move gracefully.

People of all ages receive Roling from Rebekah Frome, PTA, LMT, Advanced Practitioner of Structural Integration, and David Frome, PT, LAc., Advanced Rolfer. Patients include those with developmental challenges, scoliosis, arthritis, disc herniations, sports injuries, and neurologic problems. Clients report feeling stronger and more flexible after Roling.

Rebekah and David Frome practice acupuncture, Roling, and Craniosacral Therapy at Frome Physical Therapies in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com or 973.509.8464.

> Continued Next Page <

The 15th Annual Wellness Expo at Georgian Court University



Experience healing of the body, mind, and spirit. Are you interested in exploring alternatives to conventional treatments but don't know where to start? Join us for the 15th Annual Wellness Expo, hosted by the

Department of Integrative Health and Exercise Science!

This exciting event will take place rain or shine on March 21, 2026 11am to 4pm in the Casino building. It will feature 50-60 diverse vendors ready to inspire you. Enjoy 30-minute free workshops and activity sessions designed for all ages—there's something for everyone! This is a pet-friendly occasion, so bring the whole family, including your furry friends! Additionally, don't miss out on the chance to meet and interact with current students, faculty and staff from Integrative Health & Exercise Science, Nursing and Social Work, Hackensack-Meridian Health School of Nursing and Wellness.

The best part? Admission is absolutely free! Don't miss this fantastic opportunity to enhance your well-being and discover

new paths to health. Mark your calendar now!

For more information, please visit <https://georgian.edu/event/annual-wellness-expo/> and/or reach Sachiko Komagata at skomagata@georgian.edu

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. 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.

This Month's Monmouth County Co-op Corner

MARRY ME CHICKPEA LOAF A.K.A. Cupid's Chickpea Delight



Ingredients: (all veggies finely diced for best results)

- | | |
|--|---|
| 1 medium white onion | 3 tablespoons fortified nutritional yeast |
| 1 cup mushrooms | |
| 2 carrots | 3/4 cup breadcrumbs |
| 2 celery stalks | 1 tablespoon ground flax seeds |
| 2 tablespoons olive oil | 2 tablespoons coconut aminos (or sub soy sauce) |
| 4 fresh garlic cloves, crushed then minced | 3 tablespoons tomato paste |
| 2 15oz cans chickpeas, rinsed | 1 tablespoon Dijon mustard |
| 1/2 teaspoon salt | 1 teaspoon smoked paprika |
| 1 teaspoon black pepper | 1/4 cup ketchup for glaze |
| 1 teaspoon dried thyme | |

Instructions:

- ❖ Preheat oven to 350 degrees
- ❖ Line a loaf pan with parchment paper
- ❖ Sauté carrots & onions in olive oil for ten minutes while over heats up
- ❖ Add mushrooms and cook another 5 minutes
- ❖ Add minced garlic and cook an additional 3 minutes
- ❖ Add chickpeas, salt, pepper, and thyme. Cook an additional 7 minutes until all is tender
- ❖ Set aside and let slightly cool
- ❖ Transfer mixture to food processor and add nutritional yeast, breadcrumbs, flax seed, coconut aminos, tomato paste, Dijon, and smoked paprika. Pulse to combine (not too much or it will become mushy)
- ❖ Press the chickpea loaf into the lined loaf pan and bake for 40 minutes
- ❖ Remove & generously spread ketchup over top for glaze
- ❖ Bake an additional 10 minutes.
- ❖ Let cool, slice and serve! Mangia!

Text 732 500 4949 to join our community cooking crew! or for more information find us on Facebook Group: 'Organic Fruit and Veggie Co-Op Monmouth County NJ.

*Lincroft pod of Purple Dragon Co Op



Weaving Gold Into Life's Story

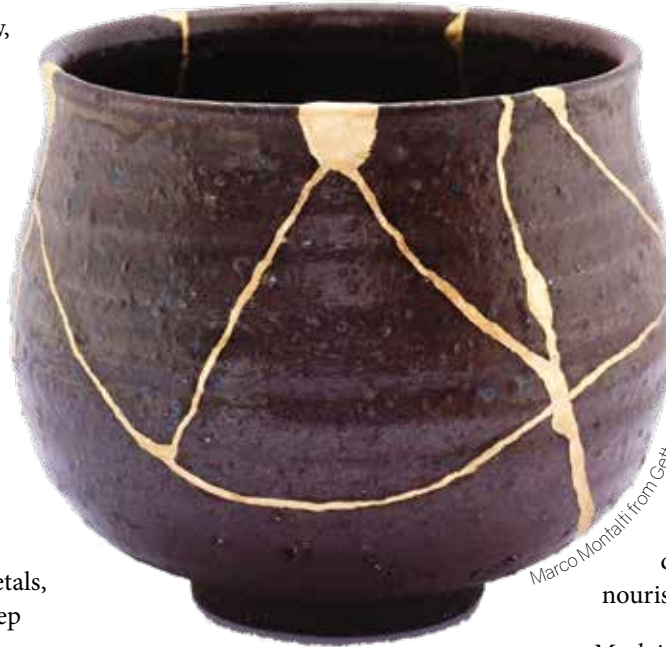
by Marlaina Donato

In the depths of winter, our sorrow, disappointment and old longings can feel heavier, making us question if sunlight will ever return to our hearts. Like a bare February landscape, pain strips us to the honest bone.

Kintsugi, the Japanese art of mending broken pottery with precious metals like gold, serves as an inspiration for life. When our joy or stability shatters, we can transform the remaining pieces into something beautiful. Our hard-earned wisdom, self-compassion and unwavering faith act like precious metals, softening the edges and filling the deep cracks of our brokenness.

Witnessing a loved one fall apart is challenging, but sometimes our greatest act of support is allowing them the space to unearth the metaphorical gold needed for their own repair. Healing is a private and unique journey into the deep self, enabling the art of being fully human.

"In three words I can sum up everything I've learned about life: It goes on," said poet Robert Frost, who endured the unspeakable loss of both parents at a young age, as well as the deaths of his wife and four of their six children. Like Frost, who turned tragedy into an artistic legacy, we can cultivate new life from our barren seasons and ruined harvests. We can take our darkest hours in hand to become mended vessels capable of holding future joy.



Marco Montali from Getty Images/CanvaPro

To embody the ancient metaphorical art of Kintsugi, consider these inspirations:

- Handwrite your losses on one piece of paper and the things that remain on another. Frame the latter and place it somewhere as a daily reminder.
- Tear heavy craft paper into large pieces; write a loss on each one, then reassemble the pieces. Pour metallic paint between the seams, let it dry and frame under glass as an art piece.
- Visualize being a tree with deep roots reaching into an underground river of gold, drawing up nourishment.

Marlaina Donato is an author, artist and composer. You can connect at WildflowersAndWoodSmoke.com.

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Cultivating a Positive Body Image

Fitness inspiration, or “fitspiration”, is a social media-related term that describes the prevalence of photos depicting people with slender, idealized figures. Although these beautiful images may be intended to inspire fitness, past research has demonstrated that viewing such photographs can lead to body dissatisfaction and negative mood among women.

A 2023 study published in *Body Image* involving 238 college females investigated whether a values affirmation intervention could reduce the detrimental effects of viewing fitspiration. The participants—divided into three groups—were asked to view idealized pictures of women on Instagram after either completing a simple writing task, looking at travel images or reflecting on their most important personal values.

The study demonstrated that contemplating personal values helped protect college women from the negative body image effects of fitspiration. The affirmation group experienced a stable mood and body image compared to the control group, where negativity rose significantly. This suggests that affirming personal values outside of appearance can act as a buffer against social media comparison, potentially offering a simple self-help strategy.



Aja Koska from Getty Images Signature/CanvaPro

Eye Yoga for Glaucoma

A 2024 randomized, controlled study published in *EPMA Journal* explored whether a structured “eye yoga” routine could help people with primary, open-angle glaucoma—the most common form of glaucoma that often damages the optic nerve. Researchers measured the effects of eye-focused relaxation on eye pressure, vessel function and vision.

Twenty-seven adults were randomly assigned to either a one-hour daily reading of a relaxing book or an eye yoga program that included guided eye movements, gentle massage around the eyeball, hand-covering for relaxation and slow-breathing meditation. After one month, the eye yoga group experienced a 6 percent reduction in intraocular pressure. They also improved visual-field measurements and displayed less retinal vessel constriction. Retinal arteries showed mild widening, suggesting improved blood flow, with no adverse events reported. These effects were not observed in the control group. Researchers concluded that this type of eye yoga could be a safe, home-based complement to standard care.



stockfour from Getty Images/CanvaPro

Body-Centered Therapy for Trauma

A 2021 review of 16 studies published in the *European Journal of Psychotraumatology* found that somatic experiencing, a body-centered therapy for trauma, helped reduce symptoms of post-traumatic stress disorder and also improved emotional and physical well-being. The studies demonstrated notable improvements in anxiety, mood and physical symptoms such as muscle tightness and pain. Benefits were observed in individuals with traumatic histories, as well as those without trauma, suggesting that somatic experiencing may support overall nervous system regulation.

Conceived by Dr. Peter A. Levine, the therapy seeks to address the accumulation of stress, shock and trauma in the body and nervous system. It empowers people to cultivate increasing tolerance for

difficult bodily sensations and suppressed emotions by paying close attention to internal sensations, including body tension, breathing patterns and even their heartbeat.



Karola G from Pexels/CanvaPro

Microbiome Therapies for Depression

A 2025 systemic review published in *BMC Psychiatry* involving 34 clinical trials and more than 3,300 people found that depression symptoms could be effectively treated by targeting gut bacteria with the use of probiotics (beneficial bacteria), prebiotics (nutrients that feed good bacteria) and synbiotics (a combination of both). The therapies were shown to reduce depression scores, increase levels of BDNF (an important protein for brain health) and mitigate systemic inflammation.

Notably, synbiotics exhibited the most pronounced effectiveness, followed by prebiotics and probiotics. Treatment for longer than 12 weeks was not considered helpful. Those without other medical conditions fared better, while individuals with digestive disorders and pregnant women did not experience the benefits. These findings suggest that enhancing gut health may be a useful complementary tool for depression management.



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*Home is not a place,
it's a feeling.*

—Cecelia Ahern

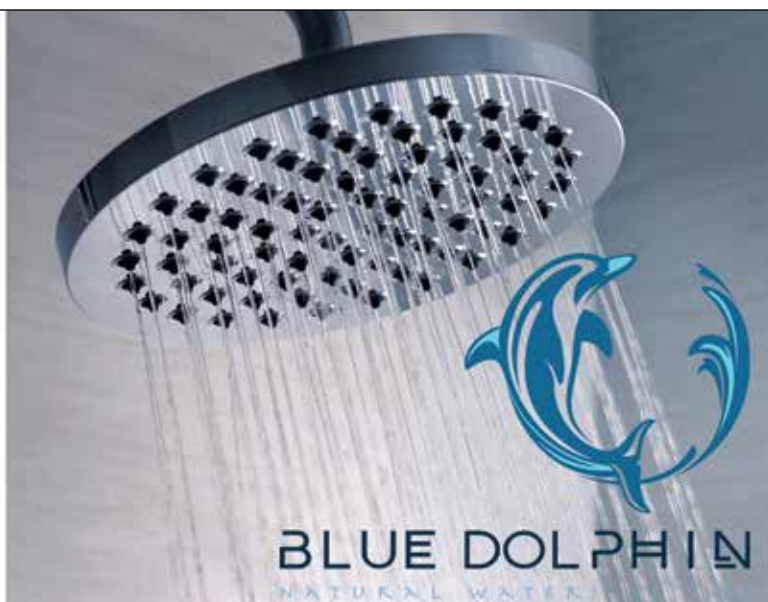
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A Turtle's Resilience and the Power of Proper Care

Rockalina, an eastern box turtle, was rescued in early 2025 by Garden State Tortoise (GST), a New Jersey reptile rehabilitation center, after spending nearly 50 years living in captivity on a kitchen floor, eating only cat food, which left her with discolored skin, deformed claws and blindness. Showing remarkable resilience, she has recovered and thrived after a treatment of warm baths, proper food and days spent in a forest-like setting with natural light and plenty of space for burrowing, hiding, exploring and even hunting and eating live earthworms.

Rockalina's inspiring journey gained global fame through GST videos and photos, showing her enjoying a strawberry, displaying curiosity and natural instincts, walking tall and recently meeting a baby turtle companion. Rockalina's recovery demonstrates the ability of animals to bounce back from severe neglect and underscores the importance of proper care for reptiles and all creatures.

According to the National Wildlife Federation, eastern box turtles are five to six inches long, and they inhabit ponds, fields, meadows and woodlands throughout the eastern United States. Their diet includes berries, insects, roots, flowers, eggs and amphibians. When threatened, they retract their limbs and close their shells. While they are very popular pets, many people release them into the wild when they no longer wish to care for them. This practice can be detrimental to domesticated turtles that struggle to adapt to a vastly different environment. It is best to drop them off at a local animal shelter or veterinarian.



EEL_Tony from Getty Images/CanvaPro

Innovative Utah Freeway for Cyclists and Pedestrians

Imagine being able to bike or walk on a paved path that connects to towns, state parks and mountain trails without ever having to fight cars or worry about road crossings. This ambitious project is underway in Utah, setting a precedent for other states to emulate.

Construction has begun on the Utah Trail Network, a 3,100-mile system of paved, unmotorized trails that will connect people of all ages and abilities to their destinations and communities. This

Bacteria Engineered To Tackle Microplastics

Researchers at Duke University are investigating whether certain bacteria can degrade microplastics, the tiny plastic particles polluting oceans, soil and the food chain. The team is assessing the ability of *Pseudomonas stutzeri* to digest polyethylene terephthalate (PET), a strong, transparent and lightweight plastic used in beverage containers and food packaging. *Thermus thermophilus* is being evaluated for its potential to degrade plastic more efficiently in warm environments.

A component of their research involves bioengineering techniques designed to help the bacteria work faster. Additionally, the group is developing a solar-powered device to house the bacteria as they process plastic in polluted areas. The long-term goal is to transform degraded plastic into new, reusable materials, thus promoting recycling over accumulation in nature.



mali maeder from Pexels/CanvaPro

interstate network will be entirely separate from vehicle traffic, ensuring comfort and accessibility for walking, biking or "rolling". Approximately 500 miles are already in place.

The mission is to enhance recreation, boost tourism and provide safer commuting by linking cities, schools, workplaces and trailheads. Upon completion, 95 percent of Utah residents will live within a mile of the network. The state legislature has committed \$45 million in ongoing funding and an additional \$45 million one-time funding to the Utah Department of Transportation to plan, build and operate this regional trail network.

Conquering Continents on Foot

Karl Bushby, 56, is about to complete his “Goliath Expedition”, a monumental journey to walk or swim around the entire Earth without using motorized transport. The epic trek began in Chile in 1998 and is set to conclude in his hometown of Hull, England, by September 2026. As a former British Army paratrooper, Bushby is driven by a thirst for travel and adventure, leading him to make a bet with friends to achieve this seemingly impossible feat.

Bushby has conquered 25 countries, navigating deserts, mountains, jungles and war zones, often camping outdoors or occasionally staying in people’s homes. He has faced the perilous Darien Gap between Panama and Colombia, crossed the icy Bering Strait between Russia and Alaska, and more. Despite extreme weather, visa issues, the COVID-19 pandemic and periods of loneliness, he has remained steadfast in his quest of 27 years.

Support has come from family, individual donors and corporate sponsors. His memoir, *Giant Steps*, was published in 2008, and there is even talk of a potential feature film deal. Overwhelming kindness from strangers has followed the mission, affirming his belief that the world is kinder than it often appears. What began as a friendly wager has transformed into a life-changing experience, inspiring others to keep moving forward and embrace adventure.



Oziel Gomez from Pexels/CanvaPro



North America’s Largest Wildlife Overpass Opens

Colorado’s new wildlife overpass crossing I-25 is among the world’s largest animal-crossing structures over a major roadway. Spanning six lanes of interstate traffic, it seamlessly connects 39,000 acres of habitat on either side. This gradually sloped, 200-by-209-foot bridge is expertly designed to encourage the larger wildlife to use it.

Unlike tunnels, which big game animals avoid due to restricted mobility and antler clearance, this open structure offers clear sight lines. The project aims to link wildlife corridors and to preserve open spaces near water in an area known for high movement of large game such as elk, mule deer and pronghorn antelope. Studies predict a 90 percent reduction in wildlife-vehicle crashes, where there was once an average of one collision per day. The \$15 million

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—Stephen Chbosky

multi-agency project marks a bold step in wildlife conservation, balancing transportation needs with ecosystem health and ensuring the safety of both motorists and wildlife.



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The Way of the Heart

by Shoshanna Katzman



Looking through the lens of Chinese medicine provides a new dimension to view the heart. This ancient medicine relies on acupuncture, Chinese herbal medicine,

Chinese dietary therapy, Tuina massage, and Taiji (Tai Chi) or Qigong exercise to protect and preserve the energetic integrity of the heart. Its harmonious structure and function are achieved by opening free flow of qi (vital energy) and balancing yin-yang energy throughout its organ system and associated meridian pathway.

Heart energetic imbalance and physical illness is viewed as a gradual process. When symptomatic expression of illness is removed without properly treating its root, symptoms tend to manifest elsewhere at a later date. Chinese medicine practitioners seek to connect these events whereby various symptoms and signs are woven together into a specific pattern of disharmony. They work to eliminate symptoms and strengthen overall health by addressing the underlying root cause.

Exploration begins with knowing that the heart is a yin organ system associated with the fire element and emotion of joy. Balanced fire of the heart is reflected via a warm and engaging facial expression. A peaceful, loving, and engaging way of being contributes to successful interactions with others. In return, forging meaningful and joyful connections brings harmony to the heart – leaving one feeling eager and excited to live life to the fullest and enjoy all that it has to offer.

Balanced heart energetics supports well-being in various ways due to encompassing much of the body's physiological and psychological processes. Often referred to as the "Emperor" of the organs, it takes com-



Image by SeventyFour at iStock

mand over all vital organs of the body and provides them with sustenance – making the heart a central player in the symphony of health and wellness.

The heart rules over the body's blood vessels, which includes circulating and distributing blood similar to its Western medicine function. As the "ruler of the blood", the heart is connected to the uterus and known for its impact on gynecological health, es-

pecially menstruation. As the "heart mind", it houses the mind and controls mental activity – influencing cognition, intelligence, thinking, ideas, long-term memory, along with emotional control and intimacy.

Due to its combined impact on the mind, blood flow to the head, and storage of shen (spirit), a balanced heart is key to the enjoyment of a restful night's sleep. Positive results are



secured when this “king of organs” works to calm the mind, pacify the spirit, and bring ample blood flow to the head.

According to an old Chinese medicine saying: “the heart opens to the tongue”, a balanced heart results in the expression of meaningful and appropriate words reflecting the right intent. This includes speaking and expressing oneself openly and honestly. It is traditionally said that seeking truth in all things leads to a “happy heart”.

The tongue also reflects the state of heart energy according to sense of taste. When in balance, a person’s ability to taste all flavors and enjoy food is enhanced. Bitter foods such as bitter melon, kale, arugula, Swiss chard, broccoli rabe, and dark chocolate all support the heart. Foods of red color such as cherries, watermelon, goji berries, strawberries, beets, tomatoes, radishes, and red meat, beans, lentils, apples, and potatoes are possibilities.

Simple heart healthy tips:

- Cultivate joy in your life
- Bring forth an “inner smile”
- Get regular sleep
- Rest your body, relax your mind
- Take nature walks
- Breathe deep
- Practice Taiji or Qigong
- Feel your feelings, listen to your heart

There are many things you can do preventatively to maintain heart health. It is just a matter of making the commitment to do so and then sticking with it. There is no better time to start than right now.

Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) for 35 years in Shrewsbury, NJ providing acupuncture, Chinese herbal consultation along with Taiji and Qigong private and group classes. 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 “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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Dark Nights for Heart Health

by Lauren Salani, LCSW, BCB



There are many situations in life that are out of our control that affect our heart health. The news stories we read, having to provide for our families, stressful interpersonal relationships, unsafe neighborhoods. We can help ourselves by getting together with others to try to solve the problems that cause distress to create change. We can also eat a balanced diet, exercise, stop smoking, limit alcohol, and take care of valued relationships. Even learning to have compassion for our enemies in hopes that they will do better in our eyes can help you live a longer, more prosperous life.

We all depend on our hearts to faithfully, continuously beat, through thick and thin to keep us alive and help us love. More energy is sent from the heart to the brain than from the brain to the heart. Being alert to new risk factors for cardiovascular disease is well worth the effort and knowing sooner is better than later. The sooner our hearts come on the scene for protective care the better. Cardiologists do amazing work in protecting our

lives and we owe them a debt of gratitude for their commitment and enduring passion. An appointment with a cardiologist can allay fears. Then there is a lot of healthy living we can do to make their job easier.

New research posted on medRxiv, a Preprint Server for the Health Sciences, shows a study by Daniel P. Windred and Colleagues that assessed light exposure and cardiovascular risk of more than 88,000 individuals older than 40 years old, in the United Kingdom. They wanted to know whether day and night light exposure pre-



dicted incidence of cardiovascular disease. The authors began by proposing that light at night disrupts the circadian rhythm, which is a known risk factor for adverse cardiovascular outcomes.

Bio-rhythms originate in the brain and

Circadian rhythms run our brain-body 24 hour internal master clock.

flow to coordinate the alignment between other brain areas, our internal organs and our external world. These rhythms determine when melatonin is released for sleep. Circadian rhythms are affected by genetic factors, light, and when we eat and sleep. It is becoming increasingly clear that disruption of the circadian rhythm can result in broad and significant consequences for physical and mental health.

Participants in the study wore a wrist-worn light sensor for one week to collect data. The researchers then assessed the incidence of heart disease across a 9.5 year follow up period using the UK National Health Service Records. It was concluded that exposure to brighter light at night predicted higher incidence of coronary artery disease, myocardial infarction, heart failure, atrial fibrillation, and stroke independent of established cardiovascular risk factors such as smoking, exercise, and diet.

This study demonstrated that there is a strong association between light at night and heart problems. It may be time in the



Image by PIR0 from Pixabay

evening to minimize scrolling time on the phone, put up some heavy light-shielding blinds or drapes, turn off the television when sleeping and dim the lights around you. It can be unnerving to discover that modern inventions that were supposed to make life better are potentially harming our health. The good news is that making the effort to get outside during the bright day and creating more darkness in the evening is something that is easy to do, will save energy, and increase your well-being

and longevity. If you have further concerns about your mental health and how difficult emotions can affect your heart health, please call my warm, inviting office for an appointment.

Lauren A. Salani, LCSW, BCB - Stress Relief Services. Atlantic Executive Center, 107 Monmouth Road, Suite 104. West Long Branch, NJ. Call 732.542.2638, visit StressReliefServices.com or email LaurenA-Salani@gmail.com.

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The Heart's Algorithm

Why We Keep Choosing the Same Love Story

by Dawn Ricci



The heart remembers every love it's ever known—even the ones the mind has tried to forget. It remembers the first-time safety turned into betrayal. The moment intimacy became performance. The day love started feeling like something to earn rather than something we were born worthy of receiving. And here's what most people don't realize: the heart isn't just storing memories. It's making decisions about the future based on the past.

Right now, as these words are being read, hearts everywhere are running an ancient algorithm. They're scanning every potential partner through the lens of every wound still being protected. They're measuring every new connection against the blueprint drawn by first experiences of love—or the absence of it.

This is why we keep attracting the same type of person wearing a different face. Why we feel drawn to people who confirm what we already believe about ourselves. Why love feels simultaneously like the thing we want most and fear the deepest.

The body doesn't lie. But it does speak in a language most of us have forgotten how to decode.

Place a hand on the chest right now. Feel the rhythm there. That heartbeat has been pres-

ent since before the first breath. It was beating when we were held (or longed to be held) as infants. It was beating when we learned that love could hurt. It was beating when we decided—consciously or not—what we would and wouldn't allow ourselves to feel.

The heart center holds what the Vedic tradition calls Anahata—the unstruck sound, the place where wounds and wholeness coexist. It's where our deepest longing for connection meets our most primal instinct for self-protection. And when these two forces collide? That's when manifestation gets complicated.

Here's what happens:

We visualize the perfect partner. We write the lists. We set the intentions. But



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underneath, the body is whispering a different story. "Last time I let someone in, I got abandoned." "If I'm fully myself, I'll be too much." "Love always leaves." The heart doesn't care about affirmations. It cares about keeping us safe based on what it's already lived through.

This is the work most manifestation teachings skip over—the somatic archaeology of love. The body-based inquiry that asks: What does the heart actually believe about love, and how is that belief shaping reality?

Try this now:

Close your eyes. Think of someone desired or a relationship being called in. Notice what happens in the chest. Does it expand or contract? Does warmth move through, or does a wall go up? Is there excitement, or is there an old familiar dread? Whatever arises is information. The body is showing the energetic signature being broadcast—the frequency that's either magnetizing love toward us or keeping it just out of reach. The truth? We can't manifest from the mind what the body doesn't believe is safe.

But we can learn to speak the heart's language. We can decode the patterns. We can compassionately unwind the stories running the show beneath conscious awareness. We can teach the nervous system that love doesn't have to mean loss—that intimacy doesn't have to come with conditions.

This is the manifestation work that actually works:

Not overriding the body's wisdom but listening to it. Not forcing the heart open but creating the safety for it to soften. Not pretending the past doesn't matter but integrating it so fully that it stops dictating the future.

The heart has been trying to tell us something. About what we're ready for. About what needs to shift. About the specific frequency of love we're coded to receive—and what's blocking the channel.

The question is: Are we ready to listen?

*Dawn Ricci is a Certified Spiritual Mentor, Intuitive, and Speaker who helps individuals rise beyond life's most difficult moments and reconnect with their soul's wisdom. Book a private reading at dawnricci.com and download her free guide: *Manifestation Mastery: Your Guide to Hi-Vibe Living*, at dawnricci.com/guide.*

How HBOT Supports Recovery

by Chris Pepitone, D.C.



Hyperbaric Oxygen Therapy (HBOT) supports recovery across health, performance, and healing. It is redefining recovery for individuals ranging from post-surgical patients to high-performing athletes and those seeking neurological healing. By delivering pure oxygen in a pressurized environment, HBOT significantly increases oxygen absorption at the cellular level—fueling the body's natural repair processes.

For post-surgical recovery, HBOT helps reduce inflammation, minimize swelling, and accelerate wound healing, often leading to improved outcomes and shorter recovery timelines. In athletic performance, increased oxygen availability supports muscle repair, reduces soreness, and enhances endurance—making HBOT a powerful tool for training, recovery, and injury prevention. For neurological recovery, HBOT has shown promise in supporting brain health by improving blood flow, reducing inflammation, and stimulating neuroplasticity, which can aid recovery from concussions, stroke-related symptoms, and cognitive fatigue.

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Garlic Therapy

Eating Our Way to a Healthier Heart

by Marlaina Donato

Fresh garlic is a pungent delight that can jazz up any meal, from hearty winter stews to sautéed vegetables on a bed of healthy grains. Allicin, the compound that gives crushed garlic its distinctive smell, protects the plant from pests and offers humans many health benefits, acting as an antioxidant, antimicrobial and anti-inflammatory agent; improving gut balance; and supporting cardiovascular and immune health.

Research published last year in *Nutrition Reviews* indicates that consumption of garlic significantly improves key cardiovascular risk markers, including cholesterol and blood sugar levels, blood pressure, oxidative stress and inflammatory biomarkers. In a 2022 article, the Cleveland Clinic suggests that red blood cells respond to the sulfur in garlic by creating nitric oxide and hydrogen sulfide gases, which relax and expand blood vessels. A 2019 meta-analysis of clinical trials published in *Experimental and Therapeutic Medicine* concludes that supplementation with an aged garlic extract offers similar results to blood pressure-lowering medications. While more research is needed to understand the full-spectrum potential of this kitchen staple, regularly spicing up meals with a clove or two can foster better health.

Maximizing Benefits and Flavor

Mincing, grating or pressing garlic intensifies its pungency, waking up ordinary steamed vegetables when tossed with olive oil or spicing up homemade hummus. Whether regular grocery store-bought, traditional heirloom or locally grown, garlic offers benefits, but following a few easy tips ensures that its nutritious perks remain intact.

According to Natalie Ledesma, a board-certified oncology dietitian and the founder of Natalie Ledesma Integrative & Functional Nutrition Consulting, in San Francisco, it is best to allow chopped or crushed garlic to sit for about 10 minutes before consuming it, cooking with it or adding it to vinaigrettes or other salad dressings. This waiting period maximizes the formation of allicin. Notably, the acidic nature of vinegar or lemon juice compromises allicin's stability.

“If you compare raw garlic to garlic that has been cooked by various methods, you can see dramatic drops in allicin, one of the



cmspic from Getty Images/CanvaPro



purported active ingredients,” advises Dr. Michael Greger, founding member of the American College of Lifestyle Medicine and author of several national bestsellers, including *How Not to Die*, *The How Not to Die Cookbook* and *How Not to Age*.

If garlic must be cooked, he suggests roasting to retain vital qualities that are quickly lost through simmering, high-heat stir-frying and boiling. “It is simple to prepare and can be used to add flavor to almost any dish,” he explains. “After roasting the garlic, you can also puree it in a blender or food processor until smooth, then portion and freeze it for future use.” A head of roasted garlic yields about one-and-a-half to two tablespoons of a delicious paste, which can be slathered on warm bread or sandwiches, whipped into zesty dips, and stirred into creamy mashed potatoes or a bowl of pasta.

“There are other beneficial compounds in garlic that are not deactivated by heat. They include ajoene, diallyl disulfide, diallyl trisulfide and S-allyl cysteine, which have anti-inflammatory and anti-clotting benefits,” advises Dr. Joel Fuhrman, a board-certified family physician, president of the Nutritional Research Foundation and author of several bestsellers, including his *Eat to Live Cookbook*.

Hacks for Sensitive Bellies and General Tips

Garlic should be avoided by anyone on pharmaceutical or herbal blood thinners. For those that experience stomach or intestinal upset, Ledesma suggests removing the

green sprout inside the garlic clove, a prime culprit for indigestion, or eating only the garlic scapes (the curly green flower stalks that grow on the garlic plant), which are generally well-tolerated.

For less discomfort and added convenience, Fuhrman endorses dehydrated raw garlic granules, noting that they will soften, expand and partially cook when sprinkled over veggies as they are steamed in a pot, enhancing its digestibility.

When purchasing garlic, choose intact heads that are firm to the touch, have plump cloves and do not have a strong odor of garlic—an indication of damage and loss of vital benefits. After chopping or peeling, rubbing cutting boards and hands with fresh lemon juice will remove the pungent garlic aroma.

Marlaina Donato is an author, painter and composer. You can connect with her at WildflowersAndWoodSmoke.com.



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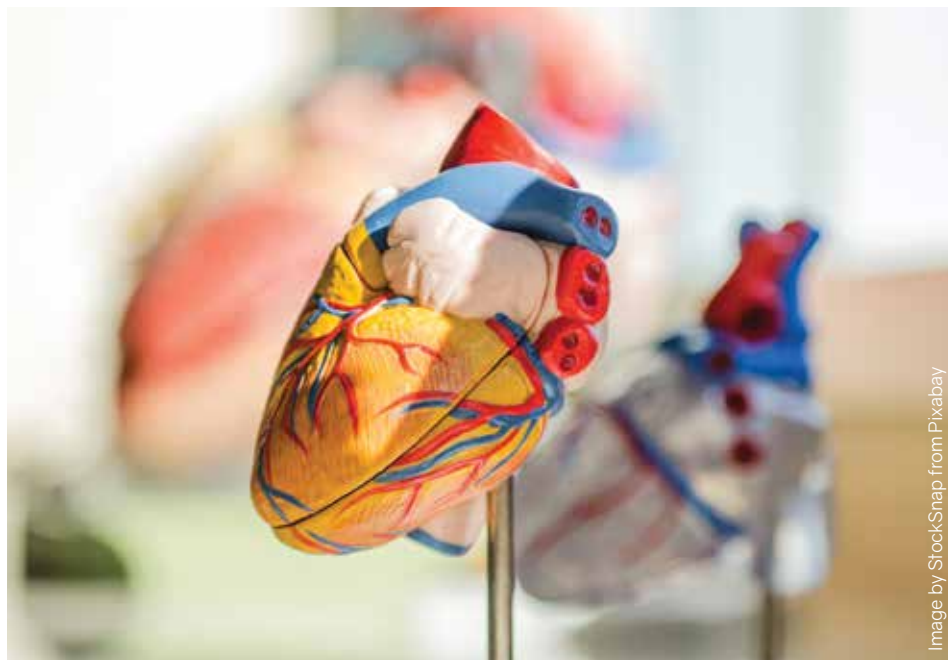
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D.E.S.T.R.E.S.S for Heart Health

Heart disease is still the leading cause of death for men and women in the US

by Felicia McIntosh-Will, CFNC, IHP



The fact that heart disease is still the leading cause of death for men and women in the United States and of all racial and ethnic groups is disturbing. One person dies every 34 seconds from cardiovascular disease; 919,032 in 2023; the equivalent of 1 in every 3 deaths*. While medicine has come a long way in mitigating deaths, halting heart disease, cardiovascular disease in particular, has not been successful.

Cardiovascular disease is an umbrella term for all diseases of the heart and blood vessels while heart disease is more specific to the heart's structure and function*. There are four major categories within cardiovascular disease: CAD, or coronary artery disease, affecting the arteries leading to the heart; cerebrovascular disease leading to stroke from impacted brain blood vessels; heart failure where the heart muscle is too weak to pump blood effectively leading to fluid build-up and fatigue; and PAD, or peripheral artery disease, affecting the arteries leading away from the heart to the limbs.

That's the bad news; here's the good news: you absolutely can be proactive in managing your symptoms and care! Starting right where you are, it's never too late to effect changes that can benefit you and your heart health. Even if you have no symptoms, a genetic predisposition, or just want to be proactive in a holistic way these next steps can add life to your years, vitality and longevity: D.E.S.T.R.E.S.S

1 D-aily nutrients for heart health: a distinct eating pattern proven time and again by research and science to reduce heart disease is a plant forward, low-fat, low sodium eating plan consisting of fruit, vegetables, whole grains, fish, beans, nuts, legumes and low fat dairy. If you go to myplate.gov you can see for yourself what a plate might look like. The food pyramid of the '90's and early 2000's has been obsolete for quite some time and the myplate guide has been in place since 2011.

2 E-ssential movement: 150 minutes or 30 min/5x per week to include walking briskly/jogging, strength training, stretching and mobility. This can look like 3-10 minute sessions throughout the day, just to break it down in a more actionable way.

3 S-tress reduction: the effect of chronic stress on the body can elevate the risk for heart disease in much the same way as smoking and/or eating an inflammatory diet, increasing blood pressure and heart rate straining the cardiovascular system over time.

4 T-oxin reduction: common heavy metals, pollutants in the air, parabens and phthalates in household chemicals, beauty products, foods and even in some water has caused proven abnormal cardiac function, high blood pressure and promotion of atherosclerosis (hardening of the arteries) as well as effects on estrogen receptors affecting heart health*

5 R-est and relaxation: reducing stress, lowering blood pressure can improve



heart function. This looks like 7-9 hours of quality sleep every day, deep breathing, progressive muscle relaxation, visualizing a peaceful setting or being mindful in any given situation.

6 E-motional support: being surrounded by a group of supportive family and friends greatly improves well-being and, in turn, heart health. Getting involved in a group for charitable works, spiritual endeavors, joining a support group or starting your own helps build strong relationships, releases endorphins that reduce stress and blood pressure and allows you to not carry burdens on your own.

7 S-supplemental vitamins/minerals: always check with your doctor before starting any supplements, especially if taking medications! Some helpful ones could be magnesium, calcium, folic acid, fiber, plant sterols, garlic and coenzyme Q10

8 S-uccessful mindset: acting as if you have already reached your goal and visualizing what the might look like for you can do more for helping you take those first steps towards a healthier future. D.E.S.T.R.E.S.S evolution starts now!

*Felicia McIntosh-Will, CFNC, IHP2
Certified Health and Wellness Counselor,
Holistic Nutrition Counselor,
Holistic Sports Counselor. 908-902-9598
sunshinecfn@yahoo.com*

Hello and thank you for being here!
My name is Felicia. I am a certified functional nutrition counselor & integrative health coach offering 1on1 health & wellness support, group programs and corporate wellness workshops.



As someone who's been faced with health and major life challenges over the last 10+ years I know how hard it can be to take back control of your own health, be your own advocate and come to terms with the cards life has dealt. True health-care begins BEFORE you get sick! I want to help you lose the feeling of helplessness when being diagnosed with a chronic condition and/or avoid debilitating issues before they begin.

As a personal chef, functional nutritionist and integrative health practitioner I can help you, meeting you where you're at and get you where you want to be physically, mentally and emotionally. What I offer is NOT a diet, but a lifestyle plan that helps you thrive from the inside - out.

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Comfort in Motion

Holistic Joint Support for Dogs and Cats

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

As dogs and cats age, their joints can gradually degenerate, causing stiffness and pain. Instead of vocalizing their discomfort, animals tend to alter their movement patterns and behaviors. Signs may include hesitation on stairs, stiffness after rest, or reluctance to jump or remain active. While conventional medications such as non-steroidal anti-inflammatory drugs are commonly prescribed, they are not the sole best, long-term solution. Natural and integrative therapies can complement standard veterinary care, assisting pets in maintaining comfort and mobility in everyday life.

Effects of Osteoarthritis

The most common cause of joint stiffness in older pets is osteoarthritis, a form of cartilage degeneration that can arise from aging, past injuries, excessive body weight, prolonged overuse or poor joint structure, such as hip or elbow dysplasia, where the joint surfaces do not fit properly. As the cartilage thins, the joint becomes inflamed and painful, leading to decreased movement, muscle loss and further stiffness.

In the 2017 review article “Physical Rehabilitation for the Management of Canine Hip Dysplasia” published in *Veterinary Clinics: Small Animal Practice*, orthopedic surgeon David

Dycus and colleagues highlight the significant impact of osteoarthritis on mobility, particularly in large-breed dogs. They stress the importance of using appropriate support strategies to preserve comfort and mobility. A comprehensive treatment plan may combine medication, weight management, supervised exercise, rehabilitation and complementary therapies such as ice and heat application, massage, acupuncture and other physical modalities.

Integrative Therapies

These restorative therapies work best when veterinarians coordinate their administration within a comprehensive and individualized treatment plan.

Acupuncture has been shown to help alleviate pain and inflammation in pets affected by chronic or mobility-related conditions. This traditional Eastern medicine practice involves inserting needles into specific acupoints to influence nerve pathways, circulation and pain processing. A 2017 prospective study published in *The Canadian Veterinary Journal* examined 181 dogs with neurological or musculoskeletal disease. Dogs receiving acupuncture exhibited a reduction in chronic pain. A 2023 meta-analysis of 21 animal studies in *Frontiers* revealed that acupuncture treatment for arthritis increased tolerance to pain and reduced joint swelling.

Underwater treadmill therapy is especially useful for dogs with hip dysplasia. The buoyancy provided by the water supports much of the dog’s weight, resulting in less painful movement, while simultaneously strengthening muscles. Dycus notes that when the water is elevated to hip level, dogs can bear approximately 38 percent of their body weight on their limbs, enabling them to engage in range of motion and endurance exercises without straining their affected joints.

Massage therapy was found to be effective in lowering pain scores and boosting the



YCHGZHANINA from Getty Images/CanvaPro



Photo: Wojcik from Getty Images/CanvaPro

frequency of positive quality-of-life ratings in 527 dogs with chronic pain, according to a 2021 cross-sectional study published in *Veterinary Record*.

Therapeutic, or cold, laser therapy uses specific light wavelengths to reduce pain, support tissue repair and minimize inflammation. Clinicians apply the laser to designated regions during brief, generally well-tolerated sessions. Over a series of treatments, some pets exhibit a smoother gait and greater willingness to move. Owners see these effects most frequently when they simultaneously optimize weight management, environmental conditions and daily activity levels.

Nutrition and Supplementation

“Keeping joints healthy involves making sure we are providing the causes of health in the foods and treats we feed each patient,” says Dr. Barbara Royal, founder of The Royal Treatment Veterinary Center, in Chicago. She advocates for species-appropriate, nutrient-dense diets made from well-sourced ingredients, while limiting excessive carbohydrate consumption, highly processed additives and environmental exposures that can promote inflammation and compromise joint function. She also emphasizes an individualized approach to joint supplementation, recognizing that no single product meets the needs of every pet.

Royal supports targeted combinations of nutrients that include omega-3 fatty acids from small fish sources like sardines or anchovies to help modulate inflammation, along with turmeric for its antioxidant and anti-inflammatory effects. A 2025 review article, “Nutritional Strategies for Managing Joint Health in Companion Animals,” published in *Animal Advances*, supports this strategy, highlighting omega-3 fatty acids and antioxidant-rich compounds like curcumin in modulating inflammation and slowing joint disease progression.

Additionally, Royal incorporates cartilage-supporting nutrients

such as glucosamine and botanicals like boswellia to promote joint comfort and alleviate the effects of osteoarthritis. Given the influence of gut health on systemic inflammation, Royal frequently recommends probiotics and, in select cases, periodic vitamin B12 supplementation to maintain nerve, gut and joint function as part of a comprehensive care plan.

Ruth Roberts, an integrative veterinarian and holistic health coach for pets, is the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.



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- Natural Beauty
- Vitamins & Supplements
- Sports Nutrition

Craniosacral Therapy and a Healthy Heart

by David Frome, PT, LAc



According to the CDC, heart disease has remained the leading cause of death in the U.S. over the past 100 years. Overall health is dependent upon the management and prevention of coronary artery disease (CAD), strokes, heart attacks, elevated blood pressure, and congestive heart failure.

The prevention and treatment of these health issues can be daunting. Diet and exercise are known to be vital to health, as is the importance of managing stress. Craniosacral Therapy, a complementary medicine, can help you manage stress and achieve cardiac health.

What is Craniosacral Therapy? Craniosacral Therapy (CST), a safe and gentle approach, aids in regulating the central nervous system (CNS) by using light touch to release tensions and restrictions in the connective tissue (fascia) surrounding the brain and spinal cord.

Imagine the CNS as the command center

of the body, including the brain and spinal cord.

Craniosacral Therapy regulates the nervous system through subtle pressure, releasing restrictions in the fascia and membranes surrounding the brain and spinal cord. This improves the movement of the cerebrospinal fluid as it flows through the CNS and aids in the regulation of the autonomic nervous system (ANS).

Studies show that CST may contribute to improvements in systolic blood pressure and hemoglobin oxygen saturation. CST has also been shown to promote deep relaxation, resulting in lower blood pressure and heart rate.

CST is a complementary, non-invasive treatment that fosters heart health by:

- ♥ Reducing the stress hormones - Both CRH (corticotropin-releasing hormone) and cortisol are associated with cardiac strain when chronically elevated. Patients treated with CST have been shown to have reduced levels of the stress hormones.

- ♥ Improving parasympathetic function, which helps the body to rest and recover. As the body relaxes, both stress hormones and stress levels drop.

- ♥ Improving heart rate variability. Heart rate variability indicates that the body is making important changes, effectively adapting to stress, exercise, and rest. Heart rate variability accompanies autonomic nervous system health.

- ♥ Regulating Blood Pressure - The ANS is responsible for regulation of systolic blood pressure. Craniosacral Therapy can be very effective in regulation of both the ANS and BP.

- ♥ Helping manage cardiac arrhythmias, including tachycardia, bradycardia, and palpitation.

- ♥ Improving lymphatic drainage and decreasing brain inflammation after a stroke.

- ♥ Relieving the chest pain associated with angina by improving blood circulation and reducing overall physical tension.

Many people are surprised to learn how Cranial Sacral Therapy enriches heart health. It is a powerful therapy for a myriad of physical and mental issues.

David Frome invites you to schedule an appointment to explore how CST can make an impact on your health. Call him for a telephone consultation to see if you can benefit from an appointment. Rebekah and David Frome practice acupuncture, Rolfing, and Craniosacral Therapy at Frome Physical Therapies in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com or 973.509.8464.

The contents of this article are not meant to be diagnostic or prescriptive. Health problems are often complex. Consult your physician before choosing a course of treatment.

Calendar of Events



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



MONDAY, FEBRUARY 2

Introduction to Yoga (Yoga 101) – Mondays (2/2-2/23) 7-8pm – Designed specifically for all who have wanted to try yoga but have found it hard to walk into a classroom. Learn the basics of a modern yoga practice in a safe, supportive environment. Join us for this closed-group 4-week series and discover the feel-good factor of yoga. Phone 732-361-8956, web: www.kurstudios.com/events Cost \$89

TUESDAY, FEBRUARY 3

Sacred Pause with Nicole – 11-11:45am at The Yoga Loft, 58 Main St Farmingdale. Sacred Pause is a 45-minute guided circle created to support stress reduction, emotional balance, and nervous system regulation. Designed as a gentle reset in the midst of daily life, each session offers a quiet, supportive space to slow down and reconnect. It's an opportunity to step out of urgency, soften the body and mind, and leave feeling more grounded, centered and clear. Please email info@theyogaloftnj.com or call/text 732-239-2333 to register \$20

WEDNESDAY, FEBRUARY 4

Sound Healing/Meditation – 7-8pm. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing, chanting, etc. we'll facilitate your healing journey. Use one of our chairs, or bring along a meditation mat, pillow, etc. for your comfort. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Ayearandadaymysticalshoppe.com

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, FEBRUARY 5

Group Reiki and Meditation – 8-9:30pm. Enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra

singing bowls will be played for you. You will receive Reiki to help you in whatever the Creator knows you need. Bring along a yoga mat, etc., or use one of the chairs we provide. \$30pp Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

FRIDAY, FEBRUARY 6

Monmouth County Organic Co-op – Pick up your share of a variety of ORGANIC FOODS. Join our community of foodies. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well. 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.

SATURDAY, FEBRUARY 7

Reiki Level I Workshop and Certification – 11am-3:30pm. A Year and a Day Mystical Shoppe, 413 Bond St, Asbury Park. Learn how to nurture and heal the light within yourself and others. Reiki Master Maria Martin will teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. 848.217.2371, Ayearandadaymysticalshoppe.com. \$195

Reiki Share with Reiki Master Maria Sudasi -12:30-2pm at The Yoga Loft, 58 Main St Farmingdale. Participants take turns receiving Reiki from multiple practitioners at once, allowing everyone a chance to give and receive healing in a supportive environment that can strengthen practice, promote relaxation, and foster connection. Give and receive energy, Connect with others: Strengthen practice. Increase relaxation. Group healing. All levels of practitioners are welcome Please text 732-239-2333 to let us know you'll be joining us. Donations greatly appreciated.

Monmouth County Organic Co-op – Pick up your share of a variety of ORGANIC FOODS. Join our community of foodies. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well. 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.

SUNDAY, FEBRUARY 8

Awaken Your Heart: Find the Love Within Hope Sheds Light-10-5pm. Manasquan. Join Susan Marco and Meryl Hayton for a soul-nourishing day designed to help you clear what blocks you from giving and receiving love so you can reconnect with your inner wisdom, compassion, and authentic joy. For more info and to sign up go to <https://susanmarco.com/retreat/> Cost- \$175

Free Drumming Circle -1:30-3pm. 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

Dancing with Dragons – 6:30-8:30pm. 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. \$30 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

MONDAY, FEBRUARY 9

The Clearing Method Series: Virtual through Honor Yoga Pennington. February 9, 16 & 23, 7-8:30 pm This 3-week virtual Clearing Method series helps you unwind nervous system loops and soften emotional tension without force. Learn simple, effective practices to restore inner safety, quiet the mind, and live from a grounded sense of ease. For more info and to sign up call Meryl at 973-879-9333.

WEDNESDAY, FEBRUARY 11

The Clearing Method Series: Virtual through the Princeton Adult School. February 11, 18 & 25th, 6:30 - 8 pm. This 3-week virtual Clearing Method series helps you unwind nervous system loops and soften emotional tension without force. Learn simple, effective practices to restore inner safety, quiet the mind, and live from a grounded sense of ease. For more info and to sign up go to <https://princetonadultschool.org/> \$65

Sound Healing/Meditation - 7-8pm. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing, chanting, etc. we'll facilitate your healing journey. Use one of our chairs, or bring along a meditation mat, pillow, etc. for your comfort. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park 848.217.2371 Ayearandadaymysticalshoppe.com

THURSDAY, FEBRUARY 12

Reiki Level II Workshop and Certification - 11am-4:30pm. This workshop is the second step on your Energy Healing journey. Join Maria Martin 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! Pre-requisite Reiki I; \$225.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

FRIDAY, FEBRUARY 13

Working with Stones and Crystals - 7-9:30pm. 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 2 stones/crystals. \$45.00 per person. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

SATURDAY, FEBRUARY 14 HAPPY VALENTINES DAY

Akashic Records, Stone Path or Medium Reading -1-4pm The Akashic Records hold information about your soul's past, present and future. During the 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 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. \$145 pp; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Sound Healing/Meditation- 8-9pm. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing, chanting, etc. we'll facilitate your healing journey. Use one of our chairs, or bring along a meditation mat, pillow, etc. for your comfort. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Ayearandadaymysticalshoppe.com

SUNDAY, FEBRUARY 15

Sacred Shift with Nicole, 11:30- 12:30 pm at The Yoga Loft 58 Main St, Farmingdale. Monthly gatherings designed to help you reconnect with your inner energy and release what no longer serves you. Each circle blends gentle education about the subtle body with guided meditation, intention setting, and Reiki-infused healing. This is a safe and supportive space to ground, restore balance, and cultivate deeper self-awareness. Please call/text 732-239-2333 or email info@theyogaloftnj.com to let us know you'll be joining. \$25

Stone Path Readings - 1-4pm. The art of Ancient stone readings can show you how your life has been through each phase and where you are heading. We can use the stones to give insight into questions and situations you would like guidance for. Readings are available for individuals and couples. Life Path Readings are \$45 per person; In-Depth Readings are \$85 (up to 30 minutes). Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

MONDAY, FEBRUARY 16

Seal Monitoring at Sandy Hook-12:00-2:00 p.m., Mount Mitchell Scenic Overlook (460 Ocean Boulevard Atlantic Highlands, NJ). Join Waterspirit for this mid-day event to learn about and monitor Sandy Hooks' seal population. We will meet with environmental educators Hugh Carola and Scott Carlin at Mount Mitchell and then visit several local sites in search of seals and other wildlife. More information and registration is online at: <https://www.waterspirit.org/events-calendar>

TUESDAY, FEBRUARY 17 LUNAR NEW YEAR

Welcome to Joy (Journey of Yoga) at The Yoga Loft 58 Main St Farmingdale 6 Week Beginners Series 6:00 pm with Michele Join us for a 6-week Beginner



Yoga Series. This series offers a supportive environment to explore foundational poses, gentle breath work, and introductory meditation techniques. Each week, we'll build confidence and ease in movement, helping you release tension and find greater flexibility—both in body, mind and spirit. No experience necessary! Register early. Call/text 732-239-2333 or email mail info@theyogaloftnj.com to register \$85

Gentle New Moon Flow Yoga-6:30-8 p.m. 4 E. River Rd., Rumson, NJ. \$5 per person. Join Waterspirit and Yoga Instructor, Angel Tener, for Gentle New Moon Flow Yoga. Both beginner and experienced participants will enjoy this class as we develop energy and balance. Flow through poses to promote strength, flexibility, and body awareness. Connect with nature and with your inner self as Angel guides us through breathing and mindful movements.

1:1 Free Session Intuition and Manifest with the 5MQ Intelligence™ System. Spiritual Mentor and Intuitive Dawn Ricci explains how investigative skills unlock manifestation in this free online session. Her unique 5 MQ Intelligence™ System eliminates guesswork, delivering clear steps for relationships, career, finances, and health transformation. You're invited to a 1:1 session with Dawn to learn how to amplify your intuition and manifest all that is waiting for you. Register now: <https://dawnricci.com/ManifestYourLife>

WEDNESDAY, FEBRUARY 18

Shaman Class - 7-9pm - New class forming (spots still available!)- Are you interested in Shamanism? Wanting to meet your primary guide? Join Shaman, Lauren Porter on a series of monthly classes: Introduction to Shamanism. Learn how to properly journey to meet your medicines and allies, clear and create sacred space, put together your mesa and medicine bag, work with the plant, animal and stone kingdoms, embrace your shadow self, dream work and much more. Classes will be held the third Wednesday of each month for 12 months. \$25pp each class; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Ayearandadaymysticalshoppe.com

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THURSDAY, FEBRUARY 19

Reiki Level I Workshop and Certification - 11am-3:30pm. A Year and a Day Mystical Shoppe, 413 Bond Str, Asbury Park. Learn how to nurture and heal the light within yourself and others. Reiki Master Maria Martin will teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. 848.217.2371, Ayearandadaymysticalshoppe.com. \$195

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FRIDAY, FEBRUARY 20

Friendship Circle at The Yoga Loft- 6-7:00. 58 Main St Farmingdale February 20th pm. Join Patty in this warm, supportive gathering to come together to share, connect, and grow through meaningful conversations and activities. It's a space where trust, kindness, and mutual respect foster lasting connections, creating a sense of belonging and community. Our gathering will be focused on "Signs" Please email info@theyogaloftnj.com or call/text 732-239-2333 to let us know you'll be joining. \$20

Healing Circle: 8-10pm, 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. No special training is required. You may come and receive healing and participate in the meditation. \$10 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Web: Ayearandadaymysticalshoppe.com

SATURDAY, FEBRUARY 21

Reiki Level II Workshop and Certification - 11am-4:30pm. This workshop is the second step on your Energy Healing journey. Join Maria Martin 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! Pre-requisite Reiki I; \$225.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

SUNDAY, FEBRUARY 22

Psychic/Mediumship Workshop: 2:30-4pm 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. First Class \$75 pp; Pre-Registration required. A Year and

a Day Mystical Shoppe 413 Bond Str, Asbury Park
848-217-2371 Ayearandadaymysticalshoppe.com

MONDAY, FEBRUARY 23

Book Club: Exploring Spirituality, Nature, and Action- 6-7:30 PM. Zoom event. Waterspirit will discuss Betsy Damon's new book, Water Talks. Betsy Damon seeks to educate and empower communities to reclaim their waters. The focus here is on citizen science - empowering all of us to map and understand our own watersheds and to connect the varied ways that water is central to our social, economical and physical wellbeing. More information and registration is online at: <https://www.waterspirit.org/events-calendar>

TUESDAY, FEBRUARY 24

1:1 Free Session Intuition and Manifest with the 5MQ Intelligence™ System. Spiritual Mentor and Intuitive Dawn Ricci explain how investigative skills unlock manifestation in this free online session. Her unique 5 MQ Intelligence™ System eliminates guesswork, delivering clear steps for relationships, career, finances, and health transformation. You're invited to a 1:1 session with Dawn to learn how to amplify your intuition and manifest all that is waiting for you. Register now: <https://dawnricci.com/ManifestYourLife>

WEDNESDAY, FEBRUARY 25

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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, FEBRUARY 26

Group Meditation and Reiki – 8-9:30pm. Come and enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. Bring along a yoga mat, or use one of the chairs we provide. \$30pp Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

FRIDAY, FEBRUARY 27

Beyond Crystal Basics - 8-10pm. Join Shamanic Practitioner and Reiki Master, Maria Martin in this intensive workshop to explore what the purposes of your stone and crystal friends may be. We'll go over some basics of cleansing and caring for your friends and how to connect with their energies, then

dive deep to meet their spirits and see how you are meant to work together. Bring a small selection of your beloved crystals and stones with you for this workshop. \$45pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

Monmouth County Organic Co-op – Pick up your share of a variety of ORGANIC FOODS. Join our community of foodies. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well. 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

SATURDAY, FEBRUARY 28

Seal Monitoring at Sandy Hook - 11am-4pm Mount Mitchell Scenic Overlook (460 Ocean Boulevard Atlantic Highlands, NJ). Join Waterspirit for this mid-day event to learn about and monitor Sandy Hooks' seal population. We will meet at Mount Mitchell and then visit several local sites in search of seals and other wildlife. More information and registration is online at: <https://www.waterspirit.org/events-calendar>

Full Moon Circle: 8-10pm, Enjoy and experience the Worm Moon with us. At the time of this Moon, the ground begins to soften enough for earthworm casts to reappear, inviting the return of robins and migrating birds – a true sign of spring. Roots begin to push their way up through the soil and the Earth experiences a re-birth as it awakens from its winter slumber. We'll focus our intentions on our souls' songs. We'll have a sound bath, ask for guidance in aligning ourselves with the universe toward the next phase of each of our journeys. Along with a ceremony, we'll also pull Tarot cards for you for a personal message. \$35per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

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Ongoing Events

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

MONDAYS

Intermediate Taiji Class taught by Shoshanna Katzman - 1pm. Red Bank Acupuncture & Wellness Center in Shrewsbury. 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

Beginner Taiji taught by Shoshanna Katzman - 5:30pm at Red Bank Acupuncture & Wellness Center in Shrewsbury. 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 beginner group are learning the first 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

Tea and Tarot Tuesday Meditations - 5:30-7pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Guided group meditations and enjoy connecting with a different plant (tea) each week. Receive a message from Tarot just for you. Call ahead for what plant will be provided and advise us of any allergies. For all levels. Bring meditation mat, pillow, etc. 848.217.2371 Web: Ayearandadaymysticalshoppe.com**Private sessions and Veteran Discounts available. Preregistration required. Cost: \$15.

Advanced Taiji Class taught by Shoshanna Katzman – 6:30pm 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.

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.

Affirmation Poems: A Spiritual & Poetic Practice- 12-2pm. 347 Soul Collective, 39 W Front St., Keyport, NJ. Poet, Intuitive, and Alchemist, Chelsea Palermo, MFA, will guide you through an intuitive process, that includes guided meditation to attune your channel, poetry craft techniques to apply to your Affirmation Poems, and intuitive insights. Come into a held space where the wisdom you are ready to hear, write and behold, has permission to flow forth onto the page. Register@www.chelseapalermo.com or 347 Soul Collective. Email: chelsea@chelseapalermo.com Call: 732-646-6226. Cost: \$45.

Meditation for Earth - 12:15pm. Join Waterspirit's hybrid Meditation In-person in the Sanctuary at Rumson Presbyterian Church 4 East River Rd. Rumson, NJ. Join our virtual meditation on our YouTube channel. Learn more at <http://www.waterspirit.org/meditationforearth>

WEDNESDAYS

Advanced Taiji taught by Shoshanna Katzman - 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury. 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 advanced group have finished the third section of the Guang Ping Yang Style Form and will soon be learning it on the opposite side along with playing push hands. Call or text 732-758-1800 or check out www.yourcenterofpower.com.

Beginner Taiji taught by Shoshanna Katzman - 10:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury. 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 beginner group are learning the first section of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out www.yourcenterofpower.com.

THURSDAYS

All-Levels Qigong Class taught by Shoshanna Katzman – 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. 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 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 - 7:30-8:40 AM. Tai chi improves balance, strength, and posture. It can even extend your longevity! In fair weather, our class currently meets outdoors in Loch Arbour. When the weather is inclement, we meet on Zoom. All levels are welcome. Learn more online at www.fromeet.com. To reserve a spot, call (973) 509-8464

Advanced Taiji taught by Shoshanna Katzman – 9am, 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 taught by Shoshanna Katzman - 2:00pm at Red Bank Acupuncture & Wellness Center in Shrewsbury. Practicing Taiji helps you to discover internal peace, enliven energy, and achieve overall wellness – along with 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 working on the first part of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out www.yourcenterofpower.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. Have a question about a direction you are looking to embark on? 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. Cost: \$30

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

Akashic Records Readings & Energy Healing Sessions - 12-8 pm, 347 Soul Collective, 39 W Front St. Keyport, NJ. Come in for an Akashic Records Reading or a Reiki + Energy Healing Session with Chelsea Palermo, MFA. Reiki + Energy Healing Sessions include more advanced energy healing techniques, and be combined with Transformational Writing, and/or PEMF BIO Mat Sessions. Walk-ins welcomed. Though online booking is preferred to reserve your spot. www.chelseapalermo.com Email: chelsea@chelseapalermo.com VIRTUAL SESSIONS AVAILABLE

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.

SAVE THE DATES

WEDNESDAY, MARCH 11, 25

Purple Dragon Organic Produce and Natural Foods, Ocean Twp Pod. – Pick up great organic produce, year-round in Ocean Twp/Wayside area. Whole and half shares available. Order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. Call/text 732.616.3379 or register at purpledragon.com

THURS - SUN, MARCH 12 - 15

The Inner Peace Immersion – Sunny Naples, Florida. Join us in this renewal retreat designed to help high-functioning women release stress, regulate the nervous system, and embody calm with ease. For questions call Meryl Hayton 973-879-9333

FRIDAY, MARCH 13, 27

SATURDAY, MARCH 14, 28

Monmouth County Organic Fruit & Veggie Co-op – Lincroft Pod of the Purple Dragon Co-op. Must order a week in advance. Text 732.500.4949 for more information

THURSDAY, MARCH 21

Georgian Court University's 15th Annual Wellness Expo

APRIL 30 - MAY 3

The Inner Peace Immersion. Orenda Retreat Center - Catskills, NY Join us in this renewal retreat designed to help high-functioning women release stress, regulate the nervous system, and embody calm with ease. For questions call Meryl Hayton 973-879-9333



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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.



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RBC Wealth Management
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Jeffrey.ball@rbc.com or jeffballrbc.com



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.

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RETAIL

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Michele Lipari- Certified Reflexologist
298 Broad St., Red Bank, NJ 07701
Mliparireflexology.com 732.887.3352



I've practiced reflexology over 25 years and I'm passionate about my work! Reflexology is a science, there are reflex areas in the feet & hands that correspond to glands, organs, and other parts of the body. The practice also offers an Infrared Sauna, which allows a higher percentage of toxin removal due to 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.

REIKI/ENERGY HEALING

CHELSEA PALERMO, MFA

347 Soul Collective
39 W Front Street, Keyport, NJ
www.chelseapalermo.com
732.646.6226 @IG chelseapalermo_poet
chelsea@chelseapalermo.com



Chelsea Palermo, MFA, is a poet, intuitive, & alchemist. She is Usui Reiki Master, Energy Healer, Akashic Records Reader, Somatic Practitioner & beyond. Chelsea offers Akashic Records Readings, Energy Healing & Reiki Sessions, Transformational Writing Sessions & Group Healing Classes in her private healing practice at 347 Soul Collective and online. Visit her website for all offerings, upcoming Masterclasses and to book your session.



REIKI/ENERGY HEALING

DAWN RICCI

Intuitive Energy Healer & Medium
Spring Lake, NJ
hello@dawnricci.com
Instagram: @iamdawnricci
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MERYL HAYTON

Trauma Healing Specialist, Advanced Certified EFT Practitioner
Website: <https://merylhayton.com>
Free Consultations,
merylhayton@gmail.com 973.879.9333



Meryl Hayton is a Trauma-Informed Inner Peace Specialist and Energy Healer who supports high-functioning women in cultivating calm, clarity, and nervous system regulation. Through private sessions, group programs, and immersive retreats, she blends somatic healing, emotional clearing, and spiritual insight to help clients release chronic stress and embody inner peace. Her work is grounded, gentle, and focused on creating lasting change without force or overwhelm.

WELLNESS COUNCELING

FELICIA MCINTOSH-WILL, CFNC, IHP2
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