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Best Life

Boosting
**Canine
Health**

A Joyful
Heart

The Power of
**Shamanic
Healing**

Embrace Joy

DECEMBER 2025 | 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 **December 31, 2025**. (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.

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or go online at www.GetWellNJ.com

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with this ad.

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**DENTAL
HEALING ARTS**

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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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Subscriptions are available by sending \$33
(for 12 issues) to the above address.

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recycled newsprint with soy-based ink.

Publisher's Letter



Hello Friends,



Hello Friends,

Happy Holidays from all of us to all of you. We wish you and your loved ones a very Merry Christmas and a super Happy Chanukah.

Let there be peace on earth and let it begin right here in our hearts. As always, we are so grateful for your continued support. And we are so blessed to celebrate the holidays together 😊.

Warm wishes,

Sharon



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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.



Paint In-person or from Home



Join our growing community of painters for a much needed respite where you can reduce stress and connect to the creative community of women you've been looking for.

Wild and Free Painting

is an indulgent and nourishing Process Painting Art Studio for self-care and personal growth. We focus on the act of painting itself and your experience while painting rather than the final art product. We celebrate your creativity in all of its authentic form and return to the idea that creative expression can serve as a tool to heal, connect, de-stress, reclaim and discover.

Experiencing this process helps women feel a deeper connection within themselves and in turn feel more satisfied, centered and peaceful. Absolutely no prior art experience is necessary to enjoy the benefits of this process. ~

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

Integration Journey Through the Chakras

Join Angie at The Yoga Loft 58 Main St Farmingdale December 12th 6:00-7:30pm. Don't miss the final workshop in our chakra journey as we explore the realms of inner wisdom and Divine connection. The Third Eye (Ajna) and Crown (Sahasrara) chakras guide us into deeper intuition, clarity, inner trust, and the quiet knowing that we are supported by something greater than ourselves.



In this restorative, reflective, and heart-centered session, we will: • Explore gentle movement and breathwork to clear mental fog and tension • Practice guided meditation to deepen inner listening and intuitive awareness • Use sound healing with crystal singing bowls to harmonize subtle energy pathways • Reflect on what has shifted and awakened throughout this chakra series •

Close with a beautiful integration ritual to honor your growth, insight, and inner light. This workshop offers a sanctuary to soften, listen, and remember the truth of who you are — wise, whole, guided, and connected. No previous experience is needed. All are welcome to join this sacred closing circle.

Email info@theyogaloftnj.com (please include phone number if registering by email) or call/text 732.239.2333 \$40

Friendship Circle

Join Patty at The Yoga Loft, 58 Main St Farmingdale, December 19th 6-7 pm. In this warm, supportive gathering, 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.

Each meeting provides an opportunity to support one another in personal growth, celebrate achievements, and offer encouragement during challenges, making it a safe haven for authentic friendships to flourish.

Our gathering will be focused on "Simplicity". Please call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining. \$20

Qigong For Good Health Winter Series



Set an Intention for self-care and Good health in 2026. Join us on January 13, 2026 as a beginner or return as an experienced student to deepen your practice. Qigong reduces stress, builds stamina, increases vitality and affects the immune system in positive ways! This amazing ancient Chinese system of self-care integrates physical postures, breathing techniques, and mind focus.

These practices are effective and easy to learn. Students with all levels of ability are welcome. Sign up online and early. These classes do fill.

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

9 WEEK WINTER SERIES: Two 1-hour Qigong classes are available on Tuesdays beginning January 13th at 1:00pm OR 2:30pm. Both classes will be similar. For more details, please check the website www.qigongforgoodhealth.org Sign up online.

1:00 Class: The Phases of Cultivation and more.

2:30 Class: The Phases of Cultivation and more.

Cost of the Winter Series at UUCMC: \$100 for 9 sessions. A 2nd Person in the same household is \$50. College student, \$50. If you cannot afford the cost, please contact Maxine to make some adjustment in the fee.

QIGONG classes will occasionally POP UP at UUCMC in The Community Room on Saturday mornings at 11:00. It will be a drop-in class by donation. Open to beginners and experienced students. Add your name to the Saturday e-mail list for class notification: qigongomi@yahoo.com

Improve Your Posture & Alignment with Roling®

Look and feel your best this autumn! 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 Rolting 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 Rolting.



Rebekah and David Frome practice acupuncture, Rolting, 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.

Is Your "Manifestation Intelligence" Sabotaging Your Success?

A new two-minute online assessment is revealing why some people effortlessly create the relationships and careers they desire while others struggle despite working harder. The Manifestation Quotient Intelligence (MQ) quiz at WhatsYourMQ.com identifies 4 distinct personality types, each with unique strengths and hidden sabotage patterns that directly impact goal achievement.



The assessment was developed by Dawn Ricci, a former private investigator who spent 15 years solving complex cases before transitioning into spiritual mentorship. "During my investigative career, I learned that solving cases required both analytical precision and intuitive insight," Ricci explains. "I discovered the same dual intelligence is essential for manifestation."

Her research suggests that most manifestation failures aren't due to lack of effort or desire but rather using approaches that don't align with an individual's natural intelligence type. The free assessment reveals specific manifestation styles ranging from "The Confident Creator" to "The Transformational Visionary," along with personalized strategies for each type.

Early users report the results feel "eerily accurate" and provide immediate clarity on next steps. "Once you understand your MQ, creating what you want stops feeling like struggle and starts feeling natural," Ricci notes.

The assessment is currently available at WhatsYourMQ.com at no cost. Register today at dawnricci.com/5MQ

The Good Medicine Society

Cherokee Medicine and Celtic Magic - Kindred Cultures married in the Ozarks. Still teaching the Old Ways in this New Age.

INTERESTED IN MAGIC? – Not the slight-of-hand kind, but real mental magic? Teachings are from a Cherokee Medicine man and Druid Master born in 1916. He knew this knowledge was getting lost, so he wrote it down in the form of lessons which he freely taught. Our classes are donation driven as we continue to teach these lessons.

My teacher, Misty Eve was one of Grandfather Eli's original students. She had a vision and saw the Earth in a sacred manner from far away. She saw that all lifeforms upon Mother Earth were cells of her body and that she was with child... a new consciousness was forming! Misty Eve knew it was time to find the others. Are you one of them?

We already create our tomorrows with the thoughts we think today. Now we can learn to create more of what we Want and less of what we Don't Want.



Next class meets weekly both online and in-person Wednesdays at 5:30pm starting January 7th at A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, NJ. To reserve a spot: Call Maria Martin, certified teacher/ GMS member: 848.217.2371

Lasting Inner Light

Many people have their inner lights dim at this time of year due to the stress of overwhelming hustle and bustle. It helps to get adequate sleep, nutrition, and exercise, have realistic expectations, plan ahead, learn to say NO, promote relaxing atmospheres, recognize what you have in common with others, and be kind to be ready for celebration in a few weeks' time.

As the New Year approaches, you may want to discover more long-lasting emotional resilience skills that empower you to better manage your mind and body. Resilience and joy are achievable through targeted, evidence-based biofeedback therapy. Biofeedback works by making the invisible, visible by putting sensors on your skin to measure your body's signals, transforming them into computerized colorful graphs and games. Imagine watching your stress levels drop as a virtual balloon gently rises with each gentle breath. The immediate feedback trains your nervous system to self-regulate. The science is robust, and 8 weeks of biofeedback therapy can help you be more resilient and thrive with joy in the New Year.

Please call my office (732-542-2638) for a free 15-minute phone consultation and appointment in a warm, inviting atmosphere. Lauren A. Salani, LCSW, BCB, Stress Relief Services at Atlantic Executive Center 107 Monmouth Road, Suite 104 West Long Branch, NJ 07764

> Continued Next Page <

Elevate Your Health with Personal Chef Services from Café La De Da!



Have you recently been diagnosed with an autoimmune disorder? Or are you simply looking to enhance your well-being through better nutrition?

Let us help you take the

guesswork out of healthy eating with our exclusive in-home personal chef services!

Why Choose Our Personal Chef Services? Navigating dietary restrictions can be overwhelming, and choosing the right foods for your meals is often a challenge. Our experienced chefs specialize in creating delicious, tailored meals that cater to your specific needs.

We offer: • **Convenient In-Home Service:** We handle everything from grocery shopping and meal prep to clean-up, so you can relax and savor every bite. • **Customized Meal Prep:** Enjoy gluten-free, dairy-free, sugar-free, vegan, and vegetarian options that are not only healthy but also delicious! We also provide fresh press juices with any one of our services. • **Exclusive Pantry Overhaul:** For just \$99, we'll help you organize your pantry to align with your health goals (note: this price does not include groceries). • **Introductory Offer:** Enjoy 3 hours of personal chef services for only \$99! Experience the ease of having nutritious meals prepared right in your kitchen.

Take Control of Your Health! Say goodbye to stress and confusion around meal planning. With our personal chef services, you'll have clean, nourishing meals ready to enjoy in the comfort of your own home.

Now Serving Monmouth County, New Jersey! Don't wait to transform your health and dining experience. Contact us today to schedule your personal chef service and embark on a delicious journey to better living!

*Café La De Da – Where Health Meets Flavor! 908.227.9348
web: www.cafeladededa.com, cemail: afeladededa@gmail.com*

Are you interested in Shamanism?

Shaman Classes –New Class Forming For January 2026 -

Wanting to meet your primary guide? Join A Year and a Day Mystical Shoppe's Medicine Woman, 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 beginning January 21st. \$25pp each class; Pre-Registration is required. Contact us for more information or to register.

*A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park
848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com
Web: Ayearandadaymysticalshoppe.com*

This Month's Monmouth County Co-op Corner

ROASTED ROOT VEGETABLE RENDEZVOUS



This perfect seasonal delight will keep the home fires burning.

First, we roast:

2 med carrots, 2 parsnips, 1 med turnip, peeled & cut into chunks

1 red onion, peeled and cut into wedges

*3 cloves garlic, minced, • 3 tbsp olive oil • 2 tbsp fresh rosemary
salt & pepper, to taste*

❖ In a large bowl, toss together all ingredients until evenly coated with oil ❖ Spread the vegetables on a large baking sheet covered in parchment paper ❖ roast for 30 minutes, stirring once or twice, until vegetables are tender and lightly brown ❖ set aside to cool

Then, we stew:

1 can diced tomatoes, 1 can crushed tomatoes, 1 32 oz box vegetable broth, 1 can beans, your choice (I love using lentils)

❖ In a large soup pot, pour broth, diced tomatoes, and beans ❖ add roasted vegetables ❖ simmer 45 minutes to allow the flavors to meld together and the stew to thicken ❖ serve hot!

This stew is not only flavorful but also packed with nutrients, compliments of the root vegetables and beans, making this a healthy and satisfying choice for the colder months. Here at Monmouth County Organic Co Op, we can provide all of these root vegetables and more, organic of course! So who's ready to rendezvous?

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*



December's Duality

Embracing Joy and Melancholy

by Marlaina Donato



December can be a bittersweet paradox of festive celebrations and short, gloomy days filled with contrasting emotions. As the old year fades into the golden spark of a new beginning, we may find ourselves entangled in the beautiful complexity of being human. The twelfth month challenges us to accept the dichotomy of jubilation and melancholy, eagerness and regret. By acknowledging and making room for the harder emotions, we can fully embrace joy.

Just as the bare trees of the north stand boldly against the sky, December urges us to dive into self-honesty to discover the eternal flame deep within us, untouched by the world's chaos. Celebrating the holy days of winter can be an internal, sacred journey.

Kindling the flames of empathy and goodwill is a form of self-care that ignites positive change for ourselves and others. Embodying our light can be as simple as pausing before

reacting in anger or allowing others to hold their own opinions, even when they differ from ours. Feeling more alive in our merriest often happens effortlessly when we choose to live and let live.

As winter arrives and sweet aromas fill the kitchen, December allows us to embrace all that is beautiful and nourishing. Should a ghost of wistfulness haunt a moment of glee, we can choose to embrace what is possible in the present moment between the past and the future. This month, be inspired to:

- Release the need to control outcomes and welcome spontaneity and flow.
- Embody joy without guilt, even when the world seems in turmoil.
- Allow feelings of grief while cherishing fond memories of lost loved ones.
- Invest in what brings lasting joy and meaning.

Marlaina Donato is an author, painter and composer. To find out more or connect with her, go to WildflowersAndWoodSmoke.com.

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Ayurveda Detox for Multiple Sclerosis Relief

A 2025 observational study in India, published in the *International Journal of Medical and Public Health*, investigated the effectiveness of Ayurveda, specifically Panchakarma therapy, in managing pain and improving the quality of life for patients with multiple sclerosis (MS), a chronic autoimmune neurological disease that inflames and damages nerve cells in the brain and spinal cord. Panchakarma involves cleansing procedures designed to detoxify the body and balance the three *doshas* (energies) in Ayurveda—*vata*, *pitta* and *kapha*.

Over the span of four years, 120 female MS patients aged 19 to 50 received personalized Panchakarma treatments, including *snehana* (oil therapy), *swedana* (steam therapy), *vamana* (induced vomiting), *virechana* (purgation), *basti* (enema), *nasya* (nasal therapy) and *rasayana* (rejuvenation), alongside yoga and meditation. While 20 percent of the participants showed limited benefits, the remaining 80 percent experienced significant improvements in self-reported pain, mobility and overall well-being, allowing them to reduce their reliance on corticosteroids.

While observational studies lack control groups and cannot establish causal relationships, they can be useful for exploring associations. Further research with larger sample sizes and a control group is needed to confirm these findings.



Ultra-Processed Foods Undermine the Healthiest Diets

Ultra-processing breaks down whole foods into components and recombines them with additives, flavors, colors and emulsifiers, often making them high in calories, salt, sugar and fat. A 2024 study published in *eClinicalMedicine* examined the consumption of ultra-processed and minimally processed foods among 200,000 adults with various dietary patterns, including regular red meat eaters, low red meat eaters, flexitarians, pescatarians, vegetarians and vegans. Food frequency questionnaires and food diaries were used to determine diet type and ultra-processed food intake.

Across all diet types, ultra-processed foods made up roughly one-fifth to one-quarter of total daily food intake. Vegetarians and vegans consumed slightly more ultra-processed foods than regular red meat eaters. Low red meat eaters, flexitarians and pescatarians ate modestly fewer ultra-processed foods than regular red meat eaters. All other groups ate more minimally processed foods than regular red meat eaters.

These findings challenge the assumption that plant-based diets inherently contain fewer processed foods. Vegetarian diets included slightly more ultra-processed foods than meat-heavy diets, while diets with modest amounts of meat or fish had the lowest ultra-processed food levels.

The authors noted that plant-based diets vary in quality depending on the degree of processing. While meat and dairy alternatives are often perceived as sustainable, many are highly processed. Simply replacing meat with packaged plant products may not yield the expected health or environmental benefits.



Understanding How Magic Mushrooms Affect the Brain

Psilocybin, a naturally psychedelic compound found in fungi known as magic mushrooms, distorts space-time perception. A 2024 study published in *Nature* investigated the brain activity of seven healthy adults before, during and three weeks after taking a high dose of psilocybin and methylphenidate, a stimulant commonly used to treat attention-deficit/hyperactivity disorder. Participants returned six to 12 months later for another psilocybin dose. Researchers used 18 magnetic resonance images (MRI) to track specific brain changes.

The study revealed that psilocybin significantly disrupted brain connectivity pathways, particularly in regions of the brain linked to self-awareness, time and space, with the most notable changes in the default mode network (DMN). The DMN includes brain regions associated with the sense of self and reality that are active during self-reflection, daydreaming, memory retrieval and mind-wandering.

Psilocybin's disruption of brain activity could explain the profound changes in perception reported by users. Participants with greater brain changes reported more intense experiences. The brain connectivity desynchronization persisted for weeks, potentially explaining the enduring therapeutic benefits in treating conditions like depression.



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*Service to others is the
rent you pay for your room
here on Earth.*

—Muhammad Ali

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A New Piece in the Human Evolutionary Puzzle

A *New Scientist* article confirmed that a 146,000-year-old skull found 90 years ago in Harbin, China, belongs to a Denisovan, an ancient hominin race. This discovery provides scientists with a clear image of Denisovans, which had faces similar to ours, but with prominent brow ridges, a smaller forehead and a long braincase. Researchers believe that Denisovans are more closely related to modern humans than Neanderthals, based on the estimated age of our common ancestors. This finding will prompt a reevaluation of other East Asian fossils.

Denisovans were first identified in 2010 through a finger bone and teeth found in a cave in Siberia, Russia. Scientists matched mitochondrial DNA from the Siberian tooth to Denisovan proteins in the skull.



Fu et al. (2025), CC BY 4.0, via Wikimedia Commons

The Fall of Orange Juice

Once a staple of the American breakfast, health and economic concerns have led to a decline in orange juice consumption. Beginning in the 1950s, the Florida Citrus Commission promoted it to boost vitamin C levels and prevent colds and acidosis, a condition where the body accumulates too much acid. At its peak, three-quarters of households kept orange juice in their refrigerators.

Over the past 20 years, orange juice consumption has plummeted by nearly 50 percent. It contains as much sugar as soda, contributing to the obesity and diabetes crises. The price has surged by 67 percent in the past decade, driven by the loss of almost 92 percent of Florida's citrus groves due to a bacterial disease spread by an invasive insect, which makes the fruit bitter and weakens the trees, and by an increase in hurricanes linked to global warming. Hurricane Milton alone destroyed an estimated 20 percent of Florida's orange crop.



Bombaert from Getty Images/CanvaPro

A New Era for Ocean Conservation Begins

After two decades of effort, the High Seas Treaty, officially the Treaty for the Conservation and Sustainable Use of Marine Biological Diversity of Areas Beyond National Jurisdiction, was ratified by Morocco (the 60th nation) in September, becoming international law in January 2026. Although the United States signed the treaty, it has not been ratified by the Senate. This treaty replaces a patchwork of international and industrial organization rules.

The treaty establishes a legal framework to conserve and sustainably use marine biodiversity in two-thirds of the oceans beyond any country's exclusive economic zone. The treaty's goals are to protect marine life; establish protected areas; regulate marine genetic resources; and promote equitable benefit sharing, capacity building,

marine technology transfer and environmental-impact assessment of oceanic activities.



Jameson Burnett - Russell Jameson Photography from Getty Images/CanvaPro

Human Artifacts Found in Vulture Nests

In a study published in the journal *Ecology*, archaeologists report the discovery of more than 200 human artifacts in the nests of bearded vultures. The scientists rappelled down cliffs to 12 abandoned nests of these bone-eating raptors, which vanished from the cliffs a century ago. Only 308 breeding pairs remain in Europe.

Bearded vultures build and maintain nests for long periods, sometimes for centuries, resulting in thick structures made of a variety of materials, including branches and bones. The scientists found well-preserved human items that were 150 to 675 years old, including leather items, fabric fragments, tools, a crossbow bolt and a sling-shot. The most surprising discovery was a sandal made from woven esparto grass believed to be between 650 and 750 years old. The cool, dry conditions in the cliff caves preserved the artifacts.



Deforestation Dulls Butterfly Colors

Scientists in Brazil's Amazon rainforest have found that butterflies are losing their color. This research is part of a study on the discoloration or alteration of color in the natural world caused by human-driven environmental changes. The earliest known instance of such a change was during the Industrial Revolution, when the peppered moth turned black to blend into its sooty surroundings.

In Brazil, scientists observed a stark difference between butterflies in the rainforest and those in deforested areas. The rainforest is home to a wide array of colorful butterflies, whereas those in deforested regions are brown or grey. In eucalyptus plantations that have replaced the rainforest, dull-looking butterflies thrive. Deforestation impacts the most colorful species first, as the loss of vegetation makes them more vulnerable to predators. Without the protection of natural habitats, the most colorful and ecologically special species could be lost.

Cátia Matos from Pexels/CanvaPro

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someone up.*

—Bernard Meltzer



A Joyful Heart

by Shoshanna Katzman



In Chinese medicine, a basic tenet holds that a person's physical body and emotional state are intimately interconnected. With this in mind, it is understandable to believe that emotions impact both physical as well as one's mental health. Thus, viewing the whole body through a holistic lens reveals that emotional issues need to be reconciled for physical healing to take place.

We learn from the Law of the Five Elements, as an example, that joy is associated with the fire element and directly impacts energetics of its yin organ, the heart. When in balance, the expression of joy nourishes heart energy and reflects a healthy emotional state. A lack of joy along with prolonged sadness depletes heart qi and can become the underlying

root cause of symptoms such as palpitations, fatigue, and emotional numbness. On the other hand, excessive joy overstimulates the body-mind and poses a great risk to the heart energy system.

Strangely enough we learn that excessive joy can be an emotional cause of disease. It disrupts the flow of qi (vital energy) and blood, becoming an energetic imbalance known as overjoy or over-elation. This typically will lead to agitation, nervousness, and overexcitement, making it difficult to react appropriately to one's surroundings and during social interactions. Whereas a moderate, balanced state of joy smooths the flow of qi and blood throughout the body – bringing forth stress relief, inner contentment, and a boost in immunity.

The heart, known to “house the spirit”,

embodies a person's vitality, consciousness, emotions, and mental function. The ancient Chinese medicine text the *Neijing* states: “When one is excessively joyful, the spirit scatters and can no longer be stored” – producing mental and behavioral confusion along with unclear thinking, outbursts of laughter, chattering happily to oneself, and a state of manic risk-taking.” Overjoy causes an energetic disharmony of “excess heart fire” associated with recurrent agitation, insomnia, palpitations, over-excitability, and restlessness.

The heart is the “emotional center of the body”. It rules over the Seven Emotions which include joy, grief, fear, fright, worry, and anger. It filters these emotions through one's energetic system.



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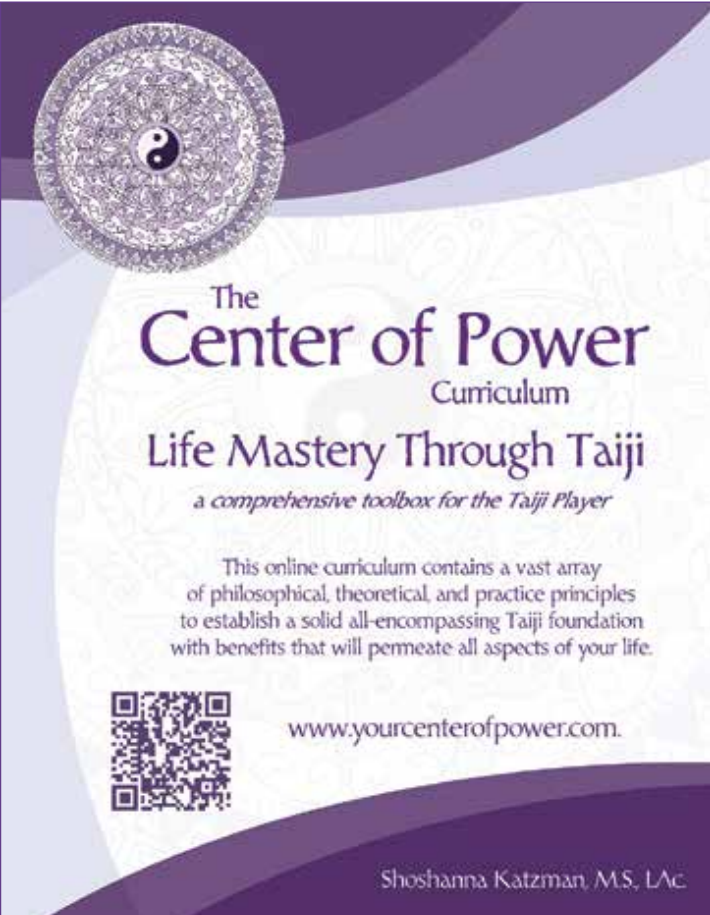
Working toward a balanced state of joy in life, creating a more harmonious heart spirit begins with engaging in self-reflection in order to deepen inner knowledge. This assists one to get in touch with their feelings and become truer within themselves. This reveals ways to make more space for joy and inner peace to surface in life. This might include not allowing the news of current events to zap their energy. It may mean maintaining a better work/life balance, along with giving oneself ample periods for rest and restoration. And it is important to spend more time outside to cultivate a harmonious connection with nature. Engaging with friends and having fun socializing while indulging in hearty laughter are highly recommended activities.



In terms of Chinese medicine dietary suggestions, red foods such as raspberries, lychee berries, watermelon, pomegranate, tomatoes, and beets are known to nourish the heart. Engage in the ancient Chinese exercises of Taiji (Tai Chi) and Qigong to bask in their generation of joyful spirit. Its meditation through movement component brings forth a more peaceful existence, as it nourishes heart joy and promotes a tranquil spirit. Its upward flowing hands open and balance flow of energy throughout the heart meridian and heart organ system – continuously balancing heart energy and filling one's heart-mind with joy.


Receive acupuncture to balance energies flowing within the pericardium meridian which serves as the “heart protector”. The acupuncture experience also nourishes the heart-mind by helping one to go within and get in touch with their true nature. All in all, following these recommendations will result in a balanced emotional state of joy, a harmonious heart spirit, and a life filled with a calm and clear mind.

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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Shamanic Healing

The Transformative Power of Shamanic Healing

by Elizabeth Murphy



Shamanic healing, one of humanity's oldest spiritual practices, continues to offer profound benefits to people seeking holistic wellness in our modern world. Rooted in traditions that span tens of thousands of years across diverse cultures, from the Amazon rainforest to Siberian tundras, shamanic healing addresses the interconnection between mind, body, and spirit in ways that contemporary medicine is only beginning to acknowledge.

At its core, shamanic healing operates on the principle that illness and suffering often stem from spiritual imbalances or disconnections. As Shamanic practitioners, we enter altered states of consciousness—traditionally through prayer and meditation, rattling, drumming, or chanting—to journey into non-ordinary reality, where we retrieve lost soul fragments, remove spiritual intrusions, or communicate with helping spirits on behalf of our clients.

This ancient, sacred approach provides a unique therapeutic benefit: it offers meaning, narrative, and energetic release, to suffering that purely biomedical approaches may overlook.

One significant benefit of shamanic healing lies in its capacity to address trauma. The concept

of "soul retrieval," where practitioners recover fragmented parts of the psyche lost through traumatic experiences, mirrors contemporary understanding of dissociation in psychology. Many individuals report feeling more whole, present, and integrated after such sessions. This resonates with growing evidence that trauma healing requires approaches that engage the body and subconscious mind, not just cognitive processing.

Many shamanic healers, including myself, work directly with the body's energy centers, particularly the chakra system, to identify and clear blockages, imbalances, and energetic imprints left by past experiences. Through intuitive sensing and journeying, shamanic healers perceive where energy is stagnant, depleted, or excessive within specific chakras, then use techniques such as extraction, energy clearing, breath or sound healing to restore balance and flow.

These imprints—energetic signatures from trauma, ancestral patterns, or unhealthy relationships—can be gently released, allowing our client's energy body to return to its natural state of harmony. This chakra work often produces profound shifts in physical health, emotional wellbeing, and spiritual clarity as the energetic foundations for illness are addressed at their source.

Shamanism emphasizes personal empowerment and active participation in one's healing journey. Rather than positioning individuals as passive recipients of treatment, shamanic healing invites people to develop relationships with their own inner wisdom, spirit guides, or power animals. This cultivates agency, self-trust, and an ongoing relationship with practices that support resilience beyond any single healing session.





For many, shamanic healing offers cultural reconnection. The practice can restore severed cultural lineages and address inter-generational trauma in ways that Western psychotherapy alone cannot.

Additionally, shamanic healing can complement conventional medicine rather than replace it. Many practitioners and clients integrate shamanic work with medical treatment, psychotherapy, and other modalities.

The spiritual & emotional healing facilitated through shamanic practices can support physical recovery, reduce anxiety around medical procedures, and provide comfort when facing chronic or terminal illness.

Research into related practices like meditation, rituals and sacred ceremonies increasingly validates mechanisms underlying shamanic healing. Studies show that altered states of consciousness can promote neuroplasticity, reduce inflammation, and facilitate psychological healing. Evidence suggests these ancient methods access genuine therapeutic pathways.

The holistic worldview of shamanism also promotes ecological consciousness. Shamanic traditions inherently recognize the sacredness and interconnection of all life, viewing nature not as separate from humanity but as kin. In an era of environmental crisis, this perspective cultivates ecological awareness and responsibility, encouraging people to see their health as inseparable from the health of the Earth.

Ultimately, shamanic healing offers what many find missing in modern life: meaning, connection, and a sense of belonging to something greater than ourselves.

Whether one approaches these practices as literal spiritual interventions or as powerful psycho-spiritual metaphors, the benefits—increased wholeness, community connection, empowerment, and alignment with nature—address fundamental human needs that conventional systems often neglect.

In bridging ancient wisdom with contemporary healing needs, shamanic healing practices continue demonstrating their enduring relevance and transformative potential.


Elizabeth Murphy is an experienced shamanic healer and certified executive coach. She owes a debt of deep gratitude to the Q'ero Shamanic lineage under which she has trained, been initiated, and received 10 Shamanic Sacred Rites. The Indigenous Q'ero nation of Peru are the last remaining descendants of the Inca. Her work is dedicated to creating an environment where people can thrive and reach their highest destiny. In honor of her Irish ancestry, her practice is named Rathú, Gaelic for thrive. For more information go to www.rathu.net

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RATHU is an Irish word for THRIVE!



The Magic of Gourmet Salts

From *Fleur de Sel* to Himalayan Pink

by Maya Whitman

Specialty salts can transform everyday foods. To elevate the experience, add bold chili salt to a hearty winter stew, smoked salt to popcorn or ruby-colored wine salt to chocolate truffles.

Flavored finishing salts will surprise the tastebuds in ordinary everyday dishes like oatmeal, desserts or hot cocoa. Used mindfully, gourmet salt reduces the need for excessive sodium and invites us to

savor the extraordinary.

“I think salt is amazing and brings out the best in food—all those hidden flavors,” says Craig Cormack, a gourmet salt chef in Cape Town, South Africa. His career as a food artisan advanced in 2009 when he embraced specialty salts. “My personal collection is sitting at 232 naturally occurring salts from around the world,” adds Cormack, who favors unrefined regional varieties, but also enjoys bold options such as smoked Danish Viking salt for its

ancient, bonfire-infused qualities.

Salts vary in texture, flavor and nuance based on their source and harvesting techniques, such as solar evaporation or hand-raking. Many contain trace minerals, adding depth to dishes, and when consumed in moderation, sea salt may benefit the body compared to refined salt.

Salt’s Good Side

Salt has a bad reputation for causing high blood pressure and other health conditions, but the U.S. Food and Drug Administration (FDA) states that more than 70 percent of dietary sodium comes from prepared and packaged foods, not from salt added at home. The FDA daily value for sodium is less than 2,300 milligrams per day, and using unrefined salts can be a healthier alternative to common table salt, which is demineralized and processed with anti-clumping agents. Celtic gray salt and other mineral-rich varieties contain naturally occurring, trace heavy metals, but also minerals like potassium, magnesium and



calcium, which can help prevent the body from absorbing harmful metals like lead.

“We all need salt in moderation to live. The best way to ingest salt is to season your own food. Processed food has too much salt, and you can’t control your intake. Naturally made, mineral-rich salt is the best choice,” affirms Nancy Bruns, a seventh-generation salt maker at J.Q. Dickinson Salt-Works, in Malden, West Virginia. She and her family produce rare, small-batch finishing salts harvested from the ancient Iapetus Ocean beneath the Appalachian Mountains.

Spanning the Salt Spectrum

Whether sourced from evaporated seawater (sea salt) or underground salt mines (rock salt), there is much to choose from. Sea salt comes in various colors, coarseness and complex flavors. Highly prized flake salt—*fleur de sel* from coastal France—is hand-harvested from evaporation ponds with clay bottoms and, with its delicate, paper-thin crystals, offers delicious nuances as a finishing salt. Celtic gray salt, sourced deeper within evaporation ponds, contains more moisture and minerals.

Himalayan pink salt, mined from salt beds formed from ancient seas approximately 600 million years ago, contains more than 80 minerals and has a rosy color due to the presence of iron oxide and magnesium. Black volcanic rock salt, also known as Himalayan black salt or *kala namak*, has a pungent, sulfuric quality that diminishes with heat during cooking and imparts an egg-like aroma and taste that can be useful in vegan recipes. The large, coarse grains of kosher salt traditionally used in Hebrew cuisine give food a robust, briny quality and satisfying texture.

Salt can be infused with herbs, spices, fruits and smoke from various woods to create a multitude of flavor qualities and moods. Bruns highlights her ramp-infused salt, which is combined with wild onions gathered during the Appalachian springtime. Charred oak from old bourbon barrels makes their smoked salt a favorite for grills and even chocolate desserts. Cormack spotlights the fine indulgence of Tartuflanghe

brand truffle salt from Italy for an unforgettable mushroom risotto.

Bruns is grateful for the timeless spirit of salt. “I come to work on the same land where my ancestors made salt for over 150 years. I feel their presence, as if they are watching over my shoulder. That legacy and sense of stewardship is present every time I sprinkle salt on my food.”

Maya Whitman is a frequent writer for Natural Awakenings.



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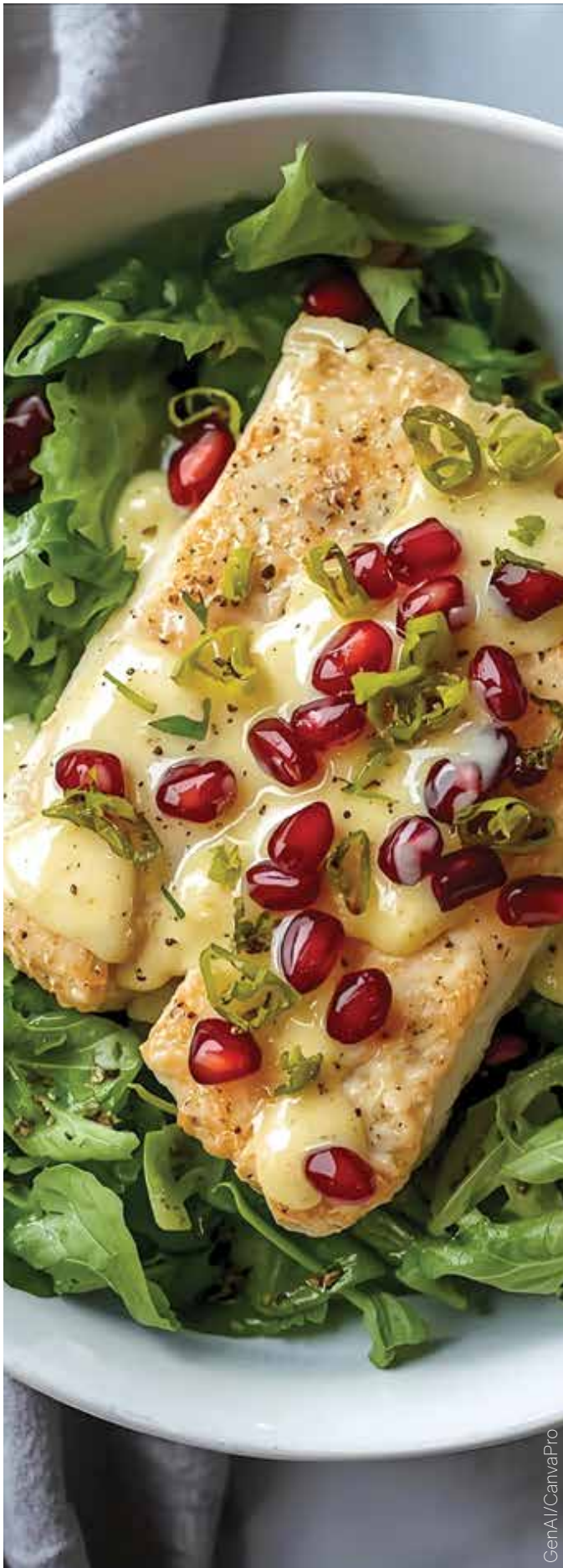
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POMEGRANATE PICKLED FISH

This gourmet holiday dish is ideal for a dinner party.

YIELD: 8 SERVINGS

<i>3½ lbs yellowtail fish, skinned</i>	<i>¾ cup, combined, equal amounts of dried apricots and sultanas (golden raisins)</i>
<i>6½ oz vegetable oil</i>	<i>2 cup white or red wine (red wine gives fish a deeper color)</i>
<i>3½ lbs sliced onions</i>	<i>½ Tbsp coarse salt</i>
<i>1 Tbsp garam masala</i>	<i>5 Tbsp white wine vinegar</i>
<i>1 tsp fennel seeds</i>	<i>2 Tbsp brown sugar</i>
<i>1 tsp coriander seeds</i>	<i>Seeds of 1 large pomegranate</i>
<i>1 tsp black peppercorns</i>	
<i>4 whole cloves</i>	
<i>4 to 5 bay leaves</i>	

FOR HOMEMADE LIME MAYO

<i>5 large egg yolks</i>	<i>Zest from one lime</i>
<i>1 Tbsp English mustard</i>	<i>1½ cups sunflower oil</i>
<i>Juice of two limes</i>	<i>1 tsp salt</i>

Preheat the oven to 400° F.

Place fish in a baking dish, allowing space for sauce.

Heat the vegetable oil in a Dutch oven or a flat wide pot. Add onions, cover and sauté at low heat for 30 minutes, stirring occasionally, until they become sweet.

Stir in garam masala, fennel, coriander, peppercorns, cloves and bay leaves. Turn heat up to medium and fry for 30 seconds to temper the spice, and then add the apricots, sultanas, wine and salt. Reduce heat and simmer uncovered for 20 minutes.

Remove pan from heat and stir in the vinegar and sugar until well incorporated into the sauce. Pour sauce over the fish. Cover baking dish with foil and bake for 20 minutes.

Remove dish from oven, let it cool completely and then refrigerate for at least a day.

Add all the lime mayo ingredients into a bowl, except for the sunflower oil. Slowly add the oil while whisking the ingredients vigorously. When all the oil is added, the mix should be velvety smooth and be able to hold its own shape. Store in the refrigerator.

Serve cold fish on a salad with homemade lime mayo. Garnish with a sprinkle of pomegranate seeds.

Recipe courtesy of Craig Cormack.

FLAVOR-INFUSED SALT

1 tsp dried herbs, spices or citrus zest of choice

¼ cup kosher salt, coarse sea salt or coarse Himalayan pink salt

Basic Infusion Instructions

In a bowl, combine 1 teaspoon of dried herbs, spices or citrus zest for every ¼ cup of kosher salt, coarse sea salt or coarse Himalayan pink salt. Stir thoroughly and store the mixture in a sealed, dry, airtight jar. For optimal results, let the flavored salt sit in the closed jar for a few hours before use.

Suggested Combinations and Uses

Create a delicious finishing salt for grilled shrimp, vegan tacos or black bean soup by combining 1 teaspoon fresh lime zest, ½ of a dried hot chili pepper and ¼ cup kosher salt. Sprinkle to taste just before serving.

Enhance fresh blueberries, melon, warm oatmeal or freshly baked brownies with a unique flavor by crushing 1 teaspoon of organic lavender buds in a mortar and pestle until the flowers are bruised and fragrant, then combining them with ¼ cup coarse Himalayan pink salt. Sprinkle to taste immediately before serving.

Make a wonderful cooking salt for roasted vegetables by mixing 1 teaspoon dried rosemary with ¼ cup Celtic gray sea salt. Sprinkle to taste before baking in the oven.

Recipe courtesy of Marlaina Donato.



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Craniosacral Therapy Is a Gift

by David Frome, PT, LAc

Many consider Craniosacral therapy (CST) to be a gift. This gentle, hands-on approach recruits the body's natural self-healing ability. The practice of CST calms the central nervous system and releases deeply held physical and emotional patterns of tension.

A Non-Invasive Approach

Craniosacral therapy is a non-invasive approach that uses a remarkably light touch, respecting the body's natural rhythms. CST tunes to the body's natural rhythms and creates an opportunity for the body to re-balance itself rather than forcing a change.

The Nervous System

The Craniosacral Therapist works with the membranes and fluid surrounding the brain and spinal cord to reset the nervous system and reduce the dominance of the fight/flight state.

Theo

Theo, a six-year-old, squirmed as he waited for his first craniosacral treatment. His parents described him as curious, likable, impulsive, and in constant motion. Theo was having difficulty focusing in school.

As he approached the treatment table, he seemed reluctant to lie down. With some gentle coaxing, the craniosacral treatment began. The therapist gently held Theo's feet. CST utilizes the gentlest of touches, slowly unwinding patterns of chronic tension and restoring ease and connection of the limbs and body while restoring subtle movement of fluid within the central nervous system.

As Theo settled into the treatment, his body "unwound." The treatment progressed with work on his trunk, head, and neck. His breath became slower and more even. A smile came over Theo's face. CST has the potential to help children who are labeled with hyperactivity, learning problems, and ADHD. The Craniosacral therapist works to restore the smooth and rhythmic flow of the cerebrospinal fluid, which bathes and nourishes the tissues of the brain and spinal cord. CST can help to bring the autonomic nervous system into balance.

Mark

Mark, a 25-year-old, loved basketball, but back problems kept him from the game. He stood in my waiting room, because sitting caused a sharp pain in his lower back that

radiated into his left buttock.

As he walked into the session, his body was partially flexed forward. His steps were lumbered, and it was obvious he was agitated and had considerable discomfort. Mark was unable to lie on his back. Instead, the treatment began in the sidelying position.

His CST session began with extremely gentle hands placed on the lower back and neck. The stiffness in Mark's back began to diminish. As the treatment progressed, he was able to lie on his back. Gradually, the tension in his hips and lower back eased, and he was able to extend his hips and lie flat on the table.

CST restored mobility to Mark's body. His breath became easier, and his demeanor more relaxed. When he left, he was able to stand and walk more ease. He smiled, expressed gratitude, and it was clear that he was feeling considerably better.

There are so many reasons why people choose Craniosacral Therapy.

- Anxiety
- Back & neck pain
- Stress reduction
- Leep problems
- Headaches
- TMJ syndrome
- ADHD
- Surgery Recover

And so much more. If you are looking for a holistic approach to support you in your health journey, then Craniosacral therapy might indeed be a gift.

David Frome practices acupuncture, Rolwing /Structural Integration, and Craniosacral Therapy at Frome Physical Therapies in Loch Arbour, NJ. To learn more or schedule an appointment, call 973.509.8464 or go to www.fromept.com

The contents of this article are not meant to be diagnostic or prescriptive. Foot pain is often complex, and a physician should always be consulted before choosing a course of treatment



Manifesting Your Best Life

12 Ways to Manifesting Your Best Life Before The Ball Drops

by Dawn Ricci



As the year winds down, many of us feel the nudge to finish strong — to step into the energy of what we truly want before the clock strikes midnight on 2025. Think of it like the 12 Days of Christmas, but with a twist of manifestation magic. You can still sing the nostalgic tune to make the intention stick!

So, if you're ready to call in the "good life" — love, peace, abundance, and purpose — here are 12 ways to make these final weeks golden!

On the 1st way of manifesting, the Universe gave to me... Clarity that lights the path ahead. Name what you truly desire. The good life doesn't arrive by accident — it responds to direction.

On the 2nd way, Spirit whispered: Trust Your Intuition. That quiet inner knowing is your GPS. When logic stalls, intuition leads the way home.

The 3rd way brings Evidence — The Universe's love notes. Synchronicities, repeating numbers, feathers, songs — all reminders that your energy is being heard.

The 4th way is Belief — the invisible engine. Belief fuels the unseen. The stronger your conviction, the faster your reality catches up.

The 5th way is Action — inspired, not forced. Manifestation isn't just thinking; it's doing with intention. Small, aligned steps carry big frequency.

Already halfway there, the 6th way, Gratitude Takes Center Stage. Say "thank you" before the miracle shows up. Gratitude isn't reaction — it's creation.

7th way is Release, the Art of Letting Go. Old fears, stories, and what-ifs block your flow. Free yourself, and the Universe rushes in to fill the space.

The 8th way Sings of Alignment. It's the balance between effort and ease, intention and surrender. The sweet spot where miracles multiply.

The 9th is Joy – The Highest Vibration of All. Joy tells the Universe you're open to receive. Dance. Laugh. Be playful with life again.

The 10th way is Service – giving from overflow. When you share your gifts without condition, life gives back in extraordinary ways.

The 11th way is Vision — seeing beyond what is. Hold your focus on the outcome you desire, even when nothing seems to move. The unseen is already shifting in your favor.

And the 12th way, the grand finale: Faith. Faith is the exhale — the calm trust that all is aligning, even when you can't yet see the evidence.

As the curtain closes on 2025, may you look back and realize you didn't wait for the "good life" to appear — you created it, one inspired act, one belief, one miracle at a time. So, light a candle. Write a list. Whisper your dreams aloud. The Universe is listening — and the next chapter is already on its way. Here's to manifesting the most magical ending yet. Happy New Year, dear ones.

*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. Download her free guide, *Manifestation Mastery: Your Guide to Hi-Vibe Living*, at dawnricci.com/guide.*



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- South Central Pennsylvania
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This information is not intended as an offer to sell, or the solicitation of an offer to buy, a franchise. It is for informational purposes only. Currently, the following states regulate the offer and sale of franchises: California, Hawaii, Illinois, Indiana, Maryland, Michigan, Minnesota, New York, North Dakota, Oregon, Rhode Island, South Dakota, Virginia, Washington and Wisconsin. If you are a resident of one of these states, we will not offer you a franchise unless and until we have complied with applicable pre-sale registration and disclosure requirements in your jurisdiction.



Boosting Canine Health

Holistic Immune-System Strategies

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

A dog's immune system is the first line of defense against infection and disease, relying on nutrition, rest and emotional balance for optimal protection. Prolonged stress and consistently poor nutrition can gradually weaken this vital network, but holistic care provides gentle, effective strategies to restore and safeguard immune function, contributing to lasting wellness and vitality.

A Solid Nutritional Foundation

Immune resilience begins in the gut, where most immune cells are located. A 2024 study published in *Frontiers in Veterinary Science* revealed that supplementing canine diets with chitooligosaccharides (COS), bioactive compounds derived from chitin in crustacean shells and fungi, enhanced immune responses and antioxidant enzyme activity by promoting a healthier gut microbiome. In addition to these functional supplements, nutrient-dense foods, particularly fresh leafy greens and colorful vegetables such as carrots, beets and peppers, also nourish beneficial gut bacteria and provide antioxidants that combat inflammation. Each color of the vegetable rainbow contributes unique phytonutrients that protect cells and bolster a dog's innate defenses.



While many vegetables are beneficial, pet parents should not give dogs onions, garlic, leeks, scallions and chives, as they are toxic to dogs. Likewise, dogs should not eat tomatoes, corn on the cob and vegetables that can cause blockages such as radishes and the pits from avocados and fruits. Certain fruits, such as cherries, grapes and raisins, are also toxic to dogs.

Healthy fats are equally indispensable because they form the structural basis of cell membranes, ensuring optimal cellular function and resistance to pathogens. Omega-3 and omega-6 fatty acids from sources like fish oil, boneless sardines or ground flaxseed in moderation nourish the skin, reduce inflammation and support immune regulation. Cholesterol plays a crucial role in maintaining cell integrity and hormone equilibrium. Good cholesterol sources for dogs include eggs, organ meats, fish and lean meats fed in moderation. These nutrients promote strong, adaptable cells and a balanced microbiome—the cornerstone of enduring health.

A comprehensive whole-food diet centered around these principles offers greater benefits than isolated supplements. The synergistic effects of nutrients found in fresh foods support the immune system in a natural, sustainable manner, helping dogs heal, adapt and thrive.

The Power of Mushrooms

Nature provides potent tools to further enhance immune balance. Medicinal mushrooms have long been recognized for their immunomodulating properties, helping to strengthen, balance and regulate a dog's natural defense mechanisms. Medicinal mushrooms such as reishi, shiitake, cordyceps, lion's mane, turkey tail and chaga are safe and beneficial when used under the guidance of a veterinarian. Unidentified and wild mushrooms, including *Amanita* and *Galerina* species, should not be given to dogs as they may be toxic.

Research on shiitake mushrooms indicates

that they contain beneficial bioactive compounds, including beta glucans (β -glucans), eritadenine and other polysaccharides, which can augment immune activity, support liver function and improve antioxidant capacity in humans.



nundigital from NunDigital/CanvaPro

A 2024 study in *Frontiers in Veterinary Science* found that four weeks of shiitake mushroom powder supplementation in healthy dogs significantly increased antioxidant activity, while reducing cholesterol. These findings suggest that shiitake mushrooms may help enhance cellular defense and immune resilience in dogs. Because of their immune-stimulating properties, shiitakes should be given only under veterinary supervision to dogs with immune-mediated diseases or those undergoing chemotherapy or immunosuppressive treatments.

Similarly, reishi mushrooms have been studied in animals for their immune-supportive and protective effects. Their polysaccharide and triterpenoid constituents have been demonstrated to stimulate pathogen-killing white blood cells such as macrophages and T-lymphocytes, leading to improved immune surveillance and resistance against abnormal cell growth. Rodent studies have shown that reishi extracts can significantly inhibit tumor development, reduce inflammation and enhance overall immune function without adverse effects.

A pivotal factor in these effects is the presence of β -glucans—complex polysaccharides that function as biological response modifiers, training the immune system to respond appropriately to challenges without overstimulation. “The beta glucans help to stabilize your immune system,” explains Rob Silver, a pioneering holistic and integrative veterinarian in Boulder, Colorado, recognized for his expertise in veterinary herbal medicine and medicinal mushrooms. He notes that these compounds can “re-educate” immune cells, enabling them to distinguish between genuine threats and harmless triggers such as pollen, food or dust. In this way, β -glucans promote a balanced, resilient immune response that supports both health and tolerance.

Establishing Balance for Lifelong Wellness

Holistic canine care goes beyond food and supplements, encompassing emotional well-being and preventive measures. Because chronic stress can weaken immunity, maintaining a calm, enriching environment is essential. Regular exercise, mental stimulation and comforting companionship promote equilibrium and confidence. Gentle detoxification practices such as supporting liver function with milk thistle or kidney health with dandelion root further assist the body’s natural cleansing processes.

Regular checkups are pivotal in preserving a dog’s health, enabling



Mountain
Dancer

Qigong for Good Health

Maxine Forster Guenther, M.A.
 Certified Instructor of Integral Qigong
 Member National Qigong Association

Red Bank Area Classes
732-389-1419
www.qigongforgoodhealth.org
Qigongomi@yahoo.com

veterinarians to detect emerging issues early. Collaborating with a holistic practitioner provides a comprehensive approach that integrates natural therapies with conventional medicine.

Holistically strengthening a dog’s immune system entails nurturing the entire being—body, mind and spirit. With a foundation of whole-food nutrition, balanced fats, supportive herbs and mindful care, dogs can enjoy vibrant health and lasting vitality. This integrated approach not only fortifies the immune system, but also cultivates a life of balance, joy and resilience.

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



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wellness comes from within

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Calendar of Events



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



WEDNESDAY, DECEMBER 3

Dancing with Dragons - 8-10pm. 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: Ayearandadymysticalshoppe@yahoo.com Web: Ayearandadymysticalshoppe.com

THURSDAY, DECEMBER 4

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. For your comfort, you may 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: Ayearandadymysticalshoppe@yahoo.com Web: Ayearandadymysticalshoppe.com

FRIDAY, DECEMBER 5

Full Moon Circle - 8-9:30pm. Enjoy and experience the Cold Moon, or Long Night's Moon with us. December's moon is the time to release what no longer serves us and restore our harmony with the universe and ourselves. 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: Ayearandadymysticalshoppe.com

SATURDAY, DECEMBER 6

Reiki Level I Workshop and Certification - 11:00am-3:30pm. A Year and a Day Mystical Shoppe, 413 Bond Street, 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. Phone: 848.217.2371, web: Ayearandadymysticalshoppe.com. Cost: \$195

SATURDAY, DECEMBER 7

Psychic/Mediumship Workshop with Cherise - 2:30-4pm. 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 \$75.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: Ayearandadymysticalshoppe.com

WEDNESDAY, DECEMBER 10

Taking Your Power Back Ceremony - 8-9:30pm. Are you tired of feeling tired? Our store medicine woman, Lauren Porter, will guide you through a shamanic meditation, breathwork and using crystals to help you locate where your lost power is and bring it back to you in the present moment. Don't just go through the motions for the rest of 2024 and make it by on fumes. Your power is yours! Let this ceremony be that invitation to take your power back! \$35pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ 07712 Call: 848-217-2371 Email: Ayearandadymysticalshoppe@yahoo.com Web: Ayearandadymysticalshoppe.com

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>

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 purpldragon.com.

THURSDAY, DECEMBER 11

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: Ayearandadymysticalshoppe.com

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FRIDAY, DECEMBER 12

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: Ayearandadymysticalshoppe@yahoo.com Web: Ayearandadymysticalshoppe.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, DECEMBER 13

Akashic Records, Stone Path or Medium Reading -1-5pm. The Akashic Records hold information about your soul's past, present and future. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Ancient stone readings can show you how your life has been thru each phase and where you are heading. Do you have



a loved one who has passed that you would like to communicate with? Cherise can mediate your connection and help you convey what you would like to say and pass on to you any messages from the other side. Session is 45-60 minutes. \$145.00 per person; 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

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SUNDAY, DECEMBER 14 HAPPY HANUKKAH

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. Ayearandadaymysticalshoppe.com

Sacred Shift with Nicole - 11:30 to 12:30pm at The Yoga Loft, 58 Main St Farmingdale. Sacred Shift Energy Circles are 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. We explore how life patterns reflect energetic imbalances, creating space for clarity, grounding, and empowered shifts. This is a safe and supportive space to ground, restore balance, and cultivate deeper self-awareness. Call/text 732-239-2333 or email info@theyogaloftnj.com to let us know you'll be joining. Cost \$25

MONDAY, DECEMBER 15

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>

TUESDAY, DECEMBER 16

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, DECEMBER 17

Personal Totem Pole Workshop - 8-10pm. Join medicine woman Lauren Porter, as she does a guided journey to each of our chakra energy centers to see what animal medicine resides there using drums, sound frequencies with tuning forks and crystal bowls, to help participants connect to each chakra. \$35pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ 07712 Call: 848-217-2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

THURSDAY, DECEMBER 18

Reiki Level I Workshop and Certification - 11:00am-3:30pm. A Year and a Day Mystical Shoppe, 413 Bond Street, 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. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$195

FRIDAY, DECEMBER 19

Healing Circle - 7:30-9:30pm. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Reiki Practitioners and energy healers, come share your experiences and techniques and practice your skills working on one another. An amazing way for people who are new to Reiki and energy therapy to check it out. Preregistration required. 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. \$10

SATURDAY, DECEMBER 20

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

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. For your comfort, you may 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

Winter Solstice Celebration: 7pm. December 20th, 4 E. River Road, Rumson. Join us as we commemorate the deeper meaning of the winter season with reflections, contemplation, music, and gentle movement. The winter solstice marks NJ's shortest day and longest night of the year. Join us after the celebration for refreshments and fellowship. For more information about this free event visit our website www.waterspirit.org/events-calendar. This event is also live-streamed to our YouTube channel.

TUESDAY, DECEMBER 23

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, DECEMBER 25 MERRY CHRISTMAS

FRIDAY, DECEMBER 26

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, DECEMBER 27

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 in-

centives and promotions such as online store credit for goods. Text 732.500.4949 for more info.

TUESDAY, DECEMBER 30

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>

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 - 7-8:30pm. 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. Phone: 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 347Soul 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.

Sound Healings/Meditations – 6:45-7:45pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Weekly sound healings and meditations group. Using crystal bowls, gong, chimes, guided sounds, singing and chanting etc., we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. Preregistration is required, 848.217.2371. email: Ayearandadaymysticalshoppe@yahoo.com, website: Ayearandadaymysticalshoppe.com. Ask us about private meditation sessions and Veteran Discounts. Cost: \$25 **No Sound Healing/Meditation on December 24 and 31

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 email info@healing4u.com.

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

FRIDAYS

Friday Morning Tai Chi in Loch Arbour 7:30-8:40 am at Frome Physical Therapies, our Tai Chi and Yin



Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. It's a perfect way to improve your balance, strengthen your legs, and increase your flexibility. Tai Chi and Qigong can also ease your breath and improve your posture and, it's a longevity practice! All levels are welcome. Reserve a spot online at www.frompept.com or by calling (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/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, JANUARY*

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

* Call to get the latest days we'll be open

FRIDAY, JANUARY 9, 23 SATURDAY, JANUARY 10, 24

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LAUREN A. SALANI, LCSW, BCB
Senior Fellow, Advanced Board Certified in Biofeedback by the BCIA, Biofeedback Certification International Alliance, Member of Association for Applied Psychophysiology and Biofeedback. Trained in EMDR. Stress Relief Services - 107 Monmouth Rd, Suite 104, West Long Branch, NJ 07764. 732-542-2638
LaurenASalani@gmail.com



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

A YEAR AND A DAY MYSTICAL SHOPPE

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Metaphysical retail store offering crystals, gemstones, incense, essential oils, books, Tarot and Oracle cards, specialty candles, smudge supplies and more! Psychics, Shamans, Ministers and Reiki/Energy/Crystal healers are available to provide guidance and healing. We provide Aura photos with 3D imaging for you and your pet, meditations and in-store classes and workshops. Additional services: dedications, weddings, funerals and house cleansings.

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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](https://www.instagram.com/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
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MERYL HAYTON

Trauma Healing Specialist, Advanced Certified EFT Practitioner
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Meryl is the creator of the Emotional Clearing Method helping others release trauma, rewrite limiting patterns and reclaim confidence. Through EFT tapping, energy healing, private sessions, group workshops and retreats, she guides clients to embody inner peace, hope, joy and confidence while stepping fully into their authentic selves.

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HEARTY VEGETABLE FRITTATA

YIELD: 4 SERVINGS

<i>2 Tbsp olive oil, divided</i>	<i>2 tsp fresh thyme leaves</i>
<i>1 large yellow onion, sliced</i>	<i>¼ tsp heirloom salt, divided</i>
<i>1 medium zucchini, thinly sliced</i>	<i>4 large eggs</i>
<i>1 medium yellow squash, thinly sliced</i>	<i>½ cup whole milk</i>
<i>1 medium red bell pepper, thinly sliced</i>	<i>5 grinds from black pepper mill</i>
<i>2 cloves garlic, minced</i>	<i>3 dashes of jalapeño hot sauce</i>
	<i>⅓ cup feta cheese, crumbled</i>

Preheat the oven to 350° F.

Heat 1 tablespoon of olive oil in a 10-inch oven-proof skillet over medium heat. Add sliced onions and sauté until lightly browned, about 8 to 10 minutes, stirring frequently.

Take the onions out of the pan and set them aside. Add the remaining tablespoon of olive oil to the pan, along with the zucchini, yellow squash and red bell pepper. Sauté for 5 to 7 minutes until cooked through and tender. Add the garlic, thyme leaves and ⅛ teaspoon of salt. Stir and cook for 30 seconds more until fragrant.

Remove the pan from the heat. Return the onions to the pan and mix well. Let it cool for 10 minutes.

In a small bowl, whisk together the eggs, milk, remaining salt, pepper and hot sauce. Pour this mixture over the vegetables and sprinkle feta cheese on top.

Place the pan on the center rack of the oven and bake for 20 to 25 minutes, or until just set in the center.

Take the pan out of the oven and let it sit for 5 minutes. Cut into quarters and serve.

Recipe courtesy of J.Q. Dickinson Salt-Works.





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