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AUGUST 2025 | MONMOUTH • OCEAN | NAJERSEYSHORE.COM

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



Functional Nutrition & Lifestyle Counseling

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

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

When you've had enough of one-size-fits-all protocols and really want to be seen as an individual, not a number or quick fix, I can truly help you. My coaching programs are designed especially to address the 8 pillars of health and wellness: Daily nutrients, Essential movement, Stress reduction, Toxin overload, Rest and relaxation, Emotional wellbeing, Supplementation, and Successful mindset.

For more information please call me at (908) 902-9598

email: sunshinecfn@yahoo.com | website: sunshinecafenj.com

You can also find me on Instagram @ [sunshinecfn](https://www.instagram.com/sunshinecfn)
or [fb@sunshine](https://www.facebook.com/sunshinefunctionalnutrition) functional nutrition and lifestyle counseling

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**DENTAL
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Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

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

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

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



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

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Publisher's Letter



Hello Friends,



I hope your summer is going amazing! Mother Earth has been very kind. My tomatoes, zucchini and peppers have been loving the weather. Hopefully the cucumbers and green beans are equally happy, and will be delicious very soon. If my little backyard farm is going this well, the farmers markets are sure to please this season.

I was experiencing some sadness this week, some self inflicted, some out of my control and it's amazing how nature can lift our spirits. I sat in the front yard and watched about 8 monarch butterflies and 3 humming birds working my flowers and plants. That brought joy to my heart. I then went to the barn looking for some love from my horse (who was a therapy horse btw) I fashioned a little cot in his stall and after a few minutes of laying there, I didn't get the nuzzles I was hoping for. He came over and bit my ankle. The message was pretty clear, he was nipping at my heels to get up and keep fighting windmills. When low moments hit us, it is super important to get out into nature - nature heals.

This great weather won't last forever, get out there and soak up your vitamin D! As always we are grateful for your continued support! So much love and gratitude for all - our readers, our advertisers and our team! Have a safe and wonderful Aug 😊
Warm wishes,

Sharon

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Contents

- 14 The Joy of a Harmonious Life
- 16 Reaching for Sage Wisdom
- 18 Small but Mighty
- 19 Living Gr-age-fully
- 20 Rolwing® Can Improve the Symptoms of Scoliosis
- 22 Good Vibrations
- 26 Understanding Cat Supplements
- 28 When Dreams Become Your Greatest Teacher



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Departments

- | | | |
|------------------|---------------------|-------------------|
| 6 News Briefs | 12 Global Briefs | 26 Natural Pet |
| 9 Inspiration | 18 Conscious Eating | 29 Calendar |
| 10 Health Briefs | 22 Healing Ways | 33 Resource Guide |



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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.



Learn the Magical Movements of Taiji (Tai Chi)



Starting Monday, September 15th, Two Rivers Academy of Taiji & Qigong is pleased to announce a new Beginner Taiji (Tai Chi) Class offered weekly by Shoshanna Katzman on Monday evening from 5:30-6:30 pm.

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

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

Its flowing patterns of movements are best performed slowly while integrating the physical and energetic aspects of being. Shoshanna Katzman, M.S., L.Ac. has practiced Guang Ping Yang Style Taiji for fifty years and teaches the form in its original style. She specializes in helping students integrate their physical and energetic aspects of being through the practice of this ancient dance.

Classes are held at Red Bank Acupuncture Center in Shrewsbury. For more information call or text 732.758.1800. You may also like to visit yourcenterofpower.com to learn about Shoshanna's comprehensive Taiji curriculum.

Root to Flow: A Sacral & Root Chakra Yoga Workshop



journey into the Root (Muladhara) and Sacral (Svadhithana) chakras—the foundation of our safety, creativity, sensuality, and emotional vitality.

This workshop is a space to reclaim your grounded power

and awaken your inner flow through a blend of grounding movement to stabilize and anchor. Fluid, creative flow to reconnect with pleasure and expression. Gentle yoga, breathwork, guided meditation, and restorative poses, crystal singing bowl sound healing (Root & Sacral frequencies). Journaling prompts and optional discussion for reflection and integration. Together, we'll explore themes of trust, connection, boundaries, sensuality, creativity, and emotional release—all essential for living from a place of embodied truth. No experience necessary. Come as you are.

This workshop is open to all levels. Whether you're brand new to the chakras or continuing your journey, this is an invitation to come home to your body and the flow of life

Please call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining \$40

Against the Wall: A New Look at Standing Poses

Join Jenn at The Yoga Loft, 58 Main Street August 8th 6-7:30pm. In this unique and engaging class, we'll discover how the wall can become a trusted partner in your yoga practice. Often overlooked, the wall provides clear and consistent feedback that helps you better understand your body's alignment, improve your posture, and access strength and stability with greater confidence.

Using the wall as a guide, you'll be invited to slow down, tune in, and deepen your awareness in each pose. Whether you're working on balance, stacking joints more efficiently, or finding the right muscle engagement, the wall offers support that allows for both precision and ease. This playful and exploratory session is ideal for anyone looking to reconnect with the foundational aspects of standing poses while trying something new. You'll be encouraged to approach familiar postures with fresh eyes and an open mind, unlocking new layers of understanding in your practice. Expect creative prop work, a spirit of curiosity, and a renewed relationship with the wall as a tool for growth, support, and discovery.



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Qigong for Good Health



Fall is the time of harvest & gathering our inner resources. Qigong reduces stress, builds stamina, increases vitality and affects the immune system in positive ways. Benefits of practice are profound. Qigong is an ancient Chinese system of self-care that integrates physical

postures, breathing techniques, and mind focus. Qi (Chee) is our vital life force energy that flows through all things in the universe. The practices are easy to learn. Join us as a beginner or a returning student to deepen your practice. Sign up early. These classes do fill. ALL are welcome!

Join Maxine Forster Guenther, M.A., Instructor of Integral Qigong, certified since 2003, in The Earth Room, Unitarian Universalist Meeting House, 1475 West Front Street in Lincroft. Two, one-hour qigong classes – 9 week fall series

Available on Tuesdays at 1:00 pm OR at 2:30 pm. For more details about Qigong and these classes please check the website www.qigongforgoodhealth.org 1:00 is for ALL levels. 2:30 is Primordial Qigong, best for experienced students. You may sign up online. \$100. for 9 sessions. 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.

PARKING LOT QIGONG: Saturdays at 10:30 am, weather permitting, in the back lot of UUCMC. These outdoor classes are drop in and by donation. To be sure class is happening, please contact Maxine at qigongomi@yahoo.com to be on the weekly Parking Lot Qigong e-mail list.



Crack the Code to Personal Growth at the 5MQ Intelligence Event



Spiritual mentor and intuitive Dawn Ricci brings a surprising twist to the world of personal transformation: She's a former private investigator. Years spent uncovering hidden connections and solving complex cases led her to a powerful realization—the same investigative methods could be applied to inner work with profound results.

Ricci developed the 5MQ Intelligence System to help others move beyond surface-level advice and into deep, lasting change. On July 17, she will share her signature method during a free virtual event designed for individuals seeking breakthroughs in health, relationships, business finances or purpose-driven living.

The 5MQ Intelligence System combines principles of neuroscience and manifestation into a clear, step-by-step process that eliminates guesswork and delivers personalized, actionable guidance. Participants will learn how to access intuitive clarity, identify patterns that may be blocking progress and create forward momentum—without relying on trial and error.

Flower Essences Heal!

Featured this Month: CALIFORNIA WILD ROSE

California Wild Rose is one of the fundamental flower remedies. It helps the soul to manifest and really embrace its task and responsibilities on the Earth plane. A truly loving soul care for oneself, others and to the Earth.

Many of us want to avoid or hold back from experiencing the challenges and pain of life on Earth. It can be hard sometimes to take the risk in relationships with others. This remedy can ignite the inner fire of the heart toward empathy and compassionate caring for others. It can be a helpful remedy for all stages of life from adolescence to adulthood. California Wild Rose stimulates the love force within the heart. If you are drawn to this transformative remedy, please contact me. Contact information is below.



Please call for a FREE 15-minute consultation to see if Flower Essence Remedies are for you. Donna Fluhr, Certified Flower Essence Practitioner Call 508.361.2809

Improve Your Posture & Alignment with Rolfing®

Look and feel your best this summer! Rolfing improves posture and alignment. The Rolfing Technique of Structural Integration treats neck and back pain and many musculoskeletal problems. Rolfing 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 Rolfing 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 Rolfing.

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

> Continued From News Briefs Page 7 <

Announcing the opening of the "Center for Spiritual Awakening"

973 Holmdel Rd, Holmdel, NJ 07733.



Spurred by recent developments with psychedelics in understanding the nature of spiritual /mystical experience, John Calvin Chatlos, MD is opening his practice to promote spiritual

awakening/experience without psychedelics or drugs.

Dr. Chatlos is a Board Certified adult, child and adolescent and addiction psychiatrist working in New Jersey since 1985. His work has identified a specific "Framework of Spirituality" that explores how true spiritual experience is psychologically organized in our universal human experience. A small group process (8 members) with weekly sessions over the course of 8 weeks shows powerful results with personal awakenings and potential healing of life traumas. Screening sessions for participants are occurring and a group will begin as soon as members are enrolled.

Please call 732.834.0368 or sign up at www.chatlosmd.com

Psychedelic assisted therapies may be more rapid (1-2 sessions), though often with less integration and a projected cost of \$5,000-8,000, than this process at an early development cost of \$1500 (includes screening). The Center for Spiritual Awakening is the home of the Human Faith Project, a non-profit 501(c)(3) corporation dedicated to "providing educational programs and services to communities throughout New Jersey, through workshops, seminars and other educational initiatives...to empower individuals, enrich communities, and foster a culture of continuous learning and growth promoting a spiritual attitude in life."

Workshop and book signing with author and guide, T.L. Harris

Join us August 30th 12:30-5:30pm for "The U Store — Discover What Makes You Unique" How many kinds of bread are there? Sure, bread is bread... but swap a single ingredient and suddenly it's something entirely new! Same goes for AI or software – add one line of code, change its placement and the whole outcome shifts.

So what about you? What if the Creator designed you to be _____, but you're doing _____? Curious to uncover who you're really built to be?

Join author and guide, T.L. Harris for a playful and profound exploration of The U Store. Discover how your innate-ness, 72 sacred gifts and 12 core life drives shape the recipe of your loaf. Come take a slice!

Seating is limited. Bring your curiosity and your appetite for the real you! \$99.00 per person. Includes a signed copy of his new book – The U Store. Pre-Register by calling 848.217.2371 A Year and a Day Mystical Shoppe 413 Bond St, Asbury Park

This Month's Monmouth County Co-op Corner

**FIRE UP THE GRILL!
TODAY WE'RE GRILLIN' LETTUCE!!!**



Grilling lettuce is amazing and delicious, it's also easy.

You will need:

Fresh heads of firm romaine lettuce • a drizzle of olive oil • a splash of lemon juice • a sprinkle of Parmesan cheese (or fortified nutritional yeast to keep it non dairy) • Kosher salt and pepper to taste • Fresh herbs (optional)

1. Make sure your grill grates are clean, we're grilling the lettuce right on the grill!
2. Make sure your lettuce is clean also... rinse and dry thoroughly
3. Cut the lettuce in half VERTICALLY, keep the core intact
4. Drizzle olive oil liberally on the lettuce, both sides, and a little on the grill grates
5. Sprinkle each lettuce side with kosher salt
6. Grill cut side down for 3 minutes, pressing down with your tongs for a good sear
7. Flip over and grill the outside for additional 3 minutes
8. Remove from grill, sprinkle with black pepper
9. Squeeze fresh lemon juice over each half
10. LOTS of Parmesan cheese and/or nutritional yeast
11. Sprinkle top with fresh herbs such as basil, parsley, chives for an earthy touch
12. Enjoy with a knife and fork, or chop it up and add your favorite dressing

This lettuce delicacy will combine the smoky flavor of grilled greens with the brightness of fresh lemon, the savory taste of Parmesan cheese, and the freshness of herbs, creating a delightful and light summer favorite Don't be surprised if you start getting requests... Chef's Kiss!

Join us in this flavorful adventure by becoming part of the Monmouth County Organic Co-op community. **Text 732 500 4949** or for more information find us on Facebook Group: 'Organic Fruit and Veggie Co-Op Monmouth County NJ'. We'll leave the grill on for ya...

**Lincroft pod of Purple Dragon Co Op*



Seize the Day!

by Marlaina Donato



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Art historian Bernard Berenson once said, “I wish I could stand on a busy corner, hat in hand, and beg people to throw me all their wasted hours.” Although no one has an inexhaustible number of years on the planet, we don’t realize that life is flying by. Most of us seem to be in a hurry all the time, even when we don’t need to be.

Memories of our most cherished moments have become intangible phantoms. Snapshots, stored on smartphones and rarely printed, are lost in a blizzard of social media posts. Although we photograph everything—even what’s on our dinner plate—the full engagement of our senses is perennially postponed to an ambiguous later date when we “have more time”. Somehow, we have become spectators of our own lives, never quite living the moments our technology is preserving.

Consider the supplication of Roman poet Horace: *Carpe diem!* To seize the day is more than a feel-good motto. It can be a

spiritual discipline. Unplugging from the compulsion to have a phone or camera in hand at all times can be a wonderful starting point. Reserving one day each week to turn off our devices and become fully immersed in meals and social activities can

help us shed our public personas and get back to who we truly are.

Choosing to speak in person or on the phone instead of texting can remind us that human voices spark deep, human connection, boosting the immune system and uplifting our mood. Face-to-face interactions remind us that we are valued and heard, and that we are capable of providing that crucial validation for others.

As our world spins into the age of artificial intelligence with so many exciting possibilities, we also want to ensure that what makes us human remains intact. Living fully and harmoniously is an invitation to cultivate authenticity, prioritize the present moment and inspire others by example. Seizing the day may truly be our greatest accomplishment.

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



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Healthy-Aging Properties of Caffeinated Coffee

In June, a large-scale study by Tufts University sought to determine the health benefits of caffeinated and decaffeinated coffee with and without the addition of sugar and saturated fat. The results published in *The Journal of Nutrition* suggest that drinking a low-to-moderate amount of caffeinated coffee daily lowers the risk of all-cause mortality; however, the benefit drops when an overabundance of sugar and saturated fat are added.

The researchers analyzed data from the National Health and Nutrition Examination Survey conducted between 1999 and 2018 involving more than 46,000 American adults. Individuals that consumed one to three cups every day were about 15 percent less likely to die in the next nine to 11 years compared to those that did not drink coffee at all. This benefit was negated for those that added more than half a teaspoon of sugar, one tablespoon of half-and-half, or three-and-a-half tablespoons of whole milk. Drinking decaffeinated coffee was not associated with healthy aging.



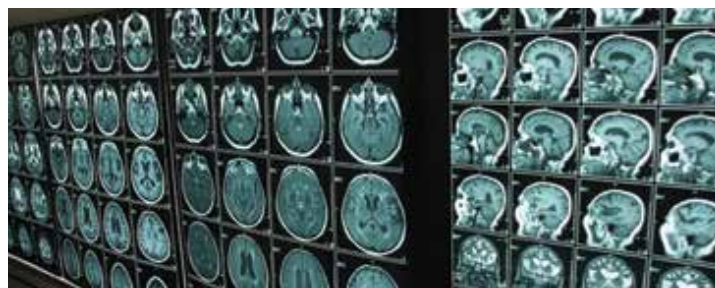
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Predicting Dementia

Determining how fast a brain ages may help predict and prevent dementia, a condition that is projected to impact approximately 42 percent of Americans aged 55 and older, according to the National Institutes of Health. While genetic analysis at the cellular level offers insights into biological age, its application to brain cells is hindered by the blood-brain barrier, which prevents cell collection.

Researchers from the University of Southern California have devised a non-invasive method that integrates magnetic resonance imaging (MRI) with artificial intelligence (AI) to assess brain aging. Their findings were published in *Proceedings of the National Academy of Sciences of the United States of America*.

The AI database was constructed through an exhaustive analysis of thousands of brain scans from individuals with different brain conditions and varying ages. Subsequently, patient brain scans taken at distinct time intervals are compared to the database to identify brain zones that are exhibiting accelerated aging. The method was tested on more than 100 adults with healthy brains and 140 Alzheimer's patients. The researchers are optimistic that their approach will not only identify early signs of cognitive decline but also facilitate the prediction of disease progression.



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Delaying Menopause for Longevity

Menopause, which occurs at the end of a woman's reproductive years, brings about changes in body composition and heightened health risks, including bone density loss, insulin resistance and an elevated propensity for cardiovascular disease. Notably, women that naturally enter menopause after age 55 have better health outcomes and a longer lifespan than those experiencing earlier menopause. Researchers and industry stakeholders are actively investigating ways to postpone its onset.

Yale University has devised an experimental procedure originally developed to preserve fertility for women undergoing cancer treatments. It involves surgically removing the outermost layer of the ovary, which contains hundreds of thousands of immature eggs, when a woman is in her late 30s. The tissues are cryogenically preserved for reimplantation years later as menopause approaches.

Columbia University is studying how to delay ovarian aging through the administration of low doses of an immunosuppressant drug, thus inhibiting a cellular pathway implicated in the aging process. Gameto, a biotechnology company dedicated to advancing treatment options for women, is conducting animal testing on engineered young ovarian support cells derived from stem cells. Celmatix Therapeutics is working on a drug designed to slow ovarian reserve depletion. Other researchers are advancing senolytic drugs engineered to selectively target and eliminate old, damaged cells.



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Sucralose May Increase Appetite

According to research published in *Nature Metabolism*, the calorie-free sweetener known as sucralose may increase appetite. Sucralose is widely distributed in various food products, including baked goods, beverages, chewing gum and frozen dairy desserts. In a randomized crossover trial involving 75 young adults, participants consumed a beverage containing sucralose, sucrose or water.



The study revealed that the sucralose-containing drink could stimulate appetite by delivering a sweet taste without triggering the body's natural mechanism for suppressing hunger. While this study is unlikely to significantly alter the availability of sucralose, it aligns with the 2023 World Health Organization's recommendation that non-sugar sweeteners should not be used for weight management purposes.



Wellness Cars of the Future

As many vehicles advance toward automation, passengers are presented with a range of new possibilities. Without a human driver, the car's interior can be transformed to cater to the desires of the traveler with entertainment, media and digital connections seamlessly integrated into the vehicle's ecosystem. Routes can be customized to optimize the journey, ranging from the quickest to the offbeat, with the ability to identify interesting and historically significant landmarks, locations, features and objects along the way.

In the car of the future, integrated artificial intelligence assists in planning scenic detours and dining experiences. Because the vehicle drives itself, enhanced lie-flat seating that incorporates massage and optimal body positioning ensures passengers arrive at their destination feeling well-rested. High-quality audio and video systems, coupled with atomizers that release the occupants' favorite aromatherapy scent, provide an opportunity to enhance the overall sense of well-being. Biometric sensors monitor heart rate and stress levels, prompting relaxation or meditative activities. Companies such as Cadillac and BMW are already working to make these concepts a reality.



Sustainable Building Materials

Julee Herdt, an award-winning architect, inventor and professor of architecture at the University of Colorado, has developed a range of high-performance, sustainable building materials called BioSIPs. Herdt's technology enables the construction of structural panels, beams, interior partitions and furniture from paper, agricultural and bovine waste, as well as unwanted biomass such as hemp, wood and aromatic flowers, eliminating the need for synthetic binders or toxic resins. She has also developed insulation made from mushrooms that bonds to the BioSIP products.

These building materials are fully renewable, repulpable and recyclable. In a full-scale test, a solar home constructed with BioSIP

Reusing Forever Chemicals

Perfluoroalkyl and polyfluoroalkyl substances (PFAS), commonly referred to as forever chemicals, have been linked to a number of health concerns. In April 2024, the U.S. Environmental Protection Agency labeled a specific PFAS known as perfluorooctane sulfonic acid (PFOS) and its salts and isomers as hazardous chemicals.

Scientists from the UK's University of Oxford and Colorado State University have developed a novel method for both destroying PFAS and reusing some of their elements in new products. Their method, published in the journal *Nature*, involves reacting PFAS with potassium phosphate salts and then grinding the PFAS and salts together using ball bearings to break the carbon-fluorine bonds. This process facilitates the reuse of the fluorine content in the manufacture of medicines and other products.



products outperformed standard and sustainably designed solar homes in terms of energy efficiency, environmental standards and occupant comfort.



Goldfish Invaders

The U.S. Fish and Wildlife Service is urging the public to refrain from releasing goldfish into local lakes, ponds and streams when they are no longer desired as pets, but instead seek alternative solutions such as returning them to the pet store or contacting a local aquarium or fish rescue organization for assistance.

In the wild, goldfish exhibit invasive characteristics that cause significant harm to local ecosystems. Omnivorous in nature, they thrive in diverse environmental conditions and are capable of rapid growth, exceeding four pounds in weight and a foot in length. At that size, they have no natural predators.

As bottom feeders, goldfish disrupt the delicate balance of aquatic ecosystems by stirring up sediment, uprooting plants and muddying the water. Their spawning frequency, which occurs several times a season, can lead to rapid population expansion. Goldfish also harbor parasites and diseases against which native fish possess no immunity.



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Qigong for Good Health

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The Joy of a Harmonious Life

by Shoshanna Katzman



Maintaining balance and harmony in life is an essential key to everlasting health, happiness, and overall well-being.

The time-tested approach of Chinese medicine holds this as a major precept, with acupuncture being particularly effective in this regard.

This ancient treatment modality involves the insertion of fine stainless steel needles into specific locations on the body known as acupuncture points. The goal is restoring balance and health by opening flow of qi (vital energy) throughout one's energetic system (meridian pathways). This is primarily accomplished through releasing energetic blockages and/or building energy where deficient.

Achieving balance involves establishing greater harmony between the energetic forces of yin and yang. In terms of 'way

of being', yin represents inward calm and passive energy, and yang represents up and outward activity. As such, an individual would seek to embrace these polar opposites more equally in their life. This might mean taking more time by themselves to journal and reflect on patterns of energetic and physical engagement with self and others. Having an acupuncture treatment provides quiet "me time" to rebalance and release unwanted symptoms. Manifesting yin-yang harmony might also require getting out more, stepping out of one's box, and engaging with the world in more meaningful ways.

Either or both of these approaches has the potential to bring forth greater joy and harmony of the Shen, traditionally known as "the spirit mind".

A Chinese medicine practitioner is trained to address the whole person taking the entire spectrum of being into consideration thereby embracing a holistic model. They

work toward determining and addressing the root cause underlying "dis-ease" which in many cases stems from emotional and/or spiritual disturbances. This points to one of the most profound teachings in Chinese medicine that there is no separation between body, mind, and spirit – based on all parts contributing to the whole and "all things having some amount of everything".

In addition to acupuncture, lifestyle modifications are typically recommended such as improving work/life balance. Spending more time in nature may be another suggestion for manifesting a more harmonious existence – as it helps one become more grounded and connected to the earth as they take time to "simply be" and commune with their mind, body, and spirit.

The following words of Lao Tzu from the "Tao Te Ching" are quite appropriate in this regard: "Nature does not hurry, yet everything is accomplished."

Practicing the Chinese exercises of Qigong and Taiji (Tai Chi) are further known to bring forth deep feelings of tranquility by nourishing and integrating the mind, body, and spirit. Through gentle, flowing movements they empower one to manifest greater harmonious balance in life.

Similar to acupuncture, this is accomplished by re-establishing energetic flow within the meridians pathways and yin-yang balance. They also invigorate what are traditionally known as the Three Treasures which include jing (vital essence), qi (vital energy), and shen (spirit). And enhance a practitioner's connection to nature by strengthening their role as intermediary between heaven and earth.

Such profound results are achieved via proper alignment, breathwork, and targeted application of "mind intent". Through daily practice their slow and purposeful movements restore and maintain a practitioner's internal and external harmonious nature. Such presence reverberates out into the world bringing forth a much needed sense of peace and hope that things



Image by Rebekah from Pixabay

will improve and healing is imminent.

There is no better time than now to begin to benefit from these ancient holistic modalities. Allow them to reconnect you, reinvigorate you, and help bring about lasting change in your life. You can do it, you can create a more productive and positive way of living – filled with vibrant energy, essence, and heart-full spirit.



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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Reaching for Sage Wisdom

by Lauren Salani, LCSW, BCB



At every stage of life, there are underlying challenges such as getting familiar with a new situation, place, or job where you must understand where you are, where you are going, and what is expected of you in many different settings. If our lives are seen in terms of stages, each stage has characteristics that makes it unique and has us consider our priorities, as we adapt to what life delivers. With each new stage, we can incorporate the life skills we have learned from earlier stages to cope more successfully.

*(Aging) can be a time of learning and satisfaction,
or it can come with a sense of angst and regret.*

According to psychologist, Erik Erikson, people who are 65 and older are moving from the Generativity versus Stagnation stage to the Integrity versus Despair stage of life. One begins to reflect on one's connection with humanity and the unique meaning their

life has brought them and others.

This can be a time of learning and satisfaction, or it can come with a sense of angst and regret. Research shows that patterns of getting older vary greatly due to the older adult's productive activities, family situations, and health status and these patterns can also be reversible. These later years can become a time of reinvention, as this phase of life does bring the gradual release from the daily demands of work, family and an opportunity to create a new life.

For older adults who are not necessarily feeling a sense of Integrity, anxiety and despair may be predominate. Associate Professor Carly Johnco, School of Psychological Sciences says that "for those who seek help, they are more likely to be offered medication rather than psychological therapy."

There is new research published in the American Journal of Geriatric Psychiatry with evidence suggesting that psychotherapy may lead to higher rates of well-being



Image by D Mz from Pixabay

than medication in people over 60 years of age. Dr. Johnco states that there are myths that psychological treatment won't be effective in older adults, or older adults don't do psychotherapy. However, Dr. Johnco reports that "recent research, which includes



our own recent meta-analysis, shows that older adults can successfully learn and benefit from Cognitive Behavioral Therapy (CBT), with evidence suggesting that it may even lead to higher recovery rates than medication."

The meta-analysis, which included 22 trials of more than 2,320 people over age 60, revealed that on average, 53% of older people recovered from anxiety after receiving CBT, while 36% got better with medication treatment. It also showed that older people were seven times more likely to recover from anxiety if they had CBT than if they had no treatment at all. Those people on medication were twice as likely to recover than a placebo. And importantly, people were just as likely to stay with therapy as they would their medication.

Until now, there hasn't been clear accessible information for older adults and their families to make clear decisions on an informed treatment approach. With the proper assistance, older adults can be healthy role models for adult children and grandchildren who can be inspired by the vitality and sheer courage shown by their

elders. Because elders have more life experience that the younger generation has not yet faced, they have a wealth of information to pass along, if the younger ones have open ears.

If you or a loved one is suffering from anxiety and/or despair that disrupts your stage of life transition, consider psychotherapies such as CBT and biofeedback-based mindfulness therapy that can bring a sense of peace and harmony through "restoration

of the self." Please call my warm, inviting office for further information and an appointment.

You can learn more about Lauren A. Salani, LCSW, BCB, at StressReliefServices.com or visit her at Stress Relief Services, Atlantic Executive Center, 107 Monmouth Road, Suite 104, West Long Branch, NJ. You can also call her at 732.542.263

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Small but Mighty

Growing and Enjoying Microgreens and Sprouts

by Chloe Karydes Krecun

Microgreens and sprouts are small but mighty, delivering considerable benefits for the health conscious. Whether grown at home or purchased fresh from a local grocer or farmers market, these superfoods make for an easy and accessible way to add texture, flavor and nutrients to everyday meals.

Subtle differences distinguish these two remarkable plants. Microgreens are edible, immature seedlings grown in soil or a similar medium and harvested upon the appearance of the first few cotyledon leaves. Sprouts are germinated seeds that are cultivated in water until they grow into an edible plant. Their roots, seeds and leaves are edible.

“Anyone can grow a small tray of microgreens on a windowsill or around a kitchen counter,” says Katie Staudt, owner and head grower of Meraki Urban Farm, in Chicago. She points out the common misconception that microgreens can only be grown in a liquid solution. While some do-it-yourself kits employ hydroponic techniques, they are not the most efficient growing method and may lead to mold growth.

“You don’t have to have a green thumb if you have the right information,” says Staudt. Because they can be easily propagated in small trays, microgreens are ideal for small, indoor spaces. She suggests using soilless media made of peat, coconut coir or hemp that allow for proper drainage while holding the right amount of moisture. The plants demand little maintenance and are usually harvested when the greens are one to three inches tall, making them a perfect choice for individuals with limited gardening experience. Staudt recommends beginning with the radish sprout, which can

grow and be ready to eat in as little as seven days. Kale, purple kohlrabi, red acre cabbage, bok choy and wasabi mustard sprouts are also easy-to-grow varieties.

Sprouts can be more challenging to grow because they require greater oversight to preserve food safety. It is important to soak the seeds in water and rinse them daily with clean water to maintain a moist environment while also reducing the risk of bacterial growth. According to agricultural experts at Penn State Extension, bacteria in the sprouting seeds “can continue to thrive if proper food handling techniques are not practiced during harvest, processing and preparation.”

The U.S. Food and Drug Administration provides good agricultural practices for growing, harvesting, packing and holding

sprouts, which include using clean water, wearing disposable sterile gloves when handling the seeds and sprouts, and cooling the sprouts to 32° F immediately after harvesting. The FDA strongly recommends cooking sprouts thoroughly before consuming them to eliminate harmful bacteria. Children, the elderly, pregnant women and persons with weakened immune systems should avoid eating raw sprouts altogether.

According to Dominique Kline, farm manager of The Hope Farm, in Alabama, “Radish or broccoli sprouts would probably be the easiest ones to start out with at home, just because those are some of the most reliable and have the fastest turnover.” Alfalfa, mung bean and sunflower sprouts are also relatively easy to grow.

Packed With Power

According to the U.S. Department of Agriculture, microgreens contain five times greater levels of vitamins and carotenoids than their mature plant counterparts, including vitamins C, E, K and A, as well as beta carotene, lutein/zeaxanthin and violaxanthin.

“You can eat 50 cups of broccoli or a single cup of broccoli sprouts for similar nutrition



Dean Drobot/CanvaPro



Living Gr-age-fully

by Felicia McIntosh-Will, CFNC, IHP, CHN

and benefit,” explains Emily Ho, nutrition professor and director of the Linus Pauling Institute at Oregon State University, in an article published by the American Heart Association.

It is important to understand that these plants’ shelf life is short once they are cut. “The closer they are to being alive, the better they are for you,” Kline asserts. For those that prefer to purchase their produce instead of growing it, local farmers markets or select grocery stores also offer fresh microgreens and sprouts that provide the same nutritional benefits and quality. This can be a convenient way to not compromise on freshness or effectiveness.

From Garden to Plate in Seconds

Not only are microgreens and sprouts relatively simple to grow, they are even easier to eat. Incorporating them into meals is quite straightforward. Kline recommends adding them to any hot or cold food as an easy nutrient boost. Sprinkle them on salads, eggs or pizza for added texture, contrast and flavor. Arugula and radish microgreens add a delightful peppery flavor, while mung beans offer a milder, slightly sweet experience, and sunflower sprouts lend a nutty flavor to any dish.

Whether enjoyed fresh from a windowsill at home or sourced from a local market, microgreens and sprouts bring nutrient density along with delicious flavors and textures, making them an attractive green to incorporate into everyday meals

Chloe Karydes Krecun is a sophomore at University of Illinois Urbana-Champaign. Connect at [LinkedIn.com/in/chloe-karydes-krecun](https://www.linkedin.com/in/chloe-karydes-krecun).



No matter your age, “it’s only a number,” they say. But what about health as we age? “It’s how you feel!” These are well and good affirmations. Eating right, exercising, getting those steps in and a restful night’s sleep are a few of the supportive acts of aging gracefully, as long as we’re doing them consistently. Yet, the statistics show that approximately 93 million people in the United States are struggling with chronic inflammation.

Welcome to the age of ‘inflammaging’. A term used to describe chronic, low grade inflammation as a hallmark of aging, inflammaging is a state where the body’s immune system is persistently activated even when there is no infection or injury. Signs like high blood pressure, cardiovascular disease, type 2 diabetes, and having a larger waistline can appear as early as 20 years old, metabolically aging us by affecting our gut, cellular function and energy.

Aging is a natural and welcomed process when focus is on maintenance of health, independence and well-being. In a state of chronic inflammation it becomes harder to maintain overall health and wellness. Lifestyle interventions can include exercising with weights 2-3x per week; mobility and stretching daily; a balanced diet rich in fruit, vegetables, nuts, seeds and legumes and low in inflammatory fats; drinking enough water; stress management; weight management; socializing and getting out in nature. Taking advantage of yearly check-ups, keeping on top of mammograms, colonoscopies, pap smears, PSA tests, bone density, cholesterol and blood sugar levels are keys to assisting in the early detection of disease within the body before they become overwhelming.

Giving yourself grace to age comes with the benefit to experience all the life has to offer without being held back. No matter your age start now and your body will thank you later, in good health.

Felicia McIntosh-Will, CFNC,IHP, Certified Health and Wellness Consultant and Certified Holistic Nutrition Counselor. Sunshine Functional Nutrition And Lifestyle Counseling, call 908-902-9598 or email at sunshinecfnc@yahoo.com

Rolfing® Can Improve Scoliosis Symptoms

by Rebekah & David Frome

Scoliosis, a condition most often detected between the ages of ten and eighteen, can challenge a young person's confidence and self-image during formative years.

Surprisingly, most people have some degree of lateral curvature of the spine. Those with scoliosis demonstrate a sideways bending of the spine accompanied by rotation of the vertebral column. If the degree of rotation and curvature is severe enough, the ribs on one side of the spine will bulge outwards while the opposite side will appear sunken.

A diagnosis of idiopathic scoliosis is given when:

- The lateral spinal curvature is greater than ten degrees
- There is rounding of the upper back with forward bending
- There is an increase in lumbar lordosis (excessive inward curvature of the spine).

Most patients with scoliosis have an "S" curve. These two lateral and opposite curves in the spine make the scoliosis less apparent. In patients with a "C" curve, the curvature is more obvious.

What causes scoliosis?

It is not clear why idiopathic scoliosis develops in some people and not in others. Hormonal changes during puberty and low bone density may provide conditions for the spine to curve. Scoliosis has been shown to be familial. Girls tend to develop more severe curvatures than boys. Spi-



nal curvatures are often present and can worsen during periods of rapid growth. Scoliosis screening should be performed annually during puberty and adolescence. Periodic spinal X-rays are utilized to track the degree of curvature and indicate treatment if the scoliosis is progressing.

How does scoliosis cause structural imbalance?

Complex muscular imbalances accompany scoliosis. Asymmetrical shortenings in the myofascia of the back contribute to scoliosis. Less obvious and equally important are the asymmetrical tensions of the



diaphragm (respiratory muscle) and psoas (hip flexor muscles). Asymmetries of the arm and leg muscles may also contribute. While scoliosis is a problem of the spine, the whole bodily structure is implicated.

How can Roling decrease the symptoms of scoliosis?

While traditional methods for treating scoliosis include bracing and surgery, Roling is a relatively painless option to address the distortions that your child may be struggling with.

Roling is perhaps one of the best methods for creating balance in the structure. It is a manual therapy that directly addresses the soft tissue tensions and asymmetries in the body. Rolfers often ask the client to breathe or move in a specific way while the Rolfer uses slow, sustained pressure. As the Rolfer releases the chronic tensions in the myofascial network, posture and alignment improve. In the basic ten-session

Roling series, the practitioner works systematically to address the whole body. Progressively, Roling works through the layers of fascia to balance the connective tissue system.

Soft tissue networks have a profound influence on the skeletal alignment. For patients with scoliosis, Roling can provide a valuable resource for reducing and reversing spinal curvature. Roling is also a wonderful way to help preteens and teens

stay on track and prevent scoliosis.

Rebekah & David Frome, practice acupuncture, Roling, and Craniosacral Therapy at Frome Physical Therapies in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com or call 973.509.8464. The contents of this article are not meant to be diagnostic or prescriptive. Scoliosis is often complex. Consult a physician before choosing a course of treatment.

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Good Vibrations

Harnessing the Power of Sound To Promote Healing and Relaxation

by Marlaina Donato

From the haunting drone of an Australian didgeridoo to the steady heartbeat of a frame drum, cultures around the world have used sound to facilitate healing for thousands of years. In modern times, scientific research corroborates what native cultures have intuitively known: Sound-based vibration and resonance affect our body at the cellular level.

“As you consider the efficacy of sound

vibration in the body, it is important to understand that our cells, organs, bones, tissue and cerebral spinal fluid are all composed of water. We are more than 70 percent water, and sound travels four times faster in water than in air. The human body is a natural resonator for sound,” says Ellen F. Franklin, Ph.D., co-founder and chief executive officer of the Acutonics Institute of Integrative Medicine, in Llano, New Mexico, who draws from East Asian

medicine, Western science, psychology, physics and music theory to provide sound vibration therapies.

The use of Tibetan or crystal singing bowls, percussion instruments, calibrated tuning forks, gongs, cymbals, chimes, flutes and vocalization affects brain waves by inducing parasympathetic relaxation and modulating pain perception. Directly impacting the vagus nerve, strategic sound applications can alleviate symptoms of depression, anxiety, chronic pain and trauma response, and can be useful for those suffering from post-traumatic stress disorder. Improved sleep quality, heightened creativity and inner calm are additional potential benefits.

Cutting-Edge Soundwaves

Histotripsy, a new U.S. Food and Drug Administration-approved technology, employs high-pitched, focused ultrasound energy to break up liver tumors. Similarly, lithotripsy uses ultrasonic shock waves to eliminate kidney stones. Acoustic engineering has also emerged as a promising tool for diagnosis, encompassing brain seizures, heart disease modeling and medication screening.

According to Franklin, co-author of *Acutonics From Galaxies to Cells: Planetary Science, Harmony and Medicine*, the vagus nerve can be activated via the application of calibrated tuning forks crafted from aerospace-grade metal to key acupuncture points along the body’s meridians (energy pathways). “A number of studies have shown that the vagus nerve is particularly sensitive to sound vibration. DU 20, a key acupoint, addresses stress and trauma, as it can be used to help people wake up the brain and open the mind, and is often used for cognitive disorders and many stress-related symptoms,” she explains, adding that this work is currently being used in clinical settings for patients that do not respond effectively to conventional methods or exhibit drug resistance.



microgen from Getty Images/CanvaPro



Trauma, Tranquility and Brain Health

The rhythmic patterns of electrical activity in the brain produce distinct frequencies that are associated with mental states, emotions and cognitive functions. Throughout our waking and sleeping life, the brain shifts through gamma, beta, alpha, theta and delta states. When we transition to the alpha state using sound therapies like drumming, binaural beats, singing bowls or gongs, we feel calmer and more joyful. Either by playing or listening, therapeutic hand drumming synchronizes the left and right hemispheres

of the brain and may be valuable in augmenting cognitive function, retraining the brain after a stroke or improving the management of conditions such as autism, Alzheimer's disease and attention-deficit hyperactivity disorder.

"The frame drum can significantly influence brain waves, primarily through a process called rhythmic entrainment. The pulses of the drum, especially when played at specific tempos, can induce the brain to synchronize with these rhythms, leading to shifts in brain wave patterns," says Michael McCullough, a sound healing practitioner at The Healing Sanctuary, in West Chester, Pennsylvania. "Using the perfect fifth, or a 128 Hertz, tuning fork can also boost the body's production of nitric oxide and balance the autonomic nervous system, releasing antibacterials, antivirals and free radicals on a microscopic level."

Incorporating therapeutic sound modalities in our healing regimens can broaden the potential for physical and mental

well-being. McCullough recommends trying a group sound bath, which is a meditative session where participants lie on a yoga mat or blanket and listen to a diverse range of sounds. He acknowledges that private sessions with a skilled practitioner may also be beneficial because they can be tailored to individual needs and provide a more comprehensive experience.

While Franklin also recommends such sound healing experiences, she cautions, "Frequencies can be used to promote health and well-being, but we always advise people to educate themselves. When working with sound medicine therapeutics, less is more." Excessive sound therapy—too much or too often—could aggravate the nervous system in some individuals, causing unpleasant side effects such as dizziness, fatigue, disorientation or headaches.

Marlaina Donato is an author, musician and painter. Connect at WildflowersAndWoodSmoke.com.

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Understanding Cat Supplements

Tips for Safe and Fruitful Nutritional Support

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

Cats are often seen as low-maintenance companions, but they may still need supplements to support their health and well-being. The feline supplement market is one of the fastest-growing segments in pet health, with an expected annual growth rate of 8.7 percent through 2029. With so many available options, choosing the right supplements requires careful consideration.

Changing Interests of Pet Owners

Melissa Sherman, a holistic pet health coach and nutritionist, notes that the increasing

interest in feline supplements stems from two primary reasons: a shift toward integrative wellness and a heightened emphasis on the unique needs of cats. “People are looking beyond conventional care and asking what more they can do to help their cats thrive, not just survive,” she explains.



Valery Kudryavtsev from Getty Images/CanvaPro

A recent survey of pet parents conducted by market research publisher Packaged Facts reported that 76 percent of dog and cat owners were interested in finding health and wellness products for their pets. Nearly half of the respondents said that they were paying closer attention to their pets' health in the aftermath of the COVID-19 pandemic.

According to the American Veterinary Medical Association, the number of U.S. households with at least one cat grew from 25 percent in 2016 to 29 percent in 2022. As more families welcome cats into their homes, interest in long-term feline wellness continues to rise. An aging pet population and the growing availability of veterinarian-formulated supplements further contribute to this rising trend.

Foundational Supplements

To promote general feline wellness, Sherman's top supplement recommendations fall into the following three categories:

1. **Immune Support:** Medicinal mushrooms such as reishi, turkey tail and shiitake are rich in beta-glucans, which help modulate the immune system and reduce inflammation.
2. **Omega-3 Fatty Acids:** Marine-based sources such as anchovy or krill are preferable. "Cats are obligate carnivores," Sherman explains. "It's essential they receive bioavailable, animal-based omega-3s rather than plant-based sources, which are harder for them to convert." These nutrients contribute to skin health, joint function, cardiovascular well-being and cognitive performance, making them indispensable for cats of all ages.
3. **Emotional Wellness Support:** "Cats are deeply sensitive creatures, and their emotional state directly affects their physical health," says Sherman. "Supplements that support the nervous system, including certain adaptogens or vibrational remedies like flower essences, can be incredibly helpful, especially for cats dealing with anxiety, transitions or trauma."



Image by Dorothe from Pixabay

Targeted Support

Beyond the foundational supplements, others can be added on a case-by-case basis as specific needs arise. Sherman recommends a comprehensive assessment of the animal's diet, lifestyle, health history and symptoms, noting, "I evaluate food quality and variety, energy levels, digestion, coat condition and behavior. If the cat thrives on a balanced, species-appropriate diet with no signs of imbalance, supplements may be needed only for foundational support like omega-3s. Life stage and unique needs are also considered. Kittens, seniors, stressed cats or those recovering from illness often benefit from targeted supplementation to optimize their health."

In cases of chronic kidney disease, hyperthyroidism or taurine deficiency, especially in cats fed home-cooked diets, targeted supplements may be necessary. These situations often require meticulously adjusted nutrient levels and additional support, such as glandulars (organ-based supplements) or adaptogens (stress-modulating herbs), tailored to the cat's specific condition. In such cases, oversight by a veterinarian and/or nutritionist may be advisable.

Supremacy of a Healthy Lifestyle

Supplements are often viewed as a quick fix for health issues. Without addressing root causes such as poor nutrition or unresolved

medical conditions, supplementation may lead to poor results. In some cases, they may even mask symptoms rather than support true healing. "One of the most important things to understand is that supplements can't replace a high-quality diet or proper veterinary care. They're powerful tools, but they work best as part of a holistic wellness plan," says Sherman.

Dosages and Other Safety Concerns

A common misconception is that more supplements are better. Cats often thrive with less. "Over-supplementation can strain organs like the liver and kidneys and may even contribute to the very issues we're trying to resolve," Sherman explains. "Just because something is natural doesn't mean it's always safe or necessary. Cats are incredibly sensitive, and even beneficial ingredients can become harmful if used improperly."

The selection of supplements should be purposeful and precise. Fat-soluble vitamins A and D can accumulate in the body over time and lead to toxicity. According to VCA Animal Hospitals, vitamin A toxicosis in cats, often caused by excess raw liver or supplement intake, can result in joint pain, lethargy, weight loss and skeletal deformities.

When selecting cat supplements, Sherman recommends looking for those made with high-quality, naturally derived ingredients and no synthetic additives or fillers. Choose species-appropriate formulations and brands that employ good manufacturing practices. Companies that share third-party testing results are best.

Exercise caution with essential oils, particularly those incorporated into other supplements, as they can be harmful to cats if not used properly. It is best to work with a professional experienced in essential oil use for animals.

Learn more about Dr. Ruth Roberts' approach to holistic pet care and wellness at DrRuthRoberts.com.

When Dreams Become Your Greatest Teacher

by Dawn Ricci



Beautiful soul, let me share something magical when in dreamland—a sacred download that shifted everything thought about manifestation and faith. Picture this: Once deep in sleep when suddenly the imagination becomes this wild, electric force. It's like someone cranked up the volume on inner vision, and everything that was afraid to dream suddenly felt possible. The imagination wasn't just playing around—it was calling forth something deeper, something that had been dormant within.

That's when intuition kicked in, and it was like the soul finally had permission to speak. It's that gentle whisper that's always trying to guide you. The one we usually ignore is because we're too busy overthinking everything. Well, in this dream, that whisper became a roar of knowing. The intuition was saying, "This is your time. This is your moment to remember who you really are."

Here's where it gets really juicy: as the imagination danced within intuition, something profound started happening in the heart space. It's literally feeling the heart chakra opening like a flower greeting the morning sun. All that heaviness carrying within—the doubt, the fear, the stories about why we couldn't achieve the outcomes wanted all started dissolving.

Faith, which had been hanging by a thread, suddenly felt unshakeable. But this wasn't the kind of faith that requires proof or guarantees. This was soul-deep trust in the magic of everyday moments. Seeing the divine in everything like in morning coffee, in the way sunlight hits the kitchen window, even in the smile of a stranger on the street. Life wasn't just happening to anymore—it was co-creating it with the Universe.

The most beautiful part was felt this incredible settling within the heart and soul. Like one, with what was finally coming home to self. All those years of searching outside for validation, for love, for purpose—was realized. Right then and there. Everything that is needed was already within, just waiting to remember.

From that space of alignment, manifestation became effortless. It wasn't forcing or push-

ing or desperately trying to make things happen. Instead, it was allowing dreams to flow, trusting that the Universe wanted to support in all its highest good. The life that was always imagined—the one thought was too good to be true—started showing up in the most magical ways.

This dream taught that manifestation isn't about manipulating reality or forcing outcomes. It's about aligning with truth, trusting inner guidance, and having faith that we're worthy of our dreams. When we let our imagination inspire our intuition, it creates from a place of love rather than fear.

So here's what I want you to know: dreams weren't just random nighttime entertainment. They're sacred messengers, showing us what's possible when aligned with our highest self. That vision of an ideal life? It wasn't fantasy, it was a soul's blueprint.

This beautiful soul learned to trust the whispers of within the heart. Allowing the imagination run wild. Allowing faith in the magic that surrounds us every single day. Dreams are called forward, and we must be ready to answer.

Remember, we are worthy of every beautiful thing ever imagined. The Universe is always conspiring in our favor. Trust the process, trust intuition, and trust that dreams are already on their way—just like they were for her.

*Dawn Ricci is a Certified Spiritual Mentor, Intuitive, and Speaker who helps individuals rise beyond life's most difficult moments and tap into their soul's wisdom. To help rewrite the story, download Dawn's free guide, *Making Space for Sacred Rituals: a 21-day path to deep healing* at <https://dawnricci.com/sacredrituals>*



Calendar of Events



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



SATURDAY, AUGUST 2

Reiki Level I Workshop and Certification – 11:00am-4:30pm, 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

WEDNESDAY, AUGUST 6

Dancing with Dragons - 8-10pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Celestial beings, Dragons are ancient and are here to help guide us, protect us. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. Enjoy guided meditation as well. 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com; Pre-Registration required. Cost: \$30

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, AUGUST 7

Reiki Level II Workshop and Certification – 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join Maria Martin as you gain your second attunement of your Energy Healing journey, learn the Art of healing, including hand positions for the healing of others, Level 2 Reiki Symbols meanings and more. Receive a pendulum when you attend. Prerequisite Reiki. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$225

Group Reiki and Meditation – 7:30-9pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, NJ. 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. You will also receive Reiki. Bring a yoga mat, etc., or use one of the provided chairs. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$30

FRIDAY, AUGUST 8

Mystical Magical Sound Bath: 7-8:30pm – Join Heather for a truly, incredibly powerful cleansing for your heart and soul, through a wide array of instruments from around the world, a pentatonic drum, shamanic drums, chimes, gongs, rattles, water fall disk, ocean drum, thunder drum, Tibetan bowls, and crystal singing bowls. Magically dive into the spiritual world and vision, travel, and transport. You will liberate yourself from any darkness, negativities, and toxic energies. Afterwards, you will feel lighter, empowered, and glowing with mystical, magical, radiating energy. Bring your favorite yoga mat, blanket, chair or pillow, or use one of our chairs. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Monmouth County Organic Co-op – Pick up your share of a variety of ORGANIC FOODS. Join our community of foodies. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info.

SATURDAY, AUGUST 9

Akashic Records, Stone Path or Medium Reading – 1-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Akashic Records hold information about your soul's past, present and future. Cherise taps into your records, offering



you channeled messages from your guides, masters, teachers and loved ones. 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. Session is 45-60 minutes. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$145

Monmouth County Organic Co-op – Pick up your share of a variety of ORGANIC FOODS. Join our community of foodies. Preregistration one week in advance of shipment date. Pick up in Lincroft, though we have been known to drop off as well. Come one, come all! No further commitment or obligation, though regular members do receive incentives and promotions such as online store credit for goods. Text 732.500.4949 for more info

SUNDAY, AUGUST 10

Free Drumming Circle: 1:30-3pm - Circle to be led by Shaman, Lauren. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Web: Ayearandadaymysticalshoppe.com

TUESDAY, AUGUST 12

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, AUGUST 13

Dreamcatcher Making Workshop 8-10pm with Shaman, Lauren Porter. Learn the history of the dreamcatcher and its native traditions, then, with the help Lauren, make your own personal, unique catcher of dreams. You can make one for yourself, or a loved one in this workshop. Price includes cost

of materials \$45.00 per person. Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

THURSDAY, AUGUST 14

Free Drumming Circle: 1:30-3pm - Circle to be led by Shaman, Lauren. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Web: Ayearandadaymysticalshoppe.com

FRIDAY, AUGUST 15

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. Phone: 848.217.2371, email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com. : \$10

SATURDAY, AUGUST 16

Reiki Level II Workshop and Certification – 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join Maria Martin as you gain your second attunement of your Energy Healing journey, learn the Art of healing, including hand positions for the healing of others, Level 2 Reiki Symbols meanings and more. Receive a pendulum when you attend. Prerequisite Reiki. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$225

Sacred Angel Circle with Maura - 12:30 pm-2:00 at The Yoga Loft, 58 Main St Farmingdale. Step into a Circle of divine connection where angelic energy flows freely and hearts open to powerful healing. In this intimate gathering, you'll receive angelic messages and guidance, experience deep energetic healing in a supportive circle, connect with like-minded souls on a spiritual journey, leave feeling renewed, inspired, and spiritually aligned. Please call/text 732-239-2333 or email info@theyogaloftnj.com for a spot. Cost: \$40

Sound Healing/Meditation: 6:45-7:45. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing, chanting, etc. we'll facilitate your healing journey. Use one of our chairs, or bring along a meditation mat, pillow, etc. for your comfort. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Ayearandadaymysticalshoppe.com

SUNDAY, AUGUST 17

Group Reiki and Meditation – 6:30-8pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ. Enjoy a guided, deep chakra meditation



that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. Bring a yoga mat, etc., or use one of the chairs provided. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$30

TUESDAY, AUGUST 19

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, AUGUST 20

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>

THURSDAY, AUGUST 21

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 relation-

ships, career, finances, and health transformation. You're invited to learn how to amplify your intuition and manifest all that is waiting for you. Register now: <https://dawnricci.com/ManifestYourLife>

10 Step Eco-Anxiety Support Group: 7-8pm. Get support for eco-anxiety and climate grief during Waterspirit's 10-week, online support group. Please join us for this introductory info session that will introduce the group's methodology, giving you an opportunity to meet the facilitators and ask any questions prior to committing to the program. Register at <https://www.waterspirit.org/10-steps>

FRIDAY, AUGUST 22

Candle Magick and Mojo Bags – 8-10pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Whether you are a seasoned practitioner, or a beginner to the magickal arts, this candle magick class is for you. Learn how to inscribe, dress and infuse your intentions in a candle for the optimal results of your working or ritual. Not called to work with candles? Learn how to create a mojo bag to infuse your intention that may be carried on you, or someone else for healing, abundance or protection. \$45pp (includes materials) Pre-Registration is required. 07712 Call: 848-217-2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, AUGUST 23

Psychic/Mediumship Workshop with Cherise – 4:30-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. 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). Preregistration required. Phone: 848.217.2371. email: Ayearandadaymysticalshoppe@yahoo.com, web: Ayearandadaymysticalshoppe.com Cost: \$65.00

SUNDAY, AUGUST 24

Stone Path Readings- 1-6pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. The art of Ancient stone readings can show you how your life has been through each phase and where you are heading. Readings are available for individuals and couples. Life Path Readings are \$45 per person; In-Depth Readings are \$85 (up to 30 minutes). Pre-Registration required. 848-217-2371 Web: Ayearandadaymysticalshoppe.com Shoppe 413 Bond Street, Asbury Park 848-217 Shoppe 413 Bond Street, Asbury Park 848-217

MONDAY, AUGUST 25

Book Club: Theory of Water– 6-7:30pm. Join Waterspirit's Exploring Spirituality, Nature, and Action Book Club for our online discussion of Leanne Betasamosake Simpson's Theory of Water: Nishnaabe Maps to the Times Ahead. Register at <https://www.waterspirit.org/waterspirits-book-club>

THURSDAY, AUGUST 28

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, AUGUST 29

Working with Stones and Crystals – 7-9:30pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Whether you're new to collecting or have been drawn to them for a long time, Maria will help you gain a working knowledge and relationship with your stones and crystals. Learn how to choose stones by vibration and feel, work with them in your everyday life, how to care for your collection...! Includes 2 stones/crystals. Pre-Registration required 848.217.2371 Web: Ayearandadaymysticalshoppe.com Cost: \$45 pp

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>

SATURDAY, AUGUST 30

The U Store, Discover What Makes YOU Unique – 12:30-5:30pm – Workshop and book signing – How many kinds of bread are there? Sure, bread is bread... but swap a single ingredient and suddenly it's something entirely new! Same goes for AI or software – add one line of code, change its placement and the whole outcome shifts. So what about you? Join author and guide, T.L. Harris for a playful and profound exploration of The U Store. Discover how your innateness, 72 sacred gifts and 12 core life drives shape the recipe of your loaf. Come take a slice! Includes a signed copy of his new book – The U Store. \$99.00 per person. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

Group Reiki and Meditation – 7:30-9pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, NJ. 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. You will also receive Reiki. Bring a yoga mat, etc., or use one of the provided chairs. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$30

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 or on Zoom during inclement weather. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It promotes physical health, balance, strength and enhances longevity. Taiji is a "meditation through movement" that opens flow of qi and harmonizes yin-yang energy throughout your entire being. Students in this intermediate group are learning the second section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com

Beginner Taiji (Tai Chi) Class taught by Shoshanna Katzman every Monday evening at 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 (Tai Chi) Class taught by Shoshanna Katzman every Wednesday morning at 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 (Tai Chi) taught by Shoshanna Katzman every Wednesday morning at 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

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.fromept.com or by calling (973) 509-8464

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

Beginner Taiji (Tai Chi) Class taught by Shoshanna Katzman every Friday afternoon at 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.

We Write: Reflections, Meditations & Sound– 11am- 1 pm. Drop-in Class. 347 Soul Collective, 39 W Front Street, Keyport, NJ. Come into a space of reflection, meditation and sound. Chelsea Palermo, MFA, will lead you through a guided energy healing meditation, then select a guided prompt from her We Write deck. Sit, reflect, and be in peace as you write, and explore your truth on the page. Chelsea will play singing bowls as you write. Register @ www.chelseapalermo.com or www.347soul.com. Email: chelsea@chelseapalermo.com Cost:\$35.

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 www.Qigongforgoodhealth.org for current information.

SUNDAYS

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

SAVE THE DATES

WEDNESDAY, SEPT. 3, 7

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

FRIDAY, SEPT. 5, 19 SATURDAYS, SEPT. 6, 20

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



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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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JEFF BALL, CFP, FINANCIAL ADVISOR

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

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We are located in the charming downtown section of Farmingdale. Our mission is to provide a serene, safe and welcoming space where students can experience the life-enhancing benefits of yoga. First time students and seasoned practitioners alike make The Yoga Loft their "yoga home" where they're among like-minded friends.



MICROGREEN SMOOTHIE

YIELD: 1 SERVING

1 cup frozen organic berries
1 cup coconut water
1 frozen banana
1 oz broccoli microgreens
2 Tbsp hemp seeds or chia seeds

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy immediately.
Recipe courtesy of Katie Staudt.



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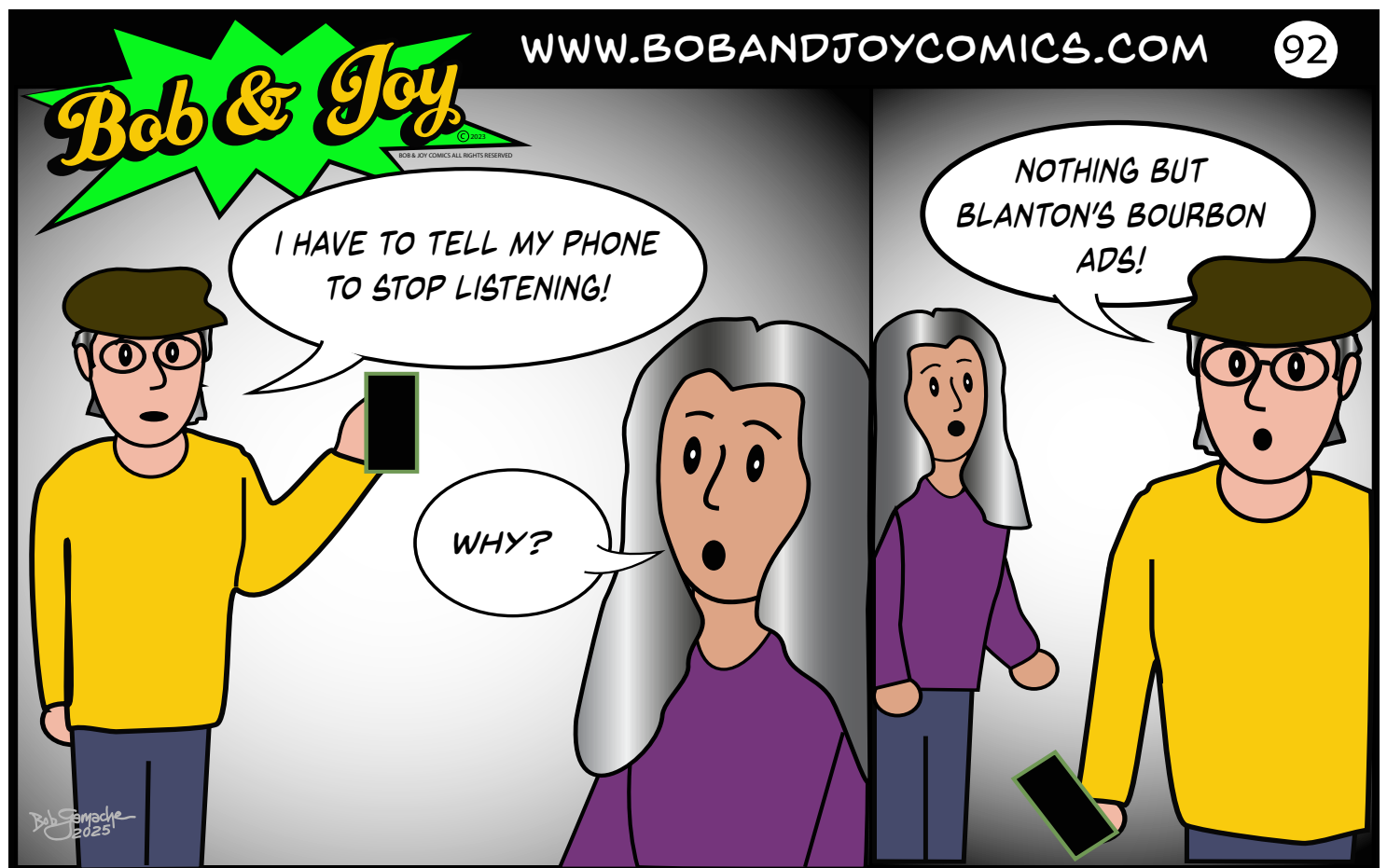
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