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Dr. JEAN ELJAY

"The biggest hurdle to Peace of mind is anxiety and restless sleep " Dr. Jean

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Dr. Jean will help you connect your solution to its issue. Connecting the issue with its solution both resolves and releases it. Once the connection is made relief can occur incredibly quickly.

Break through the unhealthy habits that are keeping you awake at night and the invasive worries, tensions and concerns caused by anxiety that disrupt your peace, calm, joy and happiness.

Dr. Jean brings his own step-by-step process to resolving these issues. A series of tools will be presented to end anxiety and stop restless sleep. Importantly, you will get thorough recommendations on how to successfully use them.

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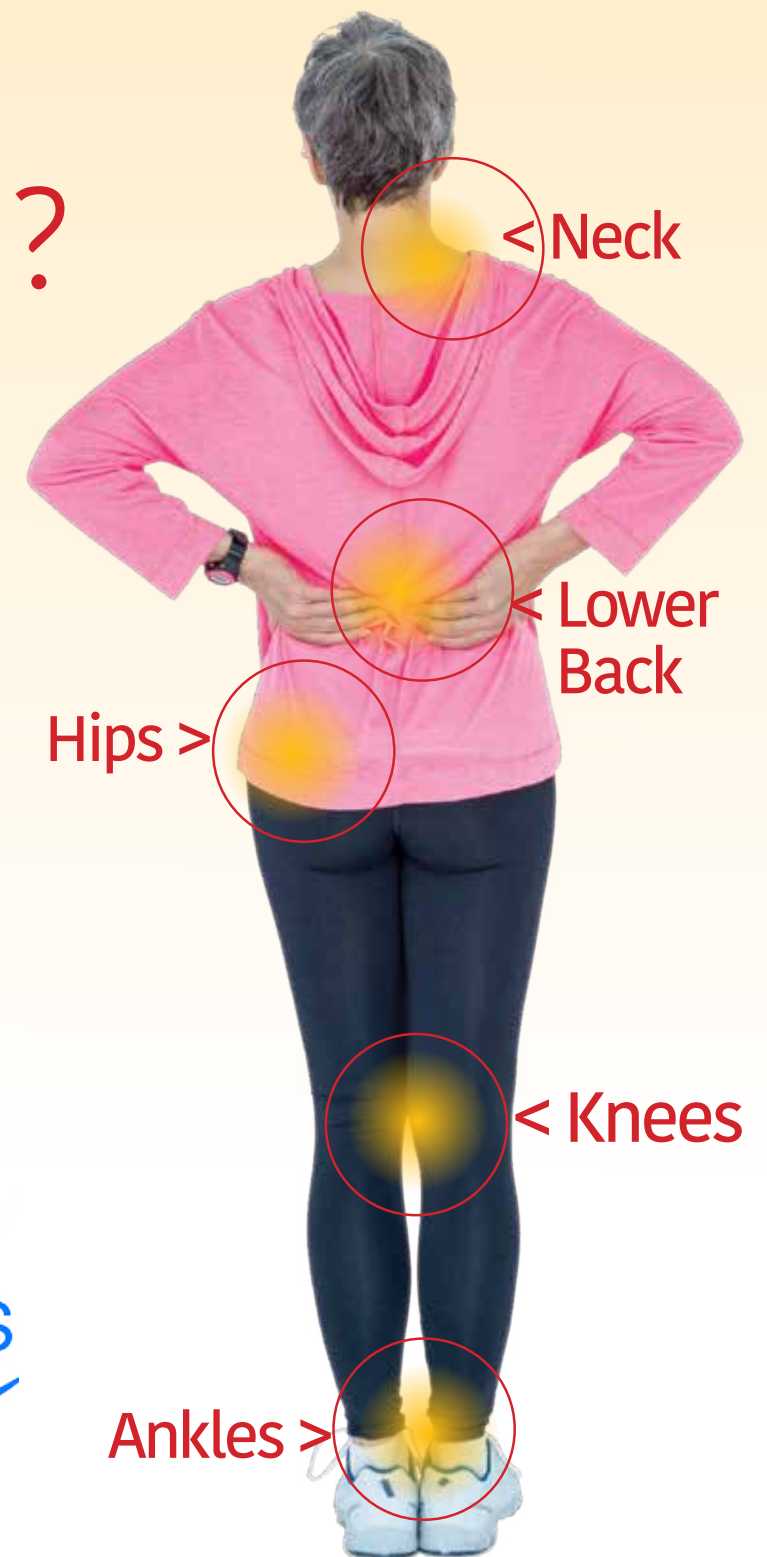
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recycled newsprint with soy-based ink.**letter from publisher****Hello Friends**

Sharon Shaffery

Hello Friends,

Goodbye Winter, Hello Springtime! 2021 came in like a lion but let us all intend that it goes out like a lamb! Let's enjoy this season of rebirth more than any before. Let us release all fear, and savor every glorious day that we wake up in a world where our intentions shape our reality.

If this past year has taught us anything, it is that our lives can change in a moment. Every shift in reality is born

from a single moment. And every moment is subject to our individual perceptions. When our individual perceptions are focused on a singular thought – that thought shapes our collective reality. History has taught us that change takes years, like the turning of a freighter. Covid had taught us that the world can change in a moment if the proper motivation is present. Let us intend a world where all beings live happy, safe and free.

As we say goodbye to a very long winter, what seeds do we want to plant this spring? Live your dreams and vibe high!

Thanks to everyone for all that you do to help us keep this information flowing. We love being a part of this community and we are grateful for your support.

Warm wishes,

Sharon

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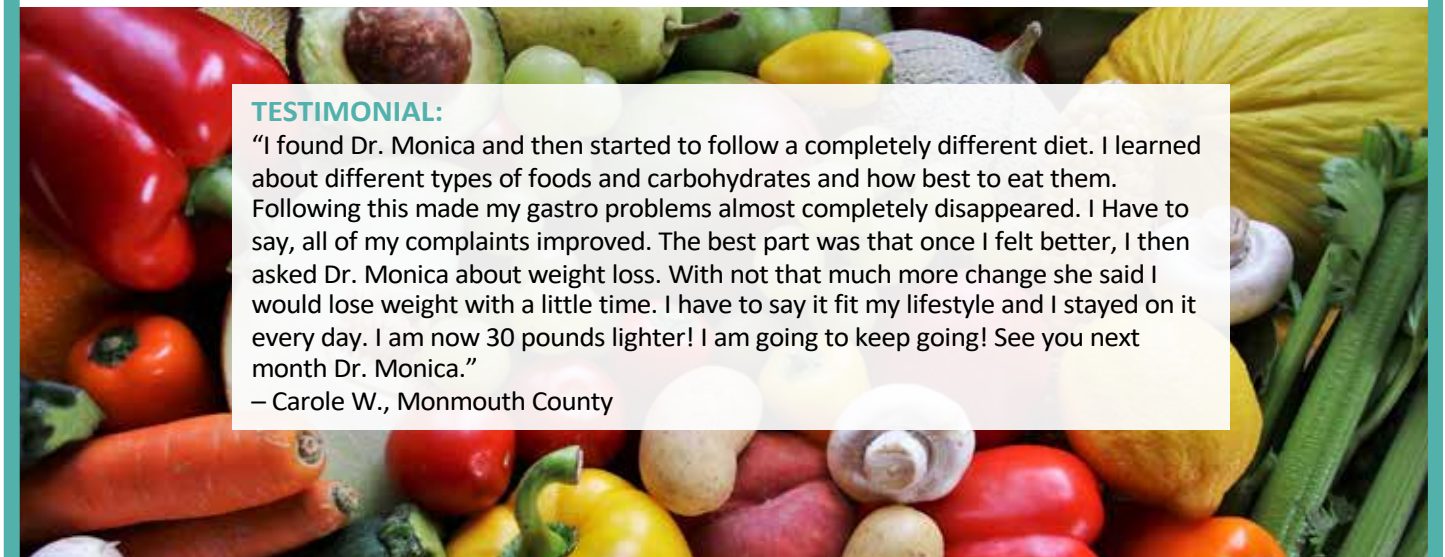
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– Carole W., Monmouth County

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Natural Awakenings is a family of 50+ healthy living magazines celebrating 26 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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Thyroid & Autoimmune Workshop



Thyroid or Autoimmune Conditions affect millions of lives. Discover what can cause these major lifestyles disruptions and get natural healing options! According to the American Thyroid Association, 20 million Americans have some form of thyroid disease. Up to 60 percent of those with thyroid disease are unaware of their condition.

Autoimmune diseases frequently coexist with chronic fatigue syndrome. It's all too familiar... hair loss, fatigue, unexplained weight gain and brain fog. Many clients see doctor after doctor, have a lab test after lab test, even take medication but still do not feel well or get the results they want. The trouble is that conventional blood tests may not be enough.

Join us on Tuesday march 23rd at 12pm live via zoom and discover why thyroid condition can be a result of toxicity which is commonly linked to a long list of health challenges. Learn what Toxicity Testing and Screening can determine whether it's from mold, pesticides, heavy metals, silver fillings, etc. Discover the latest research in thyroid, autoimmune, and inflammatory disease.

Learn about the common link between weight, toxins, and hormones. Why the inability to shed pounds isn't our fault. My simple and comprehensive personalized multi-therapeutic approach is natural and we are thrilled to share it with the group!

This Live, online Workshop is led by Larisa Belote, Integrative Nutrition Coach and a Detox Specialist. Call, text or email to register. Tel: 732.996.6993, email: larisa@stepbystep-wellness.com. Zoom link will be sent upon registration.

PRE-RECORDED
Beginner Yoga Series

Presented by Monmouth Beach Yoga and Wellness. Once you sign up for this beginner series you will receive 1 email with all 4 beginner classes to do at your convenience. You will have 4 weeks to complete the classes and you may watch them more than once. You will be able to pause, start, or stop at anytime and practice on your schedule. Once you sign up Lisa Matthews will send you the email and call you to make sure you know how to access the videos. If you need any help you may also call her at 973.452.2828. Cost: \$50

This practice is perfect for the student brand new to yoga, or for any yogi looking to refine their alignment. We know there are a lot of people who are either new to yoga, rehabilitating from an injury or would just like to be reminded of the basics so we have created this for you! Absolutely No flexibility is required and all ages & body types are welcome.



The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieve stiffness, takes pressure off the joints and increases range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and strengthen bone density. It can also assist in balance which becomes more difficult as we age. Poses can be done safely using various props, we also encourage chairs and the wall for support in standing balances. These 4 classes will walk you through the "Basics of Yoga." Learn alignment & ways to personalize your practice for specific issues or injuries.

Stations of the Cross

At The Yoga Loft, 462 Adelphia Rd, Freehold March 12th 6-7:30pm with Dianne and Tara. In this workshop, the focus will be on meditations based on Christ's passion, death, and resurrection. Short yoga sequences will follow each meditation. Appropriate religious music will be played on the flute as students take restorative poses in between meditations and yoga sequences. All the meditations are taken from the scriptural Stations of the Cross. Please bring your mat and blanket. Register early as space is limited to 7 students. Email info@theyogaloftnj.com or call/text 732.239.2333 to reserve your spot \$30



Dimensions of Rebirth

As Spring approaches and the world around us is reborn, it's time to tap into the energy around us and rejuvenate our spirits. First, we must decide what energy we receive and what energy does not serve us.

If the energy around you doesn't serve your highest good, then what good is it? If you are accepting the lowering of your vibes from the people and spaces you interact with every day, then you are choosing to receive it. Receiving the negativity, stress, and emotions of the people close to you is a choice. If the empathic absorption of the emotions and problems of those around you isn't working for you, then choose sympathy. You get to seal yourself from the energy you don't want while still helping others with their issues, but that's the point – these are their issues, not yours! Help others with clarity and peace by not taking on their energy. Practice stopping your normal habit of empathizing and sharing someone else's problems, and you will start to clear your own energy field. Changing your thought forms will change your

physical, emotional, and spiritual energies, and you will find new strength to give rebirth to your gratitude and happiness. At Dimensions Reiki, we are excited to teach and share our practices in grounding and balance to help cleanse and invigorate your energy field. Rebuild your energy and your intention through our Reiki therapy sessions designed to clear your blockages. Gain new insight and perspectives on reclaiming your own power. All of our services are available remotely for your convenience. Our exciting new program "Mastering Your Energy" is changing perceptions and teaching our students how to monitor and balance their energy on their own. Spirit awaits...are you ready?!

For more information, visit <http://dimensionsreiki.com>. Jeff Carpenter is a Reiki Master Teacher, soul coach, psychic, spiritual cleanser, and spirit rescue medium who owns Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Please Dimensions of Rebirth email dimensionsreiki@gmail.com or call 732-832-1036 to schedule an appointment with Jeff or with Tracy, another of our skilled Reiki Masters.



Become a
Certified
Hypnotist
with Dr. Jean

Join Dr. Jean for this virtual- 11-week, 220 hour certification course "New Road

to Revenue and Fulfillment: Certification in Helping others to Harmony and Balance" begins on March 19th, from 9am to 5pm and March 20th. 11am to 5pm, and ends on May 29th. Practice and charge immediately upon successful completion.

Certification is in the International Association of Counselors and Therapist (IACT) and strictly follows their requirements. With his academic credentials teaching at all levels of university life, he brings a concise and clear picture of hypnotic induction and client guidance. A major part of hypnosis is not the process of induction, but the release of binding, unhealthful behaviors. During this course, Dr. Jean will provide the most up-to-date hypnotic experience. His teaching style is bolstered by articles in the medical literature that confirm positive hypnotic outcomes.

Once certified you can immediately guide your clients with confidence and the certainty that only an excellent education provides. You will be surprised how easy it is to use specific mind, body, and spiritual insights to release unhealthy issues replacing them with healthy ones. As you expand your outreach, you will lead your clients to restore the beauty of a healthful lifestyle. For an example of our unique approach opt-in to our FREE video on dismissing anxiety in 15-45 seconds by going online and visiting <https://bit.ly/3mmW3Ua>. This technique is a combination of 3 mind hacks that instantly reduce anxiety, worries, stress, concerns and tensions.

Register today for this limited time offer by calling the office at 484.574.1144 or by emailing drjean@hypnobiosis.com. Post-pandemic, we will be again located at 800 West Main Street, Suite #201, Freehold, NJ.

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“Bring Happiness into Your Life: Shutdown Incessant Disrupting Thoughts”. A virtual workshop by *Dr. Jean Eljay, March 13th and 14th from 7:30-9:30pm.

In this post-pandemic era, use these straightforward mind exercises to regain control. In these confusing and challenging times, the level of disturbing thoughts is increasing exponentially. Thank you to those of you enrolled in my self-hypnosis course. You know that conquering these disruptive thoughts will bring back healthful sleep and reduced anxiety. Perhaps even more importantly, banishing invasive thoughts will increase your happiness. This simple and straight forward process will substitute healthy thoughts for those disruptive ones.

Because of the demand for “Getting Out of Your Own Way” there is a limited enrollment. This all-inclusive event allows personalized coaching to maximize your immediate benefit. Call or email now: 484.574.1144 or drjean@hypnobiosis.com. You will be surprised by the return of happiness with our immediate results.

Dr. Jean is certified as a Master Trainer, Instructor, Advanced Hypnotherapist, Clinical Hypnotherapist, and as a NeuroLinguistic Programming Practitioner. He brings more than 25 years of experience and a background in Executive Coaching and Counseling. This virtual 2-day workshop provides lifelong solutions.

You Are Invited To Experience: “Living With Joy”

At The Yoga Loft, 462 Adelphia Rd. Freehold March 21st 10am via Zoom or 1pm at The Yoga Loft



If your days feel like one continuous sprint without a finish line, you are most likely missing out on the greatest pleasures of life. Our Living with Joy workshop will help you live with more intention, more imagination, and ultimately more happiness so you never again ask “what have I been doing with my life?” If waking up to days that feel like a full-body “yes” sounds like what your life needs, then this workshop will be the perfect experience for you.

Hi! We are Dee Duncan of The Yoga Loft NJ and Alyson DeMaso of Raising Beauty LLC. Together we invite you to experience

our Living with Joy workshop where you will:

- Uncover hidden dimensions of your life and turn them into your north star
- Imagine a life you can’t wait to wake up to everyday
- Create a vision board of your future self and set intentions to get busy living it today
- Experience a healing meditation to help release what holds you back from the joy that is inherently yours. See what can happen when you open yourself to your imagination. And in 90 minutes we will be saying to you “Welcome to Joy.”

On Zoom, you will need a candle / markers / poster board / 3-5 magazines / glue stick / scissors (all materials will be supplied at the in person workshop). Space is limited registered early to reserve your spot, email info@theyogaloftnj.com or call/text 732.239.2333. \$30 online \$35 in person.

Experience SCIO

The Scientific Consciousness Interface Operation System (SCIO) is the most advanced technology available to measure stresses and imbalances in the body. By scanning emotional, physical, mental and spiritual vibrations, the Quantum SCIO device offers the best in bio-energetic stress reduction therapy. Designed by Professor William Nelson, the SCIO works naturopathically to stimulate and harness the tremendous capacity of the human system for self-healing. Professor Nelson worked for NASA and created the SCIO to assist astronauts. It is a non-intrusive, extraordinary healing device.



The SCIO scans the client’s body much like a virus scan on a computer, looking for everything from viruses, deficiencies, weaknesses, allergies and abnormalities. It reports on the biological reactivity and resonance in the body and indicates needs, dysfunctions and vulnerabilities. This healing device balances subtle energies, thereby allowing the body to heal itself. It is calibrated to measure the body’s subtle reactions to a database of biological, psychological, and medical items in electromagnetic form. The sensitivity is set so finely that it picks up the earliest signs of disease and distress. The information is then prioritized to help the practitioner zero in on the body’s current specific needs. Schedule your SCIO appointment to assess and harmonize the body’s stressors and imbalances and return the body back to a state of wellbeing. It is time to boost your immune system and feel great. Call Infinite Healing and Wellness 732.508.9474. Located in Cobblestone Village in Ocean.

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Please Join Us in Welcoming Gary Braun, D.M.D.

For more than 40 years Mark Berkowitz, D.D.S. NMD, C.HOM, AIAOMT has been a leader in his field serving the holistic community. Now Dr. Berkowitz is pleased to announce Gary Braun D.M.D., AIAOMT has joined the practice, together offering more than 50 years of experience. The practice has been a holistic dentistry practice for over 20 years, specializing in bio-compatibility testing for allergens, SMART amalgam removal, full body holistic and nutritional counseling, Ozone/Oxygen administration in conjunction with major dental procedures including periodontal therapy/endodontics/oral surgery, and removal of base metal restorations along with the usage of e-max/zirconia crowns as well as BPA-free composite materials.



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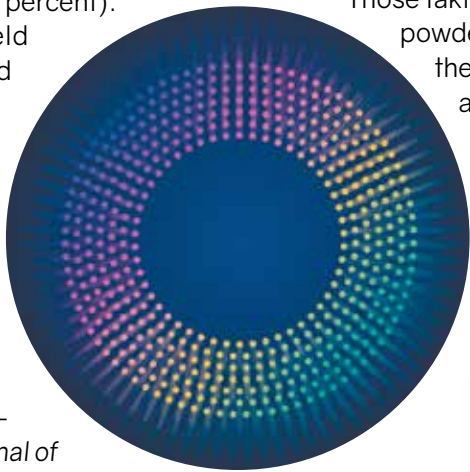
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Use Colored LED Lights to Relax

Getting an MRI or CT scan is typically not a relaxing experience, and patient discomfort, anxiety or agitation can affect the quality of the image. Taking note of businesses that use lighting to create a mood, researchers from Pepperdine University demonstrated that patient unease in imaging centers can be modified with the use of colored LED lights. In a pilot study involving 35 subjects, 43 percent found blue lighting most relaxing, while 31 percent preferred yellow. The least relaxing lighting color was red, according to 69 percent of participants, followed by yellow (17 percent) and green (11 percent). Each subject was given a handheld device to set the hue, intensity and brightness of lighting, and most chose blue. No patient preferred the standard bright, white lighting of healthcare environments. "When given the opportunity to change a single aspect of the environmental or imaging facility experience, patients feel much more in control of the otherwise unfamiliar and uncomfortable setting," write the authors in the *Journal of Medical Internet Research*.



Try Ginger to Lower Diabetes Markers

Ginger root (*Zingiber officinale*), used historically in traditional medicine to indigestion and nausea, may also help people with Type 2 diabetes, suggests a new study from Brazil. Researchers conducted a randomized, double-blind study of 103 people with Type 2 diabetes that were taking medications. Those taking 1.2 grams of ginger powder for 90 days experienced a significant drop in the level of fasting blood sugar, total cholesterol and LDL cholesterol compared to those taking a placebo.



pixabay/Pexels.com

Use Green Tea Extract and Curcumin to Ward Off Oral Cancer

Early signs of oral cancer can include white patches, sores and lumps inside the mouth, biomarkers known collectively as oral potentially malignant disorders (OPMD). To see if two natural chemopreventive agents—green tea extract and curcumin—could reverse these conditions, researchers in India tested 60 people with OPMD, splitting them into three groups. One group was given 400 milligrams (mg) of green tea extract in a capsule, as well as a gel; a second group was given 475 mg of curcumin; and the third received a combination of the first two treatments. After 12 weeks, researchers found that the supplementation had significantly reduced OPMD biomarkers in all three groups, with particularly strong results in the combination group, suggesting a synergistic effect.



Improve Children's Brain Health with Better Nutrition

In a study with important implications for underfed children in low-income countries and elsewhere, a new study in *The BMJ* medical journal found that six months of nutritional supplements can improve working memory and blood flow in children's brains. Researchers from Tufts University travelled to villages in Guinea-Bissau, West Africa, where they gave 1,059 children, ages 1 through 7 years, a breakfast supplement high in plant polyphenols, omega-3 fatty acids, vitamins, minerals and protein. They compared results with children eating the standard local breakfast of rice or a common lower-quality supplement. They found that the enhanced nutritional supplement boosted cognition and increased cerebral blood flow in children younger than 4 and raised their hemoglobin concentration if they were anemic. Children older than 4 had improved body compositions—more lean tissue and less fat. With at least 250 million children worldwide younger than 5 that are failing to reach their cognitive developmental potential, these results pose significant impacts for children's education and national development in low-income countries, say the researchers.



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Cold Comfort

Hazardous Pollutants Found in Mount Everest Snow



Manmade perfluoroalkyl and polyfluoroalkyl substances (PFAS) used in water-repellant outdoor gear and linked to birth defects, high cholesterol and increased risk of kidney and testicular cancer have been detected in snow at the top of Mount Everest, posing a risk for trekkers, climbers and residents that drink the water. The U.S. Department of Health and Human Services Agency for Toxic Substances and Disease Registry suggests that exposure to high levels of PFAS may suppress the immune system and increase the risk of getting COVID-19. The PFAS discovery was reported by Kimberley Miner, a research assistant professor at the University of Maine Climate Change Institute, who along with 20 co-authors published a paper, "Deposition of PFAS 'forever chemicals' on Mt. Everest," in the online journal *Science of the Total Environment*. The PFAS pollution shows that people unknowingly shed these chemicals. Some companies that make outdoor gear are phasing them out, while others cite "technical challenges" in delaying such implementation.

Flying High

Economical Carbon-Neutral Jet Fuel



Scientists looking for ways to reduce the amount of carbon dioxide emitted into the atmosphere have increasingly focused on the aviation industry, which accounts for approximately 12 percent of transportation-related carbon dioxide emissions. Installing heavy batteries aboard aircraft is problematic, but a team of researchers affiliated with several institutions in the UK and Saudi Arabia have developed a way to produce jet fuel using carbon dioxide as a main ingredient, as published in the journal *Nature Communications*. The process, which uses an iron catalyst with added potassium and manganese, along with hydrogen, citric acid and carbon dioxide heated to 662° F, forces the carbon atoms apart from the oxygen atoms in CO₂ molecules, which then bond with hydrogen atoms to produce the kind of hydrocarbon molecules that comprise liquid jet fuel, with water as a byproduct. This is less expensive than converting hydrogen and water into fuel because it uses less electricity. Use of this fuel in aircraft would be carbon-neutral because burning it would release the same amount of carbon dioxide that was used to make it.

Buzz Kill

Honey Bees Have a Dirty Secret



Although honey bees symbolize prosperity, sustainability and environmentalism, and are vital to farmers, they also have a distressing effect on the environment—destabilizing natural ecosystems by competing with native bees. Thousands of beekeeping hobbyists and campaigns to save the bees provide honey bees much more media coverage than native pollinators. High densities of honey bee colonies increase competition with the native pollinators for forage, putting even more pressure on the wild species that are already in decline. Honey bees are extremely general foragers and monopolize floral resources, leading to exploitative competition where one species uses up a resource, not leaving enough to go around. Sheila Colla, an assistant professor and conservation biologist at Toronto's York University, tells *Scientific American*, "Beekeeping is for people; it's not a conservation practice. People mistakenly think keeping honey bees, or helping honey bees, is somehow helping the native bees, which are at risk of extinction. The focus on neonics [pesticide] and honey bees has taken a ton of resources away from conserving wild pollinators from their most important threats."

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The International Coral Reef Initiative (ICRI) has urged governments to take action to save the planet's remaining coral reefs and their attendant fish populations, because collective human impacts are leaving fewer places untouched, with only 15 percent of the Earth's land mass formally protected and global biodiversity declining at an unprecedented rate. To that end, a new online data platform, MERMAID (*DataMermaid.org*) helps scientists and management officials collect, organize and disseminate data on reef fish biomass and diversity, as well as the cover of hard corals, fleshy algae and other benthic groups—all identified by ICRI as key indicators of coral reef health, integrity and function. The newly published *5th Global Biodiversity Outlook* and other sources endorsed by the Intergovernmental Panel on Biodiversity and Ecosystem Services clearly indicate that governments are failing to meet existing global targets for biodiversity and that critical ecosystems like coral reefs will be altered to the point that the biodiversity they harbor, and the services they provide, will be irreparably damaged. Currently, only 2.5 percent of the world's reefs are being actively protected.



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Revitalize Your Life Force Energy (Qi)

Qi refers to life force or vital energy that flows throughout every living being.

by Shoshanna Katzman



Various situations negatively impact the flow of Qi, causing it to become deficient or stagnant rather than remaining in a harmonious state. Without consciously realizing it, the energetic body picks things up throughout the day that need to be released, otherwise they build up and produce negative effects. This may manifest in feeling out of sorts, unusually fatigued or angry for no apparent reason. A current example is having to deal with the emotional, mental and physical distress stemming from the COVID-19 pandemic. Other causes of qi disharmony include: accidents, insufficient nutrition, extremes in temperature as well as a prolonged bouts of emotional imbalance such as depression.

Chinese medicine works to regain balance and wellness through cleansing, cultivating and renewing the flow of qi. It also works toward enhancing physical, energetic and spiritual development to produce balanced and vibrant health. Methods to accomplish this goal include acupuncture, Chinese herbal medicine, massage and the Chinese exercises of Qigong and Tai Chi. This ancient healing system offers treatments and self-help tools to establish and maintain harmonious flow of qi. It helps you become more fully present in your body and provides the body with the impetus to come back into a place of homeostasis. This is quite helpful for finding the willfulness and strength to overcome challenges, even during an existential crisis like we are presently facing.

Performing a daily cleansing exercise is important to rebalance the system, just as a bath or shower cleanses the physical body. A simple Qigong exercise to accomplish this can be done in a seated or standing position. Do so with feet flat on the floor, spine upright and crown of head gently suspended upward. Begin by mentally scanning your body to locate blockages, constraint and toxicity lodged within the energetic body. Then move both hands as if they are feathers from top of the head down to the toes. Upon doing so, apply the mind to gather up these blockages and whisk them from your system downward into the earth. It is helpful to exhale or emit a sound such as “haah” or “shoo” as they are released from the body.

Taking a long walk by the ocean is another activity that can help with detoxification and renewal. Walk at a slow pace and notice the continual shifting of weight from one foot to the other. This naturally balances the energetic forces of yin and yang within your body – as the foot with more weight is yang and the one with less weight is yin. Apply the mind to strengthen these energetic



variations and know that this is bringing qi flow back into harmony. Then stop for a moment and gaze out over the ocean into the horizon. Next take three slow deep breaths into the belly. Upon inhalation fill the belly with vibrant energy and on exhalation release blocked or toxic qi down through the body and into the sand. The fresh air is revitalizing to the lungs and deep belly breathing helps to build qi reserves, strengthen digestive function and oxygenate the blood.

You may also visit an acupuncturist who will provide a healing and balancing treatment to bring qi flow back into balance. This may include a point combination called “Four Gates” which is highly effective for detoxification purposes. They may also recommend an herbal formulation to disperse and drain toxins from the body. Eating a clean and balanced diet filled with fresh and organic vegetables, grains, legumes, fruits and small amounts of fish, chicken or beef is further helpful. And most definitely limit or eliminate consumption of dairy, refined sugar, fried foods, sodas and alcohol. A mono fast one day per week is also indicated for cleansing the body and rebalancing qi flow. Upon doing so during the winter months it is best to eat brown or white basmati rice along with drinking purified water throughout the day.



Dry skin brushing is another way to cleanse the body of unwanted toxins. Do so by gently rubbing the body with a dry loofah followed by taking a hot shower to open up the pores. Take time during this daily cleansing ritual to listen carefully to your body and heed its warnings. Make a commitment to honor your thoughts and feelings and begin the day anew with the intention to treat your body with loving kindness and provide it with exactly what it needs rather than ignoring its callings. Be creative and dive into new ways to move your body, clear your mind, nurture your spirit and keep your vital energy flowing. Search out fun exercise classes on Zoom, read an inspirational book and reach out to friends virtually whenever possible. View each day as an opportunity to make choices that help you feel healthier. This paves the way for your authentic self to emerge – filled with deeper meaning and a clearer life purpose.

Shoshanna Katzman, L.Ac., M.S. is an acupuncturist, Chinese herbalist and director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ for over thirty years. She is author of Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy (visit www.qigong4.us) and co-author of Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness. Shoshanna has taught tai chi and qigong for over 45 years and is a 6th generation lineage holder of the Guang Ping Yang Style Tai Chi Form. She is offering qigong and tai chi instruction via Zoom and outdoors weather permitting. For more information call 732.758.1800 or send an email to info@healing4u.com.

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Plug and Pedal

The Benefits of Using Electric Bikes

Gas-guzzlers are the worst of vehicles, emitting harmful pollutants and using up non-renewable natural resources. An Earth-friendlier alternative for work commutes or pleasurable neighborhood spins is the e-bike, powered by pedaling and an electric motor. Reaching maximum speeds of 20 to 28 miles per hour and costing \$400 and up, an electric bicycle offers a more scenic and easier ride that gets us to our destinations without trashing the planet.

Environmental Benefits

Zero emissions. Electric bikes run on

clean energy, eliminating the devastating carbon emissions associated with cars, vans, trucks and motorcycles.

Long-lasting power. The batteries last for years—much longer than traditional types. They don't contain lead and can be recycled.

Easier on roads. Bikes are considerably lighter than larger vehicles and cause much less damage to infrastructure.

Health-Friendly Commuting

E-bikes are a great way to bring some physical activity to an otherwise sedentary lifestyle. In a 2018 study, Swiss researchers found that commuters

enjoyed similar cardiorespiratory improvements regardless of whether they used an electric bicycle or a conventional, non-motorized model. With the power assist, e-bikers were able to cycle at higher speeds and climb hills more easily, which also proved to be highly motivating.

Safety Tips

Pay attention to traffic. Many car drivers may not expect a biker to reach 20 or more miles per hour. Ride defensively.

Be visible. Outfit the bike with lights and a bell and wear eye-catching clothing.

Start slow. Get a feel for the bike's capabilities at lower speeds before cranking it up.

Give it a brake. With the added speed and power, slowing down well ahead of stop signs, lights and road crossings is a must.

Be careful on the mount and dismount. An e-bike is about 20 pounds heavier than a regular bike, so a step-through frame might make good sense, even for men.

Wear a helmet. According to the U.S. Centers for Disease Control and Prevention, head injury is the most common cause of death and serious disability in bicycle-related crashes.

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GLUTATHIONE – WHAT IS THAT?

by Dr. Julie Monica



Glutathione is our body's number one antioxidant. It fights off viruses and infection and immobilizes toxins thus reducing our body's stress load.

It does this by protecting our cells and mitochondria (the energy producing organelle within cells) from oxidative damage, a main contributor to premature aging.

It is the body's ultimate free radical scavenger. Free radicals are unstable molecules that travel through your body and causes damage to enzyme activity, cell proliferation and tissue health.

We are exposed to these by our environment, foods and many common products. This damage contributes to inflammatory issues and our DNA can also be disrupted by these free radicals. The most notorious of these are advanced glycation end- products (AGE's) and reactive oxygen species (ROS). These can be squelched by the free radical fighting power of glutathione.

This powerful antioxidant is produced in the liver and is uniquely present in every one of our cells. It



maximizes the activity of all the other antioxidants as well, including vitamins C and E and CoQ10, alpha lipoic acid and also from the fresh veggies and fruits we eat every day.

According to Dr. Marc Hyman M.D., Our body's glutathione production has not kept pace with the onslaught of the tens of thousands of industrial chemicals in today's environment. Many of us even lack the necessary genes needed to produce the enzyme that recycles Glutathione (there is a test for this).

So, our glutathione levels overall, in probability, are insufficient.

The most effective way to build your reserves is to ingest the building blocks of glutathione that are more stable through the digestive tract than the glutathione molecule itself.

The two most effective, potent precursors to build glutathione are:

1) Whey protein – quality is everything. Be mindful to choose:

- Whey protein - concentrate, not protein isolates.
- Cold processed since heat destroys whey's fragile molecular structure.

- Sweetened naturally, not artificially and low in carbohydrates.
 - Chain fatty acids (MCTs) these are more digestible than long chain fatty acids.
 - Whey from grass-fed cows that are not treated with pesticides or hormones.
- *Of course, this is not suitable for any dairy free dietary plan.

2) NAC (N-acetyl cysteine) - This form of the amino acid cysteine, the body utilizes to make glutathione. Foods highest in cysteine: most all red meats, chicken, Clams, salmon and tilapia.



When looking to supplement your intake to further

to ensure adequate levels avoiding the "reduced" form of this antioxidant is most important. One of the most effective forms is S-acetyl glutathione which has better absorptive success.



*Dr. Julie Monica is a Functional Nutritionist, a diplomat to two nutrition boards with a B.S. in Clinical Nutrition. She provides a holistic approach to managing your health with state of the art, diagnostic testing to assess chronic issues. With clinical perspectives and our testing, we create individualized plans for optimal outcomes. *For information on a comprehensive profile for: Glutathione / Toxic Load / Anti (Healthy) Aging, call our office: 732.685.3171*

inspiration

HEALING FROM GRIEF Four Ways to Find Peace

by Jasmin Jenkins



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When I was 13, my mom was diagnosed with ovarian cancer. At 15, I was at her graveside, navigating my first experience with the other side of love: loss. Ten years later, my beloved and only brother died tragically as a result of PTSD and untreated addiction. In a word: suicide. Where my mom's death silenced me, my brother's death pushed me into a deep pursuit of healing.

In the nine years since then, I have committed to discovering the light side of grief, to identifying and embracing the invitations that lay within its deep layers. What I've come to learn is that grieving is actually a renewal state—a cycle of releasing and reconnecting. The tears and sadness are, quite literally, just a more fluid connection to love. These are the four invitations I've found within the grief:

1 The invitation to pause

When someone we love dies, our whole world changes in an instant and forever. And with this disruption, there is an opportunity for sacred inquiry that arrives as we pause and honor the absence of our

loved one: the impressions they made on our lives, what we will miss about them, how we will continue to celebrate their lives and what their story taught us.

2 The invitation to connect with our breath

With the intensity of emotions surrounding loss, breath can serve as our anchor.

Simply remembering to close our eyes and breathe allows us to stay grounded in our body, mind and spirit. In the TED talk "Breathe to Heal," Max Strom explains how certain patterns of breathing can actually change how we feel.

3 The invitation to feel

Elizabeth Kübler-Ross taught us about the five stages of grief, but since everyone's story and process is so unique, there is ultimately no linear order of the stages. If an emotion arises, allow for it. Feelings, after all, are just information about the state of our heart. The more we can give ourselves permission to be with where we are in our grief, the more at peace we will be in our process.

4 The invitation to heal

Healing is a verb requiring action and commitment. We have to allow for the pain to heal, also remembering that in doing so, we must keep our hearts open. We have to ask for help when healing, because most of us can't heal in isolation. Therapists who specialize in grief, online grief courses, bodywork and support groups can help us move forward. Zen Buddhism reminds us that the obstacle is the path. By exploring these invitations, we arrive at the truth that grief is actually a sacred pathway into a deeper connection within our hearts.

Jasmin Jenkins is a LA-based integrative grief guide and the founder of Fall Up, which supports people navigating the spectrum of grief. Learn more at WeFallUp.com.

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The Enemy Within: How to Stop Standing in Your Own Way

by Jean Eljay, PhD, MS, CMT, AdvHC, CH, NLPC



to get steady and stable happiness.” Simple to say, but much more difficult to attain.

The Unquiet Mind.

In your own experience, how many times each and every day do you want your mind to “quiet down and be at peace”? We meander in a world where questioning thoughts steal away the potential joy of everyday living. For some it may even seem that these drifting thoughts are our most common companion. Knowingly but uncontrollably, we focus on them and upset the harmony and balance of our day. Struggling through limiting beliefs, rising concerns and bloated worries only serves to exaggerate and confirm our growing anxiety. Sometimes negativity, through repetition, is featured in our mind as full-blown catastrophes. When any or all of this happens, unhappiness certainly follows.



Curiously, we already know the destination that will bring us happiness, but our worries, concerns and negative self-thoughts prevent us from going there. In our

mind, we construct potential gates and future barriers that we dare not trespass. Worries limit the breadth of our lives. Unhappiness brings us to the brink of our self-created slippery slope. This slippery slope of increasing disappointment and loneliness is created for us by us. We already recognize that the slippery slope only spirals downward, but we focus and refocus on it. Our concentration is seemingly out of control. We pay dearly for the unhappiness created during that downward journey to negativity and anxiety.

Is Our Mental Turmoil Self-inflicted?

Imprisoned by self-imposed bars, we are our own cruelest jailor. We keep ourselves, moment to moment, from emerging into a fulfilling life. In the words of the Dalai Lama “We need to learn how to want what we have, not to have what we want in order

What Does Negative Self-Talk Have to Do with Joy and Happiness?

In their article on happiness, MA Killingsworth and DT Gilbert¹. noted that humans focus on things that are not present and perhaps may not even exist. We focus on a vast array of potential things; thoughts that may occur or thoughts that might be. The mind wanders about half the time we are awake. Indeed, they found that the wandering mind can concentrate on creating negative and unpleasant thoughts. Highly significant, they found that independent of the activities that the individuals were doing, wandering thoughts lead to a greater amount of unhappiness, $p < 0.001$. Indeed, the authors suggest that... “mind wandering in the sample was generally the cause, and not merely the consequence, of unhappiness¹”.

Getting Out of Your Own Way.

Think about a time when you were “in the zone”. Your attention was precise and totally devoid of any wandering thoughts. Your concentration was totally in the moment, focused in the present and without pre-judgements. In cognitive behavioral hypnosis, this is the “ah-hah” moment; the moment when the conscious mind frees up the subconscious to allow new behaviors. This change opens the door to happiness. Fortunately, this state of mind can be guided and increased through practice. Is now the time to get out of your own way and let your positivity and optimism shine through? Bring back the happiness that you so richly deserve. This may be the precise moment to foster the clarity and focus that ultimately will lead you back to your own joy and happiness.

¹ MA Killingsworth and DT Gilbert. (2010) A Wandering Mind Is an Unhappy Mind. Science vol. 330, pg. 932.

Jean Eljay, PhD, MS, CMT, AdvHC, CH, NLP. Any questions or comments or to schedule a consultation, please contact Dr. Jean at 484.574.1144 or Email at drjean@hypnobiosis.com. Office Location: 800 West Main Street Suite #201 Freehold, NJ 07728

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How Food Affects Your Mood

by Larisa Belote



Ever wonder why sometimes people have low mood, feel angry, irritable or depressed?



Over 2000 years ago, Hippocrates said: “Let thy food be your medicine, and thy medicine be thy food”. He was right and probably knew that the effect of good food has profound implications for brain health. There is research that tells us that food choices that we make, strongly affect our mood.

SAD (Standard American Diet) which is high in sugar, low in fiber and nutrients and high in additives and chemicals are strongly correlated with an increased risk of developing depression, irritability...in other words “mood changes”.

The brain is an organ with very high metabolic and nutrient demands and consumes about 20% of a person's daily caloric intake. It is composed of 60% fat and contains high concentrations of cholesterol and PUFAs (Polyunsaturated fatty acids) such as Omega-3s. Omega-3 fatty acids are very important for the central nervous system because they form a part of neuronal cell membrane and regulate neurotransmission, influence gene expression, act as anti-oxidants and have anti-inflammatory properties.

The balance of Omega 3 and 6 are also important. Unfortunately, the SAD diet tends to be abundant in omega-6 fatty acids (found in corn and soy oils), and quite low in omega-3s (found in fish, seafood and grass-fed beef), which is a phenomenon that occurred with the shift towards industrialized and processed food. A SAD diet is terrible for the brain and for your mood.

Production of neurotransmitters such as Dopamine and Serotonin to name a few is crucial for brain health and mood. What is now emerging from the world of science is that certain foods help our guts produce neurotransmitters that control how our brain functions.

Dopamine is the neurotransmitter associated with motivation, emotional significance, rel-

evance, focus, and the ability to experience pleasure. Research is showing that you get a surge of dopamine when you hear a text notification or when you get several likes on social media. Yes! That is true! This is one of the theories as to why we are all addicted to our phones.

But there are several healthy foods that will give you the same dopamine high such as lima beans, lentils, meat, fish, lamb, turkey, chicken, eggs, nuts, pumpkin and sesame seeds, broccoli and spinach.

Serotonin is the “don't worry, be happy” chemical that controls moods, sleep, appetite control, and social engagement. Unfortunately, this amazing neurotransmitter goes low during a women's menstrual cycle, causing irritability and depression. This is part of the reason cravings for starchy carbohydrates and chocolate sets in at this time.

SEROTONIN stimulating foods are sweet potatoes, hummus, blueberries, apples, pears, peaches, bananas, mangoes, oranges, tangerines, pineapple and of course dark chocolate. Serotonin is also produced in the gut, so keeping a healthy microbiome in your gut will encourage your body to naturally produce more serotonin.

There is an amazing path to happiness through healthy foods. Choose healthy foods for happiness and ditch the SAD diet!

Larisa Belote, Integrative Nutrition Health Coach and a Detox Specialist and is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Contact Larisa to set up a FREE 20-minute consultation. Call/text 732.996.6963 or email: larisa@stepbystep-wellness.com





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Due to the ongoing decay of radio-active elements in the Earth's core, temperatures 4,000 miles below the surface can reach 10,800° F. The molten magma we call lava carries enormous heat to the surface. But despite its enormous potential, geothermal energy supplied just 0.4 percent of U.S. electricity in 2019. In California, the perimeter of the inland Salton



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Sea lies several thousand feet above a mineral-rich cauldron of hot water that powers 10 geothermal plants. The state has emphasized wind and solar power while neglecting the development of geothermal plants, despite possessing our most productive geothermal fields.

The Massachusetts Institute of Technology estimated in 2007 that releasing just 2 percent of this untapped resource in sites around the country could supply 2,000 times our overall

primary energy needs without needing any improvements in drilling technology. While the first geothermal plants in the 1960s drained reservoirs of their steam or water, binary plants—a new design from the 1980s—allow operators to extract the heat while maintaining the generating potential. Between 2006 and 2019, the U.S. Department of Energy spent only \$1 billion on geothermal technology due to falling coal prices, a fraction of what was spent on fossil fuels and solar investment.

Danielle's March Astrology Report



Let's talk about the month of March. For those unfamiliar, we look to the constellation our Sun is traveling through, to gain an overall sense of what each month will bring. This month, the Sun is in the constellation of Pisces until the 20th, when the Sun shifts into the constellation of Aries. Pisces is all about mysticism, fluidity, surrender, and flow. Pisces is a water sign, along with Cancer and Scorpio. During this month, we may find ourselves more emotion based, making more intuitively guided decisions. However, it is always advised to engage in grounding techniques whenever the Sun is in a water sign. This includes journaling to keep our minds clear, along with physical exercise to balance out our emotional energy. Because of the nature of this sign,

there is a potential for confusion and emotional overwhelm without much reasonable cause. The best way to counter this is through routine. Creating a strong routine, especially in the morning is highly recommended. Now, once the Sun moves into Aries on the 20th, expect to feel quite the shift. This is because the sun is transitioning from the watery sign of Pisces into the fire sign of Aries. Aries is highly focused on initiating, creating, and achieving. This is a strong contrast compared to the beginning half of the month. Pisces is asking us to focus inwards, and emotionally recharge. Whereas Aries is encouraging us to get up and go. Overall, this month will bring us great reflection, as Pisces is the last sign of the zodiacal wheel. And we begin the astrological "New Year" with Aries, a time for new beginnings. The mantra for this month is "I surrender".

For daily astrology forecasts, follow my instagram account @danielleastrology! Stay well friends!

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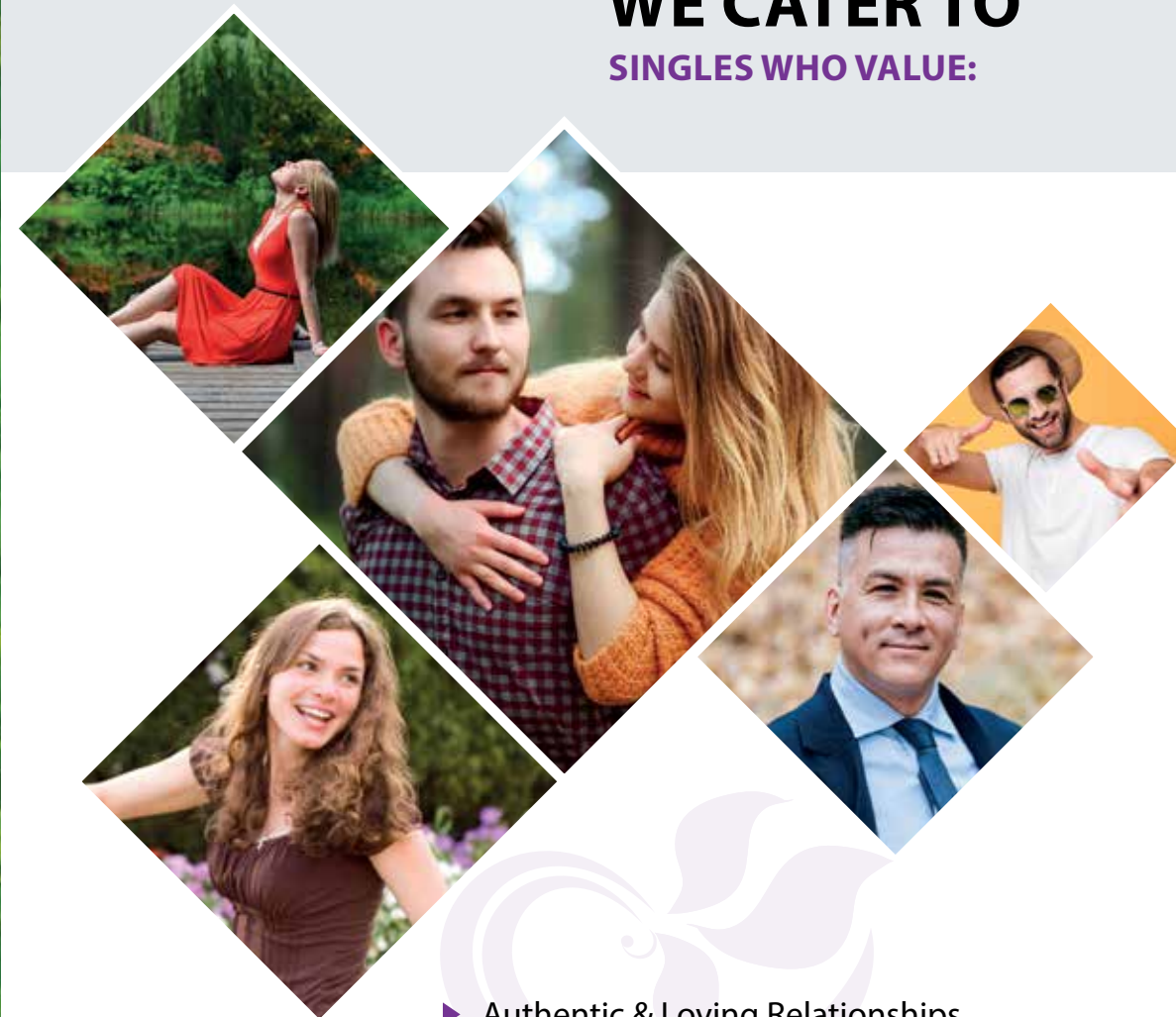
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Hemp-Derived Cannabidiol

A Primer on the Latest Research

by Sandra Yeyati

Ever since the Farm Bill of 2018 legalized the commercial production of hemp, U.S. sales of cannabidiol (CBD) have exploded onto the scene with hundreds, perhaps thousands, of vendors popping up around the country. CBD, a cannabinoid, is abundant in the hemp flower. “By law, hemp is defined as a variety of cannabis plant that has less than 0.3 percent THC, the psychoactive cannabinoid that induces a high,” says Shannon Livingston, a cannabis consultant for Florida Gulf Coast University, in Fort Myers.

Proven Benefits of CBD:

“The enthusiasm for CBD is soaring above the actual scientific evidence,” says Peter Grinspoon, M.D., a leading medical cannabis expert and primary care physician at Massachusetts General Hospital. “What’s known is that it helps with childhood epilepsy, and the U.S. Food and Drug Administration has approved a CBD drug for that. It is believed, and there’s good animal data and some human data to suggest, that CBD helps with chronic pain, insomnia and anxiety.”

Anxiety Under Study:

A clinical trial examining a high-CBD, low-THC (the psychoactive component) sublingual custom formulation for patients with moderate to severe anxiety is being conducted by Staci Gruber, Ph.D., director of Marijuana Investigations for Neuroscientific Discovery at McLean Hospital, in Belmont, Massachusetts, and associate professor of psychiatry at Harvard Medical School. “In the open label phase of this study, we’ve seen a rather dramatic and precipitous drop in symptoms of anxiety and depression after four weeks of treatment. We’ll see if this holds in the double-blind phase, which is underway now,” she explains.

Entourage Effect:

Gruber notes that this customized formulation is a full-spectrum, whole-plant formula, saying, “You often seem to get a bigger bang for the buck using a full-spectrum or broad-spectrum (whole plant minus THC) product, rather than just a single extracted compound.” The process she’s describing is called the entourage

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CANINE OBESITY

When Doggies Need Diets

by Julie Peterson



A year ago, Leroy became exhausted lifting his furry head. Today, he has energy to run, chase and play, thanks to his owner helping the 11-year-old Shiba Inu lose 14 pounds. Leroy was adopted last May by Peter Nguyen, a facilities coordinator in Bellevue, Washington. Back then, Leroy weighed 56.4 pounds—twice the recommended weight. Nguyen found a holistic veterinarian to provide an integrative support plan to remove him from danger.

Overweight dogs are at risk for joint problems, cancer, diabetes, kidney disease and more. According to a 2018 survey by the Association for Pet Obesity Prevention (APOP), 55.8 percent of dogs (about 50 million) in the U.S. are either overweight or obese. The APOP also reports that most of the owners of these dogs don't realize or are in denial about this important fact.

Determining Appropriate Weight

"A dog that is a perfect weight, you can feel the ribs, but not see them. And you have

an abdominal tuck when you look from the side. From above, right in front of the hips, you can see the waistline," says Leroy's veterinarian, Jackie Sehn, at Mercy Vet, in Mercer Island, Washington. She points out that the dog must be touched to feel the amount of fat, especially in long-coat breeds.

This evaluation can be done

at home using the online Body Condition Score chart at *PetObesityProtection.org*. The American Kennel Club also has a weight chart for dozens of breeds that can help determine an initial goal weight, although ideal weight can vary among individual dogs.

Doggy Diets

Debbie Hensel, who fosters dogs, took in a morbidly obese 13-year-old Chocolate Labrador for the Mr. Mo Project, in Cary, North Carolina. Under her care, the pet went from 108 to 81 pounds within nine months. "Since Bruce was an older dog and overweight, the first thing we did was start him on a joint supplement with turmeric and a prescription diet food. In the beginning, I withheld some of his food and used it as treats throughout the day," says Hensel. Every four to six weeks, Hensel decreased Bruce's food intake.

She also divided up portions to feed him four times per day to help him feel full. "Portion control is important," agrees Nguyen. "Leroy has a habit of wanting

to eat more. I think he has a hard time knowing how much food he really needs."

But the problem isn't just eating too much. Pet owners are often feeding the wrong foods. "It is the quality sometimes more than quantity. Health doesn't come from processed food," says Sehn, adding that most dry kibble is essentially overprocessed junk food that lacks nutrients and contains fillers.

Fortunately, refrigerated and frozen dog food has made it easier to feed organic, fresh, nutritionally balanced, raw food which is based on a dog's ancestral diet. Raw food is also available dehydrated. Treats, if included, should satisfy the chewing instinct without adding many calories. Sehn recommends dehydrated chicken or duck feet, tendons and healthy jerkies.

"Switching to a raw diet helped with Leroy's weight, but I had no idea it would have so many other benefits," Nguyen says. "I noticed that his coat was getting a lot softer and he smelled a lot better."

Ease into Exercise

"Bruce sounded like an elephant falling when he laid down and he couldn't stand for long," says Hensel. Indeed, exercise can overburden the heart and joints of an obese dog. At first, Leroy and Bruce both had a hard time just getting up off the floor, so losing weight first was crucial.

As the weight began to come off, they both became more engaged and stamina slowly increased. Hensel started by walking around in the backyard and letting Bruce follow. Their initial walks were to the end of the block. They would stop and rest before going back home. "As he lost weight and his strength improved, our walks got longer," says Hensel.

Weight loss must be a healthy process. "Breaking down excess fat takes time," says Sehn, adding that losing too fast results in muscle loss. Patience and time are key.

"I think Bruce just needed less food and someone that wanted to do things with him," says Hensel, who has adopted Bruce as her "forever foster dog".

Julie Peterson writes about health and environmental issues. Reach out at JuliePeterson2222@gmail.com.

calendar of events

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

new online classes

Holistic Health with Siobhan- a mixture of Qigong & easy Holistic Health Techniques, you may effectively change how you feel in Mind/Body/Spirit. This is a provocative and interactive class with time for Q&A. Lots of health challenges will be covered. Class meets LIVE on M & W at 10am Eastern Time. Recordings will be available for a limited time. \$96/month, 2 one-hour classes per week. Buy 2 months for discount, buy with 1 month of T'ai Chi Chih and get half off- see site for details.

T'ai Chi Chih®- T'ai Chi Chih®: Joy thru Movement is a non-martial art with many health benefits. This practice is more Qigong-like and is completely non-violent. It is a set of movements (done standing or seated) completely focused on the development of an intrinsic energy called Chi. Improve physical & emotional balance, help with better sleep quality, & overall sense of well-being is reported by clients. Class meets LIVE on Wed. at 6pm Eastern Time. Recordings will be available for a limited time. \$96/month. Buy 2 months for discount, buy with 1 month of Holistic Health with Siobhan and get half off- see site for details. In person classes in Toms River & Browns Mills in March.

Balance Hormones with Energy Medicine- This class will provide tools to balance the body's energy systems, by tapping into the body's natural healing ability. Using powerful simple techniques that work quickly and easily, symptoms of PMS & menopause become more manageable and less challenging. With handouts, no recordings to keep class customized to attendees needs. 1hr. \$25, Thurs. March 11th at 7pm OR Monday, April 5th at 1pm.

Calming Stress & Anxiety- This class will provide some tools to balance the body's energy systems, by tapping into the body's natural healing ability. Using powerful simple techniques that work quickly and easily, stress becomes more manageable and less challenging. With handouts, no recordings to keep class customized to attendees needs. 1hr. \$25, Thurs. March 18th at 7pm OR Monday, April 12th at 1pm.

Relieve Pain- Learn Powerful Energy Medicine Tools to Help:

- Ease Chronic Pain so you no longer have to miss out on the activities you love.
- Bounce back from injuries faster.
- Relieve Chronic Headaches so you don't have to power through a day in pain
- Lessen your reliance on pain medication so you can lessen the risky side-effects and expense.

With handouts, no recordings to keep class customized to attendees needs. 1hr. \$25, Thurs. March 25th 7pm OR Monday, April 19th at 1pm.

Register at: <https://www.elightenment.com/pages/seller-profile?siobhan-hutchinson>

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Siobhan

SATURDAY, MARCH 6

Reiki Levels I and II Certification 10am-3pm. Begin your spiritual journey and tap into your innate intuition in this innovative class to certify you as a Reiki Practitioner! Admission Price: \$280.00 per person. Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

Reiki Level I Workshop and Certification – 11am-2pm - Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You will learn how to nurture and heal the light within yourself and others. In this workshop, she will teach you the basics of the art of healing with Reiki including: What is Reiki? How does it work? The Chakra System, Self -Grounding and more! You will receive your Reiki Level I attunement. \$175.00 per person; Pre-Registration is required. Private sessions are available by appointment. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SUNDAY, MARCH 7

VIRTUAL Meditation & Dharma Talk with Venerable Bhante Sujatha 4-5:30pm Cost: \$30) Research suggests that meditation can help heal injured parts of the brain, increasing brain function and improving many health problems by promoting healthy behaviors. Venerable Bhante Sujatha, The Loving Kindness Monk, a 30+ year Buddhist Monk, is singularly focused on adding more love in the world. Bhante teaches loving-kindness meditation to people around the globe for all those seeking the art of happiness and contentment. Monmouth Beach Yoga and Wellness is located at 36 Beach Road Suite 10 Monmouth Beach NJ. We offer in studio, virtual & pre-recorded. Call to register 973.452.2828.

THURSDAY, MARCH 11

Reiki Level II Workshop and Certification 11am-3pm – This workshop is the second step on your Energy Healing journey with Maria Martin. As healers we have the deep desire to help, heal and nurture the light within ourselves and others. With your second attunement, learn the Art of healing with Reiki in-

cluding: How to heal others, the chakras meanings and placements, Self-Grounding, Hand positions for self-healing, the healing of others and Reiki Symbols as well as their meanings. Pre-requisite Reiki I; \$200.00 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.

Reiki Meditation and Healing Circle 7:30pm-9pm. Join our guided meditation to focus on your personal energy, and receive a Reiki Demo! We focus on a different Chakra every circle. Admission Price: \$10.00 Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ or online via Zoom. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

FRIDAY, MARCH 12

Stations of the Cross 6-7:30pm At The Yoga Loft, 462 Adelphia Rd, Freehold with Dianne and Tara. In this workshop, the focus will be on meditations based on Christ's passion, death, and resurrection. Short yoga sequences will follow each meditation. Appropriate religious music will be played on the flute as students take restorative poses in between meditations and yoga sequences. All the meditations are taken from the scriptural Stations of the Cross. Please bring your mat and blanket. Register early as space is limited to 7 students. Email info@theyogaloftnj.com or call/text 732.239.2333 to reserve your spot \$30

SATURDAY, MARCH 13

Free Drumming Circle: 1:30-3pm and stay and get a reading or energy healing from one of our gifted Psychics or Healers at our Holistic Fair from 3-6pm. Circle to be led by Shaman, Lauren Porter. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just be here for the experience A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, MARCH 13 & SUNDAY, MARCH 14

Get Out of Your Own Way! 7:30-9:30pm "Bring Happiness into Your Life: Shutdown Incessant Disrupting Thoughts". A virtual workshop by *Dr. Jean Eljay. In this post-pandemic era, use these straightforward mind exercises to regain control. In these confusing and challenging times, the level of disturbing thoughts is increasing exponentially.. This all-inclusive event allows personalized coaching to maximize your immediate benefit. Call or email now: 484.574.1144 or by email at drjean@hypnobiosis.com. You will be surprised by the return of happiness with our immediate results. This virtual 2-day workshop provides lifelong solutions.

MONDAY, MARCH 15

Psychic Self-Defense 7:30-9:30pm. Protecting yourself is an everyday thing; on the Ides of March, learn how to maintain the strength and integrity of your personal energy! Admission Price: \$35.00 per person. Location: online via zoom or at Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ or online via Zoom. Call 732.832.1036 or visit dimensionsreiki.com/calendar.



WEDNESDAY, MARCH 17
HAPPY ST. PATRICK'S DAY

Native American Drumming/ Journeying 7:30-9:30pm with Shaman, Lauren Porter. Looking to connect with the spirit of the drum and connect with your inner medicine? Learn the importance of drumming, how drumming can help you heal spiritual wounds, and be guided through a journey to help discover your spiritual allies. See how a shamanic journey will help you connect with your higher self. \$40 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 **Ask us about private journeying sessions

THURSDAY, MARCH 18

Reiki Level I Workshop and Certification – 11am-2pm Get started on your Energy Healing journey with Reiki Master Maria Martin. Learn how to nurture and heal the light within yourself and others, along with the basics of the art of healing with Reiki including: What is Reiki? How does it work? The Chakra System, Self -Grounding and more! \$175.00 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.

FRIDAY, MARCH 19

Healing Circle: 7-8pm, It is wonderful for Reiki Practitioners and energy healers to practice their skills and do work on one another. It is also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. Newcomers and practitioners are welcome. \$10 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

FRIDAY & SATURDAY,
MARCH 19 & 20

11-Week Certification Course - Become a certified hypnotist with Dr. Jean 9am-5pm Fris, 11am-5pm Sats. Course title “New Road to Revenue and Fulfillment: Certification in Helping others to Harmony and Balance”. This course is 220 hours and results in complete certification. Course by *Jean Eljay, PhD, MS, CMT, AdvHC, CHt, NLPC. Certification is in the International Association of Counselors

and Therapist (IACT). Once certified you can immediately guide your clients with confidence and the certainty that only an excellent education provides. Act NOW for this limited time offer by calling 484.574.1144, emailing drjean@hypnobiosis.com. or directly by email at drjean@hypnobiosis.com.

SATURDAY, MARCH 20

Reiki Level II Workshop and Certification 11am-3pm – This workshop is the second step on your Energy Healing journey with Maria Martin. As healers we have the deep desire to help, heal and nurture the light within ourselves and others. With your second attunement, learn the Art of healing with Reiki including: How to heal others, the chakras meanings and placements, Self-Grounding, Hand positions for self-healing, the healing of others and Reiki Symbols as well as their meanings. Pre-requisite Reiki I; \$200.00 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.

Virtual Spring Equinox with Karena Virginia 12-2pm Cost: \$40 Just as the flower blooms to the sun, we are opening our hearts to the divine. Together we will align our deepest wishes with the vibratory frequency of the equinox, and we will invite the divine intelligence of the universe to guide us as we take our first steps with ease. Pre-Registration is a must. You will receive the link to the workshop a 1/2 hour before class. Monmouth Beach Yoga and Wellness is located at 36 Beach Road Suite 10 Monmouth Beach NJ. We offer in studio, virtual & pre-recorded. Call to register 973.452.2828.

SUNDAY, MARCH 21

Introduction to Spirit Guides 1-4pm. We all have helpers in Spirit waiting to work with us; learn how to meet yours! Admission Price: \$60.00 per person Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ. Call 732.832.1036 or visit dimensionsreiki.com/calendar

SATURDAY, MARCH 27

VIRTUAL Introduction to Ayurveda: A Healthy Transition from Winter to Spring with Rachel May 12-3pm Cost: \$60 This workshop will include in Introduction to Ayurveda and Samkhya Philosophy; the opportunity to take a thorough constitution test and discover your own imbalances; a yoga practice incorporating pranayama, meditation, mantra and asana to ease the lethargy and congestion of the seasons; recipes and cooking tips to support your nourishment and digestion; and daily rituals to support your immunity and overall vitality. Monmouth



Beach Yoga and Wellness is located at 36 Beach Road Suite 10 Monmouth Beach NJ. We offer in studio, virtual & pre-recorded. Call to register 973.452.2828.

Introduction to Tarot 3pm-5pm. Tarot has been a source of insight and mystery for centuries. Come explore all of its complexities and facets in our 6-session Tarot Class! This series of classes will provide an informal, informational session for all levels – from beginners to those more advanced. Hosted by Jamie Kwiat (SeaWitchNJ), we will dive into the layered history of one of the world’s most mystical tools. Over the course of six monthly classes, you will learn not only what Tarot can do, but the meaning and ways you can incorporate it into your everyday life. First class is \$75.00 per person (includes Tarot Deck); subsequent classes are \$50.00 each 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, MARCH 25

Reiki Meditation and Healing Circle 7:30pm-9pm. Join our guided meditation to focus on your personal energy, and receive a Reiki Demo! We focus on a different Chakra every circle. Admission Price: \$10.00 Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ or online via Zoom. Call 732.832.1036 or visit dimensionsreiki.com/calendar.

SUNDAY, MARCH 28

Full Moon Circle: 6-7pm, Enjoy and experience the Full Worm Moon with us. At the time of this Moon, the ground begins to soften enough for earthworm casts to reappear, inviting the return of robins and migrating birds – a true sign of spring. Roots begin to push their way up through the soil and the Earth experiences a re-birth as it awakens from its winter slumber. We will have a brief meditation and focus our intention and give blessings toward home, hearth and family. \$10 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

Introduction to Psychic Development 1-5pm. Tap into your own intuitive abilities, and learn techniques to give psychic readings! Admission Price: \$100.00 per person Location: Dimensions Reiki, 169 Main Street, Suite 105, Matawan, NJ Phone: 732.832.1036 dimensionsreiki.com/calendar.

on going events

MONDAYS

Qigong Class taught by Shoshanna Katzman 11am on ZOOM. Qigong is an ancient Chinese exercise that cultivates the flow of your qi (life energy). Its gentle, flowing movements are performed to integrate your body, mind and spirit. They also strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation. Beginners are welcome and qigong is suitable for all ages and ability. The workout is derived from Shoshanna’s book “Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy.” Check out www.healing4u.com or call 732.758.1800 for more information.

FREE Loving Kindness Meditation 11am with Roseann Petropoulos founder of Belmar Wellness email belmarwellness@gmail.com for zoom link.

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

Meditation for Earth every Tuesday on Waterspirit’s YouTube 12:15 - 12:45 Channel: <https://www.youtube.com/channel/UCFzJckCCtU22hEjrmoLitwQ>

Please join Waterspirit for 'Meditation for Earth.' We read a short blessing, followed by an excerpt from Hal Borland’s ‘12 moons of the Year’. Then we lead a simple meditation followed with silence, for a flourishing Earth. The meditation and silence is approximately 30 minutes. All of our videos are filmed by our Program Manager, Abbey Koshak, with loving care. No matter where you are in the world, you can join us as we meditate for our Earth!

Tuesday Meditations: 6-7pm, Come join our weekly group guided meditations. De-stress from your hectic weekend and Manic Monday. Recenter and Regroup yourself for the coming week and be ready for whatever life brings your way. For all levels: Beginners to Advanced. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$10 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

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

WEDNESDAYS

Tai Chi Class taught by Shoshanna Katzman 10:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Tai Chi is an ancient Chinese exercise known as “meditation through movement” – one taught by Shoshanna primarily for health and longevity, although its roots are as

a martial art. The form you will learn is the Guang Ping Yang Tai Chi Form for which Shoshanna is a 6th generation lineage holder. It is a Yang Style comprised of flowing movements that promote energy, balance, strength, serenity and rooting – along with wholeness of mind, body and spirit. Classes are based on Shoshanna’s Tai Chi Tutorial entitled: Center of Power: Life Mastery Through Tai Chi. Check out www.healing4u.com or call 732.758.1800 for more information.

Tai Chi Class taught by Shoshanna Katzman 6pm at Red Bank Acupuncture & Wellness Center in Shrewsbury weather permitting. Otherwise, class is taught on ZOOM. Tai Chi is an ancient Chinese exercise known as “meditation through movement” – one taught by Shoshanna primarily for health and longevity, although its roots are as a martial art. The form you will learn is the Guang Ping Yang Tai Chi Form for which Shoshanna is a 6th generation lineage holder. It is a Yang Style comprised of flowing movements that promote energy, balance, strength, serenity and rooting – along with wholeness of mind, body and spirit. Classes are based on Shoshanna’s Tai Chi Tutorial entitled: Center of Power: Life Mastery Through Tai Chi. Check out www.healing4u.com or call 732.758.1800 for more.

Wednesday Sound Healings/Meditations: 6-7pm, Through the use of crystal bowls, guided sounds, singing and chanting we will facilitate your healing journey. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$20 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 **Ask us about private meditation sessions and Veteran Discounts.

Gentle Yoga with Dee 6pm pre-registered to reserve your slot at: info@theyogalofnj.com or call Dee at 732.239.2333.

THURSDAYS

Qigong Class taught by Shoshanna Katzman 5:30pm on ZOOM. Qigong is an ancient Chinese exercise that cultivates the flow of your qi (life energy). Its gentle, flowing movements are performed to integrate your body, mind and spirit. They also strengthen the physical body, enhance energetic awareness and promote overall calm and relaxation. Beginners are welcome and qigong is suitable for all ages and ability. The workout is derived from Shoshanna’s book “Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy.” Check out www.healing4u.com or call 732-758-1800 for more information.

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FRIDAYS

Friday Psychic Reading and Energy Healings: 4-7, Come and get a 10-minute Reading or Energy Healing for only \$20.00. Do you have a question on a direction you are looking to embark on, or about a job, relationship, or move? Come and get a reading and we will advise you! Are you feeling off, or out of balance? We can help you get rebalanced with an energy and/or shamanic healing. Walk-ins, or appointments are welcome. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private meditation sessions and Veteran Discounts.



save the date

FRIDAY MAY 21 -
SUNDAY MAY 23

Solving the Emotions and Uncertainties Underlying Irritable Bowel Syndrome (all subtypes) and Other Gastrointestinal Disorders Workshop entitled: Replay In Vagus, Please! by Dr. Jean Eljay.

Register for the meeting at International Medical and Dental Hypnotherapy Association® (IMDHA) Conference. Register at https://www.hypnosisalliance.com/imdha/conference_welcome.php. Verified in the medical literature, there are many gastric distress disorders, e.g., irritable bowel syndrome, inflammatory bowel disease, gastroesophageal reflux disease, functional dyspepsia, heartburn, etc. that respond to intervention by trance. These complex and deep-rooted physical, emotional, and spiritual issues can be naturally and simply resolved using self-hypnosis.. Join us during this convention by registering. Any questions or comments, please directly contact *Jean Eljay, PhD, MS, CMT, CI, AdvHC, CHt, NLPC located at 800 West Main Street, Suite #201, Freehold, NJ 07728 or directly at (484) 574-1144 or by email at drjean@hypnobiosis.com.

Dr. Jean’s Upcoming Events Include:

- To sleep restfully or not to sleep is the question.
- The mind, the gut and its bugs
- Introducing the brain-gut-microbe axis and your health
- Advances in the Science and Medical Outcomes of Hypnosis: Where do we go from here?
- 8 hrs of eye closure does not equal a restful sleep
- Release the unhealthy emotions binding you to a night of unrest

community resource guide

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

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Christine Taliercio, M.S.,C.A., L.ac., D.ac. is a certified acupuncturist, licensed in NJ by the Board of Medical Examiners, a certified Diplomate in Acupuncture by the N.C.C.A.O.M., and the owner of Acupuncture Works LLC. Taliercio is trained in treating infertility, smoking, anxiety, and depression. She uses a dry-needling technique to treat pain. She incorporates other modalities like electrical stimulation, ceramic mineral heat lamps, infrared light therapy, and essential oils. Breathing in the scent of certain oils enhances your treatment and well-being. It's all natural, and very effective. Suffer no more - call me today! .

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www.oldbridgeacupuncture.com



Gregory Carey, MAcOM, Dipl. OM (NCCAOM), L.Ac. is a dual licensed and Board Certified Acupuncturist and Herbalist and founder of Old Bridge Acupuncture & Wellness, LLC. Gregory seeks a root-cause, whole body approach to treating illness, disease and imbalance. His expertise includes Acupuncture, Herbal medicine, Cupping, Gua Sha, Holistic nutrition, Traditional bodywork (Tuina) and Qigong. Gregory is adept at diagnosis and treatment of stubborn illness. His practice specializes in the treatment of Pain, Gastrointestinal Disorders and Chronic Skin Disease. Gregory is one of the few acupuncturists in the United States who has been previously elected to serve the National Board of Acupuncture (NCCAOM) as a Subject Matter Expert on the Herbal Medicine Board. He is also one of the few acupuncturists in the World who has been elected to the International Association for Chinese Medicine Dermatology. If you are suffering and in need of an upgrade in your health and well being, contact our office for information on getting started on your personalized Bridge to Wellness.

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LAUREN A. SALANI, LCSW, BCB
Senior Fellow, Advanced Board Certified in Biofeedback by the BCIA, Biofeedback Certification International Alliance, Member of Association for Applied Psychophysiology and Biofeedback. Trained in EMDR. Stress Relief Services - 107 Monmouth Rd, Suite 104, West Long Branch, NJ 07764. 732-542-2638
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Dr. Julie Page is the founder of Page Wellness Center located in Atlantic Highlands NJ. She has been in practice for over 15 years and continues to excel in her fields of Chiropractic and body work. Dr. Page uses many modalities that are at the forefront of sports medicine; including Kinesio Taping, Graston

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Jeff Ball is on a mission is to help clients navigate the financial services industry effectively. He is committed to educating clients about money and investments, helping to reduce money-anxiety and empowering clients to take control of their finances. His goal is to help clients to reach their financial goals and to achieve a sense of financial well-being. Jeff wants clients to get the best deal possible from RBC and all of their financial service providers.

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Salim is the rare accountant who believes small businesses are the foundation of our economy and is dedicated to helping them attain financial health and security. He is author of "Straight Talk About Small Business Success In New Jersey." Get your free copy by calling (732)566-3660. (Limited quantities).

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Pamela is a spiritual intuitive/medium who has been guiding many individuals and groups for the past 20 years. She practices astrology, numerology, and Tarot and is a member of the American Federation of astrologers. She conducts classes, workshops, and seminars in person and online. Follow Pam on LinkedIn Facebook and Twitter. Call for your appointment today to get clarity, direction, and inspiration on how to move ahead and live your life.

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I have been practicing reflexology for over 20 years and am very passionate about my work! Reflexology is a science based on the premise that there are reflex areas in the feet and the hands that correspond to all of the glands, organs, and other parts of the body. The practice also offers access to an Infrared Sauna, which allows a higher percentage of toxin removal due to the fact that the infrared waves are absorbed more deeply in the cells of the body. Benefits include increased circulation, improved skin tone, eliminates joint and muscle pain, relieves tension and increases energy.



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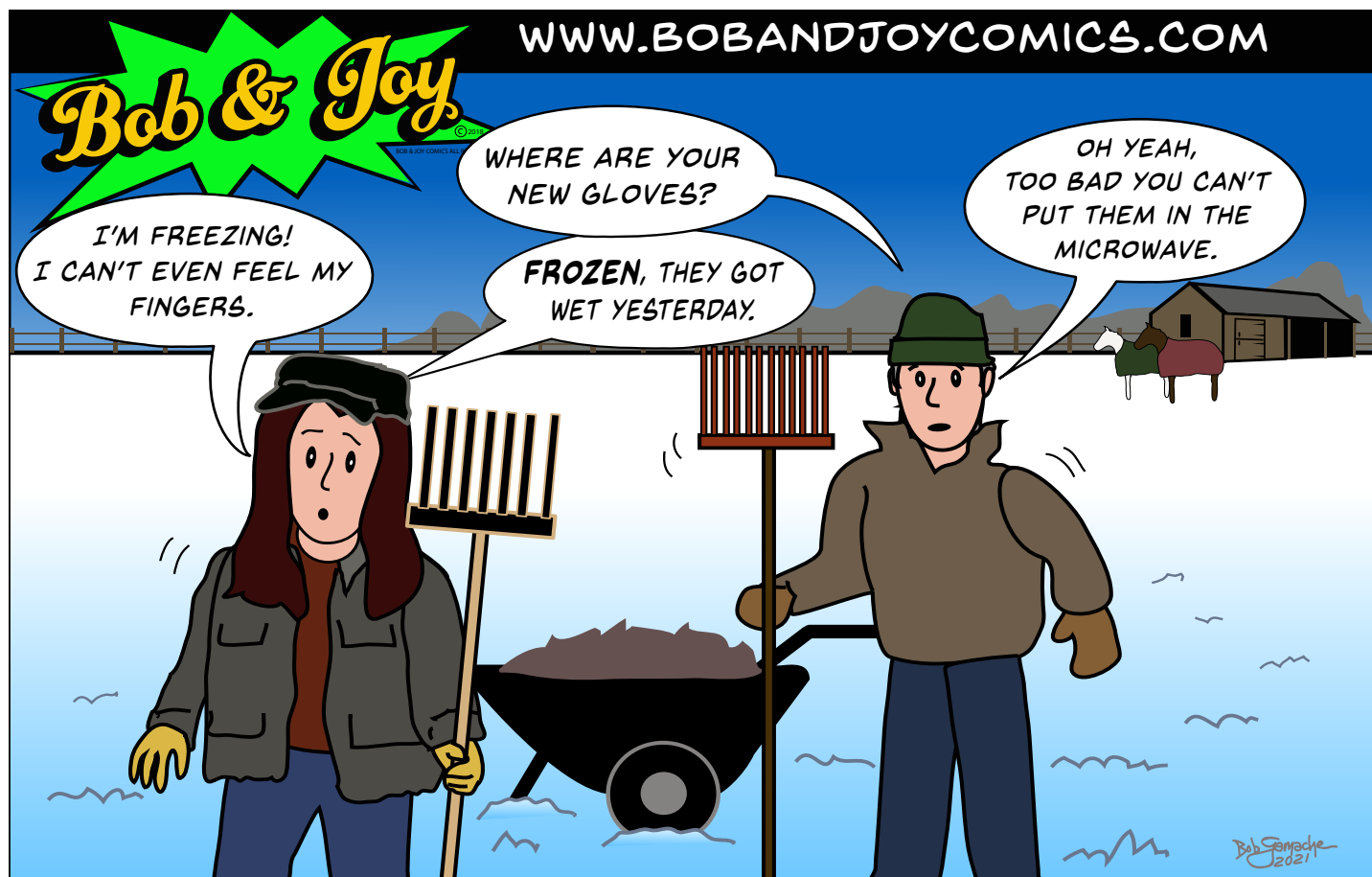
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