



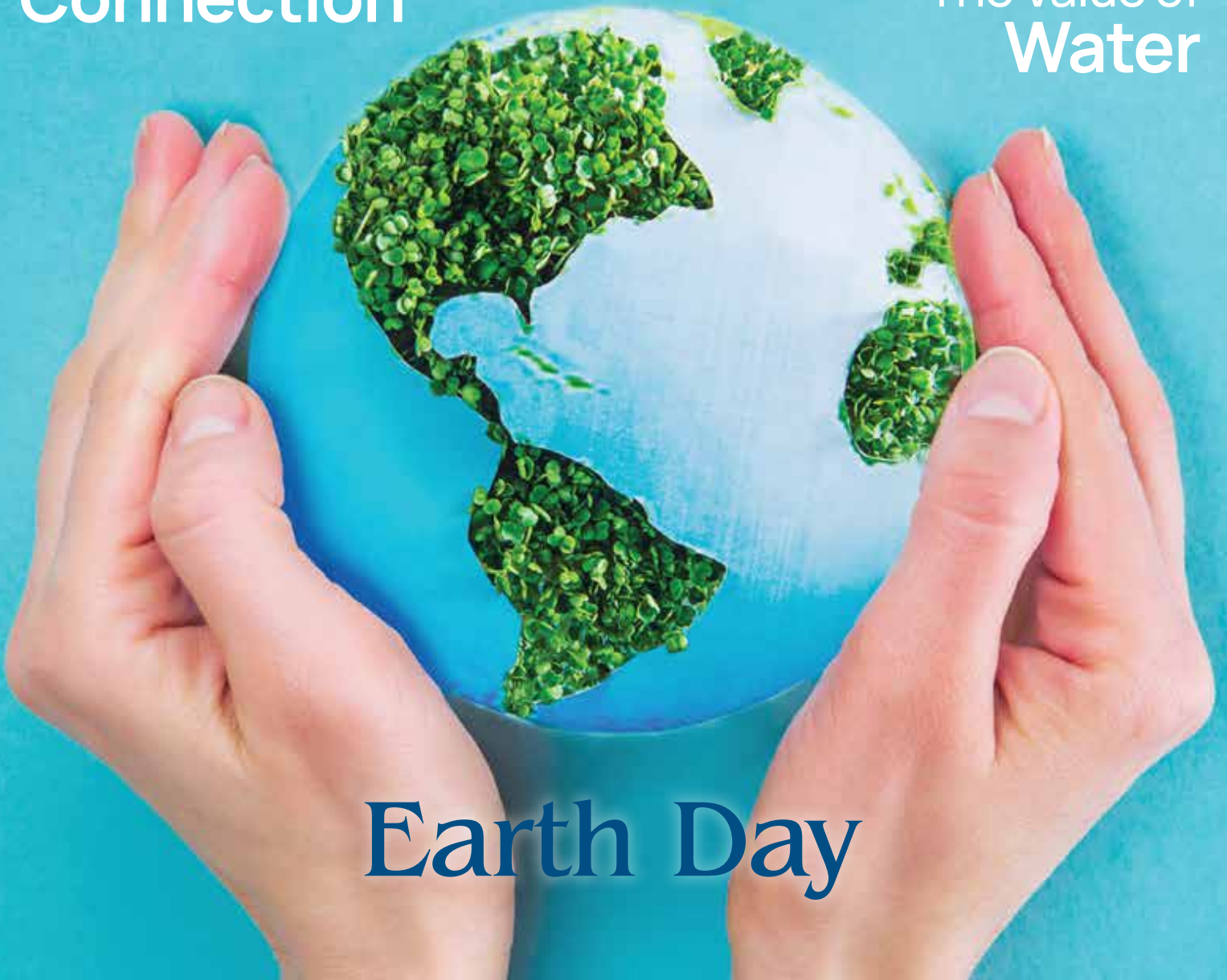
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Dr. Berkowitz and Dr. Braun are proud to announce a truly unique partnership with board-certified orthodontist Keith Dobrin D.M.D., MBA, as well the addition of a Fotona® laser to the practice, allowing for a vast expansion in available dental services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



The Peepers are peeping, the crocus and daffodils are blooming, the tulips are not far behind and daylight is lasting longer each day – hooray, hooray, hooray!!!

As we consider what plants to cultivate in our gardens, it's important to remember spring is a time for renewal for ourselves as well. With the inspiration of rebirth all around us, it's a great time to consider what we want to cultivate within ourselves for our own growth as well. Perhaps our resolutions have lost steam, but now with the sun shining brightly to cheer us on, it's a great time to give them another go. I know I will 😊.

As always we are so grateful to our readers, our advertisers and our team. We couldn't do this without you! Wishing you a magical and productive springtime

Warm wishes,



Sharon



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Interested in Franchising?

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.



Sound Healing Individually or as a Group!



Kristen is excited to now offer Crystal Sound Bowl Healing for groups and gatherings! Kristen uses Solfeggio crystal bowls infused with gemstones including the Love Frequency (528 Hz) and the God Frequency (963 Hz). She will be hosting a bi-monthly Meditation Group with Sound in Toms River every second and fourth Sunday at 10am starting April 13th 2025. This will be guided meditation combined with a healing sound bath to really rev up the group energy. All are welcome -don't be shy - come join us!

Kristen is also available to provide healing, soothing sound baths for your yoga studio, facility, private party or event. Let's collaborate together and bring more sound healing to the world!! For an amazing personalized experience, consider scheduling individual energy healing with sound where tuning forks are used to provide a tailored sound healing immersion. This is perfect for those who have specific energy healing needs such as stuck energy, feeling out of balance, people overcoming grief, loss, life changes or addiction or people who want clarity and peace surrounding a specific life situation.

Visit balancedlifeweb.com for more information or contact Kristen Valentine at balancedlifeusa@gmail.com or call 800.716.8353.

New Beginnings

Springtime is seen as a time of rebirth and renewal as we witness the flowers and trees coming to life again. That feeling of breathing in that fresh Spring air can be enough to create that calming and focused energy to carry us throughout the day.

As we watch this beautiful rebirth happen before us, we cannot deny it creates this magnetic change within our cellular bodies as well. During this time, we will find ourselves decluttering our closets and reorganizing our pantries or tool rooms all the while opening all the windows in our homes to circulate and shift that stagnant energy created from the winter hibernation.

This Renewal period is a great time to work on shifting our own internal energy as well. Reiki practitioners and energy workers often use this time to facilitate energetic cleansing, release old patterns, and invite in the new, revitalizing energy of the season (google). Reiki is a great tool used for stress relief, promoting relaxation, restoring and rebalancing energy flow in our bodies energy field, and some use it for a way to support our spiritual journey of awakening. Reach out to Monarch Wellness Center for a Reiki session at our Spring Lake Location.

You can reach out online at www.monarchwellnesscenternj.com to request a session or call 732 338-9242.



Flex and Strengthen Your Resilience

Feeling depressed, anxious or worried? You're not alone. More than ever, we need to bolster our coping skills to build greater resilience for peace of mind and good health.

Come explore powerful tools for building resilience in Wisdom Tree Yoga's 6-week series, "Resilient by Design: Yoga for Strength and Healing." Through breathwork, mindful movement, and restorative practices, you'll learn to cultivate physical strength, balance, and mental clarity. Each class will focus on strategies for building emotional resilience, healing from stress or trauma, and developing the inner resources needed to navigate life's challenges with grace and confidence.

Series begins April 28 with three class options: Yoga for Arthritis (Mondays, 9:30 AM), Gentle Yoga for Healthy Aging (Mondays, 4:30 PM) or Chair Yoga Fitness (Tuesdays, 9:30 AM). For details please visit wisdomtreeyoga.com/offerings or call 732.233.3216. Cost \$98.

Begin Your Spiritual Journey

Do you feel a nudge to listen to your inner voice? Have you had dreams that sent you messages? Do you feel that you may have a sixth sense, but don't know how to explain it? Dawn Ricci, Spiritual Mentor, wants to show you how to begin your powerful spiritual journey to reveal the 3 Secrets to Hi-Vibe Your Energy Field and Learn how to Activate Your Intuition. Join Dawn Ricci for her complimentary 30-minute Inspiration call, to discuss, your next steps in homing in your personal Intuitive and Manifestation skills, that we all have inside of us. Dawn will show you how to raise your vibration, connect with your body and soul, tap into your intuition. And use it in everyday life! Don't delay, book your call at <https://dawnricci.com/inspiration> today.



Free Community Event World Tai Chi & Qigong Day

April 26 10am - 4pm Find your tai chi and qigong community and connect! There will be opportunities to find a teacher or to network with other Chi enthusiasts. Experience a variety of styles and demonstrations of dance and martial arts.

The day will also be taught by a variety of instructors. In the afternoon we'll have a Tea and Talk. Speakers sharing ways



to increase Qi or life force energy with lifestyle and awareness practices. World Tai Chi & Qigong Day is an Annual Global celebration where 100s of cities and over 80 Nations participate every year. Check the Global Website for more information on other countries participating. <https://www.worldtaichiday.org/>

Our local celebration will be

located at the West End Arts Center 132 West End Avenue, Long Branch, NJ Contact: Melinda Applegate of FLOWING QI Productions. Please register at melinda_applegate@yahoo.com, space is limited. Or visit Flowingqigong.com

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 <https://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.”

Spring Women’s Day Retreat

Join Sunshine Kate & Dee from The Yoga Loft Saturday, April 5th from 10am to 3pm at Honey Hollow Farms in New Hope PA. Sunshine Kate’s and Dee from The Yoga Loft are collaborating with Honey Hollow Farm to encourage women to nurture themselves in a magical setting at an organic farm in New Hope, PA.

It is an opportunity for us to tap into intentions around deep nourishment, embracing the seasonal transitions and honoring our bodies through breath, movement, nature and connection.

The Retreat includes:

- Welcome Ceremony with Light Breakfast & Spring Herbal Infusion
- Revitalizing Breath & Movement Sensory Journey
- Forest Bathing and Journaling Exploration
- Nourishing Lunch
- Gratitude Circle & Sweet Treat
- Closing Ceremony to Honor our Awakening & Blossoming

- Takeaway Gifts from Mother Nature

\$195 for the Retreat Experience – includes full day experience, lunch and spring wellness magic. RSVP to reserve your spot <https://www.sunshinekates.com>

Trauma-Informed Healing Yoga Workshop

Join Angie Hardiman, TIC, Trauma Informed Caregiver at The Yoga Loft, 58 Main St Farmingdale April 12th 12:30-2pm. Are you healing from a trauma in your life? Maybe you are caring for a loved one who has suffered? Whether it is physical, emotional or both, you are not alone. Healing occurs in many stages and sometimes we forget to allow the healing completely as we take care of others and their needs.

Enjoy a nurturing and supportive workshop, designed to help you reconnect with your body, calm your nervous system, and cultivate a sense of safety and inner strength. In this workshop, we will explore gentle, mindful movement, breathwork, and grounding techniques that empower you to move at your own pace. With a focus on choice and self-awareness, this practice is accessible to all bodies and levels of experience. This is ideal for anyone looking to release tension, enhance self-regulation, and deepen their connection to themselves. Whether you’re navigating personal healing or simply seeking a more embodied way to manage stress, this practice will support you in your journey.



Please call/text 732.239.2333 or email info@theyogaloftnj.com to reserve your spot today \$40

Acupuncture Nourishes the Promise of Spring



Spring is the perfect time to cultivate health. After an unusually cold and blustery winter, the warmer weather signals a time of renewal. Acupuncture is a useful treatment for restoring the body and mind.

Acupuncture effectively treats musculoskeletal, digestive, and respiratory issues. It’s for people who experience anxiety, depression, &

hormonal imbalances.

Acupuncture restores & rebalances the body’s energy by addressing energetic blockages that impede health. Ultra-thin “needles” are strategically placed, harnessing the body’s innate ability to heal. Any discomfort from the needles is fleeting.

> Continued From News Briefs Page 7 <

Acupuncture, an ancient form of traditional Chinese medicine:

- Regulates hormonal balance—at every stage of life
- Reduces or eliminates chronic or incidental pain
- Relieves anxiety & depression
- Strengthens immunity
- Restores mobility • Heals sports injuries

Acupuncture is well known for providing pain relief. A form of integrative medicine often used side by side with other treatments, it facilitates advances in health and well-being. It is a relaxing process that treats the whole person; addressing the body and soul.

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.

Calling All Healers & Artists!

Do you feel like spirit is knocking on your door? Do you have questions that seem to want to be answered? Do you feel like you have a calling, but you are not quite sure? Want to talk about it? Or listen to other in discussion? Would



you like there to be an open door in the world for you to walk through, and simply grab a cup of coffee, and talk about this? 347 Soul Collective is forming “Spirit Talk: Conversations On Intersections Of Spirituality and Art”. Pop by 347 Soul Collective to learn more, visit 347soul.com or email Chelsea: chelsea@chelseapalermo.com for updates and information.

Flower Essences Heal!

Featured this Month:

CALENDULA

The Calendula flower radiates a warm golden light. Its healing essence creates harmony between people. It has a rebirth quality and helps one speak in a manner so that others can hear and that they can hear others. Calendula builds community and helps to heal “colonialism.” The remedy brings balance to the active and receptive modes of communication. It is known for its healing warmth and receptivity. If the spoken word is your innate creative potential, this flower essence remedy is for you.



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Making Time To Marvel

by *Marlaina Donato*

Anyone headed for the woods after a challenging week or seeking the silent counsel of the constellations during grief knows the truth in Albert Einstein's statement, "Look deep into nature, and then you will understand everything better."

Many may remember seeing the ocean for the first time and feeling magnificently insignificant while standing before its breaking waves. From the microscopic realms of a drop of pond water to the geometric wonder of snow crystals or the quickly changing murals of clouds, Earth speaks to us if we pause long enough to pay attention.

It is easy to feel pressured into providing our children with the latest technology and common to rush through our schedules, never glancing out the window while zooming from point A to point B. Despite the best intentions, our species has lost the innate and sublime capacity to be awed by what is greater than ourselves.

We can find humility once more in a single blade of new grass, or soulful sustenance by tuning our ear to April birdsong wafting in through an open window. We can help our children establish spiritual roots by introducing them to mighty oaks, vibrant wildflowers, dappled forest trails and quiet corners of the city park.

With our attention constantly interrupted by ubiquitous, trivial distractions, making time to dialogue with nature and the planet has become an urgent necessity, one that can seem unimportant until we realize how long it has been since we fully exhaled or noticed anything beautiful.

Each spring, the natural world goes about



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its own whirlwind business of building nests, birthing the next generation, pushing through hard soil and bursting into blossoms that will later become fruit. When was the last time we paused to respond to the real world? May we never be too busy, too

old or too jaded to gather handfuls of overlooked miracles.

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

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Federal Ban of Toxic Food Dye

In January, the U.S. Food and Drug Administration (FDA) banned the use of Red No. 3 in food and ingested drugs. The synthetic dye has been primarily used to produce a bright, cherry color in candy, cakes, cookies, frozen desserts and certain pharmaceuticals. The ruling was prompted by a 2022 petition by the Center for Science in the Public Interest, which demonstrated that the coloring agent caused cancer in male rats exposed to high levels. Manufacturers must stop using the dye in foods by January 2027 and in ingestible drugs by January 2028.



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Potential New Benefit of Eating Fiber

An observational study published in *Nature Microbiology* found that people with high levels of the beneficial *Faecalibacterium* bacteria were more likely to also have low levels of potentially fatal bacteria, such as *E. coli*. The researchers analyzed gut microbiome samples from more than 12,000 people in 45 countries.

The samples with high levels of *Faecalibacterium* also had high levels of beneficial short-chain fatty acids, a byproduct from the breakdown of fiber. These findings suggest that eating high-fiber foods such as vegetables, beans and grains might help protect against harmful bacteria. Additional research is needed to test whether fiber prevents the incidence of infections over a longer time span.



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Rating the Level of Processing in Foods

While highly processed foods have been associated with an unhealthy diet, information about the degree of processing has been limited. GroceryDB, a comprehensive database of more than 50,000 food products sold by Walmart, Target and Whole Foods, is the first systematic attempt to quantify food processing.

With the help of a user-friendly interface called TrueFood (*True Food.tech*), GroceryDB enables consumers to view the level of processing for specific foods, based on a scoring system where 0.0 to 0.2 represents minimally processed items and 0.7 to 1.0 are considered ultra-processed.

The GroceryDB system uses artificial intelligence to examine each product's ingredient complexity and interactions; presence and quantity of industrial additives; nutritional composition and density; processing methods and techniques; presence of artificial preservatives and enhancers; chemical modifications to the original ingredients; added sugars and their forms; industrial protein sources and modifications; and synthetic micronutrients and fortification.



alexskopje from Getty Images/CanvaPro

Mouth Bacteria Transplants

The Wall Street Journal reports that scientists at Pennsylvania State University and the University of Adelaide, in Australia, are working on a novel method to fight tooth decay. Different bacteria in the mouth can cause oral disease or prevent it, and the idea is to transfer bacteria from the mouth of a healthy individual to reduce tooth decay in another.

The researchers identified an individual that brushes only once a day, never flosses and has no cavities despite having not visited the dentist in five years. This super-donor's microbiome was so healthy that poor oral hygiene habits did not seem to matter. When the scientists applied plaque from the super-donor to the teeth of rats, the animal subjects showed a significant drop in tooth decay. Clinical trials on humans will begin later this year.



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Alyssa Siegel

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Donna E. Fluhr

Certified Flower Essence Practitioner
508.361.2809 Defluhr@outlook.com



SMART DEVICES FOR THE BLIND

Approximately 12 million Americans over age 40 have vision impairment, 1 million of which are blind, according to the U.S. Centers for Disease Control and Prevention. Historically, employment opportunities for blind adults have been limited by the inaccessibility or ineffective use of Braille, a system of raised dots that allows visually impaired individuals to read and write.

Scientists are developing new digital technologies to bring Braille text and tactile graphics to the blind in real time. The South Korean company Dot, for example, created an electromagnetic device that moves thousands of pins up and down on a handheld pad. Michigan-based NewHaptics is working on an apparatus that uses air pressure to move the Braille dots on a display.

Other researchers are exploring ways to leverage artificial intelligence to translate books and convert images into Braille more quickly and at a lower cost. American Printing House for the Blind uses Dot technology to create a laptop machine called Monarch that displays 10 lines of Braille and provides a Braille keyboard, as well as word processing, graphics and touchscreen capabilities. The new devices are expensive. Dot Pad retails for \$12,000 and the Monarch is \$17,900.



NATURAL SOLUTION FOR FOREVER CHEMICALS

Perfluoroalkyl and polyfluoroalkyl substances (PFAS) known as “forever chemicals” have been linked to a number of health issues. 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.

A recent study published in *Science of the Total Environment* reports that a bacterial strain known as *Labrys portucalensis* F11 consumed 96 percent of the PFOS to which it was exposed over a 194-day period at a contaminated industrial site in Portugal. Scientists hope to use F11 to remediate this form of PFAS from the environment.

ALGAE-BASED COOKING OIL

Algae are one of the fastest-growing organisms on Earth, and the body weight of many forms are comprised of 30 percent oil. When they are fed sugar, algae increase in size and oil content. Taking advantage of these characteristics, Amsterdam-based manufacturer Corbion is exploring ways to produce and market algae oil as a viable alternative for cooking. The company currently operates a plant in Brazil that ferments algae from the sap of chestnut trees to increase its oil content to 80 percent. The oil is then separated and refined for human consumption.

There are multiple advantages to algae cooking oil. It has 25 percent less saturated fat than olive oil; more heart-healthy, monounsaturated fat than other cooking oils; less polyunsaturated fat than seed oils; and a higher smoke point than many other oils. Switching to algae oils could have benefits for the environment, too, by conserving water and reducing fertilizer use. Until demand increases, however, algae oils remain a high-cost product.



74-YEAR-OLD ALBATROSS BECOMES MOM AGAIN

In 1956, researchers attached a tracking band to a 5-year-old Laysan albatross they named Wisdom that was living at the Midway Atoll, in the Pacific Ocean. Last November, this same bird laid her first egg in four years and became a mom again in late January, making her the oldest known wild bird in the world to lay and hatch an egg.

The U.S. Fish and Wildlife Service estimates that Wisdom has outlived at least three mates and fledged as many as 30 chicks in her lifetime. Albatross mate for life but will breed with new mates if a partner dies. The next oldest albatross at Midway is 45 years old.



John Klavittier, U. S. Fish and Wildlife Service

Wisdom with one of her chicks, March 2011

JURASSIC PERIOD BIRDS

Archaeologists have discovered the fossil of a quail-sized bird that roamed the skies of southeastern China 150 million years ago, reports the journal *Nature*, leading archaeologists to estimate the origin of birds to be about 164 to 172 million years ago—much earlier than previously thought. This fossil has a short tail, an important aerodynamic feature that helped it fly better, much like modern-day birds. The only other such fossil from the Jurassic Period was a half-bird, half-reptile with a long tail that was found in Germany in 1862.



Science Photo Library/CamvaPro

Artwork of *Archaeopteryx* (German: *Urvogel*)

Spiritually-Based Counseling and Sound Healing

Ram Dass has said that while spiritual work is highly individual, it can be helpful to find a therapist who is also on a spiritual path to walk with you for a while...



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Healing Through Our Earth Connection

by Shoshanna Katzman



Connecting with and honoring the earth will bring forth self-healing and assist in the healing of our planet. Positive effects of reconnecting include the allaying of stress and overthinking. It further helps one to become more centered, energized, and calm all at the same time. Additionally, it reminds us of the importance of honoring and preserving the needs of our earth. After all, she provides us with our home and sustains us with food, air, and water.

Being mindful of how our actions impact the quality of her soil is a good place to start in terms of giving back and caring for the earth. This includes doing one's best to avoid polluting the air while conserving precious earth resources like water. Take a shorter shower, don't overwater the lawn, and be careful about letting the water faucet run needlessly.

Steps toward creating more connection with the earth can also begin with getting outside and taking a walk or playing with the soil while gardening. Walking barefoot on the grass, sand, or dirt is another favorite these days commonly known as "earthing". Upon doing so, relax and drop your energy down into the earth to allow grounding and rooting to take hold. Take deep breaths and give love and appreciation to the earth beneath your feet. This can bring forth a deep inner connection and peace along with "presence" in the moment.

Anecdotal evidence also suggests that it can relieve inflammation and promote a stronger sense of well-being.

Choosing organically and locally grown foods and avoiding plastics is another way to cast a vote for protecting both our bodies and earth quality. Growing and consuming herbs on a regular basis is another healing action. This points to the importance of using plants within our surroundings to help nurture our health. A prime example is foraging dandelion as it grows wild, cleaning it well, and adding it to a salad to nourish the liver and decrease inflammation.

Earth connection happens naturally through engaging in the practice of forest bathing. Placing a mat down on the ground and engaging in yoga or finding a perfect space to practice Taiji (Tai Chi) or Qigong amidst the greenery are other options. Qigong even guides a practitioner to release toxic and negative energy down into the earth.

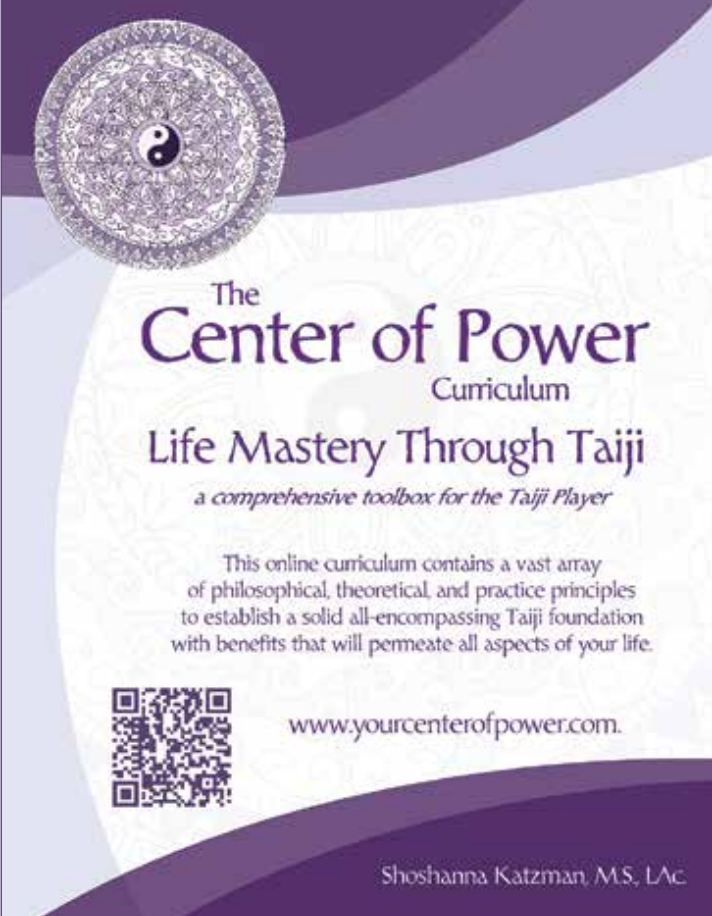
We learn much from indigenous Native American culture about reconnecting to the land – our Mother Earth. These beliefs are based on the importance of wisely using earth's gifts and careful not to exploit her resources. We further learn from ancient Chinese medicine practices how important it is to live according to the seasons and inherent rhythm of nature. This includes being more mindful of the energetics as-

Image by StockSnap from Pixabay

sociated with the rising and setting of the sun. Embracing such awareness encourages one to become more connected to themselves and able to commune more effectively with their surroundings. Practicing Taiji and Qigong exercise outdoors directs one to become more whole within themselves as they draw Qi (vital energy) inward from the earth, trees, and other greenery – along with birds, rabbits, squirrels, and natural habitat.


You may just find that spending more time to connect with the earth fills an empty space within you. It will bring you back to your innate nature and the nature around you. It may even help you find greater life purpose as you incorporate activities which help in the healing of our planet. Throughout this process be mindful of taking care of the earth – as her health is equal to yours. This will bring forth greater clarity, cleansing, and connectedness and best of all healing of yourself and eventually the planet at large.

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 recently released “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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Partnering With Men With ADHD

by Lauren Salani, LCSW, BCB



Romantic relationships often start off with love, deep emotional intimacy, and wishes for an idyllic future together. Sometimes these relationships can turn out to be something entirely different when one partner has a health challenge that the other partner feels responsible to support and help manage. Attention Deficit Hyperactivity Disorder (ADHD) is a condition that often starts in childhood but can continue into adulthood when it impacts employment, relationships and overall quality of life. ADHD makes it difficult to concentrate, control impulsive behaviors and manage hyperactivity. These symptoms can put a significant strain on a relationship if not managed properly.

In relationships, women tend to experience the burden of impaired communication, financial concerns, reduced intimacy, and some even feeling like they are caretakers attending

to an additional child compared to men in the same situation.

Female informal caregivers frequently complain of psychological distress, hardship, and decreased quality of daily living.

Although much research has focused on people with ADHD in general, women in relationships with men with ADHD have not been studied. A recent study published in the Journal of Attention Disorders



Image by Paul Victor Tamuria from Pixabay

examined just the women that were in relationships with men with ADHD. The authors were looking for how women's health was affected and how they managed to cope.

Dana Taubin and her Colleagues recruited adult couples on social media, between the ages of 20 and 60 years who had been living together for at least 2 years. The men partners had been diagnosed with persistent ADHD. Women partners were included in the study if they did not have ADHD symptoms. The couples were assessed on severity of ADHD symptoms in the men, as well as symptoms of depression, quality of life, and engagement in health-promoting activities of their women partners.

The study shows that women living with men with the functional impairments of ADHD are significantly more likely to have increased depressive symptoms and decreased quality of life. However, the women who engaged in regular health-promoting activities (HPA) had higher quality of life scores and fewer depressive symptoms.

From the women's perspective, it was found that consistent use of medication by their partner was associated with perceived higher quality of life. This finding suggests that pharmacological treatments may have a beneficial effect on partners as well as the person with ADHD.

In the past, intervention models of chronic health conditions have focused on only on the patient. This study brings attention to the social and emotional experiences of the partners and their needs for well-being in the context of ADHD. The self-care these women engaged in to increase mood and quality of life were a physically active recreation pursuit, alone; personal health-care tasks; a physically active recreational pursuit with others; some spiritual/rejuvenating personal time; social activities with people important to them; time out for themselves; quiet physically inactive leisure alone; and/or a quiet, physically inactive leisure pursuit, with others.

In addition to self-care, visiting the Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD) website would be helpful. It is an organization that empowers people who are affected by ADHD by: providing evidence-based information; supporting individuals, their families and professionals who assist them. They also advocate.

If you recognize the toll that your partner's ADHD symptoms are taking on you, it may be time to be proactive by starting a

self-care regimen and/or reaching out for the help of a therapist for support.

If you are experiencing depression and/or struggles with emotional regulation, please call my office for an appointment in a warm and caring setting.

Lauren A. Salani, LCSW, BCB Stress Relief Services Atlantic Executive Center 107 Monmouth Road, Suite 104 West Long Branch, NJ. 732.542.2638. For more information go to StressReliefServices.com.



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HBOT & Cosmetic Surgery Recovery

by Dr Chris Pepitone



Cosmetic surgery is a significant investment in one's appearance and well-being, and proper recovery is crucial for optimal results. One increasingly popular method to enhance healing and reduce downtime is Hyperbaric Oxygen Therapy (HBOT). This therapy accelerates recovery by increasing oxygen delivery to tissues, reducing inflammation, and promoting faster wound healing.

How does HBOT work?

HBOT involves breathing pure oxygen in a pressurized chamber, allowing the body to absorb more oxygen than it would at normal atmospheric pressure. This increased oxygenation promotes cellular repair, reduces swelling, and enhances the body's ability to fight infection. While HBOT is commonly associated with treating conditions like decompression sickness and diabetic wounds, it has become a game-changer in cosmetic surgery recovery.

How does HBOT Benefit Cosmetic Surgery Patients?

Cosmetic surgery procedures, such as facelifts, liposuction, breast augmentation, and tummy tucks, involve incisions, tissue manipulation, and sometimes extensive suturing.

HBOT provides several key benefits for post-surgical healing:

1. Accelerates Wound Healing

After cosmetic surgery, the body works hard to repair damaged tissues. HBOT enhances this process by stimulating collagen production and new blood vessel formation (angiogenesis). This leads to quicker tissue regeneration and faster wound closure.

2. Reduces Swelling and Inflammation

Swelling is a common side effect of cosmetic surgery and can prolong discomfort. HBOT helps flush out excess fluids and decreases inflammation, allowing



patients to see results sooner while reducing the need for prolonged pain medication.

3. Minimizes Bruising

Procedures like facelifts and liposuction often cause bruising due to minor blood vessel damage. HBOT speeds up the breakdown of trapped blood under the skin, significantly reducing the severity and duration of bruising.

4. Decreases Risk of Infection

HBOT boosts the immune system and enhances the body's ability to fight infections by increasing oxygen levels in the bloodstream. This is particularly beneficial for patients undergoing surgeries with a higher risk of complications, such as tummy tucks or breast augmentations.

5. Enhances Skin and Scar Healing

For surgeries that involve skin resurfacing or incisions, HBOT promotes smoother, less noticeable scars by supporting fibroblast activity, which is essential for proper scar formation. Many patients find that their scars fade more quickly and appear less raised when HBOT is included in their recovery plan.

6. Reduces Post-Surgical Fatigue

Many patients experience fatigue after surgery due to anesthesia, medication, and the body's healing demands. HBOT increases oxygen availability, improving energy levels and helping patients feel better sooner.

How do I Incorporate HBOT Into my Cosmetic Surgery Recovery?

Patients are typically advised to undergo multiple HBOT sessions in the days and weeks following their procedure. A common protocol includes:

- Pre-surgery session(s) to boost oxygen levels and prepare tissues for optimal healing.
- Post-surgery treatments (ranging from 5–20 sessions) to accelerate recovery, reduce swelling, and minimize discomfort.

- Ongoing maintenance sessions for patients undergoing more complex procedures or those who want to optimize long-term healing.

Medium-Pressure HBOT is a powerful tool for cosmetic surgery recovery, offering faster healing, reduced swelling, and improved surgical outcomes.

At AdaptiveRx in Red Bank, patients receive personalized recovery plans, ensuring they maximize the benefits of oxygen

therapy while ensuring a smoother, more comfortable recovery process. Whether recovering from a facelift, mommy makeover, or body contouring procedure, their state-of-the-art HBOT treatments help speed up healing and enhance results.

The team at AdaptiveRx offers specialized recovery support. Call or text today to book your consultation 732.784.3035, or visit us on www.myadaptiverx.com to learn more.



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The Value of Water

by Blair Nelsen



While giving a radio interview in 2013, Gus Speth—a top environmental scientist—said:

“I used to think that the top environmental problems were biodiversity loss, ecosystem collapse, and climate change. I thought that thirty years of good science could address these problems. I was wrong. The top environmental problems are selfishness, greed, and apathy, and to deal with those we need a cultural and spiritual transformation.”

The environmental problems of our time require shifts not only in our technology, but in our values. Without a values shift, we will continue to make decisions from the same mindset of destruction that created the water and climate emergencies we are facing. No lasting change will be possible without the “cultural and spiritual transformation” that Speth calls for.

Water is often described as a “natural resource”. A resource is a tool or asset, valuable because of its utility to humans. The problem with calling water a “natural resource” is that it turns water into a mere object that only matters when it is serving human ends. However, water is life. Water is a subject—not an object—and water is sacred.

As scholar Elizabeth McAnally shares in her book, *Loving Water Across Religions*, “Humans are like the ocean in our capacity for empathetic love. Water teaches us how to love, how to dissolve boundaries and flow into the feelings of another... We have the capacity to learn to love all things in the universe. Water is our guide.” The water in our bodies has passed through the bodies of every other being on this planet, and will cycle through them again when it is done with us. Imagine how profoundly our decision-making would shift if we could fully live into the awareness that we are all fundamentally interconnected in such an irrevocable and intimate way. Such a deep recalibration of our values and mindset would change everything.

What gives me hope is that I believe this shift is possible. Our consciousness is created by the same earth and water that make up our bodies, catalyzed by spirit. Fundamentally, we are Earthlings. Earth speaks to us and through us, if we can still the noise and hear her. She can inspire us to Earth-honoring action. Deep in our waters, we can feel the way forward. Destruction is never inevitable as long as we retain this capacity for knowledge, connection, and change.

This year marks the 10th anniversary of the publication of Pope Francis’ encyclical letter, *Laudato Si’*. The publication of that document was a watershed moment in the field of faith & ecology. It inspired people of many faith traditions to explore how their religion instructed them to connect with and care for Earth.

Pope Francis calls this values shift an “ecological conversion”. Ten years later, perhaps it is time to take this a step further. By focusing on water as the portal to a dawning awareness of our interconnectedness and mutual interdependence, we can invite each other into an “aquatic conversion”.

We can help each other live into our awareness that water is sacred and that, just as drops of water join together to form the mighty ocean, when we join with our community of water protectors, we too can become a mighty force that is capable of shaping and re-shaping the world.

Blair Nelsen is Executive Director of Waterspirit, a spiritual ecology nonprofit headquartered in Rumson, NJ. Through programs and advocacy, Waterspirit promotes the personal and collective transformations needed to protect sacred water and the interdependent community of life. Learn more at www.waterspirit.org.

Image by Cong Nguyen from Pixabay



BLENDER SALSA

This easy-to-prepare salsa is bursting with flavor and health benefits. Tomatoes are an excellent source of the antioxidant lycopene, while garlic and onion are prebiotics. The recipe also calls for a probiotic culture to support gut health with live probiotics. It is a perfect way to introduce cultured foods to hesitant eaters.

YIELD: 1 QUART

- 6 large ripe tomatoes
- 2 small onions
- 2 small, red or green peppers
- 2 4-oz cans chopped green chilies, with juice
- 2 cloves garlic
- 2 tsp paprika
- 2 tsp ground cinnamon
- 4 tsp chipotle powder
- 1 Tbsp raw sugar or Sucanat
- 1/8 tsp veggie starter culture (or 2 Tbsp kefir whey)
- 1 tsp Celtic sea salt

Combine all ingredients, except the starter culture, in a blender or food processor until chunky or smooth, depending on preference.

Stir in the veggie starter culture or kefir whey, making sure it is well incorporated.

Transfer the salsa to jars, seal with a secure lid and ferment at room temperature. After two days, store in the refrigerator and enjoy.

Recipe and image courtesy of Donna Schwenk.

This Month's Monmouth County Co-op Corner

SPRING & FRESH SPINACH



Here at Monmouth County Organic Co-op, we always provide at least two different dark leafy greens in each shipment, fresh spinach being one of our most popular ones.

Fresh spinach is incredibly versatile and can be used in a variety of dishes—both sweet and savory. For example:

Sauteed spinach with garlic and lemon

1. Heat olive oil in a large skillet over medium-low heat
2. Add minced fresh garlic and cook until fragrant (1 minute)
3. Pile fresh spinach leaves into the pan with a pinch of sea salt
4. Cook until spinach wilts, approx 2-3 minutes
5. add lemon zest and crushed red pepper flakes

Spinach 'pucks' for smoothies

Steam fresh spinach and pack inside an oversized ice cube tray, then freeze. Pop out a 'puck' each time you make a smoothie. Its neutral flavor keeps your smoothie as sweet as you want it to be, and it's the perfect portion.

You can also add spinach soups, salads, quiches, and more. The possibilities are endless!

So what are you waiting for? We've been sharing recipes with you for years, time to check us out- we are right here in Lincroft and we got the goods!!! Facebook Group: 'Organic Fruit and Veggie Co-Op Monmouth County NJ'
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The Light That Connects Us

by Dawn Ricci



Image by Tumisu from Pixabay

parents, look into their eyes for comfort, and embrace love without hesitation. We trust in the unseen forces that nurture us—be it God, the Universe, or the deep knowing of our souls.

But as we grow, life happens. We face rejection, loss, and the sting of disconnection. Somewhere between responsibility and routine, we begin to question our worth. The world, with its relentless noise, convinces us that we must prove our value—that our existence must be validated by external sources, achievements, relationships, or status.

This is where the “forgetting” happens. We forget the sacredness of our own being. We forget that our thoughts, emotions, and even our struggles—have meaning. We start believing we are small, that we must shout to be heard, or that our struggles are ours alone to bear.

But if we quiet the noise, if we allow ourselves to truly listen to the voice inside us, the truth remains unchanged: *We Matter.*

Christianity speaks of being the body of Christ, where each part serves a sacred purpose. Buddhism teaches interbeing—that we exist in relation to all things, that the suffering of one is the suffering of all. Indigenous wisdom tells us that the land, the ancestors, and the people are ONE, bound by spirit and energy.

Yet in modern life, it's easy to forget these simple truths. We become convinced that our struggles isolate us when, in reality, they connect us.

Consider this, the loneliness you feel is the



In the quiet hours of the night, amidst the hum of the world's distractions, a soft glow filled the bedroom. It came from a small Buddha nightlight, sitting patiently beside a framed message, “*You Matter.*” The words, though simple, carried a depth that stretched through lifetimes for me. The whispering truths that so many of us forget in the noise of existence.

We humans are always searching for purpose and meaning. From the moment we take our first breath, we seek connection, and the reassurance that our presence is an intentional connection

of something greater. Yet, somewhere along the way—through the demands of daily life, the weight of our physical and emotional burdens, and the through solitude—we forget that we matter.

Our spiritual belief systems have served as the light in our darkest moments, reminding us that we are never truly alone. Across different faiths and traditions, there is a common thread with all: We are loved, seen, and part of something Divine.

The Phases of Life: Seeking, Losing, and Remembering

As children, we instinctively seek belonging. We reach for the hands of our

same ache someone else is carrying. The doubt in your heart has been the same whispers spoken in another's prayers. The yearning to be seen, to be valued—it is a universal cry, echoing across time and space.

Remembering: A Return to the Truth

There comes a moment in every soul's journey when we are called to remember. Maybe it comes in a moment of silence, when the world slows down just enough for us to feel the presence of something greater. Maybe it arrives in the embrace of a friend, the words of a plain text comes through your phone, or the soft glow of a little Buddha nightlight whispering, *You Matter*.

To exist is to be connected. We are not here to walk alone.

Tonight, as you turn in to sleep, let this be a reminder, that in all the chaos, in all the uncertainty, in all the ways we may feel unseen—we are part of something infinite. We are held by the hands of those who came before us, guided by the wisdom of Spirit, and needed in ways beyond what we can imagine. So, breathe. Be still. Feel the connection. And know this, without doubt:

You Matter.

Dawn Ricci is Intuitive Spiritual Mentor, who is dedicated to helping others unlock their body's innate healing abilities. Through heart-centered sessions, Dawn supports clients worldwide on their path to self-discovery, empowerment, and wellness.

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Menstrual Irregularities? Acupuncture Can Help

by David Frome, PT, LAc.



Menstrual cycles are an important aspect of female health. Once menstruation begins, many girls and women experience painful periods. Hormonal imbalances can account for heightened abdominal pain, cramping, heavy bleeding, and irritability.

Hormones mediate the changes in women's monthly cycles

Menstrual (deleted women's) cycles are directly related to three key hormones: estrogen, testosterone, and progesterone. In the first two weeks of the cycle, estrogen and testosterone rise significantly. In this part of the cycle, some women experience an increase in libido.

Following ovulation, which occurs around day 14 of the cycle, estrogen and testosterone plunge and progesterone rises. As estrogen levels fall, serotonin levels drop. Low serotonin may cause irritability. During the third week of the cycle, appetite may increase. Concurrently, social interest, libido, and sleep often decrease.

During the fourth week, estrogen and testosterone levels plunge. At this time some women experience PMS (Premenstrual Syndrome). PMS symptoms are often both physical and emotional. They typically occur several days before a menstrual period and may include headaches, backaches, food cravings, bloating, and mood swings.

Acupuncture can help regulate hormones through the monthly cycle

While hormones normally fluctuate during cycles, acupuncture can help regulate hormonal balances. Studies have shown that acupuncture can help regulate the hypothalamus-pituitary-ovarian axis, which oversees the production and release of hormones that help regulate reproduction. Acupuncture can also help manage the stress hormones cortisol and prolactin. Additionally, acupuncture stimulates the production of endorphins, which are natural painkillers that also can reduce anxiety.

Blood Flow

Acupuncture can increase blood flow to the uterus. While hormones mediate the changes within the menstrual cycle, blood delivers these hormones to the blood vessels and throughout the uterus. When blood flow is inadequate, the reproductive organs swell and become tender - a key feature of PMS.

Diet and exercise are also important in treating premenstrual syndrome

A diet rich in calcium, iron, vitamin B6, D, and fiber is often recommended for managing PMS. Additionally, it's important to maintain healthy blood sugar by decreasing sweets and increasing complex carbohydrates. It's also important to limit salt intake and to stay well hydrated.

Aerobic activities like walking or swimming, are also beneficial when addressing PMS. Aerobic activity has been shown to reduce symptoms, including headaches, cramps, and breast tenderness. Aerobic exercise is also helpful in reducing anxiety and depression.

At Frome Physical Therapies, in Loch Arbour, NJ, many of our patients come to us with hormonal imbalances. Treatment begins with a thorough evaluation that reveals the history and nature of your unique problem and how it developed. We will create a custom-tailored treatment program that frequently includes Five Element Acupuncture and Craniosacral Therapy. We will also share specific exercises that draw from the Physical Therapy, yoga, and chi-gong traditions. The contents of this article are not meant to be diagnostic or prescriptive. Premenstrual syndrome is often complex, and a physician should always be consulted before choosing a course of treatment. To learn more and schedule an appointment, go to www.fromept.com or call (973) 509-8464.

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Treating Urinary Infections in Cats

How Diet, Hydration and Supplements Can Help

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

A healthy urinary system in cats depends on a balanced diet to prevent issues like feline lower urinary tract disease (FLUTD), which affects the urethra and bladder of cats, creating major health risks and causing discomfort. Affected cats may scream in pain, pass very tiny amounts or strain to urinate. Some start urinating outside the litter box, usually on cool places like bathtubs or tile floors, or have blood in their urine.

Poor food choices, especially dry food, can disrupt urinary function, leading to pain, frequent urination and dangerous blockages. The right diet can help manage inflammation, support the bladder and speed up recovery, so proper food selection is needed for prevention and healing.

A study in the *Journal of Feline Medicine and Surgery* noted that FLUTD can lead to painful urination and blockages caused by struvite crystals that become wedged within the urethra. Researchers suggested that dry food can worsen the condition because the lower intake of water causes urine to be more concentrated, thereby increasing the risk of crystal formation.

Homemade Diet for Urinary Health

“Commercial dry cat food frequently lacks the necessary moisture and contains preservatives, fillers and incomplete nutrients,” says Marketa Jefferson, a holistic pet health coach. “A moisture-rich diet, such as homemade or



raw food, is essential for preventing dehydration and reducing the risk of urinary issues like urinary blockages and FLUTD, as cats have a naturally low thirst drive.”

She recommends a diet with high-quality, species-appropriate ingredients tailored to support a cat’s urinary health. “A homemade diet gives pet owners full control over what goes into their cat’s food, ensuring it is fresh, balanced and free from unnecessary additives,” she explains. “Proper hydration is one of the most important factors in maintaining a healthy urinary system, and fresh food provides much-needed moisture that kibble lacks.”

Best Ingredients for FLUTD

“Urinary diets for cats should include high-quality animal proteins, such as deboned meat and organ meats, along with essential fatty acids like fish oil,” says Jefferson. “Adding the right vitamins and minerals is crucial, and small amounts of vegetables can also be beneficial.”

It may take some time and patience to convince cats that are used to eating kibble to switch to a homemade FLUTD diet. “In my experience with three cats, they all eventually switched to homemade food and love it now, but one of them took over a month to fully adapt,” Jefferson points out, adding that one of her cats lost five pounds after switching to a healthier homemade diet, which was a huge health improvement.

Natural Remedies for Urinary Support

Certain natural supplements can be beneficial for feline urinary health. “Rather than relying on antibiotics for urinary tract infections, I use natural remedies to support bladder health, as well as PEA [palmitoylethanolamide], a medicine that can ease discomfort and support the urinary tract,” says Jefferson. “Chinese herbs can help maintain kidney and bladder function, while cranberry extract may prevent bacteria from adhering to the urinary tract. Marshmallow root is another excellent remedy because it has anti-inflammatory properties and helps soothe bladder irritation, while vitamin C supports immune function and omega-3

fatty acids help reduce inflammation.”

Tips for Preventing FLUTD in Cats

Jefferson emphasizes that prevention starts with proper hydration and environmental management. “Eating moisture-rich FLUTD cat food is crucial for staying hydrated and flushing bacteria from the body. Keeping several water bowls around the house or using a water fountain can encourage drinking,” she explains.

Additionally, maintaining a clean litter box is essential because it promotes proper usage and allows for better urinary health monitoring. “I personally use Pretty Litter because its crystals change color in response to urine acidity and alkalinity, providing an early indication of potential health issues,” Jefferson points out.

“Minimizing household stressors can also greatly support both urinary and overall well-being,” says Jefferson. “Mental stimulation is just as important—interactive toys, scratching posts and enrichment activities



help keep cats engaged and active, reducing stress levels.”

Jefferson also points out the importance of monitoring urine acidity, noting, “Keeping an eye on your cat’s urine pH is crucial, especially if they are prone to urinary issues. The ideal range is between 6.5 and 7. If it reaches 8 or higher, that may signal an infection or underlying issue that needs veterinary attention.”

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



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Planetary Energy & Us

by Anna Hudak, LCSW



Image by Jaime Orejuela from Pixabay

If you are reading this magazine then most likely you believe in the energy that is created from the planets, our moon, the sun and the stars. We cannot deny we are all interconnected and everything we do has a lasting effect on our well-being (for better or worse). We have a lot going on this April 2025, from an astrological perspective and an earthly one. Let's briefly touch on how they affect us and what we can do about it.

Earth Day was created in 1970 and celebrated on April 22 with the intention to bring awareness to people all over our Earth about environmental concerns, teaching ways to conserve and unite people together in finding healthy ways to protect our planet.

Earth Day promotes the awareness of our responsibility in keeping our planet healthy.

Astrologically speaking, it suggests April will be a busy month energetically. We have Venus and Mercury in retrograde throughout the beginning of the month. Venus is in retrograde from March 1 – April 12th and then Mercury is in Retrograde from March 15th – April 7th. This suggests that while in Venus our time should be met with a lot of self-reflection, introspection, and reevaluating our lives regarding relationships and what

we value most. When Mercury is in retrograde, we are told to pay more attention to how we communicate, traveling, and logistics. This is a time to be more mindful of our decisions, patient, and flexible.

When Mercury in Retrograde ends be mindful – we are now entering a time astrologers believe to call the “shadow period.” This period they describe as an adjustment period encompassing a time of slowing things down, not rushing, staying calm, and letting miscommunications work themselves out.

The common theme throughout all of April's activities is Mindfulness. If we continue to learn and grow individually and together on how to be more mindful of our relationships, our homes, our environment and our solar system we will see a smoother transition in our lives in general (not just this April Spring Season). Being Mindful really encompasses true awareness of our thoughts, our bodies, emotions, thoughts and surroundings. From a psychological perspective when we are more aware we are more conscious of our feelings and surroundings and how we affect others and how they affect us. When this happens we are healing and letting go of resentments and unhealthy behaviors.

When we take care of our environment, we are in turn taking care of ourselves. We are ALL connected – slow down - your thoughts, your feelings, your actions all matter!

If you notice ongoing struggles with your moods, feeling anxious or depressed. We have therapists skilled in addressing these issues. We are located in Spring Lake and Freehold. You can reach out to us at www.monarchwellnesscenternj.com to schedule an online appointment today.

Calendar of Events



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



WEDNESDAY, APRIL 2

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: \$25 per person

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, APRIL 3

Monmouth County Faith & Ecology Meetup-5:30 p.m. at 4 E. River Rd., Rumson, NJ. This is an informal, interfaith gathering for people working on environmental issues in our county. What actions are inspiring us? What challenges are we facing? Let's grow and learn together at this fun networking event. Light refreshments will be provided. Register here: <https://bit.ly/ecofaithapril2025>

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, APRIL 4

Mystical Magical Sound Bath- 7-8:30pm. Join Heather for a powerful cleansing for your heart and soul, through a wide array of instruments from around the world. Liberate yourself from darkness, negativities, and toxic energies. Bring your favorite yoga mat, blanket, chair or pillow, or use one of our

chairs. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: Ayearandadaymysticalshoppe.com Cost: \$25pp

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, APRIL 5

Rain Barrel Workshop -10 a.m. at 4 E. River Rd., Rumson, NJ to make and take home your own rain barrel. You can hook up your rain barrel to your downspout and save 55 gallons of water each time it rains to use on your own gardens. Only \$35 per ticket. Each ticket entitles you to one rain barrel. Buy your ticket here: <https://www.waterspirit.org/events-calendar/rainbarrels2025> at <https://www.waterspirit.org/events-calendar/sealmonitoring2025>

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. 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, APRIL 6

Reiki Level I Workshop and Certification – 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. You'll learn how to nurture and heal the light within yourself and others. In this workshop, 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

Kundalini Awakening and Toning (KAT) with Carolann - 12:30-2pm at the Yoga Loft, 58 Main St Farmingdale April 6th The Kundalini Awakening and Toning (KAT) Workshop is a gentle energy transmission that awakens the kundalini energy in the body, also known as our inner fire, and life force. Based on the seven chakra system, the goal is to release old energies and invite new ones in. Seated Breathwork of the 7 sacred sounding vowels designed to open, balance, and align each chakra. Restorative Meditation and Sound Bath designed to integrate, relax and experience our set intentions of self healing. Please call/text 732-239-2333 or email info@theyogaloftnj.com to let us know you'll be joining. \$45

WEDNESDAY, APRIL 9

Journey Intensive – 8-10pm. Medicine Woman, Lauren will guide you through the shamanic practice of Journeying. For beginners as well as those struggling with their journeying. Lauren will work with you to

discover what method of relaxation works for you to reach your optimum trance-state and journey to connect with your medicine guides. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com Cost: \$30.00 per person

THURSDAY, APRIL 10

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

Be Witched 101- 7:30-9:30pm. A 12-month course with one class each month, taught by High Priest, Anthony Martin and Maria Martin. They will take you thru a magickal year and instruct you on the correct ways to learn the "craft." Anthony is a High Priest with decades of knowledge and practice. 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 \$30 per person/class.

FRIDAY, APRIL 11

The Ancient Wisdom of Plants – Spring, at The Yoga Loft, 58 Main St Farmingdale April 11th 6:00pm to 7:30ish with Patty The Plant World has awakened from its long, restful winter's sleep. The energy that began underground has risen to the surface and exploded onto the land, into the air, and has entered our souls as well! We will take this energy and infuse it into a special Spring tea ceremony, We will also craft something for our homes. Handouts and magical storytelling included. Please call/text 732-239-2333 or email info@theyogaloftnj.com to let us know you'll be joining. \$40

Full Moon Circle with Sound Bath and Tarot- 7:30-9:30pm. Experience the Wind Moon. April's moon is associated with the winds. Explore the winds that blow from each of the cardinal directions. Along with a ceremony, we'll have a sound bath, give blessings and pull Tarot cards for a personal message. 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 \$35 pp

SATURDAY, APRIL 12

Special Event: Akashic Records, Stone Path or Medium Reading – 12-4pm, 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: \$125

Learn About Human Design Course 5-6:30pm. Human Design is like a special map that shows you

how your energy works. In this course, you'll learn how to become more in tune with yourself and focus on what's important to you. You'll also get your own chart and we'll be able to see how we interact with each other based on your chart. The course is 12 classes. 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 Cost: \$30 per person per class

SUNDAY, APRIL 13

Meditation Group w Sound - 10am. Hosted by Kristen Valentine. Using Solfeggio crystal bowls infused with gemstones including the Love Frequency (528 Hz) and the God Frequency (963 Hz). This will be guided meditation combined with a healing sound bath to really rev up the group energy. A bi-monthly Meditation Group with Sound in Toms River every second and forth Sunday at starting April 13th 2025. Visit balancedlifeweb.com for more information or contact Kristen Valentine at balancedlifeusa@gmail.com or call 800.716.8353.

Write To Release -10am-12 pm. 347 Soul Collective, 39 W Front Street, Keyport, NJ. Poet, Intuitive & Energy Alchemist, Chelsea Palermo, MFA, will guide you through this Transformational Writing Masterclass. Includes healing meditation, energy shifts and intuitive prompts to heal your story, all while Chelsea tunes into the field and facilitates your healing. No writing or meditation experience needed. Come with an open heart & an open mind. Register: www.chelseapalermo.com or at 347 Soul Collective Email: chelsea@chelseapalermo.com Call: 732-646-6226 . Cost: \$45

Free Drumming Circle - 1:30-3pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. 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. Phone: 848.217.2371. Web: Ayearandadaymysticalshoppe.com

MONDAY, APRIL 14

Monday April 14th - online AKASHIC Records and Psychic Card Readings with Dawn Ricci - 15 mins/\$60 Everything you need to know. We'll explore the cosmic database of your life and provide guidance that you can trust in your Relationships, Family, Career, Home, and Health. Plus, you will receive Dawn's Manifestation Mastery: A Monthly Guide to Hi Vibe Living. Book now at <https://dawnricci.com/cards>

TUESDAY, APRIL 15

Online AKASHIC Records and Psychic Card Readings with Dawn Ricci - 15 mins/\$60. Everything you need to know. We'll explore the cosmic database of your life and provide guidance that you can trust in your Relationships, Family, Career, Home, and Health. Plus, you will receive Dawn's Manifestation Mastery: A Monthly Guide to Hi Vibe Living. Book now at <https://dawnricci.com/cards>

WEDNESDAY, APRIL 16

Online AKASHIC Records and Psychic Card Readings with Dawn Ricci - 15 mins/\$60. Everything you need to know. We'll explore the cosmic database of your life and provide guidance that you can trust in your Relationships, Family, Career, Home, and Health. Plus, you will receive Dawn's Manifestation Mastery: A Monthly Guide to Hi Vibe Living. Book now at <https://dawnricci.com/cards>



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, APRIL 17

Reiki Level I Workshop and Certification - 11am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. You'll learn how to nurture and heal the light within yourself and others. In this workshop, 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

Online AKASHIC Records and Psychic Card Readings with Dawn Ricci - 15 mins/\$60. Everything you need to know. We'll explore the cosmic database of your life and provide guidance that you can trust in your Relationships, Family, Career, Home, and Health. Plus, you will receive Dawn's Manifestation Mastery: A Monthly Guide to Hi Vibe Living. Book now at <https://dawnricci.com/cards>

FRIDAY, APRIL 18

Online AKASHIC Records and Psychic Card Readings with Dawn Ricci - 15 mins/\$60. Everything you need to know. We'll explore the cosmic database of your life and provide guidance that you can trust in your Relationships, Family, Career, Home, and Health. Plus, you will receive Dawn's Manifestation Mastery: A Monthly Guide to Hi Vibe Living. Book now at <https://dawnricci.com/cards>

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. Cost: \$10

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, APRIL 19

Earth Day Beach Cleanup - 10am-12:20pm. Protect Earth and her sacred waters. Please join Waterspirits to clean up Sandy Hook. Space is limited; registration is required. Register here: <https://www.waterspirit.org/events-calendar>

Awaken Your Inner Healer Workshop - 1-2:30pm. Discover the transformative power within with Nurse Practitioner and Spiritual Healer, Adeline Persaud. This immersive experience is designed to help you reconnect with your innate ability to heal and align your mind, body and soul. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web Ayearandadaymysticalshoppe.com \$20 pp.

Stone Path Readings 3-8pm - 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. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

347 Soul Collective Presents: Poetry Reading & Open Mic Hosted by Chelsea Palermo & Aimee Senopole 39 W Front St. Keyport, NJ. Visit: 347Soul.com for more information, or www.chelseapalermo.com Call: 732-646-6226. Cost: \$45

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.

TUESDAY, APRIL 22 EARTH DAY

Working with Stones and Crystals- 5-6:30pm. 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. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: Ayearandadaymysticalshoppe.com Cost: \$45 pp

THURSDAY, APRIL 24

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 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

FRIDAY, APRIL 25

Friendship Circle at The Yoga Loft, 58 Main St Farmingdale April 25th 6:00 pm to 7:00 pm with Patty

Join Patty in this warm, supportive gathering in a space where trust, kindness, and mutual respect foster lasting connections, creating a sense of belonging and community. Each gathering provides an opportunity to support one another, celebrate achievements, and offer encouragement during challenges, making it a safe haven for authentic friendships to flourish. Our gathering will be focused on “Begin” Please call/text 732-239-2333 or email info@theyogalofnj.com to let us know you’ll be joining. \$20

Medium Gallery Readings with Cherise - 7-8:30pm. Join us for an intimate demonstration of evidential mediumship. Cherise will offer messages from loved ones on the other side. Our gathering will be small. It is quite possible that everyone may receive a message. Hearing a message from a loved one may ease the pain of grief. Seating is limited. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: Ayearandadaymysticalshoppe.com Cost: \$25pp

SATURDAY, APRIL 26

Join AdaptiveRx for a Longevity Lifestyle Open House - 11am-1pm at AdaptiveRx 280 Hwy 35, Suite 204 Red Bank 07701. Discover how medium-pressure Hyperbaric Oxygen Chamber, Ice Baths, and Saunas can boost your mitochondrial function and enhance vitality. Enjoy a FREE cold plunge - bring your swimsuit and towel! Meet like-minded individuals, learn from experts, and experience wellness first-hand. Coffee and bagels provided. Saturday, April. RSVP required. Call or text 732-784-3035. Don't miss this chance to explore cutting-edge health practices. See you there!

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

Spring into Yoga: Toddler Workshop, at The Yoga Loft 58 Main St Farmingdale April 26th 11:30am to 12:15pm with Daniele. Ages 6 months to 2 ½ Designed to be flexible and fun, this session allows little ones to engage in their own way—whether they're stretching alongside you, playing, or simply soaking in the experience. Moms will enjoy a light yoga flow, embracing the energy of the spring season while little ones watch, explore, and interact in meaningful ways. Please call/text 732-239-2333 or email info@theyogalofnj.com to let us know you'll be joining. \$20 per one adult and one child, additional children and adult will be an additional \$5 per pair

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, APRIL 27

Meditation Group w Sound Healing-10am. Hosted by Kristen Valentine. Using Solfeggio crystal bowls



infused with gemstones including the Love Frequency (528 Hz) and the God Frequency (963 Hz). This will be guided meditation combined with a healing sound bath to really rev up the group energy. A bi-monthly Meditation Group with Sound in Toms River every second and forth Sunday at starting April 13th 2025. Visit balancedlifeweb.com for more information or contact Kristen Valentine at balancedlifeusa@gmail.com or call 800.716.8353.

Reiki Level III Master Class and Certification- 11am-5:30pm - Join Reiki Master, Maria Martin on the next part of your Reiki journey. Think of your Master Level attunement as a new beginning, the first step on the real path. You will learn the Level 3 symbols, how to pass attunements, meet your Reiki spirit guides, as well as receive your Master Level attunement and certificate. Pre-requisites Reiki Level I and Level II; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com \$500

TUESDAY, APRIL 29

Gentle New Moon Flow Yoga. Join Waterspirit and yoga instructor Angel Tener for Gentle New Moon Flow Yoga from 6:30 to 8pm on each of the following Tuesday evenings: 4/29, 5/27. Both beginner and experienced participants will enjoy this class as we develop energy and balance. Flow through poses to promote strength, flexibility, and body awareness. Become empowered as Angel guides us through breathing and mindful movements. No experience necessary. Register here: <https://www.waterspirit.org/events-calendar/newmoonyogaspring2025>

WEDNESDAY, APRIL 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.

FRIDAY, APRIL 28

Resilient by Design: Yoga for Strength and Healing - 9:30 AM and 4:30 PM, 352 Sycamore Avenue, Shrewsbury. Join yoga therapist Beverly Davis-Baird for a 6-week series on yoga practices to support resilience. Through breathwork, mindful movement, mantras, and meditation, you'll learn strategies to support vagal tone for greater mental clarity and emotional resilience. Wisdom Tree Yoga offers accessible yoga classes for people 50+ whose bodies don't move like they used to. For more information and to register, visit wisdomtreeyoga.com or call (732) 233-3216. Cost: \$98

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.

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. Join our weekly group guided meditations and enjoy connecting with a different plant (tea) each week. We'll go on a weekly journey of discovery together! Then 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: Beginners to Advanced. Bring along a meditation mat, pillow, etc. Phone: 848.217.2371 Web: Ayearandadaymysticalshoppe.com**Private sessions and Veteran Discounts available Cost: \$15. Preregistration required.

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

Flowing Qigong with Melinda Applegate – 9am on Zoom. Live Long Vitality Qigong is an internal martial art form that brings peace, balance and strength to your life. Call to register 707-357-4632 to register and for your zoom link. All levels welcome.

Intermediate Taiji Class by Shoshanna Katzman – 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. 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 intermediate group are learning the third 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. Join our weekly group sound healings and meditations. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing and chanting etc., we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. to maximize your experience. 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

Flowing Qigong with Melinda Applegate, Certified Instructor – 9am. Spring Lake Train Station or Warren Park during warmer months. Call to register 707.357.4632.

All-Levels Qigong Class taught by Shoshanna Katzman – 5:30pm on Zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. This class contains students of all levels and is centered around the Qigong workout of Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy". Call or text 732.758.1800 or email or info@healing4u.com.

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

FRIDAYS

Friday Morning Tai Chi in Loch Arbour – 7:30-8:40 AM. 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. Over time, our Tai Chi can also ease your breathing and improve posture. It can even extend your longevity! 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.

Tai Chi Yang style 24 Short Form with Melinda Applegate, Instructor – 10:00 am. All levels welcome. Register with Belmar Public Library or call Melinda (707) 357-4632 Taylor Pavilion, Belmar

Beginner Taiji Class taught by Shoshanna Katzman – 2:00pm, Red Bank Acupuncture & Wellness Center in Shrewsbury or on zoom during inclement weather. Practicing Taiji helps you to discover internal peace, enliven energy and achieve overall wellness – while 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 learning how to perform the first part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

Psychic Readings and Energy Healings – 2-7pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing. Have a question about a direction you are looking to embark on? About a job, relationship, or move? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. 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.

We Write: Reflections, Meditations & Sound – 11am- 1 pm. Come into a space of reflection, meditation and sound. Chelsea Palermo, MFA, will lead you through an 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, and open the Akashic Records for the group to support wisdom and healing. Register @ www.chelseapalermo.com or www.347soul.com. Email: chelsea@chelseapalermo.com

SATURDAYS

Qigong for Good Health with Maxine Forster Guenther – 10:30-11:30am Outdoor "Parking Lot Qigong." For information about Parking Lot Qigong in Lincroft, weather permitting, check the website www.Qigongforgoodhealth.org for current information.

347 Soul Collective Presents Poetry Reading & Open Mic – Hosted by Chelsea Palermo & Aimee Senopole 39 W Front St. Keyport, NJ Visit: 347Soul.com for more information, or www.chelseapalermo.com Call: 732-646-6226 \$45-

SUNDAYS

Akashic Records Readings & Energy Healing Sessions – 12-7 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 Call: 732-646-6226

SAVE THE DATES

WEDNESDAY, MAY, 14, 28

Purple Dragon Organic Produce and Natural Foods, Ocean Twp Pod. – Must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

FRIDAY, MAY, 2, 16, 30 SATURDAYS, MAY, 3, 17, 31

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

TUESDAY, MAY 27

Gentle New Moon Flow Yoga – Join Waterspirit and yoga instructor Angel Tener for Gentle New Moon Flow Yoga from 6:30 to 8pm. Both beginner and experienced participants will enjoy this class as we develop energy and balance. No experience necessary. Register here: <https://www.waterspirit.org/events-calendar/newmoonyogaspring2025>

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@njerseyshore.com to request our media kit.

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Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as; guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy all can take the whole person into account. Please call my office for help with the distress that is affecting your ability to be calm and happy. My office is warm, caring and comfortable where high standards for infection control are always maintained. Virtual sessions are available as well.

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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.

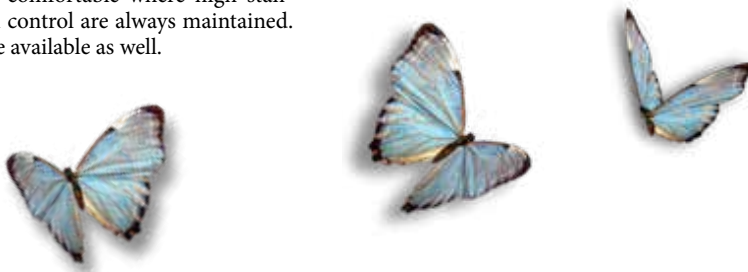
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ALYSSA SIEGEL MSN,RN,FNP-C, CPEN

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Ocean, NJ 07712 732-314-1851



Alyssa Siegel is a Family Nurse Practitioner with a holistic health practice in Oakhurst. She uses a technique called Nutrition Response Testing to get to the root cause of ill health and heals it naturally.

RETAIL

A YEAR AND A DAY MYSTICAL SHOPPE

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REIKI/ENERGY HEALING

CHELSEA PALERMO, MFA

5347 Soul Collective
39 W Front Street, Keyport, NJ
www.chelseapalermo.com
732-646-6226 @IG chelseapalermo_poet
chelsea@chelseapalermo.com



Chelsea Palermo, 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.

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