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Canine  
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Loss

## Women's Wellness

MAY 2025 | MONMOUTH • OCEAN | [NAJERSEYSHORE.COM](http://NAJERSEYSHORE.COM)

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



*Functional Nutrition & Lifestyle Counseling*

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

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

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

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

email: [sunshinecfn@yahoo.com](mailto:sunshinecfn@yahoo.com) | website: [sunshinecafenj.com](http://sunshinecafenj.com)

You can also find me on Instagram @ [sunshinecfn](https://www.instagram.com/sunshinecfn)  
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**DENTAL  
HEALING ARTS**

## Multispecialty and Technology Expansion at Dental Healing Arts of New Jersey

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

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

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



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

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**SUBSCRIPTIONS**

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

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COVER IMAGE BY  
ATDIGIT / ADOBESTOCK

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recycled newsprint with soy-based ink.

**Publisher's Letter**



Hello Friends,



Isn't Springtime wonderful! Happy Mother's Day to all the Moms out there. I hope you have a wonderful day with loved ones!

We are so lucky to live in this beautiful spot on earth. Everything is turning bright green and flowering, and everyone seems so cheerful and hopeful. Shine bright kind hearts, and look for opportunities to lift someone's day. Something as simple as a smile can spread happiness. Thanks to everyone who makes this

possible. Much love and gratitude 😊.

Warm wishes,

Sharon



## What If You Could Be Part of Something That Leaves A Legacy?

**Some projects are more than just assigned tasks—they can be a higher calling.**

**THE LIVING SANCTUARY**, is a **Spiritual Garden**, created from a higher calling. We're creating a space where people will **Honor the Past, Celebrate the Present and Nurture their Future**. This is a **Living Gift**, to **Mother Earth**, by planting a tree, or a flowering bush, that holds a Spiritual meaning as a tribute, to a memory of life.

**Here's how to help bring it to life:**

We need **VOLUNTEERS** who lead with care. Who listen, reflect, and build with heart. Help us make the Living Sanctuary dream come to reality. Some roles may grow into full-time positions.

**We're looking for:**

- 🌱 Visionaries & Spiritual Enthusiasts
- 🌱 Horticulturists & Landscape Designers
- 🌱 Experience Creators, Event Planners
- 🌱 Holistic Experts, Soulpreneurs
- 🌱 Artists and Sculptors

✉ Send your resume, thoughts or how you can help to: [info@thelivingsanctuary.com](mailto:info@thelivingsanctuary.com)  
🌐 [www.TheLivingSanctuary.com](http://www.TheLivingSanctuary.com)





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Ads Deadline: 7th of the month.

### EDITORIAL SUBMISSIONS

Email articles, news items and ideas to: [sharon@NAJerseyShore.com](mailto:sharon@NAJerseyShore.com).

Editorial Deadline: 7th of the month.

### CALENDAR SUBMISSIONS

Email Calendar Events to: [Sharon@NAJerseyShore.com](mailto:Sharon@NAJerseyShore.com). Calendar Deadline: 7th of the month. Cost: \$20/listing.

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### Interested in Franchising?

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



## Learn the Magical Movements of Taiji (Tai Chi)



Two Rivers Academy of Taiji & Qigong is pleased to announce a new Beginner Taiji Class offered weekly by Shoshanna Katzman on Wednesdays from 10:30-11:30am. Classes are held at Red Bank Acupuncture Center in Shrewsbury.

Taiji is a gentle, yet powerful Chinese way of movement that teaches

one to live in harmony with nature. It is a meditation through movement, practiced with full body relaxation and focused mental concentration.

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

Through daily practice, Taiji reconnects the mind to the body, the conscious to the subconscious, and the individual to their environment. Its flowing patterns of movements are best performed slowly while integrating the physical and energetic aspects of being.

*Shoshanna Katzman, M.S., L.Ac. has practiced Guang Ping Yang Style Taiji for fifty years and teaches the form in its original style. For more information call/text 732.758.1800 or visit [yourcenterofpower.com](http://yourcenterofpower.com) to discover Shoshanna's comprehensive Taiji curriculum.*

## A Unique Wellness Gift That Touches the Soul

Looking for a truly meaningful gift this Mother's Day? Imagine the comfort and joy of receiving a personal message from a loved one in Spirit. Dawn Ricci, Certified Spiritual Mentor and Psychic Medium, offers heartfelt, channeled messages designed to bring peace, connection, and healing. Each message is beautifully crafted with your loved one's name and photo, formatted to print as an 8x10 keepsake—perfect for framing or cherishing privately.

Whether it's a gift for Mom or a soulful treasure for yourself, this one-of-a-kind offering is a timeless reminder that love never ends. Delivered right to your inbox, it's a beautiful way to honor the unseen bonds that connect us.



Learn more: <https://dawnricci.com/channeled-message>

## What is Functional Nutrition?

Functional nutrition is nutritional recommendations based on your Bio-Individuality; the qualities that make you unique through every stage of your life. It is based on your physiological makeup from the way you live and how you move, stress levels and relationships and even sleep can all help determine your nutritional needs.

It is holistic in nature, backed by science to take the confusion out of your daily life and based on what you may, or may not need, nutritionally.



For a free 15 minute consultation please call 908.902.9598 or email [sunshinecfn@yahoo.com](mailto:sunshinecfn@yahoo.com) Felicia McIntosh Will, CFNC, IHP2

## Honoring Those Who Nurture



Join us for a restorative afternoon of Crystal Sound Bath, Meditation, and Yogic Relaxation May 10th, 12- 2:30PM with Angie at The Yoga Loft 58 Main St Farmingdale. This special afternoon is dedicated to all those who give their time, energy, and love to care for and nurture others. Whether you're a

parent, caregiver, or simply someone who provides support to others, this workshop is a chance to honor you and replenish your own energy.

### Enjoy:

- **Crystal Sound Bath:** Let the healing vibrations of crystal singing bowls wash over you, helping to release stress and restore balance.
- **Guided Meditation:** Settle into a peaceful state of mind with a gentle, guided meditation that nurtures your spirit and allows you to reconnect with yourself.
- **Yogic Relaxation:** Experience deep relaxation with restorative poses and yogic breathing techniques designed to help release tension and restore vitality.

This afternoon is all about giving back to those who so often give to others. You'll leave feeling refreshed, nurtured, and grounded—ready to continue your journey of care with a renewed sense of peace.

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





## A Journey of Strength, Presence & Radiance.

Join Sunshine Kate, May 30th 6-8pm at The Yoga Loft, 58 Main St Farmingdale. This practice quiets the mind, deepens connection to the body, and cultivates strength, flexibility, and presence—both physically and energetically. By blending movement, breath, and mindfulness, this class invites you to feel empowered and at home in your body.

Designed for women of all yoga experience levels, Goddess to the Core® Workout integrates: Yoga & breath work to enhance balance and ease the nervous system. Core energy techniques to activate deep inner strength. Free weights to tone and sculpt and guided relaxation to restore and rejuvenate.

This class is designed to: Strengthen the immune system, Release pent-up emotions, Build muscle and burn fat, Clear the mind & uplift the spirit, Soothe the nervous system & adrenals and Cultivate a deeper sense of self-connection.

"Goddess to the Core® Workout redefines fitness, beauty, and power by teaching women to lead from the inside out with purpose, passion, and strength for a more holistic lifestyle." — Sierra Bender. All levels are welcome—come as you are and awaken your inner goddess!

Please call/text 732.239.2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) let us know you'll be joining \$44

## Announcing the opening of the "Center for Spiritual Awakening"

973 Holmdel Rd, Holmdel, NJ 07733.



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

spiritual awakening/experience without psychedelics or drugs.

Dr. Chatlos is a Board Certified adult, child and adolescent

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

**Please call 732.834.0368 or sign up at [www.chatlosmd.com](http://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."

## Moms in the Workforce



## Monarch Wellness Center

Everyday you do it all! Wake up at 4:30am for your workout, run home shower, dress, get kids fed, ready and out the door. Then it's go time – work! Work hard at the office, then start the second half of your

day after you pick up the kids. Run them all around to their extracurricular activities. Now dinners, laundry, cleaning the house...etc... This is impossible without support, ladies.

That's why I am a huge supporter of women helping women. Often in our early years we are taught to compete with our fellow women. Compete for men, compete for who has the best body, who is smarter, who is the best at (x)..and the list goes on.

I'm here to talk about how to lift each other up. How to climb this ladder for ourselves and support each other along the way. This life journey has some things scripted, but how we choose to move forward with our script is always our choice. Learning about our triggers and traumas from our own childhoods helps to navigate what is our "stuff" and what is someone else's. The more we know who we are and what we are reacting to will only make our futures brighter and create more opportunities for growth (internally and externally).

*Monarch Wellness Center has therapist to help you along this journey of exploration. If this is something you are interested in reach out us at 732.338.9242 or [monarchwellnesscenternj.com](http://monarchwellnesscenternj.com) to find out more information about our services. Anna Hudak LCSW, Monarch Wellness Center, Founder.*

> Continued From News Briefs Page 7 <

## What if your legacy could grow, literally, from the ground up?



**I**ntroducing The Living Sanctuary: a sacred spiritual garden born from a higher calling. This visionary project invites kindred spirits to co-create a sanctuary where trees and flowering bushes are planted in honor of life's journey—each one symbolizing a memory, a tribute, or a spiritual milestone.

Here, we honor the past, celebrate the present, and nurture the future. And now, we're calling in soul-aligned collaborators to help bring this dream to life.

Whether you're a visionary, artist, spiritual enthusiast, event planner, holistic guide, horticulturist, or landscape designer, there's a place for you to grow with us. Some volunteer roles may blossom into full-time positions as the sanctuary expands. Let's co-create a living gift for Mother Earth—and for generations to come.

Reach out with your resume, vision, or how you wish to help: [info@thelivingsanctuary.com](mailto:info@thelivingsanctuary.com) Discover more at [www.TheLivingSanctuary.com](http://www.TheLivingSanctuary.com)

## Acupuncture Nourishes the Promise of Spring

**S**pring 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.

### 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](http://www.fromept.com) or 973.509.8464.*

## Calling All Healers & Artists!

**D**o 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](http://347soul.com) or email Chelsea: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com) for updates and information.

## Flower Essences Heal!

### Featured this Month: STAR TULIP and MUGWORT

The Star Tulip is also known as Cat's Ears. This remedy is characterized as a "listening" remedy. It helps one to listen to higher realms and worlds such as in dreams and meditation. It can connect one to the inner feminine. It is a good remedy for men that have denied their softer more receptive side. This essence can enhance dreams, meditation, and all intuitive capabilities. It helps to open the emotional life, where one can recognize and understand information about their healing process. In conjunction with Mugwort it helps to remember dreams. If you are drawn to this remedy, please contact me.

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



*To love oneself is the beginning of a lifelong romance.*

—Oscar Wilde





# An Invitation From Mother Earth

by Marlaina Donato



**C**onnections between women and the Earth's natural rhythms ran deep in ancient civilizations and spiritual traditions worldwide. Women held important roles in agriculture, cultivating the soil and grinding grain. From the village herbalist that brewed roots for ailing townspeople to the Victorian ladies that used floriography (the language of flowers) to convey unspoken sentiments, women's intimate connection with nature spans millennia. These cultural threads continue to influence our folklore and fairy tales, as well as our reverence for Mother Nature.

When environmental activist Julia "Butterfly" Hill climbed an ancient redwood tree in 1997 to protest the clear-cutting of old-growth forests, she had no intention of living in the forest canopy for two years. This harrowing act of activism not only forged a life-altering relationship with the elements and her inner wilderness, but

also inspired a global mission to encourage others to care for the planet in small ways.

The rest of us don't have to live in a tree to contribute to the environment, but we can begin by repairing our estrangement from Mother Earth. Despite efforts to live sustainably, that innate, energetic umbilical cord connecting us to the natural world has

been severed for too many of us. We go days and weeks without sunlight on our skin or sand between our toes. Spending time outdoors has become a forgotten

necessity, and we are paying the price for this alienation between Gaia and our physical bodies.

Taking time to walk the dog, plant a patio flower garden, play on the swings with the grandkids or enjoy a morning coffee on the deck are all simple ways to tap into Mother Nature's restorative benefits. Planning a camping trip, attending a plant identification workshop or taking lunch breaks outside can have profound effects on our neurotransmitters, hormonal rhythms and morale. Reestablishing this connection enables us to remember our ancient roots, which, in turn, nourishes a brighter tomorrow.

*Marlaina Donato, an author, painter and composer can be reached at [WildflowersAndWoodSmoke.com](http://WildflowersAndWoodSmoke.com).*

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## Expanding Access to In Vitro Fertilization

In February, the federal government announced plans to protect access to in vitro fertilization (IVF) and reduce treatment costs. Approximately one in seven couples trying to have a baby are unable to conceive. Each IVF treatment costs between \$12,000 and \$25,000 per cycle, and multiple cycles may be needed to achieve a successful pregnancy. These costs are generally not covered by health insurance, making IVF financially inaccessible for many Americans.

Although the announcement did not introduce new legislation, it underscores the importance of family formation as a national public policy. The U.S. fertility rate is at a historic low, declining by 3 percent in 2023 compared to the previous year, after a consistent 2 percent annual reduction from 2014 to 2020.



Cinefootage Visuals from Getty Images/CanvaPro

## Dementia and Processed Red Meat

Dementia affects approximately 10 percent of Americans aged 65 and older. A study published in the journal *Neurology* suggests that processed red meats like hot dogs, sausage, salami, bologna and bacon may increase the risk of developing dementia. The eating habits of more than 133,000 participants without a dementia diagnosis at the start of the study were tracked for more than 40 years through surveys every two or four years.

According to the researchers, those consuming the greatest amount of processed red meat had a 13 percent higher chance of developing dementia compared to subjects in the low processed red meat group. (A serving was deemed to be three ounces, and high consumption was defined as one quarter of a serving or more daily, or roughly two servings per week.) The study also reported that those consuming the most processed red meat exhibited lower cognitive function and accelerated brain aging compared to people that consumed the least amount of processed red meat. Further research is needed to understand how diet may influence the onset of dementia.



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## Post-Vaccination Syndrome

A small study led by Yale University is investigating people with COVID-19 post-vaccination syndrome (PVS). While COVID-19 vaccines likely prevented millions of deaths, a small number of those vaccinated have developed long-term health issues, including fatigue, exercise intolerance, brain fog, tinnitus and dizziness.

The researchers compared blood samples from 42 people with PVS and 22 healthy individuals without it, as well as 134 people with and without long COVID, a chronic condition present for at least three months after a COVID-19 infection with a range of symptoms that may include fatigue, shortness of breath, brain fog, heart palpitations, dizziness, joint pain and muscle aches.

The researchers discovered that those with PVS have distinct proportions of immune cells, but these differences have yet to be directly linked to their symptoms. Both PVS and long COVID patients experienced a reawakening of the Epstein-Barr virus linked to mononucleosis and multiple sclerosis.

The PVS patients had higher levels of a coronavirus protein in their blood compared to patients with long COVID. Although the study has not definitively determined what makes these people sick, the findings suggests that further research is warranted.



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## Recovering From a Bad Night's Sleep

Creatine is a compound made by the body that is found in the muscles and brain. People may take it in supplement form to help build muscle and lower injury risk. A small, controlled study published in the journal *Scientific Reports* evaluated the use of creatine to clear the mental fog that may result from a bad night's sleep. Fifteen healthy young adults stayed in a laboratory for two nights, five days apart, during which they were kept awake all night.

One night, they received a single dose of creatine, and the other, they were given a placebo. Cognitive tests were conducted before they took the creatine or placebo, and at three other times during the night. The researchers found that a single, high dose of creatine partially reversed some of the cognitive impacts of sleep deprivation. Further research is needed to determine appropriate doses for maximum effect.



Andrea Piacquadio from Pexels/CanvaPro



## Wolves Help Sequester Carbon Dioxide

A recent study published in the journal *Ecological Solutions and Evidence* proposes the reintroduction of gray wolves in Scotland to enhance carbon dioxide (CO<sub>2</sub>) sequestration. Wolves had been hunted in Scotland since 1238 and were eradicated from the country about 250 years ago. Without wolves, the Scottish red deer population surged to 400,000—about one deer for every 14 people in the country. Consequently, the deer and, in certain areas, sheep hinder the growth of native woodland by eating tree saplings across the region.

According to the study, controlling the deer population with wolves could lead to woodland expansion that would absorb up to 1 million metric tons of CO<sub>2</sub> each year, which is approximately 5 percent of the carbon removal target for United Kingdom woodlands. The researchers estimated that each wolf would save almost \$200,000 per year in carbon removal costs. This study demonstrates the interconnectedness of climate and biodiversity crises, underscoring the need for integrated approaches to management.



Waitandshoot from Getty Images/CanvaPro

## Hummingbird Hives

Most hummingbirds are territorial, aggressively challenging competitors over flowers or mates. An ornithologist and birding guide in the Andes Mountains of Ecuador discovered a cave containing 23 adult hummingbirds and four chicks of the Chimborazo hillstar subspecies. After a search of the region, they found six additional colonies. This was the first time hummingbirds had been observed living together, a unique finding published in the journal *Ornithology*.

These hummingbirds live more than 12,000 feet above sea level on a sparsely vegetated slope, where finding nectar-rich flowers, water and shelter in freezing temperatures and biting winds is challenging. The researchers believe that the harsh environment has led the birds to aggregate for survival. Further research is needed to determine whether the hummingbirds are merely tolerating each other or actively cooperating.



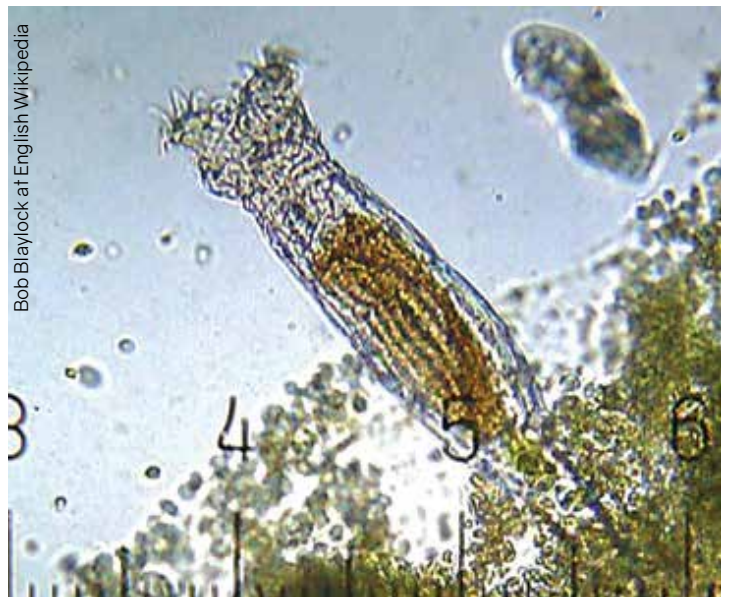
Joseph C. Boone/Wikimedia Commons

Ecuadorian hillstar on Chuquiragua flower at Papallacta Pass, Cayambe Coca National Park, Ecuador

## Zombie Worms Brought Back to Life

Russian scientists excavated a fragment of 24,000-year-old Siberian permafrost that had remained frozen since at least the end of the Pleistocene epoch. After gradually thawing the permafrost, they noticed microscopic wheel animals known as bdelloid rotifers, which resumed their lives and reproduction. The organisms had been in a long-term cryptobiotic state, where they suspended their metabolism and accumulated certain compounds that facilitated their recovery when conditions improved.

In other studies, frozen organisms, including moss, weeds and tiny worms called nematode, have been brought back to life after at least 1,000 years. The Russian researchers are part of a broader study exploring the existence of living organisms at extremely low temperatures. In the future, plants with cryptobiotic properties could revolutionize various aspects of human life such as farming and storage, or perhaps even assist humans on Mars.



Bob Blaylock at English Wikipedia



## Whale Song Resembles Human Speech

A study published in *Science* suggests that the intricate songs of humpback whales share structural patterns with human language, potentially making them easier for whales to learn. An international team of scientists discovered that humpback whale songs can spread rapidly from one population to another, adhering to Zipf's Law, which states that the frequency of any word is inversely proportional to its position in the frequency table. For example, in English, the most common word, "the", is used approximately twice as frequently as the second most common word, "of", and three times as frequently as the third most common word, "and". Research suggests that this kind of skewed word distribution can simplify language learning.

Male humpback whales sing lengthy, elaborate songs composed of a variety of sounds strung together in repeated phrases and themes. Male whales in a specific group sing the same song. Scientists recorded eight years of humpback whale songs and categorized them into basic sound elements, including various types of squeaks, grunts, whistles, groans and moans. Subsequently, they identified subsequences of sounds that they believed resembled words. The frequency of these sequences adhered to Zipf's Law.



## Ecological, Cost-Saving Chemical Discovered

University of Missouri researchers have developed an innovative, eco-friendly chemical tool that could reduce the cost of producing medicines and support the development of clean energy technologies, particularly those aimed at eliminating per- and polyfluoroalkyls, commonly known as "forever-chemicals", from water sources. Their discovery, published in *Angewandte Chemie*, a journal of the German Chemical Society, uses a novel electrochemistry approach to build new molecules by using tiny molecular structures derived from naturally occurring amino acids and coconut oil.

The innovative approach replaces hazardous solvents with a non-toxic alternative, thereby mitigating the environmental impact of conventional chemical processes and offering sustainable solutions for the production and storage of clean energy. This advancement could help improve the development of medicines and may be used to treat hyperproliferative, inflammatory and immunoregulatory diseases.

## 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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# A Woman's Second Spring

by Shoshanna Katzman



Chinese medicine provides a more holistic way to care for a woman's health needs throughout the various stages of life. It provides support for the many cyclical hormonal changes as she moves from adolescence through her menopausal years – traditionally known as her “second spring”. The ultimate goal is to enhance her life through treatment that regulates and re-establishes free flow of Qi (vital energy) and blood throughout the body. In terms of mind-body connection, it is important for a woman to embrace and welcome these changing times.

This ancient healing paradigm works toward balancing the body's cooling yin and warming yang energies. Its various treatment modalities create harmony between the interplay of the Five Elements of fire, earth, metal, water, and wood – along with their associated organ systems and emotions. All in all, this whole-body healing approach leads to balanced hormones, decreased inflammation, reduced hot flashes, restful sleep, and enlivened mood.

A Chinese medicine practitioner treats each woman based on individual needs. During an initial evaluation, they go over medical history along with accompanying symptoms, both acute and chronic. This includes discovering the impact that life occurrences have had on her mind, body, and spirit along with uncovering information about any lingering trauma. This comprehensive evaluation provides information needed to arrive at a Chinese

medicine diagnosis and subsequent treatment plan that best fits and addresses “the big picture”. This may include a course of acupuncture treatment, Chinese herbal medicine, and/or therapeutic massage. They may also include restoring energetic balance, promoting flow of Qi and blood, balancing yin-yang, as well as nourishing mind, body and spirit through the ancient Chinese exercises of Qigong or Taiji (Tai Chi).

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The bottom line is that treatments address the underlying cause and outward manifestation of symptoms – this is known as; “treating both the root and branch”.

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Typical root causes involve imbalances within the liver and heart energetic organ systems which together forge a balanced emotional state. Moreover, the liver system impacts a woman's health more than any other organ system due to its role in governing blood and managing the smooth flow of qi throughout the body. The heart system is known for ruling over the body's blood vessels, which includes the circulation and distribution of blood, similar to its Western medicine function. Chinese medicine also holds that the heart is connected with the uterus and known for its impact on gynecological health.

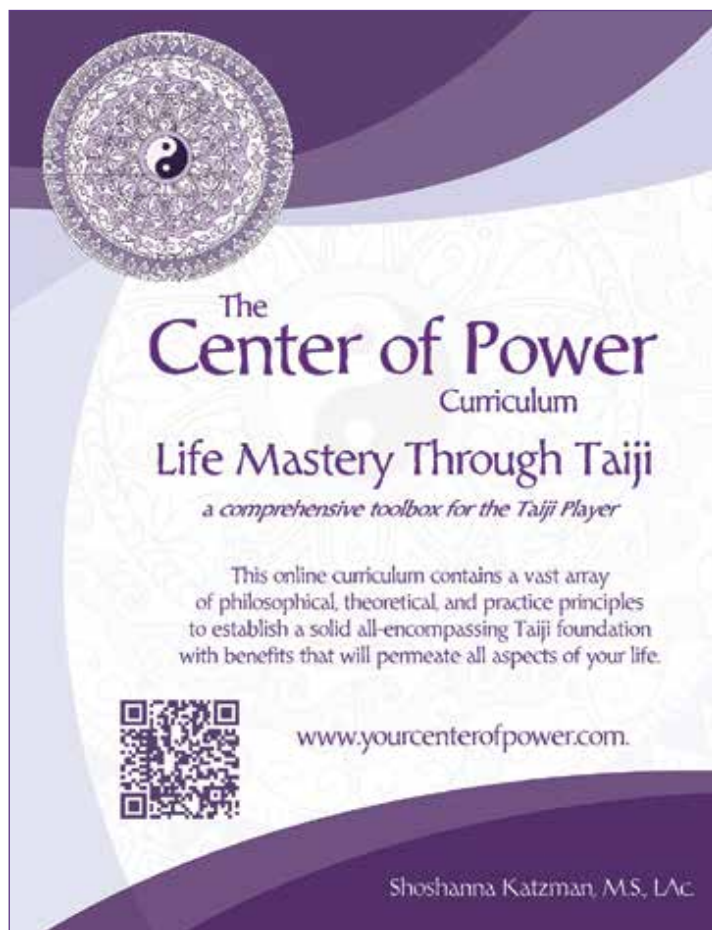
The kidney organ system is a key player when it comes to enhancing a woman's “second spring”. Balanced kidney energetics help her move harmoniously through this natural life phase of menopause – one dictated by the decrease in what is known as kidney essence, which is at the root of all menopausal symptoms. Moreover, the kidney system has the distinction of being the foundation of yin (water) and yang (fire)



for the vital organs and entire body. As such, it maintains balanced harmony between the cooling and nourishing aspects of yin and the warming energizing aspects of yang. This is especially important in terms of allaying hot flashes which stem from an excess of fire in the body. The spleen energetics are also part of the equation as it governs transformation and transportation of food within the body. This allows for proper distribution of refined essence to the vital organs – thereby maintaining their health through establishing abundant flow of Qi and blood.

There is a lot to be cognizant of when working to establish a balanced state of energy during a woman's "second spring". When harmony is established within the mind, body, and spirit it can become one of the most wonderful times of life. Seeking energetic support from the ancient practices of Chinese medicine helps to make this dream become a reality.

*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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# Let Cooler Heads Prevail

by Lauren Salani, LCSW, BCB



Everyone knows that stress messes with our heads, but did you know it also puts a heavy load on our bodies as well. Let's introduce cortisol, a hormone that is secreted by the adrenal gland when stress hits us. It sets off our protection system, familiarly known as our fight, flight or freeze response which helps regulate blood pressure, blood sugar, and immune function. Cortisol is helpful in short bursts, but when required for extended periods of time, it can create a host of physical problems. Most people believe that venting their displeasures is the key to lowering cortisol by ridding themselves of negative energy, like releasing steam from the nozzle of a pressure cooker.

Anger can be a healthy emotion if we reflect on the feeling to help us understand why we

are mad. We can then attempt to resolve the underlying problems. It can also help validate our true emotions which can lead to a sense of wholeness and true sense of our being. This reflection is healthy, when it escalates to rumination, and repeated negative thinking occurs, how do we handle these strong feelings? Many people will say, "I go for a run." New research published in the Clinical Psychology Review revealed that people who try to rid themselves of anger with physical exertion can

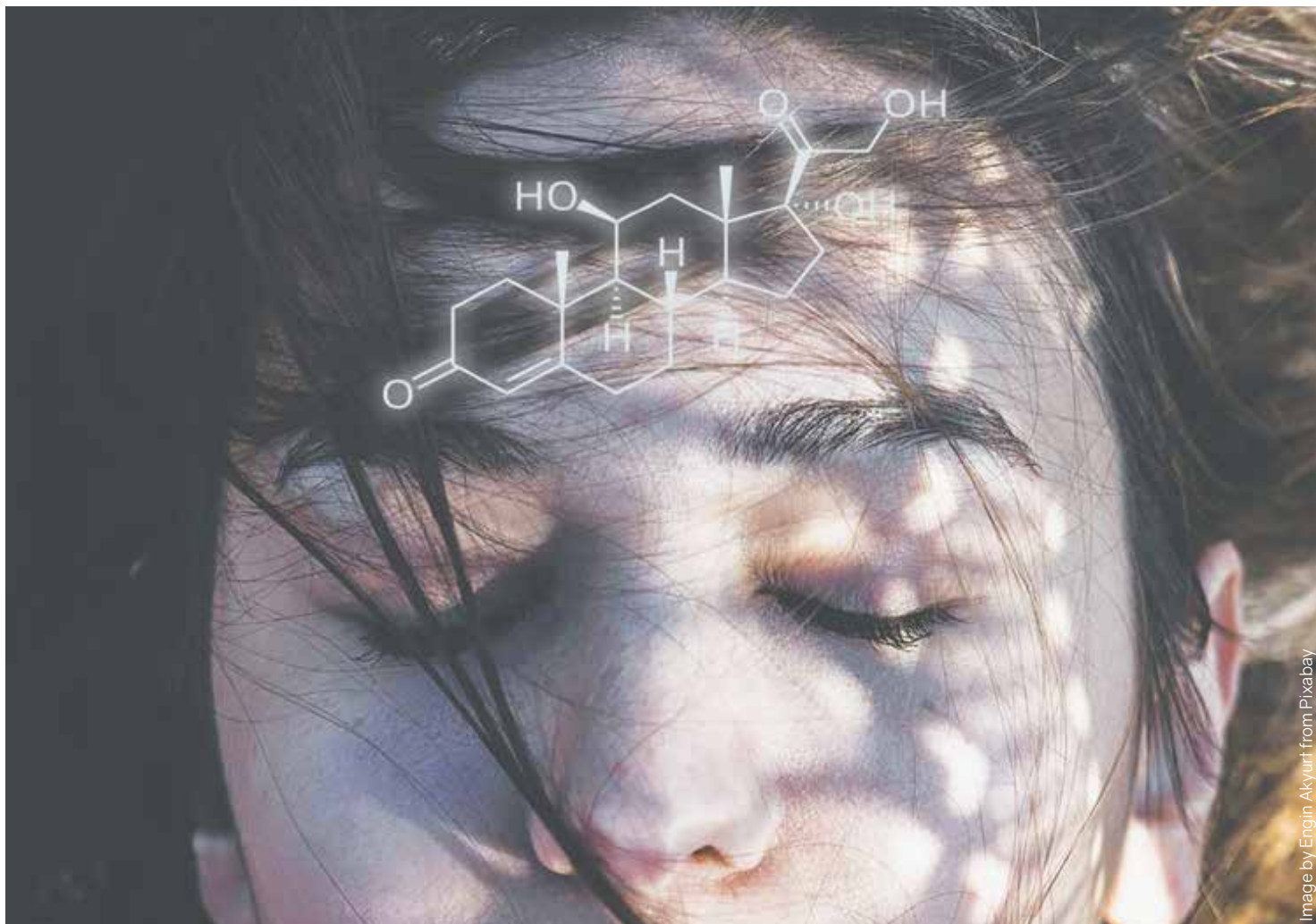


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receive health benefits but not reduce the physiological tension being experienced by the underlying anger.

Researchers at Ohio State University were interested in finding out whether it was more effective to visit a “rage room” to get everything off your chest or were activities that quiet and deescalate more effective in handling this misunderstood emotion. They analyzed 154 studies on anger which included independent samples involving 10,189 participants.



In all the studies examined, participants either engaged in activities that reduced their state of arousal through relaxation, stress reduction breathing exercises, progressive muscle relaxation, yoga, meditation, or biofeedback to physiologically “turn down” their arousal. Conversely, participants in other studies attempted to manage their anger by going for a run, hitting or kicking a punching bag, swimming, cycling, soccer, baseball, or visiting a rage room.

It was found that participants that engaged in activities that reduced their arousal were assessed to be less angry. In contrast, participants that engaged in activities intended to increase arousal “to get it out” did not decrease their anger. Jogging and stair-climbing significantly increased anger, however, ball sports, physical education classes and aerobic exercise significantly decreased anger. They proposed that if the physical activity involved fun then it had an arousal decreasing effect. In other words, turning down the flame can decrease the heat.

Relaxing out of a stressed, agitated state, besides being pleasant, eases the heart rate and reduces blood pressure. This calmer state can also support the development of a greater self-awareness, improve responses

to stressful situations and help develop more effective coping strategies for angering situations.

Choosing aerobic classes or ball sports in which the participants are good natured, fun-loving people goes a long way in turning down the heat. Think twice before going jogging or running on a treadmill where the activity is frustrating, repetitive and allows an ample opportunity to ruminate on negative thoughts that turn up the heat. Rage rooms should be a fad of the past.

*If you are experiencing elevated arousal that continues to affect your health and or relationships and you want professional help to better manage your emotional health and well-being, please call my office to learn specific techniques to decrease stress and arousal levels in a warm, caring setting. Lauren A. Salani, LCSW, BCB, Stress Relief Services Atlantic Executive Center 107 Monmouth Road, Suite 104, West Long Branch, NJ 07764 Phone: 732.542.2638*

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# Diabetic Neuropathy

## Functional Nutrition and Lifestyle Enhancements

by Felicia McIntosh-Will



Peripheral neuropathy occurs when nerves outside the brain and spinal cord are damaged. This condition affects more than 3 million people in the US and 7-10% of the population. It can cause weakness, pain and numbness of the hands and feet as well as affect digestion and urination. Peripheral neuropathy can be caused by traumatic injury, metabolic dysfunction, exposure to toxins, autoimmune disorders, cancer, alcohol abuse and low levels of certain B vitamins, vitamin E and copper. The most common cause is diabetes.

Each nerve of the peripheral nervous system has a specific function. Symptoms will depend on the nerves affected: SENSORY NERVES receive sensation from vibration or touch to the skin; MOTOR NERVES control muscle movement and the AUTONOMIC NERVES control function of the bladder, blood pressure, sweating, heart rate and digestion.

Diabetic neuropathy is a side effect of diabetes that damage the nerves, causing various complications. The “gold standard” of treatment may be prescribed antidepressants,

anticonvulsants and pain relieving cream, providing little relief. Triggers for flare-ups can include blood sugar control, alcohol consumption, stress and vitamin deficiencies. Left untreated, peripheral neuropathy can become chronic, lasting years or life long. Nutrition and lifestyle can play a large role in managing peripheral neuropathy.

While physical therapy and foot care can certainly help, regular exercise in the form of walking and/or swimming is very beneficial in reducing pain and cramping. Muscle strengthening and functional movement will help prevent muscle loss, control blood sugar, improve balance and



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coordination to prevent further damage. Deep breathing, gentle yoga and stretching can help manage stress and promote flexibility.

If someone is deficient, supplements of vitamins and minerals, antioxidants and amino acids and some herbs may help. Before taking anything over the counter it is advisable to check with a healthcare provider to avoid the risk of interactions with medications.

These vitamins can include: Vitamin B1, B6 and B12, vitamin D and E for nerve



repair. The minerals zinc and magnesium may offer some relief, as well. Curcumin and St. John's Wort have proven inconclusive but may help with inflammation and mood but may also interfere with certain medications.

Additional supplementation that could help is ALPHA-LIPOIC-ACID (ALA) an antioxidant which may help improve nerve function and pain-benefiting diabetes and diabetic neuropathy and improving cholesterol; ACETYL-L-CARNITINE may reduce pain by increasing activity of certain nerve cells and N-ACETYL-L-CYSTEINE (NAC) may help protect the neurological system from inflammation and damage and may benefit blood sugar and mood.

The most beneficial and proactive way to manage symptoms of peripheral neuropathy is diet. A diet rich in fatty fish, eggs,

low fat dairy, nuts, fruit, vegetables, whole grains and legumes can help maintain a healthy weight and manage blood sugar, blood pressure, cholesterol and a healthy gut microbiome. Eating the rainbow can provide all the vitamins, minerals and antioxidants needed to support healthy nerve function. Diets filled with added sugar, refined carbohydrates, gluten, excessive alcohol and highly processed foods can do more to increase symptoms and further nerve damage of neuropathy.

Thank you, Felicia McIntosh-Will, CFNC, IHP \*sources include PubMed, Mayo Clinic  
*\*\*I am not a doctor or medical professional. Any information is for educational purposes and not to be substituted for medical care. I do not cure, treat or diagnose disease. I am a functional and integrative nutrition and lifestyle counselor and any information shared is my opinion. I treat you as an individual where you are unique, everything is connected, and all things matter. For a free 15-minute consultation please call 908.902.9598 or email [sunshinecnc@yahoo.com](mailto:sunshinecnc@yahoo.com)*



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# Girl Power

by Cathy Reilly, LSW



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**M**any female-identifying clients in therapy express negative thought loops around everything from being unattractive, to disappointing their parents, to failing as mothers, to just not being “good enough”. . . the list goes on and on. How do these amazing, beautiful, often very accomplished, women not “see” themselves?

A practitioner will sometimes ask these clients what they were like when they were younger, to recall a time when they were most themselves. They will often point to around ten years old or so, to pre-adolescence, as a time when they didn’t care what other people thought of them, when they were uninhibited, outspoken, unencumbered by the crushing pressure of a society that tells them how they should look, feel, think, and even sound. A time when they were most happy.

Back in the nineties, the book, *Reviving Ophelia: Saving the Selves of Adolescent Girls* by Mary Pipher, was published to much acclaim because it presented the idea that girls often start off in life as strong and independent, but once adolescence hits, they sink beneath the surface, much like Ophelia did in Shakespeare’s *Hamlet* as she succumbed to a watery grave.

Ophelia is a perfect example of a young woman, most likely an adolescent, who is living under the rule of her oblivious, foolish father Polonius, striving to be the good daughter. She is also pressured by her brother Laertes, portrayed as one of the nobler characters in the play, to be sure to preserve her virginity above all else.

Ophelia is also tragically in love with the troubled Hamlet, who is struggling with his own mental health issues. Hamlet arguably uses and abuses Ophelia, leaving her feeling confused and abandoned, a failure, which leads to her own spiral into “madness” and eventual untimely death. Ophelia serves as an apt symbol of a young girl who loses her voice, her

sense of self, and ultimately loses her life. Interestingly, the name “Ophelia” is of Greek origin and means help or aid. Sadly, so many women spend their lives trying to help everyone else only to lose sight of how to help themselves.

In the more recently published book, *Bliss More: How to Succeed in Meditation Without Really Trying* (a great introduction and practical guide to Vedic meditation), Light Watkins talks about all of the “voices” in our heads and how we should find our “heart voice,” our intuition. He explains that this voice has often been drowned out by the other voices - those of harsh, critical, judgmental, negative people who are very likely only projecting their own low self-worth. Watkins asserts that through meditative practice, we can learn to turn down the volume on these harmful societal voices, and turn up the volume on our own, true heart voice and live a life that is more focused, empowered, and joyful.

A practitioner may often try to have female-identifying clients conceptualize this process as spending time finding that little girl who was so brave, so herself, in the recesses of their mind, body, and soul, wherever she may be, reminding them she is still there. She has likely just fallen asleep because no one was listening to her. Encouragement is given to them to go and wake her up, visit with her every day during meditative practice, and most importantly put her back in charge. She will never steer them wrong. She is still strong and brave and knows what she is doing. They just have to trust her.

*Let us help you get in touch with your Girl Power! Cathy Reilly, LSW, is a clinician at Monarch Wellness Center in Freehold, NJ where she incorporates meditation into her individual and group therapy sessions. See [www.monarchwellnesscenter.org](http://www.monarchwellnesscenter.org) to learn more about her workshop offerings. Cathy is also the owner of Mindfully Made LLC, a company that brings creativity and meditation to you in the comfort of your home or place of business. To learn more see: <https://mindfullymade3.wixsite.com/my-site-3>*



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- Zucchini
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- Chopped kale or spinach
- Cucumber
- Carrots
- Fresh beets
- Broccoli
- Celery
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- Apple slices
- Banana
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All these ingredients can be found throughout the year in our organic shipments, arriving in Lincroft every 2 weeks. So this May, MAY we all find new ways to show our furry friends we think they deserve more than just a bag of rocks (kibble)....compliments of Monmouth County Organic Co-op. Join us Facebook Group: 'Organic Fruit and Veggie Co-Op Monmouth County NJ' for updates all year long.

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# Thrown Away, Not Broken

Healing Through Grief, Loss, and the Unseen Threads of Love

by Dawn Ricci



Image by Image by arshvfx from Pixabay



**T**he journey of discovery started when writing from an airplane heading to Amsterdam. Not just to see the millions of fields of tulips, but on a soul quest—one of those quiet journeys where Spirit whispers answers before we even know the questions.

Sitting in row 36, a conversation from the row in front slips into our energetic awareness. Two women, complete strangers, begin talking. Both widowed recently. And both, for the first time ever, traveling alone.

Everyone in earshot, felt goosebumps.

But it was what came next that caught the attention of many sitting close by. They spoke about being devoted wives and stepmothers to their blended families for decades... only to be discarded once their husbands passed. One woman, we'll call her Alice, hadn't heard from her stepchildren since the funeral. No calls. No replies. The grandchildren she helped raise... now gone. The other, we'll call her Peggy, was asked by her late husband's children to vacate their marital home. They had planned to sell it. Telling Peggy to move out. And

that first family wanted her to do it quickly. And yet, here they were—two strangers, side by side in economy class, sharing the same invisible wound.

We were all meant to hear this. It struck something deep within the soul. A knowing... a fear... a preparation. And a calling to send this spiritual message to someone who needs to hear it right now.

This is the unspoken grief no one prepares us for—the loss not just of a partner, but of an identity. A family. A purpose.

In this Women's Wellness Edition, let this be a message to those who feel they been left in the dust. We are not broken. We are evolving.

Through the futuristic lens of our own soul healing, believe grief is not meant to be conquered—it's meant but to be transformed. Let's think of it that this state of unraveling is actually the beginning of our life rewearing?

To all the Alices and Peggys out there—this is for you:

## 5 Ways to Begin Healing When Grief Comes from Family Fallout

### 1. Acknowledge the Unseen Grief

The grief of losing family who's still alive can be more confusing than death. Name it. Feel it. Don't minimize your pain. Our soul is seeking truth, not dismissal.

### 2. Rewrite Your Role

The role of being a stepmother, a wife, a caregiver. Now, who are we becoming? Step into the blank canvas. Reclaim the story as a woman beyond labels.



### 3. Create a Soul Ritual of Closure

Light a candle. Speak their names. Write the unsaid. Honor the love that was there—even if it's no longer returned. This is sacred work. This is letting go with grace.

### 4. Find Your New Soul Family

Not all family is blood. Seek sisterhood. Spiritual community. Safe places where the story is understood, and a heart can be held. We all deserve to feel seen.

### 5. Let the Future Pull You Forward

Healing isn't about going back. It's about going beyond. There is a version of the woman already thriving. Call her in. She's waiting for you in (fill in the blank) ... or on the next page of your journey. The strong women we know we are, will never be thrown away. Just rerouted. And maybe, just maybe, this is where we can rise.

*Dawn Ricci is a Certified Spiritual Mentor, Intuitive and Speaker, who is dedicated to helping others unlock their innate physical and emotional healing abilities. Through heart-centered sessions, Dawn supports clients worldwide on their path to self-discovery, empowerment, and wellness. To learn more about Dawn's services, visit [dawnricci.com](http://dawnricci.com)*

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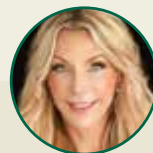


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- Greater Ann Arbor, MI
- Greater Lansing, MI
- Greater Oakland, Macomb, Livingston, Genesee, MI
- Gulf Coast, Alabama/Mississippi
- Hartford/Tolland, CT - Coming soon
- Houston, TX
- Hudson County, NJ
- Jacksonville/St. Augustine, FL
- Lancaster/Berks, PA
- Lehigh Valley, PA
- Long Island, NY
- Milwaukee, WI
- Monmouth/Ocean Counties, NJ
- Naples/Fort Myers, FL
- New Haven, CT
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# Canine Appetite Loss

## How to Get Older Dogs Eating Again

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

**W**hen an older dog loses its usual appetite, it could be a sign of underlying health issues like sore teeth or memory loss. A 2022 study published in *Topics in Companion Animal Medicine* revealed that reduced eating in older dogs can lead to muscle loss, fatigue and an increased susceptibility to illness. Understanding and managing an elderly dog's appetite is crucial for their longevity and overall well-being.

### Causes of Appetite Loss

According to the *Journal of the American Animal Hospital Association*, senior dogs often stop eating because they are sick or in pain. A wide variety of conditions can diminish their appetite.

- **Dental issues**, such as gum infections, decayed teeth or broken molars, can make chewing painful. Dogs experiencing oral discomfort may avoid eating altogether, especially if their food is hard or dry.
- **Kidney disease**, a common condition in older dogs, often leads to nausea and a decreased appetite, prompting them to drink more water, lose weight and feel tired.
- **Liver disease** can further reduce appetite by causing vomiting, jaundice and overall weakness.
- **Bloating, diarrhea or acid reflux** may dissuade dogs from enjoying their usual meals.
- **Cognitive dysfunction syndrome**, similar to dementia in humans, can cause

confusion and behavioral changes, thereby disrupting their eating habits.

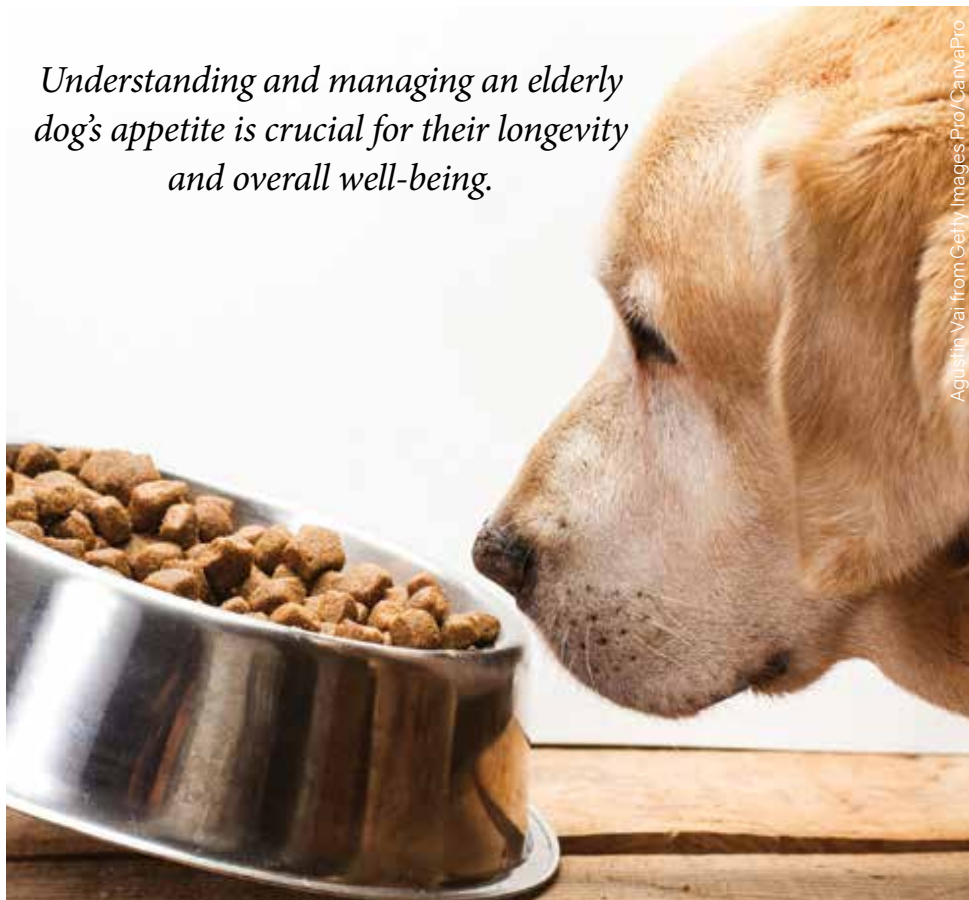
- **Joint pain** from arthritis can make it difficult for a dog to bend down to eat, leading to reduced food intake.
- **Stress and anxiety** trigger the release of cortisol and other hunger-suppressing hormones. According to holistic pet health coach and senior dog expert Sandy Reynolds, these hormones can create a vicious cycle where stress reduces appetite, which, in turn, negatively

impacts gut health, further diminishing a dog's interest in food.

### Appetite Boosters

Enhancing the smell and taste of food can motivate a senior dog to eat. Reynolds suggests adding warm water, bone broth or other liquids to a dog's meal to improve flavor and make chewing easier. Bone broth provides essential nutrients, while probiotic-rich goat's milk or kefir supports digestion. Gut health is pivotal, as a healthy digestive system can improve appetite.

*Understanding and managing an elderly dog's appetite is crucial for their longevity and overall well-being.*



Agustin Vai from Getty Images Pro/CanvaPro





Reynolds also recommends green tripe because it has natural enzymes and good bacteria, as well as scrambled eggs for high-quality protein and healthy fats. Soothing herbs like slippery elm and marshmallow root can also alleviate digestive discomfort, making mealtimes more enjoyable.

## Stress Reducers

For brain health, Reynolds suggests incorporating calming ingredients into a dog's diet such as cannabidiol (CBD) oil, chamomile, valerian root or concentrated liquid extracts made from medicinal mushrooms like reishi and chaga. "Using a PEMF [pulsed electromagnetic field] mat can also work wonders in calming the senior dog and encouraging them to eat," she adds.

Environmental factors also play a role in appetite. Maintaining a regular routine and feeding dogs in a calm, quiet setting can contribute to their sense of safety. Occasional hand feeding can reassure and encourage them to eat. Reynolds recommends trying white noise machines, calming essential oils or pheromone diffusers to reduce anxiety during mealtime.

## Signs of Trouble

A brief loss of appetite is generally not cause for concern. However, pet parents should look for signs of a more serious

issue, which would require immediate veterinary intervention. "If a senior dog hasn't eaten for more than 24 to 48 hours, seems very sick or has eaten something harmful, don't wait to get help," Reynolds advises. Other concerning symptoms include rapid weight loss, vomiting, diarrhea, lethargy and dehydration.

"Whenever a senior dog is not eating or drinking, try offering water with a splash of goat's milk or low-sodium chicken broth," she suggests. Keeping a journal of eating patterns and symptoms can help veterinarians identify underlying issues and recommend suitable treatments.

## Complementary Treatments

Holistic methods can complement traditional veterinary medicine and support recovery, but they cannot replace life-saving treatments. "When caring for a senior dog, it's not about choosing one over the other—it's about combining the strengths of both," Reynolds explains.

A holistic approach might include a fresh, whole-food diet tailored to a senior dog's needs, supplemented with medicinal mushrooms, CBD oil and herbal blends to boost the immune system, reduce inflammation and support organ function. Supplements like omega-3 fatty acids contribute to joint health, while probiotics aid digestion.

Pain management is another area where holistic care can be of assistance. "A mix of regular and holistic therapies helps keep senior dogs comfortable without just using medications," Reynolds shares. While non-steroidal, anti-inflammatory drugs can alleviate arthritis symptoms, undenatured type II collagen, turmeric and herbal supplements can support joint health over time.

*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](http://DrRuthRoberts.com).*



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# Can Rolwing® Decrease the Pain

by Rebekah & David Frome



If you suffer from carpal tunnel syndrome (CTS), the pain and numbness in your hand can be debilitating. As symptoms progress, you may develop muscle weakness and loss of function. Performing simple actions such as holding a pencil, opening a jar, or picking up a coin can become painful and debilitating. Hands are so important!

## What is Carpal Tunnel Syndrome?

In carpal tunnel syndrome, the median nerve becomes entrapped and compressed as it passes through the eight bones of the wrist, causing discomfort as this (median) nerve innervates the muscles within the hand and forearm. The median nerve is also responsible for sensation in the thumb, index finger, and part of the middle finger. If you experience symptoms in the pinky, upper arm, shoulder, or neck, it's unlikely that the problem is CTS.

## What Causes Carpal Tunnel Syndrome?

Carpal tunnel syndrome frequently accompanies repetitive strain. Static postures often contribute to this problem. People who earn a living sitting in front of a computer typically hold their wrists rigidly for many hours while using the keyboard or mouse. Professional musicians, carpenters, and assembly line workers also have similar challenges and are prone to CTS. Currently, doctors are seeing an increase in the number of pickleball enthusiasts with CTS and other repetitive stress injuries. Repetitive strain and static postures typically cause shortening of the muscles of the hand and their connective tissue wrappings. These myofascial shortenings alter the biomechanics of the hand and set the stage for CTS. CTS frequently occurs during pregnancy due to increased swelling of the wrist that causes compression of the median nerve.

## Anatomical Structures

Anatomically, the transverse carpal ligament spans the eight carpal bones of the wrist. The carpal tunnel is the passageway for the median nerve and tendons to travel through the wrist. Additionally, the fascial layers of the hand and forearm are key to wrist mobility and function. These include the flexor retinaculum and the interosseous membrane of the forearm.

When the myofascia of the hand, wrist, and transverse carpal ligaments shorten, CTS occurs, bringing on painful symptoms:

## Myofascial shortening impairs mobility.

The median nerve and soft tissue structures become adherent and inflamed. The entrapped median nerve develops numbness, tingling, pain, and muscle weakness in the hand.

The surgical solution for CTS involves cutting the transverse carpal ligament. While this procedure is often effective, CTS can recur because the underlying issues have not been addressed. Additionally, the scar tissue resulting from surgery can be problematic over time, thickening and causing stiffness and the recurrence of pain.

## Rolfing and Carpal Tunnel Syndrome

The Rolfing Technique of Structural Integration® is a therapeutic process in which the practitioner restores span and mobility to the structures of the forearm and hand. Sustained pressure delivered through the Rolfer's hands improves the alignment and mobility of the wrist and forearm, restoring the carpal tunnel. While many Rolfing patients experience positive results quickly, long-lasting results require a complete course of treatment.

Rolfing realigns the body over a ten-session series. Rolfing is not a symptom-oriented approach. In Rolfing, the objective is to restore length and mobility to the whole body. By releasing chronic stress within the myofascia, many problems, including the nerve compression of the carpal tunnel, can be resolved.

Rolfing is an effective and gentle treatment for CTS. In future articles, we will share self-help techniques that include stretches and sitting posture to alleviate further episodes and prevent CTS.

*The contents of this article are not meant to be diagnostic or prescriptive. Carpal Tunnel Syndrome is often complex, and a physician should always be consulted before choosing a course of treatment. 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](http://www.fromept.com) or 973.509.8464.*



## Calendar of Events



Email [info@NAjerseyShore.com](mailto:info@NAjerseyShore.com) for guidelines and to submit entries.



### THURSDAY, MAY 1

**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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$30

### FRIDAY, MAY 2

**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, MAY 3

**Shaman Class** – 7:30-9:30pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. New class forming for may - Join Shaman, Lauren Porter on a series of monthly classes, Introduction to Shamanism. Learn how to properly journey to meet your medicines and allies, clear and create sacred space, put together your mesa and medicine bag, work with the plant, animal and stone kingdoms, embrace your shadow self, dream work and more. Classes will be held the first Wednesday of each month for 12 months. \$25pp each class; Pre-Registration is required. 848-217-2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

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### SUNDAY, MAY 4

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

### MONDAY, MAY 5

**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 and learn yoga practices to help you manage stress and build resilience. This six-week series will explore specific breathing, movement, and meditation practices for mental calm and emotional resilience. Choose from two class options: Yoga for Arthritis (Mondays, 9:30 AM) or Gentle Yoga for Healthy Aging (Mondays, 4:30 PM). For more information and to register, visit [wisdomtreeyoga.com](http://wisdomtreeyoga.com) or call (732) 233-3216. Cost: \$98 for series (\$20 single class)

### WEDNESDAY, MAY 7

**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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com); Pre-Registration required. Cost: \$30

### THURSDAY, MAY 8

**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](http://Ayearandadaymysticalshoppe.com). Cost: \$225

**Be Witched 101**– 7:30-9:30pm. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. A 12-month course with one class each month, taught by High Priest, Anthony Martin and Maria Martin. They will take you thru a magical 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. 848-217-2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) \$30 per person/class.

### FRIDAY, MAY 9

**Mystical Magical Sound Bath**– 7-8:30pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. 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. 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) Cost: \$25pp

### SATURDAY, MAY 10

**Writing Motherhood: Reconciling The Mother Wound** – 10:30 AM- 12:30 PM, 347 Soul Collective, 39 W Front Street, Keyport, NJ. Come into a held space of poetry, meditation, deep listening, and story sharing with other women as we sit in contemplation, writing, and presence around the mother wound. With poetry and additional writing pieces as our center anchor, we will hold space and write through, and on our relationships with our mothers, and motherhood. Additional healing modalities to be added as called. \$35- offering. Register: [www.chelseapalermo.com](http://www.chelseapalermo.com) Email: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com)

**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. 848.217.2371. [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

### SUNDAY, MAY 11

**Mother's Day Special**– 1-6pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing for only \$30.00. 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. 848-217-2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Full Moon Circle with Sound Bath and Tarot**: 7-9pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Enjoy the Flower Moon, called this because it is associated with fertility, blooming flowers and warming temperatures, which enable earth to give birth, including new ideas and projects. We'll have a sound bath and give blessings. We will pull Tarot cards for you for a personal message. \$35 pp; Pre-Registration required 848-217-2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

### MONDAY, MAY 12

**Resilient by Design: Yoga for Strength and Healing** – 9:30 AM and 4:30 PM, 352 Sycamore Avenue, Shrewsbury. Feeling stressed out by the news and world events? Join yoga therapist Beverly Davis-Baird and learn yoga practices to help you manage stress and build resilience. This six-week series will explore specific breathing, movement, and meditation practices for mental calm and emotional resilience. Choose from two class options: Yoga for Arthritis (Mondays, 9:30 AM) or Gentle Yoga for Healthy Aging (Mondays, 4:30 PM). \$98 for series (\$20 single class). For more information and to register, visit [wisdomtreeyoga.com](http://wisdomtreeyoga.com) or call (732) 233-3216.

### TUESDAY, MAY 13

**Welcome to Joy (Journey of Yoga)** 6 Week Beginners Series with Monica-6 pm at The Yoga Loft 58 Main St Farmingdale. This is perfect for those new to yoga or looking to reconnect with the basics.

Each week, we'll build confidence and ease in movement, helping you release tension and find greater flexibility—both in body, mind and spirit. Register early—this series fills up quickly, please email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) (include phone number if registering by email) or call/text 732-239-2333. Cost:\$85

## WEDNESDAY, MAY 14

**Welcome to Joy (Journey of Yoga)** with Michele, 6 Week Beginners Series – 10 am, The Yoga Loft 58 Main St Farmingdale. This is perfect for those new to yoga or looking to reconnect with the basics. Each week, we'll build confidence and ease in movement, helping you release tension and find greater flexibility—both in body, mind and spirit. Register early—this series fills up quickly, please email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) (please include phone number if registering by email) or call/text 732-239-2333 \$85

**Healing Ancestral Wounds/Receiving Ancestral Blessings-** 8-10pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Our ancestors have passed down to each of us wounds that have not yet been healed and are carried within us and our future generations. They also have blessings ready for us to receive from them once we have ameliorated the wounds. Store Shaman, Lauren will lead you through this powerful ceremony. Pre-Registration is required. 848-217-2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) Cost:\$30

**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](http://purpledragon.com).

## THURSDAY, MAY 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>

## FRIDAY, MAY 16

**6 Week Senior Series at The Yoga Loft with Tara,** 11 am, 58 Main St Farmingdale. This Series is thoughtfully designed to support seniors in cultivating strength, flexibility, and balance in a gentle, nurturing environment. Each session includes accessible poses tailored to suit all levels of mobility, along with soothing breath work and calming meditation practices. Whether you're new to yoga or an experienced practitioner, this series focuses on maintaining joint health, enhancing balance, and reducing stress, all while connecting with others in a supportive community. Space is limited; email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) or call/text 732-239-2333. Cost:\$70



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

**Friday Night Breath Reset with Allison Kane-** 6-7:45pm, The Yoga Loft 58 Main St Farmingdale. We will explore the use of gentle Self-Myofascial Release to loosen tension in your belly, back, rib cage and shoulders. Using techniques from The Roll Model Method® we will tease out the layers of tension that often surround our torsos and limit our ability to breathe fully. You will come out of this workshop with a deeper understanding of your body's hidden holding patterns, knowledge of how to release them and an improved ability to exhale! Please email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) (please include your phone number if registering by email) or call/text 732-239-2333 Cost:\$45

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## SATURDAY, MAY 17

**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](http://Ayearandadaymysticalshoppe.com). Cost: \$225

**Angel Sound Healing Meditation with Maura & Adrienne** – 1-2:30pm, The Yoga Loft 58 Main Farmingdale. As you relax to the soothing vibrations

of the Crystal Bowls and Gong, you will receive an Angel Blessing and Healing, an Aura Cleansing, and an Angel Card Message. Please reserve your spot as soon as possible as this event will fill up quickly. Please note that payment is due at the time of booking and there will be no refunds issued for this event. To please text 732-239-2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to reserve your spot. Cost:\$40

**Learn About Human Design Course** 5-6:30pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Human Design is like a special map that shows you how your energy works. 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 divided into 12 classes. Pre-Registration required. 848-217-2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) \$30 per person per class

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

## SUNDAY, MAY 18

**Stone Path Readings** - 12-4pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. The art of Ancient stone readings can show you how your life has been through each phase and where you are heading. Readings are available for individuals and couples. Life Path Readings \$45 pp; In-Depth Readings \$85 (up to 30 minutes). Pre-Registration required. 848-217-2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**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](mailto:Ayearandadaymysticalshoppe@yahoo.com), web:[Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) Cost: \$65.00

## THURSDAY, MAY 22

**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](http://Ayearandadaymysticalshoppe.com). Cost: \$195

**Working with Stones and Crystals-** 7-9:30pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. Whether you're new to collecting or have been drawn to them for a long time, Maria will help you gain a working knowledge and relationship with your stones and crystals. Learn how to choose stones by vibration and feel, work with them in your everyday life, how to care for your collection...! In-



cludes 2 stones/crystals. Pre-Registration required 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) Cost: \$45 pp

## FRIDAY, MAY 23

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

## SATURDAY, MAY 24

**Write To Release** – 10am - 12pm, 347 Soul Collective, 39 W Front St. Keyport. 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](http://www.chelseapalermo.com) Email: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com) Cost:\$45

## SUNDAY, MAY 25

**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. 848.217.2371 Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$30

## 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. 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, MAY 28

**Purple Dragon Organic Produce and Natural Foods, Ocean Twp. Pod** – Pick up great organic produce, much of it locally grown, 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](http://purpledragon.com).

## THURSDAY, MAY 29

**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. 848.217.2371 Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). \$30

## FRIDAY, MAY 30

**Medium Gallery Readings with Cherise** -7-8:30pm, A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park. 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. 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) \$25pp

**Resilient by Design: Yoga for Strength & 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](http://wisdomtreeyoga.com) or call (732) 233-3216. Cost: \$98

## SATURDAY, MAY 31

**Special Event: Akashic Records, Stone Path or Medium Reading** – 12-7pm, 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](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$145

## Ongoing Events

Email [info@NAjerseyShore.com](mailto: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](http://www.yourcenterofpower.com)

**Mindfulness Meditation/Buddhist Study**, first and third Mondays, 2-4 pm, Murray Grove, Lanoka Harbor ([murraygrove.org](http://murraygrove.org) for directions.) For health, awareness, focus, energy; wisdom, compassion, a sense of the sacred. Silent focus on the breath for 40 minutes. The group helps ground us. Then we read from, discuss a book on mindfulness. No experience needed; drop-ins welcome. Information, encouragement? Linda Kay, 609 519-4568; [lindasong55@gmail.com](mailto:lindasong55@gmail.com). A program of [uuocc.org](http://uuocc.org).

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

## TUESDAYS

**Tea and Tarot Tuesday Meditations:** 7-8:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Guided group meditations and enjoy connecting with a different plant (tea) each week. Receive a message from Tarot just for you. Call ahead for what plant will be provided and advise us of any allergies. For all levels. Bring meditation mat, pillow, etc. 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com) \*\*Private sessions and Veteran Discounts available. Preregistration required. Cost: \$15.

**Advanced Taiji Class taught by Shoshanna Katzman** – 6:30pm on Zoom. Taiji is a sophisticated method of whole-body movement that reconnects body, mind and spirit. This ancient Chinese exercise forges a deep relationship between you and your qi which is the life force responsible for the harmonious working of your body. Its rhythmic breathing and flowing postures activate flow of qi and refines it into usable internal force and power – 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](http://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

**Beginner Taiji (Tai Chi) taught by Shoshanna Katzman** every Wednesday morning at 10:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury. The Taiji path is filled with many life-enhancing movements, enlightening discoveries, and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this beginner group are learning the first section of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out [www.yourcenterofpower.com](http://www.yourcenterofpower.com).

**Intermediate Taiji Class taught 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](http://www.yourcenterofpower.com).

**Sound Healings/Meditations** – 6:45-7:45pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Weekly sound healings and meditations group. Using crystal bowls, gong, chimes, guided sounds, singing and chanting etc., we will facilitate your healing journey. Bring along a meditation mat, pillow, etc. Preregistration is required, 848.217.2371. email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com), website: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Ask us about private meditation sessions and Veteran Discounts. Cost: \$25



## THURSDAYS

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

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

## FRIDAYS

**Friday Morning Tai Chi in Loch Arbour-** 7:30-8:40 AM. At Frome Physical Therapies, our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. It's a perfect way to improve your balance, strengthen your legs, and increase your flexibility. Tai Chi and Qigong can also ease your breath and improve your posture and, it's a longevity practice! All levels are welcome. Reserve a spot online at [www.frome.com](http://www.frome.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](http://www.yourcenterofpower.com).

**Beginner Taiji (Tai Chi) Class taught by Shoshanna Katzman** every Friday afternoon at 2:00pm at Red Bank Acupuncture & Wellness Center in Shrewsbury. Practicing Taiji helps you to discover internal peace, enliven energy, and achieve overall wellness – along with building strength, flexibility, stability, and endurance. It provides palliative sup-

port for many types of injuries and health conditions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is working on the first part of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out [www.yourcenterofpower.com](http://www.yourcenterofpower.com).

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

**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](http://www.yourcenterofpower.com).

**Beginner Taiji Class taught by Shoshanna Katzman** – 2pm, 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](http://www.yourcenterofpower.com).

**Psychic Readings and Energy Healings** – 2-7pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Get a 10-minute Reading or Energy Healing. Have a question about a direction you are looking to embark on? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. Phone: 848.217.2371. web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$30

**Discover the Serenity of T'ai Chi Chih (Joy thru Movement Class) & so much more!** – 3:30pm, The Center for Health & Healing, 245 Atlantic City Boulevard, Beachwood. Need better balance, concerned about High Blood Pressure, Quality sleep a challenge? For more information & registration call 732.505.8282 or text only 732.604.4946. Register to reserve your spot and ask about private lessons or Reiki sessions.

## SATURDAYS

**Akashic Records Readings & Energy Healing Sessions** – 12-8 pm, 347 Soul Collective, 39 W Front St. Keyport, NJ. Come in for an Akashic Records Reading or a Reiki + Energy Healing Session with Chelsea Palermo, MFA. Reiki + Energy Healing Sessions include more advanced energy healing



techniques, and be combined with Transformational Writing, and/ or PEMF BIO Mat Sessions. Walk-ins welcomed, online booking is preferred to reserve your spot. [www.chelseapalermo.com](http://www.chelseapalermo.com) Email: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com) Virtual sessions available

**Qigong for Good Health with Maxine Forster Guenther** – 10:30-11:30am Outdoor “Parking Lot Qigong,” For information about Parking Lot Qigong in Lincroft, weather permitting, check the website [www.Qigongforgoodhealth.org](http://www.Qigongforgoodhealth.org) for current information.

## SUNDAYS

**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](http://balancedlifeweb.com) for more information or contact Kristen Valentine at [balancedlifeusa@gmail.com](mailto:balancedlifeusa@gmail.com) or call 800.716.8353.

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

## SAVE THE DATES

### WEDNESDAY, JUNE 12

**Poetry Reading:** Poet, Intuitive & Energy Healer, Chelsea Palermo, MFA, will be at The Barron Arts Center. Open Mic to follow. 8PM-10 PM, Barron Arts Center, Woodbridge, NJ. Email [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com) for questions or to book Chelsea for your event. [www.chelseapalermo.com](http://www.chelseapalermo.com)

### WEDNESDAY, JUNE 11, 25

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

### FRIDAY, JUNE 13, 27

### SATURDAYS, JUNE 14, 28

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

## Community Resource Guide



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

## ACUPUNCTURIST & HERBALIST

### RED BANK ACUPUNCTURE

Shoshanna Katzman, Kelly Van Sickell and Heather Quinlivan - acupuncturists  
Bonnie Anderson - massage therapist in Shrewsbury, NJ  
[www.healing4u.com](http://www.healing4u.com) 732.758.1800



Acupuncture, Chinese herbal medicine, Therapeutic Deep Tissue Massage, Taiji & Qigong private & group classes available

## BIO FEEDBACK/STRESS MANAGEMENT THERAPIST

### LAUREN A. SALANI, LCSW, BCB

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



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



## CHIROPRACTOR

### AdaptiveRX

280 State Rt 35 Ste 204  
Red Bank, NJ 07701  
[Purehealthnj.com](http://Purehealthnj.com)

732.747.0083



Dr Chris Pepitone and Dr Mai Tran of AdaptiveRX provide holistic patient-first quality care to help you regain your health and wellness

## FINANCIAL SERVICE

### JEFF BALL, CFP, FINANCIAL ADVISOR

RBC Wealth Management  
328 Newman Springs Road  
Red Bank, NJ 07701 732-576-4634  
[Jeffrey.ball@rbc.com](mailto:Jeffrey.ball@rbc.com) or [jeffballrbc.com](http://jeffballrbc.com)



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

## NON-CHLORINE POOL & SPA SYSTEMS

### BLUE DOLPHIN Natural Water Systems

Blue Dolphin Pool Service  
[www.naturalwatersystems.com](http://www.naturalwatersystems.com)  
[info@naturalwatersystems.com](mailto:info@naturalwatersystems.com)  
732-536-8577, 1-888-540-2709



Blue Dolphin specializes in Non-Chlorine pool and spa conversions and whole-house water filtration, softening, and structuring systems. We also offer pool service, pool safety covers/fences, heaters, etc. Chlorine is one of the most toxic chemicals on Earth yet everyone is swimming in it. Please feel free to call, ask any questions, and share your concerns. We welcome the opportunity to teach people how to swim without chlorine and practice all-natural pool and spa care. Here's to your health and wellness!

## NUTRITION & WELLNESS

### BEYOND HOLISTIC HEALING

Beth Aitken  
Instagram @beyond\_holistic\_healing  
Email: beyondholistichealing@gmail.com  
Web: Bethaitkin.com 703.403.6678



Body Intuitive Master Practitioner offering alternative therapies to optimize health and harmony in your life and body. Sessions are fully virtual.

### SHORE HOLISTIC NUTRITION & WELLNESS

ALYSSA SIEGEL MSN,RN,FNP-C, CPEN

1405 NJ 35, Suite 102  
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

413 Bond Street, Asbury Park, NJ 07712 (848)217-2371  
www.ayearandadaymysticalshoppe.com  
Facebook.com/ayearandadaymysticalshoppe



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

## REFLEXOLOGY

### MICHELE LIPARI REFLEXOLOGY AND HOLISTIC COUNSELING

Michele Lipari- Certified Reflexologist  
298 Broad St., Red Bank, NJ 07701  
Mliparireflexology.com (732)887-3352



I've practiced reflexology over 25 years and I'm passionate about my work! Reflexology is a science, there are reflex areas in the feet & hands that correspond to glands, organs, and other parts of the body. The practice also offers an Infrared Sauna, which allows a higher percentage of toxin removal due to infrared waves being absorbed more deeply in the body's cells. Benefits include improved circulation, energy, and skin tone. It eliminates joint & muscle pain, & relieves tension.

## REIKI/ENERGY HEALING

### CHELSEA PALERMO, MFA

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



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

## WELLNESS STUDIO/SPA

### KUR WELLNESS STUDIOS

412 Bond St. Asbury Park, NJ  
www.kurstudios.com  
732.361.8956



Award-winning studio of services like massage, facials and waxing, including eastern Ayurvedic therapies and yoga, we've created a camaraderie that is infectious from team to guest, that has evolved Kur into an extraordinary community—and one you'll want to be a part of.

### MONARCH WELLNESS CENTER

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