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FREE

# natural awakenings

The Art of  
**Balancing  
Your Energy**

Fast Track  
**To Joy**

Virtual Care  
**For Pets**

Navigating Life's  
**Transitions**

## Balancing Energy

NOVEMBER 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**

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

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

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

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



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

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**Publisher's Letter**



Hello Friends,



Happy Thanksgiving!

There is so much to be grateful for and I really love that we have a national holiday to give everyone time to pause and cherish the gifts this human experience affords us.

I have had to catch myself a few times recently – I was letting my thoughts go to dark places. But the key for me is, recognizing anxious, unhealthy thoughts and quickly stopping that train and shifting to thoughts of gratitude for everything that is going right. The force, the Universe, God – works in mysterious ways. When I get sad, my big 100lb beautiful lapdog cuddles up with me and chases my blues away. His name is Neo – he is the ONE. I am so blessed to have such a loving creature in my life. His brother is a terrier, he growls at me if I try to hug him, but I'm grateful for him too.

And, I am grateful for all of you! So many people come up to me at the supermarket and share with me how this little magazine has helped them in their quest for a holistic healthy life. I am so thankful to all of our contributors – our advertisers, our team, our distribution points, our readers, the list goes on and on. We couldn't serve the community without you. From the bottom of my heart – thank you all! XOXO.

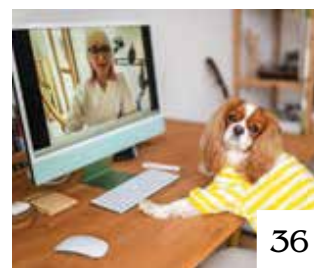
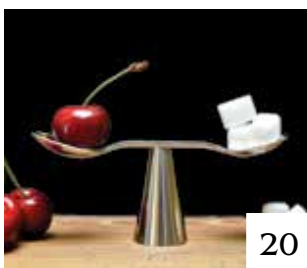
Have a wonderful holiday with your family and friends 😊

Warm wishes,

Sharon 😊.

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Ads Deadline: 7th of the month.

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

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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.



## Throat Chakra Workshop

Join Angie at The Yoga Loft, 58 Main St Farmingdale November 7th 6-7:30 pm for the fourth workshop in her Chakra Alignment Series—an evening centered on the Throat Chakra (Vishuddha), the energy center of authentic expression, truth, and communication.

Through a blend of gentle movement, breathwork, vocal toning, and crystal bowl sound healing, we'll explore how to clear energetic blockages and reconnect with the power of your voice—both literally and metaphorically. This is a sacred space to speak your truth, express yourself fully, and listen deeply—both inward and outward.

- No experience necessary
- Bring a journal and an open heart
- All are welcome

Let your truth rise and your voice resonate.

*To Register Email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) (please include phone number if registering by email) or call/text 732.239.2333 \$40*



## Feel safe to be YOU with Meryl Hayton



Meryl Hayton, Trauma Healing Specialist, Advanced Certified EFT Practitioner, and creator of the Emotional Clearing Method (ECM), helps women release emotional blocks, rewire old patterns, and reclaim lasting confidence.

She teaches that real change doesn't happen overnight. Healing and transformation take consistency, reflection, and the willingness to look within. Through her unique blend of EFT tapping, somatic awareness, energy-healing meditations, and intuitive guidance, Meryl helps clients calm their nervous system, release stored emotions, and transform fear and self-doubt into peace, joy, and self-trust.

Whether you're navigating a life transition, seeking more confidence, or ready to deepen your personal growth, Meryl's Emotional Clearing Method offers practical tools to integrate change and embody your authentic self. This fall, she has a few openings for private one-on-one programs for women ready to feel safe to shine.

Meryl also leads transformational retreats and helps others learn how to lead retreats. Her mission is simple: to help you love, accept and trust yourself, and create a life you truly love.

*To learn more or schedule a free discovery call, visit [merylhayton.com](http://merylhayton.com) or email her at [merylhayton@gmail.com](mailto:merylhayton@gmail.com).*

## Is Your "Manifestation Intelligence" Sabotaging Your Success?

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

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

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

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

*The assessment is currently available at [WhatsYourMQ.com](http://WhatsYourMQ.com) at no cost. Register today at [dawnricci.com/5MQ](http://dawnricci.com/5MQ)*



## Spiritual Protection Techniques Workshop

**Join Donna Russo at The Yoga Loft, 58 Main St Farmingdale November 2nd 12:30 to 3:00ish**



If you are a highly sensitive person, light-worker, healer or empath, you may have noticed the need to clear and protect your energy more than ever in these challenging times. In this workshop, we will explore understanding the lower energies in our everyday interactions and how to clear

and protect ourselves in these scenarios, on an everyday basis.

### Highlights include:

- Learning the difference between psychic attack & psychic interference
- Types of psychic attacks
- Energy vampires and narcissists
- Techniques for clearing your space
- Using protection symbols and other tools
- Spiritual hygiene practices

Handouts will be provided, but we also suggest bringing a

notebook as this workshop will be packed with information you can use the same day. Come to learn how to stand confidently in your power.

To Register Email [info@theyogalofnj.com](mailto:info@theyogalofnj.com) (please include phone number if registering by email) or call/text 732.239.2333 \$40

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

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



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

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

*Shoshanna Katzman, M.S., L.Ac. has practiced Guang Ping Yang Style Taiji for fifty years and teaches the form in its original style. She specializes in helping students integrate their physical and energetic aspects of being through the practice of this ancient dance. Classes are held at Red Bank Acupuncture Center in Shrewsbury. For more information call or text 732.758.1800. You may also like to visit [yourcenterofpower.com](http://yourcenterofpower.com) to learn about Shoshanna's comprehensive Taiji curriculum.*

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

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Navigating dietary restrictions can be overwhelming, and choosing the right foods for your meals is often a challenge. Our experienced chefs specialize in creating delicious, tailored meals that cater to your specific needs. We offer:

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- Customized Meal Prep: Enjoy gluten-free, dairy-free, sugar-free, vegan, and vegetarian options

that are not only healthy but also delicious! We also provide fresh press juices with any one of our services.

- Exclusive Pantry Overhaul: For just \$99, we'll help you organize your pantry to align with your health goals (note: this price does not include groceries).
- Introductory Offer: Enjoy 3 hours of personal chef services for only \$99! Experience the ease of having nutritious meals prepared right in your kitchen.

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## Improve Your Posture & Alignment with Roling®



Look and feel your best this autumn! Roling improves posture and alignment. The Roling Technique of Structural Integration treats neck and back pain and many musculoskeletal problems. Roling restores health and well-being after illness and injury.

This gentle, hands-on technique balances the tensions in the myofascial network to improve posture and restore normal mobility. Chronic patterns of tension and bracing are released. As body alignment improves, clients feel taller and move gracefully.

People of all ages receive Roling from Rebekah Frome, PTA,

LMT, Advanced Practitioner of Structural Integration, and David Frome, PT, LAC., Advanced Rolfer. Patients include those with developmental challenges, scoliosis, arthritis, disc herniations, sports injuries, and neurologic problems. Clients report feeling stronger and more flexible after Roling.

Rebekah and David Frome practice acupuncture, Roling, and Craniosacral Therapy at Frome Physical Therapies in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at [www.fromept.com](http://www.fromept.com) or 973.509.8464.

## Paint In-person or from Home



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

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

to heal, connect, de-stress, reclaim and discover.

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

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

## This Month's Monmouth County Co-op Corner

### MASHED BUTTERNUT SQUASH



HYGGE time- food edition! Hygge is a Danish and Norwegian custom that describes a cozy, contented mood full of life's simple pleasures. Hygge is all about finding ways to create moments where you can slow down, relax, and be kind to you.

#### Ingredients:

|                                                  |                                          |
|--------------------------------------------------|------------------------------------------|
| 1 large butternut squash, cut in half vertically | 1 tablespoon maple syrup                 |
|                                                  | 1/8 teaspoon nutmeg                      |
| 1 tablespoon brown sugar                         | 1/8 teaspoon salt                        |
| 1/4 teaspoon pumpkin pie spice                   | Olive oil or melted butter, for roasting |
| 1/8 teaspoon cinnamon                            | 1/4 cup unsweetened almond milk          |

#### Directions:

- Preheat oven to 350 degrees Fahrenheit.
- Line a baking sheet with parchment paper.
- Scoop out the butternut squash seeds, brush insides with melted butter or olive oil
- Place on baking sheet, cut side up, sprinkle with brown sugar
- Bake for 1 hr, then let cool (approx 30 min cool down time)
- Scrape out roasted butternut squash with large spoon into large mixing bowl
- Add remaining ingredients and mash with handheld potato masher to desired texture.
- If you'd like even smoother consistency, transfer to a food processor or blender.

**Tips for Mealtime Hygge;** Turn down the lights, be here now, eat slowly, take it in and savor

So grab a spoon and prepare to embrace your bliss! Let our delectable Mashed Butternut Squash recipe be your gateway to exploring the art of this stress-less lifestyle. If you're looking for more feel good foods in your life, we're your organic Hygge headquarters.

**Text 732.500.4949** to get more info on our next organic fruit and vegetable shipment. **\*\*Don't forget to join our Facebook Group for up to date fun and foodie shenanigans 'Organic Fruit and Veggie Co-op Monmouth County NJ'.**

\*Lincroft pod of Purple Dragon Co Op



# Navigating Life's Transitions

by Marlaina Donato



Truecreatives from True Creatives/CanvaPro

As autumn's wick burns low and sunsets unfurl their glory at an earlier hour, November emerges as a time of profound spiritual healing when we can learn how to navigate life's transitions. Whether we are challenged by the chill of cooler temperatures, battling the grip of seasonal affective disorder or enduring the unpredictable waves of inner change, this sometimes-dim threshold into winter presents an opportunity for us to illuminate our own paths.

We might have to work a little harder to achieve our comfort, but simple pleasures like unplugging from our devices every afternoon to savor a hot cup of tea or a mug of frothy hot chocolate can help us find a lovely groove. Stocking up on cozy slipper socks, making savory stews in the slow cooker and flopping into a favorite well-worn chair with an inviting book are easy ways to guide our

nervous system toward a slower rhythm.

As trees, plants and animals prepare for winter, we too can heed nature's cue, despite our

constant, on-the-go tendencies. The Persian poet Hafiz wrote, "I felt in need of a great pilgrimage, so I sat still for three days." This reminds us that seeking quietude can be a gateway to realizing that we already possess what we truly need.

Tending to our own hearth—both literally and metaphorically—can be equally as enriching as traveling the world. Home is not just a physical structure that surrounds us, but also a rich and fulfilling realm within us. It's a sacred place where we can find soul nourishment as the seasons change outside our door.

Here are a few gentle nudges for the last month of autumn:

- Indulge in specialty teas, coffees or cocoas.
- Enjoy a candlelit breakfast or dinner.
- Burn a cinnamon stick as a natural incense.
- Take a moment to observe twilight and savor the tranquility.
- Luxuriate in soft blankets and fluffy pillows.
- Write a snail-mail letter on beautiful paper to a special someone.

Marlaina Donato is an author, painter and composer. Connect at [WildflowersAndWoodSmoke.com](http://WildflowersAndWoodSmoke.com).

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## Yoga's Role in Preventing Memory Loss

Kundalini yoga focuses on personal growth and spiritual connection through movement, breathing, meditation and sound in the form of mantras or chants. A 2024 study in *Translational Psychiatry* examined its potential to help older women at risk for memory problems and dementia.

The study involved 63 women aged 50 and older that were experiencing early memory decline and increased dementia risk due to conditions like high blood pressure or diabetes. Participants were randomly assigned to either a kundalini yoga group or a memory enhancement training (MET) group. The MET group performed verbal and visual memory-building exercises. All of the women met weekly with an instructor and practiced for 12 minutes daily at home over 12 weeks.

The yoga group reported greater improvements in how they felt about their memory. Gene testing showed beneficial changes in biological pathways linked to aging and inflammation in the yoga group, which were absent in the MET group. Additionally, levels of a harmful inflammation-related protein rose in the MET group but remained stable in the yoga group.

Brain scans of a subset of participants indicated that the yoga group experienced increased brain size linked to memory, as well as enhanced connectivity between memory-related brain regions, while the MET group showed shrinkage in these areas.



## Meditation for Pain Relief

Researchers at the University of California San Diego and Dartmouth College used advanced brain imaging and artificial intelligence to study how various interventions influence the brain's perception of pain. The 2025 study, published in *Biological Psychiatry*, analyzed data from two previous trials involving 115 healthy adults randomly assigned to one of four groups.

The mindfulness meditation group was taught breathwork and how to observe their thoughts and feelings without judgment. The sham-mindfulness group did not receive proper mindfulness instructions. The placebo cream group received a cream without active ingredients. The control group listened to an audiobook. Each group completed four, 20-minute sessions of their assigned activities, followed by brain scans while pain was applied to their leg.

The researchers discovered that mindfulness meditation significantly reduced pain intensity and unpleasantness more than the other groups. Brain scans revealed that mindfulness meditation decreased activity in neural patterns associated with both physical pain and emotional response to pain.

These findings suggest that mindfulness meditation reduces pain by directly altering sensory and emotional pain processing in the brain, whereas the placebo effect changes pain expectations. Further research is needed to confirm that mindfulness meditation can produce similar results for people with chronic pain.



## Veterans Embrace Natural Remedies for Chronic Pain

A recent survey by the U.S. Veterans Health Administration, published in the journal *Global Advances in Integrative Medicine and Health*, found that military veterans widely use natural products for chronic pain. Of the 52 veterans surveyed, 67 percent used prescription non-opioid medications for their chronic pain, 15 percent used opioids and 17 percent did not use prescription pain drugs. The natural products used included vitamins and minerals (94 percent), herbal or botanical supplements (60 percent) and cannabis (40 percent). One-third of the veterans replaced their prescribed pain medications with natural products.

Approximately half of the veterans were concerned about possible interactions, but only about half of those discussed their use of natural products with a healthcare provider. Nearly all veterans believed providers should discuss the use of natural products with patients to prevent harm. The study highlights a communication gap between patients and providers, with a need for better information. Researchers recommend improving provider knowledge and patient communication to support safer and more effective pain management for veterans.



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—Abraham Maslow

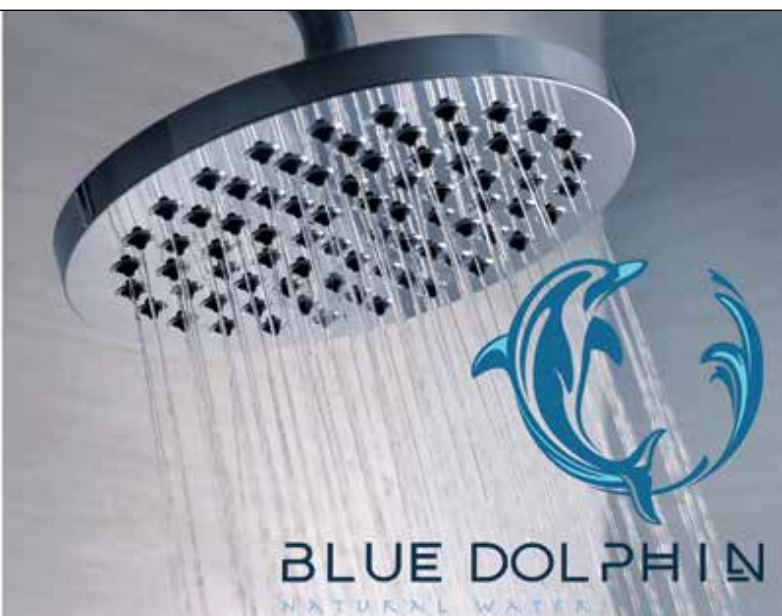
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## Zodiac Signs Are Outdated

The ancient Babylonians believed the movements of the planets and stars were omens predicting the future, prompting them to track patterns in the night sky. They established the Western zodiac signs 2,500 years ago by naming the constellation behind the sun each day from Earth's perspective. However, the constellations no longer align as they did 25 centuries ago. For instance, 2,000 years ago, September 16 was in Virgo, but today it is in Leo.

The Earth spins like a wobbling top, causing our view of the stars' positions to shift by one degree every 72 years. Since Babylonian times, this has resulted in a nearly 35-degree change. Our current view of the constellations today will not be seen again for 2,600 years.

The Babylonians originally identified 17 zodiac constellations but reduced the number to 12 to match the number of months in their calendar year. However, the slices of the night sky are unequal. The sun spends twice as long in front of Virgo as in front of Cancer. This change also excluded Ophiuchus, which, when combined with Scorpio, only appears in front of the sun for a week. It may be time for astrologers to reconsider the zodiac signs.



SurkovDimitri from Getty Images/CanvaPro

## Using Artificial Intelligence To Count Wildebeest

A team led by scientists from the University of Oxford has developed a more accurate method of counting wildebeest herds crossing Tanzania's Serengeti and Kenya's Masai Mara each year. For years, population counts relied on aerial photographs of the herds and extrapolation techniques that were prone to error if herds moved between survey areas or clustered unevenly. The new approach trains artificial intelligence (AI) models to count wildebeest and applies this knowledge to satellite images taken above Tanzania and Kenya.

The traditional estimate of the wildebeest population was 1.3 million, but the new AI models estimate the population to be between approximately 325,000 and 525,000. Researchers do not believe the population has collapsed. The difference may stem from altered migration patterns due to human encroachment on migration corridors and changes in grazing areas caused by climate change. Nevertheless, accurate population data is crucial for conservation planning.



John132 from Getty Images/CanvaPro

## Electric Spoon Enhances Low-Sodium Foods

The U.S. Centers for Disease Control and Prevention reports that most Americans consume 1,000 milligrams more sodium daily than recommended. Excessive sodium intake can raise blood pressure and increase the risk of heart disease and stroke, the leading causes of deaths in the United States.

To improve the flavor of low-sodium foods, Kirin Holdings Company, Limited (Kirin) of Japan debuted its new electric salt spoon at the 2025 Consumer Electronics Show in Las Vegas. The spoon sends a weak electric charge to the tongue, enhancing the salty and umami taste in low-sodium foods. Users can select from four

saltiness levels. Kirin's testing showed that 93 percent of users perceived an increase in food saltiness; however, some found the spoon bulky and hard to hold.



kirinholdings.com\_en\_newsroom\_release\_2022\_0907\_01.html, Danny Smythe/CanvaPro

## Life Beyond Earth Is Highly Probable

Researchers from Durham University in England surveyed more than 1,000 scientists, both astrobiologists and non-astrobiologists, to assess their beliefs about the existence of basic, complex and intelligent life beyond Earth. Their findings were published in *nature astronomy*. Almost 87 percent of astrobiologists agreed or strongly agreed that at least basic extraterrestrial life likely exists in the universe, while less than 2 percent disagreed and 12 percent remained neutral. Similarly, more than 88 percent of other scientists concurred that other life forms exist.

These results align with mathematical reasoning. With an estimated 100 billion galaxies in the universe, each containing billions of stars, and our understanding of habitable planets and moons, the probability of no other life forms existing is less than one in a billion billion (1,000,000,000,000,000,000).



## Cloud Forests Face Climate Challenges

A study in the journal *Science* examined the movement of plant species in Mesoamerican cloud forests, which span the mountain ranges of Mexico and Central America where warm Pacific air meets cooler Caribbean air. Despite occupying only 0.4 percent of Earth's land, they are diverse ecosystems containing about 15 percent of all birds, mammals, amphibians and tree fern species.

Using satellite images and data from the Global Diversity Information Facility, scientists tracked plant movement in these forests. They discovered that plants have been moving up the mountains at a rate of six to nearly nine feet per year since 1979 due to rising temperatures. Scientists worry that these ecosystem changes could lead to biodiversity loss and changes in the water cycle. Without the storage and release of water by the cloud forests, downstream farms and drinking water could suffer negative impacts.

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*Silent gratitude isn't  
much use to anyone.*

—Gertrude Stein



# The Art of Balancing Your Energy

by Shoshanna Katzman



A physiological view of “balancing energy” commonly refers to establishing a healthy balance between the amount of food and drink ingested and level of energy expended for daily activities and exercise. Balanced energy comes about when consumption or input is commensurate with level of activity or output. Ideally, this results in a healthy weight and active lifestyle.

Achieving balanced energy is also viewed from a broader perspective that has to do with subtle energy – one’s internal personal energy. Here, an individual works toward maintaining a balanced and harmonious state of flow throughout their emotional, spiritual, and energetic bodies. It also extends out to their relationships with other people where their energetic systems may become affected by each other.

*To maximize internal and external peace and to minimize potential harm in their lives, each person needs to take responsibility in establishing physical and energetic balance.*

The art of balancing energy is a dynamic rather than a static process – one waxing and waning like the moon depending upon current influences and circumstances. It necessitates continually working at making lifestyle choices that achieve balanced energy. An individual must stay centered and whole within themselves – along with being vigilant about keeping healthy boundaries to avoid becoming negatively impacted by another person’s energy and/or behavior. This is achieved through filling one’s physical body with expansive,

flowing, and positive energies – leaving no room for negativity.

Deeper awareness about subtle energy dynamics is gained through becoming cognizant of how energy flows within and around oneself. Realizing how thoughts and actions impact flow of energy empowers one to make life choices that maintain balanced flow, instead of creating energetic disharmony and blockage. This includes avoiding the tendency to constrict until you are withdrawn and in the opposite extreme, expand until you are all over the place. The ultimate goal is to keep things in the middle of the spectrum, not too excessive nor deficient.

Once balance is achieved it is clearly palpable as a bodily felt sense. However, there are many things that can easily and quickly upset this harmonious state, without ever realizing that it is about to happen. It is

important to avoid toxic situations and be vigilant about protecting oneself from being infiltrated by negative energies from other people. Being too critical of oneself is also a culprit for turning a completely balanced state into one fraught with inner tension and imbalanced emotions.

*Manage excessive anger and stress to keep it from harming your health and ruining your life.*

We have a great deal to learn from the ancient principles of Chinese medicine which center around the concept of energy balance. Chinese medicine modalities such as acupuncture, acupressure, herbal medicine, dietary therapy, Tuina massage, as well as taiji and qigong exercise have a profound impact on balancing the emotional, spiritual, and energetic bodies which is essential for long-lasting results. Additionally, Feng Shui works to keep



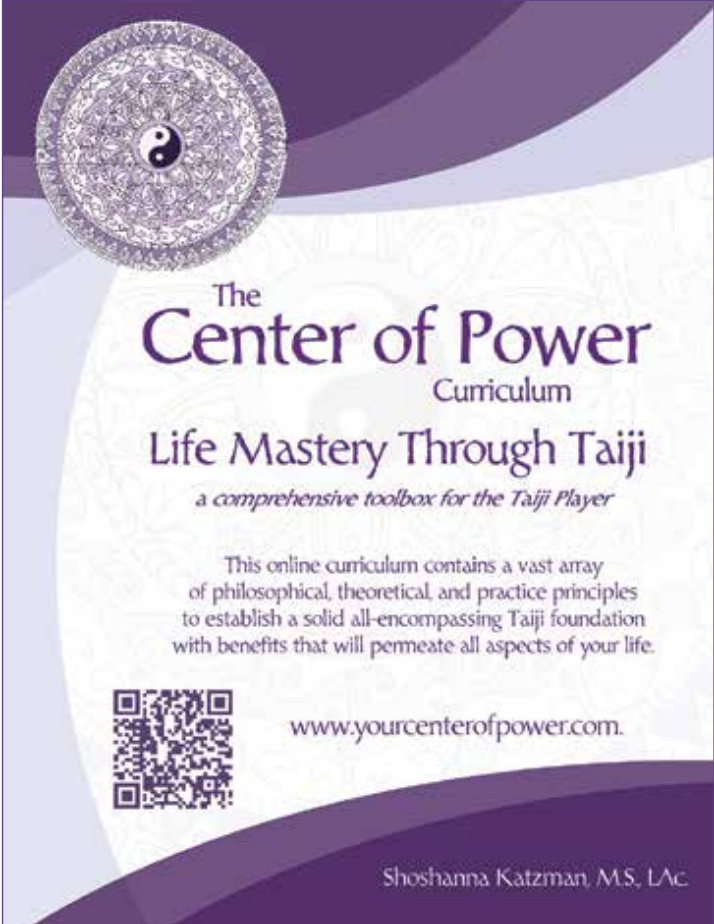
Image by Michael Raab from Pixabay

energy flowing and balanced through the art of placement within one's environment.

*Reflecting on verses from the Tao Te Ching and I Ching: The Book of Changes provides ways to manifest balance through deeper understanding of energetic and spiritual flow within the universe.*

Significantly positive results are achieved by releasing blockages of qi (vital energy) – thereby restoring proper flow throughout the body's energetic pathways. Keeping the body free of energetic blockage maintains proper flow of energy and yin yang balance thereby thwarting off disease, while procuring vibrant health and well-being. A person is left with plentiful energy and the will to live their life with great gusto.

*Shoshanna Katzman, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center (www.healing4u.com) for 35 years in Shrewsbury, NJ providing acupuncture, Chinese herbal consultation along with Taiji and Qigong private and group classes. She is author of "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy", co-author of "Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness" and "Center of Power: Life Mastery through Taiji" a comprehensive online curriculum (www.yourcenterofpower.com). For more information call or text 732-758-1800.*



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# Fast Track To Joy

by Lauren Salani, LCSW, BCB

*Gratitude - "Nothing is more beautiful or powerful than an individual acting out his or her conscience, thus helping to bring the collective conscious to life." – Norman Cousins - Writer, Professor, Promoter of Holistic Healing*



**W**e celebrate our thankfulness around the Thanksgiving table which, Norman Cousins states, brings the beauty of the collective conscious to life. This heartfelt gratitude, felt on Thanksgiving, can also be a tool for better mental health, fewer feelings of anxiety and elevating mood.

Philosophers and scientists throughout the ages recognized the importance of happiness and have sought to know more about how to achieve this frequently misunderstood quality. Many people strive to attain material wealth, lofty accomplishments, and for that successful family and social life. Yet, these attainments may just be one aspect of a larger picture, as it may be that things such as money, prestige or fancy things may only work to increase happiness for some people for a certain amount of time. Understanding the process of how to achieve sustained happiness helps people filter out

the happiness strategies that are potentially short-lived or that don't better connect us to each other.

According to authors Halder and Mahato at the Department of Psychiatry, at Amity University in West Bengal India, practicing gratitude is one simple, potent pathway for attaining a sense of happiness. A mindshift to small acknowledgements of tiny joys and blessings can promote the continual release of neurotransmitters such as dopamine and serotonin, commonly linked



Image by ncb80 from Pixabay

to pleasure and mood regulation. Grateful moods set the stage for more frequent and pervasive grateful emotions. Neuroimaging studies show that the long-term practice of noticing small joys and blessings in daily life are associated with larger volumes in the right amygdala and the left fusiform gyrus of the brain, which connects gratitude to cognitive function. Cognitive function was better with gratitude in older adults.

In another study, researchers showed that 3 weeks of gratitude journaling increased the neural pure altruism response in the brains of the participants which supports a change that was larger for the benefits to others versus oneself. While it is desired to notice small joys and blessings as a routine practice, even short instances of expressing gratitude can produce significant and enduring impact on neural activity and sensitivity, which elevate a sense of well-being and satisfaction.

We all experience pleasure when we are playing games, watching great movies, and eating our favorite foods. These experiences also release a similar cascade of neurotransmitters, but there is a difference between pleasure and happiness in how long the associated emotional reaction is and how stable it is over time. Pleasure is a very happy feeling, but it doesn't last long, while happiness is a long-term satisfied and contented emotional state. Pleasure follows the rise and fall of a bell-shaped curve, while happiness is relatively stable over time. Due to its enduring ability, happiness (a joyful disposition) can foster stronger personal relationships and a sense of community to those who surround them.



There is a growing body of knowledge that includes the National Institutes of Health that supports the inclusion of gratitude practices in the evidence-based psychotherapeutic process to address trauma, burnout, depressive symptoms, anxiety, meaning, purpose in life, and low self-esteem. Understanding the interconnection between gratitude and sustained happiness offers valuable insight on how to better create your own happiness. If you need assistance creating a more balanced

attitude, psychotherapy, mindfulness, and biofeedback all can help you integrate gratitude into your way of being. Please call my office for an appointment in a warm inviting atmosphere.

*Lauren A. Salani, LCSW, BCB Stress Relief Services, Atlantic Executive Center 107 Monmouth Road, Suite 104 West Long Branch, NJ. Please call 732.542.2638, visit StressReliefServices.com or email LaurenA-Salani@gmail.com.*

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*RATHU is an Irish word for THRIVE!*



# Balancing Act

## Blood Sugar Stability for Better Health and Mood

by Marlaina Donato

Approximately 34 to 36 million people in the United States live with Type 2 diabetes, yet many cases go undiagnosed. Additionally, about 88 million individuals have prediabetes, a reversible condition marked by higher blood sugar levels that have not yet reached diabetic status. Glucose stability is crucial for everyone and can be the root cause of symptoms like low energy (especially in the afternoon), mood swings, increased belly fat, food cravings, brain fog, hormonal imbalances and loss of libido.

Fluctuating blood sugar levels affect all of us, especially after high-carb meals or

skipping meals. Our diet directly influences our metabolic processes. By choosing nutrient-dense foods, replacing high-sugar and high-carbohydrate snacks with healthier options and timing meals wisely, we can achieve balance. Incorporating blood sugar-stabilizing spices and herbs into daily meals can also have a positive impact.

### Blood Sugar Basics

“Because glucose is a crucial fuel of the brain and body, there are many backup systems and ways to create glucose,” explains Iginio Stoppa, a naturopathic doctor at Sonoran University of Health Sciences, in Tempe,

Arizona. “The absorption of glucose from our food, the production of glucose mainly from the liver and the breakdown of the storage form of glucose called glycogen is what contributes to what we see as blood sugar.” Stoppa also notes that we may notice when our blood sugar is off. Low blood sugar, for example, is often felt through symptoms like anxiety, weakness, tingling, sweating and palpitations.

“Everyone experiences natural rises and dips throughout the day. Skipping meals, leaning on caffeine for energy, eating a lot of refined carbohydrates or grabbing quick, processed snacks can all cause sharp spikes, followed by sudden crashes,” says Jennifer Ribaud, a clinical herbalist, educator and owner of Desert Moon Botanicals, in Gilbert, Arizona.

It is advisable to avoid high carbohydrate and sugary foods, especially in the morning or before bed. Instead, opt for complex



-UserG115769699 from Getty Images/CanvaPro

carbohydrates like lentils, beans, sweet potatoes and oats to provide essential macronutrients and prevent glucose spikes. Sonoran University recommends eating certain foods in a specific order, such as eggs or avocado before bread and roasted vegetables with olive oil before pasta, to manage glucose levels.

## Eating and Snacking To Thrive

Jacqui Garrison, a San Diego-based health coach, suggests eating most calories before dinner and having an earlier, lighter evening meal to reduce overnight blood sugar spikes that can negatively affect sleep quality.

She recommends 30 to 40 grams of clean protein per meal; if animal protein is included, five ounces or the size of a loose fist is ideal. Aim for two servings of leafy greens, colorful veggies or whole fruit per meal, equivalent to half the plate or two open hands. Add one to two thumb-sized portions of healthy fats such as avocado, olive oil or nuts to complete the meal.

For snacks, Garrison suggests a hard-boiled egg or hummus with a handful of carrots, a cup of edamame in the pod or nitrite-free turkey slices in the afternoon. For an evening boost, she recommends “something light and protein-forward like half a cup of cottage cheese with cinnamon and berries.”

Stoppa supports high-quality protein and naturally low-glycemic index foods like wild blueberries, blackberries and chickpeas, which provide polyphenols and saponins that slow glucose absorption.

## Herbal Help

Ribaudo emphasizes that blood sugar-supportive herbs can smooth out fluctuations. “Using herbs for blood sugar balance doesn’t have to be complicated. A little cinnamon can be stirred into oatmeal, blended into a smoothie or sprinkled into roasted vegetables or beans. Fenugreek seeds work beautifully in soups, curries and lentil dishes, while moringa leaf powder blends smoothly into salad dressings, sauces or soups.”

Ribaudo also recommends *Gymnema sylvestre* tincture for pancreatic support and



long-term glucose balance, making sugary foods less tempting. Stress-reducing holy basil (tulsi) tea is beneficial during afternoon slumps. She stresses the importance of consulting a professional, especially for those on blood sugar-lowering medications or prone to hypoglycemic dips, as effects can accumulate.

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

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# Indoor Oasis

## How Houseplants Transform the Winter Blues

by Maya Whitman

**A**s winter draws near and we seek refuge indoors, many of us notice a dip in physical energy and emotional well-being. Houseplants offer more than aesthetic appeal in our homes and workplaces; they rebalance our indoor environments and foster inner calm. Whether it's a lush philodendron cascading from a bookcase or an elegant orchid on a coffee table, plants infuse life into any space.

With a variety of colors, sizes and maintenance levels, a green thumb isn't required to create inviting, mood-lifting corners of greenery. Caring for plants can be an enjoyable, calming and uplifting experience, but simply being around them enhances our well-being. Research indicates that spending

time with houseplants lowers levels of the stress hormone cortisol, reduces worry and improves post-surgical outcomes in hospital patients.

Indoor plants transform the ambience wherever they are placed. "Their presence alone lifts mood. My home feels softer, calmer and more alive when plants are around me in winter. Even one thriving plant in your space can shift the energy," says Dana Carpenter, a horticultural advisor and founder of the Fancy Plants Club, an online resource for successful houseplant management.

### Practical Beauty

Plants add moisture to dry indoor air, benefiting skin and respiratory health during

the cold season. Varieties with broad, large leaves have a greater humidifying effect. For lush appeal and moisturizing benefits, choose dracaena, ficus benjamina, philodendron, peace lily, areca and bamboo palms. A 2005 study presented to the American College of Allergy, Asthma & Immunology suggests that English ivy is ideal for allergy sufferers because of its potential to reduce airborne mold spores.

"Plants are sensory by nature and stimulate the senses through touch, sight, sound, smell and taste," says Alicia Green, a horticulturist and coordinator of Buehler Enabling Garden at the Chicago Botanic Garden. "Tending to a plant also subtly promotes a sense of responsibility and accountability that can contribute to emotional grounding."

Carpenter agrees, stating, "When I am watering, pruning or just checking on my plants, my senses are engaged as I notice the texture of the leaves, the smell of soil, even the sound of water trickling. Caring for my plants offers a natural break in the rhythm of my day."

### A Refuge From the Winter Blues

Plants provide solace for those that find the colder months challenging, particularly individuals with seasonal affective disorder. "In the winter, when the light feels scarce and the days drag, even one corner filled with a few thriving plants, a cozy chair and maybe a grow light disguised as decor can change the energy of a room," Carpenter reflects. "Just sitting near your green zone with tea in the morning turns it into a place you





look forward to, especially during gray months.”

Plants add comfort, warmth and support in spaces where we practice mindful meditation, prayer or yoga. Beautiful blooms beside photographs of loved ones celebrate happy memories. A group of plants in varying shades can transform a cozy reading nook, enliven a kitchen corner, add vibrance to a kids’ playroom or lend an exotic touch to a sunny bathroom.

Choosing the right plants that fit our individual lifestyles makes it easy to follow our bliss. “Snake plant tolerates very low light and can be placed in almost any room with a window. It also has very low watering requirements, thus making it a very low-maintenance houseplant,” advises Green. “Pothos and peace lily can also be placed away from a window, as they are very tolerant of low light.”

Green also recommends using flowering plants such as amaryllis bulbs during winter months to add color to a room, and she encourages novice indoor gardeners to consider succulents and phalaenopsis orchids for their beauty and low-water requirements. Festive-blooming cyclamen is also a favorite for its tendency to thrive in autumn and winter.

According to Carpenter, all plants are joyful additions to the home, including fragrant herbs on a windowsill. “Brushing your hand across rosemary releases that fresh, grounding scent, which feels especially comforting when the world outside is cold and bare.”

*Maya Whitman is a frequent writer for Natural Awakenings.*

# VELVETY SWEET POTATO BISQUE

**YIELD: 2 TO 3 SERVINGS**

5 medium-sized, organic sweet potatoes  
 3 cups low sodium vegetable broth  
 1 13.5-oz can unsweetened Thai coconut milk, well-stirred before use  
 2 Tbsp olive oil  
 1 tsp regular or vegan ghee  
 1 to 2 tsp Grade-A maple syrup or increase coconut sugar, below  
 1 tsp coconut sugar (2 to 3 tsp if omitting maple syrup)

¼ tsp powdered cinnamon  
 ¼ tsp powdered ginger  
 ½ tsp smoked paprika  
 ½ tsp salt  
**OPTIONAL TOPPING**  
 1 Tbsp extra virgin olive oil  
 Smoked salt, to taste  
 Coconut sugar, a sprinkle to taste  
 ½ tsp curry powder  
 ½ cup raw pumpkin seeds

Chop sweet potatoes into 2-inch chunks and add to a medium-size pot; cover with broth. Bring to a boil and cook until tender, approximately 15 minutes.

Place cooked sweet potatoes, hot broth, half a can of coconut milk and all other ingredients into a blender until smooth.

Pour the sweet potato bisque into bowls until half full. Spoon a tablespoon of coconut milk in a swirling pattern into the soup.



Serve immediately.

For the optional pumpkin seed topping, heat olive oil in a pan with the smoked salt, coconut sugar and curry powder. Add pumpkin seeds to the hot pan and toss around until browned but not burned. Remove from heat and sprinkle a tablespoon or more of the toasted seeds on top of the sweet potato bisque.

*Recipe courtesy of Marlaina Donato.*

# Rolfing® And Plantar Fascitis

by Rebekah and David Frome

**W**hen your first step out of bed produces pain at the bottom of your foot and your discomfort intensifies after walking or running, it is likely due to plantar fasciitis.

## What is this thing called the plantar fascia?

The plantar fascia is located on the sole of the foot, between the base of the toes and the heel. This layer of fibrous connective tissue, also known as the plantar aponeurosis, lies beneath the skin and has many useful functions. It provides shock absorption with each step, reducing wear and tear on your legs and spine. The plantar fascia also helps your foot to make subtle mechanical changes when you're standing still or walking.

## How does it become plantar fasciitis?

Plantar fasciitis announces itself with pain when the soft tissues on the bottom of your foot become chronically tight. The myofascia shorten while elasticity diminishes. When a fasciitis occurs, micro-tears and inflammation produce pain and dysfunction.

Heel spurs and plantar fasciitis are similar. Both create pain and inflammation on the sole of the foot just in front of the heel, and both share the same risk factors.

## Risk factors

Plantar fasciitis results from chronically tight posterior leg and back muscles. These muscles include the calf, hamstring, and gluteal muscles. Additionally, alignment issues in the hip, knee, ankle, and foot create mechanical strain and may contribute to plantar fasciitis.

## Why me?

Almost anyone can develop plantar fasciitis, but those particularly vulnerable to the condition are:

- Runners & Dancers
- Women who wear flats or high heels
- People who stand or sit for long periods
- Middle-aged adults
- People who are overweight

## Rolfing® or Structural Integration for Plantar Fasciitis

Rolfing is a perfect approach to reestablish

the length, flexibility, and alignment of the soft tissue structures of the leg, foot, and whole body. Rolfing is not a symptom-oriented approach, but rather an approach to your whole bodily structure.

When you stand in profile, how does your body stack up in the field of gravity? Is your head directly over your shoulder, your shoulder over your hip, your hip over your knee, and your knee over your ankle? Is your body well organized in the field of gravity around a central vertical axis? Your structure and function are intimately related. When your body is well organized, it will work better.

## How Rolfing works

For those new to Structural Integration, Rolfers traditionally use a ten-session series to address your whole structure. Each session has a focus with the overall goal of improving balance within your body in the field of gravity. Problems are addressed within this greater context.

## During a Rolfing series, chronic tensions are reduced

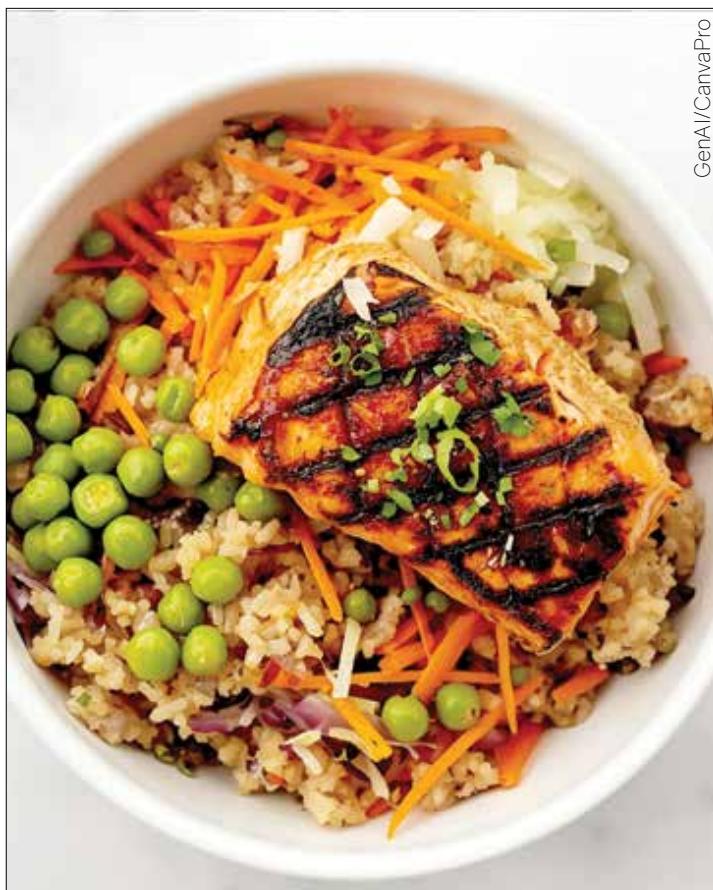
Your entire body will be encouraged to lengthen, reorganize, and develop more efficient movement patterns. Myofascial shortening in the soft tissue is addressed. As alignment improves, your legs and feet can become lighter and more efficient. As chronic muscle tension is reduced and proper biomechanics are restored, micro tears and inflamed fascia can heal. Foot pain becomes a memory.

“A man's tracks tell quite a true story. They inform quietly about ankles and knees, but they shout the news about hips and pelvis. If one foot is consistently exerted [tilted onto its inner edge], the ankle, the knee, or, perhaps more likely, the entire pelvic basin is rotated.” - Ida P. Rolf

*Rebekah and David Frome practice acupuncture, Rolfing /Structural Integration, and Craniosacral Therapy at Frome Physical Therapies in Loch Arbour, NJ. To learn more and schedule an appointment, go to [www.fromept.com](http://www.fromept.com), or 973.509.8464.*

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





## ASIAN SALMON POWER BOWL

This delicious, nutrient-dense meal is packed with healthy fats, fiber and omega-3 fatty acids.

### YIELD: 1 SERVING

|                                     |                                |
|-------------------------------------|--------------------------------|
| 4 oz salmon                         | ½ Tbsp sesame seeds            |
| ½ cup whole grain brown rice        | 1 Tbsp coconut liquid aminos   |
| ½ cup edamame                       | 1 Tbsp rice vinegar            |
| ½ cup carrots, shredded             | 1 Tbsp scallions, chopped      |
| ½ cup cabbage or bok choy, shredded | 1 Tbsp fresh cilantro, chopped |

Cook the rice according to package instructions. Steam and shell the edamame. Sauté the cabbage or bok choy, if using. Grill the salmon and season to taste.

Layer cooked rice, edamame, carrot and cabbage or bok choy in a bowl. Add salmon.

Whisk coconut aminos and rice vinegar together then pour over the contents of the bowl and sprinkle with sesame seeds. Top with scallions and cilantro.

*Recipe courtesy of Jacqui Garrison.*

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



# The Virtual Care Revolution for Pets

## Tips for Navigating Telemedicine and Teleadvice Platforms

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

**V**irtual care, including online consultations with licensed veterinarians and wellness professionals, has become essential in modern pet health. While many pet parents are familiar with telemedicine, teleadvice is less understood. Comprehending their differences and limitations is important.

### Telemedicine

The American Veterinary Medical Association defines telemedicine as patient-specific medical care delivered by licensed veterinarians with an established veterinarian-client-patient relationship, which typically requires an in-person examination before a veterinarian can legally diagnose, prescribe or treat via virtual platforms. It complements in-person care, merging professional expertise with convenience.

Through telemedicine, veterinarians can diagnose common health concerns, recommend treatments, prescribe medications where permitted by law and provide follow-up care for ongoing conditions. Everyday issues such as skin irritations, minor allergies, digestive upsets, appetite changes and certain behavioral questions can often be addressed in a video

consultation, giving pet owners reassurance and a clear plan of action. For animals with chronic conditions, virtual check-ins provide a stress-free way to monitor progress without frequent clinic visits.

Telemedicine services are most trusted and valued when delivered by a familiar veterinary provider. A 2024 randomized, controlled clinical trial in the *Journal of the American Veterinary Medical Association* found that pet owners are highly satisfied with telemedicine conducted by their regular veterinarian and prefer video-based recheck examinations after routine procedures. These findings support earlier research in *Preventive Veterinary Medicine* indicating that pet owners are willing to pay for telemedicine services provided by their own veterinarian.

### Teleadvice

Any consultation with non-veterinary professionals or pet health experts is considered teleadvice. It is educational, offering guidance such as encouraging annual wellness exams, promoting year-round parasite prevention or supporting better nutrition and lifestyle choices. While it can enhance a pet's well-being, teleadvice does not involve diagnosing, prescribing or treating an animal.

Complementary teleadvice can add real value to a pet's well-being, especially when delivered by certified professionals. Recent research in *Frontiers in Veterinary Science* demonstrated how video appointments



Su Arslanoglu from Getty Images Signature/CanvaPro



FaiCamera from Getty Images Signature/CanvaPro

improved cat parents' understanding of their pet's chronic mobility challenges and the application of at-home management strategies. Many pet health coaches deliver their services exclusively through online platforms. These virtual sessions can guide pet parents through dietary planning, safe exercise routines or stress reduction strategies.

Laura Muzal, a holistic intuitive animal practitioner and certified holistic pet health coach, offers virtual consultations focused on nutrition, lifestyle support and energy work. "Meeting with pet parents virtually allows me to understand their concerns in real time, support them from anywhere and help them create simple, practical steps they can follow at home to support their animal's well-being," she says.

From the pet parent perspective, online consultations can still be done with compassion while providing ample time to explain strategies and answer questions. Muzal says that pet parents describe

feeling more confident and empowered to address their pet's recurring health concerns after their virtual sessions. She also gets feedback that pet parents find their pets are calmer and more balanced with online meetings.

## Making the Right Choice

With the convenience of virtual consultations comes the responsibility to stay informed. Not every professional offering advice online operates under the same legal or ethical framework. Before booking any virtual consultation, pet parents must confirm who they are speaking with and under what authority they operate. Verifying whether the provider is a licensed veterinarian or a certified pet health expert helps ensure the advice given is appropriate and trustworthy. This clarity allows pets to receive the right care from the right expert at the right time.

*Ruth Roberts is an integrative veterinarian and a holistic health coach for pets, as well as the creator of The Original CrockPet Diet. Learn more at [DrRuthRoberts.com](http://DrRuthRoberts.com).*



AndreyPopov from Getty Images

# Embrace Joy

Coming in December

**natural**  
awakenings



# Reflection for Energy Balance

by Felicia McIntosh-Will, CFNC, IHP2



**T**his time of year seems to fly by! It seems once Halloween passes our time is no longer our own. Some of us may have already made plans for the holidays;

others are in the midst of doing so, and some of us may even freeze and want to hibernate instead of face another holiday gathering.

One common theme facing most is exhaustion and a lack of balance. Moving from one thing or event to the next, putting all our energies in one basket while other areas suffer eventually comes back to bite us. When does the work+life = balance? When does the energy we put out there equal the energy we take in? Is there truly a way to balance it all and not lose ourselves and our purpose in the process?

It's essential to first identify what is draining, or has in the past, moving forward. Poor sleep habits, unhealthy diets, stressful workload and toxic relationships can take their toll. Sitting back and reflecting can help pinpoint where our negative energy is going and where we want to spread our good energy.

Some examples to help reflect on and prioritize these next couple of months, as well as daily life can include:

- For every action there is a reaction, there is a choice to react or respond.
- A diet supportive of energy needs vs. ultra-processed, quick fixes that might save time but will cost you in the long run with fatigue, low physical energy and lack of quality sleep.
- A walk in nature vs. doom scrolling. Doom scrolling equals negative



Image by Manfred Richter from Pixabay

- impact on psychological and physiological well-being whereas long, deep breaths and a pause in a flustered day offers a reset.
- Getting involved with a group of like-minded individuals vs. being a loner leads to longevity and a sense of belonging, instead of watching from the sidelines.
- Getting a great night's sleep vs. waking up with brain fog to start the day off right increases our energy output, so stay away from the blue light and noise right before bed.
- Noticing the little glimmers when there seems to be no light at the end of the tunnel leads to a positive outlook, resets our priorities, and gives us permission to feel good during a particularly sad or difficult time.

- Recognize stressful relationships at home and/or work and try not taking on more than you can handle. Delegating and picking your battles gives a sense of balance and boundaries to everyone affected and lifts the weight off your shoulders.

*Felicia McIntosh-Will, CFNC, IHP2- Certified Health and Wellness Counselor, Holistic Nutrition Counselor, Certified Sports Nutrition Counselor and owner/counselor of SunShine Functional Nutrition and Lifestyle Counseling For more information: Feel free to reach out for a 15-minute FREE consultation. Available for collaborations and group wellness events/sessions. Sunshine Functional Nutrition and Lifestyle Counseling, call 908.902.9598 email [sunshinecfnc@yahoo.com](mailto:sunshinecfnc@yahoo.com) or visit [sunshinecafenj.com](http://sunshinecafenj.com).*

## Calendar of Events



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



### SATURDAY, NOVEMBER 1

**Reiki Level I Workshop and Certification** – 11:00am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Learn how to nurture and heal the light within yourself and others. Reiki Master Maria Martin will teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level I attunement. Preregistration required. Phone: 848.217.2371, web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). Cost: \$195

**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, NOVEMBER 2

**Authenticity Full Day Retreat: The Path to Freedom** 10am-5pm, Temple Skincare, Little Silver. Join Meryl Hayton, Trauma Healing Specialist and Susan Marco, Clinical Hypnotist for a full-day immersive program of healing and self-discovery. Through EFT tapping, energy healing, hypnosis, movement, and heart-centered practices, you'll release fear, doubt, and old programming that no longer serves you. Together, we'll help you reconnect to your authentic self, align with your inner truth, and embody more confidence, clarity, and freedom. To sign up, call Meryl 973.879.9333.

### WEDNESDAY, NOVEMBER 5

**Dancing with Dragons:** 8-10pm - Dragons are ancient celestial beings that are here to help guide us, protect us and work with us as we go through life. Lauren creates a sacred space for you to be able to connect with dragons and have them be more present on your spiritual journey. This event will include a guided meditation as well as an opportunity to power dance to celebrate our new connection to these magical companions. \$30 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**1:1 Free Session Intuition and Manifest with the 5MQ Intelligence™ System.** Spiritual Mentor and Intuitive Dawn Ricci explains how investigative skills unlock manifestation in this free online session. Her unique 5 MQ Intelligence™ System eliminates guesswork, delivering clear steps for relationships, career, finances, and health transformation. You're invited to a 1:1 session with Dawn to learn how to amplify your intuition and manifest all that is waiting for you. Register now: <https://dawnricci.com/ManifestYourLife>

### THURSDAY, NOVEMBER 6

**Reiki Level II Workshop and Certification-** 11am-4:30pm – This workshop is the second step on your Energy Healing journey. Join Maria Martin to learn and practice Reiki. In this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Pre-requisite Reiki I; \$225.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Full Moon Circle:** 8-9:30pm, Enjoy and experience the Beaver Moon with us. November's moon is the time to plan for the upcoming cold, or quiet season when the earth rests. We'll have a sound bath, ask for guidance in aligning ourselves with the universe toward the next phase of each of our journeys. Along with a ceremony, we'll also pull Tarot cards for you for a personal message. \$35per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

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### FRIDAY, NOVEMBER 7

**Group Reiki and Meditation** – 8-9:30pm – Come and enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. For your comfort, you may bring along a yoga mat, etc., or use one of the chairs we provide. \$30pp Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park Call: 848.217.2371 Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

### SATURDAY NOVEMBER 8

**Free Drumming Circle:** 1:30-3pm - Circle to be led by Shaman, Lauren. Experience the uplifting energy vibrations of this Native American drumming. You may bring an instrument (drum, rattle, etc.), or just enjoy the experience. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Get Grounded** – 1-2:45 at The Yoga Loft, 58 Main St Farmingdale. Do you ever feel disconnected from your feet? Do your lower legs ever feel stagnant? Do the muscles on your seat feel tight? All of these things can affect your balance and your overall ability to move through your day. Join Allison for an evening exploring your feet, legs and outer hips. Learn self-massage (SMFR) techniques to roll out tension AND encourage connection with your lower body. You will leave feeling more grounded and at ease. To Register Email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) (please include phone number if registering by email) or call/text 732-239-2333 \$45

### SUNDAY, NOVEMBER 9

**Beyond Crystal Basics** - 8-10pm - So you've got a bunch of beautiful crystals and stones. Now what? Are they sitting together in a bowl collecting dust? Do some ride along with you? Let's explore your stone allies and see how they want to work with you! Join Shamanic Practitioner and Reiki Master, Maria Martin in this intensive workshop to explore what the purposes of your stone and crystal friends may be. We'll go over some basics of cleansing and caring for your friends and how to connect with their energies, then dive deep to meet their spirits and see how you are meant to work together. Bring a small selection of your beloved crystals and stones with you for this workshop. \$45pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park Call: 848.217.2371 Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

### WEDNESDAY, NOVEMBER 12

**Healing Ancestral Wounds/Receiving Ancestral Blessings:** 8-10pm 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. \$30 per person; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371. Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**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, NOVEMBER 13TH

**1:1 Free Session Intuition and Manifest with the 5MQ Intelligence™ System.** Spiritual Mentor and Intuitive Dawn Ricci explains how investigative skills unlock manifestation in this free online session. Her unique 5 MQ Intelligence™ System eliminates guesswork, delivering clear steps for

relationships, career, finances, and health transformation. You're invited to a 1:1 session with Dawn to learn how to amplify your intuition and manifest all that is waiting for you. Register now: <https://dawnricci.com/ManifestYourLife>

## FRIDAY, NOVEMBER 14

**Friday Night Unwind with Angie & Tara** - 6-7:30pm at The Yoga Loft 58 Main St Farmingdale, Join us for a soothing evening designed to help you release the week and welcome the weekend with ease. This 90-minute experience blends gentle restorative yoga postures, calming essential oils, and the enchanting live sounds of Tara's flute. No prior yoga experience is needed—just bring yourself and an open heart. To Register email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) (please include phone number if registering by email) or call/text 732-239-2333 \$45

**Candle Magick and Mojo Bags** - 8-10pm - 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. Interested in both? No problem (Ask about discount)! \$45pp Candle Only (includes materials). \$25 Mojo Bag Only (includes materials) Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park Call: 848.217.2371 Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

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

## SATURDAY, NOVEMBER 15

**Reiki Level II Workshop and Certification** 11am-4:30pm - This workshop is the second step on your Energy Healing journey. Join Maria Martin to learn and practice Reiki. In this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including hand positions for the healing of others, Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum! Pre-requisite Reiki I; \$22 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Group Meditation and Reiki** - 8-9:30pm Come and enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played for you to enhance your experience. You will also receive Reiki to help you in whatever the Creator knows you need. For your comfort, you may bring along a yoga mat, etc., or use one of the chairs we provide. \$30pp Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park Call: 848.217.2371 Email: [Ayearandadaymysticalshoppe@yahoo.com](mailto:Ayearandadaymysticalshoppe@yahoo.com) Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

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## SUNDAY, NOVEMBER 16

**Sacred Shift With Nicole** - 11:30 to 12:30pm at The Yoga Loft, 58 Main St Farmingdale. Sacred Shift Energy Circles are monthly gatherings designed to help you reconnect with your inner energy and release what no longer serves you. Each circle blends gentle education about the subtle body with guided meditation, intention setting, and Reiki-infused healing. We explore how life patterns reflect energetic imbalances, creating space for clarity, grounding, and empowered shifts. This is a safe and supportive space to ground, restore balance, and cultivate deeper self-awareness. Call/text 732-239-2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to let us know you'll be joining. Cost \$25

**Psychic/Mediumship Workshop**: 2:30-4pm with Cherise. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). We'll explore the levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit responsibly, foster our relationship with spirit and our team of guides in the spirit realm. First Class \$75.00 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Gentle New Moon Flow Yoga** - 6:30-8 p.m. 4 E. River Rd., Rumson, NJ. Join Waterspirit and Yoga Instructor, Angel Tener, for Gentle New Moon Flow Yoga. 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. Register at <https://www.waterspirit.org/events-calendar>

## WEDNESDAY, NOVEMBER 19

**1:1 Free Session Intuition and Manifest with the 5MQ Intelligence™ System.** Spiritual Mentor and Intuitive Dawn Ricci explains how investigative skills unlock manifestation in this free online session. Her unique 5 MQ Intelligence™ System eliminates guesswork, delivering clear steps for relationships, career, finances, and health transformation. Learn how to amplify your intuition and manifest all that is waiting for you. Register now: <https://dawnricci.com/ManifestYourLife>

## THURSDAY, NOVEMBER 20

**Reiki Level I Workshop and Certification** - 11:00am-3:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Learn how to nurture and heal the light within yourself and others. Reiki Master Maria Martin will teach you the basics of the art of healing with Reiki and receive your Reiki Level I attunement. Preregistration required. 848.217.2371, web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com). \$195

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## FRIDAY, NOVEMBER 21

**Friendship Circle** - 6-7:00 p.m. at The Yoga Loft, 58 Main St Farmingdale. Join Patty in this warm, supportive gathering to come together to share, connect, and grow through meaningful conversations and activities. It's a space where trust, kindness, and mutual respect foster lasting connections, creating a sense of belonging and community. Our gathering will be focused on "Gratitude" Please call/text 732-239-2333 or email [info@theyogaloftnj.com](mailto:info@theyogaloftnj.com) to let us know you'll be joining. \$20

**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

## SATURDAY, NOVEMBER 22

**Working with Stones and Crystals**: 7:30-9pm - Whether you're new to collecting or have been drawn to them for a long time, Maria will help you have a working knowledge and relationship with your stones and crystals. You'll learn how to choose stones by vibration and feel, work with them in your everyday life, how to care for your collection and more! Includes 2 stones/crystals. \$45.00 per person. Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

## SUNDAY, NOVEMBER 23

**Akashic Records, Stone Path or Medium Reading** 1-5pm The Akashic Records hold information about your soul's past, present and future. During an Akashic Records reading, Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Ancient stone readings can show you how your life has been through each phase and where you are heading. Do you have a loved one who has passed that you would like to communicate with? Cherise can mediate your connection and help you convey what you would like to say and pass on to you any messages from the other

side. Session is 45-60 minutes. \$145 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

**Sound Healing/Meditation:** 6-7pm, Join our group sound healing meditation. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing, chanting, etc. we'll facilitate your healing journey. Use one of our chairs, or bring along a meditation mat, pillow, etc. for your comfort. \$25 pp; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

## MONDAY, NOVEMBER 24

**Book Club: Is A River Alive?** by Robert Macfarlane. 6:00- 7:30 PM. This is a virtual Zoom event. This book is a joyous exploration into an ancient, urgent idea: that rivers are living beings who should be recognized as such in imagination and law. Is a River Alive? will open hearts, challenge perspectives, and remind us that our fate flows with that of rivers—and always has. Zoom link will be emailed upon registration at <https://www.waterspirit.org/events-calendar>.

## TUESDAY, NOVEMBER 25

**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).

## FRIDAY, NOVEMBER 28

**Forest Bathing & Gratitude Walk**- Friday, November 28, 2:00-3:30 p.m. Location to be determined. On the day after Thanksgiving, rather than shopping, we go to into the woods to reflect on its beauty and its power to calm and heal the body. We share a few mindfulness practices and learn about the practice of forest bathing. At the end of our walk, we enjoy a small water ceremony. Before leaving, we will pick any litter we find along the way. (Bags and gloves provided!) This event is co-sponsored by Save Coastal Wildlife. RSVP at: <https://www.waterspirit.org/events-calendar>

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

## SATURDAY, NOVEMBER 29

**Stone Path Readings:** 1-6pm, The art of Ancient stone readings can show you how your life has been through each phase and where you are heading. We can use the stones to give insight into questions and situations you would like guidance for. Available for individuals and couples. Life Path Readings are \$45 per person; In-Depth Readings are \$85 (up to 30 min). Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

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## SUNDAY, NOVEMBER 30

**Reiki Level III Master Class and Certification** 11am- 6pm – Join Reiki Master, Maria Martin on the next part of your Reiki journey. Think of your Master Level attainment as a new beginning, the first step on the real path. You can choose to be a Master Healer, for healing yourself and/or others; Have a sense of completeness; Teach and attune others on their Reiki path. You will learn the Level 3 symbols, how to pass attainments, meet your Reiki spirit guides, as well as receive your Master Level attainment and certificate. Prerequisites Reiki Level I and Level II; \$500pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848.217.2371 Web: [Ayearandadaymysticalshoppe.com](http://Ayearandadaymysticalshoppe.com)

## Ongoing Events

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

## MONDAYS

**Chair Yoga Series: Aging Well from the Inside Out** – 9:30-10:30 AM (Zoom). There are a few things in life we can't control—and aging is one of them. But how we experience the aging process is deeply influenced by our mindset, habits, and self-care. Come learn how a positive perspective on aging and yoga lifestyle tools can support you in aging well. Each session includes gentle, accessible movement, breathwork, and meditation to build physical and emotional strength and stability. You'll come away with practical, age-affirming tools to help you move through life with greater ease—inside and out. Pre-registration required. Call: 732-233-3216 or visit [wisdomtreeyoga.com/offerings](http://wisdomtreeyoga.com/offerings). Cost: \$24/single class or \$102/series. September 8,15,29

**Intermediate Taiji Class taught by Shoshanna Katzman:** 1pm, Red Bank Acupuncture & Wellness Center in Shrewsbury. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It promotes physical health, balance, strength and enhances longevity. Taiji is a “meditation through movement” that opens flow of qi and harmonizes yin-yang energy throughout your entire being. Students in this intermediate group are learning the second section of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out [www.yourcenterofpower.com](http://www.yourcenterofpower.com)

**Floor Yoga Series: Aging Well from the Inside Out** – 4:30-5:30 PM at the Shrewsbury Presbyterian Church, 352 Sycamore Avenue, Shrewsbury, NJ. There are a few things in life we can't control—and aging is one of them. But how we experience the aging process is deeply influenced by our mindset, habits, and self-care. Come learn how a positive perspective on aging and yoga lifestyle tools can support you in aging well. Each session includes gentle, accessible movement, breathwork, and meditation to build physical and emotional strength and stability. You'll come away with practical, age-affirming tools to help you move through life with greater ease—inside and out. Pre-registration required. Call: 732-233-3216 or visit [wisdomtreeyoga.com/offerings](http://wisdomtreeyoga.com/offerings). Cost: \$24/single class or \$102/series.

**Beginner Taiji (Tai Chi) Class taught by Shoshanna Katzman:** Every Monday evening at 5:30pm at Red Bank Acupuncture & Wellness Center in Shrewsbury. The Taiji path is filled with many life-enhancing movements, enlightening discoveries, and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this beginner group are learning the first section of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out [www.yourcenterofpower.com](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.

## TUESDAYS

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



able internal force and power – thereby producing a more robust body, sharper mind and enlivened yet tranquil spirit. Students in this advanced group are learning the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out [www.yourcenterofpower.com](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](http://www.chelseapalermo.com) or 347 Soul Collective. Email: [chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com) Call: 732-646-6226. Cost: \$45.

**Meditation for Earth** - 12:15pm. Join Waterspirit's hybrid Meditation In-person in the Sanctuary at Rumson Presbyterian Church 4 East River Rd. Rumson, NJ. Join our virtual meditation on our YouTube channel. Learn more at <http://www.waterspirit.org/meditationforearth>

## WEDNESDAYS

**Advanced Taiji (Tai Chi) Class taught by Shoshanna Katzman:** every Wednesday morning at 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury. The Taiji path is filled with many life-enhancing movements, enlightening discoveries and countless ways of working on self. Playing Taiji guides you toward mastering flow of your qi and reaching your fullest potential. It produces an unlimited source of intrinsic power that sustains you through life. Taiji heals any splits existing between the physical and energetic aspects of your being – culminating in harmonization, integration and overall wholeness. Students in this advanced group have finished the third section of the Guang Ping Yang Style Form and will soon be learning it on the opposite side along with playing push hands. Call/text 732-758-1800 or check out [www.yourcenterofpower.com](http://www.yourcenterofpower.com).

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

tions 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 [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

**Tai Chi in Loch Arbour** -7:30-8:40 AM. At Frome Physical Therapies, our Tai Chi and Yin Jin Jing Qigong practices use meditation and movement to cultivate health throughout life's journey. It's a perfect way to improve your balance, strengthen your legs, and increase your flexibility. Tai Chi and Qigong can also ease your breath and improve your posture and, it's a longevity practice! All levels are welcome. Reserve a spot online at [www.fromept.com](http://www.fromept.com) or by calling (973) 509-8464

**Advanced Taiji Class taught by Shoshanna Katzman** – 9am, Red Bank Acupuncture & Wellness Center in Shrewsbury or on Zoom during inclement weather. Taiji is a low impact Chinese exercise for facilitating physical fitness and vibrant health. This ancient dance enhances coordination along with balance and upright stature. Its gentle, flowing movements are highly effective due to balancing yin-yang energies and strengthening qi flow within your body. It also maximizes immune function through building defensive qi and promotes cardiovascular health by nourishing qi of the heart and lungs. This advanced group is learning how to perform the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out [www.yourcenterofpower.com](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 support for many types of injuries and health conditions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is working on the first part of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out [www.yourcenterofpower.com](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 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 preferred at: [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," in Lincroft, weather permitting, Get current information at [www.Qigongforgoodhealth.org](http://www.Qigongforgoodhealth.org)



## SAVE THE DATES

WEDNESDAY, DEC 10 &  
TUESDAY, DEC 23

**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, DEC 12, 26  
SATURDAYS, DEC 13, 27

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



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## ACUPUNCTURIST & HERBALIST

### RED BANK ACUPUNCTURE

Shoshanna Katzman, Kelly Van Sickell and Heather Quinlivan - acupuncturists  
Bonnie Anderson - massage therapist in Shrewsbury, NJ  
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### LAUREN A. SALANI, LCSW, BCB

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[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

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## FINANCIAL SERVICE

### JEFF BALL, CFP, FINANCIAL ADVISOR

RBC Wealth Management  
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[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.

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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!

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

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298 Broad St., Red Bank, NJ 07701  
[Mliparireflexology.com](http://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](http://www.chelseapalermo.com)  
732-646-6226 @IG [chelseapalermo\\_poet](https://www.instagram.com/chelseapalermo_poet)  
[chelsea@chelseapalermo.com](mailto:chelsea@chelseapalermo.com)



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



## REIKI/ENERGY HEALING

### DAWN RICCI

Intuitive Energy Healer & Medium  
Spring Lake, NJ  
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### MERYL HAYTON

Trauma Healing Specialist, Advanced Certified EFT Practitioner  
Website: <https://merylhayton.com>  
Free Consultations,  
merylhayton@gmail.com 973-879-9333



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

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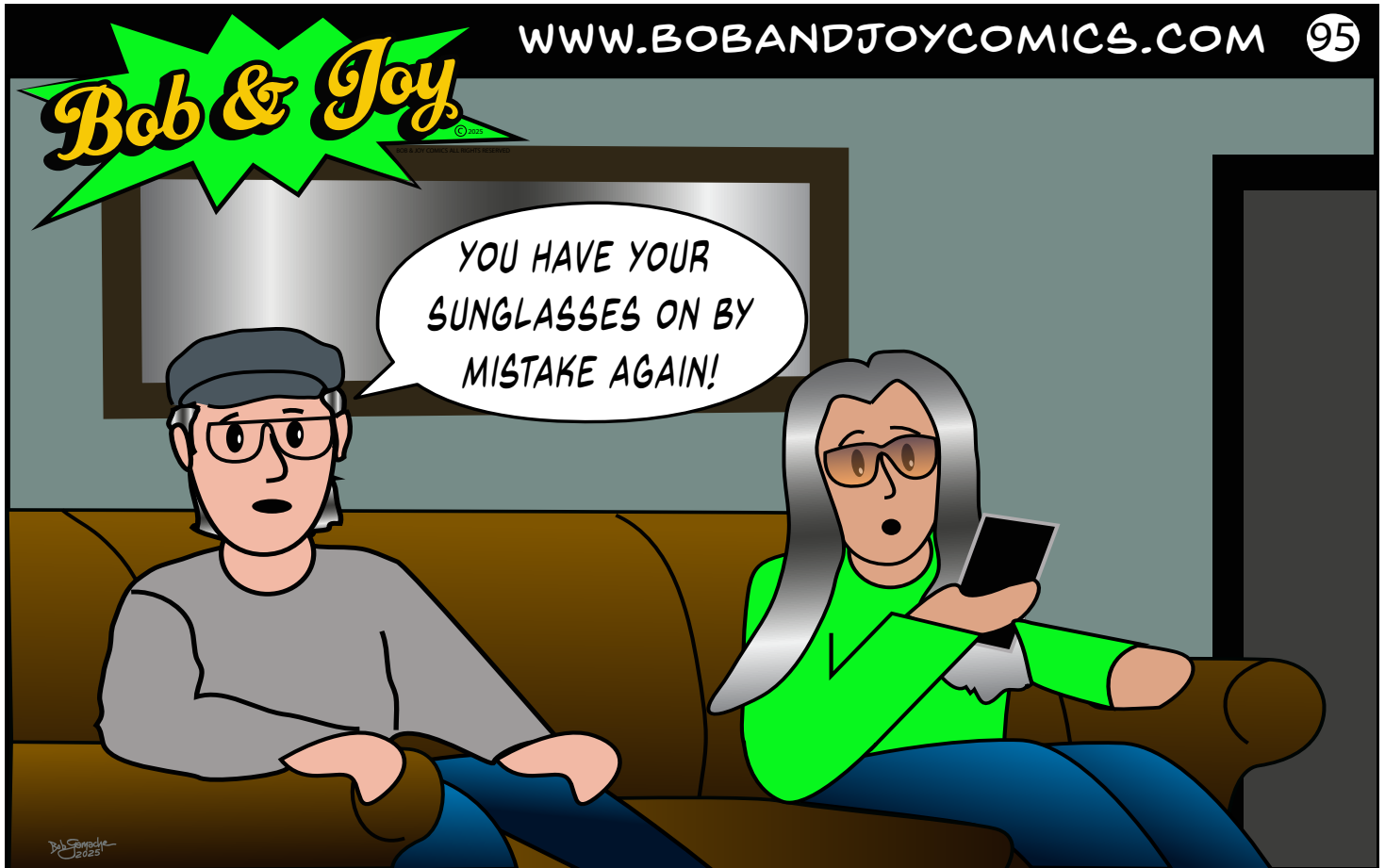
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