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



Functional Nutrition & Lifestyle Counseling

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

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

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

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

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

You can also find me on Instagram @ [sunshinecfnj](#)
or [fb@sunshine](#) functional nutrition and lifestyle counseling

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Braces and Invisalign for Children and Adults

Keith R. Dobrin, DMD, MBA
Board-Certified Orthodontist



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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recycled newsprint with soy-based ink.

Publisher's Letter

Hello Friends,



Can you believe we are standing on Autumn's doorstep about to walk through? My goodness Summer went by in a blink!

I hope you enjoyed a wonderful season. For us gardeners it was great! We barely had to water. I am so grateful to our Mother Earth for the abundance of tomatoes, zucchini, peppers, potatoes and herbs that my yard produced. It was a bumper crop. The corn from the farmers market was like candy it was so good. My cucumbers and green beans didn't do so well, but you win some – you lose some, gotta be grateful for the wins.

As we enter into days with less daylight it's important that we continue to shine bright kind hearts- and look for opportunities to lift someone's day. Something as simple as a smile can spread happiness.

Thanks to everyone who makes this possible. Much love and gratitude 🙏.

Warm wishes,

Sharon

Unlock Your Inner Strength with Meryl Hayton

Discover freedom from emotional blocks with Trauma Healing Specialist, Advanced Certified EFT Practitioner, and creator of the Emotional Clearing Method (ECM).

She empowers women to:

Rewire old patterns, transform anxiety and self-doubt, embrace confidence, inner peace, joy, and hope through EFT tapping, energy-healing meditations, and intuitive guidance.

"I Am Enough" retreat, October 23rd

Join Meryl at the Orenda Retreat Center in Arkville, NY. In a supportive community, experience emotional clearing, energy healing, meditation, yoga, tarot readings, massage, and tools for lasting change—plus time for rest, reflection, and connection.

Merylhayton.com merylhaton@gmail.com 973.879.9333



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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.



Aging Well from the Inside Out

As we age, our bodies change—stiff joints, back pain, reduced balance, and limited mobility can become familiar challenges. But aging doesn't have to mean giving up movement or independence.

I'm Beverly Baird, a certified yoga therapist and founder of Wisdom Tree Yoga & Healing Arts in Shrewsbury, NJ. I specialize in accessible, therapeutic yoga for adults 50+, with a focus on joint mobility, arthritis, balance, posture, and bone health.

My classes are gentle, practical, and designed for people who want to move with more ease, stay active, and age with confidence. Whether you prefer online or in-person sessions, you'll find supportive instruction and real-life tools for aging well.

Join me for my 6-week fall series: "Aging Well from the Inside Out" Sept. 8 through Oct. 13, \$102 for full series. Class options:

- Yoga for Arthritis – Mondays, 9:30-10:30 AM (Zoom)
- Gentle Yoga for Healthy Aging – Mondays, 4:30-5:30 PM
- Chair Yoga Fitness – Tuesdays, 9:30-10:30 AM



Ready to take a positive step toward your well-being? Learn more at www.wisdomtreeyoga.com/offerings or call 732.233.3216.

How Would Your Life Change If You Could Manifest Results on Command?

Spiritual Mentor and Intuitive Dawn Ricci spent years uncovering hidden connections and solving complex cases as a top-rated PI. That training led her to a powerful realization—the same investigative methods could be applied to her own personal growth with profound results.

Ricci developed the 5MQ – Manifestation Quotient Intelligence System to help others move beyond surface-level advice and into deep, lasting change. On Tuesday September 23rd, she will host an online event that shows you how to stop guessing and achieve personal breakthroughs in health, relationships, business finances or purpose-driven living.



The 5MQ Intelligence System combines principles of neuroscience and energetic flow into a clear, step-by-step process that eliminates guesswork and delivers personalized, actionable guidance. Participants will learn how to access intuitive clarity, identify patterns that may be blocking progress and create forward momentum—without relying on trial and error. "When you learn how to master your MQ", then you attract your personal desires faster, easier, and with predictably," says Ricci.

Register here to attend this FREE – 90 Minute Workshop <https://dawnricci.com/5MQ>

Register here to attend this FREE – 90 Minute Workshop <https://dawnricci.com/5MQ>

Biohacking 101

Biohacking involves making lifestyle and bodily changes to enhance physical and mental health. This broad term encompasses nonspecific human enhancements through diet, exercise, wearables, and more, targeting goals like improved brain function or weight loss.

As a booming industry, it carries risks; misguidance can exacerbate issues. Motivations such as fearing illness, boosting longevity, or altering body shape often lead to extreme, personalized measures, resulting in more harm than good. A prime example is intermittent fasting, which restricts calorie intake to specific time windows. Popular for weight loss and promoting autophagy—the body's process of clearing damaged cells—it also reduces blood sugar, blood pressure, and inflammation. However, potential side effects include headaches, lethargy, mood swings, dizziness, increased urination, and even malnutrition if not managed properly. This method isn't suitable for everyone: Avoid it if you're a child, senior, lactating woman, older adult, or at risk for eating disorders. Always seek a thorough nutritional evaluation and doctor's approval, especially if on medication.

One top biohacking tip: Stay hydrated! Men need about 3.7 liters of fluids daily, women 2.7 liters, to support circulation, bowel function, sustained energy, and prevent dehydration. Adjust based on your lifestyle and health factors.



Felicia McIntosh-Will, CFNC, IHP2, CHWC, Certified Holistic Nutrition Counselor. Sunshine Functional Nutrition and Lifestyle Counseling sunshinecfnc@yahoo.com. I offer a 15-minute FREE consultation and one hour nutrition evaluation for \$75.

Healing the Brain with Oxygen: New Hope at AdaptiveRx

Red Bank, NJ — AdaptiveRx, a family-owned holistic wellness center located in Red Bank, NJ is now offering Hyperbaric Oxygen Therapy (HBOT) as part of its integrative approach to treating brain injuries. HBOT involves breathing pure oxygen inside a pressurized chamber, increasing oxygen delivery to damaged brain tissues. This aids in reducing inflammation, promoting cell repair, and enhancing neuroplasticity—offering renewed hope for individuals recovering from traumatic brain injuries (TBI), concussions, or stroke.

AdaptiveRx already offers a range of wellness services—including infrared saunas, ice baths, SOT® chiropractic care, Craniotherapy, and breathwork—that support healing and recovery. By incorporating HBOT into its treatment lineup, the center is addressing a critical gap in neurological rehabilitation within the community.



Local neurologists and rehab specialists note that early intervention with HBOT can accelerate recovery and improve cognitive outcomes, especially

when combined with conventional therapies. Adaptive Rx offers flexible session packages to help make the therapy more accessible.

If you or a loved one is struggling with the effects of a brain injury, don't wait for healing to happen by chance — take the next step today. Call or Text AdaptiveRx at 732.784.3035 or visit myadaptiverx.com to schedule your HBOT consultation and see how oxygen can help restore your brain's potential.

GLP-1 and Gut Health

GLP-1 antagonists have been a popular means of weight loss the last couple of years. Originally approved by the FDA and prescribed for diabetes management they can also be used as a tool for combating obesity and overweight related conditions. While there are many pros and cons to the use of this medication it is also important to realize maintenance of health needs to be a factor at the beginning, middle and end of a protocol for long term success.

Often patients don't realize these medications affect the gut, other than slowing digestion, until they have negative side effects. Eating the "wrong" foods can increase those chances. Why? Because they mimic the GLP-1 hormone created in the small intestine that triggers the pancreas to release insulin and suppress glucagon for blood sugar control. This allows for feelings of fullness thru the slowdown of digestion, thereby eating fewer calories. The pancreas, intestines, liver, biliary system and the brain are all affected.

Little known is the fact that GLP-1 receptors can be accessed naturally thru the foods we eat. These include certain nuts, egg whites, soluble fiber, avocado, olive oil, soy/whey and vegetables.

For more information please call Sunshine Functional Nutrition and Lifestyle Counseling for a FREE 15-minute consultation or set up a one hour nutrition session (\$75) 908.902.9598 or email sunshinecnc@yahoo.com

Welcome to Joy (Journey of Yoga) 6 Week Beginners Series

Join us for a 6-week Beginner Yoga Series at the Yoga Loft, 58 Main St Farmingdale September 9th at 6pm with Michele. Perfect for those new to yoga or looking to reconnect with the basics. This series offers a supportive environment to explore foundational poses, gentle breath work, and introductory meditation techniques. Each week, we'll build confidence and ease in movement, helping you release tension and find greater flexibility—both in body, mind and spirit.



Come learn the fundamentals of yoga and embark on a journey toward well-being in a safe, welcoming space. No

experience is necessary, just bring your curiosity and willingness

to explore, and remember your mat.

Register early—this series fills up quickly, please Email info@theyogaloftnj.com (please include phone number if registering by email) or call/text 732.239.2333 \$85

Connecting with Your Dragon

September 13th 12:30pm to 3pm with Donna Russo at The Yoga Loft, 58 Main St Farmingdale. We have connected with Dragons, now it's time to learn how to work with Dragons!

- Who are the Dragons?
- Which Dragon shall I work with?
- What attributes does each type have?
- What can a Dragon help me with?

What can't a Dragon help you with! The list is long, which can include helping to remove obstacles and limitations, clearing negative energy in yourself and your surroundings, connecting with higher knowledge, creative inspiration, healing and transformation, and SO MUCH MORE!



Learn how to nurture a true partnership with these loving, high frequency multidimensional beings. Dragons usually pick YOU, so if you have always had a curiosity about Dragons, or feel called to Dragons, come join this

workshop to illuminate and strengthen your bond and form a lifelong relationship with your Dragon guides.

Please call/text 732.239.2333 or email info@theyogaloftnj.com to let us know you'll be joining. \$45

Flower Essences Heal!

Featured this Month: MARI-POSA LILY

The presence of the "maternal" is the gift of the Mariposa Lily. The ability to show nurturing and caring for others depends on whether it has been received.

Many people are deprived of a positive relationship to their mother. Sometimes cultural conditions such as through birthing and child-rearing practices the child to infant relationship is not optimal. There can also be economic hardship, divorce, trauma, abuse or neglect that occurs during childhood. This is our first experience of the feminine. The child or person can feel empty at its core and may feel unloved or unwanted. Mariposa Lily heals all levels of mothering and the feminine. This flower can help heal abandonment issues, abuse, and the orphan state of consciousness. It is also helpful for becoming pregnant, mother-child bonding, and connection to the feminine and female figures... If any of this resonates with you, Mariposa Lily can help.



*Please call for a FREE consultation to see if Flower Essences are for you. Donna Fluhr Certified Flower Essence Practitioner
Call: 508-361-2809*

> Continued Next Page <



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 to learn about Shoshanna's comprehensive Taiji curriculum.

Improve Your Posture & Alignment with Roling®

Look and feel your best this summer! 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 Cranio-sacral Therapy at Frome Physical Therapies in Loch Arbour, NJ. To learn more and schedule an appointment, visit or contact us at www.fromept.com or 973.509.8464.



This Month's Monmouth County Co-op Corner

CHIA PUDDING



Fruit of choice:

Here's some we have recently provided in our Monmouth County Organic Co Op shipments: Banana, Mango, Blueberries, Blackberries, Mandarin Oranges (slices, plus some of the juice mixed in with lemon zest on top), Apples. You can take half your fresh fruit and mix with a little bit of water, blend in a bullet blender to place half way through your pudding as a flavorful jammy layer. Place the fresh fruit pieces on top.

Pudding Base:

¼ cup chia seeds

1 cup coconut milk (or almond milk)

1 teaspoon maple syrup or honey

½ teaspoon vanilla extract

sliced almonds

dash of cinnamon

Place in mason jars, stir well. Wait 5 minutes and stir well a second time (to break up clumps and keep the texture consistent). Cover with lid. Shake to break up clumps one last time. Keep in fridge, can eat chilled or even heat up in the microwave. Great grab 'n go breakfast, after school snack, or any time you're looking for some sweet treat pudding goodness.

Good for up to 5 days!

Want more tips and tricks on how to up your wellness game? Join us on our community culinary crusade- Monmouth County's hidden gem for all things organic. **Text 732 500 4949** or for more information find us on Facebook Group: 'Organic Fruit and Veggie Co-Op Monmouth County NJ.

**Lincroft pod of Purple Dragon Co Op*



A Gentler Grip on the Wheel of Life

by Marlaina Donato



This seemingly miraculous phenomenon known as muscle memory serves as an inspiration for our daily lives. After hard work and preparation, worry becomes an unnecessary mind game. The lecturer delivers their most compelling speech when they throw away their notes. The teacher connects to a challenging student when they think outside the box and embrace an unconventional approach. The soloist springs into the air as effortlessly as a bird.

As September takes the stage adorned in the sun's spotlight, let us take our hands off the wheel and allow the road to unfold into unforeseen magic. By ceasing relentless planning and embracing spontaneity, we just might live our best life. Now is the time to dance.

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

Life can be overwhelming at times. We diligently juggle work and personal commitments with outward precision while grappling with internal struggles, barely catching our breath, feeling off kilter and maybe a little ashamed that we can't do it all. Somewhere along the line, we bought into the idea that worry puts us in the driver's seat, granting us control over the road ahead.

We plan and strategize, convinced that holding the steering wheel in a white-knuckled grip will ensure the perfect outcome. We exhaust ourselves by running through an imagined maze and getting snagged on thorny what-ifs, too often investing precious energy into daydreaming about what could go wrong instead of wondering what could go right.

Professional dancers dedicated to their craft work six days a week and spend endless hours maintaining excellence. They attend classes even on performance days and undergo rigorous dress rehearsals before the curtain rises. Yet even these consummate

professionals sometimes panic when the music begins, and they find themselves unable to recall a single nuance of their choreography. In such instances, when the mind is in lockdown, their bodies take over, moving fluidly on cue.



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Global Integration of Traditional Medicine

In May, the World Health Organization adopted the “WHO Traditional Medicine Strategy 2025-2034” with the objective of facilitating universal access to traditional, complementary and integrative medicine. The organization has committed to investing in the research of ancient healing practices and their integration into conventional healthcare systems over the next decade.

While representatives from Asia, Africa, the Middle East and South America supported this global strategy, the European Union raised concerns about quality and safety standards. To alleviate fears about counterfeit products or misleading claims, the plan stipulates that no practices would be endorsed without evidence-based research, and the modalities will be codified and integrated into a regulatory framework. The blueprint also acknowledges the rights of Indigenous peoples to their traditional medicines and emphasizes the importance of sharing the benefits when their knowledge leads to commercial products.

Traditional medicine employs nature-based remedies and holistic approaches to restore balance in the mind, body and environment. Certain practices such as Ayurveda or Traditional Chinese Medicine have been developed over millennia and codified in scholarly texts. Others can be characterized as non-codified folk medicine passed down orally from generation to generation. Whether formally documented or carried forward around the campfire or kitchen table, these practices serve as the primary healthcare option for substantial populations in low- to middle-income countries and are gaining popularity in wealthier countries as complementary care.



Youth Develops Heart Disease Detector

Heart disease is the leading cause of death globally, and most people do not know they have cardiovascular disease until they suffer a heart attack or stroke. Early detection currently relies on routine checkups, electrocardiograms, stress tests, echocardiograms and blood tests, but these diagnostic methods may not be universally accessible to low- and middle-income families.

Siddarth Nandyala, a 14-year-old from Texas, invented an application called Circadian AI for smartphones that can pinpoint cardiovascular abnormalities early in their development. To build the app, Nandyala collected data from various hospitals and institutions, thus constructing a robust artificial intelligence (AI) model.

App users are directed to place their smartphones near the heart so the device can record the sound of heartbeats. This real-time data is then compared to the AI model, leading to an analysis of the user's cardiac health and recommended medical interventions.

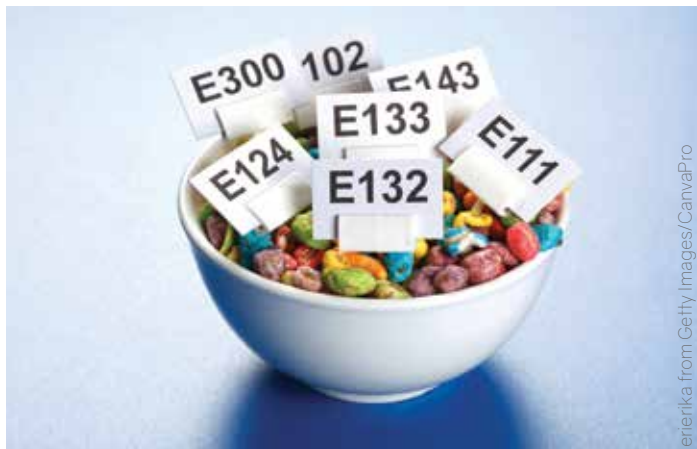
A pre-screening phase conducted on more than 18,000 patients in the United States and India yielded a remarkable 96 percent success rate in the detection of heart abnormalities. Nandyala is currently in the process of securing regulatory approvals in the U.S., India and other countries.



Food Companies To Discontinue Food Dyes

Kraft Heinz, General Mills and Nestlé have announced a voluntary commitment to eliminate all artificial food dyes from their U.S. products starting in mid-2026 and to stop using them in new products immediately. Kraft Heinz and Nestlé maintain that about 90 percent of their U.S. products are already free of synthetic dyes, with remaining efforts focused on specific items such as Nesquik Banana Strawberry mix, Kool-Aid, Jell-O and Jet-Puffed marshmallows. General Mills has indicated that their pledge will affect only 15 percent of its product portfolio and has vowed to prioritize removing the offending colors from K-12 school foods.

The move comes as federal health officials push for the phase-out of petroleum-based dyes due to health concerns, including behavioral effects in children. The Center for Science in the Public Interest continues to advocate for the implementation of warning labels on products containing synthetic dyes. Although the U.S. Food and Drug Administration recently approved new natural colorings, manufacturers face challenges in terms of cost, color intensity and sourcing.



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—Paulo Coelho

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Endangered Butterfly Benefits From Hurricanes

The Schaus' swallowtail butterfly was one of the first insects to be listed under the U.S. Endangered Species Act in 1976, and their population hit an all-time low on Elliott Key, Florida, with an estimated 56 individuals in 2007, two years after Hurricane Wilma. Historically, Schaus' swallowtails lived throughout the Florida Keys and parts of the mainland. But habitat loss and urban development have forced them to live only on protected land on Elliott Key and Key Largo.

A study by scientists from the Florida Museum of Natural History examined 35 years of data on the butterfly and found that they unexpectedly benefit from hurricanes. The swallowtails rely on torchwood and wild lime plants for food and to lay their eggs. These plants live in the understory of the forest where there is little filtered light. However, when the branches and leaves on taller trees are temporarily knocked out after a hurricane, torchwood and wild lime experience a rapid growth of fresh leaves. The tender shoots and leaves mean more butterflies. The most recent estimate of the Schaus' swallowtail butterfly population on Elliott Key is 4,400 individuals.



Our Universe Proposed as a Computer Simulation

As technology advances, we have the potential to create increasingly sophisticated computer simulations or even the entire cosmos. This has led scientists to consider whether our own universe is a simulation, and to look for evidence to prove or disprove the hypothesis.

A study in *AIP Advances* suggests that gravity may not be a fundamental force but a property of massive computer simulation. Physicist Melvin Vopson proposes that the universe is like a computer trying to save space. In other words, what we perceive as gravity might be a result of the universe's tendency to optimize its informational structure, leading to the clumping of matter and the attraction of objects. If Vopson's theory were true, it would change our understanding of physics. However, the study emphasized the need for more scrutiny and experimentation to validate the hypothesis.



Eco-Friendly Cattle

According to the Food and Agriculture Organization of the United Nations, livestock accounts for approximately 12 percent of all greenhouse gas emissions, most of which is produced when cattle burp. Grazing bovines belch a greater amount of methane than feedlot or dairy cows because they consume more fiber from grass.

In a study published in *Proceedings of the National Academy of Sciences*, researchers at the University of California, Davis, found that feeding grazing cattle a seaweed supplement reduced methane emissions by almost 38 percent without affecting the animals' health or weight. The 10-week experiment on a ranch in Montana involved 24 steers divided into two groups—one was given a seaweed

supplement in pellet form, and the other was not. The findings offer a way to make cattle grazing more environmentally friendly.



Only One Country Is Food Secure

Wars, pandemics, natural disasters and changes in trade policy can disrupt food supply chains around the world, potentially endangering the lives of millions of people. A study published in *Nature Food* evaluated the ability of 186 countries to achieve food self-sufficiency.

To identify deficiencies between domestic food production and the dietary needs of a country's population, the researchers relied on food production data by the United Nations, as well as the Livewell diet developed by the World Wildlife Fund, a sustainable, predominantly plant-based eating plan that focuses on seven key food groups: vegetables, fruits, legumes, starchy foods, whole grains, lean meat and fish, and nuts.

Only Guyana was self-sufficient across the Livewell diet's seven food groups, while China and Vietnam were self-sufficient in six groups. Only one in seven countries, mostly in Europe and South America, achieved self-sufficiency in five or more food groups, and one-third of all countries were self-sufficient in only one or two groups. Six countries, primarily in the Middle East, did not meet the needs of any food group. When grouped as an economic region, the United States, Canada and Mexico were deemed self-sufficient in five food groups.



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Nourishing Your Source of Life

by Shoshanna Katzman



Upon looking through the lens of Chinese medicine wisdom we learn that maintaining balance and harmony of the spleen organ system is key to digestive health. The spleen which is traditionally said to include the pancreas contains a set of multifaceted functions comprised of physical, energetic, psychological, and spiritual components. Quite different from the Western medical model which views vital organs as merely physical units.

The Chinese medicine view of the spleen as the primary organ of digestion and “minister of the granary” means that it rules transformation and transportation of food and drink. Energetic substances are extracted from the food and drink and eventually synthesized and transformed into blood and qi (vital energy). From here, it is distributed as a form of nourishment throughout the body.

The spleen is thus revered as the “source of life” and “root of postnatal qi”.

Spleen health and healing is achieved by rectifying imbalance through restoring qi flow throughout its organ system and associated meridian (energetic) pathway. The ancient paradigm of Chinese medicine relies on modalities such as acupuncture, Chinese herbology, Chinese dietary therapy, Tuina massage, and exercises such as Taiji and Qigong to restore and maintain harmonious structure and function of this and other vital organ systems of the body. This is primarily accomplished through releasing energetic blockages and/or building energy where deficient.



The more recent term “gut-brain connection” has forever been at the root of Chinese medicine diagnosis and treatment as digestive issues have always viewed emotional imbalance as an underlying root cause of digestive issues.

A “healthy and happy spleen” is sustained through ingesting nutritious food and drink in proper amounts. Avoid eating too many cold raw foods such as salads as they contribute to a “damp spleen” condition. Too many cold drinks – especially those containing ice – damage the spleen as do greasy and overly sweet foods. Instead, choose a diet predominantly comprised of warming foods and drinks such as soups, stews, and broths. They are easier to digest so the spleen loves them!

At mealtime, keep in mind that overeating overworks the spleen. In the same token, bombarding the spleen with too much

information overworks its energies. This includes watching too much television or working excessively on the computer.

Drinking fluids (such as water) at least a half hour before or after meals is better for the spleen rather than during a meal.

Set aside time for meals and make them a mindful experience. Focus on the color, texture, and tastes of food as you prepare to consume them. Keep in mind that they will soon transition into “food qi” that will nourish your mind, body, and spirit. And be sure to chew food slowly and completely as it aids the spleen digestive function and allows food to be more easily absorbed. Remember that yellow or orange foods such as squash and sweet potatoes nourish the spleen according to the Five Elements (wood, fire, earth, metal, water, wood) which correlates it with stability of the earth and the color yellow. Naturally sweet vegetables like cooked onions, carrots,

and parsnips benefit the spleen as do glutinous rice and lean chicken meat.

This most certainly provides you with some “food for thought” and several ways of ensuring that your spleen is balanced – providing you with an abundant source of life. Always remember that making small changes in daily life and food choices have big implications for maximizing your health and healing. There is no better time than now to begin maximizing the energetics of your spleen!



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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 the 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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Shoshanna Katzman, MS, LAc

Your Stomach and Your Mental Health

by Lauren Salani, LCSW, BCB



We are just beginning to understand how internal biorhythms emanating from body organs shape our psychological health. The enteric nervous system is a very complex part of the peripheral nervous system. Most research has focused on the microbiome and the lower-digestive system while the stomach's role in mental health has been mostly neglected until now, even though the stomach has direct lines of communication with our brain via the vagus nerve.

...the stomach has direct lines of communication with our brain via the vagus nerve.



Image by StockSnap from Pixabay

A new large study by Aarhus University, published in the journal, *Nature Mental Health* shows that slow waves emanating from the stomach up through the vagus nerve to the brain are linked to higher levels of anxiety, depression and stress. The researchers scanned 240 participants.

They discovered that when brain activity is more tightly synchronized with the stomach's slow electrical waves, participants were more likely to report mental distress. Leah Banellis, post doc from the Department of Clinical Medicine, says, "the stomach's connection to the brain may actually be too strong in people under psychological strain."

To explain this pattern, the stomach has its own nervous system. Its slow waves happen about every 20 seconds, even when we are not eating—it's like a constant background rhythm, much like a heartbeat.

The researchers combined functional MRI scans with electrogastrography readings to measure how closely brain activity matched these stomach waves in each person. They assumed that a stronger body-brain communication would be a sign of health. However, the researchers found an unusually strong stomach-brain rhythm coupling that



seemed to link to a greater psychological burden – maybe a system under strain.

The results show that findings are correlational only, stomach activity does not cause mental illness, but stomach rhythms are deeply tied to emotional well-being, says Banellis. The study's Micah Allen states, "We know certain medications and even the foods we eat can influence gastric rhythms.

One day, this research might help us tailor treatments based on how the brain and body interact- not just hearing a report of what people are feeling."

As we hope research on the stomach and its role in mental health continues, authors of published articles in the journal Psychogastroenterology, say that "stress and resilience play an integral role in the gut-brain axis and are critical to symptom expression across all digestive disorders.

It is now becoming standard of care to integrate brain-gut therapies into a patients care for irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD). This integration of the brain and the body in treatment is the field of psychogastroenterology. The authors cite this field is best equipped to provide these concepts as part of patient care across all digestive disorders.

Biofeedback-Assisted Psychotherapy is an

effective Cognitive-Behavioral Therapy that focuses on the brain and the gut in the treatment of digestive disorders. Bio-feedback teaches a person how to reduce and control symptoms. Sensors are put on fingers, torso, and/or head to give the patient body readings of their tension, temperature, heart rhythms, nervous system activity so they can learn to self-regulate their own body. Thoughts, emotions, and reactions are addressed to calm the nervous system.

If you are experiencing gastro symptoms that you suspect may be stress-related, first see your doctor and discuss your concerns. If you then decide a course of biofeedback-assisted psychotherapy is for you, please call my warm and inviting office for information and an appointment. Lauren A. Salani, LCSW, BCB Stress Relief Services Atlantic Executive Center 107 Monmouth Road, Suite 104 West Long Branch, NJ Phone: 732.542.2638 StressReliefServices.com LaurenASalani@gmail.com

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Craniosacral Therapy and Colic

by David Frome

A Soft Approach to Infantile Colic.

You've done all the prep by the book, exhausting every new parent resource. Your long-awaited bundle finally arrives. But this fussy, screaming infant ignores the script, earning the dreaded diagnosis: colic.

What is colic?

It's not uncommon for babies to fuss and cry, especially during the first few months of life. Babies cry for many reasons, including hunger, the need to be held, or to have a diaper change. The umbrella term Colic may be applied when the little one cries for three or more hours a day, three or more days a week, for three or more weeks, without an apparent underlying cause and causing stress, fatigue, and feelings of inadequacy in parents. While colic is not well understood, it is sometimes related to digestive issues, such as food intolerance, an imbalance of the microbiome, or family stress. If your baby cries persistently, it's important to rule out medical complications before pursuing holistic solutions.

Craniosacral Therapy: A Soft Approach

The craniosacral system is comprised of a group of anatomical structures similar to the cardiovascular and respiratory systems. The craniosacral system is comprised of the cranium (skull), sacrum (a triangular bone at the base of the spine), and a system of hydraulics and membranes in between, housing the cerebrospinal fluid. Craniosacral therapy (CST) is a gentle, hands-on technique. The therapist places their hands on the baby, tuning into the rhythms of the craniosacral system, feeling for areas of tension or restriction with a light touch. CST



releases stress while restoring the flow of the cerebral spinal fluid within the central nervous system, including membranes, bones, and fluid surrounding the brain and spinal cord.

Children suffering from colic, sensory overload, digestive difficulties, and a vulnerable immune system benefit from CST. It is restorative for babies who've had a difficult birth and encourages the regulation of eating and sleeping cycles. Studies have shown that CST is both effective and safe for the treatment of infantile colic. In the journal Science Direct, researchers found CST successful in treating colic. Bottom line, babies who received CST spent less time crying and more time sleeping.

The craniosacral system has rhythm

Craniosacral therapists find rhythm within the craniosacral system. By monitoring that rhythm, they identify areas of chronic stress in which mobility is lacking. Training to become a CST practitioner involves comprehensive study in anatomy, physiology, neurology, and many hours of practice to acquire the skills necessary to access and work within the craniosacral system. With a gentle touch, the CST practitioner can restore the cranial rhythm.

Benefits of a healthy cranial rhythm include:

- Balances within the autonomic nervous system
- Improved digestion
- Improved respiration
- Improvements to affect and mood.

CST practitioners who work with infants report:

- Easier nursing, including latching, sucking, and swallowing
- Reduction or elimination of colic symptoms
- Improved mobility and alignment
- Diminished symptoms of torticollis
- Enhanced self-regulation, resulting in a less fussy and happier child
- Improved digestion and elimination
- Healing from birth injuries
- Better sleep

Support for Parents

Colic is not just a problem for infants. It can also take a toll on parents who may experience feelings of helplessness or postpartum depression. Some parents find CST to be effective in maintaining their equilibrium in dealing with the turbulence of having a baby with colic.

The contents of this article are not meant to be diagnostic or prescriptive. Colic is often

complex, and a physician should always be consulted before choosing a course of treatment.

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

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Sweet and Tart

The Joys of Homemade Fruit Shrubs

by Chloe Karydes Krecun

A fruit shrub is a sweet and tart syrup made by combining fruit, sugar and vinegar. Used for centuries as a way to keep nutrients alive, these tangy, fermented syrups are becoming popular again as irresistible additions to cocktails and mocktails, while also contributing to gut health.

Long before fruit shrubs became a trendy addition to modern beverages, fermenting fruits in alcohol or vinegar was one of humanity's oldest preservation techniques. Resourceful cooks combined seasonal fruits with vinegar and sugar to create potent elixirs that captured the fleeting abundance of summer harvests in shelf-stable form.

When winter's grip tightened and fresh produce became scarce, these preserved

fruits provided delicious flavors and vital nutrients. Today's food enthusiasts celebrate fruit shrubs for their complexity and versatility in everything from sodas to salads and other inventive side dishes.

Health Benefits

Each ingredient in a fruit shrub plays a distinct role in both preservation and nutrition. "The vinegar component in shrubs is what helps preserve the fruits and keep them from spoiling," explains Lea Ann Chen, M.D., assistant professor of gastroenterology at the Rutgers University Robert Wood Johnson Medical School. "However, the total amount of fruit in shrub recipes is relatively modest. Thus, the benefits of eating fresh fruits would be much higher. For example, fresh whole fruit contains fiber, which has many health benefits, but this is

mostly missing in shrubs."

Chen notes that the fruit in shrubs is nevertheless a source of certain vitamins, such as vitamin C in citrus fruits, while berries are also high in polyphenols, which offer anti-inflammatory properties. A 2021 Stanford University study published in the journal *Cell* found that consuming fermented foods may increase gut microbiome diversity and decrease inflammation, so the fermentation of fruit shrubs may be part of a gut-healthy diet.

According to Kirsten Shockey, the author of several books on fermentation, including *Fermented Vegetables*, fruit shrubs and mocktails serve as a practical steppingstone toward healthier drink choices. They offer a middle ground for those seeking to improve their habits by steering away from soda and alcoholic beverages without making dramatic changes.

Fermenting Tips

Creating gut-friendly fruit shrubs at home requires nothing more than fresh fruit, sugar, vinegar and patience. Morgan Shortt, sales director at Pink House Alchemy, a maker of farm-to-table simple syrups, aromatic bitters and shrubs, explains that the sugar breaks down the fruit and naturally turns it into a thick, viscous syrup without having to smash the fruit. This natural maceration process allows the sugar to draw out fruit juices and flavors over the course of a couple of days.

Once macerated, the fruit is strained through cheesecloth or a coffee filter. The syrup can be used immediately as a topping



photology2000/CanvaPro



Rimma - Bondarenko from Getty Images/CanvaPro

Although fruit shrubs are shelf stable, the shelf life varies depending on the ingredients. Shortt estimates that her shrubs have a shelf life of at least two years. Refrigeration can help maintain the quality and flavor for a longer period of time.

Enjoying the Results

Shrubs offer a practical solution for reducing food waste. They are a good way to use seasonal fruits that may be bruised or considered a farmer's seconds. "The key takeaway is that it's an easy and affordable way to consume a gut-healthy product, and it's delicious," says Shortt.

For those preferring convenience over homemade preparation, shrubs are increasingly available at farmers markets, health food stores and online. When purchasing, prioritize products containing raw, unpasteurized vinegar and minimal added sugar while checking for clean-ingredient labels. Premixed shrub drinks are also available in ready-to-consume cans or bottles for the ultimate in convenience.

Shrubs represent a delicious intersection of ancient preservation wisdom and modern wellness needs. Whether crafted at home or purchased ready-made, these tangy syrups offer a simple way to support gut health while adding flavor to drinks and recipes.

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



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on desserts or savory dishes. To make it last longer and add the tart taste, vinegar is incorporated. Almost any type can be used, depending on personal taste. White vinegar is intensely sharp; apple cider vinegar provides a mild, fruity flavor; and balsamic can add depth to berry shrubs with only a splash. The higher the quality of vinegar, the better the results, Shockey points out.

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Gut Vitality

10 Habits for Better Digestion

by Kimberly Kubicke of Indra Holistic Health



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Gut vitality isn't just about avoiding discomfort after a meal. It's the foundation of physical energy, immunity, mood stabil-

ity, and even mental clarity. If digestion is weak, every other system in the body is affected. If digestion is strong, the whole body is nourished. That's why Ayurveda (the ancient traditional medicine of India) places such emphasis on cultivating and protecting digestion.

Ayurveda is the oldest continually practiced healing system in the world. With thousands of years of observation and practice behind it, Ayurveda has always recognized what modern science is only beginning to confirm: strong digestion is

the cornerstone of health.

Here are ten habits that Ayurveda recommends to strengthen digestion and support gut vitality:

1. Check in with your digestion each morning

Do you wake feeling light, refreshed, and as if yesterday's food is fully digested? Or heavy, sluggish, and foggy? This simple check-in is an early warning system. If your gut feels heavy or full, you might skip breakfast or start with something light like fruit or tea.

2. Eat only when truly hungry

Learn to distinguish between physical hunger and emotional or stress-driven cravings. True hunger builds gradually and comes from the stomach, not the mind. Eating

before you're hungry taxes digestion and creates residue that the body can't process.

3. Stick to regular meal times

Your body thrives on rhythm. Eating at consistent times trains your digestive system to get hungry on time and be ready for food. Whether you eat two or three meals a day, aim for consistency.

4. Give space between meals

It takes at least three hours to process a meal. Grazing throughout the day (even on healthy snacks!) interrupts this cycle. The exception is fruit, which can be eaten an hour outside of meals.

5. Make lunch your main meal

Digestive power is naturally strongest in the middle of the day. Heavy foods eaten late at night sit in the gut and create sluggishness. If you're going to enjoy richer or "cheat" foods, lunch is the best time.

6. Keep dinner early and light

A lighter evening meal allows your body to rest and repair overnight instead of working on digestion. You'll sleep more soundly and wake with more energy.

7. Favor fresh, seasonal foods

Freshly prepared meals made with seasonal ingredients digest far better than processed or leftover foods. Eating in season also naturally balances your body with the environment around you.

8. Avoid cold drinks with meals

Digestion works like a fire: it needs heat. Icy drinks at mealtime extinguish that fire and weaken the breakdown of food. Sip warm or room temperature water with meals.

9. Stop eating before you're stuffed

Overeating is one of the quickest ways to weaken digestion. Leave space in your



Image by Silvia from Pixabay

September... Reboot & Recharge

by Felicia McIntosh-Will, CFNC, IHP2, CHWC, Holistic Nutrition Counselor

stomach to churn and process food. Stop when you feel satisfied, not full.

10. Make eating a mindful ritual

Pause before your first bite. Notice the colors, aromas, and textures. Give thanks in your own way. Chew thoroughly and avoid distractions. The more attention you bring to your food, the more nourished you'll feel.

Your Unique Gut Type

These habits strengthen digestion for everyone, but Ayurveda also teaches that each of us has a unique digestive type. This explains why a food or practice that helps your friend might leave you feeling worse.

Knowing your gut type gives you clarity on what supports your digestion and what throws it off. It helps you recognize your triggers, understand your strengths, and make choices that actually work for your body.

Want to know your gut type? Take the free quiz here:

indraholistic.com/gut

Your results will give you personalized, step-by-step guidance to build gut vitality in a way that lasts.

Kimberly Kubicke is an Ayurvedic Practitioner with over 20 years of experience helping people restore balance in body, mind, and spirit. She founded Indra Holistic Health to offer personalized guidance rooted in nature and daily rhythm. She supports clients with everything from digestion and hormone health to burnout and the desire to age with vitality. Her work bridges ancient Ayurvedic wisdom with modern-day life, making holistic health intuitive, empowering, and doable. Referred to us by KUR Wellness Studios in Asbury Park NJ



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While many of us look to January for fresh starts and inspiration September can be the ideal time to get a jump start on new routines! With crisp autumn air, changing leaves and still warmer days to support our physical and mental wellbeing we have the perfect motivation for moving in the right direction and letting go of what doesn't serve us any longer. A return to structure and routine can help us set the stage for success instead of stress.

Some of us may be starting new jobs, have children starting a new grade, school or sport, and may even be making early plans for the holidays. These factors can create a frenzy, if we let it, so planning and organizing our days and weeks can become consuming if we're not prioritizing ourselves in the process. Time management, stress reduction, financial prowess and emotional well being can be a part of our daily regimen allowing us to be present in our families', friends' and own lives.

A mental health check-in is vital toward recognizing signs of stress before they escalate. Taking several deep breaths through our noses and exhales through our mouths, breathing in the cool air thru our bellies and then lungs and slowly releasing, as if blowing out a candle, to relax our bodies and invigorate our spirit; S T R E T C H-ing up to the sky as high as possible with our arms and hands and then slowly hinging forward toward slightly bent knees and toes while whisking away negativity behind us will allow us to move forward with renewed intention. Moving our bodies in ways we enjoy, making a list of just 3 things to accomplish each day, meal prepping for several days or just a sheet pan meal* for dinner that evening, taking evening walks with family or friends and getting proper rest as the evenings become darker are just a few things we can do that cost next to nothing and allow us to move purposefully and create time well spent. "September, it's a beautiful month to start something new."

(Continued on the next page)

(Continued from page 23)

***SHEET PAN MEAL IDEA: (4 ppl)**

1 oven size sheet pan	2-15 oz cans rinsed chick peas
2 tablespoons of olive oil	4 cups of mixed greens and
1-1/2 cup dry quinoa	cucumber
4 cups diced sweet potato (2 Large)	2 cups diced apple
3 cups low sodium vegetable broth	Seasonings of choice

(Optional Protein add-ons: thinly sliced chicken breast, sockeye salmon, precooked tofu cubes)

Set oven to 375 and line a large sheet pan with parchment paper for easy clean up. Spread 2 tablespoons of olive oil onto parchment paper. Sprinkle 1 1/2 cups of quinoa onto sheet pan and slowly pour 3 cups of vegetable broth. Scatter diced sweet potato evenly across pan along with the chickpeas. If you're using additional protein PLACE ON TOP of mixture and season to your liking. Cover tightly with foil and place in the oven for 35-45 min-

utes (depending on protein options tofu and fish will cook quicker and chicken may take longer, with internal temp of 165 for doneness). In the meantime set aside four bowls with mixed greens and cucumber and add the diced apple. After sweet potatoes and protein are cooked through divide entire mixture between the four bowls and serve. You can add a light dressing of lemon and olive oil or a vinaigrette of choice. Total calories per serving: 510 calories: 63g carbs, 10.7g fat, 11g protein before protein add-ons. These are approximates based on individual portions.

Felicia McIntosh-Will is a certified functional nutrition counselor, integrative health practitioner, certified health and wellness consultant and holistic nutrition counselor based out of Keyport, NJ. She is also a personal chef specializing in plant based and allergy friendly cooking. She is the owner and operator of Sunshine Functional Nutrition and Lifestyle Counseling and can be reached by email for 1-1 counseling, health and wellness workshops and group training at sunshinecfn@yahoo.com or her website at sunshinecafenj.com



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Guide to Canine Hormonal Balance

Strategies To Overcome Spay-Neuter Syndrome

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

Although spay and neuter surgeries in dogs are often encouraged to control overpopulation, avoid unwanted litters and prevent certain serious health conditions later in life, such as cancer, these surgeries—especially if performed at a very young age—may disrupt hormonal balance in some dogs. Known as spay-neuter syndrome (SNS), the condition can cause weight gain, anxiety and reduced vitality. For these dogs, several natural strategies can help restore hormonal balance.

Dogs' ovaries and testes generate sex hormones such as estrogen, progesterone and testosterone, which regulate reproduction and play key roles in joint stability, metabolism, immune function, brain development and emotional regulation. When removed, the loss of

hormonal feedback can disrupt many physiological systems.

A 2020 UC Davis-led analysis of 35 dog breeds found neutering before six months increased joint disorders and the risk of certain cancers, especially in larger dogs like Labradors and golden retrievers. Data from a 2013 study of more than 750 intact and neutered golden retrievers showed double





from which steroid hormones are made.

Supporting a dog's detoxification systems is just as important. The liver and gut work together to process and eliminate excess hormones and environmental toxins. Nutritional tools such as milk thistle, glutathione precursors and targeted probiotics may support these detox pathways, particularly in pets with hormonal imbalances. Additionally, natural binders like chlorella or bentonite clay are sometimes used to assist in removing certain heavy metals or persistent chemicals. However, these should be used only under professional guidance.

Glandular Therapy and Herbal Support

A 2020 review published in the journal *Animals* confirmed that neutering dogs leads to elevated luteinizing hormone levels, which in turn stress the thyroid, adrenal glands and immune system. This hormonal disruption can lead to chronic inflammation, behavior changes and metabolic dysfunction. Glandular supplements offer a holistic, non-pharmaceutical tool to nourish under-performing glands, especially when combined with a nutrient-rich diet and a toxin-conscious lifestyle. Bioavailable peptides, enzymes and growth factors help restore endocrine stability.



the occurrence of hip dysplasia and triple the occurrence of ligament tears among early-neutered male dogs. Another study of golden retrievers in 2019 found that neutered dogs had an increased risk of obesity. Research published in 2018 involving more than 6,000 male dogs found that those allowed to mature hormonally before sterilization exhibited fewer behavioral problems like fear and aggression, underscoring the importance of natural hormone exposure in development.

Nutrition and Detoxification Support

As more dogs experience the effects of SNS, natural hormone support is increasingly important. The building blocks for hormone production come primarily from nutrients found in whole, fresh foods. Without quality proteins, healthy fats and essential vitamins and minerals, the endocrine system struggles to produce, regulate and detoxify hormones.

Feeding dogs home-cooked meals using organic, GMO-free ingredients creates a solid nutritional foundation. High-quality animal proteins like grass-fed beef and pasture-raised poultry supply amino acids needed for hormone synthesis. Organic vegetables such as leafy greens, squash and carrots offer antioxidants and micro-nutrients. Healthy fats from fish oil, coconut oil and flaxseed provide cholesterol and essential fatty acids, the substances

Natural herbal support may also play a role in maintaining hormonal balance. Adaptogenic herbs such as ashwagandha (*Withania somnifera*), rhodiola (*Rhodiola rosea*) and schisandra (*Schisandra chinensis*) have been studied in animals for their potential to modulate the stress response by regulating cortisol levels. Reproductive hormone balance may also benefit from red clover (*Trifolium pratense*) and chasteberry (*Vitex agnus-castus*). It is always important to consult with a veterinarian before introducing herbal supplements to a dog's routine.

Lifestyle and Other Factors

Lifestyle plays a significant role in hormone balance. Daily exercise, interactive play and consistent routines help regulate stress hormones like cortisol. Chronic stress can suppress immune function and disrupt the entire hormonal cascade.

Creating a toxin-conscious home is also important. Choose natural household cleaners, avoid synthetic air fresheners and opt for non-toxic pet care products. Providing filtered water reduces a dog's exposure to hormone-disrupting contaminants often found in municipal supplies.

Ongoing monitoring with bloodwork, food sensitivity panels and thyroid testing helps pet parents track their dog's progress and make informed adjustments. For dogs not yet sterilized, delaying the procedure until full maturity at 18 to 24 months or older may avoid many complications linked to early spaying and neutering.

Every dog is different. Breed, age, lifestyle and health status all play roles in determining the best course of action. Holistic veterinarians and certified pet health coaches can help design an individualized plan that supports a dog's hormonal health naturally.

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

Chasing Money

The Day Destiny Stopped Chasing Money

by Dawn Ricci



Before we explore where money isn't showing up, we have to pause. Money isn't just numbers in a bank account. It's personal. It's a living thread, woven with our stories, fears, dreams, family history, even the way we see ourselves. For Destiny, money had always been a moving target—close enough to glimpse, but never stayed long enough to hold. She had been taught, like so many of us, that money was something you worked hard for. And she did so—relentlessly. Yet, somehow, it always seemed to slip away just when she thought she could breathe. Her bills were paid, but just barely. Opportunities came, but they felt like sprints that left her exhausted rather than nourished.

When Destiny sought guidance, she didn't want another financial plan. She didn't want to hear about budgets or “manifestation hacks.” She wanted to understand why.

Dawn: “If money were a person... how would your relationship look?”

Destiny's answer came with a sigh: “It would be... unpredictable. Sometimes generous, sometimes distant. Like someone who forgets my birthday, but shows up with flowers two weeks later.”

Dawn: “And what would money say about you?”

Destiny laughed, but her eyes softened: “That I don't trust it to stick around.” At that moment something cracked open.

Because money—like any relationship—responds to the energy we bring to it. For some people money is a test of worthiness. Chasing it with a mixture of hope and doubt. Destiny remarks that she sends the very message she didn't want; I don't believe you'll stay.

Dawn: “When you picture financial ease... what does it feel like in your body?”

At first, she couldn't feel it at all. The idea of ease felt foreign. But slowly, with her eyes closed, she began to notice. “There's... space,” she said. “Like my chest feels open. My shoulders drop. I'm not checking the calendar every five minutes to see if it's payday.”

We stayed there. No affirmations. No rushing. Just letting her body memorize the sensation of ease—because in manifestation, the body is the first place your future self lives.



Over the next few weeks, we worked on decoding her money story—not by pushing or pressuring her to “do more,” but by shifting her inner conversation with money.

Instead of seeing it as elusive, she began to see it as a loyal partner who needed trust to deepen the connection. She practiced small, daily moments of gratitude for every form of money and abundance that showed up—a client payment, a discount at the store, a friend buying her lunch.

We also worked on evidence awareness: noticing the subtle signs that her energy around money was changing. A new client arrived without her pitching. A refund check came in the mail from an overpayment she didn't even know she'd made. An invitation to speak at a retreat, paid in full, landed in her inbox. None of these things “just happened.” It was alignment taking form.

By the end of our time together, Destiny wasn't chasing money anymore. She was building a relationship with it—one rooted in trust, openness, and ease. And as her relationship shifted, so did her reality.

If you've been feeling like Destiny once did, maybe it's time to stop trying to “fix” your finances and start listening to what money has been whispering all along. Your next opportunity isn't out there somewhere—it's already moving toward you. The question is: will you be ready to welcome it when it arrives?

*Dawn Ricci is a Certified Spiritual Mentor, Intuitive, and Speaker who helps individuals rise beyond life's most difficult moments and tap into their soul's wisdom. To help rewrite the story, download Dawn's free guide, *Manifestation Mastery: Your Guide to Hi-Vibe Living* – <https://dawnricci.com/guide> today.*

Calendar of Events



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



WEDNESDAY, SEPTEMBER 3

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

Purple Dragon Organic Produce and Natural Foods, Ocean Twp. Pod – Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.

THURSDAY, SEPTEMBER 4

Group Reiki and Meditation – 8-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, NJ. Enjoy a guided, deep chakra meditation that will clear, align and balance your chakras and connect you to Mother Earth and the Universe. Quartz chakra singing bowls will be played. You will also receive Reiki. Bring a yoga mat, etc., or use one of the provided chairs. Pre-Registration is required. Call: 848.217.2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$30

FRIDAY, SEPTEMBER 5

Full Moon Circle – 8-9:30pm, Enjoy and experience the Harvest Moon with us. September's moon is the time to manifest, or harvest what you have been sowing and growing. We'll have a sound bath, focus our intention and give blessings toward new beginnings in mind, body and spirit. 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

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, SEPTEMBER 6

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

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, SEPTEMBER 7

Akashic Records, Stone Path or Medium Reading – 1-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. The Akashic Records hold information about your soul's past, present and future. Cherise taps into your records, offering you channeled messages from your guides, masters, teachers and loved ones. Ancient stone readings can show you how your life has been thru each phase and where you are heading. Do you have a loved one who has passed that you would like to communicate with? Cherise can mediate your connection and help you convey what you would like to say. Session is 45-60 minutes. Phone: 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com. Cost: \$145

TUESDAY, SEPTEMBER 9

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

WEDNESDAY, SEPTEMBER 10

Personal Totem Pole Workshop – 8-9:30pm - Most people understand or have seen the concept of totem poles in native cultures, but did you know there is a totem pole inside of you? Join medicine woman, Lauren Porter, as she does a guided journey to each

of our chakra energy centers to see what animal medicine currently resides there. Lauren uses drums and sound frequencies with tuning forks and crystal bowls, to help participants connect to each chakra and discover what animal spirit is helping you in that chakra. \$35pp; Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, NJ 07712 Call: 848-217-2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: 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, SEPTEMBER 11

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

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, SEPTEMBER 12

6 Week Senior Series with Tara – 11:00 am at The Yoga Loft, 58 Main St, Farmingdale. This 6-week Senior Yoga Series is thoughtfully designed to support seniors in cultivating strength, flexibility, and balance in a gentle, nurturing environment. Whether you're new to yoga or an experienced practitioner, this series focuses on maintaining joint health, enhancing balance, and reducing stress, all while connecting with others in a supportive community. Embrace a joyful approach to wellness and discover how yoga can bring ease and vitality to your everyday life; please email info@theyogaloftnj.com (please include your phone number if registering by email) or call/text 732-239-2333 \$70

Solar Plexus Chakra Workshop – 6-7:30pm at The Yoga Loft, 58 Main St, Farmingdale. Join Angie for a powerful evening dedicated to the Solar Plexus Chakra (Manipura)—your energetic center of confidence, personal power, and inner fire. In this workshop, we'll work to align and ignite this chakra through a combination of guided meditation, gentle movement, and sound healing using crystal singing bowls. As we activate the fire within, you'll be supported in releasing self-doubt and reclaiming your radiant inner strength. Expect a grounding and energizing experience that invites clarity, courage,

and renewed purpose. Email info@theyogalofnj.com (please include phone number if registering by email) or call/text 732-239-2333 \$40

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

SATURDAY, SEPTEMBER 13

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

SUNDAY, SEPTEMBER 14

Psychic/Mediumship Workshop with Cherise - 4:30-6pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). Preregistration required. Phone: 848.217.2371. email: Ayearandadaymysticalshoppe@yahoo.com, web:Ayearandadaymysticalshoppe.com Cost: \$65.00

TUESDAY, SEPTEMBER 16

Emotional Clearing Method Workshop by Meryl Hayton - Trauma Healing Specialist & Advanced Certified EFT Professional - 6:30-8:30pm. New Earth Gifts & Services, Manasquan. Feeling stuck? Learn how to transform your spiraling thoughts, unwanted emotions and patterns into inner peace and confidence. Using EFT tapping, energy healing meditations, law of attraction mixed with intuitive guidance you will leave feeling lighter and happier with tools to continue on your own. Space is limited. Sign up at <https://newearthhealinggifts.com/>. Cost: \$59

WEDNESDAY, SEPTEMBER 17

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>

Purple Dragon Organic Produce and Natural Foods, Ocean Twp. Pod - Pick up great organic produce, much of it locally grown, every other Wednesday, year-round in Ocean Twp/Wayside area. Whole and half shares available. Can also order other organic foods and products! Accepting Venmo, Zelle, check or cash, must order one week in advance. For more info, call/text 732.616.3379 or register at purpledragon.com.



THURSDAY, SEPTEMBER 18

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, SEPTEMBER 19

Let's Get Grounded with Allison Kan - 6-7:45pm 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. We will use various Tune Up Fitness® Therapy balls to explore these areas by increasing blood flow and awareness. You will leave feeling more grounded and at ease. Please call/text 732-239-2333 or email info@theyogalofnj.com to let us know you'll be joining. \$45

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

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

SATURDAY, SEPTEMBER 20

Reiki Level II Workshop and Certification - 11am-4:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park. Join Maria Martin as you gain your second attunement of your Energy Healing journey, learn the Art of healing, including hand positions for the healing of others, Level 2 Reiki

Symbols meanings and more. Receive a pendulum when you attend. Prerequisite Reiki. Preregistration required. Phone: 848.217.2371, web: Ayearandadaymysticalshoppe.com. Cost: \$225

Sound Healing/Meditation - 8-9:30pm. Enjoy unique sound healing meditations for mind, body and spirit. Using crystal bowls, gong, chimes, guided sounds, singing, chanting, etc. we'll facilitate your healing journey. Use one of our chairs, or bring along a meditation mat, pillow, etc. for your comfort. \$25 per person; Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandadaymysticalshoppe.com

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

SUNDAY, SEPTEMBER 21

Autumn Equinox Celebration - 7 p.m. as we celebrate the arrival of autumn with music, movement, poetry and contemplation. Bring your family and friends to Waterspirit and join in the celebration. The program will be celebrated in person (4 E. River Rd., Rumson, NJ) and livestreamed on Waterspirit's YouTube channel. Learn more and register at: <https://www.waterspirit.org/equinoxsolstice>

TUESDAY, SEPTEMBER 23

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>

THURSDAY, SEPTEMBER 25

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

Group Reiki and Meditation - 8-9:30pm, A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, NJ. Enjoy a guided, deep chakra meditation



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

FRIDAY, SEPTEMBER 26

Friendship Circle – 6-7:00 pm. 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. Each meeting provides an opportunity to support one another in personal growth, celebrate achievements, and offer encouragement during challenges, making it a safe haven for authentic friendships to flourish. Our gathering will be focused on "Abundance." Please call/text 732-239-2333 or email info@theyogaloftnj.com to let us know you'll be joining. \$20

Candle Magick and Mojo Bags – 8-10pm - Whether you are a seasoned practitioner, or a beginner to the magical 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, NJ 07712 Call: 848-217-2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, SEPTEMBER 27

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. Readings are available for individuals and couples. Life Path Readings are \$45 per person; In-Depth Readings are \$85 (up to 30 minutes). Pre-Registration required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park 848-217-2371 Web: Ayearandaday-mysticalshoppe.com

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, NJ 07712 Call: 848-217-2371 Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

Ongoing Events

Email 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/offersings. 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

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/offersings. Cost: \$24/single class or \$102/series. Sept 8,15,29

Beginner Taiji (Tai Chi) Class taught by Shoshanna Katzman – Monday evening 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 intrinsic powers 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/text 732-758-1800 or check out www.yourcenterofpower.com.

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

TUESDAYS

Chair Yoga Series: Aging Well from the Inside Out – 9:30-10:30AM 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/offersings. Cost: \$24/single class or \$102/series. September 9,16,30

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

Advanced Taiji Class taught by Shoshanna Katzman – 6:30pm on Zoom. Taiji is a sophisticated method of whole-body movement that reconnects body, mind and spirit. This ancient Chinese exercise forges a deep relationship between you and your qi which is the life force responsible for the harmonious working of your body. Its rhythmic breathing and flowing postures activate flow of qi and refines it into usable internal force and power – thereby producing a more robust body, sharper mind and enlivened yet tranquil spirit. Students in this advanced group are learning the third part of the Guang Ping Yang Style Form. Call or text 732.758.1800 or check out www.yourcenterofpower.com.

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

Affirmation Poems – A Spiritual & Poetic Practice- 12-2pm. 347 Soul Collective, 39 W Front St., Keyport, NJ. Poet, Intuitive, and Alchemist, Chelsea Palermo, MFA, will guide you through an intuitive process, that includes guided meditation to attune your channel, poetry craft techniques to apply to your Affirmation Poems, and intuitive insights. Come into a held space where the wisdom you are ready to hear, write and behold, has permission to flow forth onto the page. Register@www.chelseapalermo.com or 347Soul Collective. Email: chelsea@chelseapalermo.com Call: 732-646-6226. Cost: \$45.

Meditation for Earth – 12:15pm. Join Waterspirit's hybrid Meditation. In-person in the Sanctuary at

Rumson Presbyterian Church 4 East River Rd. Rumson, NJ Join our virtual meditation on our YouTube channel. Learn more at <http://www.waterspirit.org/meditationforearth>

WEDNESDAYS

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

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

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

THURSDAYS

All-Levels Qigong Class taught by Shoshanna Katzman – 5:30pm on Zoom. Qigong is an ancient Chinese exercise that cultivates flow of qi (life energy) and integrates your body, mind and spirit. Its gentle, flowing movements strengthen your physical body, enhance energetic awareness and promote overall calm and relaxation. This class contains students of all levels and is centered around the Qigong workout of Shoshanna's book "Qigong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy". Call or text 732.758.1800 or email or 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, NJ Reserve your spot by texting or calling 732.258.5678, Due to Covid restrictions, you must Venmo to reserve your spot.

FRIDAYS

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

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

Beginner Taiji (Tai Chi) Class taught by Shoshanna Katzman every Friday afternoon at 2:00pm at Red Bank Acupuncture & Wellness Center in Shrewsbury. Practicing Taiji helps you to discover internal peace, enliven energy, and achieve overall wellness – along with building strength, flexibility, stability, and endurance. It provides palliative support for many types of injuries and health conditions, stemming from its amelioration of pain and reduction of inflammation by opening qi and blood flow throughout the body. This beginner group is working on the first part of the Guang Ping Yang Style Form. Call or text 732-758-1800 or check out www.yourcenterofpower.com.

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

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

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

SATURDAYS

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

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

SUNDAYS

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

SAVE THE DATES

WEDNESDAY, OCT. 1, 15, 29

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

FRIDAY, OCT. 3, 17, 31 SATURDAYS, OCT. 4, 18

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

THURSDAY, OCT. 23-26

I Am Enough Retreat with Meryl Hayton – Imagine a space where you can truly let go - where you can stop striving for validation and start embracing your inherent worth. Orenda Retreat Center, Arkville, NY. For more info call Meryl at 973-879-9333 or email at merylhayton@gmail.com



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Jeffrey.ball@rbc.com or jeffballrbc.com



Jeff Ball is on a mission is to help clients navigate the financial services industry effectively. He is committed to educating clients about money and investments, helping to reduce money-anxiety and empowering clients to take control of their finances. His goal

is to help clients to reach their financial goals and to achieve a sense of financial well-being. Jeff wants clients to get the best deal possible from RBC and all of their financial service providers.

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RETAIL

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

REIKI/ENERGY HEALING

CHELSEA PALERMO, MFA

347 Soul Collective
39 W Front Street, Keyport, NJ
www.chelseapalermo.com
732-646-6226 @IG [chelseapalermo_poet](https://www.instagram.com/chelseapalermo_poet)
chelsea@chelseapalermo.com



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



REIKI/ENERGY HEALING

DAWN RICCI

Intuitive Energy Healer & Medium
Spring Lake, NJ
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MERYL HAYTON

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 women release trauma, rewire limiting patterns, and reclaim confidence. Through EFT tapping, energy healing, private sessions and retreats, she guides

clients to embody inner peace, hope, joy, and confidence while stepping fully into their authentic power to start your journey.

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