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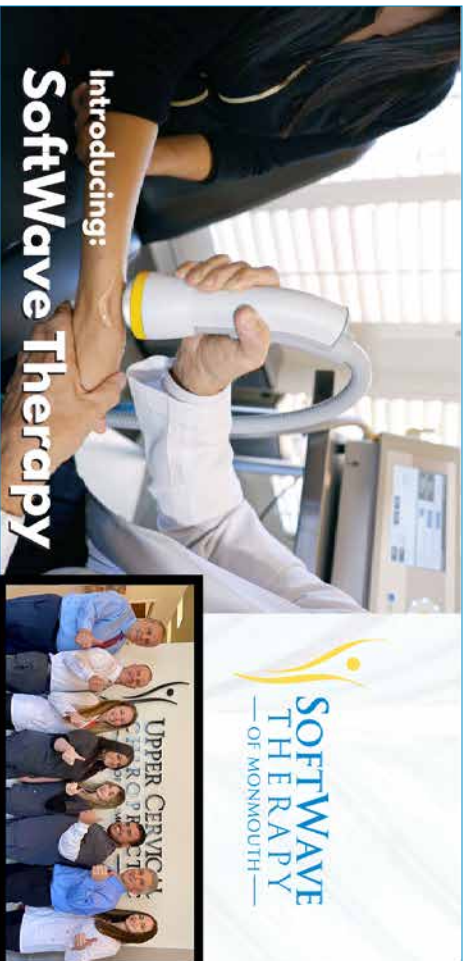
natural awakenings

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The practice has been integrating holistic dental procedures and nutritional counseling for almost 20 years. With the advent of new procedures and technologies, as well as educational advancement, Dental Healing Arts specializes in ozone-oxygen administration in conjunction with major dental procedures (periodontal therapy /endodontics/oral surgery), placement of non-inflammatory natural bone grafts, implementation of SMART for the removal of base metals and amalgam restorations, and placement BPA-free restorative materials as well as e-max/zirconia crowns. Dr. Braun is also a gold tier Invisalign provider and works closely with HealthyStart for pediatric habit correction along with early interceptive orthodontic treatment.



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Letter from publisher

Hello Friends,

My wife and I have been getting such amazing feedback from so many of you! Thank you so much for your continued support and love, we appreciate it so much!



Sharon

We hope your summer is going great! Anyone who made the effort to try a garden this year I hope yours is doing as well as mine. And if you didn't have the time or the space to plant some veggies, I can tell you the produce at the farmers markets has been amazing. Our friends at Meerk Farms and Monmouth Co-Op can attest to that.

My garden has been very good to me, I have boat loads of zucchini, squash and cucumbers so far, and I have found some terrific recipes on Youtube. It's really fun to watch some of the very talented chefs walk us through the preparation of the recipes. If you love to cook – check it out!

Thanks again for your continued support! Without our readers, advertisers and team we couldn't bring you this amazing content each month, so we are super grateful 😊.

Warm wishes,

Sharon

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Natural Awakenings is a family of 50+ healthy living magazines celebrating 27 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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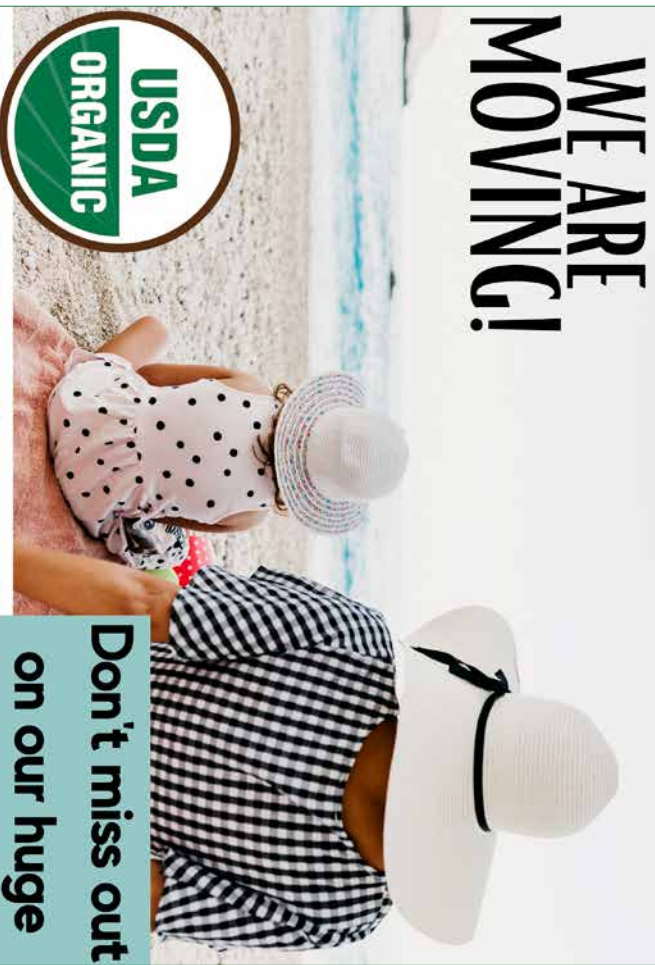
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Disordered eating may include symptoms and behaviors of eating disorders, but at a lesser frequency or lower level of severity. Restrictive, compulsive, irregular or inflexible eating patterns can be examples of disordered eating.

Our eating disorder group at Balance Wellness Center offers a unique and comfortable studio where we provide education on the mechanisms and characteristics of disordered eating as well as strategies to help manage the emotional pain and distress they cause.

Eating disorders are complex medical conditions affecting both physical and psychological health. The consequences are often widespread and can negatively impact relationships, mood, self-esteem, and everyday life. All participants have an opportunity to share personal check-ins about their day, week, or present status and receive support and feedback from other group members. You are not defined by your eating disorder, let us help you live a happier, more fulfilling life.

Join Cerra Clark, LAC, M.S., on Saturday, August 20 from 12-1pm \$40. Cerra provides a supportive, open, nonjudgmental environment, sprinkled with a bit of humor to offer her clients a sense of relief. Please call or text 732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick. Website: mind-andpine.com Stay Balanced!

Increase Your Health Wealth

If you are ready to start a healthy lifestyle or want to get back on track, this presentation is perfect to jumpstart a healthy routine. This Zoom presentation will cover healthy food, fasting, exercise, sleep, meditation, happiness tools, and practices to increase your health and happiness.



Join me on Wednesday, August 17, 12:30pm for a 45-minute presentation followed by 15-minutes of questions and answers

Contact: Gemmu@GemmalHealthCoach.com or Call Gemma at 732.245.5556 to register. <https://gemmahealthcoach.com>

Cellular Inflammation Test Available Now!—

A Cellular Inflammation test looks for malondialdehyde in the urine, a by-product of cellular inflammation. Remember that we are made up of millions of cells. Cells make up tissues, tissues make up organs, and organs make up the body.

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Cellular Inflammation test works by measuring the amount of malondialdehyde in the urine as a result of oxidative stress and cellular inflammation.

Address Inflammation to achieve restored cellular health. If you don't fix cellular dysfunction, you won't get well.

For more info call/text Larisa at 732.996.6963 or email: larisa@stepbystep-wellness.com The test is done in office or in the comfort of your own home and results can be read in minutes!



Lyme Disease Educational Workshop

I learn about the hidden, underlying causes of Lyme disease and how it can be handled naturally without antibiotics. This event will be held on Thursday, August 25, at 12:30pm at our office in Oakhurst.



You can email us at: shoreholisticnutrition@gmail.com or call 732.314.1851 to sign up. Space is limited so reserve your spot today! New patients save 50% off their initial consultation by attending this event.

**Want to make some extra money? Shore Holistic Nutrition & Wellness is looking to hire a part-time front desk/office assistant for our practice. Requirements include: interest in holistic health and nutrition. If interested email resume@shoreholisticnutrition@gmail.com.

Qigong for Good Health



Qigong reduces stress, builds stamina, increases vitality and affects the immune system in positive ways. An ancient Chinese system of self-care, Qigong integrates physical postures, breathing techniques, and mind focus. Qi (Chee) is the vital life force energy that flows through all things in the universe. The practice is easy to learn and welcomes students with all levels of ability. Return

and deepen your practice, or join us as a beginner. Sign up early. These classes do fill. All are welcome!

Join Maxine Forster Guenther, M.A., Instructor of Integral Qigong, certified since 2003, at The Earth Room, Unitarian Universalist Meeting House, 1473 West Front Street in Lincolnton.

Parking Lot Qigong is held, weather permitting, in the back parking lot on Saturdays at 10:30am. No charge (donation suggested). A reminder is emailed each Friday. To be on list, please contact Maxine at qigongm@yahoo.com.

Two, one-hour Qigong classes are available on Tuesdays beginning September 20 at 1pm or 2:30pm. For more details about Qigong and these classes, please check the website www.qigongforgoodhealth.org. You may sign up online. UUCMC requires proof of vaccination and visitors must wear a mask inside the building.

\$90 for 9 sessions. Person in same household, \$45. College student, \$45. If you cannot afford the cost, please contact Maxine to make some adjustment in the fee.

The Kind Communicator Experience



Join us at The Yoga Loft, 462 Adelphia Road in Freehold on Tuesday August 16, 7pm. That's when you will discover one of the most exciting reasons we practice yoga... to speak kindly, thoughtfully and respectfully. Yoga, meditation teacher and self-development author, Elizabeth Barry, will be sharing her book and talking about the power of kind communication and compassion in our daily lives and how you can up level your skill sets.

Through flower analogies and ideas that you can take with you off the mat, walk away from this workshop with a fresh attitude of how to master the art of calm speaking habits.

The Yoga Loft, 462 Adelphia Road in Freehold, Tuesday August 16, 7pm. Be sure to bring your yoga mat and blanket/cushion to sit on. Please register early to reserve your spot and book, call/text 732.239.2333. Cost: \$40 (includes book).

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Connecting to Divine Trust

On Friday, August 26, 6pm, we will be communing with our higher selves with divine energy that surrounds us all and lives within each of us. Join Elana Haros at The Yoga Loft, 462 Adelphi Road in Freehold for a beautiful night together and as always expect some unique surprises.

We'll discover the healing powers of anahys, the crystal of the month. There will be a clearing/purification ceremony for releasing what no longer serves us, clearing the way for connection to the energy of the Divine Mother & Divine Father.

Using a mantra and meditation will connect us to grace and teach us how to connect to divine trust and what that means and discovery how trust is a foundation for all healing.

We'll explore underlying themes of trust and how to navigate with the support of the universe. Our evening will close with a beautiful blessing ceremony. No experience is required, just a willingness to experience.



Registration is required, please call/text 732.239.2333 to reserve your spot. Cost: \$40

Paint from Home or In-person!

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

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



creative expression can serve as a tool to heal, connect, de-stress, reclaim and discover.

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

For more information and to register: <https://www.wildandfreepainting.com/womens-group>. Individual Art Therapy sessions are also available. Elissa earned a BFA in Graphic Design from The University of Michigan, holds a Masters degree in Art Therapy from New York University, is a Licensed, Registered Board-Certified Art Therapist and Process Painting Facilitator. www.wildandfreepainting.com

Welcome to Joy (Journey of Yoga)



Join us Dee and Michele for a six-week Beginners Series starting Tuesday, August 23, 6pm. This series is designed for those brand new to yoga. Participants will learn the benefits of yoga with step-by-step directions for each posture.

Discover the benefits of your own breath and the peace of meditation. If

you're new to exercise or recovering from an injury, yoga can help you move more safely and mindfully. Research proves that yoga significantly reduces stress while improving concentration and creativity.

Our six-week Beginners II Series Intro to Vinyasa, led by Elana, starts on Thursday, August 25, 6pm. This series is designed for those students who have completed the six-week Beginners Series or those who would like a refresher course before joining in a yoga class. There will be a wide variety of postures which will be offered with in depth instruction, including an introduction to vinyasa, a style of yoga that strings postures together with the breath.

Please bring your own mat and props to The Yoga Loft, 462 Adelphi Road, in Freehold. Space is limited! Please email info@theyogalofthefreehold.com or call/text 732.239.2333. Cost: \$70 for each series.

Reiki Usui Training



Previously, Reiki trainings were designed and held in a group setting over a couple of days. The group would then have the opportunity to share the teachings of the Reiki principles and hands-on experience.

During this time, Roseann has redesigned the program to allow an individual to gain the full experience with focused attention. Each trainee will meet with her for one-on-one learning experience. Roseann says, "This approach has proven to be very useful."

Most times groups are formed without the consideration of who and where one is on their personal spiritual journey. Each will first have the opportunity to discuss the spiritual nature of their understanding of universal consciousness. A personalized class will be arranged to further develop growth and expansion based on the Reiki teachings. Training will include: the history of the Usui Reiki method, functions of the various levels of Reiki, the Reiki Principles, the Chakra system, clearing energy blocks, distant Reiki, use of pendulums and an efficient on self-care as one is a channel of healing. Each will receive Reiki attunement upon completion.

Roseann Petropoulos, Reiki Master/Teacher is offering private, individual Reiki Training in a safe space. Reiki I, \$150 and Reiki 2, \$175. For more information, call Roseann 732.894.3197 or Bhinarwellness.com.

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health briefs

Take a Social Media Break to Improve Mental Health



Karolina Grabowska/Pexels.com

With 82 percent of Americans using apps like Facebook, Instagram and TikTok, scrolling through social media has become an unconscious automatic behavior for many. But that distraction comes with a price, indicates a new study by the UK's University of Bath. Half of the 154 participants ages 18 to 72 stopped using virtually all social media for one week, reducing their average usage time from eight hours to 21 minutes for that period. After the seven days, they showed significant improvements in their well-being, depression and anxiety scores compared to those in a control group that did not take such a break. "Scrolling social media is so ubiquitous that many of us do it almost without thinking, from the moment we wake up to when we close our eyes at night," says lead researcher Jeff Lambert. "But if you are spending hours each week scrolling and you feel it is negatively impacting you, it could be worth cutting down on your usage to see if it helps."

Eat Green and Orange Produce to Lower Dementia Risk



Simone Impe/Unsplash.com

Green veggies and orange fruits can help stave off dementia, according to new findings from the National Institutes of Health's National Institute on Aging. Researchers gave 7,283 people physical exams and blood tests, and then monitored them for dementia symptoms for 16 years. Those with higher levels of lutein, zeaxanthin and beta-cryptoxanthin in their blood had significantly less incidence of dementia compared to those with lower levels of these antioxidants. Lutein and zeaxanthin are found in green, leafy vegetables like spinach, kale, peas and broccoli. Beta-cryptoxanthin is found in orange fruits like papaya, oranges and persimmons.

Optimize Gut Health in Kids with ADHD or Autism Symptoms



Elenaa/AdobeStock.com

The key role that the microbiome plays in children's health has been documented in a new study that links gut health to symptoms of attention deficit hyperactivity disorder (ADHD) and autism. Researchers from Oregon Health & Science University and the National University of Natural Medicine tested 135 children with ADHD that took no medication. For eight weeks, half of the children took a placebo and half took vitamin and mineral supplements at doses between the recommended daily allowance and what is considered the upper tolerable limit. The ones taking the micronutrients were three times more likely to show symptomatic improvement on blinded clinician ratings, compared to those in the placebo group (54 percent versus 18 percent).

Avoid Anti-Inflammatory Drugs to Lower Long-Term Pain Risk



Tyler/AdobeStock.com

Taking anti-inflammatory drugs for pain relief can actually lead to chronic long-term pain, say researchers from Canada's McGill University in the journal *Science Translational Medicine*. They found evidence of less healing in 98 lower back pain patients that took steroids or a non-steroidal, anti-inflammatory drug (NSAID) compared to participants that did not take such medications. A similar study on mice led to the conclusion that NSAIDs and steroids increased the tendency for prolonged, chronic pain. Examples of NSAIDs are ibuprofen, naproxen, diclofenac, celecoxib and high-dose aspirin. Analyzing the records of 500,000 people in the UK, the researchers also found that those taking anti-inflammatory drugs to treat pain were more likely to still have that pain two to 10 years later. The study authors theorize that lowering inflammation blocks the activity of neutrophils, a type of white blood cell that sets the stage for tissue damage repair. "Inflammation occurs for a reason, and it looks like it's dangerous to interfere with it," says senior author Jeffrey S. Mogil, Ph.D.

Follow a Mediterranean Diet to Tackle Depression



micheile dot com/Pexels.com

Depression has risen during the pandemic among people ages 18 to 24. A recent Rutgers University survey found that half of a group of young adults reported moderate or severe symptoms of depression and another 23 percent noted milder symptoms. A new Australian study points to an effective strategy: a Mediterranean diet. Researchers from the University of Technology Sydney tested 72 men with depression between 18 and 25 years of age. After 12 weeks, those in the group that ate colorful vegetables, legumes, whole grains, oily fish, olive oil and raw, unsalted nuts had significantly lower levels of depression and reported a higher quality of life compared to those in the control group that did not cut back on fast foods, sugar and red meats.

"We were surprised by how willing the young men were to take on a new diet," says lead researcher Jessica Bayes. "Many were keen to continue the diet once the study ended, which shows how effective, tolerable and worthwhile they found the intervention. It suggests that medical doctors and psychologists should consider referring depressed young men to a nutritionist or dietitian as an important component of treating clinical depression."

The future belongs to those who believe in the beauty of their dreams.

-Eleanor Roosevelt

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Greenwash 'N' Wear Fashion Industry Sustainability Campaigns Fall Short

The Changing Markets Foundation, founded in 2015 and based in the Netherlands, discovered that environmental certification programs claiming to verify the sustainability of fashion brands facilitate "greenwashing" for the apparel industry. A recent report proposes the certification programs provide, at best, a "patchy promise of sustainability." The organization's analysis of voluntary efforts designed to reduce fashion's growing environmental footprint found the efforts instead led to increased pollution, and are helping to solidify the industry's reliance on nonrenewable resources.

The report, which evaluated 10 of the most prominent sustainability certification programs for the fashion industry, states that fashion retailers are "lauded for working towards the reduction of plastic hangers, bags and other packaging, while their huge and growing use of plastic for clothes passes under the radar."

George Harding-Rolls, a campaign manager at Changing Markets and lead author of the report, says, "Waste increases, utilization of clothes decreases and reliance on fossil fuels increases, yet these schemes continue to exist and say that sustainable fashion is just around the corner. This is actually preventing us from taking the more systemic action that we need, such as more regulation and legislation."

Fallow Fields

Abandoned Farmland Regeneration Can Mitigate Climate Change



Jesse Zheng/Pexels.com

A new study, "Rural Land Abandonment Is Too Ephemeral to Provide Major Benefits for Biodiversity and Climate," from the Princeton School of Public and International Affairs published in the journal *Science Advances* analyzed the phenomenon of farmers worldwide moving to urban centers due to finances, conflicts or climate change. This rural outmigration is leaving hundreds of millions of acres of cropland abandoned, affording an opportunity for ecological restoration and carbon sequestration that could lead to a positive impact on the climate crisis if the land is allowed to regenerate. The report states, "Unless policymakers take steps to reduce reclamation or provide incentives for regeneration, abandonment will remain a missed opportunity to reduce biodiversity loss and climate change."

David Wilcove, professor of ecology and evolutionary biology and public affairs at the High Meadows Environmental Institute, one of the co-authors of the study, says, "As people move from rural areas into cities, there is a chance for wildlife and the climate to gain ground, literally, as abandoned farms and pastures revert back to forests and grasslands." However, he also notes, "Our work shows that this is not happening, because the abandoned lands are being rapidly recultivated."

Mini - Amazon

Brazilian Atlantic Forest Faces Danger



Marcio Iseensee e Sa/AdobeStock.com

The enormous green blob of Amazon rainforest that dominates Brazil's interior known as the "lungs of the world" has become a familiar topic of preservation. But there is another important region along the coast, the Mata Atlântica, that is fighting for its life against overdevelopment, where deforestation surged 66 percent last year. A report from SOS Mata Atlântica documents the loss of 53,479 acres of forest cover from November 2020 to October 2021, up two-thirds from the previous year based on satellite monitoring data, releasing around 11 million tons of carbon dioxide into the atmosphere. SOS spokesman Luis Cuedes Pinto says, "We weren't expecting such a huge increase. We thought the Atlantic forest would be a bit more immune to the explosion of deforestation (in other parts of Brazil) as a region with more governance and policing." Critics cite the government undermining environmental protection programs to benefit agribusiness. Since 2019, average annual deforestation in the Brazilian Amazon overall has increased by 75 percent from the previous decade, according to official figures. "Research shows the Atlantic forest is one of the biomes that will have to be urgently restored if we are to reach the goal of holding global warming to 1.5 degrees C in line with the Paris climate accord," says Pinto.

Native Voices

United Nations to Better Represent Indigenous Peoples

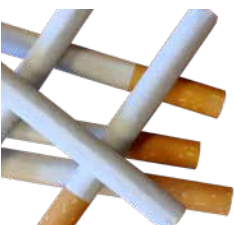


courtesy of UN.org

The United Nations Permanent Forum on Indigenous Issues (UNPFII) called on governments, courts and UN agencies to implement mechanisms to support and protect indigenous peoples' lands and lives in its 21st session, as well as more opportunities to participate in the General Assembly process. Although indigenous voices are currently heard, their role is constricted because only UNPFII members can make recommendations to other bodies like the Economic and Social Council or UNESCO. Indigenous nations, communities and non-governmental organizations cannot vote or speak to UN bodies, including the General Assembly, without an invitation. At the forum, indigenous representatives and leaders discussed how dangerous mining practices driving the green energy transition are threatening indigenous peoples around the world, how harmful conservation practices are impacting traditional territories and the need for urgent attention on violence against indigenous land defenders and women. Geoffrey Roth, a Standing Rock Sioux descendant and UNPFII member, says, "A basic first step for enhanced participation would be the United Nations recognizing that tribes have a right to be here and have a right to be able to attend." With enhanced participation, they can engage equally with member states to ensure rights are protected and concerns are heard.

Smoke Screen

Tobacco Industry is Big Plastic Polluter



The once-common sight of public smoking is fast disappearing from society, but cigarette butts are still the most common source of plastic pollution in the global environment, not bottles, plastic bags or food wrappers. Smokers generate almost 900,000 tons of toxic waste annually, deposited on streets, landfills, rivers and beaches in every country. They take 10 or more years to degrade, releasing more than 7,000 toxic chemicals into the environment. The Ocean Conservancy found partially digested cigarette butts in 70 percent of seabirds and 30 percent of sea turtles sampled in one study. The industry sponsors clean-ups, anti-littering campaigns and other gestures to distract the public, say critics. Cigarettes could theoretically be banned if they were treated as single-use plastics. Smokeless and chewing forms of tobacco like gulkha and khaini are sold in South Asia, with millions of their plastic pouches littering the environment. From the mining of materials for batteries to metal and plastic waste leaching into soil and water, electronic tobacco and nicotine products such as vaping are creating a new wave of pollution. The U.S. Environmental Protection Agency reported last year that lithium-ion batteries are entering municipal waste systems because consumers dispose of these products labeled as disposable in household trash.

Finding Nemo

New Underwater Maps Track Fish



JJ Goun/AdobeStock.com

To better track the location and movement of marine fish in U.S. waters, the U.S. National Oceanic and Atmospheric Administration (NOAA) Fisheries is using a new interactive website, the Distribution Mapping and Analysis Portal. It demonstrates that the ranges of many marine species are shifting, expanding and contracting in response to changing ocean conditions. Intended to improve data sharing and collaboration, it will facilitate judgements about fishery management and increase knowledge about species distribution. The portal displays data from NOAA Fisheries bottom trawl surveys for five regions (Northeast, Southeast, Gulf of Mexico, West Coast and Alaska) and includes a map viewer and graphing capabilities for more than 800 marine fish and invertebrate species. Understanding where species are distributed and the factors that drive patterns are important for species conservation and management. Rick Spined, Ph.D., NOAA administrator, says, "Changes in fish stocks can have significant economic and cultural impacts for communities and businesses across the U.S. The visualization capabilities of this new tool boost our ability to turn the data NOAA collects into robust decision-making resources for the entire fishery management community, helping build a climate-ready nation."



Balance Wellness: 3 Steps Toward Better Health

by Jeffrey Hurewicz, D.C.



Every healthcare provider's goal is for patients to live healthier and happier lives. With the abundant amount of information circulating on the internet, and the varying number of approaches by medical professionals, it is sometimes difficult to identify easy and practical steps to achieve optimal health. While our bodies are all unique, there are several actions we all can take to improve our mental and physical well-being. Improving our gut health, positive self-talk, and adequate body movement are three foundational components to a healthy body and mind.

Gut

Research has identified that the gut is at the core of optimal function. The gut contains a combination of bacteria and other microscopic living organisms that when combined create what's called the microbiome. A proper balance of this bacteria positively affects all other organ functions including the heart, immune system, brain health, weight management, and blood sugar regulation. Taking a good quality probiotic daily is a great start to improve gut health. Probiotics are made of good live bacteria that naturally live in our bodies and keep our systems functioning properly. In addition, taking a digestive enzyme before meals will also support healthy digestion. Digestive enzymes optimize the breakdown of fats, carbohydrates, and protein, promote optimal nutrient absorption, reduce gas, bloating, indigestion, and constipation following meals.

Thoughts

Another small change that can have a big impact on our mental health is positive self-talk. Your thoughts create your reality. Both positive and negative self-talk can be highly influential on our mental health. We have upwards of 60,000 thoughts a day of which 80%

have been shown to be negative. This negative self-talk can affect our daily decisions, choices, and behaviors in a negative way. Conversely, we can use the power of our minds to create a positive mindset therefore creating happiness. Some intentional positive thinking can be created in the form of affirmations. An affirmation is a statement that is declared to be true. An action step to begin using affirmations to influence our actions, is to create several ideal statements that support a positive outlook for example: "Today is going to be a great day," "I am healthy and strong." These types of statements set a positive tone for our day. By repeating these statements at the same time of the day our brains begin to adopt these thoughts as reality. Regardless of how you may feel physically or what may be going on at the present time of your life, you can use the power of autosuggestion to steer away from the default negative thoughts to a more optimistic abundant mindset. Other techniques such as meditation and talk therapy can help as well.

Movement

Movement is the third simple step that every human requires. The old saying, if you don't use it, you lose it, couldn't be more true. Movement gives us healthy joints, strong bones, physical strength, good circulation, and improves stability, balance, and coordination. To accomplish this, you do not need to spend hours in the gym, it simply requires a consistent daily habit. Movement doesn't only include traditional exercise, but other forms of movement have been shown to have positive effects on our bodies include massage therapy, chiropractic care, and acupuncture. While massage therapy and chiropractic care will help with joint mobilization, Acupuncture can stimulate the flow of energy in our bodies. Activities such as cycling, yoga, pickleball or simply walking are all great forms of movement.

Taking care of our gut, positive thinking, and consistent movement are all critical components to a healthy body. Today is a great day to begin your journey to a healthier you. Stay Balanced!

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by Shoshanna Katzman



Yiqian is translated as "intention practice" or "mind fast." Regular practice helps to reduce stress and draws a practitioner into a tranquil and peaceful state of mind. It produces a clear and focused mind with increased concentration, creativity and productivity. As a spiritual practice, Yiqian works toward nourishing your spirit (shen) thereby bringing one more into the present moment, increasing intuitive and psychic capacity and developing mind intent (yi). As a health practice, it cultivates free and abundant flow of vital energy (qi) through releasing energetic blockages. It also builds health by balancing yin and yang energy and promoting song which is a profound form of mind-body relaxation. As a martial art, this internal practice endows a practitioner with the uncanny ability of "super listening qì" through increasing energetic awareness and ability to differentiate one's energy from that of another.

During the practice of Yiquan it is normal for "qi sensations" to emerge. This signifies that qi is moving freely within one's body and energetic blockages are being opened and released. Some common qi sensations include a feeling of heat or cold, trembling, shaking or subtle pulsating or vibrating within a specific area.

Simply witness any sensations as they arise and refrain from attempting to control them.

Allow ample time and space to fully process these sensations and feelings. They are normal, last a short time and are primarily energetic in nature, even though they may seem physical. Throughout this process, allow development to happen naturally. Forcing oneself to feel or make something happen is counter-productive and only delays results, so follow your inner guidance and listen carefully to the needs of the body.

If you desire learning how to apply the intent of your mind in order to unite your mind, body and spirit, be sure to find a well-trained teacher to guide you in the practice of *Yiqigun*. Do your best to relax, stay in the moment and work toward creating greater *qi* flow within your body. The more you begin to relax, the more you will feel *qi* flowing. This will empower you to guide internal energy and external movement. *Yiqigun* is a form of mind/body training – one that sets you on the path of healing through activating, moving and cultivating the flow of *qi*. It allows what is essential within your body to naturally unfold and empowers you to break through a lifetime of habits and old movement patterns.



Shoshanna Katzmann, L.Ac., M.S. has been director of Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ approaching thirty-five years where she provides acupuncture, Chinese herbal consultation in addition to Taiji and QiGong lessons. She is author of *QiGong for Staying Young: A Simple 20-Minute Workout to Cultivate Your Vital Energy* and co-author of *Feeling Light: The Holistic Solution to Permanent Weight Loss and Wellness*. Shoshanna has been working on *Center of Power: Life Mastery* through Taiji for over six years and will be releasing it soon. It is a comprehensive curriculum guiding one in the energetics of this ancient exercise along with over 130 videos. For more information call or text 732.758.1800 or send an email to info@732758.com.

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5 Reasons you Should Detox your Body

by Vanessa Galati-Drew



Feling exhausted lately? Having skin problems, body aches, and pains or digestive issues? Gaining weight or unable to lose any more weight? It may be time for a body detox.

In today's world, we are constantly being exposed to a multitude of toxins everywhere we go. Air pollution, food preservatives, carcinogens, medication overload, cleaning products, and even chemicals in the water we drink. Added up through time, these toxins can cause major health problems, lack of energy, irritability, craving for sugar, skin irritations, bags under the eyes, and lack of general well-being!

1. Get an Energy Boost

By cutting out extra sugar, caffeine, trans fat, and saturated fat, and replacing them with fresh fruits and vegetables, you'll get a natural energy boost, one that comes without a resultant crash. An Ionic Foot Detox

can give you the boost of energy you've been looking for! In just 23 minutes harmful toxins are pulled out from every cell of your body, right through the reflex points of feet into soothing warm water.

2. Rid the Body of Any Excess Waste

Cleansing the colon with Colon Hydrotherapy is an important part of the detoxing process because those toxins need to exit the body, and a backed-up colon can cause them to be reintroduced into the body, rather than exiting as planned. Sticking with fruits and vegetables even after the detox program is completed is a good way to keep things moving.

3. Helps with Weight Loss

The heat from a FIT Bodywrap actually breaks stored fat down and converts it into fatty acids that are used by your muscles for energy. As the FIT Bodywrap heats your body, you begin to

sweat to cool down. This sweat is fueled by the energy from the converted fatty acids. You will burn more calories over a 60-minute FIT session than you would by running in a marathon!

4. Stronger Immune System

A working lymphatic system balances the body's fluids, absorbs fat into your system, and helps your body's immunological defense. It's important to keep it in tip-top shape! Bio-Electric Lymphatic Drainage improves the entire circulation of the body. By allowing your body to release toxins, accumulated fluid, and proteins between the cells, healthy balance is restored.

5. Healthier Skin

Improve your skin's appearance with regular use of an Infrared Sauna. Open wounds heal quicker with reduced scarring. Far infrared heat therapy helps acne, eczema, psoriasis, burns, and any skin lesions or cuts. It also reduces wrinkles, makes skin look radiant, and firms and improves skin tone and elasticity. Regular use may also help reduce cellulite trapped beneath the skin, lessen the appearance of scars, and help burns heal significantly.

Detoxifying the body has been practiced for many centuries in many different cultures to relax, rejuvenate, and replenish the body. When we eliminate these harmful toxins from our body and then nourish our body with whole healthy foods and nutrients it renews our ability to maintain optimal wellness and prevent disease.



Vanessa Galati-Drew is the founder of Cleansing Concepts, an exclusive detoxification facility with a new location at the Galleria in Red Bank. She turned to holistic natural medicine when she almost died after conventional methods failed to help her with her digestive issues and a misdiagnosed ruptured appendix. She discovered colon hydrotherapy, which helped her to heal. Vanessa has dedicated the last 12 years of her life to helping others rebuild their health and well-being. For more information, visit cleansingconceptsworld.com.



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Restore Cellular Energy and Get Your Life Back!

by Larisa Belote



Adrenaline is on the rise and not very much. Medications, supplements, and different diets are being prescribed, yet the numbers are increasing every year.

We learned in school that mitochondria is the powerhouse of our cells which makes energy. New science and information, however, suggests the mitochondria might have a more important role than making energy—and that is to save our life! Here is how it works. As a cellular surveillance, when we are under a threat, the mitochondria decreases cellular energy inside the cell. Instead of using the energy inside the cell so you feel normal and good, it sends a signal outside the cell as a signaling molecule to increase inflammation in order to combat the threat.

For example, when you have the flu, your mitochondria (we have thousands in each cell) decreases the energy by sending it outside of your cell. It uses that

Ever wonder why there is an explosion of thyroid conditions and adrenal problems?

energy outside the cell as a signal to create inflammation.

Why is it doing that? Isn't inflammation bad for us? In this case, the inflammation is good. It is doing the right thing. It is saving your life!

This can happen with the flu, viruses, bacteria, parasites and specific toxins. When you have any of these conditions, in a good situation, your immune reaction creates increased inflammation triggering your immunity and moving out of the cellular danger response (CDR), beating the threat.

But, what if the threat is chronic and you don't move out of CDR? What if you have a hidden infection somewhere? Maybe you are living in a moldy home, unknow-

ingly? What if you have embedded heavy metals somewhere in your body? You may change your diet, take supplements and prescription medicine but find your symptoms such as fatigue, brain fog, insomnia, and thyroid symptoms still remain.

This is because you are stuck in CDR. Your cell was doing the right thing by saving your life but the threat is chronic. Your body is in constant mode of increasing inflammation and it does not know how to stop.

With new science about the mitochondria and CDR we are learning very quickly how threats are keeping people very sick. Learn how to move out of Cell Danger Response, and change your life! It works!

Larisa Belote, Health Practitioner & Certified Detox Specialist is a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools. Call/Txt 732.996.6963 or email: larisa@stepbystep-wellness.com for a FREE, 20-min consult and discover how to restore cellular energy so you can get your life back.

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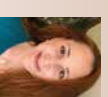


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Planet-Friendly Picnicking

STRATEGIES FOR A PLASTIC-FREE OUTING

Summer is the ideal time to break bread with loved ones, toss a Frisbee and celebrate the great outdoors, but too many of us believe that picnics require single-use plastics. In the name of convenience and easy cleanup, we bring plastic plates and cutlery, a stack of disposable cups and even a plastic tablecloth. When our fun in the sun is over, an avalanche of non-biodegradable offenders ends up in landfills to pollute our environment and waterways.

It's time to level up our picnicking game by going plastic-free. With a little planning, simple swap-outs are easy and less costly in the long run. Here are a few tips.

Serve Homemade and Bulk Foods: Instead of processed goodies like chips and candy that come in plastic packaging, guests will love Mom's gluten-free brownies and mixed nuts from the bulk aisle. Bring a chef's knife and portable cutting board to slice fresh vegetables and a water-melon from the farmers market rather than precutting and stowing them in Ziploc bags.

Employ Reusable Containers and Bags: The same eco-friendly carriers we use at home can be taken to picnics, including cloth shopping bags, stainless steel food containers, beeswax wraps, Mason jars, resealable silicone pouches and cloth or knit drawingstring bags for bulk items. Everything comes home and gets thrown into the washer for easy cleanup.

Get Ice Cubes from Home: Stopping for a plastic bag of ice from a convenience store seems synonymous with a picnic, but it's time to break that bad habit. Put ice cubes from the freezer into a stainless steel food storage container and drop it in an insulated bag or cooler to keep items cold and provide clean ice for drinks.

Bring Reusable Plates and Utensils: While plates, cups and cutlery from our kitchens can perform double duty at picnics, more lightweight options made of eco-friendly materials like bamboo and stainless steel abound. Assign each person one reusable cup and a set of utensils for the gathering.

Offer Plastic-Free Drinks: Single-use, plastic water bottles are out. Bring big jugs of water and homemade lemonade or iced tea. Stainless steel straws complete the plastic-free replacement.

Unfold Real Tablecloths: Add a little charm with a couple of genuine tablecloths to drape over a picnic table and spread on the ground, with matching cloth napkins to boot. Then pop them in the laundry before the next outing.

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Sustainable Shellfish

SUPERFOOD OF THE SEA

by April Thompson



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The perfect food may not be underfoot, but rather, underwater: It's delicious, fast-growing, nutritionally dense, sustainably produced, locally available from coast to coast and comes in nature's own sturdy packaging. "Shellfish is the most sustainable protein on the planet. There are no antibiotics, no pesticides, no fertilizer and no feed needed to raise shellfish," says Bob Rheault, executive director of the East Coast Shellfish Growers Association, which represents 1,500 shellfish farmers from Maine to Florida.

Shellfish is a nutritional powerhouse, providing proteins, essential amino acids, long-chain polyunsaturated fats, vitamins and carotenoids. The drastically shorter life cycle of shellfish compared to other farmed seafood also means shellfish producers can generate more food more quickly.

Shellfish also offer many ecological benefits; they filter the water, remove excess nutrients and create habitat for juvenile fish, Rheault says. A single oyster can filter up to 50 gallons of water per day, according to the Oyster Recovery Partnership, an organization that restores reefs in conjunction with a shell recycling network of restaurants and public drop sites across the mid-Atlantic region.

Ray Hilborn, a biologist and professor at the University of Washington School of Aquatic and Fishery Sciences, in Seattle, has compared the relative environmental costs of different food sources, including grains, poultry and imitation, plant-based meats. He has found that farmed shellfish, specifically mollusks like oysters, clams and mussels, provide the lowest impact protein of them all. "Shellfish has a very low carbon footprint and enormous yield per area," he

"Shellfish has a very low carbon footprint and enormous yield per area."

Ray Hilborn

says. "Mussel farms, for example, are pretty much just ropes hung from rafts, with no changes to the ecosystem or loss of biodiversity, as compared to agriculture."

Bivalve shellfish like clams and oysters are mainly sourced from farms because wild stocks are largely depleted due to overharvesting, habitat loss and other contributing factors. "Somewhere around 90 percent of mussels and oysters on the market are farmed," Rheault says. "If you see perfect-looking oysters at the raw bar, you know they are farmed. Out of the wild, they can look grainy!"

Restorative aquaculture, which produces seafood using scientific principles that enhance coastal environments, may be one of the best opportunities to restore ecosystems while feeding the Earth's growing population, according to a report from The Nature Conservancy. However, Hilborn points to "the impact of food, not just how it's grown, but how it got to you." Processed shellfish has a bigger carbon footprint, so it's ecologically desirable to look for fresh, local options whenever possible.

Local production has a culinary benefit, too. "Every waterway has its own unique 'inert' or flavor, that comes from the local environment. The differing levels of salinity and minerality, among other things, can lead to a very different flavor," adds Rheault. While there is only one dominant species of oyster on the East Coast, there are three varieties found on the West Coast and dozens more around the world, each with different flavor profiles, according to Rheault; oysters also have differing flavors throughout the year. "Fall oysters have a rich, full flavor; they can be skiny in the spring. I like them in winter best of all!"

Perry Raso, owner of the Matumuck Oyster Bar and Farm, in Wakefield, Rhode Island, and a leader in the growing shellfish farming industry, grew up digging little-neck clams as a youngster. He earned a graduate degree in aquaculture before launching and growing a multifaceted business, including a restaurant, a seven-acre oyster farm and an organic vegetable farm. He raises and sells more than 1 million mature oysters a year and also supplies 5 million seed oysters to other aqua farmers.

Voted one of the top 20 seafood restaurants in the country by *Time Out*, Matumuck Oyster Bar serves several shellfish delicacies, including a classic oyster stew made with rosemary broth, scallop ceviche, quinoa crab salad and oysters on the half shell with a cucumber passionfruit gazpacho. The menu also features "vegan scallops" made from seared king oyster mushrooms. Rheault's favorite way to eat an oyster, though, is simply with two drops of lime. "The lime knocks out your salt receptors and allows you to really taste the other flavors," he says. "Grilling is another great way to introduce people to oysters. You don't even need to shuck them; the grilling firms up the meat."

Connect with Washington, D.C., freelance writer April Thompson at AprilWrites.com.

VEGAN SHELLFISH ALTERNATIVES

Vegans or people with shellfish allergies can still enjoy the rich umami flavor of an oyster or clam with a little creativity. Here are a few suggested alternatives.



King oyster mushrooms: This mushroom is a misnomer perhaps, as its meaty stem, sliced in one-inch sections and sautéed or broiled, looks and tastes more like a scallop than an oyster. In general, mushrooms have a similar mouthfeel to shellfish. The chitin found in the shells of crustaceans are also a key compound in fungi. They can be added to many dishes as a satisfying substitute for seafood and other animal proteins. However, shellfish and mushroom allergies can overlap as a result of chitin sensitivities, so allergy sufferers should proceed with caution.



Seaweed: Kelp, dulse and other edible algae can also add a touch of that salty, sea-kissed flavor of shellfish, as well as important trace minerals and antioxidants, to dishes like chowders and stews without adding empty calories.



Heart of palm: The tender chewy texture of hearts of palm, flavored well, can serve as a surprising proxy for shellfish and seafood, particularly for rich dishes like fried calamari, lobster rolls or crab salad.

For those seeking a plant-based diet for ethical or other reasons, it's worth noting that a subset of vegans believe that consuming oysters and mussels does not contradict their commitment to a compassionate diet, given that bivalves lack a central nervous system. This somewhat controversial offshoot of veganism even has its own name—ostroveganism, from the Latin word *ostrea*, meaning oyster.

BASIL GRILLED OYSTERS

Oysters, freshly shucked

BASIL VINAIGRETTE:



Antonio Oquias/AdobeStock.com

2 cups basil
1 clove of garlic
½ cup of olive oil

1 small shallot
Dash of red pepper flakes
4 Tbsp champagne or red wine vinegar

In a blender, combine and process the basil vinaigrette ingredients. Top freshly shucked oysters with a dash of the vinaigrette and place on the grill for 5 minutes at medium-high heat. Before removing them from the grill, sprinkle on some grated pecorino Romano cheese.

Source: Deja Knight McMillan

SAUTÉED MUSSELS

4 cups mussels
½ oz extra-virgin olive oil
1 oz chopped yellow onion
1 oz chopped fresh garlic
1 oz white wine
1 oz Pernod (licorice liqueur)
juice of one freshly squeezed, whole lemon
1 oz chopped, fresh basil



photo courtesy of Matt Schwab Beal's Lobster Pier

Heat the oil in the first sauté pan. Add mussels and dome with a second sauté pan. Once all mussels have opened, add the onions and garlic. Cook until onions are translucent. Add white wine and bring to a quick boil. Add the Pernod and cook until the alcohol has burned off. Add freshly squeezed lemon juice and basil. Bring to a boil and remove from heat, transfer to a bowl and enjoy.

Source: Matt Schwab Beal's Lobster Pier



This Month's Monmouth County Co-op Corner

Just the other day Monmouth County Organic Fruit and Veggie Co Op got a delivery of an array of artisanal lettuces. What to do with lots and lots of lettuce? Lettuce Soup, of course!

LETTUCE SOUP

By Monmouth County Organic Co-op member, Devon Devoe

- 2-3 heads of lettuce (can be similar or various types)
- 4 tablespoons Earth Balance
- 1-2 medium sized yellow onions
- Optional, additional 1-2 shallots
- 2-3 medium-sized potatoes, peeled and cubed
- 1 teaspoon minced garlic
- 4 cups broth (I used Waldman Creamy Vegan Protein Broth)
- 1/2 teaspoon sea salt and a 1/4 teaspoon of black pepper
- 1/2 teaspoon ground coriander
- Plain Greek yogurt (optional for garnish)
- Nutritional yeast (optional for garnish)

Melt Earth Balance in large pot, with a few tablespoons of water. Add onion, shallot*, minced garlic & stir until soft (4-5 min) Add cubed potato, sea salt, black pepper, and coriander, stir occasionally, let cook another 5-7 minutes Add lettuce and 1 cup of broth, stir and let cook for 2-3 minutes until wilted.

Add remaining broth, cover and cook until potatoes are fully cooked through, approximately 10-12 more minutes

Blend in batches until completely smooth*. (*When blending hot ingredients, let cool for 10-15 minutes before adding to the blender.) Fill blender only half way each time. Leave the top of the blender open (center circle) to release steam and place kitchen towel over it. To catch splatter. Start by pulsing, then blend on low. A few small pieces are ok.

Add remaining Earth Balance salt, and pepper to taste. Dollop with plain Greek yogurt before serving (optional), and a sprinkle of nutritional yeast for a cheesy flavor burst. Enjoy hot or chilled!

Want to join in on the healthy, organic deliciousness and recipe fun? Text 732.500.4949 for more info. And ask to join our Facebook group Organic Fruit & Veggie co-op Monmouth County NJ! We run all year!

*Lincroft pot of Purple Dragon Co Op

Understanding the Stress Response

by Lauren Salami, LCSW, BCB



A stressful situation—whether due to work pressures, a relationship conflict, traffic snafus, persistent worry, a major life transition, turning on the news, a pandemic—can usher in a cascade of stress hormones to the body that leads to the fight, flight, or freeze response.

This autonomic nervous system response is ancient and meant to keep humans and other mammals physically safe from the predators of long ago. When it is activated, blood flows to muscles to prepare to run, to get away. Muscles tense as a natural armor; the breath quickens, beads of sweat appear so teeth will slip off the skin, pupils dilate to increase information intake, gastro-intestinal system shuts down as digestion is not needed when trying to escape, blood pools in areas of the brain that aids safety, the freeze response is meant to aid in playing dead so the predator may move on.

Today, we are living in a world where there may be considerable threat to our well-being and physical safety. Our autonomic nervous system is the default mechanism that alerts us to danger and then gives us the energy that helps us navigate through a situation to safety. Problems arise when there are multiple situations or ones not easily resolved and the fight, flight, freeze reaction is repeatedly activated over a long period of time.

Long ago, humans could retreat to a quiet, dark cave to restore themselves after an encounter with a predator. Without the peace and quiet of a cave, the autonomic nervous system can continue to secrete stress hormones unless the system repeated activation of the stress response can contribute to heart-disease, high blood pressure, anxiety, depression, interrupted sleep and exercise schedules, gastrointestinal disorders, and a build-up of fatty tissue.

If you are having trouble managing your stress responses and would like professional assistance to promote a calmer nervous system to better prepare for what life has to offer, please contact: Stress Relief Services,

Atlantic Executive Center 107 Monmouth Road, Suite 104, West Long Branch, NJ 07764 Phone: 732.542.2638 Beal Certified in Biofeedback Therapy, Senior Fellow of the Biofeedback International Alliance (BCIA), Member of Association of Applied Psychophysiology and Biofeedback (AAPB), Trained in Eye Movement Desensitization and Reprocessing (EMDR)

Nature's Virus Killer

Copper can stop a virus before it starts

By Doug Cornell

Scientists have discovered a natural way to kill germs fast. Now thousands of people are using it against viruses and bacteria that cause illness.

Colds and many other illnesses start when viruses get in your nose and multiply. If you don't stop them early, they spread and cause misery.

Handreds of studies confirm copper kills viruses and bacteria almost instantly just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

"The antimicrobial activity of copper is well established." National Institutes of Health.

Scientists say copper's high conductance disrupts the electrical balance in a microbe cell and destroys it in seconds.

The EPA recommended hospitals use copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. He made a smooth copper probe



New research: Copper kills viruses in seconds.

device whenever I feel a sign I am about to get sick."

He hasn't had a cold in 10 years.

Users say:

"It works! I love it!"
"I can't believe how good my nose feels."

"Is it supposed to work that fast?"
"One of the best presents ever."
"Sixteen flights, not a sniffle!"

"Cold sores gone!"
"It saved me last holidays. The kids all got sick, but not me."

"I am shocked! My sinus cleared, no more headache, no more congestion."

"Best sleep I've had in years!"

After his first success with it, he asked relatives and friends to try it. They all said it worked, so he patented

CopperZap® and put it on the market.

ADVERTORIAL

Soon hundreds of people had tried it. 99% said copper worked if they used it right away at the first sign of germs, like a tickle in the nose or a scratchy throat. Longtime users say they haven't been sick in years. They have less stress, less medical costs, and more time to enjoy life.

Customers report using copper against:

Colds
Flu
Virus variants
Sinus trouble
Cold sores
Fever blisters
Canker sores
Strep
Night stuffiness
Morning congestion
Skin infections
Infected sores
Infected wounds
Styes
Ringworm
Other microbial threats

The handle is curved and textured to increase contact. Copper can kill germs picked up on fingers and hands after you touch things other people have touched. The EPA says copper works just as well when tarnished.

Dr. Bill Keever led one of the science teams. He placed millions of viruses on a copper surface. "They started to die literally as soon as they touched it."

CopperZap® is made in the USA of pure copper. It has a 90-day full money back guarantee. Price \$79.95. Get \$10 off each CopperZap with code NAT129. Go to www.CopperZap.com or call toll-free 1-888-411-6114.

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Take a Silent Hike

TIPS FOR WALKING MINDFULLY IN NATURE

by Sheila Julson

Silent hikes offer an opportunity to be immersed in nature and quiet the internal chatter that too often consumes our daily routine. Wesley Trimble, communications and creative di-

rector of the American Hiking Society, has observed a growing interest in ecotherapies such as silent hikes that meditate and mindfulness with outdoor recreation. "Just getting out into nature, no matter where

you are, is a great way to enjoy its beauty and focus on the experience," he says.

When heading out on a silent hike or walk, in a group or alone, in a park or around the neighborhood, Trimble recommends taking long, deep, deliberate breaths. This allows the body to relax and focus on moving through space while being aware of sensory experiences.

Acoustic ecologist Gordon Hempton takes a quiet hike every day. The author of *One Square Inch of Silence* has traveled the globe for four decades in search of quiet, natural spaces in which to record ecological soundscapes such as crashing ocean waves or the snowy crickets of Washington State. "Opening up in a naturally quiet place in nature or the wilderness lets you become physically healthier, mentally clearer and more in touch with what you really want," he says.

Hempton suggests that a silent hike begin with listening, which for mammals is a primary way to gather information. "Any event creates a sound, and that sound carries information about that event." When heading into a natural area, he recommends listening for the furthest sounds and focusing on the faintest ones. "Then listen to the whole place and notice what you feel. There's nothing you need to say, but everything you need to hear."

According to Hempton, it takes less time to enjoy the benefits of a silent hike than people might imagine. "Even five minutes can produce huge relief," he says. "Don't make it a stressful thing. Recognize how much time you have, give it that and notice how you feel."

Advice for silent wilderness experiences can be found at the website of Quiet Parks

International (QuietParks.org), a nonprofit that Hempton co-founded which is dedicated to preserving quiet in the wilderness.

Exercises to Quiet the Mind on a Silent Hike

Author and nature educator Joseph Bharat Cornell affirms that silent hikes help instill a sense of vibrant calmness. He created an outdoor learning strategy named Flow Learning, which is highly recommended by the U.S. National Park Service. It incorporates playful experiences into wellness walks to lessen internal dialogue and sharpen intuitive perception.

His book, *Sharing Nature: Nature Awareness Activities for All Ages*, includes activities like the Silent Sharing Walk. "Teams of three people walk along and don't say anything, but look and enjoy together," he explains. "When you see something intriguing, gently tap the others on the shoulder, point and look together, and then quietly move on."

The Trail of Beauty exercise encourages hikers to consider quotations like George Washington Carver's "If you love it enough, anything will talk with you." Participants explore trails to find something captivating that relates to the noteworthy words. Cornell advises to not use quotes that are too philosophical, because that can lead to internal dialogue that takes focus away from nature.

Group hikers can use the Nature In Me exercise to develop points of awareness. After finding a captivating spot outdoors, participants sit down and rest their hands palms down on their thighs, allowing awareness to flow from one observation to the next. Lightly press a finger on the leg for each noticeable observation—a passing cloud, chirping birds or the splash of a river otter. Cornell advises against slipping into passivity, because then the mind tends to wander.

The Sound Map activity encourages hikers to take paper and pencil on a silent hike. "Close your eyes and cup your hands around both ears and listen for a sound," Cornell explains. "Mark an X at the center of your paper to represent where you are. Then make a simple symbol to represent your sound and its location. This encourages people to listen and focus." Trimble cautions that silent hikes can increase the chances of an animal encounter, so it's important to remain aware of surroundings at all times. Silent hikes can also help wildlife. "One of the components of 'leave no trace' is the respect of wildlife," he says. "Many studies show the impact of noise pollution on different types of ecosystems. Silent hikes let us enjoy nature without disturbing wildlife."

Sheila Julson is a freelance writer and regular contributor to *Natural Awakenings* magazines throughout the country.



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Preventing Dog Dementia

FIVE STRATEGIES TO PRESERVE COGNITIVE HEALTH

by Karen Shaw Becker



FS: Stock/AdobeStock/amy/amy/AdobeStock.com

Among the many traits that dogs and humans share is the potential with aging for progressive cognitive decline, which canines can experience as early as 7 years of age. Clinical signs of cognitive decline appear in 50 percent of dogs over 11 and by the time they are 15, 68 percent display at least one sign.

The five classic and easily observable indicators of cognitive decline in dogs are decreased attention to surroundings, disinterest and apathy; decreased purposeful activity; increased sleep during a 24-hour

period; intermittent anxiety expressed through apprehension, panting, moaning or shivering; and loss of formerly acquired knowledge, including house training.

Other symptoms include failure to respond to commands, difficulty hearing, inability to recognize familiar people and difficulty navigating their environment. Physical manifestations may show up as excessive licking, lack of grooming, fecal and urinary incontinence and loss of appetite.

Gum Disease Linked to Canine Cognitive Dysfunction

A connection has been established between Alzheimer's disease and periodontal disease in humans, and a recent study has revealed a similar association between gum disease and canine cognitive dysfunction (CCD). By comparing dogs with CCD and a control group of healthy dogs, New York integrative veterinarian Curtis Dewey, of Elemental Pet Vets, and Mark Rushniw, of the Cornell University College of Veterinary Medicine, found

Older dogs with canine cognitive dysfunction tend to show higher levels of periodontal disease, and the more severe the gum disease is, the more significant their cognitive decline.

that older dogs with CCD tend to show higher levels of periodontal disease, and that the more severe the gum disease is, the more significant their cognitive decline. Based on these results, at-home and veterinary dental care may be very beneficial to reduce the risk of cognitive dysfunction and should be added to these CCD prevention steps.

1. Incorporate regular exercise, socialization and mental stimulation. While they can't exert themselves with the same intensity as younger dogs, senior canines derive tremendous benefits from walks—especially unhurried "sniffaris"—and other age-appropriate physical activity and strengthening exercises. Short periods of play time with people and other pets in controlled situations can also help. Food puzzles and treat-release toys provide fun, mental stimulation, while brief training sessions refresh their memory or teach new skills.

2. Take them to twice-yearly wellness visits. Keep abreast of metabolic changes to catch disease early. Many Alzheimer's patients have insulin resistance and persistent hyperglycemia, so keeping a dog's A1c levels low and steady is important.

3. Optimize their nutrition. The best fuel for canine cognitive health is a combination of healthy fats—especially omega-3 fatty acids like sustainably sourced krill oil—and medium-chain triglyceride (MCT) oil—and a variety of antioxidant-rich

whole foods suitable for a carnivore, including high-quality protein. Eliminate refined carbohydrates like sugar, grains, potatoes and legumes, as well as extruded diets (kibble) that contain toxic byproducts of the manufacturing process that are linked to neurodegenerative disease.

4. Improve memory with nutraceuticals. Because studies show that MCT in coconut oil can improve cognitive function in older dogs, add a quarter-teaspoon of coconut oil for every 10 pounds of body weight to food daily. Other supplements to consider are S-adenosylmethionine (SAMe), jellyfish extracts, glutathione, resveratrol (Japanese knotweed), lion's mane mushroom, vinpocetine, phosphatidylserine, curcumin, ubiquinol, digestive enzymes and probiotics.

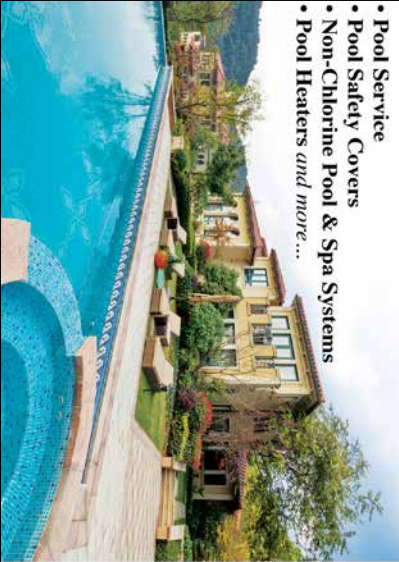
5. Reduce doggie stress. Senior dogs, especially those with dementia, often become disoriented. To help them remain stable and reduce anxiety, stick to a consistent daily routine, feeding and walking them

on a set schedule. To control arthritis and degenerative joint disease, keep dogs active and at a healthy weight. Consider acupuncture, massage, chiropractic care, stretching and hydrotherapy (exercising in water). If a dog is experiencing incontinence because of age (and not caused by an underlying condition that should be addressed), provide them with more frequent potty trips outside or reintroduce them to a crate if they were crate-trained initially. Acupuncture may also help.

If a dog has problems hearing or seeing, use odor cues like pet-friendly essential oils or pheromone products to help them find their way around. Also consider purchasing or building ramps if they're having trouble getting into the car or up on the bed or a favorite chair. If they're slipping or unsure on bare floors, add runners, yoga mats or area rugs.

For sleep problems try increasing their daytime activity level. Let the dog sleep in the bedroom to ease any anxiety that may be contributing to nighttime restlessness. Melatonin supplementation may help. Guide the precious pet with clear cues and easy-to-follow instructions, and when talking to them, use a quiet, calm and loving voice.

Veterinarian Karen Shaw Becker, DVM, has spent her career empowering animal guardians to make knowledgeable decisions to extend the life and well-being of their animals. Visit DrKarenBecker.com.



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THURSDAY, AUGUST 4

Chakra Workshop 7-8pm - Join us for an eight-session journey of exploration through the Chakra system. This is the third installment of a bi-weekly course that includes chakra sessions, meditations, energy work, herbolgy, crystals and more! This session will focus on the Throat chakra. We encourage you to wear the designated chakra color for the day (Throat chakra is light blue). You're welcome to bring an expression of your own personal relation to each chakra, including crystals, gift from loved one, etc. We'll provide corresponding stones and herbal teas. Please bring a yoga mat. Cost: \$35 per person. Pre-registration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Web: Ayearandadaymysticalshoppe.com

Maomouth County Organic Fruit and Veggie Co-op Curbside pickup in Lincolnton. Full shares are \$64. Half Shares \$37. We run all year! Accepts PayPal or Venmo. Pick up every other Saturday (mostly). We are much more like a community of like-minded folks into healthy deliciousness, we will always help each other out. Need it dropped off? Need someone to hold onto your delivery for a day or two? We got you! Must order one week in advance. Text 732.900.4949 for more information

SUNDAY, AUGUST 7

Special Event - 2-3pm - Qi Gong class led by Shelly Energize yourself in the creative flow of Qi - the vital energy of life. Improve health and vitality, increase resilience and promote overall well-being. Connect in harmony with moving meditation as you align the mind, body, heart and spirit. \$45.00 per person. Pre-registration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park 848 217 2371. Ayearandadaymysticalshoppe.com

FRIDAY, AUGUST 5

Friday Night Living, at The Yoga Loft, 462 Adelphi Rd, Freehold August 5, 6pm, with Dee & Elena. The evening is all about pampering and self-care. We will begin to move into gentle yoga postures, after a few postures, we will pause to rest to receive Reiki and essential oils. This workshop of was created to treat yourself to gentle yoga, Reiki, Essential Oils and finally closing with savasana. Complete bliss. All levels of practice are welcome. Please bring your own mat, blanket pillow. Space is limited to 9 students, please register at info@thevogaofl.com or call/text 732.239.2333. Cost: \$40

SATURDAY, AUGUST 6

Reiki Level 1 Workshop and Certification - 11am-3:30pm - Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You will learn how to nurture and heal the light within yourself and others. In this workshop, she will teach you the basics of the art of healing with Reiki including: What is Reiki? You will receive your Reiki Level 1 attunement. \$175 per person. Pre-registration is required. Private sessions are available by appointment. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com



Dancing with the Energies of Dragons 3-5pm - Dragons are celestial beings from the angelic realms sent by Source to assist and protect us and have been serving our planet since its inception. They are wise, open-hearted beings that can delve into deep dense energy and clear it in a way that our angels cannot. Dana will guide us through meditation to meet/connect with them. Cost: \$45 per person. Pre-registration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Web: Ayearandadaymysticalshoppe.com

THURSDAY, AUGUST 11

Reiki Level 1 Workshop and Certification 11am-4:30pm - This workshop is the second step on your Energy Healing journey. Join Maria Martin to learn and practice Reiki. In this level two workshop, in addition to getting your second attunement, you will learn the Art of healing with Reiki including hand positions for the healing of others. Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Pre-registration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Web: Ayearandadaymysticalshoppe.com

FRIDAY, AUGUST 12

Free Yourself of Clutter at The Yoga Loft, 462 Adelphi Road, Freehold, Friday, August 12, 6pm, with Anna. Have you ever struggled with how to let go of things and why it is difficult? Does clutter hold you back from feeling organized and free? In this workshop, you will learn what type of clutter blocks you have, why we hold on to things, the most common areas of clutter in our homes, you will create a declutter room, and receive some tips for letting go and removing negative energy from your daily life. Wear comfortable clothing and bring a mat or blanket to sit on. Please register at email.info@thevogaofl.com or call/text 732.239.2333. Cost: \$35

Full Moon Circle 7:30-8:30pm. Enjoy and experience the Green Moon with us. August's moon is named this as it is the time when crops begin to surface and their green leaves fill their fields. We'll have a sound bath, focus our intention and give blessings toward new beginnings in mind, body and spirit. Cost: \$10 per person. Pre-registration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Web: Ayearandadaymysticalshoppe.com

SATURDAY, AUGUST 13

Psychic/Mediumship Workshop 3-5pm with Cherise. This class is part of a mentorship series which will introduce you to the concept of mediumship as an encounter with and interpretation of spirit

energy. Learn how to develop your awareness and gifts, work with your own energy and the energy that surrounds you, (embodied or not). We'll explore the levels of spirit energy, other dimensions, including the astral plane and focus on ways we can encounter spirit responsibility. Foster our relationship with spirit and our team of guides in the spirit realm. Cost: \$45 per person. Pre-registration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Web: Ayearandadaymysticalshoppe.com

SUNDAY, AUGUST 14

Free Drumming Circle 1:30-3pm and stay and get an Aura photo with detailed report, a reading or energy healing from one of our gifted Psychics or Healers. Readings include: Tarot, Mediumship, Medicine Cards and Limpia (Egg Reading). 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, Ashbury Park, 848 217 2371. Web: Ayearandadaymysticalshoppe.com

TUESDAY, AUGUST 16

Dancing with the Energies of Dragons 3-5pm - Dragons are celestial beings from the angelic realms sent by Source to assist and protect us and have been serving our planet since its inception. They are wise, open-hearted beings that can delve into deep dense energy and clear it in a way that our angels cannot. Dana will guide us through meditation to meet/connect with them. Cost: \$45 per person. Pre-registration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Web: Ayearandadaymysticalshoppe.com

WEDNESDAY, AUGUST 17

Increase Your Health Wealth with Gemma If you are ready to start a healthy lifestyle or want to get back on track, this presentation is perfect to jumpstart a healthy routine. This Zoom presentation will cover healthy food, fasting, exercise, sleep, meditation, happiness tools, and practices to increase your health and happiness. Join me on Wednesday, August 17, 12-3pm for a 45-minute presentation followed by 15-minutes of questions and answers. Contact: Gemma@GemmaHealthCoach.com or Call Gemma at 732.245.2556 to register. <https://gemmahealthcoach.com>

Complimentary Information Session with Dr. Frank Fuscaldo, D.C. and Board Certified Clinical



Nutritionist, Wednesday, August 17, 6-7pm, on gut health and how our gut health affects our overall health and well-being. A healthy gut contributes to a strong immune system, heart health, brain health, improved mood, healthy sleep, effective digestion, and weight loss. Dr. Frank will discuss lifestyle and dietary changes that may positively affect not only your gut health but your overall wellness. Please text or call 732.903.2222 to secure your spot. 1999 Route 88, Brick. web: mindandspine.com

Native American Drumming/Journeing with Shaman, Lauren Porter 7:30-9:30pm. Looking to connect with the spirit of the drum and connect with your inner medicine? This event is for both those new to journeying as well as those experienced. Sign up for this class to help learn the importance of drumming, how drumming can help you heal spiritual wounds, and be guided through a journey to help discover your spiritual allies. See how a shamanic journey will help you connect with your higher self. Cost: \$45 per person. Pre-registration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

THURSDAY, AUGUST 18
Special Event - 1-2pm - Qi Gong class led by Shelly - Energize yourself in the creative flow of Qi - the vital energy of life. Improve health and vitality, increase resilience and promote overall well-being. Connect in harmony with moving meditation as you align the mind, body, heart and spirit. Cost: \$45 per person. Pre-registration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

Editing Disorders group therapy with Ciera Clark, LAC, M.S. Saturday, August 20, 12-1pm. This is a recovery focused group for individuals healing from an editing disorder. Editing disorders recovery is a long journey that can be emotionally draining and scary and it is important to know that you are not alone. This group will focus on ways to cope with negative body image, awareness of thoughts and feelings, low self-worth, perfectionism, anxiety and fears of relapse. Ages 18+ welcome. Cost: \$40. Please text or call 732.903.2222 to secure your spot. Location: 1999 Route 88, Brick. web: mindandspine.com Stay Balanced

Yoga Sampler at The Yoga Loft, 462 Adelphi Rd Freehold August 19th, at 6:00pm with Dee, Kathleen, Michele and Elena Are curious about different styles of yoga? We'll warm up our practice with a gentle class taught by Dee, once we're warmed up Michele will connect our breath with movement, opening our minds, body and spirit, Kathleen will get our juices flowing with an introduction to Risa Yoga and our evening practice will end with Elena offering restorative relaxing postures and Reiki, while Dee and Kathleen offer essential oils. Please bring your own mat. Space is limited. Please call/text 732.239.2333 to register - Free

Healing Circle 7-9pm. It is wonderful for Reiki Practitioners and energy healers to discuss and share their experiences, share techniques and practice their skills doing work on one another. It is also an amazing way for people who are new to Reiki and energy therapy to get a taste and feel of what these therapies are all about. Cost: \$10 per person. Pre-registration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

SATURDAY, AUGUST 20

Reiki Level 1 Workshop and Certification 11am-4:30pm - This workshop is the second step on your Energy Healing journey. In this level two workshop, Maria Martin will teach you the Art of healing with others, including Hand positions for the healing of others. Level 2 Reiki Symbols meanings and uses and more! You'll receive a free pendulum when you attend! Pre-registration required. Private sessions available. A Year and a Day Mystical Shoppe, 413 Bond Street, Ashbury Park, 848 217 2371. Web: Ayearandadaymysticalshoppe.com

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SUNDAY, AUGUST 21

Special Event: 1-5pm The Akashic Records hold information about your soul's past, present and future. During an Akashic Records reading, Cherie taps into your records, offering you channelled messages from your guides, masters, teachers and loved ones. These messages are intended to help you raise your awareness of your spiritual path so you can live in alignment with your highest and best good. Session is 45 minutes-1 hour. Cost: \$80 per person. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Web: Ayearandadaymysticalshoppe.com

THURSDAY, AUGUST 25

Reiki Level 1 Workshop and Certification – 11am-3:30pm - Have you been drawn to energy healing and want to learn what Reiki is about? Get started on your Energy Healing journey with Reiki Master Maria Martin. You'll learn how to nurture and heal the light within yourself and others. In this workshop, she'll teach you the basics of the art of healing with Reiki. You'll receive your Reiki Level 1 attunement. Cost: \$175 per person. Pre-registration required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Web: Ayearandadaymysticalshoppe.com

Lyme Disease Educational Workshop: Learn about the hidden, underlying causes of Lyme disease and how it can be handled naturally without antibiotics. This event will be held on Thursday, August 25, at 12:30pm at our office in Oakhurst. Email: shorthead@waterprint.com or call 732.314.1851 to sign up. Space is limited so reserve your spot today! New patients save 50% off their initial consultation by attending this event.

FRIDAY, AUGUST 26

Working with Stones and Crystals: 7:30-9:30pm Whether you are new to collecting, or have been drawn to them for a long time, this workshop will help you to have a working knowledge and



on going events
Email info@NJerseyShore.com for guidelines and to submit entries.

MONDAYS

Qigong Class taught by Shoshanna Katzman

Qigong Class taught by Shoshanna Katzman every Monday morning at 11am 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. Call or text 732.758.1800 or email info@healing4u.com.

Loving Kindness Meditation Free Event 11am Meditation benefits everyone, whether you are new to meditation or have a personal practice, we welcome all to join our circle. A Loving Kindness Meditation, ask for blessings for ourselves, the ones we love and all of mankind. Sit in person or on zoom. Behrman Library 510 10th Ave & E ST Behrman or join link Meeting # 996-9947-0435 password 0396462. library phone 732.681.0775. www.BehrmannPublicLibrary.org. Facilitator - Roseann Petropoulos has been practicing meditation most of her life. Her belief is that all peace comes from within. For more information, www.Behrmannwellness.com or call 732.894.3197

SATURDAY, AUGUST 27

Introduction to Tao 3-5pm - Taoist has been a source of insight and mystery for centuries. Come explore all of its complexities and facets at A Year and a Day Mystical Shoppe's 6-session Taoist Class! This series of classes will provide an informal, informational session for all levels - from beginners to those more advanced. Hosted by Jamie (SeaWitchN), we will dive into the layered history of one of the world's most mystical tools. Over the course of six monthly classes, you will learn not only what Taoist can do, but also the meanings and ways you can incorporate it into your everyday life. First class is \$75 per person (includes Taoist Deck), subsequent classes are \$50 per person. Pre-registration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com

MONDAY, AUGUST 29

Waterprint's August Book Club Meeting: This summer we will be each reading a children's book that explores spirituality, nature and action. After our next book club meeting we will donate our books to Waterprint headquarters who will donate them to a local organization. Our Book Club will meet next at 6pm, Monday, August 29. Link to next Zoom meeting provided upon registration. All meetings held online. Join us by registering here: <https://waterprint.kindful.com/e/waterprint-august-book-club-meeting>



TUESDAYS

Meditation for Earth Tuesday from 12:15-12:45 pm Please join Waterprint for a "Meditation for Earth." We read a short blessing, followed by an excerpt from Hal Borland's "12 moons of the Year". Then we lead a simple meditation followed with silence for a flourishing Earth. The meditation and silence is approximately 30 minutes. There are two ways to meditate with us: 1. In-person in the Sanctuary at Rumson Presbyterian Church from 12:15-12:45 every Tuesday! 2. Online on our YouTube channel. Visit <https://www.youtube.com/channel/UCF2dKCCU022hhjrm0LWQ> to Meditate for our Earth together! No matter where you are in the world, you can join us as we meditate for our Earth. For more information email: water@waterprint.org

Tuesday Meditations: 6:30-7:30pm Come join our weekly group guided meditations. De-stress from your hectic weekend and Marie Monday. Rebalance and Re-group yourself for the coming week and be ready for whatever life brings your way. For all levels. Beginners to Advanced. Bring along a meditation mat, pillow, etc. \$10 per person. Pre-registration is required. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Private sessions and Veteran Discounts available

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, you must Vemo to reserve your spot.

Guided Meditations every Tuesday 7pm-9pm. Join Julie Egbert, Chopra Center trained meditation guide, for Primordial Sound meditation. She will guide you through mindfulness, meditation using a mantra, and manifesting so you can de-activate your nervous system and leave feeling rejuvenated and refreshed. All welcome. \$15. Please text or call 732.903.2222 to secure your spot. Balance Wellness Center, 1999 Route 88, Brick, web: mindandspine.com Shay Balanced

WEDNESDAYS

Taiji Class taught by Shoshanna Katzman every Wednesday morning at 9:30am at Red Bank Acupuncture & Wellness Center in Shrewsbury or on zoom during inclement weather. Taiji is an ancient



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 Vemo to reserve your spot.

FRIDAYS

Taiji Class taught by Shoshanna Katzman every Friday morning at 9:00am at Red Bank Acupuncture & Wellness Center in Shrewsbury. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

Taiji Class taught by Shoshanna Katzman every Wednesday evening at 5:00pm at Red Bank Acupuncture & Wellness Center in Shrewsbury or on zoom during inclement weather. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

Sound Healing/Meditations: 6:30-7:30. Come join our weekly group sound healings and guided meditations. For an hour each Wednesday evening, enjoy the experience of unique sound healing and meditations for healing mind, body and spirit. Through the use of crystal bowls, guided sounds, singing and chanting we will facilitate your healing journey. Bring along your favorite meditation mat, pillow, etc. to maximize your experience. \$25 per person. Pre-Registration is required. A Year and a Day Mystical Shoppe 413 Bond Street, Asbury Park, 848.217.2371. Email: Ayearandadaymysticalshoppe@yahoo.com Web: Ayearandadaymysticalshoppe.com **Ask us about private meditation sessions and Veteran Discounts

Qigong Class taught by Shoshanna Katzman every Thursday evening at 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. Call or text 732.758.1800 or email info@healing4u.com.

THURSDAYS

Taiji Class taught by Shoshanna Katzman every Thursday evening at 6:30pm on zoom. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

Taiji Class taught by Shoshanna Katzman every Friday morning at 9:00am at Red Bank Acupuncture & Wellness Center in Shrewsbury. Taiji is an ancient Chinese exercise that integrates the physical and energetic aspects of yourself. It is a "meditation through movement" that opens flow of qi and harmonizes yin yang energy throughout your entire being. Taiji promotes physical health, balance, strength and enhances longevity. Call or text 732.758.1800 or email info@healing4u.com.

Psychic Reading and Energy Healings: 2-7pm Get a 10-minute Reading or Energy Healing for \$20. Have a question about a direction you are looking to embark on? About a job, relationship, or move? Get a reading and we will advise you! Feeling off, or out of balance? Get rebalanced with an energy healing. Walk-ins, or appointments are welcome. A Year and a Day Mystical Shoppe, 413 Bond Street, Asbury Park, 848.217.2371. Web: Ayearandadaymysticalshoppe.com

Discover the Serenity of Tai Chi Chih (Joy thru Movement Class) & so much more! 3:30pm at 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 & ask about private lessons or Reiki sessions.

SATURDAYS

Qigong for Good Health with Maxine Forster Guenther. Outdoor "Parking Lot Qigong," weather permitting, 10:30-11:30am in the back lot at LUCMC, 1475 West Front Street, Lincolnton. E-mail qigongom@yahoo.com to be on the reminder list. More info at www.qigongforgoodhealth.org



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Member of Association for Applied Psychophysiology and Biofeedback,
Trained in EMDR, Stress Relief Services -
107 Womouth Rd, Suite 104, West Long
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Effective psychotherapy seeks to integrate the biological, psychological and sociological to achieve optimal health. Sometimes, events that have happened in the past can effect behavior in the present and people can feel stuck. Eye Movement Desensitization and Reprocessing (EMDR) is an effective treatment for healing trauma and helping with behavior change. These treatments and others, such as guided imagery, deep relaxation, solution-focused therapy, cognitive behavioral therapy, all can take the whole person into account. Please call

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Dr. Julie Page is the founder of Page Wellness Center located in Atlantic Highlands, NJ. She has been in practice for over 15 years and continues to excel in her field of Chiropractic and body work. Dr. Page uses many modalities that are at the forefront of sports medicine: including Kinesio Taping, Graston Method, and Fascial Manipulation (Stecio Method). More recently she has been certified in Ashiatsu and Ashi-Thai Body techniques which she incorporates into her already well rounded practice.



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

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

RETAIL

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

REFLEXOLOGY

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I have been practicing reflexology for over 20 years and am very passionate about my work! Reflexology is a science based on the premise that there are reflex areas in the feet and the hands that correspond to all of the glands, organs, and other parts of the body. The practice also offers access to an infrared sauna, which allows a higher percentage of toxin removal due 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.

TAROT & PSYCHOLOGY

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